

NOVEMBER / DECEMBER 2023

CROW RIVER SENIOR CENTER

SERVING THE COMMUNITIES & SURROUNDING AREAS OF ALBERTVILLE, HANOVER AND ST. MICHAEL

CROW RIVER SENIOR CENTER

11800 Town Center Dr. NE,
Suite 200

St. Michael, MN 55376

Phone: 763-497-8900

Email:
jteigen@crowriverseniorcenter.com

Web: www.mnseniorcenters.org

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

MEDICARE OPEN ENROLLMENT

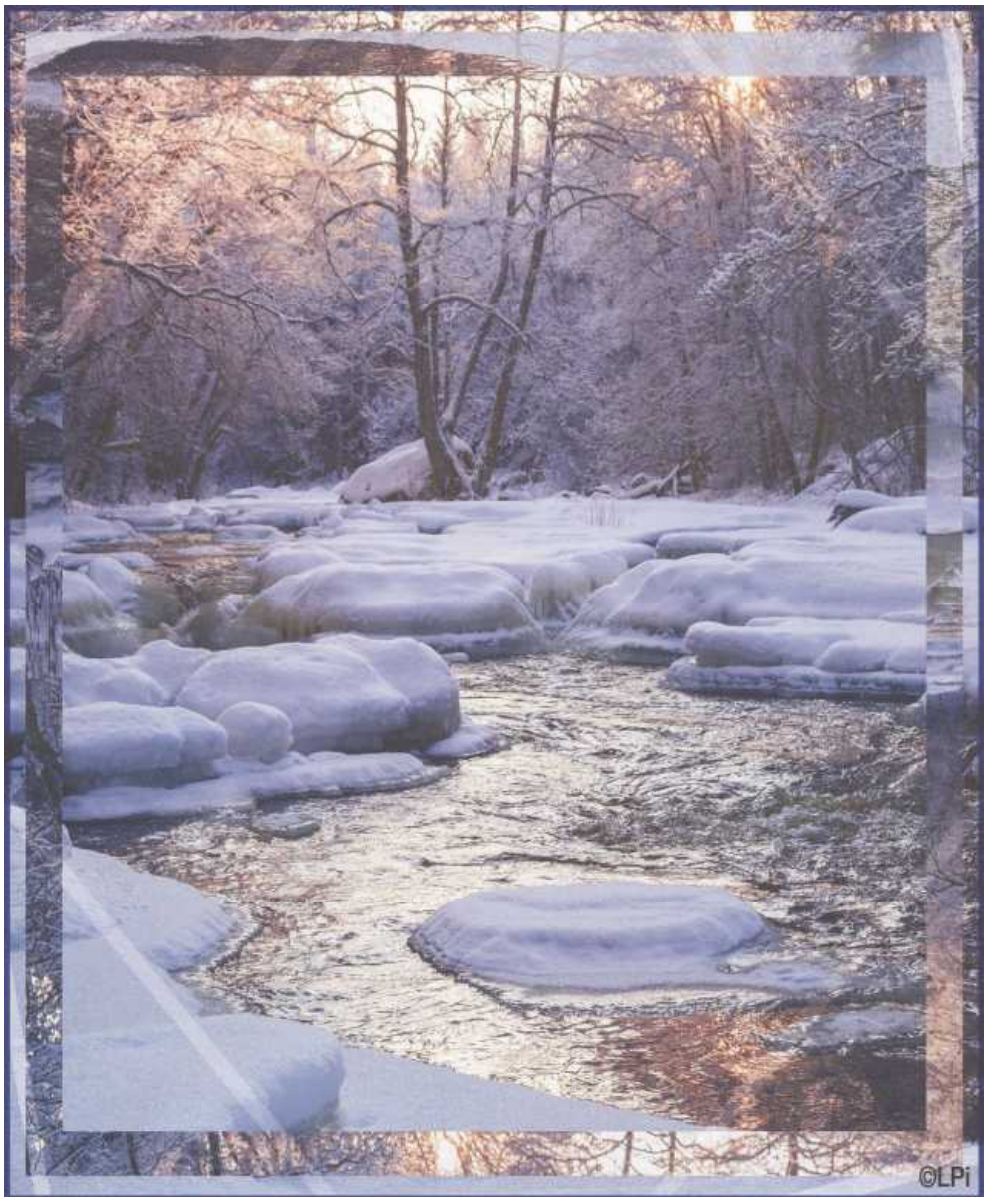
OCT. 15TH—DEC. 7TH

It's important to review your Medicare plan every year so everything you need is still covered.

- Plan premiums and drug coverages may change
- New plans may be a better option
- You might qualify for help to cover Medicare costs.

Call Senior Linkage Line to find the best plan for you!

1-800-333-2433



CENTER CLOSED:

FRIDAY, NOV. 10TH
THURSDAY, NOV. 23RD
FRIDAY, NOV. 24TH
MONDAY, DEC. 25TH

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



THANKSGIVING LUNCHEON

WEDNESDAY, NOV. 8TH

NOON LUNCH FOLLOWED BY MUSIC FROM
AMY AND ADAMS

Location: Crow River Senior Center

Menu: Turkey, Stuffing, Mashed Potatoes, Gravy,
Candied Carrots, Dinner Roll, Dessert.

Cost: \$10.00 per person

Registration must be in person at the Center.
Payment is due upon sign up. Last day to register is
Nov. 1st. No refunds after this date.

HOLIDAY LUNCHEON

WEDNESDAY, DEC. 13TH

NOON LUNCH FOLLOWED BY MUSIC
FROM THE ARTISANS

This luncheon is sponsored by the
St. Michael, Albertville, and Hanover Lions.

Location: Hanover City Hall

Menu: Honey Glazed Ham, Au Gratin
Potatoes, Green Beans, Side Salad, Dinner
Roll, Dessert.

Cost: \$5.00 per person.

Registration must be in person at the Center.
Payment is due upon sign up. Last day to
register is Dec. 1st. No refunds after this date.
Come join us for fun, food, entertainment and
door prizes!



CHRISTMAS WITH THE CRANKS

FRIDAY, DEC. 15TH 1:00PM

With their daughter, Blair, away in Peru, Luther
and Nora Krank decide to skip Christmas all
together until she decides to come home,
causing an uproar when they have to celebrate
it at the last minute. Starring Tim Allen, Jamie
Lee Curtis and Dan Aykroyd. (2004)
Rated PG, 1HR 39MIN

CALL THE CENTER TO REGISTER.



HANDS-ONLY CPR AND AED TRAINING

WED. NOV. 1ST 10:00AM

Participants will learn:

- What is Sudden Cardiac Arrest (SCA), how to recognize it and how SCA is different than a heart attack.

- How to perform adult hands-only (no breathing) CPR and use of the new AED, and choking for the adult patient.

- General emergency preparedness and calling 9-1-1.

This is not a certification class, but is taught by a certified instructor.

CALL THE CENTER TO REGISTER

DEMENTIA: HOW HEALTHY LIVING CHOICES MAY REDUCE YOUR RISK

MONDAY, NOV. 13TH 1:30PM

In this presentation we will discuss some of the most common risk factors for developing a dementia, and how we can lower our own risks. This class is presented by Tami Kolbinger, BS, ADC, CDP, CADDCT. Tami is a Care Navigator/Educator for the Dementia Community Action Network.

CALL THE CENTER TO REGISTER



IT'S A SLED DOG'S LIFE

PRESENTED BY MELONIE SHIPMAN

"THE TRAVELING NATURALIST"

WED. NOV. 29TH 1:30PM

The world's greatest athletes don't wear gold medals—they would get stuck in their harnesses! They have four legs and pull sleds across thousands of miles of snow and ice! Sled dogs have been providing work, companionship and entertainment for hundreds of years. You'll have an insider's perspective on what it means for these master athletes and their mushers to race for the finish dodging blizzards, moose, and exhaustion along the way.

CALL THE CENTER TO REGISTER

DOUG OHMAN PRESENTS....

JOURNEY DOWN THE RIVER—PART 3

NOV. 27TH 1:30PM

We will be paddling together from St. Paul to the Iowa/Minnesota border. Along the way we will pass the historic river towns, including Hastings, Red Wing, and Winona. One will feel like we are traveling the river made famous by the well known author Mark Twain.

NAME THAT TOWN

DEC. 18TH 1:30PM

Journey throughout the state of Minnesota with photographer and storyteller Doug Ohman, as he explores towns and villages. This program focuses on the rich history of various locations and cities with fun and interesting stories relating to the town names.

CALL THE CENTER TO REGISTER

WATERCOLOR CLASSES (BEGINNER / INTERMEDIATE)

5 SESSIONS: 11/1, 11/8, 11/15, 11/29, 12/6
TIME: 12:00PM—3:00PM
COST: \$40.00 PER LESSON
LOCATION: HANOVER CITY HALL



To register for the class or for more information, please call Kathy Kovala at 715-360-9929.

INTRO TO EMBROIDERY

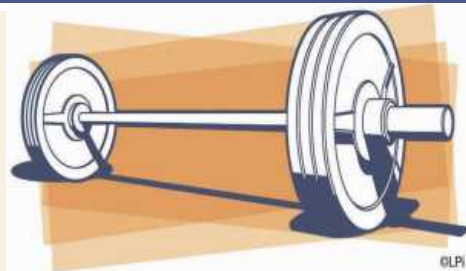
4 SESSIONS: 11/1, 11/3, 11/6, 11/9
TIME: 1:30PM
COST: \$35.00 TOTAL FOR ALL 4 SESSIONS

MUST ATTEND ALL SESSIONS.

Whether you're brand new to embroidery or have stitched here and there, you can learn something new in this beginner and intermediate friendly embroidery class! Learn simple stitches that will help you complete a whole piece by the end of the class. Instructed by Jessica Lee, Acacia Threads.

CALL THE CENTER TO REGISTER.

HEALTH



DID YOU KNOW....

Regular exercise can help older adults stay independent and prevent many health problems that come with age. According to the 2018 Physical Activity Guidelines for Americans, older adults should do two types of physical activities each week to improve their health—aerobic and muscle-strengthening.

U.S. Department of Health and Human Services (HHS), Office of Disease Prevention and Health Promotion. Physical Activity Guidelines for Americans, 2nd Edition. 2018. Found on the internet at https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

FOOT CARE CLINIC

APPT. REQUIRED

The 60+ and Healthy Foot Care Clinics provided by Wright County Public Health offer foot care for Senior Citizens and persons with access or functional needs in Wright County. We trim toenails to meet the needs of seniors and other individuals who have a health condition such as diabetes or are unable to trim toenails themselves. We will check blood pressures if needed and as time allows.

To make an appointment, call Wright County at: 763-335-0280.

HEARING SCREENINGS

MONDAYS, NOV. 13TH &
DEC. 18TH
10:00AM—12:00PM BY
APPOINTMENT



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



DRIVER DISCOUNT PROGRAM

In the classroom or online!

ST. CLOUD STATE UNIVERSITY

320-308-1400 or 1-888-234-1294

www.driverdiscountprogram.com

MN HWY SAFETY SAFETY CENTER 55+ DRIVING CLASS

4 HOUR REFRESHER CLASS

FRIDAY, DECEMBER 8TH 9:00AM—1:00PM

COST: \$24.00 PER PERSON

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.

TO REGISTER:

Visit their website at www.mnsafetycenter.org or call 1-888-234-1294.

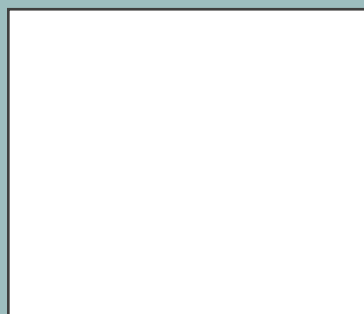
More classes will be offered in future months!

ADVERTISE HERE

to reach your community



Call 800-950-9952




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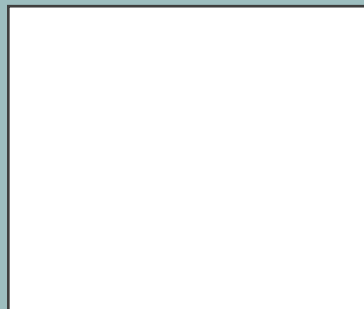


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Ben Allrich

ballrich@lpicommunities.com

(800) 950-9952 x2757



CARDIO DRUMMING

FRIDAY, NOV. 3RD & NOV. 17TH
10:00AM \$8.00 PER CLASS

Interested in learning what Cardio drumming is all about? Try it out at the Center! We are offering two sessions taught by wellness coach Tanya Lotts. Tanya absolutely loves fitness! Her purpose is to help others get their bodies moving, feel amazing and have FUN! She has been teaching fitness for ten years within her community and online. Included with your class is a complimentary recovery shake:

- *24 Grams of Plant protein
- *13g Carbs (low on glycemic index)
- *5g of Fiber
- *23 Essential Vitamins & Minerals

Cardio drumming is a form of exercise that utilizes drumming movements. It can be practiced by nearly all individuals and does not require drumming experience. The exercise involves using drumsticks to hit an exercise placed on a bucket, while listening to upbeat music.

Please call the Center to sign up and indicate if you would like a shake.



TO JOIN THE ZOOM CLASSES:

Download zoom and enter the meeting id: 835 0494 6681 with passcode: 527330. You will also need to sign a Liability Waiver, which can be sent to you electronically or you can pick up a paper copy at the Crow River Senior Center. If you have SilverSneakers or Renew Active One Pass you can report your attendance. The reimbursement from your insurance company helps to support the cost to continue these programs. Call the Whitney Senior Center to record attendance at 320-255-7245.

FITNESS THROUGH ZOOM A PARTNERSHIP WITH WHITNEY SENIOR CENTER

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.**



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 Carver, Hennepin, Scott, Sherburne & Wright Counties. There is no fee for this service.

Last updated 08/2023



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

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careers@4ipi.com or
www.4ipi.com/careers



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Bauman**

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We do not offer every plan available in your area, any information we provide is limited to those plans we do offer in your area. Please contact medicare.gov or 1-800-Medicare to get information on all of your options.

www.northcentralinsurance.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Crow River Senior Center, St. Michael, MN

B 4C 02-1011



PARKINSON'S SUPPORT GROUP

TUESDAYS, NOV. 7TH & DEC. 5TH
1:30PM—3:30PM

If you're feeling frustrated about life with Parkinson's disease, being part of a support group can be one of the best ways to reduce stress and to connect with others who can relate to your experience. Caregivers and family members also benefit greatly from sharing questions and concerns with like-minded others and are welcome to attend.



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.



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



Caregiving is a group effort.
You don't need to do it alone.
Create your care team today.

carenextion.org



www.seniorcommunity.org

ReimagineAging@seniorcommunity.org

952-541-1019

Last updated 01/2023

LEGAL AID APPOINTMENTS

The St. Cloud office of Mid-Minnesota Legal Aid has received a grant of Older American Act funds from the Central Minnesota Council on Aging to provide legal services for seniors residing in Wright County. The funds will be used to provide legal advice, counseling and representation in court and administrative hearings. There is no cost for these services. If you are 60 years or older and reside in Wright County, you can get help with legal problems involving Medicare, Social Security, eviction or other housing problems, public benefits, such as medical assistance, food support and fuel assistance, family law issues, including domestic abuse and income maintenance, nursing home problems, home care services, powers of attorney, health care directives and debt collection. No help is provided for criminal matters, wills, estate planning or real estate transactions. Seniors can also call the St. Cloud office of Mid-Minnesota Legal Aid free at 1-888-360-2889 for scheduling an appointment. Online access: <http://mylegalaid.org>. Minnesota Legal Aid accepts contributions for legal services, but contributions are not required to receive legal help. Legal appointments are held monthly at the Center.



TO MAKE AN APPOINTMENT:

Call the Center at
763-497-8900.

Next available dates:

Monday, Nov. 6th
Monday, Dec. 4th
9:00, 9:30 or 10:00am



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763-497-7777



As always, popcorn on Fridays.

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/adcreator



TRIPS AND CONCERTS

TREASURE ISLAND CASINO

MONDAY, DECEMBER 4TH \$20.00

The Crow River Senior Center will be sharing a coach bus to Treasure Island Casino with participants from the Monticello Senior Center. The bus will depart from the Crow River Senior Center at 8:30am and return at approximately 3:45pm. You will receive \$15.00 on your casino card to spend and \$3.00 off food. Must register and pay in advance no later than Nov. 27th. No refunds after this date.

LE MUSIC ROOM: A GRAND OLE OPRY CHRISTMAS

MONDAY, NOV. 27TH 1:00PM \$31.00

A GRAND OLE OPRY CHRISTMAS honors the Christmas recordings of the pillars of Country and Rock and Roll in this joyous presentation featuring, along with Mick Sterling (4) more incredible lead vocalists, Cate Fierro, Shalo Lee, Lisi Wright and Dan Neale. All of the classic Christmas songs and some really fun ones you may not be familiar with, joined by traditional Gospel and Spiritual songs round out this wonderful presentation that has moved audiences for years. Must register and pay in advance by Nov. 13th.

LE MUSIC ROOM: THE HOLY ROCKA ROLLAZ

MONDAY, DEC. 18TH 1:00PM \$31.00

Think of the most fun Christmas show ever. Now read on and that's what you will get! Take an authentic trip back to the fantastic 50s with The Holy Rocka Rollaz! If it's the classic early rock 'n' roll and rockabilly of Elvis Presley, Buddy Holly, Chuck Berry, Johnny Cash (and many more!) that you want, played just the way those legends played it...you have found your dream band! Minnesota's own Holy Rocka Rollaz bring back the sound, the look, the memories and nostalgia of one of America's most treasured eras. There's nothing but PURE EARLY AMERICAN ROCK 'n' ROLL about them. Must register and pay in advance by Dec. 4th.

LE MUSIC ROOM: PATSY CLINE TRIBUTE

MONDAY, JAN. 22ND 1:00PM \$29.00

In this powerful 90-minute stage performance, Joyann Parker and her seasoned band showcase the most popular and best-loved of Patsy's songs. Enjoy a nostalgic trip back in time as Joyann beautifully weaves the stories of Patsy's life and career in and out of the music you know and love. Vintage costumes and ambiance enhance Joyann's uncanny and authentic channeling of the classic vocals of the legendary Patsy Cline. This is a must-see show that has sold out hundreds of times. Must pay in advance by Jan. 8th.

REGISTRATION/CANCELLATION FOR TRIPS

- Please register by specific date listed.
- Register early as seats are limited.
- No refunds after registration date.
- If you need to cancel, call the Center as soon as possible.

LE MUSIC ROOM REGISTRATION/CANCELLATION AND TRANSPORTATION

- Please register by specific date listed.
- Register early as seats are limited.
- No refunds after registration.
- NO TRANSPORTATION is provided to this concert. The address to the Cinema is: 4300 O'Day Ave NE, St. Michael
- Call the Center if you need to cancel.



Come
Join Us!

BINGO

THURSDAYS, 1:30PM

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

Bingo sponsored by The Legacy of St. Michael Thursday, Nov. 9th and Dec. 14th at 1:30pm



CRIBBAGE TOURNAMENT

FRIDAYS, 9:00AM—11:00AM

Come play Cribbage at the Center!
\$1.00 to enter the tournament.

DOMINOES

MONDAYS, 1:30PM—3:30PM

BRIDGE

TUESDAYS, 1:15PM—3:30PM

HAND AND FOOT

WEDNESDAYS, 9:00AM—11:00AM

500

WEDNESDAYS, 1:30PM—3:30PM

CHESS

WEDNESDAYS, 1:30PM—3:30PM

PINOCHLE

THURSDAYS, 9:00AM—11:00AM

EUCHRE

FRIDAYS, 1:30PM—3:30PM

MAHJONG

FRIDAYS, 1:00PM—3:30PM





BOOK CLUB

2ND TUESDAY OF THE MONTH

1:30-3:30PM

November 14th Book: Killers of the Flower Moon by Mary Olive Ann Burns

December 12th Book: Tomorrow and Tomorrow and Tomorrow by Gabriel Zevin

January 9th Book: The Thursday Murder Club by Richard Osman

February 13th Book: Paris Bookseller by Kerri Maher

WRITERS GROUP

1ST AND 3RD MONDAYS OF THE MONTH

1:30-3:30PM

If 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 necessary!

STITCH GROUP

TUESDAYS 9:00-11:00AM

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

GOLDEN AGE

1ST TUESDAY OF THE MONTH

LOCATION: HANOVER CITY HALL

1:30-3:30PM YEARLY DUES: \$20.00

This is a group of 55+ that meets monthly for lunch and games. If interested, please call Donna at 763-334-0991 or Darlene at 763-497-4324.



OPEN PAINTING

MONDAYS 9:30AM—11:00AM

Join others who like to paint! Bring in your projects to work on, share ideas, and just have a good time!

ADULT COLORING

1ST THURSDAY OF THE MONTH

1:30PM-3:30PM

Join us for a session of relaxing adult coloring. Enjoy time coloring and visiting with others. Basic supplies (colored pencils and coloring sheets) provided. You are invited to bring your own supplies and artwork.

HISTORY GROUP

1ST AND 3RD TUESDAYS OF THE MONTH

9:00AM—11:00AM

Do you enjoy history? Get together with others in person that share this interest!

GET READY FOR WINTER

SANDRA NELSON

Daylight hours are shorter, and you know how it goes,
There is always so much to do before it snows!

Put away the baseballs, the wooden bats,
Get out the mittens and warm, woolen hats.

Put away the garden hose, the tiller and rakes,
Get out the skis, sleds, and the ice skates.

Put away your sandals, no more "open toes."
It is time for hand-knit socks and heavy, warm clothes.

Use this time to string some sparkly Christmas lights
So there is brightness and color on winter's dark nights.

Cover the picnic table, put away the bar-b-que;
Sweep the chimney so you have a clean flue.

Put away bicycles as well as the lawn mower;
Clear space in the garage for the trusty snow blower.

Clean the rain gutters, wash the windows,
Split some firewood, stack it in rows.

"Are you ready for winter?" The question is asked.
"Yes!" I can answer, "I've finished my tasks."

Yes, I am ready. Let the cold winds start to blow.
I am ready for winter, and I am ready for snow!

©Sandra E.S. Nelson
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Writers Group meets the first and third Mondays of each month. If you would like to try your hand at recording your memories, writing poetry, short stories, etc., or you are an already seasoned writer, come check it out!



NO ACT OF
kindness,
NO MATTER HOW
SMALL, IS EVER
WASTED.

— AESOP



READERS THEATRE

Interested in reading/acting out short stories for children? Join our Readers Theatre Group and promote the love of reading to children in our local elementary schools.

SET UP AND TAKE DOWN FOR SPECIAL EVENTS

DAYS AND TIMES VARY

For large events at the Center, we need help putting out chairs, tables, etc. before the event, and then putting them away, clean up, etc. after events.

VOLUNTEER CONTACT INFORMATION

If you are interested in volunteering for one or more of the various positions available, please contact Center Director, Jenny Teigen, at 763-497-8936.

MEMORY CAFE

3RD WEDNESDAY OF EACH MONTH
1:30-2:30PM

We are currently looking for volunteers who have a passion working with older adults who have memory loss. If you are interested in sharing your talents (crafts, music, etc.) or just having fun playing games, etc., please consider volunteering at our Memory Café. For more information, contact the Center Director.

SAVE the DATE

for

WinterFest

AT TOWN CENTER PARK

Same location, same events, plus **WAY** more...
December 2nd, 2023 • 3:00pm - 6:00pm



ACTIVITIES INCLUDE

Santa & Mrs. Claus • Reindeer • Bingo • Story-time • Music
Fire Pits • S'mores • Cookies • Hot Beverages
Ugly Sweater Contest • Tree Lighting • Caroling & More!

WINTERFEST VOLUNTEERS

SMORE KIT ASSEMBLY

Mon. Nov. 20th @ 12:30pm

Help assemble smore kits to pass out at event.

PASSING OUT OF SMORE KITS

Sat. Dec. 2nd 2:45pm - 6:15pm.

Help pass out Smore Kits.

HANOVER FOOD SHELF

FREE DRY GOODS, DAIRY, BAKED GOODS, MEATS, PERSONAL CARE ITEMS

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

Hours:
1st & 3rd Mondays
5:00pm to 7:00pm

Tuesdays & Fridays
12:00pm to 2:00pm

Wednesdays
10:00am to 2:00pm

ALLELUIA LUTHERAN CHURCH & CROSS FOOD SHELF

FREE PRODUCE AND 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, 10:00-11:30am:

Nov. 11th and 18th

Dec. 9th and 16th

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Laura Capes



Bradley McDonald

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SWEETER
WHEN SHARED WITH
GOOD FRIENDS.**

We have done our best to keep the cost of the meals as low as possible. With food costs escalating, the Advisory Board has made a decision to increase the cost of lunch to \$7.00. This will take effect Jan. 1st.

CENTER LUNCHES

**TUESDAYS, WEDNESDAYS & THURSDAYS
@ NOON**

Meals are served at the Crow River Senior Center Tuesday through Thursday for seniors 60 and over. The meals at the Center are catered by River Inn of Hanover.

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

Cost: \$5.00 per meal. Effective Jan. 1st, the cost will be \$7.00 per meal.

Punch cards are available to purchase at the price of \$20.00 for 4 meals through Dec. 31st 2023. **Starting Jan. 1st, 2024, punch cards will be available to purchase at the price of \$28.00 for four meals.**

Call the Center at 763-497-8900 to make reservations. Please do not call River Inn.

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

We ask that you make your reservation for lunch the Friday prior or before. As we are filling up to capacity on most days, you may want to consider signing up for lunch two weeks or a month in advance to make sure that you will have a reserved spot for lunch on any given day.



**WE ARE GRATEFUL
TO OUR GENEROUS
COMMUNITY FOR ALL
THAT IT'S DONE FOR
THE CENTER!**

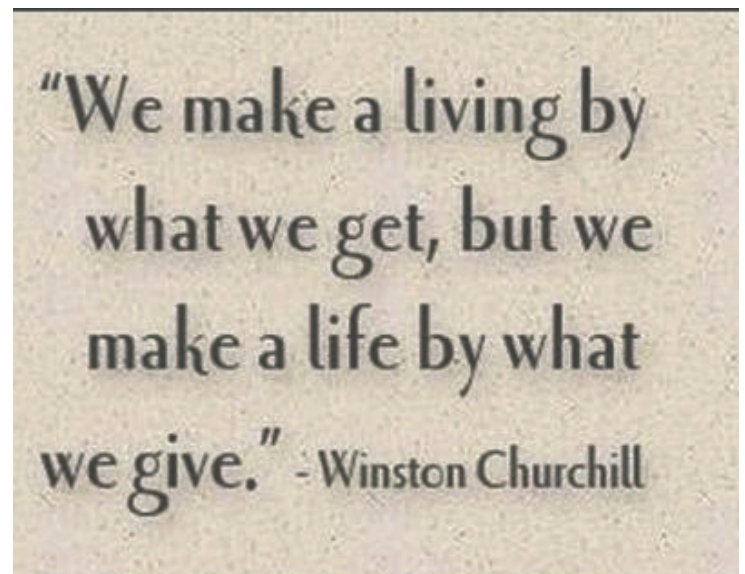
THANK YOU!

THANK YOU TO THE FOLLOWING SENIOR CENTER DONORS:

Anonymous—\$10.00 donation towards Center Lunches

Anonymous— \$25.00 donation for desserts

Anonymous—\$28.00 donation towards Center Lunches



DONATIONS

BOOK DONATIONS

We are again taking book donations for a small library in our Center. Space for donations is limited.

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 TO
ALL WHO
HAVE
DONATED
COFFEE TO
THE
CENTER!**

CRAFT CORNER

OPEN DURING CENTER HOURS

Be sure to check out our homemade crafts. All proceeds received are donated to the Center! Items for sale include dish towels, scrubbies, pot holders, baby blankets, hats and gloves, etc.



SENIOR LINKAGE LINE

NEED HELP? CALL US, IT'S FREE!

We'll get you connected to the services you need in your community, including: Transportation, Housing, Prescription Assistance Programs, Medicare Part D, Home Health Care, Housekeeping, Hospice, Caregiver Support, Legal Assistance, Financial Assistance, Minor Home Repair, Medicare Health Insurance Counseling, Home Delivered Meals and Senior Dining, Food Shelves, Volunteering, Assistance Applying for Programs and much more!

MELLOW KNIGHTS PERFORMANCE

WHEN: DECEMBER 6TH 1:00PM

WHERE: LE MUSIC ROOM

ST. MICHAEL

COST: \$10.00 PLUS TAX

The Mellow Knights return for a fun Matinee Christmas show! Donations going to benefit the Hanover Food Shelf.

Please call the Le Music Room for more Information: 612-314-9199

ST. MICHAEL CITY HALL

11800 Town Center Drive NE
St. Michael, MN 55376
763-497-2041

Hours:

Monday—Thursday, 8:00am—5:00pm

Friday, 8:00am—2:00pm



TRAILBLAZER TRANSPORTATION

Trailblazer Transit is a general public transit system that provides rides to people of all ages for just about any reason! These elevator-equipped buses provide service throughout Sibley, McLeod, and Wright Counties plus some limited service into other neighboring cities. The buses operate Monday through Friday from 6:30am—5:30pm. Ride availability for each customer will vary depending on travel time and other factors.

For more information: 320-864-1000
www.TrailblazerTransit.com

GREAT RIVER REGIONAL LIBRARY—ST. MICHAEL

11800 Town Center Drive NE
St. Michael, MN 55376
763-497-1998

Hours:

Monday—Thursday, 10:00am—7:00pm

Friday, 10:00am—5:00pm

Saturday, 10:00am—1:00pm

Sunday—Closed

GROWLERS, GRATITUDE & GIVING

Join Senior Community Services & Thrivent Financial
for an all-ages charitable community night of
food, drinks, and live jazz music!

Tuesday, November 14
4:00 p.m. - 7:00 p.m.



Nordic BrewPub
530 Cedar St.
Monticello, MN 55362



Senior
Community
Services

Hosted by:

thrivent[®]

All proceeds go towards serving more older adults and caregivers in our community. Thrivent is providing a 50% match to Senior Community Services on all funds raised up to \$2,000

Senior LinkAge Line[®] is a FREE service available
to help older adults & caregivers
locate needed resources.

m MINNESOTA
SENIOR LINKAGE LINE

Help is available in your
community by calling...

1.800.333.2433

Partially funded by Older Americans Act

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763-497-4444



Albertville Lions
We Serve

Follow on Facebook Albertville Lions



401 East Central Ave
St. Michael, MN 55376

763.497.2455 | Dehmers.com
info@dehmers.com

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WORK WITH PURPOSE.

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careers@4lpi.com or
www.4lpi.com/careers

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5850 Barthel Industrial Dr., Suite 102
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THRIVE
LOCALLY

**LET US GUIDE YOUR
MEDICARE JOURNEY.**

BeaudryHometown.com | 763.497.2797

HOME | AUTO | LIFE | MEDICARE | MORE



CRSC ACTIVITIES CALENDAR—NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
		12:00P-3:00P Hanover Watercolor Classes 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:00A CPR Class Noon Lunch at Center 1:30P Intro to Embroidery 1:30P-3:30P 500 Cards 1:30P-3:30P Chess	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30P Adult Coloring	9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 10:00A Cardio Drumming 1:00P-3:30P Mahjong 1:30P-3:30P Euchre 1:30P Intro to Embroidery
06	07	08	09	10
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 1:30P Intro to Embroidery	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) 12:00P Golden Age of Hanover Noon Lunch at Center 1:00P Printmaking Class 1:15P-3:30P Bridge 1:30P-3:30P Parkinson's Support Group	12:00P-3:00P Hanover Watercolor Classes 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Thanksgiving Luncheon w/ Music to follow 1:30P-3:30P 500 Cards 1:30P-3:30P Chess	9:00A-11:00A Pinochle 10:00A Ozark Country Jubilee Departure Noon Lunch at Center 1:30P Intro to Embroidery 1:30P Bingo sponsored by The Legacy of St. Michael	CENTER CLOSED
13	14	15	16	17
9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 10:00A Hearing Checks 1:30P—3:30P Dominoes 1:30P Dementia: How Healthy Living Choices May Reduce Your Risk	9:00A-11:00A Stitch Group 10:00A Advisory Board Mtg 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge 1:30P-3:30P Book Club	12:00P-3:00P 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 1:30P-3:30P Chess	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30P—3:00P Caregiver Support Group	9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 10:00A Cardio Drumming 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
20	21	22	23	24
9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 12:30P S'more Kit Assembly 1:30P—3:30P Writers Group 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge	9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P-3:30P Chess	CENTER CLOSED	CENTER CLOSED
27	28	29	30	
9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:00P Le Music Room: A Grand Ole Opry Christmas 1:30P Doug Ohman 1:30P—3:30P Dominoes	9:00A—1:00P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 11:00A Enhance Fitness (Zoom) NO LUNCH TODAY 1:15P-3:30P Bridge	12:00P-3:00P Hanover Watercolor Classes 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P It's a Sled Dog's Life 1:30P-3:30P 500 Cards 1:30P-3:30P Chess	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo	

CRSC LUNCH MENU—NOVEMBER 2023

MEAL ORDERING DEADLINE

Call to reserve your spot by 2pm the Friday prior for the following week. As we are filling to capacity on most days, you might want to consider signing up for lunch two weeks or a month in advance to make sure that you will have a reserved spot. Cancellations can be made at least 1-day prior. Call 763-497-8900

Vegetables will be Chef's Choice.

Menu is subject to change without notice.

Cost per meal is \$5.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02	03
	Swedish Meatballs Mashed Potatoes Veggie Dinner Roll	Cheeseburger w/lettuce, tomato & onion Jo Jos	NO LUNCH <i>Deadline to call in orders for next week.</i>
07	08	09	10
Tater Tot Hotdish Veggie Dinner Roll	Thanksgiving Luncheon	Chopped Beef Steak w/onions & mushrooms Mashed Potatoes Veggie	NO LUNCH <i>Deadline to call in orders for next week.</i>
14	15	16	17
Lasagna Side Salad Dinner Roll	Liver & Onions Potatoes Veggie (Chicken Alternative)	Chili Side Salad Cornbread	NO LUNCH <i>Deadline to call in orders for next week.</i>
21	22	23	24
Chef's Salad Dinner Roll	Shephard's Pie Dinner Roll	CENTER CLOSED	NO LUNCH <i>Deadline to call in orders for next week.</i>
28	29	30	
NO LUNCH	Turkey Pot Pie Soup Turkey Croissant Sandwich	Baked Ham Scalloped Potatoes Veggie Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>

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

CRSC ACTIVITIES CALENDAR—DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01
				9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre Saturday, Dec. 2nd Winterfest 3:00P-6:00P
04	05	06	07	08
8:30A Departure for Treasure Island Trip 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	9:00A-11:00A 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 Bridge 1:30P-3:30P Parkinson's Support Group	12:00P-3:00P 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-3:30P Chess	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30P Adult Coloring	9:00A-1:00P 55+ Drivers Class 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
11	12	13	14	15
9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 10:00A Advisory Board Mtg 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge 1:30P-3:30P Book Club	9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Holiday Luncheon w/ Music to follow—Hanover City Hall 1:30P-3:30P 500 Cards 1:30P-3:30P Chess	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by The Legacy of St. Michael	9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:00P Movie 1:30P-3:30P Euchre
18	19	20	21	22
9:30A-11:00A Painting Group 10:00A Hearing Checks 10:00A Senior Yoga (Zoom) 1:00P Le Music Room: The Holy Rocka Rollaz 1:30P—3:30P Writers Group 1:30P—3:30P Dominoes 1:30P Doug Ohman	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge	9:00A-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 1:30P-3:30P Chess	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30P—3:00P Caregiver Support Group	9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
25	26	27	28	29
CENTER CLOSED	9:00A-11:00A Stitch Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge	9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P-3:30P Chess	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo	9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre

CRSC LUNCH MENU—DECEMBER 2023

MEAL ORDERING DEADLINE

Call to reserve your spot by 2pm the Friday prior for the following week. As we are filling to capacity on most days, you might want to consider signing up for lunch two weeks or a month in advance to make sure that you will have a reserved spot. Cancellations can be made at least 1-day prior. Call 763-497-8900

Vegetables will be Chef's Choice.

Menu is subject to change without notice.

Cost per meal is \$5.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01
			NO LUNCH <i>Deadline to call in orders for next week.</i>
05	06	07	08
Tater Tot Hotdish Veggie Dinner Roll	Hot Turkey Sandwich Mashed Potatoes Veggie	Swiss Chicken Wild Rice Blend California Blend Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>
12	13	14	15
Spaghetti Meat Sauce Side Salad Dinner Roll	Holiday Luncheon	Beef Tacos Taco Sauce Sour Cream	NO LUNCH <i>Deadline to call in orders for next week.</i>
19	20	21	22
Southwest Steak Wrap Potato Salad Fresh Fruit	Liver & Onions Potatoes Veggie (Chicken Alternative)	Beef Vegetable Soup Turkey Croissant Sandwich	NO LUNCH <i>Deadline to call in orders for next week.</i>
26	27	28	29
Sloppy Joe Baked Beans Coleslaw	Chicken Breast w/ Garlic Cream Sauce Mashed Potatoes Veggie	Chicken Stir Fry Rice Egg Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>

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

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

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CROW RIVER SENIOR CENTER **ABOUT US**

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

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

www.mnseniorcenters.org