

CROW RIVER SENIOR CENTER

November/December 2021
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."*

Greetings!

Fall is here, and what beautiful colors and weather we have been experiencing.

I am happy to announce the addition of staff at the senior center. Please warmly welcome the new office assistances Laurie Lenneman and LeAnn Yantes (bios on page 2). We want you all to stay well with the upcoming cold and flu season on top of the COVID pandemic. We continue to take extra precautions to keep you safe when you enter the senior center. Keep in mind things can change if any mandates are issued. If you are not feeling well, we ask you to please stay home. Your continued cooperation and understanding during this unusual time are sincerely appreciated. It's been tough on all of us, and together, looking out for one another, we can get through this. Please read this edition of the newsletter thoroughly for all that we are offering. Please stay well and spread your kindness.

Respectfully, Vonnie Waters



Hanover Lions Donate to the Crow River Senior Center Meals on Wheels program!

A HUGE THANK YOU to the Hanover Lions Club for the incredibly generous donation of \$10,000.00 to the Meals on Wheels program that has exploded with the COVID Pandemic. We currently service over 130 individuals with our program. This donation will help in many ways for our meals on wheels program with our local seniors.



11800 Town Center Drive NE, Suite 200, St. Michael, MN 55376 • (763) 497-8900
Vonnie Waters, Center Director • vwaters@crowriverseniorcenter.com
www.mnseniorcenters.org - Center Hours-please check the schedule or call Center.

Welcome Aboard!!

Please give a warm welcome to our new additions of Senior Community Services/Crow River Senior Center staff. Laurie and LeAnn will be job sharing the part-time assistant position at the Crow River Senior Center. We are excited to have them here!



My name is Laurie Lenneman. My husband, Jerry, is a life-long resident of St. Michael. I have been a member of the community for over 40 years. I was a secretary, supervisor and paralegal in a law firm downtown Minneapolis for 42 years. I enjoy baking, cooking, gardening and canning. Jerry and I enjoy spending time with family and friends. I look forward to working with Vonnie and with everyone at the Crow River Senior Center.

My name is LeAnn Yantes and I am excited to be one of Vonnie's new assistants. My family and I moved to St. Michael in 2009 and have truly enjoyed the community. I am fortunate enough to be celebrating 30 years of marriage in November and during those years we have raised two incredible young women. Our eldest was married in January 2020 and the youngest this past July. My husband and I enjoy traveling adventures, time spent with family & friends, bowling, volleyball and have recently taken up pickleball. I am looking forward to meeting everyone and being a part of the team at the Crow River Senior Center.



**Free Hearing Screening
Wednesday
November 17
@ 10:00 am**

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 on Wednesday, **November 17^h from 10:00 am to 12:00 pm.** Please call the Crow River Senior Center at (763) 497-8900 to reserve a time for your hearing screening. **This is a FREE Service. Call to make your reservation at least one day prior.**



Genealogy

Come find your family!

We will be teaching introductory lessons on the free library tools FamilySearch.org and Ancestry.com. Learn how to look up and navigate the websites to locate family and friends. Bring your laptops if you can and want to work along with us. Intergenerational activity for age 16 and up in partnership with the Great River Regional Library of St. Michael.

**Wednesday, November 17
6:00-7:00 p.m.**

Location: Gries, Lenhardt & Allen Room

Please call 763-497-8900 to make your reservation for this Free event.

**Line Dancing
for Beginners
Wednesday's
@ 10:00 am
at Hanover City Hall.
Cost: \$5 per session.**

Studies show that dancing is one of the best forms of exercise for staying healthy and living longer - plus it's a lot of fun!

This is an opportunity to learn the basic steps of line dance in a casual and fun setting. Our instructor will teach a new and simple dance each week, dancing to a variety of music, including classic and contemporary country and pop. No experience required, and you don't need a partner! Come and join in the fun!

Please call the senior center at 763-497-8900 to register for each class at least one day in advance or sooner. Payment will be made to the instructor Amber Brand at the class.

**Location: Hanover City Hall
11250 5th St NE, Hanover, MN 55341**



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 1, 8, 22 & 29

December 6, 13 & 20

9:00 a.m. to 11:00 a.m.

Writers Group

Mondays

November 1 & 15

December 6 & 20

1:30 p.m. to 3:30 p.m.

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. The writers group meets the First and Third Monday each month, unless otherwise noted on the schedule.

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 a.m. to 11:00 a.m.

September and October

(NO Group 11/23)

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 2 & 16

December 7 & 21

Time: 9:00 a.m. to 11:00 a.m.

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. We are back in person!

Tuesday, November 9 @ 1:30 p.m.

“Firefly Lane”

by Kristin Hannah

Tuesday, December 14 @ 1:30 pm

“Ruby and Roland”

by Faith Sullivan

Dates are listed above

Time: 1:30 pm to 3:30 pm

You do not have to have the full book read to join the discussion.



MEDICARE



Medicare Open Enrollment October 15 -December 7 Senior LinkAge Line Can Help

Even if you are happy with your Medicare plan, it is important to review your plan every year to make sure everything you need is still covered. Plans can change year to year.

Some plans are no longer available, while new plans may be an option.

Plan premiums and prescription drug coverage may change.

You might qualify to receive help to cover Medicare costs.

To make sure your call goes as smoothly and quickly as possible be sure to have the following items ready when you call:

Your Medicare Card

Your username and password for the Medicare.gov website

A list of medications you are taking including dosages and quantity

Medicare can be complicated, but you are not alone. Senior LinkAge Line® can help you find the best plan for you. Though we are not providing in-person meetings during the COVID-19 pandemic, we can still help by phone at: **800-333-2433 Monday-Friday, from 8:00 am to 4:30 pm**



The Senior LinkAge Line® is a free, statewide service of the Minnesota Board on Aging in partnership with Central MN Council on Aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the services and support they need



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Crow River Senior Center, St. Michael, MN

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CLASSES

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

Join in our regular weekly classes:

Monday & Wednesday 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:

**Check with the Senior Center
for future classes in 2022**



**To register, please call the
senior center at 763-497-8900**

Registration will be taken at the Crow River Senior Center. **Class spaces are limited. Payment will be due in advance to secure your spot.** Wellness checks will be preformed at the door before entering the class. If you are not well we ask that you please stay home. Full details will be given once you call to register. **Checks made payable to the Crow River Senior Center.** NO walk-ins everyone must register ahead of time with payment.

CROW RIVER SENIOR CENTER 763-497-8900

AARP FOUNDATION NOW RECRUITING VOLUNTEERS FOR TAX-AIDE

*AARP Foundation Tax-Aide is the nation's largest
volunteer-run tax preparation service*

AARP Foundation Tax-Aide has kicked off volunteer recruitment for its Tax-Aide program, the nation's largest volunteer-run tax-preparation service. The Foundation is looking to expand its team of volunteers for the upcoming tax season and is accepting new volunteers.

There are a variety of volunteer roles, including tax preparers, client facilitators, those who can provide technical and management assistance, and interpreters. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

To learn about our volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in coordination with the IRS.



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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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. **This group meets the first Tuesday of each month at 1:30 pm.**

**Tuesdays,
November 2 & December 7
@ 1:30 pm to 3:00 pm**

Meetings are in person at this time.

Call 763-497-8900 to make your reservation please.

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 18 &
December 16
@ 1:30 pm to 3:00 pm**

Meetings are in person at this time.

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

Call 763-497-8900 to make your reservation.

Tech Help is available!

Need help with your smart-phone, tablet, computer, or TV system? Want to join on a Zoom meeting but not sure how? The HOME Program now offers FREE tech support at our Senior Center, and in-home tech support for a small fee.

Our tech-savvy volunteers are available by appointment to meet you at the Crow River Senior Center to safely offer in-person support, or phone support at specified times in order to provide one-on-one help to older adults with technology issues.

If you would like to meet with one of our volunteers for a no-cost support session, call 763-497-8900 to schedule an appointment. Be sure to bring your equipment with you!

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.



SENIOR
COMMUNITY
SERVICES

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 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 763-682-7456 with questions.

Date: Tuesday, November 23, 2021 By Appointment only.

Location: Crow River Senior Center.

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

Cost: \$15.00 paid to the Wright County Health Department.

Please arrive no more than 5 minutes before your appointment time. Wellness screening will be given upon arrival. 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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MEMORY CAFÉ & SUPPORT



SENIOR COMMUNITY SERVICES 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 the supplies are provided for you. You can participate in person at the Crow River Senior Center.

Our meetings are held
the 3rd Wednesday
of each month
1:30pm – 2:30pm



To Register Call
763-497-8900

Questions? Call Becky Allard, LSW at 952-746-4028

This service is supported, in part, by Hennepin County, municipalities, Title III Grants from Trellis and CMCOA, a Dementia Grant from the Minnesota Board on Aging, and a Live Well at Home Grant from Minnesota Department of Human Services.



DO YOU HELP AN OLDER ADULT WITH DAILY LIFE?

The stress of a caregiving role can be life changing. With the COVID-19 pandemic, we are here to help via phone, email, and video chat.

**Contact Becky Allard, LSW at
952-746-4028**

TECH CLASSES & LEGAL

E-Books and Podcasts How to for Seniors

Are you ready to use your tablet or phone to read e-books or listen to a podcast? Come join this informal group as we go over the how, when and whys of getting access to e-books and podcast apps. for seniors. Registration required one day prior to the event. However, we suggest you sign up early as space is limited.

Call the Crow River Senior Center at 763-497-8900 to register. Limit of 10.

E-Books

Monday, November 15

Time: 10:00 a.m.

Location: Crow River Senior Center

Podcasts

Wednesday, November 24

Time: 1:00 p.m.

Location: Crow River Senior Center

TED TECH TALK!

Interested in learning how to use and iPad or learn more about them? Maybe you have been wondering if an iPad is right for you? Here is your chance to find out more about the technology, as we are happy to announce that we will have our very own Ted Tech Talk!

Our HOME Program volunteer Ted will walk you through the fundamental use of an iPad and more. You do not have to own an iPad or be a current HOME Program participant to join this class. We will provide you with an iPad for the in house class time, or you can bring your own if you have one. Class times and dates:

**Tuesday November 30th at 9:30am,
Thursday December 9th at 1:30pm.**

Make a reservation for this FREE class today by calling 763-497-8900. Spaces will be limited to 10, so be sure to sign up early!

LEGAL SERVICES

The St. Cloud office of Mid-Minnesota Legal Aid has received a grant of Older Americans Ace 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 the monthly at the Crow River Senior Center.**

Call the center 763-497-8900 to schedule your appointment.

Next available dates:

Monday, November 1 & Monday, December 6

@ 9:00, 9:30 or 10:00 a.m.

GAMES



Mystery Bingo
November 4 & December 2
@ 1:30 p.m.

White Elephant Bingo
December 23 @ 1:30 p.m.
 Bring a White Elephant gift
 wrapped to join the fun.

Let's Play
Yahtzee!
Thursdays
at 9:30 a.m.



To play Yahtzee safely each person will get their own dice with a game box and will play with the same dice for the entire time they are playing that day, no sharing. Dice, cups and boxes will be sanitized after each game day. Please feel free to call and inquire for more information. We strongly encourage reservations so that we have enough players.

Thursdays, November 4 & 18
December 2, 9, 16 & 23
@ 9:30 am

Here is the list of games currently being offered at the Crow River Senior Center.

They are typically weekly however, there may be some dates that we have to skip due to space scheduling. Please check the calendar for any of those dates.

We ask that you be respectful of game start/stop times and your fellow participants. Time must be allowed daily to sanitize all spaces in between each activity and lunch. Your courtesy and cooperation is greatly appreciated.

Bingo.....	Thursdays listed	1:30 pm – 3:00 pm
Social Bridge.....	Tuesdays	1:30 pm – 3:30 pm
Cribbage.....	Fridays	9:00 am – 11:00 am
Dominos- Mexican Train.....	Mondays	1:30 pm – 3:30 pm
Euchre.....	Wednesdays	1:30 pm – 3:30 pm
Hand & Foot Cards.....	Wednesdays	9:00 am – 11:00 am
Mahjong.....	Fridays	1:30 pm – 3:30 pm
Pinochle.....	Thursdays	9:00 am – 11:00 am
Yahtzee.....	Thursdays	9:30 am – 11:00 am
500 Cards.....	Fridays	1:30 pm – 3:30 pm

Doug Ohman Presents

Join us as Doug Ohman Presents:

We are delighted to have Doug Ohman join us again for more of his wonderful story telling. Please call 763-497-8900 to reserve your spot for the upcoming presentations in November and December. Call early, seats are limited.

Thursday November 18 @ 1:30 pm Memories of the Brave - Minnesota Medal of Honor recipients



Take a walk back throughout our nations history with historian Doug Ohman as he explains the story of the Medal of Honor and highlights many Minnesota soldiers who sacrificed so much to be honored with this medal.



Thursday December 16 @ 1:30 pm County Fair - A Minnesota Tradition

Enjoy photos and stories as historian Doug Ohman takes you back to the days when the county fair was the highlight of the summer. Doug has explored the origins of the many traditions and entertainment we have all enjoyed.



MEALS ON WHEELS PROGRAM



MEALS ON WHEELS

763-497-8936

SERVING OUR COMMUNITY WHEN WE NEED IT MOST!

The Crow River Senior Center is the Meals on Wheels site for Albertville, Hanover & St. Michael. If you know of a senior 60 and over that needs this service, please share this information with them. **The cost is \$4.50 per meal.** Meals are delivered by volunteers Tuesday through Friday and are prepared by the River Inn of Hanover. Currently we are delivering to over 130 participants.

The Meals on Wheels program is available for those seniors in need of a hot, fresh meal unable to prepare for themselves and are homebound. Especially during Stay Safe MN statewide restriction we are here to help fill the need. Meals on Wheels is an essential program that will keep running. If you are in need please call right away to get signed up. It's quick to get signed up and is for any senior 60 and over. *If there is a financial hardship please call me; we have a program that may work for you.*

Please call and speak to Vonnie at 763-497-8936 or email for information at vwaters@crowriverseniorcenter.com.

We are always looking for more delivery drivers. Please inquire if you are interested. Just one day per month delivering helps a great deal.

*****Center Meals Notice: Noon meals at the Senior Center are Tuesdays and Thursdays ONLY. Please call the Center to sign up for meals by the deadlines listed on the menu. Schedules are subject to change without notice. Meal price will be \$4.50 per meal. Numbers will be limited to comply with space and volunteer help.***

CASINO TRIP

Casino Trip to Treasure Island Wednesday, November 17, 2021

The bus leaves promptly at 8:30 am.
(please be on the bus by 8:15 am)



Pick up location is at the St. Michael City Center on the West side of the building. Please park away from the building on the west side.

To Register call Donna Duscha at 763-334-0991.

Cost: \$20.00

(You will get back \$15.00 in machines + a \$3.00 food coupon. Please bring picture ID.)

No registrations are taken at the center; please call Donna.

**We need a minimum of 40 passengers by
Tuesday November 12, or trip will be cancelled.**

Sign up no later than November 12, 2021

*****Masks are strongly encouraged for everyone, especially on the bus & for those not vaccinated. If you are not feeling well please stay home.***

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Crow River Senior Center, St. Michael, MN

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WRITERS GROUP



This is My Hat *by Eurette Sorenson*

This is my hat.

It my favorite hat. It is rather tattered and worn but it is like a dear old friend.

We found each other quite some time ago in a little shop. I walked in and there it was calling my name. I knew right then that it had to come home with me. No bag, no box, I put it right on my head as I left the shop, it fit perfectly.

My hat and I have been on some great adventures together. We have hiked some dusty trails and ridden some mighty hills. We have enjoyed the breeze of the ocean as we walked along a beach and have felt the hot desert sun.

One time my hat tried to go on an adventure without me. It flew right off my head and flapped around in the breeze a while and then plop, it fell to the ground. I rescued my hat from the mud puddle it landed in. I guess it decided that it was best that we went on our adventures together because it has never tried to go on its own again.

My hat has been very useful through the years, serving me well. It has shaded my eyes from the sun and cushioned my head for a short nap. It has been a basket for carrying tomatoes from the garden and if I roll it up just so, it is a great tool to swat away the mosquitos. It also makes a nice vessel for a cool drink of water when you find yourself without a cup.

My hat has taken a ride or two on each of my grandchildren's heads. It likes that very much because my hat thinks it is very funny and enjoys making the children laugh and giggle. It also can pretend it is a frisbee when they want to play catch or a cover for their eyes for peek-a-boo.

My hat is a beloved companion. At times, it has withstood the twisting of my frustration and stress, it has waved in the air in times of joy and celebration, and it has accepted my tears in times of sadness.

My hat, it has served me well. Although it is tattered and worn it is my dear old friend that I will hold onto forever.

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, Big Lake, Buffalo, Elk River, Hanover, Otsego and Monticello 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 Joe Kaul, 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 Joe 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. *****





Tech support provided will be donation based,
your generosity is appreciated!

The HOME Program Now Offering Basic Tech Support!

Telephone Support Services

Call us during our regular office hours of 8:30am-4:30pm to schedule your appointment. We can help you with device troubleshooting, texting, video calls, email problems, & other common issues you may be having with the technology in your home.

In-Home Support Services

We can visit you in your home to help with problems that are specific to your situation. Our volunteer technicians are completely vetted, and have experience with common technology issues & setups for TV's, tablets, phones & PC's. Call for an appointment!

Here to help you stay connected!

We understand during this unique time that you may feel more isolated in your home. Our goals with this service are to help you stay connected to friends, loved ones & your community, to access the information you need & find new ways to communicate!

Services we can not provide

- Replace or add Cable or Ethernet Wiring inside walls or in areas difficult to access
- Work on devices owned by a company
- Assist with business related software / hardware
- Help with tax preparation / personal accounting
- Failed hardware data recovery
- Hardware repair (broken screens, failed batteries, inoperable printers, etc.)

This service is funded in part by a grant from the State of Minnesota Department of Human Services.

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

NOTE: by using this service, you agree that SCS is not liable for any data loss or other issues that may arise from supporting you and your electronic devices. We reserve the right to refuse service if the issue is too complex, and offer no warranties for these services.

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.

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

November 13 & 27
December 11 & 18
10:00 to 11:30 am.



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Senior LinkAge Line® is a FREE service available to help older adults & caregivers locate needed resources.
m MINNESOTA
SENIOR LINKAGE LINE
Help is available in your community by calling...
1.800.333.2433
Partially funded by Older Americans Act

AVAILABLE FOR A LIMITED TIME!
ADVERTISE HERE NOW!
Contact **Dan Morrissey** to place an ad today!
dmorrissey@lpicommunities.com
or (800) 950-9952 x5862

J ZAC INC
GENERAL CONTRACTOR
763-497-4444



NOVEMBER 2021

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9A Legal Appts 9:30A Fitness Class Virtual 9:00A—11:00A Painting Group 1:30P—3:30P Writers Group 1:30P—3:30P Dominos	2 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 9:00A History Grp 1:30P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group	3 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30—3:30 pm Euchre	4 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle 9:30A-11:00A Yahtzee 11:30A Lunch Pick up at Center 1:30P Bingo	5 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
8 9:30A Fitness Class Virtual 9:00A —11:00A Painting Group 1:30P—3:30P Dominos	9 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 10:00A CRSC Advisory Board Meeting Noon Lunch at Center 1:30—3:00 pm Book Club 1:30P-3:30P Bridge	10 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30-3:30 pm Euchre	11 Center CLOSED Veterans Day Holiday	12 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
15 NO Painting 9:30A Fitness Class Virtual 10:00A EBook Class 1:30P—3:30P Writers Group 1:30P—3:30P Dominos	16 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	17 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10A Affinity Hearing Checks 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30—3:00 pm Memory Café 6P Genealogy Class	18 8:30A & 10A Fitness Class Virtual 9:00A-11A Pinochle 9:30A-11A Yahtzee Noon Lunch at Center 1:30P Caregiver Support Group 1:30P Doug Ohman "Memories of the Brave" Presentation	19 9:00A-11:00A Cribbage 12:30P Movie Club TBD 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
22 9:30A Fitness Class Virtual 9:00A —11:00A Painting Group 1:30P—3:30P Dominos	23 8:30A & 10A Fitness Class Virtual 9A -3P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) NO ACTIVITIES TODAY NO Lunch	24 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:00 PM PodCast Class	25 Center CLOSED Happy Thanksgiving	26 Center CLOSED Thanksgiving Holiday
29 9:30A Fitness Class Virtual 9:00A —11:00A Painting Group 1:30P—3:30P Dominos	30 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 9:30A Ted Tech Talk -IPAD Class Noon Lunch at Center 1:30P-3:30P Social Bridge	Please call to sign up for activities. Call 763-497-8900	All schedules are subject to change. We appreciate your understanding and patience.	Tuesday/Thursday Center Meal orders must be called in the Thursday Prior for reservations.

**Meal Ordering
Deadline:**

Call in for the entire month
or by 2pm the Thursday
prior for the following
week. Cancellations can be
made at least 1 day prior
763-497-8900

NOVEMBER 2021

MEALS ON WHEELS & LUNCH MENUS

Vegetables will be a
Chef's Choice for most
days.
(Menu subject to
change without notice.)
Cost per meal for
Meals on Wheels is
\$4.50

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Drummies Potatoes Veggie	3 Taco Salad Salsa Sour Cream	4 Chicken Ala King Biscuit Veggie <i>(Call in orders today for next week)</i>	5 Salisbury Steak Mushroom Gravy Mashed Potatoes Veggie Blend
9 Pulled Pork Baked Beans Potato Salad	10 Chicken Wild Rice Soup Club Sandwich	11 Center Closed Veterans Day NO MOW <i>(Call in orders today for next week)</i>	12 Lemon Pepper Tilapia Wild Rice Blend Mixed Veggies Dinner Roll
16 Chicken Pasta Hotdish Veggie Dinner Roll	17 Chef Salad Dinner Roll	18 Baked Ham Mac & Cheese Veggie Dinner Roll <i>(Call in orders today for next week)</i>	19 Liver & Onions Baked Potato Mixed Veggies <i>*(Chicken alternative)</i>
23 Shepherds Pie Veggie Dinner Roll NO CENTER Lunch TODAY	24 Chicken Stir Fry Rice Egg Roll <i>(Call in orders today for next week)</i>	25 Center Closed Thanksgiving Day NO MOW Deliveries	26 Center Closed Thanksgiving Holiday NO MOW Deliveries
30 Cabbage Rolls Veggies Dinner Roll		Cancellations must be called in 1 day prior 497-8900	Tuesday/Thursday Center Meal orders must be called in the Thursday Prior for reservations.

DECEMBER 2021

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All schedules are subject to change. We appreciate your understanding and patience.</p>	<p>Please call 796-497-8900 to make your reservations for activities</p>	<p>19:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:00P Euchre</p>	<p>2 8:30 & 10:00A Fitness Classes Vir 9:00A-11:00A Pinochle 9:30A Yahtzee Noon Lunch at Center 1:30P Bingo— “Mystery Bingo”</p>	<p>3 9:00A -11:00A Cribbage 1:30-3:30pm 500 Cards 1:30P-3:30P Mahjong</p>
<p>6 9A Legal Aid 9:30A Fitness Class Virtual 9:00A-11:00A Painting Group 1:30P- 3:30P Writers Group 1:30P –3:30P Dominos</p>	<p>7 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group Noon Lunch at Center 1:30P-3:30P Social Bridge 1:30P-3:00P Parkinson’s Support Group</p>	<p>8 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:00P Euchre</p>	<p>9 8:30 & 10:00A Fitness Classes Virtual 9:00A-11:00A Pinochle 9:30A Yahtzee Noon Lunch at Center 1:30P Ted Tech Talk -IPad Class NO BINGO</p>	<p>10 9:00A-11:00A Cribbage 12:30P Movie Club TBD 1:30-3:30pm 500 Cards 1:30P-3:30P Mahjong</p>
<p>13 9:30A Fitness Class Virtual 9:00A -11:00A Painting Group 1:30P –3:30P Dominos</p>	<p>14 9:00A-11:00A Joy Stitch Group 10:00A CRSC Advisory Board 10A Fitness Class V Noon Lunch at Center 1:30P-3:30P Book Club 1:30P-3:30P Social Bridge</p>	<p>15 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:00P Euchre</p>	<p>16 8:30 & 10:00A Fitness Classes Vir 9:00A-11A Pinochle 9:30A Yahtzee Noon Lunch at Center 1:30—3:00 pm Caregiver Sup Grp 1:30P Doug Ohman Presents “County Fair-A MN Tradition”</p>	<p>17 9:00A-11:00A Cribbage 1:30-3:30pm 500 Cards 1:30P-3:30P Mahjong</p>
<p>20 9:30A Fitness Class Virtual 9:00A -11:00A Painting Group 1:30P—3:30P Writers Group 1:30P –3:30P Dominos</p>	<p>21 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 10A Fitness Class Virtual Noon Lunch at Center 1:30P-3:30P Social Bridge</p>	<p>22 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:00P Euchre</p>	<p>23 8:30 & 10:00A Fitness Classes Vir 9:00A-11:00A Pinochle 9:30A Yahtzee Noon Lunch at Center 1:30P Bingo - “White Elephant”</p>	<p>24 Christmas Eve Holiday Center Closed</p>
<p>27 Happy Holidays Center Closed</p>	<p>28 9:00-11:00A Joy Stitch Group 8:30A Fitness Class Virtual 10A Fitness Class V Noon Lunch at Center 1:30P-3:30P Social Bridge</p>	<p>29 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:00P Euchre</p>	<p>30 8:30 & 10:00A Fitness Classes Virtul 9:00A-11:00A Pinochle 9:30A Yahtzee Noon Lunch at Center 1:30P Bingo “Mystery Bingo”</p>	<p>31 New Years Eve Holiday Center Closed</p>

**Meal Ordering
Deadline:**

Call in for the entire month
or by 2pm the Thursday prior
for the following week.

Cancellations can be made at
least 1 day prior.

763-497-8900

DECEMBER 2021

MEALS ON WHEELS & LUNCH MENUS

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

(Menu subject to change
without notice.)

Cost per meal for Meals
on Wheels is \$4.50

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tuesday/Thursday Center Meal orders must be called in the Thursday Prior for reservations. Cancel 1 day prior	1 Chicken Alfredo Linguini Veggies Dinner Roll	2 Chicken Oriental Wrap Sweet Potato Fries (Call in orders today for next week)	3 Swedish Meat Balls Mashed Potatoes Veggie Dinner Roll
7 Goulash Side Salad Dinner Roll	8 Shepherds Pie Veggie Dinner Roll	9 Swiss Chicken Wild Rice Blend California Blend Dinner Roll (Call in orders today for next week)	10 Pork Loin Garlic Mashed Veggie Dinner Roll
14 Tatortot Hotdish Veggies Dinner Roll	15 Spaghetti Green Salad Dinner Roll	16 Chicken Stir Fry Rice Egg Roll (Call in orders today for next week)	17 Liver & Onions Red Potatoes Veggie *(Chicken alternative)
21 Pulled Pork Baked Beans Coleslaw	22 Southwest Chicken Salad Dinner Roll	22 Baked Ham Scalloped Potatoes Veggie Dinner Roll (Call in orders today for next week)	24 Center Closed Christmas Eve NO MOW Deliveries
28 Chicken ala King Biscuit Veggies	29 Sweet & Sour Pork Rice Veggie	30 Meatloaf Mashed Potatoes Gravy Veggie (Call in orders today for next week)	31 Center Closed New Years Eve NO MOW Deliveries

THIS ISSUE:

We have listed all activities and programs that we are able to now do. Please keep in mind that all schedules are subject to change without notice. We follow the guidelines of the CDC and Minnesota Department of Health. There is hand sanitizer throughout the senior center please use it often to keep your hands clean. Please stay home if you are not well. Let's continue to look out for one another and Stay Strong Let your kindness shine!



STAY POSITIVE

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.



CROW RIVER SENIOR CENTER ADVISORY BOARD

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Alex Ferrell (Legacy)

Joe Kaul

Gwen Lapp

Marion Marshall

Sharon McDonald

Claudia Pingree

Shaina Hofmeister (Bridgewater)

Linda Richter

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