

JANUARY / FEBRUARY 2024



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

**INCLEMENT
WEATHER
REMINDER**

If the STMA Schools are
delayed 2 hours, closed,
or have early release,
then the Center will
close accordingly.

Check local news and
radio channels for
school closings.

CENTER CLOSED:

MONDAY, JAN. 1ST
MONDAY, JAN. 15TH
MONDAY, FEB. 19TH



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



VALENTINE'S DAY LUNCHEON

WEDNESDAY, FEB. 14TH

NOON LUNCH FOLLOWED BY
MUSIC FROM TODD ANDERSON AS
"NEIL DIAMOND"

Location: Crow River Senior Center

Cost: \$12.00

Menu: Broiled Cod served with a Lemon Dill Butter Sauce, Whipped Creamed Cheese Potatoes, Buttered Asparagus, Dinner Roll and Dessert.

Registration must be in person at the Center. Payment is due upon sign up. Last day to register is Feb. 5th. No refunds after this date.



CENTER MOVIES

BOOK CLUB

FRIDAY, JAN. 19TH 1:00PM

Four longtime friends and book club members have their lives upended when they aim to spice up their mundane routines by reading the provocative bestseller *Fifty Shades of Grey*. With newfound confidence, they each begin to come alive as exciting romances are ignited and old flames are rekindled. (2018) Starring Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen. Rated PG, 1HR 39MIN

THE BEST EXOTIC MARIGOLD HOTEL

FRIDAY, FEB. 9TH 1:00PM

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. Starring Judi Dench, Bill Nighy and Maggie Smith. (2011) Rated PG-13, 2HR 4MIN

CALL THE CENTER TO REGISTER

COFFEE, CONVERSATION AND DOUGHNUTS

JAN. 30TH 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.





ANTARTICA

**PRESENTED BY STEVE PIEH AND
BARB KERN-PIEH**

WEDNESDAY, JAN. 10TH 1:30PM

Enjoy a beautiful travelogue to this unique continent. Penguins, Icebergs, Seals, Whales, History and more!

CALL THE CENTER TO REGISTER

SQUEEGEE LESSON

WEDNESDAY, JAN. 17TH 1:30PM

Interested in learning to play a new game? Members of the Buffalo Community Center will be joining us to share an exciting marble and dice game, Squeegie! We hope to see you there!

CALL THE CENTER TO REGISTER



FOUR WEEK ACRYLIC PAINTING CLASS

4 SESSIONS: 1/18, 1/25, 2/1, 2/8

TIME: 10:00AM—12:00PM

NO FEE FOR THIS CLASS

MUST ATTEND ALL SESSIONS.

In this 4 week class you will be working on one painting and each week adding to it. You will learn many acrylic painting and mixed media techniques. You will be able to take the techniques and make your painting uniquely yours.

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.

**REGISTRATION OPENS JAN. 2ND. PLEASE
SIGN UP BY CALLING THE ST. MICHAEL
LIBRARY AT 763-497-1998 OR GRIVER.ORG.**

MINNESOTA FROM THE ROAD PART 1—LAKE SUPERIOR'S ARROWHEAD & IRON RANGE TOUR

PRESENTED BY DOUG OHMAN
WEDNESDAY, FEB. 7TH 1:30PM

Explore one of the states most treasured regions. Minnesota photographer and historian Doug Ohman will take you along on an old-fashioned road trip. See sites that will be familiar and visit locations that most will find new and exciting.



CALL THE CENTER
TO REGISTER

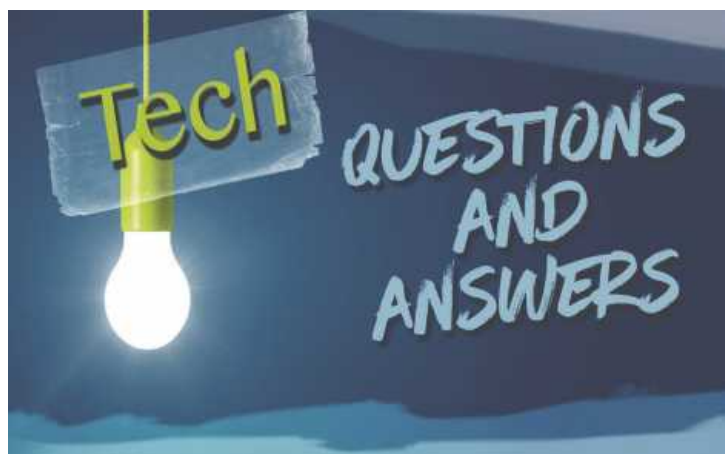
YOUR SHERIFF'S OFFICE

JAN. 31ST 1:30PM

Come and learn about your local sheriff's office with Sergeant Drew Scherber!



CALL THE
CENTER TO REGISTER



TECH QUESTIONS & ANSWERS

THURSDAY, FEB. 22ND 10:00AM

What is Google drive or iCloud Drive? What can I do with a wearable like a Fitbit or Apple Watch? What does it mean to Like or Subscribe on YouTube? I just got a smart TV, other than watch Netflix, what else can I do with it? Is my data safe when I take my computer in for repair? Facebook - who can see my posts? Is my account hacked?

These questions, along with many others you may have, can be asked and answered in this non-formal Tech Questions and Answers session. This session will be lead by Ginal Taylor, our Senior Community Services Tech volunteer.

CALL THE CENTER TO REGISTER

HEALTH



HEARING SCREENINGS

MONDAY, FEB 12TH
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!

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

www.driverdiscountprogram.com

MN HWY SAFETY CENTER 55+ DRIVING CLASS

4 HOUR REFRESHER CLASS

FRIDAY, FEB. 9TH 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!

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CARDIO DRUMMING

WEDNESDAY, JAN. 24TH & FEB. 28TH
9:30AM \$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. Payment due at sign up.

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.**

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.



One on One Technology Support

Bring your personal device (laptop, tablet, or smartphone) and connect with an experienced digital handyperson who can help you:

- Adjust settings for basic use, communication, online safety, and security
- Personalize your device for your needs and interests
- Find and use functions, services, and apps that will be most helpful to you

Call 763-231-6283 to schedule your **free** appointment.

A service provided as part of the HOME program and funded, in part, by Hennepin and Wright Counties, and the Minnesota Department of Human Services.

Last updated 12.2023

TECH APPOINTMENTS

2ND AND 4TH TUESDAYS

9:00AM—12:00PM BY APPT.

Need help with cell phones, computers, printers, iPads, etc.? We can help you! We are currently offering one-on-one tech appointments at the Center on the 2nd and 4th Tuesdays of each month.

To book your appointment, call our HOME Volunteer Coordinator, Stacie Wennedt, at 763-231-6283.



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Crow River Senior Center, St. Michael, MN

B 4C 02-1011



PARKINSON'S SUPPORT GROUP

TUESDAY, FEB. 6TH

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



SENIOR
COMMUNITY
SERVICES

Empowering People as They Age

The **HOME program** offers a variety of services including personal technology assistance, handyman 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



CareNextion.org is a free, online tool and app that helps caregivers coordinate and connect with others to support their older adult loved one.

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, Jan. 8th
Monday, Feb. 5th
9:00, 9:30 or 10:00am



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TRIPS AND CONCERTS

TREASURE ISLAND CASINO

MONDAY, FEB. 5TH \$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 Jan. 29th. No refunds after this date.**

MUSEUM OF RUSSION ART AND MOSCOW ON THE HILL

WEDNESDAY, FEB. 21ST \$79.00

8:45AM PICK UP TIME

Take a tour of the museum's diverse and rich collection. After the guided tour, you will visit Moscow on the Hill and have a family-style meal to share. It is the most authentic Russian dining experience in the Twin Cities. Menu: Russian Garden Salad with Dill-Mustard Dressing, Moscow Fries, Khachapuri-Gergian Cheese Bread, Pelmeni-Meat Dumplings, Pushkin Traditional Honey Chocolate Cake, Beverage. Estimated Return: 3:30PM. **Must register and pay in advance by Jan. 19th. No refunds after this date.**

BEAUTIFUL: THE CAROLE KING MUSICAL

CHANHASSEN DINNER THEATER
WEDNESDAY, APRIL 10TH \$99.00
10:15AM PICK UP TIME

Before she was hit-maker Carole King she was Carole Klein, a spunky young songwriter from Brooklyn with a unique voice. From the chart-topping hits she wrote for the biggest acts in music to her own life-changing, trailblazing success with Tapestry, Beautiful: The Carole King Musical takes you back to where it all began. Lunch includes: Entrée, salad, vegetable, bread potato or rice, beverage. Estimated return: 5:00pm. **Must register and pay in advance by March 8th. No refunds after this date.**

LE MUSIC ROOM: BUDDY HOLLY AND THE WINTER DANCE PARTY TRIBUTE

MONDAY, FEB. 19TH 1:00PM \$29.00

This show features the music of Buddy Holly, Richie Valens, Big Bopper, Deon and the Belmonts, & Bobby Vee. This show will take you back right where you were on that fate-full day. Some say it's the day the "music died", but we choose to celebrate by saying it's the day the music lived forever! **Must register and pay in advance by Feb. 5th. No refunds after this date.**

REGISTRATION/CANCELLATION FOR TRIPS

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

LE 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.



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, Jan. 11th and Feb. 8th 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

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

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

February 13th Book: Paris Bookseller
by Kerri Maher

March 12th Book: Potato In A Rice Bowl
by Peggy Keener

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!



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!

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.

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!

REGIFTING

SHERI SMITH

The holiday season is technically over and we're into that long, cold stretch of months with no extra days off from work and no reason to celebrate. Some efficient souls have packed away the decorations, tossed the tree to the curb, and relegated the "Shake Your Booty" Santa to its storage spot in the closet.

Not at my house. I still clap my tree lights on when I come home and marvel at the pile of presents beneath. I have been most fortunate that family and friends choose gifts that are perfectly suited to me. Of course, posting a "wish list" for Santa is most expedient no matter what your age. Like most everyone I have received a few gift "clinkers" throughout the years. Not that the gifts themselves or the sentiment behind them were bad, they just weren't anything I found useful or to my taste and style. As an example was the blue fuzzy sweater with appliqués that I received when I was in college. What to do with these types of gifts has been a dilemma for all of us. Do you donate it to your favorite charity, give it to your precocious seven-year-old niece, or re-gift it?

Re-gifting, once done on the sly, has been exposed. It's been the topic of discussion by columnists in The Washington Post, Money Magazine ethicists and Oprah. We all know if a topic makes it to Oprah, it's HOT!

Viewpoints on re-gifting are as varied as the participants. Ethicists point out that re-gifting is only about saving time and money and is in poor taste. Oprah feels that re-gifting can be done "in the spirit of love and graciousness." But one thing they all agree on is that the feelings of the participants should be protected.

Re-gifting should not be used as a way to clean out your closets, but if you receive items that you are positive would bring joy to another...why not? In the generous spirit of re-gifting there are a few rules that should be followed. Some of these lessons I learned the hard way.

Protect the original givers feelings. When you receive a gift that you know will be moving on, make a note that you received it from Aunt Agnes. Then make sure that it is re-gifted to an entirely different circle of friends or family, preferably across the country. I once donated a tall sparking candle to my mother-in-law's annual garage sale, forgetting that it was she who had given it to me a year earlier. I felt horrible when I heard what I'd done, and she was quite snippy with me for several months afterward.

Protect the gift receiver's feelings. If you believe that your dear friend would truly love the automated angel with glowing halo and wings that really move, make sure that the gift tag from Aunt Agnes is not tucked into the tissue paper at the bottom of the box. I have received gifts with previous tags attached. This mistake is a bit tacky.

Protect the store clerk's feelings. Never, and I mean never re-box a gift into another retailer's box. Imagine the embarrassment if the gift recipient needs to exchange your gift for a different size. Or heaven forbid, tries to return it for cash. And while we're on the subject make sure no little scraps of holiday wrapping are still attached. Re-wrap it with flair- it's a gift from you!

Re-gifting can be a useful tool in dealing with those gift "clinkers". But it can also be a tricky emotion-laden business if you're not careful. So if you're faint-of-heart, your best bet might be to hang on to that gift and stack it in the closet next to the others. Maybe you'll eventually grow into it, grow out of it, or grow to love it after all.





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 at 763-497-8936.

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.



THANK YOU TO OUR VOLUNTEERS!!!!

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Location:
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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:

Jan. 13th and 27th

Feb. 10th and 24th

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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: \$7.00 per meal.

Punch cards are available to purchase at the price of \$28.00 for 4 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.



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.

COFFEE DONATIONS

We are currently in need of Decaf coffee.

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

THANK YOU!



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



**THANK YOU TO THE FOLLOWING
SENIOR CENTER DONORS:**

Carole Wakeling
Ike and Karol Eichelberg
Ken and Sharon Moffett
Marv and Gretchen Eull
Anonymous Donors

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!

STMA ACTIVITY CENTER

FITNESS CENTER AND TRACK

**5800 JAMISON AVE NE
ST. MICHAEL MN 55376
763-497-6541**

Walking Track Hours:

Monday—Thursday

5:00am-9:30am & 4:00pm-10:00pm

Friday

5:00am-9:30am & 3:30pm-9:00pm

Saturday—Sunday

8:00am-5:00pm

Upper walking track is FREE for resident seniors 62+!

Sign up in person at the Activity Center office at the High School—Door C or on their web-site: stmaactivitycenter.recdesk.com/Community/Membership.

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

AARP TAX AIDE

BY APPOINTMENT ONLY

MONDAYS AND FRIDAYS

FEB. 5TH—APRIL 15TH

AARP Tax Aide, free 2023 tax preparation, will be available for seniors and low-income individuals at the Crow River Senior Center on Monday and Friday mornings beginning Monday, Feb. 5th and ending Monday, April 15th. IRS-certified Tax Aide volunteer counselors will be available from 9am-12pm to assist you with your federal and state income tax, as well as state property tax/rent credit preparation.

Items to bring: Drivers License or photo ID, Social Security number ID, MUST bring 2022 state and federal tax returns, W2, SSA-1099 forms and any other income and/or tax documents for 2023. If you wish to have your refund directly deposited please bring your checkbook. Routing and account codes need to be entered on tax forms.

Registration for appointments begins Jan. 16th. Call the Center at 763-497-8900 to schedule your appointment.

Spaces are limited and will fill up quickly.

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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I N C

GENERAL CONTRACTOR

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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- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4pi.com or
www.4pi.com/careers



Blake Beaudry
Blake@BeaudryHometown.com
Text Me @ 763.299.6518

5850 Barthel Industrial Dr., Suite 102
P.O. Box 128 | Albertville, MN 5301

THRIVE
LOCALLY

LET US GUIDE YOUR
MEDICARE JOURNEY.

BeaudryHometown.com | 763.497.2797

HOME | AUTO | LIFE | MEDICARE | MORE



CRSC ACTIVITIES CALENDAR—JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
CENTER CLOSED	9:00A-11:00A Stitch Group 9:00A-11:00A History Group 11:00A Enhance Fitness (Zoom) 12:00P Golden Age of Hanover 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	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
08	09	10	11	12
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 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 Lunch at Center 1:30P-3:30P 500 Cards 1:30P Antarctica Presentation	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 1:30P-3:30P Euchre
15	16	17	18	19
CENTER CLOSED	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 Squeegie Lessons 1:30P-3:30P 500 Cards 1:30P Memory Café at Monticello Senior Center	9:00A-11:00A Pinochle 10:00A Acrylic Class 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 1:00P Movie 1:30P-3:30P Euchre
22	23	24	25	26
9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:00P Le Music Room: Patsy Cline Tribute 1:30P—3:30P Writers Group 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	9:00A-11:00A Hand & Foot Cards 9:30A Cardio Drumming 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards	9:00A-11:00A Pinochle 10:00A Acrylic Class 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
29	30	31		
9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 9:00A-11:00A Coffee, Conversation & Doughnuts 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 Your Sheriff's Office 1:30P-3:30P 500 Cards		

CRSC LUNCH MENU—JANUARY 2024

MEAL ORDERING DEADLINE

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

Vegetables will be Chef's Choice.

Menu is subject to change without notice.

Cost per meal is \$7.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	03	04	05
Goulash Side Salad Dinner Roll	Swedish Meatballs Mashed Potatoes Veggie Dinner Roll	Chicken Drummies Tots Veggie	NO LUNCH <i>Deadline to call in orders for next week.</i>
09	10	11	12
Chicken Fried Steak Mashed Potatoes Corn Dinner Roll	Fish Sandwich Macaroni Salad Chips	Chopped Beef Steak w/onions & mushrooms Mashed Potatoes Veggie	NO LUNCH <i>Deadline to call in orders for next week.</i>
16	17	18	19
Chili Cornbread Side Salad	Liver & Onions Potatoes Veggie (Chicken Alternative)	Southwest Chicken Salad Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>
23	24	25	26
NO LUNCH	Taco Salad Salsa Sour Cream	Chicken Ala King Biscuit Veggie	NO LUNCH <i>Deadline to call in orders for next week.</i>
30	31		
Chicken Stir Fry Fried Rice Egg Roll	Hot Beef Sandwich Mashed Potatoes Veggie		NO LUNCH <i>Deadline to call in orders for next week.</i>

**Menu is subject to change without notice.*

CRSC ACTIVITIES CALENDAR—FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01	02
			9:00A-11:00A Pinochle 10:00A Acrylic Class 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
05	06	07	08	09
AARP Tax Aid 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	9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30PM Doug Ohman	9:00A-11:00A Pinochle 10:00A Acrylic Class Noon Lunch at Center 1:30P Bingo Sponsored by The Legacy of St. Michael	AARP Tax Aid 9:00A-11:00A Cribbage 9:00A-1:00P 55+ Driving Class 10:00A Senior Yoga (Zoom) 1:00P Movie 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
12	13	14	15	16
AARP Tax Aid 9:30A-11:00A Painting Group 10:00A Hearing Checks 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) 12:00P Valentine's Day Luncheon 1:30P-3:30P 500 Cards	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo 1:30P—3:00P Caregiver Support Group	AARP Tax Aid 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
19	20	21	22	23
1:00P Le Music Room: Buddy Holly and the Winter Dance Party Tribute CENTER CLOSED	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	8:45A Museum of Russian Art Tour 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 Monticello Senior Center	9:00A-11:00A Pinochle 10:00A Tech Questions and Answers Noon Lunch at Center 1:30P Bingo	AARP Tax Aid 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
26	27	28	29	
AARP Tax Aid 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge	9:00A-11:00A Hand & Foot Cards 9:30A Cardio Drumming 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo	

CRSC LUNCH MENU—FEBRUARY 2024

MEAL ORDERING DEADLINE

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

Vegetables will be Chef's Choice.

Menu is subject to change without notice.

Cost per meal is \$7.00

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	03
		Chicken Breast w/ Garlic Cream Sauce Mashed Potatoes Veggie	NO LUNCH <i>Deadline to call in orders for next week.</i>
06	07	08	09
Tater Tot Hotdish Side Salad Dinner Roll	Cheeseburger Fries Pickle	Swiss Chicken Wild Rice Blend California Blend Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>
13	14	15	16
Spaghetti Meat Sauce Side Salad Dinner Roll	Valentine's Day Luncheon	Beef Vegetable Soup Turkey Croissant Sandwich	NO LUNCH <i>Deadline to call in orders for next week.</i>
20	21	22	23
Chef Salad Dinner Roll	Liver & Onions Potatoes Veggie (Chicken Alternative)	Chicken Pasta Hotdish Veggie Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>
27	28	29	
Chicken Salad Croissant Coleslaw Fresh Fruit	Lasagna Side Salad Dinner Roll	Shepherd's Pie Side Salad Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>

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

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

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PING PONG ANYONE?

Do you have interest in playing ping pong? Please call the Center Director at 763-497-8936.



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