



Cabin Fever Cures

Care Connection
for Aging Services

May 11-May 15, 2020

Just for fun

Take a trip down memory lane

1. Name the four Beatles.
2. Finish the line: "Lions and Tigers and Bears, _____!"
3. Hey kids, what time is it? _____.
4. What do M&Ms do? _____, _____.
5. "I found my thrill _____ .
6. "Liar, liar, _____ .
7. From the early days of rock 'n roll: "I wonder, wonder, who oo, oo, oo, oo, oo, _____
_____ ?
8. And while we're remembering rock 'n roll: "War, uh huh, huh, yeah; what is it good for? _____ .
9. "I'm Popeye the sailor man; I'm Popeye the sailor man. I'm strong to the finish, _____
_____, I'm Popeye the sailor man."
- 10, M-I-C, ...See ya' real soon, ...K-E-Y? _____!

(Answers on back)

Fruit Flair Word Scramble

Each of the scrambled words below is the name of a FRUIT. Fruits are rich in the vitamins and carbohydrates we need in our diet. Unscramble them to find your favorite fruits.



RHEYCR	AANBAN	ELMI
ERAPIGURFT	PAELP	PAIENPLEP
RPOTCIA	RPAE	NUREP
PEHAC	NMLOE	NAERIGTEN
RBEISRE	GERNAO	NKMPUIP
AOTNLEG	LMPU	ATNCOELUAP

Connect online to stay in touch with us, others

We are trying our best to connect you online while we cannot make in-person visits.

We have these offerings online:

—**Website updates:** Use our www.goaging.org website to find your nearest senior center and to see a menu for a home-delivered or curbside pickup meal. We also provide the latest news and event offerings.

—**Facebook page:** www.facebook/goaging.org “Like” the Care Connection Facebook page to see daily updates of information you need to know and fun facts that you will enjoy. Many centers also have Facebook pages. Come and see us.

—**Money Management for Women on Zoom** at 10 a.m. Wednesday mornings beginning June 3. This free, easy-to-understand, 90-minute session will cover women’s retirement challenges, income needs, income sources, savings, debt, long-term care insurance, financial planning professionals and a financial to-do list.

—**Medicare 101 on Facebook Live** at noon on Mondays. We are offering our popular hour-long session for people who are new to Medicare and/or considering retirement. You will be able to ask questions.

—**Coming soon:** We are scheduling online versions of Tai Chi and other wellness classes, so watch our digital media for more information and schedules.

—**Senior Planet:** If you want to learn more about technology, check out the website, seniorplanet.org, operated by a nonprofit with older adults in mind. Right now, the website is offering free classes on how to use Zoom and other technology. It’s free to subscribe to the e-newsletter.

Fruit Flair answers

Cherry	Banana	Lime
Grapefruit	Apple	Pineapple
Apricot	Pear	Prune
Peach	Lemon	Tangerine
Berries	Orange	Pumpkin
Tangelo	Plum	Cantaloupe

Crockpot Rotisserie Chicken Recipe

INGREDIENTS

5 lb whole chicken neck and giblets removed
cooking spray
1 tablespoon brown sugar
2 teaspoons salt
1 teaspoon pepper
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 tablespoon smoked paprika

INSTRUCTIONS

In a small bowl, mix together the brown sugar, salt, pepper, garlic powder, onion powder and smoked paprika.

Coat a large slow cooker with cooking spray. Roll a piece of heavy duty aluminum foil into a ring shape to fit into the slow cooker as a rack. Place the chicken on top of the foil ring. Rub the spice mixture all over the chicken. Cover and cook on HIGH for 3-4 hours or until thermometer inserted into the thickest part of the thigh registers at 165 degrees or higher. Transfer the chicken to a sheet pan or baking dish and broil in the oven for 4-5 minutes or until chicken skin is brown and crispy. Serve.

Use for dinner or debone it for chicken salad, chicken tetrazzini, salad or chicken tacos.

Source:

<https://www.dinneratthezoo.com/slow-cooker-whole-chicken/>.

Memory Lane Trip Answers

1. John, Paul, George and Ringo
2. Oh my!
3. It's Howdy Doody time!
4. They melt in your mouth, not in your hand.
5. On Blueberry Hill.
6. Pants on fire.
7. Who wrote the book of love.
8. Absolutely nothin'
9. Cause I eats me spinach.
10. Why? Because we like you.