

SEPTEMBER / OCTOBER 2026

# 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](http://www.mnseniorcenters.org)

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

Please note that our payment policy is cash or check; we do not accept credit cards. **Please note if paying by check, we request separate checks for each event.**

### VETERANS APPRECIATION SOCIAL

MONDAY, NOVEMBER 9<sup>TH</sup> 1:30PM - 3:00PM

Join us as we celebrate our Veterans with cake and ice cream!

The Monticello Senior Center Choir will be performing a short patriotic program beginning at 2:00pm.

**CALL THE CENTER TO REGISTER. MUST REGISTER NO LATER THAN OCT. 28TH.**

**CENTER CLOSED:**

MONDAY, SEPT. 7TH





## OKTOBERFEST

WEDNESDAY, OCT. 14TH

NOON LUNCHEON

COST: \$15.00

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 Bryce Hegge!

**MUST REGISTER AND PAY IN ADVANCE BY OCT. 5TH. NO REFUNDS AFTER THIS DATE.**

## DRIVING SAFELY AS WE AGE

THURSDAY, SEPT. 17<sup>TH</sup> 10:00AM

PRESENTED BY THE WRIGHT COUNTY SHERIFF'S OFFICE IN PARTNERSHIP WITH SAFE COMMUNITIES OF WRIGHT COUNTY

Safe Communities of Wright County has partnered with the Wright County Sheriff's Office to offer a new Elder Driving Presentation Program.

This informative program is designed for older adults, caregivers, and family members who want to better understand how to stay safe on the road as we age. Participants will learn about common age-related changes that can affect driving, practical strategies for maintaining safe driving habits, signs that it may be time to modify driving routines, and transportation alternatives that support continued independence. Through discussion and evidence-based resources, attendees will gain the knowledge and confidence to have supportive conversations about driving safety while promoting independence, mobility, and quality of life for older adults.

**CALL THE CENTER TO REGISTER.**



## THANKSGIVING LUNCHEON

WEDNESDAY, NOV. 18TH

NOON LUNCHEON

COST: \$15.00

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

Music to follow by CODA!

**MUST REGISTER AND PAY IN ADVANCE BY NOV. 9th. NO REFUNDS AFTER THIS DATE.**

## LOONY TOONS

WEDNESDAY, SEPT. 23<sup>RD</sup> 1:30PM

PRESENTED BY:

MELONIE SHIPMAN,  
THE TRAVELING NATURALIST

Meet one of Minnesota's best ambassadors, the Common Loon, in an uncommon presentation. Translate their beautiful calls, float through their unique lifestyle and be introduced to their deep cultural connections. Revered by Native cultures and now a symbol of vanishing wilderness the loons have much to teach us still.

## ADVANCE CARE PLANNING

TUESDAY, SEPT. 15<sup>TH</sup> 10:00AM

PRESENTED BY MEGAN MAJESTERSKI LAZERE,  
LICSW HOSPICE SOCIAL WORK MANAGER

In the presentation, you will learn about Health Care Directives and how to prepare one for yourself.

**CALL THE CENTER TO REGISTER.**

# Landmark Tours

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## TRAVELING WITH LANDMARK TOURS

THURSDAY, OCT. 1ST 10:00AM

Landmark Tours has provided unforgettable travel experiences to destinations around the world for 35 years! This family owned, Minnesota-based company offers guided travel opportunities nationwide and abroad. All the trips include the airfare and are professionally guided round-trip from the MSP airport. Join us for a travel presentation to learn about their style of travel and hear about fantastic travel opportunities. Today's travel landscape is challenging. Relax on your vacation knowing that things are taken care of so you can enjoy a stress-free style of travel!

CALL THE CENTER TO REGISTER.

## DO YOU REMEMBER?

PRESENTED BY DOUG OHMAN  
WEDNESDAY, OCT. 7<sup>TH</sup> 1:30PM

Enjoy a fun trip back in time to when you were a kid in the 1950's, 60's and 70's with storyteller and historian Doug Ohman. Doug will share pictures and stories of the many things that will be sure to bring a smile to your face.

CALL THE CENTER TO REGISTER.



## MOUNT RUSHMORE: CARVING OF AN ICON

WEDNESDAY, SEPT. 9<sup>TH</sup> 1:30PM  
PRESENTED BY DAVID JONES

Join us as we learn about the carving of Mount Rushmore. Today, more than two million people each year visit Mount Rushmore in the Black Hills of South Dakota. Fourteen years, four hundred workers, 450,000 tons of rock, nearly one million dollars. Those are the statistics behind the carving of Mount Rushmore. The story is even more interesting. Come to find out more!

CALL THE CENTER TO REGISTER.



## SOUND BATH THERAPY

TUESDAY, OCT. 20TH 10:00AM

Curious about sound therapy? Never heard of it, but it sounds intriguing? Join us for a group sound bath, where the healing sounds of crystal singing bowls, and other sound healing instruments will bring you to a state of deep relaxation. Rane Biernat, a certified Sound Healing Practitioner and Founder of Heart of Earth, will guide us through a journey of sounds to bring us to a state of calm, well-being and self-integration. We will start with a short introduction covering what sound healing is, how it works, and what to expect. You will get cozied up on the floor or in your zero gravity chair and simply listen to the sounds. Regular sound healing can help promote better sleep, reduce chronic pain and inflammation, promote feelings of calm & peace, and more!

Please Note: Bring a yoga mat or sleeping bag to lay upon, pillows for head and knees, blanket and eye covering for your comfort during the sound bath. We will be getting cozy on the floor - so bring anything to keep you comfortable. A zero gravity chair or a chair borrowed from the Senior Center is a great option to bring along in lieu of a mat or sleeping bag if getting on the floor is difficult.

This class is free of charge due to generous donations to the Center.

CALL THE CENTER TO REGISTER.

## MAHJONG LESSONS

MONDAYS

SEPTEMBER 14<sup>TH</sup>, 21<sup>ST</sup>, 28<sup>TH</sup>

1:00PM - 3:30PM

MUST ATTEND ALL SESSIONS

Interested in learning to play Mahjong? Join us for lessons!

CALL THE CENTER TO REGISTER.

**ALTERED BOX CLASS**THURSDAY, OCT. 8<sup>TH</sup> AND 15<sup>TH</sup>

10:00AM - 12:00PM

**MUST ATTEND BOTH CLASSES**

In this class we will take a basic box (cigar box, paper mache box or the like) to a different level. We will begin with a simple box and add elements of your choice to assemble a treasure of your own design. At the end of our creative journey you will have a piece of mixed media artwork. Supplies will be provided, but feel free to bring your own box/supplies if you would like.

**REGISTRATION OPENS SEPT. 2ND. PLEASE NOTE YOU CAN ONLY SIGN UP YOURSELF. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON. OUR DOORS OPEN AT 8:30AM.**

This class is free of charge through generous donations to the Center.

**GUIDED AUTOBIOGRAPHY CLASS**

WEDNESDAYS 10:00AM - 12:00PM

SEPTEMBER 9<sup>TH</sup>, 16<sup>TH</sup>, 23<sup>RD</sup>, 30<sup>TH</sup>OCTOBER 14<sup>TH</sup>, 21<sup>ST</sup>, 28<sup>TH</sup> (NO MEETING ON THE 7<sup>TH</sup>), NOVEMBER 4<sup>TH</sup>**COST: \$75.00****MUST ATTEND ALL CLASSES**

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.

**REGISTRATION OPENS SEPT. 2ND. PLEASE NOTE YOU CAN ONLY SIGN UP YOURSELF. DUE TO LIMITED SPACE IN THIS CLASS, WE ENCOURAGE YOU TO SIGN UP IN PERSON. OUR DOORS OPEN AT 8:30AM.**

**SAW-WHET OWL DRAWING**WEDNESDAY, OCT. 28<sup>TH</sup> 1:00PM**LOCATION: ST. MICHAEL LIBRARY**

Learn how to create a beautiful graphite and soft pastel drawing of a saw-whet owl in this beginner-friendly drawing class. Using toned tan paper as a warm foundation, students will explore techniques for layering graphite pencil, blending soft feather textures, and creating contrast with highlights and shadows. Working step-by-step from a reference image, the class will focus on drawing the bird's elegant shape, bright eyes, and the delicate feathers. Students will also learn how toned paper can enhance contrast and help create depth in a drawing. This class is perfect for beginners as well as artists looking to strengthen their observational drawing and shading skills in a relaxed and supportive environment.



**PLEASE CALL THE GREAT RIVER REGIONAL LIBRARY TO REGISTER: 763-497-1998.**

This program was made possible with Arts & Cultural Heritage Funds from Minnesota's Clean Water, Land, and Legacy Amendment.

**FLU SHOT CLINIC**MONDAY, SEPT. 14<sup>TH</sup>

10:00AM—12:00PM

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. This clinic is provided by Cub Pharmacy.

**CALL THE CENTER TO REGISTER.**

**STMA NATIONAL HONOR SOCIETY BINGO**THURSDAY, SEPTEMBER 24<sup>TH</sup>

1:30 - 3:00PM

Join us for Bingo and Ice Cream sponsored by the STMA National Honor Society!

**CALL THE CENTER TO REGISTER.**

**MEDICARE 101 / MEDICARE CHANGES 2026**TUESDAY, OCT. 6<sup>TH</sup> 10:00AM

PRESENTED BY MINNESOTA AGING PATHWAYS (FORMERLY SENIOR LINKAGE LINE)

The first part of this presentation will focus on Medicare, helping you understand the basics so you can manage your healthcare options. The second part of this presentation will focus on what is new with Medicare in 2026 so you can choose the best plan for your needs.

**CALL THE CENTER TO REGISTER.**

## MOVIES

## THE BREADWINNER

FRIDAY, SEPT. 18<sup>TH</sup> 1:00PM

When a supermom lands a Shark Tank deal, she switches roles with her breadwinner husband, who struggles to adapt as a stay-at-home dad to their three daughters. Starring Mandy Moore, Colin Jost, Nate Bargatze. (2026) Rated PG. 1HR 39MIN

CALL THE CENTER TO REGISTER.

## THE LIFE LIST

FRIDAY, OCT. 16<sup>TH</sup> 1:00PM

When her mother sends her on a quest to complete a teenage bucket list, a young woman uncovers family secrets, finds romance — and rediscovers herself. Starring Sofia Carson, Kyle Allen, Sebastian de Souza. (2025) Rated PG-13. 2HR 3MIN

CALL THE CENTER TO REGISTER.

## Need Medicare Help?

Contact **Dan Pfeifer** at 763.310.7627  
[mninsurancesolutions.com](http://mninsurancesolutions.com)

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**Dan Pfeifer**  
Independent Agent

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

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## PRECISION DRIVING CENTER 55+ DRIVING CLASS

4 HOUR CLASS

TUESDAY, SEPTEMBER 1<sup>ST</sup>

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](http://www.DriverDiscountProgram.com) or  
call 888-234-1294 or 320-308-1400.**

## SILVERSNEAKERS: MONTICELLO

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 SilverSneakers fitness classes? If you are interested, stop by or call Fitness Evolution to sign up! If you are SilverSneakers eligible, the classes are free!

## SILVERSNEAKERS

LOCATION: ALBERTVILLE CITY HALL

5959 MAIN AVE NE

ALBERTVILLE, MN

### No Classes:

Sept. 7th

Oct. 15th-16th

### Silver Sneakers Classic: Mon/Wed/Friday - 9:00AM

Duration: 50 minutes

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated or standing support.



### BOOM - Mind: Tuesdays - 9:00AM

Duration: 30 minutes

Improve range-of-motion, balance, and flexibility in this yoga/Pilates-fusion class. Learn techniques to relax your mind and engage your muscles through athletic stretching techniques. Please bring a thin yoga mat and water bottle.



### SilverSneakers Circuit: Thursdays - 9:00AM

Duration: 45 minutes

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand held weights, elastic tubing with handles, and a SilverSneakers ball. A chair is available for standing support. Please bring 5lb weights and a water bottle.

SilverSneakers classes are free for SilverSneakers members. If not a member, class is \$5.00.

**Limited equipment available. Please bring your own set of hand weights (5lbs) if able.**

**NO SIGN UP REQUIRED, JUST COME!**

## FITNESS THROUGH ZOOM

### A PARTNERSHIP WITH THE WHITNEY SENIOR CENTER

#### **Enhance Fitness - Tuesdays & Fridays 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/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.



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## PARKINSON'S SUPPORT GROUP

TUESDAYS, SEPT. 1ST & OCT. 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

3RD WEDNESDAY OF THE MONTH

1:00PM—2:30PM

LOCATION: THE LEGACY OF ST. MICHAEL

4400 LANGE AVE. NE

ST. MICHAEL

Memory cafes offer respite and support at the same time for caregivers of someone experiencing memory loss. An activity takes place at the same time as a caregiver support group. Caregivers can choose to join the activity or the support group. Our funding source does not cover the total cost of the Memory Café, so we would appreciate a cost share of \$5.00 per caregiver. By sharing the cost you are helping with the sustainability of our program!

To Register please contact Rachel Rigo at The Legacy of St. Michael, 763-497-0171. If you have questions about the group please contact Becky Allard, LSW at 612-804-0968 or [b.allard@seniorcommunity.org](mailto:b.allard@seniorcommunity.org).

**NOTICE: SEPT. CAREGIVER SUPPORT GROUP MOVED TO SEPT. 10TH**



SENIOR  
COMMUNITY  
SERVICES

## HOME Program

Offering a variety of assistance with **home chores** including housekeeping, minor repairs, leaf raking, and more.

Call 763-416-7969 or email us at [hometeam@seniorcommunity.org](mailto:hometeam@seniorcommunity.org) to learn more!

## Technology Services

Have questions about technology? Our Technology Coaches are here to help!

**In a community setting** - Join a free tech clinic held regularly at the center.

Call 763-497-8900 to register

**In your home** - Make an in-home appointment for a fee by calling 952-888-5530.



## Caregiver Support

Becky Allard, LSW, is here to support you while you care for your loved one:

Make a **one-on-one appointment** for individualized support



Join a **caregiver support group** held the 3rd Thursday of each month from 1:30-3:00pm

Contact Becky at 612-804-0968 or [b.allard@seniorcommunity.org](mailto:b.allard@seniorcommunity.org) to register or learn more!

## 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 888-360-2889 for scheduling an appointment. Online access: [mylegalaid.org](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. 14TH  
MONDAY, OCT. 5TH  
9:00, 9:30 OR 10:00AM**



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### **LE MUSIQUE ROOM: GABBY ROAD PROJECT, MUSICAL HISTORY TOUR**

**TUESDAY, OCT. 6<sup>TH</sup> 1:00PM \$35.00**

Step into a Rock 'n' Roll time machine and relive the soundtrack of your life! Travel through the greatest decades in music history as Gabby Road Project takes you on a journey from the birth of Rock 'n' Roll in the 1950's through the 1960's. Experience the music of Elvis Presley, Chuck Berry, Bill Haley and his Comets, Carl Perkins, The Everly Brothers, The Beach Boys, The Monkees, Neil Diamond, plus many more!

**Must register and pay in advance no later than Tuesday, Sept. 23<sup>rd</sup>. No refunds after this date.**

### **LE MUSIQUE ROOM: TRIBUTE TO THE CLASSIC LADIES OF COUNTRY MUSIC**

**MONDAY, OCT. 12<sup>TH</sup> 1:00PM \$35.00**

Joyann Parker and her band present a show that tells stories and sings songs of the women who made country music what it is today. Beginning in the 1950's with Kitty Wells, continuing through the 1960's with artists like Tammy Wynette and Loretta Lynn, then on into the 1970's with Dolly Parton.

**Must register and pay in advance no later than Monday, Sept. 28<sup>th</sup>. No refunds after this date.**

### **LE MUSIQUE ROOM: HOLY ROCKA ROLLAZ PRESENTS MY BUDDY**

**MONDAY, NOV. 9<sup>TH</sup> 1:00PM \$35.00**

Step into a time machine and relive the heyday of Rock 'n Roll with this Buddy Holly tribute concert!

**Must register and pay in advance no later than Monday, Oct. 26<sup>th</sup>. No refunds after this date.**

### **ST. CLOUD PARAMOUNT THEATER: AN ANDY AND BING CHRISTMAS**

**TUESDAY, DEC. 15<sup>TH</sup> \$99.00**

**PICK UP TIME: 9:15AM**

**ESTIMATED RETURN TIME: 5:30PM**

We will be sharing a coach bus to the St. Cloud Paramount Theater with participants from the Buffalo Community Center on Tuesday, Dec. 15<sup>th</sup>. We will depart from the Crow River Senior Center at 9:15am, and arrive at the Coyote Moon Grill Restaurant 11:00am for lunch. Menu: Entree, Popover, Salad, Side Dish, Beverage, Dessert. Arrive at the Paramount Theater at 1:00pm, with a show start time at 1:30pm. An Andy and Bing Christmas faithfully celebrates and re-creates the perfect Christmas albums of Andy Williams and Bing Crosby with a one of a kind 19-piece band. The show ends at approximately 3:50pm, and the bus will return to the Crow River Senior Center at approximately 5:30pm.

**Must register and pay in advance no later than Nov. 14<sup>th</sup>. No refunds after this date.**

### **TREASURE ISLAND CASINO TRIP: BUSFEST! MONTICELLO AND ELK RIVER SENIOR CENTERS**

**TUESDAY, SEPT. 15<sup>TH</sup> \$30.00**

The Monticello Senior Center will be taking a coach bus to Treasure Island Casino with the Elk River Senior Center on Tuesday, September 15th. The bus will depart the Monticello Community Center at 8:00am and return at approximately 4:00pm. Cost is \$30.00 which includes the bus ride, \$30.00 on a play card, \$10.00 towards food and 1 drink coupon.

Deadline to register is September 8th.

To register, please call the Monticello Senior Center at 763-295-2000.

### **TREASURE ISLAND CASINO TRIP: MONTICELLO SENIOR CENTER**

**MONDAY, OCT. 5<sup>TH</sup> \$30.00**

The Monticello Senior Center will be taking a coach bus to Treasure Island Casino on Monday, Oct. 5th. The bus will depart the Monticello Community Center at 8:00am and return at approximately 4:00pm. Cost is \$30.00 which includes the bus ride, \$15.00 on a play card and \$5.00 towards food.

Deadline to register is Sept. 28<sup>th</sup>.

To register, please call the Monticello Senior Center at 763-295-2000.

### **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.
- Please note if paying by check we request separate checks for each event.
- We do not accept credit cards.



## CRIBBAGE TOURNAMENT

FRIDAYS, 9:00AM - 11:00AM

Come play Cribbage at the Center! \$1.00 to enter the tournament. Please arrive by 8:45am.



## BINGO

THURSDAYS, 1:30PM

## BOOK BINGO

THURSDAY, SEPT. 17<sup>TH</sup> 1:30PM

## STMA BINGO

THURSDAY, SEPT. 24<sup>TH</sup> 1:30PM



## DOMINOES

MONDAYS, 1:30PM - 3:30PM

## BRIDGE

TUESDAYS, 1:15PM - 3:30PM

PLEASE ARRIVE BY 1:00PM

## HAND AND FOOT

WEDNESDAYS, 9:00AM - 11:00AM

## 500

WEDNESDAYS, 1:15PM - 3:30PM



## HAND, KNEE, AND FOOT

THURSDAYS, 9:00AM - 11:00AM

PLEASE ARRIVE BY 8:45AM

## PINOCHLE

THURSDAYS, 9:00AM - 11:00AM

PLEASE ARRIVE BY 8:45AM

## EUCHRE

FRIDAYS, 1:00PM - 3:30PM

## MAHJONG

FRIDAYS, 1:00PM - 3:30PM



## BOOK CLUB

**2ND TUESDAY OF EVERY MONTH**  
**1:30PM - 3:30PM**

September 8<sup>th</sup>: Unspeakable Things by Jo Jo Moyes

October 13<sup>th</sup>: The Rose Code by Kate Quinn

November 10<sup>th</sup>: Frozen River by Ariel Lawhon

December 8<sup>th</sup>: Theo of Golden by Allen Levi

## ARTIST GROUP

**MONDAYS 9:30AM - 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!

## STITCH GROUP

**TUESDAYS 9:00AM - 11:00AM**

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

## HISTORY GROUP

**1<sup>ST</sup> AND 3<sup>RD</sup> TUESDAYS OF THE MONTH**  
**9:00AM - 11:00AM**

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

## WRITERS GROUP

**1ST AND 3RD MONDAYS OF THE MONTH**  
**1:30PM - 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 Gloria at 763-442-3613 or Judy at 763-213-5683.

## 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.

|                        |                      |    |
|------------------------|----------------------|----|
| Aug. 18 <sup>th</sup>  | St. Michael          | 14 |
| Aug. 25 <sup>th</sup>  | Ramsey to Anoka      | 16 |
| Sept. 1 <sup>st</sup>  | Loretto - Baker Park | 15 |
| Sept. 8 <sup>th</sup>  | Lake Koronis         | 15 |
| Sept. 15 <sup>th</sup> | Ox Yoke to Wayzata   | 15 |
| Sept. 22 <sup>nd</sup> | Cedar Lake           | 15 |
| Sept. 29 <sup>th</sup> | St. Boni to Wayzata  | 20 |
| Oct. 6 <sup>th</sup>   | Stillwater           | 20 |
| Oct. 13 <sup>th</sup>  | Elm Creek            | 20 |
| Oct. 20 <sup>th</sup>  | Hastings             | 20 |

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

**SEPTEMBER 11<sup>TH</sup>, 2001****BY LINDA JANKE**

This is a date I am sure we all remember that we wish never happened. There were four suicide terrorist attacks. There were four suicide terrorist attacks. There were 2,996 deaths and thousands were injured. The targets were the World Trade Center, where two planes crashed into it, and the Pentagon where one plane crashed into it. The last plane crashed in rural Pennsylvania. The crash was stopped where it was going by the passenger revolt. We aren't sure what they intended to crash into. It was felt that the target was either the Capitol or the White House.

It has been 25 years since this happened, but I remember that day like it was yesterday. We all felt that at first it was a terrible accident, but we found out it was a terrorist attack. The main thing I remember is how everyone came together. Congress stood on Capitol steps. Everyone was united. We went to a local church for a prayer service. The church was packed. Let us all pray that something like this will never happen again. We all need to come together.

## 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.

### **Big Brothers Big Sisters – Volunteers Needed (Eastern Sherburne & North Wright County)**

Big Brothers Big Sisters needs caring adults to be matched one-on-one with a child who could use a steady friend. Just a few hours a month — grab a bite, toss a ball, or just talk. No special skills needed, just consistency and heart. Screening, matching, and ongoing support provided.

### **Write to Hope – Volunteers Needed**

Help someone rediscover their voice. Write to Hope needs volunteers to lead simple, reflective writing sessions with incarcerated men and women in Minnesota. No writing or teaching background required — just a willingness to show up and listen. Training provided.

### **Wright County Government Center & License Center – Welcome Desk Volunteers Needed**

Enjoy helping people? Volunteer at the Wright County Government Center or License Center welcome desk, greeting visitors and helping direct them to the right office or service. A friendly smile and willingness to help go a long way — training provided.

**Contact Amy Johnson at**  
**[amy.johnson@ci.stcloud.mn.us](mailto:amy.johnson@ci.stcloud.mn.us) or call 320.650.3115**

## JEWELRY AND CRAFT CORNER

Be sure to check out our jewelry and homemade crafts which have been donated to the Senior Center. Items for sale include jewelry, dish towels, scrubbies, pot holders, baby blankets, etc. The sales from jewelry and crafts will go to benefit the Senior Center.

## DONATIONS NEEDED:

- REGULAR AND DECAF COFFEE
- GIFT CARDS TO CUB, SAM'S CLUB AND AMAZON TO PURCHASE SUPPLIES NEEDED FOR THE CENTER

## READERS THEATER

Interested in reading/acting out short stories for children? Join our Readers Theater 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.

## GLASSES AND HEARING AIDS

Did you know that you can recycle your hearing aids and glasses? You can! Bring them to one of our local drop off locations:

Hanover City Hall  
Crow River Senior Center

Your local Lions Clubs will recycle them for another's use!

# Technology throwing a tantrum?

## Get one-on-one tech coaching in your home:

Connecting to printers, getting started with smart TVs and streaming services, troubleshooting error messages on your desktop computer, and more.



**Contact Senior Community Services  
at 952-888-5530 for more information  
or to make an appointment.**

*Hourly rates are based on income. We can work with you  
and your circumstances to keep the service affordable.*

## TECHNOLOGY SUPPORT APPOINTMENTS

**EVERY TUESDAY**

**12:30PM - 3:00PM**

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

**CALL THE CENTER TO SIGN UP.**

**THIS IS A SERVICE PROVIDED BY THE HOME  
PROGRAM AND IS PARTIALLY FUNDED BY  
HENNEPIN AND WRIGHT COUNTIES.**

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## MEALS ON WHEELS

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

Phone: 651-746-8280



e-mail: [orders@optagedining.org](mailto: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 need to be made by 2:00pm the day before, otherwise you are responsible for paying for your meal.**

Arrive by 11:45am so that we may serve the meals as close to noon as possible.

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.

Complimentary birthday lunches are only offered during the month of your birthday. You will need to sign up for the lunch in advance and let the receptionist know that this will be your complimentary birthday lunch.

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

*Meal 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 AREA FOOD SHELF

Location:

11024 Church St.

Hanover

763-498-0086

Hours:

1st & 3rd Mondays

5:00pm to 7:00pm

Tuesdays & Fridays

11:00am to 1:30pm

Wednesdays

10:00am to 1:30pm

All clients are welcome to come from 1:30pm until 1:50pm on Tuesdays, Wednesdays and Fridays for extra bread and produce. Please wait outside until we open the door for the 1:30 shopping. It is helpful to bring your own reusable bags, but not required.

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

## STMA FOOD PANTRY

Location:

11100 61st St. NE

Albertville, MN 55301

Hours:

Tuesdays & Thursdays

5:30pm to 7:30pm

Senior Citizen Hours:

1st & 3rd Tuesdays

9:30am to 11:00am

STMA Food Pantry is closed on National Holidays and in case of inclement weather, we follow STMA School District closings.

## COMMUNITY HAPPENINGS

### ALBERTVILLE FARMER'S MARKET

Thursdays

9/3, 9/10, 9/17, 9/24, 10/1 (Final Day)

3:00pm - 7:00pm

Albertville Central Park

5801 Main Ave NE

### ALBERTVILLE LIONS MUSIC IN THE PARK

Bring your chairs and join us for FREE Music in the Park every Thursday evening at the Lions Farmer's Market. Performances take place at the Central Park Depot and will feature a variety of artists from 6:00pm - 8:30pm

Sept. 3rd: Jake Nelson

Sept. 10th: Memories of Elvis

### ALBERTVILLE LIONS PUMPKIN PARTY

Thursday, Oct. 1st

3:00pm - 7:00pm

Albertville Central Park

Free Pumpkins, Face Painting, Magician, Balloon Tying

### FRIENDS OF THE LIBRARY BOOK SALE

Senior Citizen Pre-Sale

Friday, Oct. 9th

3:00pm - 5:00pm

Saturday, Oct. 10th

8:00am - 1:00pm

### PUMPKIN DECORATING AND TRUNK OR TREAT EVENT

Saturday, Oct. 24<sup>th</sup>

10:00am - 12:00pm

St. Paul's Lutheran Church

11024 Church St. NE

Hanover, MN

### LIONS PANCAKE BREAKFAST

Sunday, October 25th

8:00am - 12:00pm

Hanover City Hall

Free will offering

## ADVISORY BOARD

### CURRENT BOARD MEMBERS

Colleen Smith (Chair)

Dale Barthel (Vice Chair)

Janet Kimbler (Secretary)

Sharon Schumm (Treasurer)

Sandy Gordon

Mike Havlik

Linda Eckard

Deb Hopkins

Bonnie Martinez

Monica McCarty

Rita Schlosser

Gary Bimson



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](http://www.TrailblazerTransit.com)

## STMA SCHOOLS: SENIOR KNIGHTS

### ENGAGING, CELEBRATING, AND CONNECTING WITH OUR SENIOR CITIZENS

We deeply value our senior community [ages 62+ and STMA residents] and want to share the amazing things happening in STMA Schools. Join us for special opportunities throughout the year designed just for you! We are happy to offer these at no cost to you.

#### **ACTIVITY PASS**

Pick up your FREE Activity Pass!

WHERE: District Office (located inside door A at Middle School West)

This pass gives you access to all STMA activities! Please bring a valid government ID.

#### **WALK AT THE ACTIVITY CENTER**

Stay active and connected! Senior citizens are welcome to walk FREE inside the Activity Center.

#### **SCHOOL YEAR HOURS**

Monday - Friday: 5:00am - 9:30AM

Saturday: 7:00am - 5:00pm

Sunday: 8:00am - 5:00pm

Contact the STMA District Office at 763-497-3180 with any questions.

## THRYVE DAILY CONNECT

### A FREE DAILY WELLNESS CHECK

Thryve Daily Connect offers a simple daily check-in designed to bring peace of mind to older adults and their families. Whether you live alone, want added confidence in your day-to-day routine, or simply value an extra layer of connection, this program supports safe and independent living—at no cost to you.

Because peace of mind is built one day at a time.

Get started today:

Call: 763-760-8570

E-mail: [info@thryvemn.org](mailto:info@thryvemn.org)

Visit: [www.thryvemn.org](http://www.thryvemn.org)



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**MINNESOTA**

AGING PATHWAYS

**800-333-2433**

## AGING PATHWAYS (FORMERLY SENIOR LINKAGE LINE)

**NEED HELP? CALL US!**

**800-333-2433**

We've changed our name! Senior LinkAge Line is now called Minnesota Aging Pathways. We still offer the same trusted help for older adults, caregivers and families. Call us at 800-333-2433. Visit our new website: [mn.gov/agingpathways](http://mn.gov/agingpathways)

**J. ZAC**  
I N C

**GENERAL  
CONTRACTOR**

**763-497-4444**



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# CRSC ACTIVITIES CALENDAR - SEPTEMBER 2026

| MONDAY                                                                                                                                                                                |  |  |  |  | TUESDAY                                                                                                                                                                                                                                                                                            |  |  |  |  | WEDNESDAY                                                                                                                                                                                            |  |  |  |  | THURSDAY                                                                                                                                                                                               |  |  |  |  | FRIDAY                                                                                                                                          |  |  |  |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|-------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
|                                                                                                                                                                                       |  |  |  |  | 01                                                                                                                                                                                                                                                                                                 |  |  |  |  | 02                                                                                                                                                                                                   |  |  |  |  | 03                                                                                                                                                                                                     |  |  |  |  | 04                                                                                                                                              |  |  |  |  |
| ALB - Albertville<br>Z - Zoom                                                                                                                                                         |  |  |  |  | 9:00A 55+ Driver's Class<br>9:00A Boom-Mind SilverSneakers (ALB)<br>9:00A Stich Group<br>9:00A-11:00A History Group<br>11:00A Enhance Fitness (Z)<br>Noon Lunch at the Center<br>12:00P Golden Age of Hanover<br>12:30P-3:00P Tech Support<br>1:15P-3:30P Bridge<br>1:30P Parkinson's Support Grp. |  |  |  |  | 9:00A Silver Sneakers (ALB)<br>9:00A-11:00A Hand & Foot<br>10:00A Senior Yoga (Z)<br>Noon Lunch at the Center<br>1:15P-3:30P 500 Cards                                                               |  |  |  |  | 8:15A State Fair Trip<br>9:00A SilverSneakers Circuit (ALB)<br>9:00A-11:00A Pinochle<br>9:00A-11:00A Hand, Knee & Foot<br>10:00A Senior Yoga (Z)<br>Noon Lunch at Center<br>1:30P Bingo                |  |  |  |  | 9:00A Silver Sneakers (ALB)<br>9:00A-11:00A Cribbage<br>11:00A Enhance Fitness (Z)<br>1:00P-3:30P Mahjong<br>1:00P-3:30P Euchre                 |  |  |  |  |
| 07                                                                                                                                                                                    |  |  |  |  | 08                                                                                                                                                                                                                                                                                                 |  |  |  |  | 09                                                                                                                                                                                                   |  |  |  |  | 10                                                                                                                                                                                                     |  |  |  |  | 11                                                                                                                                              |  |  |  |  |
| Center Closed                                                                                                                                                                         |  |  |  |  | 9:00A-11:00A Stich Group<br>9:00A Boom-Mind SilverSneakers (ALB)<br>10:00A Advisory Board<br>11:00A Enhance Fitness (Z)<br>Noon Lunch at the Center<br>12:30P-3:00P Tech Support<br>1:15P-3:30P Bridge<br>1:30P Book Club                                                                          |  |  |  |  | 9:00A Silver Sneakers (Albertville)<br>9:00A-11:00A Hand & Foot<br>10:00A Autobiography Class<br>10:00A Senior Yoga (Z)<br>Noon Lunch at the Center<br>1:15P-3:30P 500 Cards<br>1:30P Mount Rushmore |  |  |  |  | 9:00A SilverSneakers Circuit (ALB)<br>9:00A-11:00A Pinochle<br>9:00A-11:00A Hand, Knee and Foot<br>10:00A Senior Yoga (Z)<br>Noon Lunch at Center<br>1:30P Bingo<br>1:30P Caregiver Support Group      |  |  |  |  | 9:00A Silver Sneakers (ALB)<br>9:00A-11:00A Cribbage<br>11:00A Enhance Fitness (Z)<br>1:00P-3:30P Mahjong<br>1:00P-3:30P Euchre                 |  |  |  |  |
| 14                                                                                                                                                                                    |  |  |  |  | 15                                                                                                                                                                                                                                                                                                 |  |  |  |  | 16                                                                                                                                                                                                   |  |  |  |  | 17                                                                                                                                                                                                     |  |  |  |  | 18                                                                                                                                              |  |  |  |  |
| 9:00A SilverSneakers (ALB)<br>9:00A Legal Aid<br>9:30A-11:00A Artist Group<br>10:00A Flu Shot Clinic<br>10:00A Senior Yoga (Z)<br>1:00P-3:30P Mahjong Lessons<br>1:30P-3:30P Dominoes |  |  |  |  | 8:00A Treasure Island Trip<br>9:00A-11:00A Stich Group<br>9:00A-11:00A History Group<br>9:00A Boom-Mind Silver Sneakers (ALB)<br>10:00A Advance Care Directive<br>11:00A Enhance Fitness (Z)<br>Noon Lunch at the Center<br>12:30P-3:00P Tech Support<br>1:15P-3:30P Bridge                        |  |  |  |  | 9:00A Silver Sneakers (Albertville)<br>9:00A-11:00A Hand & Foot<br>10:00A Autobiography Class<br>10:00A Senior Yoga (Z)<br>Noon Lunch at the Center<br>1:15P-3:30P 500 Cards                         |  |  |  |  | 9:00A SilverSneakers Circuit (ALB)<br>9:00A-11:00A Pinochle<br>9:00A-11:00A Hand, Knee & Foot<br>10:00A Senior Yoga (Z)<br>10:00A Driving Safely As We Age<br>Noon Lunch at Center<br>1:30P Book Bingo |  |  |  |  | 9:00A Silver Sneakers (ALB)<br>9:00A-11:00A Cribbage<br>11:00A Enhance Fitness (Z)<br>1:00pm Movie<br>1:00P-3:30P Mahjong<br>1:00P-3:30P Euchre |  |  |  |  |
| 21                                                                                                                                                                                    |  |  |  |  | 22                                                                                                                                                                                                                                                                                                 |  |  |  |  | 23                                                                                                                                                                                                   |  |  |  |  | 24                                                                                                                                                                                                     |  |  |  |  | 25                                                                                                                                              |  |  |  |  |
| 9:00A Silver Sneakers (ALB)<br>9:30A-11:00A Artist Group<br>10:00A Senior Yoga (Z)<br>1:00P-3:30P Mahjong Lessons<br>1:30P-3:30P Dominoes<br>1:30P Writers Group                      |  |  |  |  | 9:00A Health Dept. 60+ Healthy Clinic (Nail Trimming)<br>9:00A Boom-Mind Silver Sneakers (ALB)<br>11:00A Enhance Fitness (Z)<br>No Lunch<br>12:30P-3:00P Tech Support<br>1:15P-3:30P Bridge                                                                                                        |  |  |  |  | 9:00A Silver Sneakers (Albertville)<br>9:00A-11:00A Hand & Foot<br>10:00A Autobiography Class<br>10:00A Senior Yoga (Zoom)<br>Noon Lunch at the Center<br>1:15P-3:30P 500 Cards<br>1:30P Loony Toons |  |  |  |  | 9:00A SilverSneakers Circuit (ALB)<br>9:00A-11:00A Pinochle<br>9:00A-11:00A Hand, Knee & Foot<br>10:00A Senior Yoga (Z)<br>Noon Lunch at Center<br>1:30P Bingo Sponsored by STMA Honor Society         |  |  |  |  | 9:00A Silver Sneakers (ALB)<br>9:00A-11:00A Cribbage<br>11:00A Enhance Fitness (Z)<br>1:00P-3:30P Mahjong<br>1:00P-3:30P Euchre                 |  |  |  |  |
| 28                                                                                                                                                                                    |  |  |  |  | 29                                                                                                                                                                                                                                                                                                 |  |  |  |  | 30                                                                                                                                                                                                   |  |  |  |  |                                                                                                                                                                                                        |  |  |  |  |                                                                                                                                                 |  |  |  |  |
| 9:00A Silver Sneakers (ALB)<br>9:30A-11:00A Artist Group<br>10:00A Senior Yoga (Z)<br>1:00P-3:30P Mahjong Lessons<br>1:30P-3:30P Dominoes                                             |  |  |  |  | 9:00A-11:00A Stich Group<br>9:00A Boom-Mind Silver Sneakers (ALB)<br>11:00A Enhance Fitness (Z)<br>Noon Lunch at Center<br>1:15P-3:30P Bridge                                                                                                                                                      |  |  |  |  | 9:00A Silver Sneakers (ALB)<br>9:00A-11:00A Hand & Foot<br>10:00A Autobiography Class<br>10:00A Senior Yoga (Z)<br>Noon Lunch at the Center<br>1:15P-3:30P 500 Cards                                 |  |  |  |  |                                                                                                                                                                                                        |  |  |  |  |                                                                                                                                                 |  |  |  |  |

# CRSC LUNCH MENU - SEPTEMBER 2026

| TUESDAY                                        |  | WEDNESDAY                                                                          |  | THURSDAY                                                                   |  | FRIDAY                                                      |  |
|------------------------------------------------|--|------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------|--|-------------------------------------------------------------|--|
| 01                                             |  | 02                                                                                 |  | 03                                                                         |  | 04                                                          |  |
| Goulash<br>Side Salad<br>Dinner Roll           |  | Hot Turkey Sandwich<br>w/Gravy<br>Mashed Potatoes<br>Peas                          |  | Lasagna<br>Side Salad<br>Breadstick                                        |  | NO LUNCH<br>Deadline to call in<br>orders for next<br>week. |  |
| 08                                             |  | 09                                                                                 |  | 10                                                                         |  | 11                                                          |  |
| Oriental Chicken<br>Salad<br>Dinner Roll       |  | Meatloaf<br>Mashed Potatoes<br>Gravy<br>Beans                                      |  | Pulled Pork Sandwich<br>Baked Beans<br>Coleslaw                            |  | NO LUNCH<br>Deadline to call in<br>orders for next<br>week. |  |
| 15                                             |  | 16                                                                                 |  | 17                                                                         |  | 18                                                          |  |
| Chicken Caesar<br>Wrap<br>Chips<br>Fresh Fruit |  | Liver and Onions<br>Sauteed Baby Reds<br>Buttered Carrots<br>(Chicken Alternative) |  | Baked Cod<br>Rice Pilaf<br>Broccoli                                        |  | NO LUNCH<br>Deadline to call in<br>orders for next<br>week. |  |
| 22                                             |  | 23                                                                                 |  | 24                                                                         |  | 25                                                          |  |
| NO LUNCH                                       |  | Chicken Enchilada<br>Refried Beans<br>w/Cheese, Lettuce,<br>Tomatoes, Sour Cream   |  | Chopped Beef Steak<br>w/Onions and<br>Mushrooms<br>Mashed Potatoes<br>Corn |  | NO LUNCH<br>Deadline to call in<br>orders for next week.    |  |
| 29                                             |  | 30                                                                                 |  |                                                                            |  |                                                             |  |
| Cobb Salad<br>Breadstick                       |  | Chicken Wild Rice<br>Soup<br>Ham and Cheese<br>Sandwich                            |  |                                                                            |  |                                                             |  |

# CRSC ACTIVITIES CALENDAR - OCTOBER 2026

| MONDAY                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                                                                                                                                                               | WEDNESDAY                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                              | <b>01</b>                                                                                                                                                                                        | <b>02</b>                                                                                                                                                                                                           |
| ALB - Albertville<br>Z - Zoom                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                              | 9:00A SilverSneakers Circuit (ALB)<br>9:00A-11:00A Pinochle<br>9:00A-11:00A Hand, Knee & Foot Cards<br>10:00A Senior Yoga (Z)<br>10:00A Landmark Tours<br>Noon Lunch at Center<br>1:30P Bingo    | 9:00A Silver Sneakers (ALB)<br>9:00A-11:00A Cribbage<br>11:00A Enhance Fitness (Z)<br>1:00P-3:30P Mahjong<br>1:00P-3:30P Euchre                                                                                     |
| <b>05</b>                                                                                                                                                                          | <b>06</b>                                                                                                                                                                                                                                                                                                                                             | <b>07</b>                                                                                                                                                                                                    | <b>08</b>                                                                                                                                                                                        | <b>09</b>                                                                                                                                                                                                           |
| 8:00A Treasure Island Trip<br>9:00A Silver Sneakers (ALB)<br>9:00A Legal Aid<br>9:30A-11:00A Artist Group<br>10:00A Senior Yoga (Z)<br>1:30P-3:30P Dominoes<br>1:30P Writers Group | 9:00A-11:00A Stitch Group<br>9:00A-11:00A History Group<br>9:00A Boom-Mind SilverSneakers (ALB)<br>10:00A Medicare Presentation<br>11:00A Enhance Fitness (Z)<br>12:00pm Golden Age of Hanover<br>Noon Lunch at the Center<br>12:30P-3:00P Tech Support<br>1:00P Le Musique Room: Gabby Road<br>1:15P-3:30P Bridge<br>1:30P Parkinson's Support Group | 9:00A Silver Sneakers (ALB)<br>9:00A-11:00A Hand & Foot Cards<br>10:00A Senior Yoga (Z)<br>Noon Lunch at the Center<br>1:15P-3:30P 500 Cards<br>1:30P Doug Ohman                                             | 9:00A SilverSneakers Circuit (ALB)<br>9:00A-11:00A Pinochle<br>9:00A-11:00A Hand, Knee & Foot Cards<br>10:00A Senior Yoga (Z)<br>10:00A Altered Box Class<br>Noon Lunch at Center<br>1:30P Bingo | 9:00A Silver Sneakers (ALB)<br>9:00A-11:00A Cribbage<br>11:00A Enhance Fitness (Z)<br>1:00P-3:30P Mahjong<br>1:00P-3:30P Euchre<br>3:00P-5:00P Senior Book Sale<br>8:00A-1:00P Sat. Oct. 10 <sup>th</sup> Book Sale |
| <b>12</b>                                                                                                                                                                          | <b>13</b>                                                                                                                                                                                                                                                                                                                                             | <b>14</b>                                                                                                                                                                                                    | <b>15</b>                                                                                                                                                                                        | <b>16</b>                                                                                                                                                                                                           |
| 9:00A Silver Sneakers (ALB)<br>9:30A-11:00A Artist Group<br>10:00A Senior Yoga (Z)<br>1:00P Le Musique Room: Ladies of Country<br>1:30P-3:30P Dominoes                             | 9:00A-11:00A Stitch Group<br>9:00A Boom-Mind Silver Sneakers (Albertville)<br>10:00A Advisory Board<br>11:00A Enhance Fitness (Zoom)<br>Noon Lunch at the Center<br>12:30P-3:00P Tech Support<br>1:15P-3:30P Bridge<br>1:30P Book Club                                                                                                                | 9:00A Silver Sneakers (Albertville)<br>9:00A-11:00A Hand & Foot Cards<br>10:00A Autobiography Class<br>10:00A Senior Yoga (Zoom)<br>Oktoberfest Luncheon<br>1:15P-3:30P 500 Cards                            | 9:00A-11:00A Pinochle<br>9:00A-11:00A Hand, Knee & Foot Cards<br>10:00A Senior Yoga (Z)<br>10:00A Altered Box<br>Noon Lunch at Center<br>1:30P Bingo<br>1:30P Caregiver Support Group            | 9:00A-11:00A Cribbage<br>11:00A Enhance Fitness (Z)<br>1:00pm Movie<br>1:00P-3:30P Mahjong<br>1:00P-3:30P Euchre                                                                                                    |
| <b>19</b>                                                                                                                                                                          | <b>20</b>                                                                                                                                                                                                                                                                                                                                             | <b>21</b>                                                                                                                                                                                                    | <b>22</b>                                                                                                                                                                                        | <b>23</b>                                                                                                                                                                                                           |
| 9:00A Silver Sneakers (ALB)<br>9:30A-11:00A Artist Group<br>10:00A Senior Yoga (Z)<br>1:30P-3:30P Dominoes<br>1:30P Writers Group                                                  | 9:00A-11:00A Stitch Group<br>9:00A-11:00A History Group<br>9:00A Boom-Mind Silver Sneakers (ALB)<br>10:00A Sound Bath<br>11:00A Enhance Fitness (Z)<br>Noon Lunch at the Center<br>12:30P-3:00P Tech Support<br>1:15P-3:30P Bridge                                                                                                                    | 9:00A Silver Sneakers (ALB)<br>9:00A-11:00A Hand & Foot Cards<br>10:00A Autobiography Class<br>10:00A Senior Yoga (Z)<br>Noon Lunch at the Center<br>1:15P-3:30P 500 Cards                                   | 9:00A SilverSneakers Circuit (ALB)<br>9:00A-11:00A Pinochle<br>9:00A-11:00A Hand, Knee and Foot Cards<br>10:00A Senior Yoga (Z)<br>Noon Lunch at Center<br>1:30P Bingo                           | 9:00A Silver Sneakers (ALB)<br>9:00A-11:00A Cribbage<br>11:00A Enhance Fitness (Z)<br>1:00P-3:30P Mahjong<br>1:00P-3:30P Euchre                                                                                     |
| <b>26</b>                                                                                                                                                                          | <b>27</b>                                                                                                                                                                                                                                                                                                                                             | <b>28</b>                                                                                                                                                                                                    | <b>29</b>                                                                                                                                                                                        | <b>30</b>                                                                                                                                                                                                           |
| 9:00A Silver Sneakers (ALB)<br>9:30A-11:00A Artist Group<br>10:00A Senior Yoga (Z)<br>1:30P-3:30P Dominoes                                                                         | 9:00A-11:00A Stitch Group<br>9:00A Boom-Mind Silver Sneakers (ALB)<br>11:00A Enhance Fitness (Z)<br>1:15P-3:30P Bridge<br>Noon Lunch at the Center<br>12:30P-3:00P Tech Support                                                                                                                                                                       | 9:00A Silver Sneakers (ALB)<br>9:00A-11:00A Hand & Foot Cards<br>10:00A Autobiography Class<br>10:00A Senior Yoga (Z)<br>Noon Lunch at the Center<br>1:00P Saw-Whet Owl Drawing Lib<br>1:15P-3:30P 500 Cards | 9:00A SilverSneakers Circuit (ALB)<br>9:00A-11:00A Pinochle<br>9:00A-11:00A Hand, Knee & Foot Cards<br>10:00A Senior Yoga (Z)<br>Noon Lunch at Center<br>1:30P Bingo                             | 9:00A Silver Sneakers (ABL)<br>9:00A-11:00A Cribbage<br>11:00A Enhance Fitness (Z)<br>1:00P-3:30P Mahjong<br>1:00P-3:30P Euchre                                                                                     |

# CRSC LUNCH MENU - OCTOBER 2026

| CRSC LUNCH MENU - OCTOBER 2026                  |                                                                                    |                                                                                |                                                             |
|-------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------|
| TUESDAY                                         | WEDNESDAY                                                                          | THURSDAY                                                                       | FRIDAY                                                      |
|                                                 |                                                                                    | 01                                                                             | 02                                                          |
|                                                 |                                                                                    | Chicken Kiev<br>Rice<br>Broccoli                                               | NO LUNCH<br>Deadline to call in<br>orders for next<br>week. |
| 06                                              | 07                                                                                 | 08                                                                             | 09                                                          |
| Tator Tot Hotdish<br>Side Salad<br>Dinner Roll  | Beef Tacos<br>Taco Sauce<br>Sour Cream<br>Refried Beans                            | Salmon with Orange-<br>Pineapple Pepper<br>Seasoning<br>Rice Pilaf<br>Broccoli | NO LUNCH<br>Deadline to call in<br>orders for next<br>week. |
| 13                                              | 14                                                                                 | 15                                                                             | 16                                                          |
| Chicken ala King<br>Biscuit<br>Peas             | Oktoberfest                                                                        | Spaghetti<br>Meat Sauce<br>Side Salad<br>Breadstick                            | NO LUNCH<br>Deadline to call in<br>orders for next<br>week. |
| 20                                              | 21                                                                                 | 22                                                                             | 23                                                          |
| Chicken Fried Steak<br>Mashed Potatoes<br>Beans | Liver and Onions<br>Sauteed Baby Reds<br>Buttered Carrots<br>(Chicken Alternative) | Sloppy Joe<br>Potato Salad<br>Baked Beans                                      | NO LUNCH<br>Deadline to call in<br>orders for next week.    |
| 27                                              | 28                                                                                 | 29                                                                             | 30                                                          |
| Cabbage Rolls<br>Side Salad<br>Dinner Roll      | Hot Beef Sandwich<br>Mashed Potatoes<br>Corn                                       | Chicken Cordon Bleu<br>Wild Rice Blend<br>California Blend<br>Dinner Roll      | NO LUNCH<br>Deadline to call in<br>orders for next<br>week. |



11800 Town Center Drive NE, Suite 200  
St. Michael, MN 55376

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### Our Mission:

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

## CROW RIVER SENIOR CENTER

### ABOUT US

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

The Center is open Monday through Friday  
8:30am - 4:00pm

For more information on programs,  
call the Center at 763-497-8900.

**[www.mnseniorcenters.org](http://www.mnseniorcenters.org)**



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