

September October 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.”*

Greetings!

Noon meals are returning with some of our other activities such as dominos, euchre, and mahjong. See the schedule for the dates and times listed. We are working our way back to normal as we monitor the current guidelines with the CDC and Minnesota Department of Health. Please be aware that all schedules could change without notice and barring any future mandates. Thank you for all of your patience and understanding as we continue to navigate through this unusual time. We will continue to adjust as we move forward.

Welcome to Karisa Hoeft, the new administrator from Guardian Angels/Engel Haus in Albertville, to the Crow River Senior Center Advisory board as we say goodbye to Mindy Smith. She moved over to the Riverview Landing location. Thank you for all of your excellent input and best wishes to you, Mindy. Welcome aboard, Karisa. We are looking forward to a beautiful fall season with many activities for you to participate in. Please read this edition of the newsletter thoroughly for all that we are offering. Please stay well and spread your kindness.

Respectfully, Vonnie Waters



Big News, Noon Meals are back!
Noon meals will return at the Senior Center two days per week starting September 14.
Tuesdays and Thursday only at this time. See details on page 14.

Medicare Open Enrollment is around the corner. If you are looking for assistance with Medicare open enrollment Senior Linkage Line is here to help. Please call 800-333-2433 for assistance. You can also visit their website at www.MinnesotaHelp.info and use the chat option for service. Should you have further questions, please feel free to contact the senior center.

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

SENIOR COMMUNITY SERVICES MEMORY CAFÉ OPEN HOUSE



Our FREE Memory Café is a safe place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others. Our meetings are held the 3rd Wednesday of each month from 1:30pm – 2:30pm.



Ready to learn more?
**Please attend our Open House
at the Crow River Senior Center
Wednesday, September 29
1:30PM to 3:30PM**

We will talk about the benefits of the Memory Café for both you and your loved one with memory loss.

All attendees will be given the chance to **win some gift cards!**



Questions? Call 763-497-8900



This service is supported, in part, by Hennepin County, municipalities, Title III Grants from Trellis and CMCOA, and a Dementia Grant from the Minnesota Board on Aging.

FREE ON-SITE FLU SHOT CLINIC



Cub Pharmacy of St. Michael
will be on site
Thursday October 10
Starting at 10:00 am
by appointment.

Please call the senior center
to schedule your
appointment today.
763-497-8900



Line Dancing for Beginners Wednesday's @ 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.

Mondays

**September 13, 20 & 27
October 4, 11, 18, & 25**

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.

Tuesdays

**September 7 & 21
October 5 & 19**

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

Writers Group

Mondays

**September 20 & October 4 & 18
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, September 14 @ 1:30 p.m.

“Room”

by Emma Donoghue

Tuesday, October 12 @ 1:30 pm

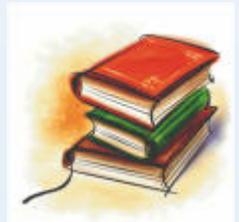
“The Child”

by Fiona Barton

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.
September and October
(NO Group 9/28)**

RIM RIDERS BIKE GROUP



The Rim Riders bike group has had a good year.

If you are interested in joining the group and getting on the list for rides please email

Jackie Holvik at jackieholvik@gmail.com or call 763-516-0478

Here is the list of bike rides for the rest of the season.

September 6 -

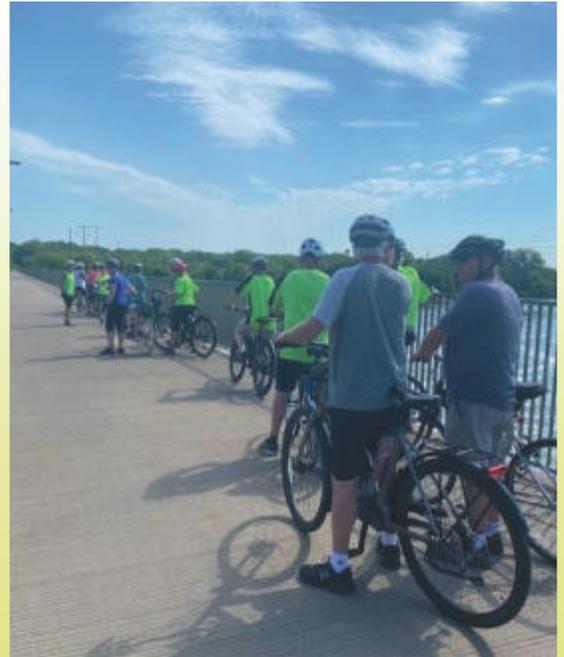
***NO Ride* Labor Day**

September 13 -

Irish Ramble 12 miles

September 20 -

Luce Line 20 Miles



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CLASSES

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If you are looking for a free virtual exercise class for seniors, please contact the SilverSneakers Instructor, Lori Schoenborn, at 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 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



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

Friday, October 22, 2021
9:00 am to 1:00 pm

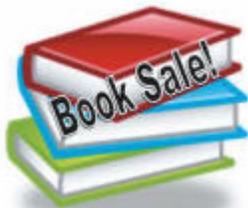


**To register, please call the
senior center at 763-497-8900**

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 payable to the Crow River Senior Center.** NO walk-ins everyone must register ahead of time with payment.

**Book Sale
Saturday, October 9
8am to 1pm**

**Senior Pre-sale Event
Friday, October 8
3-5 pm**



This sale
benefits the
Friends of the
Library!



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,
September 7 & October 5
@ 1:30 pm to 3:00 pm**

Meetings are in person at this time.

Call 763-497-8900 to make your reservation please.

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,
September 16 &
October 21
@ 1:30 pm to 3:00 pm**

Meetings are in person at this time.

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

Call 763-497-8900 to make your reservation.

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

CROW RIVER SENIOR CENTER 763-497-8900

60+ AND HEALTHY CLINIC 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, September 28, 2021 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 no more than 5 minutes before you 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**

SERVICES

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, September 13

@ 9:00, 9:30 or 10:00 a.m.

Monday, October 4

@ 9:00, 9:30 or 10:00 a.m.

Road Safety, Roundabouts, and More!

**Thursday
September 23
1:30 pm**

Sergeant Drew Scherber from the Wright County Sheriff's Department will be here to discuss road safety including the navigation of roundabouts, merging intersections and more safety of the road.

Please call the center to sign up for this event at least one day ahead or more. This is a FREE event



AmeriCorps Senior RSVP

Don't know where to begin? Start with us. The more you share the happier you'll feel.

Join us:

Thursday October 14

4:00 pm – 5:00 pm

For a connection on volunteering.

Americorps Seniors RSVP invites everyone 55+ to receive the benefits of volunteering. We match your time, interests, aspirations, experience & skill set with opportunities throughout Wright, Sherburne, Stearns and Benton Counties. We will focus on Wright County at this presentation.

GAMES

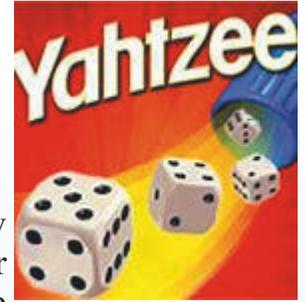


**Book Bingo
Thursday
October 28
@ 1:30 pm**

**Sponsored by Great River
Regional Library**

**Please call 763-497-8900 to sign up
for this event by Tuesday October 26**

**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
September & October @ 9:30 am**

Here is the list of games currently being offered at the Crow River Senior Center.

They are typically weekly however, there may be some dates that we have to skip due to space scheduling. Please check the calendar for any of those dates.

We ask that you be respectful of game start/stop times and your fellow participants. Time must be allowed daily to sanitize all spaces in between each activity and lunch.

Your courtesy and cooperation is greatly appreciated.

Bingo.....	Thursdays	1:30 pm – 3:00 pm
Social Bridge.....	Tuesdays	1:30 pm – 3:30 pm
Cribbage.....	Fridays	9:00 am – 11:00 am
Dominos- Mexican Train.....	Mondays	1:30 pm – 3:30 pm
Euchre.....	Wednesdays	1:30 pm – 3:30 pm
Hand & Foot Cards.....	Wednesdays	9:00 am – 11:00 am
Mahjong.....	Fridays	1:30 pm – 3:30 pm
Pinochle.....	Thursdays	9:00 am – 11:00 am
Yahtzee.....	Thursdays	9:30 am – 11:00 am
500 Cards.....	Fridays	1:30 pm – 3:30 pm

PROGRAMS & MOVIES

Dash for Trash Wednesday September 15 9:00 am

This is your opportunity to volunteer and help both our Senior Center and community.

Opportunity to: Beautify county hwy 35 entrance to downtown St. Michael, be outside in the fresh air, obtain exercise & meet and visit with other volunteers.

It's a fun 1-to-2 hours to help this project. Please consider adding your name to the volunteer list.

The center will provide gloves, safety vests, bags and mechanical grabbers.

A very big thank you to Jerry Sorenson, project leader his support on keeping the program going.
Call 763-497-8900 to sign up to help.

Thank you to all who have helped in the past to keep our part of St. Michael beautiful. **Rain date will be the following week September 22.**

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 September and October Please call to reserve your spot for each movie the day prior or before. Space is limited.

September 10 @ 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)

September 17 @12:30 PM: "Here Today"

Emma Payne is a New York street singer who wins a contest to have lunch with an elderly comedy writer named Charlie Burnz. Although she doesn't even know who he is, due to the fact that there is a big generation gap between them, she decides to go on and accept her prize. Their lunch meeting gets off to an awkward start, and many hilarious moments ensue, but they eventually learn more about each other, and they end up forming a deep connection that proves that real friendship has nothing to do with age, which is what their new bond teaches them as they continue to grow closer. Starring Billy Crystal, and Tiffany Haddish. (1 hour 57 minutes)

October 15 @ 12:30 PM: "Think Like a Dog"

In this endearing family comedy, Oliver is a 12-year-old computer whiz whose best friend is his faithful dog. After a botched science experiment links them telepathically, the pair embark on a mission to conquer ordinary obstacles at home and in school. Much to the amazement of his parents, Oliver and his furry companion kickoff a hilarious string of shenanigans. The result is a heartwarming tale of friendship that's fun for the whole family. Starring: Josh Duhamel, Megan Fox, Gabriel Bateman. (1 hour 31 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.

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

*****Center Meals Notice:*** *Noon meals at the Senior Center will resume September 14, Tuesdays and Thursdays only. Please call the Center to sign up for meals by the deadlines listed on the menu. Schedules are subject to change without notice. Meal price will be \$4.50 per meal. Numbers will be limited to comply with space and volunteer help.*

CASINO TRIP

Casino Trip to Mystic Lake Wednesday, September 15, 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 \$4.00 food coupon. Please bring picture ID.)

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

**We need a minimum of 40 passengers by
Tuesday September 7th or trip will be cancelled.**

Sign up no later than September 7, 2021

****Masks are strongly encouraged for everyone, especially on the bus & for those not vaccinated. If you are not feeling well please stay home.**

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WRITERS GROUP



How To Tell if Eggs Are Rotten

By: Linda Janke

I grew up on a farm 3 ½ miles north of Lisbon, ND. On the main road you drove along the Sheyenne River. After 3 miles you left the main road to go up about a half mile on a curvy road along a creek with hills on both sides. To get to the house you had to drive up a hill. Then you drove up another hill to get to the barn. (The barn was different from most barns because you drove through the hay mow.) After the barn you drove up a hill to a grainery. You drove up the hill and backed into the grainery to empty the grain truck into the bins. Finally, you drove up a hill to the farmland that was nearly flat. We said that we were Hill Billies.

My Dad raised beef cattle for sale. He also milked about 20 cows twice a day, so we had milk and cream. He sold the cream for grocery money. He planted barely, oats and some wheat about 200 acres of corn to feed the cattle, pigs and chickens. The chickens were mostly raised for the eggs and to eat. Mom would sell the eggs to the local creamery again for grocery money.

I have seven brothers and sisters with me being the oldest. The three siblings were myself, my sister Patty and sister Mary. About 5 years after Mary was born came my three brothers, John, Bruce and Steven. Then another five years came my sister Kate and baby brother Walt. When we are asked how many brothers and sisters, we have we always say we have three girls and three boys and Kate and Walt. Kate and Walt wonder if they are the dog and the cat. There are many stories I could tell about the eight of us and Mom and Dad.

My job as I got older was to gather eggs every day and wash them if needed to get them ready to sell. The story I am going to share with you today is how you can tell if an egg is rotten. One day my sisters and I went to gather eggs. We decided that maybe we should find out if eggs were rotten before we took them to the house.

The plan was this ----- Patty and I would throw them down the hill. (It was a small slope.) Mary's job was to go and get the egg after it landed down the slope. If the egg broke it was rotten. If the egg didn't break it was safe to take to the house to sell. This plan was really going good, but Mary caused a problem. She ran down usually after the egg was thrown but this one, she started down the hill as the egg was thrown. The egg hit her head and of course broke. Instead of just wiping the broken egg away she started to cry and ran to the house. Guess who got into trouble and it was all Mary's fault. We let Mom figure out if the eggs were rotten after that.



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 office is located 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

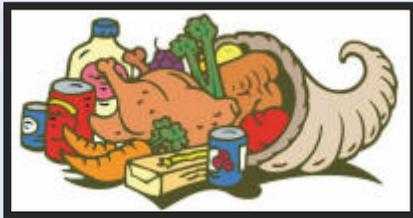
Hanover Food Shelf

**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:

September

11 & 25

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
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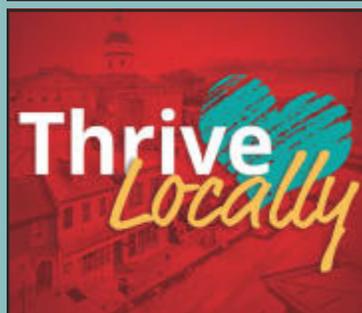
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Edina Realty
a Berkshire Hathaway affiliate
Your Hometown Team
763.497.1515
ZachmanRealtyGroup.com

KIMBRA NESS, SRES
Your Senior Real Estate Specialist
Helping you work through all your downsizing needs.
612-805-1373
kimbraness@kw.com
kw
KELLERWILLIAMS




401 East Central Ave
St. Michael, MN 55376
763.497.2455 | Dehmers.com
info@dehmers.com

Thrive Locally



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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!
ADVERTISE HERE NOW!
Contact **Dan Morrissey** to place an ad today!
dmorrissey@lpicommunities.com
or **(800) 950-9952 x5862**

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GENERAL CONTRACTOR
763-497-4444

J ZAC INC
GENERAL CONTRACTOR
763-497-4444

SEPTEMBER 2021 ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All schedules are subject to change.</p> <p>We appreciate your understanding and patience.</p>	<p>Please call to sign up for Movies & Bingo</p> <p>Call 763-497-8900</p>	<p>1 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 1:30—3:30 pm Euchre</p>	<p>2 8:30A & 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>3 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>6</p> <p style="text-align: center;">Center CLOSED Labor Day Holiday</p>	<p>7 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 9:00A History Grp 1:30P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group</p>	<p>8 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 1:30-3:30 pm Euchre</p>	<p>9 8:30A & 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>10 9:00A-11:00A Cribbage 12:30P Movie Club "Harriet" 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>13 9A Legal Appts 9:30A Fitness Class Virtual 9:00A—11:00A Painting Group 1:30P –3:30P Dominos</p>	<p>14 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 10:00A CRSC Advisory Board Meeting Noon Lunch at Center 1:30—3:00 pm Book Club 1:30P-3:30P Social Bridge</p>	<p>15 9A Dash for Trash 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 1:30—3:00 pm Memory Café NO EUCHRE</p>	<p>16 8:30A & 10A Fitness Class Virtual 9:00A-11A Pinochle 9:30A-11A Yahtzee Noon Lunch at Center 1:30P Caregiver Support Group 1:30P Bingo</p>	<p>17 9:00A-11:00A Cribbage 12:30P Movie Club "Here Today" 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>20 9:30A Fitness Class Virtual 9:00A —11:00A Painting Group 1:30P—3:30P Writers Group 1:30P –3:30P Dominos</p>	<p>21 8:30A & 10:00A Fitness Class Virtual 9:30A Joy Stitch 9:30A History Grp Noon Lunch at Center 1:30P-3:30P Social Bridge</p>	<p>22 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 11:30—3:30 pm Euchre</p>	<p>23 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle 9:30A-11:00A Yahtzee Noon Lunch at Center 1:30P Road Safety</p>	<p>24 NO Cribbage 9A- 1PM MN Hwy Safety Class 55 + NO 500 Cards NO Activities</p>
<p>27 9:30A Fitness Class Virtual 9:00A —11:00A Painting Group 1:30P –3:30P Dominos</p>	<p>28 8:30A & 10A Fitness Class Virtual 9A –3P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) NO ACTIVITIES TODAY NO Lunch</p>	<p>29 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 1:30P Memory Café Open House NO EUCHRE</p>	<p>30 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle 9:30A-11:00A Yahtzee Noon Lunch at Center 1:30P Bingo</p>	<p>Tuesday/Thursday Center Meal orders must be called in the Thursday Prior for reservations.</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

SEPTEMBER 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
Tuesday/Thursday Center Meal orders must be called in the Thursday Prior for reservations.	1 Taco Salad Salsa Sour Cream	2 Chicken Ala King Biscuit Veggie <i>(Call in orders today for next week)</i>	3 Cheeseburger Fries Pickle
7 Pulled Pork Baked Beans Chips	8 Grilled Cheese Tomato Soup	9 Goulash Cesar Salad Dinner Roll <i>(Call in orders today for next week)</i>	10 Lemon Pepper Tilapia Wild Rice Blend Mixed Veggies Dinner Roll
14 Chicken Pasta Hotdish Veggie Dinner Roll	15 Chicken Cesar Salad Dinner Roll	16 Baked Ham Baked Potato Veggie Dinner Roll <i>(Call in orders today for next week)</i>	17 Liver & Onions Baked Potato Mixed Veggies <i>*(Chicken alternative)</i>
21 Shepherds Pie Veggie Dinner Roll	22 Chicken Stir Fry Rice Egg Roll	23 Sloppy Joe Baked Beans Cole Slaw <i>(Call in orders today for next week)</i>	24 Pizza Caesar Salad
28 Grilled Chicken Breast Garlic Mashed Veggie	29 Meatloaf Mashed Potatoes Mixed Veggies	30 Lasagna Side Salad Dinner Roll <i>(Call in orders today for next week)</i>	

OCTOBER 2021 ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All schedules are subject to change. We appreciate your understanding and patience.</p>	<p>Call 497-8900 to make reservations for activities that require them, such as Movies, Yahtzee, Bingo, etc</p> <p>Be Kind, Be Respectful and Be Courteous to all. THANK YOU!</p>			<p>1 9:00A -11:00A Cribbage 1:30-3:30pm 500 Cards 1:30P-3:30P Mahjong</p>
<p>4 9A Legal Aid 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P- 3:30P Writers Group 1:30P -3:30P Dominos</p>	<p>5 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group Noon Lunch at Center 1:30P-3:30P Social Bridge 1:30P-3:00P Parkinson's Support Group</p>	<p>6 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 Euchre</p>	<p>7 8:30 & 10:00A Fitness Classes Virtual 9:00A-11:00A Pinochle 9:30A Yahtzee 10A Flu Shot Clinic Noon Lunch at Center 1:30P Bingo</p>	<p>8 9:00A-11:00A Cribbage 1:30-3:30pm 500 Cards 1:30P-3:30P Mahjong 3-5P-Sr. Book Sale Sat Oct 9 Book Sale 8a-1p</p>
<p>11 9:30A Fitness Class Virtual 9:00A -11:00A Painting Group 1:30P -3:30P Dominos</p>	<p>12 9:00A-11:00A Joy Stitch Group 10:00A CRSC Advisory Board 10A Fitness Class Virtual Noon Lunch at Center 1:30P-3:30P Book Club 1:30P-3:30P Social Bridge</p>	<p>13 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 Euchre</p>	<p>14 8:30 & 10:00A Fitness Classes Vir 9:00A-11:00A Pinochle 9:30A Yahtzee Noon Lunch at Center 1:30P Bingo 4P-5P AmeriCorps</p>	<p>15 9:00A-11:00A Cribbage 12:30P Movie Club "Think Like a Dog" 1:30-3:30pm 500 Cards 1:30P-3:30P Mahjong</p>
<p>18 9:30A Fitness Class Virtual 9:00A -11:00A Painting Group 1:30P—3:30P Writers Group 1:30P -3:30P Dominos</p>	<p>19 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 10A Fitness Class Virtual Noon Lunch at Center 1:30P-3:30P Social Bridge</p>	<p>20 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 NO Euchre</p>	<p>21 8:30 & 10:00A Fitness Classes Vir 9:00A-11:00A Pinochle 9:30A Yahtzee Noon Lunch at Center 1:30—3:00 pm Caregiver Sup Grp</p>	<p>22 NO Cribbage 9A- 1PM MN Hwy Safety Class 55 + NO 500 Cards NO Activities</p>
<p>25 9:30A Fitness Class Virtual 9:00A -11:00A Painting Group 1:30P -3:30P Dominos</p>	<p>26 9:00-11:00A Joy Stitch Group 8:30A Fitness Class Virtual 10A Fitness Class Virtual Noon Lunch at Center 1:30P-3:30P Social Bridge</p>	<p>27 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 Euchre</p>	<p>28 8:30 & 10:00A Fitness Classes Virtual 9:00A-11:00A Pinochle 9:30A Yahtzee Noon Lunch at Center 1:30P Bingo "Book Bingo"</p>	<p>29 9:00A -11:00A Cribbage 1:30-3:30pm 500 Cards 1:30P-3:30P Mahjong</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

OCTOBER 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
<p>Tuesday/Thursday Center Meal orders must be called in the Thursday Prior for reservations.</p>	<p>Cancellations must be made 1 day prior by 1pm</p>		<p>1 Egg Salad Croissant Chips Fruit</p>
<p>5 Goulash Side Salad Dinner Roll</p>	<p>6 Shepherds Pie Veggie Dinner Roll</p>	<p>7 Swiss Chicken Wild Rice Blend California Blend <i>(Call in orders today for next week)</i></p>	<p>8 Pork Loin Garlic Mashed Veggie Dinner Roll</p>
<p>12 Tatortot Hotdish Veggies Dinner Roll</p>	<p>13 Spaghetti Caesar Salad Dinner Roll</p>	<p>14 Chicken Stir Fry Rice Egg Roll <i>(Call in orders today for next week)</i></p>	<p>15 Liver & Onions Red Potatoes Veggie <i>*(Chicken alternative)</i></p>
<p>19 Pulled Pork Baked Beans Coleslaw</p>	<p>20 Southwest Chicken Salad Breadstick</p>	<p>21 Baked Ham Scalloped Potatoes Veggie Dinner Roll <i>(Call in orders today for next week)</i></p>	<p>22 Swedish Meatballs Mashed Potatoes Veggie Dinner Roll</p>
<p>26 Chicken Oriental Wrap Veggie Tray</p>	<p>27 Sweet & Sour Pork Rice Veggie</p>	<p>28 Meatloaf Mashed Potatoes Gravy Veggie</p>	<p>29 Cheeseburger Fries Pickle</p>

THIS ISSUE:

We have listed all activities and programs that we are able to now do. Please keep in mind that all schedules are subject to change without notice. We follow the guidelines of the CDC and Minnesota Department of Health. There is hand sanitizer throughout the senior center please use it often to keep your hands clean. Let's continue to look out for one another and Stay Strong 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.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

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