

JULY / AUGUST 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.**

**DONATION REQUEST:**

The Center is currently in need of Regular and Decaf coffee.

Thank you!

**CENTER CLOSED:**  
**FRIDAY, JULY 3RD**



**Our Mission:**

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

**PICNIC LUNCH IN HANOVER**

**THURSDAY, JULY 9TH 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 JUNE 30TH.**

**INDICATE CHOICE OF MEAT WHEN REGISTERING.**

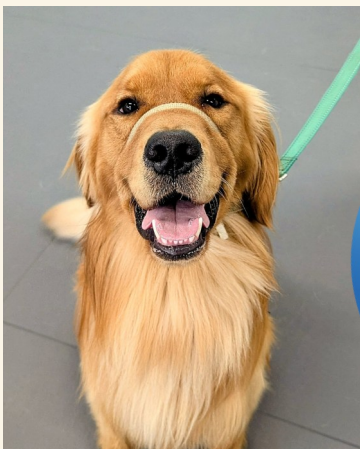
**Due to the Picnic, there will be no Bingo Thursday, July 9th at the Center.**

**HELPING PAWS**

**TUESDAY, JULY 21ST 10:00AM**

Come join our guest, Helping Paws, for a conversation on the wonderful world of assistance dogs! Watch an incredible demonstration on their dozens of skills and abilities, and learn how an assistance dog could be right for you or someone you know. Helping Paws is a local non-profit that has been training and placing assistance dogs across Minnesota for almost 40 years. They serve veterans and first-responders with service-related PTSD, as well as those living with physical disabilities.

**CALL THE CENTER TO REGISTER.**



**CHURCHILL, MANITOBA THROUGH THE SEASONS**

**WEDNESDAY, JULY 15TH 1:30PM**



Spring is the time for unique wildflowers and 270 unique bird species (100 nesting) within a 25-mile area. In summer the waters are full of thousands of Beluga whales and their calves following fish in shallow water as they sing and play around kayaks and divers. The polar bear males roam and snooze on the boulder beaches. In autumn, bears roam the shoreline edges waiting for ice to form and the “grocery store” to open. While the male bears feast and the females den with cubs, spectacular northern lights completely fill the sky. One wonders, *Why does this magic happen only here? What will be lost as the climate changes?*

Presented by Melonie Shipman, the Traveling Naturalist.

**CALL THE CENTER TO REGISTER.**



**TRAVELOGUE: AMAZON JUNGLE**

**TUESDAY, AUG. 25TH 10:00AM**  
**PRESENTED BY BARB AND STEVE PIEH**

We explored a section of the Amazon jungle. We arrived by air - Iquito Peru, the largest city in the world where you cannot arrive over land by car - one must arrive by air or water. Our host met us, taking a fast boat down the Amazon, and we explored the jungle at the Amazon Research Center. We were amazed at the extreme fluctuations in water levels. The flora and fauna were fascinating. Our guide was the child of a rain forest Shaman and the depth of his jungle knowledge was amazing. Join us as we swim with piranhas, fish for piranhas, and then eat them. We will Paddle on the Tuyaho River, and make paddles from the native jungle wood.



**CALL THE CENTER TO REGISTER.**

**GRANDPARENT BINGO**

**THURSDAY, AUGUST 13TH 1:30PM**

Invite your grandchildren to join us for Bingo and treats at the Senior Center!

We will play 10 regular games and then coverall. Treats will also be served!

**CALL THE CENTER TO REGISTER AND INDICATE HOW MANY GRANDCHILDREN YOU WILL BE BRINGING.**

**SALTERRA** Prizes and treats are sponsored by Salterra at Hanover!  
AT HANOVER

**MOVIES**

**REMARKABLY BRIGHT CREATURES**

**FRIDAY, JULY 17TH 1:00PM**

While working nights at a small-town aquarium, a widow bonds with a clever octopus and an adrift young man in this moving drama based on the best selling book. (2026) Rated PG-13, 1HR 53MIN

**CALL THE CENTER TO REGISTER.**

**THE LONG GAME**

**FRIDAY, AUG. 14TH 1:00PM**

In a segregated Texas town, five Mexican-American teenage caddies were prohibited from playing at the country club where they worked. Against all odds, they formed their own team, built a one-hole course in the fields, and won the 1957 Texas State championship. Based on a true story. (2024) Rated PG, 1HR 50MIN

**CALL THE CENTER TO REGISTER.**

**SMARTPHONE CAMERA USES BEYOND PHOTOGRAPHY**

**THURSDAY, AUG. 6TH 10:00AM**

**PRESENTED BY SENIOR COMMUNITY SERVICES**

Join us to learn additional ways you can use your smartphone's camera beyond photography! We'll explore a variety of fun and useful features made possible by apps, such as scanning QR codes, translating text, measuring objects, and even using augmented reality. We'll also cover considerations for choosing apps and reviewing their privacy and data practices.

**CALL THE CENTER TO REGISTER.**



**THUMBS UP SERVICE PROJECT**

**THURSDAY, JULY 30TH 10:00AM**

Join Thumbs Up for a meaningful mental health and wellbeing workshop designed to educate, connect, and give back. The mission of Thumbs Up is to bring awareness to mental health while providing support and resources to all. During this interactive session, Katie Shatusky will share information about the organization, the importance of mental health and emotional wellbeing, and how these topics uniquely impact seniors.

Participants will also have the opportunity to take part in a hands-on service project by creating wind chimes for the organization's Bereavement Gift program and writing heartfelt cards to be included in Cheer Bags for nominated individuals in need of encouragement and support. These programs are an important part of the mission of Thumbs Up, and each contribution helps bring comfort, connection, and hope to members of the community.

We hope you will join us for a morning focused on supporting your own mental wellbeing while making a lasting impact on the lives of others.



**CALL THE CENTER TO REGISTER.**

**ABORIGINAL DOT PAINTINGS AND FOUND ITEM ART**

**TUESDAYS**  
**AUG. 4TH, 11TH AND 18TH**  
**10:00AM—12:00PM**  
**MUST ATTEND ALL CLASSES**  
**LOCATION: HANOVER CITY HALL**  
**11250 5TH ST. NE**



Join us as we complete two projects. The first art project is to mimic the Australian Aboriginal style of dot paintings to portray an animal of your choice. You can also base it on an old Aboriginal myth. We will also look at the *Forgetting Room* by Nick Bantock, a novel about the artistic journey of self discovery through painting and adding found items as we add each week to our mixed-media work of art.

**This class is offered by the Rumriver Art Center through the North Central Grant, which supports senior art outreach classes for older adults ages 55+.**

**REGISTRATION OPENS WEDNESDAY, JULY 8TH. 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.**



**GRANDPARENT / GRANDCHILD SUMMER FUN CAKE POPS**

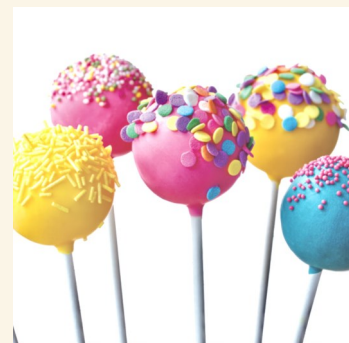
**MONDAY, JULY 6TH 1:00PM**

Join us for a hands-on, creative afternoon at the Senior Center where generations connect over sprinkles and sweets. In this special workshop, you and your grandchild will learn the art of making professional-quality cake pops from the ground up.

**This class is for seniors and a child age 6 and up. One grandparent and one grandchild per registration.**

**MUST REGISTER BY JUNE 30TH.**

**THIS CLASS IS FREE OF CHARGE THROUGH GENEROUS DONATIONS TO THE CENTER.**



**PAINT YOUR OWN POTTERY**

**FRIDAY, AUG. 14TH**  
**10:00AM**

**LOCATION:**  
**COLOR CITY POTTERY**  
**6415 LABEAUX AVE NE**  
**ALBERTVILLE, MN 55301**

**COST:**  
**COST IS DEPENDENT ON CHOICE OF POTTERY PROJECT MINUS A \$15.00 CREDIT FROM DONATIONS MADE TO THE SENIOR CENTER. YOU WILL BE RESPONSIBLE FOR ANY REMAINING BALANCE.**

Are you ready to get creative? Meet others at Color City Pottery to pick out your perfect piece to paint (limited to certain items only). When the painting is complete, Color City will fire it in the kiln and have it ready for you approximately two weeks after the session. Color City will call and let you know it is ready. **\*\*This is not an instructional class. Basics will be provided and then you get to be creative!**

**Please note: Restrooms are located outside of the studio, down the sidewalk, about a block away.**

**REGISTRATION OPENS WEDNESDAY, JULY 8TH. 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.**

# EVENTS, CLASSES, PRESENTATIONS CONT.

## TRANSFORMING LOSS INTO WISDOM: A WORKSHOP FOR HEALING AND GROWTH

THURSDAY, AUG. 13TH 10:00AM

PRESENTED BY DIANE LYNCH

Loss touches every life—whether it's the passing of a loved one, the end of a relationship, loss of physical abilities or the quiet changes that come with our aging and transition. In this one-hour interactive workshop, participants will explore healthy ways to acknowledge and process loss, rather than suppress it. Through guided reflection, group conversation, and gentle exercises, we'll learn how naming what's been lost can open the door to compassion, meaning, and renewal. You'll discover simple rituals to honor your experience, tools to navigate the physical and emotional effects of grief, and pathways to transform pain into deeper resilience and wisdom—so that, over time, your losses no longer define you but instead deepen your capacity to live fully and with purpose.

**CALL THE CENTER TO REGISTER.**

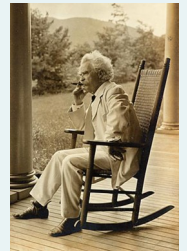
## AMERICA 250—PART 2

WEDNESDAY AUG. 26TH 1:30PM

PRESENTED BY DOUG OHMAN

Enjoy an historic journey with storyteller/historian, Doug Ohman as he shares stories and photos that help tell the amazing tale of America's birth and positive growth. Doug will focus on the men and women who were the visionaries for our great nation for 250 years. The rich story of America will entertain and inspire each of us and help us appreciate the country we call home.

**CALL THE CENTER TO REGISTER.**



**Need Medicare Help?**

Contact **Dan Pfeifer** at 763.310.7627  
[mninsurancesolutions.com](http://mninsurancesolutions.com)



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Independent Agent

**Pfeifer**  
Insurance Solutions

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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## PRECISION DRIVING CENTER

### 55+ DRIVING CLASS

4 HOUR CLASS

TUESDAY, JULY 28TH

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.

## SILVERSNEAKERS

MON/WED/FRI 9:00AM

LOCATION: ALBERTVILLE CITY HALL

5959 MAIN AVE NE

ALBERTVILLE, MN

**No Classes:**

June 26th—July 7th

August 28th

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!**

### Life Goes On – Go with the Flow Cont.

In our lives, seasons of movement often arrive before we feel 'ready'. A role ends. A relocation happens or a health event quietly says "It is time to move". Spiritually these moments are invitations, signs that something larger is nudging us to new ground, even when the path is not fully visible.

Just as the geese trust the pull of the season, you are invited to trust that your transition, unwanted or chosen, carries the possibility of new life. The question becomes: How do you move through it? With intention? Or with Fear?

One morning on a walk, as I watched a flock of geese, I noticed two things. 1. The lead goose did not fly alone. 2. The leader eventually rotated back, letting another take the lead. One way to consider this is that we were never meant to carry all of this by ourselves. This transition is a sacred rotation. The lead goose is not the solo hero at the front but a part of a living formation that could carry each other. The Power of Honking!

As I observe the geese flying overhead, I hear loud honking. The ones making the most noise were not at the front.

They were in the back and middle, staying connected, encouraging the leader and making sure no one was left behind.

Make your 'honking' healthy, hopeful and healing. Share what you are learning, celebrate others and ask clear questions instead of staying silent. Practice gratitude out loud. Spirit moves in gratitude. The relationships you bless today often become bridges tomorrow.

We are never flying alone. There is a season for everything and this one, however disruptive it might be, is not accidental. You are a part of a larger formation, even when you cannot yet see it clearly. You are allowed to rotate, to rest, to let others lead for a while. Your voice, your honking, can bring courage to someone else's journey.

Your flock is closer than you think. You don't have to flap harder. You can consider a different formation. It has been an honor to serve as chair of the board for the past two years. It's time to rotate. I encourage all to use your voices to 'do the honking'. This is so important. Thank you. Linda

## ADVISORY BOARD

### CURRENT BOARD MEMBERS:

Colleen Smith (Chair)

Dale Barthel (Vice Chair)

Janet Kimbler (Secretary)

Sharon Schumm (Treasurer)

Linda Eckard

Sandy Gordon

Mike Havlik

Deb Hopkins

Bonnie Martinez

Monica McCarty

Rita Schlosser

Gary Bimson

### A WORD FROM LINDA ECKARD, PAST PRESIDENT LIFE GOES ON – GO WITH THE FLOW

I am Linda Eckard. I have been a member of the advisory board for 3 years now. The past two years I served as chair of the board. I came across a great story that I would like to share.

In the Spring and the Fall, we see the geese gathering, flying across the sky. This is more than biology and migration. This is a living parable about being guided, supported and carried through seasons of transition.

In times of health changes, new beginnings and uncertain paths, the sound of wings overhead can remind us that our journeys are not random and that we are not meant to fly alone.

In early March, the geese are responding to a deeper wisdom than their own plans. Something in them 'knows' it is time to move. They rise, form their 'V' and go, often through imperfect weather and unclear skies.

# ZOOM FITNESS CLASSES

## 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**  
**TUESDAYS, JULY 7TH & AUG. 4TH**  
**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**  
**3RD WEDNESDAY OF THE MONTH**  
**1:00PM—2:30PM**  
**LOCATION: THE LEGACY OF**  
**ST. MICHAEL**  
**4400 LANGE AVE. NE**  
**ST. MICHAEL**

Memory cafes offer respite and support at the same time for caregivers of someone experiencing memory loss. An activity takes place at the same time as a caregiver support group. Caregivers can choose to join the activity or the support group. Our funding source does not cover the total cost of the Memory Café, so we would appreciate a cost share of \$5.00 per caregiver. By sharing the cost you are helping with the sustainability of our program!

To Register please contact Rachel Rigo at The Legacy of St. Michael, 763-497-0171. If you have questions about the group please contact Becky Allard, LSW at 612-804-0968 or [b.allard@seniorcommunity.org](mailto:b.allard@seniorcommunity.org).



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 held regularly at the center. 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 13th  
Monday, Aug. 3rd  
9:00, 9:30 or 10:00am

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## TRIPS AND CONCERTS



### MINNESOTA STATE FAIR THURSDAY, SEPT. 3RD

**\$40.00**

#### 8:15AM PICK UP TIME

We will be sharing a coach bus to the Minnesota State Fair with participants from the Monticello Senior Center on Thursday, September 3rd. The bus will depart our center at 8:15am and leave the fairgrounds for the trip home at 3:00pm. The trip cost is \$40 per person, which includes fair admission. Space is limited.

**Must register and pay in advance by August 3rd. 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.
- Please note if paying by check we request separate checks for each event.
- We do not accept credit cards.



### TREASURE ISLAND CASINO TRIP: MONTICELLO SENIOR CENTER MONDAY, JULY 6TH

**\$30.00**

The Monticello Senior Center will be taking a coach bus to Treasure Island Casino on Monday, July 6th. The bus will depart the Monticello Community Center at 8:00am and return at approximately 4:00pm. Cost is \$30.00 which includes the bus ride, \$15.00 on a play card and \$5.00 towards food.

Deadline to register is June 29th.

To register please call the Monticello Senior Center (763-295-2000).

### TREASURE ISLAND CASINO TRIP: MONTICELLO AND ROGERS SENIOR CENTERS MONDAY, AUGUST 3RD

**\$30.00**

The Monticello and Rogers Senior Centers will be sharing a coach bus to Treasure Island Casino on Monday, August 3rd. The bus will depart the Monticello Community Center at 8:00am and return at approximately 4:00pm. Cost is \$30.00 which includes the bus ride, \$15.00 on a play card and \$5.00 towards food.

Deadline to register is July 29th.

To register please call the Monticello Senior Center (763-295-2000).



**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.

**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



**BINGO**

THURSDAYS, 1:30PM

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

Thursday, July 9th

Due to the Picnic, there will be no Bingo Thursday, July 9th at the Center.



**BOOK CLUB**

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

July 14th: Someone Else’s Shoe by Jojo Moyes

August 11th: The Correspondent by Virginia Evans

September 8th: Unspeakable Things by Jess Lourey

**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!

**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!

**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!

**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.

<b>June 23rd</b>	Rockville to Richmond	19
<b>June 30th</b>	Holdingford to Albany	20
<b>July 7th</b>	French Lake (Luce Line)	18
<b>July 14th</b>	St. Cloud River Bluffs	18
<b>July 21st</b>	9 Mile Creek	20
<b>July 28th</b>	Holdingford to Dam	22
<b>Aug. 4th</b>	St. Paul—Hidden Falls	15
<b>Aug. 11th</b>	City Lakes	12
<b>Aug. 18th</b>	St. Michael	14
<b>Aug. 25th</b>	Ramsey to Anoka	16
<b>Sept. 1st</b>	Loretto—Baker Park	15
<b>Sept. 8th</b>	Lake Koronis	15
<b>Sept. 15th</b>	Ox Yoke to Wayzata	15
<b>Sept. 22nd</b>	Cedar Lake	15

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

# THE GAMES WE PLAY

## CONNIE MASSENA

As a kid, full of life,  
Imagination runs wild.  
The games we played were so fun  
You know, the games of a child.

Statue Maker you are tossed around,  
And how you land is your form.  
You're now a statue that must not move,  
Before a buyer can come...that's the norm.

Red Light/Green Light, a big group game,  
You try not to get caught moving on the red.  
If you're spotted moving on the wrong color,  
Well, folks, then you are just dead.

An all American game every child knows,  
Is tag where you avoid the 'it' person.  
Either by hiding or running away,  
If you're caught there's no cursin'.

Hide and Seek everyone hides from the  
Seeker,  
You best find a place you can go.  
That hides you well until you can run,  
To the place you are safe from that foe.

Simon Says gives you directions,  
But be weary you hear the magic words.  
Cuz if they only give directions without  
Simon,  
You are caught and you sit out with the  
nerds.

Bang bang, you are dead is the cry,  
Or you might get thrown into jail.  
With Cowboy and Indians the game,  
There was no money for bail.

My neighbor had a willow tree,  
The fun we had under there.  
Playing anything our imagination wanted,  
It was our kingdom, our secret lair.

Olley Olly oxen free was the chant,  
When it was safe to come out of hiding.  
It was the sign that someone was caught,  
Best done in the dark with faded lighting.

Duck duck grey duck, oh my,  
Depending where you come from.  
Instead of a duck, it might be a goose,  
Either way you are sitting on your bumb.

Or how about hopscotch?  
Jumping in squares like an ace.  
If I tried to do it now,  
I'd fall flat on my face.

A carefree childhood I remember,  
No worries to clutter your brain.  
Just fun with your neighbors and friends,  
Until it got dark or it would rain.

Oh to be a child again,  
And not know what I know now.  
Life was so so simple then,  
My childhood can now take a bow.

## 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.

### Front Desk / Customer Service Volunteer – Wright County Government Center (Buffalo)

AmeriCorps Seniors RSVP is seeking friendly and dependable senior volunteers to assist at the Wright County Government Center in Buffalo. Volunteers help greet customers, answer basic questions, direct incoming phone calls, assist with kiosk check-in, and help keep the front lobby organized and welcoming. Flexible 4-hour shifts are available Monday–Friday between 8:00am–4:30pm, with opportunities to volunteer one or more days per week based on current schedules.

### License Center Volunteer – Wright County Government Center (Buffalo)

Help support visitors and staff at the Wright County Government Center in Buffalo by serving as a welcoming presence in the license center. Volunteers assist customers with check-in, direct individuals to complete paperwork, restock brochures and applications, and help guide visitors to the appropriate service areas. This opportunity is a great fit for older adults who enjoy helping others, staying active, and making a positive impact in the community. Flexible weekday 4-hour shifts are available based on volunteer availability.

**Interested? Contact Amy Johnson at [amy.johnson@ci.stcloud.mn.us](mailto:amy.johnson@ci.stcloud.mn.us) or call 320.650.3115**

## 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.

## DONATIONS NEEDED:

- REGULAR AND DECAF COFFEE
- GIFT CARDS TO CUB, SAM'S CLUB, AMAZON TO PURCHASE NEEDED SUPPLIES FOR THE CENTER

## 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.

**Thank you for bringing in your plastic bags to the Center! The Master Gardeners have met their goal and will be receiving a bench! We will no longer be collecting plastic bags at the Center.**

## GLASSES AND HEARING AIDS

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

Hanover City Hall  
Crow River Senior Center

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

## 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

**EVERY TUESDAY  
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.*

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## 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 11:00am

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

**COMMUNITY HAPPENINGS**

**ALBERTVILLE FARMER'S MARKET**

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

**ALBERTVILLE LIONS MUSIC IN THE PARK**

Bring your chairs and join us for FREE Music in the Park every Thursday evening at the Lions Farmer's Market, starting June 18th! Performances take place at the Central Park Depot and will feature a variety of artists throughout the Summer.

6:00pm—8:30pm  
Central Park Depot  
5803 Main Ave NE  
June 18th: White Sidewalls  
June 25th: Shane Martin  
July 2nd: Church of Cash  
July 9th: Dusty and the Dirty Road  
July 16th: Robby Vee  
July 23rd: Jonah and the Whales  
July 30th: Mitch Gordon Band  
August 6th: 70's Sunshine Band  
August 13th: A Billy Joel State of Mind  
August 20th: Monroe Crossing  
August 27th: A Hard Day's Night  
Sept. 3rd: Jake Nelson  
Sept. 10th: Memories of Elvis

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

Wednesday, June 17th - Thunder Road  
Wednesday, July 15th - Shane Martin  
Wednesday, August 19th - Artisan

St. Michael Town Center Park  
Farmer's Market 4:00pm—7:00pm  
Bands/Lions Beer 7:00pm—9:00pm  
Food trucks 4:00pm—9:00pm

**HANOVER MUSIC IN THE PARK**

6:00pm—8:00pm  
Settler's Park—Hanover  
Wednesday, July 15th  
Stimulus Package  
August 19th  
Big Toe and the Jam

**HANOVER HISTORICAL SOCIETY ICE CREAM SOCIAL**

July 22nd  
5:00pm—7:00pm

**HANOVER HARVEST FESTIVAL**

Saturday, Aug. 1st  
Events All Day Long  
Settler's Park, Hanover

**AMERICAN RED CROSS BLOOD DRIVE**

Tuesday, August 4th  
12:00pm—6:00pm  
Albertville Parish Center  
Register at redcross.org

**CAR CRUISING & ROCKING**

Saturday, Aug. 22nd  
10:00am—2:00pm  
Albertville Central Park  
5801 Maine Ave NE

**POP**  
POWER OF *Produce* CLUB  
KIDS AGES 2-17 and SENIORS 60+  
**THURSDAYS • 3-6:30PM**  
**JULY 9- AUGUST 27**  
ALBERTVILLE FARMER'S MARKET  
CENTRAL PARK

Each week kids and Seniors can receive a FREE \$2 token to buy your own fresh fruits and vegetables from local farmers.

Sign up at [www.myfycc.com](http://www.myfycc.com)

**FYCC**  
FAMILY YOUTH COMMUNITY CONNECTIONS

**Trailblazer Transit**

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)



**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>

We're here to guide you every step of the way.

**THRYVE DAILY CONNECT**

**A FREE DAILY WELLNESS CHECK**

Thryve Daily Connect offers a simple daily check-in designed to bring peace of mind to older adults and their families. Whether you live alone, want added confidence in your day-to-day routine, or simply value an extra layer of connection, this program supports safe and independent living—at no cost to you.

Because peace of mind is built one day at a time.

**GET STARTED TODAY:**  
**CALL: 763-760-8570**  
**E-MAIL: [INFO@THRYVEMN.ORG](mailto:INFO@THRYVEMN.ORG)**  
**VISIT: [WWW.THRYVEMN.ORG](http://WWW.THRYVEMN.ORG)**



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**CENTER REMINDER:**

To ensure everyone feels comfortable, please keep conversations friendly and inclusive by refraining from discussing politics.

Thank you for your understanding.

**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!

**STMA SCHOOLS: SENIOR KNIGHTS  
ENGAGING, CELEBRATING, AND CONNECTING WITH OUR SENIOR CITIZENS**

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.

**🚶 Walk at the Activity Center**

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

**📅 June 6 - August 30**

Monday - Friday: 5:00am - 8:00pm

Saturday: 7:00am - 5:00pm

Sunday: 8:00am - 5:00pm

Contact the STMA District Office at 763-497-3180 with any questions.



**J ZAC  
I N C**

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# CRSC ACTIVITIES CALENDAR—JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>01</b>	<b>02</b>	<b>03</b>
		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>06</b>	<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>
8:00 Treasure Island: Monticello 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Cake Pops 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 1:30P Parkinson's Support Group	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) Noon Picnic in Hanover NO 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>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9:00A SilverSneakers (Albertville) 9:00A Legal Aid 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 10:00A Advisory Board 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P-3:00P Tech Support 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 1:15P-3:30P 500 Cards 1:30P Churchill, Manitoba through the Seasons	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre 1:00P Movie
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P Writer's Group	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 10:00A Helping Paws 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	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo 1:30P Caregiver Support Group	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
<b>27</b>	<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) 1:30P—3:30P Dominoes	9:00A Health Dept. 60+ Healthy Clinic (Nail Trimming) 9:00A 55+ Drivers Class 11:00A Enhance Fitness (Zoom) No Lunch 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	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Thumbs Up Service Project 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

# CRSC LUNCH MENU—JULY 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>01</b>	<b>02</b>	<b>03</b>
	Pulled Pork Sandwich Baked Beans Coleslaw	Chicken Breast w/ Garlic Cream Sauce Mashed Potatoes Green Beans	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>
Tator Tot Hotdish Side Salad Corn Bread	Beef Vegetable Soup Turkey Croissant Sandwich	Picnic In Hanover	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Cobb Salad Breadstick	Liver & Onions Sautéed Baby Reds Buttered Carrots <b>(Chicken Alternative)</b>	Baked Cod Rice Pilaf Broccoli	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Philly Steak Wrap Potato Salad Fresh Fruit	Chicken Stir Fry Rice Egg Roll	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>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>No Lunch</b>	Chicken Fettuccini Alfredo Side Salad Breadstick	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 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
<p><b>8:00A Treasure Island: Monticello and Rogers</b>  <b>9:00A SilverSneakers (Albertville)</b>  <b>9:00A Legal Aid</b>  <b>9:30A-11:00A Artist Group</b>  <b>10:00A Senior Yoga (Zoom)</b>  <b>1:30P—3:30P Dominoes</b>  <b>1:30P—3:30P Writers Group</b></p>	<p>9:00A-11:00A Stitch Group            9:00A-11:00A History Group  <b>10:00A Dot Painting (Hanover)</b>  <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>  <b>1:15P-3:30P Bridge</b>  <b>1:30P Parkinson's Support Group</b></p>	<p><b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A            Hand &amp; Foot Cards  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>  <b>1:15P-3:30P 500 Cards</b></p>	<p>9:00A-11:00A Pinochle  <b>10:00A Senior Yoga (Zoom)</b>  <b>10:00A Smartphone Camera Uses</b>  <b>Noon Lunch at Center</b>  <b>1:30P Bingo</b></p>	<p><b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A Cribbage  <b>11:00A Enhance Fitness (Zoom)</b>  <b>1:00P-3:30P Mahjong</b>  <b>1:00P-3:30P Euchre</b></p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b>9:00A SilverSneakers (Albertville)</b>  <b>9:30A-11:00A Artist Group</b>  <b>10:00A Senior Yoga (Zoom)</b>  <b>1:30P—3:30P Dominoes</b></p>	<p>9:00A-11:00A Stitch Group  <b>10:00A Dot Painting (Hanover)</b>  <b>10:00A Advisory Board Mtg</b>  <b>11:00A Enhance Fitness (Zoom)</b>  <b>Noon Lunch at Center</b>  <b>12:30P-3:00P Tech Support</b>  <b>1:15P-3:30P Bridge</b>  <b>1:30P Book Club</b></p>	<p><b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A            Hand &amp; Foot Cards  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>  <b>1:15P-3:30P 500 Cards</b></p>	<p>9:00A-11:00A Pinochle  <b>10:00A Senior Yoga (Zoom)</b>  <b>10:00A Loss into Wisdom</b>  <b>Noon Lunch at Center</b>  <b>1:30P Grandparent Bingo</b></p>	<p><b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A Cribbage  <b>10:00A Color City Pottery—Albertville</b>  <b>11:00A Enhance Fitness (Zoom)</b>  <b>1:00P Movie</b>  <b>1:00P-3:30P Mahjong</b>  <b>1:00P-3:30P Euchre</b></p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>9:00A SilverSneakers (Albertville)</b>  <b>9:30A-11:00A Artist Group</b>  <b>10:00A Senior Yoga (Zoom)</b>  <b>1:30P—3:30P Dominoes</b>  <b>1:30P—3:30P Writers Group</b></p>	<p>9:00A-11:00A Stitch Group            9:00A-11:00A History Group  <b>10:00A Dot Painting (Hanover)</b>  <b>11:00A Enhance Fitness (Zoom)</b>  <b>Noon Lunch at Center</b>  <b>12:30P-3:00P Tech Support</b>  <b>1:15P-3:30P Bridge</b></p>	<p><b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A            Hand &amp; Foot Cards  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>  <b>1:15P-3:30P 500 Cards</b></p>	<p>9:00A-11:00A Pinochle  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>  <b>1:30P Bingo</b>  <b>1:30P Caregiver Support Group</b></p>	<p><b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A Cribbage  <b>11:00A Enhance Fitness (Zoom)</b>  <b>1:00P-3:30P Mahjong</b>  <b>1:00P-3:30P Euchre</b></p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b>9:00A SilverSneakers (Albertville)</b>  <b>9:30A-11:00A Artist Group</b>  <b>10:00A Senior Yoga (Zoom)</b>  <b>1:30P—3:30P Dominoes</b></p>	<p>9:00A-11:00A Stitch Group  <b>10:00A Travelogue: Amazon Jungle</b>  <b>11:00A Enhance Fitness (Zoom)</b>  <b>Noon Lunch at Center</b>  <b>12:30P-3:00P Tech Support</b>  <b>1:15P-3:30P Bridge</b></p>	<p><b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A            Hand &amp; Foot Cards  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>  <b>1:15P-3:30P 500 Cards</b>  <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>  <b>1:30P Bingo</b></p>	<p>9:00A-11:00A Cribbage  <b>11:00A Enhance Fitness (Zoom)</b>  <b>1:00P-3:30P Mahjong</b>  <b>1:00P-3:30P Euchre</b></p>
<b>31</b>				
<p><b>9:00A SilverSneakers (Albertville)</b>  <b>9:30A-11:00A Artist Group</b>  <b>10:00A Senior Yoga (Zoom)</b>  <b>1:30P—3:30P Dominoes</b></p>				

# CRSC LUNCH MENU—AUGUST 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>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
Swedish Meatballs Mashed Potatoes Corn	Chef's Salad Dinner Roll	Chicken Supreme Casserole Side Salad Dinner Roll	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chicken Salad Croissant Potato Salad Fresh Fruit	Liver & Onions Sautéed Baby Reds Buttered Carrots <b>(Chicken Alternative)</b>	Salmon with Orange-Pineapple Pepper Seasoning Rice Pilaf Broccoli	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Swiss Chicken Wild Rice Blend California Blend Dinner Roll	Beef Tacos Taco Sauce Sour Cream Refried Beans	Chicken Drumsticks Pasta Salad Breadstick	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Salisbury Steak Mushroom Gravy Mashed Potatoes Green Beans	Southwest Chicken Salad Corn Bread	Baked Ham Scalloped Potatoes Buttered Carrots Dinner Roll	<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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**Family NIGHT**  
**IN THE PARK**

**BIGGER, BETTER & BOLDER!**  
June 17th · July 15th · August 19th  
**ST. MICHAEL · TOWN CENTER PARK**  
FOOD TRUCKS · FARMERS MARKET · BAND · BEER

Logos at the bottom include: Lions Club of St. Michael, Discover STMA and Surrounding Areas, FYCC Family Youth Community Connection, Crow River Senior Center, Friends of the Library St. Michael (Albertville) Minnesota, Rotary Club of St. Michael Albertville, and The Crow River Market.



**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)