



MAY/JUNE 2010

VOICE OF EXPERIENCE

**COON RAPIDS
SENIOR SERVICES**

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

DINNER SHOW

MANNY CORTEZ

WEDNESDAY, MAY 12

Join us as we tap our toes and snap our fingers to the music of Manny Cortez! You'll love his guitar and vocal music as he entertains us with oldies but goodies, blues and old rock. Doors open at 10:30 a.m. and the show starts at 11:00 a.m. Then we'll enjoy a noon dinner that includes Tomato Basil Baked Chicken, Baby Red Potatoes, Creamed Corn, Wheat Dinner Roll, Apricot Sauce and Cake. Cost is \$8.00 and needs to be paid by Thursday, May 6. Registration for this event begins at 9:00 a.m. on **Friday, April 30**, in person or by calling (763) 767-6473.

**THE SENIOR CENTER WILL BE CLOSED
MONDAY, MAY 31 FOR MEMORIAL DAY!**

50+ ANNIVERSARY CELEBRATION THURSDAY, JUNE 3

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 Golden-tones Choir. Our special greeters on this day will be the Coon Rapids Senior King and Queen, Roger & Jeanne Wolfgram. A flower, donated by Gearhart Funeral Homes, will be presented to each couple. At noon, a lovely Anniversary Luncheon will be served, including Anniversary Cake. Everyone is welcome to join us in honoring these lovely couples. The cost is \$3.50 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 Friday, May 28 for a reservation.

SENIOR PROM SUNDAY, MAY 16 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!

*Sponsored by the Coon Rapids High School
National Honor Society*

EVERYONE WELCOME!

TAX SERVICE ON TUESDAY, MAY 25 8:30 A.M.—NOON

Need help with your Property Tax Refund or your Rent Refund? Certified and trained RSVP volunteers can help! Free! No appointment needed!

**FANNY HILL DINNER
THEATER PRESENTS
"DON'T HUG ME:
COUNTY FAIR"
WEDNESDAY, JUNE 16**

How about a nice summer drive to the Fanny Hill Dinner Theater in Eau Claire, Wisconsin? Enjoy their outdoor gardens before a dining experience that always promises to be scrumptious! Our meal will include a Garden Salad with Poppy Seed House Dressing, Bread, Tender Beef Pot Roast with Vegetables and served with Garlic Mashed Potatoes and Clara's Blue Ribbon County Fair Cake!

Then sit back and enjoy the show. You'll love the new musical fun at Clara and Gunner's Bunyan Bar in northern Minnesota. Clara enters the Miss Walleye Pageant where the winner gets their face carved in butter at the Minnesota State Fair! The fun really starts when Gunner's twin sister (played by the actor) shows up intent on competing for the crown! - Oh-fer FUN!

Sign Up: Begins at 9:00 Monday, May 3

Cost: \$58.00

Payment Deadline: Wednesday, June 2

Bus: Depart 9:45 a.m./Returns 6:00 p.m.



**?? MYSTERY TRIP
TUESDAY, MAY 25**

Take a ride,
To explore something fun
An amusing invention
To please everyone

Go downtown for a tasty meal
In a historic building
With lots of appeal

A tour after lunch
In a renovated place
Actors and artists
Utilize this space

Savor the flavor
At this award-winning place
Hand-crafted goodies
To put a smile on your face

Sign Up: Begins at 9:00 on Monday, May 3

Cost: \$47

Payment Deadline: Monday, May 10

Bus: Departs at 9:00 a.m./Returns: 4:15 p.m.

**NEW FOGGY FOLLIES PRESENTS
"RADIO DAZE: THE MUSICAL"
At the Howard Conn Fine Arts Theater
TUESDAY, JUNE 8**

Join us as we travel back in time to the golden days of radio! Betty, a hopeful contestant on early radio's "Take It Or Leave It", has to name the program's mystery guest to win the 64 Dollar Question. Come along with us as Betty tracks down clues on a Magic Train ride of song, comedy and dancing. She'll sip a cup of "Java Jive" while dancing to "Alexander's Ragtime Band" on board the "Chattanooga Choo Choo". Please note that there is no meal on this trip. We're planning on taking two buses, so look forward to having a fun day!

Sign Up: Begins at 9:00 on Monday, May 3

Cost: \$27.00

Bus: Departs at 12:45 p.m./Returns at 5:00 p.m.

Payment Deadline: Tuesday, May 25

BILL ANDERSON

AT THE PARAMOUNT THEATRE

Thursday, June 10

Our first stop is lunch at Anton's in Waite Park. Upon arrival, choose from a half sandwich, (3 choices) a bowl of their homemade chicken dumpling soup, beverage, and strawberry shortcake for dessert. Then we'll go to the Paramount Theater in St. Cloud to hear one of the most enduring entertainers of our time. A member of the Country Music Hall of Fame, Bill is one of the most awarded songwriters in the history of country music; a million-selling recording artist many times over and a consummate onstage performer. His back-up group, The Po' Folks Band, has long been considered one of the finest instrumental and vocal groups in the business.

Sign Up: Begins at 9:00 on Monday, May 3

Cost: \$53.00

Payment Deadline: Wednesday, May 5

Bus: Departs at 9:45 a.m./Returns at 5:00 p.m.

MISSISSIPPI & ST. CROIX LUNCH CRUISE

TUESDAY, JUNE 22

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 Monday, May 3

Cost: \$42.00

Payment Deadline: Monday, May 17

Bus: Departs at 11:45 a.m./Returns at 6:30 p.m.

(Boarding the boat begins at 1:30 with lunch to follow).

19TH ANNUAL

MONTI PARTY

TUESDAY, MAY 18

This will be the 19th consecutive year that we have joined the Elk River and Monticello Senior Centers for this celebration in honor of Older Americans Month. 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 \$12.00 if you drive yourself or \$16.00 if you take the senior center van (seating limited). The van departs at 10:15 a.m. and returns at approximately 4:45 p.m.

Sign Up: Begins at 9:00 on Monday, May 3

Cost: \$12.00 includes dinner, dessert, game prizes, door prizes and fun. (\$16 if you take the bus).

Payment Deadline: Monday, May 10

CHECK US OUT ON THE WEB: www.ci.coon-rapids.mn.us

Then Go to 'Departments' and then go to 'Senior Services'

BUS ON US!

If you've never ridden the new Senior Center Bus before, then here's your chance! Coon Rapids residents are invited to ride the "BUS ON US"! Your first round-trip to the Senior Center and home again, is FREE! Make your



reservation at least 24 hours in advance by calling Cindy at (763) 767-6473. Space may be limited on certain days, so call soon! Offer expires August 31, 2010.

BREAKFAST BUNCH



Perkins in Fridley

MONDAY, MAY 10

Rise and Shine and join the Breakfast Bunch at Perkins in Fridley. Feel free to meet the group at the restaurant at 8:30 a.m. or have the bus pick you up at your house for just \$2.00. Either way, please register by calling (763) 767-6473. (WE NEED AT LEAST 5 PEOPLE SIGNED UP OR IT WILL BE CANCELLED) Sign up begins at 9:00 a.m. on Monday, May 3.

OUT TO DINNER

Olive Garden

Monday, June 28

Enjoy a night out at the popular Olive Garden Italian restaurant. There are a variety of choices such as beef, pork, chicken, seafood and their tasty salad with breadsticks. We'll meet at 150 Coon Rapids Blvd. at 5:00 p.m. or sign up for bus transportation (\$2 donation). The meal, tax and gratuity are paid for on your own. Whether you are driving yourself or taking the bus, please sign up by calling (763) 767-6473. Space is limited. Sign up begins at 9:00 a.m. on Monday, May 3.

MAY CASINO TRIP

MYSTIC LAKE CASINO

MONDAY, MAY 24

Sign Up: Begins at 9:00 on Monday, May 3

Cost: \$6.00 (includes "Play \$10 Get \$10", bus and escort)

Payment Deadline: Monday, May 10

Bus: Departs at 9:00 a.m./ Returns 4:30 p.m.

JUNE CASINO TRIP

ST. CROIX CASINO

TURTLE LAKE WISCONSIN

FRIDAY, JUNE 4

Sign Up: Begins at 9:00 on Monday, May 3

Cost: \$6.00 (includes \$5.00 back at casino, bus and casino escort)

Payment Deadline: Monday, May 24

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

ATTENTION CASINO ATTENDEES:

Please note that ALL casinos now require us to prepare a 'Manifest' prior to the trip. This means that we need everyone's casino card number in advance. If you do not have a card, then we need your date of birth and address. This information can be provided at the time of registration or the time of payment. Thanks for your cooperation.

CAMILIA ROSE

SENIOR OLYMPICS

Basketball, Chair Hockey, and Golf Putting! Mark your calendars for Friday, June 5 and join in the fun! Enjoy being a spectator or join the Coon Rapids Senior Center team by calling Kris at (763)767-6473.

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 16 **NATURE'S TRESPASSERS:** You can do something everyday to save millions of animals. Join Melonie Shipman, Traveling Naturalist, for some hands-on activities and lots of fun!

June 23 **BINGO:** Guaranteed to put a smile on everyone's face!

July 14 **WINTER IN JULY:** Chill out with cool games and a frozen treat.

July 21 **CARNIVAL FUN:** Step right in and try your luck at our carnival games!

August 11 **BINGO:** Back by popular demand! Everyone's favorite!

August 18 **BUG OUT!:** Bug Games, Bug Snacks, Bug Everything!

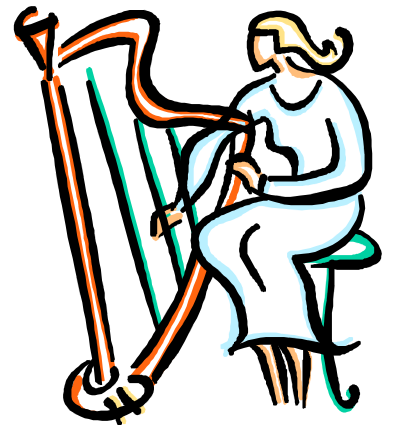
Want to stay for lunch at Senior Dining? Seniors dine for \$3.50 and children need to pay \$6.50 or bring a bag lunch. Please make your own reservation by calling (763) 767-6524.

Ladies Tea

Friday, May 14 at 1:30 p.m.

Join us for a special white linen tea. Elaine Stindt has been a harpist for over thirty years and is a member of the Minnesota Chapter of the American Harp Society. She studied at MacPhail School of Music in downtown Minneapolis and will tell us the history of the harp, and then will play a variety of familiar music from the 30's, 40's and 50's. She will have her CD's on sale for \$10.00 each.

The food for the tea will be provided by Floyd Kusie. As you listen to the beautiful harp music, savor the delicious sandwiches, tea and other goodies. Please bring a teacup and saucer if you have one. Seating is limited. Sign up begins at 9:00 a.m. on Monday, May 3. The cost is \$7.00 and the payment deadline is Friday, May 7.



**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 2010 classes.

4-HOUR REFRESHER COURSE: \$18.00

- Monday, June 21: 10:00 a.m.-3:00 p.m.
- Monday, June 28: 5:30 p.m.--9:30 p.m.
- Monday, July 19: 10:00 a.m.-3:00 p.m.
- Monday, July 26: 5:30 p.m.-9:30 p.m.

8-HOUR COURSES: \$20.00

- Mondays, June 7 & 14: 5:30 p.m.– 9:30 p.m.
- Mondays, Aug 16 & 23: 10:00 a.m.—3:00 p.m.
- Mondays, October 4 & 11: 5:30-9:30 p.m.

BOOK CLUB

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



May—Dream House by Valerie Laken

June—An American Tragedy
by Theodore Dreiser

July—The Bolter by Osbourne

August—The Falls by Joyce Carol Oates

MAY TEA TALK

**The True Story of a WWII
Undercover Teenager**

WEDNESDAY, MAY 19 at 1:30 p.m.

Join Mr. Daluge as he keeps his late wife Agnes' story alive. Agnes Lackovic Daluge was born in Czechoslovakia in 1928. Agnes was very sick and undernourished due to the impoverished living conditions in Slovakia. At age 11, she was sent to Germany to live with her affluent aunt. It was here that Agnes was nursed back to health. Before long, Agnes was swept into her aunt's secret life: the Munich Underground Forces. Within three years Agnes learned four languages, which helped her to save hundreds of lives during the war, including Jewish refugees and Allied soldiers. Agnes and her husband, Willard, wrote a book, "Rosa's Miracle Mouse...The Story of a WWII Undercover Teenager." Agnes died in the fall of 2007, so Willard will be sharing her story with us. Refreshments will be served after the presentation. The cost is \$3 and the payment deadline is Wednesday, May 12.

JUNE TEA TALK

Tea Basics

Wednesday, June 9 at 1:30 p.m.

Bill Waddington, owner of Tea Source, is a world recognized authority on specialty tea. He imports, blends, and wholesales some of the finest specialty teas from around the world. His mission is to seek out the very best and most unique teas in the world, make them available in the U.S., and help Americans learn to appreciate them. He will discuss how to choose tea, prepare it and store it. All tea comes from the same basic plant, the camellia sinensis plant. The differences between teas arise from processing, growing conditions, and geography. With over 3,000 varieties, tea is the most consumed beverage in the world after water. Refreshments will be served after the presentation. The cost is \$3 and the payment deadline is Wednesday, June 2.

LIFELONG LEARNING

How about learning something new? Sign up 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!

ALEXANDRA HOUSE ON WEDNESDAY, MAY 5 AT 10:30 A.M. Everyone should come in and learn all about this treasure that is right in our own back yard! You may learn information that could be helpful to a neighbor, relative or friend! Or learn about their many volunteer opportunities. Did you know that this agency provided direct service to over 2,400 victims of domestic and sexual violence in 2009? They also sheltered 819 women and children, assisted 160 clients in filing orders for protection and answered over 12,600 calls on their 24-hour emergency crisis line. Family members welcome to attend, too. There is no cost or obligation to attend, but please sign up.

PRE-PLANNING FUNERAL BENEFITS & VETERAN BURIAL BENEFITS ON THURSDAY, MAY 6 AT 1:00 P.M. Individuals of all ages are welcome to attend a free information seminar on the benefits of pre-planning funerals. Pre-planning Consultant Jack Mattura will address the issues and benefits of pre-planning funerals, guaranteeing a funeral plan for life, protecting your assets, making arrangements transferable nationwide. And burial benefits for veterans. Don't miss this informative seminar. Family members welcome, too. There is no cost or obligation to attend, but please sign up.

'MODEMS & ROUTERS' ON TUESDAY, MAY 11, AT 10:00 A.M. What are they? What do they do? Why do you need them? What internet options are available? If you use the internet, you will find this presentation helpful. Presented by John Hibbard. No cost.

PARKINSON'S SUPPORT GROUP GUEST SPEAKER ON THURSDAY, MAY 13, AT NOON Everyone is welcome to attend this meeting to hear Neurologist Dr. Ghazali speak on the effects of Parkinson's Disease. This Support Group typically meets on the 2nd Thursday of every month at 2:00 p.m.. However, this meeting will be held at **noon** to accommodate Dr. Ghazali's schedule. No need to sign up.

BASIC GENEALOGY ON THURSDAY, MAY 20 AT 1:00 P.M. Learn how to get started in genealogy research using basic forms and tools, what questions to ask and where to look for information. The cost is \$5.00. Payment deadline is Wednesday, May 12. Instructor: Cathi Weber

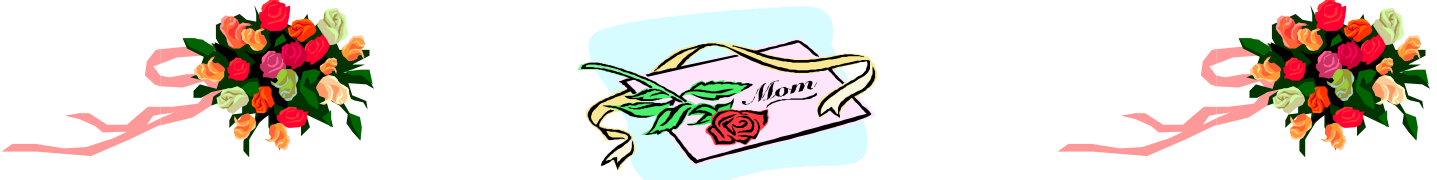
INTERMEDIATE GENEALOGY ON THURSDAY, JUNE 24 AT 1:00 P.M. What next? Learn how to use the clues in what you already have to find more records. What can you look for to help lead you to other resources? The cost is \$5.00. Payment deadline is Wednesday, June 16. Instructor: Cathi Weber.

THINK GREEN! BRING YOUR OWN CUP!


Did you know we go through hundreds of Styrofoam cups each month? Here's an idea! How about bringing your own coffee mug to the senior center?! Rinse it out when you're done and take it back home empty. Save us money and save the planet at the same time!



MAY 2010

Mon	Tue	Wed	Thu	Fri
3 Registrations 9:00 Exercise 9:00 Quilting 10:00 Defensive Driving 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00	4 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	5 Happy Feet 9:00 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Alexandra House 10:30 Dining 12:00 500 Cards 12:45 Bunco 12:45	6 Goldentones 9:15 Crochet & Knit 10:00 Dining 12:00 Bingo 12:45 Dominoes 12:45 Woodcarving 1:00 Pinochle 1:00 Pre-Planning Funerals 1:00	7 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Mother's Day 11:15 Dining 12:00 Hand & Foot 12:45 Super Sr. Club 1:00
10 Breakfast Bunch 8:30 Exercise 9:00 Hamilton Kids 9:45 Defensive Driving 10:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00	11 AA Meeting 9:30 Hamilton Kids 9:45 Craft Club 10:00 Stamp Cutting 10:00 Modems & Routers 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00	12 Vets Coffee 9:00 Exercise 9:00 Hamilton Kids 9:45 Blood Pressure 10:00 Stamping Club 10:00 Chanhassen 10:30 Dinner Theater 10:30 500 Cards 12:45 Bunco 12:45	13 Goldentones 9:15 Crochet & Knit 10:00 Parkinsons Support Group 12:00 Dining 12:00 Bingo 12:45 Spanish Chat Group 12:45 Woodcarving 1:00 Pinochle 1:00	14 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45 Ladies Tea 1:30
17 Exercise 9:00 Defensive Driving 10:00 Quilting 10:00 Genesis Bell Ringers 11:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00	18 AA Meeting 9:30 Square Dancing 9:30 Craft Club 10:00 Stamp Cutting 10:00 Monti Party 10:45 Dining 12:00 Shopping-Rainbow 12:45 Bridge 12:45 Cribbage 1:00	19 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Dining 12:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00 Senior Dance 1:00	20 Goldentones 9:15 Crochet & Knit 10:00 Bingo 12:45 Dominoes 12:45 Woodcarving 1:00 Pinochle 1:00 Genealogy 1:00	21 Exercise 9:00 Feed My Children 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
24 Exercise 9:00 Mystic Lake 9:00 Defensive Driving 10:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45	25 Mystery Trip 9:00 Property Tax 8:30-noon AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45	26 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Birthday Party/Dining 11:00 Bunco 12:45 500 Cards 12:45	27 Crochet & Knit 10:00 Book Club 10:30 Memorial Day Tribute 11:15 Bingo 12:45 Spanish Chat Group 12:45 Woodcarving 1:00 Pinochle 1:00	28 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
31 MEMORIAL DAY CENTER CLOSED				

JUNE 2010

Mon	Tue	Wed	Thu	Fri
	1 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	2 Vets Coffee 9:00 Exercise 9:00 Happy Feet 9:00 Blood Pressure 10:00 Stamping Club 10:00 Dining 12:00 500 Cards 12:45	3 Crochet & Knit 10:00 50th Anniversary 10:30 Dining 12:00 Bingo 12:45 Dominoes 12:45 Woodcarving 1:00 Pinochle 1:00	4 Exercise 9:00 St. Croix Casino 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45 Super Senior Club 1:00
7 Exercise 9:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Red Cross 2:00 Defensive Driving 5:30	8 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Radio Daze 12:45 Bridge 12:45 Cribbage 1:00	9 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Dining 12:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00	10 Paramount Theatre 9:45 Crochet & Knit 10:00 Dining 12:00 Bingo 12:45 Spanish Chat Group 12:45 Woodcarving 1:00 Pinochle 1:00 Parkinsons 2:00	11 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
14 Exercise 9:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Defensive Driving 5:30	15 AA Meeting 9:30 Square Dancing 9:30 Craft Club 10:00 Stamp Cutting 10:00 Father's Day 10:30 Dining 12:00 Bridge 12:45 Shopping-Rainbow 12:45 Cribbage 1:00	16 Vets Coffee 9:00 Exercise 9:00 Fanny Hill 9:45 Blood Pressure 10:00 Stamping Club 10:00 Wacky Wednesday 10:45 Dining 12:00 500 Cards 12:45 Bunco 12:45	17 Crochet & Knit 10:00 Dining 12:00 Dominoes 12:45 Bingo 12:45 Woodcarving 1:00 Pinochle 1:00 Concert at Dam 7:00	18 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
21 Exercise 9:00 Quilting 10:00 Defensive Driving 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00	22 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Lunch Cruise 11:45 Dining 12:00 Bridge 12:45 Cribbage 1:00	23 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Wacky Wednesday 10:45 Dining 12:00 500 Cards 12:45	24 Crochet & Knit 10:00 Book Club 10:30 Dining 12:00 Bingo 12:45 Spanish Chat Group 12:45 Woodcarving 1:00 Genealogy 1:00	25 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
28 Exercise 9:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Out To Dinner 5:00	29 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00	30 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Birthday Party/Dining 11:00 500 Cards 12:45 Bunco 12:45		

Over 60 or an adult with a disability?

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HOUSEKEEPING
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- Lawn Mowing
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the Mowing List!

CALL ANN at
(763) 767-6521



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



HAMILTON KIDS ARE COMING!!

Monday, May 10 at 9:45 a.m.

Tuesday, May 11 at 9:45 a.m.

Wednesday, May 12 at 9:45 a.m.

Senior volunteers are needed to play BINGO with 3 fourth grade classes from Hamilton Elementary School! There is no cost to attend. Please sign up by calling (763) 767-6473.

PRIZES NEEDED!

Donations for children's BINGO prizes (\$1-\$2 value) are being accepted. Thanks!

The Hamilton students LOVED making wooden "limberjack" toys with the seniors last month! Here are excerpts from their thank you notes!

...Thank You for taking time out of your days to plan, cut wood, and make the limberjacks with us. We loved walking to the Senior Center and sliding on the ice along the way.

...I decorated mine like a puppy and named it Cocoa.

...I've been waiting for this for four years and this will be the only grade I'll have a chance to do the program in.

...I wonder how long it was to drill all the holes.

...You guys and girls never complained. Not once! You put all your time into this and you were so polite about it.

...I think you told some pretty funny jokes. I look forward to playing Bingo and whatever we're doing next time.

...You were very cool to work with. Did you ever have a cast?

NEW GROCERY SHOPPING TRIPS

Coon Rapids Seniors can take the Senior Center Bus to go grocery shopping! We're changing the format of our Tuesday shopping trips to better serve you! You can still 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 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.

May 4 & June 1: Riverdale Cub/Wal-Mart

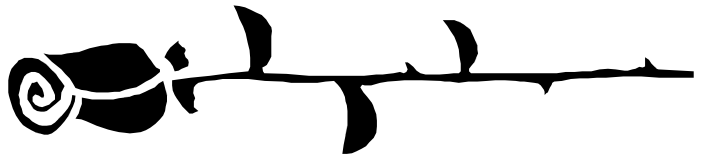
May 18 & June 15: Riverdale Rainbow/Target

PANERA DOUGH-NATIONS!

In 2009, the Riverdale Panera Bread Restaurant donated a dollar value of \$33,893 worth of food products to our Senior Center! WOW! That's quite a DOUGH-nation!

This service is very popular, so we've set up a few guidelines to make it better for everyone. The food products are available at no cost for seniors 55+ on most Tuesday mornings after 8:30 a.m. One small bag per person per week. If possible, please bring your own bag. Do not take large amounts for apartment buildings or friends and ALWAYS use tongs when handling the food items. Please keep in mind that we have several low-income people using this service for their basic food needs, so please only take what you can really use.

THANK YOU PANERA!!



IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of those who passed away recently including Paul Bennett, William Bixby, Joe Chutich, Dolores Collier, Inga Draper, Lorna Galaugher, Betty Grimes, Lois Haas, Arlene Hanson, Sylvia Knutson, Justa Ostlund, Richard Prochniak, Everett Rupprecht and Donald Smith.

*Thank you to the families and friends of
Arlene Preble and Lorna Galaugher
for their generous memorial gifts.*

IN MEMORY OF KATHY MEYER

Kathy Meyer passed away March 20, 2010, after a four year battle with cancer. She had just turned 50 years old on March 11.

Kathy was the Program Specialist at Coon Rapids Senior Services from 1987-1999. Previous to that position she worked at the Little Falls Senior Center and interned at the Whitney Senior Center in St. Cloud. She was a member of the Minnesota Association of Senior Services (MASS) and won the Outstanding Senior Service Award in 1991. Kathy's work with senior citizens, especially in Coon Rapids, will be felt by many for years to come. However, those who knew her best will remember her for true friendship and an incredibly witty sense of humor. A Mass of Christian Burial was held on Tuesday, March 23, at St. Joseph's Catholic Church in Pierz.

A Celebration of Life will be held on Sunday, May 23, 3:00—6:00 p.m., at Coon Rapids Senior Services.

Everyone is welcome to attend.

If you wish to send a card or note, it can be addressed to: Kathy Muehlbauer, 1684 Maryland Avenue East, St. Paul, MN 55106.

SERVICE OPPORTUNITY
FEED MY STARVING CHILDREN
FRIDAY, MAY 21

The Senior Center has signed up for a two-hour shift to pack meals for children around the world and we need 10 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. No cost. To sign up, please call Senior Services at (763) 767-6473.



VOLUNTEERS NEEDED

The Camilia Rose Care Center has many volunteer jobs available, including weekdays, evenings and weekends! Assist with church, Bingo, beading, manicures, Yahtzee, Chef's Club, outings, table games, sing-a-longs or receptionist work! Choose a position that is a good fit for you! Call Kathy at 755-8400.

HELP WANTED

Do you know an Anoka County resident 55 or older, unemployed, with limited income? Help is available. The U.S. Department of Labor, Senior Community Services Employment Program has assignments for eligible people in non-profit or government agencies of Anoka County 20 hours a week. They will learn valuable job skills and get paid for their service. For details, call (763) 755-2333 or (651) 647-9322 or visit them on the web: www.doleta.gov/seniors or www.qualitycareerservices.org

LOOKING FOR A CAREGIVER?

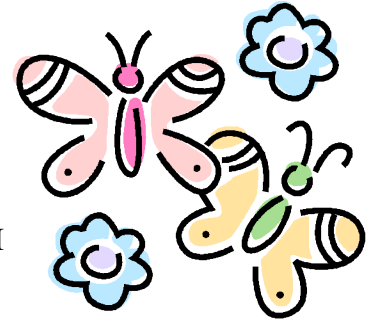
Tamarisk provides non-medical companionship and caregiver respite to families dealing with illnesses such as Parkinson's, Cancer, Alzheimer's, Lou Gehrig's Disease, and Multiple Sclerosis. Tamarisk volunteers serve families in Anoka County and the surrounding communities in NE Hennepin and NW Ramsey Counties. Services are provided free of charge to lessen financial burdens on families. For 2-4 hours a week, Tamarisk volunteers assure the safety and well-being of the client while the family caregiver is away. For more info about Tamarisk's services contact Rachel Leshovsky at 763-300-9621 (cell) or email at Rachel@tamarisk.org or visit www.tamarisk.org.



THOUGHT FOR THE DAY: “We make a living by what we do, but we make a life by what we give.” *Winston Churchill*

SUPER SENIOR CLUB

LETTER FROM THE PRESIDENT



Many thanks to all of those who stepped forward to take over my duties while I was in Ecuador! Forest Fout and Verna Dentz were great acting presidents!!!

Thirty-eight members and one guest, Dorothy O'Connor, attended our March 5 meeting. We are pleased to report that Dorothy joined the Super Senior Club and we wish to extend a very special welcome to her. We hope that all seniors will attend our meetings. We would love to have you aboard!!!

The Super Senior Club Directories are available in the gift shop FOR MEMBERS ONLY. Please pick up your book as soon as possible (you will need to sign for it). We extend a special note of gratitude to Joan Neuenfeldt, chairperson of the membership committee, for her fine work on the directory!

Helen Swaim and Mary Mika have been our “cake and coffee” helpers for many months. They serve the treats prepared by ladies who volunteer to provide “yummies” at our meetings. YEA TO OUR ‘COFFEE GALS’ and to all of those who have given of their time to create treats for us. The cakes for our April meeting were provided by Ann Lund, Joan Neuenfeldt, and Donna Zemlicka.

Please let me know if you are interested in working in the gift shop. We now have volunteers to cover all five days but would like to have more subs. Dottie Lund has put much effort into helping in the gift shop and keeping the craft supply room organized. If supplies cannot be used by our wonderful crafters, Marge Rosendahl and Dottie donate them to groups that use the materials to benefit veterans and other charitable groups!

Please notify Mary Schmitt at 427-1748 if you know of a SSC member who has died, is hospitalized, or is gravely ill. Mary is our SUNSHINE chairperson.

Betty Lahr, our program chairperson, announced that the “Happy Notes” will entertain us on May 7. We thoroughly enjoyed “Mr. Bones” (March) and the “Keynotes” (April).



Wishing You A Magical Spring!

Helen Steffen

GIFT SHOP

Do you need a special gift for that special someone? The Super Senior Club Gift Shop is open Monday thru Friday from 10:00 a.m.—Noon. They have lots to choose from! Popular items include embroidered dish towels, used jewelry, crocheted baby items, afghans and knick-knacks. Proceeds benefit local charities such as the food shelf, a scholarship presented at the high school graduation and more! Stop by!



COON RAPIDS SENIOR DINING

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

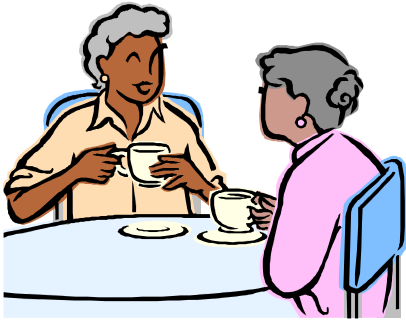
LUNCH SERVED AT: 12:00 NOON

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

(Under 60 yrs old is \$6.50)

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

Current NAPIS form must be on file to eat.



Join Senior Dining for our special spring events! Just call (763) 767-6524 to make your reservation. Suggested donation of \$3.50 can be made at the door. Remember, seating is limited, so make your reservation soon. We'd love to have you join us!!

FRIDAY, MAY 7—MOTHER'S DAY CELEBRATION: 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 Fruited Chicken Pasta Salad, Melon Wedge, Dinner Roll and Lemon Meringue Pie. Our men will serve that day!

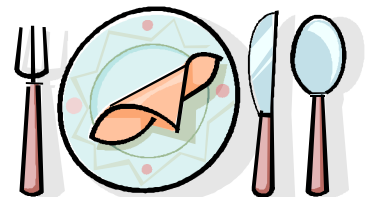
MONDAY, MAY 17—GENESIS BELL RINGERS: You'll be mesmerized by this spring performance by our favorite Bell Ringers! At 11:00 a.m., sit back and enjoy the music like you've never heard before. At noon, we'll serve a Meatloaf Dinner, complete with AuGratin Potatoes, Garden Blend Vegetables, Bread and Mixed Fruit.

THURSDAY, MAY 27 - MEMORIAL DAY WITH THE VFW COLOR GUARD & GOLDENTONE CHOIR: 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 Hamburger Goulash over Noodles, Vegetables, Tossed Salad, Bread and Strawberry Fluff.

THURSDAY, JUNE 3—50+ ANNIVERSARY CELEBRATION: Everyone is welcome to attend this special program and luncheon, as we honor couples who have been married fifty or more years. See Page 1 for details.

TUESDAY, JUNE 15 - FATHER'S DAY FUN! Come between 10:30 and 11:30 a.m. for an old-fashioned Root Beer Float! Then stay for a delicious dinner at noon. Special door prizes for the men, too!

**SPECIAL THANKS TO EVERYONE WHO
DONATED SILVERWARE TO THE KITCHEN!**



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 and 15!

SENIOR DINING MENUS

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

MAY

Mon 3	Sliced Ham Or (SR Turkey) w/ Fruit Sauce
Tues 4	Salisbury Steak w/Gravy
Wed 5	Spaghetti & Meatballs in Marinara Sauce
Thurs 6	Bratwurst Or (SR Hamburger) on Bun
Fri 7	Mother's Day Meal (see page 14)
Mon 10	Tuscan Roast Pork Or (SR Turkey) w/ Gravy
Tues 11	Turkey Tetrazzini
Wed 12	Dinner Theater (see page 1)
Thurs 13	Swiss Steak w/Mushroom Gravy
Fri 14	Chicken Chow Mein w/Vegetables
Mon 17	Genesis Bell Ringers (see page 14)
Tues 18	Honey BBQ Chicken Drumsticks
Wed 19	Baked Fish Or (Seasoned Chicken Breast)
Thurs 20	Chicken Florentine Alfredo
Fri 21	Country Fried Steak Or (Chicken Patty w/Gravy)
Mon 24	Herbed Baked Chicken Or (Healthy Baked Fish)
Tues 25	Chicken Lasagna Square
Wed 26	Birthday Meal-Turkey Pasta Salad w/Vegetables
Thurs 27	Memorial Day Meal (see page 14)
Fri 28	Turkey Noodle Casserole w/Veggies
Mon 31	CLOSED FOR MEMORIAL DAY

JUNE

Tues 1	Tator Tot Casserole
Wed 2	Salisbury Steak w/Mushroom Gravy
Thurs 3	50th Wedding Anniversary Meal (see page 1)
Fri 4	BBQ Chicken
Mon 7	Swedish Meatballs Or (Beef Patty) Gravy
Tues 8	Healthy Baked Fish Or Chicken Breast
Wed 9	Tomato Florentine Soup w/Ham Or (Turkey Sandwich) on Bun
Thurs 10	Garlic Chicken Alfredo
Fri 11	Polish Sausage Or (Chicken Patty) on Bun
Mon 14	Country Fried Steak
Tues 15	Father's Day (see page 14)
Wed 16	Turkey Chef Salad
Thurs 17	Sliced Ham Or (Chicken Breast) w/Fruit Sauce
Fri 18	Chunky Turkey Divan
Mon 21	Pork Cutlet w/Gravy Or (Fish Wedge)
Tues 22	Beef Riblet Or (Liver) w/Onion Gravy
Wed 23	Sliced Pork Or (Turkey) w/Gravy
Thurs 24	Meatballs in Jardinière Sauce
Fri 25	Turkey Vegetable Pasta Salad Or (Tuna Vegetable Pasta Salad)
Mon 28	Herbed Turkey Meat Loaf w/Gravy
Tues 29	Spaghetti w/Meatballs
Wed 30	Birthday Meal- Herbed Baked Chicken

Menus Subject To Change

WE LOVE CULVERS!

Special thanks to Culvers of Coon Rapids for their continued support and sponsorship. Once again, they provided Senior Services with treats and prizes for our Snowflake Bingo, as well as prizes for our monthly birthday parties! We appreciate it!

BIRTHDAY CELEBRATIONS

Wednesday, May 26: THE MASONS (Oldies & Country)

Wednesday, June 30: CLAYTON TOMIN (Oldies)

Everyone is welcome to 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 two business days in advance by noon by calling (763) 767-6524. Don't miss out on the fun!

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

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Permit No. 192

ADDRESS SERVICE REQUESTED



LABEL

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.

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!

June 10	Davina and the Vagabonds— <i>Blues</i>	July 15	Sherwin Linton & Cotton Kings— <i>Country</i>
June 17	Hillbilly Mafia & Sonny Winberg <i>Country</i>	July 22	Bill & Kate Isle— <i>Folk Music</i>
June 24	Rubber Soul— <i>Tribute to the Beatles</i>	July 29	Dyversaco— <i>Polka</i>
July 1	NO CONCERT	August 5	High 48s— <i>Bluegrass</i>
July 8	1st Things 1st— <i>Music of the 1940s</i>	August 12	TC Cats— <i>50s and 60s</i>

Sponsored by Coon Rapids Arts Commission and the Anoka County Parks and Recreation Department. Questions? Call 763-767-6493