

January February 2021
Newsletter

CROW RIVER SENIOR CENTER

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

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



New Year, New Look!

We are starting the year with a fresh new look and a new website. As with the many of you who have learned to dive into the arms of technology and embrace it, we are too! I am so proud of our participants who have been willing to learn new ways of communicating this year. Zoom classes, virtual programs, and learning how to do things in a new way. This can be overwhelming we know. We are here to help get you through all of this. Our HOME Program Tech Support has been extremely busy helping our folks get online. I cannot say enough how very proud I am of our HOME Program Tech Support and all of you. We have a variety of virtual programs on our website with tours that can take you on visits to other countries, a zoo, a museum, brain games, exercise, and even meditation. Check it out at www.mnseniorcenters.org. Closer to home we have presentations in January and February from Doug Ohman via Zoom.

Several classes are being offered in partnership with Monticello Senior Center, The Whitney Senior Center, and Central Minnesota Council on Aging. We continue to closely monitor the COVID situation with the CDC and the MN Department of Health guidelines. The cooperation, care, and concern from all of our participants have continued and been very appreciated. Please know that we are still here to help in many ways where we can during this unusual time. Feel free to call, check our website or our Facebook page for updates. We will continue with our curbside lunch pick-up on Thursdays weather permitting, in January and February. Meals must be prepaid, punch cards that have been purchased prior can be used. Call the Center for details. Please know we are here to help you navigate through all of this, keep you engaged, keep you safe and well.

*Respectfully,
Vonnie Waters*



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

General Policies of the Crow River Senior Center During Covid Limitation:

- Governor Walz, Stay Safe MN order allows groups of 10 people, including the director, in the Center at one time.
- We require participants wear a mask and keep it on during their entire visit at the Center. If you have one please bring it with you. If you do not have one the Center will provide one for you to keep for your use. Your mask should not be removed until you are out of the building.
- Wellness checks will be given at the door (temperature & simple questions answered).
- We ask that all participants sign a waiver document upon entering the Center for participation.
- Participants will be required to be at least 6' apart, wash their hands frequently, and use hand sanitizer. Touchless Hand Sanitizers will be available at the entrance and hand sanitizer will be available throughout the Center. Please use them often.
- Reservations are required for all activities until further notice.
- Drop-in participation will not be available while group numbers are limited.
- Due to spacing and group size limitations, CRSC city residents (Albertville, Hanover, St. Michael) may be given priority registration.

Things that will be on hold until further notice:

- No food or beverage is to be brought in, shared or served in the senior center.
- Lending Library at CRSC will be temporarily halted (Great River Regional Library is right across the hall and has all of the necessary COVID procedures and process in place to keep everyone safe).
- For now, we will not accept item donations. Monetary donations are always welcome.

Physical Changes:

- Plexiglass window has been installed at the receptionist desk.
- There are markings on the floor for at least 6' physical distancing.
- Tables & chairs have been placed for safe physical distancing.

Activities:

- All activities will include properly spaced set ups for participants safety.
- Bring your own supplies and books from home that are required for your activity and take these home with you after your activity.
- Pre-registration is required: we cannot accept drop-ins at this time.
- Masks are required to be worn at all times during your visit to the center.

Please refer to the calendar for the schedule.

Thank you for your understanding and patience as we navigate through all of this new normal.

Our top priority is to keep everyone safe.

It's always a good idea to call before you come for any updates.

Free Classes via Zoom

MINDFUL PRESENCE:

Compassionate Care for Self and Others

Being fully present to those in our lives with whom we care for, love and interact can be a challenge, particularly in these stressful times. Compassionate care for self and others requires that we operate from a place of balance so that we can be fully present to those with whom we interact. This new, six-week workshop focuses on two parts of the mindful presence process: personal stress management and compassionate care. Each week we will explore an aspect of the Mindful Presence Model with hands-on practices designed to manage stress and, most importantly, develop the skills to be deeply compassionate to others in our lives.

The workshop is offered by Dr. Steve Hoover. Dr. Hoover has taught mindfulness for over 10 years as well as stress management while a professor at St. Cloud State University. This workshop is offered via Zoom jointly by Whitney Senior Center and the Central Minnesota Council on Aging.

**Dates: Wednesdays
January 20 - March 3, 2021.
Time: 9:00 – 10:30 am
Cost: Free**

**Limit of 15 people for an effective class. Register early.
Once registered a link will be provided.**



Guided Autobiography (No writing experience necessary)

One way in which we can stay connected is through our shared stories. Beginning January the Crow River Senior Center will offer a program that is new to central Minnesota: Guided Autobiography. Guided Autobiography (GAB) is a 10-week class that helps individuals organize and share their life stories. Guided by a trained instructor, participants are led through themes and priming questions that evoke memories of events once known but filed away and seemingly forgotten. Writing and sharing life stories with others is an ideal way to find new meaning in life as the uncertainties of the past, and the contradictions, paradoxes and events of life are put into perspective. Participants feel stronger and have a growing appreciation of their lives. Guided Autobiography also has the added benefit of staying socially connected through our life stories in ways that other opportunities cannot afford.

**Dates: Thursdays,
January 21 – April 1, 2021
Time: 9:00 – 10:30 am
Cost: Free
Once registered a link will be provided.**

Limit of 6 for this class. Register early.

GROUPS via Zoom

Notice: All groups will meet via Zoom until restrictions are lifted to meet safely again. When we do meet again reservations will be required. Any supplies must be brought from home and no sharing. Wellness screenings will be conducted each time you arrive for your group. If you are not well please stay home. If you have underlying health conditions or a compromised health please consult your doctor before attending any activities at the Crow River Senior Center. Your safety and health are our top priority. Masks must be worn at all times until you have exited the building. If you need a mask the senior center can provide one for you. Thank you for your understanding and cooperation during this unusual time.

Open Painting via Zoom

Join others that like to paint. Share ideas or just to set some time aside to do your thing. Zoom link will be emailed out to participants. If in person bring your own supplies for your project, no sharing supplies at this time when we are able to resume in person visits.

Mondays
January and February
9:30 am to 11:00 am

Joy Knit and Needlecraft Club via Zoom

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

Wednesdays @
9:30 am to 11:00 am
January and February

Writers Group via Zoom Monday's 1:30pm to 3:00 pm

If you think you would like to try your hand at recording your memories, writing poetry, short stories, etc., then join the writing group. Open to everyone, no experience needed, and there is no charge. The writers group meets the First and Third Monday each month, unless otherwise noted on the schedule. Zoom link will be emailed to participants.

History Group via Zoom

Do you enjoy history? Get together with others that share this interest. The group meets on a bi-monthly basis. Topics could be selected that deal with American History, Civil War, World War II or whatever history people are interested in. Zoom link will be emailed out. Call to join.

Tuesday's
January 5 & 19
February 2 & 16

Time: 9:30 am to 11:00 am

Daytime Book Club for Seniors via Zoom

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

Tuesday, January 12 @ 1:30 pm
"Jerk California" by Jonathan Friesen

Tuesday, February 9 @ 1:30 pm
"Moon Over Lake Elmo" by Steve Thayer

Dates are listed above

Time: 1:30 pm to 3:00 pm

Zoom link will be emailed
to participants.



ZOOM CLASS

LIVE WELL-DO WELL- AGE WELL AGING MASTERY

Aging Mastery aims to help older people take key steps to improve their well-being, add stability to their lives, and strengthen their ties to the community. Learn about aging well through actionable goals, sustainable behaviors, social engagement, and gratitude. Celebrate the gift of longevity! Materials and activities include the Basics of Aging Mastery, Exercise & You, Sleep, Healthy Eating & Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medical Management, Community Engagement and Fall Preventions. This class is a partnership of Whitney Sr. Ctr and MNCOA, along with Crow River Senior Center, and Monticello Senior Center.



LIVE WELL-DO WELL-AGE WELL

AGING MASTERY

Aging Mastery aims to help older people take key steps to improve their well-being, add stability to their lives, and strengthen their ties to the community. Learn about aging well through actionable goals, sustainable behaviors, social engagement, and gratitude. Celebrate the gift of longevity! Materials and activities include the Basics of Aging Mastery, Exercise & You, Sleep, Healthy Eating & Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medical Management, Community Engagement and Fall Preventions. This class is a partnership of Whitney Sr. Ctr and MNCOA, along with Crow River Senior Center, and Monticello Senior Center.

Class Dates: January 19 –March 30, 2021

TIME: 10:00 AM—11:30 AM (VIA ZOOM)

To Register for this FREE Class call 763-497-8900 or email

vwaters@crowriverseniorcenter.com

This project is funded in part by the Older Americans Act through the Central MN Council on Aging.



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Crow River Senior Center, St. Michael, MN

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ACTIVITIES & CLASSES

The Pen Pal Program!

The Pen Pal Program is moving right along with excitement. If you are interested in participating please email or call Vonnie to add your name and address to the list.

You do not have to be a senior to join the program.



MN HWY SAFETY CENTER 55+ Driving Class

This driver improvement course is taught by MN Hwy Safety Center trained instructors. The class will explore changes in laws, the latest vehicle technology, and provide you with easy-to-use defensive driving tips. In addition, we will explore traffic safety and accident prevention. Completion of this course provides ability for a 10% reduction on automobile insurance premiums for those age 55 and over. Cost is \$24.00 per person.

All Classes are on hold until further notice. Call the Center to inquire about future classes.



When classes resume registration will be taken at the Crow River Senior Center. Please call 763-497-8900 to register. Classes are limited. Payment will be due in advance to secure your spot. Wellness checks will be performed at the door before entering the class. If you are not well we ask that you please stay home. Full details will be given once you call to register.

Silver Sneakers®

Sponsored

Virtual Fitness Class

If you are looking for a free virtual exercise class for seniors, please contact the SilverSneakers instructor, Lori Schoenborn, at theschoenborns@charter.net to be included in our ongoing class Monday and Wednesday mornings at 9:30 a.m. You will need an electronic device with a camera and a microphone, i.e. cell phone, computer, laptop, or iPad.

To sign up or inquire please call Lori Schoenborn at 612-636-0207 or inquire through email above.

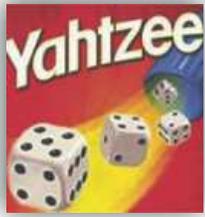


Zoom 101 with Joe!

You want to learn more about Zoom? Well join us for a very informative hour about Zooming. Joe Kaul of our HOME Program/Tech Support will guide you through. We will discuss the basics and answer any questions that you might have. Visit our website and get the link on the activities calendar or send an email to vwaters@crowriverseniorcenter.com that you are interested and a link will be emailed to you.

**Friday, January 15 @ 1:30 pm
Friday, February 19 @ 1:30 pm**

YAHTZEE & PUZZLES



Yahtzee!

To play Yahtzee safely at the 6' distance each person will have their own dice and game box to dump their dice into. Each person will play with the same dice for the entire time they are playing that day, no sharing. Dice, cups and boxes will be sanitized after each game day. When in person access resumes at the Center we will return to playing Yahtzee. Please feel free to call and inquire for a schedule.

Call for dates upon the reopen of Center.



What about Puzzles you ask?
Are puzzles available for pick up?
YES THEY ARE!!
Just call and schedule your time to come and pick up.



We have a supply of puzzles available to be signed out. Puzzles will be wrapped for protection to easily sanitize any contact between pickups. We also have activity kits available for pick up, please inquire if you are interested. Check the calendar for scheduled times and call to make an appointment for your pick up. Return puzzles to the blue bin at the door of the senior center.

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SUPPORT GROUPS & NOTICES

Parkinson's Support Group Via Zoom

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

**Tuesdays,
January 5 & February 2
@ 1:30 pm to 3:00 pm**

Meetings are via zoom until we are able to gather in person again. A Zoom link will be emailed to participants. Call 763-497-8900.

Caregiver Support Group Via Zoom

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

**Thursdays,
January 21 & February 18
@ 1:30 pm to 3:00 pm**

Meetings are via zoom until we are able to gather in person again. A Zoom link will be emailed to participants.
Call 763-497-8900.



60+ Healthy Clinic Wright County Health Department (Nail Trimming) has been put on hold until further notice. We will let you know when it will resume as soon as we know.

NOTICE:

In-person activities will continue when we are able to meet in person again. We will have limits and we will require reservations. Please stay tuned as restrictions are updated. These would be activities like Wii Bowling, Wii Jeopardy, Movie Club, Yahtzee, and all of our other groups and clubs. **Visit our new website at www.mnseniorcenters.org.**

AARP Tax Aide Notice:

The volunteers at the AARP Tax Aide are working on a plan to try and do taxes this year we hope. We are not quite sure what that all involves yet. With all of the restrictions that COVID has brought for safety measures they are working on a plan to safely come back to our Center. We do not have any details yet. Please know they are working on it and we will update you as soon as we know. Please watch for an update later in January on our website at www.mnseniorcenters.org, or in the Crow River News weekly column for the Crow River Senior Center.

BOOKS

Senior Center Books



We have not been able to have our lending library at the senior center due to the restrictions of COVID quarantine. We know you miss your books and we hear you. Therefore, to make some of our books more accessible to our seniors the Friends of the Library & Crow River Senior Center are collaborating during these unusual times. There is a shelf labeled BOOKS in the library that will have books for seniors available for pick up. A small suggested donation of 50 cents goes toward all the good that the Friends of the Library make possible. If you are looking for books to pick up, please check out these shelves at the library anytime during library hours, to grab your books and go. Thank you to the Great River Regional Library and Friends of the Library working together with the Senior Center to make this possible. For Library hours or questions please call 763-497-1998 or visit their website at www.griver.org.



M-F 7AM-8PM • Sat 6:30AM-6PM • Sun 8AM-4PM

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DO YOU HELP AN OLDER ADULT WITH DAILY LIFE?

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

**Contact Becky Allard, LSW at
952-746-4028**

Caregiver Services

Licensed Social Workers consult with families who care for an older adult and offer resources, coaching, and family meetings via phone or video chat.

Connecting with Peers

We host several caregiver support groups via Zoom audio and video chat. Check our website for our schedule!

Online Support

CareNextion.org is a free online tool for caregivers to find resources, coordinate care, and easily connect long distance caregivers.

Reach out today!

Services are offered at little to no cost and may be covered by Elderly Waiver. Supported with Title IIIE Grants from the Metropolitan Area Agency on Aging and Central MN Council on Aging. We serve Hennepin, Carver, Wright, and Scott counties.

seniorcommunity.org

Virtual Memory Café



A Virtual Memory Cafe experience is a safe and comfortable online place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others via Zoom. The group will also provide an opportunity for mutual support and an exchange of information – all without leaving home!

If you are unable to attend virtually from your home, we will provide a safe, in-person option at the **Crow River Senior Center**. Or, if you need help setting up Zoom or learning how to connect to a Zoom meeting, no worries – our HOME program is happy to help!

**Upcoming meetings will be held at 1:30 pm on
January 20 (register by Jan. 11)
and February 18 (register by Feb. 8)**

For questions about the Café, please call
Becky Allard, LSW at 952-746-4028

To register, please call
Vonnie Waters at 763-497-8900

*Memory Café made possible by
Minnesota Board on Aging Dementia Grant.*

Virtual Programs

Doug Ohman Presents via Zoom

The exciting and interesting story teller and photographer Doug Ohman will present live via Zoom in the months of January and February. Full details are listed below for each presentation. Register and you will be sent a link to attend via Zoom in the comforts of your own home. Providing we are able, there will be limited space for people to attend in person if you do not have the technology at home to connect. Please call to reserve your spot. This is a **FREE** event available for all seniors. **To register send an email to vwaters@crowriverseniorcenter.com or call 763-497-8900.**



Thursday January 28 @ 1:30 pm Saving History

Travel with Doug as he chronicles lost history. With the use of a metal detector and camera, Doug has respectively recovered and photographed artifacts that help us reconnect to our past. He will share his experiences, photos, stories and actual relics that will help bring local history to life.



Thursday February 25 at 1:30 pm Living the Dream—Historic Homes of Minnesota

Take a tour of some Minnesota's most elegant homes. Hear the stories and personalities that surround many of these historic treasures. "If the walls could talk" will become reality in the most interesting photo presentation.



Writers Group Story

“Red Wing Winter Trip or Environment Challenge”

I remember a trip I took with a group of women back in 1994. We drove in two separate cars, one following the other. Two people in each. Barb Ann and I were feeling a little anxious about the weekend. We were a little less rugged than the other two.

We were told the weather was going to be quite mild. We started out at 6:00 PM and were making good time. But as we continued on, the snow was coming down harder and roads were getting bad. “I can't tell how slippery it really is, this road is so dark,” Barb Ann remarked. A light snow dusted the terrain around us and shimmered in the evening air. “Don't worry,” I said. “I think we're not too far from I-94. That should be well lit.” “Have you ever been up here before?” I asked after a long silence. “You don't seem to be nervous about driving.”

“I used to drive a bus on icy roads all the time when I taught school in Moorhead” she answered.

This whole trip seemed a little crazy in the first place. It started out when I said I had never been on a writing retreat. And besides Doug got to go on these fishing trips all the time and I never got to go anywhere. I needed an adventure. My idea of an adventure was to go up north or to stay in a hotel over in Bloomington. So, when Meg said she knew of someone that owned a place or something like that. We agreed we should go. There was no mention of it being January because we figured we'd have all the luxuries. So, as we were driving along, we started to get a little worried. “How much do you know about this place?” Barb Ann asked. “I feel a little uneasy about not having running water. “Sure, Meg said there would be no electricity and that we'd have to stoke up the fire place, but I thought we would at least be able to take showers.” “I don't think so,” she said.

“I was asking Doug about kerosene lanterns and how much light they gave off. Doesn't it seem strange that we're going on a writing weekend to a place without electricity?” “Very strange, what did he say about the lanterns?”

“He said they give out quite a bit of light. But it would depend on the type of wick. He was making jokes about this weekend! That we're a bunch of sissies who don't know the first thing about fending for ourselves in the wilderness. Then he said not to worry. All I had to do was call him and he would come pick me up. It wasn't that far away. Not even long distance.”

“Keep your eyes out for a hotel,” Barb Ann said. “Just in case it looks bad.”

After what seemed as if we had been on the road forever, we reached our destination. Both of us were relieved when we pulled in the driveway and saw a quaint little salt box home. Meg went inside and we waited out in the car. But after a while we realized this was only the spot where we were picking up the keys. A tall middle-aged woman came out and told us to follow her in her truck. Perhaps she thought we'd have trouble finding it.

So, from there we followed her four-wheel drive truck in a caravan. Going about 80 miles per hour we climbed up steep hills, wove around winding roads and even crossed a narrow rickety bridge. It was definitely not safe. All this during light snowfall on icy roads. But we made it. After a roller coaster ride, the truck came to a halt “Thank God,” I said “I couldn't take much more of that.”

After a few seconds Meg came to our door with a flashlight. “Where is this place?” Barb Ann asked. By now it had gotten darker. Meg pointed to a small light at the top of the hill. “It's up there. It's a little trek. We'll have to unload here. She is afraid she'll get stuck in the driveway if we go any further.”

Okay we both said. When we stepped out of the car and took in the fresh crisp air and looked up the hill at the small light. My heart sank. I wanted nothing more now but a good night's sleep.

Then we began our little trek up the hill, which was quite ridiculous. First of all there was a good foot of snow in the driveway. Probably more. We were not at all dressed for the weather. Christine, I remember had high heeled boots on. And a suitcase with wheels. Barb Ann and I had on wool dress coats. Neither one of us had on boots or a hat. Where did we think we were going? To some other warm state. Meg at least had on a warm jacket.

We began to unpack the trunks of the two compact cars. How much could a small trunk possibly hold? They even had a full-sized cooler in there. It took quite a while to hike up that hill. In deep snow, four women with fine luggage dressed for a party. At least the tall woman that owned the place, had made a trial run making a trail for us and bringing back a flashlight and a sled.

It was a strange weekend to say the least. The kerosene lanterns weren't too bad. We got used to the dimmed lighting. This small wooden Log Cabin was not at all built for winter. No running water and no heat. We had to keep lighting the cast iron wood stove that was near the middle and kept a metal pot on the burner. We took turns bringing in huge blocks of ice and melting it on top for our water. None of us knew how to keep a fire burning. So, we took turns for fire duty even in shifts through the night. No bathroom of course. We slept on bunks and went out to the Outhouse together. Not fun in the winter time. By the end of the weekend some of us had mastered lighting the fire and keeping it going.

We played some fun games and did a few writing exercises. We laughed a lot and got to know each other in a different way. All the time realizing that this is the way it used to be. Back in time before we had all the conveniences. I suppose for most of us it was the closest we would come to a course in survival. But our uniforms for this boot camp were high-heeled boots and sweatpants. It was an adventure, but not one I would want to do again. Next time -- Holiday Inn!

1/31/94 by Genevieve Kieley

MEALS ON WHEELS PROGRAM



MEALS ON WHEELS

763-497-8900

SERVING OUR COMMUNITY WHEN WE NEED IT MOST!

The Crow River Senior Center is the Meals on Wheels Site for Albertville, Hanover & St. Michael. If you know of a senior 60 and over that needs this service, please share this information with them. **The cost is \$4.50 per meal.** Meals are delivered by volunteers Tuesday through Friday and are prepared by the River Inn of Hanover. Currently we are delivering to over 90 participants.

The Meals on Wheels program is available for those seniors in need of a hot fresh meal unable to prepare for themselves and are homebound. Especially during Stay Safe MN statewide restriction we are here to help fill the need. Meals on Wheels is an essential program that will keep running. If you are in need please call right away to get signed up. It's quick to get signed up and is for any senior 60 and over. *If there is a financial hardship please call me; we have a program that may work for you.*

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

We are always looking for more delivery drivers. Please inquire if you are interested. Just one day per month delivering helps a great deal.

*****NOTICE:*** *If you had purchased a meal punch card from the Center and are interested in picking up a meal-to-go at the Center. We will continue with Thursday meal pick up at the Senior Center parking lot. Please call 497-8900 for more details.*

SERVICES

LEGAL SERVICES

The Senior Law Project of St. Cloud offers legal assistance to seniors 60 and over that are residents of Wright, Benton, Morrison, Stearns, Todd, Wadena and Sherburne County. By appointment only; no walk-ins. The Senior Law Project can help with the following legal problems: Public Benefits, Health Insurance Matters, Low Rent Housing, Advance Directives, Nursing Home Problems and Family Law Issues. Legal services are held monthly at the Center when we are open. **Call the center to schedule your appointment if we are able to resume in person.**

**January 4 & February 1
9:00 am or 10:00 am**



Legal Aid On-Line

Apply on-line for free legal help for low-income people.

- To find out more go to: www.justice4mn.org/a2j or if you prefer to call dial 320-253-0121 or toll free at 888-360-2889.
- Helpful topics include: housing, family, health, disability, seniors, immigration, public benefits, and income tax.

Senior Linkage Line

1-800-333-2433

Monday through Friday

8:00 am to 4:30 pm



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WRITERS GROUP



Sounds of Winter

Close your eyes and join me in listening to the many sounds you can hear in the first season of the New Year.

First let's venture out into the country, maybe what you would hear on a farm. Listen as the coffee is dripping into the pot a small steady stream of liquid, soon the little buzzer goes off telling you the hot brew is ready. There is the little splash as the coffee is poured into your favorite cup and the slurping sound as you take your first sip. As you are now awake you can hear the zipper and snaps on your jacket and the ties flapping against your work boots reminding you they need to be tied. As you open the door you can feel the cold air against your face, if you were not awake before, you have no choice now. Stepping off the steps there is the sound of the crunch of the cold hard snow under your feet. Getting closer to the barn you are greeted by the low bellowing of the cattle waiting for your arrival and the hay you will be giving them. Now as you begin the morning milking the swish of the milking machine as the milk is taken from the cow and sent thru the pipes to the large milk tank can be very soothing. As each cow is waiting to be relieved of their milk there is the clanging of the stanchions as the cows are eating their hay and moving about. Plop, Plop, thank goodness for the gutter. The cats and kittens are roaming the barn softly mewling and then the purring as they find the milk you have left for them in their dish.

Next we will go for a walk out into the woods. Quiet, hear the birds chirping. Are they calling to each other to let them know there is a human in their woods? The little rustling noise as the busy little squirrels are scampering around trying to find the nuts they so diligently hid during the fall. Then once again there is the creaking sound of our own feet as we step into the soft new fallen snow. The small branches and twigs that have fallen from the trees and are hiding under the snow crack into smaller pieces as we have stepped on them helping to alert all the little creatures we have invaded their home. Stop once again and listen to the quiet, oh so peaceful.

Now into the city we go. It is evening and the car doors are slamming shut as the workers and shoppers are ready to return home. There is the low growling of the big bus as it is taking off with its load of passengers. The screech of brakes as the bus is stopping to drop off and pick up more passengers. Getting into the residential area you can hear the happy voices of the children as they are so busy playing in the snow. The high screams of the girls and the laughter of the boys as they propel down the hill on their sleds and snowboards. The scratch of the blades of the ice skates on the smooth ice. Soon it will be quiet again as the children head for home, a warm meal, homework and then bed.

©Sharon M Nelson

HOME PROGRAM

The HOME Program Wright County

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

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

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

*****The HOME Program has resumed in-home services and have relocated their office down the hall next to city offices. *****

WE DO HAVE VOLUNTEERS TO DELIVERY FOOD AND SUPPLIES should you find yourself getting low on essentials and do not want to expose yourself by going shopping yourself. Please contact the Wright County HOME Program Coordinator at 763-416-7969 with your questions or concerns. Our workers are conducting wellness checks by phone, so please let them know if have a need for food or supply delivery services before normal services return.





SENIOR
COMMUNITY
SERVICES

*Tech support provided will be donation based,
your generosity is appreciated!*

The HOME Program

Now Offering Basic Tech Support!

Telephone Support Services

Call us during our regular office hours of 8:30am-4:30pm to schedule your appointment. We can help you with device troubleshooting, texting, video calls, email problems, & other common issues you may be having with the technology in your home.

In-Home Support Services

We can visit you in your home to help with problems that are specific to your situation. Our volunteer technicians are completely vetted, and have experience with common technology issues & setups for TV's, tablets, phones & PC's. Call for an appointment!

Here to help you stay connected!

We understand during this unique time that you may feel more isolated in your home. Our goals with this service are to help you stay connected to friends, loved ones & your community, to access the information you need & find new ways to communicate!

Services we can not provide

- Replace or add Cable or Ethernet Wiring inside walls or in areas difficult to access
- Work on devices owned by a company
- Assist with business related software / hardware
- Help with tax preparation / personal accounting
- Failed hardware data recovery
- Hardware repair (broken screens, failed batteries, inoperable printers, etc.)

This service is funded in part by a grant from the State of Minnesota Department of Human Services.

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

NOTE: by using this service, you agree that SCS is not liable for any data loss or other issues that may arise from supporting you and your electronic devices. We reserve the right to refuse service if the issue is too complex, and offer no warranties for these services.

FREE AREA FOOD PROGRAMS

Hanover Food Shelf

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

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

For more details on these programs please call the Senior Center at **763-497-8900.**



Alleluia Lutheran Church & Cross Food Shelf

**FREE Produce & Bakery
Distribution.**

New Location: STMA High School (5800 Jamison Ave NE St Michael) by door J back parking lot. Wait in your car. Volunteers will bring food to your trunk.

**All Saturdays in the
months of January
& February
2:00 to 3:00 pm**



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JANUARY 2021 ACTIVITIES CRSC



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All activities will be via Zoom if the Center is still unable to have in person participation. Please call the Center to inquire /register for activities. Due to the limited numbers, no drop-ins at this time. All schedules are subject to change. We appreciate your understanding and patience. 763-497-8900.</p>				<p>1 Happy New Year Center Closed</p>
<p>4 Legal Appts 9:30—11:00A Painting Group 1:30—3:00 pm Writers Group</p>	<p>5 9:30—11:00A History Group 1:30—3:00 pm Parkinson's Support Group</p>	<p>6 9:30—11:00A Joy Stitch Group 1:30—3:00 pm Whitty Wednesdays Trivia</p>	<p>7 9:30 —11:30A Zoom practice 11:30A Lunch Pick up Center 1:30—3:00 pm Zoom Yahtzee</p>	<p>8 9:30—11:00A Fun Fridays Coffee Chats 1:00—2:30 pm Puzzle & Activity Pick Up</p>
<p>11 9:30—11:00A Painting Group 1:30—3:00 pm Writers Group</p>	<p>12 10:00A CRSC Advisory Board Meeting 1:30—3:00 pm Book Club</p>	<p>13 9:30—11:00A Joy Stitch Group 1:30—3:00 pm Whitty Wednesdays Trivia</p>	<p>14 9:30 —11:30A Puzzle & Activity Pick up 11:30A Lunch Pick up Center 1:30—3:00 pm Zoom Yahtzee</p>	<p>15 9:30—11:00A Fun Fridays Coffee Chats 1:30-3:30 pm Zoom 101 with Joe</p>
<p>18 <i>Martin Luther King Jr. Day</i> CENTER CLOSED</p>	<p>19 9:30—11:00A History Group 10:00 -11:30A Aging Mastery Class 1:30P Tuesday Treasures via Zoom</p>	<p>20 9:30—11:00A Joy Stitch Group 10:00 - 11:30A Mindful Presence Class 1:30—3:00 pm Memory Café Virtual</p>	<p>21 9:00 —11:30A Guided Autobiography 11:30A Lunch Pick up Center 1:30—3:00 pm Caregiver Support Group</p>	<p>22 9:30—11:00A Fun Fridays Coffee Chats 1:00—2:30 pm Puzzle & Activity Pick Up</p>
<p>25 9:30—11:00A Painting Group 1:30—3:00 pm Writers Group</p>	<p>26 10:00 -11:30A Aging Mastery Class 1:30P Tuesday Treasures via Zoom</p>	<p>27 9:30—11:00A Joy Stitch Group 10:00 - 11:30A Mindful Presence Class 1:30—3:00 pm Whitty Wed. Trivia</p>	<p>28 9:00 —11:30A Guided Autobiography 11:30A Lunch Pick up Center 1:30P Doug Ohman's Saving History</p>	<p>29 9:30—11:00A Fun Fridays Coffee Chats 1:00—2:30 pm Puzzle & Activity Pick Up</p>

**Meal Ordering
Deadline:**

Call in for the entire month
or by 3pm the Thursday
prior for the following
week. Cancellations can be
made at least 1 day prior
763-497-8900

JANUARY 2021

MEALS ON WHEELS LUNCH MENUS

Vegetables will be a
Chef's Choice for most
days.
**(Menu subject to
change without notice.)**
Cost per meal for
Meals on Wheels is
\$4.50

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Taco Salad Sour Cream Salsa	6 Chicken Chow Mein Rice/ Noodles Egg Roll	7 Salisbury Steak Mushroom gravy Mashed Potatoes Veggie Blend <i>(Call in orders today for next week)</i>	8 Grilled Chicken Breast Baked Potato Veggie
12 Tatortot Hotdish Veggie Dinner Roll	13 Spaghetti with Meatballs Green Salad Dinner Roll	14 Liver & Onions Red Potato Mixed Veggies <i>*(Chicken alternative) (Call in orders today for next week)</i>	15 Tilapia Rice Mixed Veggies Dinner Roll
19 Chicken Drumsticks Roasted Potatoes Veggie	20 Pulled Pork Baked Beans Cole Slaw	21 Lasagna Side Salad Breadstick <i>(Call in orders today for next week)</i>	22 Chicken Stir Fry Rice Egg Roll
26 Sloppy Joe Baked Beans Coleslaw	27 Baked Ham Red Potatoes Veggies Dinner Roll	28 Swedish Meatballs w/gravy Mashed Potatoes Peas <i>(Call in orders today for next week)</i>	29 Country Fried Steak Biscuit Sausage Gravy Veggie
Please call in orders by Thursdays for the following week.	Cancellations must be made 1 day prior by 1pm.		



FEBRUARY 2021 ACTIVITIES CRSC



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Legal Appts 9:30—11:00A Painting Group 1:30—3:00 pm Writers Group	2 9:30—11:00A History Group 10-11:30A Aging Mastery Class 1:30—3:00 pm Parkinson’s Support Group	3 9:30—11:00A Joy Stitch 10:00 - 11:30A Mindful Presence Class 1:30—3:00 pm Whitty Wednesdays Trivia	4 9:00 —11:30A Guided Autobiography 1:30—3:00 pm Yahtzee (via Zoom)	5 9:30—11:00A Wii Bowling Tournament 1:30—3:00 pm Fun Day Friday Coffee Chats
8 9:30—11:00A Painting Group 1:30—3:00 pm Writers Group	9 10:00A CRSC Advisory Board Meeting 10-11:30A Aging Mastery Class 1:30—3:00 pm Book Club	10 9:30—11:00A Joy Stitch 10:00 - 11:30A Mindful Presence Class 1:30—3:00 pm Whitty Wednesdays Trivia	11 9:00 —11:30A Guided Autobiography 1:30—3:00 pm Yahtzee (via Zoom)	12 9:30—11:00A Wii Bowling Tournament 1:30-3:00 pm Fun Day Friday Coffee Chats
15 <i>President’s Day</i> CENTER CLOSED	16 9:30—11:00A History Group 10-11:30A Aging Mastery Class 1:30– 3:00 pm Craft Coloring	17 9:30—11:00A Joy Stitch 10:00 - 11:30A Mindful Presence Class 1:30—3:00 pm Memory Café Program	18 9:00 —11:30A Guided Autobiography 1:30—3:00 pm Caregiver Support Group	19 9:30—11:00A Wii Bowling Tournament 1:30—2:30 pm Zoom 101 with Joe
22 9:30—11:00A Painting Group 1:30—3:00 pm Writers Group	23 10-11:30A Aging Mastery Class 1:30—3:00 pm Coloring / Tuesday Treasures	24 9:30—11:00A Joy Stitch 10:00 - 11:30A Mindful Presence Class 1:00—3:00 pm Whitty Wednesdays Trivia	25 9:00 —11:30A Guided Autobiography 1:30P Doug Ohman Presents “Historic Homes”	26 9:30—11:00A Wii Bowling Tournament 1:00—3:00 pm Fun Day Friday Coffee Chats
All Activities are based upon ability to have in person visits or via zoom. Please call the Center to inquire status.				All Schedules are subject to change.
				Call for reservations 763-497-8900

**Meal Ordering
Deadline:**

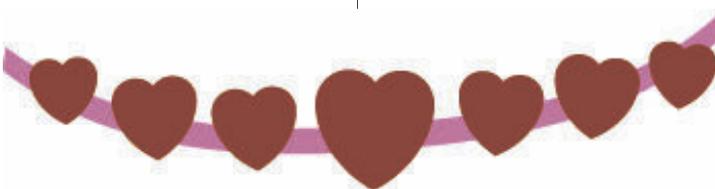
Call in for the entire month
or by 3pm the Thursday prior
for the following week.
Cancellations can be made at
least 1 day prior.
763-497-8900

FEBRUARY 2021

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

MEALS ON WHEELS LUNCH MENUS

**(Menu subject to change
without notice.)
Cost per meal for Meals
on Wheels is \$4.50**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pulled Pork Baked Beans Cole Slaw	3 Shepherds Pie Veggie Dinner Roll	4 Chicken Ala King Biscuit Side Salad <i>(Call in orders today for next week)</i>	5 Pork Loin Garlic Mashed Veggie Dinner Roll
9 Cabbage Rolls Veggie Dinner Roll	10 Ham Scalloped Potatoes Veggie Dinner Roll	11 Manicotti Green Salad Breadstick <i>(Call in orders today for next week)</i>	12 Salmon Rice Veggie Blend
16 Chicken Wild Rice Soup Sandwich	17 Swedish Meatballs Mashed Potatoes Veggie	18 Swiss Chicken Wild Rice Blend California Blend <i>(Call in orders today for next week)</i>	19 Liver & Onions Red Potatoes Mixed Veggie *(Chicken alternative)
23 Tatortot Hotdish Veggie Dinner Roll	24 Goulash Side Salad Dinner Roll	25 Meatloaf Mashed Potatoes Gravy Veggie <i>(Call in orders today for next week)</i>	26 Chicken Stir Fry Rice Egg Roll
<p>Call for cancellations at least one day ahead.</p>			<p>Orders placed by Thursdays 763-497-8900</p>

IN THIS ISSUE:

Many activities are in this issue that we are able to do with smaller numbers or Zoom. We continue to keep you informed and entertained during this Covid-19 Pandemic. Please take this opportunity to connect and re-connect with your family, friends and neighbors on a regular basis to check in. Watching out for one another during the tough times is so important. Everyone Stay Strong and let your kindness shine!

ABOUT US

The Senior Center is located at 11800 Town Ctr Dr NE, Suite 200 St. Michael.

The Center is open Monday through Friday check the schedule for times. For more information on programs & senior issues, call the Center at 763-497-8900.

www.crowriverseniorcenter.com



A NOTE REGARDING THE NEWSLETTER: PLEASE HELP US SAVE COSTS

Please notify the Center if you are gone for the winter or no longer wish to receive the newsletter.

Contact us also if you have a change of address or wish to have the newsletter emailed to you.

This helps reduce additional postage cost greatly.

Thank you.



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