



JAN/FEB 2012

# VOICE OF EXPERIENCE

**COON RAPIDS  
SENIOR SERVICES**

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



## DINNER SHOW

# CODA

**THURSDAY,  
FEBRUARY 2**

To celebrate Snowflake Days, we're hosting a "Dinner Show" at the Senior Center with the popular jazzy and swing sounds of CODA! Scott Dorff plays soprano, alto and tenor saxophones and Malcolm Anderson plays the piano and keyboard. Sit back and enjoy the music! Doors open at 10:30, the music starts at 11:00 and then we'll enjoy a noon dinner. Seating is limited. Registration begins at 9:00 a.m., on Tuesday, January 3, in person or by calling (763) 767-6473. Cost: \$8.00 payable by Thur., January 19.

## **NEWSLETTER DONATIONS**

Coon Rapids Senior Services is accepting donations to help offset the cost of mailing this newsletter. It costs approximately \$10.00 per household each year to print and mail the newsletter. Any donations would be greatly appreciated (but are completely optional and not required). Non-residents are especially encouraged to pitch in and help off-set this expense. An envelope is enclosed for your convenience. Feel free to drop it in the mail or put it in the donation box at the Senior Center Office. Thank you!

### **THE SENIOR CENTER WILL BE CLOSED:**

**MONDAY, JANUARY 2: NEW YEAR'S HOLIDAY**

**MONDAY, JANUARY 16: MARTIN LUTHER KING DAY**

**MONDAY, FEBRUARY 20: PRESIDENTS' DAY**

### **HELP KEEP OUR SENIOR CENTER HEALTHY!**

As the flu and cold season approaches, please remember to wash your hands and use good judgment and stay home if you are sick! Thanks!



**48TH ANNUAL  
COON RAPIDS  
SNOWFLAKE DAYS**



**See Page 5 for all the details!**



## **TAX SERVICE**

**TUESDAYS & WEDNESDAYS**

**FEBRUARY 1—APRIL 11**

**8:30 A.M.—NOON**

*For Seniors, Disabled Adults*

*or Households with Low to Moderate Income*

**FREE! NO APPOINTMENTS!**

**FIRST COME, FIRST SERVE.**

**COON RAPIDS CIVIC CENTER**

OLD LOG THEATER  
PRESENTS

*“Everyone Loves Opal”*

WEDNESDAY, JANUARY 18

Set in 1962, this upbeat family comedy is about the kind-hearted and loveable Opal Kronke, who lives in a tumble-down mansion and collects anything that can be toted home in her little red wagon. The trouble (and the fun) begins when three con artists decide that what Opal needs is plenty of insurance, a rapid demise and three beneficiaries - themselves! The trio concoct several elaborate schemes to "do in" Opal, only to be thwarted by her oddball antics. Through it all, Opal radiates kindness, affection and an abiding faith in the goodness of human nature.

We'll start out our day with a delicious dinner. For your main entrée, you can choose between Lemon Artichoke Chicken Breast with Spinach and Sun-Dried Tomatoes, a Smoked Windsor Pork Chop, Freshwater Canadian Walleye Pike Almandine, Beef Stroganoff, or Vegetarian Lasagna. All entrees include Mixed Green Salad with House Dressing, Potatoes, Vegetable, Rolls, Dessert and your choice of Coffee, Tea or Milk. Please make your main entrée choice when you register. After dinner, we'll move to the theater for the performance.

**Sign Up:** Begins at 9:00 on Tuesday, January 3

**Cost:** \$48.00

**Payment Deadline:** Friday, January 6

**Bus:** Departs at 10:45 a.m./Returns at 4:30 p.m.



**IMAX THEATER & ICE  
SCULPTURES**

**THURSDAY, JANUARY 26**

The first stop is the Great Clips IMAX Theater in Apple Valley to see *China: The Panda Adventure*. See the true story of Ruth Harkness, a fiercely independent woman who travels to the mysterious forests of China to follow in her late husband's footsteps and achieve his dream of



bringing the first live Giant Panda to America. This show combines spectacular images of a foreign land and breathtaking scenes with Giant Pandas, with this incredible true story of hope, courage and triumph of the human spirit. After the show, there will be some time to visit the gift store. Lunch follows at Casper's Cherokee Sirloin Room in West St. Paul and includes small sirloin with tossed salad, baked potato, rolls, beverage and dessert. After lunch there will be a stop in St. Paul to drive around Rice Park to see the Winter Carnival Ice Sculptures on display, and weather-permitting, time to walk around to see them up-close.

**Sign Up:** Begins at 9:00 a.m. on Tuesday, January 3

**Cost:** \$51.00

**Payment Deadline:** Monday, January 9

**Bus:** Departs at 9:00 a.m./Returns at 2:30 p.m.

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**TRIP TID-BITS**

- ◆ If you go on a day trip or extended trip, please consider parking in the back of the lot. Leave the good spots open for those who come and go all day. It is especially helpful if you are able to keep the handicap spots open.
- ◆ Our trips include all tips and gratuities. You can tip more, if you like, but it is not necessary.
- ◆ Remember, our trips are for those age 55 and older (unless otherwise specified). Special, advance arrangements may be possible by contacting staff.
- ◆ We do our best to estimate the return time of a bus trip, but it is impossible to predict traffic jams, bad weather, construction, etc. Please be flexible!

# MILL CITY MUSEUM

**THURSDAY, FEBRUARY 16**

The day starts with lunch at Peter's Grill in Minneapolis. For over 98 years they have been serving wonderful home-cooked meals. Our menu includes a chicken salad sandwich, soup of the day and beverage. After lunch we will go to the Mill City Museum.

Built within the ruins of the National Historic Landmark Washburn A Mill, the museum provides a multi-sensory, interactive journey. The story of flour milling and its impact on Minneapolis, the nation and the world comes to life in this one-of-a-kind museum. Enjoy self-guided time in the museum's exhibits, see the "Flour Tower"- a multi-media show that is in a freight elevator with audio, video and moving machinery recreating what it was like to work at the Washburn Crosby A Mill as an employee, and the "Minneapolis in 19 Minutes Flat" movie. Afterwards take a 1-1/2 hour long bus tour of the historic Minneapolis Riverfront District with a step-on guide.

**Sign Up:** Begins at 9:00 a.m. on Tuesday, January 3

**Cost:** \$40.00

**Payment Deadline:** Monday, January 30

**Bus:** Departs at 10:15 a.m./Returns at 5:00 p.m.

# SCIENCE MUSEUM OF MINNESOTA

## "UNDER THE SEA"

**TUESDAY, FEBRUARY 28**

See the newest film in the Omnitheater, *Under the Sea*. Get a glimpse at an underwater world few people have ever seen and meet the beautiful, sometimes treacherous, and often comical creatures that live there. Have lunch on your own at the Element's Café on the 6th floor. Enjoy an array of entrees, salads, pizza, and beverages. After lunch see the exhibit, *Real Pirates: The Untold Story of the Whydah from Slave Ship to Pirate Ship*. See what life was like on a real pirate ship and see more than 200 artifacts from North America's only authenticated pirate shipwreck.



**Sign Up:** Begins at 9:00 a.m. on Tuesday, Jan. 3

**Cost:** \$41.00 + lunch on your own.

**Payment Deadline:** Monday, February 6

**Bus:** Departs at 8:45 a.m./Returns at 2:30 p.m.



# LADIES TEA

**FRIDAY, JANUARY 20 AT 1:30 P.M.**

Join us at the Senior Center for a special white linen tea. Our guest speaker is Cindy Doop. She will take us on a journey to some exotic regions of the world. Have you ever wondered how other countries prepare their teas and some of their favorite recipes? Learn more about their history of tea and traditions, the health benefits of drinking tea and how to prepare teas. You will also learn about afternoon tea and meat tea. We will travel the globe and share a cup of tea together.

The food for the tea will be provided by Floyd and Ann Kusie. Savor delicious sandwiches, tea and other goodies. Please bring a teacup and saucer if you have one. Seating is limited. Sign up begins on Tuesday, January 3 at 9:00 a.m. The cost is \$7.00 payable by Thursday, January 12.

# ***TAI CHI CLASSES***

Tai Chi is a gentle but invigorating exercise that reduces stress, increases flexibility and provides other health benefits. This class is geared towards seniors and includes stretching, bending, stepping, balancing and an intro to a form. Wear comfortable clothes and shoes. Instructed by Karine Platt. Please sign up immediately by calling (763) 767-6473. Payment deadline is Friday, January 6.



## **BEGINNER'S CLASS**

Wednesdays at 3:20 p.m.

8 Sessions - \$48.00

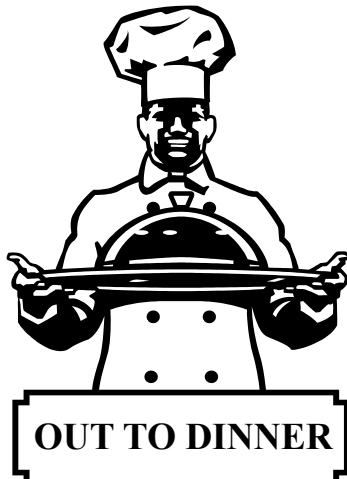
Wednesdays, January 11, 18, 25  
and February 1, 8, 15, 22 and 29

## **ADVANCED BEGINNER'S CLASS**

Mondays at 3:20 p.m.

6 sessions - \$36.00

Mondays, January 9, 23, 30  
and February 6, 13 and 27



# **CITYSIDE BAR & GRILL**

## **MONDAY, FEBRUARY 13**

Enjoy a night out for a wonderful dinner. The bus will pick you up and drop you off at your Coon Rapid's home for a donation of \$2.00. Or you can meet the group by **4:30** at the restaurant located at 133 Coon Rapids Blvd. (formerly known as Paddy Wagon). Please indicate your transportation 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 Tuesday January 3.

## **JANUARY CASINO**

### **ST. CROIX CASINO**

**TURTLE LAKE**

**WEDNESDAY, JANUARY 11**

**Sign Up:** Begins immediately.

**Cost:** \$6.00 (includes \$5 slot play, plus \$5.00 additional slot play for 'Nifty Fifty Day', snack, coffee, games on the bus and host.)

**Payment Deadline:** Wednesday, January 4

**Bus:** Departs 9:00 a.m./Return 4:00 p.m.



## **FEBRUARY CASINO**

### **GRAND CASINO HINCKLEY**

**TUESDAY, FEBRUARY 7**

**Sign Up:** Begins at 9:00 a.m. on Tuesday, January 3

**Cost:** \$22.00 (includes snack, coffee, games on the bus, host and \$10 slot play))

**Payment Deadline:** Tuesday, January 24

**Bus:** Departs at 9:00 a.m./ Returns 5:30 p.m.

## **ATTENTION CASINO ATTENDEES:**

Please note that ALL casinos now require your casino card number in advance. If you do not have a card, please provide us with your date of birth and address. Thank you for your cooperation.



**48TH ANNUAL  
COON RAPIDS**



**SNOWFLAKE DAYS**

*Snowflake Days Buttons will be on sale for \$3.00 at the Senior Center!*

**Saturday, January 28—Stay Warm at the Chili and Hot Dog Feed at Epiphany!** The Epiphany Knights of Columbus are sponsoring a chili feed from 4:00-8:00 p.m., at the Epiphany Catholic Church cafeteria. All net proceeds will go to local food shelves. For any nonperishable food items brought in, the price will be reduced by \$1. Includes chili, corn bread, hot dogs (plain and with chili) and salad.

**Tuesday, January 31 - Snowflake Games & Fun at the Senior Center:** Games, giggles and goofy prizes for seniors! Refreshments, too. Fun begins at 10:30 a.m. Enjoy a morning of board games including Boggle, Scrabble, Outburst, Apples to Apples and more! Event sponsored by Klein Bank of Coon Rapids. There is no pre-registration or cost to attend. However, for just \$3.50 (payable at the door) you can stay for the noon lunch. Call (763) 767-6524 before Wednesday, January 25, to make a lunch reservation.

**Wednesday, February 1 - Snowflake Bingo at the Senior Center:** Seniors are welcome to join us at 10:30 a.m. for free Bingo with prizes and a Culvers frozen treat. Sponsored by Culvers Restaurant of Coon Rapids. Call (763) 767-6473 to reserve a spot.

**Thursday, February 2 - 'CODA' Dinner Show at the Senior Center:** See page 1 for all the details.

**Sunday, February 5 – ALL YOU CAN EAT Belgian Waffle Breakfast:** Warm up with a Belgian Waffle Breakfast with all your favorite toppings, juice and coffee. Served from 8:00 a.m. to noon at the Coon Rapids VFW. Sponsored by the Coon Rapids North Star Lions Club. Tickets are \$6.00 per person and can be purchased at the door. Kids 5 and under are free. All proceeds go towards Snowflake Days events.

This is just a partial list of Snowflake Days Events. Check out their website for more information:

**[www.coonrapidsnowflakedays.com](http://www.coonrapidsnowflakedays.com)**

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**HEALTH INSURANCE COUNSELING**

Health Insurance Counseling can assist you with a variety of needs including answering Medicare questions, help in choosing or changing supplemental carriers, prescription drug cost options, Medicare billing questions, and more! To get your questions answered or to schedule a free individual appointment, please call the Senior Linkage Line at 1-800-333-2433. The insurance counselor will meet you at the Senior Center for appointments. This program is not associated with any insurance company. This program is made possible by the Metropolitan Area Agency on Aging and the Senior Linkage Line.

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**MASTERPIECE  
BOOK CLUB**

The Masterpiece Book Club has openings for two people. Great books, great discussion, great people. Second Tuesday afternoon monthly, 1:00-3:00 p.m., at the Senior Center - Interested? Please call Jim at (763) 754-0117.

**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 or to get a complete listing of 2012 classes.

**4-HOUR REFRESHER COURSE: \$18.00**

Monday, January 23: 5:30 p.m.-9:30 p.m.

Monday, February 6: 8:30 a.m.-12:30 p.m.

Monday, February 27: 8:30 a.m.-12:30 p.m.

Monday, March 19: 8:30 a.m.-12:30 p.m.

Monday, March 26: 5:30 p.m.-9:30 p.m.

**8-HOUR COURSE: \$20.00**

Mondays, March 5 & 12: 8:30 a.m.—12:30 p.m.

**COMPUTER CLASS**  
**KEEPING IN TOUCH  
WITH E-MAIL**  
**TUESDAY, JANUARY 24**  
**9:00 A.M. & 10:30 A.M.**

An e-mail program is a tool you can use to send messages to others within seconds. You can attach files and photos to e-mail messages and even put graphic images within the message body.

In this class we will explore the following topics: Choosing an internet provider, managing your account, receiving, sending and forwarding messages, maintaining an Address Book and how to attach documents and images to an e-mail.

Laptops will be provided. If you have an existing e-mail account, please be sure to bring your username and password to class. The instructor is Michael with APi Group. Sign up begins on Tuesday, January 3, at 9:00 a.m., by calling (763) 767-6473. Please specify which class you are interested in. Class size limited to 12 people. Held at the Senior Center.

**JANUARY TEA TALK**

**GREEN STAMPS TO HOT PANTS:  
GROWING UP IN THE 50'S AND 60'S**  
**WED., JAN. 25 AT 1:30 P.M.**

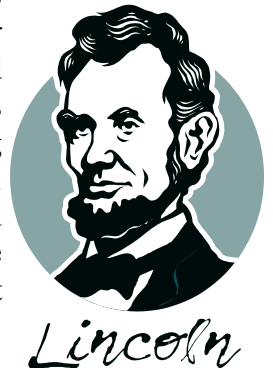
Intermixing social research and personal nostalgia, author Genny Kieley creates a portrait of a simpler era, of T.V. dinners, ice-cream socials and twice-a-day newspaper delivery, sock hops and doo-wop music, first loves, first heartbreaks, and afternoon parties fueled by 45s. Cars had fins, and families sat around the counsel black and white television to watch *Father Knows Best* and *Leave It To Beaver*. Join us as we take a trip back in time. Refreshments will be served after the presentation. The cost is \$3 and the payment deadline is Wednesday, January 18.



**FEBRUARY TEA TALK**

**THE LINCOLN ASSASSINATION:  
A FRAGILE TIME**  
**WED., FEB. 22 AT 1:30 P.M.**

When John Wilkes Booth assassinated Abraham Lincoln, the Civil War was ending and emotions were high. Killing the President was just part of Booth's plan. Join us to explore this fragile time in our history and the plot that very nearly succeeded in toppling the government. Who were the people that Booth pulled into a conspiracy leading eight others to be convicted (including four who were executed)? David Jones will present the events of this assassination, along with other historical context. Refreshments will be served after the presentation. The cost is \$3 and the payment deadline is Wednesday, February 15.



# LIFELONG LEARNING

***Sign up IMMEDIATELY by calling the Senior Center at (763) 767-6473. For planning purposes, it is very helpful if you register for these presentations, even if they are free.....THANKS!***

**"MEAL PROGRAMS IN ANOKA COUNTY" AT 10:30 A.M. ON TUESDAY, JANUARY 10:** Lots of people, young and old, are having financial difficulties, especially in this economic climate. Tough times require new solutions. Join us for a presentation on low-cost and free meal programs in Anoka County that can help you eat well on a budget. An Anoka County worker will be on-site to process applications. Those wishing to apply for Food Support will need to bring a photo ID, proof of income and housing information. All ages are welcome to attend. No cost to attend.

**"FAMILY CAREGIVER SUPPORT CLASS" ON WEDNESDAY, JANUARY 11, AT 10:30 A.M.:** Do you have a loved one with Alzheimer's Disease? Would you like to improve how you interact with your loved one? Alzheimer's Disease can be nearly as frustrating and difficult on the caregivers/family as it is on the person with the disease. *Comfort Keepers In Home Care* will facilitate a discussion and interactive training for family caregivers using nationally renown Alzheimer's educator - Teepa Snow's DVD called "It's All in Your Approach." Come gain support, insight and techniques to improve communications and interactions with loved ones suffering from Alzheimers Disease. No cost to attend.

**"CAR CARE" ON FRIDAY, JANUARY 13, AT 10:30 A.M.:** Learn basic car care tips that can help you maintain the reliability, safety and value of your car. Scott Schulte, owner of Hi-Ten Service Center, will be the presenter. Topics include understanding the noises and warning lights in your car, how to handle a car emergency, how to check the fluids, belts and hoses, how to conduct your own safety inspection, how to avoid getting scammed at the mechanic's shop, gas saving tips, what every car should have in the trunk and preventative maintenance. Fun door prizes, too! No cost to attend.

**"SENIOR HOUSING OPTIONS" ON THURSDAY, JANUARY 19, AT 11:00 A.M.:** Is it time to start looking at senior housing options? Come listen to Kathy Ann Adams, Marketing Director at Epiphany Senior Housing, as she explains the differences between senior housing options and what steps to consider as you make your transition.

**GENEALOGY CLASS, "FAMILY TREE MAKER" ON THURSDAY, JANUARY 26 AT 1:00 P.M.:** Find out about the new options available on this computer program. Instructor: Cathi Weber. The cost is \$5.00 and is due Thursday, January 19.

**GENEALOGY CLASS "MAPS" THURSDAY, FEBRUARY 16 AT 1:00 P.M.:** Learn about different types of maps and how to use them with other records to locate your ancestor's property. Instructor: Cathi Weber. The cost is \$5.00 and is due Thursday, February 7.

## VOLUNTEER OPPORTUNITY

### INFO MEETING: WEDNESDAY, JANUARY 18

Hoover Elementary School is looking for senior volunteers to assist them with programs for talented students. A school representative will be at the Senior Center at 10:30 a.m., on Wednesday, January 18, to explain the program. Your attendance at the meeting is for informational purposes only and will not hold you to a commitment. Please reserve a seat by calling (763) 767-6473. Make a difference!

## SPANISH CLASSES


Hola! Would you like to learn Spanish or brush up on your skills? Join our group at the Senior Center! No cost.

**THURSDAY AT 11:00 - - Beginner 1**

**THURSDAY AT 12:30 - - Beginner 2**

**THURSDAY AT 1:30 - - Intermediate**

**Mon****Tue****Wed****Thu****Fri**

<p>2</p> <p><b>CENTER CLOSED</b></p> <p><b>HAPPY NEW YEAR!</b></p>	<p>3</p> <p>Registration Day AA Meeting 9:00 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</p>	<p>4</p> <p>Happy Feet 9:00 Vets Coffee 9:00 Exercise 9:00 Stamping Club 9:00 Blood Pressure 10:00 Dining 12:00 500 Cards/Bunco 12:45 Good Neighbors 1:00</p>	<p>5</p> <p>Crochet &amp; Knit Dining 10:00 Bingo 12:00 Spanish 12:45 Woodcarving 11:00/12:45/1:45 Pinocle 1:00</p>	<p>6</p> <p>Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand &amp; Foot 12:45 Super Sr. Club 1:00</p>
<p>9</p> <p>Defensive Driving 8:30 Exercise 9:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Tai Chi 3:20</p>	<p>10</p> <p>AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Meal Prog. Speaker 10:30 Dining 12:00 Bridge 12:45 Cribbage 1:00 Masterpiece Book Club 1:00</p>	<p>11</p> <p>Vets Coffee 9:00 St. Croix Casino 9:00 Exercise 9:00 Stamping Club 9:00 Blood Pressure 10:00 Caregiver Class 10:30 Dining 12:00 500 Cards/Bunco 12:45 Good Neighbors 1:00 Senior Dance 1:00 Tai Chi 3:20</p>	<p>12</p> <p>Crochet &amp; Knit Dining 10:00 Bingo 12:00 Spanish 12:45 Woodcarving 11:00/12:45/1:45 Pinocle 1:00 Parkinsons 1:00 Coffee Concert 2:00</p>	<p>13</p> <p>Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Car Care 10:30 Dining 12:00 Hand &amp; Foot 12:45</p>
<p>16</p> <p><b>CENTER CLOSED</b></p>	<p>17</p> <p>AA Meeting 9:30 Square Dancing 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00</p>	<p>18</p> <p>Vets Coffee 9:00 Exercise 9:00 Stamping Club 9:00 Blood Pressure 10:00 Volunteer Mtg. 10:30 Old Log 10:45 Dining 12:00 500 Cards/Bunco 12:45 Shopping/Rainbow 12:45 Good Neighbors 1:00 Senior Dance 1:00 Tai Chi 3:20</p>	<p>19</p> <p>Crochet &amp; Knit Housing Speaker 10:00 Dining 11:00 Spanish 12:00 Bingo 11:00/12:45/1:45 Woodcarving 12:45 Pinocle 1:00</p>	<p>20</p> <p>Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand &amp; Foot 12:45 Ladies Tea 1:30</p>
<p>23</p> <p>Exercise 9:00 Quilting 10:00 Dining 12:00 Bingo/Chess 12:45 Creative Writers 1:00 Tai Chi 3:20 Defensive Driving 5:30</p>	<p>24</p> <p>Computer Class 9:00/10:30 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00</p>	<p>25</p> <p>Vets Coffee 9:00 Exercise 9:00 Stamping Club 9:00 Blood Pressure 10:00 Birthday Party/Dining 11:00 500 Cards/Bunco 12:45 Good Neighbors 1:00 Tea Talk 1:30 Tai Chi 3:20</p>	<p>26</p> <p>Imax Trip 9:00 Goldentones 9:15 Crochet &amp; Knit 10:00 Book Club 10:30 Dining 12:00 Spanish 11:00/12:45/1:45 Bingo 12:45 Woodcarving 1:00 Pinocle 1:00 Genealogy 1:00</p>	<p>27</p> <p>Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand &amp; Foot 12:45</p>
<p>30</p> <p>Exercise 9:00 Quilting 10:00 Dining 12:00 Bingo/Chess 12:45 Creative Writers 1:00 Tai Chi 3:20</p>	<p>31</p> <p>Ragtime 9:00 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Snowflake Games 10:30 Dining 12:00 Bridge 12:45 Cribbage 1:00</p>	 <h1 data-bbox="1412 441 1575 1113">JANUARY</h1>		

**Mon****Tue****Wed****Thu****Fri**

# FEBRUARY

<p>6 Defensive Driving Exercise Quilting Dining Bingo Chess Creative Writers Red Cross Tai Chi</p>	<p>8:30 9:00 10:00 12:00 12:45 12:45 1:00 2:00 3:20</p>	<p>7 Taxes Grand Casino Hinckley AA Meeting Square Dancing Craft Club Stamp Cutting Dining Bridge Shopping/Cub Cribbage</p>	<p>8:30-12:00 9:00 9:30 9:30 10:00 10:00 12:00 12:45 12:45 1:00 1:00</p>	<p>2 Goldentones Crochet &amp; Knit Dinner Theater Bingo Spanish Woodcarving Pinochle</p>	<p>3 Exercise For Art's Sake Yoga Dining Hand &amp; Foot Super Sr. Club</p>
<p>13 Exercise Quilting Dining Bingo Chess Creative Writers Tai Chi Out to Dinner</p>	<p>9:00 10:00 12:00 12:45 12:45 1:00 3:20 4:30</p>	<p>14 Taxes AA Meeting Craft Club Stamp Cutting Valentine Party/Dining Bridge Cribbage Masterpiece Book Club</p>	<p>10 Exercise Feed Children For Art's Sake Yoga Dining Hand &amp; Foot</p>	<p>9 Goldentones Crochet &amp; Knit Dining Bingo Spanish Woodcarving Pinochle Parkinsons</p>	<p>17 Exercise For Art's Sake Yoga Dining Hand &amp; Foot</p>
<p>20 <b>CENTER CLOSED</b></p>	<p>21 Taxes AA Meeting Square Dancing Craft Club Stamp Cutting Dining Bridge Cribbage</p>	<p>22 Taxes Vets Coffee/Exercise Stamping Club Blood Pressure Dining 500 Cards/Bunco Shopping/Rainbow Good Neighbors Tea Talk Tai Chi</p>	<p>24 Exercise For Art's Sake Yoga Dining Hand &amp; Foot</p>	<p>23 Goldentones Crochet &amp; Knit Book Club Spanish Dining Bingo Woodcarving Pinochle</p>	<p>16 Goldentones Crochet &amp; Knit Mill City Trip Spanish Dining Bingo Woodcarving Pinochle Genealogy</p>
<p>27 Defensive Driving Exercise Quilting Dining Bingo Chess Creative Writers Tai Chi</p>	<p>8:30 9:00 10:00 12:00 12:45 12:45 1:00 3:20</p>	<p>28 Taxes Science Museum AA Meeting Craft Club Stamp Cutting Dining Bridge Cribbage</p>	<p>10 Exercise Feed Children For Art's Sake Yoga Dining Hand &amp; Foot</p>	<p>9 Goldentones Crochet &amp; Knit Dining Bingo Spanish Woodcarving Pinochle</p>	<p>24 Exercise For Art's Sake Yoga Dining Hand &amp; Foot</p>



Over 60 and need help?

# ACCAP CHORES & MORE

YOUR ONE STOP SHOPPING FOR:

MINOR HOME REPAIRS

HOUSEKEEPING

SEASONAL CHORES

- Snow Removal
- Lawn Mowing
- Spring & Fall Clean-up

**ATTENTION:**

Call now to get on the

Winter Snow Removal List!

We are sorry to announce that we are no longer serving the under 60 population, due to funding issues.

CALL ANN at (763) 767-6521



# GROCERY SHOPPING TRIPS

Coon Rapids Seniors can take the Senior Center Bus to go grocery shopping! You can be picked up at your home in the morning and enjoy a Senior Dining Lunch before shopping OR we can pick you up at your home early in the afternoon and bring you directly to the store. You will be able to shop for an hour and fifteen minutes. The cost is \$3.00 round trip and reservations need to be made two days in advance by calling Cindy at (763) 767-6473.

**(Tues.) Jan. 3 & Feb. 7**

Riverdale Cub/Wal-Mart

**(Wed.) Jan. 18 & Feb. 15**

Riverdale Rainbow/Target

# SENIOR DANCES

COON RAPIDS AMERICAN LEGION

## LIVE MUSIC

**2ND & 3RD WEDNESDAYS!**

1:00-4:00 p.m. \$5.00/Person

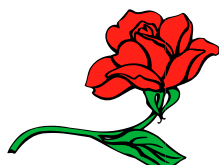
*For Info Call 421-6260 or 755-5787*

## CAMILIA ROSE

## CARE CENTER

### NEEDS VOLUNTEERS

Want to have fun and do a good deed at the same time? Why not volunteer? The Camilia Rose Care Center needs volunteers to help with table games, crafts, socials, beading, Chef's Club, holiday decorating and more! Call 763-755-8400 for more information!



## CHESS CLUB

### MONDAYS AT 12:45

### ALL LEVELS WELCOME!

## *Thanks Medtronic!*

Special thanks to The Medtronic Foundation for making a \$500.00 donation in honor of their retiree (and our volunteer) Mary Tucker. We appreciate it!



## **SERVICE OPPORTUNITY**

# **FEED MY STARVING CHILDREN**

### **FRIDAY, FEBRUARY 10**

The Senior Center has signed up for a two-hour shift to pack meals for children around the world. We need 20 volunteers. Can you help? Last year 310,000 volunteers joined Feed My Starving Children to package 73.6 million meals for children in 60 countries around the world! Be a part of this worthwhile cause! Volunteers need to stand for two hours and wear close-toed shoes. If you are ill or have any food allergies, you are asked not to attend. Our bus will depart the Senior Center at 9:00 a.m. and return at approximately noon. If you prefer to drive there on your own, please tell us when you sign up. To sign up, please call Senior Services at (763) 767-6473.

## **RED CROSS**

## **BLOOD DRIVE**

**DO GOOD. FEEL GOOD.**

**GIVE BLOOD.**

**COON RAPIDS SENIOR CENTER**

**MONDAY, FEBRUARY 6**

Call (651) 291-4607 for  
an appointment.

## **BOOK CLUB**

These monthly meetings are typically held on 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!

**January**—*Far From the Madding Crowd* by T. Hardy

**February**—*Watership Down* by R. Adams

## **HAPPY FEET**

## **FOOT CARE SERVICES**

At the Senior Center! Call (763) 560-5136 for an appointment and details.

**CHECK US OUT ON THE WEB**

**[www.coonrapidsmn.gov](http://www.coonrapidsmn.gov)**

## **IN OUR THOUGHTS...**

We extend our thoughts and prayers to the friends and family of those who passed away recently including Margaret Aasen, LaVonne Baltus, Dorothy Browning, Jane Davis, Joseph Dorris, Barbara Mekosch, Jim Penn, and Darlene Retzinger.

Special thanks to the Family and Friends of Kenneth Sandburg for their Memorial Gift to the Senior Center!

# THANK YOU!

**Our Senior Center gives back to the community!  
Here are excerpts from some recent Thank You notes:**

Hello to the Coon Rapids Super Senior Club from Afghanistan. I wanted to drop you a line and thank you for the box of snacks and candy. I appreciate the thoughtfulness, we don't get too many treats out here. The little things mean a lot. A little background on myself. I grew up in Coon Rapids and graduated from Coon Rapids High School. Later I graduated from St. Cloud State and commissioned as an Army Officer. I was then stationed at Fort Riley, Kansas, with the 1st Infantry Division. Currently I am serving as an infantry platoon leader in Kunar Province, Afghanistan. We are located in the very mountainous region of eastern Afghanistan, near the Pakistan border. The days are very warm, around 102 degrees everyday. My men and I will be deployed here until January 12, 2012. Once again, thank you for the gift. We appreciate it greatly. I look forward to our return and to visit my family, who still reside in Coon Rapids.

God Bless,

Jacob R. Peterson (1 LT, U.S. Army)

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Thanks to the Coon Rapids Senior Center for your recent donation of school supplies and cash. Last year CEAP had 13,500 visits to our three food shelves - an all time high! Our back to school program provided nearly 3,000 backpacks with school supplies. These daily and annual programs are specifically designed to tackle crisis from every aspect possible by providing food, clothing, rental assistance, transportation, school supplies, and a little bit of cheer to every local family who needs it. Thank you for making this possible.

Byron Laher, President of CEAP (Community Emergency Assistance Program).

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Thank you for your donation of two boxes of cut, cancelled postage stamps to Sons of Norway and Vennekretsen Lodge in Anoka. We will forward the stamps to a Norwegian Health Association that collects and sells used stamps to dealers all over the world. The proceeds help children and youth with disabilities, plus finances tuberculosis research.

Sons of Norway, Anoka

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Thanks to your efforts, a total of 40 pints of blood are now available for patients in need...Please share our sincere appreciation with everyone who supported the recent blood drive.

Pamela Christopherson, American Red Cross

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On behalf of Alexandra House, Inc., I would like to thank the Monday morning Quilt Club for your generous contribution of quilts. Because of your contribution, we are able to serve over 2,400 victims of domestic and sexual violence each year. Your generosity represents an investment in our mission and a partnership that we value. We pledge to be worthy of that partnership.

Connie Moore, Executive Director of Alexandra House

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We are so grateful for the assistance of 'The Good Neighbors' in preparing for the 'Officer Shawn Silvera Memorial Run!' Your help with stuffing the runner's bags was appreciated. It takes many volunteers to make the event a success and your help with such a big project was critical for us! Thank you!

Ben & Andrea, SSMR Co-Chairs

*Note: The 'Good Neighbors' is a group that meets on Wednesdays at 1:00 p.m., to work on community service projects and projects for departments at City Hall. New members are always welcome.*

# SUPER SENIOR CLUB

## LETTER FROM THE 2011 PRESIDENT

Kris Niebler visited the November 4 meeting of the Super Senior Club She thanked the club members for all they did to help make the November 3 Bazaar a huge success. Marge Rosendahl, Bazaar Chairperson, also thanked the club membership for their VERY successful efforts. COON RAPIDS SENIOR SERVICES HAS SUPPORTED US 100+%!!!! Thank you, EVERYONE!

At the meeting, Betty Pofert, Secretary, read a thank you letter from 1st Lt. Jacob Peterson, who is serving in Afghanistan. He deeply appreciated receiving a box from the Super Senior Club. MANY THANKS TO ANN LUND for her continuing efforts to send boxes overseas as part of our "Boxes for Iraq" program.

We gratefully thank all of those ladies who provide delicious cakes for our meetings...and we applaud Helen Swaim and her efficient "Cake and Coffee" kitchen crew.

The VFW Dinner on Sunday, December 11 was a gala event! We had a full house, as 250 persons attended the festivities, including our own "Goldentones" who delighted us with beautiful holiday music. We wish to thank all of the volunteers and VFW Auxiliary members who helped make everything SO special!

The 2012 officers will be installed by Kris Niebler at the Friday, January 6, meeting. Please feel free to come and bring a friend. Let's welcome our 2012 crew and thank them for agreeing to serve. Thank you, too, to the 2011 officers, directors, trustees, chairpersons, and volunteers who gave so freely of their time and talents. You are truly appreciated! It has been a pleasure to have served with you!! My deepest gratitude also to Coon Rapids Senior Services staff for their constant support. You are all my "forever friends".

*Helen Steffen, 2011 President*

## LETTER FROM THE 2012 PRESIDENT

As your new President for 2012, I'm looking forward to getting to know and work with you. With your support and help, we can look forward to another successful year. Blessings to all,

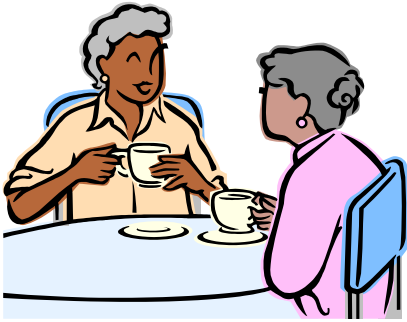
*Jordyce (Jordee) Powell, 2012 President*

## BAZAAR REPORT

A **Big Thank You** to any and all who helped in any way to make the Bazaar a BIG Success! I am not going to list the names of all the people who helped for fear of missing someone. They were Club Members, Seniors, Neighbors, Friends and Senior Services and Custodial Staff. The final Total is \$2,105.10. There are some Craft and Christmas items still available in the Gift Shop. Thanks to ALL!

Margie Rosendahl, Chairperson

# COON RAPIDS SENIOR DINING



OPEN: 9:00 A.M.—1:00 P.M. MONDAY—FRIDAY

LUNCH SERVED AT: 12:00 NOON

SUGGESTED DONATION: \$3.50 (with NAPIS form on file)

(Under 60 yrs old is \$6.50)

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



## VALENTINES DAY PARTY

TUESDAY, FEBRUARY 14

Wear some red or pink, listen to old, love songs and enjoy a delicious meal. Be seated by 11:15 a.m. to enjoy the Goldentone's performance! At noon we'll enjoy a tasty lunch (menu to be announced). The suggested donation is \$3.50, payable at the door. This is a wonderful day to celebrate love and friendship, so bring your sweetheart, a neighbor, a friend or family member! Seating is limited. Call (763) 767-6524 to make your reservation soon!

## BIRTHDAY CELEBRATIONS

Join us as we celebrate birthdays! 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 Dean Foods for donating prizes. All this for just the suggested donation of \$3.50! Everyone is welcome to join us by making a reservation at least three business days in advance by noon by calling (763) 767-6524. Don't miss out on the fun!

## NORTH SUBURBAN CHORUS

WEDNESDAY, JANUARY 25

This 30+ member choir will entertain us with music from Sinatra to Beatles and everything in between .

## SUNSHINE BAND

WEDNESDAY, FEBRUARY 29

This group of musicians, from the Anoka County area, will perform toe-tapping country and bluegrass music.

# SENIOR DINING MENUS

Please state your selection when making reservation. Complete menus are available at the Senior Center.

Stop by and pick one up!

## JANUARY MENU

Mon 2	<b>CLOSED-HAPPY NEW YEAR</b>
Tues 3	Beef & Broccoli Stir Fry
Wed 4	Cheese Omelet
Thur 5	Cheese Ravioli w/Chicken in Pesto Sauce
Fri 6	California Cheeseburger
Mon 9	BBQ Pork Chop (OR BBQ Chicken Breast)
Tues 10	Asian Chicken Casserole
Wed 11	Roast Beef on Onion Roll
Thur 12	Fish Sandwich (OR Chicken Patty)
Fri 13	Beef Stroganoff
Mon 16	<b>CLOSED-MARTIN LUTHER KING</b>
Tues 17	Breaded Pork Cutlet (OR Sliced Turkey)
Wed 18	BBQ Chicken Sandwich
Thur 19	Chicken Fried Steak
Fri 20	Meatloaf
Mon 23	Chicken Chow Mein
Tues 24	Tuscan Chicken Soup w/Cranberry Turkey Salad Sandwich
Wed 25	<b>Birthday Meal-Beef Pot Roast</b>
Thur 26	Citrus Herb Chicken
Fri 27	Sirloin Tips & Gravy
Mon 30	Tater Tot Hot Dish
Tues 31	<b>Snowflake Fest-Liver and Onions (OR Sliced Turkey)</b>

Sorry! The February menu was not available at the time of this publication. Please stop in and pick up a copy!

**\*Menus Subject To Change\***

***PLEASE NOTE: Sorry....but you must be signed up for a Senior Dining Meal in order to observe the special events and entertainment on Senior Dining pages 14 & 15!***

# FOOD FOR THOUGHT

For seniors, the benefits of healthy eating include a sharper mind, resistance to illness and disease, higher energy levels, a more robust immune system, faster recuperation times, and better management of chronic health problems. As we age, eating well can also be the key to a positive outlook and staying emotionally balanced. Try these tips:

- ◆ **Drink Water:** Seniors are prone to dehydration because the sense of thirst is dulled. More water can help avoid urinary tract infections, constipation and even confusion.
- ◆ **Reduce Sodium:** There are plenty of low-salt groceries and salt substitutes to help you prevent water retention and high blood pressure.
- ◆ **Put color on your plate:** The more color, especially fruits and vegetables, the better! Vitamins galore!
- ◆ **Avoid the 'Blues':** If you're feeling down, lonely or depressed, be sure to talk to your doctor. For some, this can lead to not eating and in others it may trigger overeating. It's important to be healthy in mind and body!
- ◆ **Say "no" to eating alone:** A social atmosphere stimulates your mind and helps you enjoy meals. When you enjoy mealtimes, you're more likely to eat better. It might take more effort, but it will pay off.

Why not join us at Senior Dining? Make your reservation at least three business days in advance. Cost for a nutritionally balanced meal is \$3.50 and includes beverage. Pay at the door. Make this your New Year's Resolution and discover the joy in eating well and aging well!

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❄️ **BAD WEATHER?** ❄️

❄️ If the roads are bad, please call before you drive! If we are closed, our phone recording will reflect that cancellation. Be safe! ❄️

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Coon Rapids Senior Services  
11155 Robinson Drive  
Coon Rapids, MN 55433-3761

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**COON RAPIDS SENIOR SERVICES (763) 767-6473**

**PROGRAM SPECIALIST—KRIS NIEBLER**

**PROGRAM ASSISTANT—CINDY OLSON**

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

**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.*

## **2012 DESSERT & COFFEE CONCERT SERIES**

Concerts begin at 7:00 p.m. at the Coon Rapids Civic Center, 11155 Robinson Drive and are sponsored by the Coon Rapids Arts Commission. Enjoy an evening of splendid music, an exhibit by a local artist, dessert and beverage—all included in the price of admission. Seniors (65 and over) and children (12 and under) are \$5.00, adults are \$7.00. Receive a \$4.00 discount when you purchase all four concert tickets! Advance ticket sales are done at the main receptionist desk in the center of City Hall. Call (763) 767-6493 for additional information.

Thursday, January 12: **SKEETS LANGLEY** (*Accordion Variety*)

Thursday, February 9: **NICOLAS CARTER** (*Harp Variety*)

Thursday, March 8: **DENNIS WARNER** (*Folk/American*)

Thursday, April 12: **MINNEAPOLIS COMMODORES** (*Barbershop Harmony*)