GOLDEN LINK CENTER

OUR SENIORS COMPLETE THE GOLDEN LINK

March 2021

Open 8 a.m. to 3 p.m.

PAY ONLINE

Golden Link now has the technology to pay online with a credit card! Go to goldenlinkcrookston.weshareonline.org to pay for membership, a donation or memorial and other fundraisers.

NIGHT MEALS ARE BACK!

Starting March 3rd, Golden Link will be having 5:30 p.m. meals every Thursday night. The 4th Thursday in the month will be our fundraising $10.00 meal.

Grocery Bingo

Saturday, March 27th at 1:30 p.m.

Bring the whole family to win various food products. All cards are free! Call 281-3072 to register.

Support our girl scout troop that meets at Golden Link by buying your cookies here. $5.00 or $6.00 per box

SPRING RUMMAGE SALE

Spring is coming soon. Remember us when you do your spring cleaning. (no clothes please)

AARP is preparing to have their safe driving class again. It will be sometime after April 1st

324 North Main Crookston, MN 56716 \ Phone: 218-281-3072 Email: golden@midconetwork.com
Facebook Page: Golden Link Senior Center\Online Payments: goldenlinkcrookston.weshareonline.org

March 2021 Menu

MONDAY NOON LUNCH	TUESDAY NOON LUNCH	WEDNESDAY NOON LUNCH	THURSDAY NOON LUNCH	THURSDAY NIGHT 5:30 TO 6:30	FRIDAY NOON LUNCH
1 Chicken Kiev Baked Potato	2 Hamburger on a Bun w/Baked Beans	3 Roast Beef Mashed Potatoes Gravy	4 Hamburger Hot Dish	4 Baked Chicken Mashed Potatoes Gravy	5 Salmon Loaf Boiled Potatoes Creamed Peas
8 Sausage Gravy over Biscuits Hash Browns Fruit	9 BBQ Pork Chops Twice Baked Potatoes	10 Meatballs in Gravy w/Mashed Potatoes	11 Soft Shelled Taco Spanish Rice	11 Ham Steak Scalloped Potatoes Yams	12 Tuna Salad Sandwich Fried Potatoes
15 Cold Turkey Sandwich Soup	16 Hamburger Gravy w/Mashed Potatoes	17 Corned Beef Cabbage Potatoes	18 BBQ Riblet French Fries	18 Irish Stew Soda Bread	19 Fish Cheesy Hash Browns
22 Rueben Sandwich Waffle Fries	23 Chicken & Dumplings	24 Ham Baked Potato	25 Ravioli Casserole Lettuce Salad	25 Oven Baked Salmon Rosemary Roasted Potatoes & Asparagus	26 Cold Macaroni Tuna Salad Coleslaw Fruit
29 Turkey Tidbits & Mashed Potatoes	30 Chicken Fried Steak Potatoes w/ White Gravy	31 Meatloaf Buttered Potatoes		March 25th is $10.00 Fundraiser Night!	

Did you know our meals are served complete with fruit or vegetable, milk, bread and dessert? The cost for the meal is <u>only $6.00</u>. The public is welcome to come and have lunch or call in for a To Go Order. To sign up for meals, please contact the Golden Link at 281-3072 by 10:00 a.m. on the day you plan to join us. Meal tickets are available : 10 Tickets for $60.00. Buy as gift !!! No milk on take out orders.

St Patrick's Day Meals/Thursday Night Fundraiser

Golden Link will be serving corned beef and cabbage with potatoes and carrots for lunch on St. Patrick's Day. Call by 10:00 a.m. to reserve a plate.

Thursday Night Meal

March 18th 5:30 p.m.

Come to Golden Link to get Irish Stew served with home-made Soda Bread and Baileys Brownies for dessert.

March 25th, 2021

Thursday Night
$10.00 Fundraiser

Golden Link is planning to have a special Thursday night meal on the fourth Thursday of each month. This meal will cost $10.00 and be more fancy than the first three Thursday night meals. In March, we are serving baked salmon with rosemary roasted baby reds and asparagus. We will also be serving our fresh baked buns and key lime pie for dessert. Call by 3:00 p.m. Thursday the 25th for reservations.

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com

March 2021 Events Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 1:00 p.m. Pinochle	3 8:00 a.m. Men's Cards 1:00 p.m. Movie *The Way Back*	4 8:30 to 12:00 Reflexology	5 8:30 Friday Rolls
8	9 1:00 p.m. Recycled Cards 1:00 p.m. Pinochle 6:00 p.m. Canasta	10 8:00 a.m. Men's Cards 9:00 Comfort Bears 1:00 p.m. Movie *The Call of the Wild*	11 8:30 Foot Care Call 281-3385 for Appt.	12 8:30 Friday Rolls
15	16 10:00 a.m. Entertainment Committee Meeting 1:00 p.m. Pinochle	17 8:00 a.m. Men's Cards 9:00 Board Meeting 1:00 p.m. Movie *I Still Believe*	18	19 8:30 Friday Rolls
22 9:00 to 10:00 NAAPS	23 11:00 a.m. Villa Auxiliary 1:00 p.m. Recycled Cards 1:00 p.m. Pinochle	24 8:00 a.m. Men's Cards 9:00 Comfort Bears 1:00 p.m. Movie *Like A Boss*	25 8:30 Foot Care Call 281-3385 for Appt.	26 8:30 Friday Rolls
29	30 1:00 p.m. Pinochle	31 8:00 a.m. Men's Cards 1:00 p.m. Movie *Cats (2019)*		**GROCERY BINGO ON SATURDAY MARCH 27TH AT 1:30 p.m.** **BRING THE WHOLE FAMILY!**

Benedictine
LIVING COMMUNITY | CROOKSTON

In the near future, Benedictine Living Community is going to be launching a new "reach out" program. It is called "Community Connections". What it involves is this: If a senior would like us to call them once a month to chat, listen, check in with them, we would be happy to do that. It is for the purpose of connecting to the senior population who might just enjoy a social phone call.

Cindy Hulst | Director of Foundation and Marketing

Benedictine Living Community - Crookston
Benedictine Villa St. Vincent | The SUMMIT
516 Walsh Street | Crookston, MN 56716
218.281.9713 (desk)
218.281.3424 (receptionist)
218.281.4755 (fax)
www.BenedictineCrookston.org

Thank you to Dorothey Drellack for donating to Golden Link in memory of Lawrance Dufault and to the family and friends of Ruth Beiswenger for donating to Golden Link in memory of Ruth.

Thank you to Richard Brouillard and Irene Williams and Betty Murphy for their generous donations.

New to Medicare in 2021?

Call a licensed sales agent today!
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humana.com/rsparby

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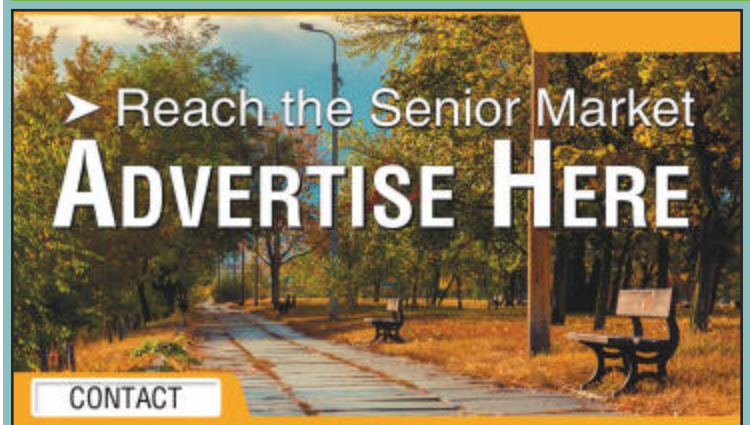


Contact Jen Zalinski
to place an ad today!
jzalinski@4LPi.com or
(800) 477-4574 x6633

LET US carry YOUR MESSAGE TO THE Senior Community
For advertising info
call: 1-800-950-9952

UPGRADE TO A VIBRANT ad
Contact us for details
800-950-9952

GOLDEN LINK SENIOR CENTER PRESENTS

Albuquerque & Santa Fe

INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 10 nights lodging including 4 consecutive nights in the Albuquerque area
- 18 meals: 10 breakfasts and 8 dinners
- GUIDED TOUR OF SANTA FE
- Visit to the NEW MEXICO VETERANS' MEMORIAL
- GUIDED TOUR OF ACOMA PUEBLO also known as SKY CITY
- Ride on the SANDIA PEAK TRAMWAY
- Visit to OLD TOWN ALBUQUERQUE

and much more

$1150 *

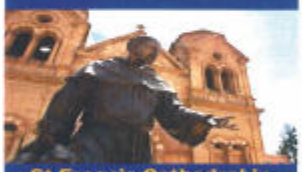
11 DAYS 10 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Sat - Tue)

September

11 - 21, 2021



St Francis Cathedral in Santa Fe

Native Southwestern Culture and Crafts

Breathtaking Views of the Sandia Mountains

New Mexico Veterans' Memorial

Departure: Golden Link Senior Center, 324 N. Main St, Crookston, MN @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach, enjoying the great scenery along the way. Then, settle into a comfortable en route hotel for a good night's rest.
Day 2: After enjoying a Continental Breakfast, you will depart for the Mormon Trail Center at Historic Winter Quarters in Omaha, NE. Later in the day, enjoy Dinner and check into your en route hotel.
Day 3: Enjoy a Continental Breakfast before leaving for the Golden Spike Tower and Visitor Center in North Platte, NE. Later that day, after a relaxing Dinner, you'll check into your en route hotel.
Day 4: Start your day with Continental Breakfast before departing for your beautiful destination, the "Land of Enchantment." Upon arrival, enjoy a relaxing Dinner and check into your Albuquerque area hotel for a four night stay.
Day 5: After enjoying a Continental Breakfast, visit ACOMA PUEBLO, a hilltop village also known as SKY CITY, which has been home to Native Americans for over 900 continuous years. You will enjoy a GUIDED TOUR of this ancient village, where they still live simply in a lifestyle that dates back centuries. Tour their "San Esteban del Rey" mission, and browse their authentic crafts and food offerings. Then, depart for the NEW MEXICO VETERANS' MEMORIAL, an expansive, brand-new memorial honoring many aspects of Veterans' experiences and sacrifices. Tonight, enjoy Dinner and Entertainment.
Day 6: Today, after a Continental Breakfast, depart for the legendary city of SANTA FE, where artistry and beautiful Southwestern architecture surround you. You will enjoy a GUIDED TOUR of SANTA FE. This afternoon you will visit the vibrant SANTA FE PLAZA, where artisans sell their own handmade works, amidst Santa Fe's most historic sites. See the grandeur of the SAINT FRANCIS CATHEDRAL. Enjoy Dinner before returning to your hotel this evening.
Day 7: After enjoying a Continental Breakfast, begin your day in the beautiful SCULPTURE GARDENS at the ALBUQUERQUE MUSEUM – and inside, learn a brief history of the city. Then visit OLD TOWN ALBUQUERQUE, a historic area with old Southwestern charm, where unique shops and cafés abound. Next, you will gently soar over the mountains in the SANDIA PEAK TRAMWAY. The enclosed tramway takes you 2 miles up to the stunning mountain peak, to see one of the most beautiful views in all of New Mexico. Tonight, enjoy a relaxing Dinner before returning to your hotel for the evening.
Day 8: Enjoy a Continental Breakfast before leaving for the Trinidad History Museum in Trinidad, CO. Later that day, after a relaxing Dinner, you'll check into your en route hotel.
Day 9: Enjoy a Continental Breakfast at your hotel before leaving for the Denver Museum of Nature and Science. That night, enjoy Dinner and check into your en route hotel.
Day 10: Today you will have Continental Breakfast and then go to the Durham Museum in Omaha, NE. – a unique museum housed in a beautiful art deco building renovated from a historic train station. Tonight, rest in your en route hotel.
Day 11: Today After enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
With Diamond Tours Exclusive *Travel Confident*® Protection Plan if you have to unexpectedly cancel or cut your plans short.
See back for details...

$75 Due Upon Signing. *Price per person, based on double occupancy. Add $419 for single occupancy.
Final Payment Due: 7/4/2021

FOR INFORMATION & RESERVATIONS CONTACT:

Gaye Wick @ (218) 281-3072

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Form ID: 3200-11D1006 WM Tour#: 1766332

ON THE ROAD AGAIN

The September trip to Albuquerque and Santa Fe is back on for Sept 11th-21. Cost is $1130.00 (triple occupancy), $1150.00 (double occupancy), and 1569.00 (single occupancy). The first half of your payment is due by May 18th. If the trip is cancelled, your money will be refunded. We encourage you to take travel insurance for $94.00 per person.

FUN FACTS ABOUT ALBUQUERQUE NEW MEXICO

* Albuquerque is the highest metropolitan city in the USA at 5314 feet above sea level. * Albuquerque Professional teams: Hockey-Scorpions, Basketball-Thunderbirds, & Minor League Baseball– Albuquerque Isotones. * Golf is a year round sport as is ditch fishing for trout. * Albuquerque is the Hot Air Balloon Capital of the World. About 700 to 800 hot air balloons come to compete every year. * Microsoft was founded in Albuquerque in 1975. * Old Town was founded in 1706. It is a favorite spot for tourists. There are many quaint shops and restaurants.

Golden Link strongly encourages all members who plan on taking a trip in 2021 to get vaccinated for Covid-19.

GOLDEN LINK HAS SUSPENDED IT'S EXERCISE CLASSES UNTIL THE COVID PANDEMIC HAS EASED.

FOOT CARE IS BACK!.

FOOT CARE IS ON THE 2ND AND 4TH THURSDAY OF THE MONTH. CALL 281-3385 FOR AN APPOINTMENT.

Healing Grace Therapies
By Nancy Wagner

On the first Thursday of each month, Nancy Wagner will be offering Foot and Hand Reflexology sessions at the Golden Link Senior Center. These sessions cost $20.00 and will be scheduled in 30 minute increments, starting at 8:30 until 11:30. To sign up please call Golden Link at 218-281-3072.

Call Nancy at 280-1717 if you would like to make an appointment with her at her place of business for any of the other services that she provides.

Benedictine
LIVING COMMUNITY | CROOKSTON
516 Walsh St., Crookston, MN
(218) 281-3424
BenedictineCrookston.org

LeBlanc Realty
620 6th St West, Crookston
Off: 218-281-7451 | Fax: 218-281-1456
LeBlancRealty.com
Info@LeBlancRealty.com

Sherry Coauette 218-280-8272 | Denny Coauette 218-280-1399 | Melissa Perreault 218-289-5590 | Jean Rock 218-280-4032 | Tracy Kuchan 218-289-7420 | Carol Swenby 218-289-2282 | Chris Motteberg 218-637-0200

Activities/Meetings List

FREE ACTIVITIES

Free Movie
Every Wednesday at 1:00

CRAFT ACTIVITIES

Comfort Bears
2nd & 4th Wednesdays
9:00 a.m.-11:00 a.m.

Recycled Cards
2nd & 4th Tuesday at 1:00 p.m.

FOOD

FRIDAY MORNING ROLLS
8:30 every Friday

LUNCH
Monday—Friday noon
Dine In or Take Out

ST PATRICK'S DAY
March 17th noon meal will be corned beef & cabbage

Thursday Night March 18 5:30
Irish Stew, soda bread, and Bailey's brownies.

NAAPS delivery
4th Monday of Month 9:00-10:00

FUNDRAISERS

March 25th Thursday Night Meal
5:30 $10.00
Salmon, roasted rosemary baby reds, asparagus, roll, and key lime pie.

GROCERY BINGO

ON SATURDAY MARCH 27TH AT 1:30

BRING THE WHOLE FAMILY TO WIN FOOD ITEMS

EXERCISE CLASSES

Suspended
Stand, Sit or Dance Class
2:00 p.m. Mondays & Fridays

Suspended
SAIL (Bone Builders)
8:30 a.m. Mondays & Wednesdays

CARD GAMES AT GOLDEN LINK

Debby's Canasta
2nd Tuesdays 6:00 p.m.

Wednesday Men's Card Players
8:00 a.m.

Poker
1:00 p.m. Wednesdays

Pinochle
1:00 p.m. Tuesdays

HEALTH & FITNESS

Nancy Wagner Reflexology
1st Thursday
8:30 a.m. to 11:30 a.m.

FOOT CARE
Is Back at Golden Link!!
Call 281-3385 for Appt.

MEETINGS

Senior Club
Postponed until April 2021

TRIAD Suspended
3rd Thursday 10:00 a.m.

Golden Link Board of Directors
3rd Wednesdays at 9:00 a.m.

Entertainment Committee
2nd Tuesday 10:00 a.m.
March 16th this month only

Collector's Club
Postponed until April
2nd Monday 6:30 p.m.

Villa Auxiliary
2nd Tuesday 11:30
March 23rd this month only

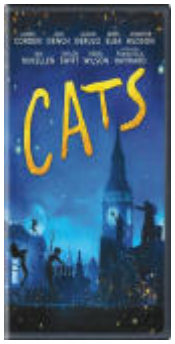
Crookston's Women's Club
No date as of yet

March 3rd "The Way Back"
Jack Cunningham was a high school basketball Phenom who walked away from the game. Years later he is drowning in the alcoholism that cost him his marriage and any hope for a better life until he is asked to coach at his alma mater. This could lead to his redemption.

March 10th "The Call of the Wild"
This is the story of Buck, a big-hearted dog, and the man he must learn to trust. When moved from California to Alaskan Yukon, buck experiences the adventure of a lifetime, ultimately finding his true place in the world.

March 17th "I Still Believe"
This is an uplifting true-life story of Christian music megastar Jeremy Camp. This inspiring tale follows Jeremy's search for his artistic voice, leading him to his wildest professional dreams, as well as the love of his life. But his hope and faith are put to the test when tragedy strikes.

March 24th "Like A Boss"
Best friends, Mia and Mel are living their best lives, running their own cosmetics company until a villainous beauty mogul conspires to steal it from under them. When her devious plan drives the besties apart, they learn that sticking together is the only was to take back their company.



March 31 2019 remake of "Cats"
Taylor Swift, Jennifer Hudson, and Rebel Wilson star in this remake of Andrew Lloyd Webber's musical.

MOVIES AT GOLDEN LINK ARE SHOWN AT 1:00 p.m. EVERY WEDNESDAY. RESERVATIONS ARE NO LONGER REQUIRED.

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to place an ad today!
jzalinski@4LPi.com or
(800) 477-4574 x6633

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Warren 218-745-4545
East Grand Forks 218-207-2296
Crookston 218-281-2363

What's Cooking at Golden Link

Noon Meals

Dine In is Back! You need to call before 10 a.m. to reserve a $6.00 meal which includes main dish, fruit or vegetable, bread, and dessert. To Go Orders and Curb Side Pick-up is available. Just call when you arrive at the side parking lot door and we will bring it to you.

Friday 8:30 to 9:30 Cinnamon rolls & Caramel Rolls with or without walnuts are $1.00 each.

If you want more than 4, please call so that we can make more. We only make a certain amount and it is first come first served unless you call to reserve some.

Member can now win 6 free rolls. Every week we will draw the name of a member and announce the winner on Facebook.

The free meal ticket winners for February were: Pat Carlson, Robert Yuergens, Mario LaPlante, and Vickie Hughes.

The 6 free Friday roll ticket winners for February were:

Bob Blazek, Sandy Perkins, Leland Ellingson, and Leo Luettjohann

THANK YOU FOR THE COFFEE DONATION:

Marilyn Juvrud
Leroy Fortier
Elaine Bertils
Dale Charias
Virginia Stainbrook
Morning Coffee Guys
Duane Anderson

If you would like to donate coffee to Golden Link, we use the special blend of ½ regular and ½ decaf.

MARCH IS FROZEN FOOD MONTH

To celebrate Golden Link is having a drawing to win a month's worth of our frozen meals. That is 31 meals made in Golden Link's kitchen. We will be giving you a ticket so that you do not have to worry about finding room in your freezer for all the meals at once. Every time you buy a meal at Golden Link in the month of March, your name will be placed in a drawing. The more meals you buy, the greater your chance to win. We will be drawing the winner on April 1st. The winner will be announced on our Facebook Page, on KROX Radio and in the Crookston Times.

WIN AN EASTER HAM DINNER FOR THE FAMILY

Golden Link is giving away a basket full of food to the lucky member whose name is drawn. You have a chance to win a ham, mashed potatoes & gravy, green bean casserole ingredients, ingredients to make candied yams, dinner rolls, butter, pickles, olives, and pumpkin and apple pie. If you have not paid your membership dues yet, make sure to do it before we draw for this Easter Dinner prize on Friday, March 26th 2021. The winner will be announced on our Facebook Page, on KROX Radio and in the Crookston Times.

Golden Link Senior Center

Membership Application

Annual Dues: $20 per person

Name: _____

Address: _____

City, State and Zip: _____

Telephone: _____ Cell Phone: _____

Email: _____

Check No.: _____ Amount: _____ Date: _____

If you know someone interested in joining, please share this application. There are many volunteer opportunities at the Golden Link.

GOLDEN LINK CENTER
324 NORTH MAIN
CROOKSTON, MN 56716

Non Profit
US Postage
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Permit No. 89
Crookston MN 56716

BOARD MEETING

WEDNESDAY,

MARCH 17TH, 2021

9:00 AM

Mission Statement:
To provide a place for 55+ to gather,
be inspired, and enjoy life!

Our Comfort Bear Committee meets at 9:00 a.m. the 2nd and 4th Wednesdays a month.
Come join the fun as this group sew and decorates bears for those who need comfort.

Greeting Card Making
2nd & 4th Tuesdays at 1:00.
Help recycle cards and make new friends!

Crookston Area Senior Association (dba)

Golden Link Senior Center

2021 Board Officers

Rand Hughes, President

Tammy Parkin, Vice President

Shirley Nielsen, Treasurer

Kathy Goodyke, Secretary

Corrina Doyea, Manager

2021 Board of Directors

Bob Altringer
Jackie Burke
Lonn Kiel
Hank Koza
Wayne Melbye
Elaine Metzger
Beth Parnow
Gaye Wick
Gary Willhite