



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."

Volunteer Fitness Instructors Needed!

The Crow River Senior Center is looking for volunteer fitness instructors to provide classes for our seniors. If you or someone you know has an interest in this, please contact Jenny Teigen, Senior Center Director at 763-497-8900.

Coffee, Conversation and Doughnuts

**Tuesday, April 25th
9:00am-11:00am**

Come visit with old friends and make new ones at the Center while enjoying hot coffee and good doughnuts. We hope to see you there!

This is a free event.

**Please call the Center to register.
763-497-8900**

The Center will be closed: Friday, April 7th.

Inclement Weather Reminder: If the STMA Schools are delayed 2 hours, closed, or have early release, then the Senior Center will close accordingly. Check local news and radio channels for school closings.

**11800 Town Center Drive NE, Suite 200, St. Michael, MN 55376 • (763) 497-8900
Jenny Teigen, Center Director • jteigen@crowriverseniorcenter.com
www.mnseniorcenters.org - Center Hours– 8:30 am to 4:00 pm M-F**



St. Patrick's Day Luncheon

Wednesday, March 15th at 12:00pm
Music to follow by Paul Imholte

Location: Crow River Senior Center
11800 Town Center Drive, St. Michael

Cost: \$10.00 per person

Menu: Corn beef, boiled potatoes, steamed cabbage, boiled carrots, and soda bread.

Tickets must be purchased in person at the Center.
Payment is due upon sign up.

Purchase your tickets no later than Tuesday, March 7th, unless the event is sold out.
Seats are limited!

Ice Cream Social and Bingo



Friday, March 3rd
1:30-3:00pm

Hosted by the St. Michael-Albertville
National Honor Society students



This is a free event.
Please call the Center to
register.
763-497-8900
Seats are limited!

Treasure Island Casino Monday, April 3rd

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 the Crow River
Senior Center at 8:30 a.m. and return at
approximately 3:45p.m.

Cost: \$20.00
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 March 24th.
No refunds after this date.

Seats are limited!

Crow River Senior Center

Doug Ohman Presents....

“Libraries of Minnesota”

**Wednesday, March 22nd
1:30pm**

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

“America’s First Ladies, Part One”

**Wednesday, April 5th
1:30pm**

Travel back through time with Doug as he shares interesting stories, photographs, and forgotten memories about many of America’s best loved First Ladies.

Part Two to follow in May.

**These are free events.
Please call the Center to register.
763-497-8900
Spaces are limited.**

Rob Ellos Presents....

“The Amazing Sharks”

**Wednesday, March 8th
1:30pm**

Want to know more about sharks? During this presentation you will learn about their diet, behavior, intelligence, and their importance to the ocean’s ecology.

“Remembering the Challenger & Columbia Space Shuttle Crews”

**Monday, April 24th
1:30pm**

Come to learn more about the Columbia and Challenger crews, what happened, and why.

**These are free events.
Please call the Center to register.
763-497-8900
Spaces are limited.**

GROUPS

Open Painting

Join others who like to paint. Share ideas or just set some time aside to do your thing. Bring your own supplies for your project. Any skill level welcome to join the group on Monday mornings.

Mondays
March and April
9:30 am to 11:00 am

Writers Group

Mondays
March 6th & March 20
and
April 3rd & April 17th
1:30 pm to 3:30 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.

Joy Stitch & Needlecraft Group

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

Tuesdays
9:00 am to 11:00 am

History Group

Do you enjoy history? Get together with others in person 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.

Tuesdays
March 7th & 21st
and
April 4th & 18th

Time: 9:00 am to 11:00 am

Book Club

Time: 1:30 pm to 3:30 pm

Tuesday, March 14

"Mad Honey"

by Jodi Picoult

Tuesday, April 11

"Quarry Girls"

by Jess Lourey

Tuesday, May 9

"Nights of Rain and Stars"

by Maeve Binchy

Tuesday, June 13

"Miss Benson's Beetle"

by Rachel Joyce

CROW RIVER SENIOR CENTER 763-497-8900

LEGAL SERVICES

The St. Cloud office of Mid-Minnesota Legal Aid has received a grant of Older Americans 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 for criminal matters, wills, estate planning or real estate transactions. Seniors can also call the St. Cloud office of Mid-Minnesota Legal Aid toll free at 1-888-360-2889 for scheduling an appointment. Online access at <https://mylegalaid.org>. Minnesota Legal Aid accepts contributions for legal services, but contributions are not required to receive legal help. **Legal Aid Appointments are held monthly at the Crow River Senior Center.**

Call the center 763-497-8900 to schedule your appointment.
Next available dates:

Monday, March 6th & April 3rd

@ 9:00, 9:30 or 10:00 am

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Crow River Senior Center



Join our Rim Riders!!!!

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.

To sign up to join us, or if you have any questions, please call or text: Debbie Carron 612-599-1628 or Jackie Holvik 763-516-0478.

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:

No driving class March or April. Next class May 5th.

To register for classes visit their website at www.mnsafetycenter.org or call 1-888-234-1294.

Hearing Screening **Monday's** **March 20th** **&** **April 17th**

Affinity Hearing is a local hearing care provider. With locations in both St. Michael and Plymouth. Our goal is to meet your needs and help you hear! We love to be involved in the community and are offering free hearing screenings

10 am to 12:00 pm

Please call the Crow River Senior Center at (763) 497-8900 to reserve a time for your hearing screening.



CROW RIVER SENIOR CENTER 763-497-8900

AARP Tax Aide

By Appointment Only

DATES: Mondays and Fridays, Feb. 3rd through April 14th. (1 Hour Appointments Scheduled)

AARP Tax Aide, free 2022 tax preparation, will be available for seniors and low-income individuals at the Crow River Senior Center on Monday and Friday mornings beginning Friday, Feb. 3rd and ending Friday, April 14th. IRS-certified Tax Aide volunteer counselors will be available from 9am-12pm to assist you with your federal and state income tax, as well as state property tax/rent credit preparation.

Items to bring: Drivers License or photo ID, Social Security number ID, MUST bring 2021 state and federal tax returns, W2, SSA-1099 forms and any other income and/or tax documents for 2022. If you wish to have your refund directly deposited please bring your checkbook. Routing and account codes need to be entered on tax forms. **Call 763-497-8900 to schedule an appointment. Spots are limited and will fill up quickly.**

Medicare 101 Workshops

**Presented by: Brad McDonald
Blue Cross Blue Shield of Minnesota**

Wednesday, March 29th @ 1:30pm

And

Monday, April 17th @ 10:30am

At each workshop you will learn about:

Original Medicare – Learn about Part A and Part B, when and how to sign up, how to avoid penalties, and what Medicare does (and doesn't) cover.

Blue Cross Medicare plans – Understand the plan options available in your region, learn about Part C, Part D and Supplements so you can choose the coverage that's best for you.

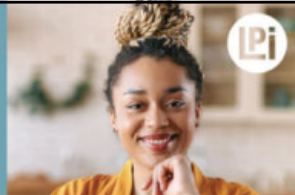
This is a free, no-obligation class. Please call the center to sign up. Spots are limited.

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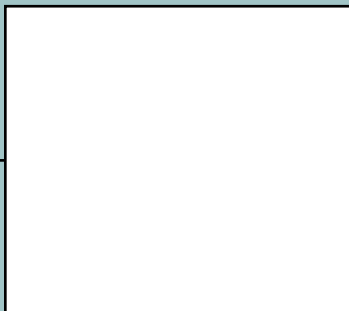
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www.4lpi.com/careers

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Crow River Senior Center, St. Michael, MN

B 4C 02-1011

CROW RIVER SENIOR CENTER

If You Didn't Buy a Ticket, You Haven't Won the Lottery: Avoiding Scams

Monday, April 17 @ 1:30pm

Scammers and fraudsters take advantage of people of all ages every day, and many specifically target older adults. Join Sgt. Drew Scherber from the Wright County Sheriff's Office and Senior Community Services HOME Program Coordinator Joe Kaul and learn how to reduce your risk of falling victim to a scam.

Sgt. Scherber and Joe will share the most common and current telephone, online and other scams being reported to authorities plus: offer practical tips for determining if an inquiry is legitimate, discuss security settings that can help reduce risk, how to alert authorities of a suspected scam, and how to file a report if you believe you've been taken advantage of.

**Call the Senior Center at
763-497-8900 to register.
Spaces are limited.
This is a free event.**

St. Michael Library Book Sale

**Saturday, March 11th
8:00am—1:00pm**

Senior Citizen Pre-Sale Event

**Friday, March 10th
3:00pm—5:00pm**

Friday Movie

**Please sign up at least one day in
advance for our free movies.**

**Friday, March 24th
1:30PM**

"Ticket to Paradise"

A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago.
Rated PG-13

**Friday, April 21st
1:30PM**

"Amelia"

A look at the life of legendary American pilot Amelia Earhart, who disappeared while flying over the Pacific Ocean in 1937 in an attempt to make a flight around the world.
Rated PG

Thriving with Chronic Pain

**Thursdays
10:30am—11:30am**

**April 20th—June 1st
(No class on May 18th)**

This 6-week, 1 hour class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms. Topics include techniques to deal with frustration, fatigue, isolation and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

Presented by: Stacy Besonen, Buffalo Hospital, Community Wellness

**Call the Senior Center at
763-497-8900 to register.
Spaces are limited.
This is a free event.**



Volunteer Appreciation Brunch
Friday, April 21st
10:30am to 12:00pm

A volunteer appreciation brunch will be held at the Center to celebrate our hard working volunteers.

We are extremely grateful for you!

Watch for your personal invitation in the mail, and please RSVP by Thursday, April 13th.

(If by chance we missed getting your invitation to you we are deeply sorry. Please let us know so we are sure to add your name to the celebration.)



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

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763-497-2111



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SUPPORT

Parkinson's Support Group

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 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. **This group meets the first Tuesday of each month at 1:30 pm.**

**Tuesdays
March 7th
& April 4th
@ 1:30 pm to 3:30 pm**

Call 763-497-8900 for any questions.



Wright County Memory Café

The 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 Memory Café meets the **third Wednesday of each month at 1:30 p.m.** at either the **Crow River Senior Center** or the **Monticello Senior Center.**

Visit mnseniorcenters.org or call to learn more.



505 Walnut Street, Suite 3
Monticello, MN 55362
(763) 295-2000

Last updated 01/2023

A nonprofit organization with a mission to innovate and deliver services that meet the changing needs of older adults and their caregivers.



SENIOR
COMMUNITY
SERVICES



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

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



If you're helping an older adult in your life, you are a **caregiver**. Licensed social worker **Becky Allard, LSW**, can help you get the support you need to sustain your ability to provide help and maintain your own life balance.

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

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

612-804-0968

b.allard@seniorcommunity.org



Caregiving is a group effort. You don't need to do it alone. Create your care team today.

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www.seniorcommunity.org
ReimagineAging@seniorcommunity.org
952-541-1019

Last updated 01/2023

EVENTS

Le Musique Room at the St. Michael Cinema Presents...

Johnny Cash

Wednesday, April 12th

2:00PM Show COST: \$31.00

**The BEST Johnny Cash Tribute Anywhere. All Johnny.
All Afternoon!**

Discounted tickets purchased through the Senior Center require payment to be made at time of registration.

For more details please contact the Crow River Senior Center at 497-8900. **NO TRANSPORTATION is provided to this concert.** You are responsible for your own transportation to the Cinema. Reserved seats are limited so purchase early to assure your spot. Cinema Location: 4300 O'Day Ave NE, St. Michael, MN 55376

Deadline to purchase tickets is March 22nd.

No refunds after this date.



Breaking Barriers in Watercolor Led by Cherene Bebeau Tuesdays April 18—May 9 1:00-3:00pm

Work with a spirit of adventure as we explore experimental techniques.

Week 1: Layer and create illusionaries with positive and negative painting.

Week 2: Summer reflections in water. Tricks for rocks and trees and adding some acrylic and gouache.

Week 3: Create a floral over a charcoal pour. An introduction to powdered pigments.

Week 4: Textures, textures, textures! Old siding, rust, stucco, and bricks.

**Please sign up by calling the St. Michael Library at 763-497-1998.
Spaces are limited so sign up early!**

ADVISORY BOARD NOMINEES

Meet the Nominees for the Crow River Advisory Board

Judy Stukey



I have lived in Albertville for 14 years. I got involved in the Crow River Senior Center when they wanted a volunteer to teach Bridge. I thought I could do that, so I volunteered. My husband was a quadriplegic due to a brain stem stroke in 1988. I was his caregiver. Those 3 hours spent teaching Bridge at the Senior Center every two weeks was a much needed break for me. I enjoyed the people I met at the Center. After about a year we went to playing weekly. That continues today. My husband passed away 10 years ago and I have been able to become more involved in the center. I always think about the people who come here as a break from caregiving or loneliness. It is important for all of us to be kind and make them feel welcome. That is why I am interested in serving on the Crow River Senior Center Board.

Dale Barthel



I am a long time resident of the St. Michael-Albertville area. My four children and their families live in the area. I was a high school teacher in the STMA school district for 37 years. Becoming a member of the Advisory Board would be an excellent opportunity to become more involved in the Senior Center. I currently take part in the Readers Theatre and was an avid participant in the Senior Plays put on by the Center. The Senior Center does so many good things. Vonnie, and now Jenny, have always been encouraging toward supporting the Senior Center's goals. I feel that I am a good communicator and a good listener that offers trust while working with others. I am detail-orientated but a strength of mine is adaptability and an openness to new ideas. I feel that I can be an asset to the current members of the Advisory Board.

Janet Kimbler



My husband Dick and I have lived in Albertville 13 years. We have two sons and two daughters, 11 grandchildren and 12 great-grandchildren. My strengths to serve on the board relate to owning a mortgage and closing company in the Anoka/Coon Rapids area for approximately 15 years. Prior to this, I was an Executive Closer for 16 years. I closed thousands of real estate, both commercially and residential. Listening, patience, smiling and persuasion were all a part of my business. Having humor was essential! During our winters in Southern Texas after retirement, I did substitute teaching with international students who attended an International School for students whose parents were living in Texas. I also taught in many public schools. Working in a diverse atmosphere taught me compassion, how to be a good listener, and created in me a deep fondness for students.

CROW RIVER SENIOR CENTER

Meet the Nominees for the Crow River Advisory Board

Linda Eckard



I have lived in Hanover for 34 years. As a CPA, I worked for 29 years as the CFO of a family owned business. I have been retired from that for 3 years now. This is my 14th year as a member of the Hanover Lions Club. No surprise, I have been the treasurer of the club for most of these years. As a member of the Lions Club, I have worked over the years to build relationships with as many local groups as possible. My husband and I were the primary care providers for both of our parents. We are strong believers that social interaction is key to great quality of life.

All participants of the Senior Center will be voting on these nominations. Please cast your ballot (1 ballot per person) at the Senior Center—the ballots will be located at the reception desk.

The deadline to cast your vote is Thursday, March 30th.

New members will be announced at the April Board meeting and their terms will begin May 2023. Board members are required to attend monthly meetings that are held on the 2nd Tuesday of each month at 10:00am at the Center. Take part in the future success of the Crow River Senior Center!



Technology Support

Need help with your smartphone, tablet, laptop or other device? Connect with an experienced digital handyperson, who visits the center each month and can help you:

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



Call 763-231-6283 to schedule your **free** appointment. Bring your device with you.

A service provided as part of the HOME program and funded, in part, by Hennepin, Sherburne & Wright Counties. There is no fee for this service.



Technology Support & Coaching

Need help with your smartphone, tablet, laptop or other device? Connect with an experienced digital handyperson, who visits the center each month and can help you:

- Virtually connect via Zoom or Facetime
- Find and use helpful device features
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Call the center to schedule your **free** appointment. Bring your device with you.

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Last updated 01/2023

Crow River Senior Center

Lunch is served at the Senior Center!

Meals are served at the Crow River Senior Center Tuesday, Wednesday and Thursday for seniors 60 and over. **The meals at the center continue to be catered by River Inn of Hanover.** Join us for a great meal and social time.

We ask that you make your reservation for lunch the Friday prior or before. Arrive between 11:30 and 11:45 am so that we may serve meals promptly at noon.

Call 763-497-8900 for reservations.

Cost: \$5.00 per meal.

Punch Cards are available to purchase for lunches at the price of \$20.00 for 4 meals.

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

BINGO

Bingo sponsored by



*Thursdays @ 1:30 pm
March 9th &
April 13th*

*Book Bingo
Thursday, March 23rd
1:30PM
Sponsored by the
St. Michael Library!*



Bingo Sponsored by



*A New Senior Living Community in
Corcoran coming in 2024!
Thursday, April 6th 1:30PM*



MEALS ON WHEELS 763-425-1050 EXT: 103

The Meals on Wheels program is available for those individuals who would like a hot, fresh home delivered meal.

The Meals on Wheels program is coordinated by CROSS Services in Rogers.

Please call 763-425-1050 EXT: 103



CROW RIVER SENIOR CENTER 763-497-8900

Adult Coloring

Join us for a session of relaxing adult coloring. Enjoy time coloring and visiting with others.

**When: Thursdays @ 1:30pm
March 2nd and April 6th**

Basic supplies (colored pencils and coloring sheets) provided. You are invited to bring your own supplies and artwork.

Call the Center to register at least one day prior.

Cribbage Tournaments Fridays

\$1.00 entry fee

Please arrive by 8:45 am to get your spot to play in the tournament.



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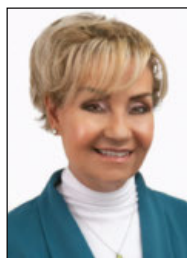
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Crow River Senior Center, St. Michael, MN

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WRITERS GROUP



Secrets of the Silver Spoon

(sequel to Secrets of the Wooden Spoon, published previously)

By Sandra Nelson

Before a holiday, tradition has it that I must polish the silverware. Most of the table knives, forks, and spoons in my drawer of “good” silverware were inherited from my Mother-in-Law. Yet, a few treasured pieces came from my childhood home and had belonged to my parents. Mother had a second-from-the-top drawer in the buffet where these silver pieces were kept. Because it soon will be Easter Sunday, I prepared to apply the cleansing paste to a large serving spoon, which was engraved with the initial “S.” There was no mistake: this was “The Spoon” used on my family’s table, and it was part of my heritage.

How scratched and worn it is!

I easily remember the day when my good friend, Darlene, knocked on the door. “Can you come out and play? We can make mud pies!”

“Sure!” I answered. “I will be right there!”

The day had started out drizzly, but had given way to warm sunshine. The soil at our home in Scanlon was mostly clay. With the recent moisture, it would be softened, just perfect for digging and for shaping mud pies, cakes, and mud balls. I quickly grabbed Mother’s serving spoon, plus a bowl from the cabinet. I was soon enjoying Darlene’s company as the two of us dug in the dirt near the sidewalk, mixed in some water from a nearby puddle, and then shaped our creative concoctions, setting them to dry on the sidewalk. The afternoon sunshine was glorious as it warmed our backs while we worked.

The hours passed by. And we, like most children, grew tired of this pastime. The spoon and bowl were left on the ground as we set out to ride our bicycles, play on the swings nearby, and play at other activities.

Day gave way to night. Many days dawned and passed before Mother asked, “Has anyone seen my serving spoon?”

I knew right where to look. I immediately retrieved both the spoon and the bowl from where I had been playing with them. I brought them into the house where they were washed and readied for use.

Now both pieces are amongst my treasures. Was I allowed to use a fine silver spoon for digging in the dirt, and then use it to serve corn soufflé on Sunday’s dinner table?

Yes, in the days of my childhood which knew no boundaries: YES!

Crow River Senior Center

Seussical JR.!

A Fantastical Musical Extravaganza

Nearly 100 student actors will take the stage to perform Seussical JR.! The show is produced by SOAR Academy, the educational outreach of nonprofit SOAR Regional Arts.

Horton the Elephant, the Cat in the Hat and all of your favorite Dr. Seuss Characters spring to life on stage! Transporting audiences from the Jungle of Nool to the Circus McGurkus, the Cat in the Hat narrates the story of Horton the Elephant, who discovers a speck of dust containing tiny people called the Whos. Horton must protect the Whos from a world of naysayers and dangers, and he must also guard an abandoned egg that's been left in his care by the irresponsible Mayzie La Bird. Although Horton faces ridicule, danger and a trial, the intrepid Gertrude McFuzz never loses faith in him. Ultimately, the powers of friendship, family and community are challenged and emerge triumphant!

Saturday, March 11 at 7:00pm Or Sunday March 12th at 4:00pm

Location: STMA High School Performing Arts Center

**5800 Jamison Ave NE
St Michael, MN 55376**

Senior Citizen Group Discount Rate: \$8.00

Discounted tickets purchased through the Senior Center require payment to be made at time of registration. For more details please contact the Crow River Senior Center at 497-8900.

NO TRANSPORTATION is provided to this performance.

Deadline to purchase tickets is Monday, March 6th. No refunds after this date.



Bald Eagles: Beyond the Basics

Wednesday, April 26th 1:30pm

With nests as big as small bedrooms and acrobatic aerial courtships the national bird of the United States is impressive beyond their white heads and large size. Their unique, little known family lifestyle and specialized adaptations make them a bird to watch with new eyes. Discover what is fact and what is fiction about these captivating birds.

Presented by Melonie Shipman, whose background includes being an Education Coordinator for Alaska Maritime National Wildlife Refuge, co-directing the Audubon Center of the North Woods with dog sledding trips, sea kayaking expeditions, and scientific studies in remote locations. Melonie has been a handler for the Iditarod, a wolf pup care assistant, and a polar bear and spirit bear study participant.

**This is a free event.
Please call the Center to register.
Spaces are limited.**

FITNESS CLASSES

ADULT FITNESS PROGRAMS

STMA Community Education & The Crow River Senior Center have partnered to offer new adult fitness programs!

Chair Dance Yoga

Perform choreographed movements to music from all genres. Not quite ready to get up and dance? You can do these movements from the safety of your chair. Increase flexibility, coordination, brain function, spinal health, and more! This class is geared towards 60+ crowd but all are welcome. New class sections offered each month! Kristie Walker from Just Breathing LLC

FREE DEMO CLASS

*Must register online.
March 6th
10:15-10:45am
Class Code 945W6
Albertville City Hall

FULL COURSE

Mondays March 13- 27
\$30...10:15-11:15am
Class Code 945W7
Albertville City Hall

Mondays April 3-24
\$40.. 10:15-11:15am
Class Code 945S3
Albertville City Hall

Move Younger

Aging is inevitable – aches and pains are not! Change the way you move, and you can immediately change the way you feel. Move Younger exercises reduce muscle tension, improve posture and joint range of motion, increase circulation, promote relaxation through alignment, stretching, and muscle and tissue release. Class participants will receive exercise handouts, a massage ball, and a half dome to keep! Kristie Walker from Just Breathing LLC

FREE DEMO CLASS

*Must register online.
March 6th 9-10am
Class Code 945W4
Albertville City Hall

FULL COURSE

Mondays March 13- May 15
\$120... 9-10am
Class Code 945W5
Albertville City Hall

Register online at www.stma.ce.eleyo.com
or call 763-497-6550

Whitney Senior Center has partnered with us to offer fitness classes through Zoom!!

Enhance Fitness - Tuesdays at 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/Fridays 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, 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.

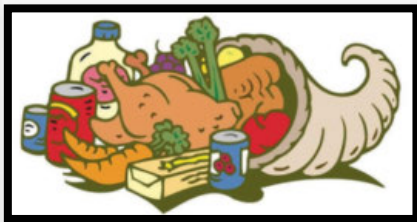
Please call the Crow River Senior Center with any questions! 763-497-8900.

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.



Alleluia Lutheran Church & Cross Food Shelf

**FREE Produce & Bakery
Distribution.**

Location: Alleluia Lutheran
Church parking lot at 10401 30th St. NE in
St. Michael. (South of St. Michael near the
intersection of Cty Rd 19 & 30th St).

The following 2023 Saturdays:

March 11th & 25th

April 8th & 22nd

10:00 to 11:30 am

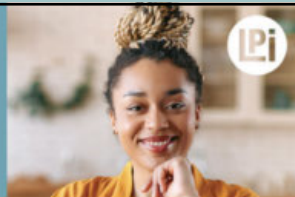


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**J ZAC
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**GENERAL
CONTRACTOR**

763-497-4444



MARCH 2023

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All schedules are subject to change.</p> <p>We appreciate your understanding and patience.</p>	<p>Please call to sign up for activities.</p> <p>Call 763-497-8900</p>	<p>1</p> <p>9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre</p>	<p>2</p> <p>9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30pm Adult Coloring</p>	<p>3</p> <p>AARP Tax Aid 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:30P STMA National Honor Society Bingo & Ice Cream 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>6</p> <p>AARP Tax Aid 9A Legal Aid 9:30A-11:00A Painting Group 9:30A Move Younger Demo (Albertville) 10:00A Senior Yoga (Zoom) 10:15A Chair Dance Yoga Demo (Albertville) 1:30P-3:30P Dominoes 1:30P-3:30P Writers Group</p>	<p>7</p> <p>9:00A Joy Stitch Grp 9:00A History Grp 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group</p>	<p>8</p> <p>9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30pm "The Amazing Sharks" 1:30P-3:30P Euchre</p>	<p>9</p> <p>9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael"</p>	<p>10</p> <p>AARP Tax Aid 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong 3p-5p Senior Pre-Book Sale Saturday Book Sale 8am-1pm</p>
<p>13</p> <p>AARP Tax Aid 9A Move Younger (Albertville) 9:30A -11:00A Painting Group 10:00A Senior Yoga (Zoom) 10:15A Chair Dance Yoga (Albertville) 1:30P-3:30P Dominoes</p>	<p>14</p> <p>9:00A Joy Stitch Grp 10A Advisory Board Meeting 11A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Social Bridge 1:30P Book club</p>	<p>15</p> <p>9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) St. Patty's Day Luncheon w/ Music to follow 1:00pm Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre 1:30P Memory Café at the Monticello Senior Center</p>	<p>16</p> <p>9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30P Caregiver Support Group</p>	<p>17</p> <p>AARP Tax Aid 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>20</p> <p>AARP Tax Aid 9A Move Younger (Albertville) 9:30A -11:00A Painting Group 10:00A Senior Yoga (Zoom) 10A Hearing Checks 10:15A Chair Dance Yoga (Albertville) 1:30P-3:30P Dominoes 1:30P-3:30P Writers Group</p>	<p>21</p> <p>9:00A Joy Stitch Grp 9:00A History Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Social Bridge</p>	<p>22</p> <p>9:00A-11:00A Hand & Foot Cards 10A Senior Yoga (Zoom) Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30pm "Libraries of Minnesota" 1:30P-3:30P Euchre</p>	<p>23</p> <p>9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Book Bingo</p>	<p>24</p> <p>AARP Tax Aid 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:30P-3:30P 500 Cards 1:30 Movie 1:30P-3:30P Mahjong</p>
<p>27</p> <p>AARP Tax Aid 9A Move Younger (Albertville) 9:30A -11:00A Painting Group 10:00A Senior Yoga (Zoom) 10:15A Chair Dance Yoga (Albertville) 1:30P-3:30P Dominoes</p>	<p>28</p> <p>9A -1P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 11:00A Enhance Fitness (Zoom) 1:15P-3:30P Social Bridge NO LUNCH TODAY</p>	<p>29</p> <p>9:00A-11:00A Hand & Foot Cards 10A Senior Yoga (Zoom) Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre 1:30P Medicare 101</p>	<p>30</p> <p>9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo</p>	<p>31</p> <p>AARP Tax Aid 9:00A-11:00A Cribbage 10A Senior Yoga (Zoom) 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>

**Meal Ordering
Deadline:**

Call to reserve your spot by 2pm the Friday prior for the following week. Space may be limited. Cancellations can be made at least 1 day prior. 763-497-8900

**MARCH
2023**

**SENIOR CENTER
LUNCH MENUS**

Vegetables will be
Chef's Choice..

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

Cost per meal is \$5.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cancellations must be called in 1 day prior or you are responsible for payment of the meal. 497-8900	1 Liver & Onions Potatoes Veggie (Chicken Alternative)	2 Cheeseburger w/lettuce, tomato & onion Tots	3 NO LUNCH <i>Deadline to call in orders for next week.</i>
7 Chicken Pasta Hotdish Veggie Dinner Roll	8 Shepherd's Pie Dinner Roll	9 Chopped Beef Steak w/onions & mushrooms Mashed Potatoes Veggie	10 NO LUNCH <i>Deadline to call in orders for next week.</i>
14 Lasagna Side Salad Dinner Roll	15 St. Patty's Day Luncheon with music to follow	16 Oriental Chicken Salad Dinner Roll	17 NO LUNCH <i>Deadline to call in orders for next week.</i>
21 Hot Turkey Sandwich Mashed Potatoes Veggie	22 Swedish Meatballs Mashed Potatoes Veggie Dinner Roll	23 Baked Chicken Baked Potato Veggie	24 NO LUNCH <i>Deadline to call in orders for next week.</i>
28 No Lunch Today	29 Pulled Pork Sandwich Potatoes Veggie	30 Sweet & Sour Chicken Rice Veggie	31 NO LUNCH <i>Deadline to call in orders for next week.</i>

APRIL 2023 ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> <div>AARP Tax Aid 8:30A Departure for Treasure Island Trip 9A Legal Aid 9A Move Younger (Albertville) 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 10:15 Chair Dance Yoga (Albertville) 1:30P-3:30P Dominoes 1:30P-3:30P Writers Group</div>	<div>4</div> <div>9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group</div>	<div>5</div> <div>9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre 1:30P America's First Ladies—Part One</div>	<div>6</div> <div>9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by St. Therese of Corcoran 1:30pm Adult Coloring</div>	<div>7</div> <div>Center Closed</div>
<div>10</div> <div>AARP Tax Aid 9A Legal Aid 9A Move Younger (Albertville) 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 10:15A Chair Dance Yoga (Albertville) 1:30P-3:30P Dominoes</div>	<div>11</div> <div>9:00A-11:00A Joy Stitch Group 10:00A Advisory Board Mtg 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Social Bridge 1:30P-3:30P Book Club</div>	<div>12</div> <div>9:00A-11:00A Hand & Foot Cards Noon Lunch at Center 10:00A Senior Yoga (Zoom) 1:00pm Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre 2:00P Le Musique Room Johnny Cash Show</div>	<div>13</div> <div>9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael "</div>	<div>14</div> <div>AARP Tax Aid 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</div>
<div>17</div> <div>9A Move Younger (Albertville) 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 10:00A Hearing Checks 10:15A Chair Dance Yoga (Albertville) 10:30A Medicare 101 1:30P-3:30P Dominoes 1:30P-3:30P Writers Group 1:30P Fraud Class</div>	<div>18</div> <div>9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:00P-3:00P Watercolor Class 1:15P-3:30P Social Bridge</div>	<div>19</div> <div>9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre 1:30pm Memory Café at Crow River Senior Center</div>	<div>20</div> <div>9:00A-11A Pinochle 10:30A Thriving with Chronic Pain Noon Lunch at Center 1:30P Bingo 1:30-3:00 pm Caregiver Sup Grp</div>	<div>21</div> <div>9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 10:30A-12:00P Volunteer Appreciation Brunch 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong 1:30P Movie</div>
<div>24</div> <div>9A Move Younger (Albertville) 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 10:15A Chair Dance Yoga (Albertville) 1:30P-3:30P Dominoes 1:30pm "Remembering the Challenger"</div>	<div>25</div> <div>9:00A-11:00A Joy Stitch Group 9:00A-11:00A Coffee, Conversation & Doughnuts 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:00P-3:00P Watercolor Class 1:15P-3:30P Social Bridge</div>	<div>26</div> <div>9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00pm Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre 1:30pm "Bald Eagles: Beyond the Basics"</div>	<div>27</div> <div>9:00A-11A Pinochle 10:30A Thriving with Chronic Pain Noon Lunch at Center 1:30P Bingo</div>	<div>28</div> <div>9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</div>
<div>All schedules are subject to change.</div> <div>We appreciate your understanding and patience.</div>	<div></div>	<div></div>	<div></div>	<div>Please call 796-497-8900 to make your reservations for activities.</div>

**Meal Ordering
Deadline:**

Call to reserve your spot by 2pm the Friday prior for the following week. Space may be limited. Cancellations can be made at least 1 day prior. 763-497-8900

**APRIL
2023**

**SENIOR CENTER
LUNCH MENUS**

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

(Menu are subject to change without notice.)

Cost per meal is \$5.00

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4 Baked Ham Scalloped Potatoes Veggie Dinner Roll		5 Sloppy Joe Baked Beans Cole Slaw		6 Swiss Chicken Wild Rice Blend California Blend Dinner Roll		7 NO LUNCH <i>Deadline to call in orders for next week.</i>	
11 Tater Tot Hotdish Salad Dinner Roll		12 Baked Chicken Baked Potato Veggie		13 Beef Tacos Taco Sauce Sour Cream		14 NO LUNCH <i>Deadline to call in orders for next week.</i>	
18 Goulash Side Salad Dinner Roll		19 Liver & Onions Potatoes Veggie <i>(Chicken Alternative)</i>		20 Southwest Chicken Salad Dinner Roll		21 NO LUNCH <i>Deadline to call in orders for next week.</i>	
25 Spaghetti Meat Sauce Side Salad Dinner Roll		26 Chili Cornbread Side Salad		27 Chicken Stir Fry Rice Egg Roll		28 NO LUNCH <i>Deadline to call in orders for next week.</i>	
						Cancellations must be called in 1 day prior or you will be responsible for payment. Call 497-8900	

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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



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