



# CROW RIVER SENIOR CENTER NEWS

January  
February  
2016

*Serving the Communities & Surrounding Areas of Albertville, Hanover and St. Michael*

## **A Happy Healthy New Year to All!**

**Another year has come to a close. Reflections and resolutions are abundant and humbling as we welcome a new year. The Center has been buzzing with folks enjoying festivities of the holidays and now welcoming in a new year. We have much to be thankful for around our Center and communities. We have fabulous people volunteering their precious time and wonderful folks coming in to participate daily. There are many games, programs and events to participate in. If you don't find something of your liking or if there is something that seems to be missing, please be sure to let us know. AARP Tax appointments will start in February. Be sure to make your appointment as they will fill up quickly.**

**Please be kind to one another and enjoy life!**

**Respectfully,  
Vonnie Waters**



## **Celebrating Christmas**



## **CENTER CLOSED REMINDER:**

**The Center is closed January 1, 2016, Happy New Year! We are also closed Monday, January 18 and Monday, February 15.**

***Inclement Weather Reminder:* If the STMA Schools are closed, then the Center will be closed. Check local news & radio or call the Center, the answering machine will have a message if we are closed.**

11800 Town Center Drive NE, Suite 200, St. Michael, MN 55376 •(763) 497-8900

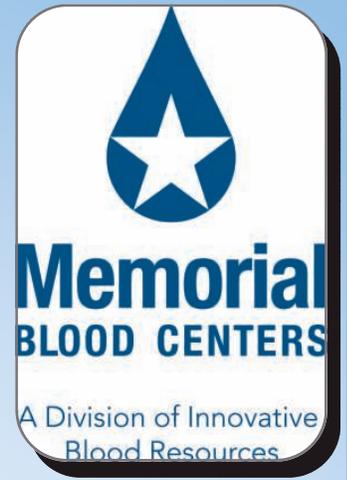
\* Vonnie Waters, Center Director •vwaters@crowriverseniorcenter.com

\* www.crowriverseniorcenter.com

# Memorial Blood Center Blood Drive at the Crow River Senior Center

## Tuesday, January 12th 1:00pm-5:00pm

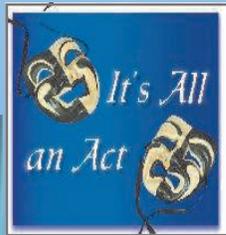
Please sign up at [mbc.org/searchdrives](http://mbc.org/searchdrives) and  
enter sponsor code **4126** or contact **MBC**  
**651-332-7163** or [aevans@mbc.org](mailto:aevans@mbc.org)



In Celebration of National Blood Donor Month, all presenting donors in January 2016 are eligible to enter to win a **5-night stay\*** at the **Westin Resort & Spa Cancun** with airfare for two! Visit [MBC.ORG/VACATION](http://MBC.ORG/VACATION) for details.

*Senior Theatre Bravo!*

*It was,  
All an Act!*



# WRITERS GROUP STORY CONTINUED

## MEAL ORDERING DEADLINE

**1pm 1 Day Prior to Eating.**

To facilitate food ordering and meal preparation we have been requested by the River Inn to place meal orders by **1 PM on the day before the meal is served.** Thank you for your cooperation in helping meet this deadline for orders and cancellations.

## Get your Meal Card! A great gift idea!

Pre-paid meal cards are available for purchase at the Crow River Senior Center. **A 5-meal punch card sells for \$20.00 and a 10-meal is available for \$40.00.** These cards make wonderful gifts for friends or family. An individual may also wish to purchase **one time** meal card \$4.00 each at the center. The cards are available at the receptionist desk.

## MEALS ON WHEELS

The Crow River Senior Center is the Meals on Wheels Site for Albertville, Hanover & St. Michael. If you know someone that needs this service, please share this information with them. **Cost is \$4.00 per meal.** Meals are delivered by volunteers Tuesday through Friday and are prepared by the River Inn of Hanover. Currently we are delivering 20 + meals a day. Consider adding your name to the volunteer driver list. We can always use more delivery drivers and bag return. Call and speak to Vonnie please at 763-497-8936 or email for information at [vwaters@crowriverseniorcenter.com](mailto:vwaters@crowriverseniorcenter.com)



## YOU HELP PLAN THE MENU

*March and April 2016*

You can have a turn at adding some of your favorite dishes on our menu. Maybe you have some new recipes or ideas for our menu planning. Please join us in planning the meals for the months of March and April.

**Monday January 25 at 1:00 PM**



*November Birthdays*

## BIRTHDAY PARTIES

ENJOY A  
COMPLIMENTARY  
BIRTHDAY LUNCH



**JANUARY BIRTHDAYS: WEDNESDAY JAN. 20TH**

**FEBRUARY BIRTHDAYS: WEDNESDAY FEB. 17TH**

If you have a birthday during the months of January or February call the Center to make a reservation for your complimentary birthday lunch. We encourage you to bring a friend with you. Be sure to let the receptionist know the date of your birthday.

**Reminder:** *Reservations are needed at least one day prior by 1pm for lunch for everyone eating. Any no shows will be charged for the lunch.*



*Thank you Women of Today for activities at the Christmas party!*

# VOLUNTEERING, DONATIONS, CENTER WISHLIST

## VOLUNTEER OPPORTUNITIES

**You do NOT need to be a Senior to Volunteer!**

**Kitchen Volunteer Help:** *If you are available during the hours of 11:00 am —1:00 pm during the week please contact the Center. Even one day a month helps us out tremendously! Please consider volunteering your time to help the Senior Center out!*

**Special Events & Rotary Set up:** *We could use your help for special events and Rotary Set up also. If you are interested please come in and sign up or call Vonnie for more details.*

**Bingo Callers Wanted:** *—If you would like to participate in being a bingo caller, please check the schedule at the Center and sign up for your day to call.*

***Help in Crocheting, knitting or sewing items for our Craft Corner. Contact the Center for details.***

**Newsletter**—*If you would like to help with our newsletter mailing please let us know. We will put you on the list and contact you when it's ready for the mailing preparations. Dates vary with each mailing.*

*If you are interested in helping with the production of the newsletter please contact Vonnie .*

## Recycled Greeting Cards

The Center is always looking for volunteers to work on our recycled card project. This is a fundraising project for the Center. When donating greeting cards for the recycled card project, we need the entire card, not just the front please. Thank you.

## THANK YOU DONATIONS & MEMORIALS

\$81 total of various Anonymous  
\$75.00 Tops Group (toward Bingo Prizes )  
\$50.00 Patricia Simmon  
\$50.00 Ted Heintzeman  
\$20.00 Maureen Renner  
\$10.00 Alan Golan  
Mary Loken various Basket items

## OUR WISH LIST

- Donations for our Basket Benefit.
- Door prizes for special events \$5 OR \$10
- **Decaf Coffee**
- Gift cards or cash donations for fruit & healthy snacks
- Newsletter advertisers
- Sponsorship of Bingo, Plinko , a special program, musical entertainment, a birthday party or bus transportation for an outing.

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We welcome any new  
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# CRAFTS AND PAINTING

## Joy Knit and Needlecraft Club

Do you like to knit, crochet or do needlecraft? Would you like to learn to knit or crochet? Do you just want to get together with others while you work on a project? Need help with a pattern? Beginners and advanced skills are all welcome. The group will be what the participants want it to be.

**Date: Tuesday Mornings Time: 9 to 11 AM Cost: None**



## Open Painting

Join others that like to paint (watercolor, acrylic, or oils). Share ideas or just to set some time aside to do your thing. Bring your supplies and the project

you are working on. There is always something shared to work on and have fun. Each Monday of the month. There is lots of creative fun and excitement coming from the craft room!

**Date: Monday Mornings Each Week**

**Time: 9 AM to Noon**

**Cost: None**



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Crow River Senior Center, St. Michael, MN A 4C 02-1011

## GAMES, EVENTS, ETC.

### Games, Games and More Games

**DOMINOS:** (Mexican Train) Mondays at 1:00 PM

**SOCIAL BRIDGE :** Tuesdays at 1:00 PM

**HAND & FOOT:** Wednesdays at 9:30 AM

**WHIST :** Wednesdays at 1:00PM

**PINOCHLE:** Thursdays at 9:30 AM

**BINGO:** Thursdays at 1:00 PM

**EUCHRE :** Thursdays at 1:00 PM

**CRIBBAGE:** Fridays at 9:00 AM

**MAHJONG:** Fridays at 12:30 PM

**500 CARDS:** Fridays at 1:00 PM



Join us Thursday

January 28

at 2:00 pm

Along with our friends from  
**Wells Fargo Bank for our  
Super bowl Bingo Party!**

*Trivia and social time will begin at 1pm.*

Show your Super Bowl team support by wearing team colors or just wear your favorite team jersey!

Sponsored by Wells Fargo of St. Michael



## Basket Benefit



The fundraising committee of the Crow River Senior Center is doing a program called "Basket Benefit". Every other month we are putting together a special theme basket filled with items donated by area merchants or individuals. Tickets are \$1 each with the drawing held on the posted date. Thank you ticket buyers and donors!

Congratulations to our Movie Night Basket winner .....

*Kathy Undlin*

The current basket is out  
& tickets are available.

Join us on  
**Thursday February 4  
at 1:00 pm** for some **Bingo**  
fun! Sponsored by Silver  
Creek Living in Maple Grove  
on Main Street.



**SILVERCREEK ON MAIN**  
A SILVERCREST COMMUNITY

# WOOD CARVERS AND HISTORY GROUP

## WOOD CARVING GROUP

The Wood Carving group meets the **first and third Wednesday of the month** from 1 - 3 PM and works on individual projects. New participants (men and women) are welcome and encouraged to attend. The group invites all levels of carvers from beginners to advanced. The more experienced carvers assist the beginners. Roy Whitney, a St. Michael resident coordinates the group.

**Dates: Wed., Jan. 6 & 20  
Feb. 3 & 17**

**Time: 1 to 3 PM Cost: None**



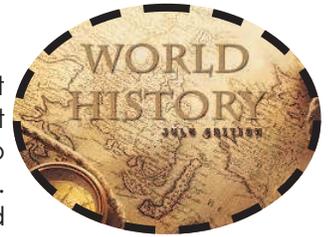
## HISTORY DISCUSSION

Do you enjoy history? Get together with others that share this interest. The group meets on a bi-monthly basis. Topics could be selected that deal with American History, Civil War, World War II – or whatever people are interested in. The group meets the **1st & 3rd Tuesday** of each month.

**Dates: Tues., Jan. 5 & 19  
Feb. 2 & 16**

**Time: 9:30 to 11AM**

**Cost: None**



## Countryside Cottages of St. Michael for Seniors 55+

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# COMMUNITY AND TRANSIT



## CARING COMMUNITIES

The Caring Communities Committee next meeting will be; **February 3 at 1:00 pm.**  
**Location: Crow River Senior Center.**

### *Alzheimer's Support Group & Education*

*Are you affected by Alzheimer's disease?  
A new support group has started and you are welcome to join. The 2nd Thursday of each month at 6:30 pm.*

**Thursday January 14 & February 11**

**Time: 6:30 pm—8:00 pm**

**Location: Crow River Senior Center**

**Supported by: Alzheimer's Association**



Let the un-decorating begin  
**Wednesday January 13**  
**at 1:00 pm**

It's time to put away the tree with memories of another holiday season gone by.

Please join us for some fun, treats and holiday cheer!

Sign up at the Center on the board.

## Trailblazer Transit Service

**Service is in full swing.**

Call the Trailblazer office and talk to a dispatcher to schedule rides.

The **toll-free number is 1-888-743-3828**, and the local number is (320) 864-1000.

The bus fare is \$4.00 per ride per person if the total distance for the ride is less than 25 road miles. The fare is discounted to \$2.00 per ride per person if the entire ride is within the same city limits. Monthly Passes are available that allow a customer to ride an unlimited number of times in a month for a specific purpose such as shopping or dining. The Dining Card is a monthly pass that only costs \$16 per month. It's an economical way to get to the Center for senior dining. Passes are available for purchase only by calendar month.

If you are a resident of Otsego and are interested in riding Trailblazer, please contact your city council as Otsego has opted out of this service. You will need to encourage your city council to revisit their decision.

### **Beds for Kids Project update:**

The Beds for Kids project (Rotary and Crisis Nursery) has delivered 110 beds along with bedding to the kids in need of Wright county.

The program is in need of donations for twin size beds. NEW bedding, mattress pads for Twin Mattresses, pillows and blankets. All must be NEW please.

There will be a collection at the STMA NHS Turkey Bingo on January 16



# HEALTH AND FITNESS



## Gentle Yoga Classes

**No experience necessary!**

**Date:** Tuesday mornings  
**Location:** Albertville City Hall, Upper Level (Elevator available)  
**Time:** 9 AM  
**Cost:** \$5 per session  
**Register with Shannon at 763-227-1785**

Gentle Yoga is for everyone! Join us for a wonderful class that Shannon has been teaching for 7 years! Her students find that they always leave feeling better than how they came in. Shannon leads the class safely through a series of yoga poses designed to gently lengthen, stretch and relax your muscles. Please dress comfortably and bring water. This class is done seated and standing with the support of your chair if needed. Shannon's class honors all levels including those that are brand new to yoga!

**Classes are going on now! Join the exercise fun!**

The cost is \$5 per class.

**Please be sure to contact Shannon to reserve your spot** and feel free to ask any questions!  
 Call **763-227-1785** or email **Shannon.Simon07@gmail.com**



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# HEALTH AND MORE

## 60+ AND HEALTHY CLINIC

The 60+ and Healthy Clinics provided by Wright County Public Health provide foot care for seniors in Wright County. Toenails are trimmed to meet the needs of those seniors who have a health condition such as diabetes or are unable to trim toenails themselves. Call Wright County Public Health at 763-682-7456 with questions.

**Date:** Tuesday, January 26

**Time:** 9:30 to 11:30 AM

**Cost:** \$15

**Location:** Crow River Senior Center

First come basis, sign in when you arrive.

**Not before 8:45am please.**

***“Experience is a hard teacher because she gives the test first, the lessons afterward..”***  
***Verna Law***

## Open Pickleball

Pickleball is a cross between tennis, racquetball, badminton and table tennis. Just show up!

**Date:** Tuesday Nights

**Time:** 6PM

**Location:** STMA Activity Center

**Cost:** \$2 per person



*Take off Pounds Sensibly!*

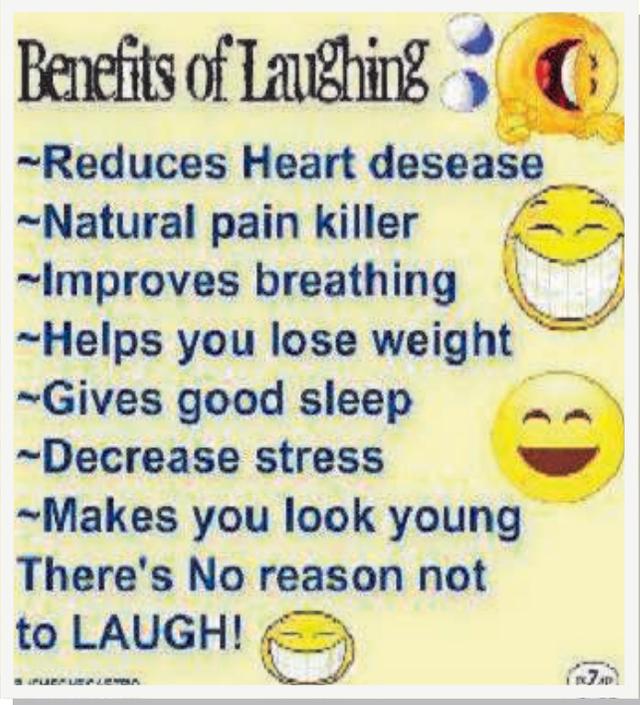
New Friends!  
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Our group meets  
Wednesdays  
5:30 pm  
St. Michael  
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**Weight Loss and Health!**

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Feel free to visit on Wednesday at 5:30 pm  
Or call 763-497-9076 for more information!



## Texting Codes for Seniors

**ATD = At The Doctors**

**BFF = Best Friend Fell**

**BTW = Bring The Wheelchair**

**BYOT = Bring Your Own Teeth**

**FWIW= Forgot Where I Was**

**GGPBL = Gotta Go Pacemaker**

**Batter Low**

**GHA = Got Heartburn Again**

**IMMO = Is My Hearing-Aid On**

**LMDO= Laughing My Dentures**

**Out**

**OMMR= On My Message Recliner**

**OMSG = Oh My! Sorry, Gas**

**FLACGU=Rolling On Floor**

**Laughing and  
Can't Get Up**



**TTYL = Talk To  
You Louder**

# HEALTH, FITNESS, AND MORE

## Silver Sneakers® Flex Fitness Program

The new SilverSneaker® Flex Program brings fitness to your favorite places! Who says you have to be a kid to have fun with your friends? Join us in the following class available near you:

### Silver Sneakers® FLEX Cardio and Strength

When: Mondays and Wednesdays

Time: 9:30 AM to 10:30 AM

Where: The Upper Level of the Albertville City Hall, Albertville

Instructor: Lori Schoenborn

Cost: SilverSneakers® FLEX classes are free for SilverSneakers® members (for non-members: \$2.00 per class).

**Silver&Fit** classes are now available in Albertville

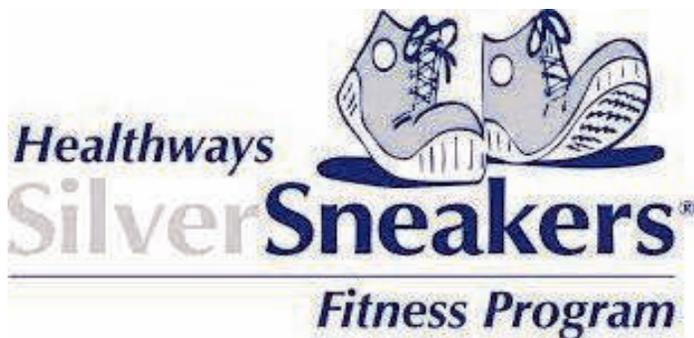
When: Tuesdays and Thursdays

Time: 8AM-9AM

Where: The Upper Level of Albertville City Hall

Instructor: Lori Schoenborn

Cost: Silver&Fit members may be free, annual membership may apply, please check with your insurance. (for non-members: \$2.00 per class.)



## EYEGGLASS ADJUSTMENTS

Free eyeglass adjustments & cleaning will be offered.

- Eye Care Center of St. Michael  
Date: Tuesday, January 12  
Time: 12:30 to 1 PM Cost: None
- Eye West Vision Clinic & Optical  
Date: Tuesday, February 16  
Time: 12:30 to 1 PM Cost: None

## Coffee Chats

Join providers from Allina Health St. Michael Clinic from 10-11 a.m. for a hot cup of coffee and a lively chat on a health topic. For more information call 763-744-4011

**Tuesday, February 23**

**10:00 a.m.**

### Heart health

Renae Dorrity, MD, will celebrate American Heart Health month with information and ideas on how to make heart-healthy choices.

**Tuesday, March 29**

**10:00 a.m.**

### Stress management

Lorraine Hoffman, psychologist, will lead a discussion and talk to participants about stress management, including how you can help take care of yourself.

**Location:**

**Crow River Senior Center**

**Cost: FREE**

**Please call the Center and sign up by the day prior to the chat.**



## FREE Blood Pressure Checks

**Second Tuesday  
In February by:  
Shirley Haggerty**

**February 16  
12:30 - 1:30 pm**



## SPECIAL EVENTS

*Potlucks are back !*



Please, please remember to call the Center to RSVP by Friday before Potluck. This is extremely helpful in setting up enough tables and chairs for the lunch. Potlucks are held at Albertville City Hall.

### **January 11** at Albertville City Hall

Join us with your favorite New Year's food, winter favorites and listen to the smooth vocal entertainment of Alec Waters.

**Date: Monday January 11**

**Time: 12 Noon**

**Location : Albertville City Hall**

**RSVP by Friday January 8**

### **February 8** at Albertville City Hall

Joins us to celebrate Valentine's Day and Presidents' Day, make that special dish to share that your honey likes and enjoy the presentation on *Mount Rushmore: Carving of an Icon*  
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. The original idea for the carving was to generate tourism, so it seems to have been a success. But, the actual carving is a story of inspiration, celebration, anger, bitterness, and perseverance

**Date: Monday February 8**

**Time: 12 Noon**

**Location : Albertville City Hall**

**RSVP by Friday February 5.**

### **Turkey Dinner & Bingo**

Brought to you generously by the STMA National Honor Society

**Date: Saturday, January 16**

**Location: Crow River Senior Center**

**Time: 1:00 PM**

Cost: Free by reservation only, limited space is available. **Must sign up by Friday January 8. Seats are limited.**

The STMA NHS invites you to help the Beds for Kids project. Donations will be taken during this event of NEW twin size mattress pads, pillows, sheets, blankets, or a cash donation towards



### **AARP Tax Aide**

**Available at Crow River Senior Center**



AARP Tax- Aide, free tax preparation will be available for seniors and low-income individuals in 2016 at Crow River Senior Center on Wednesday and Friday mornings beginning Wednesday February 10 through April 13. IRS certified TAX Aide volunteer counselors will be available from 9AM to 12 PM to assist you with federal and state income tax and state property tax/rent credit preparation. Call the Center to schedule an appointment.

**Dates: Wednesdays and Fridays February 10 through April 13 (45 minute appointments scheduled)** Cost: None

Items to bring along to the appointment: 2015 state and federal tax returns

-W2's, 1099's, SSA-1099 forms and any other income and /or tax documents for 2015 .

- If you want your refund direct deposited please bring your checkbook, we will need to enter routing and account codes on the tax forms.
- Bring identification (drivers license and SS#)

## "DID YOU KNOW" & EVENTS

### **Crochet dish towels & dish cloths & Scrubbies :**

If you have the knack we have the need for some to be crocheted with the tops for hanging dish towels and the dish cloths. Contact Vonnie at the Center.

**Needed:** Making Card Holders and other craft corner items. Please let Vonnie know if you are able and interested. We would provide the material.

**Keep Us Posted** of participants that are ill, hospitalized or experiencing a family emergency. Just give us a call at the center at 497-8900.

**Used eyeglasses and cell phones:** If you have old eyeglasses or cell phones, there are collection boxes at the Center. The Rotary collects used phones and the Lions Club collects eyeglasses.

**The Crow River Center** receives money from donations made at the **U'SAgain box at Bernings Station in Albertville.** If you are getting rid of unused clothing please consider putting the items in that box.

**Labels for Learning:** Continue to turn in those GREEN "Labels for Learning" certificates from area merchants and support the Crow River Senior Center. To date we have received: \$149.10 since the program was changed to L2L. Thank You to all who turn in the green Labels 2 Learn coupons from area merchants. Every little bit helps!

**TURKEY JAR Results are in : 21 Turkeys were collected for the Hanover Food Shelf (18 large & 3 small) Thanks to Geneva Burke for coordinating this project for another year. Thank you to all who brought in tickets and coupons.**

**STMA School Collection** Container at the Center

Labels for Education, milk bottle caps, box tops for education, pop tabs, loaves 4 learning, village hearth & country hearth and receipts from Coborns for the education points. A NEW and complete list of items accepted are at the Center. Keep turning them in. Thank you to Geneva Burke for keeping track of this program. **Reminder ENTIRE RECEIPTS are needed please.**

### **Fare For All Available in Buffalo**

Fare For All is a great way to save money on quality, nutritious food.

Fare For All is community supported and open to everyone. The more people who participate, the better.

For more information, visit [www.fareforall.org](http://www.fareforall.org)  
763-450-3880 or 1-800-582-4291



#### **Buffalo Location:**

**Zion Lutheran Church**

**1200 MN -25 , Buffalo, MN 55313**

**Tuesdays 3:30 pm—5:30 pm**

**Dates: January 5, February 2, March 1, April 5,  
May 3 & May 31**

### **MN HWY SAFETY CENTER 55+ Driving Class**

This driver improvement course is taught by MN Hwy Safety Center trained instructors. The class will explore changes in laws, the latest vehicle technology, and provide you with easy-to-use defensive driving tips. In addition, we will explore traffic safety and accident prevention. The classroom consists of the four hour refresher or first time eight hour class. Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55 and over.

#### **4 Hour Class**

**Date: February 6**

**Time: 9:00 AM to 1:00 PM**

**Location: Crow River  
Senior Center**



**To register visit our website  
at [www.mnsafetycenter.org](http://www.mnsafetycenter.org)  
or call 1-888-234-1294.**

# MOVIES

## January Movie Club

Call the Center to Sign up for each movie! Popcorn provided!



## February Movie Club

Call the Center to Sign up for each movie! Popcorn provided!

### FRIDAY January 8 at 1:00 pm "Mission: Impossible 5 Rogue Nation"

A shadowy organization called the Syndicate threatens the IMF. The Syndicate has the same types of resources and agents as IMF, and only the best of the best can hope to take down this looming menace and its enigmatic leader. Agent Ethan Hunt must assemble a team of elite agents to investigate and confront this new foe, and Agent Hunt's skills are put to the ultimate test as he embarks on the most impossible mission he has ever faced. **Time 131 min.**

Starring: Tom Cruise, Jeremy Renner, Ving Rhames

### THURSDAY January 14 at 9:30 am "90 Minutes in Heaven"

Don Piper is a Baptist minister on his way home after a minister's conference when tragedy strikes in the form of a collision with a semi-trailer. When paramedics arrive on the scene, Don is pronounced dead immediately from the severity of the wreckage. For an hour and a half after he's pronounced dead and the paramedics clean up the wreckage, something strange happens to Don Piper. He finds himself in Heaven, meeting with old friends and family who have passed away, experiencing the reward he knew awaited him at the end of his life and joining in with the faithful followers as he now belongs with them. Then Don miraculously wakes up in the emergency room, forever changed by his experience. **Time: 121 min.**

Starring Kate Bosworth, Hayden Christensen, Dwight Yoakam

### FRIDAY January 22 at 1:00 pm "He Named Me Malala"

From the book My Name is Malala to a speech to United Nations, Malala Yousafzai has created quite the international stir. However, we're all left wondering one thing: what provoked her to stand up for her education? Follow Malala as she leads us through what happened before she stood up for her education. An inside look at what happened during the Taliban's attack on her for standing up and speaking out in favor of girls' education follows, and we will see the aftermath. From the national infamy to the Taliban, and international fame as a worker for peace, Malala's life will never be the same. **87 Min**

Starring Malala Yousafzai Directed by Davis Guggenheim

### FRIDAY February 5 at 1:00 pm "Ricki and the Flash"

Ricki Randazzo, is a middle aged rock star who plays dive bars in Los Angeles' San Fernando Valley. Her life is turned upside down when her ex-husband calls to tell her that their distraught daughter is going through a very messy divorce. Ricki flies out to Chicago to try and comfort her daughter, who rejects her. She also finds out that one of her sons is getting married and that another is gay. Ricki realizes that she's missed out on so many years of her children's lives in her pursuit of fame and attempts to find some sort of redemption. **Time 100 min.**

Starring Meryl Streep, Kevin Kline, Mamie Gummer, Ben Platt, Rick Springfield

### FRIDAY February 19 at 1:00 pm "The Intern"

Jules Ostin is a young woman running a thriving online fashion website. Convinced by her employees to enact a senior outreach program, she hires 70-year-old retiree Ben Whittaker as an intern. Ben initially has much to learn, and finds that the modern business world isn't anything like he remembers. However, as Ben acclimates himself it becomes clear that he has plenty to teach the young people around him. In the end, it may be Ostin that learns the most valuable lessons of all.

**Time 121 min**

Starring Robert DeNiro, Anne Hathaway, Rene Russo

### FRIDAY February 26 at 1:00 pm "A Walk in the Woods"

Bill Bryson is an American living and working in England. When he returns to the United States after 20 years, his decision to hike the Appalachian Trail with an old friend leads to an introspective journey that will change him forever. Bryson soon finds that hiking the 2,000 mile trail is more than a physical and mental challenge - it's an emotional odyssey full of laughter, sadness, self reflection, and soulful inspiration. **Time 104 min**

Starring: Robert Redford, Nick Nolte, Emma Thompson

*Have a suggestion for a movie? If there is a movie that you would like to see shown at the Center please let us know.*

# LEGAL AND INSURANCE SERVICES

## LEGAL SERVICES

The Senior Law Project of St. Cloud will be offering legal assistance to seniors 60 and over that are residents of Wright, Benton, Morrison, Stearns, Todd, Wadena and Sherburne County. Call to schedule an appointment. The Senior Law Project can help with the following legal problems: Public Benefits, Health Insurance Matters, Low Rent Housing, Advance Directives, Nursing Home Problems and Family Law Issues. Legal services are held monthly at the Center on the first Monday of the month **by appointment only**.

**Dates : Monday, Jan 5, & Feb. 1 & Mar 7**

**Appointment Times: 9:00AM, 9:30 AM & 10:00 AM**

**Cost: None**



## Legal Aid On-Line

Apply on-line for free legal help for low-income people

- To find out more go to:
- [www.justice4mn.org/a2j](http://www.justice4mn.org/a2j) or if you prefer to call dial 320-253-0121 or toll free at 888-360-2889
- Helpful topics include: housing, family, health, disability, seniors, immigration, public benefits, income tax.

## FREE Insurance Counseling Appts.

Do you have questions about supplement insurance plans, Medicare or Medicare bills? Contact the Center at 763-497-8900 and you can set up a one-on-one appointment with our Senior Community Service Health Insurance Counselor.

**Cost: None, but please call the Center to schedule an appointment.**

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# WRITERS GROUP



## WRITER'S GROUP

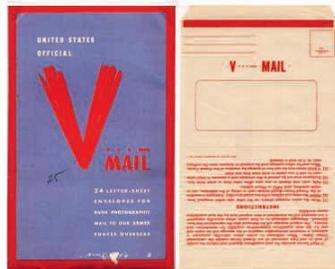
If you think you would like to try your hand at recording your memories, writing poetry, short stories, etc., then join the writing group. Open to everyone, no experience needed, & no charge. The group meets twice a month on the 1st & 3rd Mon. **Dates: Monday, Jan 4 & 25 Feb 1 & 22 ( dates are varying this month due to holiday closings) Time: 1 – 2:30 PM Cost: None**

## *Communication Past by Mary H. Smith*

Even though I do not take full advantage of the many developments in communication, I marvel at the vast array of tools that are now available. Each day it seems another incredibly ingenious idea appears on the market. These latest entries are so in demand that people stand in line for hours in order to be among the first to own an upgrade for yet another version of something that they already own. There is nothing wrong with the instant gratification. It really is a mind-set, a way of life. And it is occurring with the last three generations. The transition has been gradual and inexorable. The actual need for more and more miscellaneous information has become a well established mode of daily life. It is now necessary.

One very special benefit from this new technology is that it gives men and women who are in military service a means of keeping in close touch with their families. There is nothing more reassuring than the voice of a loved one. And of course, with Skype, the actual image adds to the comfort. To a small child the framed picture on the dresser can be just that—a picture however treasured the image. But, with frequent talks and visions the memories are kept sharp and comforting.

In World War II the only communication was by airmail or V-Mail. The mail was very sporadic and depending on what was happening in the war, agonizingly slow. I remember one of those seemingly endless waits. There was a 5 week period with no mail. The war news told us that the Battle of the Bulge was in its full intensity. My husband was in Europe—was he in that particular battle? Was that why I didn't hear from him?



## WRITERS GROUP STORY CONTINUED

The postman was so dear. He was a young man with a withered arm. I wondered if he wished he could be serving his country. He, of course, was. In his own way. But the feeling of patriotism ran very high then. I lived with my parents in a neighborhood where two other war brides were living with their parents. Each morning, about mail time, we would be out pushing our baby buggies, watching. Al, the mailman, told us later he dreaded those days and weeks when he had to face us and not have mail. One morning at the beginning of the street, there was Al—blowing his horn. Each of us gals had a big stack of letters. We were laughing and crying and hugging Al and were so boisterous that the babies started crying!

In the Korean War, my husband was called back on active duty. He was sent to Europe, to Austria. The cold war was very much in evidence and Russia was just across the Danube River. Their outfit was sent to set up mines on the bridges and roads across the Danube. The Russian zone of Austria, as a delaying action, should Russia invade Austria. Of course, he did not tell me what the mission was, but it was a very tense time. The methods of communication were just as meager during this hitch as it was during WWII. We no longer had V-Mail, only air-mail. Since he was not in our active war zone, a phone call was possible, but not probable. There was limited long distance calling, even in the U.S. This was 1951: long distance was used sparingly by private citizens. It was mainly for emergencies such as deaths, illness, births, or especially traumatic events. Long distance was quite expensive and at that time, most people lived frugally. Bruce had been gone for 8 months. The men who had many months left on their tour of duty were attempting to bring their families over to Austria. These were regular career military men: my husband was reservist and had 7 months left for his tour. And he just wanted to talk with his family. Let's take a look at the phone situation in this little town. By this time, 1951, larger towns and cities had been able to upgrade their equipment. The facility in this town was small, one switchboard, one operator, (remember Lily Tomlin skits?). Only businesses had private lines. We were on a 3-party line which meant our privacy depended on the courtesy and clean conscience of the other two parties. To make a call you would lift your receiver, the operator would say "number please". She would then plug in the number. (Or, if you knew each other personally there might be some idle chit chat, then she'd plug in your number.) So, the call from Daddy was scheduled. He would have to make his call about 2:00 a.m. Austrian time in order to get the kids at the good time. So, the call from Daddy came through. Terry was beside himself he was so excited! He went on and on and could have questioned his Daddy all night. Of course, so could I. But Holly was having difficulty hearing at that time and the call was making her very sad because she could not hear her Daddy. She was just devastated. I sensed what was going on. The operator had kept her own switch open, thus cutting the volume. I grabbed the phone and practically yelled, "Paula, close your switch so this child can hear her Daddy!" She did and Holly could hear. That brief time when we could actually hear his voice meant so much to all of us. After the call, when we had finished our routine of baths and reading, we sat and let our pleasant talks engulf us. Terry eagerly shared what he and his Daddy talked about, Holly just smiled as only a 4 year old can and said, "Daddy sounded like he loved me." They wanted to get to sleep so they could dream about how he looked. It was wonderful for me, too. I felt refreshed and encouraged—and tried not to dwell on the fact that we had 7 months to go.



# TRIPS & MISC.

## Casino Trip—Treasure Island Casino

Pickup location is behind the Colonial Mall on Hillcrest Drive. To Register call Donna Duscha at 763-497-1815.

**Date: Wednesday, January 20  
leaves at 8:30 a.m. prompt**

*No registrations are taken  
at the Center. Must have  
30 passengers!*

**Sign up by Friday Jan 15**



**Thanksgiving in Hanover**  
*Thank you Minnetonka Clippers &  
everyone who attended.*



## Senior Community Services COACH TRIPS for 2016

Brochures of these trips are available at the Center. Just ask at the desk. For registration and more information call Allison Bendickson 952-767-7899

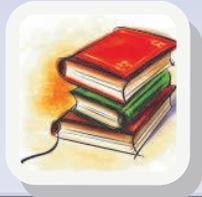
- Arizona February 5-20  
\$2,690 per person, double occupancy
- Panama City Beach February 15-March 4  
\$2,899 per person, double occupancy
- Panama City Beach Fly-In—Feb. 17-March 1  
\$3,166 per person, double occupancy
- Florida February 26-March 13  
\$3,450 per person, double occupancy
- Florida Fly March 1-10, 2016  
\$2,790 per person, double occupancy
- California March 11-25, 2016  
\$2,829 per person, double occupancy
- Beauty of the South April 1-12, 2016  
\$2,050 per person, double occupancy
- New Orleans April 10-19, 2016  
\$1,929 per person, double occupancy
- Music Cities April 25-May 2, 2016  
\$1,490 per person, double occupancy
- Pella Tulip Festival May 5-8, 2016  
\$790 per person, double occupancy
- Shipshewana May 11-15, 2016  
\$1,019 per person, double occupancy
- Holland Tulip Festival & Niagara Falls  
May 8-13, 2016  
\$1,019 per person, double occupancy

# BOOKS & CLASS

## Second Tuesday Book Club

The Second Tuesday Book Club meets once a month on the **Second Tuesday at 6:30 PM.** There is no cost and new participants are welcomed.

**January 12** "Go Set a Watchman" by H. Lee  
**February 9** "Lottery" by Patricia Wood



**Location: Crow River Senior Center**

## Craft Making

Bring your fun creative spirit for some fun craft making. You will get to choose from a couple of crafts to make.

**Friday Feb. 5**  
**Time: 10:00 am**  
**Cost: \$3.00 to cover materials.**  
**Register by Tues. Feb 2**



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# JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>Center Closed</b> <b>New Year's Day</b>
<b>4</b> 9A-12 Open Painting <b>9:00A Legal Appt.</b> 9:30A— FLEX Silver Sneakers (Albertville) 1P Writers Group 1P Dominoes 1:30P Choir	<b>5</b> 8A Silver & Fit (Albertville) 9A-Joy Stitch Club 9A Yoga (Albertville) Noon Lunch 1P Social Bridge	<b>6</b> 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P – Whist 1P Woodcarvers  5:30P TOPS	<b>7</b> 8A Silver & Fit (Albertville) 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Bingo 1P Euchre (Craft Room)	<b>8</b> 9 A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards <b>1P Movie Club “Mission Impossible”</b>
<b>11</b> 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) 12 Noon Potluck (Albertville City Hall) 1P Dominoes  1:30P Choir	<b>12</b> 8A Silver & Fit (Albertville) 9A-Joy Stitch Club 9A Yoga (Albertville) Noon Lunch <b>12:30P Eye Glass Adj. By Eye Care of St. Michael</b> 1P – Social Bridge <b>1p-5p Blood Mobile</b> 6:30 P Book Club	<b>13</b> 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P – Whist 1P Undecorate the Tree  5:30P TOPS	<b>14</b> 8A Silver & Fit (Albertville) 9:30A Pinochle <b>9:30A Movie Club “90 Minutes of Heaven”</b> Noon Lunch 1P Euchre (Craft Rm) 1P Bingo  <b>6:30 Alzheimer's Support Group</b>	<b>15</b> 9A – Cribbage 12:30P Mahjong (Craft Room) 1P 500 Cards  STMA NHS Turkey Bingo Sat. 16th Must preregister. Seats limited.
<b>18</b> <b>Center Closed</b> <b>Martin Luther King Jr. Day</b>	<b>19</b> 8A Silver & Fit (Albertville) 9A-Joy Stitch Club 9A Yoga (Albertville) 9:30A History Discussion Noon Lunch 1P – Social Bridge	<b>20</b> 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards <b>Noon lunch B'Days Affinity Hearing Check</b> 1P – Whist 1P Woodcarvers  5:30P TOPS	<b>21</b> 8A Silver & Fit (Albertville) 9:30A Pinochle Noon Lunch 1P Euchre (Craft Room)  1P Bingo	<b>22</b> 9 A – Cribbage 9:30A Movie Club  Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards <b>1P Movie Club “He Named Me Malala”</b>
<b>25</b> 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) (Albertville City Hall) 1P Dominoes <b>1P Plan the Menu</b> <b>1P Writers Group</b> 1:30P Choir	<b>26</b> 8A Silver & Fit (Albertville) 9A-Joy Stitch Club 9A Yoga (Albertville) <b>9:30A-11:30A 60+ Healthy Clinic</b> Noon Lunch 1P – Social Bridge	<b>27</b> :30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards <b>Noon lunch</b> 1P – Whist  5:30P TOPS	<b>28</b> 8A Silver & Fit (Albertville) 9:30A Pinochle Noon Lunch 1P Euchre (Craft Room) 1P Bingo “Superbowl Bingo Wells Fargo Sponsored”	<b>29</b> 9 A – Cribbage 9:30A Movie Club  Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards

# LUNCH MENUS

## JANUARY 2016

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						<b>1</b>	<b>Center Closed Happy New Year!</b>
<b>5</b>	TatorTot Hot dish Cole Slaw Wheat Bread	<b>6</b>	Manicotti Green Salad Breadstick	<b>7</b>	Pulled Pork Sandwich Potato Salad Baked Beans	<b>8</b>	Beef Spatzel Soup Cold Beef Sandwich Pickles
<b>12</b>	BBQ Riblets Baked Potato Candied Carrots	<b>13</b>	Beef Stroganoff Noodles Green Salad	<b>14</b>	Chicken Drummys Tator Tots Waldorf Salad	<b>15</b>	Liver & Onions Baby Red Potatoes Corn
<b>19</b>	Spaghetti w/ meat sauce Green Salad Breadstick	<b>20</b>	<b>B'Day lunch</b>  Swiss Chicken Rice Blend Brussel Sprouts	<b>21</b>	Salisbury Steak w/ mushroom gravy Mashed Potatoes Green Beans	<b>22</b>	Baked Ham Au Gratin Potatoes California Blend
<b>26</b>	French Dip Sandwich Tator Tots Cole Slaw	<b>27</b>	Chicken Chow Mein Noodles/ Rice Bread Stick	<b>28</b>	Pork Chops Stuffing w/Gravy Cranberries Peas	<b>29</b>	Chicken Wild Rice Soup Chicken Salad Sandwich on a Croissant

# FEBRUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9A-12 Open Painting 9A Legal Appt. 9:30A –FLEX Silver Sneakers(Albertville) 1P Writers Group 1P Dominoes 1:30 Choir	<b>2</b> 8A Silver & Fit ( Albertville) 9A Yoga (Albertville) 9A- Joy Stitch Club 9:30A - History Discussion Noon Lunch 1P – Social Bridge	<b>3</b> 9:30A Hand& Foot Crds 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P Woodcarvers 1P – Whist 1P Caring Communities  5:30P- TOPS	<b>4</b> 8A Silver & Fit ( Albertville) 9:30A Recycled Cards 9:30A Pinochle <b>Noon Lunch</b> <b>1P Bingo Sponsored by Silver Creek Living of Maple Grove</b> 1P Euchre	<b>5</b> 9A Cribbage <b>10A Craft Class</b> Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards 1P Movie Club <b>“Rickie &amp; the Flash”</b>
<b>8</b> 9A-12 Open Painting 9:30A –FLEX Silver Sneakers(Albertville) <b>Noon Potluck</b> (Albertville)  1P Dominoes 1:30 Choir	<b>9</b> 8A Silver & Fit ( Albertville) 9A Yoga (Albertville) 9A- Joy Stitch Club 10A – Advisory Board Noon Lunch 12:30P BP Checks 1P – Social Bridge  6:30P Book Club	<b>10</b> <b>9a-12 noon AARP Taxes</b> 9:30A Hand &Foot Crd. 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P – Whist  5:30P- TOPS	<b>11</b> 8A Silver & Fit ( Albertville) 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Valentine Bingo 1P Euchre  6:30P Alzheimer’s Support Group	<b>12</b> <b>9a-12 noon AARP Taxes</b>  9A Cribbage Noon Lunch 1P Mahjong (Craft Room) 1P- 500 Cards
<b>15</b>  <b>CENTER CLOSED</b>   <b>PRESIDENTS’ DAY</b>	<b>16</b> 8A Silver & Fit ( Albertville) 9A Yoga (Albertville) 9A- Joy Stitch Club 9:30A - History Discussion Noon Lunch <b>12:30P Eye Glass Adj. By Eye West</b> <b>12:20P Blood Pressure Check</b> 1P – Social Bridge	<b>17</b> <b>9a-12 noon AARP Taxes</b> 9:30A Hand & Foot Crd 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch B’days 1P – Whist 1P Woodcarvers  5:30P- TOPS	<b>18</b> 8A Silver & Fit ( Albertville) 9:30A Recycled Cards 9:30A Pinochle <b>12Noon Lunch B’Day</b> 1P Bingo 1P Euchre	<b>19</b> <b>9a-12 noon AARP Taxes</b> 9A Cribbage Noon Lunch 1P Mahjong (Craft Room)  1P- 500 Cards 1P Movie Club <b>“The Intern”</b>
<b>22</b> 9A-12 Open Painting 9:30A –FLEX Silver Sneakers(Albertville) 1P Writers Group 1P Dominoes 1:30 Choir	<b>23</b> 8A Silver & Fit ( Albertville) 9A- Joy Stitch Club 9A Yoga (Albertville) 10A Coffee Chat Noon Lunch 1P – Social Bridge	<b>24</b> <b>9a-12 noon AARP Taxes</b> 9:30A Hand & Foot Crd 9:30A –FLEX Silver Sneakers (Albertville) <b>Noon Lunch</b> 1P- Whist 5:30P TOPS	<b>25</b> 8A Silver & Fit ( Albertville) 9:30A Recycled Cards 9:30A Pinochle <b>12Noon Lunch</b> 1P Bingo 1P Euchre	<b>26</b> <b>9a-12 noon AARP Taxes</b> 9A Cribbage Noon Lunch 1P Mahjong (Craft Room) 1P- 500 Cards 1P Movie Club <b>“A Walk in the Woods”</b>
<b>29</b> 9A-12 Open Painting 9:30A-FLEX Silver Sneakers (Albertville) 1P Dominoes 1:30 Choir				

# LUNCH MENUS

## FEBRUARY 2016

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Taco Salad Bread Stick Glorified Rice	<b>3</b> Chicken Breast w/ Orange Sauce Rice Broccoli	<b>4</b> Beef Roast Mashed Potatoes Gravy Carrots	<b>5</b> Chili Corn Bread
<b>9</b> Swedish Meat Balls Egg Noodles Buttered Beets	<b>10</b> Cheese, Egg, Spinach Quiche Cinnamon Roll	<b>11</b> Chicken Ala King Baking Powder Biscuits	<b>12</b> Homemade Macaroni & Cheese Green Salad
<b>16</b> Enchilada Refried Beans Spanish Rice	<b>17 B'Day Lunch</b> Meat Loaf Baked Potatoes Green Beans	<b>18</b> Hot Turkey Sandwich Mashed Potatoes Gravy Cranberries	<b>19</b> Fish Square Tator Tots Baked Beans
<b>23</b> Beef Stew Baking Powder Biscuits Green Salad	<b>24</b> Chicken Chow Mein Noodles/Rice Cole Slaw	<b>25</b> Liver & Onions Baked Potato Buttered Beets	<b>26</b> Cheese Ravioli Waldorf Salad

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- 7.WoodCarvers&HistoryGroup
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### ABOUT US

The Senior Center is located at 11800 Town Ctr Dr NE, Suite 200 in St. Michael. The Center is open Monday through Friday, 8:30AM to 4:00PM. Noon lunches are served on Tuesday, Wednesday, Thursday and Friday. For more info. on programs & senior issues, call the Center at 763-497-8900. [www.crowriverseniorcenter.com](http://www.crowriverseniorcenter.com)



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### A NOTE REGARDING THE NEWSLETTER: PLEASE HELP US SAVE COSTS

Please notify the Center if you are gone for the winter or no longer wish to receive the newsletter. Contact us also if you are willing to pick up the newsletter at the Center or have it e-mailed to you, or have a change of address. Thanks.

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**THE CROW RIVER SENIOR CENTER**  
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