

MARCH / APRIL 2026

# CROW RIVER SENIOR CENTER

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

## CROW RIVER SENIOR CENTER

11800 Town Center Dr. NE,  
Suite 200

St. Michael, MN 55376

**Phone:** 763-497-8900

**Email:**  
jteigen@crowriverseniorcenter.com

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

**Please note if paying by check, we request separate checks for each event.**

## 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 3RD



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

## PREVENTING FRAUD AND SCAMS

TUESDAY, MARCH 10TH 1:30PM  
LOCATION: CROW RIVER SENIOR CENTER

PRESENTED BY: MINNESOTA AGING PATHWAYS (FORMERLY THE SENIOR LINKAGE LINE)

Fraud and scams are on the rise, with some scammers specifically targeting older adults. But there are ways you can protect yourself and your personal information. Preventing fraud & scams includes information about fraud prevention, how you can detect and report fraud and scams, so you can keep your personal information and yourself safe.

**CALL THE CENTER TO REGISTER.**

## ST. PATRICK'S DAY LUNCHEON

WEDNESDAY, MARCH 11TH  
NOON LUNCHEON  
COST: \$15.00

LOCATION: CROW RIVER SENIOR CENTER

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

Music to follow by Artisan.

**MUST REGISTER AND PAY IN ADVANCE BY MARCH 2ND.  
NO REFUNDS AFTER THIS DATE.**

## PRECISION DRIVING CENTER 55+ DRIVING CLASS

4 HOUR CLASS  
TUESDAY, APRIL 7TH

9:00AM—1:00PM  
COST: \$24.00 PER PERSON

This 4-hour course is taught by a certified instructor and it will cover updates in laws, the latest vehicle technology, and address traffic safety and accident prevention measures. The class is a presentation and there is no test or behind the wheel exam. Completion of this course provides a 10% reduction on automobile insurance premiums for those age 55 and over. The previous 8-hour requirement to earn the discount has been changed by the state. A 4-hour course is all that is required to earn the discount now! Courses should be completed every 3 years to maintain the discount.

**To register, visit their website at:  
[www.DriverDiscountProgram.com](http://www.DriverDiscountProgram.com) or  
call 1-888-234-1294 or 320-308-1400.**

## STMA NATIONAL HONOR SOCIETY BINGO

THURSDAY, APRIL 30TH 1:30—3:00PM

Join us for Bingo and Ice Cream sponsored by the STMA National Honor Society!



**CALL THE CENTER TO REGISTER.**

## A VIRTUAL ROAD TRIP AROUND MINNESOTA: MINNESOTA BARN QUILT TRAILS

THURSDAY, MARCH 19TH 10:30AM  
PRESENTED BY JAY GRAMMOND

Minnesota is fortunate to have several Barn Quilt Trails. Pieces of art that adorn the side of barns and buildings throughout the state are set up to not only pay homage to heritage or interests; but to bring people into an area. Instructor Jay Grammond will lead you around the state through eight Barn Quilt Trails to give you a sampling of what is out there in hopes that you will make your own road trip!



**CALL THE CENTER TO REGISTER.**

## **MAHJONG LESSONS**

**MONDAYS APRIL 6TH, 13TH, 20TH  
1:00PM—3:30PM**

**MUST ATTEND ALL THREE SESSIONS**

Interested in learning how to play Mahjong? Join us for lessons!

**CALL THE CENTER TO REGISTER.**

## **POSTURE AND OSTEOPOROSIS: BUILDING BETTER BONES**

**THURSDAY, APRIL 23RD 10:00AM**

Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises, sitting in a chair, to help flatten the upper back, unround shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to regain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing.

Presented by Janice Novak, who has a Master's Degree in Health Education. She is a best selling author, speaker and wellness consultant who teaches workshops for universities, professional organizations and corporations.



**CALL THE CENTER TO REGISTER.**



## **CENTER MOVIES**

### **A KNIGHT'S TALE**

**FRIDAY, MARCH 13TH 1:00PM**

Peasant-born William Thatcher begins a quest to change his stars, win the heart of an exceedingly fair maiden and rock his medieval world. With the help of friends he faces the ultimate test of medieval gallantry -- tournament jousting -- and tries to discover if he has the tenacity to become a legend. Starring Heath Ledger, Shannyn Sossamon, Mark Addy, Paul Bettany. (2001) Rated PG-13, 2HR 12MIN

**CALL THE CENTER TO REGISTER.**

### **YES DAY**

**FRIDAY, APRIL 24TH 1:00PM**

A mom and dad who usually say no decide to say yes to their kids' wildest requests with a few ground rules on a whirlwind day of fun and adventure. Starring Jennifer Garner, Edgar Ramirez, Jenna Ortega. (2021) Rated PG, 1HR 26MIN

**CALL THE CENTER TO REGISTER.**

## **DOG ON IT!**

**WEDNESDAY, APRIL 29TH 1:30PM  
PRESENTED BY MELONIE SHIPMAN, THE  
TRAVELING NATURALIST**

From their wolf ancestors they carry their pack behaviors. From the breed groups they carry skills and personalities. They support, serve and play with us. We rescue, foster and rehome them. Explore the many-sided relationships that pet dogs have with humans and learn the steps that bring dogs from the streets of China and puppy mills into their forever homes.

**CALL THE CENTER TO REGISTER.**



**SAKURA ON LAKE MOTOSU PAINTING**



**WEDNESDAY  
MARCH 18TH  
10:00AM—12:00PM  
LOCATION: HANOVER CITY HALL  
11250 5TH ST. NE**

For a no-experience-required art class, connect with your creative side and join Jeremy Ross, who will guide you through "Sakura on Lake Motosu" acrylic on 16x20" canvas. All supplies included.

Jeremy Ross has over a decade of experience and has taught more than 80,000 painters. He has built a vibrant creative community through public events, private parties, and signature experiences.

**REGISTRATION OPENS MARCH 4TH. PLEASE NOTE, YOU CAN ONLY SIGN UP YOURSELF. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON. OUR DOORS OPEN AT 8:30AM. THIS CLASS IS FREE OF CHARGE.**

**SOAP MAKING CLASS**

**WEDNESDAY, APRIL 8TH  
10:00AM**

Discover the art of making homemade soap for yourself or to give as gifts! Using the cold process method, learn how to make soap through both demonstration and participation. Color and scent your own raw soap to take home. Complete booklet and recipes provided.

**REGISTRATION OPENS MARCH 4TH. PLEASE NOTE, YOU CAN ONLY SIGN UP YOURSELF. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON. OUR DOORS OPEN AT 8:30AM.**

**THIS CLASS IS FREE OF CHARGE.**



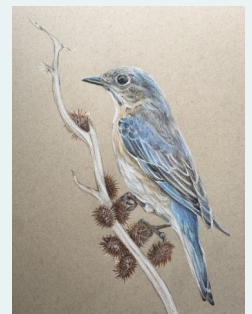
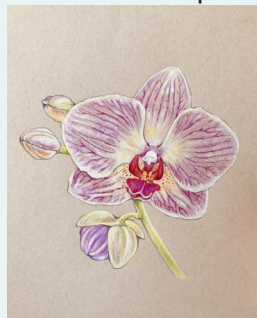
**COLORED PENCIL CLASS**

**TUESDAYS: APRIL 7TH, 14TH, 21ST, 28TH  
10:00AM—12:00PM**

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!

- Learn fundamental skills of art including shading, composition, perspective and shape
- Discover why materials matter
- Watch live demonstrations with plenty of time for questions and answers
- Practice skills with a variety of drawing tools supplied in class
- Bring a sense of curiosity, adventure and a desire to tap into your creative side!

**REGISTRATION OPENS MARCH 4TH. PLEASE NOTE, YOU CAN ONLY SIGN UP YOURSELF. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON. OUR DOORS OPEN AT 8:30AM. THIS CLASS IS FREE OF CHARGE.**



# EVENTS, CLASSES, PRESENTATIONS CONT.

## ESTATE PLANNING 101

WEDNESDAY  
MARCH 25TH  
1:30PM



What is the difference between a Will and Trust? What is probate and how can it be avoided? How can you ensure your assets pass to your family as efficiently as possible? This class will provide important information about essential estate planning topics that every person should know.

Presented by Jill Adkins, Attorney with Gries Lenhardt Allen Law Firm in St. Michael.

**CALL THE CENTER TO REGISTER.**

## MY STORY

WEDNESDAY APRIL 22ND 1:30PM  
PRESENTED BY DOUG OHMAN

Doug Ohman will share his personal story on how he took his passion for photography and history and developed it into a full-time career. His story will explore both the highs and lows of the business during the past 30 years. He will also give his insights to the future of independent freelance photography and operating a business in Minnesota.

The following are some of the discussion topics covered in Doug's presentation.

- My story: How I became interested in history and photography.
  - The inspiration that became my motivation to do the unthinkable.
  - Early successes and failures
  - Business Plan – Yes or No?
  - Developing a “brand” – becoming an expert of that brand.
  - Legal concerns
  - Business relationships: Book Publishing and the challenges that came with that.
  - Traditional marketing / Non-traditional marketing
  - Retail / Wholesale / Consignment
  - Practical business practices
  - Project work & building a portfolio
  - Setting goals and measuring success
- During the presentation Doug will be using his own photography images and personal examples to make the discussion topics relevant.

**CALL THE CENTER TO REGISTER.**

## Need Medicare Help?

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

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Insurance Solutions



**Dan Pfeifer**  
Independent Agent

*Peggy S. Schumm, CPA, Ltd.*  
Certified Public Accountant

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## ADVISORY BOARD NOMINEES



**GARY BIMSON**

I am interested in the Senior Center Advisory Board position. I moved into St. Michael in July 2025 from Monticello. I lived in Monticello for over 3 years. I want to support the Crow River Senior Center because it provides valuable services to the seniors in the area. I bring organizational skills, thoughtful consideration, financial responsibility, and a sense of needs of our seniors. I am also the Chairman of the Monticello Senior Center board. The skills that I learned from that position would be an asset to the Crow River Senior Center Advisory Board. I would be honored to serve on the Advisory Board.

New members will be announced at the April Board meeting and their terms will begin May 2026. Board members are required to attend monthly meetings that are held on the 2nd Tuesday of each month at 10:00am at the Center.

## SILVERSNEAKERS

MON/WED/FRI 9:00AM

LOCATION: ALBERTVILLE CITY HALL  
5959 MAIN AVE NE  
ALBERTVILLE, MN

### No Classes:

March 6th

March 30th—April 3rd

SilverSneakers Classic is a fun, energetic workout designed to strengthen muscles, increase range of movement, and improve activities of daily living. Each class also includes balance exercises to help prevent falls.

SilverSneakers classes are Free for SilverSneakers members (through Medicare). If not a member, class is \$5.00

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

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

## 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 11:00am

Enhance Fitness is an evidence-based program designed to improve the overall functional fitness and well-being of older adults. The exercises focus on four key areas important to health and fitness: stretching and flexibility; low impact aerobics; strength training; and balance. **This is a free class.**

### Senior Yoga - Mondays/Wednesdays/Thursdays at 10:00am

Increase your flexibility, balance, and range of motion as you move your entire body through a series of seated and standing yoga poses. Restorative breathing exercises and relaxation promote stress reduction and mental clarity. Optional chair support provides added stability when needed. **This is a free class.**

### TO JOIN THE ZOOM CLASSES:

Download zoom and enter the meeting id:

835 0494 6681 with passcode: 527330.

You will also need to sign a Liability Waiver, which can be sent to you electronically or you can pick up a paper copy at the Crow River Senior Center. If you have SilverSneakers or Renew Active One Pass you can report your attendance. The reimbursement from your insurance company helps to support the cost to continue these programs.

Call the Whitney Senior Center to record attendance at 320-255-7245.

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Crow River Senior Center, St. Michael, MN

B 4C 02-1011



**PARKINSON'S SUPPORT GROUP**  
**TUESDAYS, MARCH 3RD AND APRIL 7TH**  
**1:30PM—3:30PM**

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

**MEMORY CAFE**  
**3RD WEDNESDAY OF THE MONTH**  
**1:00PM—2:30PM**  
**LOCATION: THE LEGACY OF**  
**ST. MICHAEL**  
**4400 LANGE AVE. NE**  
**ST. MICHAEL**

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

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



SENIOR  
 COMMUNITY  
 SERVICES

**HOME Program**

Offering a variety of assistance with **home chores** including housekeeping, minor repairs, leaf raking, and more.

Call 763-416-7969 or email us at [hometeam@seniorcommunity.org](mailto:hometeam@seniorcommunity.org) to learn more!

**Technology Services**

Have questions about technology? Our Technology Coaches are here to help!

**In a community setting** - Join a free tech clinic every 2nd and 4th Tuesday. Call 763-497-8900 to register

**In your home** - Make an in-home appointment for a fee by calling 952-888-5530.



**Caregiver Support**

Becky Allard, LSW, is here to support you while you care for your loved one:

Make a **one-on-one appointment** for individualized support



Join a **caregiver support group** held the 3rd Thursday of each month from 1:30-3:00pm

Contact Becky at 612-804-0968 or [b.allard@seniorcommunity.org](mailto:b.allard@seniorcommunity.org) to register or learn more!

**LEGAL AID APPOINTMENTS**

The St. Cloud office of Mid-Minnesota Legal Aid has received a grant of Older American Act funds from the Central Minnesota Council on Aging to provide legal services for seniors residing in Wright County. The funds will be used to provide legal advice, counseling and representation in court and administrative hearings. There is no cost for these services. If you are 60 years or older and reside in Wright County, you can get help with legal problems involving Medicare, Social Security, eviction or other housing problems, public benefits, such as medical assistance, food support and fuel assistance, family law issues, including domestic abuse and income maintenance, nursing home problems, home care services, powers of attorney, health care directives and debt collection. No help is provided for criminal matters, wills, estate planning or real estate transactions. Seniors can also call the St. Cloud office of Mid-Minnesota Legal Aid free at 1-888-360-2889 for scheduling an appointment. Online access: <http://mylegalaid.org>. Minnesota Legal Aid accepts contributions for legal services, but contributions are not required to receive legal help. Legal appointments are held monthly at the Center.



**TO MAKE AN APPOINTMENT:**

Call the Center at 763-497-8900.

Next available dates:

Monday, March 2nd  
Monday, April 6th  
9:00, 9:30 or 10:00am

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## TRIPS AND CONCERTS

### LE MUSIQUE ROOM: HARD DAY'S NIGHT—A TRIBUTE TO THE BEATLES

SATURDAY, MARCH 7TH 1:30PM

\$35.00

Come see this high energy, authentic replication of a Beatles performance! This is considered to be one of the top Beatles tribute shows in the nation! Endorsed by Joey Molland of Badfinger, and grammy award winning artist Rick Derringer.

Must register and pay in advance no later than Feb. 27th. No refunds after this date.

### LE MUSIQUE ROOM: THE HISTORY OF GOSPEL MUSIC

MONDAY, MARCH 23RD 1:00PM

\$33.00

American roots singer-songwriter, Joyann Parker, along with musical partner, guitarist Mark Lamoine and esteemed upright bassist Chris Bates, have crafted the enchanting show "Precious Lord, Take My Hand: The History of Gospel Music." Filled with history, hope, and heart, this captivating performance showcases a delightful mix of traditional hymns, Southern gospel, blues, and mountain music.

Must register and pay in advance no later than March 12th. No refunds after this date.

### LE MUSIQUE ROOM: SONGS OF THE SOUTH—A TRIBUTE TO ALABAMA BY SHANE MARTIN

SUNDAY, MARCH 29TH 3:00PM

\$35.00

Hey Alabama fans! Shane Martin here. I'm Dixieland Delighted to announce a side project with my band we've been working on. An Alabama Tribute called "Songs of the South". I've always enjoyed their timeless downhome songs and sweet harmonies and thought it would be great to put together an entire set of their music. Come on out and sing along to some Mountain Music and all the songs you know and love!

Must register and pay in advance no later than March 16th. No refunds after this date.

### LE MUSIQUE ROOM: UNFORGETTABLE ELVIS SHOW!

MONDAY, APRIL 13TH 1:00PM

\$35.00

At the age of 3, Anthony received his first Elvis record, and his love of a legend was born. As a child, he practiced his singing, and by the age of 16, he was performing professionally. Anthony has received numerous awards as he performs in a variety of settings, producing quality shows throughout the year with his All-Star Band!

Must register and pay in advance by April 3rd. No refunds after this date.

### LE MUSIQUE ROOM: WHAT A WONDERFUL WORLD—DEUCES WILD DUELING PIANO SHOW

THURSDAY, MAY 14TH 1:00PM

\$42.00

What a Wonderful World combines the talents of David Eichholz and Ted Manderfeld, two powerhouse piano players, in a performance featuring beloved musical standards, spirituals and sing-alongs liberally sprinkled with comedy, costumes, and wit. It's a delightful afternoon of music, laughs, and memories especially for seniors. Two really funny guys on two pianos perform such favorites as Over the Rainbow, Fly Me To The Moon, Sixteen Tons, What a Wonderful World and dozens more from the Great American Songbook.

Must register and pay in advance no later than May 4th. No refunds after this date.

### LE MUSIQUE ROOM: A TRIBUTE TO PATSY CLINE

MONDAY, MAY 18TH 1:00PM

\$35.00

If ever there was a show that made you think that what you are listening to is better than the original, this show is it!

Must register and pay in advance no later than May 9th. No refunds after this date.

### CHANHASSEN DINNER THEATER: GUYS AND DOLLS

WEDNESDAY, APRIL 15TH \$115.00

10:15 DEPARTURE TIME FROM CROW RIVER SENIOR CENTER

For the first time in over 35 years Chanhassen Dinner Theatre brings you a thrilling and electric staging of GUYS AND DOLLS! From the gritty streets of New York to the colorful cafes of Havana, GUYS AND DOLLS is a grand spectacle of music and comedy to delight audiences of all ages. Chanhassen Dinner Theatres' fresh production is set in Damon Runyon's mythical New York City in a perfect balance of story, dance, music and romance! Charming but broke gambler Nathan Detroit is short on cash for the biggest craps game in town and the authorities are breathing down his neck. Meanwhile, longtime girlfriend and club performer, Miss Adelaide, is tiring of their 14-year engagement with no wedding in sight. Nathan looks to fellow high-roller Sky Masterson for the cash, and the two concoct a bet for Sky to whisk the straight-laced missionary Sarah Brown off to Havana. Sarah is determined to save the souls of the gamblers, setting in motion a series of events where love and redemption intersect.

Trip Schedule:

- 11:15AM: Arrive at the Chanhassen Dinner Theater for lunch.
- Menu: Entrée, Salad, Vegetable, bread potato or rice, beverage.
- 1:00PM: Matinee begins
- 3:30 p.m. Estimated conclusion of show.
- 3:45 p.m. Estimated departure from Chanhassen.
- 4:30 p.m. Estimated return time to Crow River.
- 5:00 p.m. Estimated return time to Buffalo.

Must register and pay in advance by March 4th. No refunds after this date.



**TREASURE ISLAND CASINO TRIP:  
MONTICELLO AND ELK RIVER SENIOR  
CENTERS**

**MONDAY, MARCH 9TH**  
**\$30.00**

The Monticello and Elk River Senior Centers will be sharing a coach bus to Treasure Island Casino on Monday, March 9th. The bus will depart the Monticello Community Center at 8:00am and return at approximately 4:00pm. Cost is \$30.00 which includes the bus ride, \$15.00 on a play card and \$5.00 towards food. Deadline to register is March 2nd.

To register please call the Monticello Senior Center (763-295-2000) or the Elk River Senior Center (763-635-4500).

**TREASURE ISLAND CASINO TRIP:  
MONTICELLO AND ROGERS SENIOR CENTERS**  
**MONDAY, APRIL 6TH**  
**\$30.00**

The Monticello and Rogers Senior Centers will be sharing a coach bus to Treasure Island Casino on Monday, April 6th. The bus will depart the Monticello Community Center at 8:00am and return at approximately 4:00pm. Cost is \$30.00 which includes the bus ride, \$15.00 on a play card and \$5.00 towards food. Deadline to register is March 30th.

To register please call the Monticello Senior Center (763-295-2000) or the Rogers Senior Center (763-428-0600).

**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.

**REGISTRATION/CANCELLATION FOR  
TRIPS**

- Please register by specific date listed.
- Register early as seats are limited.
- No refunds after registration date.
- If you need to cancel, call the Center as soon as possible.
- Please note if paying by check we request separate checks for each event.
- We do not accept credit cards.

**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.

**BINGO**

**THURSDAYS, 1:30PM**

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

Thursday, April 16th

Book Bingo sponsored by the St. Michael Library.

Thursday, April 30th

Bingo sponsored by the STMA National Honor Society.

**DOMINOES**

**MONDAYS, 1:30PM—3:30PM**

**BRIDGE**

**TUESDAYS, 1:15PM—3:30PM**

**PLEASE ARRIVE BY 1:00PM**

**HAND AND FOOT**

**WEDNESDAYS, 9:00AM—11:00AM**

**500**

**WEDNESDAYS, 1:15PM—3:30PM**

**PINOCHLE**

**THURSDAYS, 9:00AM—11:00AM**

Arrive at 8:45AM for sign up.

**EUCHRE**

**FRIDAYS, 1:00PM—3:30PM**

**MAHJONG**

**FRIDAYS, 1:00PM—3:30PM**



**BOOK CLUB**

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

March 10th: Snow Falling On Cedars  
 David Guterson

April 14th: How to Age Disgracefully  
 Clare Pooley

May 12th: The Quiet Librarian by Allen Eskens

June 9th: The Surrogate Mother by Freida  
 McFadden. OR any other book by same  
 author. Something different this month!

**WRITERS GROUP**

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

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

**GOLDEN AGE**

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

This is a group of 55+ that meets monthly for lunch and games. If interested, please call Gloria at 763-442-3613 or Judy at 763-213-5683.

**ARTIST GROUP**

**MONDAYS 9:30AM—11:00AM**

Join other artists like you who enjoy creating! Bring in your projects to work on, share ideas, and just have a good time!



**STITCH GROUP**

**TUESDAYS 9:00AM—11:00AM**

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



**HISTORY GROUP**

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

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

# A GOOD BOOK

BY CONNIE MASSINA

I like to read, it's not a secret,  
It can take me away from here.  
I put myself in the book,  
And walla, I'm that character

Wrapped in a blanket,  
Hot cocoa in hand.  
Can take you away,  
To far off lands.

You can forget your problems,  
For a while anyhow.  
The happier the ending,  
The bigger the 'wow'.

And if you have Libby,  
A library connection.  
You don't have to make a trip,  
To get a selection.

Your book's on your kindle,  
Or ipad if you please.  
If you don't know a word,  
Just hit one of the keys.

A definition pops up,  
Now you have learned.  
Reading is so fun,  
As each page is turned.

There are so many genres,  
You just have to look.  
From romance to mystery,  
A book is a book.

So maybe for a while,  
Stop playing that game.  
Pick up a book to read,  
Be it wild or tame.

Go learn a new culture,  
With Master Wong Woo.  
Or get some romance tips,  
From a love story or two.

Go on an adventure,  
To discover your next trip.  
Or a do-it-yourself book,  
How to fix of leaky drip .

Whatever your choice,  
You can't go wrong reading.  
It's your imagination and brain,  
That's what you're feeding.

## 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.

### MEALS ON WHEELS DRIVER—WRIGHT COUNTY (VARIOUS LOCATIONS / SUBSTITUTE OPTIONS)

Deliver nutritious meals to homebound seniors and individuals in Wright County. Drivers use their own vehicle to pick up meals and follow a scheduled route, providing friendly, reliable service and a quick wellness check. Flexible locations and substitute opportunities based on availability. A great way to make a direct impact in your community.

### WRIGHT COUNTY COMMUNITY ACTION DRIVER

Provide transportation for community members to essential appointments such as medical visits, grocery shopping, and social services. Drivers help ensure safe, timely, and respectful rides, supporting independence and access to critical resources for Wright County residents.

For these opportunities or other ways to serve, call or email AmeriCorps Seniors RSVP Wright & Sherburne County: 763-765-3036 or [RSVP.signup@ci.stcloud.mn.us](mailto:RSVP.signup@ci.stcloud.mn.us)

## JEWELRY AND CRAFT CORNER

Be sure to check out our jewelry and homemade crafts which have been donated to the Senior Center. Items for sale include jewelry, dish towels, scrubbies, pot holders, baby blankets, hats, gloves, etc. The sales from jewelry and crafts will go to benefit the Senior Center.

## VOLUNTEER APPRECIATION BRUNCH

FRIDAY, APRIL 17TH  
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 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.



## DONATIONS NEEDED:

- WE ARE CURRENTLY COLLECTING PLASTIC BAGS FOR THE MASTER GARDNERS. ONCE THEY COLLECT 1000LBS THEY WILL RECEIVE A BENCH MADE FROM THESE PLASTIC BAGS!
- REGULAR AND DECAF COFFEE

## 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!

**TECH BUDDIES****WEDNESDAY, APRIL 15TH**  
**12:30PM—1:00PM**

Need help with your phone, tablet, or laptop? Our Tech Buddies session connects Knights Academy students with seniors for one-on-one technology assistance at the Crow River Senior Center. Whether you have questions about email, apps, social media, or general device navigation, the student volunteers are here to help!

**How it Works:**

Bring your own device (smartphone, tablet, or laptop).

Come with your technology-related questions. Sit down with a student for personalized, step-by-step assistance.

Join us for a relaxed and supportive learning experience, our Tech Buddies are ready to help you feel more confident with your technology!

**CALL THE CENTER TO SIGN UP.****TECHNOLOGY SUPPORT APPOINTMENTS****MARCH 3RD AND 31ST**  
**APRIL 7TH AND 21ST**  
**12:30PM—3:00PM**

We can help you:

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

**CALL THE CENTER TO SIGN UP.**

*THIS IS A SERVICE PROVIDED BY THE HOME PROGRAM AND PARTIALLY FUNDED BY HENNEPIN AND WRIGHT COUNTIES.*

# What truly matters. You.



At Volante of Hanover, we believe that what truly matters is you. Our senior living community is designed to inspire friendships, encourage activity, and prioritize your well-being. With engaging programs, convenient services, and a warm, welcoming atmosphere, a fulfilling life here is effortless. Embrace a lifestyle where comfort, connection, and peace of mind come first—because you deserve it.

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## MEALS ON WHEELS

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

Phone: 651-746-8280

E-mail: [orders@OptageDining.org](mailto:orders@OptageDining.org)



## CENTER LUNCHES

**TUESDAYS, WEDNESDAYS & THURSDAYS @ NOON**

Meals are served at the Crow River Senior Center Tuesday through Thursday for seniors 60 and over. The meals at the Center are catered by River Inn of Hanover.

Cancellations may be made up to one day before, otherwise you are responsible for paying for your meal. Arrive by 11:45am so that we may serve the meals as close to noon as possible.

Cost: \$7.00 per meal. If possible, please bring correct change or purchase punch cards.

Punch cards are available to purchase at the price of \$35.00 for 5 meals.

Complimentary birthday lunches are only offered during the month of your birthday. You will need to sign up for the lunch in advance and let the receptionist know that this will be your complimentary birthday lunch.

Call the Center at 763-497-8900 to make reservations. Please do not call River Inn.

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

We ask that you make your reservation for lunch the Friday prior or before. As we are filling up to capacity on most days, you may want to consider signing up for lunch two weeks or a month in advance to make sure that you will have a reserved spot for lunch on any given day.

## HANOVER AREA FOOD SHELF

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

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

Tuesdays & Fridays  
11:00am to 1:30pm

Wednesdays  
10:00am to 1:30pm

All clients are welcome to come from 1:30pm until 1:50pm on Tuesdays, Wednesdays and Fridays for extra bread and produce. Please wait outside until we open the door for the 1:30 shopping. It is helpful to bring your own reusable bags, but not required.

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

## STMA FOOD PANTRY

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

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

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

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

**COMMUNITY HAPPENINGS**

**ST. MICHAEL AMERICAN LEGION  
POST #567  
LENTEN FISH FRY**

Every Friday, Feb. 20th—April 3rd  
4:30pm—8:00pm

**ALBERTVILLE MEAT RAFFLES**

Willie McCoys—Albertville  
Every Tuesday night at 6:00pm  
BJ's Bar—Albertville  
Every Friday night at 6:00pm

**ALBERTVILLE LIONS RED CROSS BLOOD  
DRIVE**

Tuesday, March 24th  
12:00pm—6:00pm  
Albertville Parish Center

**FYCC BUNNY EVENT**

Saturday, March 28th  
9:30am—11:30am  
Albertville City Hall Parking Lot  
\*The Albertville Lions will be doing a  
Bike Giveaway Sign Up and Raffle

**HANOVER FRA PANCAKE BREAKFAST**

Sunday, March 29th  
8:00am—12:00pm  
Hanover Fire Department

**FYCC FATHER/DAUGHTER DANCE**

Saturday, March 7th  
3:00pm—5:00pm  
Albertville Middle School West  
Cost: \$35.00 / Registration Required  
Register at myfycc.com

**FRIENDS OF THE LIBRARY BOOK SALE**

Senior Citizen Pre-Sale  
Friday, April 10th  
3:00pm—5:00pm

Saturday, April 11th  
8:00am—1:00pm

**ALBERTVILLE ANNUAL PANCAKE, EGG  
AND SAUSAGE BREAKFAST**

Sunday, April 26th  
8:00am—12:00pm  
Albertville Parish Center  
\*Freewill Offering



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

For more information:  
320-864-1000 / [www.TrailblazerTransit.com](http://www.TrailblazerTransit.com)



**800-333-2433**

**AGING PATHWAYS (FORMERLY SENIOR  
LINKAGE LINE)**

**NEED HELP? CALL US!**  
**1-800-333-2433**

We've changed our name! Senior LinkAge Line is now called Minnesota Aging Pathways. We still offer the same trusted help for older adults, caregivers and families. Call us at 800-333-2433. Visit our new website: <https://mn.gov/aging-pathways>

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

**GRANDPALS PEN PAL PROGRAM****BECOME A GRANDPAL: SHARE JOY ACROSS GENERATIONS**

Looking for a fun and meaningful way to connect with a local family? The GrandPal Program pairs seniors with children and families through letters, creating friendships that span generations. Your stories, experiences, and creativity can bring joy, spark curiosity, and help teach children about connection, community, and the art of letter writing.

**How It Works**

As a GrandPal, you commit to sending just one letter per month—though more letters are always welcome! You can share stories about your day, hobbies, or life experiences, and younger children often enjoy exchanging drawings, cards, or school artwork. It's a simple, flexible way to make a meaningful difference and enjoy a new friendship.

**Why Join?**

By participating, you have the opportunity to brighten a family's day, share your wisdom, and build a fun, ongoing connection that brings joy to both generations. Families are ready to connect now—your first letter could start a special friendship today.

Sign Up Today and start creating meaningful connections as a GrandPal! Contact Stacy at [smohs@thryvemn.org](mailto:smohs@thryvemn.org) or call 763.760.8570

**STMA SCHOOLS: SENIOR KNIGHTS****ENGAGING, CELEBRATING, AND CONNECTING WITH OUR SENIOR CITIZENS****ST. MICHAEL-ALBERTVILLE SCHOOLS • 2025–2026 SCHOOL YEAR**

We deeply value our senior community [ages 62+ and STMA residents] and want to share the amazing things happening in STMA Schools. Join us for special opportunities throughout the year designed just for you! We are happy to offer these at no cost to you.

** Activity Pass**

Pick up your FREE Activity Pass!

WHERE: District Office (located inside door A at Middle School West)

This pass gives you access to all STMA activities! Please bring a valid government ID.

** Theater Performances**

You're invited to enjoy Sunday matinee shows of our high school productions!

WHERE: High School Performing Arts Center

 Spring Play: *Peter and the Starcatcher* April 26, 2026, 2:00 p.m.

** Tech Buddies from Knights Academy**


Need help with your phone, tablet, smart watch, or computer?

Our talented Knights Academy students will visit the Crow River Senior Center to answer all your technology questions.

 January 14, April 15 - all at 12:30 p.m.

** Walk at the Activity Center**

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

 Daily from 5:00 a.m.–8:30 a.m. (when open).

** We can't wait to see you at Senior Knights! **

Contact the STMA District Office at 763-497-3180 or email Superintendent Ann-Marie Foucault at [anmarief@mystma.org](mailto:anmarief@mystma.org) with any questions.

# Subscribe

For the  
latest City  
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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](http://stmichaelmn.gov/subscribe) to sign up!

# My Healthy Hometown Rx ST. MICHAEL



## HOMETOWN PRESCRIPTION DISCOUNT PROGRAM

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

For more information visit [stmichaelmn.gov/prescriptiondiscount](http://stmichaelmn.gov/prescriptiondiscount)

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LOCALLY**

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I N C**  
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# CRSC ACTIVITIES CALENDAR—MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
<p><b>9:00A AARP Taxes</b>  <b>9:00A SilverSneakers (Albertville)</b>  <b>9:00A Legal Aid</b>            9:30A-11:00A Artist Group  <b>10:00A Senior Yoga (Zoom)</b>            1:30P—3:30P Dominoes            1:30P Writer's Group</p>	<p>9:00A-11:00A Stitch Group            9:00A-11:00A History Group  <b>11:00A Enhance Fitness (Zoom)</b>  <b>Noon Lunch at Center</b>  <b>12:30P-3:00P Tech Support</b>  <b>12:00P Golden Age of Hanover</b>            1:15P-3:30P Bridge  <b>1:30P Parkinson's Support Group</b></p>	<p><b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A            Hand &amp; Foot Cards  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>            1:15P-3:30P 500 Cards</p>	<p>9:00A-11:00A Pinochle  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>            1:30P Bingo</p>	<p><b>9:00A AARP Taxes</b>            9:00A-11:00A Cribbage  <b>11:00A Enhance Fitness (Zoom)</b>            1:00P-3:30P Mahjong            1:00P-3:30P Euchre</p> <p style="color: red;"><b>Saturday, March 7th</b>  <b>1:30P Le Musique Room: Hard Day's Night: Tribute to the Beatles</b></p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p><b>8:00A Treasure Island: Monticello and Elk River</b>  <b>9:00A SilverSneakers (Albertville)</b>  <b>9:00A AARP Taxes</b>            9:30A-11:00A Artist Group  <b>10:00A Senior Yoga (Zoom)</b>            1:30P—3:30P Dominoes</p>	<p>9:00A-11:00A Stitch Group  <b>10:00A Advisory Board Mtg</b>  <b>11:00A Enhance Fitness (Zoom)</b>  <b>Noon Lunch at Center</b>            1:15P-3:30P Bridge  <b>1:30P Preventing Fraud and Scams</b>            1:30P Book Club</p>	<p><b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A            Hand &amp; Foot Cards  <b>10:00A Senior Yoga (Zoom)</b>  <b>12:00P St. Patrick's Day Luncheon</b>            1:15P-3:30P 500 Cards</p>	<p>9:00A-11:00A Pinochle  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>            1:30P Bingo</p>	<p><b>9:00A AARP Taxes</b>  <b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A Cribbage  <b>11:00A Enhance Fitness (Zoom)</b>            1:00P-3:30P Mahjong            1:00P-3:30P Euchre  <b>1:00P Movie</b></p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p><b>9:00A AARP Taxes</b>  <b>9:00A SilverSneakers (Albertville)</b>            9:30A-11:00A Artist Group  <b>10:00A Senior Yoga (Zoom)</b>            1:30P—3:30P Dominoes            1:30P Writer's Group</p>	<p>9:00A-11:00A Stitch Group            9:00A-11:00A History Group  <b>11:00A Enhance Fitness (Zoom)</b>  <b>Noon Lunch at Center</b>            1:15P-3:30P Bridge</p>	<p><b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A            Hand &amp; Foot Cards  <b>10:00A Senior Yoga (Zoom)</b>  <b>10:00A Sakura on Lake Motosu Painting (Hanover)</b>  <b>Noon Lunch at Center</b>            1:15P-3:30P 500 Cards</p>	<p>9:00A-11:00A Pinochle  <b>10:00A Senior Yoga (Zoom)</b>  <b>10:30A MN Barn Quilt Trails</b>  <b>Noon Lunch at Center</b>  <b>1:30P Caregiver Support Group</b>            1:30P Bingo</p>	<p><b>9:00A AARP Taxes</b>  <b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A Cribbage  <b>11:00A Enhance Fitness (Zoom)</b>            1:00P-3:30P Mahjong            1:00P-3:30P Euchre</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b>9:00A AARP Taxes</b>  <b>9:00A SilverSneakers (Albertville)</b>            9:30A-11:00A Artist Group  <b>10:00A Senior Yoga (Zoom)</b>            1:30P—3:30P Dominoes  <b>1:00P Le Musique Room: The History of Gospel Music</b></p>	<p>9:00A Health Dept. 60+ Healthy Clinic (Nail Trimming)  <b>11:00A Enhance Fitness (Zoom)</b>  <b>No Lunch this Day</b>            1:15P-3:30P Bridge</p>	<p><b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A            Hand &amp; Foot Cards  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>  <b>1:30P Estate Planning 101</b>            1:15P-3:30P 500 Cards</p>	<p>9:00A-11:00A Pinochle  <b>10:00A Senior Yoga (Zoom)</b>  <b>Noon Lunch at Center</b>            1:30P Bingo</p>	<p><b>9:00A AARP Taxes</b>  <b>9:00A SilverSneakers (Albertville)</b>            9:00A-11:00A Cribbage  <b>11:00A Enhance Fitness (Zoom)</b>            1:00P-3:30P Mahjong            1:00P-3:30P Euchre</p> <p style="color: red;"><b>Sunday, March 29th</b>  <b>3:00P Le Musique Room: Songs of the South: A Tribute to Alabama by Shane Martin</b></p>
<b>30</b>	<b>31</b>			
<p><b>9:00A AARP Taxes</b>            9:30A-11:00A Artist Group  <b>10:00A Senior Yoga (Zoom)</b>            1:30P—3:30P Dominoes</p>	<p>9:00A-11:00A Stitch Group  <b>11:00A Enhance Fitness (Zoom)</b>  <b>Noon Lunch at Center</b>  <b>12:30P-3:00P Tech Support</b>            1:15P-3:30P Bridge</p>			

# CRSC LUNCH MENU—MARCH 2026

## MEAL ORDERING DEADLINE

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

Vegetables will be Chef's Choice.

Menu is subject to change without notice.

Cost per meal is \$7.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
Goulash Side Salad Dinner Roll	Chicken Breast with Garlic Cream Sauce Mashed Potatoes Green Beans	Pulled Pork Sandwich Baked Beans Coleslaw	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Cobb Salad Breadstick	St. Patrick's Day Luncheon	Baked Cod Rice Pilaf Broccoli	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Philly Steak Wrap Potato Salad Fresh Fruit	Chicken Stir Fry Rice Egg Roll	Chopped Beef Steak w/Onions and Mushrooms Mashed Potatoes Corn	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>No Lunch</b>	Liver & Onions Sautéed Baby Reds Buttered Carrots <b>(Chicken Alternative)</b>	Beef Vegetable Soup Turkey Croissant Sandwich	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
<b>31</b>			
Cabbage Rolls Side Salad Dinner Roll			<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>

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

# CRSC ACTIVITIES CALENDAR—APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>01</b>	<b>02</b>	<b>03</b>
		9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo	<b>CENTER CLOSED</b>
<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>
8:00A Treasure Island: Monticello and Rogers 9:00A SilverSneakers (Albertville) 9:00A AARP Taxes 9:00A Legal Aid 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Mahjong Lessons 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:00A 55+ Drivers Class 10:00A Colored Pencil Class 11:00A Enhance Fitness (Zoom) 12:00P Golden Age of Hanover Noon Lunch at Center 12:30P-3:00P Tech Support 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 Soap Making Class Noon Lunch at Center 1:15P-3:30P 500 Cards	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo	9:00A AARP Taxes 9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre  Friends of the Library Book Sale Saturday, April 11th 8:00A-1:00P  Senior Citizen Pre-Book Sale Friday, April 10th 3:00P-5:00P
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9:00A AARP Taxes 9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Le Musique Room: Unforgettable Elvis Show 1:00P Mahjong Lessons 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 10:00A Advisory Board Mtg 10:00A Colored Pencil Class 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge 1:30P Book Club	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:15A Chanhassen Guys and Dolls Trip Noon Lunch at Center 12:30P Tech Buddies 1:15P-3:30P 500 Cards	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Book Bingo sponsored by the St. Michael Library 1:30P Caregiver Support Group	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
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Mahjong Lessons 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 10:00A Colored Pencil Class 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P-3:00P Tech Support 1:15P-3:30P Bridge	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Doug Ohman Presentation	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Posture and Osteoporosis Noon Lunch at Center 1:30P Bingo	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P Movie 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 10:00A Colored Pencil Class 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) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Dog on It!	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo sponsored by the STMA National Honor Society	

# CRSC LUNCH MENU—APRIL 2026

## MEAL ORDERING DEADLINE

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

Vegetables will be Chef's Choice.

Menu is subject to change without notice.

Cost per meal is \$7.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02	03
	Chicken Cordon Bleu Wild Rice Blend California Blend	Salisbury Steak Mushroom Gravy Mashed Potatoes Green Beans	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
07	08	09	10
Tator Tot Hotdish Side Salad Dinner Roll	Liver & Onions Sautéed Baby Reds Buttered Carrots <b>(Chicken Alternative)</b>	Chicken Wild Rice Soup Ham and Cheese Sandwich	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
14	15	16	17
Swedish Meatballs Mashed Potatoes Corn	Salmon with Orange-Pineapple Pepper Seasoning Rice Pilaf Broccoli	Beef Tacos Taco Sauce Sour Cream Refried Beans	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
21	22	23	24
Chicken Salad Croissant Potato Salad Fresh Fruit	Hot Turkey Sandwich Mashed Potatoes Corn	Chili Side Salad Corn Bread	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>
28	29	30	
Chicken Kiev Rice Broccoli Dinner Roll	Spaghetti Meat Sauce Side Salad Breadstick	Baked Ham Scalloped Potatoes Buttered Carrots Dinner Roll	<b>NO LUNCH</b> <i>Deadline to call in orders for next week.</i>

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

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

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**PRINT & DIGITAL AD SPACES**

Build your business and help us grow a vibrant community!

Nick Palasini from LPi, our news letter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.



**LPi**  
Nick Palasini  
Cell | 608-201-2593  
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](http://www.mnseniorcenters.org)