

JANUARY / FEBRUARY 2026

# 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

Please note that our payment policy is cash or check; we do not accept credit cards. Please note if paying by check, we request separate checks for each event.

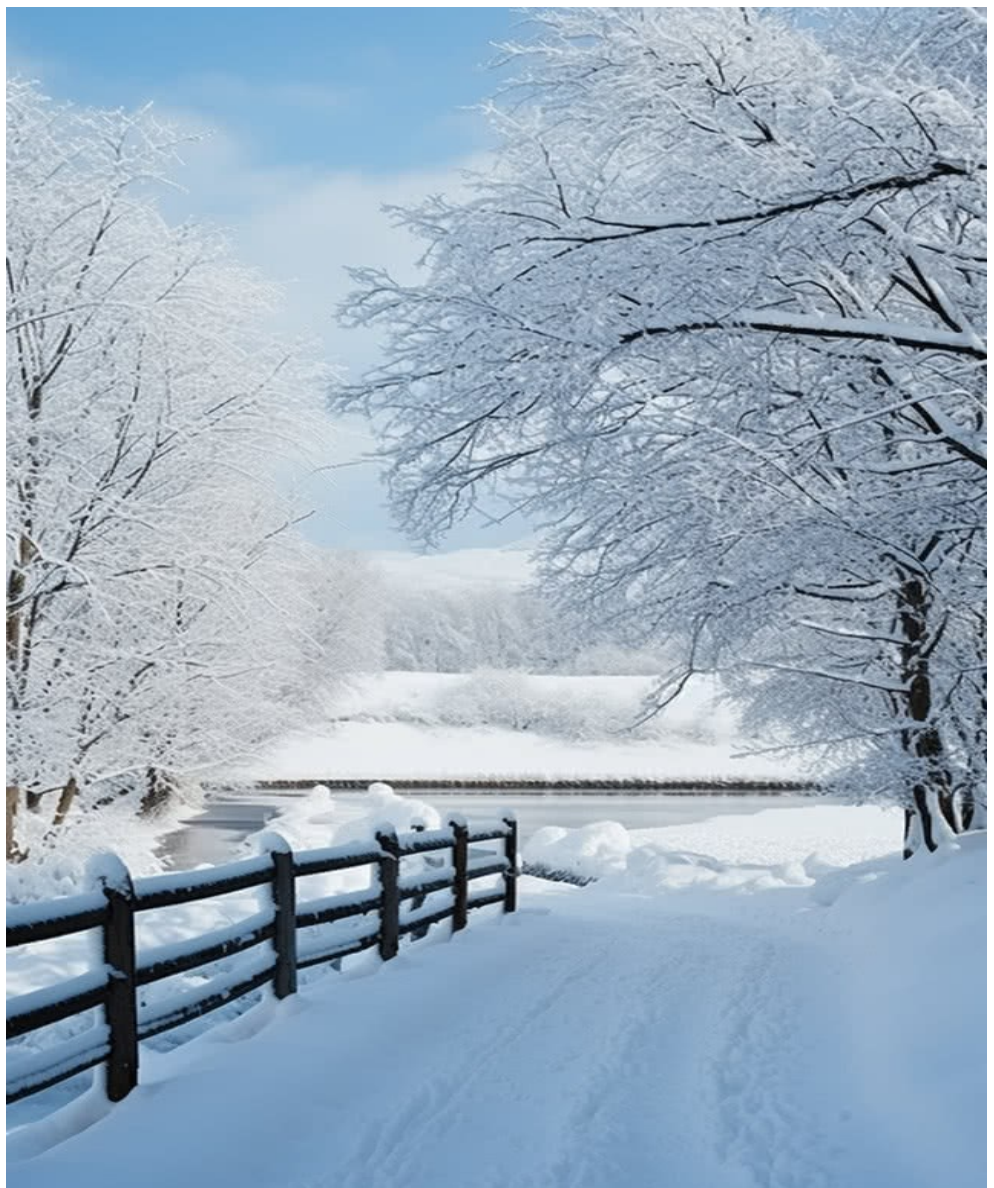
## INCLEMENT WEATHER REMINDER

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:

THURSDAY, JAN. 1ST  
MONDAY, JAN. 19TH  
MONDAY, FEB. 16TH



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

**VALENTINE'S LUNCHEON**

WEDNESDAY, FEB. 11TH  
NOON LUNCHEON

COST: \$15.00

LOCATION: CROW RIVER SENIOR CENTER

**Menu:**

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

Music to follow by David K. Piano Vocal, Love Songs of Sinatra, Beatles, Elton, Van Morrison, Carole King, Ray Charles & more!

**MUST REGISTER AND PAY IN ADVANCE BY FEB. 2ND. NO REFUNDS AFTER THIS DATE.**

**ST. PATRICK'S DAY LUNCHEON**

WEDNESDAY, MARCH 11TH  
NOON LUNCHEON

COST: \$15.00

LOCATION: CROW RIVER SENIOR CENTER

**Menu:** Corned Beef and Cabbage, Boiled Potatoes, Carrots, Irish Soda Bread, Dessert.

Music to follow by Artisan.

**MUST REGISTER AND PAY IN ADVANCE BY MARCH 2ND. NO REFUNDS AFTER THIS DATE.**

**ADVANCED CARE PLANNING 101**

WEDNESDAY, JAN. 14TH 1:30PM

PRESENTED BY STEVE HOOVER

Like many people, you may have delayed making decisions about your end-of-life care. It's completely natural—these conversations can be emotionally challenging, and the paperwork can feel overwhelming.

We invite you to join us for Advance Care Planning 101, a thoughtful and practical presentation designed to guide you through the process with clarity and support. You'll also explore an Advance Planning Guide Toolkit that will help you:

- Reflect on your values, goals, and priorities for end-of-life care
- Choose a trusted representative to speak on your behalf if you're unable to
- Learn about common end-of-life medical interventions—so you can make informed decisions about what you do or do not want

Whether you're just beginning to think about your wishes or ready to take the next step in documenting them, this session will equip you with the knowledge and tools to make confident, informed choices—for yourself and your loved ones.

Steve Hoover, PhD, currently works part-time for the Birren Center for Autobiographical Studies where he serves as a Master Trainer and Mentor for Guided Autobiography. Previously, he was the Healthy Aging Coordinator for the Central Minnesota Council on Aging, and for 29 years as a professor in counseling and educational psychology at St. Cloud State University where he taught courses in stress management, research, statistics as well as developmental and educational psychology.



**CALL THE CENTER TO REGISTER.**

**MAHJONG LESSONS**

MONDAYS JAN. 5TH, 12TH, 26TH  
NO LESSON JAN. 19TH  
1:00PM—3:30PM

Interested in learning how to play Mahjong? Join us for lessons!

**CALL THE CENTER TO REGISTER.**

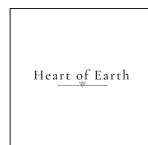
**ESSENTIAL OILS 101**

WEDNESDAY, JAN. 28TH 1:30PM

PRESENTED BY RANEE BIERNAT, HEART OF EARTH

Curious about what essential oils are and how they can help support your well-being? Join us for this hands on class and learn a bit about the history of essential oils, what they are, safety precautions, application techniques & more. You will get some hands on experience too! You will make an essential oil roller ball you can take home and use. Ranee, a local herbalist and maker of organic herbal products, will lead us through a short talk and hands on learning.

**REGISTRATION OPENS MONDAY, DEC. 29TH. PLEASE NOTE, YOU CAN ONLY SIGN UP YOURSELF. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON. OUR DOORS OPEN AT 8:30AM. THIS CLASS IS FREE OF CHARGE.**





**CENTER MOVIES**

**ABOUT MY FATHER**

**FRIDAY, JAN. 16TH 1:00PM**

When Sebastian tells his old-school Italian immigrant father Salvo that he is going to propose to his all-American girlfriend, Salvo insists on crashing a weekend with her parents. Starring Robert De Niro, Sebastian Maniscalco, Leslie Bibb. (2023) Rated PG-13, 1HR 30MIN

**CALL THE CENTER TO REGISTER.**

**THE LAST RODEO**

**FRIDAY, FEB. 20TH 1:00PM**

To save his grandson, a retired rodeo star enters a high-stakes bull-riding competition. Along the way, he confronts his past, discovers faith, and proves that true courage lies in family. Starring Neal McDonough, Mykelti Williamson, Sarah Jones. (2025) Rated PG, 1HR 56MIN

**CALL THE CENTER TO REGISTER.**

**STMA HONOR SOCIETY BINGO**

**THURSDAY, JAN. 15TH 1:30—3:00PM**

Join us for Bingo and Ice Cream sponsored by the STMA Honor Society!

**CALL THE CENTER TO REGISTER.**

**RSVP COFFEE CONNECTION EVENT**

**TUESDAY, JAN. 20TH 10:00AM—12:00PM**

This is an informational open house for age 55+ where you can chat with volunteers and discover service options.

- Stop by or stay awhile!
- Warm up with a free cup of coffee and a sweet treat!
- Door Prizes

**CALL THE CENTER TO REGISTER.**

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.

**AI AND DISINFORMATION**

**WEDNESDAY, JAN. 21ST 1:30PM**

**PRESENTED BY SENIOR COMMUNITY SERVICES**

Today's AI-powered tools and social media have made it easier and faster to create and spread disinformation. In this lecture, we'll explore how AI is used to create convincing deepfakes and clone voices, making it challenging to distinguish between real and fake content. We'll also review best practices for evaluating information and explore tech tools that can help identify content created with AI.

**CALL THE CENTER TO REGISTER.**

**LIBRARIES OF MINNESOTA**

**WEDNESDAY, FEB. 18TH 1:30PM**

**PRESENTED BY DOUG OHMAN**

Enjoy a trip back in time when your small-town library opened your eyes to the big wide world. Learn about the role Andrew Carnegie, the Scottish American entrepreneur and businessman had in expanding libraries in Minnesota and across the nation.

**CALL THE CENTER TO REGISTER.**



## THE BASICS OF COLOR THEORY

**THURSDAYS**

**JAN. 8TH, 15TH, 22ND, 29TH**

**1:00PM—3:00PM**

**MUST ATTEND ALL CLASSES**

Are your watercolor mixes not looking the way you thought they should? You were expecting a brilliant violet and got a dull purple. Well, this Color Theory class is the place to be. In this class we will go over some of the basics of color mixing. We will work with a full palette of watercolor paints. You will learn about saturation, tones, hue, and of course color. During these classes we will be discussing ideas for creating art works for ourselves, to have as a finished project for the end of this learning experience.

**CALL THE CENTER TO REGISTER.**

**REGISTRATION OPENS DEC. 29TH. PLEASE NOTE, YOU CAN ONLY SIGN UP YOURSELF. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON. OUR DOORS OPEN AT 8:30AM.**

**THIS CLASS IS FREE OF CHARGE.**

## PRECISION DRIVING CENTER 55+ DRIVING CLASS

**4 HOUR CLASS**

**TUESDAY, JAN. 13TH**

**TUESDAY, FEB. 3RD**

**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](http://www.DriverDiscountProgram.com) or  
call 1-888-234-1294 or 320-308-1400.**

## COOKIE DECORATING

**THURSDAY, FEB. 12TH 10:00AM**

This class is for the beginner cookier or for the person who is just curious about what cookie decorating is all about! If you have limited experience with sugar cookies, found yourself frustrated with royal icing, or if you're trying to have fun, this is the class for you! We will be doing a fun "we go together" Valentine's theme set that tastes amazing and will look even better once you've completed your decorating! Class includes 6 cookies, 4 bags of icing, sprinkles, and a goodie bag for each person. Plus there's a special prize at the end for one lucky participant! Cookies include common allergens such as wheat, egg, and tree nuts (almond).

**CALL THE CENTER TO REGISTER.**

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**THIS CLASS IS FREE OF CHARGE.**



## RESET, REFRESH, REVITALIZE

THURSDAY, JAN. 8TH 10:30AM  
PRESENTED BY DIANE LYNCH

Life's twists and turns don't come with instruction manuals, and let's face it, the older we get, the more we respond out of habit and less from insight! This light-hearted presentation offers a refreshing look at managing uncertainty and adapting with grace (and a dash of humor). Together, we'll tackle exercises to shake up habits, reset our thinking, and spark a sense of purpose—so happiness and vitality stick around no matter what!

Diane is a life coach and trainer who empowers individuals to navigate life transitions with clarity, confidence, and resilience.



*Diane P. Lynch*

651-675-7988  
www.dianelynych.com  
diane@dianelynych.com

**CALL THE CENTER  
TO REGISTER.**

## SONGS AND STORIES OF THE AMERICAN WEST

THURSDAY FEB. 5TH 1:30PM  
PRESENTED BY KERRY GROMBACHER  
LOCATION: ST. MICHAEL LIBRARY

This performance blends music and storytelling to explore the historical, modern, and mythic West. Traveling across America, Kerry Grombacher draws inspiration from the landscapes and cultures he encounters, transforming them into songs and tales that celebrate the West's people and traditions. This program was made possible with Arts & Cultural Heritage Funds from Minnesota's Clean Water, Land, and Legacy Amendment. No registration required.

**This is a performance provided by  
the St. Michael Library.**

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## CALL FOR 2026 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 2 openings and members will vote to determine which 2 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. 30th.**

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 2026.

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](mailto:jteigen@crowriverseniorcenter.com).

## SILVERSNEAKERS

MON/WED/FRI 9:00AM

LOCATION: ALBERTVILLE CITY HALL

5959 MAIN AVE NE

ALBERTVILLE, MN

### No Classes:

January - 2nd, 19th

February - 13th, 16th

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

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

**NO SIGN UP REQUIRED, JUST COME!**

## 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!

### FITNESS THROUGH ZOOM

A PARTNERSHIP WITH WHITNEY SENIOR CENTER

#### Enhance Fitness - Tuesdays & Fridays 11:00am

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

#### Senior Yoga - Mondays/Wednesdays/ 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.**

#### 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.

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**PARKINSON'S SUPPORT GROUP**

**TUESDAY, FEB. 3RD 1:30PM—3:30PM**

**NO MEETING IN JANUARY**

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**

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.

Contact Becky Allard, Licensed Social Worker for Senior Community Services at 612-804-0968 or e-mail her at [b.allard@seniorcommunity.org](mailto:b.allard@seniorcommunity.org) to register and learn more!



SENIOR  
COMMUNITY  
SERVICES

**HOME Program**

Offering a variety of assistance with **home chores** including housekeeping, minor repairs, leaf raking, and more.

Call 763-416-7969 or email us at [hometeam@seniorcommunity.org](mailto:hometeam@seniorcommunity.org) to learn more!

**Technology Services**

Have questions about technology? Our Technology Coaches are here to help!

**In a community setting** - Join a free tech clinic every 2nd and 4th Tuesday. Call 763-497-8900 to register

**In your home** - Make an in-home appointment for a fee by calling 952-888-5530.



**Caregiver Support**

Becky Allard, LSW, is here to support you while you care for your loved one:

Make a **one-on-one appointment** for individualized support



Join a **caregiver support group** held the 3rd Thursday of each month from 1:30-3:00pm

Contact Becky at 612-804-0968 or [b.allard@seniorcommunity.org](mailto:b.allard@seniorcommunity.org) to register or learn more!

## 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. 5th  
Monday, Feb. 2nd  
9:00, 9:30 or 10:00am

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## TRIPS AND CONCERTS

### LE MUSIQUE ROOM: CHURCH OF CASH FRIDAY, FEBRUARY 20TH 1:00PM \$33.00

The BEST Johnny Cash Tribute Anywhere. All Johnny. All Day Long! Featuring Jay Ernest from the Folsom Prison Experience.

**Must register and pay in advance by Feb. 9th. No refunds after this date.**

### LE MUSIQUE ROOM: THE HISTORY OF GOSPEL MUSIC MONDAY, MARCH 23RD 1:00PM \$33.00

American roots singer-songwriter, Joyann Parker, along with musical partner, guitarist Mark Lamoine and esteemed upright bassist Chris Bates, have crafted the enchanting show "Precious Lord, Take My Hand: The History of Gospel Music." Filled with history, hope, and heart, this captivating performance showcases a delightful mix of traditional hymns, Southern gospel, blues, and mountain music.

**Must register and pay in advance no later than March 12th. No refunds after this date.**

### TREASURE ISLAND CASINO TRIP: MONTICELLO AND ELK RIVER SENIOR CENTERS MONDAY, JAN. 5TH \$30.00

The Monticello and Elk River Senior Centers will be sharing a coach bus to Treasure Island Casino on Monday, January 5th. The bus will depart the Monticello Community Center at 8:00am and return at approximately 4:45pm. Due to the rising costs, the casino trips will be \$30 (this is a \$5 increase from 2025) those going will receive \$15 on their card and \$5 off food.

Please call the Monticello Senior Center (763-295-2000) or the Elk River Senior Center (763-635-4500) to register.

**\*The Crow River Senior Center will no longer be hosting casino trips.**

### CHANHASSEN DINNER THEATER: GUYS AND DOLLS

#### WEDNESDAY, APRIL 15TH \$115.00 10:15 DEPARTURE TIME FROM CROW RIVER SENIOR CENTER

For the first time in over 35 years Chanhassen Dinner Theatre brings you a thrilling and electric staging of GUYS AND DOLLS! From the gritty streets of New York to the colorful cafes of Havana, GUYS AND DOLLS is a grand spectacle of music and comedy to delight audiences of all ages. Chanhassen Dinner Theatres' fresh production is set in Damon Runyon's mythical New York City in a perfect balance of story, dance, music and romance! Charming but broke gambler Nathan Detroit is short on cash for the biggest craps game in town and the authorities are breathing down his neck. Meanwhile, longtime girlfriend and club performer, Miss Adelaide, is tiring of their 14-year engagement with no wedding in sight. Nathan looks to fellow high-roller Sky Masterson for the cash, and the two concoct a bet for Sky to whisk the straight-laced missionary Sarah Brown off to Havana. Sarah is determined to save the souls of the gamblers, setting in motion a series of events where love and redemption intersect.

Trip Schedule:

- 11:15AM: Arrive at the Chanhassen Dinner Theater for lunch.
- Menu: Entrée, Salad, Vegetable, bread potato or rice, beverage.
- 1:00PM: Matinee begins
- 3:30 p.m. Estimated conclusion of show.
- 3:45 p.m. Estimated departure from Chanhassen.
- 4:30 p.m. Estimated return time to Crow River.
- 5:00 p.m. Estimated return time to Buffalo.

**Must register and pay in advance by March 4th. 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.



**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.



**BINGO**

**THURSDAYS, 1:30PM**

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

Thursday, Jan. 15th

Bingo sponsored by the STMA Honor Society.

**DOMINOES**

**MONDAYS, 1:30PM—3:30PM**

**BRIDGE**

**TUESDAYS, 1:15PM—3:30PM**  
**PLEASE ARRIVE BY 1:00PM**

**HAND AND FOOT**

**WEDNESDAYS, 9:00AM—11:00AM**

**500**

**WEDNESDAYS, 1:15PM—3:30PM**

**PINOCHLE**

**THURSDAYS, 9:00AM—11:00AM**  
Arrive at 8:45AM for sign up.

**EUCHRE**

**FRIDAYS, 1:00PM—3:30PM**

**MAHJONG**

**FRIDAYS, 1:00PM—3:30PM**



**BOOK CLUB**

**2ND TUESDAY OF THE MONTH**  
**1:30PM—3:30PM**

January 13th: The Boys  
 By Katie Hafner

February 10th: Horse  
 By Geraldine Brooks

March 10th: Snow Falling On Cedars  
 David Guterson

April 14th: How to Age Disgracefully  
 Clare Pooley



**STITCH GROUP**

**TUESDAYS 9:00AM—11:00AM**

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

**WRITERS GROUP**

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

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

**GOLDEN AGE**

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

This is a group of 55+ that meets monthly for lunch and games. If interested, please call Gloria at 763-442-3613 or Judy at 763-213-5683.

**ARTIST GROUP**

**MONDAYS 9:30AM—11:00AM**

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



**HISTORY GROUP**

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

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

# NEW YEARS RESOLUTIONS

BY SHERI SMITH

Happy New Year!

Here we are a few weeks into the New Year, and half of America has already tanked on their resolutions. We go into it with such hope and promise of beginning anew, starting fresh, leaving the past behind, and barely, into our new start we crash and burn. Change is not an easy thing to accomplish, we are by nature, creatures of habit.

New Year's has been celebrated for over 4000 years and is considered the oldest of holidays. In the years around 2000 BC the Babylonians based their New Year on the first New Moon. It wasn't January 1<sup>st</sup>, but actually after the Vernal Equinox: the first day of Spring. Celebrations lasted for eleven days. These people knew how to party! They also made resolutions. The most popular was to return borrowed farm equipment. Humanity has not evolved that much in 4000 years. I'll take bets there are still a lot of Babylonians roaming around their farmlands without pickaxes, hammers or ox-driven plows.

While our resolutions have evolved through the ages, there are several that each and every year we trot out and resolve to try again. And again. And again.

**Spend more time with friends and family.** But, by the time we have celebrated Thanksgiving, a birthday or two and Christmas with the family, we have had our fill of Uncle Fred and his flatulence and are looking forward to clearing the air and not seeing him again until next November.

**Get Fit.** Finding time to exercise has to be squeezed in between un-decorating the house, lugging the boxes to the attic or garage, returning several of the 14 pairs of socks received as gifts, cleaning out the fridge of rancid leftovers and watching football. There's not much time left!

**Tame that Tummy.** We have been eating constantly for the past two months, grazing on holiday snacks that we only see once a year. We're on a roll and it takes time to slow down that ball.

**Enjoy Life More.** At this point in time we're bloated, broke, listless, exhausted and sick to death of relatives and crowds. It's hard to get pumped up. We look forward to spending time alone.

**Get Out of Debt.** After birthdays, weddings, travel and giving gifts, we must be mad to make a resolution like this. It will take until next December to tame this beast and then we'll start again.

**Learn Something New.** Each year we vow that we will not make resolutions that are impossible to keep. And yet, each year on January 1<sup>st</sup> we do it again. Does this count if we're re-learning the same thing year after year?

**Help Others.** This is the most noble of resolutions and may be the easiest to actually keep. Spur our best friend to join a gym. Help our mothers by finishing off that pan of fudge. Tape the football games for our brothers. Buy that Uncle a bottle of Beano. There's much to be done!

**Get Organized.** This too may be easier said than done. Life is messy. It can get busy and overwhelming at times. So, a good start is to make only one resolution each year. It's clean, simple and we have a far better chance of succeeding.

There are some very good reasons why we can't stay on track with multiple resolutions; some real and some imagined. But each New Year brings with it a new chance to change, a new chance to grow. We look forward to those chances every year in spite of our past failures. We are a nation of optimists who believe in second chances. So, start again if you have fallen off the resolution track and by all means, return those farm implements immediately.

## 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.

## 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!

## DONATIONS NEEDED:

- WE ARE CURRENTLY COLLECTING PLASTIC BAGS FOR THE MASTER GARDNERS. ONCE THEY COLLECT 1000LBS THEY WILL RECEIVE A BENCH MADE FROM THESE PLASTIC BAGS!
- DECAF COFFEE

## 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.

## 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.

### READERS THEATER, OTSEGO, ELK RIVER/BIG LAKE

Utilize your expressive voice and smiling face to demonstrate to young children just how important and fun reading can be! Members of this group select days and times to read within libraries and local elementary and preschools as requested. One short practice a month and your choice of reading dates.

### CAER FOOD SHELF—ELK RIVER (REQUIRES REGULAR SCHEDULE)

Assist with the many tasks and services necessary to operate this busy and important service, from working with clients in the store to other duties behind the scenes or in the community.

### BUFFALO FOOD SHELF

Assist with the many tasks and services necessary to operate this busy and important service, from working with clients in the store to other duties behind the scenes or in the community.

For these opportunities or other ways to serve, call or email AmeriCorps Seniors RSVP Wright & Sherburne County: 763-765-3036 or [RSVP.signup@ci.stcloud.mn.us](mailto:RSVP.signup@ci.stcloud.mn.us)

### We are grateful for the following businesses that donated gift cards to our Holiday Luncheon:

Dehmer's Meats	St. Michael Cinema
Hen & Hog	What's the Scoop
Jersey Mikes	Hanover Wine and Spirits
Big Bore BBQ	Culver's
River Inn	Hilltop Bar
Tom Thumb	

**TECH BUDDIES****WEDNESDAY, JAN. 14TH****12:30PM—1:00PM**

Need help with your phone, tablet, or laptop? Our Tech Buddies session connects Knights Academy students with seniors for one-on-one technology assistance at the Crow River Senior Center. Whether you have questions about email, apps, social media, or general device navigation, the student volunteers are here to help!

**How it Works:**

Bring your own device (smartphone, tablet, or laptop).

Come with your technology-related questions. Sit down with a student for personalized, step-by-step assistance.

Join us for a relaxed and supportive learning experience, our Tech Buddies are ready to help you feel more confident with your technology!

**CALL THE CENTER TO SIGN UP.****TECHNOLOGY SUPPORT  
APPOINTMENTS****1ST AND 3RD TUESDAYS****12:30PM—3:00PM**

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

**CALL THE CENTER TO SIGN UP.**

*THIS IS A SERVICE PROVIDED BY THE HOME PROGRAM AND PARTIALLY FUNDED BY HENNEPIN AND WRIGHT COUNTIES.*

Ads will be placed here. No content may go here.  
Please remove before uploading to LPi Express.

## MEALS ON WHEELS

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

Phone: 651-746-8280

E-mail: [orders@OptageDining.org](mailto: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 as close to noon as possible.

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.

*Meal 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 AREA FOOD SHELF

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

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

Tuesdays & Fridays  
11:00am to 1:30pm

Wednesdays  
10:00am to 1:30pm

All clients are welcome to come from 1:30pm until 1:50pm on Tuesdays, Wednesdays and Fridays for extra bread and produce. Please wait outside until we open the door for the 1:30 shopping. It is helpful to bring your own reusable bags, but not required.

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

## STMA FOOD PANTRY

Location:  
11100 61st St. NE  
Albertville, MN 55301

Hours:  
Tuesdays & Thursdays  
5:30pm to 7:30pm

Senior Citizen Hours:  
1st & 3rd Tuesdays  
9:30am to 11:30am

STMA Food Pantry is closed on National Holidays and in case of inclement weather, we follow STMA School district closings.

**COMMUNITY HAPPENINGS**

**ALBERTVILLE LIONS SHRIMP AND FISH FRY**

Friday, February 20th  
4:30P—7:00P  
Albertville City Hall

**GRANDPALS PEN PAL PROGRAM**

**BRIDGING GENERATIONS, ONE LETTER AT A TIME**

GrandPals is a pen pal program that connects local seniors with children and families through letter exchanges. The program aims to create relationships and build lasting bonds, providing companionship for often widowed or house-bound seniors and teaching lifelong skills to kids such as the art of letter writing, how to address and send postal mail, and the importance of community.

**What to send?** Whatever you want! Traditional pen pal letters where you share about your day, your interests, and ask questions for the GrandPal are completely acceptable. For younger kiddos, you can also send specific drawings and cards, or simply send some artwork from school!

**How often to send?** By joining this program, you are committing to mailing at least one letter per month, however, more letters than that are always appreciated by our seniors!

**Become a GrandPal!** For more information, contact Stacie at [s.wenndt@seniorcommunity.org](mailto:s.wenndt@seniorcommunity.org).



**800-333-2433**

**AGING PATHWAYS (FORMERLY SENIOR LINKAGE LINE)**

**NEED HELP? CALL US!**  
**1-800-333-2433**

We've changed our name! Senior LinkAge Line is now called Minnesota Aging Pathways. We still offer the same trusted help for older adults, caregivers and families. Call us at 800-333-2433

Visit our new website: <https://mn.gov/aging-pathways>

**Technology throwing a tantrum?**

**Get one-on-one tech coaching in your home:**

Connecting to printers, getting started with smart TVs and streaming services, troubleshooting error messages on your desktop computer, and more.



**Contact Senior Community Services at 952-888-5530 for more information or to make an appointment.**

*Hourly rates are based on income. We can work with you and your circumstances to keep the service affordable.*



**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](http://www.TrailblazerTransit.com)

## STMA SCHOOLS: SENIOR KNIGHTS ENGAGING, CELEBRATING, AND CONNECTING WITH OUR SENIOR CITIZENS ST. MICHAEL-ALBERTVILLE SCHOOLS • 2025–2026 SCHOOL YEAR

We deeply value our senior community [ages 62+ and STMA residents] and want to share the amazing things happening in STMA Schools. Join us for special opportunities throughout the year designed just for you!  
We are happy to offer these at no cost to you.

### **Activity Pass**

Pick up your FREE Activity Pass!

WHERE: District Office (located inside door A at Middle School West)

This pass gives you access to all STMA activities! Please bring a valid government ID.

### **Theater Performances**

You're invited to enjoy Sunday matinee shows of our high school productions!

WHERE: High School Performing Arts Center

 Spring Play: *Peter and the Starcatcher* April 26, 2026, 2:00 p.m.

### **Tech Buddies from Knights Academy**


Need help with your phone, tablet, smart watch, or computer?

Our talented Knights Academy students will visit the Crow River Senior Center to answer all your technology questions.

 January 14, April 15 - all at 12:30 p.m.

### **Walk at the Activity Center**

Stay active and connected! Senior citizens are welcome to walk FREE inside the Activity Center.

 Daily from 5:00 a.m.–8:30 a.m. (when open).

### **We can't wait to see you at Senior Knights!**

Contact the STMA District Office at 763-497-3180 or email Superintendent Ann-Marie Foucault at [annmarief@mystma.org](mailto:annmarief@mystma.org) with any questions.

# Subscribe

For the  
latest City  
Updates



**SIGN UP  
HERE** →



Get the latest information by subscribing to St. Michael's email notification topics. If you sign up for any of the topics you will automatically get added to the "What's Happening" list that shares events and information about what is going on in the community. Other topics include: the City Newsletter, Community Alerts, City Council/Planning Commission/Economic Development Authority Agendas, Street/Utility Projects, Park/Trail Projects, Election information and Economic Development updates. It's another way to stay in the loop. Visit [stmichaelmn.gov/subscribe](http://stmichaelmn.gov/subscribe) to sign up!

## My Healthy Hometown Rx



### ST. MICHAEL

## 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](http://stmichaelmn.gov/prescriptiondiscount)

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Please remove before uploading to LPi Express.

# CRSC ACTIVITIES CALENDAR—JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01	02
			<b>CENTER CLOSED</b>	9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
05	06	07	08	09
8:00A Treasure Island: Monticello and Elk River 9:00A Legal Aid 9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Mahjong Lessons 1:30P—3:30P Dominoes 1:30P Writer's Group	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P-3:00P Tech Support 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) Noon Lunch at Center 1:15P-3:30P 500 Cards	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:30A Reset, Refresh, Revitalize Noon Lunch at Center 1:00P Basics of Color Theory 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
12	13	14	15	16
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Mahjong Lessons 1:30P—3:30P Dominoes	9:00A 55+ Drivers Class 9:00A-11:00A Stitch Group 10:00A Advisory Board Mtg 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge 1:30P Book Club	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 12:30P Tech Buddies 1:15P-3:30P 500 Cards 1:30P Advanced Care Planning 101	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P Basics of Color Theory 1:30P Caregiver Support Group 1:30P Bingo sponsored by the STMA National Honor Society	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre 1:00P Movie
19	20	21	22	23
<b>CENTER CLOSED</b>	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 10:00A RSVP Coffee and Social Event 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P-3:00P Tech Support 1:15P-3:30P Bridge	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P AI & Disinformation	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P Basics of Color Theory 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
26	27	28	29	30
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Mahjong Lessons 1:30P—3:30P Dominoes	9:00A Health Dept. 60+ Healthy Clinic (Nail Trimming) 11:00A Enhance Fitness (Zoom) No Lunch this Day 1:15P-3:30P Bridge	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Essential Oils 101	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P Basics of Color Theory 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

# CRSC LUNCH MENU—JANUARY 2026

## 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
		<b>CENTER CLOSED</b>	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
06	07	08	09
Goulash Side Salad Dinner Roll	Hot Turkey Sandwich w/Gravy Mashed Potatoes Corn	Beef Tacos Taco Sauce Sour Cream Refried Beans	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
13	14	15	16
Chicken ala King Biscuit Veggie	Meatloaf Mashed Potatoes Gravy Peas	Baked Cod Rice Pilaf Broccoli	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
20	21	22	23
Swiss Chicken Wild Rice Blend California Blend Dinner Roll	Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative)	Southwest Chicken Salad Breadstick	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
27	28	29	30
<b>No Lunch</b>	Sloppy Joe Baked Beans Potato Salad	Chicken Enchiladas Refried Beans w/ Cheese, Lettuce, Sour Cream Tomatoes	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>

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

# CRSC ACTIVITIES CALENDAR—FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
<p>9:00A SilverSneakers (Albertville)  <b>9:00A Legal Aid</b>            9:30A-11:00A Artist Group  <b>10:00A Senior Yoga (Zoom)</b>            1:30P—3:30P Dominoes            1:30P—3:30P Writers Group</p>	<p>9:00A <b>55+ Drivers Class</b>            9:00A-11:00A Stitch Group            9:00A-11:00A History Group  <b>11:00A Enhance Fitness (Zoom)</b>  <b>12:00P Golden Age of Hanover</b>  <b>Noon Lunch at Center</b>  <b>12:30P-3:00P Tech Support</b>            1:15P-3:30P Bridge  <b>1:30P Parkinson's Support Group</b></p>	<p>9:00A SilverSneakers (Albertville)            9:00A-11:00A            Hand &amp; Foot Cards  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>            1:15P-3:30P 500 Cards  <b>1:30P Wellness on Wheels</b></p>	<p>9:00A-11:00A Pinochle  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>  <b>1:30P Songs and Stories of the American West</b>            1:30P Bingo</p>	<p>9:00A SilverSneakers (Albertville)            9:00A-11:00A Cribbage  <b>11:00A Enhance Fitness (Zoom)</b>            1:00P-3:30P Mahjong            1:00P-3:30P Euchre</p>
<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>9:00A SilverSneakers (Albertville)            9:30A-11:00A Artist Group  <b>10:00A Senior Yoga (Zoom)</b>            1:30P—3:30P Dominoes</p>	<p>9:00A-11:00A Stitch Group  <b>10:00A Advisory Board Mtg</b>  <b>11:00A Enhance Fitness (Zoom)</b>  <b>Noon Lunch at Center</b>            1:15P-3:30P Bridge            1:30P Book Club</p>	<p>9:00A SilverSneakers (Albertville)            9:00A-11:00A            Hand &amp; Foot Cards  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Valentine's Luncheon</b>            1:15P-3:30P 500 Cards</p>	<p>9:00A-11:00A Pinochle  <b>10:00A Cookie Decorating</b>  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>            1:30P Bingo</p>	<p>9:00A-11:00A Cribbage  <b>11:00A Enhance Fitness (Zoom)</b>            1:00P-3:30P Mahjong            1:00P-3:30P Euchre</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>CENTER CLOSED</b>	<p>9:00A-11:00A Stitch Group            9:00A-11:00A History Group  <b>11:00A Enhance Fitness (Zoom)</b>  <b>Noon Lunch at Center</b>  <b>12:30P-3:00P Tech Support</b>            1:15P-3:30P Bridge</p>	<p>9:00A SilverSneakers (Albertville)            9:00A-11:00A            Hand &amp; Foot Cards  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>            1:15P-3:30P 500 Cards  <b>1:30P Doug Ohman</b></p>	<p>9:00A-11:00A Pinochle  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>            1:30P Bingo  <b>1:30P Caregiver Support Group</b></p>	<p>9:00A SilverSneakers (Albertville)            9:00A-11:00A Cribbage  <b>11:00A Enhance Fitness (Zoom)</b>  <b>1:00P Movie</b>            1:00P-3:30P Mahjong            1:00P-3:30P Euchre   <b>1:00P Le Music Room: Church of Cash</b></p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>9:00A SilverSneakers (Albertville)            9:30A-11:00A Artist Group  <b>10:00A Senior Yoga (Zoom)</b>            1:30P—3:30P Dominoes</p>	<p>9:00A-11:00A Stitch Group  <b>11:00A Enhance Fitness (Zoom)</b>  <b>Noon Lunch at Center</b>            1:15P-3:30P Bridge</p>	<p>9:00A SilverSneakers (Albertville)            9:00A-11:00A            Hand &amp; Foot Cards  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>            1:15P-3:30P 500 Cards</p>	<p>9:00A-11:00A Pinochle  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>            1:30P Bingo</p>	<p>9:00A SilverSneakers (Albertville)            9:00A-11:00A Cribbage  <b>11:00A Enhance Fitness (Zoom)</b>            1:00P-3:30P Mahjong            1:00P-3:30P Euchre</p>

# CRSC LUNCH MENU—FEBRUARY 2026

## 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
<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
Chicken Supreme Casserole Side Salad Dinner Roll	Chili Side Salad Corn Bread	Baked Ham Scalloped Potatoes Green Beans Dinner Roll	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Chef's Salad Dinner Roll	<b>VALENTINE'S DAY LUNCHEON</b>	Lasagna Side Salad Breadstick	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Chicken Fried Steak Mashed Potatoes Corn	Salmon with Orange-Pineapple Pepper Seasoning Rice Pilaf Broccoli	Chicken Wild Rice Soup Ham and Cheese Sandwich	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Hot Beef Sandwich Mashed Potatoes Veggie	Liver & Onions Sautéed Baby Reds Buttered Carrots <b>(Chicken Alternative)</b>	Chicken Drumsticks Macaroni Salad Fresh Fruit	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
			<b>NO LUNCH</b> <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](http://www.mnseniorcenters.org)