



CROW RIVER SENIOR CENTER NEWS

July
August
2015

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

NOTICE: Center CLOSED Friday July 3rd

Summertime!

Summertime is what most of us look forward to in Minnesota! Enjoying the short season that we can grow our flowers, vegetables and swat those mosquitos! The time of year that the only white on the ground is from the Cottonwood trees or the May Fly swarms! Shoveling may still occur but only last a fleeting moment and can be done with a dustpan! This time of year also brings out our communities for their hometown festivals. The special togetherness of community that most enjoy being in the suburbs for and that small hometown feel. I encourage you all to get out to the local festivals and support our local community groups. Please visit us at our bingo tents in Hanover at the Hanover Harvest Festival on August 1st and St. Michael for the Daze and Knights on August 15th! You just might get lucky and win something! You are definitely sure to have some fun!

We have done some celebrating here at the Center since we last met! Celebrating our fabulous volunteers who make this center run smoothly as well as celebrating our Senior Shining Stars with our over 85 party! We had 62 participants this year that were over 85 and wow! That speaks well of our community, caring and watching over one another. Gathering all of that great wisdom in one room! Thank you for coming out to celebrate with us! It was an amazing picture getting all of them together. As you can see in the picture below, presenting to you our shining stars! Our Senior Expo brought us a good fundraiser as well as the Coborn's Brat Sale where we made \$134.91 in tips alone! THANK YOU for all who came and supported us by eating brats or those who just threw something extra in the tip jar! We appreciate each and every one of you!

Please enjoy the contents of this newsletter and be sure to check the Center for items that may not have made it in this edition. We have several trips for you this time. Be reminded that there is something for everyone here at the Center! All you have to do is make that walk in the door!

Please be kind to one another and enjoy life!

Respectfully, **Vonnie Waters**



Shining Stars of 2015

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

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

* www.crowriverseniorcenter.com

Diabetes— Nutritional and Informational Two Part Series

Join us at the Senior Center for a two part series focusing on how to control situations that occur with diabetes. Whether you yourself have diabetes or are a caregiver , all are welcome to attend to learn about different options in managing diabetes.

In the first discussion we will focus on the Dash Diet.

Handouts are provided that included sample meal plans of what to eat on the DASH Diet and a range of serving sizes available to meet caloric intake. Participants are then educated on sodium intake and the importance of a low/managed sodium intake to help maintain a healthy blood pressure/diet. Lastly, tips for if you slip on the diet, how it is okay and to keep working at trying to stay healthy even after a slip. In addition, recipes are provided to help get started on beginning the DASH Diet. Participants will be able to understand a slip within the diet is okay and they can still be successful in the diet after a slip occurs.

The Second discussion will focus on the Up to Date Diabetes information providing those with diabetes or caregivers the most recent information related to diabetes. During this discussion we will focus on target lab values and the goals diabetes patients look for in those lab values and managing their diabetes. We will also gain an understanding of what the acronym SWEETS for LIFE & ADIABETES MEAL PLAN means, and how to control the ABC's of diabetes. Lastly, listeners will learn the importance of viscous soluble fiber within the diet and weight management while having diabetes, in addition carbohydrate monitoring and the difference between glycemic index and glycemic load will be discussed. After the presentation listeners will be able to, understand carb monitoring based on daily intake and selecting healthy carbs as well as understand carb monitoring based on daily intake and selecting healthy carbs.

Presented by **Raelynn Sampson** University of Wisconsin-Stout Dietetics Undergraduate

Two Part Series

Discussion Dates: August 11 2:00 pm & August 18 2:00 pm

Location: Crow River Senior Center

Cost: Free

Call the Center to sign up please by August 10

On June 4th we celebrated our Shining Stars of the community! Our valued citizens 85 years young and over. A BIG THANK YOU to First American Bank for sponsoring the event and Dennis Martodam for sharing in the fun. There were 62 shining stars in attendance with our two brightest stars, 99 year young Vincent Anderson and 100 year young Velma Hanson!



MEALS & BIRTHDAYS

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



YOU PLAN THE MENU

September and October 2015

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 September and October 2015

Monday July 20 at 1: 00 PM

Summer Festivals

The Crow River Senior Center will once again be participating in the local festivals and volunteers **WILL** be NEEDED. Please watch the bulletin board at the Center for sign up opportunities!

Hanover Harvest Festival—Parade & Bingo

Saturday August 1

St. Michael Daze & Knights—Parade & Bingo

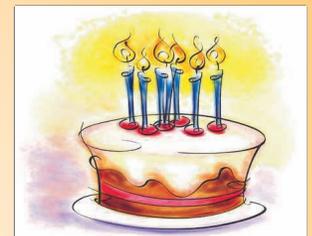
Saturday August 15



Harold & Tim Anderson Albertville Parade

BIRTHDAY PARTIES

ENJOY A
COMPLIMENTARY
BIRTHDAY LUNCH



JULY BIRTHDAYS: THURSDAY, JULY 30TH

AUGUST BIRTHDAYS: WEDNESDAY, AUGUST 26TH

If you have a birthday during the months of July or August 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..*

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 Vonnie. 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, call the center or let Vonnie know.

Help in Crocheting, knitting or sewing items for our Craft Corner. Contact Vonnie for details.

OUR WISH LIST

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

THANK YOU ! DONATIONS & MEMORIALS

\$20.00 Mary Loken
\$50.00 Ted Heintzeman
Puzzle Board—Joey Dehmer



Coborn's Brat Sale



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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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CALL GREG OR JILL
@ 763-497-3099

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



Let's cool off and celebrate

Christmas in July!

What better way than to have some fun with

White Elephant Bingo!

Join us on **Thursday July 30th**
(Following the birthday lunch at 1:15)

Cost to play;
bring a wrapped white elephant gift

Engel Haus will join us as hosts!

Second Tuesday Book Club

The book club will not meet July or August . They will be back in September.



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 The Winner
of the Twins Basket!

Check the Center for the winner
The next basket will be a
Golfing Theme.

Great River Area Faith in Action

A representative from Faith in Action will be on site at the Crow River Senior Center
Thursday July 9th
11 am—3 pm

Find out all that they have to offer



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., July 1 & 15
August 5 & 19**

Time: 1 to 3 PM Cost: None



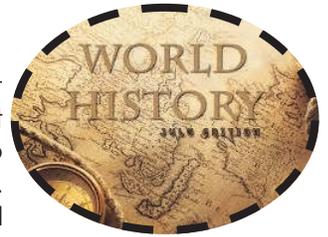
HISTORY DISCUSSION

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., July 7 & 21
August 4 & 18**

Time: 9:30 to 11AM

Cost: None



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COMMUNITY & HEALTH

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CARING COMMUNITIES

The Caring Communities Committee will **not** meet in July, August or September. Meetings will resume in October.

Service Day for Seniors

On August 8th, 2015, Westbridge Community Church would like to help Seniors with some outdoor projects. Painting, mowing, basic landscaping, etc. are all part of this day. If you have a project you would like help with, please sign up at the Center. We will contact you to get specifics and do our best to help/accommodate your request.

**Call the Center to get your name on the list by Friday July 31
You will be contacted by the volunteers for your individual project.**

TAI CHI!

“Come join us for a 6 week session of beginner Tai Chi. Come for as many classes as you like. Tai Chi is a gentle exercise that will improve your strength, balance and well-being. Tai Chi has been proven to reduce falls and can be modified for all levels.” Tai Chi may also help with Anxiety, depression, insomnia, tension, low energy, chronic fatigue and fibromyalgia. Join us for all classes or some. Whatever fits into your schedule.

Classes led by **Cheryl Wuollet**

Occupational Therapist/ Certified Hand Therapist
Courage Kenny Rehabilitation Institute, Buffalo Hospital, part of Allina Health

The Class is free and registration is requested please at least one day prior to the class date.

Call the Center to register

July Dates: Tuesday, July 14, July 21, July 28,

August Dates: Tuesday, Aug. 4, Aug 11 & Aug 18.

Time: 11:45A—12:30 PM

Location: Crow River Senior Center Chamber Room.

Cost: FREE

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.

Sharing of our volunteer... Kathy Undlin

When Bob and I moved to Albertville in 1999 we were new to the area & we knew no one. Lucky for us Lola & Earl Hall were managers at the Cottages of Albertville and Lola invited me to join her at Crow River Senior Center for crafts. Next thing I knew Bob and I were on the Advisory Board and I was answering the phone, embroidering dish towels, putting the newsletter together, planning meals, modeling for the style show and more. We enjoy the bus trips, special luncheons and much more. If you are new in the area & want to make new friends, I whole heartedly advise you to stop in at the Crow River Senior Center and check out the place. You might even get involved and have some fun! I've been involved for 15 years and hope that it continues for a long time.

Tell us your story, what brought you in the door?

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, July 28

Time: 9:30 to 11:30 AM

Cost: \$15

Location: Crow River Senior Center

Memorial Blood Drive

**Monday July 20
1:30 pm - 6 pm**



**Memorial
BLOOD CENTERS**

A Division of Innovative
Blood Resources

Location: Crow River
Senior Center
Chamber Room

Please sign up at www.mbc.org/searchdrives and enter Sponsor Code: 4126 or contact Jay at (651) 332-7165 or jwhitcomb@mbc.org





Take off Pounds Sensibly!

**New Friends!
Great Support!**

Our group meets
Wednesdays
5:30 pm
St. Michael
Senior Center
11800 Town Ctr Dr

Weight Loss and Health!

- Nonprofit, noncommercial
- Learn to eat healthy
- Accountability and success
- Convenient location
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**Feel free to visit on Wednesday at 5:30 pm
Or call 763-497-9076 for more information!**

LET'S GO FISHING!



Let's go fishing of MN Buffalo chapter is a volunteer run organization/program that takes individuals fishing and boating on

a local lake. The boat is a 26 foot, wheelchair accessible pontoon that takes people out for a 2 hour fishing or boating cruise on Lake Pulasaki. All fishing equipment, bait and life jackets are provided—all you need is a fishing license. This is the 7th year for the program and they have taken over 1,000 folks out each summer.

Dates and Reservation Deadlines.

Thursday August 6 (9:30—11:30 AM)

Reservation by Monday Aug 3

Wednesday August 19 (9:30-11:30 AM)

Reservation by Thursday Aug 13

Thursday Sept. 10 (9:30—11:30 AM)

Reservation by Tuesday Sept 8

Friday Sept. 25 (9:30-11:30 AM)

Reservation by Monday Sept 21

Time: As stated above for each trip

Cost: None (just need a fishing license)

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

Musical NOTE: The Senior Choir will not meet during July or

August and resume in September! Thank you all for sharing the joy of your musical talents with us!



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

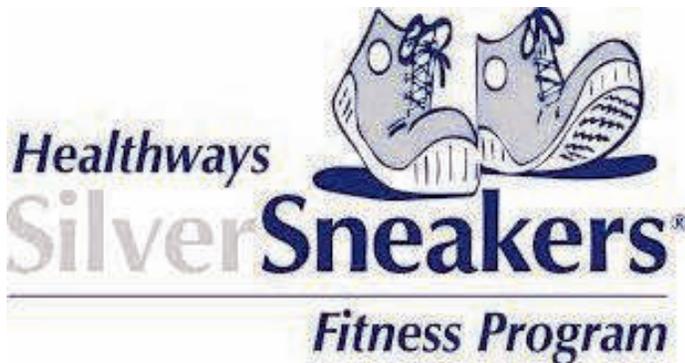
When: Mondays and Wednesdays

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).



EYEGGLASS ADJUSTMENTS

Free eyeglass adjustments & cleaning will be offered.

- Eye Care Center of St. Michael
Date: Tuesday, July 21
Time: 12:30 to 1 PM **Cost:** None
- Eye West Vision Clinic & Optical
Date: Tuesday, August 18
Time: 12:30 to 1 PM **Cost:** None

Rim Riders Biking Group! Get your Bikes ready to Ride!



Rim Riders

The Rim Riders will begin their weekly bike rides in May. If you would like to have your name added to the email list for weekly ride updates, contact the Center at information@crowriverseniorcenter.com or call 763-497-8900.

Here is the Schedule so far:

- July 6—**NO RIDE**—4th of July Week
- July 13 - Elk River ride -
- July 20—Royalton to Holdingford
(Soo Line Trail) - 27 miles
- July 27—Princeton/Rum River - 20 miles
- Aug 3—Munsinger Gardens
- Aug 10—Mayerts Picnic Ride
- Aug 24—Maple Grove Trails
- Aug 31—Coon Rapids Dam—Bunker Hills
- Sept 7 - **NO RIDE**—Labor Day
- Sept 14—StMichael to Beebe Lake
- Sept 21—Leaders' Choice
- Sept 28—Baxter overnight rides
- Oct 5—StMich. —Rockford-Lake Rebecca



**E
X
P
O**



FREE Blood Pressure Checks

Second Tuesday
Each month by:
Shirley Haggerty

July 14 & Aug 11
12:30 - 1:30 pm

Blood
Pressure
Check



SPECIAL EVENTS



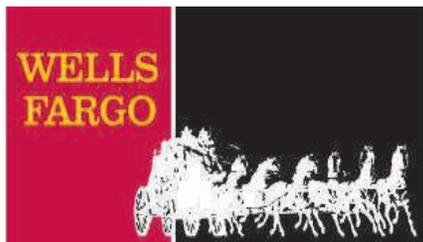
10th Annual Senior Center Picnic

Date: Monday July 13
Time: 12 Noon

Location: Settler's Park in Hanover

Cost: Bring a salad, veggie tray, appetizer, or dessert. The Center will furnish hamburgers, brats & beverages. Following lunch stick around for some summertime fun! Play Summer Games sponsored by Wells Fargo of St. Michael

RSVP by Tuesday July 7 and indicate your choice of meat.



Pre 4th of July Party !

Join us on Thursday July 2nd to jump start the weekend of Celebrating our Independence with a picnic style meal including the marching ants!

Wear your brightest Red, White and Blue outfit and come for some Independence Trivia and more !

Date: Thursday July 2nd

Time: 12 Noon

Cost: \$4.00

Make your reservation by 1pm Wednesday July 1st



Ice Cream Social for the Ages! Monday August 17

Begins at 11 am with some fun for all ages and lunch served at 12 noon.

The Crow River Senior Center invites you and your grandchildren & great-grandchildren & neighbors to come enjoy an intergenerational Ice Cream Social with potluck The Center will provide the Hotdogs & buns. Bring a dish to share of salad , side dish or appetizer.

Ice Cream Sundaes provided by Culver's of Albertville



Cost: a suggested donation of \$2.00.

Reservations required please.

Call the Center to make your reservation no later than Wednesday August 12th.

"DID YOU KNOW" AND DRIVER SAFETY

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.

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!

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 Classes

Dates: July 29 & Sept 16

Time: 9:00 AM to 1:00 PM

Location: Crow River Senior Center

8 Hour Class

Date: Sept. 29

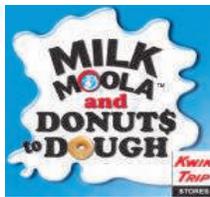
Time: 8:30—5:00

Location: Albertville City Hall



To register visit our website at www.mnsafetycenter.org or call 1-888-234-1294.

STMA School Collection Container at the Center: There is a huge list of items needed from milk bottle caps, box tops for education, labels for education, pop tabs, etc. A NEW complete list of items accepted is posted on the bulletin board. Be sure to also save the portion of your receipt for education points from Coborn's.



LABELS FOR EDUCATION™ IS SIMPLE:
SAVE UPCs FROM PARTICIPATING BRANDS AND REDEEM THEM FOR RESOURCES THAT ENRICH YOUR SCHOOL.



MOVIES

July Movie Club

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

Thursday July 9 at 1:00 pm "Interstellar"

Cooper and Brand lead a team of scientists who discover a wormhole, which they believe will allow them to breach the boundaries of the space time continuum. The two put together a scientific expedition, joined with other explorers and adventurers, to venture beyond the known boundaries of space travel. The goal is to determine if there are other worlds where humans can survive, now that global warming is seriously affecting the survival of the Earth. Anticipating simply easily moving throughout the vast universe, the team is unprepared for what they do encounter, including alternate dimensions, travel throughout time and other life forms far advanced beyond the human race. **Starring** Matthew McConaughey , Anne Hathaway, Jessica Chastain, Michael Caine, Casey Affleck, Ellen Burstyn, Matt Damon, John Lithgow, Timothee Chalamet, Mackenzie Foy From Director Christopher Nolan

Thursday July 30 at 9:30 am "The Woman in Gold"

Based on a true story, this riveting drama focuses on an elderly woman and her legal battle for her family's possessions 60 years after she left Vienna fleeing the Nazis during World War II. Her legal battle for the famous Gustav Klimt painting of her aunt, Portrait of Adele Bloch-Bauer I, also known as the Lady in Gold, pits her against the Austrian government for over a decade. Assisted by the talents of an inexperienced but determined young lawyer, she faces down the U.S. Supreme Court and her own inner demons.

Starring Helen Mirren, Ryan Reynolds, Tatiana Maslany, Katie Holmes, Max Irons, Charles Dance, Daniel Bruhl, Elizabeth McGovern

August Movie Club

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

FRIDAY August 7 at 9:30 a.m. "The 2nd Best Exotic Marigold Hotel"

Mauriel is the new co-manager of the hotel, The Best Exotic Marigold, and Mauriel has found the job entails being the keeper of all the guests secrets. Sonny Kapoor finds himself in an expansionist dream of what time he has left before his imminent marriage to the love of his life, Sunaina. As the time passes, and the guests keep arriving, their traditional Indian wedding slowly begins to threaten all of them by pulling them in.

Starring : Dev Patel, Judi Dench, Richard Gere, Maggie Smith , Bill Nighy



Thursday August 20 at 1:00 pm "5 Flights Up"

Ruth and Alex have been married for many years. They live on the fifth floor of an apartment in Brooklyn. As they age, they are thinking it'll be more convenient to move to another place. Their beloved dog is aging as well. He needs a surgery that might leave him unable to walk again. Although they've lived in the building for 40 years together, they might need to sell. Ruth's niece is a real estate agent who sees an opportunity for a big sale in her future. They'll have to rely on her to get them a good deal on the apartment. As the reality sinks in, they relive many memories they've created over the years. he couple might not be willing to let go of the space yet.

Starring Morgan Freeman, Diane Keaton, Cynthia Nixon

TO BE EIGHT AGAIN!

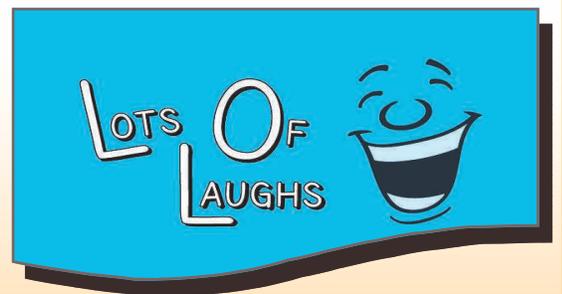
I was sitting on the edge of the bed, watching my wife, who was looking at herself in the mirror. Since her birthday was not far off I asked what she'd like to have for her birthday.

"I'd like to be eight again", she replied, still looking in the mirror.

On the morning of her Birthday, I arose early, made her a nice big bowl of Coco Pops, and then took her to Adventure World theme park.

What a day! I put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Roller Coaster, everything there was. Five hours later we staggered out of the theme park. Her head was reeling and her stomach felt upside down. I then took her to a McDonald's and ordered her a Happy Meal with extra fries and a chocolate shake.

Then it was off to a movie, popcorn, a soda pop and her favorite candy, M&M's. What a fabulous adventure! Finally she wobbled home and collapsed into bed exhausted. I leaned over my wife & with a big smile lovingly asked, "Well Dear, what was it like being eight again? Her eyes slowly opened and her expression suddenly changed. "I MEANT MY DRESS SIZE, YOU IDIOTT!!



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**.

**Date: Monday, July 6 & Aug 3
Sept 14**
**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 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, Claudia Pingree. **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, May 4 & 18 & June 1 & 15

Time: 1 – 2:30 PM

Cost: None



A “Little Lunch” at Aunt Ellies

By LaNetta VanDale

When I was growing up it was often our custom to go “visiting” on Sunday afternoons. After Sunday dinner Dad would announce that we should go somewhere. We kids were never privy to where “somewhere” was, but we were always eager to go. One of the very special places we went was to Aunt Ellie’s in Marshall. Marshall was considered a pretty long trip at that time. It was about 25 miles from Porter, so at Dad’s set speed of 30mph it was about a 50 minute ride. That’s a long ride on a hot summer afternoon with six kids under 10 years old. We were all instructed to use the outhouse before leaving home, but invariably one of us had to “pee” before we had gotten very far from home, and if one had to go all of a sudden we all had to go. There weren’t any gas stations open on Sunday in those days, so we would stop along the road and head into the tall weeds or a corn field to do our business. If this stop had to be made more than once the tension in the car rose and Dad would exclaim, “If I have to stop one more time I will turn this car around and we will go back home!” That outburst caused even the weakest bladder to quickly dry up for the duration of the trip. Of course that didn’t stop the chorus of “are we there yet?” “how much farther is it?” “he’s touching me!” and “are we almost there noooow?” Those hour long trips must have been pure torture for Mom and Dad. It’s still hard for me to believe they ever took us anywhere! By the time we rode through the small town of Ghent we somehow figured out that we were on the way to Marshall, and that meant we were going to Aunt Ellie’s and to see our Jackson cousins who lived right across the road from Ellie who was their grandmother. We could play with our cousins while the grownups visited and then we would go over to Ellie’s house. Aunt Ellie was a tiny bird-like woman who lived in a tiny house that seemed just the right size for her. There was a small living room, a kitchen-dining room and a small bedroom. She did have a small basement and there was a stool, a shower, and storage down there. Ellie lived with her husband Robert, and when I was still young he was suffering from the end stages of Huntington’s Disease. He always sat in a chair in the living room. I remember being afraid of him, as he often made strange noises and could not control his movements. I don’t know what my younger brothers and sisters thought about him, but none of them ever talked about it. Perhaps they were too young to be affected like I was. Ellie was always very concerned and very gentle with him. He died when I was still quite young. Ellie later lost two of her sons and a grandson to this horrible disease. If the weather was bad we kids would play in the tiny bedroom, while Mom and Dad visited with Ellie in the kitchen. That bedroom was really small with only a pathway around the bed and room for a dresser and a nightstand but usually 4 or 5 of us kids would be in there playing cards in the middle of the bed. All too soon Dad would announce that we had better be getting home. Then would come the words that we had waited for all day, Ellie would announce, “Well you can’t go home without a little lunch.” The coffee pot was already on and kool-aid was made in a minute. Luncheon plates and cups were put on the table and we sat down. The table was along the wall and in the corner of the kitchen-dinning room. It had chrome legs, a grey top and red and grey chairs. Of course more chairs had to be rounded up to seat all of us. How did we all fit around that table in the corner? Even though some of us were little kids there still was a bunch of us. Leonard, Muriel, Mom, Dad, Lana, Roger, Lareth, Rydell, Rhonda, Zelda, Laureen and myself. Let’s see, that’s 12 all squeezed together waiting for a “little lunch”. With all of us waiting Ellie sprang to action. I don’t think she ever sat down to eat with us. She was just too busy. Two or three loaves of homemade bread appeared with a bowl of real butter. She opened her small refrigerator and food just seemed to pour out. Peanut butter, homemade jam (at least 2 kinds), cheese and lunchmeat. Next came fruit sauce; maybe rhubarb, apricots, plums, or peaches and jello with whipped cream. Now for the small stuff: pickles-dill and sweet, beet or crab apple, maybe tomatoes if they were in season, celery (that we kids loved to smear with peanut butter.) Coffee cups and Kool-aid glasses were kept full, plates overflowed and dessert hadn’t even appeared yet. There was never just one thing for dessert either. Plates of crisp sugar cookies, sometimes with frosting, and slices of angel food cake with strawberries and whipped cream. Maybe there was chocolate cake with fudge frosting, or white cake with white frosting and apple crisp with whipped cream. When we were finally completely stuffed, the last crust of bread was gone, and the coffeepot was empty Ellie would grudgingly let us get ready to leave. I will never forget the good times at Aunt Ellie’s and her “little lunches”. What’s so great about feeding a multitude with a few loaves and fishes when Ellie could feed an army by just reaching in that little fridge?

TRIPS

Al & Alma's Lunch Boat Cruises

Monday: August 10

The Lunch Cruises a 1 1/2 hour leisurely cruise on beautiful Lake Minnetonka. The light lunch includes a sandwich, salad, chips, dessert bar or cookie, water and coffee. Bring your family & friends! Bring a group and enjoy a fun Relaxing outing.

*The Boat is not legally handicapped accessible. But the Crew will help you board the steps.

Minimum 20 people needed.

Cost : \$36.00 per person

Depart from CRSC : 10:00 am

Est. Return Time: 2:30 pm

Must prepay at time of Registration

Register by: Friday July 17

Trip # 515

Trip with Plymouth Senior Center

To partake in these trips you will need to drive to the Plymouth Senior Center to board the bus.

Hutchinson Heirlooms Tea Room on August 18

Enter the Historic L.A. Ritter House in Hutchinson, MN through a perennial garden with cobblestone paths. Enjoy a Three-Course Tea service in the parlor and dining room. After lunch visit the Clay Coyote Pottery Gallery.

Date: Tuesday August 18 Depart Plymouth Creek Side Center: 8:30 a.m.

Estimated Return to Plymouth 5:00 pm

Cost: \$62.00 per person

Must prepay at time of Registration

Register by: Wednesday July 22

Limited space: 5 spots.

Trip # 415

MN Twins Game – For All Ages!

Wed, July 29, 10:30 am – 4 pm

Departing from the Rogers Community Room (21201 Memorial Drive, Rogers) at 10:30 am and journey to Target Field in Minneapolis to watch the Twins play against the Pittsburgh Pirates at 12:10 pm. Bus transportation from Rogers Community Room is provided and will drop you off near the Target Field entrance and pick you up again at the end of the game. In honor of Park & Recreation Days, we receive special pricing for our Home Plate View seats.

Cost: \$30.00 (game ticket & bus)

Register by July 7

Trip # 615

Harmony Amish Trip Monday September 21

Arrive in the tiny village of Harmony and have lunch At The Harmony House Restaurant (included). It is a small town Cafe with home cooked meals. Menu: Chicken dinner with potatoes, gravy, vegetable, cole slaw, beverage and dessert. Harmony's Amish community is the largest in Minnesota and is strictly "Old Order" Amish, meaning that the people are very private and have strong Christian convictions that bind their community together, enabling them to resist the ways of modern society. They began their move to this area in 1974 and have grown to about 100 families with three church "districts" and seven one-room schools. After lunch, a local guide will board the coach and escort the group into the countryside where the Amish have settled.

They are a living link with the past through the visible authentic lifestyle of the Amish. Travel through the beautiful rolling countryside and you may see Amish Farmers working in the fields with horse teams or moving about in their black buggies. Hear about their extraordinary way of life and their beliefs. Stops are made where you can purchase homemade goods. On the ride home a stop at the Preston Apple Orchard to purchase apples and apple goods.

7:15 a.m. Depart CRSC

11:00 a.m. Arrive The Harmony House

6:15 p.m. Est return to CRSC

Cost: \$60.00 per person

Must pay at time of Registration

Register by: Wednesday August 26 Trip # 715

TRIPS & MISC.

Casino Trip—Treasure Island

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

Date: Wednesday, July 15

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

Sign up by Friday July 10



Fall Train Trip with Brunch on Board Thursday October 22

Arrive at the Osceola & St. Croix Valley Railway. The restored historical equipment is operated by the Minnesota Transportation Museum. There are on-board rest rooms. The train departs for a colorful trip back in time. Have a Champagne Brunch in the historic dining car adorned with curtains and linen table cloths. Menu: Smoked Ham Slices with Cheese Scrambled eggs, Herbed American Fries, Toast with Jam, Orange Garnish, Champagne and Coffee. Return to 1948 as you ride on a vintage train from Osceola to Marine on St. Croix. Travel high on the bluffs and enjoy the beautiful woodlands full of wildlife in the backwaters. Cross the St. Croix River on a Swing Bridge that used to open to let the Steamboats pass through. Stop at Eichten's Cheese Shop & Deli in Center City for treats (on own).

Thursday October 22

8:30 a.m. .Depart CRSC

4:00 p.m. est. return to CRSC

Cost: \$ 69.00

Trip # 1015

Payment due at time of Registration

Senior Community Services COACH TRIPS for 2015

Brochures of these trips are available at the Center.

For registration and more information call 952-767-7899 or go on website <http://seniorcommunity.org/programs/senior-tours/>

Colorado Railroads July 28-Aug 6
\$1830.00 pp dbl occ

Oregon & California August 4-15
\$2025.00 pp dbl occ

Yellowstone August 15-21
\$1375.00 pp dbl occ

National Parks September 3-13
\$1950.00 pp dbl occ

Nova Scotia September 7-20
\$2599.00 pp dbl occ

Mackinac Island & Door County
September 22-27
\$990.00 pp dbl occ

New England States October 1-14
\$2250.00 pp dbl occ

Smokey Mountains October 19-27
\$1500.00 pp dbl occ

Wash DC & New York October 21-31
\$1775.00 pp dbl occ

MORE TRIPS

Church Basement Ladies Play

(The Original) at the Plymouth Playhouse
Wed, August 12 from 11 am – 3:45 pm, \$48

We will depart from the Rogers Community Room (21201 Memorial Drive) at 11 am, drive to Plymouth for a buffet lunch at Green Mill, and enjoy a 1 pm matinee showing of the Original Church Basement Ladies at the Plymouth Playhouse. The lunch buffet consists of baked chicken, mashed potatoes, corn, coleslaw, Jell-O, bread & butter, dessert, coffee and iced tea.

At approximately 3:15 pm we will depart the theatre for our return to Rogers. Payment of \$48 includes the bus transportation, lunch buffet, and show.

Date: Wednesday August 12

Register by July 17

Limited space available Cost: \$48.00

Trip # 815

Minnesota State Fair

You can get to the Minnesota State Fair hassle free by riding the coach bus on **Thursday, September 3.**

The bus will depart from the Monticello Senior Center at 8:45 a.m. then make a stop to pick up at St. Michael shortly after, and leave the fairgrounds at 3:30 p.m. to come home.

There is an \$18 charge to ride the bus and the State Fair admission charge is \$8 for people age 65+. There is a \$13 admission charge for people under age 65. Both fees must be paid at time of registration.

Date: Thursday Sept 3

Cost: \$26.00 for anyone 65 and over

Cost: \$31.00 for anyone under the age 65

Register by: August 21

Trip # 915

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JULY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P – Whist 1P Woodcarvers 5:30P TOPS	2 9:30A Recycled Cards 9:30A Pinochle Noon Lunch pre 4th of July Party 1P Bingo 1P Euchre (Craft Room)	3 CLOSED FOURTH OF JULY HOLIDAY
6 9A-12 Open Painting 9:00A Legal Appt. 9:30A— FLEX Silver Sneakers (Albertville) 1:00P Writers Group 1:00P Dominoes	7 9A-Joy Stitch Club 9A Yoga (Albertville) 9:30A History Discussion Noon Lunch 1P Social Bridge	8 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P Whist 5:30P TOPS	9 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Bingo 1P Euchre (Craft Room) 1P Movie Club “Interstellar”	10 9 A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards
13 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) (Albertville City Hall) 1:00P Dominoes	14 9A-Joy Stitch Club 9A Yoga (Albertville) 10A Advisory Board 11:45a–12:30pTai Chi Class Noon Lunch 12:30P BP Checks 1P – Social Bridge	15 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards 11A Affinity Hearing Noon Lunch 1P – Whist 1P Woodcarvers 5:30P TOPS	16 9:30A Pinochle Noon LUNCH 1P Euchre (Craft Room) 1:00P Bingo	17 9A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P 500 Cards
20 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) 1:00P Writers Group 1:00P Dominoes 1:00 Plan the Menu Memorial Blood Drive 1:30- 6:00 pm	21 9A-Joy Stitch Club 9A Yoga (Albertville) 9:30A History Discussion 11:45a–12:30pTai-Chi Class Noon Lunch 12:30P Eye Glass Adj. By Eye Care of St. Michael 1P – Social Bridge	22 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon lunch 1P – Whist 5:30P TOPS	23 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Bingo 1P Euchre (Craft Room)	24 9A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P 500 Cards
27 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) (Albertville City Hall) 1:00P Dominoes	28 9A-Joy Stitch Club 9A Yoga (Albertville) 9:30A-11:30A 60+ Healthy Clinic 11:45a–12:30pTai-Chi Class Noon Lunch 1P – Social Bridge	29 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon lunch 1P – Whist	30 9:30A Recycled Cards 9:30A Pinochle 9:30A Movie Club “Woman in Gold” Noon Lunch B'Days 1P White Elephant Bingo “ Engel Haus” 1P Euchre (Craft Room)	31 9A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P 500 Cards

LUNCH MENUS

JULY 2015

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pork Tenderloin Dressing w/gravy California Blend	2 4th of July Party Build your own Hamburger Chips 7 Layer Salad	3 CLOSED 4th of July Holiday
7 Herb Baked Chicken Garlic Smashed Potatoes Asparagus	8 Meat Loaf Baked Potato Cole Slaw	9 Ham & Steamed Cabbage Baby Reds Carrots Dinner Roll	10 Liver & Onions O'Brien Potatoes Corn
14 Tatortot hotdish Relish Tray Dinner Roll	15 Hot Beef Sandwich Whipped Potatoes Gravy Veggie Blend	16 Stuffed Green Pepper Au Gratin Potatoes Fruit Cup	17 Chicken Salad on Croissant Chips Watermelon
21 Chef Salad Breadstick	22 Spaghetti w/meat sauce Green Salad Bread Stick	23 BLT Sandwich Waldorf Salad Fruit Plate	24 Cheese & Sausage Pizza Cold Italian Pasta Salad
28 Salisbury Steak w/ Mushroom Gravy Whipped Potatoes	29 Chicken Chow Mein Rice & Noodles Snap Peas Breadstick	30 B'day Lunch Chicken Drumsticks Roasted Potatoes Creamed Cucumbers	31 BBQ Riblets Augratin Potatoes Green Bean Blend

AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9A-12 Open Painting 9:30A –FLEX Silver Sneakers(Albertville) 1P Writers Group 1P Dominoes	4 9A Yoga (Albertville) 9A- Joy Stitch Club 9:30A - History Discussion 11:45a–12:30pTai-Chi Class Noon Lunch 1P – Bridge	5 9:30A Hand& Foot Crds 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P Woodcarvers 1P – Whist 5:30P- TOPS	6 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Bingo 1P Euchre	7 9A Cribbage 9:30 A Movie Club “2nd Best Exotic Marigold Hotel” Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards
10 9A-12 Open Painting 9:30A-FLEX Silver Sneakers (Albertville) 1P Dominoes Trip #515 Al & Alma’s Boat Cruise	11 9A Yoga (Albertville) 9A- Joy Stitch Club 10A – Advisory Board 11:45a–12:30pTai-Chi Class Noon Lunch 1P – Bridge 2P Diabetic Dash Talk	12 9:30A Hand &Foot Crd. 9:30A – 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P – Whist 5:30P- TOPS	13 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Bingo 1P Euchre	14 9A Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards
17 9A-12 Open Painting 9:30A-FLEX Silver Sneakers (Albertville) NOON ICE Cream Social PotLuck 1P Dominoes 1P Writers Group	18 9A Yoga (Albertville) 9A- Joy Stitch Club 9:30A - History Discussion 11:45a–12:30pTai-Chi Class Noon Lunch 12:30P Eye Glass Adj. By Eye West 1P – Bridge 2P Diabetic Dash Talk	19 9:30A Hand & Foot Crd 9:30A – 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P – Whist 1P Woodcarvers 5:30P- TOPS	20 9:30A Recycled Cards 9:30A Pinochle 12Noon Lunch 1P Bingo 1P Euchre 1P Movie Club “5 Flights Up”	21 9A Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards
24 9A-12 Open Painting 9:30A-FLEX Silver Sneakers (Albertville) 1P Dominoes	25 9A- Joy Stitch Club 9A Yoga (Albertville) Noon Lunch 1P – Bridge	26 9:30A Hand & Foot Crd 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch B’Days 1P- Whist 5:30P TOPS	27 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Bingo 1P Euchre	28 9A Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards
31 9A-12 Open Painting 9:30A-FLEX Silver Sneakers (Albertville) 1P Dominoes				

LUNCH MENUS

AUGUST 2015

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Lasagna Green Salad Garlic Bread	5 Chicken Alfredo Buttered Egg Noodles Green Bean Blend	6 Pork Chops Whipped Potatoes w/Gravy Corn on Cob	7 Hoagie Sandwich Three Bean Salad Fruit Tray
11 Chicken Ala King Baking Powder Biscuits Mixed Veggies	12 BBQ Riblets Sweet Potato Corn on Cob	13 Hamburger Hot dish Cole slaw Dinner Roll	14 Polish Sausage on Bun Sauerkraut on side Potato Salad
18 Baked Fish Baby Reds Buttered Carrots	19 Meat Loaf Cheesy Hashbrowns Sliced Tomatoes	20 Swiss Chicken Wild Rice Blend French Green Beans w/slivered almonds	21 Liver & Onions Baby Reds Cole Slaw
25 Broasted Chicken Stuffing w/Gravy Green Beans Cranberries	26 B'Day Lunch Beef Stroganoff Buttered Egg Noodles Carrots	27 Turkey Club Sandwich Veggie Tray Ham & Cheese Salad	28 Pulled Pork Baked Beans Red Potato Salad

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- 5.....Painting & Crafts
- 6.....Games, Events, Etc.
- 7.WoodCarvers&HistoryGroup
- 8.....Community & Health
- 9.....Health, Fitness
- 10.....Health & More
- 11.....Biking,. Health, Fitness
- 12.....Potluck & Special Events
- 13.....Did You Know, Driving
- 14.....Movies
- 15.....Legal & Insurance
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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



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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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