

CROW RIVER SENIOR CENTER

May/June 2022
Newsletter

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

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

Spring Greeting!

We are open Monday through Friday from 8:30 a.m. to 4:00 p.m., and we would love to see you! Please read this edition of our newsletter closely. There is a lot of activity happening at the senior Center and many smiles. We invite you to join us for Doug Ohman on May 23, Movies listed on page 2, line dancing on Wednesdays in Hanover, activities, games, lunches, and more. The lunch details are on page 2 for center meals. We will serve Tuesdays and Thursdays in May and add Wednesdays in June. CROSS Services is now coordinating the Meals on Wheels program; see details on page 14. Dash for Trash is Wednesday, May 18. We can always use extra hands to help with this project. Please get in touch with the Center if you are available to help. We ask that you continue to take precautions to keep one another well. If you are not feeling well, please stay home. Your continued cooperation and understanding during this unusual time are sincerely appreciated. Please stay well and spread your kindness.

Respectfully, *Vonnie Waters*



Volunteers are needed!

We are calling all volunteers. Please let us know if you can help in the kitchen, at the receptionist desk, Dash for Trash, or with our activities/events at the center. We need more volunteers to help with this process to get things more active. Please get in touch with the center to help.



Holiday closing notice: Monday May 30, Memorial Day and Monday June 20, Juneteenth.

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— 8:30 am to 4:00 pm M-F



Lunches at the Senior Center

**May Lunches at the Center will be served Tuesdays and Thursdays.
June lunches at the Center Tuesday, Wednesday and Thursday**

**Meals are served at the Crow River Senior Center for seniors 60 and over. We ask that you sign up the Friday prior and arrive between 11:30 and 11:45 am so that we may serve meals promptly at noon.
Cost: \$4.50 per meal .**

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



Movie Club

Please sign up at least one day in advance for our free movies.

Friday May 27 @ 10:00 am

“American Underdog”

The inspirational true story of Kurt Warner who longs to become an NFL player, but years of setbacks constantly prevent him from reaching his goal. Starring: Zachary Levi, Anna Paquin, Dennis Quaid, Hayden Zaller. PG 1 hour 52 minutes.

Friday June 10 @ 10:00 am

“Belfast”

A semi- autobiographical British-Irish drama centered on a glamorous working-class family and their young son’s childhood, as they get caught in the mayhem of Belfast’s troublesome times.

Starring: Judi Dench, Jamie Dornan, Caitriona Balfe and Ciaran Hinds. PG-13 1 hour 38 minutes.

**Friday June 24 @ 10:00 am
Intergenerational Movie Day!**

“Encanto”

Animated movie tells the tale of an extraordinary family, the Madrigals, who live in the mountains of Colombia, in a magical house, in a vibrant town, in a wondrous, charmed place called Encanto. This is a movie that you can bring your grandchildren with you. Please call to make your reservation at least by Thursday June 23. PG 1 hour 42 minutes.

**Hearing Screening
FREE Fridays
in May and June**

**May 27, 2022
&
June 24, 2022
@ 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

**May 27 & June 24 from
10 am to 12:00 pm**

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

This is a FREE Service. Call to make your reservation at least one day prior.



**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
May and June
9:00 am to 11:00 am

Writers Group

Mondays
May 2 & 16
June 6

1:30 pm to 3:30 pm

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

Joy Stitch & Needlecraft Group

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

Tuesdays @
9:00 am to 11:00 am

(No Stitch Group Tuesday, May 24)

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
May 3 & 17
June 7 & 21

Time: 9:00 am to 11:00 am

Daytime Book Club for Seniors

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

Tuesday, May 10 @ 1:30 pm

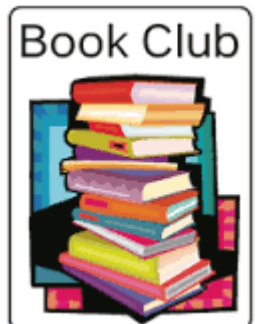
*"The Hundred-Year-Old Man Who
Climbed Out the Window and
Disappeared" by Jonas Jonasson*

Tuesday, June 14 @ 1:30 pm

*"Educated"
Memoir by Tara Westover*

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.



CROW RIVER SENIOR CENTER 763-497-8900

LEGAL SERVICES

The St. Cloud office of Mid-Minnesota Legal Aid has received a grant of Older Americans 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, May 2 & Monday, June 6

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



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A 4C 02-1011

CLASSES

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Virtual Fitness Class

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

Join in our regular weekly classes:

Monday & 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.

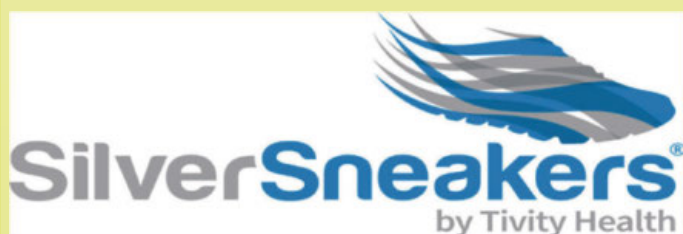
To sign up or inquire, please call

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:

**Friday,
May 13, 2022
9am to 1pm**

**Friday,
June 17, 2022
9am to 1pm**



**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 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.

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

Engel Haus Drive-Thru Event

Let's celebrate all of the wonderful mothers with a Free Pre-Mother's Day Breakfast Drive-Thru on

**Wednesday, May 4th
8:00 – 10:00 am**

**Engel Haus
5101 Kassel Ave NE Albertville
RSVP by April 27th
Call Jay-Jay 763-270-3485 or email
jchan@ga-er.org**



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



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

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Crow River Senior Center, St. Michael, MN

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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, May 3
& June 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, May 19 &
June 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.

Free Tech Support is Available!

Need help to better use your smart phone, laptop or tablet? Want to learn more about your device, make sure it is secure, download apps or pictures?

See Chuck, a very experienced tech support volunteer, who is available at the center the first and the third Wednesday of each month to help you with your tech concerns. Please call 763-497-8900 to schedule an appointment and remember to bring in your device for this free service!

**Wednesdays
May 4 & 18 and June 1 & 15
By appointment
starting at 10:00 am**

If you need in-home support, you can request directly with the HOME Program by calling 763-416-7969 or email home-team@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, May 24, 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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C 4C 02-1011

SUPPORT

Our Activity Hour 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. If you are not able to attend in person but would like to participate please contact us.

Activity Hour Memory Café

**Meetings are held the 3rd Wednesday of each month
in person at the Crow River Senior Center.**

1:30 pm to 2:30 pm

To register call 763-497-8900.

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



SENIOR
COMMUNITY
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**

BIKE GROUP



RIM RIDERS BIKE GROUP

Rim Riders always welcome new members to our bike group. We are a leisurely bike group normally biking at a speed of 10-12 mph. Our rides average a distance of 20 miles total. We ride on Monday mornings usually at 9 am. 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. Any questions, please call: Debbie Carron 612-599-1628 or Jackie Holvik 763-516-0478

2022 Ride Schedule

May 2	St. Boni to Wayzata.....	26 miles
May 9.....	Albany to Holdingford.....	21 miles
May 16	Silver Lake to Hutch.....	18 miles
May 23	Big Lake.....	TBD
May 30	Memorial Day.....	NO Ride
June 6	Elm Creek to Coon Rapids.....	16 miles
June 13.....	Nine Mile Creek.....	16 miles
June 20.....	Lady Slipper.....	24 miles
June 27.....	St. Boni to Mayer.....	16/24 miles
July 4.....	Happy 4th of July.....	NO Ride
July 11.....	St Cloud.....	17 miles
July 18.....	City Lakes.....	12 miles
July 25.....	New London - Wilmar.....	24 miles
Aug 1.....	Holdingford-Blanchard Dam.....	22 miles
Aug 8.....	St. Michael—Hanover.....	20 miles
Aug 15.....	Ox Yoke to Watertown.....	15 miles
Aug 22.....	Elk River—Zimmerman.....	17 miles
Aug 29.....	Chaska.....	22 miles
Sept 5.....	Labor Day.....	NO Ride

BINGO & GAMES



Bingo

sponsored by



Thursdays @ 1:30 pm
May 12 & June 9



Bingo *sponsored by*



Thursday
May 19
@ 1:30 pm

Carnival Bingo

May 5 & 26 and
June 2, 16 & 30

@ 1:30 pm

What is Carnival Bingo you ask?

Join us to play bingo and collect a token each time you win. At the end of all of the games you will be able to cash the tokens in for prizes just like if you were at a carnival.

Join us for the fun! Please sign up in advance by calling 763-497-8900

Games notice:

We ask that you respect game start/stop times and your fellow participants. Time must be allowed daily to sanitize all spaces between each activity and lunch.

Your courtesy and cooperation are greatly appreciated.



Doug Ohman Presents

“State Parks of Minnesota ”

May 23 @ 1:30 PM

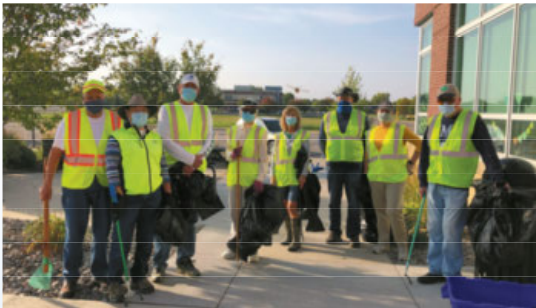


The exciting and interesting photographer and story teller Doug Ohman will present in person.

Go on a vacation with a photographer. Doug has visited all 67 parks and has photos, stories, history and personal adventures to share. This program has two main themes; the history of the oldest state parks, and the incredible recreational opportunities just waiting to be explored. His photography is featured in the book *Prairie, Lake, Forest-State Parks of Minnesota*.

Please call early to reserve your spot for in person as space is limited.
This is a FREE event available for all seniors.

Please reserve your spot by May 20 to register call 763-497-8900.



Dash for Trash **Wednesday May 18, 2022** **9:00 am**

This is your opportunity to volunteer and help both our Senior Center and community. Opportunity to: Beautify county hwy 35 entrance to downtown St. Michael, be outside in the fresh air, obtain exercise & meet and visit with other volunteers from a 6 foot distance to stay safe. It's a fun 1 to 2 hours to help this project. Please consider adding your name to the volunteer list. The center will provide gloves, safety vests, bags and mechanical grabbers. A very big thank you to Jerry Sorenson, project leader for his support on keeping the program going.

Call 763-497-8900 to sign up to help.

Thank you to all who have helped in the past to keep our part of St. Michael beautiful.



MEALS ON WHEELS PROGRAM



MEALS ON WHEELS

763-425-1050 EXT: 115

The Meals on Wheels program is available for those individuals who would like a hot, fresh home delivered meal. The Meals on Wheels program is coordinated by CROSS Services in Rogers.

Please call 763-425-1050 EXT: 115 to sign up

Volunteers Needed!

Meals on Wheels is always looking for more delivery drivers. Please inquire if you are interested. Just one day per month delivering helps a great deal. Please call 763-425-1050 x 115 if you are interested in finding out more detail.



CASINO TRIP

Casino Trip to Mystic Lake Wednesday, June 1, 2022



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 to be paid on registration.

(You will get back \$15.00 in machines + a \$4.00 food coupon. Please bring picture ID.)

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

We need a minimum of 40 passengers or the trip may have to be cancelled.

Sign up no later than May 24, 2022.

*****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



EMBARRASSING MOMENT #8 By Mary Smith

For all of those years we sat near the front of the sanctuary. My mother, my sister, my brother, and me. It was just the way it was; all families had similar arrangements. To a casual observer it would seem we had seat assignments because we invariably went to the same place each time. Habits are an interesting phenomenon. So every Sunday morning and every Sunday evening we could be found in “our” place and, with a minimum amount of fighting.

But, now I was in 7th Grade. The other kids that age were now sitting together in the back of the church and I wanted to join them. I broached the subject to my parents; I got a resounding “no.” I waited for what I thought was a reasonable time – like four or five Sundays – and approached them again. And got a resounding “no.”

Later that week my Mother took me aside and said she and Dad had decided to let me join my friends. But she had several reminders and admonitions. Like “behaving properly,” setting a good example,” and the familiar “if *you* misbehave it will seem worse than if the other kids misbehave.” I assured her it would be all right.

The next Sunday I was allowed to join my friends, at the Sunday evening service. The attendance was always less than the morning service, then four kids. So there would be a total of six of us that night.

We sang the hymns and were attentive during the announcements. Then Dad began the sermon. Dad was not a hell-fire-damnation preacher. He was more of a scholar and his style of delivery and the content of his message was quieter and more thought provoking instead of being loud and confrontational.

It was a very warm Tennessee summer evening and the 7th Grade attention span began to wane. It so happened that I was wearing the three celluloid bracelets I had received for my birthday. (Celluloid was a forerunner of plastic.) There were three of them, big, colorful, chunky bangles.

The girls in the group were fascinated with them; we passed them back and forth. One of them dropped on the wooden floor. There was a giggle. From the pulpit, Dad said, “Sister, bring those to me.”

So, here I go up the aisle, it seemed a block long, and handed him the bracelets and returned the block-long aisle to my seat. He continued his sermon.

It was quite a while before I sat on the back pew with my friends.

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. *****





The HOME Program Offering Basic Tech Support for Seniors!

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

If you need assistance with

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

We can help!

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

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

In-home services are provided for a fee.

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

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

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

Donations for our no-cost support options are appreciated!



Funded, in part, by a Grant from Wright County

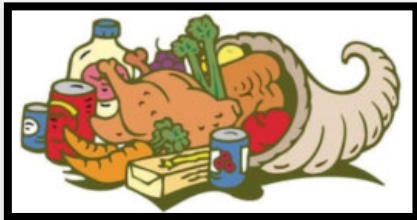
FREE AREA FOOD PROGRAMS

Hanover Food Shelf

Location: 11024 Church St.
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763-498-0086

Hours: Tuesdays & Fridays
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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.



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19 & 30th St). The following 2022
Saturdays:

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June 11 & 25
July 9 & 23

10:00 to 11:30 am.



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Crow River Senior Center, St. Michael, MN

E 4C 02-1011

MAY 2022

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9A Legal Appts 9:30A Fitness Class Virtual 9:00A—11:00A Painting Group 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	3 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 9:00A History Grp Noon Lunch at Center 1:30P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group	4 9:00A-11:00A Hand & Foot Crds 9:30A Fitness Class Virtual 10A Tech Appts. 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre	5 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo "Carnival Bingo"	6 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
9 9:30A Fitness Class Virtual 9:00A—11:00A Painting Group 1:30P—3:30P Dominoes	10 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp Noon Lunch at Center 1:30—3:00 pm Book Club 1:30P-3:30P Social Bridge	11 9:00A-11:00A Hand & Foot Crds 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre	12 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael"	13 9A 55+ Safe Drivers Class 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
16 9:30A Fitness Class Virtual 9:00A —11:00A Painting Group 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	17 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	18 9A Dash for Trash 9:00A-11:00A Hand & Foot Crds 9:30A Fitness Class 10A Tech Appts. 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30—3:00 pm Activity Memory Café 1:30P-3:30P Euchre	19 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "Guardian Angels Engel Haus" 1:30P Caregiver Support Group	20 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
23 9:30A Fitness Class Virtual 9:00A —11:00A Painting Group 1:30P—3:30P Dominoes 1:30P Doug Ohman	24 8:30A & 10A Fitness Class Virtual 9A -3P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) NO ACTIVITIES TODAY NO Lunch	25 9:00A-11:00A Hand & Foot Crds 9:30A Fitness Class Virtual 10:00A-11:00A Line Dancing (Hanover City Hall) 1:30P-3:30P Euchre	26 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo "Carnival Bingo"	27 9:00A-11:00A Cribbage 10A Hearing Check 10A Movie Club "American Underdog" 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
30 Center Closed Memorial Day Holiday	31 8:30A & 10:00A Fitness Class Virtual 9:00A Joy Stitch Grp 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.

**Meal Ordering
Deadline:**

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

**MAY
2022
SENIOR CENTER
LUNCH MENUS**

Vegetables will be a
Chef's Choice for most
days. **(Menu are sub-
ject to change without
notice.)**
Cost per meal at the
Center \$4.50. Center
meals are Tues &
Thurs. in May.

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Drummies Tots Veggie	4	5 Chicken Ala King Biscuit Veggie	6 <i>Deadline to call in orders for next week.</i>
10 BLT on Multigrain Bread Macaroni Salad Veggie Tray	11	12 Salisbury Steak Mushroom Gravy Mashed Potatoes Veggie Blend	13 <i>Deadline to call in orders for next week.</i>
17 Chicken Pasta Veggie Dinner Roll	18	19 Baked Ham Potatoes Veggie Dinner Roll	20 <i>Deadline to call in orders for next week.</i>
24 NO CENTER Lunch TODAY	25	26 Meat loaf Potatoes Mixed Veggies	27 <i>Deadline to call in orders for next week.</i>
31 Chef Salad Dinner Roll			Cancellations must be called in 1 day prior or you are responsible for payment of the meal. 497-8900

JUNE 2022

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>1 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class Virtual 10A Tech Appts. 10:00A-11:00A Line Dancing (Hanover City Hall) Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>2 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo "Carnival 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 Dominoes 1:30P—3:30P Writers Group</p>	<p>7 8:30A & 10:00A Fitness Class Virtual 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-3:30P 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) Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>9 8:30A & 10A Fitness Class Virtual 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael"</p>	<p>10 9:00A-11:00A Cribbage 10A Movie Club "Belfast" 1:30P-3:30P 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 Dominoes</p>	<p>14 8:30A & 10:00A Fitness Class Virtual 9:00A-11:00A Joy Stitch Group 10:00A CRSC Advisory Board Noon Lunch at Center 1:30P-3:30P Social Bridge 1:30P-3:30P Book Club</p>	<p>15 9:00A-11:00A Hand & Foot Cards 9:30A Fitness Class 10A Tech Appts. 10:00A-11:00A Line Dancing (Hanover City Hall) Noon Lunch at Center 1:30P-3:30P Euchre 1:30P-2:30P Memory Café</p>	<p>16 8:30 & 10:00A Fitness Classes Virtual 9:00A-11A Pinochle Noon Lunch at Center 1:30P Bingo "Carnival Bingo"</p>	<p>17 9A 55+ Safe Drivers Class 9:00A-11:00A Cribbage 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>20 CENTER CLOSED JUNETEENTH HOLIDAY</p>	<p>21 8:30A & 10:00A Fitness Class Virtual 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 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) Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>23 8:30 & 10:00A Fitness Classes Virtl 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo "Mystery Bingo" 1:30—3:00 pm Caregiver Sup Grp</p>	<p>24 9:00A-11:00A Cribbage 10A Hearing Checks 10A Movie Club "Encanto" 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>27 9:30A Fitness Class Virtual 9:00A -11:00A Painting Group 1:30P—3:30P Dominoes</p>	<p>28 8:30A & 10:00A Fitness Class Virtual 9:00A-11:00A Joy Stitch Group 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) Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>30 8:30 & 10:00A Fitness Classes Virtl 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo "Carnival Bingo"</p>	

**Meal Ordering
Deadline:**

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

**JUNE
2022
SENIOR CENTER
LUNCH MENUS**

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

**(Menu are subject to
change without notice.)**

**Cost per meal for
Center meals is \$4.50**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals are Tuesday, Wednesday and Thursday at the Senior Center in the month of June.	1 Chicken Chow Mein Rice/Noodles Egg Roll	2 Shepherds Pie Veggie Dinner Roll	3 <i>Deadline to call in orders for next week.</i>
7 Chicken Oriental Wrap Chips Fruit	8 Baked Ham Potatoes Veggie Dinner Roll	9 Swiss Chicken Wild Rice Blend California Blend Dinner Roll	10 <i>Deadline to call in orders for next week.</i>
14 Sloppy Joe Coleslaw Chips	15 Spaghetti w/ Meatsauce Green Salad Dinner Roll	16 Chicken Stir Fry Rice Egg Roll	17 <i>Deadline to call in orders for next week.</i>
21 Pulled Pork Baked Beans Coleslaw	22 Tatortot Hotdish Veggies Dinner Roll	23 Chicken Breast Sandwich Macaroni Salad	24 <i>Deadline to call in orders for next week.</i>
28 Cheeseburger Fries Pickle	29 Southwest Chicken Salad Dinner Roll	30 Meat Loaf Mashed Potatoes Veggie Dinner Roll	Cancellations must be called in 1 day prior or you will be responsible for payment. Call 497-8900

WE ARE OPEN!

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 & City of St. Michael. 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!

ABOUT US

The Senior Center is located at
11800 Town Ctr Dr NE, Suite 200
St. Michael.

The Center is open Monday through
Friday check the schedule for times.
For more information on programs &
senior issues, call the center at
763-497-8900.

www.mnseniorcenters.org



A NOTE REGARDING THE NEWSLETTER: PLEASE HELP US SAVE COSTS

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

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

This helps reduce
additional postage cost greatly.

Thank you.



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