



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 Arjpétu 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 Arjpétu Téča Education Center. In Dakota, arjpétu téča (pronounced aw-BETdoo TEH-chah) means “a new day.” This name was chosen in collaboration with our American Indian Parent Advisory Committee and Dakota elders.

Heat Awareness

We look forward to summer all winter long, but as the temperature rises it is important to remember to be safe in the heat. Older adults are at an increased risk for heat-related illnesses. Some causes of this are:

- Changes to the skin and poor circulation
- Heart, lung, and kidney diseases
- High blood pressure
- Reduced sweating that can be caused by some medications
- Being over or under weight
- Being dehydrated

Some ways for you to stay safe in the extreme heat is to:

- Stay away from direct sun exposure and remember to wear sunscreen when outside.
- Stay hydrated, do not wait until you are thirsty to take a drink. Drink plenty of cool water, clear juices and other liquids that do not contain alcohol or caffeine.
- Dress appropriately, wear loose, light-colored clothing and when outside a broad brimmed hat.
- Avoid turning on your oven and stove.
- Take a lukewarm bath or shower to help cool off.
- Spend time in air-conditioning. If you do not have one keep your blinds closed and the windows slightly open for ventilation. Spend time at an air-conditioned space such as the mall where you can walk or find a spot to read a book.

Heat related illnesses to be aware of are:

- Heat Syncope – sudden dizziness that can happen when you are active in the heat. If you experience heat syncope you should rest in a cool place, put your legs up and drink water to make the dizzy feeling go away.
- Heat Cramps – painful tightening in your stomach, arms, or legs. You should rest in a cool place and drink fluids that do not contain alcohol or caffeine.
- Heat Edema – swelling of your ankles and feet when you get hot. If this occurs put your legs up to reduce the swelling if they do not get better contact your medical provider.
- Heat Exhaustion – is a warning that your body can no longer keep cool. You may feel thirsty, dizzy, weak, nauseated, and uncoordinated. Rest in a cool place, drink plenty of fluids, and contact your medical provider if you do not feel better soon.
- Heat Stroke – MEDICAL EMERGENCY – YOU MUST GET MEDICAL HELP RIGHT AWAY – you may experience fainting, a body temperature over 104 degrees, not sweating even though it is hot, a change in behavior, such as confusion, agitation, or acting strangely.

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 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.

Kris' Corner



Moving is listed on the list of the top 5 most stressful life events. Ten years ago, my family moved from White Bear Lake to Chisago City. At that time, I told my husband he better love this house because we were never going to move again but even though we are not moving, I have not escaped from moving.

Two and a half years ago we helped my mother-in-law pack up her house and move in with us. She had lived in her home for almost 60 years and even though she had purged and decluttered over the years there was still plenty of work to do. We spent many days and weekends going through her things and deciding what to keep, what to donate, and what to toss. My daughter spent a day shredding old documents that were no longer needed.

From May 2020 to now, I have worked in 4 separate office spaces and will move to a 5th when we move into the new building. With each move I find more things I no longer need



and continue to purge. After my recent move to the high school, I am keeping most of my boxes in a corner ready to be re-packed, and I also repurposed a few to serve as my bookshelf.

We have done more than just move offices; we have spent the better part of the last year packing up a building. As it is with all moves, I am sure we have packed things we will not need and gotten rid of things we will wish we had kept. As exciting as it is to look forward to a new building it is also a little sad to say good-bye to the old one.

We look forward to the time when we will be able to welcome you to our new building and space.

Kris

July/August 2021 | Roseville Area Schools 3



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Roseville Area Senior, Roseville, MN

A 4C 02-1033

Roseville Area Senior Program is Temporarily Moving



As construction continues at the new building the Roseville Area Senior Program and Meals on Wheels have moved to Roseville Area High School for the summer.

We cannot say enough good things about the buildings and grounds staff who helped us move and the staff at the high school who have welcomed us. The RAHS custodial staff regularly check in on us to make sure we have what we need, and the nutrition services staff have been very helpful and supportive of Meals on Wheels.

We are so thankful for our volunteers who pack the meals and deliver them. Due to space, we have had to make some adjustments to the Meals on Wheels meal pick up and drop off. Instead of coming inside and picking up meals for delivery, our volunteers now wait outside, and we bring the meals to them. We are keeping our fingers crossed for no rain Mondays through Fridays between 10:30am and 12:30pm.



Please call us for anything you may need:

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

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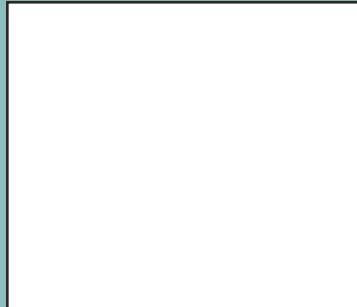
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August 16th is National Tell a Joke Day

They say laughter is the best medicine and they may be right! Laughter has short-term and long-term benefits. Not only is it fun but it improves your cardiac health, works your abs, reduces your stress hormone levels, and lowers your blood pressure.

Do something that is good for you and someone else and tell some jokes.

Q: What does a flower say when they are offering you a job? A: Take it or leaf it!

Q: What does a flower therapist ask her patients? A: Are you feeling bouquet?

Q: What did the flower say when her son went off to college? A: I be-leaf in you!

Q: How do two flowers greet each other? A: Hey bud, how's it growing?

Q: Why is a flower like the letter "a"? A: Because a bee goes after it.

Q: What flower is on your face? A: Tulips

Q: How does a flower get a boat across the lake? A: It rose.

Q: What do you get if you cross a sheep dog with a daisy? A: A collie-flower



Q: What do you call a girl with a frog on her head? A: Lily!

Q: What did the bee say to the flower? A: Hello honey.

Q: What is a bee's favorite flower? A: A bee-gonia.

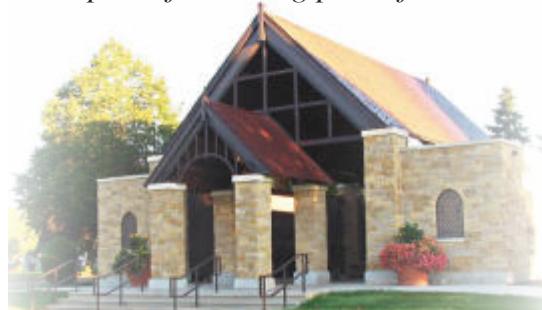
Q: What's a frog's favorite flower? A: A croak-us.

Remember to spend time laughing and you can't plant flowers if you haven't botany!

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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 • July 8 • 8:30AM-12:30PM
Class ID # S5020-4 • \$31

Tuesday • July 13 • 12:30-4:30PM
Class ID # S5020-5 • \$31

Thursday • July 22 • 5:30-9:30PM
Class ID # S5020-6 • \$31

Thursday • Aug 5 • 8:30AM-12:30PM
Class ID # S5020-7 • \$31

Tuesday • Aug 10 • 12:30-4:30PM
Class ID # S5020-8 • \$31

Wednesday • Aug 25 • 5:30-9:30PM
Class ID # S5020-9 • \$31

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 • Aug 12-19 • 5:30-9:30PM
Class ID # S5021-2 • \$35

Classes

A Guide to Backyard Photography

It is summer time! Are you getting out to create images? Join professional photographer, Jay Grammond, as he leads us on a photographic journey of possibilities that will get you out of the house and into your own yard, or local park this summer. You will learn to see and compose creatively; how to create or look for great backgrounds; what subjects to focus on; and helpful apps and resources that could help you create your best images yet!

Thurs • July 8 • 7-8PM
Online Zoom Class
Class ID # 1021 • \$25

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.

Thurs • July 8 • 6:30-8PM
Online Zoom Class
Class ID # 1178-2 • \$29

Estate Planning for Grandparents, Parents and Families with Special Needs Children

With an ever changing benefit system, you will be happy to learn that your estate plan include provisions for the care of a child, grandchild or family member with special needs without adversely affecting their benefits or programs. Discuss how to properly protect your assets and provide for the future benefit of your loved one. Learn the pros and cons of a special needs trust and how it may be an option to be considered.

Weds • July 14 • 6:30-8PM
Online Zoom Class
Class ID # 1516 • \$15

Travel Free & Safely

We're ready to get back to our travels! When it is safe to go on a trip, where can we go, how do we stay safe, and how do we make our travel free? Learn how to benefit from the deep travel discounts being offered right now to motivate you to book future travel in 2021 and 2022. If you are near retirement, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. World traveler Gina Henry shows you how she is prepared for the new "travel normal" including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Earn free airline tickets, hotel nights, tours & more in the USA & worldwide! Volunteering, fun work-vacations, paid travel, teaching English and remote employment opportunities. Tuition includes Gina's 100-page digital book How to Travel Free & Safely (a value of \$39.95).

Sat • July 17 • 11AM-2PM
Online Zoom Class
Class ID # 4000-2 • \$55

Classes

T'ai Chi Chih for Life

Achieve a healthier mind, body, and spirit through an inner discipline that focuses on balance and circulation. T'ai Chi Chih is a slow-moving meditation that is fun, easy, and enjoyable to learn and do. Reported benefits include reduced stress, strengthened immune system, weight and blood pressure control, improved focus, creativity and flexibility. Gentle movements can be done by anyone regardless of age or physical capabilities. Comfortable clothing recommended.

Tues • July 6 - Aug 10 • 5-5:30PM
Online Zoom Class
Class ID # 3008-2 • \$35

Should I Click on That?

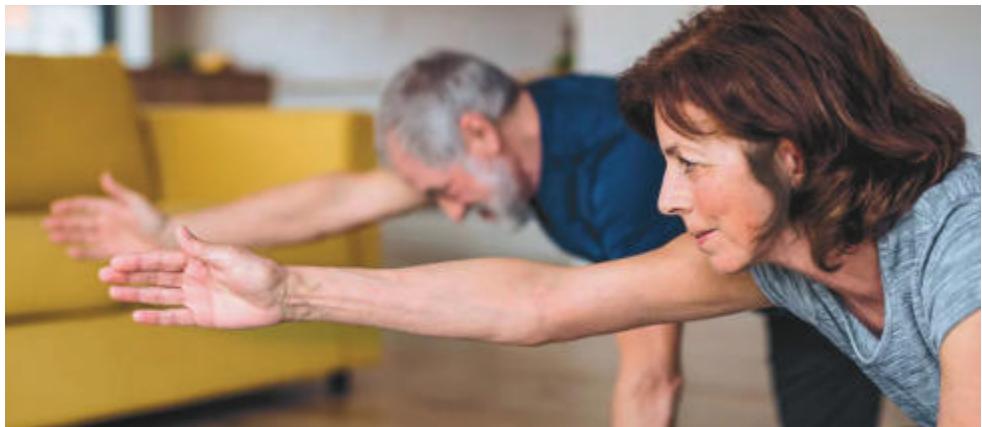
Are you frustrated with strange things that pop-up on your computer? Your friendly instructor Mike Wilson will inform you about what you should and should NOT click on. Computers were made to enjoy and not have the user stuck with unknown and frustrating things that occur. Here is what Mike will define 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 • July 15-22 • 6-7PM
Online Zoom Class
Class ID # S5515-2 • \$35

U.S. - Dakota War of 1862: Pieces of the Puzzle

Join professional photographer and amateur historian Jay Grammond as he brings awareness to an epic event in Minnesota history. You will be sent a link to the video to watch prior to the live on-line talk.

Tues • Aug 31 • 7-8PM
Online Zoom Class
Class ID # S5000 • \$25



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.

Sun • Aug 8-22 • 11AM-12PM
Online Zoom Class
Class ID # S5519-2 • \$55

How Do I Take a Live Class with Zoom?

Most adult instructors use Zoom for live/virtual classes such as exercising, cooking, painting, computers, etc. Author and computer instructor Mike Wilson offers this free and easy session to help you understand the process of "getting to your classroom" and using Zoom.

Sun • Aug 29 • 6:30-7:30PM
Online Zoom Class
Class ID # S5511-2 • Free

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.)

Sun • Aug 15 • 3:30-4:30PM
Online Zoom Class
Class ID # S5518 • \$20

Jazzercise

Starting June 1st, Classes will be held in-person* & Livestreamed on Zoom. Once you have registered for the class, you can choose which way you want to participate. Each day you will receive an email with the link for the Zoom class so you can choose to come in-person, or dance in your living room!

Due to construction at Fairview the in-person classes will be held at the Roseville Middle School located on 15 County Road B2 East in Little Canada. The school is located on County Road B2 just East of Rice Street. No discounts will apply.

Mon/Weds/Thurs: Jazzercise Dance Mixx (6-7PM)

Tues: Alternate between Strength60 or Flip Fusion (6-7PM)

Friday: Core (5:45-6:45PM)

Mon-Fri • July 1-30
Online Zoom Class/In-Person
Class ID # 3000-July • \$40
no class 7/5

Mon-Fri • Aug 2-31
Online Zoom Class/In-Person
Class ID # 3000-August • \$40
no class 8/10

Classes via Zoom Due to the COVID-19 pandemic, some classes 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. You can register at: isd623.ce.eleyo.com Information on joining a zoom meeting can be found here: <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

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 or call (651) 792-7007 for up to date information.

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

Breuntrup Heritage Farm

The Maplewood Historical Society has been preserving the History of the City of Maplewood Minnesota for many years. Join us as we take a guided tour of the Breuntrup Heritage farm house, barn, 3M exhibit, Gladstone exhibit and more. Transportation is not provided. Please note: Walking and standing on paved and unpaved ground is required. Registration Deadline: Jul 5

Tues • July 12 • 11:45AM-2PM

Riverboat Cruise

Explore the Mississippi River—a cultural treasure of America! As we cruise down the river you may spot bald eagles, herons, egrets, and falcons as you travel back in time from St. Paul's bustling downtown harbor through the Mississippi National

Great River Park. We will enjoy lunch aboard and take in the scenery. Register by Aug 3. Registration includes: Riverboat cruise and lunch.

Tues • Aug 24 • 11:15AM-2PM

Hula Dance

Let's dance to Hawaiian music! Hula is a Hawaiian dance and a perfect exercise for your entire body. You will learn some basic Hula steps along with choreography. Please bring a sarong to dance in. Instructor: Kumu Kanani Johnson

Weds • July 7-Aug 25 • 11:45AM-2PM
Class ID # 4000-2 • \$55

Chair Yoga and Body Asymmetry

Body asymmetry, over time, can alter how we balance and move in space. This class will offer techniques to manage asymmetries, allowing the body to be calmer, more open and more relaxed. Please wear comfortable clothes and provide your own yoga mat. Instructor: Lois Cunningham

Thurs • July 1-Aug 2 • via Zoom

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Roseville Area Senior, Roseville, MN

D 4C 02-1033

City of Roseville - Parks & Rec Cont'd



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

Sunrise Yoga

Individual class options through August 11. You will thank yourself for rising early, when you leave this class infused with a sense of wellbeing and energy for the rest of your day. Mindful breathing, yoga postures adapted to individual experience levels, and guided meditation will help build strength, flexibility, balance, and focus. Please bring a yoga mat and water bottle. No prior yoga experience necessary. Instructor: Cathy Skrip

Yoga in the Park

Individual class options through August 14 Join us this summer for Yoga in the Park. Enjoy the beautiful setting of Oasis Park and connect with nature as you link breath to movement in a vinyasa style flow class suitable for all levels. Bring a yoga mat, water bottle and arrive 10 minutes early to get settled. Classes will be held outdoors.

FREE T'ai Chi Chih Outdoors

Take a deep breath and enjoy the beauty of nature while

practicing T'ai Chi Chih in the park. Instructor Karen Carrier Central Park West of Victoria Thursdays through September 3 5:45-6:45pm

Pickleball

Check out one of the fastest growing sports in Minnesota: pickleball! Pickleball is a paddle sport that combines elements of badminton, tennis and table tennis. Roseville offers four shared outdoor pickleball courts at Evergreen Park at 1810 West County Road B.

Courts have dedicated pickleball lines, nets and push button lights. The courts are shared with tennis players but do have identified pickleball priority times. Call 651-792-7006 to get the lock combination for equipment or any other information.

Live at the Rog

Summer performance series take place each summer at the scenic Roseville Central Park Frank Rog Amphitheatre. The series presents a diverse selection of high quality performances three times per week in music, dance and theater. This year's lineup of great entertainment, can be found by visiting the City of Roseville website at: cityofroseville.com

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Roseville Area Senior, Roseville, MN

E 4C 02-1033

THREE-LEGGED STOOL OF REVENUE

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.

FUNDING NOT KEEPING UP WITH NEEDS

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. And while the federal COVID-19 relief dollars for schools will help cover pandemic-related costs, they are one-time funds and will not help with our long-term budget sustainability.

LOCAL SUPPORT WILL SOON EXPIRE

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.

ONGOING BUDGET CUTS

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.

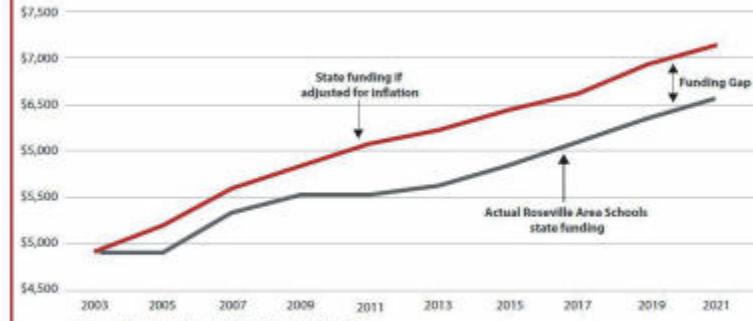
LOOKING TO THE FUTURE

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 about district finances is available on our Business Services website.

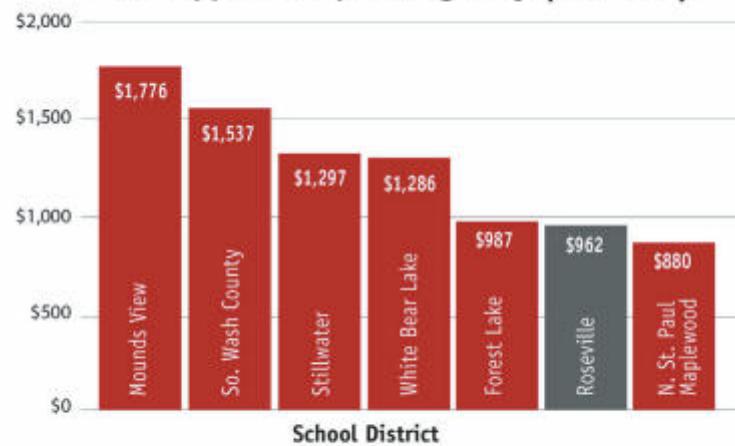
State Basic General Education Funding

Per student funding allowance, 2003-2021



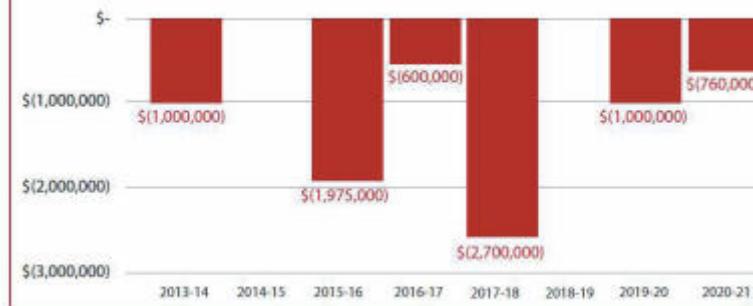
If state funding had kept pace with inflation since 2003, our school district would receive \$505 more per student – or more than \$4 million this year alone.

Voter-approved Operating Levy (2021-22)



Roseville Area Schools has one of the lowest voter-approved operating levies of neighboring and comparable school districts, giving us less funding to support our schools, staff and students.

Roseville Schools Budget Cut History



The district has cut more than \$8 million dollars in the past 8 years, and ongoing cuts will continue without additional revenue.

Meet the Senior Program Team



Jeremy Ennis works with Nutrition Services at Fairview Community Center and makes meals for students, The Flaming Spoon and Meals on Wheels. He began working for the district 3 years ago.

Jeremy is currently cooking for the Meals on Wheels program at our temporary location at Roseville Area High School.

His favorite part of the job is cooking and the time he gets to spend talking with our local seniors when they come for lunch at the Flaming Spoon.

His favorite thing to cook is stuffed green peppers but his favorite thing to eat is lasagna and for dessert pie of any kind. However, if he could only eat one meal for the rest of his life it would be pizza.

When Jeremy is not busy cooking, he likes to read, watch sports, go for walks, and spend time with his dachshund Rosco. SKOL Vikings!

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Roseville Alzheimer's and Dementia & Community Action Team



help carepartners and persons living with dementia. These presentations and interviews will be broadcast on Alzheimer's Speaks with Lori La Bey on the fourth Wednesday of every month starting April 28, 2021 at 1:00pm. They will also be available on the Alzheimer's Speaks YouTube Channel.

The first six episodes are:

July 28 - The End of Life Journey

Jeanne Bain, End of life navigator, dementia trainer and consultant and produces a podcast called "Death Unfiltered"

Dementia: Caring & Coping during the Pandemic - Second Series, is now underway. These virtual events are presented by the Roseville Alzheimer's & Dementia Community Action Team in partnership with Lori La Bey's online show Alzheimer's Speaks. The series focuses on a variety of topics to living with dementia. These presentations and interviews will be broadcast on Alzheimer's Speaks with Lori La Bey on the fourth Wednesday of every month starting April 28, 2021 at 1:00pm. They will also be available on the Alzheimer's Speaks YouTube Channel.

August 25 - Your Path to Peace of Mind While Caregiving
Pat Samples, Author of "Daily Comforts for Caregivers" and "Self-Care for Caregivers, A Twelve Step Approach" and other books, and a champion for creative aging.

September 22 - Humor as a Tool for Caring & Coping

Shannan Calcutt, comedian, actor, and workshop leader, clown, comic act designer and acting coach with Cirque du Soleil in Las Vegas.

For more details about upcoming episodes please monitor the Roseville City News weekly updates, Rsvl A/D's Facebook Page Roseville MN Dementia Info, and Alzheimer's 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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Budget Friendly Summer Activities



As the weather becomes warmer and COVID restrictions ease up, people want to get back out and enjoy themselves. Here are some budget friendly activities you can do while getting out but keeping yourself safe.

Be a Tourist in Your Hometown Check for local summer activities and reacquaint yourself with your surroundings and nearby attractions. Here are some locations you may want to visit:

- Como Zoo
- Minneapolis Institute of Art.
- Minneapolis Sculpture Garden
- Muriel Sahlin Arboretum
- Visit one of the 32 parks that are managed by Roseville Parks and Recreation

Bird Watching

With a small investment in a bird feeder and/or birdbath, many hours of bird watching can be enjoyed.

Enjoy a Cold Treat

If you need an excuse to have an ice cream treat, July 21st is National Ice Cream Day.

Exercise

Exercise could be as simple as walking around your neighborhood or performing yard work at home.

Go to a Local Farmer's Market

Stroll through the booths and see if there is any fresh produce you would like to purchase to eat with your lunch or dinner.

Learn a New Skill

You can find free tutorials for just about anything online.

Listen to Local Concerts

The Central Park Frank Rog Ampitheatre has events scheduled during the summer. You can see everything from Roseville Big Band to the Minnesota Boychoir to African Rhythms.

Picnic at a Local Park or Playground

Get back to nature by packing a lunch and eating outdoors.

Play in the Rain

Remember how much fun you had jumping in puddles? Relive those childhood memories and take a walk in the rain.

Visit a Thrift Store or Flea Market

See what treasures you can find with a budget of \$5.



MINNESOTA WILDFLOWERS

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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: Kim Palmer

651.604.3520 or kimberley.palmer@isd623.org

Mon-Thurs. 8 a.m.-4 p.m., Fri. 8AM-12PM-

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!**