

SEPTEMBER / OCTOBER 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



CENTER CLOSED:

MONDAY, SEPT. 2ND

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



YOU STREAM, I STREAM, WE ALL STREAM TV WITH GINAL

MONDAY, SEPT. 16TH 1:30PM

Remember when you adjusted your TV's rabbit ears and had aluminum foil crunched around it to get a clear picture? Well, now you have a lot more options, but is it getting a little complicated? I will help you understand dumb TVs, smart TVs, streaming on them for one channel or hundreds. Bring your questions! We will walk through the choices together to hopefully save you some money and give you that clear picture you have wanted.

CALL THE CENTER TO REGISTER.

SHOPPING ONLINE AND SAFE PAYMENT OPTIONS WITH GINAL

WEDNESDAY, OCT. 16TH 10:00AM

We all know what coin, dinero, dough and bread refer to but what is PayPal, Venmo, Zelle, AppleCash, Cash App? Should I use them? How do I use them? Things are changing all the time, how do I decipher what is safe to use? I will go through these questions and more to help you navigate this murky topic!

CALL THE CENTER TO REGISTER.

NAVIGATING DIGITAL INFORMATION

TUESDAY, SEPT. 24th 5:00PM—6:00PM

LOCATION: ST. MICHAEL LIBRARY

Would you like to improve your media literacy skills? These days it is a challenge to figure out what makes a source reputable, where to find accurate information and how to know if articles, pictures and/or videos are credible. Join us for a crash course in navigating mis and dis information online and walk away with skills and tools to navigate digital information with confidence.

REGISTRATION NOT REQUIRED



OKTOBERFEST

WEDNESDAY, OCT. 2ND

NOON LUNCHEON

COST: \$12.00

Menu: Pork Schnitzel with a Light Dill Cream Sauce, Butter Herb Spaetzel, German Red Cabbage, Hot German Potato Salad, Pretzel Roll, Keg Root Beer, Dessert.

Music to follow by the Artisans.

MUST REGISTER AND PAY IN ADVANCE BY SEPT. 23RD. NO REFUNDS AFTER THIS DATE.

DOUG OHMAN

PRESENTED BY DOUG OHMAN

MONDAY, OCT. 14TH 1:30PM

Travel along with Historian, Doug Ohman as he guides us on a tour to some of Minneapolis's most memorable landmarks. Doug will share stories about the sites that will be sure to help you see Minneapolis in a brand new way.



CALL THE CENTER TO REGISTER



**MINI'S BY FIVE:
MIXED MEDIA MINI
COLLAGES**

**TUESDAY
OCT. 22ND
9:00AM—12:00PM**

**REGISTRATION
OPENS AUG. 28TH.
CALL THE CENTER TO
REGISTER**

This class helps gain spontaneity in your art process, and is guaranteed to be one of the most fun classes ever!!! You'll have FIVE Sessions, using FIVE Prompts, each session is timed so you remain spontaneous! You'll end up creating FIVE mini collages. This is a great exercise in layering collages without over thinking, and achieving that authentic layered look. Materials included.

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.



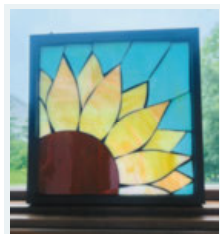
PRINTMAKING AND MORE

**WEDNESDAYS 10:00AM - 12:00PM
SEPTEMBER 4TH, 11TH, 18TH, 25TH
MUST ATTEND ALL CLASSES.**

Join us in this fun class where you will learn the art of monoprinting and collage. You will learn how to create fun textural and colorful art papers by various printmaking techniques. These papers will then be collaged to create fun greeting cards or small works of art. You will also learn how to layer using templates and prints that create depth and interesting compositions.

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 MONDAY, AUG. 26TH AT 10:00AM THROUGH THE ST. MICHAEL LIBRARY AT 763-497-1998 OR AT GRIVER.ORG.



GLASS MOSAIC

**THURSDAYS
10:00AM-12:00PM
OCT. 3RD, 10TH & 17TH
MUST ATTEND ALL THREE
CLASSES.**

In this 3 week class you will learn how to cut and arrange pieces of glass on glass to create a beautiful piece of art to display in your window. You can create their own unique design. You will also grout their work to finish it off. This is a hands-on fun class.

**REGISTRATION OPENS AUG. 28TH.
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.



**COFFEE, CONVERSATION AND
DOUGHNUTS**

**TUESDAY, OCT. 29TH
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!



WATERCOLOR: WET AND WILD WITH MIXED MEDIA

**THURSDAYS 9:30AM—11:30AM
SEPT. 5TH, 12TH, 19TH, 26TH
MUST ATTEND ALL CLASSES.**

A great introduction or a new exploration! Less can be more when painting in watercolor. Experience how to use minimum control for maximum effects with basic application techniques. Learn the language of watercolor: casting, glazing, lifting, stenciling, hard and soft edges, blooms, and the materials to use for the best success. Then we'll add more dimension using collage techniques. We'll also explore charcoal pours and powdered pigments. User friendly and fun for all levels! Materials included.

REGISTRATION OPENS AUG. 28TH. 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.



CENTER MOVIES

**THE BOYS IN THE BOAT
FRIDAY, SEPTEMBER 13TH 1:00PM**

The Boys in the Boat is a sports drama based on the #1 New York Times bestselling non-fiction novel written by Daniel James Brown. The film, directed by George Clooney, is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world. (2023) Starring Joel Edgerton, Callum Turner, Peter Guinness.
Rated PG-13, 2HR 3MIN

CALL THE CENTER TO REGISTER.

**MAMMA MIA!
FRIDAY, OCTOBER 25TH 1:00PM**

Donna, an independent hotelier, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She invites three men from her mother's past in hope of meeting her real father. (2008)
Rated PG-13, 1HR 48MIN

CALL THE CENTER TO REGISTER.

**FLU SHOT CLINIC
WEDNESDAY, OCT. 2ND
9:00AM-10:00AM**

Call the Center to make an appointment for your Flu Shot.

Bring your Medicare B and Medicare D prescription cards. Arrive a few minutes before your appointment to fill out your consent form.

EVENTS / CLASSES / PRESENTATIONS CONT.



ROUNDBABOUTS

WEDNESDAY SEPT. 25TH 1:30PM

Join us as we learn from Drew Scherber, Sergeant from the Wright County Sheriff's Office, about the ins and outs of roundabouts, which are becoming increasingly popular. He will review the types of roundabouts, the safety aspects of roundabouts, and he will show some videos to help navigate them.

CALL THE CENTER TO REGISTER.

BEAR AWARE

WEDNESDAY, SEPT. 4TH 1:30PM

PRESENTED BY MELONIE SHIPMAN, THE TRAVELING NATURALIST

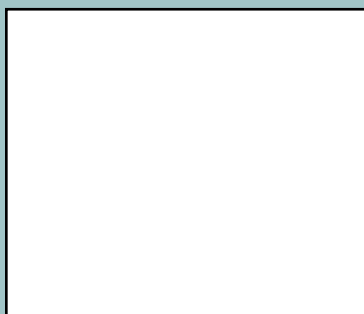
From berries, small rodents, and fish come super-sized, furry, clawed owners of the forests and mountains and rivers. Black, brown, white, glacial blue and Spirit bear cream; bears have earned wide respect by native cultures and wide fear by misunderstanding humans. Melonie Shipman, a lifelong naturalist, will help you understand why we all want and need bears to continue to share our special planet. You will hear of the Spirit Bear, the emblem of successful collaboration to help protect one of the rarest bears on earth.

CALL THE CENTER TO REGISTER.



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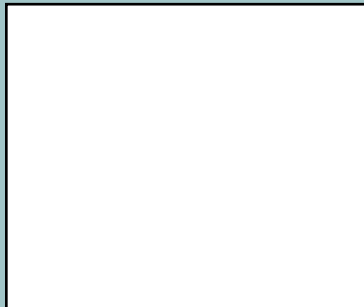
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CONTACT ME
Ben Allrich

ballrich@lpicommunities.com

(800) 950-9952 x2757



CARDIO DRUMMING

TUESDAYS AT 9:30AM

SEPT. 3RD & 17TH

OCT. 1ST AND 15TH

\$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.

**CALL THE CENTER TO REGISTER.
INDICATE IF YOU WOULD LIKE A
SHAKE.**

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
763-295-3002

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.

DRIVERS CLASS

PRECISION DRIVING CENTER

55+ DRIVING CLASS

4 HOUR CLASSES

FRIDAYS, SEPT. 20TH AND OCT. 18TH
9:00AM—1:00PM

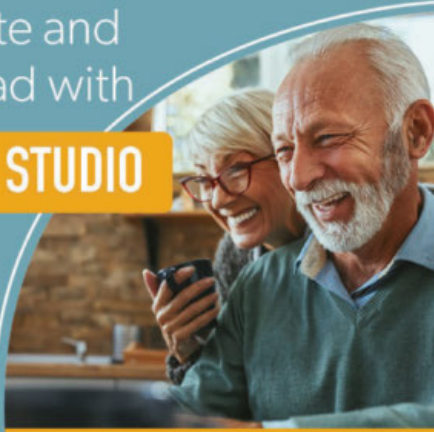
COST: \$24.00 PER PERSON

This 4-hour course is taught by a certified instructor and it will cover updates in laws, the latest vehicle technology, and address traffic safety and accident prevention measures. The class is a presentation and there is no test or behind the wheel exam. Completion of this course provides a 10% reduction on automobile insurance premiums for those age 55 and over. The previous 8-hour requirement to earn the discount has been changed by the state. A 4-hour course is all that is required to earn the discount now! Courses should be completed every 3 years to maintain the discount. **To register, visit their website at: www.DriverDiscountProgram.com or call 1-888-234-1294 or 320-308-1400.**

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Crow River Senior Center, St. Michael, MN

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PARKINSON'S SUPPORT GROUP
TUESDAYS, SEPT. 3RD / OCT. 1ST
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
SEPT. 18TH AND OCT. 16TH
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 Café in September.

The Crow River Senior Center will be hosting the Memory Café in October.



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.

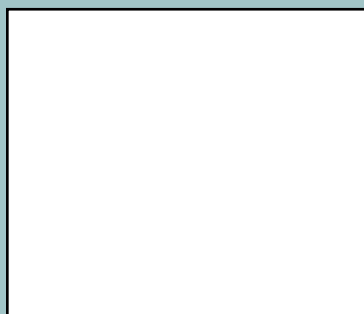


TO MAKE AN APPOINTMENT:

Call the Center at 763-497-8900.

Next available dates:

Monday, Sept. 9th
Monday, Oct. 7th
9:00, 9:30 or 10:00am



Community
Development Bank, F.S.B.

12725 43rd Street NE
St. Michael, MN 55376

763-497-7777 FDIC

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TRIPS AND CONCERTS

OVERNIGHT TRIP: JACKPOT JUNCTION CASINO

WEDNESDAY, OCT. 9TH—10TH
8:15AM PICK UP TIME—OCT. 9TH
12:00PM DEPART TIME—OCT. 10TH

The Crow River Senior Center will be sharing a coach bus to Jackpot Island Casino with participants from the Monticello Senior Center. The bus will depart from the Crow River Senior Center at 8:15am on Oct. 9th and return at approximately 3:45pm on Oct. 10th.

The cost is \$99.00 per person double occupancy and \$121.00 single. In addition to your hotel room, you will receive \$50.00 in slot play and a \$5.00 off food coupon.

Must register and pay in advance by Oct. 1st. No refunds after this date.

A GRAND OLE OPRY CHRISTMAS SHELDON THEATER, RED WING, MN WEDNESDAY, DEC. 11TH \$96.00 9:15AM PICK UP TIME

Enjoy a lunch at the St. James Hotel, followed by a matinee performance of a "Grand Ole Opry Christmas", featuring songs from Johnny Cash, Roy Orbison, Loretta Lynn, George Jones, Glenn Campbell along with traditional spiritual songs that everyone will enjoy.

Estimated time of return: 5:15pm.

Menu: Swedish Meatballs (Pork and Beef/ Buttermilk-Dill Gravy), Yukon Gold Mashed Potatoes, Green Beans, Rolls, Coffee, Hot Tea, Water.

Must register and pay in advance by November 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 DIVAS THROUGH THE DECADES

MONDAY SEPT. 16TH 1:00PM \$33.00

A musical tribute to some of the most influential female vocalists in American pop music. Featuring songs from the 40's, through today's current hits! The show features music by Patsy Cline, Bette Midler, Diana Ross and the Supremes, Tina Turner, Celine Dion, Aretha Franklin, Gloria Estefan, Shania Twain and many more! Their stage show includes great music, fun audience interaction, comedy, great costume changes, and cutting edge choreography! The group has performed all over the country including performing on NBC's, "America's Got Talent" in Hollywood, CA, and opened for Joan Rivers in Las Vegas!

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

LE MUSIQUE ROOM LOVE AND DREAMS: TRIBUTE TO CAPTAIN & TENNILLE & LINDA RONSTADT

MONDAY, OCT. 21ST 1:00PM \$29.00

Presented by Diane Zilverberg & The Power. The show features a 10-piece multi-singer ensemble starting with a celebration of the diverse rock, country, and jazz standard genres covered by Linda Ronstadt such as "Heatwave", "That'll Be the Day", "Am I Blue" and duets including "Somewhere Out There", "Ooh Baby Baby" and more! The show then moves into the great pop and love songs of the 70's recorded and performed by the husband and wife duo, Captain & Tennille. You'll hear great hits such as "Love Will Keep Us Together", "Shop Around", "Muskrat Love", "Can't Stop Dancin'", "Lonely Night's (Angel Face)", and more!

Must register and pay in advance by Oct. 7th. 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.



Come
Join Us!

BINGO

THURSDAYS, 1:30PM

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

Bingo sponsored by The Legacy of St. Michael Thursdays, Sept. 12th and Oct. 10th at 1:30pm.

Book Bingo sponsored by the St. Michael Library on Thursday, Sept. 26th at 1:30pm.



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.

DOMINOES

MONDAYS, 1:30PM—3:30PM

BRIDGE

TUESDAYS, 1:15PM—3:30PM

HAND AND FOOT

WEDNESDAYS, 9:00AM—11:00AM

500

WEDNESDAYS, 1:15PM—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

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

Oct. 8th: "Remarkably Bright Creatures"
 By Shelby VanPelt

Nov. 12th: "Inside the O'Briens"
 By Lisa Genova

Dec. 10th: "Before We Were Yours"
 By Lisa Wingate

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.

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.

BIRTHDAYS

LINDA JANKE

I was born in 1943, October 9th. My mom was born 1924, October 10th. I was told I was supposed to be born on my mother's birthday, but I guess I wanted my own birthday.

We always celebrated somewhat together. When I was young, I would celebrate on my own day with a cake and sometimes a party. When I got older, we would either celebrate on my birthday or mom's depending on what worked the best. When we didn't live close enough to see each other we would call each other. Mom would call me on my birthday and I would call her on her birthday. It was fun. In 2004 when my sisters and I were planning the 80th birthday party for mom, my sisters said they weren't going to have it on my birthday; but, as it turned out, it really worked better to have it on my birthday since it was on a Saturday. I was surprised when I got cards from people that I usually didn't hear from. When my sisters sent out the invitations, they told everyone it was my birthday, and I would be 61. It was a wonderful time with so many friends and relatives to see and visit with.

Now when it is our birthdays again, I truly miss my mom. I can't call her or we can't visit together, but I know she is having a wonderful time with the Lord and Dad.



Community Connections

Free Event for Age 55+

- Discover flexible volunteer service options in the community or from your own home.
- Learn about benefits for your current service, such as transportation reimbursement and more.
- Help support our partners, GRRL St. Michael and the Crow River Senior Center

Wednesday, October 9, 2024
1:30-2:30pm
City Center - Gries Room



Treats and door prizes! Registration is encouraged:

Phone: 763-765-3036 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. Call Jenny Teigen, Center Director, at 763-497-8936 for more information.

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.

Adult Education Assistant

Be the extra reinforcement to help adult students in GED class (math, reading, writing) or ESL class (reading, writing, listening, speaking). Training will be provided. Choice of days and locations in St. Michael, Buffalo, Monticello. Additional duties include assisting classroom teacher with in-take paperwork, assessments, classroom set-up & tear-down, etc.

Warm Fuzzies

Help prepare for the colder weather by sewing, knitting, or crocheting mittens, hats and/or blankets for youth and adults in need. Work at your own pace to contribute to AmeriCorps Seniors RSVP who will deliver them to the community. Patterns or samples are available, and some yarn and fabric are also available.

Driver for Senior Appointments

Flexible opportunity to drive aged 60+ individuals to medical appointments, groceries, and/or other needs for Wright County Community Action. Mileage is reimbursed from your door and back. Volunteer chooses days, times, and distances to travel.

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

DONATIONS

JEWELRY

We are again taking your gently used or worn jewelry to give them a new life.

CRAFT CORNER

Be sure to check out our jewelry and our homemade crafts. Items for sale include dish towels, scrubbies, pot holders, baby blankets, hats, gloves, etc.

The sales from jewelry and crafts will go to benefit the Crow River Senior Center.

DONATE GLASSES HERE



Did you know the Center collects used glasses? We do!

Bring them here and the Albertville Lions will recycle them for another's use!

THANK YOU TO ALL WHO HAVE DONATED TO THE CENTER!



HEARING SCREENINGS

MONDAY, OCT. 14TH
10:00AM—11:00AM
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, SEPT. 3RD & OCT. 1ST
10:30AM—12:00PM
BY APPOINTMENT

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

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



**LOOKING
FOR
ASSISTED
LIVING?**



NOW LEASING!

New, affordable, assisted living starting at \$2,895/month.

The first residents will access exclusive benefits and limited rate locks as part of the

FOUNDER'S CLUB



Discover the vibrant care of Volante Senior Living, designed to enhance you and your loved ones happiness, lifestyle, and peace of mind.

(763) 463-0708 | hanover@volantesl.com



Schedule a tour today!



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.



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!



TRAILBLAZER

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

COMMUNITY HAPPENINGS

FARMERS MARKET

Albertville Farmers Market hosted by the Albertville Lions. Now until October 3rd. Albertville Central Park, Thursdays, 3:00pm—7:00pm.

ALBERTVILLE LIONS MUSIC IN THE PARK

featuring A Hard Day's Night (60's)
 Thursday, September 5th
 Central Park Depot
 5803 Main Ave NE, Albertville
 6:00pm—8:30pm

ALBERTVILLE LIONS CRUIS'N & ROCKIN' SHOW & EATERY

Saturday, Sept. 7th
 2:00pm—8:30pm
 Central Park, Albertville
 Pig roast! Live music! Car show!

FYCC OPEN STREETS

Saturday, Sept. 14th
 10:30am—1:00pm
 Main Ave. NE, 58th Street NE, and Lander Ave. NE in Albertville will be closed to vehicle traffic. Come out to have some fun with giveaways and fun activities for the whole family!

ALBERTVILLE LIONS PUMPKIN PARTY

Thursday, Oct. 3rd
 Central Park, Albertville
 4:00pm—7:00pm
 Pumpkins, Games, Photos, Treats!

FIRE OPEN HOUSE

Saturday, Oct. 5
 10:00am—1:00pm
 216 Main Street S., St. Michael
 Join St. Michael firefighters to explore the different equipment they use, meet Stanley Potatoes (official dog mascot) and much more!

ST. MICHAEL LIBRARY BOOK SALE

Saturday, Oct. 12th
 8:00am—1:00pm
 Special Senior Citizen Pre-Book Sale
 Friday, Oct. 11th
 3:00pm—5:00pm

HANOVER PARK BOARD PUMPKIN DECORATING

Saturday, Oct. 19th 11:00am
 Settler's Park—Hanover

FYCC HALLOWEEN EVENT

Saturday, October 26th
 10:00am—1:00pm
 Location: FYCC Building and Albertville City Hall
 Please wear your costume and dress warm as there will be indoor and outdoor activities, including: Family Friendly Haunted House, Halloween Bags, Live Music, Straw Bale Maze, Candy, Prizes and more!



REIMAGINE AGING CONFERENCE

Friday, September 27, 2024
8:00 a.m. to 12:30 p.m.

7:30 am – 8:30 am Conference Check-in

8:30 am – 9:00 am: Carriage Hall A - Opening Remarks

9:00 am – 9:50 am: Carriage Hall A - Keynote Presentation
Lessons from Minnesota Voices on Telehealth Access and Digital Equity

10:00 am – 10:50 am: Concurrent Breakout Sessions

Carriage Hall A
Taking Control of Your Privacy

Carriage Hall B
Unscrambling Technology Vocabulary: Making Sense of the Digital World

11:00 am – 11:50 am: Concurrent Breakout Sessions

Carriage Hall A
Aging in Place with Assistive Technology

Carriage Hall B
Shining a Spotlight on the Darkest Side of the Digital Divide

12:00 pm – 12:30 pm: Carriage Hall A - Closing Remarks



For details and to register, scan the QR code or visit seniorcommunity.org/2024RAC.

FOCUS GROUP OPPORTUNITY

STATE OF MN—QUALITY OF LIFE FOR OLDER ADULTS

As we age, our community becomes even more important to our well-being. We want to hear from you about your experiences, concerns, and ideas for creating an age-friendly community that supports everyone's health, happiness, and independence. We're inviting you to participate in a focus group led by Kai Sin from the State of MN, to share your thoughts and help shape our community's future. The purpose of this focus group is to gather insights from individuals of all ages and backgrounds about their experiences, needs, and aspirations for aging in our community. We want to hear about what works well, what doesn't, and what changes can be made to improve the quality of life for older adults and others in our community.

During the Focus Group we would like to discuss:

- Your experiences with aging in our community
- What you think are the most important issues facing older adults in our community
- Your ideas for creating a more age-friendly community
- Your suggestions for improving services, programs, and policies that affect older adults

By participating in this focus group, you'll have the opportunity to:

- Share your thoughts and ideas with others who are passionate about creating an age-friendly community
- Help shape the future of our community by providing valuable insights and feedback
- Be part of a larger effort to improve the quality of life for older adults and others in our community

To participate in this focus group, please call or e-mail Jenny Teigen, Center Director, by October 1st. (jteigen@crowriverseniorcenter.com, 763-497-8936)

We will contact you after this date to provide you with more information about the location, date, and time of the event. We appreciate your interest in participating in this focus group/community conversation and look forward to hearing your thoughts and ideas!

TECH SUPPORT APPTS. / CENTER REMINDER



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.*

Last updated 03.14.2024

CENTER REMINDER:

To ensure everyone feels comfortable, please keep conversations friendly and inclusive by refraining from discussing politics.

Thank you for your understanding.

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J. ZAC
INC

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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—SEPTEMBER 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| 02 | 03 | 04 | 05 | 06 |
| CENTER CLOSED | 9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 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 | 9:00A-11:00A Hand & Foot Cards 9:30A Guided Autobiography 10:00A Printmaking & More 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P The Traveling Naturalist: Bear Aware | 9:00A-11:00A Pinochle 9:30A Watercolor: Wet and Wild with Mixed Media 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-3:30P Mahjong 1:30P-3:30P Euchre |
| 09 | 10 | 11 | 12 | 13 |
| 9:00A Legal Aid 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes | 9:00A-11:00A Stitch Group 9:00A-12:00P Tech Support 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 | 9:00A-11:00A Hand & Foot Cards 10:00A Printmaking & More 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards | 9:00A-11:00A Pinochle 9:30A Watercolor: Wet and Wild with Mixed Media 10:00A Senior Yoga (Zoom) 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 Movie 1:00P-3:30P Mahjong 1:30P-3:30P Euchre |
| 16 | 17 | 18 | 19 | 20 |
| 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Writers Group 1:30P—3:30P Dominoes 1:00P Le Musique Room: Divas through the Decades 1:30P You Stream, I Stream, We All Stream TV | 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 10:00A Printmaking & More 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Memory Café at Monticello Senior Center | 9:00A-11:00A Pinochle 9:30A Watercolor: Wet and Wild with Mixed Media 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P Line Dancing (Hanover) 1:30P Bingo 1:30P—3:00P Caregiver Support Group | 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 |
| 23 | 24 | 25 | 26 | 27 |
| 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes | 9:00A –1:00P HEALTH DEPT 60+ Healthy Clinic (Nail Trimming) 9:00A-12:00P Tech Support 11:00A Enhance Fitness (Zoom) NO LUNCH TODAY 1:15P-3:30P Bridge | 9:00A-11:00A Hand & Foot Cards 10:00A Printmaking & More 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Roundabouts | 9:00A-11:00A Pinochle 9:30A Watercolor: Wet and Wild with Mixed Media 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P Line Dancing (Hanover) 1:30P Book Bingo | 9:00A-11:00A Cribbage 11:00A Enhance Fitness (Zoom) 1:00P-3:30P Mahjong 1:30P-3:30P Euchre |
| 30 | | | | |
| 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:30P—3:30P Dominoes | | | | |

CRSC LUNCH MENU—SEPTEMBER 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 |
|---|---|--|---|
| 03 | 04 | 05 | 06 |
| Chicken ala King Biscuit Peas | Beef Tacos Taco Sauce Sour Cream | Southwest Chicken Salad Dinner Roll | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 10 | 11 | 12 | 13 |
| Baked Ham Scalloped Potatoes Green Beans Dinner Roll | Chicken Fettuccine Alfredo Side Salad Breadstick | Salisbury Steak Mushroom Gravy Mashed Potatoes California Blend | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 17 | 18 | 19 | 20 |
| Lasagna Side Salad Dinner Roll | Liver & Onions Sautéed Baby Reds Buttered Carrots (Chicken Alternative) | Cobb Salad Breadstick | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 24 | 25 | 26 | 27 |
| No Lunch | Swedish Meatballs Mashed Potatoes Corn Dinner Roll | Chicken Drumsticks Tots Coleslaw | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| | | | |

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

CRSC ACTIVITIES CALENDAR—OCTOBER 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| | 01 | 02 | 03 | 04 |
| | 9:00A-11:00A Stitch Group 9:00A-11:00A History Group 9:30A Cardio Drumming 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 9:00A Flu Shot Clinic 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) 12:00P Oktoberfest Luncheon 1:15P-3:30P 500 Cards | 9:00A-11:00A Pinochle 10:00A Glass Mosaic 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-3:30P Mahjong 1:30P-3:30P Euchre |
| 07 | 08 | 09 | 10 | 11 |
| 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-12:00P 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 | 8:30A Departure for Jackpot Junction Casino Overnight Trip 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30PM RSVP Social | 9:00A-11:00A Pinochle 10:00A Glass Mosaic 10:00A Senior Yoga (Zoom) 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 Senior Citizen Pre-Book Sale 3:00pm—5:00pm. Sat. Oct. 12th: Book Sale 8:00am—1:00pm |
| 14 | 15 | 16 | 17 | 18 |
| 9:30A-11:00A Artist 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 9:00A-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 10:00A Shopping Online and Safe Payment Options 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards 1:30P Memory Café at Crow River Senior Center | 9:00A-11:00A Pinochle 10:00A Glass Mosaic 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P Line Dancing (Hanover) 1:30P Bingo 1:30P—3:00P Caregiver Support Group | 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 |
| 21 | 22 | 23 | 24 | 25 |
| 9:30A-11:00A Artist Group 10:00A Senior Yoga (Zoom) 1:00P Le Musique Room: Love and Dreams 1:30P—3:30P Dominoes 1:30P—3:30P Writers Group | 9:00A-11:00A Stitch Group 9:00A Mini's by Five: Mixed Media Mini Collages 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 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards | 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-3:30P Mahjong 1:00P Movie 1:30P-3:30P Euchre |
| 28 | 29 | 30 | 31 | |
| 9:30A-11:00A Artist 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 | 9:00A-11:00A Hand & Foot Cards 10:00A Senior Yoga (Zoom) 10:50A Enhance Fitness (Zoom) Noon Lunch at Center 1:15P-3:30P 500 Cards | 9:00A-11:00A Pinochle 10:00A Senior Yoga (Zoom) Noon Lunch at Center 1:00P Line Dancing (Hanover) 1:30P Bingo | |

CRSC LUNCH MENU—OCTOBER 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 | 03 | 04 |
| Tater Tot Hotdish Side Salad Dinner Roll | Oktoberfest | Oriental Chicken Salad Dinner Roll | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 08 | 09 | 10 | 11 |
| Pulled Pork Sandwich Baked Beans Potato Salad | 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> |
| 15 | 16 | 17 | 18 |
| Chili Side Salad Corn Bread | 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> |
| 22 | 23 | 24 | 25 |
| Beef Vegetable Soup Turkey Croissant Sandwich | Chicken Breast w/ Garlic Cream Sauce Mashed Potatoes Beans | Fish Sandwich Tarter Sauce Macaroni Salad Chips | NO LUNCH <i>Deadline to call in orders for next week.</i> |
| 29 | 30 | 31 | |
| Chicken Caesar Wrap Fruit Chips | Chef Salad w/Ham Dinner Roll | Spaghetti Meat Sauce 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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**CROW RIVER SENIOR
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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