

January/February 2023
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."

Volunteer Fitness Instructors Needed!

The Crow River Senior Center is looking for volunteer fitness instructors to provide classes for our seniors. If you or someone you know has an interest in this, please contact Jenny Teigen, Senior Center Director at 763-497-8900.



Volunteers Needed!

Bingo Callers
Apron Washers
Receptionists
Kitchen Help
Event Set Up/Take Down

The Center will be closed: January 2nd, January 16th, and February 20th

Inclement Weather Reminder: If the STMA Schools are closed, then the Center will be closed. Check local news and radio channels.

11800 Town Center Drive NE, Suite 200, St. Michael, MN 55376 • (763) 497-8900
Jenny Teigen, Center Director • information@crowriverseniorcenter.com
www.mnseniorcenters.org - Center Hours— 8:30 am to 4:00 pm M-F

Valentine's Day Luncheon



Tuesday, February 14th at 12:00pm
Music to follow by Tara Brueske

Location: Crow River Senior Center
11800 Town Center Drive, St. Michael

Cost: \$10.00 per person

Menu: Side Caesar salad, chicken breast with a garlic wine cream sauce, mashed potatoes, asparagus, dinner roll, dessert.

Tickets must be purchased in person at the Center. Payment is due upon sign up.

Purchase your tickets no later than Tuesday, February 7th, unless the event is sold out.
Limit of 100.



Elvis has entered the building!

Join us for musical performance by
Todd Anderson, Elvis impersonator.

Wednesday, February 8th 1:30pm

Todd as Elvis is a delightfully entertaining show for all ages! Todd's voice, costumes and moves are an exciting depiction of an actual Elvis concert. He performs Elvis' rock & roll hits, powerful ballads and tender love songs that Elvis made famous.

Location: Crow River Senior Center
11800 Town Center Drive, St. Michael

This is a free event. Please call the Center at 763-497-8900 to register.
Seats are limited.

Health

Hearing Screening Monday's January 23rd & February 13

Affinity Hearing is a local hearing care provider. With locations in both St. Michael and Plymouth. Our goal is to meet your needs and help you hear! We love to be involved in the community and are offering free hearing screenings

10 am to 12:00 pm

Please call the Crow River Senior Center at (763) 497-8900 to reserve a time for your hearing screening.



Ageism in Healthcare: 75 Is Not a Diagnosis

Learn how to advocate for yourself and others within the Healthcare System, which can tend to look at older adults as all being the same based on their age rather than as individuals.

**Presented by:
Phyllis Greenberg, PhD, MPA
Associate Professor, Gerontology
St. Cloud State University**

Monday, Jan. 30th 1:30PM

**Please call the Center to sign up prior to day of event.
This is a free class.**

Meditation for Beginners

**Bring in more energy,
health, and joyful daily
living by learning simple,
easy ways to meditate and
be mindful!**

**Friday, January 6th at
1:30pm**

**Call the Center at
763-497-8900 to
register.**

This 1 hour workshop includes:

**An introduction to Meditation and the
Medical Benefits**

Debunking the Misconceptions of Meditation

5 Steps for Success in Meditation

An Easy Meditation Practice

**Support in Finding a Meditation Style
that Fits for You**

**Taught by:
Robin Richards, MA, EdS, RMT
Certified meditation, mindfulness and
Yoga teacher.**

**This is a free event.
Spaces are limited.**

GROUPS

Open Painting

Join others who 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
January and February
9:30 am to 11:00 am

Writers Group

Mondays
January 9th & 23rd
and
February 6th
(No Writer's Group on Feb. 20th)
1:30 pm to 3:30 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.

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 am to 11:00 am

History Group

Do you enjoy history? Get together with others in person that share this interest. 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
January 3rd & 17th
and
February 7th & 21st

Time: 9:00 am to 11:00 am

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.

Tuesday, January 10 @ 1:30
"Waiting for White Horses"
by Nathan Jorgenson

Tuesday, February 14 @ 1:30
"We Are All the Same in the Dark"
by Julia Heaberlin

Tuesday, March 14 @ 1:30
"Mad Money"
by Jodi Picoult

Time: 1:30 pm to 3:30 pm

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

CROW RIVER SENIOR CENTER 763-497-8900

LEGAL SERVICES

The St. Cloud office of Mid-Minnesota Legal Aid has received a grant of Older Americans Act 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 monthly at the Crow River Senior Center.**

Call the center 763-497-8900 to schedule your appointment.
Next available dates:

Monday, Jan. 9th & Feb. 6

@ 9:00, 9:30 or 10:00 am

**SUPPORT OUR
ADVERTISERS!**



Peggy Schumm, CPA, President

Income Tax Preparation • Electronic Filing
Tax Planning • Retirement Planning
Estates and Trust

763-497-7817 • Peg@cpass.com
www.cpass.com

ACE
of Albertville

M-F 8-9; Sat 8-7; Sun 9-6

6050 LaBeaux Ave. NE
Albertville, MN

www.acehardware.com

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our newsletter
emailed to you.

Visit www.mycommunityonline.com



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME
Ben Allrich**

ballrich@lpicommunities.com

(800) 950-9952 x2757

GRIES • LENHARDT • ALLEN
ATTORNEYS AT LAW

YOUR LOCAL SOURCE FOR
ESTATE PLANNING
AND BUSINESS LAW

763-497-3099
WWW.GLALAWFIRM.COM



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

Crow River Senior Center, St. Michael, MN

A 4C 02-1011

Crow River Senior Center



Call for 2023 Advisory Board Member nominations

Help drive our growth and success!

Crow River Senior Center Advisory Board Members play an important role in the cities of Albertville, Hanover, and St. Michael. **The board is tasked with the following:**

- Promote social and educational opportunities in the cities of Albertville, Hanover, and St. Michael and surrounding communities.
- Promote increased participation in, and volunteerism at, the Crow River Senior Center.
- Collaborate with the Center Director on programs, activities and fundraising events to achieve these goals.
- Study, investigate, and make recommendations to the Center Director regarding Center programming and issues affecting older adults in and around the cities of Albertville, Hanover, and St. Michael.



To learn more, contact Center Director Jenny Teigen at 763-497-8936 or jteigen@crowriverseniorcenter.com.

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
January 13th &
February 17th
9am to 1pm

To register for classes visit their website at
www.mnsafetycenter.org or
call 1-888-234-1294.

Join us for a special musical **Performance by** **Dale Martell!**

Dale is a professional entertainer from the Minneapolis area. In the 90's Dale played lead guitar for the Beach Boys. His music is a mix of bluegrass, old-time country, show tunes and jazz.

Wednesday, January 25th
1:30pm

Location: Crow River Senior Center
11800 Town Center Drive, St. Michael

This is a free event. Please call the
Center at 763-497-8900 to register.
Seats are limited.

AARP Tax Aide

Available at the Crow River Senior Center

By Appointment Only—Please no calls until after Jan. 16th

AARP Tax Aide, free 2022 tax preparation, will be available for seniors and low-income individuals at the Crow River Senior Center on Monday and Friday mornings beginning Friday, Feb. 3rd and ending Friday, April 14th. IRS-certified Tax Aide volunteer counselors will be available from 9am-12pm to assist you with your federal and state income tax, as well as state property tax/rent credit preparation. You **MUST CALL** the Center to register for your appointment.

Items to bring: Drivers License or photo ID, Social Security number ID, **MUST** bring 2021 state and federal tax returns, W2, SSA-1099 forms and any other income and/or tax documents for 2022. If you wish to have your refund directly deposited please bring your checkbook. Routing and account codes need to be entered on tax forms.

DATES: Mondays and Fridays, Feb. 3rd through April 14th. (1 Hour Appointments Scheduled) **NO WALK INS—MUST HAVE AN APPOINTMENT.**

Call 763-497-8900 to schedule an appointment. Call for your appointment in mid January. Spaces are limited and will fill up quickly. **Please no calls until after Jan. 16th.**

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

COBORN'S
MARKETPLACE

5698 LaCentre Ave. NE,
Albertville, MN
(763) 497-0182

M&D
Plumbing • Heating
AC

763-497-2031
St. Michael, MN

+ Peterson Chapel in St. Michael - Albertville +

Christine Jacob Williams, Pre-Planning Specialist



Available to help with pre-planning funeral arrangements & answering questions about pre-planning including pre-fund and shelter funds for your funeral.

She is happy to meet with you at the funeral home or at your home.

612-834-0199 | www.thepetersonchapel.com

FOCALPOINT
Flooring • Cabinets • Design
by Builders Carpet ■

(763) 497-4407

5600 Queens Ave. NE
Otsego, MN 55330

WestAIR
HEATING & COOLING

"Quality Service You Expect"

Check out our specials online

www.WestAIRHeating.com • 763-498-8071



AC Check & Clean Special
Just \$95.00

For a tune-up of your cooling system (includes 1st 1/2 hour)
Offer good through August 30, 2022 at WestAIR Heating & Cooling
Please present coupon at time of sale.
If you can't use this coupon, perhaps your neighbor can.



NORTH CENTRAL
Insurance Agency



Ben Bauman
Licensed Insurance Agent

Medicare Questions?
Part D Questions?
(763) 241-7900

16854 Highway 10 NW Elk River, MN 55330

www.northcentralinsurance.com



Classes / Tech Support

“Your Sheriff’s Office”

**Monday, January 9th
10:00am**

Did you know that the Wright County Sheriff’s Office is the 3rd largest Sheriff’s Office in the state of MN? Sergeant Drew Scherber from the Wright County Sheriff’s Department will be here to talk about the ins and outs of the Sheriff’s office, including the different divisions, day to day operations, etc.

**Please call the Center to sign up
prior to day of event.
This is a free class.**

Free Tech Support is Available!

Need help to better use your smart phone, laptop or tablet? Want to learn more about your device, make sure it is secure, download apps or pictures? See Chuck, a very experienced tech support volunteer, who is available at the center by appointment each month to help you with your tech concerns. Please call 763-497-8900 to schedule an appointment and remember to bring in your device for this free service! Please call center for appointment times.

If you need in-home support, you can request directly with the HOME Program by calling 763-416-7969 or email hometeam@seniorcommunity.org to request an in-home appointment.



Self Care for Caregivers

Wednesday, January 11th at 1:30pm

- Are you a member of the "sandwich generation" - providing care to both your children and your parents?
- Do you care for someone with special needs?
- Do you sometimes feel caught in an endless cycle of giving time to others, with no time left for you?
- Is the burden of caregiving affecting your health?
- Are you being cared for by someone in your family and want to find out how to make it easier for them?

The impact of being a caregiver has significant implications for our physical, mental, and emotional health. Prioritizing self-care for the caregiver has a positive impact not just on the caregiver but on the entire family system. In this session, we will learn how to care for ourselves while caring for others.

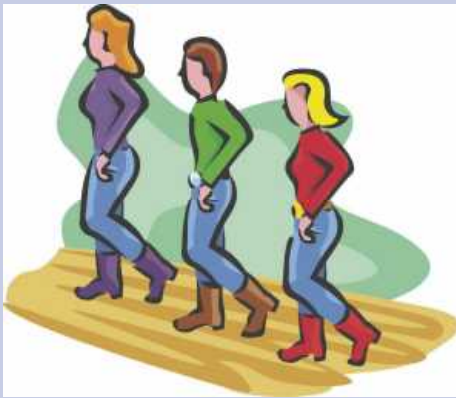
Lead by Melody Vachal, who has more than 26 years of personal experience as a caregiver for her adult son with disabilities. She is also the Co-Owner and Director of Aging Services at Arise Cares, a home care company in St. Cloud and the Twin Cities of Minneapolis and St. Paul.

**This is a free class. Please sign up prior to day of event by
calling the center at 763-497-8900.
Spots are limited!**

CROW RIVER SENIOR CENTER 763-497-8900

LINE DANCING IS BACK!!!

**Please join us for Line Dancing
Wednesdays at 1:00pm**



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

Cost: \$5.00



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

**St. Michael
763-497-2111**



Community
Development Bank, FSB

12725 43rd Street NE
St. Michael, MN 55376

763-497-7777



As always, popcorn on Fridays.



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

SUPPORT OUR ADVERTISERS!



Guardian Angels
SENIOR COMMUNITY

Engel Haus

Senior Living • Assisted Living • Memory Care

Call Today! **763-498-4594** • guardianangelsmn.org



5101 Kassel Avenue NE, Albertville, MN



**ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?**

To advertise here
visit [lpicommunities.com](http://lpicommunities.com/adcreator)
/adcreator



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

Crow River Senior Center, St. Michael, MN

C 4C 02-1011

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 and are welcome to attend. **This group meets the first Tuesday of each month at 1:30 pm.**

**Tuesdays
January 3rd
& February 7th
@ 1:30 pm to 3:00 pm**

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
January 19th &
February 16th
@ 1:30 pm to 3:00 pm**

Inquiries please contact
Becky Allard 612-804-0968 or email her
at b.allard@seniorcommunity.org.

Do you help an older adult?

Being a caregiver can be very rewarding, but also has its challenges.

There is help available through our Senior Center. Becky Allard is a licensed Social Worker from Senior Community Services who is available for one-on-one support through phone calls, texts, emails, virtual meetings and face to face meetings. Becky can help you find resources to make life easier or work through challenging situations! If you would like to connect with other caregivers, Becky has several group options. Drawing from experiences of others and knowing you're not alone can be invaluable.

If you have questions about Caregiver Support, contact Becky at 612-804-0968 or email her at b.allard@seniorcommunity.org

The caregiver services program is supported in part by the Central MN Council on Aging as part of the Older Americans Act Program.

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 of the supplies are provided for you.

Meeting Wednesday, Jan. 18th

Location: To be determined

Time: 1:30pm—2:30pm

To register, call 763-497-8900

Meeting Wednesday, Feb. 15th

Location: To be determined

Time: 1:30pm—2:30pm

To Register call 763-497-8900

For any questions call Becky Allard, LSW
612-804-0968 or email her at
b.allard@seniorcommunity.org

EVENTS

Le Musique Room at the St. Michael Cinema Presents... The Music of Patsy Cline by Joyann Parker

Monday, January 16th

2:00PM Show COST: \$30.00

In this powerful 90-minute stage performance, Joyann Parker and her seasoned band showcase the most popular and best-loved of Patsy's songs. Enjoy a nostalgic trip back in time as Joyann beautifully weaves the stories of Patsy's life and career in and out of the music you know and love. Joyann has been twice nominated for Tribute Act of the Year and Female Vocalist of the Year by the Midwest Country Music Association.

Discounted tickets purchased through the Senior Center require payment to be made at time of registration. For more details please contact the Crow River Senior Center at 497-8900. **NO TRANSPORTATION is provided to this concert.** You are responsible for your own transportation to the Cinema. Reserved seats are limited so purchase early to assure your spot. Cinema Location: 4300 O'Day Ave NE, St. Michael, MN 55376

**Deadline to purchase tickets is Monday, January 9th.
No refunds after this date.**

Ives Auditorium—Bloomington MN

“All You Need is Love” - BEATLEMANIA!!!!

Date: Wednesday, February 15th

Bus leaves promptly at 10:15am from the Crow River Senior Center

“All You Need Is Love” celebrates the incredible music of the Fab Four with the ‘Fools’ singing their way through the most indelible works of the Lennon/McCartney/Harrison/Starr catalog. You’ll hear early records including “She Loves You”, “I Want to Hold Your Hand”, and “Yesterday”, and later releases from the Beatles’ studio years including “When I’m Sixty-Four” and “Something”. Enjoy an atmosphere of fun, romance, and BEATLEMANIA from Sidekick Theatre this Valentine’s Season!

Lunch served at the Ives Auditorium

Menu: Honey Garlic Chicken, served with Cheesy Potatoes, Roasted Veggie Blend, Winter Salad, Dinner Rolls, Assorted Dessert - Chef’s Choice, Coffee, Decaffeinated Coffee and Hot Tea .

Event Fee: \$85.00

**Must sign up in person at the Crow River Senior Center—payment due at this time.
Registrations must be made no later than January 16th, no refunds after this date.**

EVENTS

Mixed Media 4 week class with Christine Tauer

**Tuesdays 1:00pm-3:30pm
January 17th, 24th, 31st, and February 7th**

Come join in the fun of creating unique “one of a kind” mixed media works of art. We will use a variety of materials to produce art that will be fun and expressive of who you are. This class is funded by the CMBA-Central MN Arts Board. Limit of people.

This is a free class.

Please sign up by calling the St. Michael Library at 763-497-1998. Spaces are limited so sign up early!

Bingo *sponsored by*



**Thursdays @ 1:30 pm
January 12th &
February 9th**

Friday Movie

Please sign up at least one day in advance for our free movies.

**Friday, January 20th
1:30PM**

“Mrs. Harris goes to Paris”

A 2022 historical comedy-drama that tells the story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress, and decides that she must have one of her own.

Rated PG

EVENTS

Doug Ohman Presents...

Heart of the Farm: Barns of Minnesota

February 13th @ 1:30 PM

Enjoy a rural journey exploring the greatest of all rural icons, the barn. From the early days of statehood through the era of agribusiness, our barns tell a story. This story will bring you back to the farm and explore the importance of our rural roots.

This is a free event. Please sign up prior to day of event by calling the Center.

Paying for the Nursing Home: What to Know

Monday, Feb. 27th 1:30pm

Many people are concerned about the cost of future long-term care and wonder if they can protect their assets. This session will cover eligibility for Medical Assistance to pay for care costs, as well as the rules for making gifts and protecting assets. Presented by Jill Adkins, Attorney with the Gries Lenhardt Allen law firm. Jill has been an Elder Law and Estate Planning Attorney for over 30 years.

**This is a free event.
Please call the Center to register.
763-497-8900
Spaces are limited.**

Coffee, Conversation and Doughnuts

**Tuesday, Feb. 28th
9:00am-11:00am**

Come visit with old friends and make new ones at the Center while enjoying hot coffee and good doughnuts. We hope to see you there!

**This is a free event.
Please call the Center to register.
763-497-8900**

Alexa 101

**Wednesday, Feb. 22nd
1:30pm**

Wondering if Amazon's "Alexa" is right for you? Join us at the Crow River Senior Center on Wednesday, February 22nd to find out more about how Alexa works, what you will need to make it work for you, and some thoughts on how it can help you in your daily life. Our HOME Program Technology service Coordinator will be hosting the presentation.

**This is a free event. Please call the center to register.
763-497-8900**

MEALS

Lunch is served at the Senior Center!

Meals are served at the Crow River Senior Center Tuesday, Wednesday and Thursday for seniors 60 and over. **The meals at the center continue to be catered by River Inn of Hanover.** Join us for a great meal and social time. We ask that you make your reservation for lunch the Friday prior or before. Arrive between 11:30 and 11:45 am so that we may serve meals promptly at noon. Call 763-497-8900 for reservations.

Cost: \$5.00 per meal.

Punch Cards are available to purchase for lunches at the price of \$20.00 for 4 meals.



Schedules are subject to change without notice. Numbers will be limited to comply with space and volunteer help. See our lunch menus on pages 21 & 23 of this newsletter.



MEALS ON WHEELS 763-425-1050 EXT: 103

The Meals on Wheels program is available for those individuals who would like a hot, fresh home delivered meal.

The Meals on Wheels program is coordinated by CROSS Services in Rogers.

Please call 763-425-1050 EXT: 103



CROW RIVER SENIOR CENTER 763-497-8900

Adult Coloring

Join us for a session of relaxing adult coloring. Enjoy time coloring and visiting with others.

**When: Thursdays @ 1:30pm
Jan. 5th and Feb. 2nd**

Basic supplies (colored pencils and coloring sheets) provided. You are invited to bring your own supplies and artwork.

Call the Center to register at least one day prior.

Cribbage Tournaments Fridays

\$1.00 entry fee

Please arrive by 8:45 am to get your spot to play in the tournament.



Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

**FREE
AD DESIGN**

with purchase
of this space

CALL 800-950-9952

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.

Visit www.mycommunityonline.com



FIND A HEALTH PLAN THAT FITS YOUR NEEDS



MN



Laura Capes



Bradley McDonald

**(320) 227-8444/TTY 711
bluecrossmn.com/stcloud**

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.



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

Crow River Senior Center, St. Michael, MN

D 4C 02-1011

WRITERS GROUP



Resolutions 2023

By Sheri Smith

It's a brand-new year! Time to start fresh. Time to let go of the errors and frustrations of 2022. Time to renew our resolve for the next 365 days. Shudder...Shudder...Twitch.

In the past I have made many resolutions about all I was going to accomplish in the coming year. I was going to lose weight, eat healthier, exercise more, be kinder and less judgmental, maybe even make a difference in someone's life.

But by mid-January I had tanked, fallen off the wagon, bottomed out. My excuses were many; life got more complicated, added family obligations, another year older and slower. Mostly, I lacked the stamina and stick-to-itiveness required. I would end up feeling guilty, frustrated and unaccomplished.

This year I have decided to set goals that I most definitely can accomplish. Simple, straightforward goals that will allow me to feel wonderful and fulfilled. Goals from a different perspective: not of what I will do, but of what I will not do!

I will not watch one single moment of Reality TV. I don't care who gets the bachelor or bachelorette.

I will not deny myself the pleasure of a warm piece of bread dripping with melted butter. It evokes memories of my Grandmother's kitchen.

I will not deny myself the occasional overdose of chocolate, as doctors have finally deemed this wonderful food has health benefits.

I will not speed through the countryside, but take time to notice frost-covered birches, soaring bald eagles and the beauty surrounding me.

I will not scream at other motorists whose pace is slower than a covered wagon train. They too may be enjoying the scenery.

I will not be as critical of my fellow man, as they may have horrible burdens to bear of which I am unaware.

And finally, I will not beat myself up if I fall off the wagon, bottom out or tank. After all these resolutions are merely suggestions, not cast in stone.

Besides, there's always next year!

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 that help is now available for residents age 60 and over in St. Michael, Albertville, Becker, Big Lake, Buffalo, Elk River, Hanover, Otsego, Rockford, Monticello and Zimmerman through the HOME program of Senior Community Services.

HOME services include handyperson 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 job opportunities in the following areas: housekeeping staff, handyperson work, tech support, 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 Kelly Weber, 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 the HOME Team 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. *****





The HOME Program Offering Basic Tech Support for Seniors!

*Your information is **confidential**. No Social Security # or Insurance information required.*

If you need assistance with

- a phone, computer, TV
- texting, video calls, email problems
- and other common technology issues

We can help!
We offer **FREE** support by phone or to seniors who come in to one of our locations for technology help.

We can also visit you in your home to help with problems specific to your situation.

In-home services are provided for a fee.

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

Explore self-help options and our Tech FAQ on our web site:

<https://seniorcommunity.org/services/tech-support-services/tech-resources-for-older-adults/>

Donations for our no-cost support options are appreciated!



Funded, in part, by a Grant from Wright County

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.



Alleluia Lutheran Church & Cross Food Shelf

**FREE Produce & Bakery
Distribution.**

Location: Alleluia Lutheran
Church parking lot at 10401 30th St.
NE in St. Michael. (South of St. Mi-
chael near the intersection of Cty Rd
19 & 30th St). The following 2022
Saturdays:

January 14 & 28
February 11 & 25
10:00 to 11:30 am.



WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

SUPPORT OUR
ADVERTISERS!



401 East Central Ave
St. Michael, MN 55376

763.497.2455 | Dehmers.com
info@dehmers.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ben Allrich

ballrich@lpicommunities.com

(800) 950-9952 x2757

THRIVE
LOCALLY

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

m MINNESOTA
SENIOR LINKAGE LINE

Help is available in your
community by calling...

1.800.333.2433
Partially funded by Older Americans Act

J ZAC
I N C

**GENERAL
CONTRACTOR**

763-497-4444



JANUARY 2023

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Center Closed	3 9:00A Joy Stitch Grp 9:00A History Grp Noon Lunch at Center 1:30P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group	4 9:00A-11:00A Hand & Foot Cards Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre	5 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30pm Adult Coloring	6 9:00A-11:00A Cribbage 1:30pm Meditation for Beginners 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
9 9A Legal Aid 9:30A-11:00A Painting Group 10:00AM "Your Sherriff's Office" 1:30P-3:30P Dominoes 1:30P-3:30P Writers Group	10 9:00A Joy Stitch Grp 10A Advisory Board Noon Lunch at Center 1:30pm Book Club 1:30P-3:30P Social Bridge	11 9:00A-11:00A Hand & Foot Cards Noon Lunch at Center 1:30PM Self Care for Caregivers 1:00pm Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre	12 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael"	13 9A 55+ Safe Drivers Class 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
16 Center Closed 2:00pm Le Musique Room Patsy Cline Show	17 9:00A Joy Stitch Grp 9:00A History Group Noon Lunch at Center 1:00pm Mixed Media Class 1:30P-3:30P Social Bridge	18 9:00A-11:00A Hand & Foot Cards Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre 1:30P Memory Café Location to be determined	19 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30P Caregiver Support Group	20 9:00A-11:00A Cribbage 1:30pm Movie 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
23 9:30A-11:00A Painting Group 10A Hearing Check 1:30P-3:30P Dominoes 1:30P-3:30P Writers Group	24 9A-3P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 1:00pm Mixed Media Class 1:30P-3:30P Social Bridge NO LUNCH TODAY	25 9:00A-11:00A Hand & Foot Cards Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30pm Dale Martell Musical Performance 1:30P-3:30P Euchre	26 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo sponsored by MidWest One Bank	27 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
30 9:30A-11:00A Painting Group 1:30pm Ageism in Healthcare 1:30P-3:30P Dominoes	31 9:00A Joy Stitch Grp Noon Lunch at Center 1:00pm Mixed Media Class 1:30P-3:30P Social Bridge	Please call to sign up for activities. Call 763-497-8900		All schedules are subject to change. We appreciate your understanding and patience.

**Meal Ordering
Deadline:**

Call to reserve your spot by 2pm the Friday prior for the following week. Space may be limited. Cancellations can be made at least 1 day prior. 763-497-8900

**JANUARY
2023
SENIOR CENTER
LUNCH MENUS**

Vegetables will be
Chef's Choice..

**Menu is subject to
change without notice.**

Cost per meal is \$5.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Pasta Hotdish Veggie Dinner Roll	4 Pulled Pork Sandwich Potatoes Veggie	5 Cheeseburger w/lettuce, tomato & onion Tots	6 NO LUNCH <i>Deadline to call in orders for next week.</i>
10 Baked Ham Scalloped Potatoes Veggie Dinner Roll	11 Shepherd's Pie Dinner Roll	12 Chopped Beef Steak w/onions & mushrooms Mashed Potato Veggie	13 NO LUNCH <i>Deadline to call in orders for next week.</i>
17 Lasagna Side Salad Dinner Roll	18 Grilled Chicken Breast Potato Veggie	19 Liver & Onions Potatoes Veggie (Chicken Alternative)	20 NO LUNCH <i>Deadline to call in orders for next week.</i>
24 NO LUNCH TODAY	25 Swedish Meatballs Mashed Potatoes Veggie Dinner Roll	26 Baked Chicken Baked Potato Veggie	27 NO LUNCH <i>Deadline to call in orders for next week.</i>
30 Spaghetti Meat sauce Side salad Dinner roll	31 Sloppy Joe Baked Beans Cole Slaw		Cancellations must be called in 1 day prior or you are responsible for payment of the meal. 497-8900

FEBRUARY 2023

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please call 796-497-8900 to make your reservations for activities.</p>	<p>All schedules are subject to change.</p> <p>We appreciate your understanding and patience.</p>	<p>1</p> <p>9:00A-11:00A Hand & Foot Cards Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre</p>	<p>2</p> <p>9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30pm Adult Coloring</p>	<p>3</p> <p>AARP Tax Aid 9:00A -11:00A Cribbage 1:30-3:30pm 500 Cards 1:30P-3:30P Mahjong</p>
<p>6</p> <p>AARP Tax Aid 9A Legal Aid 9:30A-11:00A Painting Group 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group</p>	<p>7</p> <p>9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group Noon Lunch at Center 1:00pm Mixed Media Class 1:30P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group</p>	<p>8</p> <p>9:00A-11:00A Hand & Foot Cards Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30pm Elvis Performance by Todd Anderson 1:30P-3:30P Euchre</p>	<p>9</p> <p>9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael "</p>	<p>10</p> <p>AARP Tax Aid 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>13</p> <p>AARP Tax Aid 9:30A -11:00A Painting Group 10:00A Hearing Checks 1:30P—3:30P Dominoes 1:30pm Doug Ohman Presentation</p>	<p>14</p> <p>9:00A-11:00A Joy Stitch Group 10:00A Advisory Board Mtg Noon Valentine's Day Luncheon at Center with Tara Brueske music to follow 1:30P-3:30P Social Bridge 1:30P Book Club</p>	<p>15</p> <p>9:00A-11:00A Hand & Foot Cards 10:15am Departure for Beatlemania Trip—Ives Auditorium Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre 1:30pm Memory Café Location to be determined</p>	<p>16</p> <p>9:00A-11A Pinochle Noon Lunch at Center 1:30P Bingo 1:30—3:00 pm Caregiver Sup Grp</p>	<p>17</p> <p>AARP Tax Aid 9A 55+ Safe Drivers Class 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>20</p> <p style="text-align: center; font-size: 2em;">Center Closed</p>	<p>21</p> <p>9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group Noon Lunch at Center 1:30P-3:30P Social Bridge</p>	<p>22</p> <p>9:00A-11:00A Hand & Foot Cards Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre 1:30pm Alexa Class</p>	<p>23</p> <p>9:00A-11A Pinochle Noon Lunch at Center 1:30P Bingo</p>	<p>24</p> <p>AARP Tax Aid 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>27</p> <p>AARP Tax Aid 9:30A -11:00A Painting Group 1:30pm Paying for the Nursing Home: What to know 1:30P—3:30P Dominoes</p>	<p>28</p> <p>9:00A-11:00A Joy Stitch Group 9A-11:00A Coffee, Conversation and Doughnuts Noon Lunch at Center 1:30P-3:30P Social Bridge</p>			

**Meal Ordering
Deadline:**

Call to reserve your spot by 2pm the Friday prior for the following week. Space may be limited. Cancellations can be made at least 1 day prior. 763-497-8900

**FEBRUARY
2023
SENIOR CENTER
LUNCH MENUS**

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

(Menu are subject to change without notice.)

Cost per meal is \$5.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cancellations must be called in 1 day prior or you will be responsible for payment. Call 497-8900	1 Pulled Pork Sandwich Potatoes Veggie	2 Swiss Chicken Wild Rice Blend California Blend Dinner Roll	3 NO LUNCH <i>Deadline to call in orders for next week.</i>
7 TatorTot Hotdish Salad Dinner Roll	8 Beef Tacos Taco Sauce Sour Cream	9 Liver & Onions Potatoes Veggie <i>(Chicken Alternative)</i>	10 NO LUNCH <i>Deadline to call in orders for next week.</i>
14 Valentine's Day Luncheon with music to follow	15 Spaghetti Meat Sauce Side Salad Dinner Roll	16 Southwest Chicken Salad Dinner Roll	17 NO LUNCH <i>Deadline to call in orders for next week.</i>
21 Sloppy Joe Baked Beans Cole Slaw	22 Meatloaf Mashed Potatoes Mixed Veggies	23 Chicken Stir Fry Rice Egg Roll	24 NO LUNCH <i>Deadline to call in orders for next week.</i>
27 Goulash Side Salad Dinner Roll	28 Oriental Chicken Salad Dinner Roll		

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

CHANGE SERVICE REQUESTED

Presorted Standard
U.S. POSTAGE
PAID
St. Michael, MN
PERMIT #13



SENIOR
COMMUNITY
SERVICES

A PUBLICATION
OF SENIOR
COMMUNITY
SERVICES

Join us for Bingo
Thursday,
January 26th at
1:30PM for Bingo
sponsored by
MidWest One
Bank!



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

Darlene Erion
Inspired Sr. Living/Bridgewater
Joe Kaul
Gwen Lapp
Sharon McDonald
Claudia Pingree
Lee Rosen
Sharon Schumm
Karisa Hoeft (Engel Haus)
Jerry Sorenson
Edna Still
The Legacy of St. Michael
LaNetta VanDale