

JULY / AUGUST 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](http://www.mnseniorcenters.org)

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

Please note that our payment policy is cash or check; we do not accept credit cards.

### OUR MISSION:

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

### CENTER CLOSED:

FRIDAY, JULY 4TH

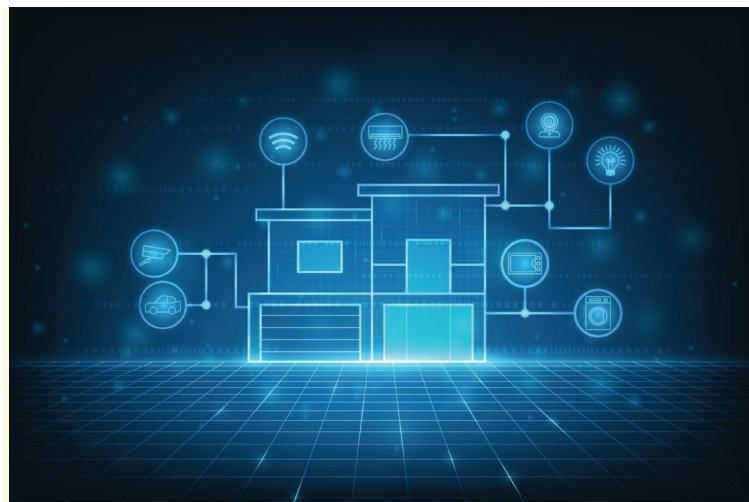
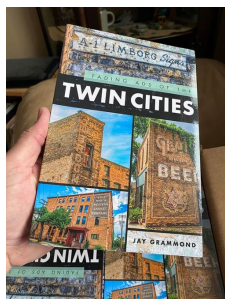


**FADING ADS OF THE TWIN CITIES**

**TUESDAY, AUG. 12TH 10:30AM  
PRESENTED BY JAY GRAMMOND**

Do you remember seeing those old painted ads on the sides of buildings for Coca-Cola, Grain Belt Beer, grocery stores, warehouses, etc. Jay has been drawn to Fading Ads, or "Ghost Signs" for quite some time. In the Summer of 2020, that interest became so much more when he signed a book deal to publish a book about the topic. Join Jay as he takes you on a virtual walk around the Twin Cities to view this sort of "Art Gallery" that surrounds us. You will also learn a bit about the history of some of these companies that date back into the 1800's.

**CALL THE CENTER  
TO REGISTER.**



**PORCH PIRATES**

**WEDNESDAY, AUG. 13TH 1:30PM  
PRESENTED BY CYNTHIA CHILD FROM  
SENIOR COMMUNITY SERVICES**

Doorbells with cameras, remote treat dispensers for pets, and "smart home" apps to control lights and thermostats have become very popular. This presentation covers various security and monitoring systems, including how they work, what they cost and how to decide which system meets the homeowner's needs.

**CALL THE CENTER TO REGISTER.**

**PART ONE: THEY CHOSE**

**MINNESOTA**

**WEDNESDAY, AUG. 20TH 1:30PM  
PRESENTED BY DOUG OHMAN**

Have you ever wondered what drew people to the North Star state? Doug highlights the stories and history from many of the immigrant groups that chose to make Minnesota their new home.

**CALL THE CENTER  
TO REGISTER.**



**ST. MICHAEL DAZE & KNIGHTS  
FESTIVAL**

**AUGUST 8TH AND 9TH**

The Crow River Senior Center will be hosting bingo in the city hall chamber room on Saturday, August 9th 2:00pm—4:00pm.

Check out the website below:

[stmdazeandknightsfestival.com](http://stmdazeandknightsfestival.com)

**CHARLES LINDBERGH: TRIUMPH, TRAGEDY AND CONTROVERSY**

**WEDNESDAY, JULY 9TH 1:30PM**  
**PRESENTED BY DAVID JONES**

In 1927, Charles Lindbergh became the first pilot to fly solo from New York to Paris. This feat made him one of the biggest celebrities of his time. However, his life following the flight was filled with tragedy and controversy. Join us to explore the complicated life of a complex man.

**CALL THE CENTER TO REGISTER.**

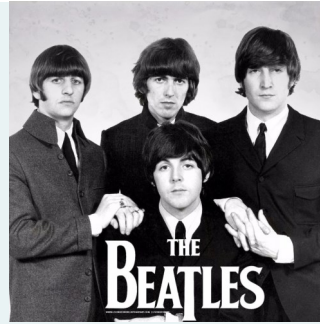


**HOSPICE 101: THE BASICS**

**THURSDAY, AUG. 21ST 10:00AM**  
**PRESENTED BY ST. CROIX HOSPICE**

Join us for an overview of hospice care and education on the comprehensive services and support hospice provides.

**CALL THE CENTER TO REGISTER.**



**THE BEATLES**

**WEDNESDAY**  
**AUG. 6TH 1:30PM**  
**PRESENTED BY**  
**TREVOR J. BROWN,**  
**FOUNDER AND**  
**SHOW HOST OF THE**  
**INHERENT DREAM**  
**PODCAST NETWORK**

This presentation will feature history of the band, music, trivia and prizes!

**CALL THE CENTER TO REGISTER.**



**PICNIC LUNCH IN HANOVER**

**WEDNESDAY, JULY 23RD 12:00PM**  
**WHERE: SETTLERS PARK, HANOVER**

Menu: Hamburger or Brat, Potato Salad, Baked Beans, Dessert and Beverage.

**CALL THE CENTER TO REGISTER NO LATER THAN JULY 15TH.**

**INDICATE CHOICE OF MEAT WHEN REGISTERING.**

**ITALY: ANCIENT GREECE AND THE SHADOW OF VESUVIUS**

**WEDNESDAY, JULY 16TH 1:30PM**  
**PRESENTED BY MELONIE SHIPMAN**

Join us for an informative session on Ancient Greece! Did you know that Paestum contains the best-preserved Greek temples anywhere, including Greece itself, in the world? Pompeii and Herculaneum were both frozen in time when Vesuvius erupted in 79 AD. Each city had a different origin, different destruction, and reappearance in a different way. Sorrento is home to the best limoncello in Italy and world-famous intarsia. Come explore the mysteries of these ancient lives.

**CALL THE CENTER TO REGISTER.**



## **BIRCH TREE SUNRISE GLASS MOSAIC**

**WEDNESDAYS, JULY 9TH, 16TH, 23RD  
10:00AM—12:00PM**

**MUST ATTEND ALL CLASSES**

In this class you will learn how to cut glass and create a composition of Birch trees. After 3 weeks you will have a completed piece of art to hang on your wall or give as a gift. Week one learn and complete the birch trees. Week two sunrise background and desired birds. Week three grouting and hanging hardware.

**REGISTRATION OPENS MONDAY, JUNE 30TH.**

**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.**



## **MIXED MEDIA FLORAL FABRIC BOUQUET**

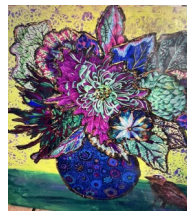
**WEDNESDAYS  
AUG. 6TH, 13TH, 20TH, 27TH  
10:00AM—12:00PM**

In this creative 4-week class, you will design and create a floral bouquet using fabric, acrylic paint, and mixed media techniques. Working on canvas, students will explore layering textures, combining materials, and experimenting with color to bring their unique bouquet to life. This class is a joyful introduction to mixed media and a great opportunity to play with fabric and paint in new and imaginative ways. Perfect for all skill levels!

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**THIS CLASS IS FREE OF CHARGE.**



## **CENTER MOVIES**

**ARTHUR THE KING  
FRIDAY, JULY 25TH 1:00PM**

Based on a true story. The captain of an adventure racing team befriends a wounded stray dog named Arthur, who accompanies the team on a grueling 435-mile (700-km) endurance race through the Dominican Republic. Starring Mark Wahlberg, Simu Liu and Juliet Rylance. (2024) Rated PG-13  
1HR 47MIN

**CALL THE CENTER TO REGISTER.**

**SIX TRIPLE EIGHT  
FRIDAY, AUGUST 22ND 1:00PM**

Based on a true story. During World War II, 855 women joined the fight to fix the three-year backlog of undelivered mail. Faced with discrimination and a country devastated by war, they managed to sort more than 17 million pieces of mail ahead of time. Starring Kerry Washington, Dean Noris, Oprah Winfrey and Ebony Obsidian. (2024) Rated PG-13,  
2HR 7MIN

**CALL THE CENTER TO REGISTER.**

**DOUGHNUTS AND MAGIC  
THURSDAY, AUG. 7TH 10:00AM**

Bring your grandchildren to a fun and exciting intergenerational magic show with doughnuts! From Las Vegas to Chicago, Markus Clegg has been performing magic professionally all over the United States for over 20 years. His blending of classic style, humor, and mind-bending magic has made him the sought after entertainer that he is today. Originally from Illinois, Markus began his life long love affair with magic at a very young age. After performing his first professional show at age 12, he knew that magic was going to be his career. During the summer, he can be found performing close up magic as "The Shark" at CHS field in St. Paul, MN for the St. Paul Saints baseball team home games.

**CALL THE CENTER TO REGISTER.**



### **PRECISION DRIVING CENTER 55+ DRIVING CLASS**

**4 HOUR CLASS**

**FRIDAY, JULY 18TH**

**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.**

### **LIFE BEYOND WORK: FINDING PURPOSE AND PASSION IN RETIREMENT**

**THURSDAY, JULY 24TH 10:30AM**

**PRESENTED BY DIANE LYNCH**

In this program, rediscovering a sense of purpose means reconnecting with what brings joy, meaning, and fulfillment to your daily life. Once we retire, it's easy to feel like our roles have shifted or diminished, leaving us unsure of where we fit in. This session will help participants identify their personal strengths and talents, what truly matters to them, and explore the unique contributions they can make moving forward. Using reflective exercises, group discussions and inspirational strategies, you'll go from feeling like life's purpose is fading or unclear to reigniting a sense of direction and value, where every day feels meaningful. You will leave the workshop feeling inspired and empowered to create a retirement filled with purpose, passion and fulfillment, with a concrete plan to bring your vision to life. Through coaching, training, and facilitation, Diane helps individuals, groups and organizations face loss, change, and conflict with greater resilience, clarity, and purpose.

**CALL THE CENTER TO REGISTER.**

Ads will be placed here. No content may go here.  
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**SILVERSNEAKERS**

MON/WED/FRI 9:00AM  
 LOCATION: ALBERTVILLE CITY HALL  
 5959 MAIN AVE NE  
 ALBERTVILLE, MN

**SUMMER SCHEDULE**

Please read the calendars to see when summer classes are in session.

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!**

**WOMEN'S TONE AND TIGHTEN**

WEDNESDAYS 10:00AM  
 LOCATION: ALBERTVILLE CITY HALL  
 5959 MAIN AVE NE  
 ALBERTVILLE, MN

Designed to strengthen and tone the body, Tone & Tighten uses resistance and isometric exercises to improve posture, flexibility, pelvic floor control, and overall stability. This fun, 25-minute low-impact workout is geared towards senior women of all activity levels. Please bring a hand towel and water bottle.

Cost: \$5 per class or 5 class card for \$20  
 This class is geared towards women ages 60+. Our SilverSneakers instructor, Casey, will be leading this exercise class.

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

**CARDIO DRUMMING**

TUESDAYS  
 9:30AM  
**\$10.00 PER CLASS PAYABLE EITHER PRIOR TO OR DAY OF CLASS. PLEASE NOTE, IF YOU SIGN UP AND DO NOT COME TO CLASS, YOU ARE RESPONSIBLE FOR THE \$10.00.**

Interested in learning what Cardio drumming is all about? Try it out at the Center! We are offering classes every Tuesday 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 BY 3:00PM MONDAY AFTERNOON. INDICATE IF YOU WOULD LIKE A SHAKE.**

**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, JULY 1ST & AUGUST 5TH**  
**1:30PM—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**  
**JULY 16TH & AUGUST 20TH**  
**1:30PM—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 Crow River Senior Center will be hosting the Memory Café in July.**

Please call the Crow River Senior Center to Register.

**The Monticello Senior Center will be hosting the Memory Café in August.**

Please call the Monticello Senior Center to Register.



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, July 7th  
Monday, Aug. 4th  
9:00, 9:30 or 10:00am

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## TRIPS AND CONCERTS

### TREASURE ISLAND CASINO MONDAY AUGUST 4TH \$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 July 30th. No refunds after this date.

### LE MUSIQUE ROOM: CHURCH OF CASH

MONDAY, JULY 7TH \$33.00  
1:00PM

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 June 27th. No refunds after this date.

### 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: TRIBUTE TO THE LADIES OF COUNTRY MUSIC BY JOYANN PARKER

MONDAY, JULY 28TH 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 July 14th. No refunds after this date.

### LE MUSIQUE ROOM: SONGS OF THE CARTER FAMILY BY PAM LINTON

MONDAY, AUGUST 18TH 1:00PM \$33.00

New Folk Records announces the release of Pam Linton's long awaited tribute to America's First Family of Folk and Country Music, The Carter Family. Enjoy a heartfelt tribute to the legendary pioneers of Country, Bluegrass, Hillbilly and Folk music – the original Carter Family. In this performance, Pam Linton, and her talented three-piece group "The Cotton Kings", bring to life the timeless melodies and harmonies of Sara, Mother Maybelle and A. P. Carter. More than just a concert, this show is a journey through music history. From the iconic "Keep On The Sunny Side," "Wildwood Flower" and "Can The Circle Be Unbroken" to the obscure "Better Let That Lier Alone" "Are You Lonesome Tonight," and "Farther On". Pam shares captivating stories and anecdotes about the Carter Family and their rich legacy, making the performance as educational as it is entertaining. Audiences will not only enjoy these classic melodies and lyrics but also gain a deeper understanding of the Carter Family's monumental impact on American music.

Must register and pay in advance by August 6th. 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.



**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 Beaudry Hometown Insurance, July 17th 1:30pm.



Bingo sponsored by NorBella, Aug. 14th at 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  
1:30PM—3:30PM

July 8th: The Society of Lies  
By Lauren Ling Brown

August 12th: Ordinary Grace  
By William Kent Krueger

September 9th: The Book Woman's  
Daughter  
By Kim Michele Richardson

**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!

**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.

**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!

**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!

**RIM RIDERS**

TUESDAY MORNINGS  
SPRING, SUMMER, FALL

Rim Riders always welcomes new members to our  
bike group. We are a leisurely bike group normally  
biking at a speed of 10 to 12 mph. Our rides  
average a distance of 20 miles total with water  
breaks along the way. We ride on Tuesday  
mornings. Most of our rides are on paved, fairly flat  
trails. We transfer our bikes to the trail head for  
each ride. We have lunch after for those who can.

June 3rd	St. Michael	14
June 10th	Elm Creek to C. R. Dam	16
June 17th	Anoka	12
June 24th	9 Mile Creek	20
July 1st	Albany to Holdingford	21
July 8th	Holdingford to Dam	22
July 15th	Ox Yoke to Watertown	15
July 22nd	Stillwater	22
July 29th	German Ramble, Rockville	15
August 5th	Lake Koronis, Paynesville	15
August 12th	Wild River State Park	12
August 19th	St. Boni to Wayzata	20
August 26th	River Bluffs, St. Cloud	20

Please call or text: Debbie Carron 612-599-1628  
or Jackie Holvik 763-516-0478 with questions.

**HAIKUS**  
BOB LANGER

*Red Maple*  
Bright red buds rejoice  
Dark red leaves sing summer praise  
Still blessing fall red

*Lilacs*  
Sweet smelling fragrance  
Lavender blossoms sing joy  
Creation's spring gift

**What's In Your Garden**

G S H T E W E D Y E N O H B L  
A Q C N R O C N R N K B P E T  
R U A E A A O E I A E R T A U  
L A N A R I B K L E T T N N R  
I S I S N M P E T O U S L S N  
C H P O U M B R O C C O L I I  
K Z S C U G I R E O K T A S P  
O U U P A R A B R A B U H R C  
H C O U C P A R S N I P S T O  
L C T A A R E I A T U H R O L  
R H A R R R S R E P P E P L L  
A I T K R S I O O C S A N L A  
B N O O O H S I D A R A E A R  
I I P E T P U C H A R D N H D  
E P E A S T A L U G U R A S S

**Word List:**

CARROTS  
PEPPERS  
CUCUMBER  
TURNIP  
ONION  
POTATO  
OKRA  
LETTUCE

PARSNIPS  
ZUCCHINI  
RADISH  
ARUGULA  
GARLIC  
RHUBARB  
SQUASH

PEAS  
HONEYDEW  
PUMPKIN  
KALE  
SHALLOT  
CORN  
COLLARDS

BEANS  
BROCCOLI  
SPINACH  
BEET  
KOHLRABI  
CHARD  
ASPARAGUS

## 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!

Thank you Volunteers 

## 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.

### Companion/Light Chore Services

Help adults (age 60+) remain in their home by assisting with light housework and possibly errands. Several needs in Wright County locations. Flexible schedule, approximately 2 hours a week or bi-weekly as needed. Mileage reimbursement provided for this service. Contact the RSVP office for more details or to sign up!

### Stuffy Friends Sewing Project

Contribute to the Rivers of Hope mission to prevent domestic abuse and violence through simple sewing of friendly character pillows! Materials and samples are provided, and creativity is encouraged. Contact the RSVP office for more details or to sign up!

### Wright County License Center

**License Center Reception:** Be a friendly face to greet customers at the reception counter for the busy licensing center. Assist visitors checking in for their appointments. Flexible shifts of 2-4 hours are available between 8-4:30pm, your choice of times and one or more days a week Mon. - Fri.

### Great River Faith in Action

**Driver:** Coordinate pickup times for clients, then transport clients to medical and social service appointments with your personal vehicle. Some individuals need help exiting and entering the vehicle. The biggest need is around Otsego, Elk River, and Big Lake.

**Senior Visitor:** Loneliness can strike for anyone and is especially difficult among older adults and those with physical limitations. Make a difference in an adult's life by being a friendly visitor! Participating in activities and games when visiting helps create sunshine in an adult's life.

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)

## 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.*

## TECHNOLOGY SUPPORT APPOINTMENTS

2ND AND 4TH 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 FARMERS MARKET**

Thursdays in June, July, August, September  
3:00pm—7:00pm  
Albertville Central Park  
5801 Main Ave NE

**ALBERTVILLE LIONS SUMMER CONCERT SERIES**

Bring your chairs and join us for FREE Music in the Park every Thursday evening at the Lions Farmers Market. Performances take place at the Central Park Depot and will feature a variety of artists throughout the summer!  
6:00pm—8:00pm  
Central Park Depot  
5803 Main Ave NE

**ST. MICHAEL FAMILY NIGHTS IN THE PARK**

Wednesdays @ 6:00pm  
St. Michael City Hall (At the Park)  
July 9th—Artisan  
July 16—Bryce Hegee & Robotics Club  
July 23—The Bazillions Band  
July 30—SoundHouse Kids, Rock n’ Roll Bands  
August 6th—Cargill Deluxe Band  
August 13th—Paisley Road Band  
August 20—Magician Kevin Hall  
August 27th—Ty Family Bingo

**HANOVER CONCERT IN THE PARK**

Music by the Michael Handler Band  
Wednesday, July 9th  
6:00pm—8:00pm  
Hanover City Hall / Settlers Park

Music by Stimulus Package  
Wednesday, July 23rd  
6:00pm—8:00pm  
Hanover City Hall / Settlers Park

Music By Shane Martin  
Wednesday, Aug. 20th  
6:00pm—8:00pm  
Hanover City Hall / Settlers Park

**HANOVER HISTORICAL SOCIETY ICE CREAM SOCIAL**

Wednesday, July 16th  
5:00pm—7:00pm  
Hanover Area History Center  
1010 River Rd NE  
Hanover, MN 55341

**ALBERTVILLE LIONS CRUSIN AT THE PARK—CAR SHOW**

Thursday, July 17th  
4:00pm—8:00pm  
Central Park

**FYCC TOUCH A TRUCK**

Tuesday, July 22nd  
9:30AM—11:00AM  
St. Michael City Hall  
Bring your kids to St. Michael City Hall to explore, climb and touch a truck!

**HANOVER HARVEST FESTIVAL**

Saturday, Aug. 2nd  
Hanover City Hall  
Have some fun at this one-day community event packed full of fun activities for families and people of all ages.  
\*\*Free hearing screenings provided by the Lions

**LIONS RED CROSS BLOOD DRIVE**

Tuesday, August 5th  
12:00pm—6:00pm  
St. Albert’s Parish Center  
11400 57th St. NE, Albertville

**ALBERTVILLE LIONS CRUSIN AT THE PARK—CAR SHOW AND PIG ROAST**

Saturday, August 23rd  
2:00pm—10:00pm  
Central Park  
5803 Main Ave NE

**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).



**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)

**POWER OF PRODUCE**

**THURSDAYS, JULY 3RD—AUG. 28TH**  
**ALBERTVILLE FARMER'S MARKET**  
**3:00PM—6:30PM**

The POP program runs on Thursdays starting July 3rd thru August 28th from 3:00 pm to 6:30 pm.

This program is designed for and open to kids ages 2-17 and seniors 60+. There is no cost to participate. Kids/Seniors receive a FREE \$2 market token each week they attend that allows them to choose either a vegetable or a fruit of their choice from the wide array of fresh, vendor grown produce.

Each week there will be a special POP booth set up. Once a child/senior comes to the booth and signs in, they will receive a \$2 token to purchase their fruit or vegetables. For more information and to register for the program, please visit [FYCC.com](http://FYCC.com) or call 763-496-6820.

**SENIOR COMMUNITY SERVICES**

**HOME PROGRAM**

**3RD TUESDAY OF THE MONTH**  
**10:30A—11:30A**

Kelly from Senior Community Services Home Program will be available the 3rd Tuesday of every month from 10:30am to 11:30am at the Senior Center to answer questions and provide information on programs related to services provided by the Home Program, including: Repair/Maintenance Services, Lawn/Snow Services, Housekeeping, etc. You may also register for these services at that time. These services are based on a sliding scale fee. For questions, please call Kelly at 763-231-6281.



**800-333-2433**

**SENIOR LINKAGE LINE**

**NEED HELP? CALL US, IT'S FREE!**  
**1-800-333-2433**

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!

**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.

# 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—JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>
	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 1:30P Parkinson's Support Group	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) Noon Lunch at Center 1:30P Bingo	<b>CENTER CLOSED</b>
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>
9:00A SilverSneakers (Albertville) 9:00A Legal Aid 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Le Musique Room: Church of Cash 1:30P—3:30P Dominoes 1:30P Writer's Group	9:00A-11:00A Stitch Group 9:30A Cardio Drumming 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 Glass Mosaic 10:00A Tone and Tighten (Albertville) 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Charles Lindbergh Presentation	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
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
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 9:00A-11:00A History Group 9:30A Cardio Drumming 10:30A Home Program 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 Glass Mosaic 10:00A Senior Yoga (Zoom) 10:00A Tone and Tighten (Albertville) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Memory Café at the Crow River Senior Center 1:30P Italy Presentation	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo sponsored by Beaudry Hometown Insurance 1:30P Caregiver Support Group	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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P Writer's Group	9:00A –1:00P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 9:30A Cardio Drumming 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 Glass Mosaic 10:00A Tone and Tighten (Albertville) 10:00A Senior Yoga (Zoom) Picnic in Hanover 1:15P-3:30P 500 Cards	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:30A Life Beyond Work: Finding Purpose and Passion 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
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
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-11:00A Stitch 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 Tone and Tighten (Albertville) 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) Noon Lunch at Center 1:30P Bingo	

# CRSC LUNCH MENU—JULY 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
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>
Tater Tot Hotdish Side Salad Dinner Roll	Pulled Pork Sandwich Baked Beans Potato Salad	Southwest Chicken Salad Breadstick	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>
Beef Tacos Taco Sauce Sour Cream	Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative)	Chicken Cordon Bleu Wild Rice Blend California Blend	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Chicken Drummies Macaroni Salad Corn Bread	Salmon with Orange-Pineapple Pepper Seasoning Rice Pilaf Broccoli	Philly Steak Wrap Potato Salad Fresh Fruit	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>NO LUNCH</b>	PICNIC IN HANOVER	Salisbury Steak Mushroom Gravy Mashed Potatoes California Blend	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>29</b>	<b>30</b>	<b>31</b>	
Chicken Enchiladas Refried Beans w/ Cheese, Lettuce, Sour Cream, Tomatoes	Beef Vegetable Soup Turkey Croissant Sandwich	Sloppy Joe Potato Salad Baked Beans	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>

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

# CRSC ACTIVITIES CALENDAR—AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>01</b>
				<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>
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>
<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            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 SilverSneakers (Albertville)            9:00A-11:00A            Hand &amp; Foot Cards            10:00A Mixed Media            10:00A Senior Yoga (Zoom)            10:00A Tone and Tighten (Albertville)            Noon Lunch at Center            1:15P-3:30P 500 Cards            1:30P Beatles Presentation</p>	<p>9:00A-11:00A Pinochle            10:00A Senior Yoga (Zoom)            10:00A Doughnuts and Magic            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> <p>Join us on Saturday, August 9th from 2:00pm—4:00pm for Bingo in the City Hall Chamber Room!</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<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            9:30A Cardio Drumming            10:00A Advisory Board Mtg            10:30A Fading Ads of the Twin Cities Presentation            11:00A Enhance Fitness (Zoom)            Noon Lunch at Center            12:30P-3:00P Tech Support            1:15P-3:30P Bridge            1:30P Book Club</p>	<p>9:00A-11:00A            Hand &amp; Foot Cards            10:00A Senior Yoga (Zoom)            10:00A Mixed Media            Noon Lunch at Center            1:15P-3:30P 500 Cards            1:30P Porch Pirates Tech Presentation</p>	<p>9:00A-11:00A Pinochle            10:00A Senior Yoga (Zoom)            Noon Lunch at Center            1:30P Bingo sponsored by NorBella</p>	<p>9:00A-11:00A Cribbage            11:00A Enhance Fitness (Zoom)            1:00P-3:30P Mahjong            1:00P-3:30P Euchre</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p>9:00A SilverSneakers (Albertville)            9:30A-11:00A Artist Group            10:00A Senior Yoga (Zoom)            1:30P—3:30P Dominoes            1:30P—3:30P Writers Group            1:00P Le Musique Room: Songs of the Carter Family</p>	<p>9:00A-11:00A Stitch Group            9:00A-11:00A History Group            9:30A Cardio Drumming            10:30A Home Program            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 &amp; Foot Cards            10:00A Mixed Media            10:00A Senior Yoga (Zoom)            10:00A Tone and Tighten (Albertville)            Noon Lunch at Center            1:15P-3:30P 500 Cards            1:30P Memory Café at Monticello Senior Center            1:30P Doug Ohman</p>	<p>9:00A-11:00A Pinochle            10:00A Senior Yoga (Zoom)            10:00A Hospice 101            Noon Lunch at Center            1:30P Caregiver Support Group            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            1:00P Movie</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p>9:00A SilverSneakers (Albertville)            9:30A-11:00A Artist Group            10:00A Senior Yoga (Zoom)            1:30P—3:30P Dominoes</p>	<p>9:00A-11:00A Stitch Group            9:30A Cardio Drumming            11:00A Enhance Fitness (Zoom)            Noon Lunch at Center            12:30P-3:00P Tech Support            1:15P-3:30P Bridge</p>	<p>9:00A SilverSneakers (Albertville)            9:00A-11:00A            Hand &amp; Foot Cards            10:00A Mixed Media            10:00A Senior Yoga (Zoom)            10:00A Tone and Tighten (Albertville)            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            1:30P 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—AUGUST 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
<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>
Chicken Supreme Casserole Side Salad Dinner Roll	Fish Sandwich Tarter Sauce Macaroni Salad Chips	Chopped Beef Steak w/onions and mushrooms Mashed Potatoes Corn	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Chicken Breast with Garlic Cream Sauce Mashed Potatoes Green Beans	Chef's Salad Dinner Roll	Lasagna Side Salad Breadstick	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Cabbage Rolls Veggie Dinner Roll	Oriental Chicken Salad Breadstick	Baked Ham Scalloped Potatoes Green Beans	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Chicken Caesar Wrap Fresh Fruit Chips	Liver & Onions Sautéed Baby Reds Buttered Carrots <b>(Chicken Alternative)</b>	Swiss Chicken Wild Rice Blend California Blend	<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

CHANGE SERVICE REQUESTED

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COMMUNITY  
SERVICES

**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  
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**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)