



CROW RIVER SENIOR CENTER NEWS

May
June
2016

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

Greetings!

Spring is here and Summer to follow close behind.

The Center has been whirling with activity, chatter and laughter from our participants. There is much to be thankful for around here and at the top of the list are our volunteers! As our participation numbers increase so do our volunteers. For that we are extremely thankful. We celebrated our over 250 volunteers at our April Volunteer appreciation on April 25. Grateful are we for the many hours that all of you help keep this center running. If you are interested in volunteering, please inquire at the Center. This edition of our newsletter brings many ways for you to be involved at the Center. It's a great place to share coffee, memories and have some fun! Don't miss our 5th Annual Senior Expo coming up on May 19. There will be a plethora of information available from our community partners.

We hope to see you around the Center soon!

Respectfully,

Vonnie Waters

"Be kind whenever possible. It is always possible." ~Dalai Lama



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 Pulaski. All fishing equipment, bait and life jackets are provided—all you need is a fishing license. This is the 8th year for the program and they have taken over 1,000 folks out each summer.

Dates and Reservation Deadlines.

Monday June 6 (10:00 am—12:00 noon)

Reservation by Wednesday June 1

Thursday, June 16 (1-3 pm) -

Reservation by Monday June 13

Thursday, July 7 (1-3 pm) -

Reservation by Tuesday, July 5

Thursday July 21 (10:00 am –12:00noon)

Reservation by Monday July 18

Monday, August 8 (10:00 am –12:00noon)

Reservation by Wednesday Aug 3

Monday, August 22 (10:00 am–12:00noon)

Reservation by Wednesday Aug 17

Time: As stated above for each trip

Cost: None (just need a valid fishing license)



NOTICE: Center Closed Monday May 30th to observe Memorial Day and Monday July 4th to observe Independence Day.

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

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

* www.crowriverseniorcenter.com Hours M-F 8:30 a.m. to 4:00 p.m.

Fifth Annual Crow River Senior Center Senior Expo

Thursday May 19 9am—1pm

Please join us for Senior Exhibits!

FREE Admission

Andy's Hometown Pizza by the slice available \$2.00 per slice

Join us for an informational event about all of the services available in our community for Seniors. You will be amazed at how much is offered!

Informational Booth Provided by local agencies and businesses.

Exhibits by our groups at the Center. Crow River Senior Center Craft Sale

**Educational Seminars scheduled throughout the morning.
DOOR PRIZES HOURLY!**

11800 Town Center Drive NE St. Michael MN 55376

**For more information, call the Center at 763-497-8900 ,email us at
information@crowriverseniorcenter or check out our website
www.crowriverseniorcenter.com**



Shred It will be here, too!

Drop your shred items in our secure bins inside the St. Michael City Center during our Senior Expo. For more detail please call the Center. *Bring a donation item for the Hanover Food Shelf.*

Shred-it Sponsored by Midwest One Bank formerly Central Bank



**MidWestOne
Bank.**



Celebrate our Shining Stars Area Residents



85 years of Age and Older!

Wednesday June 1, 2016 at 12:00 Noon

The meal is free for those who have turned 85 years of age and over in 2016, courtesy of *First American Bank*.

The fee for “younger guests” is \$4.00.

Must RSVP by Tuesday

May 31

to 763-497-8900



BIRTHDAYS AND MEALS

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 HELP PLAN THE MENU

July and August 2016

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

Monday May 23 at 1:00 PM

BIRTHDAY PARTIES

ENJOY A
COMPLIMENTARY
BIRTHDAY LUNCH



MAY BIRTHDAYS: WEDNESDAY MAY 25

JUNE BIRTHDAYS: WEDNESDAY JUNE 22

If you have a birthday during the months of May or June 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..*

HAPPY BIRTHDAY!

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!

Albertville Friendly Days—Parade
Sunday June 12

Hanover Harvest Festival—
Parade & Bingo
Saturday August 6

St. Michael Daze & Knights—
Parade & Bingo
Saturday August 13

VOLUNTEERING, DONATIONS, CENTER WISHLIST

VOLUNTEER OPPORTUNITIES

You do NOT need to be a Senior to Volunteer!

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

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

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

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

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

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

Volunteer Helpers Needed:

**Coborn's Brat Sale
Festival Bingo Helpers
Dash for Trash
Garden Boxes**

THANK YOU DONATIONS & MEMORIALS

\$300.00 First American Bank towards Meals on Wheels program

\$100.00 Sandra & Dennis Nelson

\$70.00 in gift cards ,Shirley & Tom Haggerty for healthy snacks & prizes.

\$30.00 Bonnie & Larry Palm

\$25.00 Memorial for Alice Thompson by Karan & Kinsley Thompson

Thank you to the many donations during our Tax Season.

OUR WISH LIST

- Donations for our Basket Benefit.
- Door prizes for special events \$5 OR \$10
- **Decaf Coffee , Lemonade & Ice Tea Mix**
- Gift cards or cash donations for fruit & healthy snacks
- Mahjong game sets (2 or 3)
- Sponsorship of Bingo, Plinko , a special program, musical entertainment, a birthday party or bus transportation for an outing.

Thank our Advertisers !

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Trailblazer Transit

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. Share ideas or just to set some time aside to do your thing. Bring your supplies and the project you are working on. Each Monday of the month. There is lots of creative fun and excitement coming from the craft room!



Date: Monday Mornings Each Week **Time:** 9 AM to Noon **Cost:** None



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

GAMES, EVENTS, ETC.

Games, Games and More Games

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

SOCIAL BRIDGE : Tuesdays at 1:00 PM

HAND & FOOT: Wednesdays at 9:30 AM

WHIST : Wednesdays at 1:00PM

PINOCHLE: Thursdays at 9:30 AM

BINGO: Thursdays at 1:00 PM

EUCHRE : Thursdays at 1:00 PM

CRIBBAGE: Fridays at 9:00 AM

MAHJONG: Fridays at 12:30 PM

500 CARDS: Fridays at 1:00 PM



**Please join us Monday
May 16 @ 8:30 a.m. until
10:00 am
Bingo at Culver's**

Location: Culver's in Albertville
Come for some fun BINGO games! Rolls and Coffee will be provided! Sponsored by Culver's of Albertville.

Call the Center to
make **your**
reservation by
Thursday May 12.



Basket Benefit



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

Congratulations to our Snowman & Games Basket winner

Janice Lee

The current Spring basket is out
& tickets are available.

Please Join us

**Thursday
May 5
at 1:00 pm**

Bingo sponsored by our friends
at Silver Creek Living in
Maple Grove on Main Street.



SILVERCREEK ON MAIN
A SILVERCREST COMMUNITY

WOOD CARVERS AND HISTORY GROUP

WOOD CARVING GROUP

The Wood Carving group meets the **first and third Wednesday of the month** from 1 - 3 PM and works on

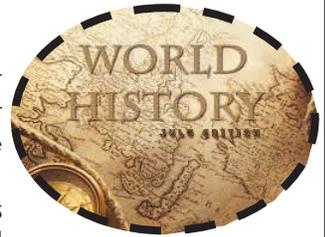
individual projects. New participants (men and women) are welcome and encouraged to attend. The group invites all levels of carvers from beginners to advanced. The more experienced carvers assist the beginners. Roy Whitney, a St. Michael resident coordinates the group.



Dates: Wed.,
May 4 & 18
June 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., **May 3 & 17** (special presentation on this date) **June 7 & 21**
Time: 9:30 to 11AM **Cost:** None



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

COMMUNITY AND TRANSIT

*Caring Communities...
... Caring about you!*

CARING COMMUNITIES

The Caring Communities Committee next meeting will be; **June 1 at 1:30 pm.**
Location: Crow River Senior Center.

Alzheimer's Support Group & Education

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

Thursday May & June

Time: 6:30 pm—8:00 pm

Location: Crow River Senior Center

Supported by: Alzheimer's Association

alzheimer's association

CENTER SURVEY ENCLOSED IN THIS NEWSLETTER

PLEASE COMPLETE & RETURN

Please take a moment to complete the enclosed survey and return it to the Center. This helps us with future planning and we would love your feedback. **Thank you!**

Recycled Greeting Cards

The Center is always looking for volunteers to work on our recycled card project. This is a fundraising project for the Center.

When donating greeting cards for the recycled card project, we need the entire card, not just the front please. Thank you.

Join the group each week.

Thursdays 9:30 am in the Craft Room

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.

Fare For All Available in Buffalo



Fare For All is a great way to save money on quality, nutritious food. Fare For All is community supported and open to everyone. The more people who participate, the better.

For more information, visit www.fareforall.org
763-450-3880 or 1-800-582-4291

Buffalo Location:

Zion Lutheran Church
1200 MN -25 , Buffalo, MN 55313
Tuesdays 3:30 pm—5:30 pm
Dates: May 3 & May 31

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, EDUCATION 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, May 24

Time: 9:30 to 11:30 AM

Cost: \$15

Location: Crow River Senior Center

First come basis, sign in when you arrive.

Not before 8:45am please.

Craft Class Friday May 6 9:00 a.m.



Join us to learn how to make a **Money Origami Star** with **Kathy**. Learn how to fold **\$1.00 Bills** into a Star. This makes a wonderful way to give a gift of money, especially for graduation! **MUST bring your own supply of (5) \$1.00 bills**

Date: Friday May 6

Time: 9:00 am

**Location: Crow River Senior Center
Craft Room**

**Cost: FREE but MUST BRING OWN BILLS.
Sign up by Wednesday May 6**



Upcoming Events -
watch for more information in
the July/August Newsletter

Center Picnic at Hanover July 11
Trips— State Fair Sept.
Future Trips

STMA Community Ed Sponsored Classes

being held at the Crow River Senior Center. Registration at the Senior Center 497-8900, calling Community Ed at 763-497-6550 or by going to the website www.stma.thatscommunityed.com

HOW TO EFFECTIVELY COMMUNICATE AND PROVIDE A POSITIVE ENVIRONMENT FOR THOSE WITH DEMENTIA

This class will demonstrate visual, verbal, and physical techniques to effectively communicate throughout the stages of Dementia along with ways to create a positive home environment for those living with Dementia. Class # 393S3

Tuesday, May 10

1:00PM – 3:00PM

Crow River Senior Center

Instructor: Senior Helpers of Minnesota

Cost: FREE (Pre-Registration is Required by April 29)

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



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



COFFEE CHATS!
*Sponsored by Allina
Health*

**Hiatus for the Summer.
Chats will resume in September.**

HEALTH, FITNESS, AND MORE

Silver Sneakers® Flex Fitness Program

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

Silver Sneakers® FLEX Cardio and Strength

When: Mondays and Wednesdays

Time: 9:30 AM to 10:30 AM

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

Instructor: Lori Schoenborn

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

Silver&Fit classes are now available in Albertville

When: Tuesdays and Thursdays

Time: 8AM-9AM

Where: The Upper Level of Albertville City Hall

Instructor: Lori Schoenborn

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



EYEGGLASS ADJUSTMENTS

Free eyeglass adjustments & cleaning will be offered.

- Eye Care Center of St. Michael
Date: Tuesday, May 10
Time: 12:30 to 1 PM Cost: None
- Eye West Vision Clinic & Optical
Date: Tuesday, June 21
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 and details please send a request to information@crowriverseniorcenter.com Here is the schedule so far to start the season.

May 2—St Michael Around Town 12 mi.

May 9—St Michael—Beebe Lake 16 mi.

May 16—Elm Creek—Coon Rapids Dam 14 miles

May 23—Royalton-Holdingford (Soo Line Trl) 26 miles

May 30 NO RIDE—Memorial Day

June 6—Dakota Trail—St. Boni to Mayer 15 miles

June 13—Coon Rapids Dam—Bunker Hills

June 20 Lady Slipper (Soo Line Trl) 27 miles

June 27—TBA

July 4—NO RIDE—4th of July holiday

July 11—Munsinger Gardens—16 Mi.

July 18—Elk River Ride

July 25—Cedar Shore Park-Downtown

FREE Blood Pressure Checks

Second Tuesday of each month by:
Shirley Haggerty
May 10 & June 14
12:30 - 1:30 pm

Blood Pressure Check



SPECIAL EVENTS

Potluck

Please, please remember to call the Center to RSVP by Friday before Potluck. This is extremely helpful in setting up enough tables and chairs for the lunch. **Please note:** May's potluck will be at the Senior Center. June potluck will be in Albertville.

MAY Potluck Jam Session *Celebrate mothers*

Date: Monday, May 9

Time: 11 am Jam Session will start.

Potluck will be served at noon.

Crow River Jammers

Location: Crow River Senior Center

RSVP by Friday

May 6



JUNE Potluck

Celebrate fathers

Date: Monday, June 13

Time: 12 noon

Location: Albertville City Hall

RSVP by Friday June 10

Entertainment TBD

Bring a friend and your favorite dish to pass. This is a great way to meet new people if you are new to the area. Please join us.

“Tribute to the Troops Saddle” With creator Mike Bray

Tuesday May 17 at 9:30 am

Join us for an up close and personal visit with local saddle maker Mike Bray of Monticello. Mike will bring with him the Tribute to the Troops Saddle. An artistic tribute like no other. Mike served in the U. S. Air Force. He enjoyed westerns and became a collector of Old Western memorabilia where he collected vintage saddles. This peaked his interest in making saddles himself. Find out more by joining us for Mike's visit in conjunction with our history group.



Date: Tuesday May 17

Time: 9:30 a.m.

Location: Crow River Senior Center

Registration is suggested by calling the Center at 763-497-8900. by May 16.

Coborns Brat Sale

June 17 @ 11 am to 6 pm

June 18 @ 10 am to 5 pm

Join us at Coborns for our Brat Sale Fundraiser!

Stop by anytime between 11am and 6pm on Friday June 17 and anytime between 10am and 5pm on Saturday June 18.

If you are interested in helping please call the Center or stop in to sign up!

It's a FUN Day and a GREAT Fundraiser for the Center! We need helpers to work the event.

"DID YOU KNOW" & EVENTS

Crochet dish towels & dish cloths & Scrubbies :

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

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

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

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.

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

Ham Stamps from Coborns Update:

19 Hams were collected for the Hanover food shelf as a result of the many stamps turned in. Thank you to all who donated them and Thank you to Geneva Burke for collecting.

Gardening: The center has garden boxes on the patio. Volunteers are need to help water and attend to the plants. There will be a sign up at the center. If you are interested please sign up or call the center.

DAV will give Rides to Veterans who need to go to the VA Hospital in St. Cloud. Call 1-320-252-1670 ext. 6676

MN HWY SAFETY CENTER 55+ Driving Class

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

4 Hour Class

Date: May 4, & July 13

Wednesday

Time: 9:00 AM to 1:00 PM

Location: Crow River Senior Center

8 Hour Class

Date: May 3, Tuesday

Time: 8:30—5:00 pm

Location: Albertville City Hall



To register visit our website at

www.mnsafetycenter.org or call 1-888-234-1294.

"Dash for Trash"

Wednesday May 11 9:00 a.m.
Roadside clean up will take place.

Please sign up at the Center.

Organized by Jerry Sarff

We need at least 8 volunteers to help with this project.



MOVIES

May Movie Club

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



Thursday May 12 at 9:30 a.m. "The Lady in the Van"

Some true stories make the best stories. Miss Mary Shepherd, or "Miss S.," was an eccentric woman who lived out of a van. English playwright Alan Bennett met her in the early 1970's when it broke down near his home. With complaints by neighbors about her being parked on the street and interruptions to his work because he often witnessed children tease her, Bennett allowed her to live temporarily in the van in his front garden. After Bennett befriended her and started to see the world through her eyes, he allowed her to stay until her death 15 years later. Starring: Maggie Smith, James Corden, Alex Jennings. 104 Minutes

Friday May 20 at 1:00 p.m. "The Choice"

A Nicolas Sparks movie, Life is the sum of all the choices you and people around you make every moment of every day. A single choice leads down a new path. When Gabby Holland moves into the place next door to Travis Parker's home in the seaside town of Beaufort, Travis immediately falls for her. Yet, Gabby already has a boyfriend and a life different from the one Travis knows. Each of the choices they make will define their future together or apart. Choices change everything about the life we lead in a heartbeat. Where will the choices Gabby and Travis make lead them? Starring Benjamin, Walker, Teresa Palmer, Maggie Grace 111 Minutes

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

June Movie Club

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

Friday June 3 at 1:00 p.m. "The Martian"

Based on a science fiction novel by the same name, The Martian is astronaut Mark Watney. During a manned mission to the red planet, a fierce storm leaves Watney presumed dead and therefore left behind by his crew. Now stranded, Watney must survive the hostile environment of Mars with few supplies while trying to find a way to signal Earth that he is still alive and in need of rescue. Starring: Matt Damon, Sean Bean, Jessica Chastain, Kristen Wiig, Jeff Daniels, Michael Pena 141 Minutes

Thursday June 9 at 9:30 a.m. "Joy"

Families can struggle for generations. Then, out of nowhere, a matriarch of vision, creativity, and influence can appear. Their success either becomes an inspiration for millions, or it reiterates the fact that power corrupts. On the other hand, an inspirational life can be influential in helping others discover and utilize their own hidden potential. The genius to make a difference is always within. The challenge is finding the key to unlock the door and then step through. Starring: Jennifer Lawrence, Bradley Cooper, Robert De Niro, Dascha Polanco, Edgar Ramirez, Isabella Rossellini, Virginia Madsen 124 Min.

Friday June 17 at 1:00 p.m. "Steve Jobs"

Steve Jobs was one of the great geniuses of the late 20th century. From his early days as an entrepreneur and a student auditing classes to the latest piece of technology he oversaw, Steve Jobs was constantly innovating. However, he could be ruthless in his obsession with success and progress, leaving his competition and sometimes his friends in the dust. Nonetheless, the world clearly benefited from his commitment to technological excellence. Starring Michael Fassbender, Kate Winslet, Seth Rogen, Jeff Daniels, 122 min

LEGAL AND INSURANCE SERVICES

LEGAL SERVICES

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

Dates : Monday, May 2, June 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.

Cost: None, but please call the Center to schedule an appointment. We will have someone contact you.

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A photograph of an elderly man with a joyful expression, wearing a red swim cap and goggles, leaning on the edge of a swimming pool.

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you're at in life,
you belong.

Medica DUAL Solution is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in Medica DUAL Solution depends on contract renewal.

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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 2 & May 16, June 6 & 20 **Time: 1 – 2:30 PM**

Cost: None

Now, It Brings a Smile!

We had anticipated this day for several months. It was meaningful to us, as parents, and would be the foundation for our children's beliefs. We were having the dedication and baptism of our children. Our son was two years old, our daughter was five months old. The reason for the delay was that we moved and therefore had changed churches. We were so pleased that, finally, we could take this important step in our family's life. We were now at my husband's boyhood church. The minister had set the date for the ceremony; it would be Easter Sunday. He told us it was his custom to perform the ritual after the sermon.

We arrived that Sunday and, because it was Easter, of course, the sanctuary was full. Our only choice of seats was either up front in the first pew or back in a small anti-room off the sanctuary called the Ladies Parlor. We chose the latter. It truly was a ladies' parlor through with a good view of the altar and pulpit. It was with comfortable chairs and rocking chairs. All were now occupied by these dear elderly ladies. A kind usher saw our plight and brought two folding chairs.

There was a bit of sighing, and possibly some eye rolling, as our little family tried to settle down. After all, this was the acknowledged church home for these dear ladies. They knew, rightfully, that today, their sense of worship and whatever other emotions they felt would be challenged. Turns out, they had no idea how much. Our five-month old daughter was on my lap and was being an angel. A bit squirmy but quiet.

She attempted to charm some of the ladies; she succeeded with one precious lady. Our two-year old son was quiet but active. He was on his Daddy's lap, his shoulder, his legs, under the chair. But quiet.

Now, let me digress a moment. Any of you who have done any sewing or mending or altering of clothing knows that there is a bit of magic to ripping a seam of a store-bought garment. There is that wonderful, illusive thread that, if you find it, bingo, when pulled, the seam comes undone. If you don't locate that one crucial thread, you cut and rip, cut and rip until you undo the seam. Remember?

That Sunday morning our son was dressed in his long corduroy pants with jacket to match. We thought he looked adorable, of course. Understand...this was in 1947 and we had no grippers or snaps in the crotch of children's pants. During the gymnastics our two-year old was performing on his Daddy's lap he spotted a loose thread on the seam of his long pants. Of course he pulled on it, and pulled, and pulled. Wow! This was a new game! His Daddy didn't notice at first. Nor did I, because I was being attentive to the baby. When Daddy did see what was happening he looked at me as if to ask, "Now what do I do?"

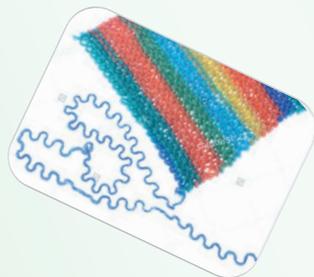
There was already a sizable opening in the pant legs. Our son was fascinated with the accumulating mass of zig-zag thread. But, he wasn't wiggling and he was quiet. One of the ladies became aware of what was happening, or unraveling, shall we say. She nudged another lady. Soon the entire group was intent on the minor catastrophe taking place

WRITERS GROUP CONT. & TRIP

Now, It Brings a Smile (continued)

As you might imagine, this was observed with varying degrees of tolerance, disdain, and amusement. It is safe to say that really no one in the room was attentive to the sermon that was being preached. After what seemed like an eternity, the sermon was concluded and it was time for the children's baptism. We walked down the aisle, Daddy carrying our precious blond daughter. I followed, holding the hand of our handsome long-skirted son. Yes, he had unraveled the entire crotch seam! We were at the altar. The minister turned to my husband and asked, "What name do we give this child?" Now, almost from the time this child was born we had called her Holly, the nickname we chose. Her proper name was Ann Howell, but, of course, we never called her that. Her Daddy, already practically apoplectic from the unraveling episode, couldn't remember her name. Fortunately, I did and the ceremony continued. As it was taking place Holly reached up and dislodged the minister's hearing aid. Next came our skirted son. All went well, he was baptized Terry Bruce and there were no further mishaps. We did hear some chuckles from the congregation. (You see, we had moved back to my husband's home town and everybody knew everybody.) I'm very sorry that this beautiful and meaningful ceremony and ritual had taken on the aspect of the comedy hour. Of course, the children were not aware and for this we were grateful. However, I am glad that, if the occasion was destined to evolve as it did, that we were surrounded by family and friends, all of whom shared their love afterward. Nevertheless, some couldn't resist sharing the delight in our discomfort. But, that's what family and friends are for, I know.

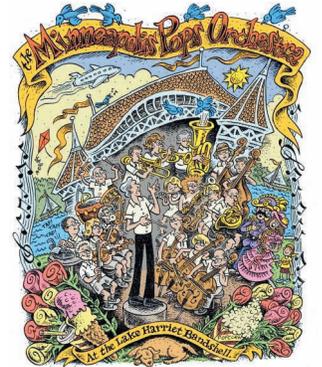
By Mary Smith



POPS ORCHESTRA CONCERT

Wednesday July 6

Leave Crow River
Senior Center at
8:30 a.m.



Enjoy beautiful music and beautiful scenery when we travel to Nicollet Island by school bus to hear the wonderful sounds of the Minneapolis Pops Orchestra. The concert will be held inside the Nicollet Island Pavilion, which is located by St. Anthony Falls. This trip will include free coffee, punch and donuts.

**Register no later than June 20
before the bus is full.**

Date: Wednesday July 6

Cost: \$20.00

Register by: June 20 or before.

**In order for this trip to go we
NEED a MINIMUM of 20 people
Must prepay at time of registration.**

Trip # 716

SENIOR THEATRE

**ATTENTION all who are interested in
being in the next Senior Theatre Play!**

There will be a first planning meeting on
**Monday June 6 at 11:00 a.m.
at the Center.**

Join us if you are interested in being in the play or helping in the crew. There was a lot of fun to be had in the last play. Don't miss the opportunity to join in this time. We need you to come and help pick out the script and start the planning for our next fun event!

TRIPS

Casino Trip— St Croix Turtle Lake

Cost is \$5.00



Pickup location is now at City Center West side away from the building. To Register call Donna Duscha at 763-497-1815.

Date: Wednesday

May 18

Bus leaves at 8:30 a.m. prompt

No registrations are taken at the

Center. You must call Donna directly.

*Must have minimum 35 passengers **Sign up by Friday May 13***



Plymouth Playhouse Thursday June 16

THE HIT COMEDY BIG PANTS & BOTOX BRINGS BIG LAUGHS AND HOT FLASHES

The hit comedy, BIG PANTS & BOTOX, written by Louise Roche, who is also credited with the popular GIRLS NIGHT, takes the

audience on an emotional roller-coaster ride as she tells the sometimes comical, sometimes emotional and always inspirational tale of Barbara and her journey having just survived an eventful significant birthday. The story follows her struggles with turning 50 and everything else that comes with reaching middle age. Her husband is addicted to gambling and can't be found anywhere, her family is overbearing, she's raising her daughter and fitting time in for her friends who are fun and wacky while weighing the benefits of 'Big Pants and Botox'. Barbara inspires self-reflection no matter what age.

Date: Thursday June 16 Trip # 616

Time: 10:30 am

Cost: \$23.00 cost of play tickets only.

Payment due at registration Register by Friday May 20 Limit: 10 people limit on this trip.

You will arrive in time to have lunch at Green Mill to order off the lunch menu at your own expense.

Bus for this trip is generously sponsored by The Legacy of St. Michael.

Senior Community Services COACH TRIPS for 2016

Brochures of these trips are available at the Center (just ask at the desk) or by going on the SCS website seniorcommunity.org/programs/senior-tours

For registration and more information call Allison Bendickson 952-767-7899

Alaska Cruise July 3-11

\$2,900/person, double occupancy

Alaska Land & Cruise July 3-17

\$4,900/person inside cabin

\$5,100/person cabin w/ window

\$6,290/person cabin w/ balcony

Canadian Rockies July 6-14

\$2,099/person double occupancy

Alaska Express July 10-14

\$2,850/person double occupancy

Alaska Circle July 10-17

\$3,300/person double occupancy

Mississippi River Cruise July 18-22

\$1,060/person double occupancy

Alaska Explorer July 18-28

\$4,175/person double occupancy

Colorado Railroads July 25-August 3

\$2,075/person double occupancy

Folklorama August 3-6 860/person dbl occ.

Oregon & California August 12-23

\$2125/person double occupancy

Yellowstone & Grand Teton Nat'l Parks

August 15-21 \$1450 /person dbl occ

Medora August 24-26 \$550/person dbl occ

Canadian Rockies & the Northwest Sept.1-13

\$2450/person dbl occ.

Nova Scotia September 7-22

\$2775/person dbl occ.

Mackinac Island & Agawa Canyon Sept 19-24

\$1250/person dbl occ.

Door County September 25-28

\$725/person dbl occ.

Cape Cod October 1-9

\$1525/person dbl occupancy

BOOKS & COLORING

Second Tuesday Book Club

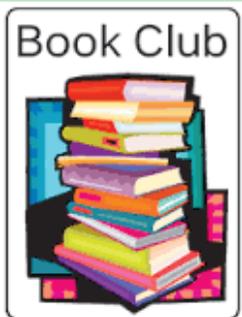
The Second Tuesday Book Club meets once a month on the **Second Tuesday at 6:30 PM.** There is no cost and new participants are welcome.

May 10 *“Her Honor: Rosalie Wahl and the Minnesota Women's Movement”*

By: Lori Sturdevant

June 14 - *“Dead Wake”*
by: Erik Larson

Location: Crow River Senior Center



Tuesday Coloring Therapy

Join us for a session of relaxing coloring with a spot of tea on a Tuesday afternoon.

Dates: Tuesday May 17 & June 21

Time: 1:00 pm

Cost: Free

Supplies (coloring sheets & colored pencils) will be provided but you are certainly welcome to bring your own. Call the Center to register please by at least 1 day prior.



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Crow River Senior Center, St. Michael, MN

E 4C 02-1011

MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9A-12 Open Painting 9:00A Legal Appt. 9:30A— FLEX Silver Sneakers (Albertville) 1P Writers Group 1P Dominoes 1:30P Choir</p>	<p>3 8A Silver & Fit (Albertville) 8:30A—5pm MN Hwy 55+ Drivers Class (Albertville) 9A-Joy Stitch Club 9A Yoga (Albertville) 9:30A History Discussion Noon Lunch 1P – Social Bridge</p>	<p>4 9A-1P MN Hwy 55+ Drivers Class (Senior Center) 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P – Whist 1P Woodcarvers 5:30P TOPS</p>	<p>5 8A Silver & Fit (Albertville) 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Euchre (Craft Rm) 1P Bingo Sponsored by: SilverCreek Maple Grove</p>	<p>6 9A - Cribbage 9A Craft Class—”Star Origami” Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards</p>
<p>9 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) 11A PotLuck w/ Jammers at the Senior Center 1:30P Dominoes 1:30P Choir</p>	<p>10 8A Silver & Fit (Albertville) 9A-Joy Stitch Club 9A Yoga (Albertville) Noon Lunch 12:30P Eye Glass Adj. By Eye Care of St. Michael 12:30P BP Checks 1P Social Bridge 1P Dementia Class 6:30P Book Club</p>	<p>11 9A Dash for Trash 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P – Whist 5:30P TOPS</p>	<p>12 8A Silver & Fit (Albertville) 9:30A Recycled Cards 9:30A Pinochle 9:30A Movie “The Lady in Van” Noon Lunch 1P Bingo 1P Euchre (Craft Room) 6:30P Alzheimer’s Support Group</p>	<p>13 9A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards</p>
<p>16 8:30A Bingo at Culvers (Albertville) 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) 1P Writers Group 1:30P Dominoes 1:30P Choir</p>	<p>17 8A Silver & Fit (Albertville) 9A-Joy Stitch Club 9A Yoga (Albertville) 9:30A History Discussion –Guest presentation by Mike Bray”Tribute to the Troops Saddle” Noon Lunch 1P – Social Bridge 1P Coloring (Craft Room)</p>	<p>18 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P – Whist 1P Woodcarvers 5:30P TOPS</p>	<p>19 8A Silver & Fit (Albertville) 9A-1P Sr. Expo (Pizza by slice) (NO noon lunch) NO Regular Activities today</p>	<p>20 9A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P 500 Cards 1P Movie “The Choice”</p>
<p>23 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) (Albertville City Hall) 1P Dominoes</p>	<p>24 8A Silver & Fit (Albertville) 9A-Joy Stitch Club 9A Yoga (Albertville) 9:30A-11:30A 60+ Healthy Clinic Noon Lunch 1P – Social Bridge</p>	<p>25 9:30A— Silver Sneakers (Albertville) 9:30A Hand Foot Cards Noon lunch B’Days 1P – Whist 5:30P TOPS</p>	<p>26 8A Silver & Fit (Albertville) 9:30A Pinochle 9:30A Recycled Cards Noon Lunch 1P Euchre (Craft Room) 1P Bingo</p>	<p>27 9A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards</p>
<p>30 CENTER CLOSED MEMORIAL DAY</p>	<p>31 8A Silver & Fit (Albertville) 9A-Joy Stitch Club 9A Yoga (Albertville) Noon Lunch 1P – Social Bridge</p>			

LUNCH MENUS

MAY 2016

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Lasagna Green Salad Breadstick	4 Chicken Drummies Baked Beans Potato Salad	5 Sweet & Sour Pork Rice Blend Broccoli	6 Mock Chowmein Casserole Noodles (on side) Breadstick
10 Baked Ham Au Gratin Potatoes Brussel Sprouts	11 Spaghetti w/meat sauce Green Salad Breadstick	12 Chicken w/orange Sauce Rice Blend Green Beans	13 Meatloaf Parsley Potatoes California Blend
17 Salisbury Steak w/ mushroom gravy Mashed Potatoes Asparagus	18 BBQ Riblets Baked Potato Cole Slaw	19 Senior Expo NO REGULAR LUNCH MOW (Chef's Choice)	20 Build your own Hamburger Cheese, Tomato, Lettuce, Onion, Pickles & Chips
24 Goulash Waldorf Salad Dinner Bun	25 B'Day lunch Broasted Chicken Mashed Potato Stuffing, Gravy Cranberries Peas	26 BLT Sandwich Cold Italian Pasta Salad	27 Liver & Onions Baby Red Potatoes Buttered Beets
31 Hamburger Chowmein Noodles/Rice Breadstick			

JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30A Hand & Foot Crds 9:30A –FLEX Silver Sneakers (Albertville) 12Noon Shining Stars 85+ Party 1P Woodcarvers 1P – Whist 1:30P Caring Comm. 5:30P- TOPS	2 8A Silver & Fit (Albertville) 9:30A Recycled Cards 9:30A Pinochle 12Noon Lunch 1P Bingo 1P Euchre	3 9A Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards 1P Movie “The Martian”
6 9A-12 Open Painting 9A Legal Appt. 9:30A –FLEX Silver Sneakers(Albertville) 11A PLAY MEETING 1P Writers Group 1P Dominoes	7 8A Silver & Fit (Albertville) 9A Yoga (Albertville) 9A- Joy Stitch Club 9:30A History Discussion 12Noon Lunch 1P – Social Bridge	8 9:30A Hand &Foot Crd. 9:30A –FLEX Silver Sneakers (Albertville) 12Noon Lunch 1P – Whist 5:30P- TOPS	9 8A Silver & Fit (Albertville) 9:30A Recycled Cards 9:30A Pinochle 9:30A Movie “JOY” 12Noon Lunch 1P Bingo 1P Euchre	10 9A Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards
13 9A-12 Open Painting 9:30A –FLEX Silver Sneakers(Albertville) 12Noon POTLUCK (Albertville) 1P Dominoes	14 8A Silver & Fit (Albertville) 9A Yoga (Albertville) 9A- Joy Stitch Club 10A – Advisory Board 12Noon Lunch 12:30P BP Check 1P – Social Bridge 6:30P Book Club	15 9:30A Hand &Foot Crd. 9:30A –FLEX Silver Sneakers (Albertville) 12Noon Lunch 1P – Whist 1P Woodcarvers 5:30P- TOPS	16 8A Silver & Fit (Albertville) 9:30A Recycled Cards 9:30A Pinochle 12Noon Lunch 1P Bingo 1P Euchre 6:30P Alzheimer’s Support Group	17 9A Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards 1P Movie “Steve Jobs”
20 9-12 Open Painting 9:30A –FLEX Silver Sneakers(Albertville) 1P Writers Group 1P Dominoes	21 8A Silver & Fit (Albertville) 9A Yoga (Albertville) 9A- Joy Stitch Club 9:30A - History Discussion 12Noon Lunch 12:30P Eye Glass Adj. By Eye West 1P – Social Bridge 1P -Coloring (Craft Room)	22 9:30A Hand & Foot Crd 9:30A –FLEX Silver Sneakers (Albertville) 12Noon Lunch B’days 1P – Whist 5:30P- TOPS	23 8A Silver & Fit (Albertville) 9:30A Recycled Cards 9:30A Pinochle 12Noon Lunch 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) 1P Dominoes	28 8A Silver & Fit (Albertville) 9A- Joy Stitch Club 9A Yoga (Albertville) 12Noon Lunch 1P – Social Bridge	29 9:30A Hand & Foot Crd 9:30A –FLEX Silver Sneakers (Albertville) 12Noon Lunch 1P- Whist 5:30P TOPS	30 8A Silver & Fit (Albertville) 9:30A Recycled Cards 9:30A Pinochle 12Noon Lunch 1P Bingo 1P Euchre	

LUNCH MENUS

JUNE 2016

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Shining Stars Broasted Chicken Mashed Potatoes Gravy Buttered Carrots	2 Pork Chop Stuffing w/Gravy Creamed Peas Cranberries	3 Beef Barley Soup Beef Sandwich
7 Sloppy Joes Baked Beans Potato Salad	8 Chicken Alfredo Noodles Asparagus	9 Pork Roast Mashed Potato w/Gravy Cranberries Green Beans	10 Shrimp Stir Fry Fried Rice Dinner Roll
14 Chef Salad (hard boiled eggs, lettuce,cheese,tom ato,black olives) Fresh Fruit Breadstick	15 Beef Stroganoff Buttered Noodles Buttered Beets	16 Hot Turkey Sandwich Mashed Potatoes Gravy Broccoli	17 Liver & Onions Baked Potato Buttered Carrots
21 Tacos (Hard & Soft Shell) Lettuce, Onions, Tomato, Cheese, Black Olives, Sour Cream	22 B'Day Lunch Meat Loaf Mashed Potatoes Gravy Corn	23 Chicken Wild Rice Soup Hoagie Sandwich	24 Ham & Cheese Sandwich Broccoli Salad
28 Tator Tot Hotdish Green Salad Dinner Bun	29 Chicken Chow Mein Noodles/Rice Breadstick	30 BBQ Riblets Potato Wedges Cole Slaw	

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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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facebook®

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.

CROW RIVER SENIOR CENTER ADVISORY COMMITTEE

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