

September/October 2022
Newsletter

CROW RIVER SENIOR CENTER

Serving the Communities & Surrounding Areas of Albertville, Hanover and St. Michael

Our Mission: "The Crow River Senior Center enriches lives by providing programs, services, social activities and a welcoming gathering place for adults over 50."

On behalf of Senior Community Services and the cities of St. Michael, Albertville, and Hanover, I am excited to announce that we have hired a new Crow River Senior Center Director. Her name is Jenny Teigen. Jenny has 10 years' experience working with older adults. She has a background in marketing, recreational programming, volunteer programs, collaborating with community members, and much more. She also has a Bachelor of Science in Sociology and a minor in Gerontology and a Masters in Gerontology. Jenny is excited to meet all of you! Stop by the Center to say hi and introduce yourself.

Deb Taylor,
CEO
Senior Community
Services



Open House to Welcome New Senior Center Director,

Jenny Teigen

Stop by the Senior Center to say
hello and give a warm welcome to
Jenny!

**Monday, September 12
1:00—3:00 pm**



Holiday closing notice: Monday September 5, 2022

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

**Watercolor Class
Wet & Wild with Artist
MaryLeah Marshall
4 Week Class Series**

**Tuesdays at 2:00 pm
October 18 & 25 and
November 1 & 8**

A great introduction or a new exploration!

Less can be more when painting in watercolor. Experience how to use minimum control for maximum effects with basic application techniques. Learn the language of watercolor: casting, glazing, lifting, stenciling, hard and soft edges, blooms, and the materials to use for the best success. Learn how to achieve a stellar composition. Classes will include fall themed subjects, a great way to explore colors in beautiful Minnesota, as well as critiquing our artwork and discussing presentation. User friendly and fun for all levels. This class is funded by CMBA-Central MN Arts Board.

**Limit of 10 people Cost: FREE
Call 763-497-8900 to register.**

**“Estate Planning 101:
What you should know about
Wills and Trusts”**

**Wednesday, October 26
1:30 pm**

What is the difference between a Will and a 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 the Gries Lenhardt Allen law firm in St. Michael.

**This is a FREE event.
Please call to register
763-497-8900.**

**Road Safety,
Roundabouts,
and More!**



**Thursday, October 6
10:00 am**

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

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

Movie Club

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

**Friday, October 21
@ 1:30 pm**

“Loves Enduring Promise”

**A film by Michael Landon Jr. Based
on Janette Oke's best-selling novel.
87 minutes.**



Hearing Screening Monday's September 19 & October 17 Starting at 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.

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.



FREE ON-SITE FLU SHOT CLINIC



Cub Pharmacy of St. Michael
will be on site
**Thursday, September 7
Starting at 10:00 am
by appointment.**

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

Thriving during the Holidays

Holidays: Don't Just Survive...Thrive!

Does just the thought of the approaching holiday season cause anxiety? This presentation will focus on steps caregivers can take before, during and after the holidays. We will explore topics such as emotions, family dynamics, roles and expectations. Join Becky Allard from Senior Community Services. **Call the Senior Center to sign up.**

**Thursday, October 27
@ 10:00 am**

Medicare Open Enrollment

Medicare open enrollment is right around the corner. If you are looking for assistance with Medicare open enrollment Senior LinkAge Line is here to help. The Senior LinkAge Line is a FREE statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. The Senior LinkAge Line is Minnesota's federally designed State Health Insurance Assistance Program (SHIP) and the place to call for questions and information on Medicare and much more. **Call 1-800-333-2433** for information or visit mnhealthcarechoices.com

**The Medicare Open Enrollment period
starts Saturday October 15, 2022**

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
September and October
9:00 am to 11:00 am

Writers Group

Mondays
September 19 and
October 3 & 17
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, September 27)

History Group

Do you enjoy history? Get together with others in person that share this interest. The group meets on the first and third Tuesdays of each month. Topics could be selected that deal with American History, Civil War, World War II or whatever history people are interested in.

Tuesdays
September 6 & 20
and
October 4 & 18

Time: 9:00 am to 11:00 am

Daytime Book Club for Seniors

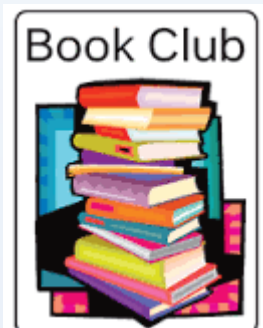
The Crow River Senior Center has a book club that meets the following dates. Here is the list of books. If you would like to join the group please call the center to join. We are back in person!

Tuesday, September 13 @ 1:30
"Mulligan"
by Nicholas Jorgensom

Tuesday, October 11 @ 1:30
"The Little Old Lady Who
Broke All the Rules"
by Catherine Ingelman-Sundberg

Time: 1:30 pm to 3:30
pm

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



CROW RIVER SENIOR CENTER 763-497-8900

LEGAL SERVICES

The St. Cloud office of Mid-Minnesota Legal Aid has received a grant of Older Americans Act funds from the Central Minnesota Council on Aging to provide legal services for seniors residing in Wright County. The funds will be used to provide legal advice, counseling and representation in court and administrative hearings. There is no cost for these services. If you are 60 years or older and reside in Wright County, you can get help with legal problems involving Medicare, Social Security, eviction or other housing problems, public benefits, such as medical assistance, food support and fuel assistance, family law issues, including domestic abuse and income maintenance, nursing home problems, home care services, powers of attorney, health care directives and debt collection. No help for criminal matters, wills, estate planning or real estate transactions. Seniors can also call the St. Cloud office of Mid-Minnesota Legal Aid toll free at 1-888-360-2889 for scheduling an appointment. Online access at <https://mylegalaid.org>. Minnesota Legal Aid accepts contributions for legal services, but contributions are not required to receive legal help. **Legal Aid Appointments are held monthly at the Crow River Senior Center.**

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

Monday, September 12 & Monday, October 3

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

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CLASSES

SilverSneakers®

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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

Join in our regular weekly classes:

Monday at 9:30 am.

Tuesday & Thursday at 10:00 am.

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

Tuesday & Thursday 8:30 am.

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

To sign up or inquire, please call

Lori Schoenborn at

612-636-0207

or inquire through email at

theschoenborns@charter.net



MN HWY SAFETY CENTER 55+ Driving Class

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

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

**Friday,
September 23
9am to 1pm**

**Friday,
October 14
9am to 1pm**



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

Registration will be taken by the MN Highway Safety Center directly. If you are not well we ask that you please stay home.

CROW RIVER SENIOR CENTER 763-497-8900

SilverSneakers®

Sponsored

In Person Fitness Class

If you are looking for an exercise class for seniors, please contact the SilverSneakers Instructor, Lori Schoenborn, at theschoenborns@charter.net or call 612-636-0207

Join in our regular weekly class:

Wednesday at 9:30 am.

at Albertville City Hall in person.



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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Crow River Senior Center, St. Michael, MN

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TECH SUPPORT & CLASSES

Free Tech Support is Available!

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

September 7 & 21 and October 19

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 hometeam@seniorcommunity.org to request an in-home appointment.



iPad 101 & 2.0 Classes

Wednesday, September 14 @1:30 pm
“iPad 101”

Wednesday, September 28 @1:30 pm
“iPad 2.0”

Interested in learning how to use an iPad or learn more about them? Maybe you have been wondering if an iPad is right for you? Here is your chance to find out more about the technology. Our HOME Program Tech Support will walk you through the fundamental use of an iPad and more on the 101 class. The 2.0 Class will be a continuation of learning more about your iPad and uses. You do not have to own an iPad or be a current HOME Program participant to join this class. We will provide you with an iPad for the in house class time, or you can bring your own if you have one. **Classes are FREE.**

Sign up today by calling 763-497-8900. Spaces will be limited to 10, so be sure to sign up early!

The more tech you know.....

“To Stream or not to Stream”

Wednesday, October 12
@ 1:30 pm

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 Joe Kaul. He 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 early.

Call 763-497-8900
to reserve your spot today for this FREE class.

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 and others who cannot take care of their own feet 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 763-335-0280 with questions.

Date: Tuesday, September 27, By Appointment only.

Location: Crow River Senior Center.

**To make your appointment, please call the
Wright County Health Dept at 763-682-7460.**

Cost: \$10.00 paid to the Wright County Health Department.

Please arrive at least 10 minutes before your appointment time to get checked in. 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

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
September 6
& October 4
@ 1:30 pm to 3:00 pm**

Call 763-497-8900 for any questions.

Caregiver Support Group

This is an open group that caregivers may join at any time. There is no fee for group participation. Group sessions focus on helping individual caregivers as they care for themselves and loved ones. The support group is a place to share experiences, struggles, humor, coping strategies and learn from one another.

**Thursdays
September 15 &
October 20
@ 1:30 pm to 3:00 pm**

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

Do you help an older adult?

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

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

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

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

Memory Café

Our Memory Café is a safe and comfortable place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others. The café experience is FREE and all of the supplies are provided for you. You can participate in person at the Crow River Senior Center.

**Our Meetings are held the
3rd Wednesday of each month
1:30 pm to 2:30 pm**

To Register call 763-497-8900

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

BIKING & DASH FOR TRASH



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

September 5Labor Day.....NO Ride
September 12 ...Elm Creek—Fish Lake
September 19 ...Anoka
September 26 ...Elm Creek—Fish Lake
October 3Big Lake
October 10 ...Baker Park (Loretto)
October 17To Be Determined
October 24To Be Determined



Dash for Trash Wednesday September 14 9:00 am

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



Opportunity to: Beautify county hwy 35 entrance to downtown St. Michael, be outside in the fresh air, obtain exercise & meet and visit with other volunteers from a 6 foot distance to stay safe. It's a fun 1 to 2 hours to help this project. Please consider adding your name to the volunteer list. The center will provide gloves, safety vests, bags and mechanical grabbers. A very big thank you to Jerry Sorenson, project leader for his support on keeping the program going. Rain date will be Wednesday, September 28.

Call 763-497-8900 to sign up to help.

Thank you to all who have helped in the past to keep our part of St. Michael beautiful.

BINGO & GAMES



Bingo *sponsored by*



Thursdays @ 1:30 pm
September 8 &
October 13



Book Bingo
Thursday September 22
@ 1:30 pm



Bingo Thursday's

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

“Schoolhouse Memories”

September 19

@ 1:30 PM



Travel back as Doug brings you to a time when all eight grades were in one classroom. Reminisce about school lunch, recess and of course “the three R’s”. The stories and photographs will make you smile and laugh.

“Hidden in Plain View - Cemeteries of Minnesota.”

October 24 @ 1:30 PM



Walk along with Doug as he photographs cemeteries and uncovers stories of the forgotten. Learn where the only Revolutionary War soldier to die in Minnesota is buried. Learn the difference between a cemetery and a graveyard and much more.

This is a FREE event available for all seniors.
Please reserve your spot early by calling 763-497-8900.
Space will fill up quickly.

MEALS

Lunch is served at the Senior Center!

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

Cost: \$5.00 per meal.

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



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



MEALS ON WHEELS 763-425-1050 EXT: 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





Book Sale
Saturday,
October 8
8am to 1pm

Senior Pre-sale Event
Friday, October 7
3-5 pm

This sale benefits the Friends of
the Library!

Located in the chamber room at St. Michael City Hall.

Cribbage Tournaments
Fridays

\$1.00 entry fee

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



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WRITERS GROUP



The Surprises of Genealogy

by Peg Craig

Genealogy study can bring unexpected surprises in the family tree. This is one of mine.

Mary was born in 1640, probably in England. Her parents, John and Hannah or Anna Ayer sailed with their family to the Massachusetts Bay colony while she was a small child and after moving around several times, settled in Haverhill, MA in 1647. When she was 15 she married Nathan Parker, a widower and local scribe. He had a son already and together they had nine more. Two sons died in their early twenties, but their daughter, Hannah married and had children and is an ancestor of Louis Cook, my grandfather.

Nathan died in 1685 when Mary was It is believed that she lived with her oldest son, John. Her sister Rebecca lived nearby.

In early 1692 the first accusations of witchcraft were made in nearby Salem Village. In late May a resident of Andover, Martha Carrier was accused. Two years earlier she had been accused of bringing small pox to town resulting in the death of thirteen people. Other members of the Carrier family were also accused.

In mid-July Joseph Ballard invited two of the afflicted girls from Salem to come to Andover because he feared that his ailing wife was afflicted by witches. Because of this many were accused and faced a terrible choice. If they confessed and “repented” they were released. Otherwise, they would be tried and if convicted they would be hung. In all 44 citizens of Andover were accused.

In late August two afflicted girls from Andover said they had been tormented by the specter of Mary Ayer Parker. She was arrested along with several other women from her family. When she was examined by the Salem magistrates, the afflicted girls acted as if they were in pain. When she touched them they acted normally again. It was believed that the evil would flow back into the witch and this was an acceptable way of identifying the guilty. Mary Warren, a girl from Salem, was present and came forward with a pin stuck in her hand and blamed Mary Parker. Mary asked if it was a case of mistaken identity as there were three other Mary Parkers in Andover, but the witnesses were sure it was her that caused their symptoms.

Years earlier an Andover resident, Thomas Chandler took Hopestill Tyler, son of Job Tyler, as an apprentice and the legally binding contract was given to Nathan Parker for safekeeping. Four years later Job wished to end the contract and the document was stolen by Moses Tyler when Nathan and Mary were not home. When a trial was held, Nathan testified against the Tylers and they lost the suit. The stepdaughter of Moses Tyler was the first to make an accusation against Mary Parker. Ironically, Mary’s daughter Hannah was married to John Tyler another of Job’s sons. Hannah was accused of witchcraft by Job but not tried. One of Job’s daughters, also named Mary, was accused, tried and convicted, but was reprieved. Hopestill’s wife was accused and confessed and was freed.

Mary was tried in mid-September. Two citizens of Andover who had confessed to witchcraft testified that they had seen Mary afflict others. One of these was a fifteen-year-old boy. She was hung on September 22 along with seven others. These were the last executions in the Salem Witch trials. In 1711 she was formally cleared of the accusation of witchcraft.

I was able to discover many of my ancestors because my great-grandmother’s sister wrote down as much of the family history as she could discover in the early 1900’s. I have built on her work with the access that computers has given to us. You can do for your descendants what she did for us by putting down as much as you know about your family and even including stories that may or may not be entirely true. By doing this you will open doors for them to explore as they build on your work.

HOME PROGRAM

The HOME Program Wright County

Are you one of the 90% of seniors who want to stay in your own home as you age but are having a hard time handling some household chores or maintenance? We are excited that help is now available for residents age 60 and over in St. Michael, Albertville, Becker, Big Lake, Buffalo, Elk River, Hanover, Otsego, Rockford, Monticello and Zimmerman through the HOME program of Senior Community Services.

HOME services include handyperson tasks such as changing light bulbs, installing safety devices, minor plumbing, minor electrical repair, checking carbon monoxide/smoke detectors, changing furnace filters, and hanging wall décor. Other services include housekeeping such as dusting, sweeping, mopping, cleaning kitchen and bathroom surfaces, laundry and grocery shopping. Outdoor services include snow removal, lawn mowing, window washing, seasonal leaf raking and yard maintenance. Our expansion to Wright County also brings job opportunities in the following areas: housekeeping staff, handyperson work, tech support, lawn care contractor, snow removal, repair and painting staff. We also welcome volunteers of all ages and abilities. If you know someone with skills that match our services, or who wants to give back to their community **please refer them to Kelly Weber, Program Coordinator, at (763) 416-7969 or hometeam@seniorcommunity.org.**

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

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





The HOME Program

Offering Basic Tech Support for Seniors!

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

If you need assistance with

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

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/>

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.

Donations for our no-cost support options are appreciated!



Funded, in part, by a
Grant from Wright County

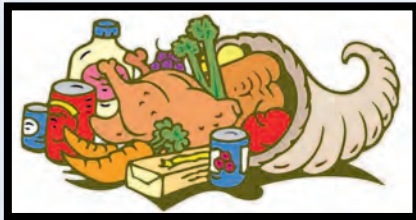
FREE AREA FOOD PROGRAMS

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. Michael near
the intersection of Cty Rd 19 & 30th
St). The following 2022 Saturdays:

September 10 & 24

October 8 & 22

10:00 to 11:30 am.



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Crow River Senior Center, St. Michael, MN

E 4C 02-1011

SEPTEMBER 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 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo</p>	<p>2 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>5 Labor Day Holiday Center Closed</p>	<p>6 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>7 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class in person at Albertville 10A Flu Shot Clinic 10A Tech Appts Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>8 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>9 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>12 9:00A Legal Appts 9:30A Fitness Class Virtual 9:00A —11:00A Painting Group 1:00-3:00 PM Welcome Jenny Open House</p>	<p>13 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>14 9A Dash for Trash 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class in person at Albertville Noon Lunch at Center 1:30P-3:30P Euchre 1:30P iPad Class</p>	<p>15 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30P Caregiver Support Group</p>	<p>16 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>19 9:30A Fitness Class Virtual 9:00A —11:00A Painting Group 10A Hearing Checks 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group 1:30P Doug Ohman</p>	<p>20 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>21 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class in person at Albertville 10A Tech Appts. Noon Lunch at Center 1:30P-3:30P Euchre 1:30P Memory Café</p>	<p>22 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo "Book Bingo"</p>	<p>23 9A 55+ Safe Drivers Class 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>26 9:30A Fitness Class Virtual 9:00A—11:00A Painting Group 1:30P—3:30P Dominoes</p>	<p>27 8:30A & 10A Fitness Class Virtual 9A -3P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) NO ACTIVITIES TODAY NO Lunch</p>	<p>28 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class in person at Albertville Noon Lunch at Center 1:30P-3:30P Euchre 1:30P iPad Class</p>	<p>29 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo</p>	<p>30 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

SEPTEMBER
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
	Cancellations must be called in 1 day prior or you are responsible for payment of the meal. 497-8900	1 Cheeseburger w/lettuce, tomato, onion Tots	2 NO LUNCH <i>Deadline to call in orders for next week.</i>
6 Chicken Pasta Hotdish Veggie Dinner Roll	7 Lasagna Side Salad Dinner Roll	8 Sweet & Sour Pork Rice Veggie	9 NO LUNCH <i>Deadline to call in orders for next week.</i>
13 Swedish Meatballs Mashed Potatoes Veggie Dinner Roll	14 Pulled Pork Cole Slaw Baked Beans	15 Liver & Onions Potatoes Veggie (Chicken Alternative)	16 NO LUNCH <i>Deadline to call in orders for next week.</i>
20 Chicken Ala King Biscuit Veggie	21 Swiss Chicken Wild Rice Blend California Blend Dinner Roll	22 Pork Loin Potatoes Veggie Dinner Roll	23 NO LUNCH <i>Deadline to call in orders for next week.</i>
27 NO LUNCH TODAY	28 Sloppy Joe Baked Beans Cole Slaw	29 Spaghetti Meat sauce Side salad Dinner roll	30 NO LUNCH <i>Deadline to call in orders for next week.</i>

OCTOBER 2022

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00A Legal Appts 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	4 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	5 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class in person at Albertville Noon Lunch at Center 1:30P-3:30P Euchre	6 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle 10A Round-a-Bout with Drew Scherber Noon Lunch at Center 1:30P Bingo	7 9:00A -11:00A Cribbage Noon Lunch at Center 1:30-3:30pm 500 Cards 1:30P-3:30P Mahjong 3p-5p Senior Pre Book Sale Saturday Book Sale 8am—1pm
10 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P—3:30P Dominoes	11 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	12 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class in person at Albertville Noon Lunch at Center 1:30P-3:30P Euchre 1:30P TV Streaming	13 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"	14 9A 55+ Safe Drivers Class 9:00A-11:00A Cribbage Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
17 9:30A Fitness Class Virtual 9:00A -11:00A Painting Group 10A Hearing Checks 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	18 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 2p-4p Art Class	19 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class in person at Albertville 10A Tech Appts. Noon Lunch at Center 1:30P-3:30P Euchre 1:30P Memory Café	20 8:30 & 10:00A Fitness Classes Virtual 9:00A-11A Pinochle Noon Lunch at Center 1:30P Bingo 1:30—3:00 pm Caregiver Support Grp	21 9:00A-11:00A Cribbage Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong 1:30P Movie Club
24 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P—3:30P Dominoes 1:30P Doug Ohman	25 8:30A & 10:00A Fitness Class Virtual 9:00A-11:00A Joy Stitch Group Noon Lunch at Center 1:30P-3:30P Social Bridge 2p-4p Art Class	26 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class in person at Albertville Noon Lunch at Center 1:30P-3:30P Euchre 1:30P Wills, Trusts, Estates with Jill Adkins	27 8:30 & 10:00A Fitness Classes Virtual 9:00A-11:00A Pinochle 10A Thriving during the Holidays Noon Lunch at Center 1:30P Bingo	28 9:00A-11:00A Cribbage Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
31 9:30A Fitness Class Virtual 9:00A -11:00A Painting Group 1:30P—3:30P Dominoes			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

**OCTOBER
2022
SENIOR CENTER
LUNCH MENUS**

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

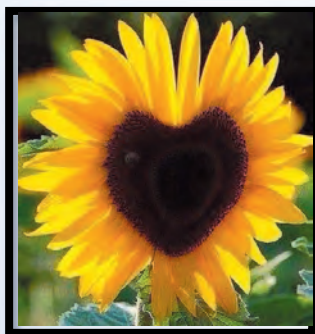
**(Menu are subject to
change without notice.)**

Cost per meal is \$5.00

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4 Goulash Side Salad Dinner Roll		5 Beef Tacos Taco Sauce Sour Cream		6 Swiss Chicken Wild Rice Blend California Blend Dinner Roll		7 Pulled Pork Baked Beans Potato Salad <i>Deadline to call in orders for next week.</i>	
11 TatorTot Hotdish Side Salad Dinner Roll		12 Sweet & Sour Pork Rice Veggie		13 Oriental Chicken Salad Dinner Roll		14 Grilled Chicken Breast Potatoes Veggie <i>Deadline to call in orders for next week.</i>	
18 Southwest Chicken Salad Dinner Roll		19 Spaghetti w/meat Sauce Side Salad Dinner Roll		20 Liver & Onions Potatoes Mixed Veggies <i>*(Chicken Alternative)</i>		21 Chicken Drummies Potato Veggie <i>Deadline to call in orders for next week.</i>	
25 Sloppy Joe Baked Beans Cole Slaw		26 Meatloaf Mashed Potatoes Mixed Veggies		27 Chicken Stir Fry Rice Egg Roll		28 Oriental Chicken Wrap Chips Fruit <i>Deadline to call in orders for next week.</i>	
						Cancellations must be called in 1 day prior or you will be responsible for payment. Call 497-8900	

One final note:

Thank you for all the wonderful memories during my adventures at the senior center. You have touched my heart forever. I appreciate all the wisdom you have shared with me over the years, especially the little things. Please continue to look out for one another, stay strong and let your kindness shine bright always. VW



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

CHANGE SERVICE REQUESTED

ABOUT US

The Senior Center is located at
11800 Town Ctr Dr NE, Suite 200
St. Michael.

The Center is open Monday through
Friday check the schedule for times.
For more information on programs &
senior issues, call the center at
763-497-8900.

www.mnseniorcenters.org



A NOTE REGARDING THE NEWSLETTER: PLEASE HELP US SAVE COSTS

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

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

This helps reduce
additional postage cost greatly.

Thank you.



Thank You!

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