CROW RIVER SENIOR CENTER NEWS

September October 2015

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

Hey, Folks! This is Alec Waters – Vonnie Waters' son – here to shake things up for the months of September/October! Happy 10th Anniversary! Of all the great things we could talk about that's happened in the community, like the St. Michael Cinema re-opening (probably the best theater I've ever been to in my *life*), the new Dunn Bro's currently in construction (because who doesn't love caffeine?), and the thousands of other improvements both micro and macro, I'd rather talk about one individual that's been an integral part of her community. She's made serving the St. Michael district her full-time position for over a year now, and in such a short time has made miraculous differences in the lives of the senior community; my mother.

With one of the warmest and welcoming smiles and the best job one could ask for, the lovely community of the Crow River Senior Center have made my mother's job so cordial. Her biggest priority has always been to achieve satisfaction with her patrons, and in the past year her tireless dedication has shown through the hustle-and-bustle of her workplace, constant drive to improve anything and everything, and *very* late nights putting together these newsletters for you. (Which is why I gave her one less page to do!) My family has always been in tune with community values, especially when they regard the elderly. Both my parents have been model citizens in the amount of volunteer work they've carried out in the fourteen years they've been part of Wright County, and I'm barely beginning to follow their footsteps – *but follow I will*!

For every workplace, event, or community you may be a part of, there's always that one person at the head of it all who makes direction look so easy. But remember that they were where you are once, so make sure to gratify the work all those Vonnies have achieved in coming where they are today.

Because bingo at a senior center is not as easy to manage as it looks.

Crow River Senior Center is celebrating 10 years in October!

Can you believe that 10 years have gone by since the beginning when there was just a card table, a chair and a phone, with Joyce Flury waiting for people to come in and Dick Swanson to keep her company! Well, some things have changed and some have stayed the same. I will leave it up to you to decide the difference!

We have a fabulous facility here in St. Michael and may joyous people to share it with. I invite you all to come in and share in the activities we have to offer and come for lunch to share some great conversation. We will be reminiscing a plenty around here so come on in!

Be reminded that there is something for everyone here at the Center! All you have to do is make that walk in the door! Please be kind to one another and enjoy life! Thank you to my dear son, Alec for his help on this page!

Respectfully, ***Vonnie Waters***

*****Reminder :Center CLOSED Monday September 7 for Labor Day Holiday***

11800 Town Center Drive NE, Suite 200, St. Michael, MN 55376 •(763) 497-8900
*** Vonnie Waters, Center Director •vwaters@crowriverseniorcenter.com**
*** www.crowriverseniorcenter.com**

Pork Chop Dinner
Everyone is Welcome!

Door Prizes

Join us at the
Crow River Senior Center
Wednesday
September 23
4:30—6:30 PM

$10.00 per person

Tickets on sale now at the
Crow River Senior Center
Call 497-8900 if you have any questions.
Purchase tickets by Friday Sept 18

Menu:

Pork Chops
Baked Potato
Baked Beans
Cole Slaw
Roll/Beverage
Dessert

Live Music by the Crow River Jammers

Happy 10 Year Anniversary !
Crow River Senior Center

We have a lot to celebrate so we are doing it the full month of October ! Join us during the month and share your greatest memories of the Center over the years. Here is some of the fun with more details inside . We are sure to have more surprises in store so check the Center often!

Thursday October 8 -Fall Fling/Style Show
Wednesday October 14 –Birthday Lunch & Better Business Bureau presentation to follow at 1:30pm on Senior Scams & Fraud
Thursday October 22—Bingo sponsored by Catholic United Financial. Bring donations to the Hanover Food Shelf. Come for lunch and stay for bingo!
Tuesday October 20 Computer Safety 101 with Techmate of St. Michael 1:00 pm Come for lunch and stay for the class.

Thursday October 29 our Senior Play Dinner show at 6pm Dinner catered by River Inn. Bring your friends and family for some great food and good comedy fun.
Friday October 30 our Senior Play Matinee Show with dessert. "It's All an Act"

FYCC and Crow River Senior Center present

"It's All an Act"

By: Carl Williams

Here's a delicious comedy trio of short plays about the theatre. In "Must the Show Go On?" everything goes wrong on opening night. In "Can't You See We're Acting?" three older people create havoc from their front-row seats. In "Final Curtain," an old actor on his deathbed keeps waking and eloquently delivering lines of Shakespeare as his adult children argue in front of him. He ultimately proves, "All's well that ends well."

Location: Crow River Senior Center
Thursday October 29 @ 6:30 for The Dinner Show Tickets: $12.00 includes dinner from River Inn (Chicken, Buttered Baby Reds, Veggie and Dinner Roll) and a show!

Friday October 30 @ 1:30 pm for the Matinee show Tickets: $5.00 includes dessert and a show!
Purchase your tickets at the Senior Center Now!

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

November and December 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 November and December 2015

Monday September 21 at 1: 00 PM

June Birthdays!

July 4th luncheon respectful of our National Anthem sung by Alec Waters

BIRTHDAY PARTIES

ENJOY A COMPLIMENTARY BIRTHDAY LUNCH

SEPTEMBER BIRTHDAYS: THURSDAY, SEPT 10
OCTOBER BIRTHDAYS: WEDNESDAY, OCT. 14

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

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

VOLUNTEERING, DONATIONS, CENTER WISHLIST

VOLUNTEER OPPORTUNITIES

You do NOT need to be a Senior to Volunteer! *WE NEED YOU!*

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

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

Upcoming Craft Sales! We need your help to replenish so we are Calling all Crafters we need your help in Crocheting, knitting or sewing items for our Craft Corner and craft corners. Contact Vonnie for details.

WE NEED YOU ……..
Roadside Clean up !
"Dash for Trash"
Thank you volunteers for Keeping our Community Clean!

The next clean up is Wednesday

September 16 at 9:00 am

The Crow River Senior Center has a section to keep clean along Cty Rd 35 from Cty Ro. 19 to Jamison.

Call the Center *to have your name added to the list to help us out!*

THANK YOU !
DONATIONS & MEMORIALS
$35.00 Anonymous
$25.00 Marjorie Swenson
$20.00 Anonymous
Food Processor—Claudia Pingree

OUR WISH LIST

- **Decaf Coffee NEEDED Please!**
- **Door prizes for special events $5 OR $10**
- **Gift cards or cash donations for fruit & healthy snacks**
- **Donations for our Basket Benefit.**
- **Newsletter advertisers**
- **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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River Inn Hanover

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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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

Bingo! Join us on

September 10
1:00 pm

For some fun games of Bingo Sponsored by Prairie River Home Care

Come for lunch and stay for bingo!

25th Anniversary
Prairie River
HOME CARE

CALLING ALL WANT TO BE ACTORS & ACTRESSES!!!!

THE NEXT SENIOR PLAY WILL BE OCTOBER 29 & 30

"CASTING CALL MEETING" WILL BE HELD ON
SEPTEMBER 9
AT 9:30 AM—11:30 AM

IF YOU ARE INTERESTED IN ANY PART CAST OR CREW, PLEASE COME TO THE MEETING.
EVERYONE IS WELCOME TO COME AND FIND OUT MORE OR GIVE IT A TRY!

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!

Check the Center for the winner of The next basket which is Golfing Theme.
Get your Tickets to win!

Great River Area

Faith in Action

A representative from Faith in Action will be on site at the Crow River Senior Center

Thursday Sept 10
11 am—3 pm

Find out all that they have to offer our community. Some of the services they provide are transportation, grocery shopping, light house cleaning and more.

FAITH IN ACTION

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., Sept 2 & 16
Oct. 7 & 21
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., September 1 & 15
October 6 & 20
Time: 9:30 to 11AM Cost: None

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

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. The Caring Communities Committee will **not meet in September.**
Meetings will resume on **October 7 at 1:00 pm.**

Readers Theatre is a group who read stories, acted out with props to local schools, day cares and nursing homes. If you are interested in finding our more there will be a meeting to discuss the readings please join us!

Friday September 11
at 10:00 am in the Craft Room.

They have a lot of fun entertaining and putting smiles on the faces of kids both young and old!

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.

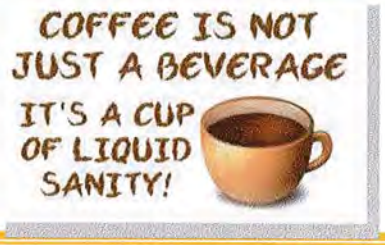
September 8 "***The Storied Life of A. J. Fikry*** :
A Novel *by Gabrielle Zevin*
October 13 The House of the Seven Gables
Rip Van Winkle
by Nathaniel Hawthorne
November 10 **Neverhome a Novel by**
by Laird Hunt

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.



Library Book Sale
Saturday
October 17
8-2 pm

Crow River Senior Center will be serving coffee and cookies 9a-1p along with having a craft table. Come out and support our library and Senior Center.

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, NUTRITION 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, September 22
Time: 9:30 to 11:30 AM
Cost: $15
Location: Crow River Senior Center
First come basis, sigh in when you arrive.
Not before 8:45am please.

COFFEE CHAT
SEPTEMBER 22
10 AM

Nutrition and aging with four types of diet
As you age, your body needs fewer calories but needs to maintain the same amount of protein, vitamins, minerals and various nutrients. For some, that means they are adding more weight than desired , while others have trouble eating enough healthy foods. Learn how to make sure that you get enough of the right foods. Join us at the Senior Center

September 22 at 10 am
Cost : Free
Call the Center to register by September 21

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Or call 763-497-9076 for more information!

Nutrition Made Simple
Juice Plus

September 15
10:30 am

It's no secret that eating fruits & vegetables is Key to good health. New research shows it is not just good for you, it is so good for you, it could save your life. Unfortunately, many obstacles keep us from eating the quality, quantity and variety that we need. Cost, availability, our taste preferences, being home to prepare it and poor digestion are all common issues many face. However, without that rainbow of nutrition, we end up deficient in many areas which leads to poor health. It doesn't have to be like that. There is a way to achieve all of those fruits & vegetables that is both convenient and inexpensive as well as proven effective. This One Simple Change can put you on the road to better health. Join us to learn more, taste test, ask questions and explore your health possibilities. Sounds interesting right? Sign up at the Center by September 14 COST: FREE

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

HEALTH AND FITNESS

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 class in Albertville has also started, It will be held at 11:00 a.m. in the upper level of the Albertville City Hall every **Tuesday and Thursday.** If Interested inquire to Lori Schoenborn on details and price.

Healthways SilverSneakers® Fitness Program

EYEGLASS ADJUSTMENTS

Free eyeglass adjustments & cleaning will be offered.

- **Eye Care Center of St. Michael**

Date: Tuesday, September 15
Time: 12:30 to 1 PM Cost: None

- **Eye West Vision Clinic & Optical**

Date: Tuesday, October 20
Time: 12:30 to 1 PM Cost: None

Rim Riders Biking Group! Get your Pedals moving and Ride!

Rim Riders

The Rim Riders have been pedaling along with their weekly bike rides since May. If you would like to have your name added to the email list for weekly ride updates contact the Center at vwaters@crowriverseniorcenter.com or call 763-497-8900.
Here is the end of year schedule.
Sept 7 - **NO RIDE**—Labor Day
Sept 14—StMichael to Beebe Lake
Sept 21—Leaders' Choice
Sept 28—StMich. –Rockford-Lake Rebecca

Hearing Aid Clean and Check Clinic

This service is provided free by Affinity Hearing.

Date: Wednesday September 16
Time: 11:00 AM
Cost: FREE
Please call the Center to sign up by Tuesday September 15

Affinity HEARING

FREE Blood Pressure Checks

Second Tuesday Each month by: Shirley Haggerty

Sept 8 & Oct 13
12:30 - 1:30 pm

Blood Pressure Check

OCTOBER HAPPENINGS ANNIVERSARY MONTH

Fall Fling with Style
Thursday October 8
11:30 am Cost: $7.00

We will be serving up the soup with the pie and fashion show to follow.

Fall is here and it's time to see what is new in fashion! A perfect time for some Soup & Pie while pondering over what you might want to include in your closet from Christopher & banks.
You might even want to shop at our craft corner (in the center) looking for those one of a kind gifts for the holidays. Whipped up by our very own talented crafters.

Soup will be served 11:30 - 12:30
Fashion show will begin shortly after
Cost: $7.00
Location: Crow River Senior Center
Tickets on sale at the Senior Center must purchase by Friday October 2.

Bingo Thursday October 22
Time: 1:00 pm

Sponsored by Catholic United Financial
Donations to the Hanover Food Shelf will be collected at this event. Please bring a donation with you.

Catholic United Financial
Every step, every journey, we're there for life

Computer Class
Web Safety 101

Techmate of St. Michael will be covering topics such as common scams online, protection against malware infection, social media safety, and password safety and more. Bring your questions that you have been pondering about your computer.

Tuesday October 20
1:30 pm Cost: free
Register by Friday October 16

Techmate

Better Business Bureau & Allianz
present "Safeguarding Seniors"

Have you ever been pressured to provide personal information to someone you don't know over the phone or through email? Or received a phone call or letter letting you know you've suddenly won a large amount of money? Senior financial abuse if often under-reported and misunderstood. The Better Business Bureau and Allianz Life have partnered together to provide the seminar, "Safeguarding Our Seniors—Be Empowered to Take Action" to raise awareness and empowered seniors and caregivers to take action against senior fraud and financial abuse.

Date: Wednesday, October 14, 2015
Time: 1:30 pm
Location: Crow River Senior Center
Cost: FREE
Please register by Tuesday October 13

BBB Start With Trust

"DID YOU KNOW" AND DRIVER SAFETY

CRAFTERS NEEDED—Crochet dish towels, dish cloths & Scrubbies : If you have the knack we have the need for some to be crocheted with the tops for hanging dish towels and the dish cloths. Contact Vonnie at the Center.

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

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

The Crow River Center receives money from donations made at the **U'SAgain box at Bernings Station in Albertville.** If you are getting rid of unused clothing please consider putting the items in that box. July we received $34.53.

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

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.

Rogers Senior Fair - FREE
Mon, Sep. 28, from 10 am – 1 pm

Rogers Community Room ~ *attached to the Fire Station* (21201 Memorial Drive) Nearly 30 experts in the aging field will be available to share information on their organization, hand out freebies, and answer questions.

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: September 16 & Oct ober 23
Time: 9:00 am to 1:00 pm
Location: Crow River Senior Center

8 Hour Class
Date: Sept. 29
Time: 8:30 am - 5:00 pm
Location: Albertville City Hall

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

As we leave summer enjoy a photo
From the garden Of Gwen Lapp!
Beautiful part Of summer!
Thanks for sharing Gwen.

MOVIES

September Movie Club

Call the Center to Sign up for each movie!
Popcorn provided!
FRIDAY Movies in SEPTEMBER

Friday September 4 at 9:30 am
"Where Hope Grows" (Inspirational)

a professional baseball player sent to an early retirement due to panic attacks at the plate. Life heads in a downward spiral as he sleepwalks thru raising his teenage daughter and trying to cope. Suddenly awakened & invigorated by the most unlikely person - Produce, a young man with Down syndrome who works at the local grocery store.

Friday September 18 at 1pm
"And So It Goes "

Oren is a self-involved real estate agent who cares little for other people. His life is disrupted when his estranged son drops off a surprise at his door. He is suddenly faced with a granddaughter he never knew. Life then takes a turn and there are many lessons to share. Starring Michael Douglas & Diane Keaton

Friday September 25 at 9:30 am
"The Judge"

A hot-shot defense attorney who works in the bustling metropolis of Chicago learns of his mothers passing while in the middle of a hearing. His brother notified him by message. Because of this , he returns home to go to her funeral. During the trip finds out that his father is a suspect in murder. In helping his father al of the drama begins.

October Movie Club

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

Friday October 2 at 9:30 am
"Courageous"

Four police officers pledge their lives to protecting and defending as member of the force, but a tragic death in their community forces them to examine their roles as fathers first.

Friday October 9 at 9:30 am
"Age of Adaline"

After miraculously remaining 29 years old for almost eight decades Adaline has lived a solitary existence, never allowing herself to get close to anyone who might reveal her secret. But a chance encounter with a charismatic philanthropist reignites her passion for life and romance.

Thursday October 15 at 1pm
"The Longest Ride"

Sophia and Luke are a young couple who are deeply in love, but it seems that a life together is not in the cards for them. He wants to return to bull-riding after having previously been a champion, while she is anxious to seriously pursue her artistic dreams in New York City. While they are trying to sort out their futures, they have a dramatic encounter with an old man named Ira, who shares with them the story of his life and epic romance with his wife. This tale brings a fresh and inspiring perspective to the conflicted young couple.

Senior's Summertime fun festivals, parades and gardening!

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: Mondays
Sept 14 , Oct 5 & Nov 2
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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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, Sept 21 & Oct 5 & 19
Time: 1 – 2:30 PM
Cost: None

"My Guardian Angel"
Story & painting by: Corrie Gruys

That day, in 1980, I had just left the building where I worked in downtown Minneapolis. Facing the busy street, I noted that the light had turned green, so I quickly stepped off the curb, heading toward my bus stop. Suddenly, the stranger beside me put his strong arm in front of me saying "Stop! Wait!" "Watch where you're going!" A speeding car flashed by the spot where I would have been walking. We watched in horror as that car went through the red light and hit another car crossing on the opposite street. Breathlessly, we saw that car being pushed onto a person also crossing. Unfortunately , that person flew into the air landing on the car's hood. What an agonizing sight to behold! People were rushing to his aid. The accident happened right in front of the courthouse. And soon I saw police and ambulances all over the area. I never did hear about the outcome. However, I turned to thank the man whose outstretched arm had saved me. He had disappeared! Every day , for a long time, I thought he might be there again when I left work, but he did not come, and I believe he was my guardian Angel.

Now in my 95th year on earth I am living in a facility named Guardian Angels Care Center. Here I am confident there are angels send by God, in the form of the wonderful staff of dedicated care givers. Praise the Lord.

Our Senior Citizen Center
by Ardis Schommer

How lucky we have such a wonderful place to meet people and have so many things to entertain you. It is truly a blessing. When my husband Valentine & I moved up here from Texas we didn't know anyone except my daughter, LaNetta & her family.

We live in the Cottages on Hwy 19 in Albertville. There is a Community room, but there isn't much going on. Bingo once a month, cribbage on Tuesdays and mixed poker Thurs afternoon. Val got involved in that but I didn't do any of them. So he said you need to get out of the house too. I did go with LaNetta to the writers group. Then I got involved with he crocheting and knitting group. Joyce Flury was the director when I first came here & she introduced me around and told me all of the things there was to do. It also helped that so many people knew my daughter. I've met some really nice people. Vonnie Waters is the new director and she always has a smile & makes me feel so welcome. Since my husband died in 2011 if it had not been for the Senior Center I don't know what I would have done. I even started to play cards. Something I had never done before. Even if I'm not great at it everyone makes me feel welcome and we have a good time. I also play dominoes on the Mondays that we don't have writers group. I'm here every day except Friday participating in something. I also try to eat lunch a couple times a week. I read a lot so I make use of the Library too. I hope everyone appreciates what a wonderful place (Senior Center) they have to meet and enjoy others company . I know for me it's my home away from home.

We would love to hear your story of what brought you in the doors of the Crow River Senior Center. Please share with Vonnie and we hope that you enjoy your time that you spend with us. If you have not been in yet, Please do stop in!

Fall Train Trip with Brunch on Board
Thursday October 22

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

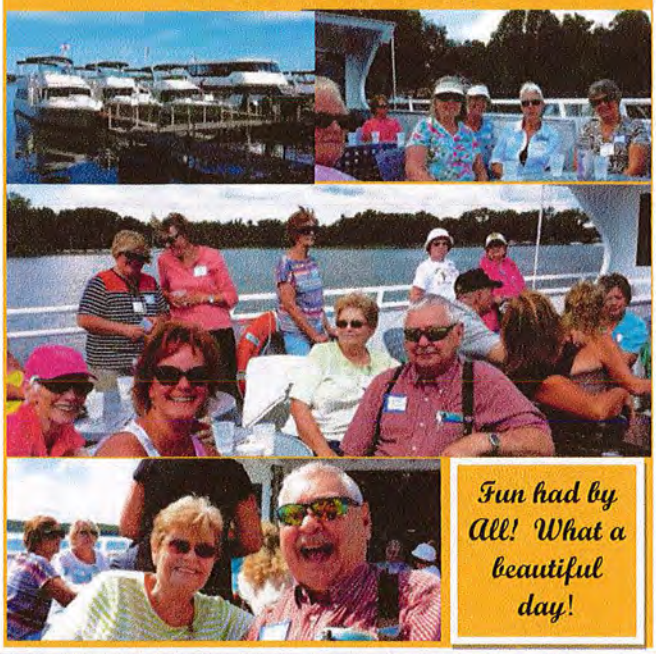
Thursday October 22
8:30 a.m. .Depart CRSC
4:00 p.m. est. return to CRSC
Cost: $ 69.00 **Trip # 1015**
Payment due at time of Registration
Must register by Wed. Sept 16th

This Trip Leaves from the Rogers Community Center DayTrippers Dinner Theatre: The Nutcracker's Nuts
Wed, Nov 18, 11 am – 4 pm

This Christmas play includes comedy, dancing, and the beautiful music of the Nutcracker. This trip departs from the Rogers Community Room (21201 Memorial Drive) at 11 am. Shortly after our arrival to Bloomington, we will enjoy a lunch buffet at the theatre which includes pork loin, chicken cordon bleu, wild rice pilaf, tossed green salad, pistachio salad, rolls, cupcakes, coffee and tea. The performance begins at 1:15 pm and ends at 3 pm. We should arrive back to Rogers around 4 pm. Payment of $55 covers your transportation, lunch, and show.

Please call Liz at 763-428-0939 to sign-up by November 4.

Al & Almas Boat Trip



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 7th year for the program and they have taken over 1,000 folks out each summer.

Dates and Reservation Deadlines.

Thursday Sept. 10 (9:30—11:30 AM)
Reservation by Tuesday Sept 8
Friday Sept. 25 (9:30-11:30 AM)
Reservation by Monday Sept 21
Time: As stated above for each trip
Cost: None (just need a fishing license)

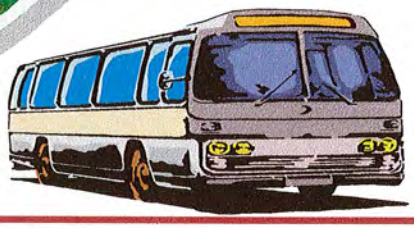
TRIPS & MISC.

Casino Trip—Jackpot Junction

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

Date: Wednesday, Sept 16
leaves at 8:30 a.m. prompt
No registrations are taken at the Center.

Must have 30 passengers!
Sign up with Donna by Friday September 11



Are you affected by Alzheimer's disease?

Alzheimer's Support Group & Education

A new support group is starting up in September
You are welcome to come and join the group.

Thursday September 10 at 6:30 pm

Location: Crow River Senior Center
Supported by:

alzheimer's association®

Senior Community Services COACH TRIPS for 2015

Brochures of these trips are available at the Center.
For registration and more information call 952-767-7899 or go on website http://seniorcommunity.org/programs/senior-tours/

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

Smokey Mountains October 19-27
$1500.00 pp dbl occ

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

Branson Christmas November 11-15
$799.00 pp dbl occ

Nashville Christmas Nov 28—Dec 3
$ 1,150 pp dbl occ

Duluth Christmas December 4-5
$ 300.00 pp dbl occ

Omaha Christmas December 10-13
$ 650.00 pp dbl occ

Musical Note:

The Crow River Choir resumes September 14 at 1:30 pm.

New members welcome!

Please join if you would like to share your vocal talents! We would love to hear you!

HEALTH

Flu Shot Clinic by Cub Pharmacy September 15 at 10 am.

Appointments requested

In addition to flu shots, whooping cough, shingles and pneumonia shots will be available for those in need. There are new guidelines that suggest an additional pneumonia booster for those that have only received one pneumonia vaccination in their lifetime. All flu shots and pneumonia shots will be covered by Medicare Part B. Please bring your cards with you. For those interested in receiving the shingles or whooping cough vaccine you will need to contact the pharmacy a few days before the appointment to verify proper billing and copay. Contact Loren Bell RPh directly at Cub Pharmacy 13855 Rogers Dr. Rogers 763-428-6080 To make an appointment Call the Center at 763-497-8900

Medicare Open Enrollment is from October 15 through December

We will have Medicare Counseling on Saturday November 7 By appointment only.
Senior Community Services will sponsor an event for reviewing your supplemental insurance during the open enrollment period. You will need to schedule an appointment by calling 763-497-8900 and filling out a form listing your prescriptions prior to the appointment.

Date: Saturday November 7
Appointment times from 9 am—12 Noon
There will be councilors available
Cost: NONE
(By appointment ONLY)

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SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9A-Joy Stitch Club 9A Yoga (Albertville) 9:30A History Discussion Noon Lunch 1P Social Bridge	**2** 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P – Whist 1P Woodcarvers 5:30P TOPS	**3** 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Bingo 1P Euchre (Craft Room	**4** 9 A – Cribbage **9:30A Movie Club "Where Hope Grows"** Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards
7 **LABOR DAY CENTER CLOSED**	**8** 9A-Joy Stitch Club 9A Yoga (Albertville) 10A Advisory Board Noon Lunch **12:30P BP Checks** 1P – Social Bridge 6:30P Book Club	**9** **9:30 Play Meeting** 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P Whist 5:30P TOPS	**10** 9:30A Recycled Cards 9:30A Pinochle **Noon Lunch B'day** 1P Bingo Sponsored **by: Prairie River Home Care** 1P Euchre (Craft Room) **6:30P Alzheimer's Support Group**	**11** 9 A – Cribbage **10A Readers Theatre Meeting** Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards
14 **9:00A Legal Appt.** 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) (Albertville City Hall) 1:00P Dominoes 1:30P Choir Practice	**15** 9A-Joy Stitch Club 9A Yoga (Albertville) 9:30A History Discussion **10A FLU SHOT CLINIC** **10:30 JUICE PLUS NUTRITION** Noon Lunch **12:30P BP Checks** 1P – Social Bridge	**16** **9A "Dash for Trash" clean up.** 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards 11A Affinity Hearing Noon Lunch 1P – Whist 1P Woodcarvers 5:30P TOPS	**17** 9:30A Pinochle Noon LUNCH 1P Euchre (Craft Room) 1:00P Bingo	**18** 9A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P 500 Cards **1:00 P Movie Club "And So It Goes"**
21 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) 1:00P Writers Group 1:00P Dominoes **1:00 PLAN MENU** 1:30P Choir Practice	**22** 9A-Joy Stitch Club 9A Yoga (Albertville) **9:30A-11:30A 60+ Healthy Clinic** **10A COFFEE CHAT** Noon Lunch **12:30P Eye Glass Adj. By Eye Care of St. Michael** 1P – Social Bridge	**23** 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards **Noon lunch** 1P – Whist 5:30P TOPS ***Pork Chop Dinner* 4:30-6:30**	**24** 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Bingo 1P Euchre (Craft Room)	**25** 9A – Cribbage 9:30A **Movie Club "The Judge"** Noon Lunch 12:30P Mahjong (Craft Room) 1P 500 Cards
28 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) (Albertville City Hall) 1:00P Dominoes 1:30P Choir Practice	**29** 9A-Joy Stitch Club 9A Yoga (Albertville) Noon Lunch 1P – Social Bridge	**30** 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards **Noon lunch** 1P – Whist		

LUNCH MENUS
SEPTEMBER 2015

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hamburger Chowmein Rice & Noodles Peas & Breadstick	2 BLT Sandwich Chips Waldorf Salad	3 Chicken Drummies Potato Salad Baked Beans Watermelon	4 Meat Loaf Whipped Potatoes Butter Beans
8 Beef Stew Biscuits Green Salad	9 Turkey Mashed Potatoes Gravy Green Bean Blend	10 B'day Lunch BBQ Riblets Au Gratin Potatoes Cole Slaw	11 Tator Tot Hotdish Veggie Tray Bread Stick
15 Sweet & Sour Chicken Rice Blend Oriental Veggies	16 Stuffed Green Pepper Au Gratin Potatoes Fruit Cup	17 Pizza Cheese/ Sausage Cold pasta Salad	18 Liver & Onions Baked potato Carrots
22 Spaghetti w/meat sauce Green Salad Bread Stick	23 Chef Salad Watermelon Breadstick	24 Chicken Ala King Biscuits Buttered Beans	25 Brat on bun Cole Slaw Corn on Cob
29 Broasted Chicken Stuffing w/gravy Peas Cranberries	30 Creamy Potato Soup Ham Salad Sandwich Veggie Tray		

OCTOBER 2015 ANNIV. MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Happy 10th Anniversary Crow River Senior Center!		**1** 9:30A Recycled Cards 9:30A Pinochle **Noon Lunch** 1P Bingo 1P Euchre	**2** 9A Cribbage **9:30 A Movie Club "Courageous"** Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards
5 **9A Legal Appt.** 9A-12 Open Painting 9:30A –FLEX Silver Sneakers(Albertville) 1P Writers Group 1P Dominoes 1:30P Choir Practice	**6** 9A Yoga (Albertville) 9A- Joy Stitch Club 9:30A - History Discussion Noon Lunch 1P – Bridge	**7** 9:30A Hand &Foot Crd. 9:30A – 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P Woodcarvers 1P – Whist **1P Caring Communities Meeting** 5:30P- TOPS	**8** 9:30A Recycled Cards 9:30A Pinochle **FALL FLING/Soup & Pie Lunch w/ Style Show** 1P Euchre **1:30 P Bingo** **6:30P Alzheimer's Support Group**	**9** 9A Cribbage **9:30A Movie Club "Age of Adaline"** Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards
12 9A-12 Open Painting 9:30A-FLEX Silver Sneakers (Albertville) 1P Dominoes 1:30P Choir Practice	**13** 9A Yoga (Albertville) 9A- Joy Stitch Club 10A – Advisory Board Noon Lunch 1P – Bridge Book Club	**14** 9:30A Hand & Foot Crd 9:30A – 9:30A –FLEX Silver Sneakers (Albertville) **Noon Lunch B'Days** 1P – Whist **1:30P BBB Safeguarding Seniors/ Senior Scams & Fraud** 5:30P- TOPS	**15** 9:30A Recycled Cards 9:30A Pinochle 12Noon Lunch 1P Bingo 1P Euchre **1P Movie Club "The Longest Ride"**	**16** 9A Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards **Library Book Sale on Saturday 17th 8-2p**
19 9A-12 Open Painting 9:30A-FLEX Silver Sneakers (Albertville) 1P Writers Group 1P Dominoes 1:30P Choir Practice	**20**9A- Joy Stitch Club 9A Yoga (Albertville) Noon Lunch 9:30A - History Disc. **12:30P Eye Glass Adj. By Eye West** 1P – Bridge **1P Computer Safety 101 by Techmate**	**21** 9:30A Hand & Foot Crd 9:30A –FLEX Silver Sneakers (Albertville) **Noon Lunch** 1P Woodcarvers 1P- Whist 5:30P TOPS	**22** **8:30A Trip #1015 Fall Train Trip** 9:30A Recycled Cards 9:30A Pinochle **Noon Lunch** **1P Bingo Sponsored by CUF** 1P Euchre	**23** 9A Cribbage **9a-1p 55+ Hwy Safe Drivers Class** Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards
26 9A-12 Open Painting 9:30A-FLEX Silver Sneakers (Albertville 1P Dominoes 1:30P Choir Practice	**27** 9A Yoga (Albertville) 9A- Joy Stitch Club Noon Lunch 1P – Bridge	**28** 9:30A Hand & Foot Crd 9:30A – 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P – Whist 5:30P- TOPS	**29** 9:30A Recycled Cards 9:30A Pinochle 12Noon Lunch 1P Bingo 1P Euchre **6:30P Senior Play Dinner Show**	**30** 9A Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards **1:30P Senior Play Matinee**

LUNCH MENUS
OCTOBER 2015

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Baked Ham Scalloped Potatoes Fall Salad Dinner Roll	2 Hoagie Sandwich Peas & Cheese Salad Fruit Tray
6 Taco Salad (lettuce, tomato, onions, black olives, sour cream, salsa) Refried Beans & Chips	7 Chicken Chow Mein Rice/ Noodles Broccoli Blend Breadstick	8 Soup & Pie Fall Fling (MOW Chef's Choice)	9 Pulled Pork Red Potato Salad Baked Beans
13 Meat Loaf Baked Potato Baked Brussel Sprouts	14 B'Day Lunch Chicken Alfredo Buttered Egg Noodles Green Bean Blend	15 Shepard's Pie Green Salad Breadstick	16 Chili Corn Bread Veggie Tray
20 Pork Loin Whipped Potatoes W/Gravy Squash	21 Chicken Drummies Macaroni Salad Baked Beans	22 BBQ Riblets Baby Red Potatoes Carrot Blend	23 Liver & Onions Baked Potato Squash
27 Lasagna Zucchini blend Bread stick	28 Pizza Cheese & Sausage Green Salad	29 Sloppy Joes Chips Cole Slaw	30 Witches Beef Stew Goblin Biscuits Waldorf Ghost Salad

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2.....Special Events
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6.....Games, Events, Etc.
7.WoodCarvers&HistoryGroup
8.....Community & Books
9.....Health, Fitness
10.....Health & More
11... ....Biking,. Health, Fitness
12..... Special Events
13.....Did You Know, Driving
14..... Movies
15.....Legal & Insurance
16.....Writing Group
17.....Trips
18.....Trips & Misc.
19 .....Health
20.....September Menu
21..... .September Activities
22 .....October Menu
23.....October Activities

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

Find us on: facebook®

A NOTE REGARDING THE NEWSLETTER: PLEASE HELP US SAVE COSTS

Please notify the Center if you have an address change, 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. By doing this you are saving the Center money for Postage. Thank you!

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