



CROW RIVER SENIOR CENTER NEWS

March
April
2015

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

Greetings to Spring right around the corner!

Our numbers are in for the year end and I will say WOW! We have some amazing volunteers that help keep this place running as smoothly as it does! Please be sure to say "THANK YOU" to all of our hard working volunteers next time they pour you a cup of lemonade, serve up that lunch, clean your dishes and your tables, call your bingo game or greet you at the desk with a smile asking how they can help you! Our volunteers really take pride in helping make this Center the best it can be each day. There are so many ways that our volunteers help out in daily operations and I applaud you with a heartfelt standing ovation!

Here are the numbers that we turn into our agency, Senior Community Services. SCS is a United Way Agency and these numbers are extremely important for the future of funding and tracking success of our center.

The 2014 numbers are: Individuals using the center: 3255, Meals Served: 5631 (includes Meals on Wheels), Health Programs and Services: 851; Educational Events: 528; Recreational Events: 475; Volunteers : 217 and Volunteer Hours: 15,246. Wow what amazing numbers! THANK YOU to all of our volunteers and participants who enter our doors.

With spring on the way the snowbirds will be back a fluttering. The hardy Minnesotans (or the ones who didn't get out of the north, we like to say were are "hardy" anyway) will have bigger smiles on their faces and a little more spring in their step. The longer sunny days and spring flowers soon poking thru the ground will have that affect on all of us! Hurry up Spring! Please enjoy the content inside and remember to check the Center often for events and activities that may not have made it into this edition.

Be kind to one another.

Respectfully,

Vonnie Waters

Center Closed for Inclement Weather

The Crow River Senior Center will be closed if the STMA schools are closed due to inclement weather. Listen to TV and radio stations for announcements.

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

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

* www.crowriverseniorcenter.com

St Patrick's Day Party !!

It's ok to be Irish one day a year!

Get your Tickets now!

Wear something green, bling up green all over and listen to some Irish music!

Date: Monday March 9th

Time 12 Noon Cost: \$8.00

Location: Hanover City Hall



Tickets must be purchased in advance by Friday March 6th at the Center.

**Menu: Corned Beef & Cabbage, Potatoes & Carrots,
Irish Soda Bread and Dessert.**

Event # 401



Live Music by: Dunquin Irish Trio

Dunquin Irish trio plays the traditional music of West Kerry in Ireland; other Celtic music and even Scandinavian music. Dunquin has recorded two studio albums and several live concerts. Members includes Sherry Ladig (piano), Don Ladig(flute and whistles) and Rosa Wells (fiddle).

Don't miss the fun!

“Generation Celebration”

May 1st 9am—2pm

Join us for a fun filled day with the students of Ms. Autio's Class from STMA Middle School !

Sharing our ways of life then and now. Both Kids and Adults will get the opportunity to share their ways and favorite things. Exchange stories, play games, converse about history with this great event. Come along for the adventure of a lifetime! Let the kids share their world of technology with seasoned members of our community by spending the day at the Crow River Senior Center. We will play games like cribbage, dominoes, bingo and more. This is the chance to make a difference in a youngster's life and in return a difference in your life. Won't you join us for the fun!

Date: Friday May 1

Time: 10:00 am—2:00 PM

Cost: \$4.00 for lunch

Register by: Tuesday April 28

Spring Fling & Style Show

Thursday April 9th

Time: 12 Noon

This year we have combined the Spring Fling Salad luncheon and our Spring Style Show. Enjoy fabulous spring salads, veggies, bread and dessert while getting a special private show and shopping event of the spring fashions.

Fashions will be modeled from Christopher & Banks and CJ Banks from the Albertville Outlet Mall.

Cost: \$7.00

**Tickets must be purchased in advanced
by Friday April 3**

Event: #403

If you can volunteer to help with this event please sign up at the Center or call Vonnie.

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

May and June 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 May and June 2015

Monday March 16 at 1: 30 PM

**FREE
Blood Pressure
Checks**



by Tonya Kohanek

Tuesday March 10

Time: 9:00 AM to 11:30 AM

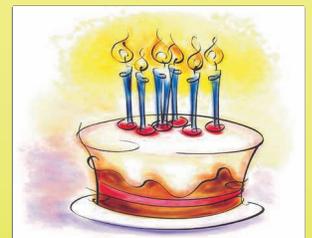
Thursday March 12

Time: 10:00 AM to 12:30 PM

Tonya will take your blood pressure and give you information on keeping your blood pressure down.

Sign up is encouraged one day prior and walk-ins are welcome.

BIRTHDAY PARTIES



ENJOY A
COMPLIMENTARY
BIRTHDAY LUNCH

MARCH BIRTHDAYS: WEDNESDAY, MARCH 25TH

APRIL BIRTHDAYS: THURSDAY, APRIL 23RD

If you have a birthday during the months of March and April 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.

**March Birthday's will enjoy fun with
"Senior Game Madness".**

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!

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.

REMINDER: Kitchen Meeting for all volunteers is on Monday March 23rd at 10:00 am. Please plan to attend.

Bingo Callers Wanted: —If you would like to participate in being a bingo call please call the center or let Vonnie know.

Craft Donations Wanted!

Ladies Hankies! Do you have any ladies hankies sitting around the house that you would like to get rid of? We are looking for some hankies to do a craft project with. Please bring them to the Center and drop off at the front desk. Thank you !

Craft Ideas:

Do you have a craft idea? New craft ideas are welcome for our Craft Corner Fundraising at the Center. Contact the center or stop in if you have ideas or resources.

THANK YOU !

DONATIONS & MEMORIALS

\$200.00 Angela & Wayne Osatiuk
(Meals on Wheels)

\$20.00 Anonymous

\$30.00 in Bingo Prizes Lisa Marx

Bingo Prizes, Coffee & Lemonade—River Inn

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
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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

Jerry Sarfff and Team did it again! They took First Place in the Winter Carnival Ice Sculpture Contest ! Titled “**Snow Steam**”



The Team of Chad Peterson, Monticello, Jerry Sarfff, St. Michael, Eric Rotter, Detroit Lakes, Liam Flahive, Burnsville Won with this sculpture “Snow Steam” This years challenge was the warmer weather. The hours of precision and patience paid off for another First Place title. Congratulations to our own Jerry Sarfff!



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!

Congratulations to The Winner of February 19th Valentine Basket !

Come and check out our new basket!

Library Book Sale Saturday March 21

9-1pm

Crow River Senior Center will be serving coffee and cookies along with having a craft table. Come out and support our library and Senior Center.



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., March 4 & 18 and April 1 & 15

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., March 3 & 17 and

April 7 & 21

Time: 9:30 to 11AM

Cost: None



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COMMUNITY & HEALTH

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CARING COMMUNITIES

The Caring Communities Committee meets monthly to explore ideas and suggestions to help keep area seniors remaining independent and in their own homes. We have been exploring issues dealing with transportation, housing, and other services available. If interested please join us.

Date: March 4 and April 1

Time: 1 PM

Some sharing of our volunteers.....

What brought Darlene Erion into the doors of the Senior Center.....

“When my husband died I was faced with the decision of what to do. I started volunteering at the Senior Center and had a chance to meet some wonderful and friendly people and I have always felt welcome. “

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

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.



Let's Talk Wellness ! Interactive Health Series sponsored by Allina Health

April 8 at 2 PM - Healthy Eating: For Active Older Adults (Make Your Heart And Bones Stronger!)

Healthy eating can be a challenge in itself, but what if you are aging – are there any specific things to think about or take under consideration when redesigning your diet? This lesson is all about active older adults navigating through a sometimes confusing world of nutrition. The lesson will concentrate on the strategies to help seniors build a healthy plate and address common concerns related to food choices when aging.

April 15 at 2PM – Stress Management and Meditation Practice

Three different relaxation techniques are presented to participants. Participants are walked through each exercise and taught how they can perform it on their own. Discussion on relaxation strategies for stress management. The facilitator will explain mindfulness concepts and focus on meditation practice and do exercises with the group.

April 22 at 2PM - Healthy Eating On A Budget

One of the main challenges families face in today's economic reality is trying to eat healthy on a limited budget. Most of us need to consider our finances when purchasing groceries and eating out. This lesson will introduce basic strategies for those who would like to eat healthy, yet have budgetary restrictions. The facilitator will share many helpful and useful tips for cutting costs and getting “the most bang for your buck” at the grocery store.



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 will resume Tuesday, March 3rd.

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

WOW - WELLNESS ON WHEELS

The WOW van offers immunizations, screening for blood pressure, cholesterol and diabetes and information about a variety of health topics. For questions or appointments, call 763-682-7717. The van is in Albertville and St. Michael on a monthly basis. No Hanover stop until May, 2015

Dates:

Albertville @ DJ's: Tuesday, March 3 & April 7

St. Michael @ Marketplace: Wed., March 18 & April 22

Time: 2 to 6 PM

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, March 24

Time: 9:30 to 11:30 AM

Cost: \$15

Location: Crow River Senior Center



Take off Pounds Sensibly!

<p>New Friends! Great Support!</p> <p>Our group meets Wednesdays 5:30 pm St. Michael Senior Center 11800 Town Ctr Dr</p>	<p>Weight Loss and Health!</p> <ul style="list-style-type: none"> • Nonprofit, noncommercial • Learn to eat healthy • Accountability and success • Convenient location • Inexpensive & effective!
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Feel free to visit on Wednesday at 5:30 pm
Or call 763-497-9076 for more information!

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

**Physical Therapist ,
Rachel Schuler-
Borer from
Courage Kenny
Rehabilitation Institute-Albertville
will be on site to discuss joint
replacements, knee and hip and explain
the process for rehab/exercise before and
after.**



**Tuesday March 10 Time: 1PM
FREE: Call the Center to sign up by
March 9**



COFFEE CHATS!
Sponsored by Allina Health

March 24 – Renae Dorrity, MD:

Simple exercises you can do on your own

Do you want to stay active? Not sure how to get started? This talk will include practical information about simple exercises and stretches that you can do on your own. We will show you some exercises that you can do sitting in a chair and give you other tips.

Tuesday March 24

**FREE: Call the Center to Sign up by Monday
March 23**

Time: 10 AM

**April 28 – Krista Honsey, DO: Help for common
women's health issues**

This talk will cover women's health issues that are common for older females including urinary tract infections, bladder incontinence as well as common bladder and vagina issues. There will be an opportunity to ask your questions in private at the end of the talk.

Tuesday April 28

**FREE: Call the Center to Sign up by Monday
Time: 10 AM**

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

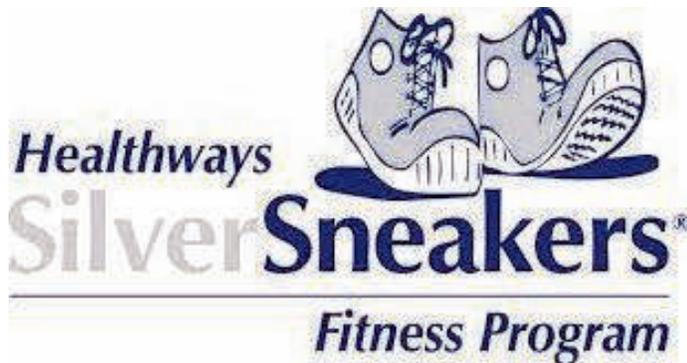
When: Mondays and Wednesdays

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 will be offered.

- Eye Care Center of St. Michael

Date: Tuesday, March 17

Time: 12:30 to 1 PM **Cost:** None

- Eye West Vision Clinic & Optical

Date: Tuesday, April 21

Time: 12:30 to 1 PM **Cost:** None

Hearing Loss Awareness Roundtable Workshop

A Solution-Focused Perspective For Those With Hearing Loss

What you can expect

A lively discussion of real life experiences with your friends and neighbors

Helpful information about:

Strategies to enhance communication with hearing impaired individuals

Devices to make your life easier

Hearing better on telephone and TV

Safety devices

Better understanding of how to cope with hearing loss

Who should attend

Anyone experiencing hearing difficulties (with or without hearing aids)

Friends or family members of people with hearing loss

There is no charge to participate in this discussion

Date: Tuesday, March 24

Time: 1:00 PM- 2:00 PM

Cost: FREE

Location: Crow River Senior Center



Rim Riders Get your Bikes ready to Ride!

“Nick the Bikeman” will be on site to show you the necessary maintenance for getting your bike in shape. He will cover the safety of brakes, tires and helmets along with cleaning and maintenance of the bike’s drive train. Even how to change a flat tire on the road!

Cost: FREE

Date: Monday April 6

Time: 9:00 AM

Location: Crow River Senior Center



Rim Riders

SPECIAL EVENTS

Potlucks!

Please, Please
remember to call
the Center to RSVP
by the Friday



before Potluck. This is extremely helpful in setting up enough tables and chairs for the lunch. Potlucks are held at Albertville City Hall
NO MARCH potluck
(St. Patrick's Day Celebration at Hanover instead.)

APRIL Potluck—Bring a favorite spring dish to pass. *The Crow River Senior Choir* will entertain with their vocal talent.
Date: **Monday April 13**
Time: 12 Noon
Location: Albertville City Hall
RSVP by Friday April 10

Volunteer Appreciation Event !



Thank you to our Volunteers!

A volunteer appreciation event will be held Monday, April 27 10:00 am to celebrate our hard working volunteers.

The Advisory Board of the Crow River Senior Center will host a breakfast to thank the Center's many volunteers.

If you have volunteered at the Center you are invited. Watch for your invitation in the mail and RSVP by Wednesday April 22nd

Animal Ambassadors

Animals can touch a person's heart and soul in a way that people cannot. They provide a connection beyond the human realm. Please join us for a special animal event presented by Animal Ambassadors.

Thursday March 12

Time: 10:30 AM

Limit : 20

Cost: Free will donation

Register by March 6 space is limited.



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 2015 at Crow River Senior Center on Wednesday and Friday mornings beginning Wednesday February 11 through April 10. IRS certified TAX Aide volunteer counselors will be available from 9AM to 12 Noon 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 11 through April 10 (45 minute appointments scheduled)

Items to bring along to the appointment: 2013 state and federal tax returns-W2's, 1099's, SSA-1099 forms and any other income and /or tax documents for 2014, 2 forms of I.D.

- If you want your refund direct deposited please bring your checkbook, we will need to enter routing and account codes on the tax forms.

"DID YOU KNOW" AND DRIVER SAFETY

Crochet dish towels & dish cloths: 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 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 CORRECTION!

The collected amount, Thanks to Geneva Burke, was 20 Large turkeys and 3 Small Turkeys! They were donated and delivered to the Hanover Food Shelf. Thanks to Geneva Burke for coordinating the project. Thank you to all who turned in tickets!

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

Upcoming Events:

SENIOR EXPO - May 14th contact Vonnie with any questions.

Attention all Kitchen Helpers!

**There will be a meeting
of all kitchen helpers**

**Monday March 23rd
10:00 AM
At the Senior Center**

Please all kitchen & serving helpers for lunches and events plan to attend this meeting.

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: April 2 &
May 26**

**Time:
9:00 AM to 1:00 PM
Location: Crow River
Senior Center**



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

BOOKS, MOVIES & CLASSES

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.

March 10 "Ordinary Grace" A Novel by William Kent Krueger

April 14 "Defending Jacob" A Novel by William Landay

Movie Club

Thursday March 12
1:00 PM

"Cinderella Man"

Russell Crowe stars in this riveting biopic about legendary boxer Jim Braddock, who arrived on the scene during the Great Depression at a time when Americans were woefully in need of a hero. Starring Russell Crowe and Renée Zellweger.

Thursday March 26
9:30 AM

"August Rush"

A drama with fairy tale elements, where an orphaned musical prodigy uses his gift as a clue to finding his birth parents. Starring Freddie Highmore, Kerry Russell, Robin Williams, Johnathon Rhys Meyer

Thursday April 16
1:00 PM

"Wild"

A chronicle of one woman's 1,100-mile solo hike undertaken as a way to recover from a recent catastrophe. Starring Reese Witherspoon.

Thursday April 30
9:30 AM

"Flight"

An airline pilot saves almost all his passengers on his malfunctioning airliner which eventually crashed, but an investigation into the accident reveals something troubling. Starring Denzel Washington.

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

"Cooking with Aida"

Learn how to cook authentic
Philippine Cuisine

Please join us to learn how to put together and cook a little of the authentic Philippine cuisine. Aida will teach you how to make Fried Rice and Lumpia (Philippine egg rolls) This is sure to treat your palate and your senses.

Sign up today, space is limited for this class.

Date: Monday March 30

Time: 10:30 AM

Cost : \$10.00

Location: Senior Center

Register by: Friday
March 20

Event: # 402



Must Pay at time of Registration please.

TAI CHI - Introductory Session!

Tai Chi means "supreme ultimate power." This is a form of movement and breathing that is often described as meditation in motion. To begin their day, some Chinese perform Tai Chi in city parks. Tai Chi has recently become popular in the United States and is now a favorite form of movement and exercise for all age groups. Tai Chi improves muscle strength and tone. It improves a person's flexibility, range of motion, and sense of balance and coordination. Tai Chi lowers blood pressure and heart rate, reduces stress symptoms, and improves the general health of older people who practice it consistently. Tai Chi may help with the following health problems: anxiety, depression, insomnia, tension, low energy, chronic fatigue, and fibromyalgia. It may also help with menopause, ulcers, digestive problems, general muscle soreness and weakness, and low energy.

Come and learn more about Tai Chi in this introductory session by Cheryl Woulet - Occupational Therapist
Courage Kenny Rehabilitation Institute
Tuesday April 14 **Time: 1PM**

Cost: FREE, please call the Center to register by Friday April 10

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, March 2 & April 6
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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TRY COLOR IN YOUR AD

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, March 2 & 16 & April 6 & 20**
Time: 1 – 2:30 PM
Cost: None



Our story is a special one this month.

The Writer's Group lost a very special man recently who was at the beginning of it all. Loel Bertrand was at the helm and so it began with only one man and several ladies. They named themselves "Loel and the Write Girls" beginning a journey into writing, and creating a special bond of forever friendships. Please enjoy this special story that the "Write Girls" chose to share as a tribute to Loel.

RURAL FREE DELIVERY September 2007 by Loel Bertrand

I am that lonely sentinel by the side of the road marking a route to the world outside of your everyday travels. I stand there 24 seven, strong, straight, silently waiting and watching for the expected messenger. I come from a long line of postal ancestors in America dating back to the 16 hundreds. We had some snobbish relatives in England that served only the Royal Family. My Great Grand Parents came to Massachusetts, where they set up rather unorganized "go as you please system". Our Grandfather was the well known Benjamin Franklin, the Postmaster in Philadelphia in 1737. In 1785 Grandpa Ben, at the age of 79, was appointed Postmaster General for all of the Colonies. He died in 1790 when he was 84. The first President of the United States, George Washington {1789-1797} appointed Samuel Osgood as the US Postmaster General in 1789. We were still a snooty bunch and served primarily the Government just getting the mail from one post office to another. From there the people had to pick up their own mail. The rate at that time was six cents for 30 miles and up to 15 cents for 450 miles. For the next one hundred years the rate may have changed and local delivery service was started in towns. The farm families still had to pick up their mail at the central post office.

In 1896 the United States Congress spent fifteen thousand dollars to start the first Rural Free Delivery Service. That is when my RFD family joined the postal service. It took us a while to get to the Midwest area of Minnesota and South Dakota but we got there in the early 1900's. Our familiar appearances have passed on through generations so that we all look about the same as our Grandparents. To be sure some or our cousins have suffered severe hardships with carriage scrapes, weather related injuries, animal nudges, auto crashes and yes vandalism even though we are protected by Federal Law. Those experiences have changed our looks but we have not wavered nor neglected our duty.

My location has changed since I served a family in South Dakota. I was almost one mile from their yard. I simply refused to go any closer no matter how much they wanted. I stood right at the crossroads where the kids walked or rode to and from school. They could stop and see if I had something fun for them. Why! They were always so anxious to see what surprises awaited they would actually run to get here first. The old horse didn't mind stopping as it gave him a chance to grab a quick bite of grass. In fact he confided to me that it was a welcome respite from those darn pesky kids. He knew it was his responsibility to get them home in one piece or at least in parts that could be reassembled.

WRITERS GROUP CONTINUED.....

I did not always have something for them, other than an occasional letter from Aunt Minnie or Cousin Mildred. Every year the new Montgomery Ward or the Sears Robeck came. Whoa, if a package was received from one of those outfits, it was absolutely breath taking. I even shared heir excitement. Of course I never got to see what it was, since they could not open it until it was in the house. Then as now I had a red flag attached which was used only occasionally to signal the outgoing mail.

I will say that the RFD with the penny post card and 2 and 3 cent stamps did greatly improve the life and spirit of those isolated farm families.

I believe after over 80 years have slipped away since the young farm boy expressed his thoughts about the Postal Service in the good old USA we should check it out in the year of our Lord 2010. I started to think about this last January as I returned from retrieving the mail from the lonely sentinel at the end of my driveway. We had just had a small amount of snow fall "oh" perhaps an inch or so. Not enough to snarl up the traffic on the roads but it sure did foul up my travel plans.



I had not planned on going very far just out to the mail box and return I had laid out the route carefully. To avoid any unplanned slips or falls we were using the latest model walker. You know! One with the wheels even a built in seat, brakes and a handy carrying basket. The out bound trip was fairly uneventful even though the little wheels almost covered under snow did require some extra pushes and the deeper snow drifts presented a bit of a problem. We did pause briefly at the curb to catch our breath of very cold air. Now we were questioning was this trip really necessary. At the box another obstacle! The city snow plow had piled up snow in front of the post. This had been well packed down by subsequent traffic. The slick icy surface sloped away from the box. I could not hold the walker up close to reach the door. Finally by approaching directly from the road we made it. Then to open the mail box door ad retrieve the mail I had to remove one of the bulky gloves. The box was stuffed full of various pieces of mail. For some reason however, the excitement that we used to experience as a youngster no longer carried us away. Why we didn't even look to see who it was addressed too. Some newspapers and larger envelopes had to be folded to fit in the basket of the walker. This proved to be no small challenge for a half frozen one hand operation. You might know it would happen. A small post card slipped out of the pack and disappeared in the snow. A bare hand retrieval and headed for the house. Once inside I sorted through the mail. In warmer weather I usually do this in the garage right beside the recycle cart. Today we took the basket full of paper into the warm house to evaluate its contents. The recycle cart was again the recipient of the majority of the so called US mail aka "junk mail". At he end of this sorting exercise I end up with that small post card. Holding it in my still half frozen numb fingers I read the notice from the postal service. It asked me to shovel the snow in front of the mail box so the letter carried can reach it. Tears freeze as they stream down my cold shivering face as I cry why, why?



TRIPS & MISC.

Casino Trip—Danbury Wi, St. Croix Casino

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

Date: Wednesday, March 18

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

Sign up by Friday March 13



Thank you STMA National Honor Society for hosting a fabulous Turkey Bingo for our Seniors! What a great group of kids! Thank you to our Senior Citizens who donated to the Beds for Kids project! They collected \$400.00 in cash donations along with 4 blankets, 9 pillows, 17 sheet sets & 3 mattress pads. Thank you to all !



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

Washington DC	April 9-18	\$1460.00 pp dbl occ
New Orleans	April 10-19	\$1680.00 pp dbl occ
Music Cities	April 22-29	\$1225.00 pp dbl occ
Pella, IA Tulip Time Festival	May 7-10	\$575.00 pp dbl occ
Shipshewana	May 11-15	\$765.00 pp dbl occ
Cape Cod	June 20-28	\$1490.00 pp dbl occ
Mackinac Island	June 25-29	\$900.00 pp dbl occ

More sharing thoughts from our volunteers....

"To me the Senior Center is a very valuable asset to our community. Seniors have a place to go for lots of fun, great food, caring friends and much fellowship. Educational programs, tax preparation, help with health insurance, plays and movies, are a few of the many services offered. There are activities going on everyday and all day. Something for everyone and everyone is welcome. When I volunteer my time and talents at the Center, I am filling a need and I feel like I have accomplished something worthwhile. I am giving back to our community and supporting a good cause. I have discovered I get a lot out of it too!"

These are the valuable words and thoughts of Lee Rosen. What does the Senior Center mean to you? Won't you share your story with us please?

HEALTH

Dr. Kimberly Martin of Great Lakes Chiropractic presents "How to Stay Young the First 100 Years"

The How to Stay Young Class emphasizes the fact that it is estimated by the year 2050, 800,000 Americans will be over the age of 100 and many will be living to 150! And although this is good news in that we will experience the benefits of more time with our friends and family with a longer life, we are also confronted with the fact that we are more likely to experience the health risks associated with aging. One of the biggest problems we have seen come about with an increased life span is the increase in musculoskeletal problems which interferes with our mobility. Therefore, even though we are living longer, we do not have the mobility to enjoy the extra years of our life to the fullest.

During the How to Stay Young Class your group will learn:

- About common health problems
- Solution to these common health problems
- How each individual can take responsibility for their own health
- Preventive methods to improve overall health
- How to stay on the right path of good overall health and function

Date: Wednesday April 29th

Time: 10:30AM

Cost: None, but please call the Center to register by Tuesday, April 28



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MARCH 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) 1:00P Dominoes 1:00P Writers Group 1:30P Choir Practice</p>	<p>3 9A-Joy Stitch Club 9:30A History Discussion 9A Yoga (Albertville) Noon Lunch 1P Social Bridge</p>	<p>4 9-12 AARP TAX Appt 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P Woodcarvers 1P Caring Communities 1P Whist 5:30P TOPS</p>	<p>5 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Bingo 1P Euchre (Craft Room)</p>	<p>6 9-12 AARP TAX Appt 9 A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards</p>
<p>9 9A-12 Open Painting 9:00A Legal Appt. 9:30A— FLEX Silver Sneakers (Albertville) NOON - ST. PATTY'S DAY PARTY at HANOVER City Hall 1:30P Choir Practice</p>	<p>10 9A-Joy Stitch Club 9A-11:30 BP Checks 9A Yoga (Albertville) 10A Advisory Board Noon Lunch 1P Social Bridge 1P—Courage Kenny Physical Therapy Talk</p>	<p>11 9-12 AARP TAX Appt 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P Caring Communities 1P Whist 5:30P TOPS</p>	<p>12 9:30A Recycled Cards 9:30A Pinochle 10-12:30 BP Checks 10:30 Animal Ambassador Show Noon Lunch 1P Bingo 1P Euchre (Craft Room) 1P Movie Club</p>	<p>13 9-12 AARP TAX Appt 9 A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards</p>
<p>16 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) (Albertville CityHall) 1:00P Dominoes 1:00P Writers Group 1:30P Plan the Menu 1:30P Choir Practice</p>	<p>17 9A-Joy Stitch Club 9A Yoga (Albertville) 9:30A History Discussion Noon Lunch 12:30P Eye Glass Adj. By Eye Clinic St. Michael 1P – Social Bridge 6:30P Book Club</p>	<p>18 9-12 AARP TAX Appt 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P – Whist 1P Woodcarvers 5:30P TOPS</p>	<p>19 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Euchre (Craft Room) 1P Bingo sponsored by Financial Security Bank</p>	<p>20 9-12 AARP TAX Appt 9A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P 500 Cards</p>
<p>23 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) 10:00A Kitchen Meeting 1:00P Dominoes 1:30P Choir Practice</p>	<p>24 9A-Joy Stitch Club 9A Yoga (Albertville) 9:30A-11:30A 60+ Healthy Clinic 10A Coffee Chat Noon Lunch 1P – Social Bridge 1P Hearing Workshop by Affinity Hearing</p>	<p>25 9-12 AARP TAX 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon lunch B'day 1P – Whist 5:30P TOPS</p>	<p>26 9:30A Recycled Cards 9:30A Pinochle 9:30A Movie Club Noon Lunch 1P Bingo 1P Euchre (Craft Room)</p>	<p>27 9-12 AARP TAX Appt 9A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P 500 Cards</p>
<p>30 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) 10:30A Cooking Class 1:00P Dominoes 1:30P Choir Practice</p>	<p>31 9A-Joy Stitch Club 9A Yoga (Albertville) Noon Lunch 9:30A-11:30A 60+ Healthy Clinic 1P – Social Bridge</p>			

LUNCH MENUS

MARCH 2015

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Drumsticks Potato Wedges Cole Slaw	4 Baked Ham Baked Sweet Potato California Blend Wheat Roll	5 Salisbury Steak w/ mushroom gravy Whipped Potatoes Green Bean Blend	6 Fish Bites Baby Reds Veggie Tray
10 BBQ Rib lets Baked Potato Waldorf Salad	11 Chicken Chow Mein w/Noodles Rice Pea Pods	12 Goulash Hotdish Green Salad Breadstick	13 Tuna Hotdish 3 Bean Salad Dinner Roll
17 Stuffed Green Pepper Baby Reds Pistachio Salad	18 Chicken Wild Rice Soup BLT Sandwich	19 Pulled Pork on Bun Potato Salad Baked Beans	20 Vegetable Lasagna Green Salad Breadstick
24 Meat Loaf Mashed Potatoes Gravy Carrots	25 B'day Lunch Swiss Chicken Wild Rice Blend Green Bean Blend	26 Liver & Onions Baked Potato California Blend	27 Clam Chowder Egg Salad Sandwich
31 Cheese & Sausage Pizza Green Salad			

APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9-12 AARP TAX Appt 9:30A Hand & Foot Cards 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P CaringCommunities 1P Woodcarvers 1P – Whist 5:30P- TOPS	2 9A MN Hwy 55+ Driving Class 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Bingo 1P Euchre	3 9-12 AARP TAX Appt 9A Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards
6 9A Rim Riders– Bike Maintenance Class 9A-12 Open Painting 9:30A –FLEX Silver Sneakers(Albertville) 1P Writers Group 1P Dominoes 1:30P Choir Practice	7 9A Yoga (Albertville) 9A- Joy Stitch Club 9:30A - History Discussion Noon Lunch 12:30P BP Checks 1P – Bridge 6:30P Book Club	8 9-12 AARP TAX Appt 9:30A Hand & Foot Crd. 9:30A – 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P – Whist 2P Healthy Eating by Allina 5:30P- TOPS	9 9:30A Recycled Cards 9:30A Pinochle 12Noon Spring Fling & Style Show 1:30P Euchre 1:30 P Bingo	10 9-12 AARP TAX Appt 9A Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards
13 9A-12 Open Painting 9:30A-FLEX Silver Sneakers (Albertville) NOON POT LUCK ALBERTVILLE 1P Dominoes 1:30P Choir Practice	14 9A Yoga (Albertville) 9A- Joy Stitch Club 10A – Advisory Board Noon Lunch 12:30P Eye Glass Adj. By Eye West 1P – Bridge 1P Tai-Chi Class by Courage Kenny	15 9:30A Hand & Foot Crd 9:30A – 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P – Whist 1P Woodcarvers 2P Stress Mgmt & Meditation by Allina 5:30P- TOPS	16 9:30A Recycled Cards 9:30A Pinochle 9:30A Movie Club 12Noon Lunch 1P Bingo 1P Euchre	17 9A Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards
20 9A-12 Open Painting 9:30A-FLEX Silver Sneakers (Albertville) 1P Dominoes 1:30P Choir Practice	21 9A- Joy Stitch Club 9A Yoga (Albertville) 9:30A - History Discussion Noon Lunch 1P – Bridge	22 9:30A Hand & Foot Crd 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P- Whist 2P Healthy Eating by Allina 5:30P TOPS	23 9:30A Recycled Cards 9:30A Pinochle Noon Lunch Birthday Celebration 1P Bingo 1P Euchre	24 9A Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards
27 9A-12 Open Painting 9:30A-FLEX Silver Sneakers (Albertville) 10A Vol. Appreciation 1P Dominoes 1:30P Choir Practice	28 9A- Joy Stitch Club 9A Yoga (Albertville) 10AM Coffee Chat Noon Lunch 1P – Bridge	29 9:30A Hand &Foot 9:30A – 9:30A –FLEX Silver Sneakers (Albertville) 10:30A GLC Dr.Martin, "How to Stay Young..." Noon Lunch 1P – Whist 5:30P- TOPS	30 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Bingo 1P Euchre 1:00P Movie Club	

LUNCH MENUS

APRIL 2015

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Spaghetti w/ Meat Sauce Green Salad Bread Stick	2 Broasted Chicken Baked Potato Buttered Beans	3 Potato Soup Tuna Salad Sandwich
7 Beef Stroganoff Buttered Egg Noodles Carrots	8 Chicken Ala King Baking Powder Biscuit Peas	9 <i>Style Show & Spring Fling Salads (MOW Chefs choice)</i>	10 Homemade Macaroni & Cheese Mandarin orange Lettuce Salad
14 Turkey Breast Stuffing w/Gravy Brussel Sprouts	15 Tatortot Hotdish Cole Slaw Dinner Roll	Chili Corn Bread Veggie Tray	17 Liver & Onions Baked Potato Corn
21 Pork chops w/ mushroom gravy Mashed Potatoes Broccoli Blend	22 Chicken Alfredo Egg Noodles Veggie Blend	23 B'day Lunch Chicken Chow mien Rice /Noodles Green Salad Bread Stick	24 Baked Fish Baby Reds Pea Pods
28 Cheese Tortellini Spinach Salad Apple Sauce	29 Roast Beef Whipped Potatoes w/ Gravy Carrots	30 Bean Soup Ham & Cheese Sandwich	

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- 9.....Health, Fitness
- 10.....Health & More
- 11.....Health, Fitness
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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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