

JULY / AUGUST 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

Advice from a
sunflower:
Be bright, sunny,
and positive.
Spread seeds of
happiness, rise,
shine, and hold
your head high.



CENTER CLOSED:

THURSDAY, JULY 4TH
FRIDAY, JULY 5TH

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

PICNIC LUNCH IN HANOVER

WEDNESDAY, JULY 17TH 12:00PM
WHERE: SETTLERS PARK, HANOVER

Menu: Hamburger or Brat, Potato Salad, Baked Beans, Dessert and Beverage.

CALL THE CENTER TO REGISTER NO LATER THAN JULY 10TH.

INDICATE CHOICE OF MEAT WHEN REGISTERING.



ST. MICHAEL DAZE & KNIGHTS FESTIVAL

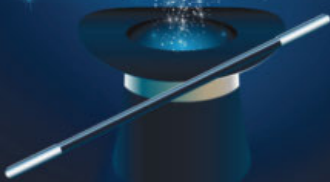
AUGUST 9TH AND 10TH 2024

The Crow River Senior Center will be hosting bingo in the city hall chamber room on Saturday, August 10th 2:00pm—4:00pm

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

stmdazeandknightsfestival.com

Magic Show



DOUGHNUTS AND MAGIC

TUESDAY, AUG. 6TH 10:00AM

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

CALL THE CENTER TO REGISTER.

MINNESOTA FROM THE ROAD PART 4—SCENIC RIVER BLUFF

PRESENTED BY DOUG OHMAN

WEDNESDAY, AUG. 21ST 1:30PM

The Mississippi river bluff country is one of the most beautiful areas of Minnesota. Enjoy road tripping, shopping and eating as we explore with Minnesota historian, Doug Ohman, the scenic river towns that makes this area so special.



CALL THE CENTER TO REGISTER



GUIDED AUTOBIOGRAPHY CLASS

WEDNESDAYS 9:30AM - 11:30AM
JULY 10TH, 17TH, 24TH, 31ST
AUGUST 7TH, 14TH, 21ST, 28TH

Write your memoir 2 pages at a time. You can build your life's story through 2-page writing assignments that explore rich life themes to prompt memories and reflection. The collaborative workshop setting of this 8-week course strengthens your writing and helps you find new meaning in significant life events. Class size limited to 6 people.

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.



REGISTRATION OPENS JUNE 26TH.

CALL THE CENTER TO REGISTER.

OIL PASTEL CLASS

THURSDAYS
JULY 18TH & 25TH, AUGUST 1ST & 8TH
10:00AM—12:00PM

Oil pastel can be a user-friendly way to get that "oil painting" feel without the mess and toxic solvents. Have fun creating various projects while learning many techniques of the medium: blending, scumbling, sgraffito, impasto and even a little melting. Spring themes will include florals, winged friends, landscapes and more.

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

REGISTRATION OPENS JULY 1ST THROUGH THE ST. MICHAEL LIBRARY AT 763-497-1998 OR AT GRIVER.ORG.



ENCAUSTIC COLLAGE WORKSHOP

TUESDAY, JULY 16TH
9:00AM—12:00PM

Beeswax is an ideal medium for collage, mixed media, and assemblage. You will use hot wax with resin to adhere images or to embed objects and natural elements to a sturdy surface. The wax will adhere and preserve your items. Enjoy experimenting with a variety of materials and techniques. Bring to class any images you may want to incorporate into your work. No glossy photos... copies are best.

REGISTRATION OPENS JUNE 26TH. CALL THE CENTER TO REGISTER

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.





MOVING AND DOWNSIZING TIPS FROM THE EXPERTS

WEDNESDAY, JULY 24TH 1:30P

As pioneers in the Senior Move Management industry, Gentle Transitions has assisted thousands of Twin Cities older adults with their moves since 1990. Senior Move Specialist Lee Syndergaard will be presenting educational tips to help those considering an upcoming move or who would just like to declutter for the future. From downsizing, sorting, getting rid of the excess, to packing, unpacking and resettling, you will gain valuable knowledge and a multitude of resources to help you get through the process “gently”. Come join us for this fun and motivating presentation.

CALL THE CENTER TO REGISTER.

HEALTHY LIVING FOR YOUR BRAIN & BODY: TIPS FROM THE LATEST RESEARCH

**TUESDAY, JULY 30TH 10:00AM
PRESENTED BY THE ALZHEIMER'S ASSOCIATION**

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Learn how to use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

CALL THE CENTER TO REGISTER.

Landmark TRAVEL TOURS PRESENTATION

Unforgettable Travel Experiences

THURSDAY, AUGUST 15TH 10:00AM

Join us for a travel talk with Landmark Tours, a local, family-owned operator with over 34 years of experience. Learn more about upcoming destinations like Australia, Iceland, Thanksgiving in New York, and the Florida Keys. Discover what makes escorted group travel so rewarding!

CALL THE CENTER TO REGISTER.

CENTER MOVIES

WONKA

FRIDAY, JULY 19TH 1:00PM

Willy Wonka is the mastermind behind some of the most delicious and innovative chocolate creations the world has ever seen. But before shaking up the chocolate industry and making a name for himself as a confectionery genius, the ambitious young creator had to defy all odds. As a result, Willy transformed his wildest dreams into reality with a bold vision, determination, and unexpected help from new friends. After all, hard work and a dash of magic can make anything happen. Because, as Willy already knows, it only takes a dream to make a difference. (2023) Starring Timothée Chalamet, Gustave Die, Murray McArthur
Rated PG, 1HR 56MIN

THE MIRACLE CLUB

FRIDAY, AUG. 30TH 1:00PM

Ballygar, Ireland, 1967: a hard-knocks community that marches to its own beat, rooted in traditions of loyalty, faith and togetherness. There's just one tantalizing dream for the women of Ballygar to taste freedom and escape the gauntlet of domestic life: to win a pilgrimage to the sacred French town of Lourdes. And with a little benevolent interference from their cheeky and rebellious priest, close friends Lily, Eileen, Dolly and her son Daniel are the 'lucky' few to win this ticket of a lifetime at their riotous local raffle night. Starring Kathy Bates, Maggie Smith, Laura Linney. (2023)
Rated PG, 1HR 30MIN

CALL THE CENTER TO REGISTER.

MN HWY SAFETY CENTER 55+ DRIVING CLASS

**4 HOUR REFRESHER CLASSES
FRIDAYS, AUGUST 16TH AND SEPT. 20TH
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.

THE FIRST 50 YEARS OF ST. MICHAEL

**WEDNESDAY, AUG. 7TH 1:30PM
PRESENTED BY BOB ZAHLER**

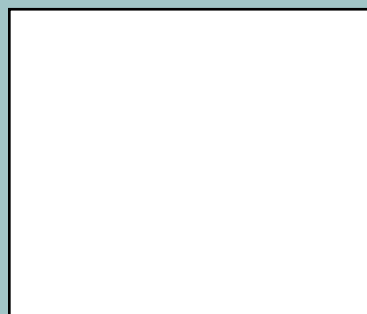
Considering the incredible challenges facing the first two generations of St. Michael citizens, the progress that was made in St. Michael's first 50 years was remarkable. These people literally brought civilization to a wilderness; and while still a small town, by 1906 St. Michael was developmentally on par with any other town in the country. This presentation will trace the development of St. Michael from wooded wilderness to bustling farm town by looking at the people and institutions who laid the foundation for the current city. With an abundance of old maps and photos that will certainly evoke nostalgia, the presenter hopes to show how the founders were very progress-oriented people.

CALL THE CENTER TO REGISTER.

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Ben Allrich

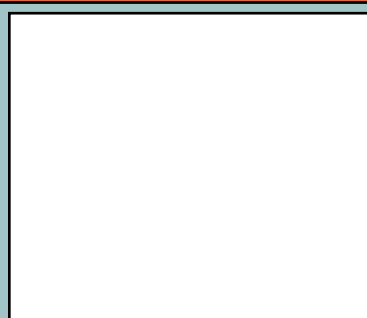
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CARDIO DRUMMING

WEDNESDAYS AT 9:30AM

JULY 10TH AND 24TH

TUESDAYS AT 9:30AM

AUGUST 6TH AND 20TH

\$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 & Fridays at 11:00am/ Wednesdays at 10:50am

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/Thursdays 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.

FITNESS CLASSES CONT.

SILVER SNEAKERS

MON/WED/FRI 9:00AM

**LOCATION: FITNESS EVOLUTION
133 SANDBERG ROAD
MONTICELLO, MN 55362**

Did you know that Fitness Evolution in Monticello offers Silver Sneakers fitness classes? If you are interested, stop by or call Fitness Evolution to sign up! If you are Silver Sneakers eligible, the classes are free!

LINE DANCING

THURSDAYS 1:00PM

LOCATION: HANOVER CITY HALL

Interested in getting together with others for a fun afternoon of line dancing? Head over to Hanover City Hall on Thursdays! No fee or sign up required! Please contact Center Director, Jenny Teigen, at 763-497-8936.

TECH SUPPORT



Technology Support Appointments

We can help you:

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

2nd and 4th Tuesdays

9:00 AM - 12:00 PM by appointment



Call 763-497-8900

to schedule your free session.

*A service provided by the HOME program
and partially funded by Hennepin & Wright Counties.*

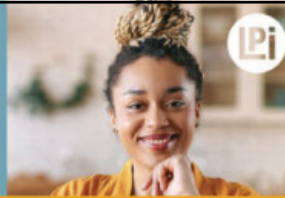
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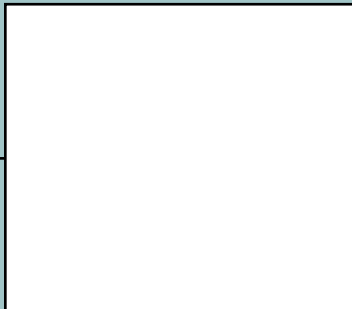
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Part D Questions?**
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We do not offer every plan available in your area. Currently we represent 7 organizations which offer 61 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options.

www.northcentralinsurance.com



PARKINSON'S SUPPORT GROUP
TUESDAYS, JULY 2ND / AUG. 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.

MEMORY CAFE

WEDNESDAYS, JULY 17TH, AUG. 21ST,
SEPT. 18TH
1:30PM—3:00PM

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 Monticello Senior Center
will be hosting the Memory
Cafes in July, August and
September.

MONTICELLO SENIOR CENTER
 505 WALNUT ST, MONTICELLO, MN 55362
 763-295-2000



**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. *Cost-share contribution suggested.*

612-804-0968

b.allard@seniorcommunity.org



Try **CareNextion.org**, a free, secure, award-winning online platform (and mobile app) designed to streamline task coordination, communication, and connection among family members and friends helping to care for a 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, July 1st
Monday, August 5th
9:00, 9:30 or 10:00am



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TRIPS AND CONCERTS

TREASURE ISLAND CASINO

MONDAY AUG. 5TH \$25.00

Due to a bus rental cost increase, the trip charge has been raised to \$25.00.

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 July 25th. No refunds after this date.**

STATE FAIR

THURSDAY AUG. 29TH \$40.00

8:15AM PICK UP TIME

We will be sharing a coach bus to the Minnesota State Fair with participants from the Monticello Senior Center on Thursday, August 29. The bus will depart our center at 8:30 a.m. and leave the fairgrounds for the trip home at 3:30 p.m. The trip cost is \$40 per person, which includes fair admission. Space is limited.

Must register and pay in advance by August 12th. 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 MUSIQUE ROOM MICK STERLING PRESENTS: MEMPHIS & THE MEANTIMES

MONDAY JULY 29TH 1:00PM \$27.00

This band is a celebration of the music that changed the world from Sun Records and the Grand Ole Opry. This is not new Country, this is the stuff new Country can only dream of being. Featuring songs from Cash, Haggard, Lewis, Orbison, Elvis and many others, Memphis and the Meantimes have been thrilling audiences for years by providing the audience with an 8-piece powerful presentation. Featuring the talents of Dan Neale, Lisi Wright, Ben Kaplan, Peter Guertin, John Wright and vocals by Cate Fierro, Shalo Lee, Mick Sterling and from time to time very special guest vocalists. Memphis and the Meantimes is a joyful noise celebrating the best of American popular music. **Must register and pay in advance by July 15th. No refunds after this date.**

LE MUSIQUE ROOM: SHE HAW

MONDAY AUG. 19TH 1:00PM \$28.00

She Haw is a LIVE STAGE SHOW set in Kornfield Kounty, a rural farming community in an unspecified state in the United States. The show's sketches mostly center around pop culture and side slapping comedy while showcasing amazingly talented female singers. The show is packed full of comedy, music, fun, audience participation, and did I mention comedy and music? She Haw will take you back to some nostalgic bits from the classic TV show Hee Haw and will also take a modern spin to entertain you.

Must register and pay in advance by Aug. 5th. No refunds after this date.

LE MUSIQUE 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.



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

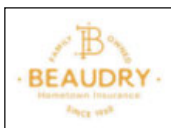
BINGO

THURSDAYS, 1:30PM

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

Bingo sponsored by The Legacy of St. Michael Thursdays, July 11th & Aug. 8th at 1:30pm.

Bingo sponsored by Beaudry Hometown Insurance Thursday, Aug. 22nd.



CRIBBAGE TOURNAMENT

FRIDAYS, 9:00AM—11:00AM

Come play Cribbage at the Center! \$1.00 to enter the tournament. Arrive at 8:45AM for sign up.



BOOK CLUB

2ND TUESDAY OF THE MONTH
1:30-3:30PM

July 9th Book: "A Death in Lionel's Woods"
 By Christine Husom

Aug. 13th Book: "Lady Tan's Circle of Women"
 By Lisa See

Sept. 10th: "The Little Liar"
 By Mitch Albom

ARTIST GROUP

MONDAYS 9:30—11:00AM

Join other artists like you who enjoy creating!
 Bring in your projects to work on, share ideas,
 and just have a good time!

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!

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
9:00—11:00AM

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

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

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. 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.

June 18th: Waite Park to Avon 15 miles

June 25th: St. Michael 12 miles

July 2nd: Albany to Holdingford 21 miles

July 9th: City Lakes 15 miles

July 16th: Holdingford to Blanch Dam
22 miles

July 23rd: River Bluffs—St. Cloud 17 miles

July 30th: Minnehaha Park to Wabasha Br
21 miles

Aug. 6th: Victoria 20 miles

Aug. 13th: Ox Yoke to Watertown 15 miles

Aug. 20th: Rockville to Richmond 20 miles

Aug. 27th: Stillwater 21 miles

Sept. 3rd: St. Boni to Mayer 16/24 miles

Set. 10th: Hanover 12 miles

Sept. 17th: Elm Creek to Fish Lake 17 miles

Sept. 24th: Ox Yoke to Wayzata 15 miles

Oct. 1st: Collegeville Orchard Ride 16 miles

Oct. 8th: Otsego 15 miles

Oct. 15th: Baker Park 13 miles

Please call or text: Debbie Carron
 612-599-1628 or Jackie Holvik 763-516-0478.

COMING HOME TO A NEW LIFE AT AGE 81

BOB LANGER

September 9, 2023. Justin (our son), in an ominous tone, said “Sit down, I have something to say to you.” He paused briefly while I braced myself. Then, “You need to move closer to me!” To my credit, I didn't yell “No way!” But I unenthusiastically thought, “OK. I suppose we should start thinking of moving in the next year or two.” However, my wife Gerry was ready to start looking for a place yesterday. Slowly, reluctantly, I came around, and, since Justin and Corrina had recently moved from Richfield to St. Michael, we drew up our wish list and began looking for something in the St. Michael-Albertville area. To make a long story short, on November 20, we moved into a St. Michael townhouse which checked off all but one item on our list. Because we had left a lot of our stuff for an auctioneer in Eau Claire, we felt like we were beginning a new life in our early 80s.

The first, pleasant, surprise of this new life was a feeling that we had “come home.” Gerry spent her childhood in Clearwater and I grew up in Alexandria. As we explored a few of the country roads here in Wright County, the relatively flat terrain and many small lakes and ponds were much more similar to where we had grown up than were the hills and streams of western Wisconsin where we had spent our working lives.

Because our faith is central to our identity, one of the first priorities of our new life was finding a church home. We visited two churches, both of which were attractive, but settled on St. Paul's Lutheran in Hanover, where we have been very quickly made a part of the congregation, a new home.

Several people at church sang the praises of the Senior Center, so after getting our new library cards we checked it out. I noticed there was a writers' group. Since I had recently been thinking about a writing project, I thought I might get some guidance from such a group. So with my first installment in hand, I went to the meeting fearing I'd be out of my depth among published authors. I needn't have been intimidated; the group turned out to be ladies who like to write—sometimes heavy, sometimes humorous—and read to each other. They immediately took me in, gave me a new home I didn't even know I needed. In fact, that's why I'm writing this essay.

Hardware Hank's in St. Michael feels like home too, reminding me of the hardware store I used to patronize in Eau Claire.

Of course, some things about this new life are truly new. Health care is scattered around the northwest suburbs rather than concentrated in one large hospital/clinic complex. And it's 30 minutes to Target, Walmart, and Menards, rather than 10 minutes.

Recently, I was hospitalized over a weekend. The outpouring of concern Gerry received when she showed up in church without me and a get well card with prayers and well wishes from the writers' group made it clear that I am truly home here.

But there are new adventures to come in this new home. I've signed up for an improv class at the Senior Center, a new life indeed, about as far as possible from my previous life as a math teacher.

RSVP VOLUNTEER OPPORTUNITIES

AMERICORPS SENIORS RSVP HELPS ADULTS AGE 55+ CONNECT TO MEANINGFUL VOLUNTEER OPPORTUNITIES THAT MATCH THEIR INTERESTS AND AVAILABILITY. CHOOSE FROM ONE TIME ROLES, SHORT TERM PROJECTS, FLEXIBLE ON-CALL OPTIONS, OR REGULAR ONGOING SCHEDULES.

Simple Sewing Projects

We are collecting "fidget squares" for use in a variety of settings with children or adults. A small bead or button is sewn inside a fabric square with a maze pattern. Great for leftover scraps of fabric!

Hospice Companion

Support a patient and their family by visiting 1-2 hours a week at their residence or facility. This provides important respite time for the family and caregivers, helps eliminate the feeling of isolation, assists with social activities and observations, and provides a listening ear.

Greeters

Wright County Government Center

Greet guests as they enter the building, provide directions, assist with small office tasks as assigned. Basic office skills helpful. Positions at main desk and at License Center. Choose a shift of 2-4 hours between 8:00am-4:30pm.

Make-A-Wish Minnesota

Help create life-changing wishes for children with critical illnesses (age 2 ½ - 18 years). Two roles available ranging from 1-2 hours a month as you work as a team to provide the best possible wish experience.

Office Support

A variety of opportunities to support local volunteers through the RSVP office or from your home. Choose areas that fit for you, examples include making phone calls, data entry, assisting with marketing, looking up information on websites, organizing supplies and paperwork, and other tasks.

CHAT WITH CAROLE, THE WRIGHT COUNTY AREA COORDINATOR TO LEARN MORE ABOUT THESE OR OTHER OPTIONS! 763-765-3036.

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. Call Jenny Teigen, Center Director, at 763-497-8936 for more information.

Heartfelt 
THANKS
TO OUR VOLUNTEERS!

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.

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



HEARING SCREENINGS

MONDAY, AUG. 12TH
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
TUESDAYS, JULY 2ND & AUG. 6TH
10:30AM—12:00PM
BY APPOINTMENT

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

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



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MEALS ON WHEELS

Meals on Wheels is now being provided by Optage. To place a meal order, or for more information, contact Optage:

Phone: 651-746-8280

E-mail: orders@OptageDining.org



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.

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

The Food Shelf is closed on National Holidays and in case of inclement weather, we follow the Buffalo/Hanover School District closings.

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!

POWER OF PRODUCE

THURSDAYS, JULY 11TH—AUG. 29TH
ALBERTVILLE FARMER'S MARKET
3:00PM—6:00PM

Seniors, age 60 plus, will receive \$2.00 worth of free fruits and vegetables!

For more information and to register for the program, please visit FYCC.com or call 763-496-6820.



ST. MICHAEL CITY HALL

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

Hours:
Monday—Thursday, 7:30am—4:30pm
Friday, 7:30am—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

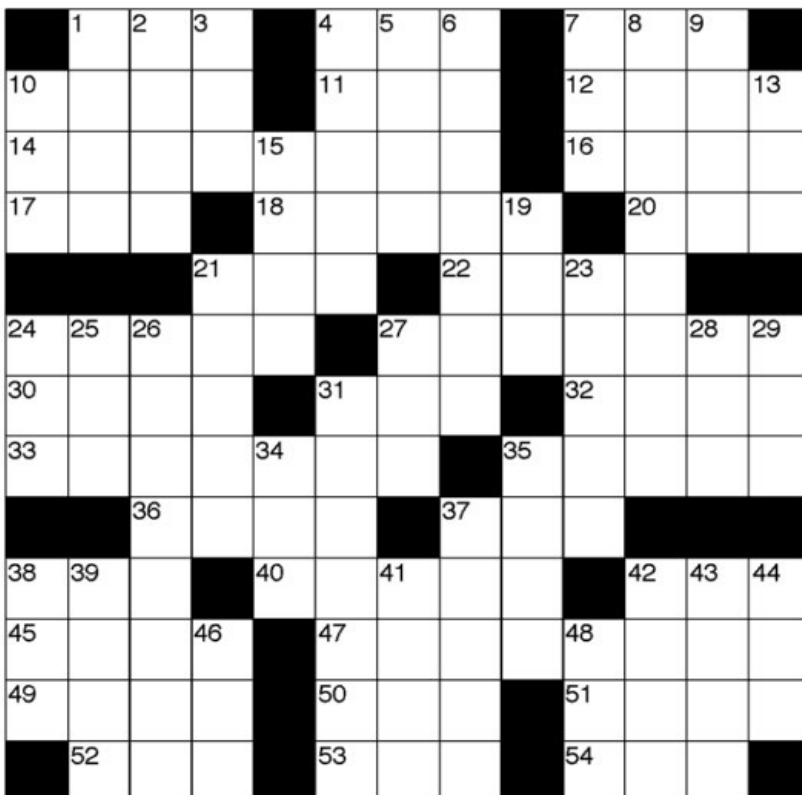
Hours:
Monday—Thursday, 10:00am—7:00pm
Friday, 10:00am—5:00pm
Saturday, 10:00am—1:00pm
Sunday—Closed

CROSSWORD PUZZLE

- ACROSS**
- 1 Military assistant
 - 4 Television channel
 - 7 Anglo-Saxon letter
 - 10 Son of Ruth
 - 11 Cheer
 - 12 Christmas
 - 14 Mast (2 words)
 - 16 Middle Eastern abness
 - 17 Musical instrument (string)
 - 18 Indian brass pot
 - 20 Belonging to (suf.)
 - 21 Saint (Sp.)
 - 22 Russian news agency
 - 24 Actor
 - 27 Odeon
 - 30 Venezuelan copper center
 - 31 Papal court
 - 32 Venetian resort
 - 33 Proportionally assess
 - 35 Musical direction
 - 36 From (Scot.)
 - 37 Profession
 - 38 Summer (Fr.)
 - 40 Make amends
 - 42 Edible root
 - 45 Ore deposit
 - 47 Ploy
 - 49 Monsignor (abbr.)
 - 50 Adjective-forming (suf.)
 - 51 Slavic nurse
 - 52 Partlet
 - 53 Nat'l Security Agency (abbr.)
 - 54 Flightless bird
- DOWN**
- 1 Father: Arabic
 - 2 Late
 - 3 Central daylight time (abbr.)
 - 4 Sing softly

ANSWERS ON THE BACK COVER

- 5 Esth
- 6 Put into a scabbard
- 7 Last Queen of Spain
- 8 Maid
- 9 Blood (pref.)
- 10 Selling price equivocation
- 13 Swed. county
- 15 Frisk
- 19 Have (Scot.)
- 21 One of the Beatles
- 23 Muslim prayer
- 24 Father
- 25 Arrival (abbr.)
- 26 Eaves (2 words)
- 27 Part of golf course
- 28 Gelderland city
- 29 Sheep disease
- 31 Hat
- 34 Amer. Automobile Assn. (abbr.)
- 35 Weight allowance
- 37 Squash bug
- 38 Tree
- 39 Nonsense
- 41 Giant killed by Apollo
- 42 Irish writing
- 43 Phil. island
- 44 Candlenut tree
- 46 Sea eagle
- 48 Presidential nickname



COMMUNITY EVENTS

ST. MICHAEL MUSIC IN THE PARK

WEDNESDAYS 6:00PM

- June 5th Artisan
- June 12th **Coda 6:00pm**
Accordion to Linda B. 7:00pm
Sponsored by the Senior Center
- June 19th Paisley Road
- June 26th SoundHouse
- July 10th Cargill Deluxe—Lions to provide food while supplies last
- July 17th **Amy and Adams**
Sponsored by the Senior Center
- July 24th Bryce Hegge
- July 31st Billie Line Dancing
- Aug. 7th Paisley Road—Lions to provide food while supplies last
- Aug. 14th Rachel Kroog—KidPower with Rachael
- Aug. 21st The Missing Links
- Aug. 28th FYCC Family Bingo (TY Beanie Babies)

HANOVER MUSIC IN THE PARK

WEDNESDAYS 6:00PM

The City of Hanover Park Board sponsors FREE concerts at Settlers Park next to Hanover City Hall! Bring your lawn chair and enjoy the music! There will be two food trucks - Andy's Hometown Pizza and What's the Scoop ice cream. The Lions will be selling cold beverages.

- June 12th Stimulus Package
- July 17th The Michael Handler Project
- August 14th Justus



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LOCALLY**



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INC**
**GENERAL
CONTRACTOR**
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info@dehmers.com

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Ben Allrich

ballrich@lpicommunities.com

(800) 950-9952 x2757




Blake Beaudry
Blake@BeaudryHometown.com
Text Me @ 763.299.6518

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

**LET US GUIDE YOUR
MEDICARE JOURNEY.**

BeaudryHometown.com | 763.497.2797

HOME | AUTO | LIFE | MEDICARE | MORE

CRSC ACTIVITIES CALENDAR—JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
<p>9:00A Legal Aid 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group</p>	<p>9:00A-11:00A Stitch Group 9:00A-11:00A History Group 10:30A Blood Pressure Appts 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 12:00P Golden Age of Hanover 1:15P-3:30P Bridge 1:30P Parkinson's Support Group</p>	<p>9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards</p>	CENTER CLOSED	CENTER CLOSED
08	09	10	11	12
<p>9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes</p>	<p>9:00A-11:00A Stitch Group 10:00A Advisory Board Mtg 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:30P-3:30P Book Club 1:15P-3:30P Bridge</p>	<p>9:00A-11:00A Hand & Foot Cards 9:30A Cardio Drumming 9:30A Guided Autobiography 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards</p>	<p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P Line Dancing (Hanover) 1:30P Bingo sponsored by The Legacy of St. Michael</p>	<p>9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre</p>
15	16	17	18	19
<p>9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Writers Group 1:30P—3:30P Dominoes</p>	<p>9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:00A-12:00P Encaustic Collage Workshop 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge</p>	<p>9:00A-11:00A Hand & Foot Cards 9:30A Guided Autobiography 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Picnic in Hanover 1:30P-3:30P 500 Cards 1:30P Memory Café at Monticello Senior Center Music in the Park sponsored by the Senior Center</p>	<p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Oil Pastel Class Noon Lunch at Center 1:00P Line Dancing (Hanover) 1:30P Bingo 1:30P—3:00P Caregiver Support Group</p>	<p>9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:00P Movie 1:30P-3:30P Euchre</p>
22	23	24	25	26
<p>9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes</p>	<p>9:00A—1:00P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 11:00A Enhance Fitness (Zoom) NO LUNCH TODAY 1:15P-3:30P Bridge</p>	<p>9:00A-11:00A Hand & Foot Cards 9:30A Cardio Drumming 9:30A Guided Autobiography 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P Moving and Downsizing Tips from the Experts</p>	<p>9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Oil Pastel Class Noon Lunch at Center 1:00P Line Dancing (Hanover) 1:30P Bingo</p>	<p>9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre</p>
29	30	31		
<p>9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Le Musique Room: Mick Sterling presents: Memphis and the Meantimes 1:30P—3:30P Dominoes</p>	<p>9:00A-11:00A Stitch Group 10:00A Healthy Living for your Brain and Body: Tips from the Latest Research 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge</p>	<p>9:00A-11:00A Hand & Foot Cards 9:30A Guided Autobiography 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards</p>		

CRSC LUNCH MENU—JULY 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	Beef Tacos Taco Sauce Sour Cream	Center Closed	Center Closed NO LUNCH Deadline to call in orders for next week.
09	10	11	12
Pulled Pork Sandwich Baked Beans Potato Salad	Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative)	Salisbury Steak Mushroom Gravy Mashed Potatoes California Blend	NO LUNCH Deadline to call in orders for next week.
16	17	18	19
Baked Ham Scalloped Potatoes Green Beans Dinner Roll	Picnic in Hanover	Cobb Salad Breadstick	NO LUNCH Deadline to call in orders for next week.
23	24	25	26
No Lunch	Swedish Meatballs Mashed Potatoes Corn Dinner Roll	Chicken Drumsticks Tots Coleslaw	NO LUNCH Deadline to call in orders for next week.
30	31		
Lasagna Side Salad Dinner Roll	Oriental Chicken Salad Dinner Roll		NO LUNCH Deadline to call in orders for next week.

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

CRSC ACTIVITIES CALENDAR—AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01	02
			9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Oil Pastel Class Noon Lunch at Center 1:00P Line Dancing (Hanover) 1:30P Bingo	9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
05	06	07	08	09
8:30A Departure for Treasure Island Trip 9:00A Legal Aid 9:30A-11:00A Artist 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 9:30A Cardio Drumming 10:00A Doughnuts & Magic 10:30A Blood Pressure Appts 11:00A Enhance Fitness (Zoom) 12:00P Golden Age of Hanover Noon Lunch at Center 1:15P-3:30P Bridge 1:30P Parkinson's Support Group	9:00A-11:00A Hand & Foot Cards 9:30A Guided Autobiography 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P The First 50 years of St. Michael	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Oil Pastel Class Noon Lunch at Center 1:00P Line Dancing (Hanover) 1:30P Bingo Sponsored by The Legacy of St. Michael	9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre St. Michael Daze & Knights Aug. 9th & 10th Crow River Senior Center sponsored Bingo on Aug. 10th 2:00P—4:00P
12	13	14	15	16
9:30A-11:00A Artist Group 10:00A Hearing Checks 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 9:00A-12P Tech Support 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 9:30A Guided Autobiography 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) 10:00A Landmark Bus Presentation Noon Lunch at Center 1:00P Line Dancing (Hanover) 1:30P Bingo	9:00A 55+ Driving Class 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
19	20	21	22	23
9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Le Musique Room: She Haw 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group	9:00A-11:00A Stitch Group 9:00A-11:00A History 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 9:30A Guided Autobiography 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards 1:30P Doug Ohman 1:30P Memory Café at Monticello Senior Center	9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P Line Dancing (Hanover) 1:30P Bingo sponsored by Beaudry Hometown Insurance 1:30P—3:00P Caregiver Support Group	9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre
26	27	28	29	30
9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes	9:00A-11:00A Stitch Group 9:00A-12P Tech Support 11:00A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P Bridge	9:00A-11:00A Hand & Foot Cards 9:30A Guided Autobiography 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:30P-3:30P 500 Cards	8:15A State Fair Trip 9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P Line Dancing (Hanover) 1:30P Bingo	9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P Movie 1:00P-3:30P Mahjong 1:30P-3:30P Euchre

CRSC LUNCH MENU—AUGUST 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	02
			NO LUNCH <i>Deadline to call in orders for next week.</i>
06	07	08	09
Tater Tot Hotdish Side Salad Dinner Roll	Chicken Salad Croissant Coleslaw Fresh Fruit	Chopped Beef Steak w/onions and mushrooms Mashed Potatoes Corn	NO LUNCH <i>Deadline to call in orders for next week.</i>
13	14	15	16
Cheeseburger Fries Pickle	Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative)	Swiss Chicken Wild Rice Blend California Blend Dinner Roll	NO LUNCH <i>Deadline to call in orders for next week.</i>
20	21	22	23
Chicken Caesar Wrap Fruit Chips	Spaghetti Meat Sauce Side Salad Dinner Roll	Fish Sandwich Tarter Sauce Macaroni Salad Chips	NO LUNCH <i>Deadline to call in orders for next week.</i>
27	28	29	30
Beef Vegetable Soup Turkey Croissant Sandwich	Chef Salad Dinner Roll	Chicken Breast w/ Garlic Cream Sauce Mashed Potatoes Beans	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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