

July August 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.”*



## **Summer Greetings!**

*Welcome back as we strive to return to activities! It is nice to see smiling faces in person once again! As we return to some of our regular activities at the senior center, we need to remember to do it safely and with care. As we know, things can change quickly, so please keep that in mind as we move forward. Schedules are subject to change without notice. Also, please keep in mind that barring any future mandates, people will not be required to wear masks in the center and they may not be vaccinated. We will continue to perform wellness checks at the door and have everyone sign in as they enter the senior center to participate. Not only does this help with our accurate numbers of participation, but if any outbreak happens, we can alert those in contact quickly. Hand sanitizer is located throughout the center—please use it often and wash your hands frequently. As we continue working on adding more activities and lunches,*

*please be patient as schedules may have to be adjusted. We want everyone to stay healthy and well as we continue to move forward. Your cooperation and understanding are greatly appreciated.*

*Respectfully,  
Vonnie Waters*



**WRIGHT COUNTY**  
PUBLIC HEALTH

**60+ Healthy Clinic Wright County Health Department (Nail Trimming) is back on July 27! See full details on page 9.**

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

## Town Center Park is now open!

Pickleball Courts are in full use! Wednesdays in July and August there will be events hosted by Crow River Senior Center, FYCC, Friends of the Library & Great River Regional Library with Family Night in the Park. Bring your grandchildren!

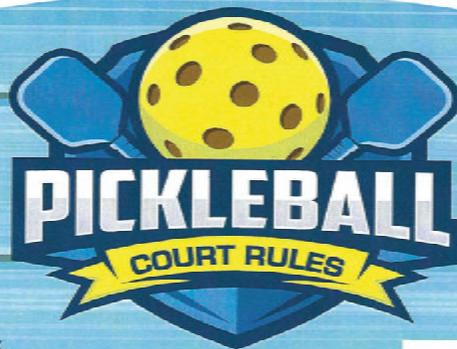
All Wednesday events start at 6:00 pm.

July 14 - Kevin Hall Magic

July 28th - Raptor Center

August 11th - The Jug or Nots

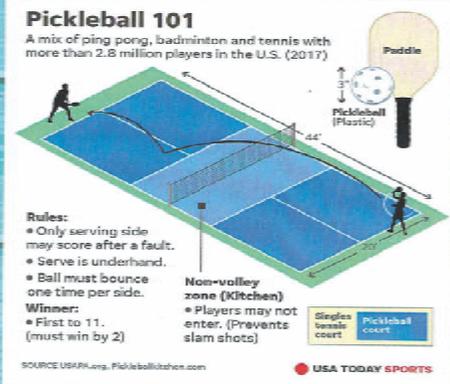
August 25th - Dollipops



1. Pickleball Court Hours: 7:00 AM to dusk.
2. Use courts at your own risk.
3. No tennis play on pickleball courts.
4. Time Limits: Singles-1 hour, Doubles-1.5 hours.
5. No food, drink, or glass containers allowed on courts.
6. No animals allowed on courts for sanitary reasons.
7. No skate boards, roller blades, bicycles or skates allowed on courts.
8. Tennis shoes only on courts.
9. Surface may be slippery when wet.
10. Do not abuse nets or other court equipment.
11. Town Center Park is under 24 hour recorded video surveillance.
12. Courts are for public use and are not reservable.
13. NO PRIVATE/PROFESSIONAL LESSONS PERMITTED. NO SOLICITATION.

### Pickleball 101

A mix of ping pong, badminton and tennis with more than 2.8 million players in the U.S. (2017)



#### Rules:

- Only serving side may score after a fault.
- Serve is underhand.
- Ball must bounce one time per side.

#### Winners:

- First to 11. (must win by 2)

- Non-volley zone (Kitchen)**
- Players may not enter. (Prevents slam shots)

SOURCE USA Pickleball.org, PickleballKitchen.com

USA TODAY SPORTS

## PICNIC & LINE DANCING



**SENIOR PICNIC**  
**MONDAY JULY 26**  
**11:00 am**

Join us for a fun outdoor event at  
Hanover Settlers Park.  
(11250 5th St NE, Hanover)

The Senior Center will provide the  
food, you just need to bring your  
smiles and have fun!

### **FOOD WILL BE PROVIDED**

Menu: Hot dogs, baked beans, chips,  
pickle and cookie. All compliments of  
the Crow River Senior Center.

**Reservations are required, please no  
later than July 20th at 4pm.**



Stay for Bingo following the picnic  
for additional outdoor fun!

**Line Dancing**  
**for Beginners**  
**Wednesday's starting**  
**August 4**  
**@ 10:00 am**  
**at Hanover City Hall.**  
**Cost: \$5 per session.**

Studies show that dancing is one of the best  
forms of exercise for staying healthy and  
living longer - plus it's a lot of fun!

This is an opportunity to learn the basic steps  
of line dance in a casual and fun setting. Our  
instructor will teach a new and simple dance  
each week, dancing to a variety of music,  
including classic and contemporary country  
and pop. No experience required, and you  
don't need a partner! Come and join in the  
fun!

Please call the senior center at 763-497-8900  
to register for each class at least one day in  
advance or sooner. Payment will be made to  
the instructor Amber Brand at the class.

**Location: Hanover City Hall**  
**11250 5th St NE, Hanover, MN 55341**



# GROUPS

## Open Painting

Join others that like to paint. Share ideas or just set some time aside to do your thing. Bring your own supplies for your project. Any skill level welcome to join the group on Monday mornings.

**Monday's  
July 12 & 19  
August 2, 9, 16, & 30**

**9:00 a.m. to 11:00 a.m.**

## History Group

Do you enjoy history? Get together with others that share this interest in person. The group meets on a bi-monthly basis, the first and third Tuesdays. Topics could be selected that deal with American History, Civil War, World War II or whatever history people are interested in.

**Tuesday's  
July 6 & 20  
August 3 & 17**

**Time: 9:00 a.m. to 11:00 a.m.**

## Writers Group

**Monday's  
July 19 & August 2 & 16  
1:30 p.m. to 3:30 p.m.**

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.

## Daytime Book Club for Seniors

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

**Tuesday, July 13 @ 1:30 p.m.**

*"The Widow"*  
by Fiona Barton

**Tuesday, August 10 @ 1:30 pm**

*"Murder in Winnabgo County"*  
by Christine Husom

**Dates are listed above**

**Time: 1:30 pm to 3:30 pm**

You do not have to have the full book read to join the discussion.



## Joy Stitch & Needlecraft Group

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

**Tuesdays @  
9:00 a.m. to 11:00 a.m.  
July and August**

# RIM RIDERS BIKE GROUP



The Rim Riders bike group is in full stride.

If you are interested in joining the group and getting on the list for rides please email Jackie Holvik at [jackieholvik@gmail.com](mailto:jackieholvik@gmail.com) or call 763-516-0478 Here is the list of bike rides for the group.

**July 5 - St. Cloud 17 miles**

**July 12 - Around the City Lakes 12 miles**

**July 19 - St. Boni to Mayer 16/24 miles**

**July 26 - New London to Wilmer 24 miles**

**August 2 - Elm Creek to Fish Lake**

**August 9 -Albany to Holdingford 20 miles**

**August 23 - Elk River to Zimmerman 17 miles**

**August 30 - Excelsior to Hopkins 18 Miles**

**September 6 - Labor Day \*NO Ride\***

**September 13 - Irish Ramble 12 miles**

**September 20 - Luce Line 20 Miles**



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## CLASSES

**SilverSneakers®**

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### **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](mailto:theschoenborns@charter.net)

Join in our regular weekly classes

**Monday & Wednesday at 9:30 a.m.**

**Tuesday & Thursday at 10:00 am.**

If you are looking for a little more challenging class join on

**Tuesday & Thursdays 8:30 am.**

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 at**

**[theschoenborns@charter.net](mailto:theschoenborns@charter.net)**



### **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.**  
**4 Hour Refresher Classes:**

**Friday, July 16, 2021  
9:00 am to 1:00 pm**

**Friday, August 20, 2021  
9:00 am to 1:00 pm**

**Friday, September 24, 2021  
9:00 am to 1:00 pm**



**To Register Please call the  
senior center 763-497-8900**

Registration will be taken at the Crow River Senior Center. **Class spaces 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. Checks made out to the Crow River Senior Center.

# BINGO

## Let's Play BINGO

**Bingo in the Park**  
**Monday, August 23**  
**10:00 am**

Join us Monday, August 23 at 10:00 am for Bingo at Town Center Park Lions Shelter. (the new park right behind the city hall building). Root Beer Floats sponsored by



## PUZZLES

Puzzles are available at the Senior Center to check out. We have plenty of all sizes for your enjoyment to take home and return at your leisure. Return the puzzles in the blue return bin at the senior center doors.



Books continue to be available for pick up at the library. A free will donation to the Friends of the Library is welcome. These books can be kept or returned in the blue bin at the senior center door.

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## SUPPORT

### Parkinson's Support Group

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,  
July 6 & August 3  
@ 1:30 pm to 3:00 pm**

**Meetings are in person.  
Call 763-497-8900 for any questions.**

### Caregiver Support Group

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,  
July 15 & August 19  
@ 1:30 pm to 3:00 pm**

**Meetings are in person.**

**Inquiries please contact  
Becky Allard 952-746-4028.**

## Tech Help is available!

Need help with your smart-phone, tablet, computer, or TV system? Want to join on a Zoom meeting but not sure how? The HOME Program now offers FREE tech support at our Senior Center, and in-home tech support for a small fee.

Nate, our tech-savvy volunteer is available by appointment to meet you at the Crow River Senior Center to safely offer in-person support, or phone support at specified times in order to provide one-on-one help to older adults with technology issues.

**If you would like to meet with Nate for a no-cost support session, call 763-497-8900 to schedule an appointment.**

Be sure to bring your equipment with you! If you need in-home support, call the HOME Program directly at 763-416-7969 to request an in-home appointment.



SENIOR  
COMMUNITY  
SERVICES

# NAIL TRIMMING

## 60+ AND HEALTHY CLINIC IS BACK, APPOINTMENTS ARE REQUIRED!

The 60+ and Healthy Clinics provided by Wright County Public Health provide foot care for seniors in Wright County. Toenails are trimmed to meet the needs of those seniors who have a health condition such as diabetes or are unable to trim toenails themselves. Call Wright County Public Health at 763-682-7456 with questions.

**Date: Tuesday, July 27 By Appointment only.**

**Location: Crow River Senior Center.**

**To make your appointment, please call the  
Wright County Health Dept at 763-682-7460.**

**Cost: \$15.00 paid to the Wright County Health Department.**

**Please arrive at least 5 minutes before your appointment time. Wellness screening will be given upon arrival. If you are not feeling well please stay home and cancel your appointment. We have limited amount of appointments so please be sure to cancel if you are not able to make your appointment that day.**



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

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## MEMORY CAFÉ & SUPPORT



### SENIOR COMMUNITY SERVICES MEMORY CAFÉ

Our Memory Café is a safe and comfortable place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others. The café experience is free, and all the supplies are provided for you. You can participate in person at the Crow River Senior Center.

Our meetings are held  
the 3rd Wednesday  
of each month  
1:30pm - 2:30pm



To Register Call  
**763-497-8900**

Questions? Call Becky Allard, LSW at 952-746-4028

This service is supported, in part, by Hennepin County, municipalities, Title III Grants from Trellis and CMCOA, a Dementia Grant from the Minnesota Board on Aging, and a Live Well at Home Grant from Minnesota Department of Human Services.



## 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**

## LEGAL SERVICES

### NOW IS THE TIME

By

**Karla Krueger, Attorney at Mid-Minnesota Legal Aid**

In a recent phone conversation with my 80-year-old aunt, she remarked “Who would have ever thought we would find ourselves in circumstances like these?” I feel confident that none of us anticipated the consequences brought upon us by the COVID-19 pandemic, such as the inability to visit with our loved ones in person, closing of restaurants and cancellation of sporting events and graduation ceremonies. Yet how many of us have thought about the consequences of things we can anticipate, such as a health crisis or needing help to manage money and property?

Minnesota law provides tools to help you plan for a time during your life when you are not able to communicate decisions about the health care you want or need assistance to manage your money and property. It is important to have these tools in place and ready to go before a medical or financial need occurs, as a person must have the mental soundness needed to sign legal documents in order for these tools to be valid.

A Health Care Directive is the tool that allows you to appoint someone, called a health care agent, to make medical decisions for you if the doctor says you are not able to make the decisions for yourself. You can also write down instructions for your health care agent and medical providers to follow. Your health care agent will be in charge of decisions about your health care and can talk to your medical providers, review your medical records and decide where you get your medical care.

A Power of Attorney is the tool that gives someone else the same rights you have to manage your money and property. The Power of Attorney gives these powers to the person as soon as the document is signed and notarized, not only if you become sick or incapacitated. You can decide which powers the person should have to help you with your money and property. You can also revoke the Power of Attorney if necessary.

You do not need to have a lawyer to create a Health Care Directive or Power of Attorney, but it is a good idea. One option is to go to the website called LawHelpMN.org, where you are guided to create a Health Care Directive or Power of Attorney to print and sign.

The Senior Law Project of Mid-Minnesota Legal Aid provides free legal help with a Health Care Directive and/or Power of Attorney for seniors age 60 and over who live in the counties of Stearns, Wright, Benton, Sherburne, Todd, Morrison, Wadena, Cass, Crow Wing, Isanti, Kanabec, Pine, Mille Lacs, and Chisago. Appointments can be made by calling (320) 253-0121 or toll free at 1(888) 360-2889.

## LEGAL SERVICES

The St. Cloud office of Mid-Minnesota Legal Aid has received a grant of Older Americans Ace funds from the Central Minnesota Council on Aging to provide legal services for seniors residing in Wright County. The funds will be used to provide legal advice, counseling and representation in court and administrative hearings. There is no cost for these services. If you are 60 years or older and reside in Wright County, you can get help with legal problems involving Medicare, Social Security, eviction or other housing problems, public benefits, such as medical assistance, food support and fuel assistance, family law issues, including domestic abuse and income maintenance, nursing home problems, home care services, powers of attorney, health care directives and debt collection. NO help for criminal matters, wills, estate planning or real estate transactions. Seniors can also call the St. Cloud office of Mid-Minnesota Legal Aid toll free at 1-888-360-2889 for scheduling an appointment. Online access at <https://mylegalaid.org>. Minnesota Legal Aid accepts contributions for legal services, but contributions are not required to receive legal help.

**Legal Aid Appointments are held the monthly at the Crow River Senior Center.**

**Call the center to schedule your appointment.**

**Next available dates:**

**Monday, July 12 at 9:00, 9:30 or 10:00 a.m.**

**Monday, August 2 at 9:00, 9:30 or 10:00 a.m.**

## PROGRAMS

### Wednesday Wii Bowling Tournaments

July and August  
at 1:30 p.m.

Join us for a fun filled hour bowling tournament on the Wii gaming system.

Please call to reserve your spot.

Dates:

July

7, 14 and 28

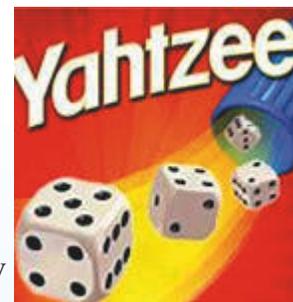
&

August

4, 11 and 25



### Let's Play Yahtzee! Thursdays at 9:30 a.m.



To play Yahtzee safely each person will get their own dice with a game box and 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. Please feel free to call and inquire for more information. We strongly encourage reservations so that we have enough players.

All Thursdays in July & August @ 9:30 am

### Doug Ohman Presents Influential Women in American History: a two part presentation.

Join photographer and historian Doug Ohman for Part 1 of "Influential Women in American History" on July 15 @ 1:30 pm

Part 2 of "Influential Women in American History" on August 26 @ 1:20 pm

Doug will highlight the lives of some amazing women that left a positive mark on our history. The talk will highlight approximately 15 women from Alice Paul to Elizabeth Cady Stanton. He will be sure to include some women whose stories have been lost by most Americans.

Please call to reserve your spot for both presentations. This is a FREE event.



## PROGRAMS & MOVIES

### **POP Power of Produce Club**

Seniors 60+ each week you will receive a FREE \$2 token to buy your own fresh fruits and vegetables from local farmers. Visit [www.myfycc.com](http://www.myfycc.com) to sign up!

If you do not have a computer call 763-496-6820 for assistance.

**3-7 pm Thursdays  
July 8 to August 26**

### **Albertville Farmers Market**

**Lions Pavilion in Central Park  
5801 Main Ave NE Albertville**

Live Music, special events and fun activities for all!

Sponsored by: FYCC, Albertville Lions and St. Michael American Legion Post 567

### **Senior Workouts For Seniors 62+**

Do you want to work out at the STMA Activity Center, but not during busy hours? Seniors around the community are invited to use the facility in the mornings for free.

**Monday, Tuesday, Thursday  
and Friday  
5:00 am to 9:30 am**

The STMA Activity Center is located at 5800 Jamison Ave NE St Michael. Enter at Door C.

For more information call 763-497-6541.



### **Movie Club for July and August**

#### **July 9 @ 12:30 pm “Ford vs. Ferrari”**

Academy Award Winners Matt Damon and Christian Bale star in FORD v FERRARI, based on the true story of visionary American car designer Carroll Shelby (Damon) and fearless British-born driver Ken Miles (Bale), who together build a revolutionary race car for Ford Motor Company and take on the dominating race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966. 2 hours 32 minutes

#### **July 23 @ 12:30 pm “Harriet”**

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Witness the story of a woman who defied impossible odds to change the course of her life and the fate of the nation. 2 hours 5 minutes

#### **August 13 @ 12:30 pm “Radio”**

When high school football coach Harold Jones first meets the shy and mentally-challenged Radio, he finds Radio cowering in a locker room as the result of a heartless prank. Coach Jones decides to befriend Radio and he gets Radio to register at Hanna High School and pursue his education. Coach Jones also takes Radio in and develops a strong friendship that would last decades. Radio goes from being a physically and emotionally tortured young man, to becoming a fixture in the Hanna High School football locker room and an inspiration to the team and the school. Radio goes from being the butt of the football players' jokes, to becoming the inspiration that they use to go on and accomplish great things on and off the field. 109 minutes.

#### **August 27 @ 12:30 pm “The Pursuit of Happiness”**

In the early 1980's, Christopher Gardener suffers a financial collapse that leads to the demise of his family. He loses almost everything: wife, house, and all of his bank accounts. But, the one thing he does not lose is his small son, Christopher, to whom he is completely committed and devoted. Chris takes an internship on Wall Street all while living with Christopher on the streets. Gardener excels in his internship in stark contrast to his homelessness and extreme poverty. 117 minutes.

## MEALS ON WHEELS PROGRAM



### MEALS ON WHEELS

**763-497-8936**

***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 130 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](mailto: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 497-8936 for more details.*

# CASINO TRIP

**The Casino Trip is Back!!!!**

## Casino Trip to Treasure Island Wednesday, July 21, 2021

The bus leaves promptly at 8:30 am.  
(please be on the bus by 8:15 am)



Pick up location is at the St. Michael City Center on the West side of the building. Please park away from the building on the west side. To Register call Donna Duscha at 763-334-0991.

**Cost: \$20.00**

*(you will get back \$15.00 in machines + a \$3.00 food coupon.)*

No registrations are taken at the center, please call Donna.

Limit of 45 passengers. Sign up by Friday, July 16, 2021

**\*\*If you are not fully vaccinated masks are strongly suggested. If you are fully vaccinated then no mask required. If you are not feeling well please stay home.**

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



**Motorcoach Tours, Motorcoach Charters & Group Planning!**

**Check out our website to view our tours!**

*Pick-ups available in St. Michael & Waconia*

*Call us to find out about our New Customer Discount & included Trip Insurance!*

Riley Bus & Tours | 1-800-288-8246 | 320-875-2491 | [www.rileytours.com](http://www.rileytours.com)



Love where YOU live at The Legacy of St. Michael!



### An Assisted Living & Memory Care Community

We feature a secured memory care neighborhood, individualized home care plans, specialized daily programming, and our staff is certified through the Alzheimer's Association and our own Enriching Connections Program.

#### Assisted Living and Enhanced Care

Comfort & convenience with a variety of living options  
Varying levels of assistance with Person Centered Care  
Be treated as an individual while part of a community  
Advanced Nursing services available

#### Memory Care Community

With millions of older Americans suffering from memory impairment, we offer specialized care and support for those with those cognitive challenges.

*Experience the Tealwood difference.*

[www.twsl.com](http://www.twsl.com)



For ad info. call 1-800-950-9952 • [www.lpcommunities.com](http://www.lpcommunities.com) Crow River Senior Center, St. Michael, MN

D 4C 02-1011

# WRITERS GROUP



## ***CAUTION! DO NOT OPEN*** ***by Mary Smith***

Well, just a moment ago I almost punctured my finger. The improvised tool I was using slipped from my grasp. I had already tried a screwdriver, the kitchen shears, and a metal skewer, and paring knife. All to no avail. You see, I was trying to extricate a tube of cortisone gel from its cardboard backing which was glued to a transparent plastic shield that was carefully molded around the tube.

Now, I fully realize that this package designed is efficient as far as display is concerned. That piece of cardboard, hanging amidst the myriad other products offered for sale is definitely an efficient use of space – and space for the available products is a constant dilemma for the merchant. And, of course, the product must be safely encased both for stringent health laws and for pilfering of the merchandise.

I understand all that: I understand that to satisfy all the needs and regulations of merchandising these days, not everyone is accommodated. Certainly, safety is of primary concern. Back in the 1970's the first attempt to assure safety, the "childproof" cap was introduced on over-the-counter medical items. They were child proof all right: in many cases they were adult-proof, as well. Untold minor injuries probably occurred from this new mode of protection – to say nothing of the expanded colorful vocabulary.

The safety laws for packaging soon expanded to most items in common usage. Most especially, cleaning supplies and household health and hygiene items. Packaged and canned food received a major overhaul in packaging and containers. For 30 years the changes have been happening. Some drastic but some so minuscule that we scarcely notice. And it's all well and good: it's needed as manufacturing and marketing changes almost daily.

It is no longer a phenomenon that the industry of packaging is a big industry of packaging is a big industry in itself. There are intricate details that must be specified and designed with precision. Design for each separate product. Designed to meet laws peculiar to each item; designed for safety; designed to withstand shipping and handling. This is not exactly rocket science but it does require knowledge and skill. When the initial product was designed and produced, who knew the intricate aftermath that would follow just to get the item "to market".

The next time you buy an item that has been mass-produced, take note of the packaging. Look at the precise measuring and design that hold the product. It is especially molded and designed for that item. For its protection and for its safety and yours. Oh yes, we live in a wonderful era. It is the items of the day-to-day usage that seem to suffer most from "packaging overkill". You shouldn't have to have a Ph D in Physics to access a tube of ointment from a blister package. Nor should you have to go through every item in the junk drawer to use a tool for the operation! At best frustrating, at worst its dangerous.

I know a woman who, routinely, has the courage to challenge this dilemma. She takes the item in question to the check-out clerk, pays for it, then asks the person to open it for her because "I know I'll be unable to open it". The clerk might refuse, stating store policy, upon the woman asks that her money be refunded and walks out of the store. Drastic? Yes, but cathartic! Is there some other way?

# 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](mailto: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](http://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.



# The HOME Program

## Now Offering Basic Tech Support!



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

### 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

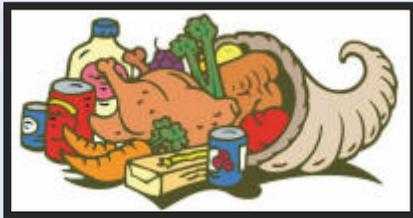
## Hanover Food Shelf

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:** Alleluia  
Lutheran Church parking lot at  
10401 30th St. NE in St. Micheal.  
(south of St. Michael near the  
intersection of Cty Rd 19 & 30th St).  
The following Saturdays:

July 10 & 24  
August 14 & 28  
2:00 to 3:30 pm

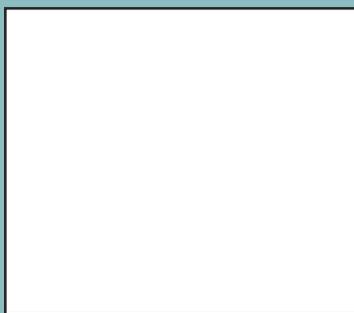



A 55+ Cooperative Community  
17155 Quincy St NW, Elk River, MN 55330  
**Call for a tour! 763.633.0999**  
Monday-Friday 9am-3pm  
[www.pullmanplace.org](http://www.pullmanplace.org)  
*It's not real estate, it's a lifestyle!*



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763.497.2455 | [Dehmers.com](http://Dehmers.com)  
[info@dehmers.com](mailto:info@dehmers.com)




**ALLEY GRILL**  
Breakfast and Lunch



**BIG AL'S**  
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BAR & GRILL  
Full Bar and Menu

403 Central Ave St. Michael - 763-276-7369 - [www.bigalsbowling-bar.com](http://www.bigalsbowling-bar.com)

Senior LinkAge Line® is a FREE service available to help older adults & caregivers locate needed resources.



Telephone and in-person assistance is available in your community by calling:  
1.800.333.2433  
Partially funded by Older Americans Act

**AVAILABLE FOR A LIMITED TIME!**  
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Contact **Tony Showalter** to place an ad today!  
[tshowalter@lpicommunities.com](mailto:tshowalter@lpicommunities.com) or (800) 950-9952 x2250




**JZAC**  
INC

**GENERAL CONTRACTOR**  
763-497-4444





# JULY 2021

## ACTIVITIES CRSC



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call 497-8900 to make reservations for activities that require them, such as Movies, Yahtzee, Wii bowling, etc</p> <p>We ask that you please wear a mask if you are not fully vaccinated. Be Kind, Be Respectful and Be Courteous to all. <b>THANK YOU!</b></p>		<p><b>All schedules are subject to change.</b></p> <p>We appreciate your understanding and patience. Call 763-497-8900</p>	<p><b>1</b> 8:30A &amp; 10A Fitness Class Virtual 9:00A-11:00A Pinochle 9:30A-11:00A Yahtzee 11:30A Lunch Pick up at Center 1:30P Bingo</p>	<p><b>2</b></p> <p><b>Center CLOSED 4th of JULY HOLIDAY</b></p>
<p><b>5</b></p> <p><b>Center CLOSED 4th of JULY HOLIDAY</b></p>	<p><b>6</b> 8:30A &amp; 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 9:00A History Grp 1:30P-3:30P Book Club 1:30P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group</p>	<p><b>7</b> 9:00A-11:00A Hand &amp; Foot Cards 9:30A Fitness Class Virtual 1:30—3:00 pm Wii Bowling</p>	<p><b>8</b> 8:30A &amp; 10A Fitness Class Virtual 9:00A-11:00A Pinochle 9:30A-11:00A Yahtzee 11:30A Lunch Pick up at Center 1:30P Bingo</p>	<p><b>9</b> 9:00A-11:00A Cribbage 12:30P Movie Club "Ford V Ferrari" 1:30P-3:30P 500 Cards</p>
<p><b>12</b> 9A Legal Appts 9:30A Fitness Class Virtual 9:00A — 11:00A Painting Group</p>	<p><b>13</b> 8:30A &amp; 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 10:00A CRSC Advisory Board Meeting 1:30—3:00 pm Book Club 1:30P-3:30P Social Bridge</p>	<p><b>14</b> 9:00A-11:00A Hand &amp; Foot Cards 9:30A Fitness Class Virtual 1:30—3:00 pm Wii Bowling</p>	<p><b>15</b> 8:30A &amp; 10A Fitness Class Virtual 9:00A-11A Pinochle 9:30A-11A Yahtzee 11:30A Lunch Pick up at Center 1:30P Caregiver Support Group <b>1:30P Doug Ohman Presents</b></p>	<p><b>16</b> <b>NO Cribbage</b> 9A- 1PM MN Hwy Safety Class 55 + <b>NO 500 Cards</b> <b>NO Activities</b></p>
<p><b>19</b> 9:30A Fitness Class Virtual 9:00A — 11:00A Painting Group 1:30P—3:30P Writers Group</p>	<p><b>20</b> 8:30A &amp; 10:00A Fitness Class Virtual 9:30A Joy Stitch 9:30A History Grp 1:30P-3:30P Social Bridge</p>	<p><b>21</b> 9:00A-11:00A Hand &amp; Foot Cards 9:30A Fitness Class Virtual 1:30—3:00 pm Memory Café</p>	<p><b>22</b> 8:30A &amp; 10A Fitness Class Virtual 9:00A-11:00A Pinochle 9:30A-11:00A Yahtzee 11:30A Lunch Pick up at Center 1:30P Bingo</p>	<p><b>23</b> 9:00A-11:00A Cribbage 12:30P Movie Club "Harriet" 1:30P-3:30P 500 Cards</p>
<p><b>26</b> 9:30A Fitness Class Virtual 11:00AM Picnic at Hanover Settlers Park</p>	<p><b>27</b> 8:30A &amp; 10A Fitness Class Virtual <b>9A -3P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming)</b> <b>NO ACTIVITIES TODAY</b></p>	<p><b>28</b> 9:00A-11:00A Hand &amp; Foot Cards 9:30A Fitness Class Virtual 1:30—3:00 pm Wii Bowling</p>	<p><b>29</b> 8:30A &amp; 10A Fitness Class Virtual 9:00A-11:00A Pinochle 9:30A-11:00A Yahtzee 11:30A Lunch Pick up at Center 1:30P Bingo</p>	<p><b>30</b> 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards</p>

**Meal Ordering  
Deadline:**

Call in for the entire month or by 2pm the Thursday prior for the following week. Cancellations can be made at least 1 day prior  
763-497-8900

**JULY  
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
<p><b>Thursday lunch pick up at the Center is at 11:30AM</b> Orders must be called in the Thursday prior.</p>	<p><b>Cancellations must be made 1 day prior by 1pm</b></p>	<p><b>1</b> Lasagna Side Salad Dinner Roll <i>(Call in orders today for next week)</i></p>	<p><b>2</b> Cheeseburger Fries Pickle</p>
<p><b>6</b> Taco Salad Salsa Sour Cream</p>	<p><b>7</b> Chicken Sandwich Fruit Chips</p>	<p><b>8</b> Pulled Pork Baked Beans Potato Salad <i>(Call in orders today for next week)</i></p>	<p><b>9</b> Lemon Pepper Tilapia Wild Rice Blend Mixed Veggies Dinner Roll</p>
<p><b>13</b> Chicken Pasta Hotdish Veggie Dinner Roll</p>	<p><b>14</b> Chef Salad Dinner Roll</p>	<p><b>15</b> Spaghetti w/ Meatballs Side Salad Dinner Roll <i>(Call in orders today for next week)</i></p>	<p><b>16</b> Liver &amp; Onions Baked Potato Mixed Veggies <i>*(Chicken alternative)</i></p>
<p><b>20</b> Shepherds Pie Veggie Dinner Roll</p>	<p><b>21</b> Chicken Stir Fry Rice Egg Roll</p>	<p><b>22</b> Baked Ham Sweet Potato Veggie Dinner Roll <i>(Call in orders today for next week)</i></p>	<p><b>23</b> Salisbury Steak Mushroom gravy Mashed Potatoes Veggie Blend</p>
<p><b>27</b> Oriental Chicken Salad Breadstick</p>	<p><b>28</b> Meatloaf Mashed Potatoes Mixed Veggies</p>	<p><b>29</b> Cobb Salad Breadstick <i>(Call in orders today for next week)</i></p>	<p><b>30</b> Pork Chops Red Potatoes Veggie Dinner Roll</p>



# AUGUST 2021 ACTIVITIES CRSC



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9A Legal Aid 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P- 3:30P Writers Group	<b>3</b> 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 1:30P-3:00P Parkinson's Support Group 1:30P-3:30P Social Bridge	<b>4</b> 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:00P Wii Bowling	<b>5</b> 8:30A & 10:00A Fitness Classes Virtual 9:00A-11:00A Pinochle 9:30A Yahtzee 11:30A Lunch Pick up at Center 1:30P Bingo	<b>6</b> 9:00A -11:00A Cribbage  1:30-3:30pm 500 Cards
<b>9</b> 9:30A Fitness Class Virtual  9:00A -11:00A Painting Group	<b>10</b> 9:00A-11:00A Joy Stitch Group 10:00A CRSC Advisory Board Meeting 1:30P-3:30P Book Club 1:30P-3:30P Social Bridge	<b>11</b> 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:00P Wii Bowling	<b>12</b> 8:30 & 10:00A Fitness Classes Virtual 9:00A-11:00A Pinochle 9:30A Yahtzee 11:30A Lunch Pick up at Center 1:30P Bingo	<b>13</b> 9:00A-11:00A Cribbage 12:30P Movie Club "Radio"  1:30-3:30pm 500 Cards
<b>16</b> 9:30A Fitness Class Virtual  9:00A -11:00A Painting Group 1:30P—3:30P Writers Group	<b>17</b> 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 10A Fitness Class Virtual 1:30P-3:30P Social Bridge	<b>18</b> 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:00P Memory Café	<b>19</b> 8:30 & 10:00A Fitness Classes Vir 9:00A-11:00A Pinochle 9:30A Yahtzee 11:30A Lunch Pick up Center 1:30—3:00 pm Caregiver Sup Grp	<b>20</b> <b>NO Cribbage</b>  <b>9A- 1PM MN Hwy Safety Class 55 + NO 500 Cards NO Activities</b>
<b>23</b> 9:30A Fitness Class Virtual  10A Bingo in the Park (Town Center Park)	<b>24</b> 9:00A-11:00A Joy Stitch Group 10A Fitness Class Virtual 1:30P-3:30P Social Bridge	<b>25</b> 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:00P Wii Bowling	<b>26</b> 8:30 & 10:00A Fitness Classes Vir 9:00A-11:00A Pinochle 9:30A Yahtzee 11:30A Lunch Pick up at Center <b>1:30P Doug Ohman Presents</b>	<b>27</b> 9:00A-11:00A Cribbage 12:30P Movie Club "The Pursuit of Happiness" 1:30-3:30pm 500 Cards
<b>30</b> 9:30A Fitness Class Virtual  9:00A -11:00A Painting Group	<b>31</b> 9:00-11:00A Joy Stitch Group 8:30A Fitness Class Virtual 10A Fitness Class Virtual 1:30P-3:30P Social Bridge	All schedules are subject to change. We appreciate your understanding and patience.  <b>763-497-8900</b>	<div style="border: 1px solid black; padding: 5px;"> <p>Call 497-8900 to make reservations for activities that require them, such as Movies, Yahtzee, Wii bowling, etc. We ask that you please wear a mask if you are not fully vaccinated. Be Kind, Be Respectful and Be Courteous to all . <b>THANK YOU!</b></p> </div>	

**Meal Ordering  
Deadline:**

Call in for the entire month  
or by 2pm the Thursday prior  
for the following week.  
Cancellations can be made at  
least 1 day prior.  
763-497-8900

# AUGUST 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
<b>3</b> Sloppy Joe Baked Beans Potato Salad	<b>4</b> Chicken Ala King Biscuit Side Salad	<b>5</b> Swedish Meatballs Mashed Potatoes Veggie Dinner Roll <i>(Call in orders today for next week)</i>	<b>6</b> Fish Sandwich Macaroni Salad Chips
<b>10</b> Goulash Side Salad Dinner Roll	<b>11</b> Shepherds Pie Veggie Dinner Roll	<b>12</b> Swiss Chicken Wild Rice Blend California Blend <i>(Call in orders today for next week)</i>	<b>13</b> Pork Loin Garlic Mashed Veggie Dinner Roll
<b>17</b> Tatortot Hotdish Veggies Dinner Roll	<b>18</b> Chicken Stir Fry Rice Egg Roll	<b>19</b> Southwest Chicken Salad Breadstick <i>(Call in orders today for next week)</i>	<b>20</b> Liver & Onions Red Potatoes Veggie <i>*(Chicken alternative)</i>
<b>24</b> Pulled Pork Baked Beans Coleslaw	<b>25</b> Meatloaf Mashed Potatoes Gravy Veggie	<b>26</b> Baked Ham Baked Sweet Potato Veggie Dinner Roll <i>(Call in orders today for next week)</i>	<b>27</b> Chef Salad Dinner Roll
<b>31</b> Chicken Oriental Wrap Veggie Tray		<b>Cancellations must be made 1 day prior by 1pm</b>	Thursday lunch pick up at the Center is at 11:30AM Orders must be called in the Thursday prior.

## THIS ISSUE:

All of our activities that we are able to return to at this time are listed in this edition of the newsletters. Moving forward we will add as we are safely able to do so with the space that we have. Please take this opportunity to connect and re-connect with your family, friends and neighbors. Watching out for one another during the tough times is so important. Everyone Stay Strong and let your kindness shine!



**THE CROW RIVER SENIOR CENTER**  
11800 TOWN CENTER DRIVE NE, SUITE 200  
ST. MICHAEL, MN 55376

CHANGE SERVICE REQUESTED

### 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.mnseniorcenters.org](http://www.mnseniorcenters.org)



### 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.



### CROW RIVER SENIOR CENTER ADVISORY BOARD

Darlene Erion  
Alex Ferrell (Legacy)  
Joe Kaul  
Dennis Kueng  
Gwen Lapp  
Marion Marshall  
Sharon McDonald  
Claudia Pingree  
Shaina Hofmeister (Bridgewater)  
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