

MAY / JUNE 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.

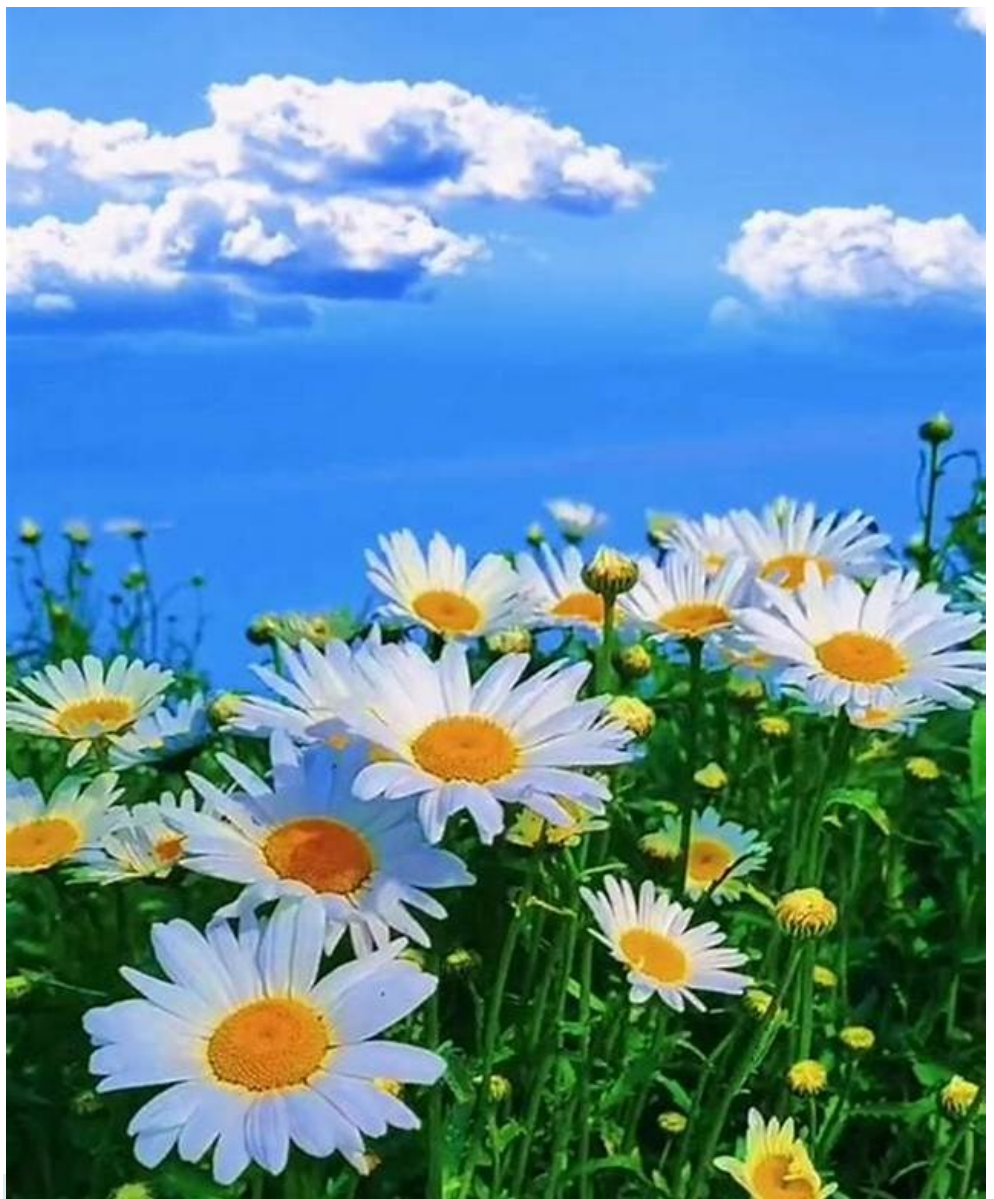
DONATIONS:

WE ARE CURRENTLY
IN NEED OF DECAF
COFFEE.

THANK YOU!

CENTER CLOSED:

MONDAY, MAY 26TH
THURSDAY, JUNE 19TH



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

HISTORY OF HANOVER

WEDNESDAY, MAY 7TH

1:30PM

Come and learn the history of our very own Hanover, MN! Topics discussed will include:

- The First River People
- The Town Founding / Incorporation Criteria
- Iron Bridge and Crow River History
- Early Businesses
- Farming
- Churches and Schools

CALL THE CENTER TO REGISTER.



About the Presenter

Mary Coons, owner of Pen & Ink Communications has published more than 15 family stories/life histories for clients, and three nonfiction books, including the first edition of Safe From the Outside World and Planks of History: Stories of the Crow River and Bridge 92366. Coons is also the author of the award-winning book Culturally Speaking: Promoting Cross-Cultural Awareness in a Post-9/11 World. A founding member of the Hanover Historical Society, she has been the Secretary since 2003 and, due to her passion for historical preservation, remains very active in the organization.



ICE CREAM AND BINGO

THURSDAY, MAY 22ND

1:30PM—3:00PM

SPONSORED BY THE STMA NATIONAL HONOR SOCIETY

CALL THE CENTER TO REGISTER.

SCIENCE OF SLEEP

TUESDAY, MAY 13TH 10:00AM

What does the latest research tell about sleep? How do we manage sleep? How much sleep do I need? What is SLEEP DRUNK? What can I do to make the most of the time I have to sleep? New information and tips will be shared.

Presented by: CareBuilders at Home

- Mary Norton, MSN, PHN, BS, RN
Director of Business Development
Director of Veterans Relations
- Joel Denney
Owner

CALL THE CENTER TO REGISTER.

Two speakers
VENDOR & EXPERT FAIR
Ten vendors

Thursday, May 29th, 2025
9:00AM- 12:00PM

Crow River Senior Center
11800 Town Center Dr #200, St Michael, MN 55376

Join us for a morning of connecting & learning

Expert presenters and local service providers will come together to spark inspiration, offer exciting prize giveaways, and foster meaningful opportunities for everyone to connect.



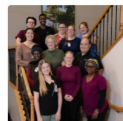
9:30AM - 10:30AM

Jill Adkins, Attorney, Presenter
Estate Planning, Wills & Trusts



11:00AM - 12:00PM

Michelle Wiebe, Presenter
Solo Agers



If you have questions please contact
Stacy at smohs@ga-er.org or
763.270.3370



REVERSE MORTGAGE BENEFITS: HOW TO USE YOUR HOME'S EQUITY TO FUND YOUR NEXT ADVENTURE

THURSDAY, MAY 1ST 10:00AM

Join us for an informative session on how reverse mortgages can provide financial flexibility for homeowners 62 and older. We'll cover how they work, the pros and cons, and how they can support aging in place, supplement retirement income, or eliminate monthly mortgage payments. Whether you're a homeowner or helping a loved one explore options, this class will provide valuable insights to make informed decisions.

Presented by Earl Rose, VP of Reverse Mortgages, Cross Country Mortgage, in collaboration with Kristi Nemec, a trusted Senior Home Coach and Realtor with over 22 years of experience.

CALL THE CENTER TO REGISTER.

BROKEN CHINA MOSAIC: PIQUE ASSIETTE

THURSDAYS

MAY 15TH, 22ND, 29TH

9:30AM—11:30AM

**LOCATION: HANOVER CITY HALL
11250 5TH ST NE
HANOVER, MN 55341**

MUST ATTEND ALL CLASSES

Pique Assiette is a French term meaning "broken plate". It is a popular folk art style in which recycled bits of broken china and found objects are combined to make one-of-a-kind creations. Pique assiette is a fun way to give cast-offs a new life. Save those broken dishes!

**REGISTRATION OPENS WEDNESDAY,
APRIL 30TH.**

**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.



CHUNKY BLANKET

WEDNESDAY, MAY 14TH

9:00AM—12:00PM

Learn the popular hand-knitting techniques to create your own chunky blanket! In this beginner-friendly course, we will make a smaller throw for practice of stitches, turns and color changes. It is similar to crochet but without any needles.

**REGISTRATION AND CHOOSING OF COLORS
OPENS WEDNESDAY, APRIL 30TH.**

**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.



PAINT YOUR OWN POTTERY

THURSDAY, JUNE 5TH

10:00AM—12:00PM

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

Are you ready to get creative? Meet others at Color City Pottery to pick out your perfect piece to paint (limited to certain items only). When the painting is complete, Color City will fire it in the kiln and have it ready for you to pick up at the Senior Center after June 25th.

****This is not an instructional class. Basics will be provided and then you get to be creative!**

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

REGISTRATION OPENS WEDNESDAY, APRIL 30TH.

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.**

MACRAME HANGING

WEDNESDAY, JUNE 4TH

10:00AM—12:00PM

It's back! Macrame is popular again! Using 3-4 knots, we will create a beautiful hanging to add fun to your walls. There will be the opportunity for practice before we start the main project. Beginner friendly with color choices available at class.

**REGISTRATION OPENS
WEDNESDAY, APRIL 30TH.**

**PLEASE NOTE, YOU CAN ONLY
SIGN UP YOURSELF.**

**DUE TO LIMITED SPACE IN THIS
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THIS CLASS IS FREE OF CHARGE.**





DRAWING OUTSIDE THE LINE

**TUESDAYS, JUNE 3RD, 10TH, 17TH, 24TH
10:00AM—12:00PM**

MUST ATTEND ALL CLASSES

This class is about learning to play as an artist. We will be looking at 3 different artists and being inspired by their work to create your own piece of art. Students will be inspired by artist Henri Matisse, Eileen Downes and Brazilian artist Beatriz Milhazes. Students will create a variety of art paper and then use it to create interesting pieces of artwork inspired by the artist we are looking at. This is a fun class where students will learn to play and create fun artwork.

Registration opens Monday, May 5th 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.

SOURDOUGH 101

**MONDAY, JUNE 2ND
1:00PM—3:00PM**

Learn the art of making your own sourdough bread from scratch! You'll be walked through the process, learning tips and tricks along the way. This is a hands-on event, so be prepared to get your hands dirty (in flour)!

We will start class by assembling your own dough for a delicious, classic loaf of Sourdough bread. Then we will dive into all things Sourdough. How to feed, care, and maintain the well established, 105 year old starter that you will take home.

What To Bring: Dishtowel and Large Mixing Bowl

REGISTRATION OPENS WEDNESDAY, APRIL 30TH. 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.

CENTER MOVIES

WICKED

FRIDAY, MAY 2ND 1:00PM

Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroad. (2024) Rated PG, 2HR 40MIN

CALL THE CENTER TO REGISTER.

THELMA

FRIDAY, JUNE 6TH 1:00PM

Thelma is inspired by a real-life experience of director Josh Margolin's own grandmother. When 93-year-old Thelma Post (June Squibb) gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her. Thelma, with grit and determination, demonstrates that she is more than capable of taking care of business -- despite what her daughter Gail (Parker Posey), son-in-law Alan (Clark Gregg), or grandson Danny might believe. (2024) Rated PG-13, 1HR 38MIN

CALL THE CENTER TO REGISTER.

LIVING THE DREAM: HISTORIC HOMES OF MINNESOTA PRESENTED BY DOUG OHMAN

MONDAY, JUNE 23RD 1:30PM

Take a virtual tour of some of Minnesota's most elegant homes. Hear the stories and about the personalities that surround many of these historic treasures. "If the walls could talk" will become reality in this most interesting photo presentation.

CALL THE CENTER TO REGISTER.



**PRECISION DRIVING CENTER
55+ DRIVING CLASS**

4 HOUR CLASS

FRIDAY, MAY 9TH

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.**



FUNERAL PRE-PLANNING

WEDNESDAY, MAY 14TH

1:30PM

Christine Jaeb Williams is a funeral preplanning specialist. She's been helping people pre-plan and pre-fund their funerals for over 25 years and would love to help you. Please join her in learning about this.

CALL THE CENTER TO REGISTER.

Ads will be placed here. No content may go here.
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SILVERSNEAKERS

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

SUMMER SCHEDULE

Starting in June, classes will only be held on Mondays and Wednesdays. Friday mornings will resume in September.

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!

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

TUESDAYS
9:30AM
\$8.00 PER CLASS PAYABLE EITHER PRIOR TO OR DAY OF CLASS. PLEASE NOTE, IF YOU SIGN UP AND DO NOT COME TO CLASS, YOU ARE RESPONSIBLE FOR THE \$8.00.

Interested in learning what Cardio drumming is all about? Try it out at the Center! We are offering classes every Tuesday 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 BY 3:00PM MONDAY AFTERNOON. 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!

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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PARKINSON'S SUPPORT GROUP

TUESDAY, MAY 6TH & JUNE 3RD
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

WEDNESDAYS
MAY 15TH & JUNE 18TH
1:30PM—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 Crow River Senior Center will be hosting the Memory Café in May and June where we partner with the Master Gardeners for an interactive and educational program.

Please call the Center to Register.



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 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 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, May 5th
Monday, June 2nd
9:00, 9:30 or 10:00am

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TRIPS AND CONCERTS

TREASURE ISLAND CASINO MONDAY JUNE 2ND \$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 May 23rd. 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: CHURCH OF CASH MONDAY, JULY 7TH \$33.00

The BEST Johnny Cash Tribute Anywhere. All Johnny. All Day Long! Featuring Jay Ernest from the Folsom Prison Experience.

Must register and pay in advance by June 27th. 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.



MINNESOTA TWINS VS. THE SEATTLE MARINERS AT TARGET FIELD

THURSDAY, JUNE 26TH \$95.00
10:00AM PICK UP TIME AT CROW RIVER SENIOR CENTER

11:00AM: Arrive at Target Field.

Seats are located in the Legends Landing with great views of the diamond and the Minneapolis Skyline. Present your ticket at the concession stand located behind the Legends Landing to receive complementary food, including hot dogs, burgers, popcorn, water, pop, etc.

12:10pm: Start of Game

3:15pm: Estimated time of end of game (Trip Leader will decide when to leave if game goes into overtime, or there is a rain delay)

3:30pm: Estimated Departure from Minneapolis

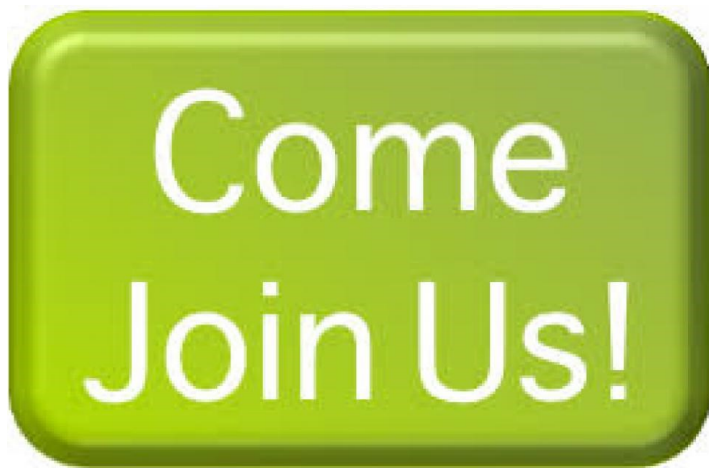
4:30pm: Estimated return time to Crow River Senior Center.

*****Please Note: Parking is about three blocks from the entrance. You will need to walk to and from the game. Portable wheelchairs and walkers will fit under the motor coach.**

Must register and pay in advance no later than Friday, May 16th. 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.



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 staff from City of St. Michael, May 8th 1:30pm.



Bingo sponsored by Beaudry Hometown Insurance, May 15th 1:30pm.



Bingo sponsored by the STMA Honor Society, May 22nd at 1:30pm. (Sign up required)

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
1:30PM—3:30PM

May 13th: West With Giraffes
 By Lynda Rutledge

June 10th: The Lincoln Highway
 By Amor Towles

July 8th: The Society of Lies
 By Lauren Ling Brown

August 12: Ordinary Grace
 By William Kent Krueger

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!

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.

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!

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!

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!

RIM RIDERS

TUESDAY MORNINGS
SPRING, SUMMER, FALL

Rim Riders always welcomes new members to our bike group. We are a leisurely bike group normally biking at a speed of 10 to 12 mph. Our rides average a distance of 20 miles total with water breaks along the way. We ride on Tuesday mornings. Most of our rides are on paved, fairly flat trails. We transfer our bikes to the trail head for each ride. We have lunch after for those who can.

| | | |
|-------------------|--------------------------|-------|
| April 29th | St. Boni to Mayer | 16/24 |
| May 6th | Elk River to Zimmerman | 17 |
| May 13th | Ox Yoke to Wayzata | 15 |
| May 20th | Monticello | 15 |
| May 27th | Big Lake | 15 |
| June 3rd | St. Michael | 14 |
| June 10th | Elm Creek to C. R. Dam | 16 |
| June 17th | Anoka | 12 |
| June 24th | 9 Mile Creek | 20 |
| July 1st | Albany to Holdingford | 21 |
| July 8th | Holdingford to Dam | 22 |
| July 15th | Ox Yoke to Watertown | 15 |
| July 22nd | Stillwater | 22 |
| July 29th | German Ramble, Rockville | 15 |

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

REUNIONS

SHERI SMITH

Class reunions. Two small words, innocuous by themselves, combine to strike panic into the hearts of millions of women each and every year. I recently faced my 50-year high school reunion. Although my pulse rate is back to normal, the memory of receiving the cleverly worded missive, like a spider scooting across bare toes, brings an involuntary shudder. It was not that I didn't want to see my classmates; it was the preparation required to attend the gathering that made my hair stand on end.

The first hurdle was that I was single again. Would I be looked upon as a sophisticated woman of the world or slightly spinsterish? I thought of proposing to a male friend, but realized this could have long term monetary consequences, and the sleeping arrangements would be cumbersome. I also entertained thoughts of renting a gorgeous hunk of man to escort me but didn't feel inclined to bare my soul so he could speak semi-intelligently about our supposed relationship. Besides, what if he hit on some of my girlfriends? I decided to face the throngs as I am. Independent.

Which brought up the next obstacle - weight. Of course, the issue is never the lack of it, but always the overabundance. I remember hearing somewhere that the average adult gains five pounds per year. I don't know if it's true or not but find that it applies to me regardless. I have always tried to consider myself slightly above average, and in this category I have succeeded. By anyone's calculations, at my age, I should be in the small mastodon range. I am happy to report that I am much smaller, and less hairy by the way, but am still a much-expanded version of the much younger teen me. In January, figuring I'd have six months, I made a concerted effort to lose 30 pounds. I started reading Sugar Buster's, Atkin's, and Richard Simmon's diet programs. I ate salad for lunch almost every day. I greatly increased my consumption of water - the miracle diet cure. And by the end of June, I had actually made a goal number-not thirty but three. Oh well, they'd just have to love me the way I am. The good news is I wouldn't have to spring for a new wardrobe.

Which of course leads us to the "ladies lament" -- I Have Nothing to Wear! It is understood that for special occasions (where other women will be present) it is imperative that the ensemble be perfect. It must be the exact clothing for the season and for the event - not a strapless cocktail dress for a barbecue, as an example, unless the barbecue is held at the White House, of course. It should compliment your coloring, accentuate assets, and camouflage any glaring imperfections. I chose an outfit that brought out the color of my eyes; my best feature and the only part of my body that did not gain weight in the last fifty years.

I knew after this length of time; conversations would not be tailored to what cute things our babies had done lately. After all, most of those babies had given us grandchildren by this point. And if they still had kids in diapers, I wanted no part of any dialogue that started with..."my little sweetums." I wanted to hear the practical details of accomplishments, where people have been, whom they've seen, and what they've done. We were products of the sixties - ready to change the world! Yes well... I once wanted to dazzle crowds with my latest comic routine, or dance and sing like my teenage hero Joey Hetherton. But my accomplishments were of the more mundane sort. Raising stepchildren, toiling away in the corporate world, training a husband, and finally facing life as a single woman again. My accomplishments might be mundane, but I am not by any stretch of the imagination. So, with my new outfit, highlighting my eyes and covering up the extra twenty-seven pounds, I held my head up high and drove to face my past.

The crowd was clustered around the sign-in table; safety in numbers, I guess. I frantically searched for faces as I walked towards them; momentarily panicked that I was in the wrong place. Marcia stepped forward and screamed my name. My mind was instantly flooded with memories of things we had shared thirty years before: as juniors, our dance line performing at half-time to Mitch Ryder and the Detroit Wheels; as seniors, leading the student body in a cheer to destroy the hated competition--the Moorhead "Spuds": spending endless hours in my bedroom talking about boys and what we should and should not be doing with them. She was, I was not. We stood together and commented on other classmates as we waited for the photographer to set up.

Nancy had given up on marrying for love, and the third time settled for money. Her diamond ring was one of the largest I had ever seen. I decided to take her new philosophy under advisement.

Harley had moaned that he was now fat and bald. I had one up on him, I still had my own hair.

Velma, the quietest, shyest girl in our class roared up on a big black Harley, waving to us as we stood there, mouths gaping. I loved her sense of adventure.

Camille, dressed in the long hippie-style dress that she always preferred, had thin silver streaks in her long brown hair, but other than that, had not changed one iota.

Cindy had gone back to school and was now a respected neurosurgeon.

Harvey whispered in my ear, "When this shindig is done, you and I are going skinny-dipping." The one rebellious act of my teens, and damn if someone did not have to recall it! The vision of two pudgy elders, flapping around in the lake was too much to bear. I laughed out loud.

And I continued laughing the rest of the evening. We shared favorite memories, told new stories about love and losses, reconnected with each other, and rediscovered our youth. We did not change the world, we didn't really change much ourselves, but I can't wait until the next reunion.

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.

Informational Meeting Tuesday, May 6th at 10:00am. Come check it out!

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!

DONATIONS NEEDED:

DECAF COFFEE

WE ONLY ACCEPT PUZZLES THAT HAVE 750 OR LESS PIECES.

Thank you Volunteers 



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.

Active Central MN 5K

Get outside to support a fun event and healthy lifestyles in Buffalo on Sunday, June 1. Many volunteers are needed to support Active Central MN's annual 5K. Choice of shifts for registration, packet pick up, monitoring the course, etc. Contact the RSVP office for more details or to sign up!

Companion/Light Chore Services

Help adults (age 60+) remain in their home by assisting with light housework and possibly errands. Several needs in Wright County locations. Flexible schedule, approximately 2 hours a week or bi-weekly as needed. Mileage reimbursement provided for this service. Contact the RSVP office for more details or to sign up!

Stuffy Friends Sewing Project

Contribute to the Rivers of Hope mission to prevent domestic abuse and violence through simple sewing of friendly character pillows! Materials and samples are provided, and creativity is encouraged. Contact the RSVP office for more details or to sign up!

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

TECH BUDDIES**FRIDAY, MAY 16TH****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****2ND AND 4TH TUESDAYS****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.

Ads will be placed here. No content may go here.
Please remove before uploading to LPi Express.

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



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.



Advisory board

**NEW
ADVISORY
BOARD
MEMBERS**

**CONGRATULATIONS TO OUR NEWEST
ADVISORY BOARD MEMBERS, RITA
SCHLOSSER AND MONICA MCCARTY,
BOTH OF HANOVER.**

**WE LOOK FORWARD TO AN EXCITING
FUTURE!**

GRANDPALS PEN PAL PROGRAM

**BRIDGING GENERATIONS, ONE LETTER AT A
TIME**

GrandPals is a pen pal program that connects local seniors with children and families through letter exchanges. The program aims to create relationships and build lasting bonds, providing companionship for often widowed or house-bound seniors and teaching lifelong skills to kids such as the art of letter writing, how to address and send postal mail, and the importance of community.

What to send? Whatever you want! Traditional pen pal letters where you share about your day, your interests, and ask questions for the GrandPal are completely acceptable. For younger kiddos, you can also send specific drawings and cards, or simply send some artwork from school!

How often to send? By joining this program, you are committing to mailing at least one letter per month, however, more letters than that are always appreciated by our seniors!

Become a GrandPal! For more information, contact Stacie at s.wenndt@seniorcommunity.org.



Framed Reverie

**FREE VISION & EYE GLASS
APPOINTMENTS**

**WEDNESDAY, MAY 21ST 10:00AM—12:00PM
BY APPOINTMENT**

Provided by Brianna Erickson, Framed Reverie
Enhancing Vision and Comfort for the Community
Mobile Optician Services

As a passionate mobile optician, I'm thrilled to bring personalized eyeglass care directly to the Crow River Senior Center. My goal is to make sure each person here receives top-notch eye care in the most convenient and comfortable way possible.

How I Can Help:

- Free Cleanings & Adjustments: Keeping your glasses clean and sitting where they're supposed to be will provide you with clearer vision, making your daily life a little easier and help with fall prevention!
- Vision Consultations: If you're looking for advice on improving comfort and clarity with your glasses, I offer personalized consultations. We can review your current eyewear, explore different frame and lens options, and discuss solutions for common issues like eye strain or reading difficulties. My goal is to help you find the best vision solutions to meet your everyday needs.
- Quality Affordable Glasses: With a focus on individual needs, I'm bringing professional glasses ordering directly to you. I can replace lost/damaged glasses against an existing prescription AND make brand new glasses with a current prescription.
- Low Vision Services: I can also identify other options to give you the best vision possible! With access to magnifiers and illumination products I can provide a tailor made solution for your vision needs.

CALL THE CENTER TO REGISTER.

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

SENIOR LINKAGE LINE

NEED HELP? CALL US, IT'S FREE!
1-800-333-2433

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

HANOVER KID'S NIGHT—PETTING ZOO AND FOOD TRUCKS

Wednesday, May 28th
 6:00pm—8:00pm
 Mallard Park, Hanover

ST. MICHAEL FAMILY NIGHTS IN THE PARK

Wednesdays in June @ 6:00pm
 June 4th—The Crows Feet
 June 11th—Dusty and the Dirt Road Band
 June 18th—Bob the Beachcomber
 June 25th—FYCC Bingo

**HANOVER CONERT IN THE PARK
 MUSIC BY "JUST US"**

Wednesday, June 11th
 6:00pm—8:00pm
 Hanover City Hall / Settlers Park

ALBERTVILLE FRIENDLY CITY DAYS

June 11th—June 15th

ALBERTVILLE LIONS CAR SHOW

Saturday, June 14th
 10:00am—2:00pm
 Lachman Ave and 57th St. (between Coborn's and the Ice Arena)

ALBERTVILLE FARMER'S MARKET

Tuesday, June 19th—OPENING DAY!
 Continuing on Tuesdays June, July, August, September
 3:00pm—7:00pm
 Albertville Central Park
 5801 Main Ave NE

ALBERTVILLE LIONS MUSIC IN THE PARK

Bring your chairs and join us for FREE Music in the Park every Thursday evening at the Lions Farmer's Market, starting June 19th! Performances take place at the Central Park Depot and will feature a variety of artists throughout the Summer.
 6:00pm—8:00pm
 Central Park Depot
 5803 Main Ave NE

FYCC DUELING PIANOS

Friday, June 20th
 6:00pm—10:00pm
 Albertville Depot

POWER OF PRODUCE FOR SENIORS

Begins July 3rd
 Sign up required. Call 763-496-6820 for more information and to register.
 Albertville Farmer's Market
 Albertville Central Park
 5803 Main Ave NE

SENIOR COMMUNITY SERVICES | **75 YEARS**

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

Subscribe

For the
latest City
Updates



**SIGN UP
HERE** →



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

Ads will be placed here. No content may go here.
Please remove before uploading to LPi Express.

CRSC ACTIVITIES CALENDAR—MAY 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| | | | 01 | 02 |
| | | | 9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Reverse Mortgage Benefits 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 |
| 05 | 06 | 07 | 08 | 09 |
| 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 Writer's Group | 9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 10:00A Readers Theater Informational Meeting 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 | 9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Tone and Tighten (Albertville) 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P History of Hanover | 9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo sponsored by St. Michael City Hall Staff | 9:00A 55+ Driver's Class 9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre |
| 12 | 13 | 14 | 15 | 16 |
| 9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Le Musique Room: A Tribute to Patsy Cline 1:30P—3:30P Dominoes | 9:00A-11:00A Stitch Group 9:30A Cardio Drumming 10:00A Advisory Board Mtg 10:00A The Science of Sleep 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 9:00A Chunky Blanket Class 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 Funeral Pre-Planning | 9:00A-11:00A Pinochle 9:30A Broken China Class (Hanover) 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo sponsored by Beaudry Hometown Insurance 1:30P Caregiver Support Group | 9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 12:30P Tech Buddies 1:00P-3:30P Mahjong 1:00P-3:30P Euchre |
| 19 | 20 | 21 | 22 | 23 |
| 9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P Writer's Group | 9:00A-11:00A Stitch Group 9:00A-11:00A History Group 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 Tone and Tighten (Albertville) 10:00A Senior Yoga (Zoom) 10:00A Eye Glass Appts. 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 Broken China Class (Hanover) 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo and Ice Cream Sponsored by the STMA Honor Society | 9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre |
| 26 | 27 | 28 | 29 | 30 |
| CENTER CLOSED | 9:00A –1:00P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 11:00A Enhance Fitness (Zoom) No Lunch Today 12:30P-3:00P Tech Support 1:15P-3:30P Bridge | 9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Tone and Tighten (Albertville) 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards | 9:00A-11:00A Pinochle 9:00A-12:00P Mini Expo 9:30A Broken China Class (Hanover) 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 |

CRSC LUNCH MENU—MAY 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 |
| | | Chicken Cordon Bleu Wild Rice Blend California Blend Dinner Roll | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 06 | 07 | 08 | 09 |
| Tater Tot Hotdish Side Salad Dinner Roll | Salmon with Orange-Pineapple Pepper Seasoning Rice Pilaf Broccoli | Beef Tacos Taco Sauce Sour Cream | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 13 | 14 | 15 | 16 |
| Chicken Drummies Potato Salad Corn Bread | Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative) | Cabbage Rolls Veggie Dinner Roll | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 20 | 21 | 22 | 23 |
| Salisbury Steak Mushroom Gravy Mashed Potatoes California Blend | Cobb Salad Breadstick | Chicken Enchiladas Refried Beans w/ Cheese, Lettuce, Sour Cream, Tomatoes | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 27 | 28 | 29 | 30 |
| NO LUNCH | Chicken Kiev Rice Broccoli Dinner Roll | Philly Steak Wrap Potato Salad Fresh Fruit | NO LUNCH <i>Deadline to call in orders for next week.</i> |

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

CRSC ACTIVITIES CALENDAR—JUNE 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| 02 | 03 | 04 | 05 | 06 |
| <p>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) 1:00P-3:00P Sourdough 101 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group</p> | <p>9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 10:00A-12:00P Drawing Outside the Lines 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</p> | <p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A-12:00P Macrame Hanging 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</p> | <p>9:00A-11:00A Pinochle 10:00A Paint Your Own Pottery (Color City in Albertville) 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo</p> | <p>9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P Movie 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p> |
| 09 | 10 | 11 | 12 | 13 |
| <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-11:00A Stitch Group 10:00A Advisory Board Mtg 10:00A-12:00P Drawing Outside the Lines 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 Senior Yoga (Zoom) 10:00A Tone and Tighten (Albertville) 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</p> | <p>9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p> |
| 16 | 17 | 18 | 19 | 20 |
| <p>9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group</p> | <p>9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 10:00A-12:00P Drawing Outside the Lines 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) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Memory Café at the Crow River Senior Center</p> | CENTER CLOSED | <p>9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p> |
| 23 | 24 | 25 | 26 | 27 |
| <p>9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P Doug Ohman</p> | <p>9:00A-11:00A Stitch Group 9:30A Cardio Drumming 10:00A-12:00P Drawing Outside the Lines 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 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 Senior Yoga (Zoom) 10:00A Tone and Tighten (Albertville) 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) 10:00A Leave for Twins Game Noon Lunch at Center 1:30P Caregiver Support Group 1:30P Bingo</p> | <p>9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p> |
| 30 | | | | |
| <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—JUNE 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 |
|--|---|---|---|
| 03 | 04 | 05 | 06 |
| Chicken Supreme Casserole Side Salad Dinner Roll | Chicken Wild Rice Soup Ham and Cheese Sandwich | Baked Ham Scalloped Potatoes Green Beans Dinner Roll | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 10 | 11 | 12 | 13 |
| Lasagna Side Salad Dinner Roll | Fish Sandwich Tarter Sauce Macaroni Salad Chips | Chopped Beef Steak w/onions and mushrooms Mashed Potatoes Corn | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 17 | 18 | 19 | 20 |
| Oriental Chicken Salad Dinner Roll | Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative) | CENTER CLOSED | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 24 | 25 | 26 | 27 |
| Meatloaf Mashed Potatoes Gravy Corn | Chef's Salad Dinner Roll | Swiss Chicken Wild Rice Blend California Blend Dinner Roll | 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.***

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

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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