January/February 2022
Newsletter

CROW RIVER SENIOR CENTER

Serving the Communities & Surrounding Areas of Albertville, Hanover and St. Michael

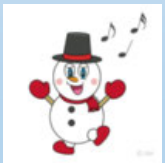
Our Mission: *"The Crow River Senior Center enriches lives by providing programs, services, social activities and a welcoming gathering place for adults over 50."*

New Year Greetings!

Winter is here that means tax season is right around the corner! We will start taking tax appointments after January 14, 2022 (not before). The AARP tax volunteers are still working out their details for this year once again coming up with a plan to help you and keep everyone safe. Please be patient.

We continue to take extra precautions to keep you safe when you enter the senior center. Keep in mind things can change if any mandates are issued. If you are not feeling well, we ask you to please stay home. Your continued cooperation and understanding during this unusual time are sincerely appreciated. It's been tough on all of us, and together, looking out for one another, we can get through this. Please stay well and spread your kindness.

Respe*ctfully, Vonnie Waters*



Stay Healthy & Be Safe!

Cold, Flu, COVID and ICE!

Tis the season for the combinations of all. Please be kind and courteous if you are sick we ask that you please not share your germs. Please stay home if you are not feeling well. Wash hands thoroughly and use hand sanitizer often to reduce the spread of germs. We also would like you to be extra cautious and careful on the ice. Use the penguin walk whenever you are not sure of the surface. Slow and cautious so no bones are broken. Stay well.

<u>Inclement Weather Notice:</u> If the STMA Schools are closed, then the Center will be closed. Check local news and radio or call the Center, the answering machine will have a message listed of the closing.

<u>CENTER CLOSED:</u> January 17 MLK Jr. Day & February 21 President's Day

11800 Town Center Drive NE, Suite 200, St. Michael, MN 55376 ● (763) 497-8900
Vonnie Waters, Center Director ● vwaters@crowriverseniorcenter.com
www.mnseniorcenters.org - Center Hours-please check the schedule or call Center.

CROW RIVER SENIOR CENTER

Crow River Senior Center Advisory Board
Now Accepting Nominations for New Members

Nominations are now being accepted for new member openings. Please submit to the Center Director, your name along with a one paragraph biography answering the following questions.

Name, address, phone number and email contact.

How long have you been a member of the community?

What strengths and talents would you contribute to the advisory board ?

Deadline to submit your nomination is February 4, 2022

The nominations and their information will be published in our March/April newsletter for all of Center participants to vote these new member onto the board. New members will be announced at the April Board meeting and the new terms will begin May 2022.

Board members are required to live in one of our three supporting cities of Albertville, Hanover or St. Michael and are required to attend monthly meetings that are held the 2nd Tuesday of each month at 10:00 am at the senior center.

We thank all of our current and past board members for the time and talents that they have spent helping develop this wonderful Senior Center to what it is today.

Hearing Screening

Wednesdays
January 19, 2022
&
February 9, 2022

@ 10:00 am

FREE

Affinity Hearing is a local hearing care provider. With locations in both St. Michael and Plymouth. Our goal is to meet your needs and help you hear! We love to be involved in the community and are offering free hearing screenings on

Wednesday, **January 19 & February 9 from 10:00 am to 12:00 pm.**

Please call the Crow River Senior Center at (763) 497-8900 to reserve a time for your hearing screening.

This is a FREE Service. Call to make your reservation at least one day prior.

AFFINITY HEARING

Line Dancing for Beginners Wednesday's @ 10:00 am at Hanover City Hall.

Cost: $5 per session.

Studies show that dancing is one of the best forms of exercise for staying healthy and living longer - plus it's a lot of fun!
This is an opportunity to learn the basic steps of line dance in a casual and fun setting. Our instructor will teach a new and simple dance each week, dancing to a variety of music, including classic and contemporary country and pop. No experience required, and you don't need a partner! Come and join in the fun!

Please call the senior center at 763-497-8900 to register for each class at least one day in advance or sooner. Payment will be made to the instructor Amber Brand at the class.
Location: Hanover City Hall
11250 5th St NE, Hanover, MN 55341

GROUPS

Open Painting

Join others who like to paint. Share ideas or just set some time aside to do your thing. Bring your own supplies for your project. Any skill level welcome to join the group on the following Monday mornings.

Mondays
January 10 & 24
February 7 & 14
9:00 am to 11:00 am

Writers Group

Mondays
January 10 & 24
February 7
1:30 pm to 3:30 pm

If you think you would like to try your hand at recording your memories, writing poetry, short stories, etc., then join the writing group. Open to everyone, no experience needed, and there is no charge.

Joy Stitch & Needlecraft Group

Do you like to knit, crochet or do needlecraft? Join the group to work on your own projects and visit.

Tuesdays @
9:00 am to 11:00 am

January and February
(NO Group 1/25)

History Group

Do you enjoy history? Get together with others in person that share this interest. The group meets on a bi-monthly basis, the first and third Tuesdays. Topics could be selected that deal with American History, Civil War, World War II or whatever history people are interested in.

Tuesdays
January 4 & 18
February 1 & 15

Time: 9:00 am to 11:00 am

Daytime Book Club for Seniors

The Crow River Senior Center has a book club that meets the following dates. Here is the list of books. If you would like to join the group please call the center to join. We are back in person!

Tuesday, January 11 @ 1:30 pm

"Fly Away"
by Kristin Hannah

Tuesday, February 8 @ 1:30 pm

"Boundary Waters"
by William Kent Krueger

Dates are listed above
Time: 1:30 pm to 3:30 pm

You do not have to have the full book read to join the discussion.

AARP Tax Aid

The AARP Tax Aid season will begin in February. We are still working out the details of how it will look this year with taking extra precautions to keep everyone safe and well. Our AARP volunteers are working on a plan with details to come.

We will start taking **appointment calls after January 14th. Please refrain from calling before this date as we will not** have the ability to schedule any appointments until after this date.

Thank you for your cooperation and patients and we navigate the process and details for this years tax season.

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Join in our regular weekly classes:

Monday & Wednesday at 9:30 a.m.

Tuesday & Thursday at 10:00 am.

If you are looking for a more challenging class, join on:

Tuesday & Thursdays 8:30 am.

You will need an electronic device with a camera and a microphone, i.e. cell phone, computer, laptop, or iPad.

To sign up or inquire, please call

Lori Schoenborn at

612-636-0207

or inquire through email at

theschoenborns@charter.net

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MN HWY SAFETY CENTER 55+ Driving Class

This driver improvement course is taught by MN Hwy Safety Center trained instructors. The class will explore changes in laws, the latest vehicle technology, and provide you with easy-to-use defensive driving tips. In addition, we will explore traffic safety and accident prevention. Completion of this course provides ability for a 10% reduction on automobile insurance premiums for those age 55 and over.

Cost is $24.00 per person.
4 Hour Refresher Classes:

Friday,
January 14, 2022
9am to 1pm

Friday,
February 11, 2022
9am to 1pm

Friday,
April 22, 2022
9am to 1pm

To register, please call the senior center at 763-497-8900.

Registration will be taken at the Crow River Senior Center. **Class spaces are limited. Payment will be due in advance to secure your spot.** Wellness checks will be performed at the door before entering the class. If you are not well we ask that you please stay home. Full details will be given once you call to register. **Checks made payable to the Crow River Senior Center.** NO walk-ins everyone must register ahead of time with payment.

CROW RIVER SENIOR CENTER 763-497-8900

Meals

at the Senior Center:

Noon meals at the Senior Center are Tuesdays and Thursdays ONLY. Please call the Center to sign up for meals by the deadlines listed on the menu. Schedules are subject to change without notice.

Meal price for in house meals is $4.50 per meal.

Numbers will be limited to comply with space and volunteer help.

PUZZLES

Puzzles are available at the Senior Center to check out. We have plenty of all sizes for your enjoyment to take home and return at your leisure. Return the puzzles in the blue return bin at the senior center doors.

Books continue to be available for pick up at the library. A free will donation to the Friends of the Library is welcome. These books can be kept or returned in the blue bin at the senior center door.

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SUPPORT

Parkinson's Support Group

If you're feeling frustrated about life with Parkinson's disease, being part of a support group can be one of the best ways to reduce stress and connect with others who can relate to your experience. Caregivers and family members also benefit greatly from sharing questions and concerns with like-minded others. **This group meets the first Tuesday of each month at 1:30 pm.**

Tuesdays,
January 4 & February 1
@ 1:30 pm to 3:00 pm

Meetings are in person at this time.

Call 763-497-8900 to make your reservation please.

Caregiver Support Group

This is an open group that caregivers may join at any time. There is no fee for group participation. Group sessions focus on helping individual caregivers as they care for themselves and loved ones. The support group is a place to share experiences, struggles, humor, coping strategies and learn from one another.

Thursdays,
January 20 & February 17
@ 1:30 pm to 3:00 pm

Meetings are in person at this time.
Inquiries please contact
Becky Allard 952-746-4028.

Call 763-497-8900 to make your reservation.

Tech Help is available!

Need help with your smart-phone, tablet, computer, or TV system? Want to join on a Zoom meeting but not sure how? The HOME Program now offers FREE tech support at our Senior Center, and in-home tech support for a small fee.

Our tech-savvy volunteers are available by appointment to meet you at the Crow River Senior Center to safely offer in-person support, or phone support at specified times in order to provide one-on-one help to older adults with technology issues.

If you would like to meet with one of our volunteers for a no-cost support session, call 763-497-8900 to schedule an appointment. Be sure to bring your equipment with you!

If you need in-home support, you can request directly with the HOME Program by calling 763-416-7969 or email hometeam@seniorcommunity.org to request an in-home appointment.

SENIOR COMMUNITY SERVICES

60+ and Healthy Clinic

APPOINTMENTS ARE REQUIRED!

The 60+ and Healthy Clinics provided by Wright County Public Health provide foot care for seniors in Wright County. Toenails are trimmed to meet the needs of those seniors who have a health condition such as diabetes or are unable to trim toenails themselves. Call Wright County Public Health at 763-682-7456 with questions.

Date: Tuesday, January 25, 2021 By Appointment only.

Location: Crow River Senior Center.

To make your appointment, please call the Wright County Health Dept at 763-682-7460.

Cost: $15.00 paid to the Wright County Health Department.

Please arrive no more than 5 minutes before your appointment time. Wellness screening will be given upon arrival. If you are not feeling well please stay home and cancel your appointment. We have limited amount of appointments so please be sure to cancel if you are not able to make your appointment that day.

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SUPPORT

Our Activity Hour Memory Café is a safe and comfortable place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others. The café experience is free, and all the supplies are provided for you. You can participate in person at the Crow River Senior Center. If you are not able to attend in person but would like to participate please contact us.

Activity Hour Memory Café

Meetings are held the 4th Wednesday of each month in person at the Crow River Senior Center.
1:30 pm to 2:30 pm
To register call 763-497-8900.

Questions?
Call Becky Allard, LSW at 952-746-4028.

SENIOR COMMUNITY SERVICES

DO YOU HELP AN OLDER ADULT WITH DAILY LIFE?

The stress of a caregiving role can be life changing. With the COVID-19 pandemic, we are here to help via phone, email, and video chat.

Contact Becky Allard, LSW at

952-746-4028

E-Books, Podcasts & More How to for Seniors

Are you ready to use your tablet or phone to read e-books or listen to a podcast? Come join this informal group as we go over the how, when and whys of getting access to e-books and podcast apps. for seniors. Registration required one day prior to the event. However, we suggest you sign up early as space is limited.
Call the Crow River Senior Center at 763-497-8900 to register. Limit of 10.

Wednesday, January 12
&
Wednesday, February 9

Time: 1:30 pm
Location: Crow River Senior Center

Partnership by Great River Regional Library and Crow River Senior Center

Virtually Connected via Zoom

Winter brings weather that can be challenging to travel. We are here via zoom for a virtual visit to bring you to the senior center from the comforts of your own home if you so choose. Please get in touch with the senior center for complete details. Any of our groups who feel more comfortable meeting from home are welcome to meet via Zoom this winter. Call us to get things set up at least a couple of days ahead of your session.

If you are interested in learning more about zoom or using technology, don't hesitate to contact us to schedule tech help one-on-one appointments.

763-497-8900

Legal Services

The St. Cloud office of Mid-Minnesota Legal Aid has received a grant of Older Americans Ace funds from the Central Minnesota Council on Aging to provide legal services for seniors residing in Wright County. The funds will be used to provide legal advice, counseling and representation in court and administrative hearings. There is no cost for these services. If you are 60 years or older and reside in Wright County, you can get help with legal problems involving Medicare, Social Security, eviction or other housing problems, public benefits, such as medical assistance, food support and fuel assistance, family law issues, including domestic abuse and income maintenance, nursing home problems, home care services, powers of attorney, health care directives and debt collection. NO help for criminal matters, wills, estate planning or real estate transactions. Seniors can also call the St. Cloud office of Mid-Minnesota Legal Aid toll free at 1-888-360-2889 for scheduling an appointment. Online access at https//mylegalaid.org. Minnesota Legal Aid accepts contributions for legal services, but contributions are not required to receive legal help. **Legal Aid Appointments are held the monthly at the Crow River Senior Center.**

Call the center 763-497-8900 to schedule your appointment.
Next available dates:

Monday, January 10 & Monday, February 7
@ 9:00, 9:30 or 10:00 am

Bingo

sponsored by

MidWestOne Bank.

Thursday, January 13
@ 1:30 pm

Book Bingo

sponsored by

GREAT RIVER REGIONAL LIBRARY

Thursday, February 10
@ 1:30 pm
Please call 763-497-8900
to sign up for bingo

Carnival Bingo

January 27 &
February 17
@ 1:30 pm

What is Carnival Bingo you ask?

Join us to play bingo and collect a token each time you win. At the end of all of the games you will be able to cash the tokens in for prizes just like if you were at a carnival.

Join us for the fun! Please sign up in advance by calling 763-497-8900

Games notice:

Please refer to the calendar for dates and times of all games played during January and February. Tax Season brings some challenges with space. We are trying to accommodate all; please keep in mind some unexpected changes may happen.

We ask that you respect game start/stop times and your fellow participants. Time must be allowed daily to sanitize all spaces between each activity and lunch.

Your courtesy and cooperation are greatly appreciated.

SPECIAL EVENTS

We are delighted to have Doug Ohman join us again for more of his wonderful story telling.
Please call 763-497-8900 to reserve your spot for the upcoming presentations in February.
Call early, seats are limited.

Thursday, February 3 @ 1:30 pm
Looking Back - Minnesota 150 years ago

Enjoy a look back at life on the Minnesota frontier 150 years ago. Historian and storyteller, Doug Ohman will share a most interesting story of our state, during it's early beginnings.

Saturday, February 19, 2022
10:00 to 11:00 am

Andrew Walesch presents:
Great Pop Singers of the 1950s

Singer/pianist Andrew Walesch and a surprise friend will bring their duet stylings to the library & Crow River Senior Center! Enjoy reimagined versions of songs by Frank Sinatra, Doris Day, Nat 'King' Cole, Peggy Lee, Judy Garland, Ella Fitzgerald, and more. For all ages.
A Legacy event sponsored by Great River Regional Library.

Please call the Center to sign up 763-497-8900. Space will be limited.

MEALS ON WHEELS
763-497-8936

SERVING OUR COMMUNITY WHEN WE NEED IT MOST!

The Crow River Senior Center is the Meals on Wheels site for Albertville, Hanover & St. Michael. If you know of a senior 60 and over that needs this service, please share this information with them. **The cost is $4.50 per meal for Meals on Wheels.** Meals are delivered by volunteers Tuesday through Friday and are prepared by the River Inn of Hanover. Currently, we are providing meals to over 120 participants.

The Meals on Wheels program is available for those seniors 60+ in need of a hot, fresh meal unable to prepare for themselves and are homebound. Meals on Wheels is an essential program that will keep running. If you are over 60 and are in need, please call right away to get signed up. *If there is a financial hardship, please contact me; we have a program that may work for you.*

Please call and speak to Vonnie at 763-497-8936 or email for information at vwaters@crowriverseniorcenter.com.

Volunteers Needed!

For Meals on Wheels and at the Senior Center.

We are always looking for more delivery drivers. Please inquire if you are interested. Just one day per month delivering helps a great deal.
Volunteers are always needed to help in our kitchen serving meals. Please call if you are interested in finding out more detail.

CASINO TRIP

Casino Trip to Mystic Lake
Wednesday, January 19, 2022

The bus leaves promptly at 8:30 am.
(please be on the bus by 8:15 am)
Pick up location is at the St. Michael City Center on the West side of the building. Please park away from the building on the west side.
To Register call Donna Duscha at 763-334-0991.

Cost: $20.00

(You will get back $15.00 in machines + a $4.00 food coupon. Please bring picture ID.)

No registrations are taken at the center; please call Donna.

We need a minimum of 40 passengers by Tuesday, January 11 or trip will be cancelled.

Sign up no later than January 11, 2022

***Masks are strongly encouraged for everyone, especially on the bus & for those not vaccinated. If you are not feeling well please stay home.**

NEVER MISS A NEWSLETTER!

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"My Friend Anne of Green Gables"

by Sharon Nelson

My friendship with Anne spelled with an E began in the year 1993. I had asked for and received as a Christmas gift the series of books called Anne of Green Gables written by L.M. Montgomery. This is a collection of eight books and came secured in a box where all eight books could be stored together. I was excited to begin reading my special gift but it seemed there were so many things going on in my life at that particular time and I knew that the books would always be there for me to read when the opportunity arose. The time did come that February when it was decided that I was in need of a hysterectomy and would need to spend some time at home doing not much of anything. A friend advised me to take this time and enjoy doing something quiet that I had wanted to do and never had the time to do it. What an opportunity this was. While recuperating at home I took out my eight books turned on some classical music and spent much of my days reading and listening to music. It was with great joy that I followed Anne thru her years as a child, into young adulthood, becoming a teacher into marriage and finally a mother.

This was all great and good, but in early part of 2014 we found in the brochure from our favorite travel companies that there was a trip to Nova Scotia in the fall of that year and one of the stops on that trip was to the home of where Anne grew up. Yes, what an opportunity this was going to be. I thought to myself that it would be a good idea to reread these books for a second time to refresh my memory of Anne's life.

On Thursday Sept 11th the seventh day of our trip we were finally getting to do a tour of the home of Anne. When the step on guide was giving us a little background information she was talking about how this person arrived at her grandparent's home near Charlottetown and I thought to my self, No, Anne did not go to her grandparent's home she went to the home of someone she did not know. Then it dawned on me that the guide was talking about the author of Anne of Green Gables not Anne herself. Miss Montgomery had lived with her grandparents not to far from the house that she used as the setting of the story and of course had used a little of her imagination to set the scene.

It was one of the highlights of the trip to be able to walk thru the house and around the yard and some of the paths that had been talked about in the books. You see when I read the books; in my mind I had made Anne a real live person, not just a character in a book. Anne was a person I liked and admired. I loved reading about the things she did and how without meaning to she would get herself into trouble. Following Anne thru her life I felt like I really new her. The author did such a good job of writing you could feel what Anne was feeling, understand what she was thinking and encouraging her to continue on her path . While in the gift shop (there is always a gift shop) I found the five disk collection that tell the story of Anne. Of course I bought it and had a chance to watch all five this winter. I plan on watching them again in the near future.

The HOME Program
Wright County

Are you one of the 90% of seniors who want to stay in your own home as you age but are having a hard time handling some household chores or maintenance? We are excited that help is now available for residents age 60 and over in St. Michael, Albertville, Big Lake, Buffalo, Elk River, Hanover, Otsego and Monticello through the HOME program of Senior Community Services.

HOME services include handyperson tasks such as changing light bulbs, installing safety devices, minor plumbing, minor electrical repair, checking carbon monoxide/smoke detectors, changing furnace filters, and hanging wall décor. Other services include housekeeping such as dusting, sweeping, mopping, cleaning kitchen and bathroom surfaces, laundry and grocery shopping. Outdoor services include snow removal, lawn mowing, window washing, seasonal leaf raking and yard maintenance. Our expansion to Wright County also brings job opportunities in the following areas: housekeeping staff, handyperson work, tech support, lawn care contractor, snow removal, repair and painting staff. We also welcome volunteers of all ages and abilities. If you know someone with skills that match our services, or who wants to give back to their community **please refer them to Joe Kaul, Program Coordinator, at (763) 416-7969** or hometeam@seniorcommunity.org.

HOME services are provided to age-qualified individuals at any income level. Lower income residents contribute to the cost of the service on a sliding fee scale based on their monthly income and ability to pay, and the HOME Program does accept some insurance payments. If you are a senior, a caregiver, or know someone who could use a little extra help with household chores, yard work or minor maintenance repairs, contact Joe at the above number or email address. We all age, and Senior Community Services knows that most people prefer to age in place at home. To find out more about us, visit www.seniorcommunity.org.

*****The HOME Program office is located down the hall next to city offices. *****

SENIOR COMMUNITY SERVICES

SENIOR COMMUNITY SERVICES

The HOME Program
Offering Basic Tech Support for Seniors!

*Your information is **confidential**. No Social Security # or Insurance information required.*

If you need assistance with
- a phone, computer, TV
- texting, video calls, email problems
- and other common technology issues

For questions and more info, call 763-416-7969, or email us at tech@seniorcommunity.org

Explore self-help options and our Tech FAQ on our web site:

https://seniorcommunity.org/services/tech-support-services/tech-resources-for-older-adults/

We can help!

We offer **FREE** support by phone or to seniors who come in to one of our locations for technology help.

We can also visit you in your home to help with problems specific to your situation. **In-home services are provided for a fee.**

Donations for our no-cost support options are appreciated!

Funded, in part, by a Grant from Wright County

FREE AREA FOOD PROGRAMS

Hanover Food Shelf

Location: 11024 Church St. Hanover.
763-498-0086

Hours: Tuesdays & Fridays
12noon to 2pm
Wednesdays,10am to 2pm
and
1st & 3rd Mondays, 5pm to 7pm.

For more details on these programs please call the Senior Center at

763-497-8900.

Alleluia Lutheran Church & Cross Food Shelf

FREE Produce & Bakery Distribution.

New Location: Alleluia Lutheran Church parking lot at 10401 30th St. NE in St. Micheal. (South of St. Michael near the intersection of Cty Rd 19 & 30th St).

The following 2022 Saturdays:

January 8 & 22

February 12 & 26

10:00 to 11:30 am.

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763-497-4444

JANUARY 2022 ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **Happy New Year Holiday Center Closed**	**4** 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 9:00A History Grp Noon Lunch at Center 1:30P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group	**5** 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30—3:30 pm Yahtzee	**6** 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo	**7** 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
10 9A Legal Appts 9:30A Fitness Class Virtual 9:00A—11:00A Painting Group 1:30P—3:30P Writers Group 1:30P –3:30P Dominos	**11** 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp Noon Lunch at Center 1:30—3:00 pm Book Club 1:30P-3:30P Social Bridge	**12** 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P Ebooks Class	**13** 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo sponsored by "MidwestOne Bank"	**14** MN Hwy Safety Driving Class 9A NO Activities Today NO Cribbage NO Mahjong NO 500
17 **Martin Luther King Jr. Center Closed**	**18** 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 9:00A History Grp Noon Lunch at Center 1:30P-3:30P Social Bridge	**19** 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Vir 10A Affinity Hearing Checks 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30—3:30 pm Yahtzee	**20** 8:30A & 10A Fitness Class Virtual 9:00A-11A Pinochle Noon Lunch at Center 1:30P Caregiver Support Group NO Bingo	**21** 9:00A-11:00A Cribbage 12:30P Movie Club TBD 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
24 9:30A Fitness Class Virtual 9:00A —11:00A Painting Group 1:30P –3:30P Dominos 1:30P—3:30P Writers Group	**25** 8:30A & 10A Fitness Class Virtual 9A –3P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) NO ACTIVITIES TODAY NO Lunch	**26** 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30—3:00 pm Activity Memory Café	**27** 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo "Carnival Bingo"	**28** 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
31 9:30A Fitness Class Virtual 9:00A —11:00A Painting Group 1:30P –3:30P Dominos		**Please call to sign up for activities.** **Call 763-497-8900**	All schedules are subject to change. We appreciate your understanding and patience.	Tuesday/Thursday Center Meal orders must be called in the Thursday Prior for reservations.

Meal Ordering Deadline:
Call in for the entire month or by 2pm the Thursday prior for the following week. Cancellations can be made at least 1 day prior
763-497-8900

JANUARY 2022
MEALS ON WHEELS & LUNCH MENUS

Vegetables will be a Chef's Choice for most days. **(Menu subject to change without notice.)**

Cost per meal for Meals on Wheels & Center meals is $4.50

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Chicken Drummies Tots Veggie	**5** Taco Salad Salsa Sour Cream	**6** Chicken Ala King Biscuit Veggie *(Call in orders today for next week)*	**7** Hot Beef Sandwich Mashed Potatoes Veggie
11 Pulled Pork Baked Beans Potato Salad	**12** Chicken Wild Rice Soup Club Sandwich	**13** Salisbury Steak Mushroom Gravy Mashed Potatoes Veggie Blend *(Call in orders today for next week)*	**14** Lemon Pepper Tilapia Wild Rice Blend Mixed Veggies Dinner Roll
18 Chicken Pasta Hotdish Veggie Dinner Roll	**19** Baked Ham Scalloped Potatoes Veggie Dinner Roll	**20** Shepherds Pie Veggie Dinner Roll *(Call in orders today for next week)*	**21** Liver & Onions Baked Potato Mixed Veggies *(Chicken alternative)
25 Sloppy Joe Pasta Salad Baked Beans NO CENTER Lunch TODAY	**26** Chicken Stir Fry Rice Egg Roll *(Call in orders today for next week)*	**27** Ravioli Green Beans Dinner Roll	**28** Meat loaf Mashed Potatoes Gravy Veggie
		Cancellations must be called in 1 day prior 497-8900	Tuesday/Thursday Center Meal orders must be called in the Thursday Prior for reservations.

FEBRUARY 2022 ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All schedules are subject to change. We appreciate your understanding and patience.	**1** 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group Noon Lunch at Center 1:30P-3:30P Social Bridge 1:30P-3:00P Parkinson's Support Group	**2** 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:00P Yahtzee & Dominoes	**3** 8:30 & 10:00A Fitness Classes Vir 9:00A-11:00A Pinochle & Dominos Noon Lunch at Center 1:30P Doug Ohman Presents: MN 150 yrs NO Bingo	**4** 9:00A -11:00A Cribbage 1:30-3:30pm 500 Cards 1:30P-3:30P Mahjong
7 9A Legal Aid 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P- 3:30P Writers Group	**8** 9:00A-11:00A Joy Stitch Group 10:00A CRSC Advisory Board Noon Lunch at Center 1:30P-3:30P Social Bridge 1:30P-3:30P Book Club	**9** 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P Ebooks Class AARP Tax Aid	**10** 8:30 & 10:00A Fitness Classes Virtual 9:00A-11:00A Pinochle & Dominos Noon Lunch at Center 1:30P "Book Bingo" Sponsored by Friends of the Library and GRRL	**11** MN Hwy Safe Driving Class 9A NO Activities Today AARP Tax Aid
14 9:30A Fitness Class Virtual 9:00A -11:00A Painting Group AARP Tax Aid	**15** 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 10A Fitness Class V Noon Lunch at Center 1:30P-3:30P Social Bridge	**16** 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) AARP Tax Aid	**17** 8:30 & 10:00A Fitness Classes Virtual 9:00A-11A Pinochle & Dominos Noon Lunch at Center 1:30—3:00 pm Caregiver Sup Grp 1:30P Carnival Bingo	**18** 9:00A-11:00A Cribbage AARP Tax Aid Sat 2/19 10:00 AM Great Pop Singers of the 1950s
21 President's Day Holiday Center Closed	**22** 9:00A-11:00A Joy Stitch Group 10A Fitness Class Virtual Noon Lunch at Center 1:30P-3:30P Social Bridge	**23** 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:00P Memory Café	**24** 8:30 & 10:00A Fitness Classes Virtual 9:00A-11:00A Pinochle & Dominos Noon Lunch at Center AARP Tax Aid NO Bingo	**25** 9:00A-11:00A Cribbage AARP Tax Aid
28 9:30A Fitness Class Virtual AARP Tax Aid				**31** Please call 796-497-8900 to make your reservations for activities

Meal Ordering Deadline:
Call in for the entire month or by 2pm the Thursday prior for the following week. Cancellations can be made at least 1 day prior.
763-497-8900

FEBRUARY 2022
MEALS ON WHEELS & LUNCH MENUS

Vegetables will be a Chef's Choice for most days.

(Menu subject to change without notice.)
Cost per meal for Meals on Wheels & Center meals is $4.50

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Goulash Green Salad Dinner Roll	**2** Chicken Alfredo Pasta Veggies Dinner Roll	**3** Sweet & Sour Pork Rice Veggie *(Call in orders today for next week)*	**4** Swedish Meat Balls Mashed Potatoes Veggie Dinner Roll
8 Grilled Chicken Breast Sandwich Macaroni Salad	**9** Baked Ham AuGratin Potatoes Veggie Dinner Roll	**10** Swiss Chicken Wild Rice Blend California Blend Dinner Roll *(Call in orders today for next week)*	**11** Pork Loin Garlic Mashed Veggie Dinner Roll
15 Tatortot Hotdish Veggies Dinner Roll	**16** Spaghetti w/ Meatballs Green Salad Dinner Roll	**17** Chicken Stir Fry Rice Egg Roll *(Call in orders today for next week)*	**18** Liver & Onions Red Potatoes Veggie *(Chicken alternative)
22 Pulled Pork Baked Beans Coleslaw	**23** Southwest Chicken Salad Dinner Roll	**24** Meat Loaf Mashed Potatoes Veggie Dinner Roll *(Call in orders today for next week)*	**25** Cheeseburger Fries Pickle
Cancellations must be called in 1 day prior 497-8900			Tuesday/Thursday Center Meal orders must be called in the Thursday Prior for reservations. Cancel 1 day prior

THIS ISSUE:

We have listed all activities and programs that we are able to now do. Please keep in mind that all schedules are subject to change without notice. We follow the guidelines of the CDC and Minnesota Department of Health. There is hand sanitizer throughout the senior center please use it often to keep your hands clean. Please stay home if you are not well. Let's continue to look out for one another and Stay Strong Let your kindness shine!

ABOUT US

The Senior Center is located at 11800 Town Ctr Dr NE, Suite 200 St. Michael.
The Center is open Monday through Friday check the schedule for times.
For more information on programs & senior issues, call the center at 763-497-8900.
www.mnseniorcenters.org

Find us on Facebook

A NOTE REGARDING THE NEWSLETTER: PLEASE HELP US SAVE COSTS

Please notify the Center if you are gone for the winter or no longer wish to receive the newsletter. Contact us also if you have a change of address or wish to have the newsletter emailed to you. This helps reduce additional postage cost greatly. Thank you.

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