

Anchor Center Newsletter

January
2019

Inside this issue:

Recipe **2**

Job Club Tip of the Month **2**

Happy New Year!! continued **2**

Loaves and Fishes **3**

Facts You May Not Know About Martin Luther King Jr. continued **3**

Contact Info **4**

New Years Word Find **4**

Happy New Year!!

This past year, we have done so many fun activities here at the Anchor Center! Anchor Center had tournaments, crafts, chair yoga, and other fun activities. The drop in center also hosted parties during the year. Jessica from Three Rivers Park visited the Anchor Center to show clients how to work with live animals, snowshoe, geocache, and spear-throw to name a few. The drop in center also

welcomed a few guest speakers. Stephanie from the Mental Health Center discussed mental health diagnoses, and Rob from the Fire Department talked about fire safety. Anchor Center has gone on outings as well. In August clients and staff went to the MN State Fair, and in October clients took the bus to the Mall of America. The Christian Motorcycle Association (CMA) hosted the CMA picnic



and the CMA Christmas party.

To start off the new year, what events and activities would you like to see the Anchor Center

(Continued on page 2)

Facts You May Not Know About Martin Luther King Jr.

1. King's birth name was Michael, not Martin.

The civil rights leader was born Michael King Jr. on January 15, 1929. In 1934, however, his father, a pastor at Atlanta's Ebenezer Baptist Church, traveled to Germany and became inspired by the

Protestant Reformation leader Martin Luther. As a result, King Sr. changed his own name as well as that of his 5-year-old son.

2. King entered college at the age of 15.

King was such a gifted student that he skipped grades nine and 12

before enrolling in 1944 at Morehouse College, the alma mater of his father and maternal grandfather. Although he was the son, grandson and great-grandson of Baptist ministers, King did not intend to follow the family vocation until

(Continued on page 3)

Special points of interest:

- **Scott County offices closed on January 1st and January 21st.**
- **Come to Anchor Center on January 4th to watch Incredibles 2 and eat hot, buttered popcorn!**
- **Free Birthday Bingo on January 16th!**

Buffalo Chicken & Cauliflower Casserole



Ingredients:

- 3 cups frozen cauliflower florets, cooked according to package directions.
- 8 oz. cooked chicken breast, shredded
- 1/2 cup reduced-fat, shredded cheddar cheese, divided
- 1/4 cup light cream cheese
- 1/3 cup low-fat, plain Greek yogurt
- 1/4 cup hot sauce
- Cooking spray

Directions:

1. Preheat oven to 350 degrees.
2. Combine the cauliflower, chicken, 1/3 cup of the cheddar cheese, cream cheese, and hot sauce in a large bowl.
3. Pour mixture into a lightly-greased casserole dish; sprinkle remaining cheese over top.
4. Bake for 20 to 25 minutes; enjoy!



“This is one of my favorite meals to make!”

-Honor-Ra, Anchor Center Staff

Job Club Tip of the Month



If you are planning to look for work, it is important to practice interviewing. Find someone that you can practice with and who will give you constructive feedback on your answers. This will help ease your nerves going into an interview.

Happy New Year!! continued

(Continued from page 1)

do in 219? We will try our best to make it happen. Let Dave, Ann, or Honor-Ra know what thoughts are coming to

mind. Anchor Center is for you, so ideas are welcome! Lets make this the best year of Anchor Center yet!

Loaves and Fishes

Loaves and Fishes is a nonprofit meal program serving hot, nutritious meals to those in need in seven Minnesota counties. They are the largest "open to the public" meal



program in the state. Last year they served over a half million nutritious meals, the most ever in our history. They are in Shakopee

on Mondays, Tuesday, and Thursdays at 5:30-6:30pm. They are located at St. Mark Church (350 Atwood Street, Shakopee). If you want to get a free meal, stop on in! There are also opportunities for volunteering!



10 Things You May Not Know About Martin Luther King Jr. continued

(Continued from page 1)

Morehouse president Benjamin E. Mays, a noted theologian, convinced him otherwise. King was ordained before graduating college with a degree in sociology.

3. King's "I Have a Dream" speech was not his first at the Lincoln Memorial. Six years before his iconic oration at the March on Washington, King was among the civil rights leaders who spoke in the shadow of the Great Emancipator during the Prayer Pilgrimage for Freedom on May 17, 1957. Before a crowd estimated at between 15,000 and 30,000, King delivered his first national address

on the topic of voting rights. His speech, in which he urged America to "give us the ballot," drew strong reviews and positioned him at the forefront of the civil rights leadership.

4. King was imprisoned nearly 30 times.

According to the King Center, the civil rights leader went to jail 29 times. He was arrested for acts of civil disobedience and on trumped-up charges, such as when he was jailed in Montgomery, Alabama, in 1956 for driving 30 miles per hour in a 25-mile-per-hour zone.

5. George Washington is the only other American to have had

his birthday observed as a national holiday.

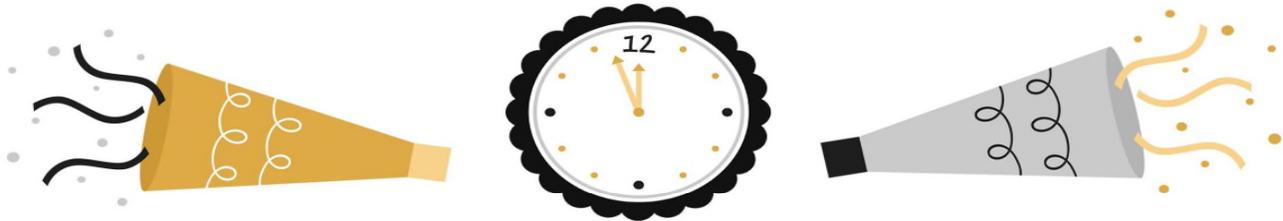
In 1983 President Ronald Reagan signed a bill that created a federal holiday to honor King. The holiday, first commemorated in 1986, is celebrated on the third Monday in January, close to the civil rights leader's January 15 birthday.



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Scottcountymn.gov

The Anchor Center is a community support program that is part of the Adult Mental Health unit of Scott County Health and Human Services. We have a calendar full of events to help and support adults with mental health issues. We welcome you to join us for a drop in or special event. Check the calendar attached to this newsletter to learn more. We look forward to seeing you again or meeting you for the first time!

HAPPY NEW YEAR!



	<p>W I H V V A X R N R Z G O A L S A Z Y F G R B K G Z T Y Z I Z Z J Q C O M P X B M D M B T B K T P X N S L T K C X X W T M I Q C R A E Y W E N O Z J K S K R N H L P D M V X P N Z J L O V Z V Y D Z Q G G P E X A X K O Q N C O U N T D O W N I F V Z N D S S M B P C Y W V F T W F B N T R S P S P A R K L E R S H Q T O J A D P J O L B Y V M S Y L N N N R C A F L I Y L P E N S K R O W E R I F Z N Y C L M X J K E B D P P G W B K N J U G J W O J W I S C F S F L D B R G P A J E X A O K Q S C A O W D J R M A W R T J H Q H N C F R Q K J N W P A R T Y P O P P E R S O K E P A U J F G X M I Z X R T S X K Q L V E N R I Y E E B G O Q Y I U P H K Y C Y H I S I R E O T J N O I T U L O S E R Q C S H A P P Y G T B O U V C D L R Z G R M Q G Q X Y B N O I S E M A K E R G F N A E N K V K T Y F H R R A Y R Y I A V</p>	
		

Countdown
 Confetti
 Midnight
 Balloons

Celebration
 Fireworks
 January
 Happy



New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers

