



July/August 2023
Newsletter

CROW RIVER

SENIOR CENTER

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."

Congratulations to our newest Advisory Board Members!

**Judy Stukey
Linda Eckard
Dale Barthel
Janet Kimbler**

**Welcome! We look forward to an
exciting future!**

**To ALL of our Advisory Board Members,
THANK YOU for your commitment and
dedication in keeping the Center going.**

We appreciate you!!!



**Coffee,
Conversation
and Doughnuts**

**Tuesday, Aug. 29th
9:00am-11:00am**

**Come visit with old friends and
make new ones at the Center while
enjoying hot coffee and good
doughnuts. We hope to see you
there!**

This is a free event.

**Please call the Center to register.
763-497-8900**

The Center will be closed: Tuesday, July 4th

**11800 Town Center Drive NE, Suite 200, St. Michael, MN 55376 • (763) 497-8900
Jenny Teigen, Center Director • jteigen@crowriverseniorcenter.com
www.mnseniorcenters.org - Center Hours- 8:30 am to 4:00 pm M-F**



Please join us for.....

Hocus Pocus: Magic, Mystery and Mahem

The Crow River Senior Center invites you and your grandchildren to enjoy an intergenerational Magic Show with ice cream!

Where: Crow River Senior Center

When: Wednesday, July 26th 1:30pm

Cost: Free Will Donation the day of the event

From Las Vegas to Chicago, Markus Clegg has been performing magic professionally all over the United States for over 20 years. His blending of classic style, humor and mind bending magic has made him the sought after entertainer that he is today. Originally from Illinois, Markus began his life long love affair with magic at a very young age. After performing his first professional show at age 12, he knew that magic was going to be his career. Markus has performed in cities all across the U.S. and around the world. During the summer, he can be found performing close up magic as "The Shark" at CHS field in St. Paul, MN for the St. Paul Saints baseball team home games.

Please RSVP no later than Monday, July 24th.



16th Annual

**St. Michael
Daze & Knights Festival**

Aug. 11th & 12th 2023

**Bingo volunteers needed
August 12th. Contact Jenny at
the Senior Center. 763-497-8900**

Check out their website for more information and list of events:

stmdazeandknightsfestival.com

The Crow River Senior Center will be hosting Bingo in the City Hall Chamber Room on Sat. Aug. 12th 2:00pm-4:00pm

Crow River Senior Center

Doug Ohman Presents....

“Uncovering and Saving History”

**Monday, July 24th
1:30pm**

Travel with Doug as he chronicles lost relics and history. With the use of simple tools; a metal detector and camera, Doug has respectfully recovered and photographed artifacts that help us reconnect to our past. He will share his experiences, photos, stories and actual relics that will bring local history to life.

“The County Fair: A Minnesota Tradition”

**Monday, Aug. 7th
1:30pm**

Enjoy fun and iconic photographs and stories as Doug takes you back to the days when the local county fair was one of the favorite summer time highlights that everyone, young and old, looked forward to attending.

These are free events.

Please call the center to register.

Spaces are limited.

BINGO



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

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**The Legacy
of St. Michael**
...because the journey matters

*Thursdays @ 1:30 pm
July 13th &
August 10th*

Bingo sponsored by



*Thursdays @ 1:30 pm
July 20th &
August 17th*

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
July and August
9:30 am to 11:00 am

Writers Group

Mondays
July 17th
(No group July 3rd)
and
Aug. 7th & Aug. 21st
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

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
July 18th
(No Group on July 4th)
and
Aug. 1st & Aug. 15th
Time: 9:00 am to 11:00 am

Book Club

Time: 1:30 pm to 3:30 pm

Tuesday, July 11th
"When God was a Rabbit"
by Sarah Winman

Tuesday, August 8th
"The Homewreckers"
by Mary Kay Andrews



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 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 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 monthly at the Crow River Senior Center.**

Call the Center 763-497-8900 to schedule your appointment.
Next available dates:

Monday, July 10th & August 7th

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

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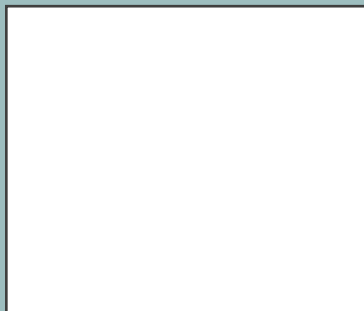


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ballrich@lpicommunities.com

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Crow River Senior Center

**THANK YOU
to the St. Michael
American Legion
Post 567
for donating a new
flag to the
Senior Center!!**

Estate Strategies *Presented by Kyle Barck, Financial Advisor from Thrivent*

**When: Wed. August 23rd
1:30PM**

During this presentation we will:

- Explore assets, whether they be financial or physical.
- Consider beneficiaries who you might pass them on to, such as your family or organizations you care about.
- Look at wills, trusts and other tools to help you when your plan needs to be put into action. You'll also learn the choices you can make when it comes to the end of your life.
- Apply what you learned today by learning how to access two free resources to get you started.
- These topics and more will be discussed during this presentation.

Please call the Center to sign up.

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:**

**Wednesday, Aug. 2nd
9am-1pm**

**To register for classes visit their
website at www.mnsafetycenter.org
or call 1-888-234-1294.**

Hearing Screenings

Monday

July 17th

August 21st

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

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.



Senior Linkage Line 101

Learn how the Senior Linkage Line can help you. The Senior Linkage Line helps older adults and their families with a wide variety of aging issues.

**Monday, July 17th
10:30am**

Please call the center to register.

Come learn more about....

Wright County Trailblazer

Monday, Aug. 21st

10:00am

Need a Ride? Call Trailblazer! Trailblazer Transit provides general public transportation to **people of all ages** for just about any reason! Professional drivers utilize elevator-equipped buses to provide Dial-A-Ride service throughout Wright County, plus some limited service into neighboring communities like Big Lake, Elk River or Rogers.

Please call the Center to register.

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www.northcentralinsurance.com



CROW RIVER SENIOR CENTER

Boat Cruise: Taylor Falls, MN



When: Wednesday, August 16th
Depart from the Crow River Senior Center at 9:00am

Cost: \$75.00

Since 1906 thousands of tourists have enjoyed the scenic beauty of the world famous Dalles (Dells) of the St. Croix River by authentic paddlewheel boat. The unique rock formations are highlighted by the narration by the crew. The view inspires awe, not just for its beauty, but also for the provision of this river that sculpted through ancient volcanic rock. The land was revered by the Ojibwa, Dakota and Fox people. Trappers and traders glided in canoes and bateaux between the basaltic walls they called dalles. Courageous early settlers built a riverside town where steam navigation stopped. This cruise provides a picture postcard view that will not soon be forgotten.

Sack luncheon, using local ingredients to craft a seasonal menu:
Sandwich with Ferndale Market Turkey, Colby Jack Cheese, Romaine Lettuce, Mayonnaise, and Mustard Packets, Kettle-cooked Chips, Carrots, Chocolate Chip Cookie, Coffee.

Please call the Center to sign up no later than Monday, July 17th.
No refunds after this date. Spaces are limited.

Minnesota State Fair!!

We will be sharing a coach bus to the Minnesota State Fair with participants from the Monticello Senior Center on Thursday, August 31.

The bus will depart from the Crow River Senior Center at 8:30 a.m. and leave the fairgrounds for the trip home at 3:30 p.m.

Cost: \$35.00, which includes fair admission.



Please call the Center to sign up no later than Monday, Aug. 21st.

No refunds after this date. Spaces are limited.

Wood Sign Making

When: Monday, August 14th at 1:00pm

Cost: \$45.00

Join us to create a one of a kind 11" x 14" rustic wood sign with the phrase of your choice from those listed below. In this class you will use acrylic paint to create your background color, apply vinyl, paint your foreground color, then peel the vinyl to reveal your unique design.

Class is instructed by Mandi Sabourin, owner of Create and Connect Studio.



Please call the Center to Register.
Payment and sign choice required at sign up.



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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 and are welcome to attend. **This group meets the first Tuesday of each month at 1:30 pm.**

**Tuesdays
July 11th
& Aug. 1st**

1:30pm to 3:30pm



Wright County Memory Café

The 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 Memory Café meets the **third Wednesday of each month at 1:30 p.m.** at either the **Crow River Senior Center** or the **Monticello Senior Center.**

Visit mnseniorcenters.org or call to learn more.



505 Walnut Street, Suite 3
Monticello, MN 55362
(763) 295-2000

Last updated 01/2023

A nonprofit organization with a mission to innovate and deliver services



SENIOR
COMMUNITY
SERVICES

that meet the changing needs of older adults and their caregivers.



The **HOME program** offers a variety of services including personal technology assistance, handyperson services, home safety checks, housekeeping and lawn care/snow removal.

To learn more, call 763-416-7969 or email hometeam@seniorcommunity.org.



If you're helping an older adult in your life, you are a **caregiver**. Licensed social worker **Becky Allard, LSW**, can help you get the support you need to sustain your ability to provide help and maintain your own life balance.

Make a **one-on-one appointment** for individualized support, guidance or advice.

Register for a **caregiver support group** held the 3rd Thursday of each month from 1:30 p.m. to 3:00 p.m.

612-804-0968

b.allard@seniorcommunity.org



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www.seniorcommunity.org
ReimagineAging@seniorcommunity.org
952-541-1019

Last updated 01/2023

EVENTS

Le Musique Room at the St. Michael Cinema Presents... 50's and 60's Music Review

Monday, July 10th

1:30PM Show **COST: \$30.00**

The 50's and 60's Revue hails from Minneapolis, MN and they celebrate the music of Roy Orbison, the Everly Brothers, Patsy Cline, and Bobby Darin. They are part of A Hard Day's Night Productions; the core of the band also performs as the most popular Beatles tribute in the Midwest. They are experienced professionals, veterans of hundreds of shows. This band is guaranteed to give you a fun-filled performance. They will be playing the hits of Buddy Holly, Johnny Cash and more. If you love the music of the 50's and 60's, don't miss this show!

Discounted tickets purchased through the Senior Center require payment to be made at time of registration. For more details please contact the Crow River Senior Center at 763-497-8900. **NO TRANSPORTATION is provided to this concert.** You are responsible for your own transportation to the Cinema. Reserved seats are limited so purchase early to assure your spot.

Cinema Location: 4300 O'Day Ave NE, St. Michael, MN 55376

Deadline to purchase tickets is June 30th. No refunds after this date.

Treasure Island Casino Monday, Aug. 7th

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 the Crow River Senior Center at 8:30 a.m. and return at approximately 3:45p.m.

Cost: \$20.00

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 Aug. 1st. No refunds after this date.

Seats are limited!

Golden Age of Hanover

Interested in getting together with other seniors? The Golden Age of Hanover is a group of seniors 55 and older that meets monthly for a catered lunch followed by a short meeting and games.

**When: First Tuesday of Every Month
No meeting on July 4th, rescheduled
for THURSDAY, July 13th, 12:00pm**

**August Meeting: Tuesday, Aug. 1st
12:00pm**

Where: Hanover City Hall

Yearly Dues: \$20.00

If interested, please call Donna Duscha
at 763-334-0991 or Darlene Erion at
763-497-4324.

CROW RIVER SENIOR CENTER

Family Night In the Park



Wednesdays, 6:00 p.m.
St. Michael Town Center Park
PRESENTED BY:



June 07, 2023	Lions	STMA Band
June 14, 2023	FYCC	DJ Howard
June 21, 2023	Rotary/Shop STMA	Bryce Hegge
June 28, 2023	Senior Center	Coda
<hr/>		
July 05, 2023	Lions	Artisan Band
July 12, 2023	FYCC	Dazzling Dave Yoyo
July 19, 2023	Rotary/Shop STMA	Paisley Road
July 26, 2023	FYCC & Friends of the Library	Reptile Show
<hr/>		
August 02, 2023	Lions	Cargill Deluxe Band
August 09, 2023	Library	Circus Manduhai
August 16, 2023	Rotary/Shop STMA	The Missing Link Band
August 23, 2023	FYCC	Magic
August 30, 2023	FYCC	Family Bingo

CROW RIVER SENIOR CENTER

Power of Produce Club a FREE event for seniors, ages 60+

Thursdays
July 6th—Aug. 24th
3:00pm—7:00pm

Where:
Albertville Farmer's Market
Lion's Pavilion
Central Park
5801 Main Ave NE, Albertville



Each week you will receive a free \$2.00 token to buy your own fresh fruits and vegetables from local farmers.

Must register at FYCC.com or call 763-496-6820.



Technology Support

Need help with your smartphone, tablet, laptop or other device? Connect with an experienced digital handyperson, who visits the center each month and can help you:

- Virtually connect via Zoom or Facetime
- Find and use helpful device features
- Manage online security and safety
- Troubleshoot device settings or errors



Call 763-231-6283 to schedule your **free** appointment. Bring your device with you.

A service provided as part of the HOME program and funded, in part, by Hennepin, Sherburne & Wright Counties. There is no fee for this service.



Technology Partners Program

If you are age 60+ without home internet or a current device, we can help you:

- Find and sign up for affordable internet service
- Get a device connected and adjust security settings
- Learn how to use the device and its features and search the internet

To apply, call 763-416-7969 or email hometeam@seniorcommunity.org.



Thanks to a grant from the State of Minnesota Department of Human Services, there is no cost for this program. Low-income participants may be eligible for a free device.

Last updated 01/2023

Crow River Senior Center

Lunch is served at the Senior Center!

Meals are served at the Crow River Senior Center Tuesday, Wednesday and Thursday for seniors 60 and over. The meals at the center continue to be catered by River Inn of Hanover. Join us for a great meal and social time.

We ask that you make your reservation for lunch the Friday prior or before. 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 for lunch on any given day.

Cancellations may be made up to one day before, otherwise you are responsible for paying for your meal. Arrive between 11:30 and 11:45 am so that we may serve meals promptly at noon.

Call the Center at 763-497-8900 with questions and to make reservations.

Please do not call River Inn.

Cost: \$5.00 per meal.

Punch Cards are available to purchase for lunches at the price of \$20.00 for 4 meals.

Schedules are subject to change without notice. Numbers will be limited to comply with space and volunteer help.



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Call CROSS Services (763) 284-0731

or scan the QR Code to get more information
about our Meals of Wheels Program.



CROW RIVER SENIOR CENTER 763-497-8900

Adult Coloring

Join us for a session of relaxing adult coloring. Enjoy time coloring and visiting with others.

**When: Thursdays @ 1:30pm
July 6th and August 3rd**

Basic supplies (colored pencils and coloring sheets) provided. You are invited to bring your own supplies and artwork.

Call the Center to register at least one day prior.

Cribbage Tournaments Fridays

\$1.00 entry fee

Please arrive by 8:45 am to get your spot to play in the tournament.



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Crow River Senior Center, St. Michael, MN

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WRITERS GROUP



Messages from Mom

By Sheri Smith

Mother's have their own language when it comes to their children. A language that is understood by children all over the world, no matter whose mother is using it.

As infants held in loving, protective arms, the language is the coos, nicknames and non-sensical words whispered in tiny ears that bring toothless grins. But as children grow the words become a little less loving as mothers become stern disciplinarians to prepare their children for life and the harsh ways of the world.

Mothers have taught their children about their roots: "Shut that door behind you. Were you were born in a barn?"

I imagine Jesus was the first to hear this phrase from Mary, but it continues to be a popular phrase no matter where the child was born.

Mothers have taught their children about staying power: "You'll sit at that table until you finish that spinach. I once offered to send it to those starving children in China. This generosity on my part was not altruistic. Spinach from a can, at my young age was gag-worthy!"

Mothers have taught their children about forethought: "Make sure you wear clean underwear, in case you're in an accident." I've been assured the emergency room personnel will not walk away if underwear is soiled. And if it's a horrific accident what are the chances that they won't be clean anyway?

Mothers have taught their children about time travel: "If you don't straighten up, I'll knock you into next week." Children everywhere were hoping this could actually happen so it wasn't much of a threat.

Mothers have taught their children about logic: "Because I said so, that's why" There is absolutely no defense against this statement. It is what it is – final authority. I hated this phrase.

Mothers have taught their children about irony: "Keep crying and I'll give you something to cry about." This phrase actually makes no sense, who needs more to cry about? It worked in our house though.

Mothers have taught their children about agriculture: "Wash out those ears, I think I see potatoes growing in there." I believe this is the reason Q-Tips were invented; by some mother no doubt.

Mothers have taught their children about medical science: "If you don't stop making that face, its going to get stuck that way." Of course it was not the happy face that would stick, just the crossed eyes, screwed up mouth, wrinkly nose, and tongue protruding face that would stick. How unfair!

Mothers have taught their children about religion: "You better pray that will come out of the carpet." We immediately dropped to our knees and started scrubbing, learned the hard lessons about grape jelly and un-answered prayers.

Mothers have taught their children about perseverance: "I am still your mother. I don't care how old you are." A mother's love continues throughout the years whether we are six, sixteen or sixty. A good reason to always listen.

Crow River Senior Center

Home Sweet Home

Presented by Senior Living Insights

**Monday, July 10th
1:30pm**

Learn about Non-Wearable Fall Detection technology platforms that allow caregivers to take a proactive approach to helping their loved ones not only stay in the home longer, but also thrive in it. Senior Living Insights will provide home safety recommendations and caregiver technology in this free presentation.

**Please call the
Center to register.
763-497-8900**

Movies

Friday, July 21st

10:00am

"Elvis"

The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker. Rated PG-13

Friday, Aug. 18th

1:00pm

"Bucket List"

Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die. Rated PG-13

Please call the Center to register.

Happiness in Action

For Participants Age 55+



**AmeriCorps
Seniors**

RSVP Volunteers

Free Service & Social Event

**WEDNESDAY
AUGUST 9**

1:30 - 3:30 PM

**CROW RIVER
SENIOR CENTER**

Includes:

- Social time & snack
- Discussion about health through happiness
- Service project for the local community

Space is limited! Register in advance:

Call: 763-765-3036 Email: RSVP.signup@ci.stcloud.mn.us

CROW RIVER SENIOR CENTER

**Whitney Senior Center has partnered with us to
offer fitness classes through Zoom!!**

Enhance Fitness - Tuesdays at 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/Fridays 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, 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.

Please call the Crow River Senior Center with any questions! 763-497-8900.

Crow River Senior Center Craft and Jewelry Corner

**Be sure to check out our homemade crafts
and jewelry. All proceeds received
benefit the Center!**



**Items for sale include:
Dish Towels, Jewelry, Scrubbies, Pot Holders,
Baby Blankets, Hats and Gloves, etc.**

CROW RIVER SENIOR CENTER

Hanover Food Shelf

Location: 11024 Church St. Hanover.
763-498-0086

Hours: 1st & 3rd Mondays
5pm to 7pm

Tuesdays & Fridays
12pm to 2pm

Wednesdays, 10am to 2pm



Jewelry Donations

We are again taking your gently used or worn jewelry to give them a new life in our craft area. They will be very reasonably priced and the sales will go to benefit the Crow River Senior Center.

Thank you!

WE'RE HIRING!

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Crow River Senior Center, St. Michael, MN

E 4C 02-1011

JULY 2023

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P-3:30P Dominoes	4 CENTER CLOSED	5 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P Euchre	6 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30pm Adult Coloring	7 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
10 9A Legal Aid 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P Le Music Room Show: 50s & 60s Review 1:30P-3:30P Dominoes 1:30P Home Sweet Home Presentation	11 9:00A Joy Stitch Grp 10:00A Advisory Board 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Social Bridge 1:30P Book Club 1:30P-3:30P Parkinson's Support Group	12 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P Euchre	13 9:00A-11:00A Pinochle 12P Golden Age of Hanover Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael" 1:30P Caregiver Support Group	14 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
17 9:30A -11:00A Painting Group 10:00A Senior Yoga (Zoom) 10A Hearing Checks 10:30A Senior Linkage Line 101 1:30P-3:30P Dominoes 1:30P-3:30P Writers Group	18 9:00A Joy Stitch Grp 9:00A History Grp 11A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Social Bridge	19 9:00A-11:00A Hand & Foot Cards (Albertville) 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P Euchre	20 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "Inspired Senior Living"	21 9:00A-11:00A Cribbage 10A Movie 10:00A Senior Yoga (Zoom) 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
24 9:30A -11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P Doug Ohman 1:30P-3:30P Dominoes	25 9A -1P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 11:00A Enhance Fitness (Zoom) NO LUNCH TODAY 1:15P-3:30P Social Bridge	26 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Hocus Pocus: Magic, Mystery & Mayhem 1:30P-3:30P Euchre 1:30P Memory Café at the Monticello Senior Center	27 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo	28 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong
31 9:30A -11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P-3:30P Dominoes	Date Changes for Memory Café and Caregiver Support Group this month.		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 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 for lunch on any given day.

Cancellations can be made at least 1 day prior. 763-497-8900

**JULY
2023**

**SENIOR CENTER
LUNCH MENUS**

Vegetables will be
Chef's Choice..

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

Cost per meal is \$5.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 CENTER CLOSED	5 Baked Chicken Baked Potato Veggie	6 Cheeseburger w/lettuce, tomato & onion Jo Jos	7 NO LUNCH <i>Deadline to call in orders for next week.</i>
11 Chicken Pasta Hotdish Veggie Dinner Roll	12 Chef's Salad Dinner Roll	13 Chopped Beef Steak w/onions & mushrooms Mashed Potatoes Veggie	14 NO LUNCH <i>Deadline to call in orders for next week.</i>
18 Lasagna Side Salad Dinner Roll	19 Liver & Onions Potatoes Veggie (Chicken Alternative)	20 Oriental Chicken Salad Dinner Roll	21 NO LUNCH <i>Deadline to call in orders for next week.</i>
25 NO LUNCH	26 Swedish Meatballs Mashed Potatoes Veggie Dinner Roll	27 Sweet & Sour Chicken Rice Veggie	28 NO LUNCH <i>Deadline to call in orders for next week.</i>
			Cancellations must be called in 1 day prior or you will be responsible for payment. 763-497-8900 .

AUGUST 2023

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please call 763-497-8900 to make your reservations for activities.</p> <p>Date Change for Memory Café this month.</p>	<p>1 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) 12P Golden Age of Hanover Noon Lunch at Center 1:15P-3:30P Social Bridge 1:30P-3:30P Parkinson's Support Group</p>	<p>2 9A 55+ Safe Drivers Class 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:05 Ener-Chi (Albertville) Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>3 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30pm Adult Coloring</p>	<p>4 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>7 8:30A Departure for Treasure Island Trip 9A Legal Aid 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P Doug Ohman 1:30P-3:30P Dominoes 1:30P-3:30P Writers Group</p>	<p>8 9:00A-11:00A Joy Stitch Group 10:00A Advisory Board Mtg 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Social Bridge 1:30P-3:30P Book Club</p>	<p>9 9:00A-11:00A Hand & Foot Cards 9A Chair Dance Yoga (Albertville) 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P Euchre 1:30P RSVP Service and Social Event</p>	<p>10 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael "</p>	<p>11 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>14 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:00P Wood Sign Making 1:30P-3:30P Dominoes</p>	<p>15 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Social Bridge</p>	<p>16 9A Depart for Taylor Falls Boat Cruise 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>17 9:00A-11A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "Inspired Senior Living" 1:30-3:00 pm Caregiver Sup Grp</p>	<p>18 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P Movie 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>21 9:30A-11:00A Painting Group 10:00A Trailblazer Informational Meeting 10:00A Senior Yoga (Zoom) 10A Hearing Checks 1:30P-3:30P Dominoes 1:30P-3:30P Writers Group</p>	<p>22 9:00A-11:00A Joy Stitch Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Social Bridge</p>	<p>23 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Estate Strategies 1:30pm Memory Café at Monticello Senior Center 1:30P-3:30P Euchre</p>	<p>24 9:00A-11A Pinochle Noon Lunch at Center 1:30P Bingo</p>	<p>25 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:30P-3:30P 500 Cards 1:30P-3:30P Mahjong</p>
<p>28 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P-3:30P Dominoes</p>	<p>29 9:00A-11:00A Joy Stitch Group 9A-11A Coffee, Conversation and Doughnuts 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Social Bridge</p>	<p>30 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P Euchre</p>	<p>31 8:30A Departure for MN State Fair 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo</p>	<p>All schedules are subject to change. We appreciate your understanding and patience.</p>

**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 for lunch on any given day.

Cancellations can be made at least 1 day prior. 763-497-8900

AUGUST 2023

SENIOR CENTER LUNCH MENUS

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

(Menu is subject to change without notice.)

Cost per meal is \$5.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Philly Steak Wrap Potato Salad Fresh Fruit	2 Hot Turkey Sandwich Mashed Potatoes Veggie	3 Swiss Chicken Wild Rice Blend California Blend Dinner Roll	4 NO LUNCH <i>Deadline to call in orders for next week.</i>
8 Tater Tot Hotdish Side Salad Dinner Roll	9 Spaghetti Meat Sauce Side Salad Dinner Roll	10 Beef Tacos Taco Sauce Sour Cream	11 NO LUNCH <i>Deadline to call in orders for next week.</i>
15 Goulash Side Salad Dinner Roll	16 Pork Chop Mashed Potatoes Veggies Dinner Roll	17 Southwest Chicken Salad Dinner Roll	18 NO LUNCH <i>Deadline to call in orders for next week.</i>
22 Beef Vegetable Soup Turkey Croissant Sandwich	23 Sloppy Joe Baked Beans Coleslaw	24 Chicken Stir Fry Rice Egg Roll	25 NO LUNCH <i>Deadline to call in orders for next week.</i>
29 Baked Ham Scalloped Potatoes Veggie Dinner Roll	30 Liver & Onions Potatoes Veggie <i>(Chicken Alternative)</i>	31 Chicken Salad Croissant Coleslaw Fresh Fruit	Cancellations must be called in 1 day prior or you will be responsible for payment. Call 763-497-8900

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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

Kitchen, Receptionist, and Misc. Volunteers Needed!

Please call the Center at
763-497-8900 and ask Jenny Teigen,
Senior Center Director, for
more details!