

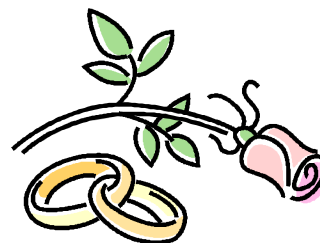


VOICE OF EXPERIENCE

**COON RAPIDS
SENIOR SERVICES**

11155 ROBINSON DRIVE NW
COON RAPIDS, MN 55433
763-767-6473

50+ ANNIVERSARY CELEBRATION THURSDAY, JUNE 4



Couples married fifty or more years will be honored at a special program and luncheon. Punch will be served beginning at 10:30 a.m. Please be seated by 11:00 a.m., for the program. A Grand March and introduction of each couple will be followed by a serenade of love songs by our Goldentones Choir. A flower, donated by Gearhart Funeral Homes, will be presented to each couple. Our special greeters on this day will be the Coon Rapids Senior King and Queen, Roger & Jeanne Wolfram. At noon, a lovely Anniversary Luncheon will be served and includes Turkey Penne Pasta Salad, Pickled Beets, Diced Peaches, French Bread and Anniversary Cake. Everyone is welcome to join us in honoring these lovely couples. The cost is \$3.25 per person. If you have been married for fifty years or more, please inform the receptionist when you call in to register. Call (763) 767-6524 before noon on Monday, June 1, for a reservation.

THE SENIOR CENTER WILL BE CLOSED MONDAY, MAY 25 FOR MEMORIAL DAY AND JUNE 29-JULY 3 FOR CLEANING & MAINTENANCE!

**The offices will be open June 29-July 2
and we will be loading buses for the Science Museum trip on June 30.**

DINNER SHOW

RED JOHNSON & FRIENDS

THURSDAY, MAY 14

One of our favorite performers is back! Join us as we tap our toes and snap our fingers to the country music of Red Johnson and Friends! Red is a regular performer at the Midwest Country Music Theater in Sandstone and has also been inducted into the MN Country Western Hall of Fame. In June, he will be performing in Branson!

Doors open at 10:30 a.m. and the show starts at 11:00 a.m. Then we'll enjoy a noon Chicken Kiev Dinner, complete with Wild Rice Blend, Peas, Dinner Roll, Strawberry Shortcake and Topping. Cost is \$8.00 and needs to be paid by Thursday, May 7. Registration for this event begins at 9:00 a.m. on Friday, May 1, in person or by calling (763) 767-6473.

INSIDE THIS ISSUE

Trips.....	Pages 2-3
Travel Fair.....	Page 4
Wacky Wednesdays.....	Page 5
Tax Service.....	Page 6
Speakers/Classes.....	Pages 6-7
Calendars.....	Pages 8-9
Senior Prom & Dance.....	Page 11
Concerts At The Dam.....	Page 13
Senior Dining.....	Pages 14-15

TRAVEL FAIR

MONDAY, MAY 4

SEE PAGE 4



NEW FOGGY FOLLIES

PRESENTS

"When the Lights Go On Again"

A Tribute to all

American Veterans

TUESDAY, JUNE 9

Take a trip, back in time to 1945, when we fought for freedom and liberty on the battlefield and the home front. War bonds, scrap drives, food rationing and Rosie the Riveter are all part of the next Follies show. This will be a sentimental journey you won't forget! There is no lunch with this trip—light refreshments will be served on the bus.

Sign Up: Begins at 9:00 on Friday, May 1

Cost: \$28.00 (Includes show, bus & escort)

Payment Deadline: Monday, May 18

Bus: Departs at 8:45 a.m./ Returns 12:45 p.m.

CHANHASSEN PRESENTS

ALWAYS...PATSY CLINE

WEDNESDAY, JUNE 17

This show is more than a tribute to the legendary country singer who tragically died at age 30, in a plane crash in 1963. It is based on a true story about Patsy Cline's friendship with a fan from Houston named Louise Seger, who befriended the star in 1961 and continued a unique pen-pal relationship with Cline until her death. The show's title was inspired by Cline's letters to Seger, which were consistently signed "Love Always...Patsy Cline." The musical, complete with down home country humor, true emotion and even some audience participation, includes many of Patsy's unforgettable hits including "Crazy," "I Fall to Pieces," "Sweet Dreams" and "Walking After Midnight"...27 songs in all. We'll start with a delicious dinner in the dining room before moving to the Fireside Theater for the performance.

Sign Up: Begins at 9:00 on Friday, May 1

Cost: \$55.00 (includes show, dinner, bus & escort)

Payment Deadline: Wednesday, June 3

Bus: Depart at 10:30 a.m./ Return around 5:00 p.m.

MAY CASINO TRIP

ST. CROIX CASINO

IN TURTLE LAKE, WISCONSIN

MONDAY, MAY 18

Sign Up: Begins at 9:00 on Friday, May 1

Cost: \$6.00 (includes \$5 back at casino, bus and escort)

Payment Deadline: Friday, May 8

Bus: Departs at 9:00 a.m./ Returns 4:00 p.m.

JUNE CASINO TRIP

TREASURE ISLAND

NEAR RED WING, MN

INCLUDES BINGO AT 12:30 P.M.

THURSDAY, JUNE 25

Sign Up: Begins at 9:00 on Friday, May 1

Cost: \$6.00 (includes \$5.00 back on your Island Passport Club Card, a \$3.00 food coupon, bus and escort)

Payment Deadline: Thursday, June 18

Bus: Departs at 9:00 a.m./ Returns 4:00 p.m.

WE MAY STILL HAVE OPENINGS!

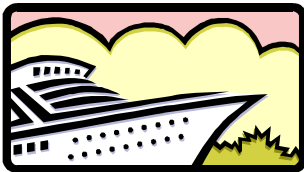
Remember, if you miss the sign up date, it might not be too late. We often still have openings! At the time of this publication, we still had room on the following trips. Interested? Call us at (763) 767-6473 for more information.

Tunes and Blooms, Tuesday, May 12

Meskwaki Casino, June 9 & 10

MISSISSIPPI & ST. CROIX LUNCH CRUISE

TUESDAY, JUNE 16



Enjoy a summer day on the Grand Duchess for a 3 1/2-hour cruise. The boat departs from Treasure Island Resort and Casino Marina and goes to Hudson Wisconsin. (There will be a block to walk from the boat to the bus)

As you board the boat, enjoy the Herb Baked Chicken lunch buffet with assorted cold salads, herb roasted potatoes, vegetables, coffee and dessert. The lunch will be served on the first level, but you can go to another level afterwards. The first and second level is enclosed and the top level is open.

Sign Up: Begins at 9:00 on Friday, May 1

Cost: \$42.00 (Includes cruise, lunch, bus & escort)

Payment Deadline: Monday, May 18

Bus: Departs at 11:45 a.m./Returns at 6:30 p.m.
(Boarding begins at 1:30 with lunch to follow).

NURSERY TOUR

TUESDAY, MAY 19

Bailey Nurseries was founded in 1905 by John Bailey, Jr. in the homestead that still houses the company's main offices today. From his beginnings as an innovative market gardener, Bailey built the foundation for a business that now spans four generations. Our tour guide will give us a tour of the container field, the cold storage area and the greenhouses. There will be some walking, but some of the tour can be seen from the bus. After the tour we will have a buffet lunch at the historic Lake Elmo Inn. Founded in 1881, the Lake Elmo Inn was originally set up as a stage coach stop. Our last stop is Linder's Garden Center near Roseville. The garden center is 5 acres which includes the main store, 15 greenhouses and a large outdoor display of nursery stock, shrubs, roses and a variety of plants. Take a self-guided tour and time to shop.

Sign Up: Begins at 9:00 on Friday, May 1

Cost: \$40.00 (Includes tour, lunch, bus & escort)

Payment Deadline: Friday, May 8

Bus: Departs at 9:15 a.m./Returns at 4:45 p.m.

TITANIC AT THE SCIENCE MUSEUM

TUESDAY, JUNE 30



See *Titanica* at the Omni Theater. This fascinating non-fiction drama tells the story of the 1991 expedition to the wreck of the Titanic.

Combining spectacular life-size images of the shattered remains on the ocean floor with recollections by survivor Eva Hart and computer-enhanced archival photographs, *Titanica* brings to life a remarkable tale of history. After seeing the Omni film, we have reservations to see the exhibit *Titanic: The Artifact Exhibition* on a self-guided tour. Visitors are quickly drawn back in time to 1912 upon entrance, as each receives a replica boarding pass of an actual passenger. Then begin the chronological journey through the life of the Titanic, moving through the ship's construction, to life on board, to the ill-fated sinking and amazing artifact rescue efforts. The room-recreations and the many authentic objects offer haunting, emotional connections to lives abruptly ended or forever altered. You can also see the worldwide debut of authentic artifacts from Carpathia, the ship that, at its own peril, responded to Titanic's distress call. Lunch is on your own at the Science Museum. Choose from *The Elements Café* on the sixth floor or *Chomp* by the Dinosaur Gallery.

Sign Up: Begins at 9:00 on Friday, May 1

Cost: 35.00 + lunch on your own
(Includes, ticket, bus & escort)

Payment Deadline: Wednesday, June 3

Bus: Depart 7:45 a.m./Return 2:45 p.m.

TRAVEL FAIR

MONDAY, MAY 4

10:30 A.M.—NOON

11:30 A.M.—DOOR PRIZE DRAWING

Got the travel bug? Take time to walk from booth to booth, collect brochures, talk to representatives, compare deals and dream, dream, DREAM! Several travel companies will be represented. A drawing for door prizes will be held at 11:30 a.m. You must be present to win. No registration is required for this event. Everyone welcome!

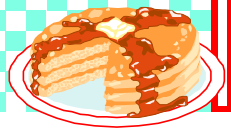


OUT TO DINNER

OUTBACK STEAKHOUSE IN COON RAPIDS MONDAY, JUNE 29

Enjoy a night out for a wonderful dinner. The van will pick you up and drop you off at your Coon Rapid's home for a donation of \$3.00. Or you can meet the group by 5:00 at the restaurant located at 8880 Springbrook Drive. Please indicate your preference at the time of registration. The meal, tax and gratuity are paid for on your own. Sign up begins at 9:00 a.m. on Friday, May 1, either in person or by calling (763) 767-6473).

BREAKFAST BUNCH



FRISKY'S

MONDAY, MAY 18

Do pancakes, eggs, and sausage sound yummy? Join us as we head to Frisky's in Anoka for a yummy breakfast. Cost of the meal is on your own. Van transportation has limited seating for an additional \$1.50. Or feel free to just meet the group at 8:30 a.m. at the restaurant (821 East River Rd.) Either way, please register by calling (763) 767-6473. Sign up begins at 9:00 a.m. on Friday, May 1.

18TH ANNUAL

MONTI PARTY

WEDNESDAY, MAY 27

This will be the 18th consecutive year that we have joined the Elk River and Monticello Senior Centers for this celebration. Our party will be at The River City Extreme Event Center in Monticello. Doors open at 10:45 a.m. At 11:30, we'll enjoy a traditional chicken dinner with all the fixings. Then have fun with your choice of games including '500' Cards, Bridge, Cribbage and Bingo, all with lots of prizes. The cost is only \$11.00 if you drive yourself or \$15.00 if you take the senior center van (seating limited). The van departs at 10:30 a.m. and returns at approximately 4:45 p.m.

Sign Up: Begins at 9:00 on Friday, May 1

Cost: \$11.00 includes dinner, dessert, game prizes, door prizes and fun. (\$15.00 if you take the van).

Payment Deadline: Wednesday, May 13.

WACKY WEDNESDAYS

INTERGENERATIONAL ACTIVITIES FOR SENIORS AND KIDS!

Our popular Wacky Wednesdays at Senior Services are back! This summer we'll once again have special activities for you to attend with your grandchildren or young friends! Activities are designed for children 4-14 years old. Adults must remain for the entire activity. Registration is required and must be made at least two days in advance by calling (763) 767-6473. Space is limited. All fees can be paid on the day of class. Kids are \$2.00 each and adults are free. Events begin at 10:30 a.m. and include a light snack.

June 17 **BINGO**: Guaranteed to put a smile on everyone's face!

July 8 **GOOFY GAMES, GOLF & GIGGLES**: Our most popular Wacky event! Loads of laughter with our station games and treats!

July 15 **ABC SCAVENGER HUNT**: You won't believe the silly things you have to find...and do!

August 5 **DOG DAYS OF SUMMER**: Activities and fun, all in a pet theme!

August 12 **BINGO**: Back by popular demand! Everyone's favorite!

August 19 **NATURE'S YUCKY**: Hear author Lee Ann Landstrom read from her book about the gross things animals do to survive. You'll get to see and touch samples, too!



Want to stay for lunch at Senior Dining? Seniors dine for \$3.25 and children need to pay \$6.25 or bring a bag lunch. Please make your own reservation by calling (763) 767-6524.

BOOK CLUB

Our Book Club meets the 4th Thursday of the month at 10:30 a.m. After the meeting, lunch at a local café is optional. No sign up needed. Everyone is welcome to join us!

May: "The Year of Magical Thinking" by Joan Didion

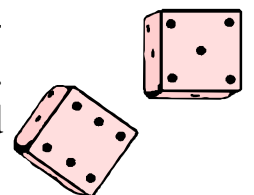
June: "My Sister's Keeper" by Jody Picoult

July: "Three Cups of Tea" by Greg Mortenson

BUNCO

WEDNESDAYS AT 1:00 P.M.

Come on in, play this dice game and learn all about our newest activity. No experience needed. Lots of laughs and fun!



**Minnesota Safety Council
DEFENSIVE DRIVING COURSES**

Consumers 55+ years of age with a valid driver's license can receive a 10% automobile insurance discount for 3 years by attending a MN Safety Council Defensive Driving Course. Anyone taking the course for the first time must attend an 8-hour session. Others may take a shorter, 4-hour refresher course every three years. Call for a reservation form. Registration and payment must be received 2 weeks prior to the class. Plan ahead! These classes fill up early. Call (763) 767-6473 to register.

4-HOUR REFRESHER COURSE: \$18.00

Monday, June 1: 10:00 a.m.—3:00 p.m.

Monday, June 8: 5:30—9:30 p.m.

Monday, June 22: 10:00 a.m.-3:00 p.m.

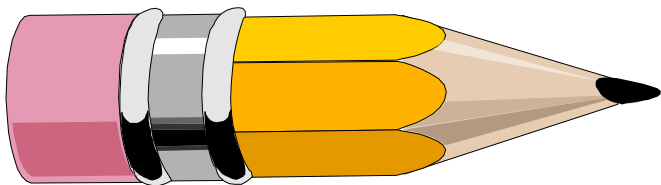
Monday, July 20: 10:00 a.m.-3:00 p.m.

8-HOUR COURSES: \$20.00

Mondays, May 4 & 11: 10:00 a.m.—3:00 p.m.

Mondays, July 6 & 13: 5:30—9:30 p.m.

Mondays, August 17 & 24: 10:00 a.m.-3:00 p.m.



TAX SERVICE

WEDNESDAY, MAY 20

9:00—NOON

Need help with your Property Tax Refund or your Rent Refund? It's not too late! Certified and trained RSVP volunteers can help! Free! No appointment needed!

MAY TEA TALK

MINNESOTA BIRDS

WED., MAY 20 AT 1:30 P.M.

Spring is here and the birds have come back to share their songs and find a place to build their nests. Learn interesting facts about local birds, such as: common birds in our area, what kinds of bird seed and bird feeders to use to attract birds, books for identifying birds, and how the nature center bands birds. Siah St. Clair, Director at the Springbrook Nature Center in Fridley, will be here with an informative and entertaining power point presentation. Refreshments will be served after the presentation. The cost is \$3 and the payment deadline is Wednesday, May 13.



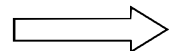
JUNE TEA TALK

**"OVERCOMING
LIFE'S CHALLENGES"**

WED., JUNE 17 AT 1:30 P.M.

Jazz clarinetist Dick Ramberg's entertaining and inspiring presentation weaves live music and humor in with his experiences and insights from overcoming blindness, and his successful careers in both business and music. He is a member of the Barbary Coast Dixieland Band, and his other accomplishments include 2 Master Degrees, 18 years dedicated to helping people with disabilities, 17 years as a Financial Advisor and a lifetime of playing clarinet and piano and entertaining throughout the nation. Don't miss this opportunity to hear his amazing story. Refreshments will be served after the presentation. The cost is \$3 and the payment deadline is Wednesday, June 10.

For planning purposes, it is very helpful if you register for these presentations, even if they are free.....THANKS!



LIFELONG LEARNING

How about learning something new? Sign up by calling the Senior Center at (763) 767-6473.

“TELEVISION SEMINAR” ON TUESDAY, APRIL 28, AT 10:00 A.M. Find out what you need to know when buying a new TV. Learn what happens to TV on June 12! Learn about the new flat panel TVs and what all that confusing terminology is about. Presented by John Hibbard. Free class.

COMPUTERS 101 ON WEDNESDAY, MAY 13 AT 10:30 A.M. Do you want to learn computer basics? Staff from Best Buy will be here to cover basic computer functions, word documents, windows, access to internet, downloading media, and wireless connections. You may bring your laptop to the class. Free class.

“LONG TERM CARE” ON THURSDAY, MAY 14, AT 1:00 P.M. Have you planned ahead? Please join us and welcome Matt Sumner, representative from Genworth Financial Agency, Inc., for an educational seminar on Long Term Care. Between busy lives and competing financial priorities, many of us have ignored the need to plan ahead for our long term care needs. Learn about the issues and options surrounding this topic. No cost or obligation to attend. Please sign up by calling (763) 767-6473.

BASIC GENEALOGY ON THURSDAY, JUNE 4 AT 1:00 P.M. Tracing your family’s history is a fascinating journey. Learn how to get started in genealogy research. What are the basic forms and tools, what questions to ask and where to look for information. Cost is \$5.00 and needs to be paid by Thursday, May 28. Call Senior Services at (763) 767-6473 to reserve a spot. Presented by Cathi Weber with the Anoka County Genealogical Society.




SUMMER SUN & HEAT SAFETY ON MONDAY, JUNE 8 AT 10:30 A.M. Learn tips about hydration, indoor and outdoor precautions for the summer months and information about heat related illness. Presenter is Gail Noren, Community Outreach Coordinator, Gearhart’s Funeral Home. No cost to attend but please sign up by calling (763) 767-6473.

PLANNING AHEAD ON MONDAY, JUNE 15 AT 10:30 A.M. Cindy Mettling, representing Morningside Memorial Gardens and Gearhart Funeral Homes, will be providing information on the importance of pre-planning funeral and cemetery needs. No cost to attend but please sign up.


DIGITAL CAMERAS ON MONDAY, JUNE 15 AT 1:00 P.M. Would you like to learn about the basic functions of digital cameras? Staff from Best Buy will demonstrate the functions, storage, downloading photos to the computer and printing digital photos. You may bring your digital camera to the class. Free class.

“CAREGIVING 101: PRACTICAL TIPS FOR CAREGIVERS” ON THURSDAY, JUNE 18 AT 1:00 P.M. Many of us are or will be caregivers in our lives. Make a conscious decision to take care of your own personal needs and your health first while you are caring for another person. The most important phrase to remember at this time is, “After me, you come first.” If you are not strong from within, healthy and balanced physically, emotionally, mentally and spiritually, then how can you be fully present to care for another? Who will care for your care recipient if you are no longer able to? Why can’t I say “No”, or set boundaries? Explore techniques and ways of keeping more balanced so that you don’t lose your own identity. This upbeat program looks at ways to ensure you take the time to care for yourself! No cost to attend, but please sign up by calling (763) 767-6473.

MAY 2009

Mon	Tue	Wed	Thu	Fri
				1 Exercise 9:00 Registrations 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45 Super Senior Club 1:00
4 Exercise 9:00 Def. Driving 10:00 Quilting 10:00 Travel Fair 10:30 Life is Grand 11:30 Dining 12:00 Bingo 12:45 Creative Writers 1:00	5 AA Meeting 9:30 Square Dancing 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Shopping-Cub 12:45 Cribbage 1:00	6 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Dining 12:00 500 Cards 12:45 Good Neighbors 1:00 Bunco 1:00	7 History Theater 8:45 Crochet & Knit 10:00 Mother's Day Party 11:15 Bingo 12:45 Woodcarving 1:00 Pinochle 1:00	8 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
11 Exercise 9:00 Def. Driving 10:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Creative Writers 1:00	12 Tunes & Blooms 9:00 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Heartland Tours 10:30 Dining 12:00 Bridge 12:45 Cribbage 1:00	13 Vets 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Chanhassen 10:30 Computer Class 10:30 Dining 12:00 500 Cards 12:45 Good Neighbors 1:00 Senior Dance 1:00 Bunco 1:00	14 Goldentones 9:30 Crochet & Knit 10:00 Dinner Theater 11:00 Bingo 12:45 Woodcarving 1:00 Pinochle 1:00 Long Term Care 1:00 Parkinsons 2:00	15 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
18 Breakfast Bunch 8:30 Exercise 9:00 St. Croix Casino 9:00 Def. Driving 10:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Creative Writers 1:00	19 Nursery Tour 9:15 AA Meeting 9:30 Square Dancing 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Shopping-Rainbow 12:45 Cribbage 1:00	20 Vets Coffee 9:00 Taxes 9-12 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Dining 12:00 500 Cards 12:45 Good Neighbors 1:00 Senior Dance 1:00 Bunco 1:00 Tea Talk 1:30	21 Crochet & Knit 10:00 Memorial Day Celebration 11:15 Bingo 12:45 Woodcarving 1:00 Pinochle 1:00	22 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
25 MEMORIAL DAY CENTER CLOSED	26 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00	27 Exercise 9:00 Vets Coffee 9:00 Blood Pressure 10:00 Stamping Club 10:00 Monti Trip 10:45 Birthday Party & Dining 11:00 500 Cards 12:45 Good Neighbors 1:00 Bunco 1:00	28 Goldentones 9:30 Crochet & Knit 10:00 Book Club 10:30 Dining 12:00 Bingo 12:45 Woodcarving 1:00 Pinochle 1:00	29 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45

JUNE 2009

Mon	Tue	Wed	Thu	Fri
1 Exercise 9:00 Quilting 10:00 Defensive Driving 10:00 Dining 12:00 Bingo 12:45 Creative Writers 1:00	2 AA Meeting 9:30 Square Dancing 9:30 Craft Club 10:00 Wii 10:00 Stamp Cutting 10:00 Bus Dedication 11:00 Dining 12:00 Bridge 12:45 Shopping-Cub 12:45	3 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Dining 12:00 500 Cards 12:45 Good Neighbors 1:00 Senior Dance 1:00 Bunco 1:00	4 Crochet & Knit 10:00 50+Anniversary Party 10:30 Bingo 12:45 Woodcarving 1:00 Basic Genealogy 1:00 Pinochle 1:00	5 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45 Super Senior Club 1:00
8 Exercise 9:00 Quilting 10:00 Heat Safety 10:30 Dining 12:00 Bingo 12:45 Creative Writers 1:00 Red Cross 2:00 Defensive Driving 5:30	9 New Fogey Follies 8:45 AA Meeting 9:30 Wii 10:00 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Shopping-Cub 12:45 Cribbage 1:00	10 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Dining 12:00 500 Cards 12:45 Good Neighbors 1:00 Senior Dance 1:00 Bunco 1:00	11 Crochet & Knit 10:00 Dining 12:00 Bingo 12:45 Woodcarving 1:00 Pinochle 1:00 Parkinsons 2:00	12 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
15 Exercise 9:00 Quilting 10:00 Planning Ahead 10:30 Dining 12:00 Bingo 12:45 Digital Cameras 1:00 Creative Writers 1:00	16 AA Meeting 9:30 Square Dancing 9:30 Craft Club 10:00 Wii 10:00 Stamp Cutting 10:00 Boat Cruise 11:45 Dining 12:00 Bridge 12:45 Shopping-Cub 12:45 Cribbage 1:00	17 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Chanhassen 10:30 Wacky Wednesday 10:30 Dining 12:00 500 Cards 12:45 Good Neighbors 1:00 Senior Dance 1:00 Bunco 1:00 Tea Talk 1:30	18 Crochet & Knit 10:00 Father's Day Fun 10:30 Dining 12:00 Bingo 12:45 Woodcarving 1:00 Caregiving 101 1:00 Pinochle 1:00	19 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
22 Exercise 9:00 Quilting 10:00 Defensive Driving 10:00 Dining 12:00 Bingo 12:45 Creative Writers 1:00	23 AA Meeting 9:30 Craft Club 10:00 Wii 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Shopping-Cub 12:45 Cribbage 1:00	24 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Birthday Party & Dining 12:00 500 Cards 12:45 Good Neighbors 1:00 Bunco 1:00	25 Treasure Island 9:00 Crochet & Knit 10:00 Dining 12:00 Bingo 12:45 Woodcarving 1:00 Pinochle 1:00	26 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
29 CENTER CLOSED FOR ACTIVITIES OFFICE IS OPEN Out to Dinner 5:00	30 CENTER CLOSED FOR ACTIVITIES OFFICE IS OPEN Titanic Bus Trip 7:45			

NEWSLETTER CHANGES

In order to save postage and printing costs, we are going to start publishing our newsletter every other month, beginning with this MAY/JUNE issue! This double issue has four extra pages, including two months of calendars. Making this change will save us thousands of dollars every year, without cutting services or having to pass those costs on to our seniors! What do you think? Feel free to give us your suggestions and feedback!

SENIOR DANCES

LIVE MUSIC



COON RAPIDS
AMERICAN LEGION
2ND & 3RD
WEDNESDAYS!

1:00-4:00 p.m.

\$5.00/Person

*For Information Call
421-6260 or 755-5787*

CAMILIA ROSE SENIOR OLYMPICS

Mark your calendars for Friday, June 5 and join in the fun! Be part of the Coon Rapids Senior Center team by calling Kris at (763)767-6473.

Wii Fun!

TUESDAYS IN JUNE,
JULY & AUGUST
10:00 A.M.

Thanks to the generosity of the Coon Rapids Super Senior Club, we now have a new Wii Nintendo Game. Senior Centers across the country have been playing this game as a form of socialization, light exercise, laughter and fun! We'll start out with Bowling. There is no cost to attend, but please sign up by calling (763) 767-6473. Come on in and learn why this is the most popular game today! You'll love it!

CIVIC CENTER AVAILABLE TO RENT

Did you know that you can rent the Coon Rapids Civic Center for special events such as anniversary parties, holiday celebrations, graduations parties and even wedding receptions? For more information call Nan, the Facility Coordinator, at (763) 767-6522.



IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of Art Holter, Ken Pofert and James Zappa who passed away this last month.



SENIOR PROM

SUNDAY, MAY 17

3:00—5:00 P.M.

COON RAPIDS SENIOR CENTER

FREE!

Oldies But Goodies DJ Music

Free Refreshments



**This is a free event, but please sign up
by calling the Senior Center at (763) 767-6473!**

EVERYONE WELCOME!

Sponsored by the Coon Rapids High School National Honor Society

THANKS FROM THE AMERICAN RED CROSS

Thanks to your recent blood drive, there are a total of 39 new pints of blood now available for patient care. Throughout the year, hospitals and patients rely on the American Red Cross to meet their needs for blood transfusions. In turn, the American Red Cross relies on the generosity and dedication of its sponsors, volunteers and donors to support its life-saving mission. Without you, we could not save lives. Special thanks to the senior volunteers who assist at your site. They are the best! Thank you!

Pamela Christopherson
American Red Cross Blood Services

Over 60 or an adult with a disability?

ACCAP CHORES & MORE

ACCAP Chores and More does:

Minor home repairs

Housekeeping

Seasonal Chores

CALL ANN at 763-767-6521



IN REMEMBRANCE MEMORIAL DAY SERVICES

SATURDAY, MAY 23

Guest Speakers: Blue Star Mothers of America



10:00 A.M. Morningside Memorial Gardens, 11800 University Avenue

11:30 A.M. Bunker Hills Park, Foley Blvd & Hwy 242

Presented by The Veteran's Organizations of Anoka County

THANK YOU FOR FOOD SHELF DONATIONS!

Thanks to many generous donations, we were able to donate almost 1,000 pounds of groceries and \$106.25 to the Food Shelf! WOW! Especially during these difficult economic times, your generosity is truly making a difference!

HEARTLAND TOURS TRAVEL SHOW

TUESDAY, MAY 12 AT 10:30 A.M.

Coon Rapids Senior Services is hooking up with Heartland Tours for some fun summer trips! Too many details to list here, so come to the Travel Show to learn more!

RAINY LAKE FISHING ADVENTURE ON JUNE 25-28: Welcome to Voyageurs National Park paradise! The Rainy Lake area offers you true wilderness and first class fishing. Enjoy the full service resort accommodations at the Thunderbird Lodge. Highlights include a fully guided fishing day, narrated boat tour, naturalist program canoe ride, a historical museum in International Falls, and exhibits and hiking trails at the Voyageur's National Park Visitor Center. Includes 2 Breakfasts and 2 Dinners. \$729 per person/double.

LUMBERJACKS & MINERS ON JULY 19-21: Head to Grand Rapids, Minnesota and go back in time to the logging camps. See how the lumberjacks lived at the turn-of-the-century and enjoy some baggies and spuds, topped off by pregnant woman pie. We'll also visit the Hill Annex Mine, see an open pit mine, take a boat tour and do a little fossil hunting. We'll see the Judy Garland Museum, too! Two Breakfasts, 1 Lunch and 2 Dinners included. \$369 per person/double.

SEATTLE & MORE ON AUGUST 24-SEPTEMBER 1: We'll fly to Seattle, Washington and then be whisked away to spectacular and breathtaking adventures. Well enjoy three nights in Seattle, two nights in Victoria and Vancouver and one night on Friday Island. Includes three breakfasts, two lunches and one dinner. \$1,999 per person/double (including land and air).

SUPER SENIOR CLUB

LETTER FROM THE PRESIDENT

We had 34 members, plus 1 guest, at the April 3 meeting. Our entertainment was Sybil Hoffman and Gilmore Lee.

Our next meeting will be on May 1, 2009, at 1:00 p.m. You are all invited to attend. The entertainment for May will be the "Happy Notes".

We are still accepting donations for the boxes for our service men and women. Ann Lund reported that she has sent out more boxes and has three more ready to go.

Thank you to the ladies who brought cakes to the April meeting and to the ladies who are bringing cakes to our May meeting.

A special thank you to the callers, crafters, and many others for the good work they have done to make the Club what it is today.

We are in the process of trying to find some members to be on the Nominating Committee for candidates for officers for next year (2010). We are also looking for someone to help at the craft counter. No experience necessary. We will train you.

There will be no newsletter in June, as the 'Voice of Experience' will be coming out only every other month. Mark your calendars for our meeting on Friday, June 5. Hope you can come!

As always,
Forest Fout,, President

Thursday Nites LIVE! at the Dam

FREE CONCERTS - RAIN OR SHINE - FREE PARKING - FREE ADMISSION

Concerts begin at 7:00 p.m. at Coon Rapids Dam Regional Park picnic/performance pavilion.

Bring a lawn chair or blanket and enjoy an evening of family fun!

Friday June 12 Rockin' Hollywoods

June 18 Sherwin Linton

June 25 Tropical Breeze

July 2 *No Concert*

July 9 Cactus Willie & Boxcar Bob

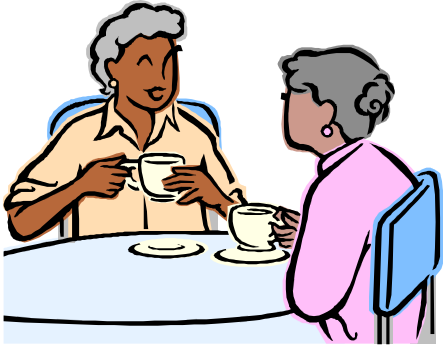
July 16 Ecuador Manta

July 23 Tropical Zone

July 30 Stray Dogz

August 6 Rockie Lynne (**Sand Creek Park**)

COON RAPIDS SENIOR DINING



OPEN: 8:30 A.M.—1:00 P.M. MONDAY—FRIDAY

LUNCH SERVED AT: 12:00 NOON

SUGGESTED DONATION: \$3.25 (with NAPIS form on file)

(Under 60 yrs old is \$6.25)

CALL: (763) 767-6524 by noon, two business days in advance, for a reservation.

Current NAPIS form must be on file to eat.

MOTHER'S DAY CELEBRATION

THURSDAY, MAY 7

We will honor our Mothers with a lovely program beginning at 11:15 a.m., with a tribute by our Goldentones Choir. Our menu includes Chilled Pasta with Chicken and Fruit Salad, Melon Wedge, Dinner Roll and Lemon Meringue Pie. Our men will serve that day! A suggested donation of \$3.25 is payable at the door. Sign up by calling (763) 767-6524 before Monday, May 4.

MEMORIAL DAY

WITH VFW COLOR GUARD

& GOLDENTONES CHOIR

THURSDAY, MAY 21

Wear your red, white and blue and get ready for a Yankee Doodle Day! The program will begin at 11:15 a.m., as we recognize our Vets! Our Goldentones Choir will perform a grand, patriotic tribute to our heroes. Then join us as the Color Guard from the Coon Rapids VFW leads us in a salute to our American Flag. Our noon dinner is Chicken Florentine Alfredo, Mixed Vegetables, Mandarin Oranges, Bread Stick and Banana Cake. All for a \$3.25 donation, payable at the door. Call (763) 767-6524 by Monday, May 18 for a reservation.

FATHER'S DAY FUN!

THURSDAY, JUNE 18

Come between 10:30 and 11:30 a.m. for an old-fashioned Root Beer Float! Then stay for a delicious Roast Beef dinner at noon. Special door prizes for the men, too! Make your reservation at least two days in advance by calling (763) 767-6524.

BIRTHDAY CELEBRATIONS

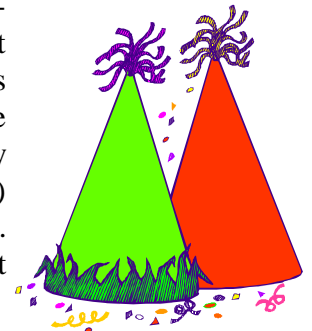
Wednesday, May 27:

Bob Gacek—Accordion

Wednesday, June 24:

Marcy Sparks—Sing-Along

Everyone is welcome to join us as we celebrate birthdays! When you sign up, please specify which month's birthday celebration you are registering for! Live entertainment begins at 11:00 a.m. Then we'll enjoy a delicious meal including Birthday Cake with Ice Cream. Yummy! Our Birthday guests will get to put their name in a drawing, too. Thanks to Culvers of Coon Rapids and Land O' Lakes for donating prizes. All this for just \$3.25! Everyone is welcome to join us by making a reservation at least two business days in advance by noon by calling (763) 767-6524. Don't miss out on the fun!



SENIOR DINING MENUS

Complete menus are available at the Senior Center. Stop by and pick one up!

MAY 2009

- 1 Chicken Stroganoff with Noodles
- 4 Tuscan Roast Pork (Alt: Turkey) with Gravy
- 5 Salisbury Steak with Gravy
- 6 Spaghetti & Meatballs with Marinara Sauce
- 7 **Mother's Day:** Chilled Pasta with Chicken Salad
- 8 Bratwurst (Alt: Hamburger) on Bun
- 11 Sliced Ham (Alt: Turkey) with Fruit Sauce
- 12 **Customer Appreciation:** Chicken Piccata
- 13 Baked Chicken with Tomato Basil Sauce
- 14 **Dinner Theater**
- 15 Chicken Chow Mein
- 18 Meatloaf (Alt: Sliced Turkey w/ Gravy)
- 19 Honey BBQ Chicken Drumsticks
- 20 Baked Fish (Alt: Chicken Breast)
- 21 **Memorial Day:** Chicken Florentine Alfredo
- 22 Country Fried Steak (Alt: Chicken Patty) with Gravy
- 25 **CLOSED**
- 26 Sweet & Sour Chicken with Rice
- 27 **Birthday:** Turkey Pasta Salad with Vegetables
- 28 Hamburger Goulash Over Noodles
- 29 Chicken Lasagna Square with Marinara Sauce

Menus Subject To Change.

JUNE 2009

- 1 Sliced Pork with Gravy (Alt: Chicken Nuggets with Ranch Dressing)
- 2 Tater Tot Casserole
- 3 Salisbury Steak with Mushroom Gravy
- 4 **50+ Anniversary:** Turkey Penne Pasta Salad
- 5 BBQ Chicken
- 8 Swedish Meatballs (Alt: Beef Patty) with Gravy
- 9 **Soup & Salad Bar**
- 10 Tomato Florentine Soup with Ham Sandwich (Alt: Turkey Sandwich)
- 11 Chicken Alfredo
- 12 Polish Sausage on Bun (Alt: Chicken Patty on Bun)
- 15 Country Fried Steak (Alt: Beef Patty) with Gravy
- 16 Beef Ravioli with Cheese/Marinara Sauce
- 17 Chunky Turkey Divan with Broccoli
- 18 **Father's Day:** Roast Beef with Gravy
- 19 Sliced Ham with Fruit Sauce (Alt: Turkey Chef Salad)
- 22 Beef Riblet (Alt: Liver) with Onion Gravy
- 23 Pork Cutlet with Gravy (Alt: Fish Wedge with Lemon Juice)
- 24 **Birthday Meal:** Herbed Baked Chicken
- 25 Turkey Vegetable Pasta Salad (Alt: Tuna Vegetable Pasta Salad)
- 26 Meatballs in Jardinière Sauce (Alt: Chicken Drumsticks)
- 29 **CLOSED**
- 30 **CLOSED**

CUSTOMER APPRECIATION DAY TUESDAY, MAY 12

We appreciate our senior diners and are having a special Chicken Piccata meal in their honor. Cost is \$3.25. Please make your reservation before noon on Friday, May 8, by calling (763) 767-6524.

SOUP & SALAD BAR TUESDAY, JUNE 9

Come on in and try our newest menu! You'll enjoy your choice of soup, plus a yummy salad bar, bread, milk and dessert for a suggested donation of \$3.50. Make your reservation before noon on Friday, June 5. Please specify at that time whether you want White Chicken Chili or Chicken Noodle Soup.

Do you want to be removed
from our mailing list? If so,
please give us a call at (763)
767-6473! THANKS!

SAVE US POSTAGE!

ADDRESS SERVICE REQUESTED

Coon Rapids Senior Services
1155 Robinson Drive
Coon Rapids, MN 55433-3761

PRSRRT STD
U.S. Postage Pd
ANOKA MN 55303
Permit No. 192

COON RAPIDS SENIOR SERVICES (763) 767-6473

PROGRAM SPECIALIST—KRIS NIEBLER

PROGRAM ASSISTANT—CINDY OLSON

CHORES & MORE/SENIOR COMPANION—ANN KUSIE—(763) 767-6521

FACILITY COORDINATOR—NAN MORGAN—(763) 767-6522

SENIOR DINING PROGRAM—MARGARET WEIS—(763) 767-6524

Coon Rapids Senior Services is made possible through the continued support of the City of Coon Rapids.

BUS DEDICATION & CELEBRATION

TUESDAY, JUNE 2 AT 11:00 A.M.

We have our new bus and that is cause for a celebration! Join us for a Ribbon Cutting, recognition of drivers, accordion music by John Steiner and ice cream sundaes! Take time to hop on board the new bus and take a look, too! It will be a fun morning to celebrate this great accomplishment. There is no cost to attend, but it is necessary for you to sign up by calling (763) 767-6473. If you would like to have lunch at noon, please call Senior Dining at (763) 767-6524 and make a reservation. Everyone is welcome!!

