

# CROW RIVER SENIOR CENTER

March/April 2022  
Newsletter

*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."*

## Spring Greeting!

We are open Monday through Friday from 8:30 a.m. to 4:00 p.m., and we would love to see you! We have planned fun things and hope you will join us, including a St Patty's Day Lunch and a puzzle contest. In restarting our lunch program on Tuesdays and Thursdays, we need kitchen & receptionist volunteers to assist. Please consider volunteering your time to serve our seniors the lunches that they so enjoy. Contact Vonnie if you are interested and able. The Tax season is in full swing, and we hope that Spring is not far behind. The AARP Tax volunteers are hard at work and will do their best to fit everyone in their schedule. Appointments are required. Read the full detail on page 5. Please read this edition of our newsletter closely. We ask that you continue to take precautions to keep one another well. If you are not feeling well, please stay home. Your continued cooperation and understanding during this unusual time are sincerely appreciated. Please stay well and spread your kindness.

Respectfully, *Vonnie Waters*



## Volunteers are needed!

We are calling all volunteers. Please let us know if you can help in the kitchen, at the receptionist desk, or with our activities/events at the center. We need more volunteers to help with this process to get things more active. Please get in touch with the center to help.



**Inclement Weather Notice:** If the STMA Schools are closed, then the Center will be closed. Check local news and radio or call the Center, the answering machine will have a message listed of the closing.

11800 Town Center Drive NE, Suite 200, St. Michael, MN 55376 • (763) 497-8900  
Vonnie Waters, Center Director • [vwaters@crowriverseniorcenter.com](mailto:vwaters@crowriverseniorcenter.com)  
[www.mnseniorcenters.org](http://www.mnseniorcenters.org) - Center Hours- 8:30 am to 4:00 pm M-F

**St Patty's Day Lunch**  
**Thursday, March 17**  
**12:00 noon**

**Corned Beef, Cabbage, Potatoes, Carrots and Dinner Roll.**

**Cost: \$5.00 per person**  
**Must purchase tickets ahead of time**

There will be a limit of 40 people for this lunch. Tickets must be purchased ahead of time by no later than March 10 unless sold out prior to this date.

*The limit on this event may be subject to change pending volunteer help.*

**Lunches at the Senior Center**

**Tuesdays and Thursdays**

Meals are served at the  
Crow River Senior Center  
Tuesday and Thursday each week.

**Cost: \$4.50 per meal**  
**Must register the Friday prior for each lunch.**

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

*See our menus on page 21 & 23 of this newsletter.*

**It's a Puzzle Contest!**  
**Wednesday, April 20**  
**12:30 pm**

Come out, get your fingers & your mind busy putting a puzzle together with others in a fun competition.

Each category team will have three hours to finish a puzzle of 300 or 500 hundred puzzle pieces.

Work as a single or work in pairs with two people maximum per puzzle. Full contest rules will be available at the senior center.

Prizes will be awarded for the top two finishers in each category.

**Deadline to sign up is Friday April 8.**

**Movie Club**

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

**Friday**  
**April 8 @ 10:00 am.**  
**"King Richard"**

Based on the true story of the journey of Venus and Serena Williams from the streets of Compton, Ca. to the global stage as legendary icons.  
PG-13 2 hours 25 min.

**Friday**  
**April 29 @ 10:00 am**  
**"Queen Bees"**

Inspired by a true story. A heartwarming and humorous look at life's second act. Starring; Ellen Burstyn, Ann-Margaret, Jane Curtin, James Caan, and more. PG-13 1 Hour 42 minutes.

**Hearing Screening  
FREE Fridays  
in March and April**

**March 18, 2022  
@ 9:00 am  
&  
April 22, 2022  
@ 10:00 am**

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 on

**March 18, from 9:00 am to 11:00 am**

**April 22, from 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.

**This is a FREE Service. Call to make your reservation at least one day prior.**



**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 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**  
**March and April**  
**9:00 am to 11:00 am**

### Writers Group

**Mondays**  
**March 7 & 21**  
**April 4 & 18**  
  
**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**

*(No Stitch Group Tuesday, March 22)*

### 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**  
**March 1 & 15**  
**April 5 & 19**

**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. If you would like to join the group please call the center to join. We are back in person!

**Tuesday, March 8 @ 1:30 pm**

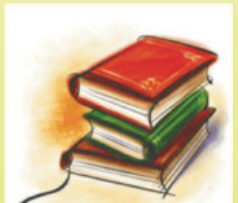
**“Great Love:**  
**The Mary Jo Copeland Story”**  
**by Michelle Peterson Hinck**

**Tuesday, April 12 @ 1:30 pm**

**“Dutch House”**  
**by Anne Patchett**

**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.





# CROW RIVER SENIOR CENTER 763-497-8900

## AARP Tax Aide

The volunteers at the AARP Tax Aide are here to help file 2021 taxes for low to moderate income persons. This free service will be available various days at the Crow River Senior Center ending April 13, 2022. Schedules will mostly be Monday, Wednesday and Friday afternoons by appointment only. Appointments will be released on a limited schedule due to the continued challenges of COVID. **Please call 763-497-8900 and listen to the message for the dates available. Leave a message only when instructed to do so for the dates listed on the message.** This is to help avoid an overload of calls to return.

We appreciate your patience and understanding. We will do our very best to get all requests fulfilled. It is imperative that you bring all pertinent tax information with you, fill out the intake form and all others completely in advance. Packets will be available to be picked up at the center after appointments are made. A trained volunteer will be at the center to scan your tax documents, return them to you and then securely send the information to other tax volunteers who will complete the returns. You will then be scheduled for a return appointment to pick up your tax return and sign for permission to efile. Call 763-497-8900 to schedule an appointment.



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Crow River Senior Center, St. Michael, MN

A 4C 02-1011

## CLASSES

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### **Virtual Fitness Class**

If you are looking for a virtual exercise class for seniors, please contact the SilverSneakers Instructor, Lori Schoenborn, at [theschoenborns@charter.net](mailto:theschoenborns@charter.net)

Join in our regular weekly classes:

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

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

If you are looking for a more challenging class, join on:

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

You will need an electronic device with a camera and a microphone, i.e. cell phone, computer, laptop, or iPad.

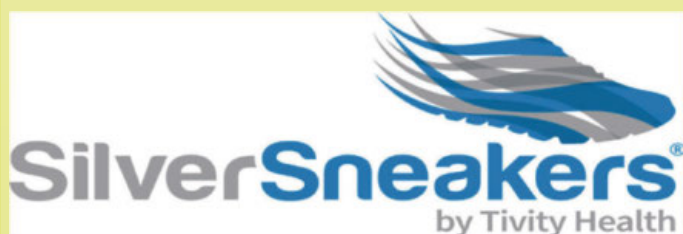
**To sign up or inquire, please call**

**Lori Schoenborn at**

**612-636-0207**

**or inquire through email at**

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



### **MN HWY SAFETY CENTER 55+ Driving Class**

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

**Cost is \$24.00 per person.**  
**4 Hour Refresher Classes:**

**Friday,  
April 22, 2022  
9am to 1pm**

**Friday,  
May 13, 2022  
9am to 1pm**



**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.**

# CROW RIVER SENIOR CENTER 763-497-8900

## *Rim Riders Biking Group*

*Get Ready to Ride for  
the 2022 Biking Season!*

*Meeting Monday  
April 4 at 10:00 am  
Crow River Senior Center*



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,  
@ 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,  
@ 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.

Our tech-savvy volunteers are 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 one of our volunteers 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, you can request directly with the HOME Program by calling 763-416-7969 or email [hometeam@seniorcommunity.org](mailto:hometeam@seniorcommunity.org) 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, March 22, 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 your appointment time. Wellness screening will be given upon arrival. If you are not feeling well please stay home and cancel your appointment. We have limited amount of appointments so please be sure to cancel if you are not able to make your appointment that day.



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

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## SUPPORT

*Our Activity Hour 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. If you are not able to attend in person but would like to participate please contact us.*

### Activity Hour Memory Café

**Meetings are held the 4th Wednesday of each month  
in person at the Crow River Senior Center.**

**1:30 pm to 2:30 pm**

**To register call 763-497-8900.**

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



SENIOR  
COMMUNITY  
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**

# Online Safety, Frauds and Scams!

## Thursday, April 21st at 10am

Join us on Thursday April 21 at 10am for an informative presentation about telephone, online and other scams that target older adults.

Sgt. Drew Scherber from the Wright County Sheriff's Office along with our HOME Program Coordinator Joe Kaul will be our presenters and will discuss what they've seen and dealt with when it comes to common fraud activity that many people fall victim to every day.

Sgt. Scherber and Joe are here to help you educate yourself on how to remain safe from predators that are always on the lookout for people that may be vulnerable to their increasingly complex methods of committing these frauds and scams.

You will be able to ask questions afterward of either presenter, and there will be information you can take home with you to share with friends and neighbors. We all need to stay aware and know how to spot common scams in today's world.

If you are not already using the service, please know that our HOME Program now offers tech support! If you need assistance with your phone, tablet, PC or other electronic equipment, Joe will be able to provide you with information on how the tech support service works and your options for free and paid support.

**Please register for this FREE event by calling the senior center at least one day in advance.  
763-497-8900**

## 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 763-497-8900 to schedule your appointment.**

**Next available dates:**

**Monday, March 7 & Monday, April 4  
@ 9:00, 9:30 or 10:00 am**

## BINGO



### Bingo

*sponsored by*



**Thursday, March 10**  
**@ 1:30 pm**



### Book Bingo

*sponsored by*



**Thursday, April 28**  
**@ 1:30 pm**  
**Please call 763-497-8900**  
**to sign up for bingo**

### Carnival Bingo

**March 3, 24 & 31 and**  
**April 7, 14 & 21**  
**@ 1:30 pm**

**What is Carnival Bingo you ask?**

**Join us to play bingo and collect a token each time you win. At the end of all of the games you will be able to cash the tokens in for prizes just like if you were at a carnival.**

**Join us for the fun! Please sign up in advance by calling 763-497-8900**

### Games notice:

**Please refer to the calendar for dates and times of all games played during March and April. Tax Season brings some challenges with space. We are trying to accommodate all; please keep in mind some unexpected changes may happen.**

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

**Your courtesy and cooperation are greatly appreciated.**



## SPECIAL EVENTS

### Doug Ohman Presents “Escape to the Lake Cabins of Minnesota ”

**March 30 @ 1:30 PM**



The exciting and interesting photographer and story teller Doug Ohman will present in person. Enjoy a relaxing and scenic journey to the heart of Minnesota lake country. See some of Minnesota's most interesting and unique cabins. The pictures will bring back those wonderful memories of spending time and your favorite getaway with your favorite people. Doug will share stories, history and memories of this long-time Minnesota tradition.

Please call early to reserve your spot for in person as space is limited.

This is a FREE event available for all seniors.

**Please reserve your spot by March 29th to register call 763-497-8900.**

**Saturday, March 19 @ 11:00 am**

**Doug Ohman Presents**

### **“America's First Ladies”**

Travel back through time with author/photographer Doug Ohman as he shares interesting stories, photographs and forgotten memories about many of America's best loved First Ladies.

For adults. A Legacy event with the Great River Regional Library. This is a FREE event. **Call 763-497-8900 to register at least one day in advance.**

## 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 for Meals on Wheels.** Meals are delivered by volunteers Tuesday through Friday and are prepared by the River Inn of Hanover. Currently, we are providing meals to over 120 participants.

The Meals on Wheels program is available for those seniors 60+ in need of a hot, fresh meal unable to prepare for themselves and are homebound. Meals on Wheels is an essential program that will keep running. If you are over 60 and are in need, please call right away to get signed up. *If there is a financial hardship, please contact me; we have a program that may work for you.*

**Please call and speak to Vonnie at 763-497-8936 or email for information at [vwaters@crowriverseniorcenter.com](mailto:vwaters@crowriverseniorcenter.com).**

### **Volunteers Needed!**

**For Meals on Wheels and at the Senior Center.**

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

***Volunteers are always needed to help in our kitchen serving meals. Please call if you are interested in finding out more detail.***

# CASINO TRIP

## Casino Trip to Mystic Lake Wednesday, March 16, 2022

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 to be paid on registration**

*(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, March 1 or trip will be cancelled.**

**Sign up no later than March 1, 2022**

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

## NEVER MISS A NEWSLETTER!

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## WRITERS GROUP



## *SPRING*

With the thought of spring my mind goes back to the early spring of my life. I am sitting at the breakfast table of the big farm house where I grew up. I am eating breakfast and the sun is shining thru the window above the sink and right into my eyes. I don't really mind as it feels warm and I am very anxious to be able to ride my bike to school. Riding bike was one of my favorite things to do and I really liked that ride in the morning as it was only about two and a half miles from my home to school. Many times, it was cold enough that I had to wear my mittens. I didn't care as I could at least get on my little boys bike and ride off. I suppose you are wondering why I had a boys bike when I was a little girl. Well, it was like this. I was the third child and my parents had already bought a girls' bike for my older sister and a boys bike for my brother. When it was my turn, they didn't think they needed to get another new bike as I would be using my sister's bike in a few years. When someone told my dad they had a boys bike he could buy I thought that sounded like a good deal. You see I was a tomboy and liked doing whatever the boys could do.

My girlfriends thought I was a little crazy to ride when it was so cold, but I usually could get one of the boys who lived between me and the school to meet up with me. As the days passed and it got a little warmer, I would get up a little earlier so I could play outside for a while before taking off. Some mornings I would play on the teeter totter we had made out of a long board over the saw horse. I would stand in the middle of the board and make the board go up and down as if there people on each end or I would walk from on end to the other and make the board go up and down.

Spring also brought spring cleaning. All the walls got washed, closets cleaned out, store room cleaned and the scrubbing of the upstairs floors. During the winter these floors were only vacuumed as our shoes were always clean by the time we went upstairs.

One of my favorite things was when we raked the lawn. We had a huge yard and was a lot of work. When I was too small to rake and even after I was big enough my job was to haul the dead grass in our little wagon to the pile of grass and old leaves, we made in the big gravel drive way. It was fun to see how big we could get that pile as when evening came and we had the whole lawn raked we got to have a wiener roast by the big fire to burn all the old grass and leaves. Can't you just smell the burning grass and taste the hot dogs that were a little burnt? Maybe they tasted so good as we had worked so hard. For dessert we always roasted marshmallows. You know they always got well done and you had to be careful not to touch them right away as you could really burn your fingers and mouth as the stickiness of the hot marshmallow would stick to your fingers or lips.

Yes, spring was a good time with the trees budding, apple and plum blossoms decorating the trees and sweetening the air. I love to close my eyes and remember the good times in the spring of the year when I was in the spring of my life.

Sharon M Nelson  
02/10/2022



## 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, Big Lake, Buffalo, Elk River, Hanover, Otsego and Monticello 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 Joe Kaul, Program Coordinator, at (763) 416-7969 or [hometeam@seniorcommunity.org](mailto:hometeam@seniorcommunity.org).**

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

***\*\*The HOME Program 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](mailto: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

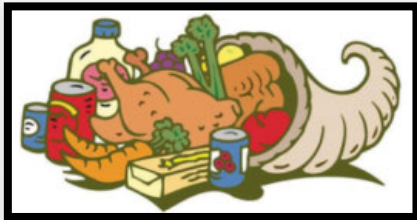
### Hanover Food Shelf

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.

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 2022 Saturdays:

March 12 & 26  
10:00 to 11:30 am.



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Crow River Senior Center, St. Michael, MN

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# MARCH 2022

## ACTIVITIES CRSC



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please call to sign up for activities.</b></p> <p><b>Call 763-497-8900</b></p>	<p><b>1</b> 8:30A &amp; 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 9:00A History Grp <b>Noon Lunch at Center</b> 1:30P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group</p>	<p><b>2</b> 9:00A-11:00A Hand &amp; Foot Crds 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) AARP Tax Aid</p>	<p><b>3</b> 8:30A &amp; 10A Fitness Class Virtual 9:00A-11:00A Pinochle &amp; Dominos <b>Noon Lunch at Center</b> 1:30P Bingo "Carnival Bingo"</p>	<p><b>4</b> 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong AARP Tax Aid</p>
<p><b>7</b> 9A Legal Appts 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P-3:30P Writers Group AARP Tax Aid</p>	<p><b>8</b> 8:30A &amp; 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 10:00A Advisory Board Meeting <b>Noon Lunch at Center</b> 1:30-3:00 pm Book Club 1:30P-3:30P Social Bridge</p>	<p><b>9</b> 9:00A-11:00A Hand &amp; Foot Crds 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) AARP Tax Aid</p>	<p><b>10</b> 8:30A &amp; 10A Fitness Class Virtual 9:00A-11:00A Pinochle &amp; Dominos <b>Noon Lunch at Center</b> 1:30P Bingo <b>Sponsored by "MidwestOne Bank"</b></p>	<p><b>11</b> 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong AARP Tax Aid</p>
<p><b>14</b> 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group AARP Tax Aid</p>	<p><b>15</b> 8:30A &amp; 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 9:00A History Grp <b>Noon Lunch at Center</b> 1:30P-3:30P Social Bridge</p>	<p><b>16</b> 9:00A-11:00A Hand &amp; Foot Crds 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) AARP Tax Aid</p>	<p><b>17</b> 8:30A &amp; 10A Fitness Class Virtual 9:00A-11:00A Pinochle &amp; Dominos <b>Noon St Patty's Day Lunch at Center</b> 1:30P Caregiver Support Group</p>	<p><b>18</b> 9:00A-11:00A Cribbage <b>9A-11A Affinity Hearing Checks</b> 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong AARP Tax Aid</p>
<p><b>21</b> 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P-3:30P Writers Group AARP Tax Aid</p>	<p><b>22</b> 8:30A &amp; 10A Fitness Class Virtual <b>9A-3P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming)</b> <b>NO ACTIVITIES TODAY NO Lunch</b></p>	<p><b>23</b> 9:00A-11:00A Hand &amp; Foot Crds 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30-3:00 pm Activity Memory Café AARP Tax Aid</p>	<p><b>24</b> 8:30A &amp; 10A Fitness Class Virtual 9:00A-11:00A Pinochle &amp; Dominos <b>Noon Lunch at Center</b> 1:30P Bingo "Carnival Bingo"</p>	<p><b>25</b> 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong AARP Tax Aid</p>
<p><b>28</b> 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group AARP Tax Aid</p>	<p><b>29</b> 8:30A &amp; 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp <b>Noon Lunch at Center</b> 1:30P-3:30P Social Bridge</p>	<p><b>30</b> 9:00A-11:00A Hand &amp; Foot Crds 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) AARP Tax Aid <b>1:30P Doug Ohman</b></p>	<p><b>31</b> 8:30A &amp; 10A Fitness Class Virtual 9:00A-11:00A Pinochle &amp; Dominos <b>Noon Lunch at Center</b> 1:30P Bingo "Carnival Bingo"</p>	<p><b>All schedules are subject to change.</b> <b>We appreciate your understanding and patience.</b></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

**MARCH  
2022**

**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 \$5.00  
& Center meals \$4.50.

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b>	Chicken Drummies Tots Veggie	<b>2</b>	Taco Salad Salsa Sour Cream	<b>3</b>	Chicken Ala King Biscuit Veggie <i>(Call in orders today for next week)</i>	<b>4</b>	Tuna Hotdish Veggie Dinner Roll
<b>8</b>	Pulled Pork Baked Beans Potato Salad	<b>9</b>	Chicken Wild Rice Soup Club Sandwich	<b>10</b>	Salisbury Steak Mushroom Gravy Mashed Potatoes Veggie Blend <i>(Call in orders today for next week)</i>	<b>11</b>	Lemon Pepper Tilapia Wild Rice Blend Mixed Veggies Dinner Roll
<b>15</b>	Chicken Pasta Hotdish Veggie Dinner Roll	<b>16</b>	Baked Ham Scalloped Potatoes Veggie Dinner Roll	<b>17</b>	<b>St Patty's Day</b> Corned Beef Cabbage/Carrots Potatoes Roll <i>(Call in orders today for next week)</i>	<b>18</b>	Lasagna Roll Ups Side Salad Dinner Roll
<b>22</b>	Sloppy Joe Pasta Salad Baked Beans <b>NO CENTER Lunch TODAY</b>	<b>23</b>	Chicken Stir Fry Rice Egg Roll	<b>24</b>	Liver & Onions Red Potatoes Mixed Veggies <i>*(Chicken alternative) (Call in orders today for next week)</i>	<b>25</b>	Fish Sandwich Pasta Salad Chips
<b>29</b>	Chef Salad Dinner Roll	<b>30</b>	Swedish Meatballs Mashed Potatoes Veggie /Roll	<b>31</b>	Hot Beef Sandwich Mashed Potatoes Veggie	<b>Cancellations must be called in 1 day prior 497-8900</b>	

# APRIL 2022

## ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All schedules are subject to change. We appreciate your understanding and patience.	Please call 796-497-8900 to make your reservations for activities			<b>1</b> 9:00A - 11:00A Cribbage 1:30-3:30pm 500 Cards 1:30P-3:30P Mahjong AARP Tax Aid Friends of the Library Book Sale
<b>4</b> 9A Legal Aid 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 10A Bike Meeting 1:30P- 3:30P Writers Group AARP Tax Aid	<b>5</b> 9:00A-11:00A Joy Stitch Group <b>Noon Lunch at Center</b> 1:30P-3:30P Social Bridge 1:30P-3:30P Book Club	<b>6</b> 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) AARP Tax Aid	<b>7</b> 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle & Dominos <b>Noon Lunch at Center</b> 1:30P Bingo "Carnival Bingo"	<b>8</b> 9:00A-11:00A Cribbage 10A Movie Club 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong AARP Tax Aid
<b>11</b> 9:30A Fitness Class Virtual 9:00A - 11:00A Painting Group AARP Tax Aid	<b>12</b> 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 10:00A CRSC Advisory Board 10A Fitness Class V <b>Noon Lunch at Center</b> 1:30P-3:30P Social Bridge	<b>13</b> 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) AARP Tax Aid	<b>14</b> 8:30 & 10:00A Fitness Classes Virtual 9:00A-11A Pinochle & Dominos <b>Noon Lunch at Center</b> 1:30P Bingo "Carnival Bingo"	<b>15</b> <b>GOOD FRIDAY CENTER CLOSED</b>
<b>18</b> 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P- 3:30P Writers Group	<b>19</b> 9:00A-11:00A Joy Stitch Group 10A Fitness Class Virtual <b>Noon Lunch at Center</b> 1:30P-3:30P Social Bridge	<b>20</b> 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) <b>12:30P "Puzzle Contest"</b>	<b>21</b> 8:30 & 10:00A Fitness Classes Virtl 9:00A-11:00A Pinochle & Dominos <b>10:00A "Fraud Talk" Drew Scherber</b> <b>Noon Lunch at Center</b> 1:30P Bingo 1:30—3:00 pm Caregiver Sup Grp	<b>22</b> 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
<b>25</b> 9:30A Fitness Class Virtual 9:00A - 11:00A Painting Group	<b>26</b> 9:00A-11:00A Joy Stitch Group 10A Fitness Class Virtual <b>Noon Lunch at Center</b> 1:30P-3:30P Social Bridge	<b>27</b> 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:00P Memory Café	<b>28</b> 8:30 & 10:00A Fitness Classes Virtl 9:00A-11:00A Pinochle & Dominos <b>Noon Lunch at Center</b> <b>1:30P "Book Bingo"</b>	<b>29</b> 9:00A-11:00A Cribbage 10A Movie Club 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong

**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

**APRIL  
2022**

**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 \$5.00 &  
Center meals is \$4.50**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cancellations must be called in 1 day prior 497-8900</b>	<b>Tuesday/Thursday Center Meal orders must be called in the Thursday Prior for reservations.</b>		<b>1</b>  <b>Salmon Wild Rice Blend Broccoli Blend Dinner Roll</b>
<b>5</b> <b>Grilled Chicken Breast Sandwich Macaroni Salad</b>	<b>6</b> <b>Baked Ham AuGratin Potatoes Veggie Dinner Roll</b>	<b>7</b> <b>Swiss Chicken Wild Rice Blend California Blend Dinner Roll</b> <i>(Call in orders today for next week)</i>	<b>8</b> <b>Vegetarian Lasagna Roll Ups Cesar Salad Dinner Roll</b>
<b>12</b> <b>Tatortot Hotdish Veggies Dinner Roll</b>	<b>13</b> <b>Spaghetti w/ Meatballs Green Salad Dinner Roll</b>	<b>14</b> <b>Sweet &amp; Sour Pork Rice Egg Roll</b> <i>(Call in orders today for next week)</i>	<b>15</b> <b>GOOD FRIDAY CENTER CLOSED NO MOW</b>
<b>19</b> <b>Pulled Pork Baked Beans Coleslaw</b>	<b>20</b> <b>Chicken Stir Fry Rice Egg Roll</b>	<b>21</b> <b>Meat Loaf Mashed Potatoes Veggie Dinner Roll</b> <i>(Call in orders today for next week)</i>	<b>22</b> <b>Liver &amp; Onions Red Potatoes Veggie</b> <i>*(Chicken alternative)</i>
<b>26</b> <b>Cheeseburger Fries Pickle</b>	<b>27</b> <b>Southwest Chicken Salad Dinner Roll</b>	<b>28</b> <b>Swedish Meat Balls Mashed Potatoes Veggie Dinner Roll</b>	<b>29</b> <b>Sloppy Joe Baked Beans Macaroni Salad</b>

## WE ARE OPEN!

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 & City of St. Michael. There is hand sanitizer throughout the senior center please use it often to keep your hands clean. Please stay home if you are not well. 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](http://www.mnseniorcenters.org)



### A NOTE REGARDING THE NEWSLETTER: PLEASE HELP US SAVE COSTS

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

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

This helps reduce additional postage cost greatly.

Thank you.



## CROW RIVER SENIOR CENTER ADVISORY BOARD

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Legacy

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Gwen Lapp

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