

May June 2021
Newsletter

CROW RIVER SENIOR CENTER

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

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



Greeting Everyone!

As we look forward to the warmer weather, the flowers blooming and the birds singing it brings signs of hope. We are looking forward to seeing you in the center again as we have completed our challenging tax season and get back to programming. We have several things for you to participate in both in the center with limited numbers, abiding by MHD and CDC guidelines, or in the comforts of your own home via zoom. Whichever works for you we have you covered. Town Center Park will have a grand opening on Saturday, June 5, see details on page 8. Our tech support volunteer, Nate has been busy helping out those in need. Please call to make an appointment if you are looking for some help with any of your technology gadgets.

As Wright County, Public Health is still on the task of helping disperse the COVID vaccines the nail clinic is still on hold. Be assured we will notify you when we hear of its return.

Please visit our website for any updates at www.mnseniorcenters.org.

We have more things planned for this summer please watch for updates as we are able.

Please everyone stay well.

***Respectfully,
Vonnie Waters***



WRIGHT COUNTY
PUBLIC HEALTH

60+ Healthy Clinic Wright County Health Department (Nail Trimming) has been put on hold until further notice. We will let you know when it will resume as soon as we know.

11800 Town Center Drive NE, Suite 200, St. Michael, MN 55376 • (763) 497-8900
Vonnie Waters, Center Director • vwaters@crowriverseniorcenter.com
www.mnseniorcenters.org - Center Hours-please check the schedule or call Center.

General Policies of the Crow River Senior Center During Covid Limitation:

- Governor Walz, Stay Safe MN order allows groups of 10-15 people, including the director, in the Center at one time.
- We require participants wear a mask and keep it on during their entire visit at the Center. If you have one please bring it with you. If you do not have one the Center will provide one for you to keep for your use. Your mask should not be removed until you are out of the building.
- Wellness checks will be given at the door (temperature & simple questions answered).
- We ask that all participants sign a waiver document upon entering the Center for participation.
- Participants will be required to be at least 6' apart, wash their hands frequently, and use hand sanitizer. Touchless Hand Sanitizers will be available at the entrance and hand sanitizer will be available throughout the Center. Please use them often.
- Reservations are required for all activities until further notice.
- Drop-in participation will not be available while group numbers are limited.
- Due to spacing and group size limitations, CRSC city residents (Albertville, Hanover, St. Michael) may be given priority registration.
- No food or beverage is to be brought in, shared or served in the senior center.
- Lending Library at CRSC will be halted (Great River Regional Library is right across the hall and has all of the necessary COVID procedures and process in place to keep everyone safe).
- For now, we will not accept item donations. Monetary donations are always welcome.
- Plexiglass window has been installed at the receptionist desk.
- There are markings on the floor for at least 6' physical distancing.
- Tables & chairs have been placed for safe physical distancing.
- All activities will include properly spaced set ups for participants safety.
- Bring your own supplies and books from home that are required for your activity and take these home with you after your activity.

Please refer to the calendar for the schedule.

Thank you for your understanding and patience as we navigate through all of this new normal.

It's always a good idea to call before you come for any updates.

Policies will be in place until mandates are lifted.

Policies apply to all, even if you have had a vaccine.

Our top priority is to keep everyone safe.

Zoom Class & Tech Help

Zoom 101 with Joe! Friday, May 14 @ 1:30 pm Friday, June 18 @ 1:30 pm

You want to learn more about Zoom? Well join us for a very informative hour about Zooming. Joe Kaul of our HOME Program Tech Support will guide you through. We will discuss the basics and answer any questions that you might have. Visit our website and get the link on the activities calendar or send an email to vwaters@crowriverseniorcenter.com stating that you are interested and a link will be emailed to you.



Tech Help is available!

Need help with your smart-phone, tablet, computer, or TV system? Want to join on a Zoom meeting but not sure how? The HOME Program now offers FREE tech support at our Senior Center, and in-home tech support for a small fee.

Nate, our tech-saavy volunteer is available by appointment to meet you at the Crow River Senior Center to safely offer in-person support, or phone support at specified times in order to provide one-on-one help to older adults with technology issues. **If you would like to**

meet with Nate for a no-cost support session, call 763-497-8900 to schedule an appointment. Be sure to bring your equipment with you!



If you need in-home support, call the HOME Program directly at 763-416-7969 to request an in-home appointment.



GROUPS

Notice: All groups will meet via Zoom until restrictions are lifted to meet safely again. When we do meet again reservations will be required. Any supplies must be brought from home and no sharing. Wellness screenings will be conducted each time you arrive for your group. If you are not well please stay home. If you have underlying health conditions or compromised health please consult your doctor before attending any activities at the Crow River Senior Center. Your safety and health are our top priority. Masks must be worn at all times until you have exited the building. If you need a mask the senior center can provide one for you. Thank you for your understanding and cooperation during this unusual time.

Open Painting

Join others that like to paint. Share ideas or just to set some time aside to do your thing. Zoom link will be emailed out to participants. If in person bring your own supplies for your project, no sharing supplies at this time until we are able to resume in person visits.

Mondays
May and June @
9:30 am to 11:00 am

Joy Knit and Needlecraft Club

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

Wednesdays @
9:30 am to 11:00 am
May and June

Writers Group via Zoom

Monday's
May 3 & 17 and June 7 & 21
1:30 pm to 3:00 pm

If you think you would like to try your hand at recording your memories, writing poetry, short stories, etc., then join the writing group. Open to everyone, no experience needed, and there is no charge. The writers group meets the First and Third Monday each month, unless otherwise noted on the schedule. Zoom link will be emailed to participants.

History Group via Zoom

Do you enjoy history? Get together with others that share this interest. The group meets on a bi-monthly basis, the first and third Tuesdays. Topics could be selected that deal with American History, Civil War, World War II or whatever history people are interested in. Zoom link will be emailed out. Call to join.

Tuesday's
May 4 & 18
June 1 & 15

Time: 9:30 am to 11:00 am

Daytime Book Club for Seniors

The Crow River Senior Center has a book club that meets the following dates. Here is the list of books. If you would like to join the group please call to join. We hope to be in person & zoom for those who would like to join from home.

Tuesday, May 11 @ 1:30 pm
"Orphan Train" by Christina Baker Kline

Tuesday, June 8 @ 1:30 pm
"The Four Winds" by Kristin Hannah

Dates are listed above
Time: 1:30 pm to 3:00 pm

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



ROAD SIDE CLEAN UP



Dash for Trash Wednesday, May 12 9:00 am

This is your opportunity to volunteer and help both our Senior Center and community. Opportunity to: Beautify county hwy 35 entrance to downtown St. Michael, be outside in the fresh air, obtain exercise & meet and visit with other volunteers from a 6 foot distance to stay safe. It's a fun 1 to 2 hours to help this project. Please consider adding your name to the volunteer list. The center will provide gloves, safety vests, bags and mechanical grabbers.

A very big thank you to Jerry Sorenson, project leader for his support on keeping the program going.

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

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



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Crow River Senior Center, St. Michael, MN

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CLASSES

SilverSneakers®

Sponsored

Virtual Fitness Class

If you are looking for a free virtual exercise class for seniors, please contact the SilverSneakers

Instructor, Lori Schoenborn, at theschoenborns@charter.net

Join in our regular weekly classes

Monday & Wednesday at 9:30 a.m.

Tuesday & Thursday at 10:00 am.

If you are looking for a little more challenging class join on

Tuesday & Thursdays 8:30 am.

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

To sign up or inquire please call

Lori Schoenborn at

612-636-0207

or inquire through email at

theschoenborns@charter.net



MN HWY SAFETY CENTER 55+ Driving Class

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

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

Friday, June 18, 2021
9:00 am to 1:00 pm

Friday, July 16, 2021
9:00 am to 1:00 pm

Friday, August 13, 2021
9:00 am to 1:00 pm



To Register Please call
763-497-8900

Registration will be taken at the Crow River Senior Center. **Class spaces are limited. Payment will be due in advance to secure your spot.** Wellness checks will be performed at the door before entering the class. If you are not well we ask that you please stay home. Full details will be given once you call to register.

Biking Group

The Rim Riders bike group will begin their rides in May.

If you are interested in joining the group and getting on the list for rides please email

Debbie Caron at
rcarron607@aol.com



What about Puzzles you ask?
Are puzzles available for pick up?
YES THEY ARE!!
Just call and schedule your time to come and pick up.



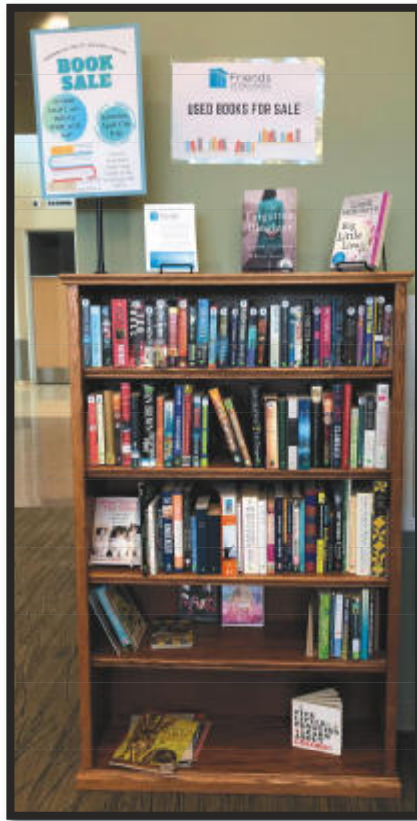
We have a supply of puzzles available to be signed out. Puzzles will be wrapped for protection to easily sanitize any contact between pickups. We also have activity kits available for pick up, please inquire if you are interested.

Call to make an appointment for your pick up. Return puzzles to the blue bin at the door of the senior center.

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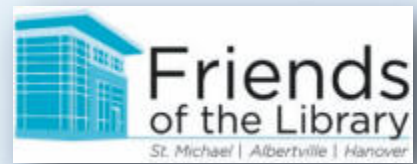


BOOKS



Senior Center Books at Library

We have not been able to have our lending library at the senior center due to the restrictions of COVID quarantine. We know you miss your books and we hear you. Therefore, to make some of our books more accessible to our seniors the Friends of the Library & Crow River Senior Center are collaborating during these unusual times. There is a shelf labeled BOOKS in the library that will have books for seniors available for pick up. A small suggested donation of 50 cents goes toward all the good that the Friends of the Library make possible. If you are looking for books to pick up, please check out these shelves at the library any-time during library hours, to grab your books and go. Thank you to the Great River Regional Library and Friends of the Library working together with the Senior Center to make this possible. For Library hours or questions please call 763-497-1998 or visit their website at www.griver.org.



M-F 7AM-8PM • Sat 6:30AM-6PM • Sun 8AM-4PM

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Crow River Senior Center, St. Michael, MN

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DO YOU HELP AN OLDER ADULT WITH DAILY LIFE?

The stress of a caregiving role can be life changing. With the COVID-19 pandemic, we are here to help via phone, email, and video chat.

**Contact Becky Allard, LSW at
952-746-4028**

Caregiver Services

Licensed Social Workers consult with families who care for an older adult and offer resources, coaching, and family meetings via phone or video chat.

Connecting with Peers

We host several caregiver support groups via Zoom audio and video chat. Check our website for our schedule!

Online Support

CareNextion.org is a free online tool for caregivers to find resources, coordinate care, and easily connect long distance caregivers.

Reach out today!

Services are offered at little to no cost and may be covered by Elderly Waiver. Supported with Title III E Grants from the Metropolitan Area Agency on Aging and Central MN Council on Aging. We serve Hennepin, Carver, Wright, and Scott counties.

seniorcommunity.org

Virtual Memory Café



A Virtual Memory Café experience is a safe and comfortable online place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others via Zoom. The group will also provide an opportunity for mutual support and an exchange of information – all without leaving home!

If you are unable to attend virtually from your home, we will provide a safe, in-person option at the **Crow River Senior Center**. Or, if you need help setting up Zoom or learning how to connect to a Zoom meeting, no worries – our HOME program is happy to help!

**Upcoming meetings will be held at 1:30 pm on
May 19 (register by May 14)
and June 16 (register by June 11)**

For questions about the Café, please call
Becky Allard, LSW at 952-746-4028

To register, please call
Vonnie Waters at 763-497-8900

*Memory Café made possible by
Minnesota Board on Aging Dementia Grant.*

PROGRAMS



Whitty Wednesdays Trivia

Join us for a fun filled hour of Trivia to brighten your day. Call the center to get on the trivia list or check our website for dates and times as it will vary in the months of May and June. You will be sent a link to join or access on our website on the calendar.

We will have a limit of 10 people to join us in person if you do not have internet to join. Reservations are required for in person, call ahead of the dates.

Check the calendar for dates and times.

Let's Play

Yahtzee!



To play Yahtzee safely at the 6' distance each person will have their own dice and game box to dump their dice into. Each person will play with the same dice for the entire time they are playing that day, no sharing. Dice, cups and boxes will be sanitized after each game day. When in person access resumes at the center we will return to playing Yahtzee. Please feel free to call and inquire for more information.

Check the calendar for dates and times.

Reservations are required.

Virtual Online Event

Wills, Trusts & Other Estate Planning Tools

Wills, Trusts & Other Estate Planning Tools

Wednesday, May 5th from 1:30pm-3:30pm

Cost: FREE

What is the difference between a Will and a Trust? Which tools are right for you given your goals and intentions for your estate?

Attorney Elizabeth Michaelis, J.D., M.B.A. will review the key planning tools available to you, including Wills, Trusts, Powers of Attorney and Health Care Directives. Information will also be provided on probate avoidance and recent shifts in the laws that may impact your planning options and strategies.

To Register visit SeniorCommunity.org/EstatePlanning

This Virtual Event brought to you by the Senior Outreach & Caregiver Services program of Senior Community Services



PROGRAMS & TRANSPORTATION

POP Power of Produce Club

Seniors 60+ each week you will receive a FREE \$2 token to buy your own fresh fruits and vegetables from local farmers. Visit www.myfycc.com to sign up!

If you do not have a computer call 763-496-6820 for assistance.

**3-7 pm Thursdays
July 8 to August 26**

Albertville Farmers Market

Lions Pavillion in Central Park
5801 Main Ave NE Albertville

Live Music, special events and fun activities for all!

Sponsored by: FYCC, Albertville Lions and
St. Michael American Legion Post 567

Senior Workouts For Seniors 62+

Do you want to work out at the STMA Activity Center, but not during busy hours? Seniors around the community are invited to use the facility in the mornings for free.

**Monday, Tuesday, Thursday
and Friday
5:00 am to 9:30 am**

The STMA Activity Center is located at 5800 Jamison Ave NE St Michael. Enter at Door C.

For more information call 763-497-6541.



RIDES FOR VACCINATIONS

Trailblazer Transit

Trailblazer Transit will offer transportation at **NO COST** to the customers for any rides related to a COVID-19 vaccination. Caretakers and children may also ride along at no cost. Customers will need to schedule their vaccination appointment and then contact Trailblazer to schedule transportation.

Rides for vaccinations are scheduled subject to bus availability and are coordinated with other rides in normal fashion.

Please call toll-free 1-888-743-3828 to ask any questions and to schedule your transportation.

Our Buses are Clean, Safe and Comfortable!

1-888-743-3828 • www.TrailblazerTransit.com

Trailblazer Transit

Offers FREE rides during COVID to Veterans of Wright County to any VA Clinic (this includes St. Cloud) Call 1-888-743-3828 to schedule your ride.

If you have not tried Trailblazer Transit yet and you would like to for other services please call the Senior Center to obtain a token for a free ride.

MEALS ON WHEELS PROGRAM



MEALS ON WHEELS 763-497-8900

SERVING OUR COMMUNITY WHEN WE NEED IT MOST!

The Crow River Senior Center is the Meals on Wheels site for Albertville, Hanover & St. Michael. If you know of a senior 60 and over that needs this service, please share this information with them. **The cost is \$4.50 per meal.** Meals are delivered by volunteers Tuesday through Friday and are prepared by the River Inn of Hanover. Currently we are delivering to over 130 participants.

The Meals on Wheels program is available for those seniors in need of a hot fresh meal unable to prepare for themselves and are homebound. Especially during Stay Safe MN statewide restriction we are here to help fill the need. Meals on Wheels is an essential program that will keep running. If you are in need please call right away to get signed up. It's quick to get signed up and is for any senior 60 and over. *If there is a financial hardship please call me; we have a program that may work for you.*

Please call and speak to Vonnie at 763-497-8936 or email for information at vwaters@crowriverseniorcenter.com.

We are always looking for more delivery drivers. Please inquire if you are interested. Just one day per month delivering helps a great deal.

****NOTICE:** *If you had purchased a meal punch card from the Center and are interested in picking up a meal-to-go at the Center. We will continue with Thursday meal pick up at the Senior Center parking lot. Please call 497-8936 for more details.*

SERVICES

LEGAL SERVICES

The Senior Law Project of St. Cloud offers legal assistance to seniors 60 and over that are residents of Wright, Benton, Morrison, Stearns, Todd, Wadena and Sherburne County. By appointment only; no walk-ins. The Senior Law Project can help with the following legal problems: Public Benefits, Health Insurance Matters, Low Rent Housing, Advance Directives, Nursing Home Problems and Family Law Issues. Legal services are held monthly at the Center when we are open. **Call the center to schedule your appointment if we are able to resume in person.**

**May 3 & June 7
9:00 am or 10:00 am**



Legal Aid On-Line

Apply on-line for free legal help for low-income people.

- To find out more go to: www.justice4mn.org/a2j or if you prefer to call dial 320-253-0121 or toll free at 888-360-2889.
- Helpful topics include: housing, family, health, disability, seniors, immigration, public benefits, and income tax.

Senior Linkage Line

1-800-333-2433

**Monday through Friday
8:00 am to 4:30 pm**

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Crow River Senior Center, St. Michael, MN

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WRITERS GROUP



Phantoms on Superior

by LaNetta VanDale 2009

Tall Ships are coming
Closer, ever closer,
People are waiting.
Tall Ships Approaching

White sails gleaming
Sidewalks are crowded
Find a place quickly.
Tall Ships Approaching.

Tall Ships are coming.
White Sails are Shining.
Against the blue water.
Tall Ships Approaching.

The Sailors are waving,
People are cheering
The Cannons are booming
History is coming alive,
In the Duluth Harbor.

Tall Ships
Beautiful, Graceful,
Bobbing, Dancing, Enchanting
Like Poetry in Motion.
In the Duluth Harbor.

Sailboats and fishing boats.
Coast Guard and tug boats,
Ushering in the Tall Ships,
Linking the past to the future.
In the Duluth Harbor.



HOME PROGRAM

The HOME Program Wright County

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

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

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

*****The HOME Program has resumed in-home services and have relocated their office down the hall next to city offices. *****

WE DO HAVE VOLUNTEERS TO DELIVERY FOOD AND SUPPLIES should you find yourself getting low on essentials and do not want to expose yourself by going shopping yourself. Please contact the Wright County HOME Program Coordinator at 763-416-7969 with your questions or concerns. Our workers are conducting wellness checks by phone, so please let them know if have a need for food or supply delivery services before normal services return.





Tech support provided will be donation based,
your generosity is appreciated!

The HOME Program Now Offering Basic Tech Support!

Telephone Support Services

Call us during our regular office hours of 8:30am-4:30pm to schedule your appointment. We can help you with device troubleshooting, texting, video calls, email problems, & other common issues you may be having with the technology in your home.

In-Home Support Services

We can visit you in your home to help with problems that are specific to your situation. Our volunteer technicians are completely vetted, and have experience with common technology issues & setups for TV's, tablets, phones & PC's. Call for an appointment!

Here to help you stay connected!

We understand during this unique time that you may feel more isolated in your home. Our goals with this service are to help you stay connected to friends, loved ones & your community, to access the information you need & find new ways to communicate!

Services we can not provide

- Replace or add Cable or Ethernet Wiring inside walls or in areas difficult to access
- Work on devices owned by a company
- Assist with business related software / hardware
- Help with tax preparation / personal accounting
- Failed hardware data recovery
- Hardware repair (broken screens, failed batteries, inoperable printers, etc.)

This service is funded in part by a grant from the State of Minnesota Department of Human Services.

**For questions and more info,
call our support team at
763-416-7969, or email us at
tech@seniorcommunity.org**

NOTE: by using this service, you agree that SCS is not liable for any data loss or other issues that may arise from supporting you and your electronic devices. We reserve the right to refuse service if the issue is too complex, and offer no warranties for these services.

FREE AREA FOOD PROGRAMS

Hanover Food Shelf

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

Hours: Tuesdays & Fridays
12noon to 2pm
Wednesdays 10am to 2pm
and
1st & 3rd Mondays, 5pm to 7pm.

For more details on these programs please
call the Senior
Center at
763-497-8900.



Alleluia Lutheran Church & Cross Food Shelf

FREE Produce & Bakery
Distribution.

New Location: STMA High
School (5800 Jamison Ave NE St
Michael) by door J back parking lot.
Wait in your car. Volunteers will
bring food to your trunk.

All Saturdays in the
months of
May & June
2:00 to 3:00 pm




**Pullman
Place**
A 55+ Cooperative Community
17155 Quincy St NW, Elk River, MN 55330
Call for a tour! 763.633.0999
Monday-Friday 9am-3pm
www.pullmanplace.org
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401 East Central Ave
St. Michael, MN 55376
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info@dehmers.com

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Locally**


**ALLEY
GRILL**
Breakfast and Lunch

**BIG AL'S
BOWLING
BAR & GRILL**
Full Bar and Menu
403 Central Ave St. Michael - 763-276-7369 - www.bigalsbowling-bar.com

Senior LinkAge Line® is a FREE service available
to help older adults & caregivers
locate needed resources.

**Senior
LinkAge Line®**
1-800-333-2433
Telephone and in-person assistance
is available in your community by calling:
1.800.333.2433
Partially funded by Older Americans Act

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Contact **Gina Shaughnessy** to place an ad today!
gshaughnessy@4lpi.com or (800) 950-9952 x2487


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





MAY 2021

ACTIVITIES CRSC



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9A Legal Appts 9:30A Fitness Class Virtual 9:30A —11:00A Painting Group 1:30P—3:00P Writers Group	4 8:30A Fitness Class Virtual 9:30—11:00A History Group 10A Fitness Class Virtual 1:30—3:00 pm Parkinson's Support Group	5 9:30—11:00A Joy Stitch Group 9:30A Fitness Class Virtual 1:30—3:00 pm Whitty Wed.Trivia 1:30P Wills, Trusts & Estate Planning Tools	6 8:30A Fitness Class Virtual 10A Fitness Class Virtual 11:30A Lunch Pick up Center 1:30P Yahtzee	7 9:00A—11:00A Wii Bowling Tournament 1:30 PM Movie Club "The Terminal"
10 9:30A Fitness Class Virtual 9:30A —11:00A Painting Group 1:30 PM Parking Lot Bingo	11 10:00A CRSC Advisory Board Meeting 1:30—3:00 pm Book Club	12 9:30—11:00A Joy Stitch Group 9:30A Fitness Class Virtual 1:30—3:00 pm Whitty Wednesdays Trivia	13 8:30A Fitness Class Virtual 10A Fitness Class Virtual 11:30A Lunch Pick up Center 1:30P Yahtzee	14 9:00A—11:00A Wii Bowling Tournament 1:30-2:30 pm Zoom 101 with Joe
17 9:30A Fitness Class Virtual 9:30A —11:00A Painting Group 1:30P—3:00P Writers Group	18 8:30A Fitness Class Virtual 9:30—11:00A History Group 10A Fitness Class Virtual 1:30P Yahtzee	19 9:30—11:00A Joy Stitch Group 9:30A Fitness Class Virtual 1:30—3:00 pm Memory Café Virtual	20 8:30A Fitness Class Virtual 11:30A Lunch Pick up Center 1:30—3:00 pm Caregiver Support Group	21 9A– 1PM MN Hwy Safety Class 55 + (Class is FULL) 1:30P—3:00P Wii Bowling Tournament
24 9:30A Fitness Class Virtual 9:30A —11:00A Painting Group 1:30 PM Parking Lot Bingo	25 8:30A Fitness Class Virtual 10A Fitness Class Virtual 1:30 iPad Games	26 9:30—11:00A Joy Stitch Group 9:30A Fitness Class Virtual 1:30—3:00 pm Whitty Wednesdays Trivia	27 8:30A Fitness Class Virtual 10A Fitness Class Virtual 11:30A Lunch Pick up Center 1:30P Yahtzee	28 9:00A—11:00A Wii Bowling Tournament 1:30 PM Movie Club "Walk the Line"
31 Memorial Day Center Closed		All schedules are subject to change. We appreciate your understanding and patience. Call 763-497-8900	All participation is by appointment only. Please call the center to inquire /register for activities. Due to the limited numbers, no drop-ins at this time.	

**Meal Ordering
Deadline:**

Call in for the entire month
or by 2pm the Thursday
prior for the following
week. Cancellations can be
made at least 1 day prior
763-497-8900

**MAY
2021**

**MEALS ON WHEELS
LUNCH MENUS**

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

**(Menu subject to
change without notice.)
Cost per meal for
Meals on Wheels is
\$4.50**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 BLT on Multigrain Bread Macaroni Salad Veggie Tray	5 Chicken Chow Mein Rice/ Noodles Egg Roll	6 Meatloaf Mashed Potatoes Mixed Veggies <i>(Call in orders today for next week)</i>	7 Lasagna Roll Ups Side Salad Dinner Roll
11 Tatortot Hotdish Veggie Dinner Roll	12 Pulled Pork Baked Beans Cole Slaw	13 Oriental Chicken Salad Breadstick <i>(Call in orders today for next week)</i>	14 Tilapia Rice Blend Mixed Veggies Dinner Roll
18 Cobb Salad Breadstick	19 Sweet & Sour Pork Rice Veggie Blend	20 Chicken Alfredo Side Salad Breadstick <i>(Call in orders today for next week)</i>	21 Liver & Onions Baked Potato Mixed Veggies <i>*(Chicken alternative)</i>
25 Sloppy Joe Baked Beans Coleslaw	26 Chicken Stir Fry Rice Egg Roll	27 Salisbury Steak Mushroom gravy Mashed Potatoes Veggie Blend <i>(Call in orders today for next week)</i>	28 Chicken Salad Sandwich Fruit Chips
Please call in orders by Thursdays for the following week.	Cancellations must be made 1 day prior by 1pm	Thursday lunch pick up at the Center is at 11:30AM Orders must be called in the Thursday prior.	



JUNE 2021

ACTIVITIES CRSC



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All schedules are subject to change. We appreciate your understanding and patience.</p> <p>763-497-8900</p>	<p>1 8:30A Fitness Class Virtual 9:30—11:00A History Group 10A Fitness Class Virtual 1:30—3:00 pm Parkinson's Support Group</p>	<p>2 9:30—11:00A Joy Stitch Group 9:30A Fitness Class Virtual 1:30—3:00 pm Whitty Wednesdays Trivia</p>	<p>3 8:30A Fitness Class Virtual 9:30A-11:00A Parking Lot Bingo 10A Fitness Class Virtual 11:30A Lunch Pick up Center 1:30P Yahtzee</p>	<p>4 9:00A—10:30A Wii Bowling 11:00A—12noon Social Hour 1:00PM Movie To Be Determined</p>
<p>7 9A Legal Appts 9:30A Fitness Class Virtual 9:30A —11:00A Painting Group 1:30P—3:00P Writers Group</p>	<p>8 8:30A Fitness Class Virtual 10A Fitness Class Virtual 10:00A CRSC Advisory Board Meeting 1:30—3:00 pm Book Club</p>	<p>9 9:30—11:00A Joy Stitch Group 9:30A Fitness Class Virtual 1:30—3:00 pm Whitty Wednesdays Trivia</p>	<p>10 8:30A Fitness Class Virtual 9:30A-11:00A Parking Lot Bingo 10A Fitness Class Virtual 11:30A Lunch Pick up Center 1:30P Yahtzee</p>	<p>11 9:00A—10:30A Wii Bowling 11:00A—12noon Social Hour 1:00PM Movie To Be Determined</p>
<p>14 9:30A Fitness Class Virtual 9:30A —11:00A Painting Group 1:30PM Movie Club TBD</p>	<p>15 8:30A Fitness Class Virtual 9:30—11:00A History Group 10A Fitness Class Virtual 1:30P Yahtzee</p>	<p>16 9:30—11:00A Joy Stitch Group 9:30A Fitness Class Virtual 1:30—3:00 pm Memory Café Virtual</p>	<p>17 8:30A Fitness Class Virtual 9:30A-11:00A Parking Lot Bingo 11:30A Lunch Pick up Center 1:30—3:00 pm Caregiver Support Group</p>	<p>18 9A- 1PM MN Hwy Safety Class 55 + 1:30-3:00 pm Zoom 101 with Joe</p>
<p>21 9:30A Fitness Class Virtual 9:30A —11:00A Painting Group 1:30P—3:00P Writers Group</p>	<p>22 8:30A Fitness Class Virtual 10A Fitness Class Virtual 1:30P iPad Games</p>	<p>23 9:30—11:00A Joy Stitch Group 9:30A Fitness Class Virtual 1:30—3:00 pm Whitty Wednesdays Trivia</p>	<p>24 8:30A Fitness Class Virtual 9:30A-11:00A Parking Lot Bingo 11:30A Lunch Pick up Center 1:30P Yahtzee</p>	<p>25 9:00A—10:30A Wii Bowling 11:00A—12noon Social Hour 1:00PM Movie To Be Determined</p>
<p>28 9:30A Fitness Class Virtual 9:30A —11:00A Painting Group 1:30P iPad Games</p>	<p>29 8:30A Fitness Class Virtual 10A Fitness Class Virtual 1:30P Yahtzee</p>	<p>30 9:30—11:00A Joy Stitch Group 9:30A Fitness Class Virtual 1:30—3:00 pm Whitty Wednesdays Trivia</p>	<p>All activities will be via Zoom if the Center is unable to have in person participation. Please call the Center to inquire /register for activities. Due to the limited numbers, no drop-ins at this time.</p>	

**Meal Ordering
Deadline:**

Call in for the entire month
or by 2pm the Thursday prior
for the following week.
Cancellations can be made at
least 1 day prior.

763-497-8900

**JUNE
2021**

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

**MEALS ON WHEELS
LUNCH MENUS**

**(Menu subject to change
without notice.)
Cost per meal for Meals
on Wheels is \$4.50**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Oriental Wrap Veggie Tray	2 Chicken Ala King Biscuit Side Salad	3 Swedish Meatballs Mashed Potatoes Veggie Dinner Roll <i>(Call in orders today for next week)</i>	4 Fish Sandwich Macaroni Salad Chips
8 Goulash Side Salad Dinner Roll	9 Baked Ham Baked Sweet Potato Veggie Dinner Roll	10 Swiss Chicken Wild Rice Blend California Blend <i>(Call in orders today for next week)</i>	11 Pork Loin Garlic Mashed Veggie Dinner Roll
15 Tatortot Hotdish Veggies Dinner Roll	16 Shepherds Pie Veggie Dinner Roll	17 Southwest Chicken Salad Breadstick <i>(Call in orders today for next week)</i>	18 Liver & Onions Red Potatoes Veggie <i>*(Chicken alternative)</i>
22 Chef Salad Dinner Roll	23 Meatloaf Mashed Potatoes Gravy Veggie	24 Pulled Pork Baked Beans Cole Slaw <i>(Call in orders today for next week)</i>	25 Chicken Stir Fry Rice Egg Roll
29 Sloppy Joe Baked Beans Macaroni Salad	30 Chicken Drummies Roasted Red Potatoes Veggie		Thursday lunch pick up at the Center is at 11:30AM Orders must be called in the Thursday prior.

IN THIS ISSUE:

Many activities are in this issue that we are able to do with smaller numbers or Zoom. We continue to keep you informed and entertained during this Covid-19 Pandemic.

Please take this opportunity to connect and re-connect with your family, friends and neighbors on a regular basis to check in. Watching out for one another during the tough times is so important. Everyone Stay Strong and let your kindness shine!



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

CHANGE SERVICE REQUESTED

ABOUT US

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

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

www.crowriverseniorcenter.com



A NOTE REGARDING THE NEWSLETTER: PLEASE HELP US SAVE COSTS

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

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

This helps reduce
additional postage cost greatly.

Thank you.



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