

CROW RIVER SENIOR CENTER

July/August 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."

Greetings!

We are open Monday through Friday from 8:30 a.m. to 4:00 p.m., and we would love to see you! Please read this edition of our newsletter closely. A lot of activity is happening at the senior Center, along with laughter and smiles. We invite you to join us for Doug Ohman, lunch, music in the park and much more. For all who have volunteered in the past few years, we THANK YOU. See details inside of a celebration of our volunteers. I want to thank everyone who has made these past years a joy to be here at the Center. The Crow River Senior Center will always have a special place in my heart. I also encourage those who are able to volunteer and help keep this center moving forward. Please contact the Center if you are available to help. We ask that you continue to take precautions to support one another. If you are not feeling well, please stay home. Your continued cooperation and understanding during these unusual times are appreciated. Please stay well and always spread your kindness.

Respectfully,
Vonnie Waters



Volunteers are needed!

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



Holiday closing notice: Monday July 4th Holiday

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



VOLUNTEER APPRECIATION EVENT

MONDAY, JULY 11

AT 1:00 PM

HANOVER SETTLERS PARK

If you have volunteered at the Crow River Senior Center from 2019 to 2022 you are invited to join us for a volunteer appreciation. Unusual times bring on an unusual celebration of combining the years for all of our volunteers.

“What’s the Scoop” will be on site for a delicious ice cream treat to show our appreciation.

We thank all of you who have volunteered in many different ways during these past several years.

We do ask that you call the center to RSVP so that we may get an accurate head count. RSVP by Thursday July 7th. Call 763-497-8900



- ♦ July 6 Lion's Family Night - 5:00 pm to 8:00 pm
Artisan Classic Rock Band
- ♦ July 13 Minnesota Raptor Center
5:00 pm to 8:00 pm
- ♦ July 20 Paisley Road Band - 6:00 pm to 7:30 pm
- ♦ July 27 Singleton Street Band (Bluegrass)
6:00 pm to 7:30 pm
- ♦ August 3 Lion's Family Night -
5:00 pm to 8:00 pm Cargill Deluxe Band
- ♦ August 10 Brian Richard's Magic -5pm to 8pm
A Legacy Event
- ♦ August 17 TBD 6:00 pm to 7:30 pm
- ♦ August 24 Paper Planes - 5:00 pm to 8:00 pm
A Legacy Event
- ♦ August 31 FYCC Bingo 6:00 pm to 7:30 pm

POP Power of Produce Club



Seniors 60+ each week you will receive a FREE \$2 token to buy your own fresh fruits and vegetables from local farmers.

Visit www.myfycc.com to sign up! If you do not have a computer call 763-496-6820 for assistance.

3-7 pm Thursdays

July 7 to August 25

Albertville Farmers Market

Lions Pavilion in Central Park
5801 Main Ave NE Albertville

Live Music, special events and fun activities for all!

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

Hearing Screening FREE

Friday, July 15

Starting at 10:00 a.m.

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

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.



The more tech you know.....

“TV STREAMING”

**Learn what TV Streaming
Service is all about and more.**

**Wednesday,
August 10th
@ 1:30 p.m.**

Thinking of “cutting the cord” on your cable or satellite service or wonder what everyone is talking about when they say “Streaming TV”? Join us to learn more about it.

Sign up for a presentation by our HOME Program Coordinator, Joe Kaul. We will talk about Smart TV’s, Streaming TV services, cutting the cord, and other entertainment options that you may already have access to or want to explore. Space is limited, sign up by August 9.

Call 763-497-8900 to reserve your spot today!



Senior Center Craft Sale Friday, July 15 12:30 pm to 3:30 pm

The senior center crafts are back. This is the perfect time to pick up unique hand made gifts for holidays or birthdays. Cash or Checks only.

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
July and August
9:00 am to 11:00 am

Writers Group

Mondays
July 18 and
August 1 & 15

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, July 26)

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
July 5 & 19 and
August 2 & 16

Time: 9:00 am to 11:00 am

Daytime Book Club for Seniors

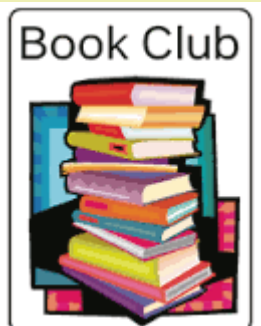
The Crow River Senior Center has a book club that meets the following dates. Here is the list of books. If you would like to join the group please call the center to join. We are back in person!

Tuesday, July 12 @ 1:30 pm
"Summer Island"
by Kristin Hannah

Tuesday, August 9 @ 1:30 pm
"The Return"
by Nicholas Sparks

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 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, July 11 & Monday, August 8

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

 <p>FINANCIAL SECURITY BANK</p> <p>Your dreams. Your bank.[®]</p> <p>financialsecuritybank.com</p> <p>11102 57th St NE Albertville, MN</p> <p> 763-424-5888 </p>		 <p>Peggy Schumm, CPA, President</p> <p>Income Tax Preparation • Electronic Filing Tax Planning • Retirement Planning Estates and Trust</p> <p>763-497-7817 • Peg@cpass.com www.cpass.com</p>	 <p>ACE of Albertville</p> <p>M-F 8-9; Sat 8-7; Sun 9-6 6050 LaBeaux Ave. NE Albertville, MN www.acehardware.com</p>
---	--	--	---

SUPPORT OUR ADVERTISERS!



<p>GRIES • LENHARDT • ALLEN — ATTORNEYS AT LAW —</p> <p>YOUR LOCAL SOURCE FOR ESTATE PLANNING AND BUSINESS LAW</p> <p>763-497-3099 WWW.GLALAWFIRM.COM</p>		<p>GROW YOUR BUSINESS BY PLACING AN AD HERE!</p> <p>CONTACT US!</p> <p>Contact David Petfalski to place an ad today! dpetfalski@lpicommunities.com or (262) 785-1188 x2675</p> 
---	--	---



CLASSES

SilverSneakers®

Sponsored

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

Join in our regular weekly classes:

Monday & Wednesday at 9:30 a.m.

Tuesday & Thursday at 10:00 am.

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

Tuesday & Thursdays 8:30 am.

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

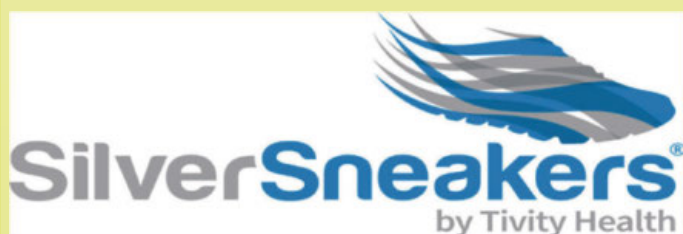
To sign up or inquire, please call

Lori Schoenborn at

612-636-0207

or inquire through email at

theschoenborns@charter.net



MN HWY SAFETY CENTER 55+ Driving Class

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

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

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

**Friday,
August 5, 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

Programs on Hiatus for the Summer

- *The Memory Café will not meet July or August and will return in September.*
- *Line Dancing will not meet in July or August and will return in the fall.*
- *Casino Trips are on Hiatus in search of a new trip leader.*



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.

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

Contact us at: careers@4lpi.com | 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 Jaeb 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



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

Crow River Senior Center, St. Michael, MN

B 4C 02-1011

TECH SUPPORT & MOVIES

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 the first and the third Wednesday of 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!

July 5, 13 & 27 and August 10 & 24
By appointment please call the center for times.

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



SENIOR
COMMUNITY
SERVICES



Movie Club

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

Thursday, July 14 @ 10:00 am
“Belfast”

A semi- autobiographical British-Irish drama centered on a glamorous working-class family and their young son’s childhood, as they get caught in the mayhem of Belfast’s troublesome times.

Starring: Judi Dench, Jamie Dornan, Caitriona Balfe and Ciaran Hinds. PG-13 1 hour 38 minutes.

Friday, August 19 @ 10:00 am
“American Underdog”

The inspirational true story of Kurt Warner who longs to become an NFL player, but years of setbacks constantly prevent him from reaching his goal. **Starring:** Zachary Levi, Anna Paquin, Dennis Quaid, Hayden Zaller. PG 1 hour 52 minutes.

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, July 26 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

St. Michael
763-497-2111



12725 43rd Street NE
St. Michael, MN 55376

763-497-7777



FDIC

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

1-855-225-4251

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

**GROW YOUR BUSINESS
BY PLACING AN AD HERE!**

CONTACT US!

Contact David Petfalski to place an ad today!

dpetfalski@lpicommunities.com

or (262) 785-1188 x2675



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, July 5
& August 2
@ 1:30 pm to 3:00 pm**

**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, July 21 &
August
@ 1:30 pm to 3:00 pm**

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

Call 763-497-8900 to make your reservation.

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**

BIKE GROUP



RIM RIDERS BIKE GROUP

Rim Riders always welcome new members to our bike group. We are a leisurely bike group normally biking at a speed of 10-12 mph. Our rides average a distance of 20 miles total. We ride on Monday mornings usually at 9 am. 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. Any questions, please call: Debbie Carron 612-599-1628 or Jackie Holvik 763-516-0478

2022 Ride Schedule

July 4.....	Happy 4th of July.....	NO Ride
July 11.....	St Cloud.....	17 miles
July 18.....	City Lakes.....	12 miles
July 25.....	New London - Wilmar.....	24 miles
Aug 1.....	Holdingford-Blanchard Dam.....	22 miles
Aug 8.....	St. Michael—Hanover.....	20 miles
Aug 15.....	Ox Yoke to Watertown.....	15 miles
Aug 22.....	Elk River—Zimmerman.....	17 miles
Aug 29.....	Chaska.....	22 miles
Sept 5.....	Labor Day.....	NO Ride



BINGO & GAMES



Bingo *sponsored by*



Thursdays @ 1:30 pm
July 7 & August 11



Thursday, August 25 @ 1:30 pm



Bingo at local festivals

Join us for bingo at the local festivals.

Volunteers are needed please sign up at the Center.

Hanover Harvest Festival

Saturday, August 6

12:30 pm to 2:30 pm

St. Michael Daze and Knights

Saturday, August 13

1:00 pm to 3:00 pm

Carnival Bingo

Thursday's

July 14 & 28 and

August 4 & 18

@ 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 for all Bingo events in advance by calling 763-497-8900.

Games notice:

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

Your courtesy and cooperation are greatly appreciated.



EVENTS

Doug Ohman Presents

***“Going to Work -
The New Deal in Minnesota”***

July 18 @ 1:30 PM



The 1930's were interesting times in our nation's history. The creation of economic programs to respond to the Great Depression had just taken place. Explore the legacy footprint that remains from the WPA, PWA, CCC, NYA, and the VCC in Minnesota.

“Vanishing Landmarks”

August 29 @ 1:30 PM

Explore the back roads and small towns and hear the stories and history of Minnesota through historic buildings that are quickly disappearing, Doug will share his experiences visiting many of these sites from Minnesota's oldest Courthouse to the last Civil War recruiting station.

***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 at least one day in advance by
calling 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. Join us for a great meal and social time. We ask that you sign up the Friday prior and 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.

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: 115



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: 115

CROW RIVER SENIOR CENTER 763-497-8900

*We would like to give a
big heartfelt*

THANK YOU!



*Donna Duscha, thank you for your
years of service in coordinating the
casino trips from the Crow River
Senior Center.*

*Donna, you have done an amazing
job keeping the bus rides fun for all
and getting everyone safely to and
from each trip.*

*Casino Trips are on hiatus from
Crow River Senior Center for now.*

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



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

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

Pick-ups available in St. Michael & Waconia

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

Riley Bus & Tours | 1-800-288-8246 | 320-875-2491 | www.rileytours.com

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at

www.mycommunityonline.com



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

Crow River Senior Center, St. Michael, MN

D 4C 02-1011

WRITERS GROUP



“The Untold Secrets of a Wooden Spoon”

By Sandra E. S. Nelson

How old is that slatted wooden spoon, anyway? It had always been in Mama’s utensil drawer, if not in use, on a daily basis. Maybe it had been a gift from a wise, elderly, well-seasoned homemaker who knew the art of cooking and baking, and knew the essential tools for a well-equipped kitchen in 1935.

From all the nicks and scrapes on the spoon, I know it is much older than I am. It has to be. Mama had this spoon in her arsenal of kitchen gadgets long before I was born, and that was 77 years ago!

Mama used this spoon to mix cakes, cookie dough, pancake batter, biscuits, pastries, pie fillings, gravy: you name it. If something had to be mixed or stirred, this was the spoon that was used.

As I child, I loved to watch Mama’s strong arms swirl the spoon as it was held tight in her hand. The little slats in the spoon allowed for Mama to incorporate air into the batters and doughs. Gravies or sauces were made smooth, with no lumps! Oleomargarines were made “yellow” as Mama whisked the bead of food coloring into the otherwise white lard -like substitute for butter.

If I were patient, after Mama made something like a cake or cookies, she would leave a little extra mixture in the bowl and let me lick the spoon and the bowl. Having the little slats in the spoon made for a challenge to get every little bit of sweetness from the spoon.

If this spoon could “talk,” it would tell us its biggest, best-kept secret: it was used for more than making “goodies.” It would tell us how, many times late at night, it was used in the kitchen as meat was put through the meat grinder, mixing venison with savory herbs or spices to hide the “game” flavor, as the meat was prepared to be canned for use later. This meat was processed and hidden in the under-the-basement-stairway clandestine closet because the deer was taken out of season!

This wooden spoon is now retired. It has a place of honor in my kitchen. When I look at it, it reminds me of Mama, her ability to cook and bake, her way of providing for us in those growing up years!



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.**

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

*****The HOME Program office is located down the hall next to city offices. *****





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

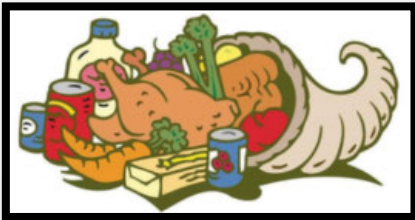
FREE AREA FOOD PROGRAMS

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.

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.**

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:

**July 9 & 23
10:00 to 11:30 am.**



Your Hometown Team
763.497.1515
ZachmanRealtyGroup.com

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



**401 East Central Ave
St. Michael, MN 55376**

**763.497.2455 | Dehmers.com
info@dehmers.com**



Mike DeRosier's

55+ Group Tours with *style!*
Travel to places you dream
of! **Two** professional escorts
on every tour! Water, snacks,
& new friends always included!

heartofthenorthtours.com

833-424-2700

**HEART OF THE
NORTH TOURS
THE ONLY WAY TO ROLL!**



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

**GROW YOUR BUSINESS
BY PLACING AN AD HERE!**

CONTACT US!

Contact Brett Reineck to place an ad today!
breineck@lpicommunities.com
or (800) 950-9952 x2511



**GENERAL
CONTRACTOR**

763-497-4444



For ad info. call 1-800-950-9952 • www.lpicommunities.com Crow River Senior Center, St. Michael, MN

E 4C 02-1011

JULY 2022

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Please call to sign up for activities. Call 763-497-8900</p>	<p>All schedules are subject to change.</p> <p>We appreciate your understanding and patience.</p>		<p>1 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>4 Happy 4th of July Center Closed</p>	<p>5 8:30A & 10:00A Fitness Class Virtual 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</p>	<p>6 9:00A-11:00A Hand & Foot Crds 9:30A Fitness Class Virtual Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>7 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael"</p>	<p>8 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>11 9A Legal Appts 9:30A Fitness Class Virtual 9:00A —11:00A Painting Group</p> <p>1P Volunteer Appreciation Hanover Settlers Park</p>	<p>12 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 10A Advisory Board Noon Lunch at Center 1:30—3:00 pm Book Club 1:30P-3:30P Social Bridge</p>	<p>13 9:00A-11:00A Hand & Foot Crds 9:30A Fitness Class 10A Tech Appts. Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>14 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle 10A Movie Club "Belfast" Noon Lunch at Center 1:30P Bingo "Carnival Bingo"</p>	<p>15 9:00A-11:00A Cribbage 10A Hearing Check 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong Center Craft Sale 12:30 pm –3:30pm</p>
<p>18 9:30A Fitness Class Virtual 9:00A —11:00A Painting Group 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group 1:30P Doug Ohman</p>	<p>19 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 9:00A History Grp Noon Lunch at Center 1:30P-3:30P Social Bridge</p>	<p>20 9:00A-11:00A Hand & Foot Crds 9:30A Fitness Class Virtual Noon Lunch at Center 1:30P-3:30P Euchre Craft Sale 2pm –4pm</p>	<p>21 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo "Mystery Bingo" 1:30P Caregiver Support Group</p>	<p>22 9A 55+ Safe Drivers Class 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>25 9:30A Fitness Class Virtual 9:00A—11:00A Painting Group 1:30P—3:30P Dominoes</p>	<p>26 8:30A & 10A Fitness Class Virtual 9A –3P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) NO ACTIVITIES TODAY NO Lunch</p>	<p>27 9:00A-11:00A Hand & Foot Crds 9:30A Fitness Class Virtual 10A Tech Appts. Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>28 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo "Carnival Bingo"</p>	<p>29 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>

**Meal Ordering
Deadline:**

Call to reserve your spot by
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

**JULY
2022**

**SENIOR CENTER
LUNCH MENUS**

Vegetables will be
Chef's Choice..

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

Cost per meal is \$5.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Chicken Drummies Potatoes Veggie	6 Shepard's Pie Dinner Roll	7 Chicken Oriental Salad Dinner Roll	8 NO LUNCH <i>Deadline to call in orders for next week.</i>
12 Swedish Meatballs Mashed Potatoes Veggie Dinner Roll	13 Oriental Chicken Wrap Chips Fruit	14 Liver & Onions Potatoes Veggie (Chicken Alternative)	15 NO LUNCH <i>Deadline to call in orders for next week.</i>
19 Chef Salad Dinner Roll	20 Swiss Chicken Wild Rice Blend California Blend Dinner Roll	21 Pulled Pork Cole Slaw Baked Beans	22 NO LUNCH <i>Deadline to call in orders for next week.</i>
26 NO LUNCH TODAY	27 Chicken Breast Sandwich Veggie Tray Chips	28 Sloppy Joe Baked Beans Macaroni Salad	29 NO LUNCH <i>Deadline to call in orders for next week.</i>
		Cancellations must be called in 1 day prior or you are responsible for payment of the meal. 497-8900	

AUGUST 2022

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9A Legal Aid 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	2 8:30A & 10:00A Fitness Class Virtual 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group Noon Lunch at Center 1:30P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group	3 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10A Tech Appts. Noon Lunch at Center 1:30P-3:30P Euchre	4 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo "Carnival Bingo"	5 9A 55+ Safe Drivers Class 9:00A -11:00A Cribbage 1:30-3:30pm 500 Cards 1:30P-3:30P Mahjong
8 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P—3:30P Dominoes	9 8:30A & 10:00A Fitness Class Virtual 9:00A-11:00A Joy Stitch Group 10:00A CRSC Advisory Board Noon Lunch at Center 1:30P-3:30P Social Bridge 1:30P-3:30P Book Club	10 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual Noon Lunch at Center 1:30P-3:30P Euchre	11 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael"	12 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
15 9:30A Fitness Class Virtual 9:00A -11:00A Painting Group 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	16 8:30A & 10:00A Fitness Class Virtual 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group Noon Lunch at Center 1:30P-3:30P Social Bridge	17 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class 10A Tech Appts. Noon Lunch at Center 1:30P-3:30P Euchre	18 8:30 & 10:00A Fitness Classes Virtual 9:00A-11A Pinochle Noon Lunch at Center 1:30P Bingo "Carnival Bingo"	19 9:00A-11:00A Cribbage 10A Movie Club "American Underdog" 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
22 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P—3:30P Dominoes	23 8:30A & 10:00A Fitness Class Virtual 9:00A-11:00A Joy Stitch Group Noon Lunch at Center 1:30P-3:30P Social Bridge	24 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual Noon Lunch at Center 1:30P-3:30P Euchre	25 8:30 & 10:00A Fitness Classes Virtl 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "GA Engel Haus" 1:30—3:00 pm Caregiver Sup Grp	26 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
29 9:30A Fitness Class Virtual 9:00A -11:00A Painting Group 1:30P—3:30P Dominoes 1:30P Doug Ohman	30 8:30A & 10:00A Fitness Class Virtual 9:00A-11:00A Joy Stitch Group Noon Lunch at Center 1:30P-3:30P Social Bridge	31 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual Noon Lunch at Center 1:30P-3:30P Euchre	Please call 796-497-8900 to make your reservations for activities	All schedules are subject to change. We appreciate your understanding and patience

**Meal Ordering
Deadline:**

Call to reserve your spot by
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

**AUGUST
2022
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
2 Chicken Caesar Wrap Veggie Tray	3 Taco Salad Salsa Sour Cream	4 Grilled Chicken Breast Potatoes Veggie	5 NO LUNCH <i>Deadline to call in orders for next week.</i>
9 TatorTot Hotdish Veggie Dinner Roll	10 Pulled Pork Baked Beans Potato Salad	11 Oriental Chicken Salad Dinner Roll	12 NO LUNCH <i>Deadline to call in orders for next week.</i>
16 Southwest Chicken Salad Dinner Roll	17 Spaghetti w/meat Sauce Side Salad Dinner Roll	18 Liver & Onions Potatoes Mixed Veggies <i>*(Chicken Alternative)</i>	19 NO LUNCH <i>Deadline to call in orders for next week.</i>
23 Sloppy Joe Baked Beans Cole Slaw	24 Meatloaf Mashed Potatoes Mixed Veggies	25 Chicken Stir Fry Rice Egg Roll	26 NO LUNCH <i>Deadline to call in orders for next week.</i>
30 Cobb Salad Dinner Roll	31 Chicken Drummies Potatoes Veggie		Cancellations must be called in 1 day prior or you will be responsible for payment. Call 497-8900



CHANGE SERVICE REQUESTED

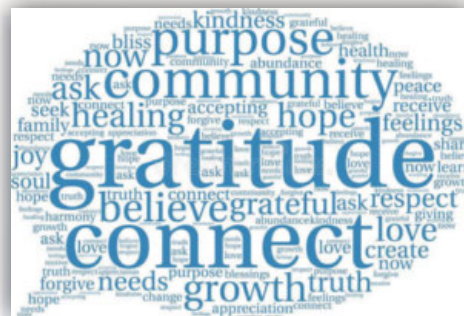


**A PUBLICATION
OF SENIOR
COMMUNITY
SERVICES**

www.mnseniorcenters.org



Thank you.



LaNetta VanDale

PERMIT #13