

MAY / JUNE 2024

CROW RIVER SENIOR CENTER

SERVING THE COMMUNITIES & SURROUNDING AREAS OF ALBERTVILLE, HANOVER AND ST. MICHAEL

CROW RIVER SENIOR CENTER

11800 Town Center Dr. NE,
Suite 200

St. Michael, MN 55376

Phone: 763-497-8900

Email:
jteigen@crowriverseniorcenter.com

Web: www.mnseniorcenters.org

Mon - Fri: 8:30am - 4:00pm

“A single
act of kindness
throws out
roots in
all directions,
and the
roots spring
up and make
new trees.”

Amelia Earhart



CENTER CLOSED:

MONDAY, MAY 27TH
WEDNESDAY, JUNE 19TH

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



ICE CREAM AND BINGO SOCIAL
FRIDAY, MAY 3RD 1:30PM—3:00PM

SPONSORED BY THE STMA NATIONAL HONOR SOCIETY

CALL THE CENTER TO REGISTER.

BARN QUILT PAINTING CLASS

MONDAY, MAY 20TH 1:30PM

PRESENTED BY ARYN LILL

BACK BY POPULAR DEMAND!!!

Grab your friends and gather to create a beautiful barn quilt pattern on a 14" x 14" reclaimed wood pallet. Locally sourced by craftsman and farmer, Josh Reinitz of East Henderson Farm, each pallet has a unique quality. The wood is truly reclaimed, meaning each pallet will be completely individual and will have flaws, such as nail holes and small dings. The wood has been carefully selected, pre-sanded and assembled. Choose your design when registering.

CALL THE CENTER TO REGISTER AND CHOOSE YOUR DESIGN.

REGISTRATION BEGINS

MAY 1st. THIS IS A FREE CLASS.



Pinwheel



Faded Star



Marigold



Flag

THIS ACTIVITY IS MADE POSSIBLE BY THE VOTERS OF MINNESOTA THROUGH A GRANT FROM THE MINNESOTA STATE ARTS BOARD, THANKS TO A LEGISLATIVE APPROPRIATION FROM THE ARTS AND CULTURAL HERITAGE FUND.



COFFEE, CONVERSATION AND DOUGHNUTS

TUESDAY, JUNE 25TH

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!



BARBIE

FRIDAY, MAY 17TH 1:00PM

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. (2023) Starring Margot Robbie and Ryan Gosling. Rated PG-13, 1HR 54MIN

SECONDHAND LIONS

FRIDAY, JUNE 28TH 1:00PM

Tells the story of an introverted young boy who is sent to live with his eccentric great uncles on a farm in Texas. Starring Haley Joel Osment, Robert Duvall, Michael Caine. (2003) Rated PG, 1HR 47MIN

CALL THE CENTER TO REGISTER



OTTERLY WONDERFUL OTTERS

WEDNESDAY, MAY 29TH 1:30PM
PRESENTED BY MELONIE SHIPMAN,
TRAVELING NATURALIST

Playful, furry, amusing, and uniquely adapted to their watery home; that's otters for you! Learn more about these entertaining and clever furry friends as you play through a program full of facts and stories about river and sea otter history, anatomy, adaptations, life styles, key role in Alaska history, and essential role in keeping our oceans and rivers healthy.

CALL THE CENTER TO REGISTER

FUNERAL PRE-PLANNING

WEDNESDAY, MAY 22ND 1:30PM

Christine Jaeb Williams is a funeral preplanning specialist. She's been helping people pre-plan and pre-fund their funerals for over 25 years and would love to help you. Please join her in learning about this.

CALL THE CENTER TO REGISTER



Let's Talk Tech

©LPI

FACEBOOK 101

WEDNESDAY, MAY 8TH

10:00AM

An overview on how to set up Facebook's security properly so you don't have to worry. Bring any questions you have on Facebook or other social media platforms.

IPHONES 101

WEDNESDAY, JUNE 12TH

10:00AM

An overview on how to use your iPhone. Make use of fun tools included on every iPhone. Bring your questions!

Presented by Ginal Taylor,
Senior Community Services Tech Volunteer

CALL THE CENTER TO REGISTER



ESTATE PLANNING 101

WEDNESDAY

JUNE 5TH

1:30PM

What is the difference between a Will and Trust? What is probate and how can it be avoided? How can you ensure your assets pass to your family as efficiently as possible? This class will provide important information about essential estate planning topics that every person should know. Presented by Jill Adkins, Attorney with Gries Lenhardt Allen Law Firm in St. Michael.

CALL THE CENTER TO REGISTER.



JUNK JOURNALING
THURSDAY, MAY 23RD,
MAY 30TH & JUNE 6TH
9:30AM—11:30AM

A "junk journal" is a book made mostly from found and recycled materials. It can be used to store memories, memorabilia, or your special thoughts. We'll construct our

own journal and then add to it many elements and ephemera that will make each unique and personal. Hand binding, painted pages, secret pockets, fabric flips, tags, and journaling cards are a few of the techniques we'll incorporate.

CALL THE CENTER TO REGISTER. THIS IS A FREE CLASS.

MUST ATTEND ALL CLASSES.

REGISTRATION BEGINS MAY 1ST.



THIS ACTIVITY IS MADE POSSIBLE BY THE VOTERS OF MINNESOTA THROUGH A GRANT FROM THE MINNESOTA STATE ARTS BOARD, THANKS TO A LEGISLATIVE APPROPRIATION FROM THE ARTS AND CULTURAL HERITAGE FUND.

IMPROV CLASS

MONDAYS & THURSDAYS
JUNE 10TH, 13TH, 17TH, 20TH, 24TH & 27TH 10:00AM—12:00PM

Learn the fundamentals of improvisation, storytelling, listening, building, role playing, narrative work, emotional connection, physical exploration, proper breathing, projection and pronunciation.

CALL THE CENTER TO REGISTER. THIS IS A FREE CLASS.

REGISTRATION BEGINS MAY 1ST.



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PAINT YOUR OWN POTTERY

FRIDAY MAY 17TH 10:00AM

LOCATION: COLOR CITY POTTERY

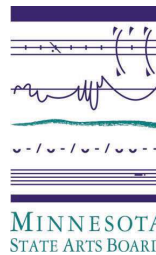
6415 LABEAUX AVE NE,
ALBERTVILLE, MN 55301

Are you ready to get creative? Meet others at Color City Pottery to pick out your perfect piece to paint (limited to certain items only). When the painting is complete, Color City will fire it in the kiln and have it ready for you to pick up at the Senior Center after May 31st.

Please note: Restrooms are located outside of the studio, down the sidewalk, about a block away.

CALL THE CENTER TO REGISTER. THIS IS FREE CLASS.

REGISTRATION BEGINS MAY 1ST.



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MINNESOTA FROM THE ROAD
PART 3—SOUTHERN PRAIRIES
AND PIPESTONE TOUR

PRESENTED BY DOUG OHMAN

WEDNESDAY, JUNE 26TH 1:30PM

Enjoy a road trip along the Minnesota river into southwestern Minnesota. Along the way, historian and photographer, Doug Ohman will take you to both historic and unique landmarks, with some fun stops for great food!

CALL THE CENTER TO REGISTER



CLASSES/PRESENTATIONS CONT.

MN HWY SAFETY CENTER 55+ DRIVING CLASS

4 HOUR REFRESHER CLASSES
FRIDAYS, MAY 10TH AND JUNE 7TH
9:00AM—1:00PM
COST: \$24.00 PER PERSON

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.

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

YOU—YOUR SPACE—FENG SHUI

THURSDAY, MAY 16TH 10:30AM

Join us to learn about the Ancient Chinese practice of Feng Shui!

- What is it? Feng Shui is the Ancient Chinese practice used to create an environment in which we feel comfortable and supported.
- Can anyone benefit from using it? Absolutely.
- Is it easy? Absolutely.

You will take home several easy action ideas to help elevate your space, learn a few basic principles to shift the energy in your space, learn how different colors represent different areas of your life and learn what a 'bagua' is.

Transform your space from one that weighs you down to one that brings you joy! Changing your environment can lead to changes in the way you live your life.

Homework:

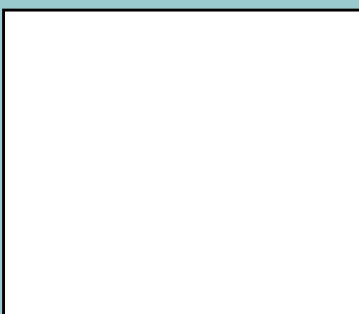
1. Bring an open mind.
2. Think about your space and how it feels to you. Pick one area that you feel could use a lift.

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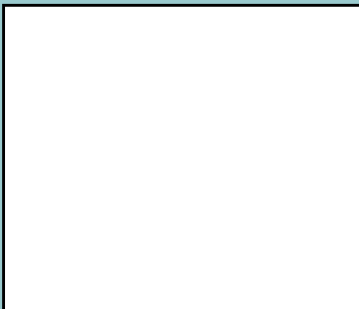


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Ben Allrich

ballrich@lpicommunities.com

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CARDIO DRUMMING

TUESDAYS AT 9:30AM
MAY 7TH AND 21ST
JUNE 11TH AND 25TH
\$8.00 PER CLASS

Interested in learning what Cardio drumming is all about? Try it out at the Center! We are offering two sessions per month taught by wellness coach Tanya Lotts. Tanya absolutely loves fitness! Her purpose is to help others get their bodies moving, feel amazing and have FUN! She has been teaching fitness for ten years within her community and online.

Included with your class is a complimentary recovery shake:

- *24 Grams of Plant protein
- *13g Carbs (low on glycemic index)
- *5g of Fiber
- *23 Essential Vitamins & Minerals

Cardio drumming is a form of exercise that utilizes drumming movements. It can be practiced by nearly all individuals and does not require drumming experience. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music.

Must register and pay in advance. Also indicate if you would like a shake. Payment due at sign up.

FITNESS THROUGH ZOOM A PARTNERSHIP WITH WHITNEY SENIOR CENTER

Enhance Fitness - Tuesdays at 11:00am

Enhance Fitness is an evidence-based program designed to improve the overall functional fitness and well-being of older adults. The exercises focus on four key areas important to health and fitness: stretching and flexibility; low impact aerobics; strength training; and balance. **This is a free class.**

Senior Yoga - Mondays/Wednesdays/ Fridays at 10:00am

Increase your flexibility, balance, and range of motion as you move your entire body through a series of seated and standing yoga poses. Restorative breathing exercises and relaxation promote stress reduction and mental clarity. Optional chair support provides added stability when needed. **This is a free class.**

TO JOIN THE ZOOM CLASSES:

Download zoom and enter the meeting id: 835 0494 6681 with passcode: 527330. You will also need to sign a Liability Waiver, which can be sent to you electronically or you can pick up a paper copy at the Crow River Senior Center. If you have SilverSneakers or Renew Active One Pass you can report your attendance. The reimbursement from your insurance company helps to support the cost to continue these programs. Call the Whitney Senior Center to record attendance at 320-255-7245.

FITNESS CLASSES CONT.

SILVER SNEAKERS

MON/WED/FRI 9:00AM

**LOCATION: FITNESS EVOLUTION
133 SANDBERG ROAD
MONTICELLO, MN 55362**

Did you know that Fitness Evolution in Monticello offers Silver Sneakers fitness classes? If you are interested, stop by or call Fitness Evolution to sign up! If you are Silver Sneakers eligible, the classes are free!

LINE DANCING

THURSDAYS 1:00PM

LOCATION: HANOVER CITY HALL

Interested in getting together with others for a fun afternoon of line dancing? Head over to Hanover City Hall on Thursdays! No fee or sign up required! Please contact Center Director, Jenny Teigen, at 763-497-8936.

TECH SUPPORT



Technology Support Appointments

We can help you:

- Troubleshoot device settings or errors
- Find and use helpful device features
- Manage online security and safety
- Download and manage applications
- Virtually connect via Zoom or Facetime

2nd and 4th Tuesdays

9:00 AM - 12:00 PM by appointment



Call 763-497-8900

to schedule your **free** session.

*A service provided by the HOME program
and partially funded by Hennepin & Wright Counties.*

Last updated 03.14.2024

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We do not offer every plan available in your area. Currently we represent 7 organizations which offer 61 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options.

www.northcentralinsurance.com



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

Crow River Senior Center, St. Michael, MN

B 4C 02-1011



PARKINSON'S SUPPORT GROUP

TUESDAY, MAY 7TH

1:30PM—3:30PM

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 to 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.

MEMORY CAFE

WEDNESDAYS, MAY 15TH & JUNE 12TH

1:30PM—3:00PM

Memory Café offers different activities each month, providing a positive experience for older adults with memory loss (or other types of dementia) and their caregivers.

The Crow River Senior Center and the Master Gardeners are partnering in May and June to bring special programming to the Memory Café. It will be a great time for all!

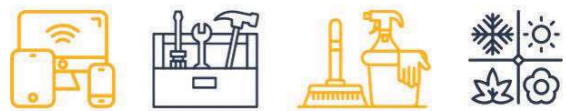
May and June will be at the Crow River Senior Center.

**CALL THE CENTER TO REGISTER
763-497-8900**



**Empowering
People
as They Age**

The **HOME program** offers a variety of services including personal technology assistance, handyman services, home safety checks, housekeeping and lawn care/snow removal.



To learn more, call 763-416-7969 or email hometeam@seniorcommunity.org.



If you're helping an older adult in your life, you are a **caregiver**. Licensed social worker **Becky Allard, LSW**, can help you get the

support you need to sustain your ability to provide help and maintain your own life balance.

Make a **one-on-one appointment** for individualized support, guidance or advice.

Register for a **caregiver support group** held the 3rd Thursday of each month from 1:30 p.m. to 3:00 p.m.

612-804-0968

b.allard@seniorcommunity.org



CareNextion.org is a free, online tool and app that helps caregivers coordinate and connect with others to support their older adult loved one.

LEGAL AID APPOINTMENTS

The St. Cloud office of Mid-Minnesota Legal Aid has received a grant of Older American 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 is provided for criminal matters, wills, estate planning or real estate transactions. Seniors can also call the St. Cloud office of Mid-Minnesota Legal Aid free at 1-888-360-2889 for scheduling an appointment. Online access: <http://mylegalaid.org>. Minnesota Legal Aid accepts contributions for legal services, but contributions are not required to receive legal help. Legal appointments are held monthly at the Center.

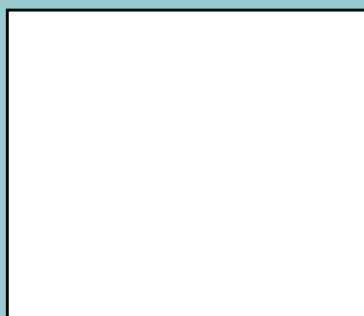


TO MAKE AN APPOINTMENT:

Call the Center at 763-497-8900.

Next available dates:

Monday, May 6th
Monday, June 3rd
9:00, 9:30 or 10:00am



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12725 43rd Street NE
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TRIPS AND CONCERTS

TREASURE ISLAND CASINO

MONDAY JUNE 3RD \$25.00

Due to a bus rental cost increase, the trip charge has been raised to \$25.00.

The Crow River Senior Center will be sharing a coach bus to Treasure Island Casino with participants from the Monticello Senior Center. The bus will depart from the Crow River Senior Center at 8:30am and return at approximately 3:45pm. You will receive \$15.00 on your casino card to spend and \$3.00 off food. **Must register and pay in advance no later than May 28th. No refunds after this date.**

EXPERIENCE BROADCASTING THE JASON SHOW AND PAVEK BROADCAST MUSEUM

FOX 9 KMSP BROADCAST CENTER— EDEN PRAIRIE

TUESDAY, JUNE 11TH \$85.00

8:15AM PICK UP TIME

Be a part of the LIVE studio audience of the Jason Show. After the show, you will arrive at Scoreboard in Minnetonka for lunch. Menu will be the Special of the Day with a beverage. Following lunch, you will arrive at the Pavek Broadcast Museum for a self-guided experience. Estimated return: 3:45pm.

Must register and pay in advance by May 10th. No refunds after this date.

Please note: There are limited restrooms available to the public at the Jason Show. A valid ID is needed at check in to the Jason Show and everyone must go through a Security Screening. The studio is usually kept cooler so dress accordingly.

LE MUSIC ROOM: CHURCH OF CASH

MAY 20TH 1:00PM \$29.00

The Johnny Cash tribute show performed by singer Jay Ernest and his band is an unforgettable experience that brings the music of the Man in Black to life. Jay Ernest's deep, resonant voice sounds remarkably like Cash's, and he captures the essence of the legendary performer with his dynamic stage presence. The show features an electrifying setlist that includes all of Cash's greatest hits, from "I Walk the Line" to "Ring of Fire" and beyond. The band's musicianship is impeccable, and they create an authentic sound that's true to Cash's original recordings.

Must register and pay in advance by May 6th. No refunds after this date.

LE MUSIC ROOM REGISTRATION/CANCELLATION AND TRANSPORTATION

- Please register by specific date listed.
- Register early as seats are limited.
- No refunds after registration.
- NO TRANSPORTATION is provided to this concert. The address to the Cinema is: 4300 O'Day Ave NE, St. Michael
- Call the Center if you need to cancel.

REGISTRATION/CANCELLATION FOR TRIPS

- Please register by specific date listed.
- Register early as seats are limited.
- No refunds after registration date.
- If you need to cancel, call the Center as soon as possible.



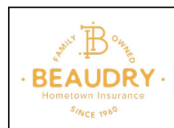
BINGO

THURSDAYS, 1:30PM

Thank you to the Hanover Lions for donating Bingo prizes to the Center!

Bingo sponsored by The Legacy of St. Michael Thursday, May 9th and June 13th at 1:30pm.

Bingo sponsored by Beaudry Hometown Insurance Thursday, May 23rd and June 27th.



CRIBBAGE TOURNAMENT

FRIDAYS, 9:00AM—11:00AM

Come play Cribbage at the Center! \$1.00 to enter the tournament. Arrive at 8:45AM for sign up.

DOMINOES

MONDAYS, 1:30PM—3:30PM

BRIDGE

TUESDAYS, 1:15PM—3:30PM

HAND AND FOOT

WEDNESDAYS, 9:00AM—11:00AM

500

WEDNESDAYS, 1:30PM—3:30PM

PINOCHLE

THURSDAYS, 9:00AM—11:00AM

EUCHRE

FRIDAYS, 1:30PM—3:30PM

MAHJONG

FRIDAYS, 1:00PM—3:30PM



BOOK CLUB

2ND TUESDAY OF THE MONTH
1:30-3:30PM

May 14th Book: A Crooked Number
 by Nathan Jorgenson

June 11th Book: A Mother's Goodbye
 by Kate Hewitt

July 9th Book: "A Death in Lionel's Woods" by
 Christine Husom

ARTIST GROUP

MONDAYS 9:30AM—11:00AM

Join other artists like you who enjoy creating!
 Bring in your projects to work on, share ideas,
 and just have a good time!

WRITERS GROUP

1ST AND 3RD MONDAYS OF THE MONTH
1:30-3:30PM

If you would like to try your hand at recording
 your memories, writing poetry, short stories,
 etc., then join the writers' group! Open to
 everyone, no experience necessary!

GOLDEN AGE

1ST TUESDAY OF THE MONTH
LOCATION: HANOVER CITY HALL
12:00PM YEARLY DUES: \$20.00

This is a group of 55+ that meets monthly for
 lunch and games. If interested, please call
 Donna at 763-334-0991 or Darlene at
 763-497-4324.

HISTORY GROUP

1ST AND 3RD TUESDAYS OF THE
MONTH
9:00AM—11:00AM

Do you enjoy history? Get together with
 others in person that share this interest!

STITCH GROUP

TUESDAYS 9:00-11:00AM

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

RIM RIDERS

TUESDAY MORNINGS
SPRING, SUMMER, FALL

Rim Riders always welcomes new members
 to our bike group. We are a leisurely bike
 group normally biking at a speed of 10 to 12
 mph. Our rides average a distance of 20
 miles total with water breaks along the
 way. We ride on Tuesday mornings. Most of
 our rides are on paved, fairly flat trails. We
 transfer our bikes to the trail head for each
 ride. We have lunch after for those who can.

April 30th: Elk River to Zimmerman 17 miles

May 7th: Monticello 15 miles

May 14th: Big Lake Ride 10 miles

May 21st: 9 Mile Creek 20 miles

May 28th: Silver Lake to Hutchinson
18 miles

June 4th: Winsted to Sliver Lake 20 miles

June 11th: Elm Creek to Coon Rapids
16 miles

June 18th: Waite Park to Avon 15 miles

June 25th: St. Michael 12 miles

July 2nd: Albany to Holdingford 21 miles

July 9th: City Lakes 15 miles

July 16th: Holdingford to Blanch Dam
22 miles

July 23rd: River Bluffs—St. Cloud 17 miles

July 30th: Minnehaha Park to Wabasha Br
21 miles

Aug. 6th: Victoria 20 miles

Aug. 13th: Ox Yoke to Watertown 15 miles

Aug. 20th: Rockville to Richmond 20 miles

Please call or text: Debbie Carron
 612-599-1628 or Jackie Holvik 763-516-0478
 with questions.

SPRING CLEANING

SHERI SMITH

Ahh Spring. The time of year to throw the windows open wide and let the cool breezes blow out the winter funk. The season of renewal, of new beginnings, of spring cleaning.

I am not an aggressive Spring cleaner, but the pull to put my house in order this time of year, like most women, must be hormonal. Not wanting to over exert right off the bat with the dust cloths, vacuum, broom and cleaning products, I decided to start small and work my way up to the big stuff, so I pulled out my recipe box and sat on the couch. I've been meaning to cull that box for years and this Spring dang it I was going to do it!

As I started reading each recipe checking to see what sounded appealing and might be kept, and which stained and unreadable ones could be tossed, I was transported back in time. One recipe was written on a notepad sheet from a job my sister held nearly 30 years ago. Some were written in my adolescent handwriting of things I don't ever remember eating or even now wanting to eat.

Recipes from my mother, had her friend's names notated on the top of the cards so she'd know who gave them to her. Some of these women's faces popped readily to mind, their lives and children part of my past. Recipes for Coney Island Buns, Chicken Wiggle, and Penuche Fudge transported me to card nights. Nights filled with women's laughter, the haze of cigarette smoke and the intoxicating aroma of baked goods.

But the recipes that enthralled me were my Grandmother's: they weren't just recipes, they were works of art. Written in a cursive flourish, they had fancy scroll marks to separate ingredients from preparations. My favorite was for Prism Cake a recipe that was five cards long. "Over" written on each card, to make sure you knew there was more to come. A face with a smile in one corner, with a note saying she "made this for my Circle last year". Peppered throughout the card were warnings to "Watch it" when bringing gelatin to a boil, or putting it in the freezer to chill. The instructions included what pan to use, and the fact that she needed a new spring form pan. The back of the last card is filled with family news; a reminder of my Aunts impending birthday, hopes that my father will be eligible for a fellowship, happy that we are all over our colds, and glad that we are coming home for Christmas – how long can we stay?

I caressed these recipe cards, and thought of the women who spent the time writing them out. Sharing, teaching, sending family news, and creating a beautiful reminder of days past when most things were written in cursive, and recipes were handed down from mothers to daughters.

I will never make Prism Cake, don't belong to a card club, and quit smoking eons ago, but I lovingly created a spot for these cards in my heart and tucked them back into my recipe box.



THANK YOU TO THE FOLLOWING SENIOR CENTER DONORS:

Mike O'Donnell
Catherine Downing
Cutlery donated by Jeff Grupp
George Dhiem



THANK YOU TO ALL WHO HAVE DONATED COFFEE TO THE CENTER!

DASH FOR TRASH

Due to road construction on County Hwy. 35, there will be no Dash for Trash in 2024.



READERS THEATRE

Interested in reading/acting out short stories for children? Join our Readers Theatre Group and promote the love of reading to children in our local elementary schools. Call Jenny Teigen, Center Director, at 763-497-8936 for more information.

DONATIONS

JEWELRY DONATIONS

We are again taking your gently used or worn jewelry to give them a new life in our craft area. They will be very reasonably priced and the sales will go to benefit the Crow River Senior Center.

ST. MICHAEL MUSIC IN THE PARK

WEDNESDAYS 6:00PM

- June 5th Artisan
- June 12th Coda 6:00pm**
Accordion to Linda B. 7:00pm
Sponsored by the Senior Center
- June 19th Paisley Road
- June 26th SoundHouse
- July 10th Cargill Deluxe—Lions to provide food while supplies last
- July 17th Amy and Adams**
Sponsored by the Senior Center
- July 24th Bryce Hegge
- July 31st Billie Line Dancing
- Aug. 7th Paisley Road—Lions to provide food while supplies last
- Aug. 14th Rachel Kroog—KidPower with Rachael
- Aug. 21st The Missing Links
- Aug. 28th FYCC Family Bingo (TY Beanie Babies)

HANOVER MUSIC IN THE PARK

JUNE 12TH, JULY 17TH, AUGUST 14TH 6:00PM—8:00PM

The City of Hanover Park Board sponsors FREE concerts at Settlers Park next to Hanover City Hall! Bring your lawn chair and enjoy the music! There will be two food trucks - Andy's Hometown Pizza and What's the Scoop ice cream. The Lions will be selling cold beverages.

- June 12th Stimulus Package 6:00pm-8:00pm
- July 17th The Michael Handler Project 6:00pm-8:00pm
- August 14th Justus 6:00pm-8:00pm

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MEALS ON WHEELS

Meals on Wheels is now being provided by Optage. To place a meal order, or for more information, contact Optage:

Phone: 651-746-8280

E-mail: orders@OptageDining.org



HANOVER FOOD SHELF

FREE DRY GOODS, DAIRY, BAKED GOODS, MEATS, PERSONAL CARE ITEMS

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

Hours:
1st & 3rd Mondays
5:00pm to 7:00pm

Tuesdays & Fridays
12:00pm to 2:00pm

Wednesdays
10:00am to 2:00pm

The Food Shelf is closed on National Holidays and in case of inclement weather, we follow the Buffalo/Hanover School District closings.

GOOD FOOD IS
SWEETER
WHEN SHARED WITH
GOOD FRIENDS.

CENTER LUNCHES

TUESDAYS, WEDNESDAYS & THURSDAYS @ NOON

Meals are served at the Crow River Senior Center Tuesday through Thursday for seniors 60 and over. The meals at the Center are catered by River Inn of Hanover.

Cancellations may be made up to one day before, otherwise you are responsible for paying for your meal. Arrive by 11:45am so that we may serve the meals promptly at noon.

Cost: \$7.00 per meal. If possible, please bring correct change or purchase punch cards.

Punch cards are available to purchase at the price of \$35.00 for 5 meals.

Call the Center at 763-497-8900 to make reservations. Please do not call River Inn.

Schedules are subject to change without notice. Numbers will be limited to comply with space and volunteer help.

We ask that you make your reservation for lunch the Friday prior or before. As we are filling up to capacity on most days, you may want to consider signing up for lunch two weeks or a month in advance to make sure that you will have a reserved spot for lunch on any given day.



DEB HOPKINS

Hi, My name is Deb Hopkins and I was born and raised in Minnesota. I moved here to St Michael from Maple Grove in July of 2011. I recently retired in 2022 after working 42 years at North Memorial Hospital. I started volunteering here at the Crow River Senior Center in 2022 and have truly enjoyed it. I have met new friends while here and they can keep me busy too :). I have two children, a son who's 48 and a daughter 46, both married and live in Minnesota. I have two grandchildren ages 15 and 11 who are my world. I'm looking forward to being on the board and thanks for the opportunity.



BONNIE MARTINEZ

Hi! My name is Bonnie Martinez and I am a resident of St. Michael. I grew up in Renville, MN. I am a retired teacher who was licensed to teach elementary 1st—6th, middle school language arts and social studies, and special education K—12 for emotionally behavioral disordered students. I taught for 31 years. The communities I served were Morton, Hutchinson, Glencoe and Silver Lake, all which are in MN. I have taught Origami classes at the Hutchinson and St. Michael Library, as well as the Crow River Senior Center. I enjoy playing cards, working on puzzles, and love the people that I eat lunch with at the Center every Tuesday, Wednesday and Thursday! I am always open to new ideas and helping with new events and would very much like to serve on the board!

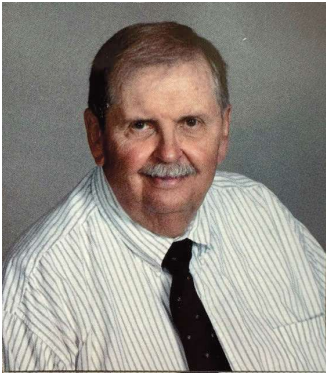


COLLEEN SMITH

My husband Kevin and I along with our son and daughter moved to Saint Michael in 2004. I retired in 2022 after working nearly 40 years with adults as a speech language pathologist in a rehab/hospital setting. I've enjoyed being involved with the senior center since 2023, both as a volunteer and participant. Other activities for me include serving as a Friend of the Library and election judge. It would be a privilege for me to serve on the advisory board.

NEW ADVISORY BOARD MEMBERS

MIKE HAVLIK



I have experienced, first hand, the importance of our Senior Center. I started coming after my wife passed, and made a number of good friends. I will do my best in serving on the Board, making sure folks are welcomed and supported. I have been a member of the Friends of the St. Michael Library for sixteen years. You can see me working at our book sales. I would like to promote more senior involvement with the Library. For example, the library has a number of programs for school age and preschool children. Our Grand and Great Grandchildren do not have to live in the area to partake in them. I was a member of my Town House Association board for 14 years, as President and later, Treasurer. I retired from Honeywell after working 30 years as a Production Engineer. I have 5 children, 12 grandchildren, and 6 great grandchildren.

SANDY GORDON



My name is Sandy Gordon. I grew up in Annandale, MN and moved to St. Michael in 1977. I have three adult children and four fantastic grandchildren. I have worked as a machine operator, done clerical work, and retired in 2021 after 12 years at Albertville Primary as a custodian. I enjoy family time, camping, hiking, bike riding, reading, kayaking and other lake activities. I have served on the board for my home association, volunteered for Catholic Charities in Maple Lake helping prepare meals for Meals on Wheels, and recently joined the kitchen team at the Crow River Senior Center. I would be honored to serve on the board for the Crow River Senior Center. Thank you.

Thank you to the following for their years of service:

Jerry Sorenson
LaNetta VanDale

Your time, energy, and contributions to the Crow River Senior Center are greatly appreciated.





HEARING SCREENINGS

MONDAY, JUNE 10TH
10:00AM—12:00PM
BY APPOINTMENT

Affinity Hearing is a local hearing care provider with locations in both St. Michael and Plymouth. We love to be involved in the community and are offering free hearing screenings.

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

BLOOD PRESSURE CHECKS
THURSDAYS, MAY 9TH & JUNE 6TH
10:30AM—12:00PM
BY APPOINTMENT

Free blood pressure checks, by appointment, at the Center.

Please call
763-497-8900
to schedule
your
appointment.



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5850 Barthel Industrial Dr., Suite 102
P.O. Box 128 | Albertville, MN 5301

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CRSC ACTIVITIES CALENDAR—MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
		9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo	9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P Bingo & Ice Cream Social Sponsored by the STMA National Honor Society 1:30P-3:30P Euchre
06	07	08	09	10
9:00A Legal Aid 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) 12:00P Golden Age of Hanover Noon Lunch at Center 1:30P Parkinson's Support Group 1:15P-3:30P Bridge	9:00A-11:00A Hand & Foot Cards 10:00A Facebook 101 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards	9:00A-11:00A Pinochle 10:30A Blood Pressure Checks Noon Lunch at Center 1:30P Bingo sponsored by The Legacy of St. Michael	9:00A 55+ Drivers Class 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
13	14	15	16	17
9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 10:00A Advisory Board Mtg 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge 1:30P-3:30P Book Club	9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P Memory Café at Crow River Senior Center	9:00A-11:00A Pinochle 10:30A You, Your Space, Feng Shui Noon Lunch at Center 1:30P Bingo 1:30P—3:00P Caregiver Support Group	9:00A-11:00A Cribbage 10:00A Paint Your Own Pottery at Color City Pottery 10:00A Senior Yoga (Zoom) 1:00P Movie 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
20	21	22	23	24
9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Le Music Room: Church of Cash 1:30P—3:30P Writers Group 1:30P—3:30P Dominoes 1:30P Barn Quilt Painting	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge	9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P Pre-Funeral Planning	9:00A-11:00A Pinochle 9:30A Junk Journaling Class Noon Lunch at Center 1:30P Bingo sponsored by Beaudry Hometown Insurance	9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
27	28	29	30	31
CENTER CLOSED	9:00A –1:00P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 11:00A Enhance Fitness (Zoom) NO LUNCH TODAY 1:15P-3:30P Bridge	9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P Otterly Wonderful Otters	9:00A-11:00A Pinochle 9:30A Junk Journaling Class Noon Lunch at Center 1:30P Bingo	9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre

CRSC LUNCH MENU—MAY 2024

MEAL ORDERING DEADLINE

Call to reserve your spot by 2pm the Friday prior for the following week. As we are filling to capacity on most days, you might want to consider signing up for lunch two weeks or a month in advance to make sure that you will have a reserved spot. Cancellations can be made at least 1-day prior. Call 763-497-8900

Vegetables will be Chef's Choice.

Menu is subject to change without notice.

Cost per meal is \$7.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02	03
	Beef Tacos Taco Sauce Sour Cream	Chicken Ala King Biscuit Veggie	NO LUNCH <i>Deadline to call in orders for next week.</i>
07	08	09	10
Goulash Side Salad Dinner Roll	Chicken Drumsticks Tots Veggie	Salisbury Steak Mushroom Gravy Mashed Potatoes Veggie Blend	NO LUNCH <i>Deadline to call in orders for next week.</i>
14	15	16	17
Shepherds Pie Side Salad Dinner Roll	Liver & Onions Sautéed Baby Reds Veggie (Chicken Alternative)	Pulled Pork Sandwich Baked Beans Potato Salad	NO LUNCH <i>Deadline to call in orders for next week.</i>
21	22	23	24
Lasagna Side Salad Dinner Roll	Swedish Meatballs Mashed Potatoes Veggie Dinner Roll	Chicken Stir Fry Rice Egg Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>
28	29	30	31
No Lunch	Oriental Chicken Salad Dinner Roll	Baked Ham Scalloped Potatoes Veggie Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>

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

CRSC ACTIVITIES CALENDAR—JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04	05	06	07
<p>8:30A Departure for Treasure Island Trip</p> <p>9:00A Legal Aid</p> <p>9:30A-11:00A Artist Group</p> <p>10:00A Senior Yoga (Zoom)</p> <p>1:30P—3:30P Dominoes</p> <p>1:30P—3:30P Writers Group</p>	<p>9:00A-11:00A Stitch Group</p> <p>9:00A-11:00A History Group</p> <p>11:00A Enhance Fitness (Zoom)</p> <p>12:00P Golden Age of Hanover</p> <p>Noon Lunch at Center</p> <p>1:15P-3:30P Bridge</p>	<p>9:00A-11:00A Hand & Foot Cards</p> <p>10:00A Senior Yoga (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:30P Estate Planning 101</p> <p>1:30P-3:30P 500 Cards</p>	<p>9:00A-11:00A Pinochle</p> <p>9:30A Junk Journaling Class</p> <p>10:30A Blood Pressure Checks</p> <p>Noon Lunch at Center</p> <p>1:30P Bingo</p>	<p>9:00A 55+ Drivers Class</p> <p>9:00A-11:00A Cribbage</p> <p>10:00A Senior Yoga (Zoom)</p> <p>1:00P-3:30P Mahjong</p> <p>1:30P-3:30P Euchre</p>
10	11	12	13	14
<p>9:30A-11:00A Artist Group</p> <p>10:00A Improv Class</p> <p>10:00A Hearing Checks</p> <p>10:00A Senior Yoga (Zoom)</p> <p>1:30P—3:30P Dominoes</p>	<p>8:15A Pick up time for Experience Broadcasting Trip</p> <p>9:00A-11:00A Stitch Group</p> <p>9:30A Cardio Drumming</p> <p>10:00A Advisory Board Mtg</p> <p>11:00A Enhance Fitness (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:15P-3:30P Bridge</p> <p>1:30P-3:30P Book Club</p>	<p>9:00A-11:00A Hand & Foot Cards</p> <p>10:00A iPhones 101</p> <p>10:00A Senior Yoga (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:30P-3:30P 500 Cards</p> <p>1:30P Memory Café at Crow River Senior Center</p> <p>St. Michael Music in the Park</p> <p>6:00PM CODA</p> <p>7:00PM Accordion to Linda B.</p>	<p>9:00A-11:00A Pinochle</p> <p>10:00A Improv Class</p> <p>Noon Lunch at Center</p> <p>1:30P Bingo</p> <p>Sponsored by The Legacy of St. Michael</p>	<p>9:00A-11:00A Cribbage</p> <p>10:00A Senior Yoga (Zoom)</p> <p>1:00P-3:30P Mahjong</p> <p>1:30P-3:30P Euchre</p>
17	18	19	20	21
<p>9:30A-11:00A Artist Group</p> <p>10:00A Senior Yoga (Zoom)</p> <p>10:00A Improv Class</p> <p>1:30P—3:30P Dominoes</p> <p>1:30P—3:30P Writers Group</p>	<p>9:00A-11:00A Stitch Group</p> <p>9:00A-11:00A History Group</p> <p>11:00A Enhance Fitness (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:15P-3:30P Bridge</p>	CENTER CLOSED	<p>9:00A-11:00A Pinochle</p> <p>10:00A Improv Class</p> <p>Noon Lunch at Center</p> <p>1:30P Bingo</p> <p>1:30P—3:00P Caregiver Support Group</p>	<p>9:00A-11:00A Cribbage</p> <p>10:00A Senior Yoga (Zoom)</p> <p>1:00P-3:30P Mahjong</p> <p>1:30P-3:30P Euchre</p>
24	25	26	27	28
<p>9:30A-11:00A Artist Group</p> <p>10:00A Senior Yoga (Zoom)</p> <p>10:00A Improv Class</p> <p>1:30P—3:30P Dominoes</p>	<p>9:00A-11:00A Stitch Group</p> <p>9:00A-11:00A Coffee, Conversation and Doughnuts</p> <p>9:30A Cardio Drumming</p> <p>11:00A Enhance Fitness (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:15P-3:30P Bridge</p>	<p>9:00A-11:00A Hand & Foot Cards</p> <p>10:00A Senior Yoga (Zoom)</p> <p>Noon Lunch at Center</p> <p>1:30P-3:30P 500 Cards</p> <p>1:30P Doug Ohman</p>	<p>9:00A-11:00A Pinochle</p> <p>10:00A Improv Class</p> <p>Noon Lunch at Center</p> <p>1:30P Bingo sponsored by Beaudry Hometown Insurance</p>	<p>9:00A-11:00A Cribbage</p> <p>10:00A Senior Yoga (Zoom)</p> <p>1:00P-3:30P Mahjong</p> <p>1:00P Movie</p> <p>1:30P-3:30P Euchre</p>

CRSC LUNCH MENU—JUNE 2024

MEAL ORDERING DEADLINE

Call to reserve your spot by 2pm the Friday prior for the following week. As we are filling to capacity on most days, you might want to consider signing up for lunch two weeks or a month in advance to make sure that you will have a reserved spot. Cancellations can be made at least 1-day prior. Call 763-497-8900

Vegetables will be Chef's Choice.

Menu is subject to change without notice.

Cost per meal is \$7.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04	05	06	07
Tater Tot Hotdish Side Salad Dinner Roll	Chicken Salad Croissant Coleslaw Fresh Fruit	Chopped Beef Steak w/onions and mushrooms Mashed Potatoes Veggie	NO LUNCH <i>Deadline to call in orders for next week.</i>
11	12	13	14
Cheeseburger Fries Pickle	Liver & Onions Sautéed Baby Reds Veggie <i>(Chicken Alternative)</i>	Swiss Chicken Wild Rice Blend California Blend Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>
18	19	20	21
Spaghetti Meat Sauce Side Salad Dinner Roll	No Lunch	Fish Sandwich Tarter Sauce Macaroni Salad Chips	NO LUNCH <i>Deadline to call in orders for next week.</i>
25	26	27	28
Beef Vegetable Soup Turkey Croissant Sandwich	Chef Salad Dinner Roll	Chicken Breast w/ Garlic Cream Sauce Mashed Potatoes Veggie	NO LUNCH <i>Deadline to call in orders for next week.</i>
			NO LUNCH <i>Deadline to call in orders for next week.</i>

**Menu is subject to change without notice.*

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

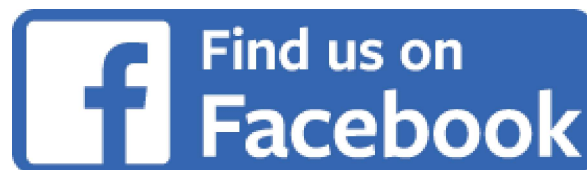
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ABOUT US

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