

JANUARY / FEBRUARY 2025

CROW RIVER SENIOR CENTER

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

CROW RIVER SENIOR CENTER

11800 Town Center Dr. NE,
Suite 200

St. Michael, MN 55376

Phone: 763-497-8900

Email:
jteigen@crowriverseniorcenter.com

Web: www.mnseniorcenters.org

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

INCLEMENT WEATHER REMINDER

If the STMA Schools are delayed 2 hours, closed, or have early release, then the Center will close accordingly.

Check local news and radio channels for school closings.



CENTER CLOSED:
WEDNESDAY, JAN. 1ST
MONDAY, JAN. 20TH
MONDAY, FEB. 17TH

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

GAMES, COFFEE AND CAKE SOCIAL

FRIDAY, JAN. 3RD
1:30PM—3:00PM

Join us as we play games, socialize, and eat cake with the STMA Honor Society students!

SPONSORED BY THE STMA NATIONAL HONOR SOCIETY

CALL THE CENTER TO REGISTER.



VALENTINE'S LUNCHEON

WEDNESDAY, FEB. 12TH
NOON LUNCHEON

COST: \$12.00

LOCATION: CROW RIVER SENIOR CENTER

Menu: Rich Red Wine Braised Beef with Harvest Vegetables served over Whipped Cream Cheese Potatoes, Buttered Asparagus, Dinner Roll.

MUSIC TO FOLLOW BY TODD ANDERSON AS FRANK SINATRA.

MUST REGISTER AND PAY IN ADVANCE BY FEB. 5th. NO REFUNDS AFTER THIS DATE.



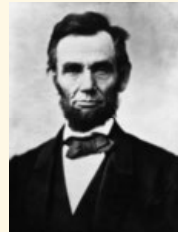
MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

PRESENTED BY THE ALZHEIMER'S ASSOCIATION

WEDNESDAY, JAN. 22ND 1:30PM

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

CALL THE CENTER TO REGISTER.



THE LINCOLN ASSASSINATION: A FRAGILE TIME

PRESENTED BY DAVID JONES
WEDNESDAY

JAN. 29TH 1:30PM

When John Wilkes Booth assassinated Abraham Lincoln, the Civil War was ending and emotions were high. Killing the President was just part of Booth's plan.

Join us to explore this fragile time in our history and the plot that very nearly succeeded in toppling the government.

CALL THE CENTER TO REGISTER.



NORWEGIAN ROSEMALING

**THURSDAYS
FEB. 20TH & 27TH
9:30A—11:30A
MUST ATTEND
ALL CLASSES**

Painted in disciplined painting strokes and selective colors, Norwegian

Rosemaling is an old folk art that was used to brighten up the walls and furniture of mountain cottages in Norway where winters were long with little daylight. In this class you will learn surface preparation and background colors, color mixing, and how to paint rosemaling.

CALL THE CENTER TO REGISTER. REGISTRATION OPENS WEDNESDAY JAN. 8TH. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON. OUR DOORS OPEN AT 8:30AM.

CLASS LOCATED AT HANOVER CITY HALL. THIS CLASS IS FREE OF CHARGE.

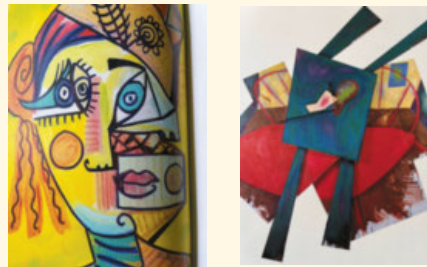
MIXED MEDIA ACRYLIC CLASS

**THURSDAYS 10:00A—12:00P
JAN. 9TH, 16TH, 23RD, 30TH
MUST ATTEND ALL CLASSES**

Come join the fun as we explore mixed media with inspiration from the artists: Georges Braque, Sandra Silberzweig, Elizabeth Murray. We will create a still life, portraits and an abstract painting using acrylics, fabric, bric-a-brac and anything else we can find that will be interesting. Bring your own materials or sort through the many supplies the instructor has.

REGISTRATION OPENS MONDAY, DEC. 23RD AT 11:00AM THROUGH THE ST. MICHAEL LIBRARY AT 763-497-1998 OR AT GRIVER.ORG.

This is a free class provided in collaboration with the St. Michael Library and the Rum River Art Center through a grant from the CMBA-Central MN Arts Board.



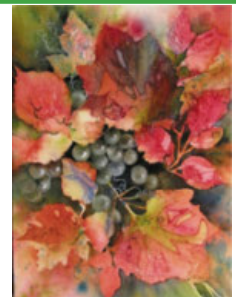
INTRO TO WATERCOLOR—WET AND WILD

**TUESDAYS
JAN. 28TH, FEB. 4TH, FEB. 11TH
10:00A—12:00P
MUST ATTEND ALL CLASSES**

A great introduction to the exciting world of watercolor. Learn the basics from materials to applications. 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. User friendly and fun for all levels.

CALL THE CENTER TO REGISTER. REGISTRATION OPENS WEDNESDAY JAN. 8TH. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON. OUR DOORS OPEN AT 8:30AM.

CLASS LOCATED AT THE CENTER. THIS CLASS IS FREE OF CHARGE.



MINNESOTA'S RICH AGRICULTURAL HERITAGE

**PRESENTED BY DOUG OHMAN
MONDAY, FEB. 24TH 1:30PM**

Travel along with Historian, Doug Ohman, as he explores rural MN where our roots grow deep and strong starting with the golden age of agriculture.

CALL THE CENTER TO REGISTER.



CENTER MOVIES

**FLY ME TO THE MOON
FRIDAY, JAN. 24TH 1:00PM**

The film stars Scarlett Johansson as Kelly Jones, a marketing specialist, and Channing Tatum as Cole Davis, a NASA launch director. Set against the backdrop of the Apollo 11 mission, the story follows Jones and Davis as they are tasked with creating a fake moon landing in case the actual mission fails. (2024) Rated PG-13, 2HR 12MIN

CALL THE CENTER TO REGISTER.

**TWISTERS
FRIDAY, FEB. 21ST 1:00PM**

Kate Cooper, a former storm chaser haunted by a devastating encounter with a tornado during her college years, now studies storm patterns on screens safely in New York City. She is lured back to the open plains by her friend, Javi, to test a groundbreaking new tracking system. There, she crosses paths with Tyler Owens, the charming and reckless social-media superstar who thrives on posting his storm-chasing adventures with his raucous crew, the more dangerous the better. As storm season intensifies, terrifying phenomena never seen before are unleashed, and Kate, Tyler and their competing teams find themselves squarely in the paths of multiple storm systems converging over central Oklahoma in the fight of their lives. (2024) Rated PG-13, 2HR 2MIN

CALL THE CENTER TO REGISTER.



IS MY PHONE/COMPUTER SAFE?

WEDNESDAY, FEB. 5TH 10:00AM

This class will walk you through some basic tips to make sure your security is set up properly for your phone and computer. Bring your questions so we can have a dialogue about whatever security concerns you face.

CALL THE CENTER TO REGISTER.

EVENTS, CLASSES, PRESENTATIONS CONT.

PRECISION DRIVING CENTER

55+ DRIVING CLASS

4 HOUR CLASS

FRIDAYS, JAN. 10TH & FEB. 14TH

9:00AM—1:00PM

COST: \$24.00 PER PERSON

This 4-hour course is taught by a certified instructor and it will cover updates in laws, the latest vehicle technology, and address traffic safety and accident prevention measures. The class is a presentation and there is no test or behind the wheel exam. Completion of this course provides a 10% reduction on automobile insurance premiums for those age 55 and over. The previous 8-hour requirement to earn the discount has been changed by the state. A 4-hour course is all that is required to earn the discount now! Courses should be completed every 3 years to maintain the discount.

To register, visit their website at: www.DriverDiscountProgram.com or call 1-888-234-1294 or 320-308-1400.

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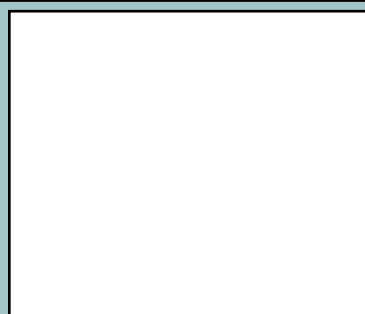


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CARDIO DRUMMING

TUESDAYS AT 9:30AM

JAN. 7TH & 21ST

FEB. 4TH & 18TH

\$8.00 PER CLASS

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

Included with your class is a complimentary recovery shake:

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

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

CALL THE CENTER TO REGISTER. INDICATE IF YOU WOULD LIKE A SHAKE.

TO JOIN THE ZOOM CLASSES:

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

FITNESS THROUGH ZOOM

A PARTNERSHIP WITH WHITNEY SENIOR CENTER

Enhance Fitness - Tuesdays & Fridays at 11:00am/ Wednesdays at 10:50am

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

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

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

SILVERSNEAKERS

MON/WED/FRI 9:00AM

LOCATION: ALBERTVILLE CITY HALL

5959 MAIN AVE NE

ALBERTVILLE, MN

SilverSneakers Classic is a fun, energetic workout designed to strengthen muscles, increase range of movement, and improve activities of daily living. Each class also includes balance exercises to help prevent falls.

SilverSneakers classes are Free for SilverSneakers members (through Medicare). If not a member, class is \$5.00

Meet Casey, Our New Instructor!

Casey is a Certified Personal Trainer/Group Fitness instructor with specialty certifications in Senior Fitness, Fall Prevention, and SAIL (Staying Active and Independent for Life). She has a passion for helping others achieve their fitness goals, and will be there to support and encourage you to do your best! Casey lives locally in Albertville with her husband, Jamie, and 2 teenage sons.

Limited equipment available. Please bring your own set of hand weights (5lbs) if able.

NO SIGN UP REQUIRED, JUST COME!

| | | |
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| <p>Place Your Ad Here and Support our Community!</p> <p>Instantly create and purchase an ad with</p> <p>AD CREATOR STUDIO</p>   <p>lpicommunities.com/adcreator</p> |  <p>COBORN'S MARKETPLACE</p> <p>5698 LaCentre Ave. NE, Albertville, MN (763) 497-0182</p> |  <p>763-497-2031 St. Michael, MN</p> |
|  <p>by Builders Carpet ■</p> <p>(763) 497-4407</p> <p>5600 Queens Ave. NE Otsego, MN 55330</p> |  <p>“Quality Service You Expect”</p> <p>Check out our specials online www.WestAIRHeating.com • 763-498-8071</p> <div style="border: 1px dashed black; padding: 5px;">  <p>AC Check & Clean Special Just \$95.00</p> <p>For a tune-up of your cooling system (includes 1st 1/2 hour)</p> <p>Offer good through August 30, 2025 at WestAIR Heating & Cooling</p> <p>Please present coupon at time of sale. If you can't use this coupon, perhaps your neighbor can.</p> </div> |  <div style="background-color: #008000; color: white; padding: 10px;">  <p>Ben Bauman Licensed Insurance Agent</p> </div> <p>Medicare Questions? Part D Questions? (763) 241-7900</p> <p>16854 Highway 10 NW Elk River, MN 55330</p> <p><small>We do not offer every plan available in your area. Currently we represent 7 organizations which offer 61 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options.</small></p> <p>www.northcentralinsurance.com</p> |





PARKINSON'S SUPPORT GROUP

TUESDAY, FEB. 4TH
NO MEETING IN JAN.
1:30—3:30PM

If you're feeling frustrated about life with Parkinson's disease, being part of a support group can be one of the best ways to reduce stress and to connect with others who can relate to your experience. Caregivers and family members also benefit greatly from sharing questions and concerns with like-minded others and are welcome to attend.

MEMORY CAFE

WEDNESDAYS
JAN. 15TH & FEB. 19TH
1:30—3:00PM

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

The Monticello Senior Center will be hosting the Memory Café in January and February.



Empowering People as They Age

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



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



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

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

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

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

612-804-0968

b.allard@seniorcommunity.org



Try **CareNextion.org**, a free, secure, award-winning online platform (and mobile app) designed to streamline task coordination, communication, and connection among family members and friends helping to care for a loved one.

LEGAL AID APPOINTMENTS

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

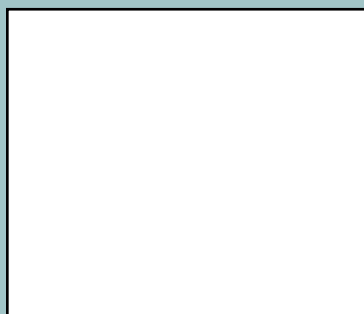


TO MAKE AN APPOINTMENT:

Call the Center at 763-497-8900.

Next available dates:

Monday, Jan. 6th
Monday, Feb. 3rd
9:00, 9:30 or 10:00am



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TRIPS AND CONCERTS

TREASURE ISLAND CASINO

MONDAY FEB. 3RD \$25.00

The Crow River Senior Center will be sharing a coach bus to Treasure Island Casino with participants from the Monticello Senior Center. The bus will depart from the Crow River Senior Center at 8:30am and return at approximately 3:45pm. You will receive \$15.00 on your casino card to spend and \$3.00 off food.

Must register and pay in advance no later than Jan. 27th. No refunds after this date.

CHANHASSEN DINNER THEATER: GREASE

WEDNESDAY, APRIL 9TH \$105.00
10:20AM PICK UP TIME AT CROW RIVER SENIOR CENTER

11:15AM: Arrive at The Chanhasen Dinner Theater for lunch.

Limited Menu includes: Entrée, salad, vegetable, bread potato or rice, beverage.

1:00PM: Matinee performance: "Grease"

Join Sandy, Danny and the rest of the Burger Palace Boys and Pink Ladies for an affectionate satire of high school life in the 1950's. Don't miss the unforgettable tunes like: "Summer Nights," "Look at Me, I'm Sandra Dee," "We Go Together," "Greased Lightnin'," "Beauty School Dropout," AND added songs made popular in the beloved film: "Grease (Is The Word)," "Hopelessly Devoted to You" and "You're the One That I Want." It's a high-octane rock 'n' roll party packed with explosive energy!

4:45 p.m. Estimated return time to Crow River Senior Center.

Must register and pay in advance no later than March 7th. No refunds after this date.

REGISTRATION/CANCELLATION FOR TRIPS

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

LE MUSIQUE ROOM REGISTRATION/ CANCELLATION AND TRANSPORTATION

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

LE MUSIQUE ROOM: LADIES OF CLASSIC COUNTRY

MONDAY, JANUARY 27TH 1:00PM \$33.00

Coming off the success of "The Music of Patsy Cline," Joyann Parker and her band present a new show titled "Classic Ladies of Country." Joyann tells the stories and sings the songs of the women who made country music what it is today. Beginning in the 1950's with the first female country superstar, Kitty Wells, continuing through the 1960's with artists like Tammy Wynette and Loretta Lynn, and on into the 1970's with Dolly Parton, Joyann tells the stories and sings the songs of these incredible women. Backed by a seasoned band of musicians, this is a not to miss show for country music fans of any generation.

Must register and pay in advance by Jan. 17th. No refunds after this date.

LE MUSIQUE ROOM: DUELING PIANOS

THURSDAY, FEBRUARY 6TH 1:00PM \$41.00

What a Wonderful World combines the talents of David Eichholz and Ted Manderfeld, two powerhouse piano players, in a performance featuring beloved musical standards, spirituals and sing-alongs liberally sprinkled with comedy, costumes, and wit. It's a delightful afternoon of music, laughs, and memories especially for seniors. Two really funny guys on two pianos perform such favorites as Over the Rainbow, Fly Me To The Moon, Sixteen Tons, What a Wonderful World and dozens more from the Great American Songbook.

Must register and pay in advance by Jan 31st. No refunds after this date.

LE MUSIQUE ROOM: GET CLOSER

THE SPIRIT OF SEALS & CROFTS BY WAYNE ANTHONY

MONDAY, FEBRUARY 17TH 1:00PM \$33.00

Reawakening the spirit of Jim & Dash! Musical legends are plentiful, but Seals & Crofts were different – their purpose was to bring about a much higher vibration of love and peace through their musical language together. Featuring poignant lyrics and harmonic textures in songs like "Summer Breeze," "Diamond Girl," "We May Never Pass This Way Again," "Hummingbird," "Ruby Jean & Billy Lee," "The Story of Her Love" and more! Over the decades, Seals & Crofts were nominated twice for Grammy Awards for their iconic songs – then reuniting one last time in 2018 for their last album, Traces.

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

LE MUSIQUE ROOM: ANTHONY SHORE—UNFORGETTABLE ELVIS SHOW!

MONDAY, MARCH 10TH 1:00PM \$33.00

At the age of 3, Anthony received his first Elvis record, and his love of a legend was born. As a child, he practiced his singing, and by the age of 16, he was performing professionally. Before relocating to the United States in 2011, Anthony toured Europe, performing to sell-out audiences in Spain, Cyprus, France, Tenerife, and London. Since moving to the States, Anthony has received numerous awards and enjoys getting to know people as he performs in a variety of private, public, and corporate settings. Anthony's versatility allows him to perform in venues of all sizes, and he sets himself apart by producing quality shows throughout the year with his All-Star Band including horn and string section.

Must register and pay in advance by March 5th. No refunds after this date.



DOMINOES

MONDAYS, 1:30PM—3:30PM

BRIDGE

TUESDAYS, 1:15PM—3:30PM

HAND AND FOOT

WEDNESDAYS, 9:00AM—11:00AM

500

WEDNESDAYS, 1:15PM—3:30PM

PINOCHLE

THURSDAYS, 9:00AM—11:00AM

EUCHRE

FRIDAYS, 1:00PM—3:30PM

MAHJONG

FRIDAYS, 1:00PM—3:30PM

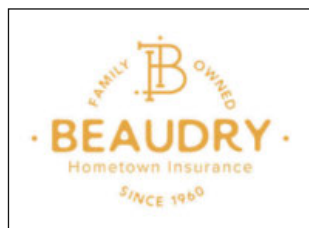


BINGO

THURSDAYS, 1:30PM

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

Bingo sponsored by The Legacy of St. Michael Thursdays, Jan. 9th and Feb. 13th at 1:30pm.



Bingo sponsored by BeauDry Hometown Insurance, Thursday, Jan. 16th 1:30pm.

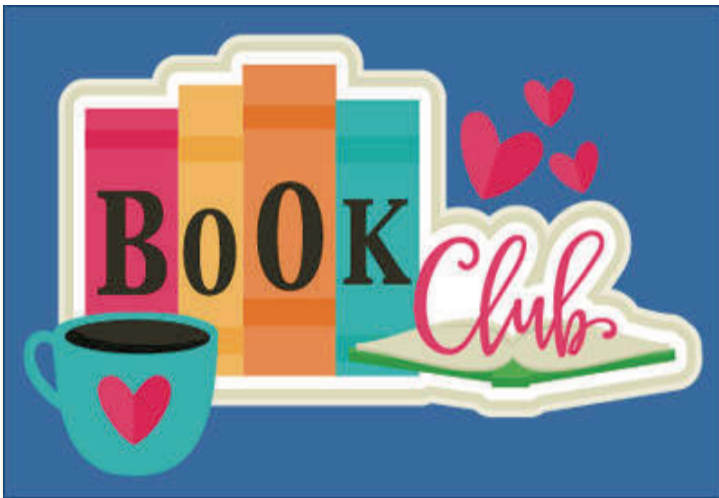


Bingo sponsored by triniti Home Health & Hospice, Thursday, Feb. 20th, 1:30PM

CRIBBAGE TOURNAMENT

FRIDAYS, 9:00AM—11:00AM

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



BOOK CLUB

2ND TUESDAY OF THE MONTH
1:30—3:30PM

Jan. 14th: "The Women"
 By Kristin Hannah

Feb. 11th: "The Tender Land"
 By William Kent Krueger

March 11th: "West With Giraffes"
 By Lynda Rutledge

April 8th: "Hello Beautiful"
 By Ann Napolitano



WRITERS GROUP

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

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

ARTIST GROUP

MONDAYS 9:30—11:00AM

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

STITCH GROUP

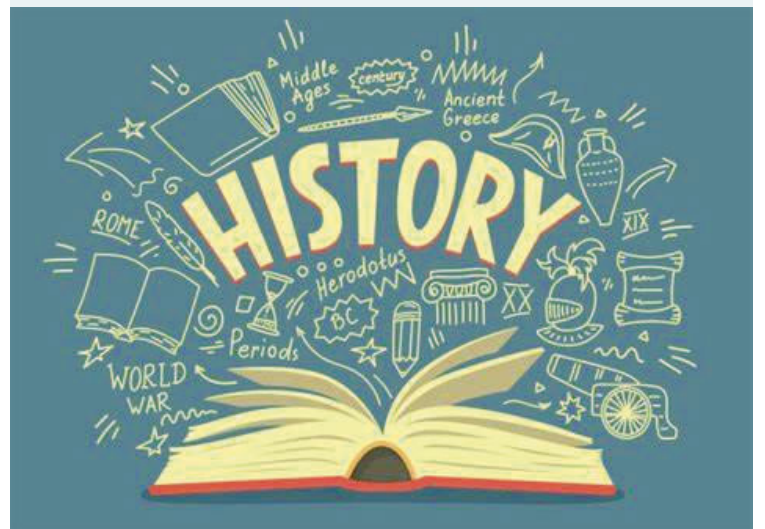
TUESDAYS 9:00—11:00AM

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

GOLDEN AGE

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

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



HISTORY GROUP

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

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

MINNESOTA WEATHER

SHERI SMITH

I love winter. I don't like that it lasts as long as it does, but I love the crystal clarity of the landscape at sunrise. I love the trees coated with ice and looking like a fairytale scene from Cinderella. I love wearing sweaters. I love snuggling in front of a blazing fire. I love snowfalls for Thanksgiving and Christmas. I love the simple beauty of a blanket of pure white snow.

But by the end of January, I also seek relief from the ugly side of winter. My lips are chapped, my feet are continuously like frozen blocks of ice and I have the inevitable cold that just goes on and on and on. Driving is a hazard and it's dark by 4:30 in the afternoon for Pete's sake. After a few months I'm sick to death of sweaters and looking like the Michelin man who "porked" out over the Holidays.

In past years we sought relief in sunny Florida where we could enjoy warmer weather, clear skies and all the tourist attractions we could bear. But what we also had to bear, from dang near everyone we came into contact with, was the question of our weather. How could we live in a state that is, with regularity, the coldest spot in the nation?

We jokingly replied that our weather "Keeps the riff raff out". But by the time we defended Minnesota for the umpteenth time, we were muttering through clenched teeth, "It's not 41 below inside the house you know." A truer statement was never uttered.

A few more statements need to be shared with those sceptics who think Minnesota is only about weather. There really is more to us!

Minneapolis/St Paul International airport is 1st in customer satisfaction among North American Airports. If you decide to stay permanently, we have been ranked as the friendliest state in the union. We also are rated third in the country as the best place to raise children. Those children also have the second-highest rate of school graduation at 93%.

With those degrees you may find a job with one of the 17 fortune 500 companies located here, where we have the highest median wage in the Midwest.

When you get tired of working, you may enjoy one of 500 golf courses in the state. Or maybe the Boundary Waters Canoe Area Wilderness is more to your liking. For sports fans we have pro baseball, pro hockey, pro basketball, both men and women, pro soccer and pro football. For the cultured we have two major orchestras, a zoo with over 500 species and we are noted for the quality of our theater productions.

If more mundane pursuits are required, we do have the largest shopping and entertainment complex in the country at the Mall of America.

And when the snow flies, as it most assuredly will, it's time for the hearty people of Minnesota to enjoy outdoor pursuits. We bundle up like those Michelin men and ski, snowmobile, sled, make snow forts, ice skate, snowshoe, cross-country ski, make snow people, have snowball fights, or the perennial favorite – ice fish.

These are just a few of the multitude of reasons that us hearty Minnesotans live in the frozen North. We embrace our climate. We play, live and love in it. And we're dang proud of it.

Oh yes, and one last thing for our warm weather friends. We are consistently rated one of the best states to live in the country. Must have something to do with our weather!

AARP VOLUNTEER OPPORTUNITY

AARP FOUNDATION NOW RECRUITING VOLUNTEERS FOR TAX-AIDE

Tax-Aide offers free in-person tax preparation and assistance to low- and moderate-income individuals nationwide. Volunteers make a difference in their communities by helping taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. There are a variety of volunteer roles, including tax preparers, client facilitators, and those who can provide technical and management assistance. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

To learn about our volunteer opportunities, visit aarpfoundation.org/taxaidevolunteer or call 1-888-OUR-AARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in coordination with the IRS.

RSVP VOLUNTEER OPPORTUNITIES

AMERICORPS SENIORS RSVP HELPS ADULTS AGE 55+ CONNECT TO MEANINGFUL VOLUNTEER OPPORTUNITIES THAT MATCH THEIR INTERESTS AND AVAILABILITY. CHOOSE FROM ONE TIME ROLES, SHORT TERM PROJECTS, FLEXIBLE ON-CALL OPTIONS, OR REGULAR ONGOING SCHEDULES.

Activities Assistant for Seniors

Choose from a variety of group activities for residents, such as bingo, cards, games, crafts, music, etc. Flexible times and locations.

Drivers—Wright County

Transport individuals to important medical appointments and business within or beyond the county. Schedule and locations based upon your availability. Mileage reimbursement.

Greeter—Government Center, Buffalo

Be the friendly face people encounter when they arrive for business at the Front Desk or License Center. Choice of day and shift.

CHAT WITH CAROLE, THE WRIGHT COUNTY AREA COORDINATOR TO LEARN MORE ABOUT THESE OR OTHER OPTIONS! 763-765-3036.

READERS THEATRE

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

JEWELRY AND CRAFT CORNER

Be sure to check out our jewelry and homemade crafts which have been donated to the Senior Center. Items for sale include jewelry, dish towels, scrubbies, pot holders, baby blankets, hats, gloves, etc. The sales from jewelry and crafts will go to benefit the Senior Center.

GLASSES AND HEARING AIDS

Did you know that you can recycle your hearing aids and glasses? You can! Bring them to one of our local drop off locations:

Hanover City Hall
Crow River Senior Center

Your local Lions Clubs will recycle them for another's use!

THANK YOU TO THE SEVERUD FAMILY FOR THEIR GENEROUS DONATION TO THE SENIOR CENTER

THE CENTER IS CURRENTLY IN NEED OF DECAF COFFEE



Technology Support Appointments

We can help you:

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

2nd and 4th Tuesdays
9:00 AM - 12:00 PM by appointment



Call 763-497-8900
to schedule your **free** session.

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

Last updated 03.14.2024

BLOOD PRESSURE CHECKS WEDNESDAYS, JAN. 8TH & FEB. 12TH 10:30AM—12:00PM BY APPOINTMENT

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

Please call
the Center to
schedule
your
appointment.



LOOKING FOR ASSISTED LIVING?



NOW LEASING!
New, affordable, assisted living starting at \$2,895/month.

The first residents will access exclusive benefits and limited rate locks as part of the **FOUNDER'S CLUB**



Discover the vibrant care of Volante Senior Living, designed to enhance you and your loved ones happiness, lifestyle, and peace of mind.

(763) 463-0708 | hanover@volantesl.com



Schedule a tour today!

MEALS ON WHEELS

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

Phone: 651-746-8280

E-mail: orders@OptageDining.org



CENTER LUNCHES

TUESDAYS, WEDNESDAYS & THURSDAYS @ NOON

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

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

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

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

Complimentary birthday lunches are only offered during the month of your birthday. You will need to sign up for the lunch in advance and let the receptionist know that this will be your complimentary birthday lunch.

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

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

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

HANOVER FOOD SHELF

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

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

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

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

Wednesdays
10:00am to 2:00pm

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

CALL FOR 2025 ADVISORY BOARD MEMBERS

HELP DRIVE OUR GROWTH AND SUCCESS!

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

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

We encourage everyone to consider participating on the board. There are currently 4 openings and members will vote to determine which 4 become board members.

If interested, please submit a photo of yourself, your name, address, phone number and e-mail to the Center Director with a short biography answering the following questions:

1. How long have you been a member of the community?
2. What strengths and talents would you contribute to the advisory board?

Deadline to submit your nomination is Jan. 31st.

The nominations and their information will be published in our March/April Newsletter for all of Center participants to vote on. New members will be announced at the April Board meeting and the new terms will begin May 2025.

Board members are required to live in one of our three supporting cities of Albertville, Hanover or St. Michael and are required to attend monthly meetings that are held the 2nd Tuesday of each month at 10:00am at the Senior Center.

For more information, please contact Jenny Teigen, Center Director, at 763-497-8936 or jteigen@crowriverseniorcenter.com.



FREE Tax Help

AARP TAX AIDE BY APPOINTMENT ONLY MONDAYS AND FRIDAYS FEB. 3RD—APRIL 14TH

AARP Tax Aide, free 2024 tax preparation, will be available for seniors and low-income individuals at the Crow River Senior Center on Monday and Friday mornings beginning Monday, Feb. 3rd and ending Monday, April 14th. IRS-certified Tax Aide volunteer counselors will be available from 9am-12pm to assist you with your federal and state income tax, as well as state property tax/rent credit preparation.

Items to bring: Drivers License or photo ID, Social Security number ID, MUST bring 2023 state and federal tax returns, W2, SSA-1099 forms and any other income and/or tax documents for 2024. If you wish to have your refund directly deposited please bring your checkbook. Routing and account codes need to be entered on tax forms.

Registration for appointments begins Jan. 16th. Call the Center at 763-497-8900 to schedule your appointment. Spaces are limited and will fill up quickly.



SENIOR LINKAGE LINE

NEED HELP? CALL US, IT'S FREE!

We'll get you connected to the services you need in your community, including: Transportation, Housing, Prescription Assistance Programs, Medicare Part D, Home Health Care, Housekeeping, Hospice, Caregiver Support, Legal Assistance, Financial Assistance, Minor Home Repair, Medicare Health Insurance Counseling, Home Delivered Meals and Senior Dining, Food Shelves, Volunteering, Assistance Applying for Programs and much more!



TRAILBLAZER

Trailblazer Transit is a general public transit system that provides rides to people of all ages for just about any reason! These elevator-equipped buses provide service throughout Sibley, McLeod, and Wright Counties plus some limited service into other neighboring cities. The buses operate Monday through Friday from 6:30am—5:30pm. Ride availability for each customer will vary depending on travel time and other factors.

For more information: 320-864-1000
www.TrailblazerTransit.com

COMMUNITY HAPPENINGS

BARGAIN MONDAYS AT ST. MICHAEL CINEMA

\$5.00 Movies All Day!

\$5.00 Snack Packs

Le Bar Happy Hour from 4:00pm—8:00pm

ALICE IN WONDERLAND JR.

PRESENTED BY SOAR

STMA MSW AUDITORIUM

11343 50TH ST NE, ALBERTVILLE

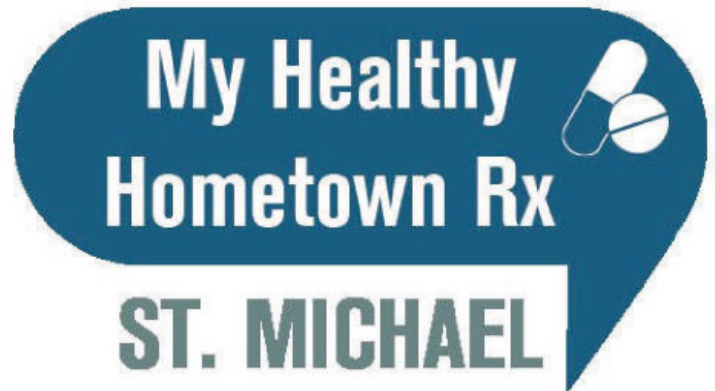
Thursday, Feb. 20th 7:00pm—9:00pm

Saturday, Feb. 22nd

2:00pm—4:00pm / 7:00pm—9:00pm

Sunday, Feb. 23rd

1:00pm—3:00pm / 4:00pm—6:00pm



HOMETOWN PRESCRIPTION DISCOUNT PROGRAM

Save with the Hometown Prescription Discount Program! Pick up a Rx card at City Hall, Crow River Senior Center, or the St. Michael Public Library and show it at a participating pharmacy to save on the cost of prescriptions not covered by an insurance plan.

For more information visit
stmichaelmn.gov/prescriptiondiscount

SILVERSNEAKERS: MONTICELLO

MON/WED/FRI 9:00AM

LOCATION: FITNESS EVOLUTION

133 SANDBERG ROAD

MONTICELLO, MN 55362

763-295-3002

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

TECH SUPPORT APPTS. / EYE GLASS APPTS.



Framed Reverie

FREE VISION & EYE GLASS APPOINTMENTS

WEDNESDAYS, JAN. 15TH & FEB. 19TH 9:30-11:15A
BY APPOINTMENT

Provided by Brianna Erickson, Framed Reverie
Enhancing Vision and Comfort for the Community
Mobile Optician Services

As a passionate mobile optician, I'm thrilled to bring personalized eyeglass care directly to the Crow River Senior Center. My goal is to make sure each person here receives top-notch eye care in the most convenient and comfortable way possible.

How I Can Help:

- Free Cleanings & Adjustments: Keeping your glasses clean and sitting where they're supposed to be will provide you with clearer vision, making your daily life a little easier and help with fall prevention!
- Vision Consultations: If you're looking for advice on improving comfort and clarity with your glasses, I offer personalized consultations. We can review your current eyewear, explore different frame and lens options, and discuss solutions for common issues like eye strain or reading difficulties. My goal is to help you find the best vision solutions to meet your everyday needs.
- Quality Affordable Glasses: With a focus on individual needs, I'm bringing professional glasses ordering directly to you. I can replace lost/damaged glasses against an existing prescription AND make brand new glasses with a current prescription.
- Low Vision Services: I can also identify other options to give you the best vision possible! With access to magnifiers and illumination products I can provide a tailor made solution for your vision needs.

CALL THE CENTER TO REGISTER.

**THRIVE
LOCALLY**

**JZAC
INC**
**GENERAL
CONTRACTOR**
763-497-4444

Albertville Lions
We Serve
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St. Michael, MN 55376
763.497.2455 | Dehmers.com
info@dehmers.com

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Ben Allrich

ballrich@lpicommunities.com

(800) 950-9952 x2757

Blake Beaudry
Blake@BeaudryHometown.com
Text Me @ 763.299.6518

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

**LET US GUIDE YOUR
MEDICARE JOURNEY.**

BeaudryHometown.com | 763.497.2797

HOME | AUTO | LIFE | MEDICARE | MORE

CRSC ACTIVITIES CALENDAR—JANUARY 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| | | 01 | 02 | 03 |
| | | CENTER CLOSED | 9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo | 9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre 1:30P-3:00P Games, Coffee and Cake with the STMA Honor Society |
| 06 | 07 | 08 | 09 | 10 |
| 9:00A Legal Aid 9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P Writer's Group | 9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:00P Golden Age of Hanover 1:15P-3:30P Bridge | 9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards | 9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Mixed Media Acrylic Class Noon Lunch at Center 1:30P Bingo sponsored by The Legacy of St. Michael | 9:00A SilverSneakers (Albertville) 9:00A 55+ Driving Class 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre |
| 13 | 14 | 15 | 16 | 17 |
| 9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes | 9:00A-11:00A Stitch Group 10:00A Advisory Board Mtg 9:00A-12:00P Tech Support 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge 1:30P-3:30P Book Club | 9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 9:30A Vision/Eye Glass Appts 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Memory Café at Monticello Senior Center | 9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Mixed Media Acrylic Class Noon Lunch at Center 1:30P Bingo sponsored by Beaudry Hometown Insurance 1:30P—3:00P Caregiver Support Group | 9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre |
| 20 | 21 | 22 | 23 | 24 |
| CENTER CLOSED | 9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge | 9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Managing Money: A Caregiver's Guide to Finances | 9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Mixed Media Acrylic Class Noon Lunch at Center 1:30P Bingo | 9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P Movie 1:00P-3:30P Mahjong 1:00P-3:30P Euchre |
| 27 | 28 | 29 | 30 | 31 |
| 9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Le Musique Room: Ladies of Classic Country 1:30P—3:30P Dominoes | 9:00A—1:00P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 9:00A Tech Support 10:00A Intro to Watercolor 11:00A Enhance Fitness (Zoom) No Lunch Today 1:15P-3:30P Bridge | 9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P The Lincoln Assassination | 9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Mixed Media Acrylic Class Noon Lunch at Center 1:30P Bingo | 9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre |
| | | | | PAGE 20 |

CRSC LUNCH MENU—JANUARY 2025

MEAL ORDERING DEADLINE

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

Vegetables will be Chef's Choice.

Menu is subject to change without notice.

Cost per meal is \$7.00

| TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|
| | 01 | 02 | 03 |
| | CENTER CLOSED | Chicken Fettuccine Alfredo Side Salad Breadstick | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 07 | 08 | 09 | 10 |
| Salisbury Steak Mushroom Gravy Mashed Potatoes California Blend | Chicken ala King Biscuit Peas | Beef Tacos Taco Sauce Sour Cream | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 14 | 15 | 16 | 17 |
| Cobb Salad Breadstick | Cabbage Rolls Veggie Dinner Roll | Chicken Drumsticks Tots Coleslaw | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 21 | 22 | 23 | 24 |
| Baked Ham Scalloped Potatoes Green Beans Dinner Roll | Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative) | Chicken Enchiladas Refried Beans w/ Cheese, Lettuce, Sour Cream, Tomatoes | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 28 | 29 | 30 | 31 |
| NO LUNCH | Chicken Cordon Bleu Wild Rice Blend California Blend Dinner Roll | Swedish Meatballs Mashed Potatoes Corn | NO LUNCH <i>Deadline to call in orders for next week.</i> |

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

CRSC ACTIVITIES CALENDAR—FEBRUARY 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 03 | 04 | 05 | 06 | 07 |
| <p>8:30A Departure for Treasure Island Trip 9:00A SilverSneakers (Albertville) 9:00A Legal Aid 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group</p> | <p>9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 10:00A Intro to Watercolor 11:00A Enhance Fitness (Zoom) 12:00P Golden Age of Hanover Noon Lunch at Center 1:15P-3:30P Bridge 1:30P Parkinson's Support Group</p> | <p>9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:00A Tech Class 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards</p> | <p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P Le Musique Room: Dueling Pianos 1:30P Bingo</p> | <p>9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p> |
| 10 | 11 | 12 | 13 | 14 |
| <p>9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes</p> | <p>9:00A-11:00A Stitch Group 9:00A-12:00P Tech Support 10:00A Intro to Watercolor 10:00A Advisory Board Mtg 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge 1:30P-3:30P Book Club</p> | <p>9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:30A Blood Pressure Appts 10:50A Enhance Fitness (Zoom) Valentine's Luncheon 1:15P-3:30P 500 Cards</p> | <p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo Sponsored by The Legacy of St. Michael</p> | <p>9:00A 55+ Driver's Class 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p> |
| 17 | 18 | 19 | 20 | 21 |
| <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">CENTER CLOSED</p> <p>1:00P Le Musique Room: Get Closer—The Spirit of Seals and Crofts</p> | <p>9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge</p> | <p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 9:30A Vision/Eye Glass Appts 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Memory Café at the Monticello Senior Center</p> | <p>9:00A-11:00A Pinochle 9:30A Rosemaling Class (Hanover) 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo Sponsored by Trinit Home Health and Hospice 1:30P—3:00P Caregiver Support Group</p> | <p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P Movie 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p> |
| 24 | 25 | 26 | 27 | 28 |
| <p>9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P Doug Ohman</p> | <p>9:00A-11:00A Stitch Group 9:00A-12:00P Tech Support 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge</p> | <p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards</p> | <p>9:00A-11:00A Pinochle 9:30A Rosemaling Class (Hanover) 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo</p> | <p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p> |
| | | | | |
| | | | | |

CRSC LUNCH MENU—FEBRUARY 2025

MEAL ORDERING DEADLINE

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

Vegetables will be Chef's Choice.
Menu is subject to change without notice.
Cost per meal is \$7.00

| TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|
| 04 | 05 | 06 | 07 |
| Tater Tot Hotdish Side Salad Dinner Roll | Hot Turkey Sandwich w/ Gravy Mashed Potatoes Corn | Lasagna Side Salad Dinner Roll | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 11 | 12 | 13 | 14 |
| Chicken Wild Rice Soup Ham and Cheese Sandwich | Valentine's Day Luncheon | Chicken Breast w/ Garlic Cream Sauce Mashed Potatoes Beans | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 18 | 19 | 20 | 21 |
| Chili Side Salad Corn Bread | Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative) | Swiss Chicken Wild Rice Blend California Blend Dinner Roll | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 25 | 26 | 27 | 28 |
| Spaghetti Meat Sauce Side Salad Dinner Roll | Fish Sandwich Tarter Sauce Macaroni Salad Chips | Chopped Beef Steak w/onions and mushrooms Mashed Potatoes Corn | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| | | | NO LUNCH <i>Deadline to call in orders for next week.</i> |

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

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

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AVAILABLE NOW!
PRINT & DIGITAL AD SPACES

Build your business and help us grow a vibrant community!

Nick Palasini from LPi, our news letter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.



LPi Nick Palasini
Cell | 608-201-2593
npalasini@4lpi.com



CROW RIVER SENIOR CENTER
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