



**COON RAPIDS SENIOR SERVICES**

# Voice of Experience

**MARCH/APRIL 2017**

**CONCERT AT THE SENIOR CENTER**

## ROE FAMILY SINGERS

**FRIDAY, MARCH 24**

Get ready for some toe-tappin', finger-snappin', hand-clappin' fun! One of our favorite groups is back! This lively 4-piece band blends the sounds of good-time and old-time gospel, bluegrass, folk and country. Doors open at 1:00 p.m. and the show begins at 1:30 p.m., followed by dessert and coffee. Cost of the event is \$6.00 and includes the show and refreshments. Registration begins immediately in-person or by calling 763-767-6473. Payment deadline is Friday, March 17. Sponsored by River North Senior Apartments.

**NEW ACTIVITY!**

## LUNCH BUNCH

**PRESENTATION: A MEDITERRANEAN CRUISE**

**THURSDAY, MARCH 9**

**11:30 a.m.—12:30 p.m.**

We'll provide a brown bag lunch that you can enjoy during this presentation. You'll be in awe of this beautiful slide show of a Mediterranean Cruise that included Barcelona, Rome, Athens, Ephesus, Malta, Cairo and the Giza Plateau. Visit the Roman and Greek empires, the home of Mary near Ephesus and the Great Pyramids, too! Presented by Chris and Laura Kemp of Choice Connections.



Cost is \$6.00 and includes the lunch, beverage and speaker. Lunches are provided by Volunteers of America and participants will be required to fill out a short information form at the time of the class. Register by calling (763) 767-6473. Payment is due one week in advance.

**CHECK  
OUT NEW  
SENIOR DINING  
ACTIVITIES ON  
PAGE 15!**

## MARCH IS FOOD SHELF MONTH

Senior Services is collecting food in March to help boost the local food shelf supply. Bring a non-perishable food item or cash donation and then we'll contribute it to the ACBC Food Shelf. Please bring your donations in before Monday, March 27. The more pounds and dollars that they receive during March, the larger their funding will be later in the summer! Let's do what we can to make a difference!

## ATTENTION VOLUNTEERS SAVE THE DATE!

On Tuesday, April 25, a special recognition will be held for our volunteers! Invitations will soon be mailed to those who recorded at least twelve hours of volunteer time in 2016 (Please note that there will be no regular activities on that day.) Mark your calendar and save the date!

**DAY TRIPS**

**CALL (763) 767-6473**

**OLD LOG THEATER**  
**THE SAVANNAH SIPPING SOCIETY**  
**WEDNESDAY, MARCH 8**

You'll love the historic traditions of this theater on the shores of Lake Minnetonka. We'll start our day with a delicious dinner. Please indicate your main entrée when you make payment. Your choices are: **Beef Short Ribs**, **Pan Seared Tilapia** or **Roasted Chicken Breast** (all served with seasonal vegetables and potatoes). Or you can have the **Vegetarian Pasta**. All meals are served with a Dinner Roll, Dessert and Coffee or Tea.

Then we'll move to the newly renovated theater, where seats are general admission. In this delightful, laugh-a-minute comedy, four unique single Southern women, all needing to escape the sameness of their day-to-day routines, are drawn together by fate (and an impromptu happy hour) and decide it's high time to reclaim the enthusiasm for life they've lost through the years. Over the next six months their hilarious misadventures (and the occasional liquid refreshment) inspire these women to jumpstart their new lives. We have two buses, so join us in this fun-filled day!

**Sign Up:** Begins immediately!

**Cost:** \$65.00

**Payment Deadline:** Wednesday, March 1

**Bus:** Depart at 10:45 a.m./Return 4:15 p.m.



**The Anoka Lions Proudly Presents Their**  
**29th Annual Country Music Show**

**MARTY HAGGARD**

**PERFORMING "A TRIBUTE TO MY DAD, MERLE HAGGARD"**

**ALSO STARRING THE SHERWIN LINTON BAND!**

**SATURDAY, MARCH 25 AT 3:00 P.M.**

Marty Haggard is the oldest son of country music icon Merle Haggard. In 1979, he began touring with his own band and released the hit single "Charleston Cotton Mill". Then he joined his dad's band, singing and playing guitar. He has performed in Branson and all over the US, Canada, England, Ireland and Scotland. Music fans will love his musical tribute to his Dad! This concert takes place at the Anoka High School Auditorium (3939 7th Avenue, Anoka). Transportation is on your own. Coon Rapids Senior Services is selling tickets with excellent reserved seating, for the price of \$22.00 each. No phone reservations; just stop by Coon Rapids Senior Center anytime Monday thru Friday, 8:00 a.m.—4:30 p.m., beginning immediately, and purchase and pick up your ticket. The Lions return 100% of all proceeds from this event to community service projects!



## DAY TRIPS

CALL (763) 767-6473

### **PARAMOUNT THEATER** **"THE WORLD FAMOUS** **GLENN MILLER ORCHESTRA"** **TUESDAY, APRIL 11**

*Here We Go Again* to St. Cloud. Hope you're *In the Mood* to go *Crosstown* under *Blue Skies*. You don't have to wear a *String of Pearls* for this special trip. Our first stop is the Coyote Moon Grille for a buffet lunch. Then we will go downtown St. Cloud to hear the great tunes of Glenn Miller. The most popular and sought after big band in the world today for both concert and swing dance engagements. With its unique jazz sound, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time. The present Glenn Miller Orchestra was formed in 1956 and has been touring consistently since, playing an average of 300 live dates a year all around the world.



**Sign Up:** Begins 9:00 a.m., Wed., March 1

**Cost:** \$52

**Payment Deadline:** Monday, March 6

**Bus:** Depart at 10:15 a.m./Return 5:30 p.m.

### **HISTORY THEATER**

**Presents**

### **SWEET LAND THE MUSICAL** **THURSDAY, MAY 4**

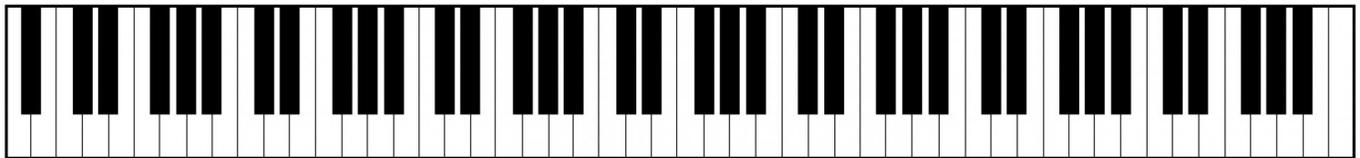
1920. Inge Altenberg journeys to America to marry a bachelor farmer, sight unseen. But in the wake of WWI, Inge's German heritage turns her new neighbors against the match. Under cathedral skies, the determined young immigrant and her stoic farmer fight for their lives, facing their own misgivings and the harshness of an unforgiving land. A lyrical celebration of hard-won independence and a reflection of generations past, *Sweet Land* reminds us of who we are and where we came from. Lunch afterwards in St. Paul at the Cherokee Sirloin Room includes a 5 oz. steak, salad, baked potato, dessert, and coffee, tea, milk or soda.

**Sign Up:** Begins 9:00 a.m., Wed., March 1

**Cost:** \$61

**Payment Deadline:** Monday, March 20

**Bus:** Depart at 8:45 a.m./Return 2:45 p.m.



### **Le Musique Room Presents** **DUELING PIANOS** **THURSDAY, APRIL 13**

Get ready to see a new, live entertainment venue in St. Michael. Part of the St. Michael Cinema, you'll be impressed by the gorgeous lobby, stunningly decorated with a Paris street scene! Theater 15 has been transformed into Le Musique Room (French for The Music Room). There we will sit back in comfy chairs and enjoy *Dueling Pianos*. Two powerhouse piano players provide fun music, fun comedy, fun costumes and, well, FUN! Your favorite songs, excellent musicians and a great venue. Don't miss it! We'll arrive at 1:15 to claim good seats and enjoy free coffee. Refreshments available on your own. Show starts at 2:00.

**Sign Up:** Begins 9:00 a.m., Wednesday, March 1

**Payment Deadline:** Thursday, March 30

**Cost:** \$28.00 (There is no lunch on this trip)

**Bus:** Depart at 12:40 a.m./Return 4:00 p.m.

## CASINO TRIPS

**Register in person or via phone at (763) 767-6473. Sign up begins immediately. Payment due one week in advance.**

### **MARCH CASINO: HINCKLEY -THURSDAY, MARCH 30**

Cost of \$22.00 includes \$10.00 slot play on your card, snack, bus games, bus and host from Casino Get-Aways. Depart at 9:00 a.m. and return at 4:30 p.m.

### **APRIL CASINO: TURTLE LAKE -WEDNESDAY, APRIL 12**

Cost of \$6.00 includes snack, bus games, bus and host from Casino Get-Aways. Depart at 9:00 a.m. Return 4:00 p.m.

#### ATTENTION:

Please note that ALL casinos require your casino card number in advance. If you do not have a card, please provide us with your date of birth and address. Then the casino will have a card ready for you upon your arrival. Casino trips are subject to change. Thank you for your cooperation.



#### OVERNIGHT TRIP

### **JACKPOT JUNCTION CASINO**

**THURSDAY, APRIL 20—FRIDAY, APRIL 21**

We're hooking up with Casino Get-Aways for an overnight trip to Jackpot Junction Casino in Morton, MN. Motor coach departs the Coon Rapids Senior Center at 9:00 a.m., on Thursday, April 20. Snack on the bus. Sorry no coffee. We'll arrive at the casino at approximately 11:00 a.m. and enjoy a few hours of gaming before checking into the rooms at 4:00 p.m. You will enjoy accommodations at the Lower Sioux Lodge (connected to the casino), complete with an indoor heated pool and spa! We'll depart the casino on Friday, April 21 at 1:00 p.m. and arrive back in Coon Rapids around 4:00 p.m. The price is \$55.00 per person (for double or triple occupancy) or \$80.00 per person (for a single room). In return, each person will receive \$50.00 back on their player's card. **Payment deadline is Friday, March 24.** Remember, this trip is subsidized by the casino and you are required to do some gambling. Payment checks can be written to Coon Rapids Senior Services. Cancellation refunds after the payment deadline can only be made if a replacement is found to take your place. When you register, the casino requires that you provide your name, address, date of birth, roommate (s), room smoking preference and your casino card number (if you have one). The escort is from Casino Getaway & Tours. **Sign up begins immediately.** (Please note that all participants are required to park in spaces furthest from the building. Please do not park overnight in handicap spots. Thank you for your cooperation.)

### **ANOKA COUNTY CRIBBAGE TOURNAMENT** **FRIDAY, MARCH 31 AT 10:00 A.M., FOLLOWED BY 1:00 LUNCH**

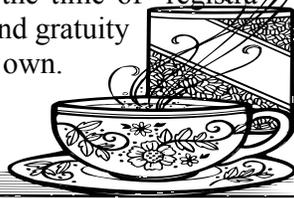
Spaces are still available for this fun event! Open to Anoka County residents, age 55 and over. Takes place at the Coon Rapids Senior Center. Cost is \$14.00 per couple and includes snacks, sub sandwich lunch and pay-back prizes. Call (763)767-6473 to register.

## RESTAURANT CLUBS

### BREAKFAST BUNCH FRIDAY, MARCH 10

Join us at Keys Café in Spring Lake Park for breakfast. The bus will pick you up and drop you off at your home for a donation of \$2.00. Or you can meet the group by **8:30** at the restaurant located at 8299 University. Please indicate your transportation preference at the time of registration. The meal, tax and gratuity are paid for on your own.

**Sign up begins immediately.**



### OUT TO DINNER MONDAY, APRIL 10

Enjoy a night out at Boston's. The bus will pick you up and drop you off for a donation of \$2.00. Or you can meet the group by **4:30** at the restaurant located at 12794 Riverdale Blvd. in Coon Rapids. Indicate your transportation preference at the time of registration. The meal, tax and gratuity are paid for on your own. **Sign up begins immediately.** **NOTE:** It is important that you sign up with the senior center (even if you drive on your own) so we can let the restaurant know how many spots to set up.

## TAX SERVICES

### FREE TAX SERVICES BY APPOINTMENT ONLY!

**TUESDAYS & WEDNESDAYS: THROUGH APRIL 18**  
**Call (763) 767-6473 for a 30 minute appointment.**  
**See other article regarding Property & Rent Refunds**

Bring photo ID, Social Security Card, last year's completed taxes, proof of social security and all forms needed to file.

For seniors & low-moderate income levels.

**Held at Coon Rapids Senior/Civic Center,  
11155 Robinson Drive**

*This service is brought to you by AARP and the  
Retired Senior Volunteer Program of Anoka County.*

### ASSISTANCE WITH PROPERTY TAX & RENT REFUNDS

**Coon Rapids Senior Center**  
**Monday, May 22: 8:00 a.m.—Noon**  
**Monday, June 12: 8:00 a.m.—Noon**  
**Monday, July 24: 8:00 a.m.—Noon**

● Please bring a photo I.D. and your Federal Tax Form 1040 or records showing total household income.

● If you are a homeowner, please bring a copy of your Real Estate Tax Statement.

● If you are a renter, please bring your Certificate of Rent Paid (CRP).

**Free. No appointments.  
First come, first served.**

## LIFELONG LEARNING - CALL (763) 767-6473 TO REGISTER

### Minnesota Safety Council DEFENSIVE DRIVING COURSES

Consumers 55+ years of age 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 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. These classes fill up early. Call (763) 767-6473 to register.

#### 4-HOUR REFRESHER COURSE: \$20.00

Monday, March 20: 8:30 a.m.—12:30 p.m.  
Monday, April 3: 8:30 a.m.—12:30 p.m.  
Monday, April 10: 5:30 p.m.—9:30 p.m.  
Monday, April 24: 8:30 a.m.—12:30 p.m.

#### 8-HOUR COURSE: \$22.00

Mondays, May 8 & 15: 5:30 p.m.—9:30 p.m.

#### PLEASE NOTE:

Classes are also now offered on-line! Sign up at [www.minnesotasafetycouncil.org](http://www.minnesotasafetycouncil.org)

### GENEALOGY TRIP **MN HISTORY CENTER** **THURSDAY, MARCH 9**

Join Genealogy Instructor Cathi Weber and the Andover YMCA for this trip to the MN History Center in St. Paul! Cathi will be available the entire day to assist us as we navigate through the Genealogy info and resources at the MN History Center. Lunch is not included, so bring a bag lunch or visit the cafeteria. Payment of \$21 for YMCA members or \$26 for non-members can be made directly to the YMCA. A school bus departs the Andover YMCA at 7:30 a.m. and the Coon Rapids Senior Center at 7:45 a.m. Space is limited, so sign up soon! Register with the Andover YMCA either in person or by calling (763) 230-9622.

### MARCH TEA TALK **"NORWAY"**

**WEDNESDAY, MARCH 22 AT 1:30 P.M.**

Take a trip to Norway without leaving the Senior Center! This slide show will include the International Seed Repository, the tundra, reindeer, Sami (Lapp) people, and the residence of walrus, polar bears and many birds. We'll even get a peak at Finland and Russia. Refreshments will be served after the program. The cost is \$5 payable by Wednesday, March 15. Sign up begins immediately.



### APRIL TEA TALK **"WILEY COYOTE"**

**WEDNESDAY, APRIL 19 AT 1:30 P.M.**

This mid-size canine is unlikely to be outwitted by a roadrunner or much of anything else. As mankind has tried to remove them from habitats, they have continued to find ways to "sneak in the back door" and can be found in cities to farmlands. Looking into their wiley ways we will find how the coyote matches up to the many animals and people it shares its world with. With nonstop bravado and yips they let us know of their magical presence. Our favorite naturalist, Melonie Shipman is back to present this program. Refreshments will be served after the program. The cost is \$5 payable by Wednesday, April 12. Sign up begins immediately.



### **GOT LUNCH?**

*Are you coming in to the Senior Center for one of our classes? How about coming for a noon lunch, too? Cost is \$4.00. Make your reservation at least three business days in advance by calling Coon Rapids Senior Dining at (763) 767-6524.*

# LIFELONG LEARNING

Sign up begins immediately by calling the Senior Center at (763) 767-6473.

**“BENEFITS OF PREPLANNING FUNERALS” ON THURSDAY, MARCH 2 AT 1:00 P.M.** Jack Matura, an independent preplanning funeral consultant, will explain how to set up a guaranteed funeral plan for life, how to protect your money from the nursing home and medical assistance. Statistics show that 71 percent of us are unprepared in one or more of these extremely important areas of planning. Don't be one of those statistics. No cost to attend, but please make a reservation.

**“PRESIDENTIAL SERIES” AT 1:00 P.M.** This series of seminars will explore each President and discuss what occurred from a historical point of view while they were in office. The Presidents will be presented in order highlighting their accomplishments and factors surrounding their terms in office. Instructor: Dan Hartman. \$3 payable one week in advance. These are 2-hour classes.

Friday, March 3, at 1:00 p.m. Zachary Taylor & Millard Fillmore

Monday, March 13 at 1:00 p.m. Franklin Pierce & James Buchanan

**“FARMING IN THE VICTORIAN ERA” ON MONDAY, MARCH 6 AT 10:00 A.M.** We'll go back to the early 1900s to live the lives of the Edwardian farmers and rural industries. A team of British researchers will demonstrate the extremely risky agricultural ventures using only the farming practices of the period when it was “produce or starve”. Instructor: Terry Kubista. \$3 payable by Monday, February 27.

**“PROTECTING OUR HEALTH” ON MONDAY, MARCH 27 AT 10:30 A.M.** Learn what foods can help fight heart disease, cancer, dementia and age-related diseases. You will sample one specific fruit which improves memory and one specific food most tied to longevity. Do you know what they are? Come in and listen to Presenter Dick Ogren to find out! Cost is \$5.00 and is due one week in advance.

**“GENEALOGY: CHURCH AND CEMETERY RECORDS” ON THURSDAY, APRIL 6 AT 1:00 P.M.** Learn about what kind of records you can find and how to access them. \$5 payable on Thursday, March 30. Instructor: Cathi Weber .

**“BIRDS IN MINNESOTA” ON MONDAY, APRIL 10 AT 1:00 P.M.** Find out how to attract birds to your backyard. See equipment for observing birds and appropriate bird feeders. Learn how to identify a few common birds and where to go for good bird-watching. Instructor: JB Andersen. The cost is \$3 payable by Monday, April 3.



**“A SHORT COURSE IN IRELAND’S HISTORY” ON MONDAY, APRIL 17 AT 10:00 A.M.** A very short, two hour tour of Ireland and its history; should be just enough to whet your whistle for a summer vacation. Instructor: Terry Kubista. \$3 payable by Monday, April 10.

**“THE NEXT GENERATION: A PERSPECTIVE THROUGH RUSSIAN ART ON THURSDAY, APRIL 20 AT 1:00 P.M.** Young people have always been a focus in art. But never was this more true than in the Soviet era after the ravages of WWII. Explore the history of Russian art through artists' treatment of children to learn why this subject matter is so important. Presented by Carol Rudie Veldman with the Museum of Russian Art. Cost of \$3 payable by Thursday, April 13.

**“JANE AUSTEN’S LIFE AND TIMES” ON MONDAY, MAY 8 AT 10:00 A.M.** Jane Austen and her England provide the topics for this month's presentation. Why did she write about the topics that she did? What inspired her? Instructor: Terry Kubista. \$3 payable by Monday, May 1.

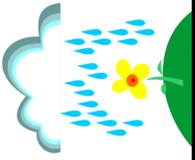
**Mon****Tue****Wed****Thu****Fri**

# MARCH



<p>1 Vets Coffee Taxes Fit to be Healthy Registration Mary T. Footcare Dining 500 Cards Bunco Good Neighbors Spanish</p>	<p>2 Goldentones Crochet &amp; Knit Dining Pinochle Bingo Spanish Woodcarving Pre-Planning Funerals Spanish</p>	<p>3 Fit to be Healthy For Art's Sake Tai Chi Super Sr. Club Yoga Hand &amp; Foot Am. Presidents Shopping/Riverdale</p>	<p>9:30 10:00 12:00 12:30 12:45 12:45 1:00 1:00 2:15</p>	<p>8:00 8:30 8:30 9:00 9:00 12:00 12:45 12:45 1:00 1:00</p>	<p>1 Vets Coffee Taxes Fit to be Healthy Registration Mary T. Footcare Dining 500 Cards Bunco Good Neighbors Spanish</p>	<p>2 Goldentones Crochet &amp; Knit Dining Pinochle Bingo Spanish Woodcarving Pre-Planning Funerals Spanish</p>	<p>3 Fit to be Healthy For Art's Sake Tai Chi Super Sr. Club Yoga Hand &amp; Foot Am. Presidents Shopping/Riverdale</p>	<p>9:30 10:00 12:00 12:30 12:45 12:45 1:00 1:00 2:15</p>	<p>8:00 8:30 8:30 9:00 9:00 12:00 12:45 12:45 1:00 1:00</p>	<p>1 Vets Coffee Taxes Fit to be Healthy Registration Mary T. Footcare Dining 500 Cards Bunco Good Neighbors Spanish</p>
<p>6 Fit to be Healthy Mary T. Footcare Quilting British Class Mon. Game Day/Dining Chess Bingo Creative Writers Tai Chi Defensive Driving</p>	<p>7 Taxes AA Meeting Square Dancing Craft Club Dining Bridge Cribbage Watercolor</p>	<p>8 Vets Coffee Taxes Fit to be Healthy Stamping Club Mary T. Footcare Old Log Theater Dining 500 Cards Bunco Good Neighbors</p>	<p>9 Goldentones Crochet &amp; Knit Lunch Bunch Pinochle Bingo Woodcarving Parkinsons</p>	<p>8:00 8:30 8:30 9:00 9:00 10:45 12:00 12:45 12:45 1:00</p>	<p>8 Vets Coffee Taxes Fit to be Healthy Stamping Club Mary T. Footcare Old Log Theater Dining 500 Cards Bunco Good Neighbors</p>	<p>9 Goldentones Crochet &amp; Knit Lunch Bunch Pinochle Bingo Woodcarving Parkinsons</p>	<p>10 Fit to be Healthy Breakfast Bunch For Art's Sake Tai Chi Yoga Hand &amp; Foot</p>	<p>9:30 10:00 11:30 12:30 12:45 1:00 1:00</p>	<p>8:00 8:30 8:30 9:00 9:00 10:45 12:00 12:45 12:45 1:00</p>	<p>8 Vets Coffee Taxes Fit to be Healthy Stamping Club Mary T. Footcare Old Log Theater Dining 500 Cards Bunco Good Neighbors</p>
<p>13 Fit to be Healthy Quilting Mon. Game Day/Dining Chess Bingo Creative Writers Am. Presidents Tai Chi</p>	<p>14 Taxes AA Meeting Craft Club ACCAP Counselor Dining Bridge Cribbage Watercolor Masterpiece Book Club</p>	<p>15 Vets Coffee Taxes Fit to be Healthy Stamping Club Dining 500 Cards Bunco Good Neighbors Spanish Shopping/Andover Walmart</p>	<p>16 Crochet &amp; Knit St. Pat's/Dining Pinochle Spanish Bingo Woodcarving Spanish</p>	<p>10:00 11:00 12:30 12:45 1:00 2:15</p>	<p>15 Vets Coffee Taxes Fit to be Healthy Stamping Club Dining 500 Cards Bunco Good Neighbors Spanish Shopping/Andover Walmart</p>	<p>16 Crochet &amp; Knit St. Pat's/Dining Pinochle Spanish Bingo Woodcarving Spanish</p>	<p>17 Fit to be Healthy For Art's Sake Tai Chi Yoga Hand &amp; Foot</p>	<p>10:00 11:00 12:30 12:45 1:00 2:15</p>	<p>8:00 8:30 8:30 9:00 9:00 12:00 12:45 12:45 1:00 1:00</p>	<p>15 Vets Coffee Taxes Fit to be Healthy Stamping Club Dining 500 Cards Bunco Good Neighbors Spanish Shopping/Andover Walmart</p>
<p>20 Fit to be Healthy Defensive Driving Mary T. Footcare Quilting Mon. Game Day/Dining Chess Bingo Creative Writers Tai Chi</p>	<p>21 Taxes AA Meeting Square Dancing Craft Club Dining Bridge Cribbage Watercolor</p>	<p>22 Vets Coffee Taxes Fit to be Healthy Stamping Club Dining 500 Cards Bunco Good Neighbors Tea Talk</p>	<p>23 Goldentones Crochet &amp; Knit Book Club Dining Pinochle Bingo Woodcarving</p>	<p>9:30 10:00 10:30 12:00 12:30 12:45 1:00</p>	<p>22 Vets Coffee Taxes Fit to be Healthy Stamping Club Dining 500 Cards Bunco Good Neighbors Tea Talk</p>	<p>23 Goldentones Crochet &amp; Knit Book Club Dining Pinochle Bingo Woodcarving</p>	<p>24 Fit to be Healthy Feed My Children For Art's Sake Tai Chi Yoga Hand &amp; Foot Roe Family Singers</p>	<p>9:30 10:00 10:30 12:00 12:30 12:45 1:00</p>	<p>8:00 8:30 8:30 9:00 9:00 12:00 12:45 12:45 1:00 1:30</p>	<p>22 Vets Coffee Taxes Fit to be Healthy Stamping Club Dining 500 Cards Bunco Good Neighbors Tea Talk</p>
<p>27 Fit to be Healthy Quilting Protecting Your Health Mon. Game Day/Dining Chess Bingo Creative Writers Tai Chi</p>	<p>28 Taxes AA Meeting Craft Club Dining Bridge Cribbage</p>	<p>29 Vets Coffee Taxes Fit to be Healthy Stamping Club Birthday Party/Dining 500 Cards Bunco Good Neighbors</p>	<p>30 Hinckley Casino Goldentones Crochet &amp; Knit Dining Pinochle Bingo Woodcarving</p>	<p>9:00 9:30 10:00 12:00 12:30 12:45 1:00</p>	<p>29 Vets Coffee Taxes Fit to be Healthy Stamping Club Birthday Party/Dining 500 Cards Bunco Good Neighbors</p>	<p>30 Hinckley Casino Goldentones Crochet &amp; Knit Dining Pinochle Bingo Woodcarving</p>	<p>31 Fit to be Healthy For Art's Sake Cribbage Tournament Yoga Hand &amp; Foot Shopping/Aldi's</p>	<p>9:00 9:30 10:00 12:00 12:30 12:45 1:00</p>	<p>8:00 8:30 8:30 9:00 9:00 12:00 12:45 12:45 1:00</p>	<p>29 Vets Coffee Taxes Fit to be Healthy Stamping Club Birthday Party/Dining 500 Cards Bunco Good Neighbors</p>

# APRIL



3	Fit to be Healthy Defensive Driving Mary T. Footcare Quilting Mon. Game Day/Dining Bingo Chess Creative Writers Red Cross Blood Drive Tai Chi	8:30 8:30 9:00 10:00 11:00 12:45 12:45 1:00 2:00 3:00	Taxes Square Dancing AA Meeting Craft Club Dining Bridge Cribbage Technology Help	8:30 9:30 9:30 10:00 12:00 12:45 1:00 2:00	Vets Coffee Taxes Fit to be Healthy Stamping Club Mary T. Footcare Dining 500 Cards Bunco Good Neighbors Spanish	8:00 8:30 8:30 9:00 9:00 12:00 12:45 1:00 1:00	6	Goldentones Crochet & Knit Dining Pinochle Bingo Spanish Woodcarving Genealogy Spanish	9:30 10:00 12:00 12:30 12:45 12:45 1:00 2:15	7	Fit to be Healthy For Art's Sake Tai Chi Super Sr. Club Yoga Hand & Foot Shopping/Riverdale TBA	8:30 9:30 9:40 10:00 10:15 12:15 TBA
10	Fit to be Healthy Mary T. Footcare Quilting Mon. Game Day/Dining Bingo Chess Creative Writers Birds in Minnesota Tai Chi Out to Dinner Defensive Driving	8:30 9:00 10:00 11:00 12:45 12:45 1:00 1:00 3:00 4:30 5:30	Taxes AA Meeting ACCAP Counselor Craft Club Paramount Theater Dining Bridge Cribbage Masterpiece Book Club	8:30 9:30 10:00 10:00 10:15 12:00 12:45 1:00 1:00	Vets Coffee Taxes Fit to be Healthy Turtle Lake Mary T. Footcare Stamping Club Dining 500 Cards Bunco Good Neighbors Shopping/Andover/Walmart TBA	8:00 8:30 8:30 9:00 9:00 12:00 12:45 12:45 1:00	13	Goldentones Crochet & Knit Dining Pinochle Dueling Pianos Bingo Woodcarving Parkinsons	9:30 10:00 12:00 12:30 12:40 12:45 1:00 1:00	14	Fit to be Healthy For Art's Sake Tai Chi Yoga Hand & Foot	8:30 9:30 9:40 10:15 12:15
17	Fit to be Healthy Mary T. Footcare Quilting British Class Mon. Game Day/Dining Bingo Chess Creative Writers	8:30 9:00 10:00 10:00 11:00 12:45 12:45 1:00	Taxes Square Dancing AA Meeting Craft Club Dining Bridge Cribbage	8:30 9:30 9:30 10:00 12:00 12:45 1:00	Vets Coffee Fit to be Healthy Stamping Club Dining 500 Cards Bunco Good Neighbors Spanish Tea Talk	8:00 8:30 9:00 12:00 12:45 1:00 1:00 1:30	20	Jackpot Junction Goldentones Crochet & Knit Dining Pinochle Bingo Spanish Woodcarving Russian Art Spanish	9:00 9:30 10:00 12:00 12:30 12:45 12:45 1:00 2:15	21	Fit to be Healthy For Art's Sake Tai Chi Yoga Hand & Foot	8:30 9:30 9:40 10:15 12:15
24	Fit to be Healthy Defensive Driving Quilting Mon. Game Day/Dining Bingo Chess Creative Writers Tai Chi	8:30 8:30 10:00 11:00 12:45 12:45 1:00 3:00	<b>VOLUNTEER PARTY</b>		Vets Coffee Fit to be Healthy Stamping Club Birthday Party/Dining 500 Cards Bunco Good Neighbors	8:00 8:30 9:00 11:00 12:45 12:45 1:00	26	Goldentones Crochet & Knit Book Club Dining Pinochle Bingo Woodcarving	9:30 10:00 10:30 12:00 12:30 12:45 1:00	28	Fit to be Healthy Feed My Children For Art's Sake Yoga Hand & Foot Shopping/Aldi's TBA	8:30 9:30 9:30 10:15 12:15 TBA

## SERVICES AT THE SENIOR CENTER

**OUTREACH SERVICE:** Patty Marz, with the Anoka County Community Action Program (ACCAP) has office hours at the Coon Rapids Senior Center on the 2nd Tuesday of each month between 10:00 a.m. and Noon. She can connect seniors with resources in the community such as assistance for food support, housing, health care programs, energy assistance and more. Contact Patty at 763-783-4741.

**AA MEETINGS:** People of all ages welcome to attend on Tuesdays at 9:30 a.m., at the Senior Center.

**CHORES & MORE:** We help with housekeeping, grocery shopping, seasonal outdoor chores and minor home repairs for adults over the age of 60. We have a sliding fee scale for these services. We do have subsidy for those in need, based on income qualifications. We are also currently looking for independent contractors and volunteer groups. Call 763-783-4767 for further information or email [nshaw@accap.org](mailto:nshaw@accap.org). Office at Blaine's Human Service Building. Funding support is provided by Metropolitan Area Agency on Aging, Inc., as part of the "Older American Act", Anoka County, ACCAP, and Private and Public Donations.

**COUNSELING:** Experiencing sadness or worry? Feeling overwhelmed with stress? Talking with someone who specializes in older adult issues can be helpful in addressing life's challenges such as the death of a loved one, health problems, or a recent move. A therapist (from Volunteers of America—MN Senior Mental Health Services), specializes in helping adults, 55 and older, navigate life's challenges through age-specific mental health counseling. Services are covered by Medicare, Medical Assistance, and most major health insurance plans. For more info or to make an appointment, please call (763) 225-4054 or check us out at [www.voamnwi.org/senior-mental-health](http://www.voamnwi.org/senior-mental-health). Appointments held at the Senior Center.

**CAN ALEXANDRA HOUSE HELP YOU?** A representative from Alexandra House will be available at the Coon Rapids Senior Center on the 2nd Wednesday of each month, from 1:00-3:00 p.m.. Feel free to stop in and learn about volunteer opportunities or for ways in which they can help you. Alexandra House offers client-centered advocacy services specifically for adults 50 and over who are experiencing verbal, financial, physical, and mental abuse, and/or neglect.

**HEALTH INSURANCE COUNSELING:** Get help with Medicare questions, choosing or changing supplemental carriers, prescription drug cost options, Medicare billing questions, and more! 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. This program is not associated with any insurance company and is made possible by the Metropolitan Area Agency on Aging and the Senior Linkage Line.

**GROCERY SHOPPING TRIPS:** Take the Coon Rapids Senior Center Bus shopping. You can shop for 75 minutes. The cost is \$3 round trip. Reservations need to be made at least **two days** in advance by calling Cindy at (763) 767-6473. See calendar for dates and stores.

**FREE ONE-ON-ONE TECHNOLOGY HELP:** Library staff will be on hand at the Coon Rapids Senior Center to answer questions and provide support and guidance with technology-related issues. Sign up for a free, one-to-one, thirty-minute afternoon appointment and get help with setting up an email account, downloading library eBooks, using Word, Excel or PowerPoint, using Social Media, and more. If we can't answer a question, we'll find resources or organizations that can! First Tuesday of the month.

**TRANSPORTATION:** Did you know that we have bus transportation to and from the Senior Center for Coon Rapids residents? The suggested donation is 75 cents each way. Please call Cindy at (763) 767-6473 to make an advance reservation or if you would like more information!

# HEALTH & WELLNESS

## ***TAI CHI***

Shibashi Tai Chi means 18 movements. Learn about these gentle stretch movements that will help relieve stress, gain balance and flexibility, and connect your breath to the flowing movement. Wear comfortable clothes and shoes. Instructed by Karine Platt. Sign up begins immediately. Call (763) 767-6473. Classes are designed for both beginners and more advanced students. Pay at first session.

### MONDAY CLASS AT 3:00 P.M.—\$44.00

MARCH 6, 13, 20, 27 & APRIL 3, 10, 24 (No class April 17)

### FRIDAY CLASS AT 9:40 A.M.—\$44.00

MARCH 3, 10, 17, 24 & APRIL 7, 14, 21 (No class March 31 & April 28)

## ***FOOTCARE SERVICES***

Mary T. Home Health provides foot care services each month at the Senior Center. This includes a foot soak, nail trim and care of corns and calluses by a nurse. Appointments can be made by calling the Coon Rapids Senior Center at (763) 767-6473. The cost is **\$22.00** and is payable to *Mary T. Inc.* at the time of the appointment. Bring your own towel. If you cannot attend your appointment, it is imperative that you inform our office at your earliest convenience. Thank you for your cooperation!

## LIVE 2B HEALTHY

## **Fitness Class**

**Mondays, Wednesdays & Fridays**

**8:30-9:30 a.m.**

**FIRST SESSION FREE!**

Improve flexibility and balance while increasing muscular endurance. Led by a certified instructor. Classes are \$35.00 per month, but there's no cost to "SilverSneakers" or "Silver and Fit" members. Now accepts most Blue Cross Blue Shield, Medical and Health Partner Plans. First session is free. Bring your insurance card to determine if you will get a discount in the future.

## **PARKINSON'S SUPPORT GROUP**

COON RAPIDS SENIOR CENTER

THURSDAY, MARCH 9 AT 1:00 P.M.:

### **OCCUPATIONAL THERAPY & PARKINSON'S DISEASE (ADAPTATIONS FOR DAILY LIVING)**

GUEST SPEAKER: Madeline Jeppesen, OTR/L

THURSDAY, APRIL 13 AT 1:00 P.M.:

### **ADAPTIVE EQUIPMENT—TO MAKE LIFE EASIER FOR PARKINSON'S PATIENTS**

GUEST SPEAKER: Becky Olson, OTR/L Clinical Specialist, Area 8279, Region 4

**Everyone Welcome. Coffee Provided. Drawings.**

**NO RESERVATION NEEDED. NO COST TO ATTEND.**

Questions? Feel free to contact Facilitator Milo Hartmann (763) 755-2175.

## THINGS TO DO

### **FREE SPANISH CLASSES**

1st & 3rd Wednesdays at 1:00—New Beginners Class  
1st & 3rd Wednesdays at 2:15—Intermediate/Advanced Class  
1st & 3rd Thursdays at 12:45—Third Year Class  
1st & 3rd Thursdays at 2:15—Second Year Class  
No cost to attend. No reservation needed.

### **BOOK CLUB**

Everyone is welcome to join the Book Club at 10:30 a.m. After the meeting, lunch at a local café is optional. No sign up needed.

**March 23**— Charlotte Gray by Sebastian Faulks

**April 27**— Wright Brothers by David McCullough

### **WATERCOLOR CLASS**

TUESDAYS, MARCH 7, 14 & 21  
1:00 P.M.—4:00 P.M.

Join instructor Helen Smith as she teaches you basic watercolor painting and techniques. No experience necessary—only your desire to learn. Paper and some materials will be provided. A supply list for other items can be picked up when you register or you can request one to be mailed to you. Cost for all three sessions is \$47. Does not include the cost of items on the supply list. Payment is due Friday, March 3. A sample of the painting is at the Senior Center. Sign up immediately.



## VOLUNTEER OPPORTUNITIES

**PIANO PLAYER NEEDED:** Camilia Rose Care Center would love a volunteer Piano Player to help them out once or twice a month. Interested? Please call Pastor Sharon at (763) 489-3626.

**FEED MY STARVING CHILDREN, FRIDAY, MARCH 24 & APRIL 28:** Pack meals for children around the world! Volunteers need to stand for two hours, although there are some sitting positions. Wear close-toed shoes. No jewelry allowed. If you are ill or have any food allergies, you are asked not to attend. Meet the group by 9:30 a.m. at their building located at 401 93rd Ave in Coon Rapids. To sign up, call Senior Services at (763)767-6473. If you need to **cancel**, please call the center.

**RED CROSS BLOOD DRIVE AT THE SENIOR CENTER ON MONDAY, APRIL 3** Call 1-800-RED-CROSS (1-800-733-2767) for an appointment.

**FIX IT CLINIC NEEDS VOLUNTEERS!** The Coon Rapids annual Fix It Clinic needs some volunteers to help residents fix their items! Ideal volunteers would have skills in at least one of these areas: Soldering, electronics, small appliances, motors, lamp re-wiring, mechanical and gluing, sewing or general tinkering. The event is being held at Public Works on Saturday, March 4 from 10:00 a.m.—1:00 p.m. If you can help, please call Amanda at (763) 767-4689.



# SUPER SENIOR CLUB

## LETTER FROM THE PRESIDENT

Welcome 2017! Can you believe that we are already seven weeks into the New Year? The days are already considerably longer and there are many sunny days. In my opinion, it has not been such a bad winter overall.

The Super Senior Club has a goal of having many more of you join our Club in 2017. We meet the 1st Friday of every month at 10:00 a.m., at the center. The dues are \$7.00 a year and you can be involved a lot or a little, depending on your schedules. We are a fun group and always have refreshments and visiting after the meeting. A few months we have entertainment. Please consider joining in the near future! You can stop at the gift shop or the front desk to fill out the form and pay your dues and pick up more information. You can also come to a meeting as a visitor to check us out. Marge McInerny is in charge of membership and can be reached at 612-760-0372.

One of our best ways of earning money is our "Gift Shop". We accept donations of all sorts of jewelry, decorative items and knick knacks that you have in your home and that you no longer want. We also sell craft items and dish towels and crocheted and knitted items made by many Senior Center volunteers. Drop off items at the center. We also need volunteers who will staff the Gift Shop. Call Jordy Powell at 763-370-9477 if you would like to help.

The other BIG Fundraiser is our annual "Fall Bazaar" each November. Many of our seniors work all year long in the quilt group and craft groups, making items for this. We made almost \$4,000 last year at the Bazaar.

I joined the Super Senior Club many years ago when I heard where the proceeds of these endeavors go. We give out several thousand dollars each year to non-profit organizations in the Coon Rapids area. Some of the examples are donations to several schools to help fill back packs for students in need of food for their families, Stepping Stone (helping homeless adults get back on their own), Help 4 Youth, Bikes For Kids, Cars for Neighbors and \$1,000 scholarships for two Coon Rapids graduates each year. Please consider joining this worthwhile Coon Rapids Super Senior Club!

I will be on vacation from February 16 to March 16 in the Blue Ridge Mountains of Virginia with my nephew, his wife and two small children. Forest Fout, Vice President, will be taking over my duties while I am away.

Think Spring!  
Bernice Olson



All of the items in our Gift Shop have been donated and all of the proceeds benefit local charities. As you are doing your spring cleaning, would you considering donating some items to us? Items can be dropped off Monday-Thursday mornings. Thank you for considering donating the following items:

<b>Used Jewelry</b>	<b>Home Décor Items</b>
<b>Hand Crafted Items</b>	<b>Knick Knacks</b>

## COMMUNITY CORNER

### ANOKA COUNTY SENIOR EXPO 2017

SATURDAY, APRIL 22: 9:00 A.M.—NOON

LORD OF LIFE CHURCH, 14501 NOWTHEN BLVD., RAMSEY, MN

FREE EVENT!

OPEN TO SENIOR CITIZENS AND THEIR FAMILIES

AMPLE PARKING

HANDICAP ACCESSIBLE

INFORMATION BOOTHS!

FREE PANCAKE BREAKFAST!

BLOOD PRESSURE CHECKS!

MINI MASSAGES!

ENTERTAINMENT!



### SENIOR DANCES LIVE MUSIC

Coon Rapids American Legion  
11640 Crooked Lake Blvd.

1:00-4:00

2nd Wednesdays

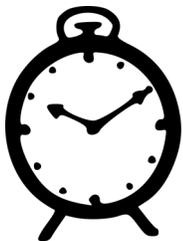
Call 421-6260 for more info

### VETS COFFEE

Come join other Vets  
for coffee, snacks,  
and conversation.

Wednesdays at 8:00 a.m.

All Vets Welcome!



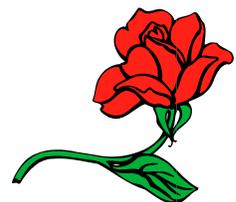
### DON'T FORGET!

Change your clocks before you go to bed on Saturday, March 11th and make sure your smoke alarms are working properly!



### IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of those who passed away recently including Marcia Graham, Curtis Krugerud, Morris Lindstrom, Wanda Penrod and Clarice Peterson.



# VOLUNTEERS OF AMERICA SENIOR DINING



OPEN: 9:00 A.M.—1:00 P.M. MONDAY—THURSDAY  
LUNCH SERVED AT: 12:00 NOON  
SUGGESTED DONATION: **\$4.00** (with NAPIS form on file)  
(Under 60 years old is \$7.00)  
CALL: (763) 767-6524 by noon, AT LEAST three business days  
in advance, (does not include Fridays) for a reservation.

**NEW!**

## MONDAY GAME DAY!

Prizes & laughs! Join your friends in March and April at Senior Dining for our new MONDAY GAME DAY! The fun starts at 11:00. Must be signed up for the noon meal in order to participate.

**THE PRICE IS RIGHT**: 1st Monday of each month.  
**PICTIONARY**: 2nd Monday of each month  
**YAHTZEE**: 3rd Monday of each month  
**WHEEL OF FORTUNE**: 4th Monday of each month.

## SANDWICH SAMPLES

TUESDAY, MARCH 21 AT 11:00 A.M.

Come on in and enjoy some sandwich samples and lemonade (while supplies last). No cost to attend and no registration needed. Just come in and join in the fun!

## BIRTHDAY PARTIES

Join us for live entertainment starting at 11:00 a.m. Then enjoy a delicious meal including Birthday Cake with Ice Cream. Yummy! Thanks to Culvers of Coon Rapids, Land O' Lakes and the Coon Rapids Super Senior Club for donating prizes for our Birthday Guests! Suggested donation for this event is \$4.00 and can be paid upon arrival! **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!

**MARCH BIRTHDAY**

**WEDNESDAY, MARCH 29**

## JIM BERNER'S OLDIES BUT GOODIES

*Register no later than noon on March 23*

**APRIL BIRTHDAY**

**WEDNESDAY, APRIL 26**

## GOLDENTONE'S SPRING CONCERT

*Register no later than noon on Thursday, April 20*

## ST. PATRICK'S PARTY

**THURSDAY, MARCH 16**

Everyone is Irish on St. Patrick's Day, so wear your green and join us. The fun begins at 11:00, as we enjoy the Goldentones Choir Leprechauns and tap our toes to Irish medleys for St. Patrick's Day! Then we'll enjoy a noon meal. Make your reservation before noon on Monday, March 13 by calling (763) 767-6524. Suggested donation for this event is \$4.00.

## BETTY'S

## TOP 3 PICKS!

Join us for some of our yummiest meals! Donation of \$4.00 payable at the door includes milk, coffee, good company and you don't even have to wash your dishes!

**Tuesday, March 8**: Turkey, Gravy, Mashed Sweet Potatoes, Peas, Bread and Pumpkin Bar.

**Wednesday, March 15**: Roast Pork, Garlic Mashed Potatoes, Corn, Bread & Fruit.

**Tuesday, March 21**: Roasted Chicken, Baby Red Potatoes, Corn, Roll & Apple Pie.

**Complete Menus are available in the brochure rack next to the Senior Center information counter!**



11155 Robinson Drive  
Coon Rapids, MN 55433-3761

ADDRESS SERVICE REQUESTED

**Need to be removed from  
our Mailing List? Call us  
at (763) 767-6473.**

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

### **ACTIVITIES FOR SENIORS AGE 55+**

**OFFICE HOURS: MONDAY-FRIDAY 8:00 A.M.—4:30 P.M.**

**PROGRAM SPECIALIST—KRIS NIEBLER (763) 767-6473**

**PROGRAM ASSISTANT—CINDY OLSON (763) 767-6473**

**SENIOR DINING PROGRAM —BETTY FOUST (763) 767-6524**

**FACILITY RENTAL—LORI ANDERSON (763) 767-6522**

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

## **2017 DESSERT & COFFEE CONCERTS**

Concerts begin at 7:00 p.m. at the Coon Rapids Senior/Civic Center, 11155 Robinson Drive. Enjoy an evening of music, dessert and beverage—all included in the admission. Seniors (65 and better) and children (12 and under) are \$6.00, other adults are \$8.00. Advance ticket sales are available at the main receptionist desk in the center of City Hall. Tickets can also be purchased at the door on the night of the event (unless it is sold out in advance). Call (763) 767-6432 for more info. Sponsored by the Coon Rapids Arts Commission.

Thursday, March 9: **Minneapolis Commodores** (A Capella Barbershop Chorus)

Thursday, April 6: **Backyard Band** (Variety)