

CROW RIVER SENIOR CENTER

November/December 2022
Newsletter

Serving the Communities & Surrounding Areas of Albertville, Hanover and St. Michael

Our Mission: "The Crow River Senior Center enriches lives by providing programs, services, social activities and a welcoming gathering place for adults over 50."

Happy Holidays to All!

My first weeks as the new director have flown by! Thank you so much for the warm welcome to your Senior Center and your Community. I have enjoyed meeting so many new people and am looking forward to all that's to come!

November and December are full of fun and exciting activities! On November 16th we will have our Thanksgiving Lunch, followed with a performance by Amy and Adams. December 7th we will have our Holiday Lunch, followed with a performance by CODA. See more details inside the newsletter. We will also be offering a 6-week Healthy Eating for Better Health workshop sponsored by Allina Health - Buffalo Hospital. Sign up early as spots are limited!

I look forward to seeing you at the center soon! Have a wonderful Holiday Season!

Jenny Teigen, Center Director



Notice: Kitchen and Receptionist Meetings Monday December 12

Receptionist Meeting: 10:30am

Kitchen Meeting: 1:30pm

These are yearly training meetings for the above listed volunteer groups. Please plan to attend. If you are interested in volunteering for one of these group, please attend the meeting as well to find out more!

Holiday closing notice: November 11th (Veteran's Day), November 24th & 25th (Thanksgiving), December 22nd, 23rd and 26th (Christmas), December 30th (New Years Eve)

Inclement Weather Reminder: If the STMA Schools are closed, then the Center will be closed. Check local news and radio or call the Center, the answering machine will have a message listed of the closing.

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

November Thanksgiving Lunch

Join us to celebrate Thanksgiving!



Wednesday, November 16th at 12:00pm
Music to follow from Amy & Adams

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

Cost: \$10.00 per person

**Menu: Turkey, Stuffing, Mashed Potatoes & Gravy, Green Bean Casserole, Cranberries,
Dinner Roll, Side Salad**

Purchase your tickets no later than Wednesday, November 9th, unless the event is sold out. Limit of 80.

December Holiday Lunch

Join us to celebrate the Holidays!

Wednesday, December 7th at 12:00pm
Music to follow from CODA

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

Cost: \$10.00 per person

**Menu: Baked Ham, Au Gratin Potatoes, Veggie,
Dinner Role, Side Salad**



Purchase your tickets no later than Wednesday, November 30th, unless the event is sold out. Limit of 80.

Health

Hearing Screening Monday's November 21 & December 19 Starting at 10:00 a.m.

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

10 am to 12:00 pm

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



Medicare Open Enrollment

Medicare open enrollment is right around the corner. If you are looking for assistance with Medicare open enrollment Senior LinkAge Line is here to help. The Senior LinkAge Line is a FREE statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. The Senior LinkAge Line is Minnesota's federally designed State Health Insurance Assistance Program (SHIP) and the place to call for questions and information on Medicare and much more.

Call 1-800-333-2433 for information or visit mnhealthcarechoices.com

The Medicare Open Enrollment period ends December 7th 2022.

Healthy Eating for Better Health Workshop

Confused about all the conflicting information on the newest healthy eating trends? Would you like to learn more about making positive changes to your eating habits? Need help figuring out where to start? We are here to help with these and other questions you have about nutrition and healthy eating!

Healthy Eating is a 6-week, 1 hour each week, program for people who want to learn more about how nutrition and lifestyle changes can promote better health. The class includes learning how to read nutrition labels, cooking skills, new information about latest changes in the nutritional world, cooking ideas and much more!



Cost: FREE

Where: Crow River Senior Center

When: Nov. 15 – December 20, 10:30am-11:30am

Presented by: Stacy Besonen, Buffalo Hospital, Community Wellness

Call the Senior Center at 763-497-8900 to register no later than November 10th. Limit of 15. Sign up early!

GROUPS

Open Painting

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

Mondays
November and December
9:00 am to 11:00 am

Writers Group

Mondays
November 7 & 21
and
December 5 & 19
1:30 pm to 3:30 pm

If you think you would like to try your hand at recording your memories, writing poetry, short stories, etc., then join the writing group. Open to everyone, no experience needed, and there is no charge.

Joy Stitch & Needlecraft Group

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

Tuesdays @
9:00 am to 11:00 am

(No Stitch Group Tuesday, November 22nd)

History Group

Do you enjoy history? Get together with others in person that share this interest. The group meets on a bi-monthly basis, the first and third Tuesdays. Topics could be selected that deal with American History, Civil War, World War II or whatever history people are interested in.

Tuesdays
November 1 & 15
and
December 6 & 20

Time: 9:00 am to 11:00 am

Daytime Book Club for Seniors

The Crow River Senior Center has a book club that meets the following dates. Here is the list of books. If you would like to join the group please call the center to join.

Tuesday, November 8th @ 1:30
"A Hobo's Wish"
by Connie Lounsbury

Tuesday, December 13 @ 1:30
"The Warsaw Orphan"
by Kelly Rimmer

Tuesday, January 10 @ 1:30
"Waiting for White Horses"
by Nathan Jorgenson

Tuesday, February 14 @ 1:30
"We Are All the Same in the Dark"
by Julia Heaberlin

Time: 1:30 pm to 3:30 pm
You do not have to have the full book read to join the discussion.

CROW RIVER SENIOR CENTER 763-497-8900

LEGAL SERVICES

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

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


Monday, Nov. 7 & Dec. 5

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

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CLASSES

SilverSneakers®

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Virtual Fitness Class

If you are looking for a virtual exercise class for seniors, please contact the SilverSneakers Instructor, Lori Schoenborn, at theschoenborns@charter.net

Join in our regular weekly classes:

Monday at 9:30 a.m.

Tuesday & Thursday at 10:00 am.

If you are looking for a more challenging class, join on:

Tuesday & Thursdays 8:30 am.

You will need an electronic device with a camera and a microphone, i.e. cell phone, computer, laptop, or iPad.

To sign up or inquire, please call

Lori Schoenborn at

612-636-0207

or inquire through email at

theschoenborns@charter.net



MN HWY SAFETY CENTER 55+ Driving Class

This driver improvement course is taught by MN Hwy Safety Center trained instructors. The class will explore changes in laws, the latest vehicle technology, and provide you with easy-to-use defensive driving tips. In addition, we will explore traffic safety and accident prevention. Completion of this course provides ability for a 10% reduction on automobile insurance premiums for those age 55 and over.

Cost is \$24.00 per person.
4 Hour Refresher Classes:

**Friday,
November 18
9am to 1pm**

**More classes
to come
in 2023**



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

Registration will be taken by the MN Highway Safety Center directly. If you are not well we ask that you please stay home.

CROW RIVER SENIOR CENTER 763-497-8900

SilverSneakers®

Sponsored

In Person Fitness Class

If you are looking for an exercise class for seniors, please contact the SilverSneakers Instructor, Lori Schoenborn, at theschoenborns@charter.net or call 612-636-0207

Join in our regular weekly class:

Wednesday at 9:30 a.m.

at Albertville City Hall in person.



Puzzles are available at the Senior Center to check out. We have plenty of all sizes for your enjoyment to take home and return at your leisure. Return the puzzles in the blue return bin at the senior center doors.



Books continue to be available for pick up at the library. A free will donation to the Friends of the Library is welcome. These books can be kept or returned in the blue bin at the senior center door.

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Crow River Senior Center, St. Michael, MN

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Ring and other Home Security Systems

**Monday, November 14
1:30pm**

Wanting to learn more about Ring and other Home Security Systems? Then this program is for you! Learn about the different Home Security Systems available, what they cost, how they work, etc.

This is a free class. Sign up by calling 763-497-8900. Please sign up prior to the day of event. Spots are limited!

Free Tech Support is Available!

Need help to better use your smart phone, laptop or tablet? Want to learn more about your device, make sure it is secure, download apps or pictures? See Chuck, a very experienced tech support volunteer, who is available at the center by appointment each month to help you with your tech concerns. Please call 763-497-8900 to schedule an appointment and remember to bring in your device for this free service! Please call center for appointment times.

If you need in-home support, you can request directly with the HOME Program by calling 763-416-7969 or email hometeam@seniorcommunity.org to request an in-home appointment.



2nd Annual

Winterfest

AT TOWN CENTER PARK

December 3, 2022

3-6 p.m.

*Reindeer | Santa and Mrs. Claus | Dog Sledding
Hot Chocolate | Tree Walk & Lighting | Crafts |
Singing and more!*

More info: <https://bit.ly/3dgeQCT>



Volunteers Needed!!!!

We need your help to assemble smore kits prior to Winterfest. These kits will be passed out to families at Winterfest!

Smore Kit Assembly

**Monday, November 21st at
12:30pm**

Please call 763-497-8900 to sign up.

Help needed the day of Winterfest

Passing out of Smore Kits

**Saturday, December 3rd 2022
2:30pm—6:30pm**

Please call 763-497-8900 to sign up.

CROW RIVER SENIOR CENTER 763-497-8900

60+ AND HEALTHY CLINIC APPOINTMENTS ARE REQUIRED!

The 60+ and Healthy Clinics provided by Wright County Public Health provide foot care for seniors and others who cannot take care of their own feet in Wright County. Toenails are trimmed to meet the needs of those seniors who have a health condition such as diabetes or are unable to trim toenails themselves. Call Wright County Public Health at 763-335-0280 with questions.

Date: Tuesday, November 22, By Appointment only.

Location: Crow River Senior Center.

**To make your appointment, please call the
Wright County Health Dept at 763-682-7460.**

Cost: \$10.00 paid to the Wright County Health Department.

Please arrive at least 10 minutes before your appointment time to get checked in. If you are not feeling well please stay home and cancel your appointment. We have limited amount of appointments so please be sure to cancel if you are not able to make your appointment that day.



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

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SUPPORT

Parkinson's Support Group

If you're feeling frustrated about life with Parkinson's disease, being part of a support group can be one of the best ways to reduce stress and connect with others who can relate to your experience. Caregivers and family members also benefit greatly from sharing questions and concerns with like-minded others and are welcome to attend. **This group meets the first Tuesday of each month at 1:30 pm.**

**Tuesdays
November 1
& December 6
@ 1:30 pm to 3:00 pm**

Call 763-497-8900 for any questions.

Caregiver Support Group

This is an open group that caregivers may join at any time. There is no fee for group participation. Group sessions focus on helping individual caregivers as they care for themselves and loved ones. The support group is a place to share experiences, struggles, humor, coping strategies and learn from one another.

**Thursdays
November 17 &
December 15
@ 1:30 pm to 3:00 pm**

**Inquiries please contact
Becky Allard 952-746-4028.**

Do you help an older adult?

Being a caregiver can be very rewarding, but also has its challenges.

There is help available through our Senior Center. Becky Allard is a licensed Social Worker from Senior Community Services who is available for one-on-one support through phone calls, texts, emails, virtual meetings and face to face meetings. Becky can help you find resources to make life easier or work through challenging situations! If you would like to connect with other caregivers, Becky has several group options. Drawing from experiences of others and knowing you're not alone can be invaluable.

If you have questions about Caregiver Support, contact Becky at 612-804-0968 or email her at b.allard@seniorcommunity.org

The caregiver services program is supported in part by the Central MN Council on Aging as part of the Older Americans Act Program.

Memory Café

Our Memory Café is a safe and comfortable place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others. The café experience is FREE and all of the supplies are provided for you.

November 16th Meeting

Location: Monticello Senior Center

Time: 1:30pm—2:30pm

To register, call 763-295-2000.

December 21st Meeting

Location: Crow River Senior Center

Time: 1:30pm—2:30pm

To Register call 763-497-8900

For any questions call Becky Allard, LSW
612-804-0968 or email her at
b.allard@seniorcommunity.org

EVENTS



Rob Ellos Presents:

“I Know What Really Happened to Amelia Earhart”

November 30th @ 1:30 PM

In 1937, Amelia Earhart and Fred Noonan were flying around the world when they disappeared on July 2nd. Using a model of Amelia Earhart’s Lockheed Electra 10, a recording of her voice, large maps, and many props, Rob explains what may have happened to them....

“Apollo to the Moon”

December 14th @ 1:30 PM



From liftoff at Kennedy Space Center, to splash-down in the Pacific Ocean, Rob explains all about our missions to the moon. Learn new facts and information about Neil Armstrong, Buzz Shepard, and many more!

These are FREE events available for all seniors.
Please sign up prior to the day of event by calling the
Crow River Senior Center at 763-497-8900.
Spots are limited!

TRIP AND BINGO

Saint Cloud Paramount Theater Trip “Christmas with the Nelsons”

Date: Wednesday, December 14th

Bus leaves promptly at 10:15am from the Crow River Senior Center

This heart-warming multi-media live concert experience stars the third generation of #1 Nelson Family hitmakers, Matthew and Gunnar Nelson. CHRISTMAS WITH THE NELSONS delivers Christmas Classics the Nelson Family way. Interweaving quick humor, soaring sibling vocals, and state of the art big screen video, Matthew and Gunnar’s completely new show will take you on a sleigh ride through time. From the HOLLY JOLLY 50’s when their father Ricky was a little boy intent on duct-taping antlers on the family cat.....to the 70’s when SANTA CLAUS CAME TO TOWN delivering Schwinn’s for the Twins in the era before bike helmets (THAT explains a lot)to ROCKIN’ AROUND THE CHRISTMAS TREE today with the newest generation of Nelson Family kids who prove that yes... we DID in fact turn out to be just like our parents after all!

Lunch at Coyote Moon Grille Restaurant

Menu: Entrée, Popover, Salad, Side Dish, Beverage, Dessert.

Event Fee: \$86.00

Must sign up in person at the Crow River Senior Center—payment due at this time.
Registrations must be made no later than November 14th, no refunds after this date.

Bingo *sponsored by*



Thursdays @ 1:30 pm
November 10 &
December 8

Join us for

White Elephant Bingo
Thursday, December 29th
@ 1:30pm

Bring a wrapped white elephant gift to participate in this Bingo.

EVENTS

Doug Ohman Presents

“Saluting the Civil War” **November 28 @ 1:30 PM**



What role did Minnesota play in the Civil War? Learn how important Minnesota was to the Union cause. Hear stories of Minnesotans that served in this incredibly tragic but most interesting chapter in American history.

“Historic Churches of Minnesota” **December 19th @ 1:30 PM**



Exploring the history of many of the state’s oldest churches. You will meet many of the people that Doug has visited within his quest of photographing these community treasures.

These are FREE events available for all seniors.
Please sign up prior to the day of event by calling the
Crow River Senior Center at 763-497-8900.
Spots are limited!

MEALS

Lunch is served at the Senior Center!

Meals are served at the Crow River Senior Center Tuesday, Wednesday and Thursday for seniors 60 and over. **The meals at the center continue to be catered by River Inn of Hanover.** Join us for a great meal and social time. We ask that you make your reservation for lunch the Friday prior or before. Arrive between 11:30 and 11:45 am so that we may serve meals promptly at noon. Call 763-497-8900 for reservations.

Cost: \$5.00 per meal.

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



Schedules are subject to change without notice. Numbers will be limited to comply with space and volunteer help. See our lunch menus on pages 21 & 23 of this newsletter.



MEALS ON WHEELS 763-425-1050 EXT: 115

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

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

Please call 763-425-1050 EXT: 115



CROW RIVER SENIOR CENTER 763-497-8900

Calling all Elves!

**It's time to decorate the
Center for the Holidays!**

**Join us on Tuesday,
November 29th @
10:00am**

**Please sign by calling the
Center.**

**Cribbage Tournaments
Fridays**

\$1.00 entry fee

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



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Crow River Senior Center, St. Michael, MN

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WRITERS GROUP



The Firebug and the Scaredy Cat

by Sharon Moffett

The fourth child in our large family was Jim who had a fascination with fire. It's pure luck that he didn't burn down our house in St. Paul and thankfully as he grew this fascination ceased. Two of his more serious antics involved a cat mattress and our front doorbell.

In a walk-in closet where a clothes shoot hatch was housed stood a rolled up cat mattress. Jim wondered what would happen if he struck a match to it. He proceeded to get it to smolder and when it didn't ignite, he was disappointed and went on to other mischief. My mother, with her bloodhound sniffer, detected a strange odor and went on the hunt. It wasn't long before she found the source and knew the culprit.

The bedroom off that closet was connected to a sleeping porch with an exterior door leading to a square porch with a railing on two sides. She dragged the mattress out the door and over the railing into the backyard where it continued to smolder. Jim curtailed his experiments for awhile.

Jim's second adventure involved our front entrance which contained a small furnished seating area. The wood trim was painted a pretty pale yellow on the interior enclosed space. He managed to scorch several small areas which looked like animal spots. The exposed doorbell wires seemed to be of special interest to him. No wonder the doorbell stopped working.

Then there was me. I didn't like to light matches. My mother wanted to help me overcome this fear so occasionally she would ask me to light the paper garbage in the burning barrel located in the backyard. I'd reluctantly go outside and after at least a half hour of striking matches and hurriedly dropping them in the barrel I'd go inside and tell mom I just couldn't do it. She would glance out the window, see the barrel contents on fire and ask what I was talking about? I would silently thank God for his assistance.

I've never smoked because of my fear of book matches even though most of my family has at one time or another.

HOME PROGRAM

The HOME Program Wright County

Are you one of the 90% of seniors who want to stay in your own home as you age but are having a hard time handling some household chores or maintenance? We are excited that help is now available for residents age 60 and over in St. Michael, Albertville, Becker, Big Lake, Buffalo, Elk River, Hanover, Otsego, Rockford, Monticello and Zimmerman through the HOME program of Senior Community Services.

HOME services include handyperson tasks such as changing light bulbs, installing safety devices, minor plumbing, minor electrical repair, checking carbon monoxide/smoke detectors, changing furnace filters, and hanging wall décor. Other services include housekeeping such as dusting, sweeping, mopping, cleaning kitchen and bathroom surfaces, laundry and grocery shopping. Outdoor services include snow removal, lawn mowing, window washing, seasonal leaf raking and yard maintenance. Our expansion to Wright County also brings job opportunities in the following areas: housekeeping staff, handyperson work, tech support, lawn care contractor, snow removal, repair and painting staff. We also welcome volunteers of all ages and abilities. If you know someone with skills that match our services, or who wants to give back to their community **please refer them to Kelly Weber, Program Coordinator, at (763) 416-7969 or hometeam@seniorcommunity.org.**

HOME services are provided to age-qualified individuals at any income level. Lower income residents contribute to the cost of the service on a sliding fee scale based on their monthly income and ability to pay, and the HOME Program does accept some insurance payments. If you are a senior, a caregiver, or know someone who could use a little extra help with household chores, yard work or minor maintenance repairs, contact the HOME Team at the above number or email address. We all age, and Senior Community Services knows that most people prefer to age in place at home. To find out more about us, visit www.seniorcommunity.org.

*****The HOME Program office is located down the hall next to city offices. *****





The HOME Program Offering Basic Tech Support for Seniors!

*Your information is **confidential**. No Social Security # or Insurance information required.*

If you need assistance with

- a phone, computer, TV
- texting, video calls, email problems
- and other common technology issues

We can help!

We offer **FREE** support by phone or to seniors who come in to one of our locations for technology help.

We can also visit you in your home to help with problems specific to your situation.

In-home services are provided for a fee.

For questions and more info, call 763-416-7969, or email us at tech@seniorcommunity.org

Explore self-help options and our Tech FAQ on our web site:

<https://seniorcommunity.org/services/tech-support-services/tech-resources-for-older-adults/>

Donations for our no-cost support options are appreciated!



Funded, in part, by a Grant from Wright County

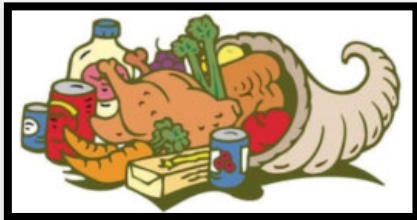
FREE AREA FOOD PROGRAMS

Hanover Food Shelf

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

Hours: Tuesdays & Fridays
12noon to 2pm
Wednesdays, 10am to 2pm
and
1st & 3rd Mondays, 5pm to 7pm.

For more details on these programs please
call the Senior
Center at
763-497-8900.



Alleluia Lutheran Church & Cross Food Shelf

**FREE Produce & Bakery
Distribution.**

Location: Alleluia Lutheran
Church parking lot at 10401 30th St.
NE in St. Michael. (South of St. Mi-
chael near the intersection of Cty Rd
19 & 30th St). The following 2022
Saturdays:

November 13 & 27

December 11 & 18

10:00 to 11:30 am.



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Crow River Senior Center, St. Michael, MN

E 4C 02-1011

NOVEMBER 2022

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please call to sign up for activities. Call 763-497-8900</p>	<p>1 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 9:00A History Grp Noon Lunch at Center 1:30P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group 2:00P-4:00P Art Class</p>	<p>2 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class in person at Albertville Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>3 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo</p>	<p>4 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>7 9A Legal Aid 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P-3:30P Dominoes 1:30P-3:30P Writers Group</p>	<p>8 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 10A Advisory Board Noon Lunch at Center 1:30pm Book Club 1:30P-3:30P Social Bridge 2:00P-4:00P Art Class</p>	<p>9 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class in person at Albertville Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>10 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael"</p>	<p>11 Center Closed</p>
<p>14 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P-3:30P Dominoes 1:30pm Ring and other Home Security Devices</p>	<p>15 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 9:00A History Group 10:30A Healthy Eating for Better Health Workshop Noon Lunch at Center 1:30P-3:30P Social Bridge</p>	<p>16 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Noon Thanksgiving Lunch at Center with Amy & Adams Music to follow 1:30P-3:30P Euchre 1:30P Memory Café at Monticello Senior Center</p>	<p>17 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30P Caregiver Support Group</p>	<p>18 9A 55+ Safe Drivers Class 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>21 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 10A Hearing Check 1:30P-3:30P Dominoes 1:30P-3:30P Writers Group</p>	<p>22 8:30A & 10:00A Fitness Class Virtual 9A-3P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 10:30A Healthy Eating for Better Health Workshop 1:30P-3:30P Social Bridge NO LUNCH TODAY</p>	<p>23 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>24 Thanksgiving Holiday Center Closed</p>	<p>25 Thanksgiving Holiday Center Closed</p>
<p>28 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P-3:30P Dominoes 1:30P Doug Ohman</p>	<p>29 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 10:00A Center Decorating 10:30A Healthy Eating for Better Health Workshop Noon Lunch at Center 1:30P-3:30P Social Bridge</p>	<p>30 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Noon Lunch at Center 1:30P-3:30P Euchre 1:30P What Really Happened to Amelia Earhart by Rob Ellos</p>		<p>All schedules are subject to change. We appreciate your understanding and patience.</p>

**Meal Ordering
Deadline:**

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

**NOVEMBER
2022
SENIOR CENTER
LUNCH MENUS**

Vegetables will be
Chef's Choice..

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

Cost per meal is \$5.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Pasta Hotdish Veggie Dinner Roll	2 Pulled Pork Sandwich Potatoes Veggie	3 Cheeseburger w/lettuce, tomato & onion Tots	4 NO LUNCH <i>Deadline to call in orders for next week.</i>
8 Grilled Chicken Breast Potato Veggie	9 Lasagna Side Salad Dinner Roll	10 Liver & Onions Potatoes Veggie <i>(Chicken Alternative) Deadline to call in orders for next week</i>	11 Center Closed
15 Baked Chicken Baked Potato Veggie	16 Thanksgiving Lunch <i>See details page 2 for tickets</i>	17 Chopped Beef Steak w/onions & mushrooms Mashed Potato Veggie	18 NO LUNCH <i>Deadline to call in orders for next week.</i>
22 NO LUNCH TODAY	23 Swedish Meatballs Mashed Potatoes Veggie Dinner Roll <i>Deadline to call in orders for next week</i>	24 Happy Thanksgiving Center Closed	25 Happy Thanksgiving Center Closed
29 Spaghetti Meat sauce Side salad Dinner roll	30 Sloppy Joe Baked Beans Cole Slaw	Cancellations must be called in 1 day prior or you are responsible for payment of the meal. 497-8900	

DECEMBER 2022

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please call 796-497-8900 to make your reservations for activities.	All schedules are subject to change. We appreciate your understanding and patience.		1 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo	2 9:00A -11:00A Cribbage 1:30-3:30pm 500 Cards 1:30P-3:30P Mahjong Winterfest Sat. Dec. 3 3:00pm-6:00pm
5 9A Legal Aid 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	6 8:30A & 10:00A Fitness Class Virtual 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 10:30A Healthy Eating for Better Health Workshop Noon Lunch at Center 1:30P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group	7 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class in person at Albertville Noon Holiday Lunch at Center with Music from CODA to follow 1:30P-3:30P Euchre	8 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael "	9 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
12 9:30A Fitness Class Virtual 9:00A -11:00A Painting Group 10:30A Receptionist Volunteers Meeting 1:30P—3:30P Dominoes 1:30P Kitchen Volunteers Mtg	13 8:30A & 10:00A Fitness Class Virtual 9:00A-11:00A Joy Stitch Group 10:00A Advisory Board Mtg 10:30A Healthy Eating for Better Health Workshop Noon Lunch at Center 1:30P-3:30P Social Bridge 1:30P Book Club	14 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class in person at Albertville 10:15A St. Cloud Paramount Theater Outing Noon Lunch at Center 1:30P-3:30P Euchre 1:30P Apollo to the Moon by Rob Ellos	15 8:30 & 10:00A Fitness Classes Virtual 9:00A-11A Pinochle Noon Lunch at Center 1:30P Bingo 1:30—3:00 pm Caregiver Sup Grp	16 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
19 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 10A Hearing Checks 1:30P-3:30P Writers Group Dominoes 1:30P Doug Ohman	20 8:30A & 10:00A Fitness Class Virtual 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 10:30A Healthy Eating for Better Health Workshop Noon Lunch at Center 1:30P-3:30P Social Bridge	21 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class in person at Albertville Noon Lunch at Center 1:30P-3:30P Euchre 1:30P-2:30P Memory Café	22 Center Closed	23 Center Closed
26 Center Closed	27 8:30A & 10:00A Fitness Class Virtual 9:00A-11:00A Joy Stitch Group Noon Lunch at Center 1:30P-3:30P Social Bridge	28 9:00A-11:00A Hand & Foot Cards 9:30A Fitness in person at Albertville Noon Lunch at Center 1:30P-3:30P Euchre	29 8:30 & 10:00A Fitness Classes Virtual 9:00A-11A Pinochle Noon Lunch at Center 1:30P White Elephant Bingo	30 Center Closed

**Meal Ordering
Deadline:**

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

**DECEMBER
2022
SENIOR CENTER
LUNCH MENUS**

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

(Menu are subject to change without notice.)

Cost per meal is \$5.00

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Cancellations must be called in 1 day prior or you will be responsible for payment. Call 497-8900				1 Swiss Chicken Wild Rice Blend California Blend		2 NO LUNCH <i>Deadline to call in orders for next week.</i>	
6 TatorTot Hotdish Salad Dinner Roll		7 Christmas Lunch See details page 2 for tickets		8 Oriental Chicken Salad Dinner Roll		9 NO LUNCH <i>Deadline to call in orders for next week.</i>	
13 Southwest Chicken Salad Dinner Roll		14 Spaghetti w/meat Sauce Side Salad Dinner Roll		15 Liver & Onions Potatoes Mixed Veggies <i>*(Chicken Alternative)</i>		16 NO LUNCH <i>Deadline to call in orders for next week.</i>	
20 Sloppy Joe Baked Beans Cole Slaw		21 Meatloaf Mashed Potatoes Mixed Veggies <i>Deadline to call in orders for next week.</i>		22 Merry Christmas! Center Closed		23 Merry Christmas! Center Closed	
27 Goulash Side Salad Dinner Roll		28 Beef Tacos Taco Sauce Sour Cream		29 Chicken Stir Fry Rice Egg Roll <i>Deadline to call in orders for next week.</i>		30 New Year's Eve Center Closed	

Volunteer Opportunities

***Kitchen Servers
Readers Theatre
Washing of Aprons
Receptionists
Choir Director
Bingo Callers
Bingo Sponsors
Donate Bingo Prizes***

Call the Crow River Senior Center at 763-497-8900 to find out more information and to sign up!

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



A NOTE REGARDING THE NEWSLETTER: PLEASE HELP US SAVE COSTS

Please notify the Center if you are gone for the winter or no longer wish to receive the newsletter.

Contact us also if you have a change of address or wish to have the newsletter emailed to you.

This helps reduce additional postage cost greatly.

Thank you.



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