

MARCH / APRIL 2025

CROW RIVER SENIOR CENTER

SERVING THE COMMUNITIES & SURROUNDING AREAS OF ALBERTVILLE, HANOVER AND ST. MICHAEL

CROW RIVER SENIOR CENTER

11800 Town Center Dr. NE,
Suite 200

St. Michael, MN 55376

Phone: 763-497-8900

Email:
jteigen@crowriverseniorcenter.com

Web: www.mnseniorcenters.org

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

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

INCLEMENT WEATHER REMINDER

If the STMA Schools are delayed 2 hours, closed, or have early release, then the Center will close accordingly.

Check local news and radio channels for school closings.

CENTER CLOSED:

FRIDAY, APRIL 18TH



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

GET INFORMED—THE NATIONAL CAMPAIGN FOR BETTER HEARING

**WEDNESDAY, MARCH 5TH
1:30PM**

Join us for a presentation by Jonathan Barcus, Hearing Instrument Specialist for HearingLife, as he discusses:

- Why hearing is so important to our overall health
- How to recognize when we have hearing trouble
- What are the signs that may lead us to get a hearing test
- What people can do to reduce their listening effort
- What are the risks of untreated hearing loss



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A SENIOR LIVING
COMMUNITY.**



CALL THE CENTER TO REGISTER.

UNLOCKING THE SECRETS TO DESIGNING A MODERN ESTATE PLAN

THURSDAY, MARCH 6TH 10:30AM

Learn about the fundamentals of creating a comprehensive, modern estate plan, and how legal documents like wills, trusts, powers of attorney, medical directives and transfer on death deeds can be used as tools to design a personalized estate plan and bring peace of mind and security for the future.

Presented by Ed Kaiser, licensed attorney, in collaboration with Kristi Nemec, Senior Home Coach and Realtor.

Ed Kaiser is an attorney licensed in MN, WI and NV, with over ten years of multi-jurisdictional legal practice. His expertise spans multiple practice areas, including real estate, business law, estates and trusts, litigation and dispute resolution.

CALL THE CENTER TO REGISTER.



ST. PATRICK'S DAY LUNCHEON

**WEDNESDAY, MARCH 12TH
NOON LUNCHEON
COST: \$13.00**

LOCATION: CROW RIVER SENIOR CENTER

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

Music to follow by CODA.

**MUST REGISTER AND PAY IN ADVANCE
BY MARCH 7th.
NO REFUNDS AFTER THIS DATE.**

ARTHRITIS AND HEALTHY HAND TIPS

WEDNESDAY, APRIL 23RD 1:30PM

Come learn about the different types of hand arthritis and how to safely strengthen while protecting your joints! Also learn about strategies to help you be able to use your hands with less pain!

Presented by Cheryl Wuollet OT with Courage Kenny Rehabilitation Institute - Albertville

CALL THE CENTER TO REGISTER.

RIGHTSIZING YOUR WAY

THURSDAY, MARCH 13TH 10:30AM

Preparing to sell a home after 20+ years can feel overwhelming, but with the right guidance, the process becomes more manageable. In this class, you'll learn the pros and cons of selling your home 'as-is' versus completing minor updates. Additionally, we'll discuss options for getting you into your next home while selling your current one, including bridge loans, contingent offers, and simultaneous closings.

Presented by Kristi Nemec, a trusted Senior Home Coach and Realtor with over 22 years of experience.

CALL THE CENTER TO REGISTER.

ALTERED BOOK

WEDNESDAYS

MARCH 5TH, 12TH, 19TH, 26TH

10:00A—12:00P

MUST ATTEND ALL CLASSES

An altered book is an art object that has been created from an existing, printed book. The book is altered through whatever means and media the artist chooses. This generally means using the book's pages as a canvas, changing them into pockets and flips and decorating them in a variety of creative ways. Approaches to book altering are as varied as the artists who undertake them. Experience the transformation from a discarded book to a treasured journal.

REGISTRATION OPENS FRIDAY, FEB. 21ST AT 11:00AM THROUGH THE ST. MICHAEL LIBRARY AT 763-497-1998 OR AT GRIVER.ORG.

This is a free class provided in collaboration with the St. Michael Library and the Rum River Art Center through a grant from the CMBA-Central MN Arts Board.



BARNQUILT

MONDAY, MARCH 10TH

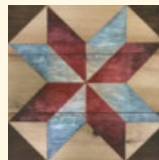
9:30A—12:00P

LOCATION: HANOVER CITY HALL

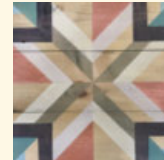
Grab your friends and gather to create a beautiful barn quilt pattern on a 14" x 14" reclaimed wood pallet. Locally sourced by craftsman and farmer, Josh Reinitz of East Henderson Farm, each pallet has a unique quality. The wood is truly reclaimed, meaning each pallet will be completely individual and will have flaws, such as nail holes and small dings. The wood has been carefully selected, pre-sanded and assembled.

CALL THE CENTER TO REGISTER AND CHOOSE YOUR DESIGN. REGISTRATION OPENS THURSDAY FEB. 27TH. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON. OUR DOORS OPEN AT 8:30AM. THIS CLASS IS FREE OF CHARGE.

Faded Star



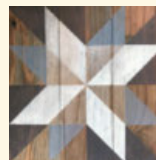
Hidden Cross



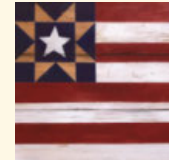
Pinwheel



Friend-ship Star



Flag



WATERCOLOR HOT WAX BATIK

THURSDAY, MARCH 27TH

9:30A—1:30P

LOCATION: HANOVER CITY HALL

Hot wax, cool art. Watercolor Batik uses the method of utilizing hot wax as a resist as you add layers of color to your art. Later remove the wax for an exciting piece of art with a soft fractured look. Come join in the fun!

CALL THE CENTER TO REGISTER. REGISTRATION OPENS THURSDAY, FEB. 27TH. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON.

OUR DOORS OPEN AT 8:30AM.

THIS CLASS IS FREE OF CHARGE.



COLORED PENCIL CLASS

THURSDAYS, APRIL 3RD, 10TH, 17TH, 24TH

9:30—11:30A

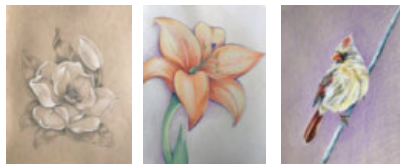
MUST ATTEND ALL CLASSES

Want to start drawing but don't know where to begin? Have you done a little drawing but want to grow and learn? Learn to draw a variety of nature-inspired artwork in colored pencil on toned-tan paper. You will be guided step-by-step to learn about the practice of drawing through close observation. Design principles like proportion, composition, balance, contrast, and movement will be instructed. Watch live demonstrations, experiment with a variety of materials, practice, and have fun!

CALL THE CENTER TO REGISTER. REGISTRATION OPENS THURSDAY, FEB. 27TH. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON.

OUR DOORS OPEN AT 8:30AM.

THIS CLASS IS FREE OF CHARGE.



MANDALA STONE PAINTING CLASS

WEDNESDAY, APRIL 9TH

12:00PM—2:00PM

LOCATION: HANOVER CITY HALL

This is your opportunity to tap into your creative spirit and learn the meditative art of Mandala Stone painting! Absolutely no painting or artistic skill or experience needed! You may either do your painting on a 5x6 wood plaque or a hand-casted 4-inch stone. Through this class you will learn all the dotting basics, plus tips and tricks, and leave the class with the knowledge to make mandala stone designs on any type of stone or other smooth surface.

CALL THE CENTER TO REGISTER. REGISTRATION OPENS THURSDAY, FEB. 27TH. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON. OUR DOORS OPEN AT 8:30AM.

CHOOSE YOUR DESIGN AT TIME OF SIGN UP.

THIS CLASS IS FREE OF CHARGE.



CENTER MOVIES

WEST SIDE STORY

FRIDAY, MARCH 14TH 1:00PM

An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds. (2021) Rated PG-13, 2HR 36MIN

CALL THE CENTER TO REGISTER.

REAGAN

FRIDAY, APRIL 11TH 1:00PM

Dennis Quaid delivers a Tour-De-Force performance as 40th U.S. President Ronald Reagan in this cinematic journey that encapsulates the spirit of the American Dream. From his small-town roots to the glitter of Hollywood where he meets actress Jane Wyman (Mena Suvari) and Warner Brothers' Studio president Jack Warner (Kevin Dillon), Reagan's incredible story culminates in obtaining presidency with the support of his loving wife Nancy (Penelope Ann Miller). (2024) Rated PG-13, 2HR 21MIN

CALL THE CENTER TO REGISTER.

MINNESOTA FROM THE ROAD:

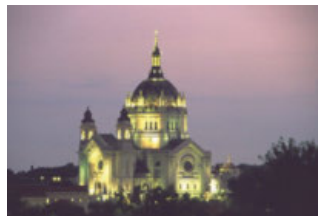
ST. PAUL (MAKEUP FROM CANCELLATION)

PRESENTED BY DOUG OHMAN

WEDNESDAY, APRIL 30TH 1:30PM

Travel along with Historian, Doug Ohman, as he explores and shares stories about the sites that will be sure to help you see St. Paul in a brand new way.

CALL THE CENTER TO REGISTER.



EVENTS, CLASSES, PRESENTATIONS CONT.

PRECISION DRIVING CENTER 55+ DRIVING CLASS

4 HOUR CLASS
FRIDAY, APRIL 25TH
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 or
call 1-888-234-1294 or 320-308-1400.**

IF YOU DIDN'T BUY A TICKET, YOU HAVEN'T WON THE LOTTERY: AVOIDING ONLINE SCAMS

WEDNESDAY, APRIL 2ND 1:30PM

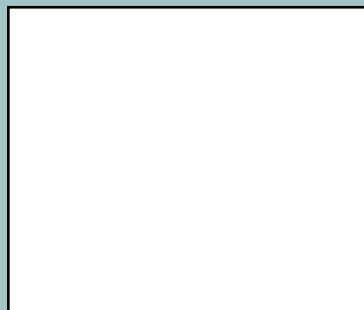
Scammers and fraudsters take advantage of people of all ages every day, and many specifically target older adults. We'll share the most common and current scams being reported to authorities and offer practical tips for determining if an inquiry is legitimate. We'll also discuss security settings that can help reduce risk, how to alert authorities of a suspected scam, and how to file a report if you feel like you've been taken advantage of. Presented by Senior Community Services.

CALL THE CENTER TO REGISTER.

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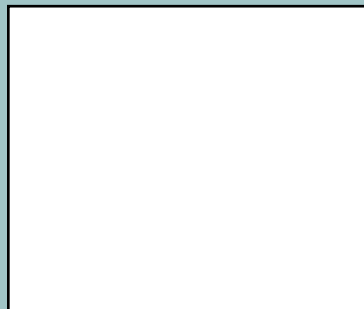


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Ben Allrich

ballrich@lpicommunities.com

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SILVERSNEAKERS

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

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

Meet Casey, Our Instructor!

Casey is a Certified Personal Trainer/Group Fitness instructor with specialty certifications in Senior Fitness, Fall Prevention, and SAIL (Staying Active and Independent for Life). She has a passion for helping others achieve their fitness goals, and will be there to support and encourage you to do your best! Casey lives locally in Albertville with her husband, Jamie, and 2 teenage sons.

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

NO SIGN UP REQUIRED, JUST COME!

WOMEN'S TONE AND TIGHTEN

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

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

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

NO SIGN UP REQUIRED, JUST COME!

CARDIO DRUMMING

EVERY TUESDAY
 9:30AM
 \$8.00 PER CLASS

Interested in learning what Cardio drumming is all about? Try it out at the Center! We are offering two sessions per month taught by wellness coach Tanya Lotts. Tanya absolutely loves fitness! Her purpose is to help others get their bodies moving, feel amazing and have FUN! She has been teaching fitness for ten years within her community and online.

Included with your class is a complimentary recovery shake:

- *24 Grams of Plant protein
- *13g Carbs (low on glycemic index)
- *5g of Fiber
- *23 Essential Vitamins & Minerals

Cardio drumming is a form of exercise that utilizes drumming movements. It can be practiced by nearly all individuals and does not require drumming experience. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music.

CALL THE CENTER TO REGISTER. INDICATE IF YOU WOULD LIKE A SHAKE.

SILVERSNEAKERS:

MONTICELLO

MON/WED/FRI 9:00AM
 LOCATION: FITNESS EVOLUTION
 133 SANDBERG ROAD
 MONTICELLO, MN 55362
 763-295-3002

Did you know that Fitness Evolution in Monticello offers Silver Sneakers fitness classes? If you are interested, stop by or call Fitness Evolution to sign up! If you are Silver Sneakers eligible, the classes are free!

ZOOM FITNESS CLASSES

FITNESS THROUGH ZOOM A PARTNERSHIP WITH WHITNEY SENIOR CENTER

Enhance Fitness - Tuesdays & Fridays at 11:00am/ Wednesdays at 10:50am

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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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Crow River Senior Center, St. Michael, MN

B 4C 02-1011



PARKINSON'S SUPPORT GROUP
TUESDAY, MARCH 4TH & APRIL 1ST
1:30—3:30PM

If you're feeling frustrated about life with Parkinson's disease, being part of a support group can be one of the best ways to reduce stress and to connect with others who can relate to your experience. Caregivers and family members also benefit greatly from sharing questions and concerns with like-minded others and are welcome to attend.

MEMORY CAFE

WEDNESDAYS
MARCH 26TH & APRIL 16TH
1:30—3:00PM

Memory Café offers different activities each month, providing a positive experience for older adults with memory loss (or other types of dementia) and their caregivers.

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

The Crow River Senior Center will be hosting the Memory Café in April, where we partner with the Master Gardeners for an interactive and educational program.

Please call the Center to Register.



**Empowering
 People
 as They Age**

The **HOME program** offers a variety of services including personal technology assistance, handyman 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. *Cost-share contribution suggested.*

612-804-0968

b.allard@seniorcommunity.org



Try **CareNextion.org**, a free, secure, award-winning online platform (and mobile app) designed to streamline task coordination, communication, and connection among family members and friends helping to care for a loved one.

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.

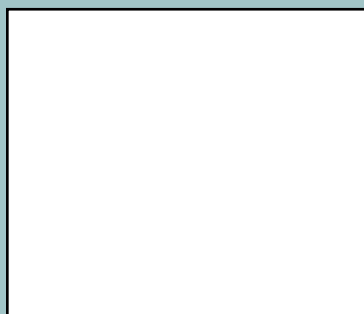


TO MAKE AN APPOINTMENT:

Call the Center at 763-497-8900.

Next available dates:

Monday, March 3rd
Monday, April 7th
9:00, 9:30 or 10:00am



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TRIPS AND CONCERTS

TREASURE ISLAND CASINO MONDAY APRIL 7TH \$25.00

The Crow River Senior Center will be sharing a coach bus to Treasure Island Casino with participants from the Monticello Senior Center. The bus will depart from the Crow River Senior Center at 8:30am and return at approximately 3:45pm. You will receive \$15.00 on your casino card to spend and \$3.00 off food.

Must register and pay in advance no later than March 24th. No refunds after this date.

CHANHASSEN DINNER THEATER: GREASE WEDNESDAY, APRIL 9TH \$105.00 10:20AM PICK UP TIME AT CROW RIVER SENIOR CENTER

11:15AM: Arrive at The Chanhassen Dinner Theater for lunch.

Limited Menu includes: Entrée, salad, vegetable, bread potato or rice, beverage.

1:00PM: Matinee performance: "Grease"

Join Sandy, Danny and the rest of the Burger Palace Boys and Pink Ladies for an affectionate satire of high school life in the 1950's. Don't miss the unforgettable tunes like: "Summer Nights," "Look at Me, I'm Sandra Dee," "We Go Together," "Greased Lightnin'," "Beauty School Dropout," AND added songs made popular in the beloved film: "Grease (Is The Word)," "Hopelessly Devoted to You" and "You're the One That I Want." It's a high-octane rock 'n' roll party packed with explosive energy!

4:45 p.m. Estimated return time to Crow River Senior Center.

Must register and pay in advance no later than March 7th. 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.

LE MUSIQUE ROOM: WAYNE ANTHONY PRESENTS: ULTIMATE SINATRA

MONDAY, APRIL 14TH 1:00PM \$33.00

Wayne Anthony, along with an all-star 8 Piece Ensemble, will be performing his renowned tribute show to Frank Sinatra! Sinatra's legendary swagger and the larger-than-life legacy he left behind defies description or categorization. Wayne Anthony is a life-long Singer, Entertainer, Musician, Songwriter, Producer and Storyteller who's work transcends traditional boundaries. He's spent his life performing & recording in countless iconic venues such as The Troubadour in LA, The Guthrie Theatre, The Fitzgerald Theatre, Target Center, Medina Entertainment Center, and The Chanhassen Theatre to name a few. He's also a 5-decade Veteran of the Advertising & Creative Agency & Event Marketing Productions business as Founder & Creative Director of Internationally Awarded - Cullinan Creative Group of Minneapolis, Minnesota.

Must register and pay in advance by April 1st. No refunds after this date.

LE MUSIQUE ROOM: TRIBUTE TO PATSY CLINE BY JOYANN PARKER

MONDAY, MAY 12TH 1:00PM \$33.00

In this powerful 90-minute stage performance, Joyann Parker and her seasoned band showcase the most popular and best-loved of Patsy's songs. Enjoy a nostalgic trip back in time as Joyann beautifully weaves the stories of Patsy's life and career in and out of the music you know and love. Hear Patsy's iconic songs like "Crazy," "Walking After Midnight," "Sweet Dreams," "Faded Love," "Three Cigarettes in an Ashtray," "She's Got You" and many more! Vintage costumes and ambiance enhance Joyann's uncanny and authentic channeling of the classic vocals of the legendary Patsy Cline.

Must register and pay in advance by April 30th. No refunds after this date.

LE MUSIQUE ROOM REGISTRATION/ CANCELLATION AND TRANSPORTATION

- Please register by specific date listed.
- Register early as seats are limited.
- No refunds after registration.
- NO TRANSPORTATION is provided to this concert. The address to the Cinema is: 4300 O'Day Ave NE, St. Michael

Call the Center if you need to cancel.



DOMINOES

MONDAYS, 1:30PM—3:30PM

BRIDGE

TUESDAYS, 1:15PM—3:30PM

HAND AND FOOT

WEDNESDAYS, 9:00AM—11:00AM

500

WEDNESDAYS, 1:15PM—3:30PM

PINOCHLE

THURSDAYS, 9:00AM—11:00AM

EUCHRE

FRIDAYS, 1:00PM—3:30PM

MAHJONG

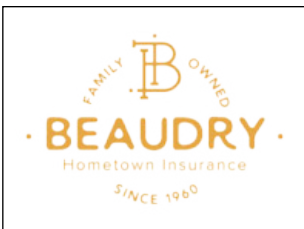
FRIDAYS, 1:00PM—3:30PM



BINGO

THURSDAYS, 1:30PM

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



Bingo sponsored by Beaudry Hometown Insurance, Thursday, March 20th 1:30pm.



Book Bingo sponsored by the St. Michael Library, Thursday, April 17th, 1:30pm.

CRIBBAGE TOURNAMENT

FRIDAYS, 9:00AM—11:00AM

Come play Cribbage at the Center! \$1.00 to enter the tournament. Arrive at 8:45AM for sign up.



BOOK CLUB

2ND TUESDAY OF THE MONTH
1:30—3:30PM

March 11th: "West With Giraffes"
 By Lynda Rutledge

April 8th: "Hello Beautiful"
 By Ann Napolitano

May 13th: "Lessons In Chemistry: A Novel"
 By Bonnie Garmus

June 10th: The Lincoln Highway
 By Amor Towles



WRITERS GROUP

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

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

ARTIST GROUP

MONDAYS 9:30—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!

STITCH GROUP

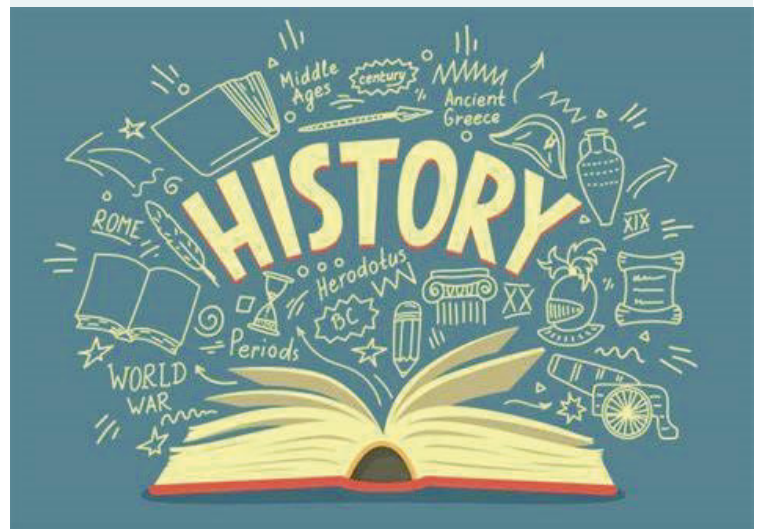
TUESDAYS 9:00—11:00AM

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

GOLDEN AGE

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

This is a group of 55+ that meets monthly for lunch and games. If interested, please call Donna at 763-334-0991 or Darlene at 763-497-4324.



HISTORY GROUP

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

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

THE HEART

CONNIE MASSENA

The heart is a wonderful organ,
We all have one of those things.
Without it we could be aliens,
Just puppets on some strings.

Just think, without emotion,
Without caring or a loving touch.
We would not be human,
We really wouldn't be much.

The heart makes our blood flow,
To live from day to day.
It's a complicated bit of work,
It's marvelous! I must say.

It makes our fingers tingle,
Makes us do a happy dance.
It feeds our entire body,
Just give it half a chance.

But beyond keeping us alive,
It's purpose is much higher.
It gives us the ability to...
Love with passion and fire.

You can love a brother, sister,
A mom and dad for sure.
You can love a friend or relative,
You can also cherish those with fur.

We all have the ability,
We all have the capacity to care.
For some it might be harder,
Sometimes life just isn't fair.

Nowadays, when times are rough,
People can anger fast.
But random acts of kindness can,
Be memories that last.

Help a neighbor with some chores,
Or help them take a walk.
Have a chat with a stranger,
They just might need to talk.

So, remember that wonderful organ!
It can brighten someone's day.
A hug, a kiss, a pat on the back,
Give a memory that will stay.



VOLUNTEER APPRECIATION BRUNCH

FRIDAY, APRIL 25TH
10:30AM—NOON

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 to the Center by Monday, April 21st.

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.

READERS THEATRE

Interested in reading/acting out short stories for children? Join our Readers Theatre Group and promote the love of reading to children in our local elementary schools. Call Jenny Teigen, Center Director, at 763-497-8936 for more information.

GLASSES AND HEARING AIDS

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

Hanover City Hall
Crow River Senior Center

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

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.

Thumbs Up for Mental Health

Make a difference for youth by simply being there! Thumbs Up is seeking adult volunteers to interact with middle and high school students in Rogers or Elk River. Be a welcoming adult with a listening ear as they work on homework, projects, games, etc. Staff and other adults are on site as well. Choose your day of the week, one or more afternoons, approximately 2-5pm.

Community Meal Assistant - Temporary

Assist with picking up, setting up and serving lunch in Buffalo on Mondays, Wednesdays, and the 2nd & 4th Friday of the month during March. Dates and times can be filled by one person or shared. Must have valid driver license and use your own vehicle.

Rock from the Heart

RSVP recently added a partnership with Rock from the Heart, a non-profit organization focused on Aortic Disease Education and Awareness. Aortic diseases are silent killers, and often strike without warning, so early diagnosis is critical. Two remote support roles are currently available: Board Member - to help guide the organization's growth, shape strategies, and stay true to the mission by attending quarterly meetings (online) with approximately 3-5 hours of weekly tasks between meetings. Marketing Volunteer - Help amplify the mission of raising awareness about aortic and heart valve disease through marketing and social media. Flexible, 3-5 hours per month

Make a Wish Volunteers - 2 Options

Become a Wish Granter for children from 2 1/2-18 years of age battling critical illness. Be a reliable, communicative, and productive member of the "wish team" - work closely with a volunteer partner and the Make-A-Wish staff to create the best possible wish experience for the child. Approximately 2 hours a month for 9-12 months, working virtually and/or in person. Wish Boosters are also needed. This part of the Make-A-Wish team provides "the extra" creative magic to each wish! Communicate with the child and family as a sort of pen pal to keep them excited about the upcoming wish, which can take 9-12 months. Flexible opportunity about 1-2 hours a month.

CHAT WITH CAROLE, THE WRIGHT COUNTY AREA COORDINATOR TO LEARN MORE ABOUT THESE OR OTHER OPTIONS! 763-765-3036.

THE CENTER IS CURRENTLY IN NEED OF DECAF COFFEE

AARP TAX AIDE
BY APPOINTMENT ONLY
MONDAYS AND FRIDAYS
FEB. 3RD—APRIL 14TH



AARP Tax Aide, free 2024 tax preparation, will be available for seniors and low-income individuals at the Crow River Senior Center on Monday and Friday mornings beginning Monday, Feb. 3rd and ending Monday, 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 2023 state and federal tax returns, W2, SSA-1099 forms and any other income and/or tax documents for 2024. If you wish to have your refund directly deposited please bring your checkbook. Routing and account codes need to be entered on tax forms.

Registration for appointments begins Jan. 16th. Call the Center at 763-497-8900 to schedule your appointment. Spaces are limited and will fill up quickly.

TECHNOLOGY SUPPORT APPOINTMENTS

2ND AND 4TH TUESDAYS
12:30P-3:00P

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.



LOOKING FOR ASSISTED LIVING?



NOW LEASING!

New, affordable, assisted living starting at \$2,895/month.

The first residents will access exclusive benefits and limited rate locks as part of the

FOUNDER'S CLUB



Discover the vibrant care of Volante Senior Living, designed to enhance you and your loved ones happiness, lifestyle, and peace of mind.

(763) 463-0708 | hanover@volantesl.com



Schedule a tour today!

MEALS ON WHEELS

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

Phone: 651-746-8280

E-mail: 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 promptly at noon.

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.

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 FOOD SHELF

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

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

Tuesdays & Fridays
12:00pm to 2:00pm

Wednesdays
10:00am to 2:00pm

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

STMA FOOD PANTRY

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

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

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

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

ADVISORY BOARD NOMINEES



RITA SCHLOSSER

My name is Rita Schlosser, and I am a resident of Hanover. Originally from Wisconsin, I moved to Minnesota after meeting my husband. We've called Hanover a home for the past 34 years, after relocating from Buffalo, MN. I spent 42 years working in business, primarily as an office manager and in the accounting department for several companies.

I have two children and five grandsons, and in my free time, I enjoy quilting, gardening, reading, playing cards, spending time with others, and riding our gold wing motorcycle. My husband and I were directors for a Gold Wing group in Maple Grove and helped establish a group in Buffalo, where we served as directors for one year. For several years, I've also served as the Activity Director

for the chapter in Buffalo.

In addition to these roles, I volunteer at the Catholic Church in St. Michael and host our neighborhood's Night Out event. I'm excited about the opportunity to serve on the board and am grateful for the chance to contribute. Thank you!



MONICA MCCARTY

I was born and spent most of my adult life in Iowa but was raised in Melrose, MN. I moved to Hanover (May 2023) from Arizona. I spent 11 years in AZ; loved every moment but missed the green landscape of the Midwest. Upon graduation from college, I worked as an underwriter at Principal Insurance and then as a dependent assessor in Osceola, where I raised my two sons. I then taught Algebra & Geometry to high school students in Creston, IA. After a brief time as a State Farm agent I became a wholesaler for Aegon Transamerica working with brokers who sold financial products. Later, I also worked retail and was a bank teller.

I love to cook, entertain, read, hike, fish, play mahjong, listen to music, work on jigsaw puzzles and play cards & games of all kinds.

In addition to volunteering at the Crow River Senior Center, I volunteer at the Hanover Food Shelf and am just getting started at the West ABE as an adult education assistant. I'm also exploring other volunteer positions with AmeriCorps Seniors RSVP. Being a member of the Crow River Senior Center advisory board would be an honor. I receive much more than I give when I volunteer.

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 deadline to cast your vote is Friday, March 28th.

New members will be announced at the April Board meeting and their terms will begin May 2025. 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!

ST. MICHAEL LIBRARY BOOK SALE

**SATURDAY, APRIL 5TH
8:00A-1:00P**

**SENIOR CITIZEN PRE-BOOK SALE
FRIDAY, APRIL 4TH
3:00P-5:00P**

SENIOR LINKAGE LINE

NEED HELP? CALL US, IT'S FREE!

We'll get you connected to the services you need in your community, including: Transportation, Housing, Prescription Assistance Programs, Medicare Part D, Home Health Care, Housekeeping, Hospice, Caregiver Support, Legal Assistance, Financial Assistance, Minor Home Repair, Medicare Health Insurance Counseling, Home Delivered Meals and Senior Dining, Food Shelves, Volunteering, Assistance Applying for Programs and much more!

COMMUNITY HAPPENINGS

BARGAIN MONDAYS AT ST. MICHAEL CINEMA
\$5.00 Movies All Day!
\$5.00 Snack Packs
Le Bar Happy Hour from 4:00pm—8:00pm

ALBERTVILLE LIONS SHRIMP AND FISH FRY
Friday, March 7th
4:30P—7:00P
Albertville City Hall

ALBERTVILLE LIONS RED CROSS BLOOD DRIVE
Tuesday, March 25th
12:00pm—6:00pm
St. Albert Parish Center

FYCC BUNNY FEST
Saturday, April 12th
10:00am—2:00pm
Albertville City Hall
Join FYCC and the Lions for the Annual Easter Egg Hunt!

FYCC FISH FRY
Friday, April 18th
4:30pm—8:00pm
Liberty Restaurant and Bar

HANOVER LIONS GRILLED PORK CHOP AND SMELT FRY DINNER
Saturday, April 26th
12:00P—5:00P
Hanover City Hall

ALBERTVILLE LIONS PANCAKE AND SAUSAGE BREAKFAST
Sunday, April 27th
8:00am—12:00pm
St. Albert Parish Center

75th Anniversary Celebration

Join us for a night out to celebrate our diamond anniversary and help us raise \$75,000 to support older adults and caregivers!

Casino tables and big prizes to play for!
Live music through the decades!
Food and cash bar!

Thursday, May 15th | 5:30pm - 9:30pm
Medina Entertainment Center
500 Hwy 55, Medina, MN, 55340

Get tickets:
Visit seniorcommunity.org/75th-anniversary or call 952-767-7882

TRAILBLAZER

Trailblazer Transit is a general public transit system that provides rides to people of all ages for just about any reason! These elevator-equipped buses provide service throughout Sibley, McLeod, and Wright Counties plus some limited service into other neighboring cities. The buses operate Monday through Friday from 6:30am—5:30pm. Ride availability for each customer will vary depending on travel time and other factors.

For more information: 320-864-1000
www.TrailblazerTransit.com

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latest City
Updates



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

My Healthy Hometown Rx ST. MICHAEL



HOMETOWN PRESCRIPTION DISCOUNT PROGRAM

Save with the Hometown Prescription Discount Program! Pick up a Rx card at City Hall, Crow River Senior Center, or the St. Michael Public Library and show it at a participating pharmacy to save on the cost of prescriptions not covered by an insurance plan.

For more information visit stmichaelmn.gov/prescriptiondiscount

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5850 Barthel Industrial Dr., Suite 102
P.O. Box 128 | Albertville, MN 5301

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CRSC ACTIVITIES CALENDAR—MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04	05	06	07
<p>9:00A Legal Aid 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</p>	<p>9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:00P Golden Age of Hanover 1:15P-3:30P Bridge 1:30P Parkinson's Support Group</p>	<p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Tone and Tighten (Albertville) 10:00A Senior Yoga (Zoom) 10:00A Altered Book Class 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Hearing Presentation</p>	<p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:30A Unlocking the Secrets to Designing a Modern Estate Plan Noon Lunch at Center 1:30P Bingo</p>	<p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p>
10	11	12	13	14
<p>9:00A SilverSneakers (Albertville) 9:30A Barn Quilt Class (Hanover) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Le Musique Room: Unforgettable Elvis Show 1:30P—3:30P Dominoes</p>	<p>9:00A-11:00A Stitch Group 9:30A Cardio Drumming 10:00A Advisory Board Mtg 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P-3:00P Tech Support 1:15P-3:30P Bridge 1:30P-3:30P Book Club</p>	<p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Tone and Tighten (Albertville) 10:00A Senior Yoga (Zoom) 10:00A Altered Book Class 10:50A Enhance Fitness (Zoom) St. Patty's Day Luncheon 1:15P-3:30P 500 Cards</p>	<p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:30A Rightsizing Your Way Noon Lunch at Center 1:30P Bingo</p>	<p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P Movie 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p>
17	18	19	20	21
<p>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</p>	<p>9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge</p>	<p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:00A Tone and Tighten (Albertville) 10:00A Altered Book Class 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards</p>	<p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo sponsored by Beaudry Hometown Insurance</p>	<p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p>
24	25	26	27	28
<p>9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes</p>	<p>9:00A –1:00P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) No Lunch Today 12:30P-3:00P Tech Support 1:15P-3:30P Bridge</p>	<p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Tone and Tighten (Albertville) 10:00A Senior Yoga (Zoom) 10:00A Altered Book Class 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Memory Café at the Monticello Senior Center</p>	<p>9:00A-11:00A Pinochle 9:30A Watercolor Hot Wax Batik (Hanover) 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo 1:30P—3:00P Caregiver Support Group</p>	<p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p>
31				
<p>9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes</p>				

CRSC LUNCH MENU—MARCH 2025

MEAL ORDERING DEADLINE

Call to reserve your spot by 2pm the Friday prior for the following week. As we are filling to capacity on most days, you might want to consider signing up for lunch two weeks or a month in advance to make sure that you will have a reserved spot. Cancellations can be made at least 1-day prior. Call 763-497-8900

Vegetables will be Chef's Choice.

Menu is subject to change without notice.

Cost per meal is \$7.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04	05	06	07
Chicken Cordon Bleu Wild Rice Blend California Blend Dinner Roll	Salmon with Orange-Pineapple Pepper Seasoning Rice Pilaf Broccoli	Salisbury Steak Mushroom Gravy Mashed Potatoes California Blend	NO LUNCH <i>Deadline to call in orders for next week.</i>
11	12	13	14
Chicken Fettuccine Alfredo Side Salad Breadstick	St. Patty's Day Luncheon	Beef Tacos Taco Sauce Sour Cream	NO LUNCH <i>Deadline to call in orders for next week.</i>
18	19	20	21
Cobb Salad Breadstick	Cabbage Rolls Veggie Dinner Roll	Chicken Drumsticks Potato Salad Coleslaw	NO LUNCH <i>Deadline to call in orders for next week.</i>
25	26	27	28
NO LUNCH	Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative)	Chicken Enchiladas Refried Beans w/ Cheese, Lettuce, Sour Cream, Tomatoes	NO LUNCH <i>Deadline to call in orders for next week.</i>
			NO LUNCH <i>Deadline to call in orders for next week.</i>

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

CRSC ACTIVITIES CALENDAR—APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02	03	04
	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) 12:00P Golden Age of Hanover Noon Lunch at Center 1:15P-3:30P Bridge 1:30P Parkinson's Support Group	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:00A Tone and Tighten (Albertville) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Avoiding Online Scams	9:00A-11:00A Pinochle 9:30A Colored Pencil Class 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 St. Michael Library Book Sale 3:00P-5:00P Senior Citizen Pre-Book Sale Book Sale on Sat., April 5th 8:00A-1:00P
07	08	09	10	11
8:30A Departure for Treasure Island Trip 9:00A SilverSneakers (Albertville) 9:00A Legal Aid 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	9:00A-11:00A Stitch Group 9:30A Cardio Drumming 10:00A Advisory Board Mtg 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P-3:00P Tech Support 1:15P-3:30P Bridge 1:30P-3:30P Book Club	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:00A Tone and Tighten (Albertville) 10:20A Chanhassen Grease Pickup 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 12:00P Mandala Stone Painting Class (Hanover) 1:15P-3:30P 500 Cards	9:00A-11:00A Pinochle 9:30A Colored Pencil Class 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 Movie 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
14	15	16	17	18
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Le Musique Room: Ultimate Sinatra 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:00A Tone and Tighten (Albertville) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Memory Café at the Crow River Senior Center	9:00A-11:00A Pinochle 9:30A Colored Pencil Class 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Book Bingo Sponsored by the St. Michael Library 1:30P—3:00P Caregiver Support Group	CENTER CLOSED
21	22	23	24	25
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	9:00A-11:00A Stitch Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P-3:00P Tech Support 1:15P-3:30P Bridge	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:00A Tone and Tighten (Albertville) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Arthritis and Healthy Hand Tips	9:00A-11:00A Pinochle 9:30A Colored Pencil Class 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo	9:00A 55+ Driver's Class 9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 10:30A Volunteer Appreciation Brunch 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
28	29	30		
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:00A Tone and Tighten (Albertville) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Doug Ohman		

CRSC LUNCH MENU—APRIL 2025

MEAL ORDERING DEADLINE

Call to reserve your spot by 2pm the Friday prior for the following week. As we are filling to capacity on most days, you might want to consider signing up for lunch two weeks or a month in advance to make sure that you will have a reserved spot. Cancellations can be made at least 1-day prior. Call 763-497-8900

Vegetables will be Chef's Choice.

Menu is subject to change without notice.

Cost per meal is \$7.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04
Chicken Supreme Casserole Side Salad Dinner Roll	Hot Turkey Sandwich w/ Gravy Mashed Potatoes Corn	Sloppy Joes Potato Salad Baked Beans	NO LUNCH <i>Deadline to call in orders for next week.</i>
08	09	10	11
Swedish Meatballs Mashed Potatoes Corn	Chicken Breast w/ Garlic Cream Sauce Mashed Potatoes Beans	Chili Side Salad Corn Bread	NO LUNCH <i>Deadline to call in orders for next week.</i>
15	16	17	18
Baked Ham Scalloped Potatoes Green Beans Dinner Roll	Fish Sandwich Tarter Sauce Macaroni Salad Chips	Swiss Chicken Wild Rice Blend California Blend Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>
22	23	24	25
Chicken Wild Rice Soup Ham and Cheese Sandwich	Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative)	Chopped Beef Steak w/onions and mushrooms Mashed Potatoes Corn	NO LUNCH <i>Deadline to call in orders for next week.</i>
29	30		
Chicken ala King Biscuit Side Salad	Meatloaf Mashed Potatoes Gravy Corn		NO LUNCH <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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LPi Nick Palasini
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npalasini@4lpi.com



CROW RIVER SENIOR CENTER
ABOUT US

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

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

www.mnseniorcenters.org