

SEPTEMBER / OCTOBER 2025



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

Web: www.mnseniorcenters.org

Mon - Fri: 8:30am - 4:00pm

Please note that our payment policy is cash or check; we do not accept credit cards.

FLU SHOT CLINIC

WEDNESDAY, OCT. 1ST

11:00AM—12:00PM

Call the Center to make an appointment for your Flu Shot.

Bring your Medicare B and Medicare D prescription cards. Arrive a few minutes before your appointment to fill out your consent form. This clinic is provided by Cub Pharmacy.

CENTER CLOSED:

MONDAY, SEPT. 1ST



YOU'RE INVITED!

20TH ANNIVERSARY CELEBRATION OF THE CROW RIVER SENIOR CENTER

JOIN US FOR AN OPEN HOUSE AS WE
CELEBRATE 20 WONDERFUL YEARS OF
COMMUNITY AND CONNECTION AT THE
CROW RIVER SENIOR CENTER

DATE: THURSDAY, SEPTEMBER 18TH

TIME: 1:00 PM — 3:00 PM, FEATURING A MOMENT OF
RECOGNITION AT 2:00 PM

LOCATION: CROW RIVER SENIOR CENTER

Whether you've been with us from the start, recently joined our family, or have never been here, we'd love to celebrate this special milestone with you! Let's honor the past, celebrate the present, and look forward to the future together!

OKTOBERFEST

WEDNESDAY, OCT. 8TH
NOON LUNCHEON
COST: \$12.00

Menu: Pork Schnitzel with a Light Dill Cream Sauce, Butter Herb Spaetzel, German Red Cabbage, Hot German Potato Salad, Pretzel Roll, Keg Root Beer, Dessert.

Music to follow by Bryce Hegge!

MUST REGISTER AND PAY IN ADVANCE BY OCT. 1st. NO REFUNDS AFTER THIS DATE.

MEDICARE

WEDNESDAY
OCT. 1ST 1:30PM

Join Cory and Courtney Wiest with EMEX Benefit Systems, right here in St. Michael, to discuss Medicare! With over 25 years of experience, Cory is a pro at making Medicare less confusing and more beneficial. Learn what's changed, what's new, and what's available for 2026 for Advantage Plans, Supplements & Prescription Drug coverage.

There will be plenty of time to ask questions and get fully informed before enrollment for 2026 begins.

CALL THE CENTER TO REGISTER.



NORDIC WALKING

THURSDAY, SEPT. 4TH 10:00AM
PRESENTED BY LINDA LEMKE

Hack your walk with Nordic Walking poles and maximize your workout. Discover how this low impact, full body activity can improve posture, build core strength, and support heart health all while walking at a comfortable pace. Linda Lemke, aka the Nordic Walking Queen, will explain the benefits of using these special poles and then help you take your first Nordic Walk. Whether you are seeking a new way to stay active, managing mobility challenges, or just curious about walking with poles, this class is for you. **Poles will be provided.** Bring your walking shoes and an open mind. This class is appropriate for all levels of walkers.

CALL THE CENTER TO REGISTER.



MONEY SAVING PROGRAMS AND SERVICES

TUESDAY, SEPT. 23RD 1:30PM
PRESENTED BY THE SENIOR LINKAGE LINE

Learn about programs that can lower Medicare premiums, deductibles and out-of-pocket costs. Find out about who qualifies, how to apply for assistance and learn about program benefits. We'll also cover Medicare preventive services, like free screenings, vaccines and wellness visits.

CALL THE CENTER TO REGISTER.

CENTER MOVIES

NONNAS

FRIDAY, SEPT. 19TH 1:00PM

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs. Starring Vince Vaughn and Susan Sarandon. (2025) Rated PG, 1HR 51MIN

CALL THE CENTER TO REGISTER.

YOUNG FRANKENSTEIN

FRIDAY, OCT. 17TH 1:00PM

An American grandson of the infamous scientist, struggling to prove that his grandfather was not as insane as people believe, is invited to Transylvania, where he discovers the process that reanimates a dead body. (1974) Rated PG, 1HR 46MIN

CALL THE CENTER TO REGISTER.

SAFETY FOR SENIORS

WEDNESDAY, OCT. 1ST 10:00AM
 PRESENTED BY LIEUTENANT JOSH HINTON, WRIGHT COUNTY SHERIFF'S OFFICE
 This presentation will focus on safety for seniors, including public safety awareness, residential safety, and personal fraud protection.

CALL THE CENTER TO REGISTER.

HEALTH SECRETS OF U.S. PRESIDENTS

TUESDAY, SEPT. 9TH 10:30AM
 PRESENTED BY PHIL KOBERT
 This talk will discuss the health/medical histories of our U.S. Presidents from Washington to Trump. We will focus on what we knew and what we didn't know during their lifetimes and if it made a difference politically and historically.

CALL THE CENTER TO REGISTER.

MOOSE IS LOOSE

WEDNESDAY, SEPT. 3RD 1:30PM
 PRESENTED BY MELONIE SHIPMAN
 From the big-eyed white-tailed beauties in our Minnesota yards to the caribou of Alaska's tundra to the big-limbed moose of the north woods, Melonie Shipman, a lifelong naturalist has been engaged with the deer family for decades. We will explore their special adaptations and lifestyles as vegetarians who must manage long, snowy winters and multiple predators to just survive another day. You will look with new eyes at animals that you may have seen many times in your life in photos or real life.



CALL THE CENTER TO REGISTER.

PART TWO: THEY CHOSE MINNESOTA

WEDNESDAY OCT. 29TH 1:30PM
 PRESENTED BY DOUG OHMAN
 Have you ever wondered what drew people to the North Star state? Doug highlights the stories and history from many of the immigrant groups that chose to make Minnesota their new home.

CALL THE CENTER TO REGISTER.



HEALTHY AGING, HEALTHY BRAIN
 WEDNESDAY SEPT. 17TH 10:30AM
 PRESENTED BY HOSPICE OF THE MIDWEST

In honor of September's National Health Awareness focus on Brain Health, please join us as we explore the subject of "Healthy Aging, Healthy Brain". In this workshop, we will be addressing topics and questions such as: What is brain health? How do I know what a healthy and normal aging process looks like as it relates to the brain -- as opposed to when there may be cause for concern or when extra support and care may be needed? What things can I be doing for myself or for a loved one, to help foster and protect a healthy aging process for the brain and the body?

CALL THE CENTER TO REGISTER.

NAVIGATING THE HEALTHCARE MAZE & WHO WILL PAY FOR CARE

THURSDAY, OCT. 23RD 10:00AM
 This interactive session will review the different types of Home Care including Medicare Certified, and Non-Medical Home Care (Homemaking, Basic License, and Comprehensive License). We will discuss hours of care and explore Medicare and insurance coverage, other coverage, long term care insurance, Veteran's coverage. Bring your questions.

- Presented by CareBuilders at Home
- Mary Norton, MSN, PHN, BS, RN
 Director of Business Development
 Director of Veteran Relations
 - Joel Denney, Owner

CALL THE CENTER TO REGISTER.

BARNWOOD CLASS

WEDNESDAY, SEPT. 24TH

10:00AM—12:30PM

LOCATION: HANOVER CITY HALL

Grab your friends and gather to create a beautiful barn quilt pattern on a 14" x 14" reclaimed wood pallet. Locally sourced by craftsman and farmer, Josh Reinitz of East Henderson Farm, each pallet has a unique quality. The wood is truly reclaimed, meaning each pallet will be completely individual and will have flaws, such as nail holes and small dings. The wood has been carefully selected, pre-sanded and assembled.

REGISTRATION OPENS WEDNESDAY, SEPT. 3RD. CHOOSE YOUR DESIGN AT TIME OF REGISTRATION

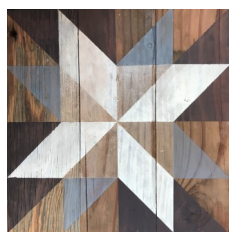
PLEASE NOTE, YOU CAN ONLY SIGN UP YOURSELF. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON. OUR DOORS OPEN AT 8:30AM.

THIS CLASS IS FREE OF CHARGE.

HIDDEN CROSS



FRIENDSHIP STAR

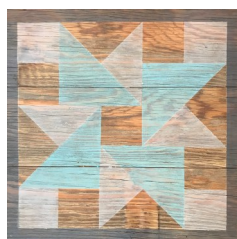


FLAG

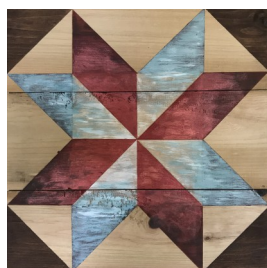


If you are planning to sign up for this class and you've previously taken a barnwood class, we will place you on the waiting list. This will allow others the opportunity to register first.

PINWHEEL



FADED STAR



WATERCOLOR BEYOND THE BASICS—INTERMEDIATE



THURSDAYS, SEPT. 4TH, 11TH, 18TH, 25TH

10:00AM—12:00PM

**MUST ATTEND ALL CLASSES
LOCATION: HANOVER CITY HALL**

Bring your paintings to another level! Spend time honing skills on negative painting and glazing to add layers and dimension to your work. Use color correctly for "clean" glazes and value changes for good design and how to nail a strong center of interest. We'll also have some creative fun by adding powdered pigments and charcoal to our paintings.

Registration opens Monday, Aug. 25th at 11:00am through the St. Michael Library at 763-497-1998 or at Griver.org.

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

MACRAME PUMPKINS

THURSDAY, OCT. 16TH

10:00AM—12:00PM

Join us for a cozy and creative session using the popular finger knitting technique to craft cute, seasonal décor! You'll begin by practicing the finger knitting techniques together, so don't worry if you're a beginner, you'll be guided at your own pace every step of the way. Our main project will be a soft pumpkin made from chunky yarn, measuring approximately 12-14 inches in diameter.



REGISTRATION OPENS WEDNESDAY, SEPT. 3RD.

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, SEPT. 23RD

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.**

**Landmark
TOURS**

Unforgettable Travel Experiences

**TRAVELING WITH LANDMARK
TOURS**

THURSDAY, OCT. 2ND 10:30AM

Landmark Tours has provided unforgettable travel experiences to destinations around the world for 35 Years! This family owned, Minnesota-based company offers guided travel opportunities nationwide and abroad. All the trips include the airfare and are professionally guided round-trip from the MSP airport. Join us for a 45-minute travel presentation to learn about their style of travel and hear about fantastic travel opportunities. Today's travel landscape is challenging. Relax on your vacation knowing that things are taken care of so you can enjoy a stress-free style of travel!

CALL THE CENTER TO REGISTER.

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

SILVERSNEAKERS

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

No Classes:

Sept. 1st
 Sept. 22nd—Oct. 3rd
 Oct. 17th

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

EVERY OTHER TUESDAY AT 9:30AM

\$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! We are offering classes every Tuesday taught by wellness coach Tanya Lotts. Tanya absolutely loves fitness! Her purpose is to help others get their bodies moving, feel amazing and have FUN! She has been teaching fitness for 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, SEPT. 2ND AND OCT. 7TH
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
SEPT. 17TH AND OCT. 15TH
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 Monticello Senior Center will be hosting the Memory Café in September.

The Crow River Senior Center will be hosting the Memory Café in October 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, Sept. 8th
Monday, Oct. 6th
9:00, 9:30 or 10:00am

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TRIPS AND CONCERTS

TREASURE ISLAND CASINO

MONDAY OCT. 6TH \$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 Sept. 30th. 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: SHE HAW!

MONDAY, SEPT. 15TH 1:00PM

\$33.00

She Haw is a live stage show set in Kornfield Kounty, a rural farming community in an unspecified state in the United States. The show's sketches mostly center around pop culture and side slapping comedy while showcasing amazingly talented female singers. The show is packed full of comedy, music, fun, audience participation, and did I mention comedy and music! *She Haw* will take you back to some nostalgic bits from the classic TV show Hee Haw and will also take a modern spin to entertain you all day long!

Must register and pay in advance by Sept. 8th. No refunds after this date.

LE MUSIQUE ROOM: BACK TO THE ROCKIN' 50'S

MONDAY, OCTOBER 20TH 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 and rockabilly 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 bring back the sound, the look, the memories and nostalgia of one of America's most treasured eras. There's nothing but PURE EARLY AMERICAN ROCK 'n' ROLL about them.

Must register and pay in advance by Oct. 9th. No refunds after this date.

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 Beaudry Hometown Insurance,
Sept. 4th 1:30pm
Oct. 2nd 1:30pm



Book Bingo sponsored by the St. Michael, Hanover, Albertville Library,
Sept. 25th 1:30pm



Bingo sponsored by Triniti,
Oct. 16th at 1:30pm

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.

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





BOOK CLUB

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

September 9th: The Book Woman's Daughter
 By Kim Michele Richardson

October 14th: The One
 By John Marrs

Date Change to Third Tuesday

November 18th: Still Life
 By Louise Penny

December 9th: Holly
 By Stephen King

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!

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.

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!

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!

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!

RIM RIDERS

TUESDAY MORNINGS
SPRING, SUMMER, FALL

Rim Riders always welcomes new members to our bike group. We are a leisurely bike group normally biking at a speed of 10 to 12 mph. Our rides average a distance of 20 miles total with water breaks along the way. We ride on Tuesday mornings. Most of our rides are on paved, fairly flat trails. We transfer our bikes to the trail head for each ride. We have lunch after for those who can.

August 26th	River Bluffs, St. Cloud	20
Sept. 2nd	City Lakes	12
Sept. 9th	Minnehaha Park—Wab. Bridge	21
Sept. 16th	Elm Creek to Fish Lake	17
Sept. 23rd	Baker Park	12
Sept. 30th	Victoria	15/20
Oct. 7th	Zucchini Ride	16
Oct. 14th	Otsego	12
Oct. 21st	Elk River	12

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

THE TELEPHONE

BY LINDA JANKE

Telephones have truly changed over the years of my life. The first phone I remember was a phone on the wall in the kitchen. It was quite large and you had to turn a crank to make calls on our party-line. If they weren't on our party line, they had to call the operator. When we heard "a long and two short" rings we knew it was for us. We could also listen-in on other people's calls.

Many public places had pay phones where you could place a call using coins.

The next phone I remember was when the phone changed to a dial and then later to a push button. That was in the 1960's. Then in the 1980's, the cordless phone was introduced, which was great because you could have the phone sitting beside you.

In the 2000s, telephones had new features added, a speaker and caller ID.

Then cell phones came into being. The first cell phones were huge. More and more people went to using a cell phone instead of a land line. Many people got rid of their land line altogether and used just a cell phone. There were so many things you could do with a cell phone including checking the time, the weather, emails, checking accounts, calendars, etc.

I wonder what is next.

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!

Thanks to your generous support, in 2024 we offered approximately 720 programs and hosted 26 speakers—most at little or no cost to the seniors in our community. More than 1,400 participants attended these programs. Additionally, 95 dedicated volunteers contributed over 2,900 hours of their time to support our mission.

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 OFFICE ADMINISTRATOR (FOR RSVP)

We're looking for a detail-oriented volunteer to help manage the behind-the-scenes office tasks for our Readers Theater program. This flexible, low-commitment role involves a few hours of work every few weeks and includes scheduling performances, preparing monthly meeting agendas, organizing materials, updating records, and emailing schools and volunteers. If you enjoy organizing and want to support a program that brings stories to life for local students, we'd love to have you on our team!

BIRTHDAY CALLER

Make monthly birthday calls to RSVP volunteers, spreading cheer and appreciation. You'll receive a list each month, place friendly calls, and collect volunteer hours to report back to the coordinator. A simple, meaningful way to stay connected and support our senior volunteer community!

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



Thank you Volunteers

Technology throwing a tantrum?

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

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



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

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

TECHNOLOGY SUPPORT APPOINTMENTS

2ND AND 4TH 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

ALBERTVILLE FARMERS MARKET

Thursdays in June, July, August, September
3:00pm—7:00pm
Albertville Central Park
5801 Main Ave NE

ALBERTVILLE LIONS SUMMER CONCERT SERIES

Bring your chairs and join us for FREE Music in the Park every Thursday evening, now through September, at the Lions Farmers Market. Performances take place at the Central Park Depot and will feature a variety of artists throughout the summer!
6:00pm—8:00pm
Central Park Depot
5803 Main Ave NE

ALBERTVILLE LIONS PUMPKIN PARTY

Thursday, Oct. 2nd
3:00pm—6:00pm
Central Park
5801 Main Ave NE
Kids age 10 and under are invited to join Albertville Lions for games, photos, treats and more! Each kid will receive a free pumpkin while supplies last.

ST. MICHAEL/HANOVER/ALBERTVILLE LIBRARY BOOK SALE

Saturday, October 11th
8:00am—1:00pm
Special Senior Citizen Pre-Book Sale
Friday, October 10th
3:00pm—5:00pm

PUMPKIN DECORATING—HANOVER

Saturday, October 25th
10:00am—11:00am
Hanover City Hall Garage
Prizes for Best costume and Best Pumpkin decoration. This is a free event.

HANOVER LIONS PANCAKE BREAKFAST

Sunday, October 28th
7:30am—12:00pm
Hanover City Hall
Free will donation.
French toast, pancakes and blueberry pancakes, Dehmer's sausage, juice, milk, coffee.

WELLNESS ON WHEELS

**WEDNESDAY, SEPT. 3RD & OCT. 1ST
1:00PM—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

**TUESDAY, OCT. 21ST
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.

YOUR VOICE, YOUR COMMUNITY- LET'S TALK

WEDNESDAY, SEPT. 10TH 1:30PM

Join us for a casual, friendly conversation about what services and resources matter most in our community.

This is your chance to share ideas, give feedback, and help shape what support looks like for older adults in our area. No presentations. No pressure. Just real conversations.

This event is presented by the Central MN Council on Aging, Wright County, and Thryve by Guardian Angels.



FOOD DRIVE

SEPT. 15TH—SEPT. 26TH

**SUPPORT OUR COMMUNITY—HELP STOCK
OUR LOCAL FOOD SHELVES!**

As we head into fall, the STMA Food Pantry and Hanover Area Food Shelf need our support more than ever. Please consider donating:

- Canned goods (beans, corn, etc.), peanut butter & jelly, cereal & cereal bars, meal kits, snacks (crackers, pudding, chips, granola bars), pasta and pasta sauces, flour, sugar, cooking oils, and condiments (ranch, ketchup, mustard, BBQ sauce).
- Personal Care: Baby diapers (Newborn-Size 6), Pull-Ups (2T-5T), baby wipes, shampoo, body wash for both men and women, toothbrushes and toothpaste, and lotion.
- Household Items: Ziplocks and other resealable bags, trash bags, laundry detergent, dish soap, paper towels, toilet paper and Kleenex, can openers, household cleaners.

Donations will be collected at the Crow River Senior Center from September 15th – 26th. Please note that the Senior Center will not be accepting any perishable items. The donations will be delivered directly to the STMA Food Pantry and Hanover Area Food Shelf.

Your generosity makes a difference – thank you for giving back to our community!

For questions, please contact Stacie at 763-231-6283.



REIMAGINE AGING CONFERENCE

September 25th, 10am-3pm
Heritage Center of Brooklyn Center
6155 Earle Brown Dr
Brooklyn Center, MN 55430

\$10 for ages 60+ (Lunch included)

Stay up to date on the latest technology impacting seniors!

With educational sessions:

- AI & Me: Demystifying Artificial Intelligence for Older Adults
- How Technology is Reimagining Senior Mobility
- Fraud and Scams in the Digital Era: Stories, Support, & Solutions
- Top 50 Things to Know if You are Blind or Low Vision
- Everyday Tech for Easier Living: Tools That Truly Work for Older Adults and Caregivers

**Buy tickets online at seniorcommunity.org/2025RAC
or call 952-767-7882.**

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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—SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
CENTER CLOSED	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:00P Golden Age of Hanover 1:15P-3:30P Bridge 1:30P Parkinson's Support Group	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P-3:00P Wellness on Wheels 1:15P-3:30P 500 Cards 1:30P Moose is Loose Presentation	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Nordic Walking Presentation 10:00A Watercolor Class (Hanover) Noon Lunch at Center 1:30P Bingo sponsored by Beaudry Hometown Insurance	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
08	09	10	11	12
9:00A SilverSneakers (Albertville) 9:00A Legal Aid 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P Writer's Group	9:00A-11:00A Stitch Group 9:30A Cardio Drumming 10:00A Advisory Board Mtg 10:30A Health Secrets of U.S. Presidents Presentation 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P-3:00P Tech Support 1:15P-3:30P Bridge 1:30P Book Club	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Your Voice, Your Community—Let's Talk Focus Group	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Watercolor Class (Hanover) Noon Lunch at Center 1:30P Bingo 1:30P Caregiver Support Group	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
15	16	17	18	19
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:00P Le Musique Room: She Haw!	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:30A Healthy Aging, Healthy Brain Presentation 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Memory Café at the Monticello Senior Center	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Watercolor Class (Hanover) Noon Lunch at Center 1:00—3:00P Open House 20th Anniversary of the Crow River Senior Center!	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P Movie 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
22	23	24	25	26
9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P Writer's Group	9:00A –1:00P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 9:00A 55+ Drivers Class 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) No Lunch Today 12:30P-3:00P Tech Support 1:15P-3:30P Bridge 1:30P Money Saving Programs and Services	9:00A-11:00A Hand & Foot Cards 10:00A Barnwood Painting Class (Hanover) 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Watercolor Class (Hanover) Noon Lunch at Center 1:30P Book Bingo Sponsored by the St. Michael/Hanover/ Albertville Library	9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
29	30			
9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge			

CRSC LUNCH MENU—SEPTEMBER 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
Tater Tot Hotdish Side Salad Dinner Roll	Chicken Wild Rice Soup Ham and Cheese Sandwich	Baked Cod Rice Pilaf Broccoli	NO LUNCH <i>Deadline to call in orders for next week.</i>
09	10	11	12
Beef Tacos Taco Sauce Sour Cream Refried Beans	Chicken Cordon Bleu Wild Rice Blend California Blend Dinner Roll	Philly Steak Wrap Macaroni Salad Baked Beans	NO LUNCH <i>Deadline to call in orders for next week.</i>
16	17	18	19
Chicken Drummies Potato Salad Corn Bread	Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative)	Meatloaf Mashed Potatoes Gravy Corn	NO LUNCH <i>Deadline to call in orders for next week.</i>
23	24	25	26
NO LUNCH	Pulled Pork Sandwich Baked Beans Coleslaw	Chicken Enchiladas Refried Beans w/ Cheese, Lettuce, Sour Cream, Tomatoes	NO LUNCH <i>Deadline to call in orders for next week.</i>
30			
Salisbury Steak Mushroom Gravy Mashed Potatoes California Blend			NO LUNCH <i>Deadline to call in orders for next week.</i>

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

CRSC ACTIVITIES CALENDAR—OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
		9:00A-11:00A Hand & Foot Cards 10:00A Safety for Seniors Presentation 10:00A Senior Yoga (Zoom) 11:00A Flu Shot Clinic Noon Lunch at Center 1:00P-3:00P Wellness on Wheels 1:15P-3:30P 500 Cards 1:30P Medicare Presentation	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:30A Landmark Tours Presentation Noon Lunch at Center 1:30P Bingo sponsored by Beaudry Hometown Insurance	9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
06	07	08	09	10
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	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) 12:00P Golden Age of Hanover Noon Lunch at Center 1:15P-3:30P Bridge 1:30P Parkinson's Support Group	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Oktoberfest Luncheon 1:15P-3:30P 500 Cards	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
13	14	15	16	17
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 10:00A Advisory Board Mtg 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P Tech Support 1:15P-3:30P Bridge 1:30P Book Club	9:00A SilverSneakers (Albertville) 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Memory Café at the Crow River Senior Center	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Macrame Pumpkins Noon Lunch at Center 1:30P Bingo sponsored by Triniti 1:30P Caregiver Support Group	9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre 1:00P Movie
20	21	22	23	24
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group 1:00P Le Musique Room: Back to the Rockin' 50's	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 10:30A Home Program 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge	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	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Navigating the Health Care Maze Noon Lunch at Center 1:30P Bingo	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre
27	28	29	30	31
9:00A SilverSneakers (Albertville) 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:30P Tech Support 1:15P-3:30P Bridge	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	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Bingo	9:00A SilverSneakers (Albertville) 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P-3:30P Euchre

CRSC LUNCH MENU—OCTOBER 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
	01	02	03
	Sloppy Joe Potato Salad Baked Beans	Baked Ham Scalloped Potatoes Green Beans Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>
07	08	09	10
Chicken Supreme Casserole Side Salad Dinner Roll	Oktoberfest	Chopped Beef Steak w/onions and mushrooms Mashed Potatoes Corn	NO LUNCH <i>Deadline to call in orders for next week.</i>
14	15	16	17
Fish Sandwich Tarter Sauce Macaroni Salad Chips	Swiss Chicken Wild Rice Blend California Blend Dinner Roll	Lasagna Side Salad Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>
21	22	23	24
Oriental Chicken Salad Dinner Roll	Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative)	Swedish Meatballs Mashed Potatoes Corn	NO LUNCH <i>Deadline to call in orders for next week.</i>
28	29	30	31
Chef's Salad Dinner Roll	Chicken Breast w/ Garlic Cream Sauce Mashed Potatoes Green Beans	Cabbage Rolls Veggie Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>

***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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PRINT & DIGITAL AD SPACES

Build your business and help us grow a vibrant community!

Nick Palasini from LPi, our news letter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.



LPi Nick Palasini
Cell | 608-201-2593
npalasini@4lpi.com



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