



CROW RIVER

SENIOR CENTER

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

CROW RIVER SENIOR CENTER

11800 Town Center Dr. NE,
Suite 200

St. Michael, MN 55376

Phone: 763-497-8900

Email:
jteigen@crowriverseniorcenter.com

Please note that our payment policy is cash or check; we do not accept credit cards. Please note if paying by check, we request separate checks for each event.

INCLEMENT WEATHER REMINDER

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

Check local news and radio channels for school closings.

CENTER CLOSED:

TUESDAY, NOV. 11TH

WEDNESDAY, NOV. 26TH @ 1:00PM

THURSDAY, NOV. 27TH

FRIDAY, NOV. 28TH

WEDNESDAY, DEC. 24TH

THURSDAY, DEC. 25TH



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

THANKSGIVING LUNCHEON

WEDNESDAY, NOV. 5TH
NOON LUNCHEON
COST: \$12.00

Menu: Turkey, Stuffing, Mashed Potatoes, Gravy, Candied Carrots, Dinner Roll, Dessert.

Music to follow by the Diane Silverberg Duo: Diane Silverberg & Lee Gatlin

MUST REGISTER AND PAY IN ADVANCE BY OCT. 27TH. NO REFUNDS AFTER THIS DATE.

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

HOLIDAY LUNCHEON

WEDNESDAY, DEC. 3RD
NOON LUNCHEON
COST: \$5.00

LOCATION: ST. MICHAEL CATHOLIC CHURCH
ST. JOSEPH HALL
11300 FRANKFORT PARKWAY NE
ST. MICHAEL, MN 55376

Menu: Broasted Chicken & Dressing Dinner with Mashed Potatoes, Gravy, Corn, Cole Slaw, Rolls with Butter, Dessert.

MUST REGISTER AND PAY IN ADVANCE BY NOV. 21ST. NO REFUNDS AFTER THIS DATE.

SPONSORED BY THE HANOVER, ST. MICHAEL AND ALBERTVILLE LIONS

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

1936 BERLIN OLYMPICS: THE NAZI GAMES

WEDNESDAY, DEC. 10TH 1:30PM
PRESENTED BY DAVID JONES

The 1936 Olympic Games held in Berlin are notorious for the tightly controlled image the Nazis presented to the world. But, these Games also became a blueprint for future Games that is followed to the present day. We will look at the history of the Olympics and the complicated legacy of the 1936 Games.

CALL THE CENTER TO REGISTER.

HOW TO WRITE YOUR "ETHICAL WILL": AN INTRODUCTION TO WRITING LEGACY LETTERS

MONDAY, NOV. 10TH 10:00AM—12:00PM
INSTRUCTED BY BILL MARSALA

Perhaps like many people you have written your 'Legal Will' documenting how you wish to pass on your 'valuables' to your loved ones along with your 'Living Will' or health care directive documenting the specific actions that should be taken if you were no longer able to make decisions for yourself due to illness or incapacity. But have you written your "Ethical Will"? This 90 minute class will teach you how to write 'legacy letters' (a modern practice grounded in the Biblical Tradition of writing an 'Ethical Will'). You will learn the universal needs of legacy writing for you, the writer and your heirs. Through simple interactive writing practice, you will learn the principles and techniques for writing simple but profound letters that convey your greatest treasures- your faith, life's lessons and values. You will see real examples of how legacy writing has impacted individuals and families and connect the dots between how writing your 'Ethical Will' can inform your Legal Will (i.e. estate planning).

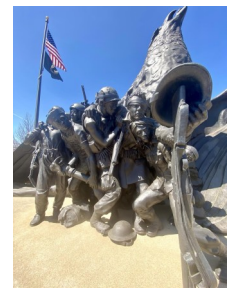
This is a free class.

CALL THE CENTER TO REGISTER.

A VIRTUAL ROAD TRIP AROUND MINNESOTA: VETERAN MEMORIALS

THURSDAY, NOV. 6TH 10:30AM
PRESENTED BY JAY GRAMMAND

Minnesota is home to a remarkable array of Veteran Memorials - each with its own story and significance. From street names to granite monuments to powerful statues and unique tributes, these memorials honor the bravery and sacrifice of our servicemen and women in meaningful ways. Join us as Jay takes you on a virtual road trip around the state, showcasing some of the most inspiring memorials he has encountered in his travels. Discover hidden gems and well-known landmarks that pay tribute to veterans from war and peace time across the ages.



CALL THE CENTER TO REGISTER.



CENTER MOVIES

THE GREAT TURKEY TOWN MIRACLE
FRIDAY, NOV. 14TH 1:00PM

Widowed, morning-drive DJ, Connor McCloud's radio station has been sold and there is no longer a need for a morning drive DJ so he is let go. With two daughters in high school, Connor must start looking for new employment immediately. With good jobs few and far between, especially for a middle-aged DJ, he meets Ethan, a believing homeless man who encourages him and after many failed job interviews, miraculously, the House of Hope, a busy homeless shelter, hires Connor to be their Procurement Director. His first assignment? To obtain 4,000 turkeys for families in need on Thanksgiving, just one month away! One thing is certain: he will require a miracle to pull this off. Starring Cameron Arnett, Angus Benfield, Jessica Rae.

(2023) Rated PG, 1HR 30MIN

CALL THE CENTER TO REGISTER.

FAMILY SWITCH

FRIDAY, DEC. 12TH 1:00PM

A family descends into chaos days before Christmas when a rare cosmic event causes the parents to swap bodies with their teenage kids. Starring Jennifer Garner, Ed Helms, Emma Myers. (2023) Rated PG, 1HR 46MIN

CALL THE CENTER TO REGISTER.

LIFESTYLE MEDICINE FOR CHRONIC DISEASE

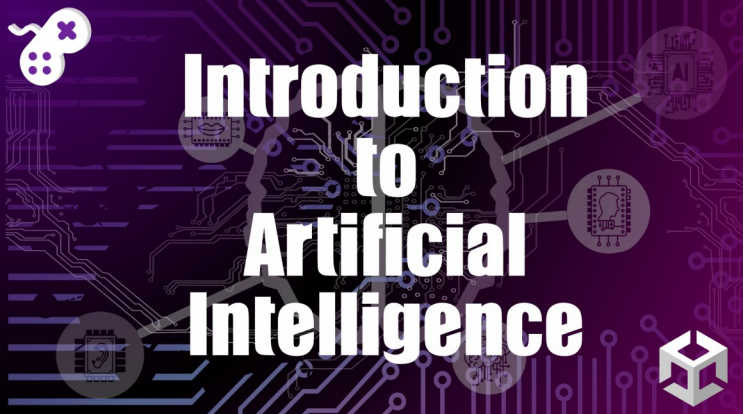
THURSDAY, NOV. 13TH 10:30AM

PRESENTED BY:

JESSICA GUERRERO, M.S., RN, NBC-HWC
THIS IS YOUR LIFE COACHING

If you're looking for alternatives to medicine for long term management of your high blood pressure, heart disease, diabetes, or other chronic illnesses, this is the course for you! In this insightful session, we'll explore the powerful role of lifestyle interventions in preventing and managing chronic conditions, offering practical guidance and evidence-based strategies for enhancing your health and well-being. Whether you're seeking to reduce medication reliance, improve quality of life, or enhance longevity, this presentation equips you with the knowledge and tools to take control of your health destiny.

CALL THE CENTER TO REGISTER.



INTRO TO AI (ARTIFICIAL INTELLIGENCE)

WEDNESDAY, NOV. 12TH 1:30PM

PRESENTED BY CYNTHIA FROM SENIOR COMMUNITY SERVICES

Curious about AI? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI is being used today, what its current limitations are, and how it will shape the future!

CALL THE CENTER TO REGISTER.

ACUPUNCTURE FOR NEUROPATHY: A NATURAL WAY OF LIVING

FRIDAY, NOV. 14TH 10:00AM
PRESENTED BY DR. SELENE SILVA, DCM, LAC
MODERN POINT ACCUPUNCTURE

Neuropathy can cause pain, tingling, or numbness that disrupts daily life. Acupuncture offers a drug-free option to help manage these symptoms. By stimulating specific points on the body, acupuncture helps improve blood flow, reduce inflammation, and stimulate the nervous system. This can encourage damaged nerves to function better, ease pain signals, and restore sensation.

CALL THE CENTER TO REGISTER



ORNAMENT PAINTING

THURSDAY, DEC. 4TH 10:00AM
CLASS LED BY JULIE D. FROM PAINT THE TOWN

Join us for a fun and festive Ornament Paint Party where creativity meets holiday cheer! This event is perfect for all skill levels, offering a relaxed and joyful atmosphere to paint your own unique ornaments. We'll provide all the supplies, four ornament styles to create, and step-by-step guidance to help bring your vision to life. Whether you're making a keepsake for yourself or a handmade gift for someone special, you're sure to leave with something beautiful and a heart full of holiday spirit!

REGISTRATION OPENS WEDNESDAY, NOV. 12TH.

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.



HOLIDAY FINGER KNITTING

THURSDAY, DEC. 11TH
9:00AM—11:00AM

Using the popular finger knitting technique, select a personalized project and give it some holiday flair. Craft a stocking in classic red or choose any color that complements your decor. Another choice is a cheerful bag that can be utilized for gifting or holiday shopping.

REGISTRATION OPENS WEDNESDAY, NOV. 12TH. CHOOSE OPTION 1 OR 2 AND PICK A PRIMARY COLOR.

OPTION 1: HOLIDAY STOCKING

OPTION 2: HOLIDAY BAG

PRIMARY COLOR CHOICES: RED - CREAM - BLUE - GREEN - WHITE

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.



**PRECISION DRIVING CENTER
55+ DRIVING CLASS**

4 HOUR CLASS

TUESDAY, NOV. 4TH

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.**

CHRISTMAS TRADITIONS

WEDNESDAY DEC. 17TH 1:30PM

PRESENTED BY DOUG OHMAN

Take a nostalgic trip back to your childhood with historian, Doug Ohman as he shares the wonderful traditions of Christmas at the country church. He will share stories, photographs and history of the most celebrated of all holidays, Christmas.

CALL THE CENTER TO REGISTER.



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SILVERSNEAKERS

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

No Classes:

November 3rd—7th
 November 28th
 December 22nd—January 2nd

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!

CARDIO DRUMMING

NEW TIMES!

TUESDAY, NOV. 18TH 1:30PM
 TUESDAY, DEC. 9TH 1:30PM

\$10.00 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 \$10.00.

Interested in learning what Cardio drumming is all about? Try it out at the Center! The classes are taught by wellness coach Tanya Lotts who absolutely loves fitness! Her purpose is to help others get their bodies moving, feel amazing and have FUN! She has been teaching fitness for over 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 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, NOV. 4TH AND DEC. 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

WEDNESDAYS
NOV. 19TH AND DEC. 17TH
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 November and December with a program provided by the Master Gardeners.

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, Nov. 3rd
Monday, Dec. 1st
9:00, 9:30 or 10:00am

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TRIPS AND CONCERTS

TREASURE ISLAND CASINO

MONDAY DEC. 1ST \$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 Nov. 17th. No refunds after this date.

LE MUSIQUE ROOM: AN ELVIS GOSPEL CHRISTMAS

SUNDAY, NOV. 23RD 2:00PM

\$33.00

Elvis loved Christmas and his amazing career reflects that love. Now hear Mick Sterling and his band bring to life what the King loved so much. This show is a CD Release celebration as well as Mick and the band releases from The King for the King / The Gospel According to Elvis CD's.

Must register and pay in advance by Nov. 14th. No refunds after this date.

LE MUSIQUE ROOM: GRAND OLE OPRY CHRISTMAS

MONDAY, NOV. 24TH 1:00PM

\$33.00

This show honors the Christmas recordings of the pillars of Country and Rock and Roll in this joyous presentation featuring, along with Mick Sterling four more incredible lead vocalists, Cate Fierro, Shalo Lee, Lisi Wright and Dan Neale. All of the classic Christmas songs and some really fun ones you may not be familiar with, joined by traditional Gospel and Spiritual songs round out this wonderful performance.

Must register and pay in advance by Nov. 14th. No refunds after this date.

LE MUSIQUE ROOM: 50'S ROCK 'N' ROLL CHRISTMAS

MONDAY, DEC. 15TH 1:00PM

\$33.00

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 (and many more!) that you want, played just the way those legends played it...you have found your dream band! Minnesota's own Holy Rocka Rollaz brings back the sound, the look, the memories and nostalgia of one of America's most treasured eras.

Must register and pay in advance by Dec. 5th. No refunds after this date.

REGISTRATION/CANCELLATION FOR TRIPS

- Please register by specific date listed.
- Register early as seats are limited.
- No refunds after registration date.
- If you need to cancel, call the Center as soon as possible.

LE MUSIQUE ROOM 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.



BINGO

THURSDAYS, 1:30PM

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



Bingo sponsored by
NorBella
Nov. 13th, 1:30pm



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

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

EUCHRE

FRIDAYS, 1:00PM—3:30PM

MAHJONG

FRIDAYS, 1:00PM—3:30PM



CRIBBAGE TOURNAMENT

FRIDAYS, 9:00AM—11:00AM

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



BOOK CLUB

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

Date Change to Third Tuesday

November 18th: Still Life
 By Louise Penny

December 9th: Holly
 By Stephen King

January 13th: The Boys
 By Katie Hafner

February 10th: Horse
 By Geraldine Brooks

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 Donna at 763-334-0991 or Darlene at 763-497-4324.

ARTIST GROUP

MONDAYS 9:30AM—11:00AM

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



STITCH GROUP

TUESDAYS 9:00AM—11:00AM

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



HISTORY GROUP

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

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

SNOWFLAKES

BY SANDRA NELSON

Snowflakes dance their way to the ground
Landing softly without making a sound.

Their crystals shine with a sparkling light,
Like diamonds glistening, dazzling bright!

Hundreds of snowmen lay unassembled on earth,
Awaiting small children to sculpt them to birth!

Now, on moonscapes all across our land,
Motionless snowmen proudly stand!

Children enjoy winter, the delight it can bring.
When it gives way they welcome spring!



READERS THEATRE

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

GLASSES AND HEARING AIDS

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

Hanover City Hall
Crow River Senior Center

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

DONATIONS NEEDED:

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

AARP FOUNDATION NOW RECRUITING VOLUNTEERS FOR TAX-AIDE

Tax-Aide offers free in-person tax preparation and assistance to low and moderate income individuals nationwide. Volunteers make a difference in their communities by helping taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. There are a variety of volunteer roles, including tax preparers, client facilitators, and those who can provide technical and management assistance. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification. To learn more visit aarpfoundation.org/taxaidevolunteer or call 1-888-OUR-AARP (1-888-687-2277)

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.

READERS THEATER, OTSEGO, ELK RIVER/BIG LAKE

Utilize your expressive voice and smiling face to demonstrate to young children just how important and fun reading can be! Members of this group select days and times to read within libraries and local elementary and preschools as requested. One short practice a month and your choice of reading dates.

GUARDIAN ANGELS (VARIOUS LOCATIONS)

Musician/Performer: Share your musical talents by singing and/or playing instruments for residents. Pianos are available at many Guardian Angels locations. Performances should be about 30-45 minutes long, weekly, or twice a month.

Pet Visits: Bring your lovable, furry friend and spread the love at your choice of locations in Elk River, Otsego, or Albertville. Volunteers must provide proof of current vaccinations for the animal. Pets must be well mannered, well trained and get along with other pets. Weekly or twice a month

GREAT RIVER FAITH IN ACTION

Driver: Coordinate pickup times for clients and transport clients to medical and social service appointments using your personal vehicle. Some clients may need help exiting and entering the vehicle. The biggest need is around Otsego, Elk River, and Big Lake.

Senior Visitor: Loneliness can strike for anyone and is especially difficult among older adults and those with physical limitations. Make a difference in an adult's life by being a friendly visitor! Participate in activities and games when visiting and create sunshine in an adult's life.

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**WEDNESDAY, NOV. 12TH****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****1ST AND 3RD 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.
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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

DEARS GONE WILD BOUTIQUE AND BAKE SALE

Sponsored by:
American Legion Post 567 Auxiliary
Saturday, Nov. 8th
11:00am—3:00pm
Liberty Restaurant / American Legion

TURKEY BINGO

Sponsored by:
American Legion Post 567 Auxiliary
Saturday, Nov. 15th
Ticket sales start at 1:00pm, Bingo starts at 2:00pm
Liberty Restaurant / American Legion

ALBERTVILLE LIONS RED CROSS BLOOD DRIVE

Tuesday, Nov. 18th
12:00pm—6:00pm
St. Albert's Parish Center
11400 57th St. NE, Albertville

HANOVER FIRE RELIEF ASSOCIATION TURKEY BINGO

Friday, Nov. 21st
Doors open at 6:30pm, Bingo starts at 7:00pm
\$0.50 Per card per game
Hotdogs, Hamburgers, pizza and beverages will be available for sale during the event.
Location: Hanover Fire Hall

ALBERTVILLE LIONS CHRISTMAS IN THE PARK

Sunday, Nov. 30th
2:00pm—6:00pm
Tree Lighting at 5:00pm
Central Park
5801 Main Ave NE
This event is free to everyone!

CAROLING AT HISTORICAL HANOVER BRIDGE

Friday, Dec. 5th
6:00pm—8:00pm

WINTERFEST

Saturday, Dec. 6th
2:00pm—5:00pm
St. Michael City Hall and Park

CONFIDENT CAREGIVER SERIES

EVERY TUESDAY IN NOVEMBER

11:00AM—12:00PM EDUCATION/RESPIRE

12:00PM—1:00PM LUNCH PROVIDED

Join us for our Confident Caregiver Series — weekly sessions designed to help you feel more confident, connected, and supported while caring for your loved one. Respite available upon request and joint lunch following each session.

Location:

Guardian Angels Corporate Office
508 Freeport Ave NW, Elk River, MN 55330

- November 4th: Caregiver Wellbeing
- November 11th: Understanding Health Needs
- November 18th: Basic Safety & Care
- November 25th: Communication & Advocacy

With questions or to RSVP please reach out to Stacy: smohs@ga-er.org or 763.270.3370

WELLNESS ON WHEELS

WEDNESDAY, NOV. 5TH 1:00PM—3:00PM & DEC. 3RD 1:30PM—3:00PM

NO APPT. NEEDED

The Wellness on Wheels (WOW) Program promotes healthy living for individuals and families by providing teaching, guidance, support, screenings, and immunizations. Public Health Nurses provide services including: immunizations for all ages (eligibility varies depending on vaccine); screening and individual consultations for blood pressure (free), cholesterol (\$35), and hemoglobin A1c (\$15); home radon test kits (\$5 for a short term kit); and general health and community resource information.

SENIOR COMMUNITY SERVICES

HOME PROGRAM

NOV. 18TH AND DEC. 16TH

10:30AM—11:30AM

Kelly from Senior Community Services Home Program will be available the 3rd Tuesday of every month from 10:30am to 11:30am at the Senior Center to answer questions and provide information on programs related to services provided by the Home Program, including: Repair/Maintenance Services, Lawn/Snow Services, Housekeeping, etc. You may also register for these services at that time. These services are based on a sliding scale fee. For questions, please call Kelly at 763-231-6281.

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 art-work 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.

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

We deeply value our senior community [ages 62+ and STMA residents] and want to share the amazing things happening in STMA Schools. Join us for special opportunities throughout the year designed just for you!

We are happy to offer these at no cost to you.

Activity Pass

Pick up your FREE Activity Pass!

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

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

Theater Performances

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

WHERE: High School Performing Arts Center

 Fall Musical: *Pippin* November 9, 2025, 2:00 p.m.

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

Art with Kids

Art is an integral part of educating the whole child at STMA.

Come share in the joy with our littlest knights!

WHERE: STMA Elementary Schools


 October 21, 2025

Please call 763-497-3180 by October 10 to reserve your spot!

Tech Buddies from Knights Academy


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

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

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

Walk at the Activity Center

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

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

Music Concerts

Band Concert – Featuring our outstanding middle school band students.

 November 10, 2025 at the Middle School West Auditorium

Choir Concert – Featuring our outstanding middle school choir students.

 November 18, 2025 at the High School Performing Arts Center

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.

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latest City
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

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

CRSC ACTIVITIES CALENDAR—NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04	05	06	07
<p>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</p>	<p>9:00A 55+ Drivers Class 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 12:00P Golden Age of Hanover 1:15P-3:30P Bridge 1:30P Parkinson's Support Group</p>	<p>9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Thanksgiving Luncheon 1:00P Wellness on Wheels 1:15P-3:30P 500 Cards</p>	<p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:30A Veteran Memorials Presentation 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>
10	11	12	13	14
<p>9:00A SilverSneakers (Alberville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 10:00A Legacy Letter Class 1:30P—3:30P Dominoes</p>	CENTER CLOSED	<p>9:00A SilverSneakers (Alberville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 12:30P Tech Buddies 1:15P-3:30P 500 Cards 1:30P Artificial Intelligence Presentation</p>	<p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:30A Lifestyle Medicine for Chronic Disease Presentation Noon Lunch at Center 1:30P Bingo sponsored by NorBella</p>	<p>9:00A SilverSneakers (Alberville) 9:00A-11:00A Cribbage 10:00A Acupuncture for Neuropathy Presentation 11:00A Enhance Fitness (Zoom) 1:00P Movie 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p>
17	18	19	20	21
<p>9:00A SilverSneakers (Alberville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P Writer's Group</p>	<p>9:00A-11:00A Stitch Group 9:00A-11:00A History Group 10:30A Home Program 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P-3:00P Tech Support 1:15P-3:30P Bridge 1:30P Book Club 1:30P Cardio Drumming</p>	<p>9:00A SilverSneakers (Alberville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Memory Café at the Crow River Senior Center</p>	<p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Caregiver Support Group 1:30P Bingo sponsored by Beaudry Hometown Insurance</p>	<p>9:00A SilverSneakers (Alberville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p> <p style="text-align: center;">Sunday, Nov. 23rd at 2:00P Le Musique Room: An Elvis Gospel Christmas</p>
24	25	26	27	28
<p>9:00A SilverSneakers (Alberville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Le Musique Room: Grand Ole' Opry Christmas 1:30P—3:30P Dominoes</p>	<p>9:00A-11:00A Stitch Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge</p>	<p>9:00A SilverSneakers (Alberville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center</p> <p style="text-align: center;">CENTER CLOSSES AT 1:00PM</p>	CENTER CLOSED	CENTER CLOSED

CRSC LUNCH MENU—NOVEMBER 2025

MEAL ORDERING DEADLINE

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

Vegetables will be Chef's Choice.

Menu is subject to change without notice.

Cost per meal is \$7.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04	05	06	07
Tater Tot Hotdish Side Salad Dinner Roll	THANKSGIVING LUNCHEON	Salmon with Orange-Pineapple Pepper Seasoning Rice Pilaf Broccoli	NO LUNCH Deadline to call in orders for next week.
11	12	13	14
CENTER CLOSED	Spaghetti Meat Sauce Side Salad Breadstick	Cobb Salad Dinner Roll	NO LUNCH Deadline to call in orders for next week.
18	19	20	21
Pulled Pork Sandwich Baked Beans Coleslaw	Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative)	Salisbury Steak Mushroom Gravy Mashed Potatoes California Blend	NO LUNCH Deadline to call in orders for next week.
25	26	27	28
Chili Side Salad Corn Bread	Chicken Fettuccini Alfredo Side Salad Breadstick	CENTER CLOSED	NO LUNCH Deadline to call in orders for next week.

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

CRSC ACTIVITIES CALENDAR—DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
<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) 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group</p>	<p>9:00A-11:00A Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) 12:00P Golden Age of Hanover Noon Lunch at Center 12:30P 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) Noon Holiday Luncheon (St. Joseph Hall) 1:15P-3:30P 500 Cards 1:30P Wellness on Wheels</p>	<p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Ornament Painting Class 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>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 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge 1:30P Book Club 1:30P Cardio Drumming</p>	<p>9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at the Center 1:15P-3:30P 500 Cards 1:30P 1936 Berlin Olympics Presentation</p>	<p>9:00A-11:00A Pinochle 9:00A Finger Knitting Stockings or Bags 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 1:00P Movie</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: 50's Rock 'n' Roll Christmas</p>	<p>9:00A-11:00A Stitch Group 9:00A-11:00A History Group 10:30A Home Program 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P 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) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Doug Ohman 1:30P Memory Café at the Crow River Senior Center</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>	<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>
22	23	24	25	26
<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 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge</p>	CENTER CLOSED	CENTER CLOSED	<p>9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre</p>
29	30	31		
<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 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge</p>	<p>9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at the Center 1:15P-3:30P 500 Cards</p>		

CRSC LUNCH MENU—DECEMBER 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
02	03	04	05
Chicken Supreme Casserole Side Salad Dinner Roll	HOLIDAY LUNCHEON AT ST. JOSEPH HALL	Lasagna Side Salad Dinner Roll	NO LUNCH Deadline to call in orders for next week.
09	10	11	12
Chef's Salad Dinner Roll	Liver & Onions Sautéed Baby Reds Buttered Carrots <i>(Chicken Alternative)</i>	Chicken Breast w/ Garlic Cream Sauce Mashed Potatoes Green Beans	NO LUNCH Deadline to call in orders for next week.
16	17	18	19
Breaded Fish Filet Tarter Sauce Baked Potato Coleslaw	Cabbage Rolls Veggie Dinner Roll	Chicken Wild Rice Soup Ham and Cheese Sandwich	NO LUNCH Deadline to call in orders for next week.
23	24	25	26
Swedish Meatballs Mashed Potatoes Corn	CENTER CLOSED	CENTER CLOSED	NO LUNCH Deadline to call in orders for next week.
30	31		31
Baked Ham Scalloped Potatoes Green Beans Dinner Roll	Chopped Beef Steak w/onions and mushrooms Mashed Potatoes Corn		NO LUNCH Deadline to call in orders for next week.

****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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MEDICARE OPEN ENROLLMENT
OCT. 15TH—DEC. 7TH

It's important to review your Medicare plan every year so everything you need is still covered.

- Plan premiums and drug coverages may change
- New plans may be a better option
- You might qualify for help to cover Medicare costs.

Call Senior Linkage Line to find the best plan for you!

1-800-333-2433



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