

MAY / JUNE 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.

Our Mission:

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

CENTER CLOSED:

**MONDAY, MAY 25TH
FRIDAY, JUNE 19TH**



SAVING CLAIRE—INNOVATIVE AND EFFECTIVE FALL PREVENTION

TUESDAY, MAY 5TH 10:00AM
PRESENTED BY: ABOVE AND BEYOND SENIOR SERVICES IN COLLABORATION WITH SENIOR COMMUNITY SERVICES

Saving Claire tells the story of how Clearwater resident Linda Goldman became a playwright at 70 and wrote "Denying Gravity" – the fall prevention play about a woman, a fall, and the dramatic effect on her life, her family and her friends. Join us for an exclusive screening of the documentary followed by a discussion panel of local subject matter experts in physical & occupational therapy, technology & home modification, movement & fitness, and social work.

CALL THE CENTER TO REGISTER.



THE BEATLES: SGT. PEPPERS LONELY HEARTS CLUB BAND ALBUM

WEDNESDAY, JUNE 17TH 1:30PM

You are invited! Join Crow River Senior Center in St. Michael and Inherent Dream's Trevor J. Brown for a presentation & celebration of THE BEATLES landmark album Sgt. Peppers Lonely Hearts Club Band. The presentation will feature tons of interesting facts, trivia, prizes and music. Sgt. Peppers is considered by many to be one of the greatest albums of all-time.

Inherent Dream is a media company dedicated to artistic exploration and produces podcasts, music, art, photography, books and films. You can get more information on Inherent Dream on their website inherentdream.com

CALL THE CENTER TO REGISTER.

FAMILY HISTORY RESEARCH—GENEALOGY CLASS

WEDNESDAY, MAY 13TH

1:00PM—4:00PM

COST: \$30.00

LOCATION: CROW RIVER SENIOR CENTER

Do you have unanswered questions and always wanted to know more about your family history, but don't know where or how to begin? Paula Stuart-Warren, Certified Genealogist, will show us easy steps to get started (or restarted).

It's more than just a list of names or dates—it's about discovering stories, traditions, and roots that have shaped your life and your family's journey. You will be able to share your knowledge with current and future generations. You will receive a handout with tips, and information on books and websites.

Paula loves her profession and loves to get others excited about their family history. She works full time in genealogical and historical research, lecturing, consulting, and writing. She has been a Board-certified genealogist since 1988, passing the every-five-year renewal assessments by the national Board for Certification of Genealogists. She is a firm believer in continuing education in genealogy and strives to keep up to date by participating in national and local conferences, webinars, reading the publications of many genealogical and historical organizations and individuals both off and online. She teaches about family history year-round and teaches in-depth for online week-long genealogy institutes.

Registration Information:

Crow River Senior Center at 763-497-8900

Community Education at St. Michael-Albertville, register online at: stma.ce.eleyo.com or by calling 763-497-6550.

This class is a collaboration between the Senior Center and STMA Community Education. You may register through either organization.

NEUROSCIENCE OF HOPE

TUESDAY, JUNE 2ND 10:00AM

PRESENTED BY: CARE BUILDERS AT HOME

While our interest is growing, the gap remains wide between our understanding of the brain and the biology of hope. We will share how optimism as a muscle is proving to be a positive intervention to cultivate hope.

CALL THE CENTER TO REGISTER.

BEE A POLLINATOR ADVOCATE

THURSDAY, MAY 21ST 10:00AM
PRESENTED BY THE WRIGHT COUNTY
MASTER GARDENERS

In this presentation you will learn about pollinators and the plants that are attractive to them. They will provide some local resources and garden locations to view pollinator gardens and complete a pollinator plate activity to show what happens to our food sources if certain pollinators become extinct.



CALL THE CENTER TO REGISTER.

GHOST SIGNS AND GRAIN BINS

WEDNESDAY, MAY 20TH 10:30AM
PRESENTED BY JAY GRAMMOND

Step into the fading paint and rusted tin of Minnesota's agricultural past in this visually rich and story-filled presentation. Ghost Signs & Grain Bins uncovers the once-bold advertisements that graced barns, brick walls, silos, and grain bins - remnants of a time when agricultural branding was as rooted in the land as the crops it helped grow. We'll explore historic Minnesota farms, honor a few trailblazing ag pioneers, and journey through the state's most iconic grain elevators and farmstead bins. Whether you walked these fields or grew up near a co-op, this talk promises a nostalgic look back at the signs, symbols, and stories that shaped Minnesota's rural landscape.

CALL THE CENTER TO REGISTER.

MOVIES

THE INTERN

FRIDAY, MAY 15TH 1:00PM

Academy Award winner Robert De Niro stars as Ben Whittaker, a 70-year-old widower who gets the chance to work as a senior intern at an online fashion start-up founded and run by the ambitious Jules Ostin, played by Anne Hathaway. As the two generations collide, they also find friendship and someone to count on—each other. (2015) Rated PG-13
2HR 1MIN

CALL THE CENTER TO REGISTER.

SONG SUNG BLUE

FRIDAY, JUNE 26TH 1:00PM

"Song Sung Blue" is a movie that tells the true story of a couple, Mike Sardina (played by Hugh Jackman) and his wife (played by Kate Hudson), who are down-on-their-luck musicians. They form a Neil Diamond Tribute Band while navigating personal struggles and the challenges of life. (2025) Rated PG-13,
2HR 12MIN

CALL THE CENTER TO REGISTER.

DIABETES PREVENTION PROGRAM

WEDNESDAYS MAY 6TH—AUG. 26TH
10:00AM—11:00AM

LOCATION: HANOVER CITY HALL
11250 5TH ST. NE

MUST ATTEND ALL SESSIONS

This workshop is for you if you have been told you have prediabetes or are at risk for developing type 2 diabetes and want practical tools to take control of your health. It is also for you if you're ready to make small, realistic lifestyle changes—like improving eating habits, increasing physical activity, managing stress—to help prevent diabetes and improve overall well-being.

Wednesday, May 6th is an information session only so you can get the details before you join.

This program is free of charge and funded under contract with the Central MN Council on Aging as part of the Older Americans Act Program.

To register, contact:
Tracy Larsen
Wellness Coordinator
Whitney Senior Center
320-650-3082



**MAKE YOUR OWN
WIND CHIME**
THURSDAY, JUNE 25TH
10:00AM

Bring the beach to your home or garden! In this fun and creative class, you'll put together a wind chime using shells, beads, beechwood, and bells. You'll follow easy step-by-step instructions to make your own unique design. Choose your favorite colors to make it personal. All skill levels are welcome!

REGISTRATION OPENS WEDNESDAY, MAY 13TH. 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.

VENDOR AND EXPERT FAIR
THURSDAY, MAY 28TH
9:00AM—12:00PM

Join us for a morning of connection and learning! Expert presenters and local service providers will come together to share insights, spark inspiration, and create meaningful opportunities to connect.

9:30AM—*Home is Where the Health Is*
Presented by Pamela Manthei, Mid-Minnesota Legal Aid

11:00AM—*Is that AI?*
Presented by Cynthia Childs, Senior Community Services

No registration required, just come!



NATURE DYING AND ECO PRINTS

TUESDAYS
JUNE 16TH, 23RD, 30TH
9:30AM—12:00PM
MUST ATTEND ALL CLASSES
LOCATION: HANOVER CITY HALL
11250 5TH ST. NE



Join Angie and Cherene from Rum River Art Center as we explore various ways to dye and print luscious papers using elements from nature. We'll then bind them into a unique and beautiful hand-bound journal incorporating a stick in the binding.

- Week 1: Eco dying. Stack and wrap a "bundle" of leaves and foliage. This will be boiled by one of the instructors and returned on week 2. Dye papers with inks, liquid watercolors, and powdered pigments.
- Week 2: Printmaking with natural elements and collage.
- Week 3: Use your paper creations to bind a journal.

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

REGISTRATION OPENS WEDNESDAY, MAY 13TH. 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.

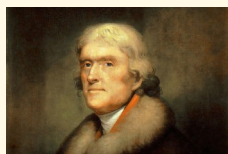
EVENTS, CLASSES, PRESENTATIONS CONT.

AMERICA 250—PART 1

WEDNESDAY, JUNE 24TH 1:30PM

Enjoy an historic journey with storyteller/historian, Doug Ohman as he shares stories and photos that help tell the amazing tale of America's birth and positive growth. Doug will focus on the men and women who were the visionaries for our great nation for 250 years. The rich story of America will entertain and inspire each of us and help us appreciate the country we call home.

CALL THE CENTER TO REGISTER.



GOING TO BARTALINA: SONGS & STORIES OF GREAT LAKES SAILING

WEDNESDAY MAY 27TH 1:00PM

LOCATION: ST. MICHAEL LIBRARY

Join COMPAS artist and songwriter Charlie Maguire for an unforgettable afternoon of music and storytelling inspired by life on the Great Lakes. Drawing from rare firsthand experiences aboard working vessels, Maguire shares authentic songs of shipwrecks, sailor life, and deep-water adventure. The program also features Gordon Lightfoot's "The Wreck of the Edmund Fitzgerald" and a preview of Maguire's new *Going to Bartalina* album.

This program was made possible with Arts & Cultural Heritage Funds from Minnesota's Clean Water, Land, and Legacy Amendment.

NO SIGN UP REQUIRED, JUST COME!

This program is presented by the St. Michael Library.

Need Medicare Help?

Contact **Dan Pfeifer** at 763.310.7627
mninsurancesolutions.com

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Dan Pfeifer
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We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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4 HOUR CLASS

TUESDAY, JUNE 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.

SILVERSNEAKERS

MON/WED/FRI 9:00AM

LOCATION: ALBERTVILLE CITY HALL

5959 MAIN AVE NE

ALBERTVILLE, MN

No Classes:

May 25th

June 25th—July 5th

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!

ADVISORY BOARD

NEW BOARD MEMBER

Congratulations to our newest Advisory Board member, Gary Bimson of St. Michael!

EXITING BOARD MEMBERS

Thank you to the following for their years of service:

Sharon McDonald

Judy Stukey

Your time, energy, and contributions to the Crow River Senior Center are greatly appreciated.

CURRENT BOARD MEMBERS:

Linda Eckard (Chair)

Dale Barthel (Vice Chair)

Janet Kimbler (Secretary)

Sharon Schumm (Treasurer)

Sandy Gordon

Mike Havlik

Deb Hopkins

Bonnie Martinez

Monica McCarty

Rita Schlosser

Colleen Smith

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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PARKINSON'S SUPPORT GROUP
TUESDAYS, MAY 5TH AND JUNE 2ND
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.



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 held regularly at the center. 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 4th
Monday, June 1st
9:00, 9:30 or 10:00am

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TRIPS AND CONCERTS

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.

LE MUSIQUE ROOM: BACK TO THE ROCKIN' 50S

MONDAY, JUNE 15TH 1:00PM

\$35.00

Take an authentic trip back to the fantastic 50s with the Holy Rocka Rollaz! If it's the classic early rock 'n' roll of Elvis Presley, Buddy Holly, Chuck Berry, Johnny Cash, etc. that you want, played just the way the legends played it, you have found your dream band! Minnesota's own Holy Rocka Rollaz bring back the sound, the look and the memories of one of America's most treasured eras.

Must register and pay in advance no later than June 8th. No refunds after this date.

TREASURE ISLAND CASINO TRIP: MONTICELLO SENIOR CENTER MONDAY, MAY 4TH

\$30.00

MAY SPECIAL: The Monticello Senior Center will be taking a coach bus to Treasure Island Casino on Monday, May 4th. 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, **\$40.00 on a play card and \$10.00 towards food.** Deadline to register is April 27th.

To register please call the Monticello Senior Center (763-295-2000).

TREASURE ISLAND CASINO TRIP: MONTICELLO AND ROGERS SENIOR CENTERS MONDAY, JUNE 8TH

\$30.00

The Monticello and Rogers Senior Centers will be sharing a coach bus to Treasure Island Casino on Monday, June 8th. 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 June 1st.

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.

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



BINGO

THURSDAYS, 1:30PM

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

Thursday, May 14th

Bingo sponsored by Trinita Home Health and Hospice.



BOOK CLUB

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

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!

July 14th: Someone Else’s Shoe by Jojo Moyes

August 11th: The Correspondent by Virginia Evans

September 8th: Unspeakable Things by Jess Lourey

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!

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!

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 28th	Lake Rebecca	10
May 5th	Otsego	15
May 12th	Big Lake	15
May 19th	Zimmerman	17
May 26th	Around Monticello	15
June 2nd	Ox Yoke to Watertown	15
June 9th	Isanti to Cambridge	12
June 16th	Elm Creek to C.R. Dam	16
June 23rd	Rockville to Richmond	19
June 30th	Holdingford to Albany	20
July 7th	French Lake (Luce Line)	18
July 14th	St. Cloud River Bluffs	18
July 21st	9 Mile Creek	20
July 28th	Holdingford to Dam	22

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

MY LIFE

BY KATHY MURPHY

Why would I write about my life? I am 80 years old now. I have been writing bits and pieces about my life for a long time. I thought that someday someone would be interested in what life was like in the 1950's. I went to school for the first time in 1950. To me, it is history.

Our Irish side of the family came to Minnesota in the early 1880's. They had been in Maine before they moved here. The great-grandfather who moved his family here wrote three volumes about his farm that he homesteaded in Grant County. He was a soldier in the civil war. He had a large family. He began to write about the crops that he planted and how many acres and the profits and losses. Eventually he wrote about his neighbors, his children and other people. He wrote about his wife dying at 42 years old. His youngest child was a baby at the time. His oldest daughter moved to St. Paul when she got married. She married John McQuillan who became the first man to receive a plumber's license in the State of Minnesota. They also had a large family of ten boys and one girl. They called their business McQuillan Brothers Plumbing. Because the oldest sister lived in St. Paul, many of the brothers and sisters visited St. Paul. My great-grandfather's name was Peter F. McCollor. Peter's brother Tom had also moved to Minnesota. He moved up north to Stephen, Minnesota near the Canadian border. Tom's wife was a Native American. There was a railroad that connected Stephen to the area where Pete and his family lived. There was a great deal of visiting between the two brothers and their large families. Tom had also been a soldier in the civil war.

Back to my own story. I loved reading about the McCollor's in Grant County. This spurred me on to write my own stories and try to organize them. It is a big job. I have so many notebooks full of stories. I decided to write them down before I forgot them. I feel so blessed to have lived so long. I have my husband who I married nearly 60 years ago. I have children, grandchildren and great-grandchildren.

I don't think you will be sorry to write about yourself if you choose to. No one else knows you like you do.

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.

Mindful Writing Teacher Volunteer Opportunity

Help make a meaningful impact by leading a mindful writing class for jail detainees. Volunteers guide one-hour weekly sessions focused on reflection and self-expression, with training and ongoing support provided. A one-hour virtual training is also held each month.

Location: Wright County Jail, 3800 Braddock Ave NE, Buffalo

Interested? Contact Amy Johnson at amy.johnson@ci.stcloud.mn.us or call 320.650.3115

Volunteer Driver Opportunity - Tri-CAP

Help a neighbor get where they need to go. Tri-CAP is seeking volunteer drivers to provide transportation for seniors to medical appointments in the Elk River area. This flexible opportunity allows you to choose when and where you drive, with mileage reimbursement and additional liability coverage provided.

Interested? Contact Amy Johnson at amy.johnson@ci.stcloud.mn.us or call 320.650.3115

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.

A huge THANK YOU to Salterra at Hanover, a senior living community, for sponsoring the cake at our St. Patrick's Day Luncheon!

SALTERRA
AT HANOVER

DONATIONS NEEDED:

- REGULAR AND DECAF COFFEE
- GIFT CARDS TO CUB, SAM'S CLUB, AMAZON TO PURCHASE NEEDED SUPPLIES FOR THE CENTER

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.

End of Season / Informational Meeting Friday, May 15th

10:00am

If you would like to learn more about the Readers Theater Group, please feel free to attend this meeting! We'd love to have you!

Thank you for bringing in your plastic bags to the Center! The Master Gardeners have met their goal and will be receiving a bench! We will no longer be collecting plastic bags at the Center.

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!

Technology throwing a tantrum?

Get one-on-one tech coaching in your home:

Connecting to printers, getting started with smart TVs and streaming services, troubleshooting error messages on your desktop computer, and more.



Contact Senior Community Services at 952-888-5530 for more information or to make an appointment.

Hourly rates are based on income. We can work with you and your circumstances to keep the service affordable.

TECHNOLOGY SUPPORT APPOINTMENTS

**EVERY TUESDAY
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.

**Call (763) 325-8650
to tour today!**

Volante
OF HANOVER

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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



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

ALBERTVILLE LIONS AMERICAN RED CROSS BLOOD DRIVE

Tuesday, May 5th
12:00pm—6:00pm
Albertville Parish Center

HANOVER HISTORICAL SOCIETY: TEA AND A TOUR

Saturday, May 9th 2:00pm
\$15.00 Per Ticket
Registration required by May 1st
Please call 612-470-2182

HANOVER FIRE DEPARTMENT BLOOD DRIVE

Friday, May 15th 11:00am—5:00pm
Location: Hanover Fire Department
Visit redcrossblood.org to make an Appointment.

ALBERTVILLE FRIENDLY CITY DAYS

June 11th—14th
Garage Sales—City Wide
Carnival
Fireworks
Classic Car Show
Grande Day Parade
See Website for more info!
www.albertvillecityfriendlydays.com

ALBERTVILLE FARMER'S MARKET

Thursday, June 18th—Opening Day!
Continuing on Thursdays in June, July, August and 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 18th! 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

ST. MICHAEL FAMILY NIGHTS IN THE PARK

Wednesday, June 17th - Thunder Road
Wednesday, July 15th - Shane Martin
Wednesday, August 19th - Artisan
St. Michael Town Center Park
Farmer's Market 4:00pm—7:00pm
Bands/Lions Beer 7:00pm—9:00pm
Food trucks 4:00pm—9:00pm

HANOVER MUSIC IN THE PARK

Wednesday, June 17th
6:00pm—8:00pm
Settlers Park—Hanover

FYCC FOAM PARTY

Wednesday, June 10th 9:30am—11:30am
St. Michael Splash Pad / Playground
Come dressed in swimsuits or clothes that you can get wet! The Kids will be able to play in a fenced in area filled with FOAM!! The foam solution is nontoxic, hypoallergenic, and harmless to clothes, grass and plants. Great activity to take your grandkids to! Activity is free of charge.

SENIOR POWER OF PRODUCE

This program is free and open to seniors ages 60 and older.
Thursdays, July 9 - August 27
3:00pm - 6:30pm
Albertville Farmer's Market
Each participant gets a \$2.00 token per visit. Upon arriving, go to the FYCC table to pick up your token. Use the token at a participating POP vendor. Redeem it for \$2.00 worth of fruits or vegetables at the market.

To register, or for more information, please contact FYCC at 763-496-6820, or visit myfycc.com.



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

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 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.

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 annmarief@mystma.org with any questions.

Bingo for Better Aging

Wednesday June 3 | 5:30pm - 9:00pm
Plymouth Community Center



A new fundraiser supporting Senior Community Services. Join us for a night out with bingo, prizes, and food to support program for seniors and caregivers!

TICKETS

Tickets on sale in April. Early-bird discounts available in April only! Buy online at seniorcommunity.org/BFBA or call 952-767-7882

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Updates



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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

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CRSC ACTIVITIES CALENDAR—MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01
				9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
04	05	06	07	08
8:00 Treasure Island: Monticello 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 10:00A Saving Claire 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P-3:00P Tech Support 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 Diabetes Prevention Workshop (Hanover) 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	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
11	12	13	14	15
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 Advisory Board 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P-3:00P Tech Support 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) 10:00A Diabetes Prevention Workshop (Hanover) Noon Lunch at Center 1:00P Genealogy Class 1:15P-3:30P 500 Cards	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P Le Musique Room: What A Wonderful World 1:30P Bingo sponsored by Trinit Home Health and Hospice	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre 1:00P Movie
18	19	20	21	22
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:00P Le Musique Room: A Tribute to Patsy Cline 1:30P Writer's Group	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 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 Diabetes Prevention Workshop (Hanover) 10:00A Senior Yoga (Zoom) 10:30A Ghost Signs and Grain Bins Noon Lunch at Center 1:15P-3:30P 500 Cards	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Bee a Pollinator Advocate Noon Lunch at Center 1:30P Bingo 1:30P Caregiver Support Group	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
25	26	27	28	29
CENTER CLOSED	9:00A Health Dept. 60+ Healthy Clinic (Nail Trimming) 11:00A Enhance Fitness (Zoom) No Lunch 12:30P-3:00P Tech Support 1:15P-3:30P Bridge	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Diabetes Prevention Workshop (Hanover) 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P Going to Bartalina: Songs and Stories (St. Michael Library) 1:15P-3:30P 500 Cards	9:00A-11:00A Pinochle 9:00A Vendor and Expert Fair 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 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
05	06	07	08
Goulash Side Salad Dinner Roll	Chicken ala King Biscuit Peas	Chef's Salad Breadstick	NO LUNCH <i>Deadline to call in orders for next week.</i>
12	13	14	15
Chicken Enchilada Refried Beans w/ Cheese, Lettuce, Tomatoes Sour Cream	Meatloaf Mashed Potatoes Gravy Corn	Baked Cod Rice Pilaf Broccoli	NO LUNCH <i>Deadline to call in orders for next week.</i>
19	20	21	22
Sloppy Joe Baked Beans Potato Salad	Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative)	Southwest Chicken Salad Corn Bread	NO LUNCH <i>Deadline to call in orders for next week.</i>
26	27	28	29
No Lunch	Lasagna Side Salad Breadstick	Chicken Drumsticks Macaroni Salad Fresh Fruit	NO LUNCH <i>Deadline to call in orders for next week.</i>
			NO LUNCH <i>Deadline to call in orders for next week.</i>

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

CRSC ACTIVITIES CALENDAR—JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
<p>9:00A SilverSneakers (Albertville) 9:00A Legal Aid 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group</p>	<p>9:00A-11:00A Stitch Group 9:00A-11:00A History Group 10:00A Neuroscience of Hope 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</p>	<p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:00A Diabetes Prevention Workshop (Hanover) 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 SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p>
08	09	10	11	12
<p>8:00A Treasure Island: Monticello and Rogers 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 9:00A 55+ Drivers Class 10:00A Advisory Board Mtg 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P-3:00P Tech Support 1:15P-3:30P Bridge 1:30P Book Club</p>	<p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:00A Diabetes Prevention Workshop (Hanover) 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 SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p>
15	16	17	18	19
<p>9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group 1:00P Le Musique Room: Back to the Rockin' 50s</p>	<p>9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Nature Dying and Eco Prints (Hanover) 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 Diabetes Prevention Workshop (Hanover) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Beatles: Sgt. Peppers Album</p>	<p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo 1:30P Caregiver Support Group</p>	CENTER CLOSED
22	23	24	25	26
<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 9:30A Nature Dying and Eco Prints (Hanover) 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 Diabetes Prevention Workshop (Hanover) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Doug Ohman</p>	<p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Wind Chimes 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>
29	30			
<p>9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes</p>	<p>9:00A-11:00A Stitch Group 9:30A Nature Dying and Eco Prints (Hanover) 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge</p>			

CRSC LUNCH MENU—JUNE 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
02	03	02	04
Chicken Supreme Casserole Side Salad Dinner Roll	Hot Beef Sandwich Mashed Potatoes Green Beans	Oriental Chicken Salad Breadstick	NO LUNCH <i>Deadline to call in orders for next week.</i>
09	10	11	12
Chicken Wild Rice Soup Ham and Cheese Sandwich	Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative)	Chili Side Salad Corn Bread	NO LUNCH <i>Deadline to call in orders for next week.</i>
16	17	18	19
Chicken Fried Steak Mashed Potatoes Peas	Beef Tacos Taco Sauce Sour Cream Refried Beans	Salmon with Orange-Pineapple Pepper Seasoning Rice Pilaf Broccoli	NO LUNCH <i>Deadline to call in orders for next week.</i>
23	24	25	26
Hot Turkey Sandwich Mashed Potatoes Corn	Chicken Caesar Wrap Chips Fresh Fruit	Spaghetti Meat Sauce Side Salad Breadstick	NO LUNCH <i>Deadline to call in orders for next week.</i>
30			
Chicken Kiev Rice Broccoli Dinner Roll			NO LUNCH <i>Deadline to call in orders for next week.</i>

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

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2026 2026
FOOD TRUCKS · FARMERS MARKET · BAND · BEER

Logos at the bottom include: Lions Club, Discover St. Michael and Surrounding Areas, FYCC, Crow River Senior Center, Friends of the Library, Rotary Club of St. Michael, and The Crow River Market.



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