



# CROW RIVER SENIOR CENTER NEWS

September  
October  
2016

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

## Fall Greetings!

*The Center turns 11 years old the month of October! Please join us for meals, activities and just plain fun! We love to have you come in and share your stories of memories made here at the Center. Summer has been active with our annual picnic, ice cream social and local festivals. Fall will bring more activity and fun to be had listed in this edition of our newsletter. Always check the board at the Center and our weekly column in the Crow River Newspaper for anything we might have missed getting in print. If you are new to the area, be sure to stop in and get signed up for the newsletter and meet new people. There are many things to do with many wonderful people to meet. Our volunteers do a fabulous job keeping this Center running daily. We encourage you to sign up to help out in volunteering and to come participate in our activities and events.*

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

Respectfully,  
**Vonnie Waters**



## Fall Fling with Style Thursday

September  
22



11:30 am

**Cost: \$7.00**

**We will be serving up the soup with the pie with 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**

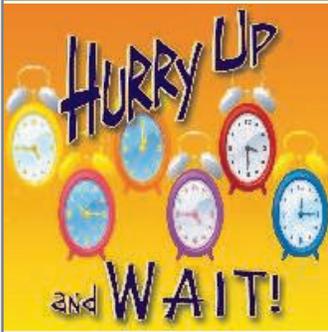
**Tickets on sale at the Senior Center must purchase by Friday September 16**

**NOTICE : Center Closed Monday September 5 for Labor 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



**CROW RIVER SENIOR THEATRE AND FYCC PRESENT  
HURRY UP AND WAIT By Burton Bumgarner**

Waiting in line? Waiting your turn? You don't have time! Here's a comedy for those who are time-challenged. In one scene a desperate woman has only 20 minutes to get to the airport to catch her flight and no matter what her beleaguered taxi driver says or does, they remain stuck in a traffic jam. In a different scene, things start to get physical at a restaurant when a couple with dinner reservations (and theatre tickets!) see others entering and being seated before them. In another scene, a jumpy hypochondriac is forced to wait in a doctor's office with other sick patients, including two obnoxious children. Have you ever wanted to scream when told "Patience is a virtue?"

Well sit back, relax and enjoy the laughs!

**Location: Crow River Senior Center**

**Thursday October 20 @ 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 21 @ 1:30 pm for the Matinee show Tickets:** \$5.00 includes dessert and a show!

Purchase your tickets at the Senior Center Now before we are sold out and certainly before **Tuesday October 18 deadline!**

**What everyone needs to know about planning for  
Long Term Care**

**Tuesday October 25 1:00 pm**

Depending on which report you read, 52-70% of Americans turning 65 in 2015 will, at some point in time, need long term care. According to the U.S. Office of Planning and Evaluation, this care will be given at a lifetime average cost of nearly \$140,000. Long-term care involves a variety of services designed to meet a person's health or personal care needs. There are also many options when it comes to getting help "around the house." Getting the right help at the right time can make a big difference in being able to continue to live as independently and safely as possible when the tasks of daily living begin to become a challenge

Lynn will help you to look ahead and consider options and choices you may want to be thinking about now – to ensure that, if your needs change in the future, you will already have a game plan in place. Having a plan will help your family navigate through the maze of options and make choices which reflect your preferences.

**Tuesday October 25 at 1:00 pm**

**Register by  
Monday October  
24**

**Cost: FREE**



# Potluck

**Fall Potlucks will be held at the Senior Center. Please be sure to sign up at least by the Friday before the potluck date to be sure we set a place for you. It's very helpful in knowing how many to set up for. Join us for a fun gathering with great folks.**

**Monday September 12 11:00 am  
Jam Session Potluck at the Center**

Join us for great music by our Crow River Jammers along with some wonderful potluck food by our senior crowd.  
Music will start at 11:00 am.

**Monday October 31 at 11:00 am  
October Potluck at the Center**

Halloween & Anniversary Pot Luck! Bring your favorite scary dish for Halloween & your best memories from the past 11 years at the Center. You are welcome to dress up in costume for the occasion if you would like. If we have enough participants we may even have a costume contest! Come for fun and games along with great food and company.

# MEALS & MEALS ON WHEELS

## MEAL ORDERING DEADLINE

*1pm 1 Day Prior to Eating.*

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

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

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

## MEALS ON WHEELS

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



## YOU HELP PLAN THE MENU

*November and December 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 November and December.

**Monday September 26 at 1: 00 PM**



## June Birthdays



## July Birthdays

## BIRTHDAY PARTIES



ENJOY A  
COMPLIMENTARY  
BIRTHDAY LUNCH

**SEPTEMBER BIRTHDAYS: WEDNESDAY SEPT. 28**  
**OCTOBER BIRTHDAYS: WEDNESDAY OCT. 26**

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..*



Carmen, Tonia, Raelynn & Lee (kitchen volunteers)

# VOLUNTEERING, DONATIONS, CENTER WISHLIST

## VOLUNTEER OPPORTUNITIES

You do NOT need to be a Senior to Volunteer!

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

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

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

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

## 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.

*Harold Anderson  
Forever in our hearts  
you will stay.*



## THANK YOU DONATIONS & MEMORIALS

\$169.00 Star Tribune subscription by Shirley & Tom Hagerty  
\$100.00 in Culvers Certificates by Karan & Kinsley Thompson  
\$20.00 to Readers Theatre in memory of Jeannie Eastling (Sharon Nelson's Sister)  
\$15.00 memorial for Tom Routhe by Joyce Flury

## OUR WISH LIST

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

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# CRAFTS AND PAINTING

## Joy Stitch 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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## GAMES, EVENTS, ETC.

### Games, Games and More Games

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

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

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

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

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

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

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

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

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

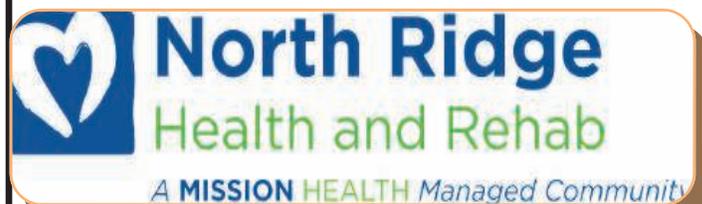
**500 CARDS:** Fridays at 1:00 PM



Join us for Bingo Fun  
sponsored by the folks from

**North Ridge Health & Rehab**

**Thursday September 8  
At 1:00 pm**



## 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!

We are always in need of current basket donations. Please check the Center for the current basket.

Join us  
**Thursday October 13  
at 1:15 pm**  
for Bingo sponsored by

**Catholic United Financial**  
With GREAT \$Prizes\$

Donations to the  
*Hanover Food Shelf*  
will be collected at this event.  
Please bring a donation with you.



# 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 7 & 21  
October 5 & 19**

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



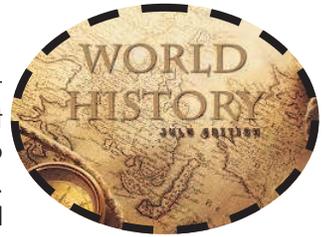
## HISTORY DISCUSSION

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

**Dates: Tues., September 6 & 20  
October 4 & 18**

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

**Cost: None**



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# COMMUNITY AND TRANSIT

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

## CARING COMMUNITIES

The Caring Communities Committee next meeting will be; **October 5 at 1:00 pm**  
Location: Crow River Senior Center.

## Alzheimer's Support Group & Education

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

*Thursday Sept 8 & Oct 13*

*Time: 6:30 pm—8:00 pm*

*Location: Crow River Senior Center*

*Supported by: Alzheimer's Association*

**alzheimer's association**

***Sometimes you will never know the value of a moment, until it becomes a memory— Dr. Seuss***



**Musical Note:  
The Crow River  
Choir resumes  
September 12 at  
1:30 pm.**

**New members welcome!  
Please join if you would like to  
share your vocal talents! We  
would love to hear you all!**

**WE NEED YOU  
for Roadside Clean  
up!**

**“Dash for Trash”**

*Thank you volunteers for  
Keeping our Community Clean!*

*The next clean up is*

**Wednesday September 14  
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 to Jerry Sarff for heading up this project.*



## Trailblazer Transit Service



Need to get from here to there?

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.

# 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](mailto:Shannon.Simon07@gmail.com)



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# HEALTH AND MORE

## 60+ AND HEALTHY CLINIC

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

**Date: Tuesday, September 27**

**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.**



## Rim Riders Biking Group Get your wheels moving!



**Rim Riders**

The Rim Riders are peddling forward with their weekly bike rides. If you would like to have your name added to the email list for weekly ride updates contact the Center at [information@crowriverseniorcenter.com](mailto:information@crowriverseniorcenter.com) or call 763-497-8900.

Here is the Schedule so far:

Sept 5—**NO RIDE**—Labor Day holiday.

Sept 12 TBA

Sept 19 Little Falls

Sept 26 Baxter Overnight

Oct 3 Cannon River Trail

## 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**

## CALLING ALL READERS !

**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 out more there will be a meeting to discuss the readings please join us!

**Friday September 9**

**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! Consider joining the group.



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5:30 pm  
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Senior Center  
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# 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

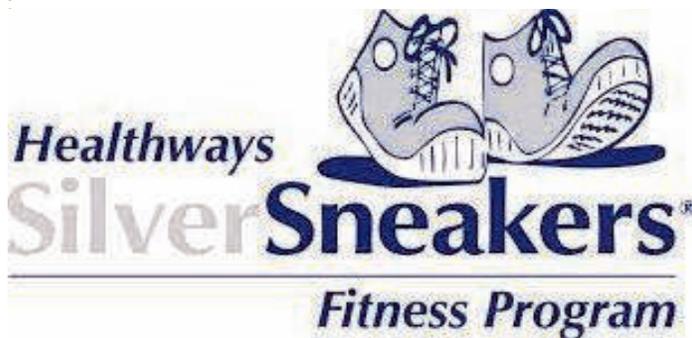
When: Tuesdays and Thursdays

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.)



## EYEGLOSS ADJUSTMENTS

Free eyeglass adjustments & cleaning will be offered.

- Eye Care Center of St. Michael

Date: Tuesday, September 13

Time: 12:30 to 1 PM Cost: None

- Eye West Vision Clinic & Optical

Date: Tuesday, October 18

Time: 12:30 to 1 PM Cost: None

## Medicare Open Enrollment is from October 15 through December

We will have Medicare Counseling on Saturday  
November 5. 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 5

Appointment times from 9 am—12  
Noon

There will be councilors available

Cost: NONE  
(By appointment  
ONLY)



## COFFEE CHAT SEPTEMBER 27 10 AM

Azra Durakovic, MD, Will share information about vaccinations to help keep you—and your grandchildren - safe. Do you know which adult vaccines you need? Learn more from Dr. Durakovic.

Tuesday September 27 Time: 10 am

Cost: FREE

Register by Sept 26 please.

## FREE Blood Pressure Checks

Second Tuesday

In October by:

Shirley Haggerty

October 11

12:30 - 1:30 pm

Blood  
Pressure  
Check



# SPECIAL EVENTS

## Teddy Roosevelt Live! Saturday Oct 22 10 am

Do you know which U.S. president:  
had a photographic memory?  
was a speed reader?  
was nearly blinded in one eye in a boxing accident?  
had a pet hyena?  
was one of five U.S. presidents to be a member of Harvard's Hasty Pudding Club?  
was the first president to own a car and fly in an airplane?  
had a well-known children's toy named after him?  
was the youngest U.S. president?  
had six children?  
was related to several well-known U.S. political figures?  
banned Christmas trees from the White House?

If you guessed President Theodore Roosevelt, you are correct!

**On Saturday, October 22<sup>nd</sup>, area residents will have the opportunity to learn even more about Teddy Roosevelt. The Friends of the St. Michael/Albertville/Hanover Library, in collaboration with the Crow River Senior Center, will host "Teddy" Roosevelt impersonator, Adam Lindquist. This FREE event will take place at 10:00am at the Crow River Senior Center in St. Michael.**

Known as the "conservation president," Teddy Roosevelt not only banned Christmas trees from the White House, he helped establish 230 million acres of protected public lands as president. His legacy includes the passage of the 1906 American Antiquities Act, which created 5 national parks and 150 national forests. Later, in 1916, when the National Park Service was established, 23 of the 35 sites it managed were lands that Roosevelt helped to create.

It is especially fitting, then, that in 2016, as we celebrate the Centennial of the National Park Service, that we take time to look at Roosevelt's lasting influence on our nation, as well as our 407 national parks (4 of which are right here in Minnesota)!

Roosevelt said in 1887 that, "There can be no greater issue than conservation in this country." Conservation continues to be a significant issue in the United States in 2016. Conservation, leadership, and volunteerism will be among the topics that Lindquist as Roosevelt will focus on in his presentation. Lindquist believes, as Roosevelt did, that, "participation in important causes helps us all."

Since 2007, Adam Lindquist has traveled around the country presenting to tens of thousands of students, civic group members, scouts, corporations, and seniors about the remarkable life of our 26<sup>th</sup> president, Roosevelt. His goal is to take his audiences, "back to a time in our country's history where anything was possible with hard work and determination."

For more information about Lindquist, visit: <https://teddyroosevelt.com>.

**Join the Friends of the Library at the Crow River Senior Center**

**Date: Saturday, October 22**

**Cost: FREE Time: 10:00 am**

## History Discussion Special Guest .... Tuesday September 6 at 9:30 a.m.

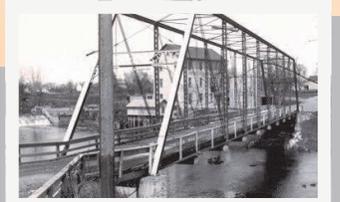
### Hanover's Early Beginnings

Join us **Tuesday, Sept. 6** for an educational presentation on Hanover's origins. Mary Coons of the Hanover Historical Society will discuss through an informative Power Point program some of what is known about Hanover's early start in the 1800s up until the mid 1950s.

There will be time for Q&A afterwards.

Mary is the author of *Safe From the Outside World: A Social History of Hanover, Minnesota* as well as her new book *Planks of History: Stories of the Crow River and Bridge 92366* coming out in time for Hanover's 125<sup>th</sup> anniversary.

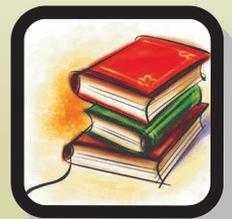
Mark your calendars for **Sat., Oct. 8** as **Hanover celebrates its 125<sup>th</sup> year of incorporation**, and watch the Crow River News for additional information and updates.



## Library Book Sale Saturday October 15 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.*



## "DID YOU KNOW" & EVENTS

**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.

**Craft Items Needed for our upcoming craft sales:** If you have the knack we have the need for some items to be crocheted, knitted, & stitched. We have several craft sales coming up this fall and could use some items for our craft corner. Let us know at the Center if you can help.

**Used eyeglasses :** If you have old eyeglasses there are collection boxes at the Center. The Lions Club collects eyeglasses.

**USED CELL PHONES: WE ARE NO LONGER COLLECTING USED CELL PHONES.**

**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. 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. **Reminder ENTIRE RECEIPTS are needed please.**

**NEW LIBRARY HOURS beginning September 1:**

Monday 10—8pm Tuesday 10—6pm  
Wednesday 10—8pm **Thursday 10—6pm (new)**  
Friday 12noon—5pm Saturday 10—1pm

**Flu Shot Clinic by Cub Pharmacy**  
**September 28 at 11:30 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

**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: September 14**  
**Time: 9:00 AM to 1:00 PM**  
**Location: Crow River Senior Center**

**4 Hour Class**  
**Date: November 2**  
**Time: 9:00 AM to 1:00 PM**  
**Location: Crow River Senior Center**



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

# MOVIES

## September Movie Club

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



### Friday Sept 9 at 9:30 a.m. "Eddie The Eagle"

Michael "Eddie" Edwards was an unlikely but courageous British ski-jumper who never stopped believing in himself – even as an entire nation was counting him out. With the help of a rebellious and charismatic coach, Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics.

PG13 1hr 45 min Starring: Hugh Jackman , Taron Egerton

### Friday September 16 at 1:00 pm "Mother's Day"

The lives of a group of strong, loving and wildly imperfect women are followed during the week before Mother's Day. A divorced mother deals with her kids' new stepmom, a young mom is trying find her birth mother, and four families have one day to reconnect and embrace what's new and to prepare for some big surprises. Starring: Jennifer Aniston, Kate Hudson, Jason Sadeikis. PG13 1hr 59 min

### Friday September 30 at 9:30 a.m. "Miracles from Heaven"

When Christy discovers her 10-year-old daughter Anna has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored and their community inspired. Based on a true story. Starring: Jennifer Garner, Kylie Rogers PG 1 hr. 49 mi

## October Movie Club

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

### Friday October 7 at 9:30 am "Dear Eleanor"

Best friends Max and Ellie decide to leave their rural hometown on an adventurous, cross-country road trip to meet former First Lady Eleanor Roosevelt. Sneaking away in a bright blue convertible belonging to Ellie's dad, they set out with the wind in their hair and the radio turned up. While trying to stay a step ahead of Ellie's father and the police, the girls cross paths with an eclectic mix of people which truly make this an entertaining, once-in-a-lifetime experience. Starring: Jessica Alba, Luke Wilson 1 hr. 29 min

### Friday October 14 at 1pm "My Big Fat Greek Wedding 2"

Sixteen years after Toula Portokalos and Ian Miller get married in a wild Greek wedding, Toula, still working in her parents' Greek restaurant, and Ian strive to raise their rebellious teenage daughter, Paris, who is graduating from high school. Toula and Ian are also dealing with marital issues of their own. The whole Portokalos clan is brought together again when the elder Portokalos discover that the Priest never signed their wedding certificate from decades ago and so they must plan an even bigger and "Greeker" wedding. Starring: Nia Vardalos, John Corbet PG13 1hr 34 min.

### "Finest Hour"

### Friday October 28 9:30 am

The Coast Guard attempts a dramatic rescue after an oil tanker is ripped in half off the coast of Cape Cod in 1952 . Starring Chris Pine ,Casey Affleck, Ben Foster. PG 13 1hr 57 min

*We always have fun clowning around!*



# 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, Sept 12,  
Oct 3 & Nov 7**

**Appointment Times: 9:00AM ,  
9:30 AM & 10:00 AM  
Cost: None**



## Legal Aid On-Line

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

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

## FREE Insurance Counseling Appts.

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

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

## Medica DUAL Solution® (HMO-SNP) Minnesota Senior Health Options Plan

Medica DUAL Solution helps seniors, like you, live life to its fullest.

Find out what extra benefits our plan offers you.



### Contact Us:

952-992-2030 or 1-800-266-2157 (toll free).

**TTY: 711.**

8 a.m. to 8 p.m., CT, seven days a week.

[MedicaCCPSales@medica.com](mailto:MedicaCCPSales@medica.com)

[medica.com](http://medica.com)

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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.

Y0088\_4311 CMS Approved

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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, September 5 Center is Closed , September 19, October 3 & 17**

**Time: 1 – 2:30 PM**

**Cost: None**

### *What If.....*

*What if the sun rose one morning all shiny  
And bright – but I was not there.*

*My space still and empty....*

*Who would notice – who would care ?*

*Would my presence be missed like the warmth  
Of the sun for a week or maybe for three?*

*Would everything stop or simply go on*

*If suddenly there was no more ME?*

*Would the world seem darker when stripped  
Of the light – the light that shines just for you?*

*Could someone step into my empty place*

*Who would do all the things that I do?*

*The seasons would change and life would go  
on....*

*Yes! That's surely how it would be.*

*So while we are here, let's carefully tend*

*To the garden of YOU and of ME.*

*by Judy Hanson from the Crow River Senior Center  
Writers Group book published January 2014*



## Thursday September 29

10:00 am

### *Reminisce about childhood games and toys!*

Marla Scherber from Great River Regional Library will host an interactive class bringing back the fun and games of when we were growing up.

Bring your favorite memory of your favorite toys and games growing up. You are invited to bring in your actual items if you still have them! Grandchildren and children are welcome to join this event. Spend some time discussing how time was spent growing up, test your skills and have fun playing games and toys that stand the test of time. Learn how to make a game/toy out of ordinary objects.

**Date: Thursday Sept 29**

**Time: 10 am**

**Cost: FREE Register at the Center by Tues-**



## TRIPS & CLASSES

### Orchestra Hall Concert Trip

Thursday September 29  
9:30 a.m.

Bach Brandenburg Concerto, a Harp Concerto and Steven Paulus' Mass for a Sacred Place, sung by the MN Chorale. Thursday morning coffee concerts include complimentary coffee and donuts. **The facilities are fully accessible with amenities, accessible seating and assistive listening devices.** Travel to downtown Minneapolis on a school bus for this concert. Enjoy the beautiful music of the Minnesota Orchestra. Depart 9:30 am with estimated return time 2:30 pm

**Cost: \$50.00** with *minimum of 20 people to make trip go.*

**Registration deadline Friday September 15**  
payment due at time of registration.

### Old Log Theatre "Million Dollar Quartet"

Wednesday January 18

**Cost: \$69.00**

Arrive at the Old Log Theater, located in Excelsior near Lake Minnetonka. Have lunch in the Old Log Dining Room. Choose at sign up: 1) Beef Short Rib with Potatoes and Seasonal Vegetable 2) Tilapia with Potatoes and Seasonal Vegetable 3) Vegetarian Pasta – Pesto Cream Sauce, with Seasonal Vegetables and Herbs, 4) Boneless Chicken Breast with Potatoes and Seasonal Vegetable, Dinner Rolls, Coffee, Tea or Soft Drink, Dessert 1:30 p.m. Theater performance "Million Dollar Quartet" This Tony Award Winning Musical is set on December 4, 1956, when an extraordinary twist of fate brought ELVIS PRESLEY, JOHNNY CASH, JERRY LEE LEWIS and CARL PERKINS together at Sun Records for one of the greatest jam sessions ever. MILLION DOLLAR QUARTET brings that legendary night to life, featuring a score of rock hits including "Blue Suede Shoes", "Fever," "That's All Right," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Who Do you Love?" "Sixteen Tons." "Folsom Prison Blues," "Hound Dog" and more. "Million Dollar Quartet," a buoyant new jukebox musical about a hallowed day in the history of rock 'n'roll – NewYorkTimes 3:45 p.m. Estimated departure time from Old Log Theater. **Registration deadline is December 10.** **Payment of \$69.00 is due at time of registration.**

### Gems Class: Understanding Alzheimer's and Dementia

#### Session 1: Understanding Alzheimer's disease and dementia

This class will provide an opportunity for participants to better understand Alzheimer's and Dementia by explaining the differences between normal aging and dementia, how it affects the human brain, as well as the different types of dementia and their characteristics.

**\*\* Please note that to understand the full series Session 1 should be attended.**

**Tuesday, September 13 4:00-6:00PM**

St. Michael Senior Center |  
Instructor: Senior Helpers  
393F1

**Fee: \$5**

#### Session 2: Understanding the progression of dementia and strategies for dementia care

This class will provide an opportunity for participants to learn about the anticipated progression of Dementia and effective strategies to deal with each stage.

**Tuesday, September 27 4:00-6:00PM**

St. Michael Senior Center  
Instructor: Senior Helpers  
393F2

**Fee: \$5**

#### Session 3: 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.

**Tuesday, October 11 4:00-6:00PM**

St. Michael Senior Center  
Instructor: Senior Helpers  
393F3

**Fee: \$5**

**Preregister is requested at least one week ahead of class dates with payment and checks should be made out to STMA Community Ed. Register either at the Center or through STMA Community Ed.**

# TRIPS

## St. Michael Cinema Le Musique Room

Presents:

**What A Wonderful World**

**Friday September 23**

**Matinee at 2PM (doors open at 1:15)**

**Cost: \$25.00**

A Special Seniors Show and Matinee. Fun music + fun comedy + fun costumes = FUN! What a Wonderful World combines the talents of David Eichholz and Ted Manderfeld, two powerhouse piano players, in a performance featuring beloved musical standards, spirituals and sing-alongs liberally sprinkled with comedy, costumes, and wit. It's a delightful afternoon of music, laughs, and memories especially for seniors. Two really funny guys on two pianos perform such favorites as Over the Rainbow, Fly Me To The Moon, Sixteen Tons, What a Wonderful World and dozens more from the Great American Songbook. A special for seniors at a special price. Join us for an entertaining afternoon! FREE COFFEE!

**Purchase Tickets through the Crow River Senior Center Bus Transportation available from the Senior Center to the theatre sponsored by The Legacy.**

**MUST sign up with ticket purchase by September 19**

## Plymouth Playhouse "Rise Up, O Men" Wednesday November 9

**Cost: \$60.00**

Arrive at the Plymouth Playhouse for buffet style lunch in the banquet room. **Menu:** A special themed luncheon built around the show, will be served. A beverage and dessert are included. After lunch move into the theater.

Matinee performance: "Rise Up, O Men" is a brand new show featuring the men of the church and your favorite church basement ladies who serve them.

As these hard-working farmers discuss their scrap lumber piles and the benefits of solder vs weld, they unintentionally disrupt the order of the kitchen. But that's what happens when you let roosters in the hen house.

Depart approx. 10:30 & return approx. 3:30 pm  
Trip is in conjunction with the Columbia Heights Senior Center.

**Registration deadline is  
September 29.**

**Payment of \$60.00 due at time of  
registration.**

## Senior Community Services COACH TRIPS for 2016

Brochures of these trips are available at the Center. Just ask at the desk. For registration and more information call Allison Bendickson 952-767-7899  
**Cape Cod October 1-9,**

**\$1525/person dbl occ.**

**New England States Oct 1-14**

**\$2250/person dbl occ.**

**Smoky Mountains Oct 13-21,**

**\$1600/person dbl occ.**

**Fall Washington DC Oct 18-28**

**\$1875/person dbl occ.**

**Branson Fall Oct. 26-30**

**\$799/person dbl occ.**

**Nashville Christmas Nov.26 - Dec. 1,**

**\$1200/person dbl occ.**

**Christmas Treasures Dec 1-5**

**\$999/person dbl occ.**

**Christmas in Peoria Dec. 8-11,**

**\$650/person dbl occ.**

## Casino Trip—St. Croix Turtle Lake

**NEW Pickup location is at St. Michael City Center on Westside.** Please park away from the building.

To Register call Donna Duscha at  
763-497-1815.

(NO registration taken at the Sr. Center, Must contact Donna directly)

**Date: Wednesday, Sept. 21  
bus leaves at 8:30 a.m.  
promptly Cost: \$5.00**



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# 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 welcomed. **Location: Crow River**

**Senior Center**

**September 13** *"The Light Between Oceans"*

by M. L. Stedman

**October 11** *"Raymie Nightingale"*

by Kate DiCamillo

**November 8**

*"The Round House"*

by Louise Erdrich

Book Club



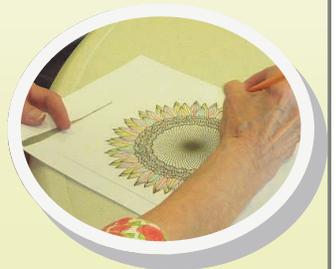
## Tuesday Coloring Therapy & Tea

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

**Dates: Tuesday September 20,  
October 4 & October 18**

**Time: 1:00 pm Cost: FREE**

Supplies (coloring sheets & colored pencils) will be provide for use at the session 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

# SEPTEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 8A Silver & Fit (Albertville) <b>9:00A State Fair Trip</b> 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Bingo 1P Euchre (Craft Room)	<b>2</b> 9 A – Cribbage <b>Noon Lunch</b> 12:30P Mahjong (Craft Room) 1P - 500 Cards
<b>5</b> <b>CENTER CLOSED</b> <b>Labor Day</b>	<b>6</b> 8A Silver & Fit (Albertville) 9A-Joy Stitch Club 9A Yoga (Albertville) 9:30A History Discussion—Special Guest Mary Coons History of Hanover Noon Lunch 1P Social Bridge	<b>7</b> 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P – Whist 1P Woodcarvers  5:30P TOPS	<b>8</b> 8A Silver & Fit (Albertville) 9:30A Recycled Cards 9:30A Pinochle Noon Lunch <b>1P Bingo Sponsored by North Ridge Heath &amp; Rehab</b> 1P Euchre (Craft Rm) <b>6:30 Alzheimer's Support Group</b>	<b>9</b> 9 A – Cribbage <b>9:30A Movie “ Eddie The Eagle”</b> <b>10A Readers Theatre Meeting</b> Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards
<b>12</b> 9A-12 Open Painting <b>9:00A Legal Appt.</b> 9:30A— FLEX Silver Sneakers (Albertville) <b>11:00 Potluck Jam Session at Center</b> 1P Dominoes  <b>1:30P Choir Returns!</b>	<b>13</b> 8A Silver & Fit (Albertville) 9A-Joy Stitch Club 9A Yoga (Albertville) Noon Lunch <b>12:30P Eye Glass Adj. By Eye Care of St. Michael</b> 1P – Social Bridge <b>4P Session 1 Gems Class –Alzheimer's</b> 6:30P Book Club	<b>14</b> <b>9A 55+ Hwy Drivers Safety Class</b>  <b>9A “Dash for Trash”</b>  9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards Noon Lunch 1P – Whist  5:30P TOPS	<b>15</b> 8A Silver & Fit (Albertville) 9:30A Recycled Cards 9:30A Pinochle Noon Lunch 1P Euchre (Craft Rm) 1P Bingo Sponsored by Phenomenal Rehabilitation	<b>16</b> 9A – Cribbage 12:30P Mahjong (Craft Room) 1P 500 Cards <b>1:00P Movie “Mother's Day”</b>
<b>19</b> 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) (Albertville City Hall) 1P Dominoes <b>1P Writers Group</b> 1:30P Choir	<b>20</b> 8A Silver & Fit (Albertville) 9A-Joy Stitch Club 9A Yoga (Albertville) 9:30A History Discussion Noon Lunch 1P – Social Bridge 1P—Coloring Therapy (Craft Room)	<b>21</b> 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards <b>Noon lunch</b> 1P – Whist 1P Woodcarvers  5:30P TOPS	<b>22</b> 8A Silver & Fit (Albertville) 9:30A Recycled Cards 9:30A Pinochle <b>11: 30 Fall Fling/Style Show/ Soup &amp; Pie</b>  <b>2P Euchre (Craft Room)</b> <b>2P Bingo</b>	<b>23</b> 9 A – Cribbage Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards <b>1P St. Michael Cinema Concert”</b> <b>What a Wonderful World”</b>
<b>26</b> 9A-12 Open Painting 9:30A— FLEX Silver Sneakers (Albertville) (Albertville City Hall) 1P Dominoes <b>1P Plan the Menu</b> 1:30P Choir	<b>27</b> 8A Silver & Fit (Albertville) 9A-Joy Stitch Club 9A Yoga (Albertville) <b>9:30A-11:30A 60+ Healthy Clinic</b> <b>10A Coffee Chat</b> Noon Lunch 1P – Social Bridge <b>4P Session 2 Gems Class –Alzheimer's</b>	<b>28</b> 9:30A— Silver Sneakers (Albertville) 9:30A Hand&Foot Cards <b>11:30 Flu Shot Clinic</b> <b>Noon lunch B'Days</b> 1P – Whist Cub Pharmacy  5:30P TOPS	<b>29</b> 8A Silver & Fit (Albertville) 9:30A Recycled Cards 9:30A Pinochle <b>9:30A Orchestra Hall Trip</b> <b>10A “Games &amp; Toys Remembered” by Marla w/GRRL</b> Noon Lunch 1P Euchre (Craft Room) 1P Bingo	<b>30</b> 9 A – Cribbage <b>9:30A Movie Club “Miracles from Heaven”</b> Noon Lunch 12:30P Mahjong (Craft Room) 1P - 500 Cards

# LUNCH MENUS

## SEPTEMBER 2016

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ Riblet Baby Red Potatoes Coleslaw	2 Lasagna Green Salad Breadstick
6 Beef Stroganoff Buttered Noodles Buttered Carrots	7 Chicken Chow Mein Noodles, Rice Breadstick Fruit Salad	8 Ham & Scalloped Potato Hotdish Broccoli	9 BLT Sandwich Beef Barley Soup
13 Chicken Drummies Potato Salad Baked Beans	14 Shepard's Pie Waldorf Salad	15 Ham Steamed Cabbage Carrots Dinner Roll	16 Liver & Onions Baked Potatoes Corn on Cob
20 Manicotti Cesar Salad Breadstick	21 Pulled Beef Sandwich Bun BBQ Sauce on Side 3 Bean Salad	22 Fall Fling Soup & Pie  <i>NO Regular Lunch</i> <b>MOW (Chefs choice)</b>	23 Meatloaf Mashed Potatoes Gravy Peas
27 Sloppy Joes Baked Beans Coleslaw	28 <b>B'Day Lunch</b> Broasted Chicken Mashed Potatoes Gravy Squash	29 Tator Tot Hotdish Coleslaw	30 Pizza ( Pepperoni, Cheese & Sausage) Green Salad

# OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> 9A-12 Open Painting 9A Legal Appt. 9:30A –FLEX Silver Sneakers(Albertville) 1P Writers Group 1P Dominoes 1:30P Choir</p>	<p><b>4</b> 8A Silver &amp; Fit ( Albertville) 9A Yoga (Albertville) 9A- Joy Stitch Club 9:30A - History Discussion Noon Lunch 1P – Social Bridge 1P Coloring Therapy</p>	<p><b>5</b> 9:30A Hand&amp; Foot Crds 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P Woodcarvers 1P – Whist 1P Caring Communities  5:30P- TOPS</p>	<p><b>6</b> 8A Silver &amp; Fit ( Albertville) 9:30A Recycled Cards 9:30A Pinochle  Noon Lunch 1P Bingo 1P Euchre</p>	<p><b>7</b> 9A Cribbage <b>9:30A Movie</b> “Dear Eleanor” Noon Lunch 1P Mahjong (Craft Room) 1P- 500 Cards</p>
<p><b>10</b> 9A-12 Open Painting 9A Legal Appt. 9:30A –FLEX Silver Sneakers(Albertville)  1P Dominoes 1:30P Choir</p>	<p><b>11</b> 8A Silver &amp; Fit ( Albertville) 9A Yoga (Albertville) 9A- Joy Stitch Club 10A – Advisory Board Noon Lunch 12:30P BP Checks 1P – Social Bridge <b>4P Session 3 Gems Class –Alzheimer’s</b> 6:30P Book Club</p>	<p><b>12</b> 9:30A Hand&amp; Foot Crds 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P – Whist  5:30P- TOPS</p>	<p><b>13</b> 8A Silver &amp; Fit ( Albertville) 9:30A Recycled Cards 9:30A Pinochle Noon Lunch <b>1:15P Bingo Sponsored by Catholic United Financial</b> 1P Euchre  6:30P Alzheimer’s Support Group</p>	<p><b>14</b> 9A Cribbage Noon Lunch 1P Mahjong (Craft Room) 1P- 500 Cards <b>1P Movie</b> “My Big Fat Greek Wedding 2”</p>
<p><b>17</b> 9A-12 Open Painting 9:30A –FLEX Silver Sneakers(Albertville) 1P Writers Group 1P Dominoes 1:30P Choir</p>	<p><b>18</b>A Silver &amp; Fit ( Albertville) 9A Yoga (Albertville) 9A- Joy Stitch Club 9:30A - History Discussion Noon Lunch <b>12:30 Eye Glass Adj.</b> 1P – Social Bridge 1P—Coloring Therapy</p>	<p><b>19</b> 9:30A Hand &amp;Foot Crd. 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch 1P – Whist 1P Woodcarvers  5:30P- TOPS</p>	<p><b>20</b> 8A Silver &amp; Fit ( Albertville) 9:30A Recycled Cards 9:30A Pinochle 12Noon <b>Lunch</b> <b>1P Bingo</b> 1P Euchre  <b>6:30P Senior Theatre Play “Hurry Up and Wait” (Dinner)</b></p>	<p><b>21</b> 9A Cribbage Noon Lunch 1P Mahjong (Craft Room) 1P- 500 Cards  <b>1:30P Senior Theatre Play “Hurry Up and Wait” (Dessert matinee)</b></p>
<p><b>24</b> 9A-12 Open Painting 9:30A –FLEX Silver Sneakers(Albertville) 1P Dominoes 1:30P Choir</p>	<p><b>25</b>8A Silver &amp; Fit ( Albertville) 9A Yoga (Albertville) 9A- Joy Stitch Club Noon Lunch 1P – Social Bridge <b>1P— Lynn Vanasse Talk on “Long Term Care”</b></p>	<p><b>26</b> 9:30A Hand &amp; Foot Crd 9:30A –FLEX Silver Sneakers (Albertville) Noon Lunch B’days 1P – Whist  5:30P- TOPS</p>	<p><b>27</b> 8A Silver &amp; Fit ( Albertville) 9:30A Recycled Cards 9:30A Pinochle 12Noon <b>Lunch</b> 1P Bingo 1P Euchre</p>	<p><b>28</b> 9A Cribbage <b>9:30A Movie</b> “Finest Hour” Noon Lunch 12:30P Mahjong (Craft Room) 1P- 500 Cards</p>
<p><b>31</b> 9A-12 Open Painting 9:30A-FLEX Silver Sneakers (Albertville) <b>12 Noon POTLUCK</b> “Happy Halloween” 1P Dominoes 1:30P Choir</p>				

# LUNCH MENUS

## OCTOBER 2016

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4	Chicken Ala King Baking Powder Biscuit Green Salad	5	Shrimp Stir Fry Fried Rice Breadstick	6	Salisbury Steak w/Mushroom Gravy, Mashed Potatoes Green Beans	7	Clam Chowder Egg Salad Sandwich
11	Hot Turkey Sandwich Mashed Potatoes Gravy Cranberries	12	Enchiladas Refried Beans Spanish Rice	13	Chili (Shredded Cheese & chopped Onions on side ) Corn Bread	14	Liver & Onions Cheesy Hash browns Green Beans
18	Swiss Chicken Rice Blend Cesar Salad Dinner Roll	19	Beef Stew Baking Powder Biscuit Fruit Salad	20	Chef Salad ( Lettuce, olives, tomatoes, hard boiled egg, cheese) Breadstick	21	Sloppy Joes Chips Coleslaw
25	Chicken Stir Fry Rice Fruit Salad	26	<b>B'Day Lunch</b> Meatloaf Baked Potato Squash	27	BBQ Riblets Potato Wedges California Blend	28	Spaghetti w/Meat sauce Green Salad Garlic Toast

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- 1.....Letter and Notice
- 2.....Special Events
- 3.....Meals, Birthdays, etc.
- 4.....Volunteers & Wish List
- 5.....Painting & Crafts
- 6.....Games, Events, Etc.
- 7.WoodCarvers&HistoryGroup
- 8.....Community & Transit
- 9.....Health, Fitness
- 10.....Health & More
- 11.....Health, Fitness
- 12.....Special Events
- 13.....Did You Know
- 14.....Movies
- 15.....Legal & Insurance
- 16.....Writing Group
- 17.....Trips
- 18.....Trips & Misc.
- 19.....Books & Class
- 20.....September Menus
- 21.....September Activities
- 22.....October Menus
- 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](http://www.crowriverseniorcenter.com)



Find us on:  
**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 BOARD

**Harold & Jackie Anderson**  
**Darlene Dixon**  
**Andrea Erickson**  
**Darlene Erion**  
**Dorothy Gratzek**  
**Sandy Greninger**  
**Earl & Lola Hall**  
**Ron Klecker**  
**Pat Kohanek**  
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**Marcy Markovich**  
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**Lee Rosen**  
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**Cathy Zachmann**

THE CROW RIVER SENIOR CENTER  
11800 TOWN CENTER DRIVE NE, SUITE 200  
ST. MICHAEL, MN 55376

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