



# Seasons

Roseville Area Senior Program Newsletter

*Proud to be a part of Roseville Area Schools and Community Education*

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### New Building at Fairview Site to be Named Anpétu Téča Education Center

Our new building is located on land that was seized from the Dakota people. The Roseville Area School District is only 13 miles away from one of the most sacred sites for the native people of Minnesota, where the Mississippi and Minnesota Rivers meet.

In tribute to the Dakota and Ojibwe people of Minnesota, the new building will be named Anpétu Téča Education Center. In Dakota, anpétu téča (pronounced aw-BETdoe TEH-cha) means "a new day." This name was chosen in collaboration with our American Indian Parent Advisory Committee and Dakota elders.

## May is Stroke Awareness Month

Someone in the United States has a stroke every 40 seconds, according to the Centers for Disease Control and Prevention. A stroke occurs when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients.



If you think that you or someone you are with may be having stroke you need to think FAST:

- **Face** = Smile, does one side of their face droop?
- **Arms** = Raise both arms, does one arm drift downward or is one arm unable to rise?
- **Speech** = Have them repeat a simple phrase, is their speech slurred or different?
- **Time** = If you observe any of these signs, call 911.

It is important to remember that a stroke is a medical emergency that requires prompt treatment because there is a limited amount of time when clot-busting drugs can be used to try and restore the blood supply to the affected part of the brain.

Some factors that can increase your risk of stroke include being overweight, being physically inactive, having high blood pressure, diabetes, smoking, and having heart disease.

Knowing your risk factors means that you can take steps to prevent a stroke, follow your doctor's recommendations and adopt a healthy lifestyle. This includes controlling your high blood pressure, quit smoking, manage your diabetes, maintain a healthy weight, eat a diet rich in fruits and vegetables, and exercise regularly.

If you are concerned about your risk factors, please check with your doctor.

# Roseville Area Senior Program

Your Local One-Stop Shop for Older Adult Learning & Services

## Roseville Area Senior Program (RASP)

Fairview Community Center  
1910 County Road B West  
Roseville, MN 55113

651-604-3520  
rasp@isd623.org  
www.isd623.org/RASP



## MEALS ON WHEELS

We provide daily, fresh or frozen, nutritionally balanced noontime meals Mon-Fri for Roseville Area School District adults over 60 and certified disabled adults who are unable to prepare or access food, or choose not to cook themselves.

This service is more than just a meal. Meals on Wheels also serves as a critical wellness visit by volunteers for homebound older and disabled adults. Advance registration is required to start this service. There is a service fee. You may qualify for a sliding fee amount based on your annual income.

**NEW PARTICIPANTS:**  
651-318-9091

**CURRENT PARTICIPANTS:**  
651-604-3524

The Roseville Area Senior Program is closed during the COVID 19 pandemic. Reopening date is undetermined at this time. Please visit our website at: [www.isd623.org/RASP](http://www.isd623.org/RASP) for updates. Meals on Wheels service continues during the closure.

## EDUCATIONAL, SOCIAL, HEALTH & WELLNESS GROUPS & CLASSES

In the spirit of life-long learning, we offer a variety of formal and informal educational self-directed groups and classes. Whether you like to dance, use the computer, learn a new skill, gather to meet friends, or make new ones, there is something of interest for everyone. If you have an idea for a new class, activity, or group, please contact us. Activity or class fees may apply.

## RASP'S DROP-IN LOUNGE (Currently unavailable due to COVID-19)

Adults of all ages are welcome to visit our drop-in center. There is an older adult resource area, informal games, daily newspaper, TV, and drop-in computer station. FV 114, 50¢ Donation

## VOLUNTEERS - 651-604-3520

Volunteers of all ages assist our program in many ways: Meals on Wheels drivers and packers, medical appointment drivers, office receptionist/data entry, special interest group leaders, special event help, friendly visitors, fundraising, and more. There is a place to make your own special contribution. Contact us for current opportunities.

## PUBLICATIONS

Our newsletter, Seasons, is the best source for up-to-date information about our current activities and services. If you are interested in receiving the bi-monthly Seasons newsletter by email or through the postal service, please contact the RASP office. Detailed RASP activities and services are also listed throughout this brochure.

## TRANSPORTATION

(Currently unavailable due to COVID-19)

### Transportation – Medical Rides Service

Medical Ride Service volunteer drivers use their own vehicles to provide rides to medical and dental appointments for people who can walk with minimal assistance.

- Riders are asked to limit requests to one ride per week.
- The rider is responsible for paying any parking fees during the ride.
- The medical ride service is available to residents in the RASP service area (ISD 623).
- RASP medical rides operate within a ten-mile radius of the Fairview Community Center.

Suggested donation for a roundtrip medical ride is \$10. Drivers cannot accommodate wheelchairs, and can provide minimal assistance getting in and out of the vehicle. Please allow at least one-week notice scheduling your medical ride. Payment is made to the Roseville Area Senior Program, 1910 County Road B West, Roseville, MN 55113.

Registration must be completed before rider receives transportation. For registration information, call or email the RASP office.



I have been working on the 40 bags in 40 days challenge. This is where you fill up and get rid of 40 bags or boxes in 40 days. I did not reach my goal of 40 bags, but I was able to get rid of 27 bags/boxes and I learned a lot during the process.

I learned that it is good to have a goal to work towards. We moved into our house 10 years

ago and the previous owners left all the leftover paint. The one time I tried to use it to patch a wall, the paint was bad. I have known for years that I wanted to get rid of it and never have. I am happy to report that all the old paint has been brought to my county's hazardous waste disposal site.

I know that medication should not be flushed down the toilet or just thrown away, so I typically just throw it into a box and forget about it. That is not a good solution either; it leaves medication lying around where others may get into it. I used this challenge as the motivation I needed to go through the box of medication so I could dispose of it properly. I found medication I was allergic too and some that expired in 2013. I live in Chisago County and



my local police department has a medication collection bin where you can drop off the medication and they will dispose of it properly. It was very easy to get rid of.

My daughter and I made several trips to Goodwill to donate much of what we were purging from our house. She was happy because we

received a 20% off coupon with each donation and she got to go thrifting and we ended up bringing a few bags of things back into the house. What I have not decided is if the bags being brought back into the house should count against the bags leaving the house.

Even though I had a goal I wanted to complete in 40 days, life happens. I lost about 2 weeks because my mom had knee replacement surgery and she also asked me to paint her bedroom, so there goes another weekend. I know I still have electronics that need to be properly disposed of so this summer I will give it another try.

*Kris*

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## Roseville Area Senior Program is Temporarily Moving

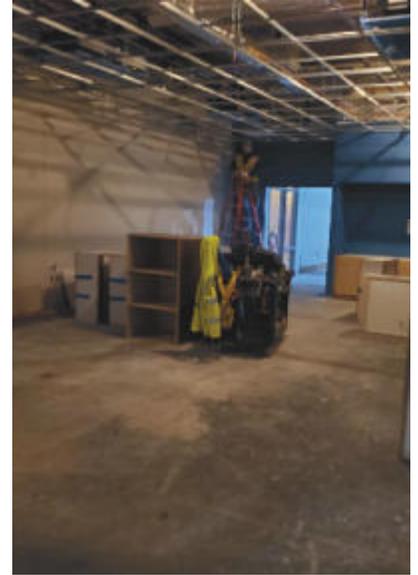
Where has the time gone? In November 2017, our wonderfully supportive community voted to approve a bond referendum. This allowed Roseville Area Schools to perform much-needed work on outdated and aging district buildings including Fairview Community Center.

Here we are in the spring of 2021 and it is time for the Roseville Area Senior Program and Meals on Wheels to temporarily move out of Fairview so work can be completed.

On Thursday, April 28th we will serve Meals on Wheels and then begin the process of packing up and moving. We will spend Friday, April 29th moving to Roseville Area High School where we will be housed temporarily until we are able to move into our new building. We will begin serving Meals on Wheels from the high school beginning on Monday, May 3rd.

It may be difficult to find us in the high school, we urge you to call us for anything you may need.

- RASP Office 651 604-3520
- Meals on Wheels 651 604-3524



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## Independent Living Solutions

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## News from Roseville Area Schools

Roseville Area Schools has a long and proud history of providing strong educational programs, a talented and caring staff and a shared vision of excellence. Decades of generous and reliable financial support from the community have enabled us to meet the educational needs of our students and their families.

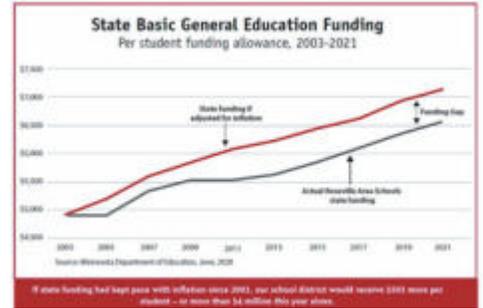
Education funding is a three-legged stool, with the majority of funds coming from the state, followed by local support and then federal funding. For a number of reasons, it is becoming increasingly challenging to maintain our quality programs with the resources provided.

For nearly two decades, state funding has not kept pace with inflation or increasing educational costs. In addition, critical special education programs cost the district nearly \$10 million more than it receives each year from the state and federal governments, putting additional pressure on the district's operating budget.

To manage increasing expenses amid inadequate revenue, we have cut more than \$8 million since 2013. Cuts have negatively affected staffing at all levels, student supports and class sizes. Those cuts will continue without additional revenue.

We have not asked voters to increase our school district's locally approved operating levy since 2006, in order to live within our means and only go to voters when necessary. As a result, our per-student levy is lower than most comparable school districts. Operating levies provide locally approved funding to support school operations, classroom materials, teachers and other staff.

This local support will expire if not renewed by voters in November 2021, which would result in a loss of \$8 million per year, or nearly 8% of our operating budget.



We are committed to providing the quality education our students deserve and our community expects. Throughout spring 2021, we will continue to analyze our finances, looking at projections and determining how to fill the gap between revenue and expenses. We will keep our community informed as plans progress. More information is available at <https://www.isd623.org/our-district/district-services/business-services/financial-forecast>

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Roseville Area Senior, Roseville, MN C 4C 02-1033

## Defensive Driving Classes 55+

### Defensive Driving via Zoom

Due to the COVID-19 pandemic, this class will be offered through Zoom, a video conferencing program. Prior to the class, you will be emailed a link to attend the class through your computer, tablet or smartphone. Call if you have not received a zoom link a day in advance.

Information on joining a zoom meeting can be found here:

<https://support.zoom.us/hc/en-us/articles/201362193-joining-a-meeting>



### 55+ Defensive Driving - 4 Hr.

The Refresher 4-Hour class is for those who have taken the National Safety Council's 8-hour course. You can take the 4-hour refresher course every 3 years to continue your discount. No driving test required. No senior discounts apply.

Thursday • May 6 • 8:30AM-12:30PM  
Class ID # S5020-13 • \$26

Tuesday • May 11 • 12:30-4:30PM  
Class ID # S5020-14 • \$26

Wednesday • May 19 • 5:30-9:30PM  
Class ID # S5020-15 • \$26

Thursday • June 3 • 8:30AM-12:30PM  
Class ID # S5020-1 • \$26

Tuesday • June 15 • 12:30-4:30PM  
Class ID # S5020-2 • \$26

Wednesday • June 23 • 5:30-9:30PM  
Class ID # S5020-3 • \$26

### 55+ Defensive Driving - 8 Hr.

Improve your driving skills and get a discount on your personal auto insurance. The Defensive Driving Course teaches basic crash prevention techniques and has a proven record of reducing traffic violations and incidents. The class consists of lecture, films and discussions. There is no behind-the-wheel driving and there are no tests. No senior discounts apply.

Thursdays • May 13-20 • 1-5PM  
Class ID # S5021-5 • \$31

Wednesdays • June 9-16 • 1-5PM  
Class ID # S5021-1 • \$31

## Classes

### Contemporary Art: Styles, Ideas & Artists

Explore the contemporary art practices starting in the 1950's and continuing today by studying the iconic works of artists such as Andy Warhol, Cindy Sherman, Jeff Koons, Damien Hirst, Grayson Perry and many others. Art styles for consideration will include Pop Art, Minimal Art, Environmental Art, Conceptual Art, Performance Art, Appropriation Art, and Video Art.

Sat • May 1 • 10AM-12PM  
Online Zoom Class  
Class ID # 1052 • \$25

### Excel for Those Who Don't Have a Clue

Your instructor will demonstrate how to navigate and interface with Excel's basic features. See how a simple home budget and contact list is created. You will view how to use calculations such as autosum, max, and average, and see how simple formulas are created. Also, learn to use the fill handle, sort existing data, merge and center, move cells and

ranges, wrap text. Quick and simple projects will be created to show the everyday practical side of Excel.

Sun • May 2-9 • 5:30-6:45PM  
Online Zoom Class  
Class ID # S5517-2 • \$35

### Chair and Standing Yoga

Did you know that more than 55 million Americans are practicing yoga this year?

In this body-friendly class, try out yoga either sitting in a chair or standing, using the chair for balance and support. Yoga can be described as movement to promote strength, flexibility, better breathing (guaranteed to help you feel better), and relaxation. Benefits of yoga include improved mental focus, lower blood pressure, and better sleep. Recommended tools are a yoga mat.

Tues • May 4 - Sept 14 • 9AM-9:45AM  
Online Zoom Class  
Class ID # 3027 • \$185

### Work On Strength

Does variety in your exercise routine help keep you motivated? This class mixes it up: Improve your strength, mobility, stability, and flexibility through a combination of aerobic work, body weight, and hand weights. Recommended tools include a lighter and a heavier set of weights (canned goods or full water bottles can substitute) and a stretchy band.

Weds • May 5 - Sept 15 • 9:30-10:15AM  
Online Zoom Class  
Class ID # 3026 • \$185

### Strengthen and Lengthen

This is a floor-based class built on deep breathing and core muscle development. These body-stretching exercises are designed to improve your flexibility and alignment as you build and maintain your core strength. You will leave feeling stronger in body, taller in posture, and lighter in body, mind, and spirit. Recommended tools are a yoga mat.

Thurs • May 6 - Sept 16 • 9-10AM  
Online Zoom Class  
Class ID # 3028 • \$185

## Classes

### Metabolism Boosters & Busters

In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving and you just can't seem to lose weight. THE GOOD NEWS - You could lose up to 20 pounds in a year – without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. You will learn 20 SIMPLE things you can do every day to boost your metabolism and burn as much as 30% more calories every day.

Weds • May 12 • 6-7:30PM  
Online Zoom Class  
Class ID # 4525 • \$35

### Getting to Know Your iPhone

Author and instructor Mike Wilson will demonstrate how to use your iPhone. Mike will cover cell phone topics, such as: the photo app, texting, navigating, apps, contacts, email, camera, App store, settings and the internet. This class is designed for mature and recent iPhone users and is not for Android users.

Weds • May 12-26 • 2-3PM  
Online Zoom Class  
Class ID # S5519-1 • \$55

### Overcome Your Carbohydrate Cravings

Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? We will discuss a two week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but of biology. Stop the vicious cycle of food craving and weight gain. No hype – just facts.

Mon • May 13 • 6-7:30PM  
Online Zoom Class  
Class ID # 4523 • \$35

### The Stories We Leave Behind Introduction

Do you have an overabundance of possessions you want to reduce without losing core stories? This is an intro

session to The Stories We Leave Behind; A Legacy-Based Approach to Dealing with Stuff. As a typical Baby Boomer I had a houseful of things - mine as well as stuff inherited from parents & grandparents or stored for adult kids. In this session you'll learn how to save your core stories and reclaim your space.

Mon • May 17 • 6-7PM  
Online Zoom Class  
Class ID # S3530 • \$15

### Nature Heals

Learn the science of how time spent in nature helps to improve our physical and mental well-being.

Sat • May 15 • 9-10:30AM  
Online Zoom Class  
Class ID # 3500 • \$15

### Online Instant Pot Hearty Main Dish Salads

Are you ready to add some new recipes to your instant pot rotation? Keep the kitchen cool while eating well this summer by using your electric pressure cooker to quickly cook proteins and grains for hearty main dish salads. Join Kirsten in her kitchen with your computer, tablet or smartphone as she demonstrates Instant Pot Chicken Caprese Salad, Southwest Shrimp and Corn Salad, and Wild Rice Greek Salad. You will receive a handout and after class a link to the recorded class.

Tues • May 18 • 6:30-8PM  
Online Zoom Class  
Class ID # 1178-1 • \$29

### Save Time and Money with an Easy Computer Tune Up

Save money and fix your computer yourself! No great skills needed. Use three proven free online software to fix most software related issues like malware and viruses with a few clicks of a button! Speed up your computer in no time! (Not for Apple/Mac users.)

Fri • June 4 • 6-7PM  
Online Zoom Class  
Class ID # S5518-3 • \$20

### Summer Side Salads

Are you looking for variety in your summer meal planning? Keep the kitchen cool while eating well this summer by using your electric pressure cooker. Join Kirsten in her kitchen via your computer or phone while she demonstrates a variety of light and fresh summer side salads including Colorful Quinoa Salad, French Green Lentil Salad, and Italian Cauliflower Salad. You will receive an extensive handout and there will be ample time for questions during the session, and you will receive a link to the recorded class afterwards.

Tues • June 15 • 6:30-8PM  
Online Zoom Class  
Class ID # 1179 • \$29

### Should I Click on That?

Are you frustrated with strange things that pop-up on your computer? Your friendly instructor Mike Wilson will inform you about what you should and should NOT click on. Computers were made to enjoy and not have the user stuck with unknown and frustrating things that occur. Here is what Mike will define and demonstrate: Online Safety; Scams to Know About; Frustrating and Suspicious Popups; Turning on Popup Blockers; Friendly Windows 10 Notifications; Advertisements; E-mail Ads and Links, Knowing What to Click On; Malware Protection; Do Your Research; Downloading Files, Cookies and Your Browser; Updates, Get Control of Your Device, and The Real from the Counterfeit! (Not for Apple/Mac users, or tablets.)

Thurs & Fri • June 24-25 • 6-7PM  
Online Zoom Class  
Class ID # S5515-1 • \$35

Thurs • July 15 & 22 • 6-7PM  
Online Zoom Class  
Class ID # S5515-2 • \$35

# City of Roseville - Parks & Rec



**NOTE: Due to the COVID-19 pandemic, program and events schedules are subject to modification.**  
 Visit [www.cityofroseville.com/parks](http://www.cityofroseville.com/parks) or call (651) 792-7007 for up to date information.

To register for a Roseville Parks & Rec Class, go to: [www.cityofroseville.com/parks](http://www.cityofroseville.com/parks) or call 651-792-7006.

## Cedarholm Ladies Golf Leagues

Monday through Thursday Mornings, April to August Ladies Golf Leagues are open to participants 18 years of age or older. Golfers have standing tee times for 18-weeks. Pay as you play.

## Roseville Skating Center

Roseville Skating Center and outdoor Guidant John Rose MN OVAL offers a number of opportunities to ice skate. From general public skating sessions, adult skating lessons or adult open hockey, we welcome all skills to come skate with us! Learn more at [skatetheOVAL.com](http://skatetheOVAL.com).

The Indoor Walking Track is available for limited hours and admission is free. The 1/7 mile walking track has rubber flooring which provides a safe walking surface.

## Roseville Senior Golf League

Friday Mornings, April to October

The league is fun-focused and features a different weekly event with prizes awarded the following week. Members are typically 55 and over, open to men and women. Pay as you play.

## Wellness Programs

Virtual Chair Yoga

Mon • June 7-August 9 • 10:30-11:45AM

Thurs • June 7-August 9 • 11AM-12PM

Sunrise Yoga

Weds • June 16-August 11 • 6:15-7:15AM

Yoga in the Park

Sat • June 19-August 14 • 7:30am-8:30AM

Hula Dance Classes

Tues • May 4-June 22 • 7-8PM

Weds • July 7-August 26 • 7-8PM

Weds • September 8-October 27 • 7-8PM

Free T'ai Chi Chih Outdoors

Thurs • June 3-September 2 • 5:45-6:46PM

Central Park Victoria West

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## Roseville Alzheimer's and Dementia & Community Action Team



Dementia: Caring & Coping during the Pandemic - Second Series is now underway. This series focuses on a variety of topics concerning dementia care during the pandemic. These virtual presentations and interviews will again be broadcast on Alzheimer's Speaks with Lori La Bay, who has continued her partnership

with the Roseville Alzheimer's & Dementia Community Action Team. They will be broadcast on the fourth Wednesday of every month starting April 28, 2021.

**April 28, 2021: Dementia Research during the Pandemic - COVID and Cognition**, William H. Frey II PhD, Senior Research Director - Center for Memory & Aging, HealthPartners Neuroscience Center

**Upcoming Episodes:** Broadcast month to be determined - shows will be available on-demand after the broadcast date through Alzheimer's Speaks and YouTube.

- Legal Preparation for Care Partners during the Pandemic
- Normal vs not Normal Aging
- Humor as a Tool for Care Partner Coping
- Finding Peace of Mind while Caregiving
- Health Care Directives - Being a Health Care Agents during the Pandemic
- Death Doula - Dealing with Death during the Pandemic

For more details monitor the Roseville City News weekly updates, Rsvl A/D's Facebook Page Roseville MN Dementia Info and Azheimers Speaks.

*Sponsored by Alzheimer's Speaks and Roseville Alzheimer's & Dementia Community Action Team, the City of Roseville, the Ramsey County Library, and Friends of the Ramsey County Libraries.*

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		<p>Allina Health   aetna</p>  <p><b>Questions about Medicare?</b></p> <p>Call Todd Larson <b>612-845-2296</b></p> <p>LarsonT2@AllinaHealthAetna.us.com</p>
<p><b>Applewood Pointe of Roseville</b> 1480 Applewood Court W. • 651-636-2161 <a href="http://www.applewoodpointe.com/roseville">www.applewoodpointe.com/roseville</a></p> <p>A cooperative community of vibrant adults 55+ 94 Units, 12 Floor Plans, 835 to 1,653 sq. ft.</p> <p>Own a unit nestled in a quiet residential neighborhood close to shopping, restaurants, services, parks and a pond</p> <p>Or call 651 636-2161 for information or a tour.</p> <p>From Snelling, turn East onto County Road C2, turn South onto Arona to Applewood Court.</p>	 <p>To learn more about our community, call (651) 489-3293.</p>  <p>HERITAGE PLACE OF ROSEVILLE</p> <p>All faiths or beliefs are welcome.</p>	



## The Benefits of Farmer's Markets



It is springtime and the farmer's markets will open soon. A farmer's market is a retail marketplace where items are sold directly by the farmers to the customer. Depending on the market and the season you may be able to find fruits, vegetables, baked goods, eggs, honey, maple syrup, soaps, flowers, and more.

Why would you want to go to a farmer's market when you can go to the grocery store? One reason is you have access to fresh, locally grown foods. Fresh food tastes better! The farmers are local and do not live thousands of miles away or in another country. You receive the food during its growing

season, after it has been freshly picked.

In most cases you can talk with the farmer and learn about their products. You can ask questions and find out how best to prepare the items and learn what will be for sale in the next few weeks as the seasons change.

Local family farms are better for the environment and local economy. The vendors at a farmer's market usually live within 100 miles of that market. The food in a grocery store on average travels 1,500 miles to get to you. When you buy direct from the farmer, they can enroll their children in swimming

lessons and go out to eat at a local restaurant.

The farmer's market is a way to enjoy your local community. You have a chance to run into your neighbors and friends as you stroll through the market. It is family friendly and a fun way to spend time.

You can go to [Minnesotagrown.com](http://Minnesotagrown.com) to learn about the different farmer's markets in our area. Below is a list of farmer's markets in and around the Twin Cities.

Take some time to explore and enjoy all our local markets have to offer.

**7th Place Mall** (Thu)  
27 W 7th Pl, St Paul

**Aldrich Arena** (Wed)  
1850 White Bear Ave N, Maplewood

**Andover** (Tue)  
13655 Round Lake Blvd NW, Andover

**Apple Valley** (Sat)  
7100 147th St W, Apple Valley

**Burnsville** (Sat)  
200 Burnsville Pkwy W, Burnsville

**Burnsville** (Mary, Mother of the Church)  
(Thu) 3333 Cliff Rd E, Burnsville

**Inver Grove Heights** (Sun)  
8055 Barbara Ave, Inver Grove Heights

**Lakeville, Market Plaza** (Wed)  
2085 I Holyoke Ave, Lakeville

**Lakeville, Lakeville Area Arts Center**  
(Sat) 20965 Holyoke Ave, Lakeville

**Rosemount** (Tue)  
13885 S Robert Trl, Rosemount

**Roseville** (Tue)  
2131 Fairview Ave N, Roseville

**St. Paul, Downtown** (Sat/Sun)  
290 5th St E, St Paul

**St. Thomas More** (Fri)  
1093 Summit Ave, St Paul

**Savage** (Sun)  
4800 W 123rd St, Savage

**Signal Hills** (Fri)  
1225 S Robert St, St Paul

**South St. Paul** (Wed)  
12th Ave & Southview, South St Paul

**Vadnais Heights** (Wed)  
3585 US-61, Vadnais Heights

**Woodbury** (Sun)  
8595 Central Park Pl, Woodbury

## Meet the Senior Program Team



Donna Larson has been the foot care nurse for the Roseville Area Senior Program since September of 2018. She began working with the senior population at 16 as a nursing assistant for 7 years and then as an RN for the past 38 years. She guesses that makes her a senior now too.

Her favorite part of her job is being able to spend time visiting with clients while doing their foot care. She loves hearing about their life experiences.

If she could only eat one meal for the rest of her life it would be peanut butter and jelly sandwiches and her favorite

dessert is anything with chocolate. Her favorite animal is dogs. When she is not working, she likes to do things outdoors and during this past year she has worked on a lot of puzzles.

Due to the construction Fairview Community Center will be closed starting on Friday, June 11th. The foot care clinic will be closed until we move into the new building in the fall. The remaining foot care clinic dates are April 27, May 3, 4, 11, 17, 18, 25, and June 8.

Call 651-604-3520 to schedule an appointment.

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# Promises...kept.

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## Keeping Busy at Home

Here are some programs that have been shared with us from Historic Fort Snelling/Minnesota Historical Society. There is something for everyone, I hope you enjoy them. Type the https address into your search bar on your computer or tablet.

- **Asian Americans PBS Documentary**  
<https://www.pbs.org/show/asian-americans/>
- **Funkin' on the North Side – Prince and Black Minneapolis** Learn about Prince and the community he grew up in on the north side of Minneapolis  
<https://www.youtube.com/watch?v=-OzVZmP6jzk>
- **Funny Things About Minnesota:** A program from the History Center on comedy clubs and performers in Minnesota  
<https://www.youtube.com/watch?v=h9fimVQFOq8>
- **History Forum: American Revolutions with Alan Taylor** Program about the American Revolution and the founding of our country. This is a recording so you will not be able to type in questions.  
<https://www.youtube.com/watch?v=mhNxPEE8uD8>
- **History Forum: How Black Women Broke Barriers, Won the Vote & Insisted on Equality for All:** Examines the lives and missions of Black women in their fight for voting and other civil rights  
<https://www.youtube.com/watch?v=r94LYTP70Qg>
- **Military Intelligence Language School:** Learn what life was like for thousands of Nisei (second generation Japanese American) servicemen and women at Fort Snelling before deployment.  
<https://youtu.be/SMaYszBpyC8>
- **The Contributions of Women in the Air War:** A program on the Women's Air Force Service Pilots Program during World War II.  
<https://www.youtube.com/watch?v=U6MlImfqoA>
- **William Dixon Video:** Twin Cities Public Television program about black Minnesotans who fought for the Union Army during the Civil War.  
<https://video.tpt.org/video/north-star-civil-war-stories-hhybva/>

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Roseville Area Senior, Roseville, MN

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# BIRDS IN MINNESOTA



T R X P D L V Y O R C H D L W M R N N O I R F Z R X U T S I F K H Y R  
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CARDINAL  
CROW  
FINCH  
GROUSE  
MAGPIE

TURKEY  
CRANE  
EAGLE  
HERON  
LOON

ROBIN  
SWAN  
WREN  
CHICKADEE  
DUCK

GOLDFINCH  
HAWK  
KINGFISHER  
OWL  
SPARROW

PHEASANT  
SWALLOW  
WOODPECKER  
HUMMINGBIRD

## SPRINGTIME BIRD & JOKES

Q: How does a chicken send mail to her friend?

A: In an Hen-velope!

Q: What did the duck say when he dropped the dishes?

A: I hope I didn't quack any!

Q: What kind of TV shows do ducks watch?

A: Duckumentaries!

Q: Where do ducks go when they are sick?

A: To the duck-tor!

Q: What bird steals soap from your bath?

A: A robber duck!

Q: Why do owls get invited to parties?

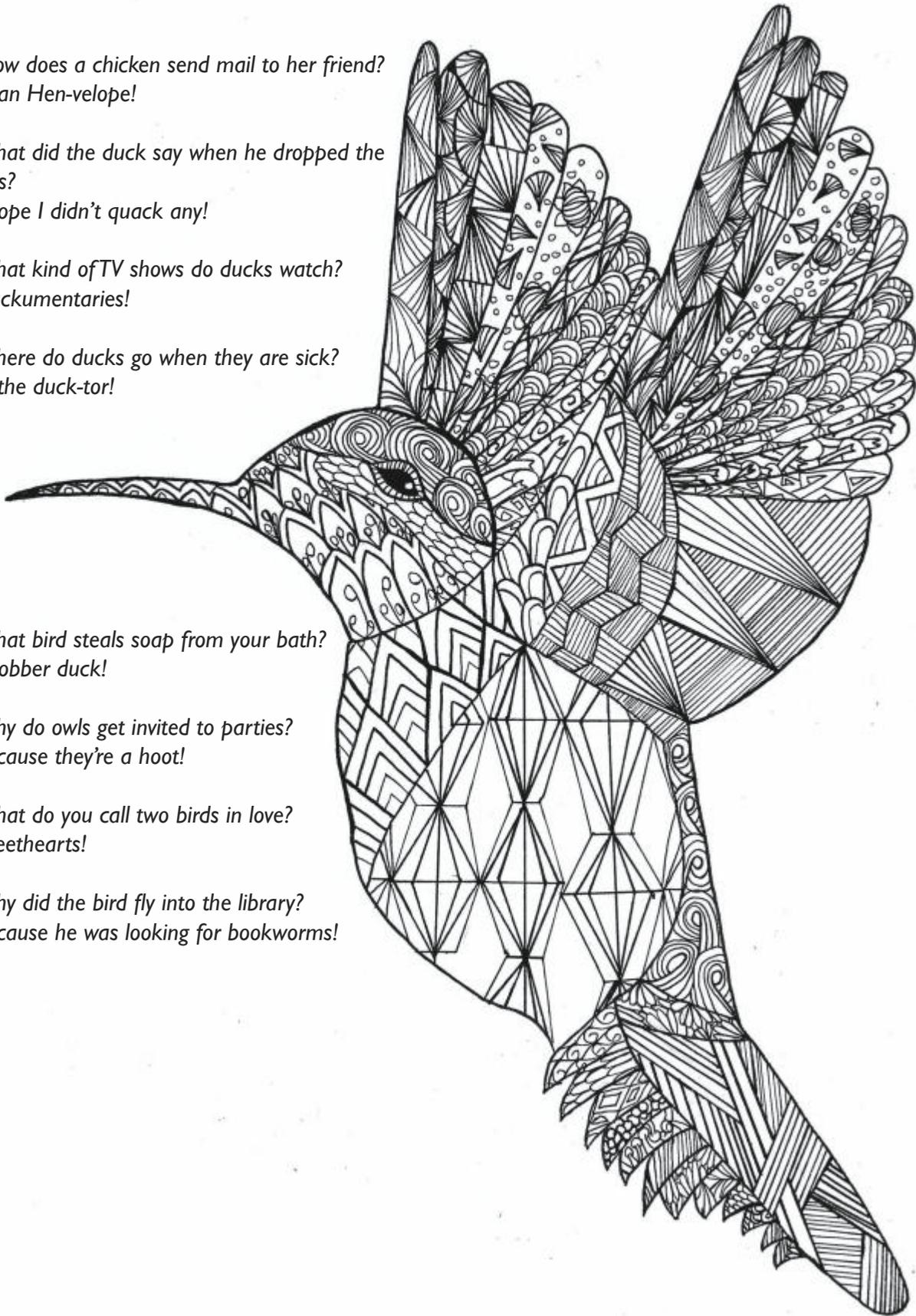
A: Because they're a hoot!

Q: What do you call two birds in love?

A: Tweethearts!

Q: Why did the bird fly into the library?

A: Because he was looking for bookworms!



**Roseville Area Senior Program Activities Survey**

It has been over a year since we cancelled all in-person programming due to the COVID-19 global pandemic. If the COVID-19 numbers continue to decline, we hope to begin in-person programming sometime this fall and we need your help, what types of activities would you enjoy?

Please complete the survey and email it to: [kris.rossow@isd623.org](mailto:kris.rossow@isd623.org) or mail it to:  
Fairview Community Center – RASP - 1910 County Road B West - Roseville, MN 55113

**Your opinion counts! What are you interested in? Check all that apply**

Activity and Program Suggestions	YES	Comments
Art & Craft Activities		
Blood Pressure Screening		
Book Clubs		
Bridge Class		
Caregiver Support Group		
Cribbage		
Computer Assistance		
Contract Bridge		
Documentary Discussions		
Foot Care Clinic		
Housing Information		
Jigsaw Puzzles		
Mahjong		
Men’s Discussion Group		
Men’s Shed		
Multi-Generational Activities		
RASP Committees – such as fundraising, socials, etc		
Religious Study		
Retirement Information		
Scrabble		
Senior Single Group		
Speakers		
Stitch & Chat		
Topic Forum, formerly Investment Forum		
Ukulele Play & Sing Along		
Volunteer Opportunities		

**Please share any additional ideas!** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Thank You for Your Time and Thoughts!**



**Roseville Area Schools**  
**Roseville Area Senior Program**  
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**If you have any questions, please contact us! We are here to serve YOU and OUR COMMUNITY!**

### **RASP Directory**

rasp@isd623.org

Office: 651.604.3520 • Fax: 651.604.3565  
MN Relay: 1.800.627.3529

#### **Fairview Community Center**

1910 County Road B West, Roseville, MN 55113

#### **Program Manager:** Kris Rossow

651.604.3537 or kris.rossow@isd623.org  
Mon-Fri 8 a.m.-4 p.m.

#### **Secretary/Transportation:** Kim Palmer

651.604.3535 or kimberley.palmer@isd623.org  
Mon-Fri 8 a.m.-4 p.m.

#### **Program Coord/Meals on Wheels:** Tara Garvin

651.604.3524 or tara.garvin@isd623.org  
Mon-Fri 8 a.m.-2 p.m.

#### **Seasons Design & Layout /**

#### **Community Ed. Administrative Assistant:**

Jenni Kostecki 651.604.3507 or  
jennifer.kostecki@isd623.org



**Due to construction, the Flaming  
Spoon Cafe will be closed until this  
fall. We look forward to seeing you  
again once we get settled into the  
new building!**