



CROW RIVER SENIOR CENTER NEWS

November
December
2020

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

Greetings!

The fall colors this year have certainly put on a fantastic show for us all to enjoy. What a wonderful distraction nature can be. Thank you to all who have ventured inside our doors since we have reopened. We encourage you to join us for activities, groups, Zoom classes, or whatever may pique your interest. Yahtzee and Wii bowling have been fun group activities. Consider joining the fun. We are continually brainstorming and collaborating with other senior centers, the library, and local senior communities on things that we can do to keep our seniors engaged and entertained during this unusual time. Historian presenter David Jones will join us via Zoom in November and December. Get the full details on page 12, and sign up to participate at home via Zoom or reserve a spot at the Senior Center. We continue to closely monitor the COVID situation with the CDC and the MN Department of Health guidelines. The cooperation, care, and concern from all of our participants have been very appreciated and heartwarming. Please know that we are here for you in many ways and will help with whatever we can during this time. Please stay safe and well.

Respectfully,
Vonnie Waters



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



Thank you to our volunteers who helped out with our Dash for Trash in September. They all do a fabulous job keeping our part of St. Michael clean in the spring and fall. In these unusual times this project was appreciated more than ever. With leader Jerry Sorenson at the helm the team got the job done quickly. Please call the Center to have your name added to our Spring clean up group.



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

General Policies of the Crow River Senior Center

- Governor Walz, Stay Safe MN order allows groups of 10 people, including the director, in the Center at one time.
- We require participants wear a mask and keep it on during their entire visit at the Center. If you have one please bring it with you. If you do not have one the Center will provide one for you to keep for your use. Your mask should not be removed until you are out of the building.
- Wellness checks will be given at the door (temperature & simple questions answered).
- We ask that all participants sign a waiver document upon entering the Center for participation.
- Participants will be required to be at least 6' apart, wash their hands frequently, and use hand sanitizer. Touchless Hand Sanitizers will be available at the entrance and hand sanitizer will be available throughout the Center. Please use them often.
- Reservations are required for all activities until further notice.
- Drop-in participation will not be available while group numbers are limited.
- Due to spacing and group size limitations, CRSC city residents (Albertville, Hanover, St. Michael) may be given priority registration.

Things that will be on hold until further notice:

- No food or beverage is to be brought in, shared or served in the senior center.
- Lending Library at CRSC will be temporarily halted (Great River Regional Library is right across the hall and has all of the necessary COVID procedures and process in place to keep everyone safe).
- For now, we will not accept item donations. Monetary donations are always welcome.

Physical Changes:

- Plexiglass window has been installed at the receptionist desk.
- There are markings on the floor for at least 6' physical distancing.
- Tables & chairs have been placed for safe physical distancing.

Activities:

- All activities will include properly spaced set ups for participants safety.
- Bring your own supplies and books from home that are required for your activity and take these home with you after your activity.
- Pre-registration is required: we cannot accept drop-ins at this time.
- Masks are required to be worn at all times during your visit to the center.

***Please refer to the calendar for the schedule.
Thank you for your understanding and patience as we navigate
through all of this new normal.
Our top priority is to keep everyone safe.***

MOVIES

Thursday, November 5
@ 9:30 am

“The Magic of Bell Island”

Monty (Morgan Freeman) Wildhorn, an alcoholic novelist of Westerns, has lost his drive. His nephew pushes him to summer in quiet Belle Isle. He begrudgingly befriends a newly single mom and her 3 girls who help him find the inspiration to write again. A warm, human, feel-good experience directed by Rob Reiner, about bringing out the best in people. Starring: Morgan Freeman, Virginia Madsen, Madeline Carroll, Kenan Thompson, Emma Fuhrmann, Fred Willard. PG 1 hour 49 minutes.

Monday, November 9 @ 1:30 pm
“Casablanca”

The story of Rick Blaine, a cynical world-weary expatriate who runs a nightclub in Casablanca, Morocco during the early stages of WWII. Despite the pressure he constantly receives from the local authorities, Rick's cafe has become a kind of haven for refugees seeking to obtain illicit letters that will help them escape to America. But when Ilsa, a former lover of Rick's, and her husband, show up to his cafe one day, Rick faces a tough challenge which will bring up unforeseen complications, heartbreak and ultimately an excruciating decision to make. Starring: Humphrey Bogart, Ingrid Bergman, Paul Henreid, Claude Rains, Peter Lorre PG 1 hour 42 minutes

Friday November 13 @ 1:30 pm
“Big”

After wishing to be made big, a teenage boy wakes the next morning to find himself mysteriously in the body of an adult. Starring Tom Hanks, Elizabeth Perkins, Robert Loggia, John Heard, Jon Lovitz, Jared Rushton. PG 1 hour 44 minutes.



Thursday December 3
@ 9:30 am
“The Blind Side”

Based on the true story of Leigh Anne Tuohy and Sean Tuohy who take in a homeless teenage, Michael Oher. Michael has no idea who his father is and his mother is a drug addict. Michael has had little formal education and few skills to help him learn. Leigh Anne soon takes charge however, as is her nature, ensuring that the young man has every opportunity to succeed. When he expresses an interest in football, she goes all out to help him, including giving the coach a few ideas on how best to use Michael's skills. They not only provide him with a loving home, but hire a tutor to help him improve his grades to the point where he would qualify for an NCAA Division I athletic scholarship. Michael Oher was the first-round pick of the Baltimore Ravens in the 2009 NFL draft. Starring: Sandra Bullock, Tim McGraw, Quinton Aaron, Jae Head, Kathy Bates, Kim Dickens. PG-13 2 Hours 9 minutes.

Friday, December 11
@ 1:00 pm

Irving Berlin's ***“White Christmas”***

Having left the Army following W.W.II, Bob Wallace and Phil Davis team up to become a top song-and-dance act. Davis plays matchmaker and introduces Wallace to a pair of beautiful sisters (Betty and Judy) who also have a song-and-dance act. When Betty and Judy travel to a Vermont lodge to perform a Christmas show, Wallace and Davis follow, only to find their former commander, General Waverly, as the lodge owner. A series of romantic mix-ups ensue as the performers try to help the General. Starring: Bing Crosby, Danny Kaye, Rosemary Clooney, Vera-Ellen, Dean Jagger, Mary Wickes. 2 Hours

GROUPS

Notice: All groups will meet in the Senior Center. Limit of 9 people at this time and **reservations are required each time.** Supplies must be brought from home and no sharing. Wellness screenings will be conducted each time you arrive for your group. If you are not well please stay home. If you have underlying health conditions or a compromised health please consult your doctor before attending any activities at the Crow River Senior Center. Your safety and health are our top priority. Masks must be worn at all times until you have exited the building. If you need a mask the senior center can provide one for you. Thank you for your understanding and cooperation during this unusual time.

Open Painting

Join others that like to paint. Share ideas or just to set some time aside to do your thing. Bring your own supplies and the project you are working on. No sharing of supplies allowed at this time. All supplies must go home with you after the class. **Reservations are required.**

Mondays @ 9:30 am to 11:00 am

Bring your own supplies for your project, no sharing supplies at this time.

History Group

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

**Tuesday's
November 3 & 17
December 1 & 15**

Time: 9:30 am to 11:00 am

Reservations are required.

Joy Knit and Needlecraft Club

Do you like to knit, crochet or do needlecraft? Join the group to work on your own projects and visit. Bring your own supplies and the project you are working on. Please no sharing of items at this time. All supplies must go home with you after the group meets. **Reservations are required.**

**Wednesdays @ 9:30 am to 11:00 am
November 4, 11, 18 & 25
December 2, 9, 16, 23 & 30**

Adult Coloring Therapy

Join us for a session of relaxing adult coloring with great conversation. Enjoy coloring for fun & soothing session with friends. Bring your own supplies no sharing please. Reservations required.

**Mondays @ 1:30 pm to 3:00 pm
November 23 & 30
December 14 & 28
Reservations required.**

Daytime Book Club for Seniors

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

Tuesday, November 10 @ 1:30 pm
"Memory Man" by David Baldacci

Tuesday, December 8 @ 1:30 pm
"The Woman In The Window" by A.J. Finn

Dates are listed above

Time: 1:30 pm to 3:00 pm

Reservations required.



MEDICARE OPEN ENROLLMENT

Medicare Part D Open Enrollment October 15th-December 7th

Reasons to contact Senior LinkAge Line® for assistance with comparing Medicare prescription drug plans for 2020:

- New plans may be available
- Some existing plans may not be available
- Plan premiums may change
- Plan formularies may change
- You may qualify for extra help with prescription drug costs



Contact the
Senior LinkAge Line® for more
information at 1-800-333-2433.

Funded in part by the MN Board on Aging and the local United Way.



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Crow River Senior Center, St. Michael, MN

A 4C 02-1011

ACTIVITIES & CLASSES

The Pen Pal Program!

The Pen Pal Program is moving right along with excitement. If you are interested in participating please email or call Vonnie to add your name and address to the list. You do not have to be a senior to join the program.



Here is what has been happening at the center? We would love you to join us.

We have been busy playing Wii Bowling, Wii Jeopardy, Yahtzee, painting, coloring, parking lot bingo, discussing history, discussing books, knitting and crocheting, watching movies and more. We are here for you to join us for discussions, activities and socializing. Please give us a call with any questions and to reserve your spot to participate. See you soon!



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 \$22.00 per person.

4 Hour Class held at Crow River Senior Center

Friday,

November 20

9:00 am to 1:00 pm

Registrations are taken at the Crow River Senior Center. Please call 763-497-8900 to register. Classes are limited to 15 people. Payment will be due in advance to secure your spot. Wellness checks will be performed 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.



Enter to Win with your participation!

Come to the Crow River Senior Center, participate in an activity during the month of November and you will be entered in a drawing for a \$20.00 gift certificate to River Inn Hanover. Call to make your reservations today for your activity. We are looking forward to your visit with us.

LUNCH & PUZZLES

**FREE
Bag Lunch!
Monday,
November 2
11:30 am to
12:30 pm**



Guardian Angels will be on site at the Crow River Senior Center handing out a free bag lunch from their bus!

Join us in the parking lot at the Crow River Senior Center for a free bag lunch compliments of Guardian Angels /Engel Haus of Albertville. Lunch will be served out of the Guardian Angels bus at a safe physical distance. All items will be bagged up for your safety. **First come first served.**

**What about Puzzles you ask?
Are puzzles available for pick up?
YES THEY ARE!!
Just call and schedule your time to
come and pick up.**



We have a supply of puzzles available to be signed out. Puzzles will be wrapped for protection to easily sanitize any contact between pickups. We also have activity kits available for pick up, please inquire if you are interested. Check the calendar for scheduled times and dates to make an appointment for your pick up. Return puzzles to the blue bin at the door of the senior center.

NEVER MISS A NEWSLETTER !

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SUPPORT GROUPS & NAIL TRIMMING

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

**Location: Crow River Senior Center
Reservations required.
Limit 9 participants.
Call 763-497-8900**

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 19 & December 17
@ 1:30 pm to 3:00 pm**

**Location: Crow River Senior Center
Reservations required.
Limit 9 participants.
Call 763-497-8900**

60+ AND HEALTHY CLINIC IS BACK, 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 24 By Appointment only.

Location: Crow River Senior Center.



**Appointments are required, please call the
Wright County Health Dept at 763-682-7460.**

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

Please stay in your vehicle until at least 10 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.

BOOKS

Senior Center Books



We have not been able to have our lending library at the senior center due to the restrictions of COVID quarantine. We know you miss your books and we hear you. Therefore, to make some of our books more accessible to our seniors the Friends of the Library & Crow River Senior Center are collaborating during these unusual times. There is a shelf labeled BOOKS in the library that will have books for seniors available for pick up. A small suggested donation of 50 cents goes toward all the good that the Friends of the Library make possible. If you are looking for books to pick up, please check out these shelves at the library anytime during library hours, to grab your books and go. Thank you to the Great River Regional Library and Friends of the Library working together with the Senior Center to make this possible.



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

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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**

Caregiver Services

Licensed Social Workers consult with families who care for an older adult and offer resources, coaching, and family meetings via phone or video chat.

Connecting with Peers

We host several caregiver support groups via Zoom audio and video chat. Check our website for our schedule!

Online Support

CareNextion.org is a free online tool for caregivers to find resources, coordinate care, and easily connect long distance caregivers.

Reach out today!

Services are offered at little to no cost and may be covered by Elderly Waiver. Supported with Title III Grants from the Metropolitan Area Agency on Aging and Central MN Council on Aging. We serve Hennepin, Carver, Wright, and Scott counties.

seniorcommunity.org

Virtual Memory Café



A Virtual Memory Cafe experience is a safe and comfortable online place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others via Zoom. The group will also provide an opportunity for mutual support and an exchange of information – all without leaving home!

If you are unable to attend virtually from your home, we will provide a safe, in-person option at the **Crow River Senior Center**. Or, if you need help setting up Zoom or learning how to connect to a Zoom meeting, no worries – our HOME program is happy to help!

**Upcoming meetings will be held at 1:30 pm on
November 18 (register by Nov. 9)
and December 16 (register by Dec. 7)**

For questions about the Café, please call
Becky Allard, LSW at 952-746-4028

To register, please call
Vonnie Waters at 763-497-8900

*Memory Café made possible by
Minnesota Board on Aging Dementia Grant.*

Virtual Programs

History via Zoom with David Jones

David Jones, a resident of Minneapolis, has been presenting on ten historical topics (Lincoln Assassination, Mount Rushmore, JFK Assassination, Apollo Moon program, Statue of Liberty, Washington Monument, Charles Lindbergh, the 1936 Olympics, United States Flag and Prohibition) since 1996. He has made more than 1,500 presentations to over 40,000 people. Now he is presenting via Zoom for many to enjoy. Please join us on the following dates in November and December to enjoy learning more about parts in history.



November 11 at 1:00 pm via Zoom

“The United States Flag: Origins, Evolution and Symbolism”

The United States Flag is an important, perhaps, the most important, symbol of our identity and national pride. The history of the Flag reflects the history of our Nation itself. Join us to hear that story.

December 15 at 1:00 pm via Zoom

“The Lincoln Assassination: A Fragile Time”

When John Wilkes Booth assassinated Abraham Lincoln, the Civil War was ending and emotions were high. Killing the President was just part of Booth's plan. Join us to explore this fragile time in our history and the plot that very nearly succeeded in toppling the government.



Register for each class and you will be sent a link to attend via Zoom in the comforts of your own home. There is limited space for people to attend in person if you do not have the technology at home to connect. Please call to reserve your spot. This is a FREE event available for all seniors. **To register send and email to vwaters@crowriverseniorcenter.com or call 763-497-8900.**

Silver Sneakers® Sponsored

Virtual Fitness Class



If you are looking for a free virtual exercise class for seniors, please contact the SilverSneakers instructor, Lori Schoenborn, at theschoenborns@charter.net to be included in our ongoing class Monday and Wednesday mornings at 9:30 a.m.

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 above.

GAMES

Have some fun playing Wii games!

Each week join the fun to play Wii games listed below. Let's play Jeopardy, The Price is Right, Wheel of Fortune or you might like to join the bowling tournament. No experience necessary, just come and have fun! **Call to reserve your spot.**

Join us in November and December (check calendar for dates & times)

We will play Jeopardy, The Price is Right and/or Wheel of Fortune.

Wii Bowling Tournament. Maybe even boxing or car racing!

Check the activities calendar for the games, dates, and times.

Call 763-497-8900 to reserve your spot to play.

You might surprise yourself at just how much fun "Wii" can have.



Let's play Yahtzee!



To play Yahtzee safely at the 6' distance each person will have their own dice and game box to dump their dice into. Each person 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. **If you would like to join in the fun please call to make your reservation.**

Thursdays: Nov. 5 & 12 & Dec. 3 & 10 @ 1:30 pm

Nov. 19 & Dec. 17 @ 9:30 am

Tuesdays: December 22 & 29 @ 1:30 pm

(See all dates and times listed on the calendar)

MEALS ON WHEELS PROGRAM



MEALS ON WHEELS 763-497-8900

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 90 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.

*****NOTICE:*** *If you had purchased a meal punch card from the Center and are interested in picking up a meal to go at the Center. We are going to attempt one day per week doing a meal pick up at the Senior Center parking lot. Please call 497-8900 for more details.*

SERVICES

LEGAL SERVICES

The Senior Law Project of St. Cloud offers legal assistance to seniors 60 and over that are residents of Wright, Benton, Morrison, Stearns, Todd, Wadena and Sherburne County. By appointment only; no walk-ins. The Senior Law Project can help with the following legal problems: Public Benefits, Health Insurance Matters, Low Rent Housing, Advance Directives, Nursing Home Problems and Family Law Issues. Legal services are held monthly at the Center when we are open. Appointments are now available for 2020.

Call the center to schedule your appointment.

**November 2 & December 7
9:00 am or 10:00 am**



Legal Aid On-Line

Apply on-line for free legal help for low-income people.

- To find out more go to: www.justice4mn.org/a2j or if you prefer to call dial 320-253-0121 or toll free at 888-360-2889.
- Helpful topics include: housing, family, health, disability, seniors, immigration, public benefits, and income tax.

Senior Linkage Line

1-800-333-2433

**Monday through Friday
8:00 am to 4:30 pm**



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Crow River Senior Center, St. Michael, MN

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WRITERS GROUP



WRITER'S GROUP

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. Reservations are required as our numbers are limited in the senior center to nine people. If you are interested please call 763-497-8900 and make a reservation.

“A Treasured Gift”

It was December 1966. I was enjoying my first year of teaching in Room 23 in a school in the Northland. The children, all fourth graders, came to class each day with excitement, as they loved that all our creative efforts revolved around making decorations to adorn the beautiful fir tree that stood in the center of our classroom. It helped, they said, that I had a huge bag of freshly popped popcorn, which we would string as part of the tree's trimmings. Back in those days, we could sing Christmas carols in music class, we could have a picture of Santa Claus on the bulletin board as well as a small Nativity set on the counter under the windows.

We “drew names” for a gift exchange, and on the day of our party, desks were cleared, all papers and assignments were set aside. Treats were handed out: candy canes, home-made sugar cookies with delightful decorations on the frosting, and Andy Williams sang us songs from the records stacked on the phonograph which was plugged into the outlet in the back of the room. We played a few games before the gifts were handed out to each student. It was a festive time and a fun afternoon.

After the students gathered up all their things to take home, and each one had his or her special gift all wrapped and ready for parents, I bade them a Merry Christmas, walked them down the hall to the buses that were loading on the snowy afternoon, and with a sigh of relief, I returned to my classroom. I had a lot to tidy up before I could go home for a much-needed Christmas break. I would have two weeks off!

I couldn't help but notice there were a few small parcels under the tree for “teacher.” I had specifically told the boys and girls that they should not have a gift for me. Kids, though, are good at “breaking rules!” I gathered up the little packages and decided to take them home to open. It was getting late enough in the day, darkness was setting in, and I wanted to drive home in daylight as we had fresh snow on the roads. Yet one small package under the tree caused me to take notice. This present stood apart from all the others. No fancy Christmas paper was wrapped around it. It was a plain red box, held shut by two thick brown rubber bands. I shook it, just like the kids do when trying to guess what is inside.

I would never have guessed the contents. Upon opening the cover, five highly polished stones sat in the box. On the inside of the lid was printed, “My Best Agates from John L. ”

It is a Christmas gift that I treasure to this day!

©Sandra E. S. Nelson, 2020

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 to announce help is now available for residents age 60 and over in St. Michael, Albertville, Buffalo, Monticello and Hanover 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 well-paying job opportunities in the following areas: housekeeping staff, handyperson work, 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 has resumed in-home services and have relocated their office down the hall next to city offices. *****

WE DO HAVE VOLUNTEERS TO DELIVERY FOOD AND SUPPLIES should you find yourself getting low on essentials and do not want to expose yourself by going shopping yourself. Please contact the Wright County HOME Program Coordinator at 763-416-7969 with your questions or concerns. Our workers are conducting wellness checks by phone, so please let them know if have a need for food or supply delivery services before normal services return.





*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: Historic
Church of St Michael Parking Lot.

Dates: November 14 & 28

and

December 5, 12

& 19

2:00 to 3:00 pm



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NOVEMBER 2020 ACTIVITIES CRSC



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9A Legal Appt 9:30—11:00A Painting Group 11:30a – 12:30p FREE Lunch from Guardian Angels @ Ctr 1:30—3:00 pm Writers Group	3 9:30—11:00A History Group 1:30—3:00 pm Parkinson's Support Group	4 9:30—11:00A Joy Stitch Group 1:30—3:00 pm Wii Jeopardy	5 9:30a —11:30A Movie Club <i>"The Magic of Bell Island"</i> 1:30—3:00 pm Yahtzee	6 9:30—11:00A Wii Bowling Tournament 1:00—2:30 pm Readers Theatre Meeting
9 9:30—11:00A Painting Group 1:30—3:30 pm Movie Club <i>"Casablanca"</i>	10 10:00A CRSC Advisory Board Meeting 1:30—3:00 pm Book Club	11 9:30—11:00A Joy Stitch Group 1:00 pm David Jones History of "The United States Flag"	12 9:30a —11:30A Puzzle & Activity Kit Pick up (Make a reservation) 1:30—3:00 pm Yahtzee	13 9:30—11:00A Wii Bowling Tournament 1:30-3:30 pm Movie Club <i>"Big"</i>
16 9:30—11:00A Painting Group 1:30—3:00 pm Writers Group	17 9:30—11:00A History Group 1:30p—3:00 pm Holiday Craft Class Zoom	18 9:30—11:00A Joy Stitch Group 1:30—3:00 pm Memory Café Virtual	19 9:30a —11:00A Yahtzee 1:30—3:00 pm Caregiver Support Group	20 9:00 am -1:30 pm MN HWY SAFETY CENTER 55+ DRIVING CLASS Reservations and prepayment are required to attend.
23 9:30—11:00A Painting Group 1:30—3:00 pm Coloring Therapy	24 8:30 am– 3:30pm 60+ Healthy Clinic Wright Cty Health Dept. (Nail Trimming) Appointment ONLY	25 9:30—11:00A Joy Stitch Group 1:00—2:30 pm Puzzle & Activity Kit Pick up (Make a reservation)	26 Happy Thanksgiving Center Closed	27 Thanksgiving Holiday Center Closed
30 9:30—11:00A Painting Group 1:30—3:00 pm Coloring Therapy	Please call the Center to register for your activity. Due to the limited numbers, no drop-ins at this time. All schedules are subject to change. We appreciate your understanding and patience. 763-497-8900.			All activities require a reservation Call 763-497-8900

**Meal Ordering
Deadline:**

Call in for the entire month
or by 3pm the Thursday
prior for the following
week. Cancellations can be
made at least 1 day prior
763-497-8900

NOVEMBER 2020

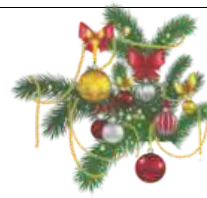
MEALS ON WHEELS LUNCH MENUS

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
3 Taco Salad	4 Chicken Chow Mein Rice/ Noodles Egg Roll	5 Salisbury Steak Mushroom gravy Mashed Potatoes Veggie Blend (Call in orders today for next week)	6 Grilled Chicken Breast Red Potatoes Veggie
10 Tatortot Hotdish Veggie Dinner Roll	11 Swedish Meatballs w/ gravy Mashed Potatoes Peas	12 Open Face Roast Beef w/Beef Gravy Mashed Potatoes Veggie Blend (Call in orders today for next week)	13 Tilapia Rice Mixed Veggies Dinner Roll
17 Chicken Drummies Roasted Potatoes Veggie	18 Chicken Stir Fry Rice Egg Roll	19 Lasagna Side Salad Breadstick (Call in orders today for next week)	20 Liver & Onions Baked Potato Mixed Veggies *(Chicken alternative)
24 Sloppy Joe Baked Beans Coleslaw	25 Baked Ham Red Potatoes Veggies Dinner Roll (Call in orders today for next week)	26 Happy Thanksgiving Center Closed NO MOW	27 Thanksgiving Holiday Center Closed NO MOW
Please call in orders by Thursdays for the following week.	Cancellations must be made 1 day prior by 1pm.		



DECEMBER 2020 ACTIVITIES CRSC



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Schedules are subject to change. Call for reservations 763-497-8900	1 9:30—11:00A History Group 1:30—3:00 pm Parkinson's Support Group	2 9:30—11:00A Joy Stitch 1:30—3:00 pm Wii Jeopardy	3 9:30—11:45A Movie Club "The Blind Side" 1:30—3:00 pm Yahtzee	4 9:30—11:00A Wii Bowling Tournament 1:30—3:00 pm Readers Theatre
7 9A Legal Appt 9:30—11:00A Painting Group 1:30—3:00 pm Writers Group	8 10:00A CRSC Advisory Board Meeting 1:30—3:00 pm Book Club	9 9:30—11:00A Joy Stitch 1:30—3:00 pm Wii Jeopardy	10 9:30—11:00A Holiday Craft Class Zoom 1:30—3:00 pm Yahtzee	11 9:30—11:00A Wii Bowling Tournament 1:30-3:30 pm Movie Club "White Christmas"
14 9:30—11:00A Painting Group 1:30—3:00 pm Coloring Therapy	15 9:30—11:00A History Group 1:00 David Jones History via Zoom "The Lincoln Assassination"	16 9:30—11:00A Joy Stitch 1:30—3:00 pm Memory Café Program	17 9:30—11:00A Yahtzee 1:30—3:00 pm Caregiver Support Group	18 9:30—11:00A Wii Bowling Tournament 1:30—2:30 pm Puzzle & Activity Kit Pick up (Make a reservation)
21 9:30—11:00A Painting Group 1:30—3:00 pm Writers Group	22 9:30—11:00A Holiday Coloring 1:30—3:00 pm Yahtzee	23 9:30—11:00A Joy Stitch 1:00—2:30 pm Puzzle & Activity Kit Pick up (Make a reservation)	24 Merry Christmas Center Closed	25 Merry Christmas Center Closed
28 9:30—11:00A Painting Group 1:30—3:00 pm Coloring Therapy	29 9:30—11:00A Puzzle & Activity Kit Pick up (Make a reservation) 1:30—3:00 pm Yahtzee	23 9:30—11:00A Joy Stitch 1:00—2:30 pm Puzzle & Activity Kit Pick up (Make a reservation)	31 Happy New Year's Eve Center Closed	1/2021 Happy New Year Center Closed

**Meal Ordering
Deadline:**

Call in for the entire month
or by 3pm the Thursday prior
for the following week.
Cancellations can be made at
least 1 day prior.

763-497-8900

DECEMBER 2020

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
1 Pulled Pork Baked Beans Cole Slaw	2 Swedish Meatballs Mashed Potatoes Veggie	3 Chicken Ala King Biscuit Side Salad (Call in orders today for next week)	4 Pork Loin Garlic Mashed Veggie Dinner Roll
8 Cabbage Rolls Veggie Dinner Roll	9 Ham Scalloped Potatoes Veggie Dinner Roll	10 Chicken Stir Fry Rice Egg Roll (Call in orders today for next week)	11 Salmon Rice Veggie Blend
15 Chicken Wild Rice Soup Sandwich	16 Shepherds Pie Veggie Dinner Roll	17 Spaghetti w/meat balls Side Salad Dinner Roll (Call in orders today for next week)	18 Liver & Onions Red Potatoes Mixed Veggie *(Chicken alternative)
22 Goulash Side Salad Dinner Roll	23 Meatloaf Mashed Potatoes Gravy Veggie (Call in orders today for next week)	24 Merry Christmas Center Closed NO MOW	25 Merry Christmas Center Closed NO MOW
29 Tatortot Hotdish Veggie Dinner Roll	30 Swiss Chicken Wild Rice Blend California Blend (Call in orders today for next week)	31 Happy New Year's Eve Center Closed NO MOW	1/2021 Happy New Year Center Closed NO MOW

IN THIS ISSUE:

Many new activities are in this issue that we are able to do with smaller numbers. We continue to keep you informed and entertained during this Covid-19 Pandemic. Please take this opportunity to connect and re-connect with your family, friends and neighbors on a regular basis to check in. Watching out for one another during the tough times is so important. Everyone Stay Strong and let your kindness shine!

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.crowriverseniorcenter.com



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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