

MARCH / APRIL 2024

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

INCLEMENT WEATHER REMINDER

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

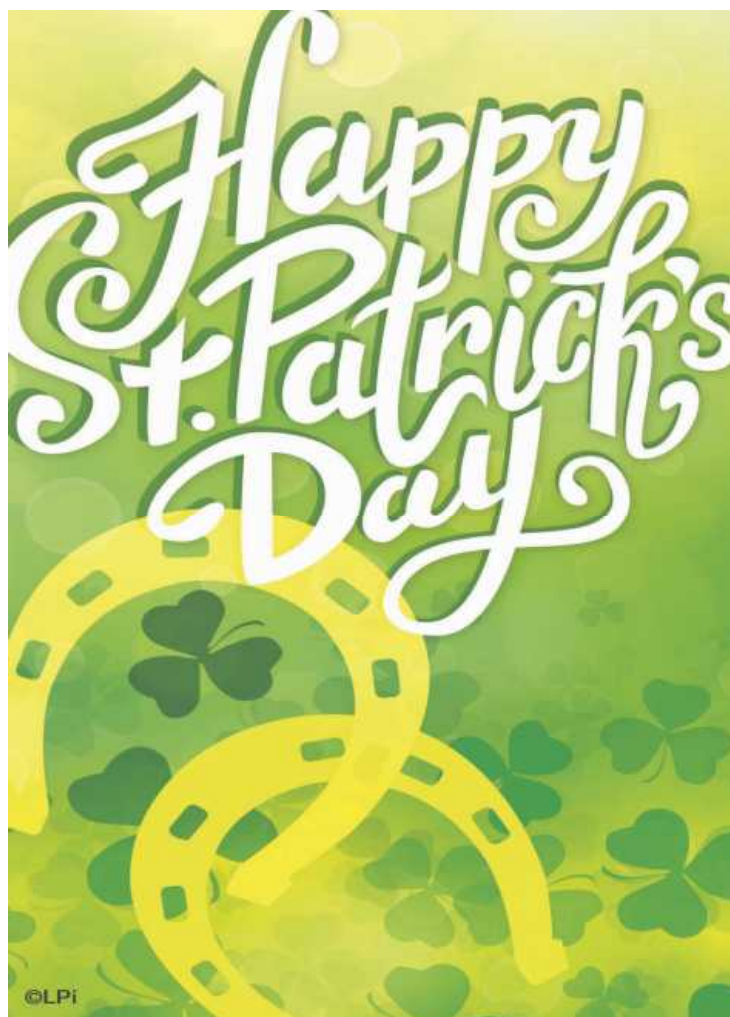
Check local news and
radio channels for
school closings.



CENTER CLOSED:

FRIDAY, MARCH 29TH

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



ST. PATRICK'S DAY LUNCHEON

WEDNESDAY, MARCH 13TH
NOON LUNCH FOLLOWED BY
MUSIC FROM CODA

Location: Crow River Senior Center

Cost: \$12.00

Menu: Corn Beef and Cabbage, Boiled Potatoes, Carrots, Irish Soda Bread, and Dessert.

Registration must be in person at the Center. Payment is due upon sign up. Last day to register is March 8th. No refunds after this date.



CENTER MOVIES

BOOK CLUB: THE NEXT CHAPTER
FRIDAY, MARCH 8TH 1:00PM

Sequel to Book Club, The Next Chapter follows the four best friends as they take their book club to Italy for the fun girls trip they never had. (2023) Starring Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen. Rated PG-13, 1HR 47MIN

THE HILL
FRIDAY, APRIL 26TH 1:00PM

The remarkable true-life story of Rickey Hill's improbable journey to play Major League Baseball. (2023) Starring Dennis Quaid, Colin Ford, Joelle Carter. Rated PG, 2HR 6MIN

CALL THE CENTER TO REGISTER

COFFEE, CONVERSATION AND DOUGHNUTS

TUESDAY, APRIL 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!





RECLAIM YOUR HEALTH AND ENERGY

WEDNESDAY, MARCH 6TH 1:30PM
PRESENTED BY ROBIN RICHARDS

Life can get hectic, and finding simple ways to prioritize your health can be a challenge. Join this workshop for an hour of learning and practicing easy techniques for breathing, mindfulness and meditation to rejuvenate your well-being. All this with an added bonus of resources on sleep essentials and simple nutrition to start reclaiming your health today. Robin is a certified nutrition coach and yoga, meditation, mindfulness and Reiki teacher.

CALL THE CENTER TO REGISTER

SENIORS GUIDE TO LIBRARY SECRETS

WEDNESDAY, APRIL 10TH 1:30PM
PRESENTED BY JADE, LIBRARY STAFF

Join us as we learn all about the things you can do with your library card. From e-books to pickle ball kits to the Free Senior Book Shelf, we will talk about all the available resources at the St. Michael Library. Don't have a card? We will show you how easy it is to get a free Library Card and about our fines-free checkouts.

CALL THE CENTER TO REGISTER



LEGACY LETTER WRITING WORKSHOP

WEDNESDAY, APRIL 24TH
10:00AM-12:00PM

COST: \$25.00

PRESENTED BY BILL MARSELLA

Learn how to write a Legacy Letter! A Legacy Letter is a simple but profound letter that conveys your greatest treasures — your faith, life lessons, and values. A Legacy Letter can be a heartfelt gift for your loved ones today, or it can inform and accompany your last will and testament or health care directive.

Trained Legacy Facilitator, Bill Marsella can

- explain legacy letters and the universal needs they address for the writer and their heirs.
- teach the principles and techniques of legacy letter writing through interactive practice.
- provide real examples of how legacy letter writing has impacted individuals and families.
- connect the dots between legacy letter writing and estate planning.

Must register and pay in advance by April 17th.

No refunds after this date.

BARN QUILT PAINTING CLASS

MONDAY, MARCH 25TH 1:30PM
PRESENTED BY ARYN LILL FROM THE BLUE FOX

Grab your friends and gather to create a beautiful barn quilt pattern on a 14" x 14" reclaimed wood pallet. Locally sourced by craftsman and farmer, Josh Reinitz of East Henderson Farm, each pallet has a unique quality. The wood is truly reclaimed, meaning each pallet will be completely individual and will have flaws, such as nail holes and small dings. The wood has been carefully selected, pre-sanded and assembled. Choose your design when registering.

CALL THE CENTER TO REGISTER AND CHOOSE YOUR DESIGN. REGISTRATION BEGINS MARCH 1st. THIS IS A FREE CLASS.

Pinwheel



Faded Star



Marigold



Barn Quilt Flag



Friendship Star



THIS ACTIVITY IS MADE POSSIBLE BY THE VOTERS OF MINNESOTA THROUGH A GRANT FROM THE MINNESOTA STATE ARTS BOARD, THANKS TO A LEGISLATIVE APPROPRIATION FROM THE ARTS AND CULTURAL HERITAGE FUND.



JFK ASSASSINATION: THE MYSTERY AND LEGEND

WEDNESDAY
MARCH 27TH 1:30PM
PRESENTED BY DAVID JONES

President Kennedy was assassinated in November 1963. Now, years later, this event still sparks discussion and controversy. Where were you when you heard the news of the assassination? Join us for a balanced discussion of one of the most pivotal events in the 20th Century.

CALL THE CENTER TO REGISTER

TRIPOLEY LESSON

MONDAY, MARCH 4TH 1:30PM

Interested in learning to play a new game? Members of the Buffalo Community Center will be joining us again to share another fun game, Tripoley! We hope to see you there!

CALL THE CENTER TO REGISTER

MINNESOTA FROM THE ROAD PART 2—HEARTLAND LAKES TOUR

PRESENTED BY DOUG OHMAN
MONDAY, APRIL 8TH 1:30PM

Ride along with Minnesota storyteller Doug Ohman into the heart of the great State of Minnesota. We will learn the stories behind many of the landmarks we associate with the State. Doug will make the trip feel like we are all together on a Minnesota vacation into the north county.

CALL THE CENTER TO REGISTER

CLASSES/PRESENTATIONS CONT.

BEGINNER/INTERMEDIATE WATERCOLOR CLASS

WEDNESDAYS, APRIL 10TH, 17TH, 21ST

9:00AM—12:00PM

Learn to paint colorful watercolor florals using the techniques taught at the first lesson. Learn pleasing color combinations plus composition painting. No painting or drawing skills necessary. Bring with you basic watercolor supplies (10-14 size brush and paints). Paper will be provided. This class is taught by Sherri Wagner, professional watercolor artist and second generation painter. Sherri has been painting for most of her life and has experience teaching numerous classes, painting for commission, and winning best in show at a local art show.

CALL THE CENTER TO REGISTER. THIS IS A FREE CLASS.

REGISTRATION BEGINS MARCH 1st.

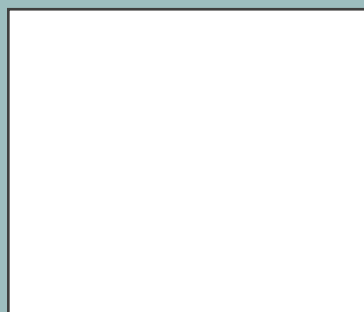
This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.



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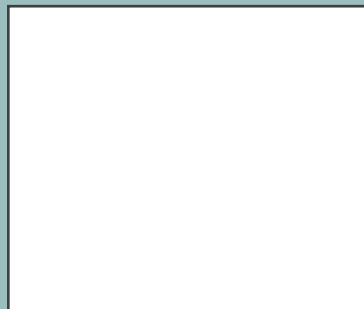


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Crow River Senior Center, St. Michael, MN

A 4C 02-1011



CARDIO DRUMMING

TUESDAYS AT 9:30AM

MARCH 12TH & 26TH

APRIL 9TH & 23RD

\$8.00 PER CLASS

Interested in learning what Cardio drumming is all about? Try it out at the Center! We are offering two sessions per month 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 ball placed on a bucket, while listening to upbeat music.

Must register and pay in advance. Also 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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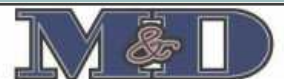


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Crow River Senior Center, St. Michael, MN

B 4C 02-1011



PARKINSON'S SUPPORT GROUP

TUESDAYS, MARCH 5TH AND APRIL 2ND
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, March 4th
Monday, April 1st
9:00, 9:30 or 10:00am



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TRIPS AND CONCERTS

TREASURE ISLAND CASINO

MONDAY, APRIL 1ST \$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 March 22nd. No refunds after this date.**

PLYMOUTH PLAYHOUSE: "TILL BETH DO US PART"

THURSDAY, MAY 9TH \$83.00

10:45AM PICK UP TIME

This side-splitting romp about marriage and careers introduces us to the Haydens. They are a couple who both work and decide an assistant is needed to help put the house in order. They hire a highly motivated, gregarious Southerner named Beth. Little do they know, Beth is after Suzannah's job. Throw in a couple of wise cracking best friends and a British boss lady, and you discover the hazards of hiring a personal assistant can be hilarious! Lunch menu: Sliced Breast of Turkey with Gravy, Swedish Meat Balls, Fettuccini Alfredo Prima Vera, Mashed Potatoes, Tuscan Vegetable Medley, Raspberry Vinaigrette salad, dinner roll and dessert bars.

Estimated Return: 4:00PM.

Must register and pay in advance by April 8th. 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.

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: LADIES OF COUNTRY MUSIC

MONDAY, APRIL 22ND 1:00PM \$29.00

Joyann Parker and her band present a new show titled "Classic Ladies of Country", where she tells the stories and sings the songs of the women who made country music what it is today. Beginning in the 1950's with the first female country superstar, Kitty Wells, continuing through the 1960's with artists like Tammy Wynette and Loretta Lynn, and on into the 1970's with Dolly Parton.

Must register and pay in advance by April 8th. No refunds after this date.

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, March 14th and April 11th 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

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

April 9th Book: The Lost Dragon
by Michal Allan Mallory

May 14th Book: A Crooked Number
by Nathan Jorgenson

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 writers' 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!

RIM RIDERS

TUESDAY MORNINGS
SPRING, SUMMER, FALL

Rim Riders always welcomes new members to our bike group. We are a leisurely bike group normally biking at a speed of 10 to 12 mph.

Our rides average a distance of 20 miles total with water breaks along the way. We ride on Tuesday mornings.

Most of our rides are on paved, fairly flat trails. We transfer our bikes to the trail head for each ride. We have lunch after for those who can.

To sign up to join us, or if you have any questions, please call or text:
Debbie Carron 612-599-1628
Jackie Holvik 763-516-0478.

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
12:00PM 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!

CRAZY QUILT

JEANNE ANDERSON

I have spent the past month restoring what is left of a Crazy Quilt made by my mother, LaVerne. She was married in 1931 at the beginning of the Great Depression. Luckily my dad had a job but work was scarce, so mom stayed home and made a giant quilt.

I'm convinced this quilt might have been one of her first sewing endeavors because it is very crooked. Originally there were 30 squares anywhere from 18 to 20 inches in size, that's the crooked part. She used dark rich colors with a lot of corduroy and wool. Each square was made individually by arranging pieces of fabric in an abstract design on a thin fabric, probably an old sheet. All of this was sewn together with a machine. Then to cover the machine stitches she connected them again with hand embroidered stitches. The completed squares were then sewn together five across the top and six down.

LaVerne added a layer of warmth with what looks like a cotton bedspread. The back I don't remember because in 1991 I ripped it apart and made pillows with the prettiest squares. The 12 leftover squares have been packed away for twenty plus years.

I don't know where she learned to sew. As far as I can remember there was always a machine in our house. The Depression lasted from 1929 to 1939. It's my belief she sewed out of necessity, patching and mending clothes for the family. Sometimes it's scary to sew, you have to believe in yourself. Sometimes it takes love for a young newlywed to complete a beautiful crazy quilt.

LaVerne went on to make curtains, school clothes, Easter dresses, summer shorts, doll clothes and many more quilts. She was a 4H leader and taught us little girls how to sew an apron. As her family grew, we all had our hand in quilting. Grandchildren got wedding quilts. Others got memory quilts or anniversary quilts.

My mother taught me many things. One of the best things was how to sew.

Thanks Mom.



Thank you,
Volunteers!

VOLUNTEER APPRECIATION BRUNCH

FRIDAY, APRIL 26TH
10:30AM—NOON

A volunteer appreciation brunch will be held at the Center to celebrate our hard working volunteers.

We are extremely grateful for you!

Watch for your personal invitation in the mail, and please RSVP to the Center by Friday, April 19th.

If by chance we missed getting your invitation to you we are deeply sorry. Please let us know so we are sure to add your name to the celebration.

SPECIAL EVENTS SET UP AND TAKE DOWN

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.

RSVP VOLUNTEER OPPORTUNITY **DAYS AND TIMES VARY**

Give a Little, Gain a Lot!

Be a part of the important services offered at the new Government Center in Buffalo by giving a little time. Opportunities include the main reception station, the License Center kiosk, and the work area in Health and Human Services. Help area residents and visitors find the information and departments they need, with staff available nearby to assist. This volunteer opportunity is flexible, for a 2, 3 or 4 hour shift one or more weekdays. Benefits of volunteering include learning, socialization and improved health and mental wellness, along with mileage reimbursement, insurance coverage and more.

Interested in more details? The RSVP program from AmeriCorps Seniors can help you find the right fit for your time and interests!

Contact Carole about this or other local opportunities.

Office: 763-765-3036 | Cell: 763-635-4505 |
Email: rsvp.signup@ci.stcloud.mn.us

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.

DID YOU KNOW THAT APRIL IS NATIONAL VOLUNTEER APPRECIATION MONTH?

THANK YOU TO ALL OF OUR VOLUNTEERS!! WE COULDN'T DO IT WITHOUT YOU!!

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

Wednesdays
10:00am to 2:00pm

TAXES

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.

Call the Center at 763-497-8900 to schedule your appointment. Spaces are limited and will fill up quickly.

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763-284-0731



**Scan the QR Code for info
about our MOW Program.**

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WHEN SHARED WITH
GOOD FRIENDS.

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. If possible, please bring correct change or purchase punch cards.

Punch cards are available to purchase at the price of \$35.00 for 5 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

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:

Rich and Michelle Daleiden-Fischer
Mike O'Donnell
Susie Pundt
Ken and Becky Severud
Thrivent Action Team

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!

ST. MICHAEL LIBRARY BOOK SALE

**SATURDAY, APRIL 6TH
8:00AM—1:00PM**

Special Senior Citizen Pre-Book Sale is Friday, April 5th from 3:00pm—5:00pm!



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



HEARING SCREENINGS

MONDAY, APRIL 8TH
10:00AM—12:00PM
BY APPOINTMENT

Affinity Hearing is a local hearing care provider with locations in both St. Michael and Plymouth. 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.

BLOOD PRESSURE CHECKS

THURSDAYS, MARCH 7TH & APRIL 4TH
10:00AM—11:30AM
BY APPOINTMENT

Free blood pressure checks, by appointment, at the Center.

Please call
763-497-8900
to schedule
your
appointment.



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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St. Michael, MN 55376

763.497.2455 | Dehmers.com
info@dehmers.com

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Contact us at
careers@4ipi.com or
www.4ipi.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

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BeaudryHometown.com | 763.497.2797

HOME | AUTO | LIFE | MEDICARE | MORE



CRSC ACTIVITIES CALENDAR—MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01
				AARP Tax Aid 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
04	05	06	07	08
AARP Tax Aid 9:00A Legal Aid 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P Tripoley Lesson 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 1:30P Parkinson's Support Group 1:15P-3:30P Bridge	9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:30P Reclaim Your Health Workshop 1:30P-3:30P 500 Cards	9:00A-11:00A Pinochle 10:00A Blood Pressure Checks Noon Lunch at Center 1:30P Bingo	AARP Tax Aid 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P Movie 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
11	12	13	14	15
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 9:30A Cardio Drumming 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 St. Patrick's Day Luncheon 1:30P-3:30P 500 Cards	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo sponsored by The Legacy of St. Michael	AARP Tax Aid 9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
18	19	20	21	22
AARP Tax Aid 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 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 Memory Café at Monticello Senior Center	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
25	26	27	28	29
AARP Tax Aid 9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P Barn Quilt Painting Class 1:30P—3:30P Dominoes	9:00A –1:00P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) NO LUNCH TODAY 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 JFK Assassination: The Mystery & Legend	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo	CENTER CLOSED

CRSC LUNCH MENU—MARCH 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
05	06	07	08
Goulash Side Salad Dinner Roll	Beef Tacos Taco Sauce Sour Cream	Chicken Ala King Biscuit Veggie	NO LUNCH <i>Deadline to call in orders for next week.</i>
12	13	14	15
Oriental Chicken Salad Dinner Roll	St. Patrick's Day Luncheon	Salisbury Steak Mushroom Gravy Mashed Potatoes Veggie Blend	NO LUNCH <i>Deadline to call in orders for next week.</i>
19	20	21	22
Baked Ham Scalloped Potatoes Veggie Dinner Roll	Liver & Onions Sautéed Baby Reds Veggie (Chicken Alternative)	Pulled Pork Sandwich Baked Beans Potato Salad	NO LUNCH <i>Deadline to call in orders for next week.</i>
26	27	28	29
NO LUNCH	Swedish Meatballs Mashed Potatoes Veggie Dinner Roll	Chicken Stir Fry Rice Egg Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>
			NO LUNCH <i>Deadline to call in orders for next week.</i>

**Menu is subject to change without notice.*

CRSC ACTIVITIES CALENDAR—APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
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	9:00A-11:00A Pinochle 10:00A Blood Pressure Checks 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 3:00P-5:00P Senior Citizen Pre-Book Sale Book Sale on Sat., April 6th, 8:00A-1:00P
08	09	10	11	12
AARP Tax Aid 9:30A-11:00A Painting Group 10:00A Hearing Checks 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P Doug Ohman	9:00A-11:00A Stitch Group 9:30A Cardio Drumming 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 9:00A Watercolor Class 10:00A Senior Yoga (Zoom) 10:15A Dept. for Beautiful: The Carole King Musical Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P Seniors Guide to Library Secrets	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo Sponsored by The Legacy of St. Michael	AARP Tax Aid 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
AARP Tax 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) Noon Lunch at Center 1:15P-3:30P Bridge	9:00A-11:00A Hand & Foot Cards 9:00A Watercolor Class 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 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
22	23	24	25	26
9:30A-11:00A Painting Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:00P Le Music Room: Tribute to the Ladies of Classic Country	9:00A-11:00A Stitch Group 9:30A Cardio Drumming 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge	9:00A-11:00A Hand & Foot Cards 9:00A Watercolor Class 10:00A Senior Yoga (Zoom) 10:00A Legacy Letter Writing Workshop Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P Memory Café at Crow River Senior Center	9:00A-11:00A Pinochle Noon Lunch at Center 1:30P Bingo	9:00A-11:00A Cribbage 10:00A Senior Yoga (Zoom) 10:30A Volunteer Appreciation Brunch 1:00P-3:30P Mahjong 1:00P Movie 1:30P-3:30P Euchre
29	30			
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 and Doughnuts 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge			

CRSC LUNCH MENU—APRIL 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
Tater Tot Hotdish Side Salad Dinner Roll	Pork Chop Baked Potato Sour Cream Veggie Dinner Roll	Chicken Breast w/ Garlic Cream Sauce Mashed Potatoes Veggie	NO LUNCH <i>Deadline to call in orders for next week.</i>
09	10	11	12
Cheeseburger Fries Pickle	Chef Salad Dinner Roll	Swiss Chicken Wild Rice Blend California Blend Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>
16	17	18	19
Spaghetti Meat Sauce Side Salad Dinner Roll	Chicken Pasta Hotdish Veggie Dinner Roll	Sloppy Joe Pasta Salad Baked Beans	NO LUNCH <i>Deadline to call in orders for next week.</i>
23	24	25	26
Beef Vegetable Soup Turkey Croissant Sandwich	Liver & Onions Sautéed Baby Reds Veggie (Chicken Alternative)	Chicken Kiev Rice Veggie Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>
30			
Chicken Salad Croissant Coleslaw Fresh Fruit			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

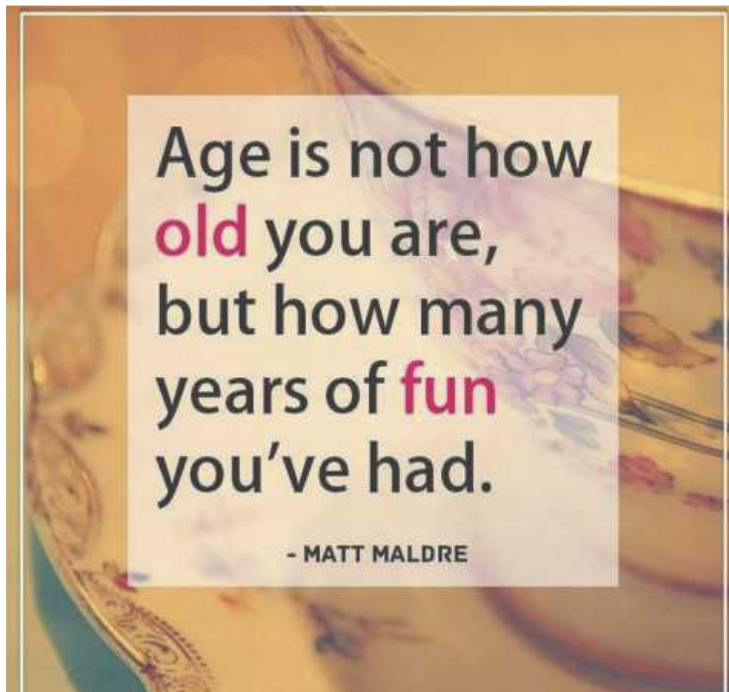
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CROW RIVER SENIOR CENTER

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