

September/October 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 seniors."



**Come discover
your local
Senior Center!**

**September is National
Senior Center Month!**

**Join us on Tuesday, Sept. 19th
from 9:00am—11:00am for coffee and bagels and to check out
the Crow River Senior Center!**

**Old friends and new
are welcome!**



**Coffee, Conversation
and Doughnuts**

**Tuesday, October 24th
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!
Free will donations accepted.**

Dash for Trash

Wednesday, Oct. 4th 9:00am

**This is your opportunity to volunteer and help both
our Senior Center and the Community!**

Opportunity to:

- Beautify County Hwy. 35 entrance to downtown St. Michael
- Get Exercise
- Meet other volunteers

**The Center will provide gloves, safety vests, bags and
mechanical grabbers. The project will last 1 to 2 hours.**

Rain date will be Oct. 11th.

Please call the Center to sign up.

The Center will be closed: Monday, Sept. 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**

Oktoberfest!!!

**Wednesday, October 25th at 12:00pm
Music to follow by The Mellow Knights**

**Location: Crow River Senior Center
11800 Town Center Drive, St. Michael**



Cost: \$11.00 per person

Menu: Keg Root Beer, Pan fried pork cutlets with a light Dijon dill cream sauce, butter herbed spaetzle, warm German bacon potato salad, pretzel roll, dessert.

Tickets must be purchased at the Center no later than Friday, October 13th.



Prohibition: A Grand Misadventure

Presented by David Jones

Wednesday, September 27th 1:30PM

Cost: \$2.00 at the door

In 1920, the United States entered a period during which the manufacture, sale, and transportation of intoxicating liquors was banned. As it turned out, the U.S. also entered a period of lawlessness and corruption, unequalled in its history. Rather than curing the ills of society, Prohibition is remembered for creating some of the worst possible results - thus, this period is remembered as one of the greatest misadventures ever.

David Jones is a resident of Minneapolis and a native of St. Peter, MN. He graduated from Gustavus Adolphus College and spent 24 years in the financial services industry and three years in the nonprofit sector. He has spoken in senior communities, schools and churches, as well as to veterans and civic groups, women's clubs and community education programs. He has been making presentations since 1996 and has spoken more than 2,000 times to a total of more than 50,000 people!

Please call the Center to sign up.

Crow River Senior Center



Doug Ohman Presents....

“Journey Down the River—Part 1”

Monday, September 18th 1:30pm

Journey down the River – Part 1

Take a trip down the Mississippi River in Minnesota. The Mississippi River flows for nearly 700 miles touching many villages, towns and cities in its route from Lake Itasca to the Iowa border. In this first program, Doug will highlight the many points of interest in the river's upper reaches. This journey will take you from northern Minnesota to Little Falls (400 river miles). Doug has explored much of the river's history, culture and of course beauty through his photography and personal stories. Enjoy America's best loved river from the front (bow) seat of a canoe.

“Journey Down the River—Part 2”

**Friday, October 20th
1:30pm**

Continue down the mighty Mississippi River as it makes its way from Central Minnesota to St. Paul. Along the way, you will travel with Doug by the highest dam on the river, stop in St. Cloud for a picnic lunch, and paddle into the Twin Cities. This trip will bring you through several of the Army Corps of Engineers locks and will glide you under some of Minnesota's best loved bridges.

See where Minnehaha creek flows into the river, and view Fort Snelling from below. Doug will also show you through his photography how important the river is to the economic and environmental health of the state.



Please call the Center to sign up.

Donations

**Albertville Lions—Anonymous
Donation towards
programming/events**

Anonymous—\$150.00

**Thank you to all who have
donated Coffee!**

**We are grateful for our
generous community!
THANK YOU!**

**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.**

**Contact Jenny Teigen, Center
Director, for more information.
763-497-8936**

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
September and October
9:30 am to 11:00 am

Writers Group

Mondays
September 18th
(No group September 4th)
and
October 2nd and 16th
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
September 5th and 19th
and
October 3rd and 17th
Time: 9:00 am to 11:00 am

Book Club

Time: 1:30pm to 3:30pm

Tuesday, September 12th

"The Boston Girl"

by Anita Diamant

Tuesday, October 10th

"Cold Sassy Tree"

by Mary Olive Ann Burns

Tuesday, November 14th

"Killers of the Flower Moon"

by David Grann

Tuesday, December 12th

"Tomorrow and Tomorrow and Tomorrow"

by Gabriel Zevin

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, September 11th and October 2nd

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

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Crow River Senior Center

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.

4 Hour Refresher Class

Class Fee: \$24.00

**Friday, Sept. 15th
9am-1pm**

8 Hour Initial Class

Class Fee: \$28.00

**Thursday and Friday
October 19th and 20th
9am-1pm each day**

First time participants must complete the initial 8-hour class to receive discount and should take a 4-hour refresher class every three years after this to maintain their discount.

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

Movies

**Friday, Sept. 8th
1:00pm**

“Queen Bees”

Relocating to a retirement community was not by choice for Helen. She arrives to everyone singing the praises of Pine Grove, but quickly finds out not everyone is part of the welcome wagon. Starring Ellen Burstyn, Loretta Devine, Jane Curtain, Ann Margret, Christopher Lloyd and James Caan. Rated PG-13

**Friday, Oct. 27th
10:00am**

“A Man called Otto”

A Man Called Otto tells the story of Otto Anderson (Tom Hanks), a grumpy widower who is very set in his ways. When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unlikely friendship that will turn his world upside-down. Experience a funny, heartwarming story about how some families come from the most unexpected places.

Please call the Center to register.

Hearing Screenings

Mondays

**September 18th
and
October 16th**

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 Center at (763) 497-8900 to reserve a time for your hearing screening.



Le Musique Room at the St. Michael Cinema Presents...

What a Wonderful World
Friday, October 27th
1:00PM Show COST: \$38.00

What a Wonderful World combines the talents of David Eichholz and Ted Manderfeld, two powerhouse piano players, in a performance featuring beloved musical standards, spirituals and sing-alongs liberally sprinkled with comedy, costumes, and wit. It's a delightful afternoon of music, laughs, and memories. Two really funny guys on two pianos perform such favorites as Over the Rainbow, Fly Me To The Moon, Sixteen Tons, What a Wonderful World and dozens more from the Great American Songbook.

Discounted tickets must be purchased at the Center no later than October 6th (no refunds after this date). **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

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www.northcentralinsurance.com



CROW RIVER SENIOR CENTER

How to avoid probate: Trusts and other options

**Wednesday, Sept. 13th
1:30pm**

Many people wish to avoid a probate at their death. Trusts are not the only way to avoid a probate. This session will cover various strategies, including trusts, to avoid probate for your home, financial accounts and other assets.

Presented by Jill Adkins, attorney at Gries Lenhardt Allen. Jill has more than 30 years of experience with estate planning and probate.

Please call the Center to sign up.

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

September Meeting: Tuesday, Sept. 5th

October Meeting: Tuesday, Oct. 3rd

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.

Bingo



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

Bingo sponsored by



**Thursdays @ 1:30 pm
Sept. 14th & Oct. 12th**

**Book Bingo Sponsored
by the
St. Michael Library**



Thursday, Sept. 28th

Treasure Island Casino Monday, October 9th

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 at the Center no later than Oct. 2nd.
No refunds after this date.
Seats are limited!**

CROW RIVER SENIOR CENTER 763-497-8900

Medicare 101

Presented by the Senior Linkage Line

Monday, Sept. 25th 1:30pm

Medicare can be complicated, and there is a lot to learn before you are ready to choose a plan.

In this class you will learn the basics of Medicare, including:

- Medicare Parts A, B, C & D
- What Medicare does and does not cover
- Supplemental insurance
- When to enroll in Medicare
- How to use Medicare.gov
- And much more

Please call the Center to sign up.

Funeral Pre-planning

*Presented by Christine Jaeb-Williams
Funeral Pre-Planning Specialist from
Peterson Funeral Chapel*

**Wednesday, Sept. 6th
1:30pm**

Give yourself and your family peace of mind by learning what you can do to pre-plan your funeral.

Please call the Center to sign up.



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

**Tuesdays
Sept. 5th
& Oct. 3rd**

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



SENIOR
COMMUNITY
SERVICES



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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952-541-1019

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CROW RIVER SENIOR CENTER

Tech & Tips for Caregivers



Experienced Social Worker Becky Allard, LSW, will help you recognize who is a caregiver, discuss awareness of burnout, and ways to help make the caregiving journey smoother.

**Wednesday, October 11
1:30 p.m.**



**11800 Town Center DR #200
St Michael, MN 55376
763-497-8900**

Registration required. Contact the location to reserve a seat.

These events funded under contract with the Central MN Council on Aging as part of the Older Americans Act Program.



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

Watercolor Classes: Beginner and Intermediate

Where: Hanover City Hall
When: Wednesdays, Sept. 6th—Oct. 25th
Intermediate: 9am-12pm
Beginner: 12:30pm-3:30pm

Have you ever wanted to learn how to paint with watercolor but were afraid to give it a try? Kathy Kovala, a professional watercolor artist will be providing beginner and intermediate classes at Hanover City Hall beginning Sept. 6th.



The Beginners will start with basic knowledge about brushes and supplies. A supply sheet will be sent out to registered students. Other classes will include basic washes, colors, elements of design and brush control.

The Intermediate Class will be working on design elements, painting trees, snow, buildings, and birds. Must have basic watercolor knowledge to participate.

Cost: \$40.00 per lesson

To register for classes, call Kathy Kovala at 715-360-9929. For more information:
Kathy's Website: kathykovala.com Facebook page: KathyKovala/Artist instructor or email Kathy at kathykovalawatercolor@gmail.com.

Spaces are limited.

Home Sweet Home *Presented by Senior Living Insights*

**Monday, Oct. 23rd
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.

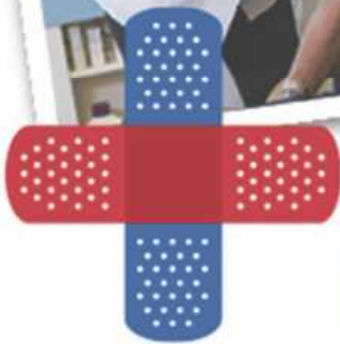


Kitchen Volunteers Needed!

**If you are available to help
serve meals**

**Tuesday—Thursday
11:00am-1:30pm,
please contact**

**Jenny Teigen, Center
Director at 763-497-8936.**



FREE ON-SITE FLU SHOT CLINIC

Date:

Wednesday, October 4th 2023

Time:

9:00A – 10:00A

Call the Crow River Senior Center to make an appointment.

763-497-8900

Location:

Crow River Senior Center

Notes:

Please bring your Medicare B and Medicare D prescription cards. Plan on coming a few minutes ahead of your appointment to fill out your consent form.

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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about our Meals on 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
Sept. 7th and Oct. 5th**

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



North Dakota

By Linda Janke

North Dakota is a small State located in the northern middle of the United States. At one time it was part of the Dakotas but in 1889 it was decided the Dakotas would become two States. When they were divided, the northern part of the Dakotas became North Dakota, and the lower part became South Dakota.

The State is the shape of a rectangle with Montana to the west, Canada to the north, South Dakota to the south, and Minnesota to the east with the Red River running between the two States.

If you have never been to North Dakota, you have missed a lot. Most people have driven into North Dakota at Fargo from Moorhead, Minnesota. The Red River runs between Fargo and Moorhead. They follow I-94 through the State. Of course, you can visit Fargo which is the largest city in North Dakota. One interesting place to visit is Bonanzaville. When you drive on I-94 you will see several large statutes and places to stop and visit. The first town is Jamestown with a statue of a buffalo. There is a pasture with several roaming it including the white buffalo. Surrounding the buffalo is a village with old buildings and a museum. To get to this, you just have to drive a mile off of I-94. Jamestown is also the home of Louis L'Amour who wrote many westerns.

Then you get back on I-94 and go west. You will come to Bismarck, the Capital of North Dakota. There are many places to visit while you are there. In Bismarck, you can visit the Capitol building and a museum which is on the Capitol grounds, these are in the northern part of the city. You then go south to the zoo which is very nice. Next you will go through Mandan and cross the Missouri River. You will come to the Veterans Cemetery (where my first husband is buried). It is a beautiful area. Next to it is Fort Abraham Lincoln with Custer's home. Next is the On-A-Slant Indian Village.

After you have visited that area, you go back on I-94. The next site you will come to is New Salem. You will see a large statue of a "Holstein Cow." This was built in honor of the dairymen in the area. There you will see the world's largest sandhill crane. Next you will come to Dickinson. There you can visit the museum center where life-size dinosaurs and an array of fossils are on display. When you leave Dickinson, you get back on I-94 and continue west where you will first come to the beautiful Badlands. Along I-94 you will need to stop at the Badlands Overlook. You will never regret stopping. You will then follow I-94 until you come to Theodore Roosevelt National Park and Medora. You will need to plan to stay at least one night in Medora, if not more. While there, you can go to The Chateau de Mores which is a home built by the Marquis de Mores as a hunting lodge and summer home for his family and guests. Then that evening you must attend the Medora Musical and Pitchfork Steak Fondue which is held at the Burning Hills Amphitheatre. Once you go, you will want to go again and again. When you leave Medora and go west on I-94, you will come to Montana.

There is so much more to see - the Killdeer Mountains - the Peace Gardens which are nestled in the Turtle Mountains of North Dakota. It is right on the boarder of North Dakota and Canada. When you drive between Medora and Dickinson, you go south on the Enchanted Highway which is very fascinating with artwork made of metal, etc. to depict many things. South of the Peace Gardens is Rugby which has long been considered the geographic center of North America, but it is being debated.

There are so many more places you can visit. I want to invite you to visit North Dakota.

Crow River Senior Center

Minnesota Harvest Orchard / Minnesota's Largest Candy Store & Jim's Apple Farm

When: Thursday, October 12th

**Depart from the Crow River Senior Center at 9:45am
Estimated return to Crow River Senior Center at 4:30pm**

Cost: \$77.00



Join us as we travel to Jordan, MN! Our first stop is the Feed Mill Restaurant for lunch. It is a family owned establishment with fresh, hearty, homemade food just like grandma made.

Menu: Soup of the Day and a Club Sandwich with Bacon, Ham, Cheese, Lettuce, Tomato on Toast, Beverage.

Following the restaurant, we will travel to the Minnesota Harvest Apple Orchard. For over three decades they have yielded over two dozen new, unique, exceptional apple varieties called "Topper's Apples." They are grown only at Minnesota Harvest. You can take the Wagon Ride Tour, visit the Sunflower Fields, Corn Maze, Barnyard and the Duck Pond exhibits. Take time to purchase baked goods, cider, apples and a variety of apple products. We will then travel to Minnesota's Largest Candy Store & Jim's Apple Farm. It is the bright yellow hangar-like building that calls to motorists traveling along Highway 169. You can purchase candy, fruits, vegetables, and other specialty items.

**Must register and pay in advance at the Center no later than Sept. 11th.
No refunds after this date.**

Printmaking led by Angie Renee Tuesdays, Oct. 17th—Nov. 7th 1:00-3:00pm

Come and learn the art of printmaking! This is a fun class where students will explore 4 different techniques of printmaking. Students will learn how to create monoprint landscapes, use paper templates to layer monoprints, linocut prints and a drypoint etching.

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

Registration opens Sept. 1st. Please sign up by calling the St. Michael Library at 763-497-1998 or griver.org.



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 either class, 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.

Back by Popular Demand!! Origami Workshop

Interested in learning Origami? Join our 6-week workshop taught by Bonnie Martinez. Bonnie is a retired school teacher who taught for 31 years. She used Origami as a teaching tool and incorporated it into her lessons.

**Tuesdays @ 1:30pm
Sept. 5th—Oct. 10th**

**Call the Center to sign up.
Spaces are limited.**

This is a free class.

Interested in learning how to play Mahjong?

**Join us in September for lessons
on Fridays**

11:00am—1:00pm

Sept. 8th

Sept. 15th

Sept. 22nd

**Regular games to be played
Friday afternoon, starting at
1:00pm.**

Please call the Center to sign up.

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



Alleluia Lutheran Church & Cross Food Shelf

**FREE Produce & Bakery
Distribution.**

Location: Alleluia Lutheran
Church parking lot at 10401 30th
St. NE in St. Michael. (South of St. Michael
near the intersection of Cty Rd 19 & 30th
St). The following 2023 Saturdays:

Sept. 9th & 23rd

Oct. 14th & 28th

10:00 to 11:30 am.



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info@dehmers.com**

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Ben Allrich

ballrich@lpicommunities.com

(800) 950-9952 x2757

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to help older adults & caregivers
locate needed resources.

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community by calling...

1.800.333.2433
Partially funded by Older Americans Act

**J ZAC
I N C**

**GENERAL
CONTRACTOR**

763-497-4444



SEPTEMBER 2023

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All schedules are subject to change.</p> <p>We appreciate your understanding and patience.</p>	<p>Please call to sign up for activities.</p> <p>763-497-8900</p>	<p>NEW DAY AND TIME FOR 500 AND EUCHRE</p>		<p>1</p> <p>9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre</p>
<p>4</p> <p>CENTER CLOSED</p>	<p>5</p> <p>9:00A-11:00A Joy Stitch Grp 9:00A-11:00A History Grp 11:00A Enhance Fitness (Zoom) 12:00P Golden Age of Hanover Noon Lunch at Center 1:15P-3:30P Social Bridge 1:30P Origami 1:30P-3:30P Parkinson's Support Group</p>	<p>6</p> <p>9:00A-12:00P/12:30P-3:30P Hanover Watercolor Classes 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Funeral Pre-Planning 1:30P-3:30P 500 Cards</p>	<p>7</p> <p>9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30P Adult Coloring</p>	<p>8</p> <p>9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 11:00A-1:00P Mahjong Lessons 1:00P Movie 1:00P-3:30P Mahjong 1:30P-3:30P Euchre</p>
<p>11</p> <p>9:00A Legal Appts 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P-3:30P Dominoes</p>	<p>12</p> <p>9:00A-11:00A Joy Stitch Grp 10:00A Advisory Board 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Social Bridge 1:30P Origami 1:30P Book Club</p>	<p>13</p> <p>9:00A-12:00P/12:30P-3:30P Hanover Watercolor Classes 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Avoid Probate 1:30P-3:30P 500 Cards</p>	<p>14</p> <p>9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael"</p>	<p>15</p> <p>9:00A-1:00P 55+ Drivers Class 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 11:00A-1:00P Mahjong Lessons 1:00P-3:30P Mahjong 1:30P-3:30P Euchre</p>
<p>18</p> <p>9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 10:00A Hearing Checks 1:30P Doug Ohman 1:30P-3:30P Dominoes 1:30P-3:30P Writers Group</p>	<p>19</p> <p>9:00A-11:00A Celebrate Senior Center Month—Bagels and Coffee 9:00AM-11:00A History Group 9:00A-11:00A Joy Stitch Grp 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Social Bridge 1:30P Origami</p>	<p>20</p> <p>9:00A-12:00P/12:30P-3:30P Hanover Watercolor Classes 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P Memory Café at the Monticello Senior Center</p>	<p>21</p> <p>9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30P Caregiver Support Group</p>	<p>22</p> <p>9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 11:00A-1:00P Mahjong Lessons 1:00P-3:30P Mahjong 1:30P-3:30P Euchre</p>
<p>25</p> <p>9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P Medicare 101 1:30P-3:30P Dominoes</p>	<p>26</p> <p>9:00A-1:00P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 11:00A Enhance Fitness (Zoom) NO LUNCH TODAY 1:15P-3:30P Social Bridge 1:30P Origami</p>	<p>27</p> <p>9:00A-12:00P/12:30P-3:30P Hanover Watercolor Classes 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Prohibition: A Grand Misadventure 1:30P-3:30P 500 Cards</p>	<p>28</p> <p>9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Book Bingo sponsored by the St. Michael Library</p>	<p>29</p> <p>9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre</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

SEPTEMBER 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
Cancellations must be called in 1 day prior or you will be responsible for payment. 763-497-8900			1 NO LUNCH <i>Deadline to call in orders for next week.</i>
5 Chicken Pasta Hotdish Veggie Dinner Roll	6 Baked Chicken Baked Potato Veggie	7 Cheeseburger w/lettuce, tomato & onion Jo Jos	8 NO LUNCH <i>Deadline to call in orders for next week.</i>
12 Lasagna Side Salad Dinner Roll	13 Chicken and Apple Harvest Salad Dinner Roll	14 Chopped Beef Steak w/onions & mushrooms Mashed Potatoes Veggie	15 NO LUNCH <i>Deadline to call in orders for next week.</i>
19 Chili Cornbread Side Salad	20 Liver & Onions Potatoes Veggie (Chicken Alternative)	21 Oriental Chicken Salad Dinner Roll	22 NO LUNCH <i>Deadline to call in orders for next week.</i>
26 NO LUNCH	27 Swedish Meatballs Mashed Potatoes Veggie Dinner Roll	28 Sweet & Sour Chicken Rice Veggie	29 NO LUNCH <i>Deadline to call in orders for next week.</i>

OCTOBER 2023

ACTIVITIES CRSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00A Legal Aid 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	3 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) 12:00P Golden Age of Hanover Noon Lunch at Center 1:15P-3:30P Social Bridge 1:30P Origami 1:30P-3:30P Parkinson's Support Group	4 9:00A-12:00P/12:30P-3:30P Hanover Watercolor Classes 9:00A-10:00A Flu Shot Clinic 9:00A Dash for Trash 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards	5 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30pm Adult Coloring	6 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
9 8:30A Departure for Treasure Island Trip 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	10 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 1:30P Origami	11 9:00A-12:00P/12:30P-3:30P Hanover Watercolor Classes 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P Tech and Tips for Caregivers	12 9:00A-11:00A Pinochle 9:45A Pickup for MN Harvest Orchard Trip Noon Lunch at Center 1:30P Bingo Sponsored by "The Legacy of St. Michael"	13 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
16 9:30A -11:00A Painting Group 10:00A Hearing Checks 10:00A Senior Yoga (Zoom) 1:30P—3:30P Writers Group 1:30P—3:30P Dominoes	17 9:00A-11:00A Joy Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:00P Printmaking Class 1:15P-3:30P Social Bridge	18 9:00A-12:00P/12:30P-3:30P Hanover Watercolor Classes 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P Memory Café at Crow River Senior Center	19 9:00A-1:00P 55+ Drivers Class 9:00A-11A Pinochle Noon Lunch at Center 1:30P Bingo 1:30—3:00 pm Caregiver Sup Grp	20 9:00A-1:00P 55+ Drivers Class 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P Doug Ohman 1:30P-3:30P Euchre
23 9:30A -11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P Home Sweet Home 1:30P—3:30P Dominoes	24 9:00A-11:00A Coffee and Doughnuts 9:00A-11:00A Joy Stitch Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:00P Printmaking Class 1:15P-3:30P Social Bridge	25 9:00A-12:00P/12:30P-3:30P Hanover Watercolor Classes 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 12:00P Oktoberfest followed by music from the Mellow Knights 1:30P-3:30P 500 Cards	26 9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo	27 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 10:00A Movie 1:00P-3:30P Mahjong 1:00P Le Music Room: What a Wonderful World 1:30P-3:30P Euchre
30 9:30A -11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	31 9:00A-11:00A Joy Stitch Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:00P Printmaking Class 1:15P-3:30P Social Bridge	NEW DAY AND TIME FOR 500 AND EUCHRE	Please call to sign up for activities. 763-497-8900	All schedules are subject to change. We appreciate your understanding and patience.

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

**OCTOBER
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
3 Philly Steak Wrap Potato Salad Fresh Fruit	4 Beef Tacos Taco Sauce Sour Cream	5 Hot Turkey Sandwich Mashed Potatoes Veggie	6 NO LUNCH <i>Deadline to call in orders for next week.</i>
10 Tater Tot Hotdish Side Salad Dinner Roll	11 Spaghetti Meat Sauce Side Salad Dinner Roll	12 Swiss Chicken Wild Rice Blend California Blend Dinner Roll	13 NO LUNCH <i>Deadline to call in orders for next week.</i>
17 Goulash Side Salad Dinner Roll	18 Liver & Onions Potatoes Veggie (Chicken Alternative)	19 Southwest Chicken Salad Dinner Roll	20 NO LUNCH <i>Deadline to call in orders for next week.</i>
24 Beef Vegetable Soup Turkey Croissant Sandwich	25 Oktoberfest Luncheon followed by Music	26 Chicken Stir Fry Rice Egg Roll	27 NO LUNCH <i>Deadline to call in orders for next week.</i>
30 Baked Ham Scalloped Potatoes Veggie Dinner Roll			Cancellations must be called in 1 day prior or you will be responsible for payment. Call 763-497-8900

THE CROW RIVER SENIOR CENTER
11800 TOWN CENTER DRIVE NE, SUITE 200
ST. MICHAEL, MN 55376

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763-497-8900

Center Card Game Updates

500

**Wednesdays
1:30-3:30P**

Euchre

**Fridays
1:30-3:30P**

We hope to see you there!

Book Donations

**We are again taking book
donations for a small
library in our
Center.**

**Space for donations is
limited.**

AARP FOUNDATION NOW RECRUITING VOLUNTEERS FOR TAX-AIDE

Tax-Aide offers free in-person tax preparation and assistance to low- and moderate-income individuals nationwide. Volunteers make a difference in their communities by helping taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned.

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

To learn about our volunteer opportunities, visit aarpfoundation.org/ide or call 1-888-OUR-AARP (1-888-687-2277).

AARP Foundation Tax-Aide is offered in coordination with the IRS.

