



Seasons

Roseville Area Senior Program Newsletter

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

What's in This Issue?

RASP Information.....	Page 2
Kris' Corner.....	Page 3
RASP is Moving Again!.....	Page 4
Meet the Sr. Program Team.....	Page 5
National Yoga Month.....	Page 5
Defensive Driving.....	Page 6
Enrichment Classes.....	Page 7
From the Superintendent.....	Page 8
Roseville Park & Rec.....	Page 9
SilverSneakers.....	Page 10 & 11
Roseville A/D.....	Page 12
Wordfind.....	Page 13
Just for Fun.....	Page 14
Operating Levy.....	Page 15
Flaming Spoon Info.....	Page 16

623 WALK RUN

SAVE THE DATE NOVEMBER 13, 2021

The 35th Annual 623 Walk Run is going back in-person this year! Get active while making a difference in our community! This 6.23 kilometer walk/run starts and ends at Roseville Area High School running through Central Park. Save the date and register now at www.isd623.org/walkrun.

September is Healthy Aging Month

Healthy Aging Month began in 1992 to draw attention to the importance of a healthy lifestyle for adults. It encourages adults to act how you feel instead of acting your age! It is about the positive aspects of growing older.

Ways to take care of your Emotional Health:

- Manage Stress – Learn relaxation methods such as deep breathing, meditation, and exercise
- Connect with Others – Make positive connections with other people
- Be Aware of Your Emotions and Reactions – What makes you sad or frustrated and are you able to make any changes in your life to address them?

Ways to take care of your Environmental Health:

- Surround yourself with positive people
- Be aware of safety – make sure your carbon monoxide and smoke detectors work and remember to check the batteries
- Be aware of outdoor air quality

Ways to take care of your Mental Health:

- Stay Social – Call your friends and family. Zoom or Skype with loved ones who are far away
- Regular Exercise – Just 30 minutes a day of walking can boost your mood and improve your health
- Relax – Schedule regular times for meditation, muscle relaxation or breathing exercises

Ways to take care of your Social Health:

- Ask for help if you need it
- Keep up with your hobbies and interests
- Eat healthy and exercise

Ways to take care of your Physical Health:

- Stay Active for 20-30 Minutes a Day – Some examples include walking, dancing, swimming, and even gardening
- Eat Healthy – Fruits, vegetables and lean meats give your immune system a boost
- Sleep – It helps to reduce stress and is also how your body repairs itself

As you can see staying social, eating right, managing stress and exercise will help sustain your health in multiple ways. In September I challenge you to try something new and to remember to NOT act your age.



Roseville Area Senior Program

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

Roseville Area Senior Program (RASP)

Anpétu Téča
Education 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

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 activity, or group, please contact us. Activity or class fees may apply. class,

OPENING SOON!

DROP-IN LOUNGE Adults of all ages are welcome to visit our drop-in lounge. There is a resource area, informal games, daily newspaper, TV, pool table, and drop-in computer station. Open Monday-Friday from 8AM-4PM. ATEC #C123

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.

SEASONS NEWSLETTER Our Seasons newsletter is the best source for up-to-date information about our current activities and services. If you are interested in receiving the bi-monthly newsletter by email or through the postal service, please contact the RASP office. Detailed activities and services are also listed throughout this brochure. You can also access the Seasons newsletter online at www.isd623.org/RASP

TRANSPORTATION - MEDICAL RIDES 651-604-3520

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 Anpétu Téča Education 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.

Ph: 651-604-3520; Email: rasp@isd623.org.

TO DO LIST

- _____
- _____
- _____
- _____
- _____

PROCRASTINATION – The action of delaying or postponing something.

I have always thought of myself as a procrastinator. In college there were many all-nighters as I was studying for a test or writing a paper that was due the next day. The instructors always passed out a syllabus with test dates and due dates, so it wasn't that the assignments were given at the last minute. I figured I was a procrastinator.

Looking back, I'm not so sure now. When I was in college, I worked multiple jobs and went to school full time. I started work at 6:15am would then commute to school and then would end my second job at 10pm. This was a regular weekday, and I worked the weekends also. It's hard to find time to study and do schoolwork while working so much. Thus, the long nights.

Now, a few years after college (OK, maybe a lot of years after college), I've been thinking about how I'm a procrastinator again. What have I been procrastinating? Writing this article about procrastinating for one. When I really started to think about it, I decided it's not so much procrastinating as prioritizing.

PRIORITIZE – Determine the order for dealing with (a series of items or tasks) according to their relative importance

For me it is helpful to have a due date, a time when I know something must be done, then I can decide what needs to be tackled first. This article is important, but it was not more important than helping my parents this past weekend. I prioritized my family over the article because I knew I still had time to work on it.

When prioritizing it's important to remember to set realistic goals and determine what is the most important. I like to have a to do list because I enjoy crossing items off the list as I finish them. However, there are always those items that remain on the list and never seem to get crossed off. One of the items currently on my list is to clean out my facility files. That has been on the list for over a year now, but I keep it on because it will be nice if I'm able to accomplish this task but it's not a priority.

Now that I have thought this through, I will continue to prioritize and no longer feel guilty that I'm a procrastinator.

Kris

3 | Roseville Area Schools | September/October 2021



Independent Living | Assisted Living
Memory Care | Respite Care

Come Explore The Preserve!

Private Apartment Homes

All-Inclusive

Onsite Care Staff 24/7

Washer & Dryer in Unit

Full Calendar of Daily Activities

Dedicated Housekeeping & Laundry Service

612.202.0708

Rolling Out The Red Carpet For You!

2600 Dale Street North Roseville MN 55113



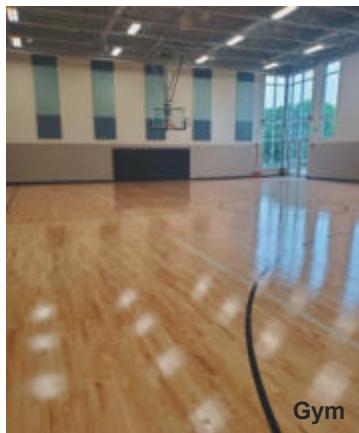
Modern Style. Caring Service. Better Living.

Schedule a Tour Today!



Professionally by Jaybird Senior Living

Moving into Anpétu Téča Education Center



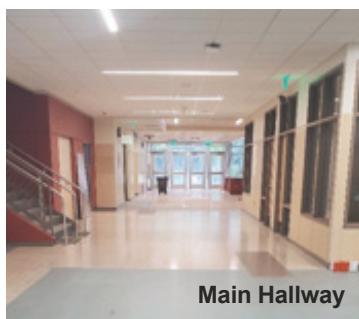
Gym

After over a year of construction we are getting closer to moving into our new building, the Anpétu Téča Education Center. We are hopeful that we will be able to open our doors to the community this fall. We are excited to welcome you back, but we know that even once everyone returns, we will still be a work in progress as final touches are completed over the next few months. We will post opening updates at our website isd623.org/community/community-ed/seniors.

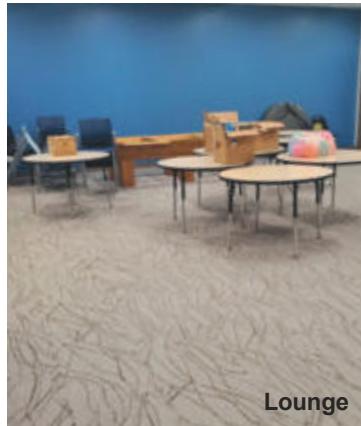
Here is a sneak peak of the building.



Pool



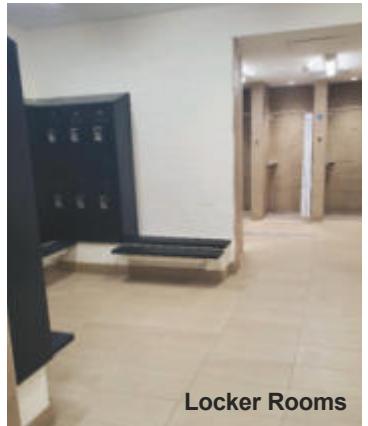
Main Hallway



Lounge



Flaming Spoon Cafe



Locker Rooms

4 | Roseville Area Schools | September/October 2021

Independent Living Solutions



Certified Age-In-Place Specialist



If your aging plan does not include the nursing home, call us for a free home assessment. Safe, Secure, Affordable home modifications. Grab bars, walk in tubs, stair lifts, bath and kitchen renovations.

Brent Megahan

www.mnils.com

P: 612-743-7373

E: Brent@mnils.com

MN LIC# BC630902

Make your house a home for a lifetime.

Mention this Ad for a 10% discount.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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



SCANDIA SHORES
OF SHOREVIEW

EXCEPTIONAL SENIOR HOUSING OFFERING CHEF PREPARED MEALS, A FULL ACTIVITY PROGRAM, SCHEDULED BUS TRANSPORTATION, AND A "HOMELIKE" ATMOSPHERE, ALL AT A MODERATE RATE.
6 FLOOR PLANS TO CHOOSE FROM
RATES FROM \$1647 PER MONTH
651.415.9793 - ZACK NELSON



northsuburbanchorus.org
or call 651-472-4471 for more info.



L
LYNGBLOMSTEN

Lyngblomsten has been providing healthcare, housing, and services to older adults for more than a century.

Be a part of our Como Park campus!

- Senior Housing with Services
subsidized and market-rate senior rental apartments
- Rehab & Transitional Care
- Long-term Skilled Nursing Care

Learn more:
www.lyngblomsten.org
(651) 646-2941



Meet the Senior Program Team



Karen Schaub has been the Director of Community Education for 15 years. The hardest part of her job is also the most exciting part of her job, working to get the Arnpétu Téča Education Center ready to open. It's been over a year since they started work on the new building and she is looking forward to when we will be

able to open the doors to our community members.

Her favorite thing to eat is sweet potatoes. Instead of desserts, she would rather have sweet potatoes, a baked potato, or homemade bread like her grandma used to make. She also enjoys meals of appetizers, where you can eat and try many different foods.

She is excited to invite everyone back to our new beautiful community building and hopes you will join us for lunch and activities this fall.

National Yoga Month

September is National Yoga Month! The purpose is to promote the health and benefits of yoga and inspire a healthy lifestyle. Yoga improves posture, increases flexibility, builds muscle strength, boosts metabolism, helps lower blood sugar, and provides many other health benefits.

We have several yoga classes where you can drop in, for a fee, if you aren't ready to commit to a regular class. Join us and see how yoga can help improve your life.

- Soma Yoga
- YogaStretch – Gentle Core Strengthening
- Yoga – Mixed Levels

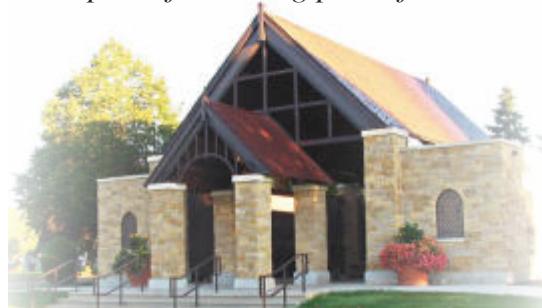
Go to isd623.ce.eleyo.com for more information on our yoga classes.



5 | Roseville Area Schools | September/October 2021

ROSELAWN CEMETERY

a peaceful resting place for all



\$200 OFF

THE PURCHASE OF
ANY BURIAL LOT OR
CREMATION NICHE

Expires April 30, 2021

803 W. Larpenteur Ave., Roseville, MN 55113
(Between Lexington and Dale)

651-489-1720 • www.roselawn cemetery.com



HEALTH PLANNED CONSULTING SERVICES LLC

"Because it's your health planned before your health plan"

Experienced, Trusted, Local, Medicare Advisor
Representing all the major Medicare plans
in the Twin Cities.

Free consultations!

STEVE HALVORSEN
612.963.3639

www.healthplannedconsulting.com



Independent Living, Assisted Living, and Memory Care



CALL TO
SCHEDULE A TOUR

cardiganridge.com | 651-484-8484



The Mayfield

freedom to live well®

2850 Market Place Drive
Little Canada, MN 55117

651.482.1229

www.themayfield.org

Senior Apartments

All Newly Renovated Apartments

Equal housing opportunity.
All faiths welcome.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

Defensive Driving Courses

55+ DEFENSIVE DRIVING REFRESHER 4-HOUR

Learn about defensive driving and receive a 10% discount on your car insurance for 3 years. 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. Preregistration is required at least two weeks prior to the class date. Register by phone at 651.604.3520 or online. No senior discounts apply.

Minnesota Safety Council Instructor

Tuesday • Oct 19 • 1:30-5:30PM

Class ID # S5020-IP1 • \$31

ATEC - C121

Thursday • Oct 28 • 5:30-9:30PM

Class ID # S5020-IP2 • \$31

ATEC - C121

Tuesday • Nov 11 • 1:30-5:30PM

Class ID # S5020-IP3 • \$31

ATEC - C121

Tuesday • Nov 16 • 5:30-9:30PM

Class ID # S5020-IP4 • \$31

ATEC - C121

Wednesday • Dec 8 • 5:30-9:30PM

Class ID # S5020-IP5 • \$31

ATEC - C121

Tuesday • Dec 14 • 1:30-5:30PM

Class ID # S5020-IP6 • \$31

ATEC - C121

Wednesday • Sept 8 • 8:30AM-12:30PM

► Online Class ID # S5020-Z1 • \$31

Tuesday • Sept 14 • 5:30-9:30PM

► Online Class ID # S5020-Z2 • \$31

Tuesday • Oct 5 • 8:30AM-12:30PM

► Online Class ID # S5020-Z3 • \$31

Wednesday • Oct 13 • 5:30-9:30PM

► Online Class ID # S5020-Z4 • \$31

Friday • Oct 22 • 8:30AM-12:30PM

► Online Class ID # S5020-Z5 • \$31

Tuesday • Nov 9 • 8:30AM-12:30PM

► Online Class ID # S5020-Z6 • \$31

Wednesday • Nov 11 • 5:30-9:30PM

► Online Class ID # S5020-Z7 • \$31

Thursday • Dec 2 • 6-10PM

► Online Class ID # S5020-Z8 • \$31

Tuesday • Dec 14 • 8:30AM-12:30PM

► Online Class ID # S5020-Z9 • \$31

55+ Defensive Driving

8-Hour

Improve your driving skills and get a discount on your personal auto insurance. The Defensive Driving Course, developed by the National Safety Council, teaches basic crash prevention techniques and has a proven record of reducing traffic violations and incidents. It's taught by experienced, professional traffic safety instructors, including officers of the Minnesota State Patrol. The class consists of lecture, films and discussions. There is no behind-the-wheel driving and there are no tests. Preregistration is required at least two weeks prior to the class date. Register by phone at 651.604.3520, or online. No senior discounts apply.

Weds/Thurs • Sept 22 & 23 • 5:30-9:30PM

► Online Class ID # S5021-1 • \$35

Weds/Thurs • Sept 29 & 30 • 8:30AM-12:30PM

► Online Class ID # S5021-2 • \$35

Thursdays • Oct 7 & 14 • 5:30-9:30PM

► Online Class ID # S5021-3 • \$35

Tues/Weds • Oct 19 & 20 • 8:30AM-12:30PM

► Online Class ID # S5021-4 • \$35

Weds • Nov 10 & 17 • 4:30-8:30PM

► Online Class ID # S5021-5 • \$35

Weds/Thurs • Dec 8 & 9 • 8:30AM-12:30PM

► Online Class ID # S5021-6 • \$35

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.

Tuesdays • Sept 7 - Oct 26 • 4:45-6PM

► [Online](#) Class ID # 3008-1 • \$75

Tuesdays • Nov 2 - Dec 21 • 4:45-6PM

► [Online](#) Class ID ##3008-2 • \$75

Candlelight Yoga

Set the stage for a relaxing evening with soft light and candlelight and melt away your tension and stress in this gentle and relaxing class. Recommended tools are a yoga mat, yoga block or a couple hard cover books, belt/scarf/strap, a pillow or cushion, blanket, and an eye pillow or hand towel to place over your eyes for your final relaxation.

Thursdays • Sept 23 - Oct 28 • 8-9PM

► [Online](#) Class ID #3060 • \$59

Introduction to Social Media

Do you want to learn what exactly social media is all about? This class will go over step-by-step basics for Facebook, Instagram, Snapchat, Twitter and YouTube. Common questions and insights on social media will be reviewed so that you are up to date on the latest buzz words and topics. Come and learn to share, search and connect and leave social media savvy as ever!

Thursday • Sept 9 • 5:30-6:30PM

► [Online](#) Class ID # 5509 • \$29

Herb Gardening

Get to know some of the herbs commonly used in cooking and learn how to harness those flavors year-round.

Saturday • Sept 18 • 9-10:30AM

► [Online](#) Class ID # 2002 • \$19

Alzheimer's Series: 10 Warning Signs

Alzheimer's and other dementias cause memory, thinking, and behavior problems that interfere with daily living. Learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources. Offered by the Alzheimer's Association.

Tuesday • Oct 26 • 6-7PM

► [Online](#) Class ID # S4551 • Free

Understanding Browsers and Getting the Most Out of Google and Searching the Web

Learn the ins and outs of browsers. Set your home page and create favorite websites to easily return to. You will see how to use browser tabs, enlarge web pages, as well as use 'Read Aloud'. Do you use Google's search box to type a website into and think that's about all there is to it? You will understand how to use and get the best out of search engines such as Google for looking up information and doing research. Find out about features from your browser and searching that will make your life easier. All these things will be taught in this "adult- and user-friendly" class!

Fridays • Sept 10, 17 & 24 • 5-6:15PM

► [Online](#) Class ID # S5521 • \$55

Estate Planning for Second Marriages

Are you in a second marriage? Do you have children from a previous marriage or relationship? Do you have a complicated family situation? With a second marriage or complicated family situation, putting documents in place to correctly reflect your wishes is even more important. Discuss the basics of estate planning and where some of those plans fall short for people in a second marriage. Instructor is a licensed attorney with a background in estate planning, probate, and elder law.

Tuesday • Sept 21 • 6:30-8:30PM

► [Online](#) Class ID # 1541 • \$49/couple

Circles - Felted Table Runner

Create a colorful runner or wall hanging from wool fibers and a little soapy water. No knitting or sewing required, learn the magic of wet felting and create a work of art for your table or wall. Inspired by vintage penny rugs and the Russian artist Kandinsky, this design looks great in any home, office or cabin. \$30 materials fee includes all fibers and supplies is payable to instructor. Some physical stamina needed for felting classes. Bring from home: Bag lunch, 2-3 hand towels , 1 old bath towel and a plastic bag to carry home wet items. Optional: apron

Saturday • Oct 9 • 10AM-4PM

Class ID #1012 • \$39

ATEC - C121

Backyard Photography

The seasons are changing! 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 fall. 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.

Tuesday • Oct 12 • 6:30-7:30PM

► [Online](#) Class ID # 1021 • \$25

Posture and Osteoporosis - Building Better Bones

Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. We'll talk about how to reduce the risk of osteoporosis and related injuries and how to re-gain bone mass. We'll discuss the latest research findings on nutrition and talk about the importance of minerals and trace minerals for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing.

Thursday • Oct 21 • 6-7:30PM

► [Online](#) Class ID # 4526 • \$39

From the Superintendent



I'd like to take this opportunity to again thank our school board, our staff, students, families and the broader community for the trust you've placed in me as the new superintendent of Roseville Area Schools. This leadership role is a privilege and I take the opportunity and obligation seriously. We are working to Return to Better this fall in each of our schools. I am endlessly impressed by the dedicated employees who are going above and beyond to prepare to welcome students to a new year that will see us through this long pandemic.

I'd also like to thank our community for voting to pass our school bond referendum in 2017. These monies allowed for us to improve our existing facilities, and those improvements were felt at all sites across the district. Your commitment to the quality of teaching and learning in our schools is so appreciated.

This past June, the school board voted to bring an operating levy referendum to our community this coming November election. I'd like to remind our public that these two referenda serve different purposes: levies are for learning, and bonds are for building. Roseville Area Schools has not sought an increase in our voter-approved operating levy in more than 15 years, and two decades

of inadequate state and federal funding has challenged our ability to deliver high-quality educational programming for all students. I invite everyone to visit our 2021 Operating Referendum webpage to learn more about the operating referendum questions, and about our district's financial outlook.

I am excited to highlight the work of all school staff during the summer months. Planning, child care, construction, and many more educational efforts are moving forward. I'm grateful to our dedicated staff who work around the clock and around the calendar on behalf of our students and families. In just a few weeks our buildings will be bustling with staff preparing for the new year, with a continued focus on our equity vision and professional development provided through our Office of Educational Equity.

It's important for our families to know that we are working closely with state and local public health officials and we are aware of current guidance from the Centers for Disease Control and Prevention, the Minnesota Department of Health, and recommendations from the American Academy of Pediatrics. We will update our fall school safety plans for health and safety measures following the August 17 school board meeting.

Finally, I'd like to thank everyone in the community who have been generously supportive and welcoming as I begin my new leadership role. I'm looking forward to being ever-present throughout the community as we Return to Better this fall.

Superintendent Jenny Loeck

8 | Roseville Area Schools | September/October 2021



Are you turning 65 or New to Medicare?

Turn to Humana for your medical and prescription drug coverage in one Medicare Advantage plan.

Humana



Call a licensed sales agent

Gina Dierfeldt
651-724-0110 (TTY: 711)
Monday-Friday, 8 a.m.-5 p.m.
humana.com/gdierfeldt

Y0040_GHHJJ7PEN_20_C

LET US HELP YOU TRANSITION

DOWNSIZING & TRADITIONAL SALE



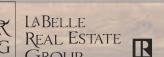
TIM LUNDGREN
SRES[®]

651-398-3801
TMLUNDGREN@LREGMN.COM



COLLEEN KETCHAM
SRES[®]

612-321-1171
CCKETCH@GMAIL.COM



**MARY EBB
LAW PLLC**
You have questions. We have answers.

**ELDER LAW † PROBATE
GUARDIANSHIP † ESTATE PLANNING**

Mary Joki Ebb

You have Questions.
We have Answers.



1310 Highway 96 E, Ste 203

White Bear Lake, MN 55110

www.maryebblaw.com | 651.340.0629

B-Dale CORNER STORE

Try our touchless car wash!

2164 Dale St. • N Roseville, MN 55113

651.487.7931

\$4 basic car wash & 5¢ Off per Gallon of Gas with this ad

Avenue Motor Sales
“Quality Pre-owned Cars”

Joe Gatto
Owner

651-646-8347

avenuemosales@qwestoffice.net



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

City of Roseville - Parks & Rec



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

Tap for Older Adults

Here's your chance to learn something new or discover the joys of an old hobby. Tap dancing is a great way to stay in shape and meet new friends.

Fridays • Sept 10 - Oct 29

Beginner: 8:30AM • Intermediate: 9:30AM

\$55 Roseville Resident; \$63 Regular
Roseville Wellness Studio

Beginner Pickleball Lessons

You'll love pickleball! America's fastest growing sport is fun and easy to learn. Come and meet new people or bring a friend. Led by a certified instructor.

Sundays • 2:30 - 4PM

Session 1: Sept 12-Oct 3

Session 2: Oct 10-31

\$89 Roseville Resident; \$97 Regular
Brimhall Community Gym

Senior Club #5

Visit, play "500" or cribbage, enjoy refreshments. New members welcome! Open to anyone 55 years or older.

1st & 3rd Thursdays • Year-round • 12:15-4PM
Rosetown American Legion

Older Adult Bowling

Get the ball rolling! A recreational bowling program, no teams, no league, just the fun of strikes and spares with alley friends. Registered participants will qualify for special prizes and treats throughout the year.

Sept 13-April 25 • 9:30AM

Weekly cost: \$8.25 for 3 games and coffee

Flaherty's Arden Bowl

Register now for the annual citywide garage sale. Multiple day options available. To be included on the citywide map listing, register with Parks and Recreation by Aug. 20. Published map/listing available at City Hall and on city website beginning Sept. 6.

Sept 9-11

\$10 fee for map listing

9 | Roseville Area Schools | September/October 2021



Applewood Pointe of Roseville
1480 Applewood Court W. • 651-636-2161
www.applewoodpointe.com/roseville

A cooperative community of vibrant adults 55+

94 Units, 12 Floor Plans, 835 to 1,653 sq. ft.

Own a unit nestled in a quiet residential neighborhood
close to shopping, restaurants, services,
parks and a pond

Or call 651 636-2161
for information or a tour.

From Snelling, turn East onto County Road C2, turn South onto Arona to Applewood Court.

Allina Health | aetna™

Questions about
Medicare?



Call
Todd Larson
612-845-2296

LarsonT2@AllinaHealthAetna.us.com



To learn more about
our community, call
(651) 489-3293.



All faiths or beliefs are welcome.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Roseville Area Senior, Roseville, MN

E 4C 02-1033

SILVERSNEAKERS and SILVER & FIT



SilverSneakers and Silver&Fit are benefits offered by various insurance companies to allow older adults to take greater control of their health. Both SilverSneakers and Silver&Fit offer you the chance to increase your physical activity, take steps toward a healthier lifestyle, and participate in social opportunities. SilverSneakers and Silver&Fit members can attend any fitness classes on this page sponsored by Roseville Area Schools Community Education for free.

To see if you qualify for SilverSneakers or Silver&Fit, contact your insurance provider. Then, make sure to sign up for SilverSneakers or Silver&Fit at the Anpétu Téča Education Center Registration Office. Drop-in rate is \$12 for each SilverSneakers and Silver&Fit class for those not covered by insurance or sign up for the series.

PLEASE NOTE: All participants will need to re-enroll in the Silver Sneakers and Silver & Fit program, even if you were previously enrolled. Previously enrolled participants for whom we have contact information will receive a robo call and/or email when registration is open.

SilverSneakers® & Silver&Fit® Class Schedule



SilverSneakers	9-9:45AM	M, W, F	\$12 Drop-in fee
YogaStretch	9-9:45AM	T, TH	\$12 Drop-in fee
Strength Training	10-10:45AM	T, TH	\$12 Drop-in fee
Strength & Stretch	10:15-11AM	M, F	\$12 Drop-in fee
Soma Yoga	10:15-11AM	W	\$12 Drop-in fee

SilverSneakers

The SilverSneakers Fitness Program can open the door to better health, greater independence, and a more fulfilling life. It is an equipment-based, multi-level, total-body conditioning class in which students use hand-held weights, elastic tubing with handles, a SilverSneakers playball, and a chair for standing and/or seated support. Exercises will work all major and minor muscle groups, addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed, and power. SilverSneakers is a class for everyone. All equipment is provided.

Mon/Weds/Fri • Sept 20 - Nov 1 • 9-9:45AM
Class ID #3050-1 • \$169

ATEC - Gym
no class 10/8, 10/21

Mon/Weds/Fri • Nov 12 - Jan 14 • 9-9:45AM
Class ID #3050-2 • \$239
ATEC - Gym
no class 11/26, 12/22, 12/24, 12/31

YogaStretch - Gentle Core Strengthening

Our most gentle class - YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Keep your shoes on! No floor work!

Tues/Thurs • Sept 21 - Oct 28 • 9-9:45AM
Class ID #3054-1 • \$109
ATEC - Gym
no class 10/21

Tues/Thurs • Nov 11 - Jan 13 • 9-9:45AM
Class ID #3054-2 • \$159
ATEC - Gym
no class 11/25, 12/23, 12/30

SILVERSNEAKERS and SILVER & FIT

Soma Yoga

Join us for a gentle floor-based yoga that works from the inside out. It works to dissolve chronic, muscular pain using the principles of somatics and gentle body and mind movement.

Wednesdays • Sept 22 - Oct 27 • 10:15-11AM

Class ID #3052-1 • \$59

ATEC - Gym

Wednesdays • Nov 17 - Jan 12 • 10:15-11AM

Class ID #3052-2 • \$79

ATEC - Gym, *no class* 12/22

Strength and Stretch

This is a floor work class based on deep breathing, flexibility, alignment, and building and maintaining core strength. You'll leave stronger, stretchier, and lighter in both body and mind. Please bring a yoga mat.

Mon/Fri • Sept 20 - Nov 1 • 10:15-11AM

Class ID #3051-1 • \$109

ATEC - Gym

no class 10/8, 10/22

Mon/Fri • Nov 12 - Jan 14 • 10:15-11AM

Class ID #3051-2 • \$159

ATEC - Gym, *no class* 11/26, 12/24, 12/31

Strength Training

Do you want a healthy, strong, lean, and toned body? This is the class for you. Exercises are modified to accommodate all levels and are designed to hit all major muscle groups to improve muscular strength and endurance. Hand weights are provided. Please bring a floor mat.

Tue/Thurs

Sept 21 - Oct 28 • 10-10:45 AM

Class ID #3053-1 • \$109/

ATEC - Gym, *no class* 10/21

Tue/Thurs

Nov 11 - Jan 13 • 10-10:45AM

Class ID #3053-2 • \$159

ATEC - Gym

no class 11/25, 12/23, 12/30



11 | Roseville Area Schools | September/October 2021

Promises...kept.

Assisted Living. Memory Care. Done Better.

6-person homes in Roseville & Shoreview
arthursseniorcare.com | 651-294-4798



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Roseville Area Senior, Roseville, MN

F 4C 02-1033

Roseville Alzheimer's and Dementia & Community Action Team



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 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 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.

12 | Roseville Area Schools | September/October 2021

An advertisement for Cherrywood Pointe senior living community. It features a photo of three smiling seniors outdoors. On the left, there's a circular logo with a stylized 'C' and the text 'CHERRYWOOD POINTE'. Below it, the tagline 'Inspiring Choices for Senior Living' is visible. The main headline reads 'MORE FREEDOM, FEWER WORRIES' with the subtext 'Our amenities and services help you live life to its fullest'. Call-to-action text includes 'Schedule a tour and choose your new home today!', 'Two Roseville Locations:', and phone numbers for each location. The bottom navigation bar offers options for 'SENIOR LIVING', 'ASSISTED LIVING', 'MEMORY CARE', and 'ENHANCED CARE'. A small note at the bottom states: 'Cherrywood Pointe is owned by United Properties, developer of Applewood Pointe, a network of distinctive senior cooperative communities throughout the Twin Cities area. Cherrywood Pointe is managed by Ebenezer Management Services, an experienced provider of residential and health care environments for seniors since 1917.' Logos for United Properties and Ebenezer Management Services are also present.

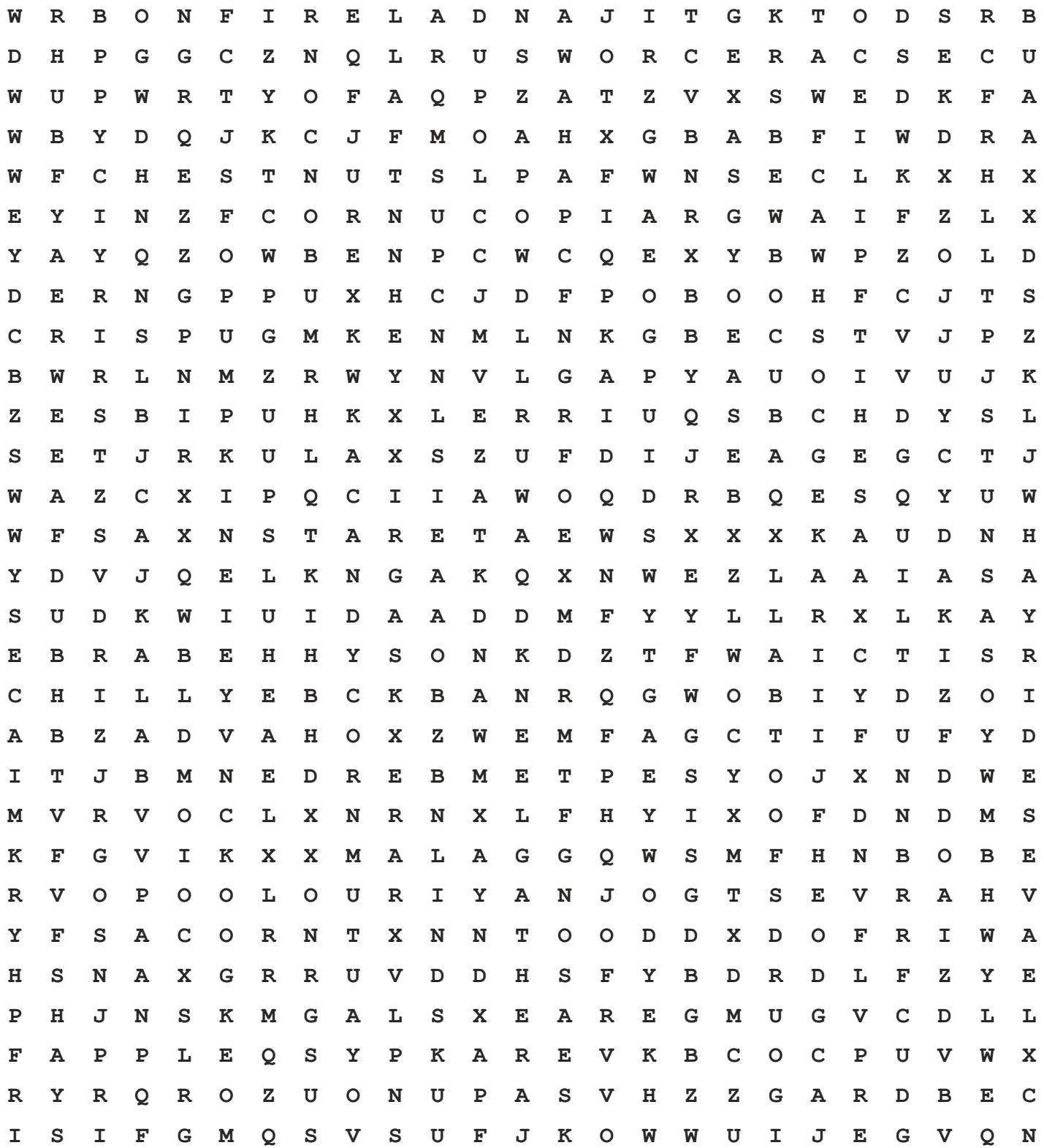


For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

EBENEZER
Choices for vibrant senior living

FALL WORD FIND



ACORN
APPLE
AUTUMN
BONFIRE
BRISK

CANDYCORN
CHESTNUTS
CHILLY
CIDER
COBWEBS

CORNUCOPIA
CRISP
FALL
FOOTBALL
GATHER

GOURD
HARVEST
HAYRIDE
LEAVES
NUTS

OCTOBER
PUMPKIN
QUILT
RAKE
SCARECROW

SEASON
SEPTEMBER
SPICE
SQUIRREL
SWEATER

JUST FOR FUN



FALL TRIVIA

Q: What is the first day of fall called?

A: *Autumnal equinox*

Q: What causes the fall colors in trees?

A: *The amount of sugar in the leaves*

Q: What does pumpkin spice contain?

A: *Cinnamon, Nutmeg, cloves, and dry ginger. It does not contain pumpkin*

Q: What is a harvest moon?

A: *The full moon which occurs closest to the autumnal equinox*

Q: Before the 16th century, what was fall called?

A: *Harvest*

Q: What is the most common fall allergy?

A: *Ragweed*

Q: What causes fall?

A: *When the Earth tilts away from the sun*

Q: How many varieties of apples are there in the world?

A: *More than 7,500*

Q: What is the name for the sound of rustling leaves?

A: *Psithurism – comes from the Greek word psithuros, meaning whispering*

Q: In the Northern Hemisphere, autumn begins in September. When does it begin in the Southern Hemisphere?

A: *March*

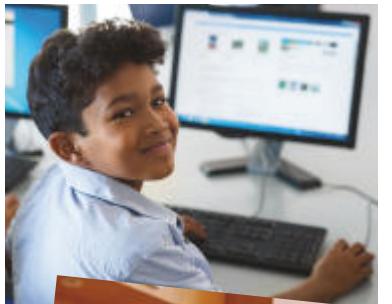


OUR STUDENTS OUR COMMUNITY OUR FUTURE

Vote November 2, 2021



Vote on School Funding Requests This Fall



Residents will decide whether to increase local funding for our schools on November 2. If approved by voters, funds would support and **enhance students' classroom experiences** and provide more financial stability for our school district.

On the ballot will be two questions: Q1 requests a renewal of the existing operating levy. Q2 requests an increase in the operating levy. **If both are approved**, funds would help:

- ✓ Expand career pathways to better prepare students for careers after graduation
- ✓ Invest in student mental health and social-emotional needs
- ✓ Maintain academic programs
- ✓ Lower class sizes
- ✓ Provide financial stability for the schools and the district

93% of Roseville Area Schools parents rate the quality of education as excellent or good.

If voters do not approve both requests, there will be significant financial repercussions including cuts to programs, staff and student supports.

Strong schools = Strong communities

Research shows that public school quality is one of the most important determinants of home value. Schools directly affect a community's vitality and home resale values.

Learn more about the requests - including how to vote early - at www.isd623.org/levy2021.

Prepared and paid for by the Roseville Area Schools. This publication is not circulated on behalf of any candidate or ballot question.



Roseville Area Schools
Roseville Area Senior Program
1910 County Road B West
Roseville, MN 55113

Non-Profit Org
U.S. POSTAGE
PAID
Twin Cities, MN
Permit No. 3248

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 Rd 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-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



Monday - Friday, 11AM - 12PM

1910 County Rd B W, Roseville

651.604.3518

Monthly menus available online at

www.isd623.org/CommunityEd

FULL MEAL DEAL \$4.50