



**COON RAPIDS SENIOR SERVICES**

# Voice of Experience

SEPTEMBER/OCTOBER 2023

## **SENIOR CENTER PRESENTS: THE ROE FAMILY SINGERS CONCERT & DESSERT**

**FRIDAY, SEPTEMBER 22 AT 1:00 P.M.**

Get ready for some toe-tappin', finger-snappin', hand-clappin' fun! One of our favorite groups is back! This lively 5-piece band blends the sounds of good-time and old-time gospel, bluegrass, folk and country. Featuring banjo, autoharp, guitar and Appalachian clogging, every performance raises a ruckus! Doors open at 12:30 p.m. Cost is \$8.00 per person payable by Friday, September 8. Registration begins immediately in-person or by calling 763-767-6473.



## **SENIOR CENTER PRESENTS: MIKE JAMES CONCERT & DESSERT**

**FRIDAY, OCTOBER 13 AT 1:00 P.M.**

Get ready for some fun, familiar music with accordionist Mike James. This show is packed full of your favorite classic songs. Doors open at 12:30 p.m. Cost is \$5.00 per person payable by Friday, September 29. Registration begins immediately in-person or by calling 763-767-6473. A portion of this program is sponsored by the Super Senior Club.



**MARK YOUR CALENDAR:  
THE SENIOR CENTER  
WILL BE CLOSED  
ON MONDAY,  
SEPTEMBER 4th FOR  
THE HOLIDAY**



## **COON RAPIDS SENIOR SERVICES**

**PHONE: (763) 767-6473**

**HOURS: MONDAY-FRIDAY**

**8:00-4:30**

**ACTIVITIES FOR SENIORS AGE 55+  
RECREATION COORDINATOR-CINDY OLSON  
RECREATION SPECIALIST-JULIE BIENIEK  
RECREATION ADMIN. ASSISTANT-JEN GRAHAM**

# TRIPS

## TREASURE ISLAND CASINO THURSDAY, SEPTEMBER 14

Each person will receive \$20 slot play and \$5 off food coupon. 4-hour stay. Cost includes bus games, bus, and host from Casino Get-Aways.

**Sign Up: IMMEDIATELY**

**Cost: \$32**

**Bus:** Depart 9:00 a.m./Return 3:30 p.m.

**Payment Deadline:** Friday, September 8

### **ATTENTION:**

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.

## HORSIN' AROUND WEDNESDAY, SEPTEMBER 20

Travel to a hidden treasure in Medina. The Skyrock Farm tour is unique and fascinating. Experience the magic of Bill's entertaining tales of times past and hear the giant musical relics that belt out popular tunes from that era. Sit down to a wonderful homemade lunch and end the day at the heated barn where you will be entertained by the horses and learn little known facts about their varied histories.



**Sign Up: IMMEDIATELY**

**Cost: \$73**

**Bus:** Depart 9:15 a.m./Return 3:15 p.m.

**Payment Deadline:** Monday, September 11

## PADEFORD BOAT TRIP FRIDAY, SEPTEMBER 22

Leaving from Harriet Island in St. Paul, explore the Mississippi River—a cultural treasure of America! Spot bald eagles, herons, egrets, and falcons from the enclosed, temperature-controlled boat. The lunch menu is BBQ chicken, pulled pork on a bun, cornbread, potato salad, seasonal fruit, cookie and coffee.

**Sign Up: IMMEDIATELY**

**Cost: \$67**

**Bus:** Depart 10:45 a.m./Return 3:15 p.m.

**Payment Deadline:** Monday, September 11

## JACKPOT JUNCTION CASINO GETAWAY & TOURS TUESDAY, OCT 3-4

Each person will receive \$50 slot play and accommodations at the casino hotel. Earn 20 points and receive \$5 food coupon on 1st day. Please let us know the name/names of your roommate.

**Sign Up: IMMEDIATELY**

**Cost:** \$163 single—\$103 double—\$93 triple

**Bus:** Depart 9:00 a.m. on Tues., Oct. 3  
Return 2:45 p.m. on Wed., Oct. 4

**Payment Deadline:** Monday, Sept., 18

## GUTHRIE THEATER: THE IMPORTANCE OF BEING EARNEST WEDNESDAY, OCTOBER 4



Oscar Wilde's madcap farce about mistaken identities, secret engagements, and lovers entanglements still delights audiences more than a century after its 1895 publication and premiere performance. Like a brilliantly paced piece of music, this masterful comedy woos theatergoers into a state of sheer delight with its mild treacheries, hilarious confusions and endearingly flawed characters.

**Sign Up: IMMEDIATELY**

**Cost: \$62**

**Bus:** Depart 11:45 a.m./Return 4:00 p.m.

**Payment Deadline:** Wednesday, Sept., 6

## TRIPS

### THE MARVELOUS WONDERETTES: THE HIT JUKEBOX MUSICAL WEDNESDAY, OCTOBER 18



Travel to Bloomington to the Sidekick Theater. Lunch is Creamy Chicken Breast, Roasted Red Potatoes,

Glazed Carrots, Coleslaw, Roll, Dessert, Coffee or Hot Tea. Theater seating is general admission. This smash off-Broadway hit takes you to the 1958 Springfield High School prom where you meet Betty Jean, Cindy Lou, Missy and Suzy; four girls with hopes and dreams as big as their crinoline skirts! The girls sing classic '50s including "Lollipop" and "Dream Lover". In Act Two, the Wonderettes reunite to take the stage and perform at their ten-year reunion featuring over 30 classic '50s and 60's hits.

**Sign Up: IMMEDIATELY**

**Cost: \$85**

**Bus: Depart 10:40 a.m./Return 4:00 p.m.**

**Payment Deadline: Friday, September 15**

### OZARK JUBILEE PRESENTS: BRANSON COUNTRY CHRISTMAS

THURSDAY, NOVEMBER 9

Held at Treasure Island, this show features an all star cast of Branson's top entertainers. This all new Christmas show will have new music, new jokes, but the same world class talent that you have come to expect. Before the show, enjoy lunch which includes hot tender cuts of turkey breast on Texas bread served with whipped potatoes and gravy, cookie and coffee.

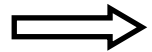
**Sign Up: IMMEDIATELY**

**Cost: \$86**

**Bus: Depart 10:30 a.m./Return 5:45 p.m.**

**Payment Deadline: Friday, September 15**

**TRIPS CONTINUED ON PAGE 4**



## TIPS FOR ACTIVITIES AND TRIPS

- Registrations can be made in person or by phone. **Please have payments in by their deadlines.**
- Names, addresses and CURRENT phone numbers are required at the point of registration if you are signing up for other people. (If you no longer have a home phone number, please give us your cell phone number).
- Cash or Check Payments. Make checks out to Coon Rapids Senior Services.
- Refunds are not guaranteed after payment deadline.
- **PLEASE ARRIVE AT LEAST 10 MINUTES EARLY FOR TRIPS AND PROGRAMS!**
- When the bus comes back to the center after 4:30, we cannot guarantee that our main doors will be open. Please plan accordingly.
- When trips fill, we always use a waiting list.
- If a trip/activity gets canceled due to weather, we will notify you as soon as possible, OR you can call our main number to hear an updated message.
- Bus hosts need the first two rows on the bus.
- Call to register. Do not pay until you know you are registered.
- See page 14 for more registration information.

## TRIPS

### AMES CENTER PRESENTS: THE CHURCH BASEMENT LADIES IN "AWAY IN THE BASEMENT" THURSDAY, NOVEMBER 16

Spend the day in Burnsville at the Ames Theater. The buffet lunch includes grilled chicken, mashed baby potatoes with gravy, corn, coleslaw, biscuits, dessert bars, lemonade or coffee. The show begins at 1:00. It's 1959 and the day of the Sunday School Christmas Program. As the children rehearse in the sanctuary, several ladies finish filling up treat bags, put final touches on the nativity pieces and discuss who will play the various roles. Known for their hilarious antics and subtle charm, they are once again called upon to step in and save the day.

**Sign Up: IMMEDIATELY**

**Cost: \$87**

**Bus: Depart 10:30 a.m./Return 4:00 p.m.**

**Payment Deadline: Monday, Sept. 25**

### TRIP REMINDERS:

**ANOKA COUNTY HISTORICAL SOCIETY -TUESDAY, AUGUST 29**

Depart: 12:45 p.m./Return: 2:45 p.m.

**THE CHURCH BASEMENT LADIES : A MIGHTY FORTRESS-TUESDAY, SEPTEMBER 19**

Depart: 10:30 a.m./Return: 4:00 p.m.

**DOUG OHMAN'S TRIP CEMETERY TOUR-FRIDAY, OCTOBER 6**

Depart: 9:00 a.m./Return: 4:30 p.m.

## ENERGY ASSISTANCE

Patty Marz, with ACCAP (Anoka County Community Action Program), will be available to applicants on **Monday, October 9 from 10:00 a.m. to 2:00 p.m.** If you need help filling out an application, bring proof of all household income and current energy bills. The energy assistance program helps income eligible homeowners and renters with assistance toward their heating and electric bills. No appointment necessary, just stop in. See article on page 12.

*Thank You!*



Thanks to all the gardeners who donated their produce to the center, and to everybody who generously donated school supplies!



**STAY CONNECTED! Sign up for once-a-week emails that include event reminders. Also, "Follow" us on Facebook (Coon Rapids Senior Services) and stay connected with announcements, photos, and other activities.**

# **SPEAKERS AND CLASSES**

**Register by calling 763-767-6473**

## **ROMAN BRITAIN-THE INVASION OF BRITAIN-PRESENTED BY TERRY KUBISTA MONDAYS, SEPTEMBER 11 AND 25 AT 10:00 A.M.**

Did Rome really “civilize” a savage island? What changes did Rome make and how did the Indigenous Peoples accept the changes. \$5 per class payable one week in advance.

## **SUPERFOODS- BY HEALTH & WELLNESS CONSULTANT HEATHER CARPENTIER MONDAY, SEPTEMBER 18 AT 10:30 A.M.**

There are a wide range of health promoting superfoods available today and adding them to an already balanced diet may give you a mega dose of added health benefits. Heather will share ideas about several superfoods and ways to incorporate them into your diet. \$5 payable by Monday, September 11.

## **PRIVATIZATION-PRESENTED BY JB ANDERSEN TUESDAY, SEPTEMBER 26 AT 10:00 A.M.**

Privatization can mean several different things, most commonly referring to moving something from the public sector into the private sector. Learn how this applies to government, military bases, education, prisons and much more. \$5 payable by Monday, September 18.

## **HISTORIC CHURCHES OF MINNESOTA-PRESENTED BY DOUG OHMAN FRIDAY, SEPTEMBER 29 AT 10:30 A.M.**

Explore the history of many of the state’s oldest churches. You will meet many of the people that Doug has visited within his quest of photographing these community treasures. \$5 payable by Tuesday, September 19.



## **TRAVELING NATURALIST: CHURCHILL, MANITOBA THROUGH THE SEASONS PRESENTED BY MELONIE SHIPMAN THURSDAY, OCTOBER 5 AT 10:00 A.M.**

Known as the polar bear capital of the world, Churchill is often a bucket-list destination. Discover what brings the bears, the belugas and the Northern Lights to this increasingly remote location. \$5 payable by Tuesday, September 26.

## **BRITISH HISTORY: BRITISH PRIME MINISTERS-PRESENTED BY TERRY KUBISTA MONDAYS, OCTOBER 9 & 23 AT 10:00 A.M.**

The men and women that are elected to lead parliament have varied and interesting backgrounds. Let’s look at a few. \$5 per class payable one week in advance.

## **BUILD A HEALTHY IMMUNE SYSTEM PRESENTED BY HEALTH & WELLNESS CONSULTANT HEATHER CARPENTIER THURSDAY, OCTOBER 19 AT 10:30 A.M.**

Your overall health, productivity, and happiness are closely tied to the strength of your immune system. Uncover foods and natural solutions to get your immune system in tip-top condition. \$5 payable by Monday, October 9.

## **RUM RIVER ART CENTER: MIXED MEDIA CLASS AT COON RAPIDS SR. CENTER TUESDAYS, SEPTEMBER 26-OCTOBER 31 FROM 1:00-3:00 P.M.**

This class allows students to explore a wide range of media such as painting, printing, ink techniques, collage, sculpture, altered objects, the use of words in art, and found objects from nature to elevate their art. Material that may be used will be inks, pencils, crayons, markers, pastels, polymer clay, glues, buttons, fabrics, found objects, photos, metal, fibers, things from nature, etc. \$32 payable by Tuesday, September 12.



## SPECIAL EVENTS



### **MINNESOTA IN THE AMERICAN CIVIL WAR AND THE FIRST MINNESOTA AT GETTYSBURG WEDNESDAY, SEPTEMBER 13 AT 10:30 A.M.**

Darryl Sannes has been studying the American Civil War most of his adult life. He has visited all of the major battle sites, including eleven trips to Gettysburg. He has co-authored the three-book set, *Patriots of Brooklyn: The stories of the men from Brooklyn Township, who served in the Civil War*. Darryl will provide a very brief overview of the Civil War and will give an overview of Minnesota's role in the war. He will then give a detailed account of the First Minnesota Infantry Regiment's role in the Battle of Gettysburg. Lunch will follow the presentation and includes: Grilled chicken, potato salad, fruit and dessert. Sign up immediately. \$13 payable by Tuesday, September 5.



### **WELCOME COFFEE**

### **THURSDAY, SEPTEMBER 21 AT 10:00 A.M.**



For those who are new to the Senior Center, we invite you to join us to learn more about the center. We will talk about our classes, special events, on-going groups, trips, registration procedure and much more. Enjoy refreshments and take a tour of our facility. Our programs are offered to seniors 55+. You don't need to live in Coon Rapids to take part in our activities. Feel free to bring a friend or relative to learn about our senior center. Please sign up by Thursday, September 14, by calling 763-767-6473.

### **HALLOWEEN PARTY FRIDAY, OCTOBER 27 AT 11:00 A.M.**

Enjoy a Spooktacular day with the Goldentone Choir as they perform their mystic music. Lunch will follow *witch* includes *ghoul*osh, salad, coffee and dessert. If you wear a costume, you can get your name in a drawing for a Cub Gift Card! Make your reservation by calling (763) 767-6473. Payment of \$13.00 is due by Wednesday, October 18. Have a *ghoul* old time at our party!

### **BINGO WITH A PURPOSE**

**THURSDAY, SEPTEMBER 7  
AT 2:00 P.M.**

Join us for BINGO with a purpose! Come and find out about financial scams, protection orders, violence against older adults, safety planning and services offered by Alexandra House all while playing Bingo and winning some fun prizes. What you learn could help yourself or someone you know, as violence impacts one in ten older adults! No cost but please reserve a spot by calling 763-767-6473.

## TIDBITS FROM THE OFFICE

**COLLECTION SITE:** Schools are no longer collecting soup labels, milk lids, bottle tops, printer cartridges or cell phones, so neither are we. We do still collect used eye glasses and hearing aids for the Lions Club and pop tabs for the Ronald McDonald House.

**VOLUNTEERS NEEDED:** The Coon Rapids Senior Center is looking for volunteer van drivers to take seniors to and from the Senior Center. Please call 763-767-6524 to find out more.



**ACBC FOOD SHELF SHOPPING TRIP:** This trusted community organization has been providing free food, clothing, and resources for over 52 years. The market is full of healthy and fresh food items such as produce, meat, dairy, bakery, shelf-stable food, pet food, hygiene items, and more. It is set up like a grocery so customers can shop for the items they need and want, in a warm and welcoming environment. If you are low-income, Coon Rapids Senior Center will be visiting ACBC Food Shelf on Sep 8 and Oct 20 from 11:00-12:00. Non-residents must meet at the Coon Rapids Senior Center for our bus, and Coon Rapids residents will be picked up on the way to ACBC. You must sign up with Julie at 763-767-6524. Space is limited, so early sign-up is encouraged. Specify which month you want to shop.

### **FOOT CARE**

Provided by Laura with Holistic Foot and Nail Care. \$40 per session. Call the Coon Rapids Senior Center for appointments. 763-767-6473.

### **CAREGIVERS GROUP**

This group is for caregivers (only) of loved ones who suffer from Alzheimer's or any type of dementia. The meetings are held at the Senior Center every 3rd Monday from 6:30 p.m.-8:00 p.m.

## IN-PERSON DEFENSIVE DRIVING CLASSES



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 take an 8-hour on-line session. Others take a shorter, 4-hour refresher course every three years. Call (763) 767-6473 to register. Pre-registration is required and payment of \$24.00 is due 2 weeks before class. Checks can be made out to *Coon Rapids Senior Services*.

### **4-HOUR REFRESHER COURSE—\$24**

Monday, September 25: 4:30 p.m.—8:30 p.m.

Thursday, October 12: 12:30 p.m.—4:30 p.m.

Monday, October 23: 8:30 a.m.—12:30 p.m.

Monday, November 6: 8:30 a.m.—12:30 p.m.

Monday, December 11: 8:30 a.m.—12:30 p.m.


WE NO LONGER OFFER IN-PERSON 8-HOUR COURSES

**ON-LINE CLASSES!** —Sign up at [www.minnesotasafetycouncil.org](http://www.minnesotasafetycouncil.org) or call (651) 291-9150.

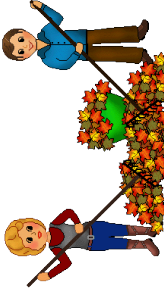
### **IN OUR THOUGHTS...**



We extend our thoughts and prayers to the friends and family of those who passed away recently, including Bob Belland, Joan McArdle, Mary Moriarty, Carol Oberlander, Wilma Shape and Roma Vasseur.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>SEPT</b></p>	<p style="text-align: center;"><b>SEPTEMBER</b></p>	<p style="text-align: center;"><b>AUTUMN</b></p> 		
<p>4</p> <p style="text-align: center;"><b>CLOSED FOR THE HOLIDAY</b></p>	<p>5</p> <p>AA Meeting 9:30            Square Dancing 9:30            Craft Club 10:00            Health Ins. Counseling 10:15            Bridge 12:30            Knitwits 1:00            Cribbage 1:00</p>	<p>6</p> <p>Vets Coffee 8:00            Footcare 8:00            Live to be Healthy 9:00            Paper Crafting 9:00            500 Cards 12:30            Bunco 1:00</p>	<p>7</p> <p>Goldentones 9:15            Super Sr. Club 1:00            Woodcarvers 1:00            Bingo with a Purpose 2:00</p>	<p>1</p> <p>Live to be Healthy 9:00            Walking Club 9:00            Yoga 11:00            Hand &amp; Foot 12:00</p>
<p>11</p> <p>Live to be Healthy 8:30            British Class 10:00            Creative Writers 1:00            Bingo 1:00</p>	<p>12</p> <p>AA Meeting 9:30            ACCAP Outreach 10:00            Craft Club 10:00            Bridge 12:30            Cribbage 1:00            Knitwits 1:00            Masterpiece Book Club 1:30            Shopping at Cub/Walmart TBA</p>	<p>13</p> <p>Vets Coffee 8:00            Footcare 8:00            Live to be Healthy 9:00            Paper Crafting 9:00            Lunch and Learn 10:30            500 Cards 12:30            Bunco 1:00</p>	<p>14</p> <p>Treasure Island 9:00            Goldentones 9:15            Defensive Driving 12:30            Woodcarvers 1:00            Shopping at Cub/Walmart TBA</p>	<p>15</p> <p>Live to be Healthy 9:00            Feed Children 9:00            Walking Club 9:00            Yoga 11:00            Hand &amp; Foot 12:00</p>
<p>18</p> <p>Live to be Healthy 8:30            Heather's Class 10:30            Creative Writers 1:00            Bingo 1:00</p>	<p>19</p> <p>AA Meeting 9:30            Square Dancing 9:30            Craft Club 10:00            Church Basement Ladies 10:30            Bridge 12:30            Cribbage 1:00            Knitwits 1:00</p>	<p>20</p> <p>Vets Coffee 8:00            Footcare 8:00            Live to be Healthy 9:00            Paper Crafting 9:00            Horsin' Around 9:15            500 Cards 12:30            Bunco 1:00</p>	<p>21</p> <p>Goldentones 9:15            Welcome Coffee 10:00            Woodcarvers 1:00            Parkinson's Group 1:00</p>	<p>22</p> <p>Live to be Healthy 9:00            Walking Club 9:00            Padeliford Boat 10:45            Yoga 11:00            Hand &amp; Foot 12:00            Concert &amp; Dessert 1:00</p>
<p>25</p> <p>Live to be Healthy 8:30            British Class 10:00            Creative Writers 1:00            Bingo 1:00            Defensive Driving 4:30</p>	<p>26</p> <p>AA Meeting 9:30            Craft Club 10:00            JB Andersen 10:00            Bridge 12:30            Cribbage 1:00            Knitwits 1:00            Art Class 1:00            Shopping at Walmart/Andover TBA</p>	<p>27</p> <p>Vets Coffee 8:00            Footcare 8:00            Live to be Healthy 9:00            Paper Crafting 9:00            500 Cards 12:30            Bunco 1:00</p>	<p>28</p> <p>Goldentones 9:15            Book Club 11:00            Woodcarvers 1:00            Shopping at Walmart/Andover TBA</p>	<p>29</p> <p>Live to be Healthy 9:00            Walking Club 9:00            Doug Ohman 10:30            Yoga 11:00            Hand &amp; Foot 12:00</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Live to be Healthy Creative Writers Red Cross Blood Drive NO BINGO</p>	<p>3 Jackpot Junction Square Dancing AA Meeting Craft Club Health Ins. Counseling By appointment Bridge Cribbage Knitwits Art Class</p>	<p>4 Vets Coffee Footcare Live to be Healthy Paper Crafting Guthrie 500 Cards Bunco</p>	<p>5 Goldentones Traveling Naturalist Super Sr. Club Woodcarvers</p>	<p>6 Live to be Healthy Doug Ohman Trip Walking Club Yoga Hand &amp; Foot</p>
<p>9 Live to be Healthy British Class Energy Assist. Help Creative Writers Bingo</p>	<p>10 AA Meeting ACCAP Outreach Craft Club Health Ins. Counseling Bridge Cribbage Knitwits Art Class Masterpiece Book Club Shopping Riverdale Club/Walmart</p>	<p>11 Vets Coffee Footcare Live to be Healthy Paper Crafting 500 Cards Bunco</p>	<p>12 Goldentones Defensive Driving Woodcarvers Shopping Riverdale Club/Walmart</p>	<p>13 Live to be Healthy Walking Club Yoga Hand &amp; Foot Concert &amp; Dessert</p>
<p>16 Live to be Healthy Creative Writers Bingo</p>	<p>17 AA Meeting Square Dancing Craft Club Bridge Cribbage Knitwits Art Class</p>	<p>18 Vets Coffee Footcare Live 2B Healthy Paper Crafting Marvelous Wonderettes 500 Cards Bunco</p>	<p>19 Goldentones Heather's Class Woodcarvers</p>	<p>20 Live to be Healthy Walking Club Yoga Hand &amp; Foot ACBC Food Shelf Shopping 11-12</p>
<p>23 Live to be Healthy Defensive Driving British Class Creative Writers Bingo</p>	<p>24 AA Meeting Craft Club Bridge Cribbage Art Class Knitwits Shopping at Walmart/Andover</p>	<p>25 Vets Coffee Footcare Live 2B Healthy Paper Crafting 500 Cards Bunco</p>	<p>26 Goldentones Book Club Woodcarvers Shopping at Walmart/Andover</p>	<p>27 Live to be Healthy Walking Club Yoga Halloween Party Hand &amp; Foot</p>
<p>30 Live to be Healthy Creative Writers Bingo</p>	<p>31 AA Meeting Square Dancing Craft Club Bridge Cribbage Knitwits Art Class</p>	 <h1 data-bbox="1234 525 1388 1113">OCTOBER</h1>		

# HAPPENING AT THE SENIOR CENTER



American Red Cross

## **BLOOD DRIVE** **MONDAY, OCTOBER 2**

Call 1-800-RED-CROSS (1-800-733-2767) for an appointment. Appointments start at 1:00 p.m. Held at the Coon Rapids Senior Center.

### **MASTERPIECE BOOK CLUB** **IN PERSON OR ON ZOOM** **2ND TUESDAYS AT 1:30 P.M.**

Interested in joining? Call Judy at 763-785-0983 for more info and meeting passcode info.

**Tuesday, September 12**

**“The Seed Keeper”**

By Diane Wilson

**Tuesday, October 10**

**“Fix What You Can”**

By Mindy Greiling

### **BOOK CLUB**

**Everyone is welcome** to join the in-person Book Club at 11:00 a.m. on the 4th Thursday of the month. After the meeting, lunch, at a local café, is optional. No sign up needed.

**Thursday, Sept. 28**

**“The Bullet That Missed”**

by Richard Osman

**Thursday, October 26**

**“The Boys From Biloxi”**

By John Grisham

### **THANK YOU**

The Senior Center will no longer offer the Spanish classes. Donna Raiche volunteered teaching many levels of Spanish for almost 14 years. Thank you for your dedication!

*Gracias*

## **SENIOR CENTER ACTIVITIES**

### **‘500’ CARDS**

Wednesdays at 12:30 p.m. \$1.00 per person

### **AA MEETINGS**

Tuesdays at 9:30 a.m.

All ages welcome.

### **BOOK CLUB**

4th Thursday at 11:00 a.m.

NEW MEMBERS WELCOME



### **BINGO**

Most Mondays with a few exceptions. \$5 per person

Check out the calendar for details.

### **BRIDGE**

Tuesdays at 12:30 p.m. .50 per person

Advance reservation required.

Call Butch & Kay at 763-784-2656.

### **BUNCO**

Wednesdays at 1:00 p.m. \$1.00 per person

### **CRAFT CLUB**

Tuesdays at 10:00 a.m.

### **CREATIVE WRITERS**

Mondays at 1:00 p.m.

### **CRIBBAGE**

Tuesdays at 1:00 p.m. \$1.25



### **FOOTCARE**

Wednesdays from 8-4

### **GOLDENTONES**

Thursdays at 9:15 a.m.

### **HAND & FOOT CARDS**

Fridays at noon

### **HEALTH INSURANCE COUNSELING**

1st Tuesday

1st and 2nd Tuesday starting in October

### **KNITWITS**

Tuesdays at 1:00 p.m.

### **LIVE 2B HEALTHY FITNESS CLASS**

Mondays at 8:30am-Wednesdays and Fridays

at 9:00am. First time free. Cost covered by

most insurance companies or \$35/month.

Bring insurance card.

### **MASTERPIECE BOOK CLUB**

2nd Tuesday at 1:30 p.m.

### **PAPER CRAFTING**

Wednesdays at 9:00 a.m.

### **SHOPPING**

See calendar for dates

### **SQUARE DANCING**

1st, 3rd & 5th Tuesdays at 9:30

Sponsored by Hot Foot Stompers



### **VETS COFFEE**

Wednesdays at 8:00 a.m.

### **WOODCARVING**

Thursdays at 1:00 p.m.

# SUPER SENIOR CLUB

The Super Senior Club's goals include promoting community service and making life-long friendships! Monthly meetings typically include reviewing donation requests, fund-raising proceeds, door prizes and always treats and coffee! Meetings are held on the first Thursday of the month at 1:00 at the Senior Center. Come to a meeting and give it a try! If you want to become a member, it is only \$7.00 per person for a year and includes the annual free picnic. Many volunteers help with a variety of things for the club. Please remember to record your volunteer hours. Meeting Dates:

Thursday, September 7-1:00 meeting and speaker from Alexandra House at 1:30  
 Thursday, October 5-1:00 meeting

## COON RAPIDS SUPER SENIOR CLUB MEMBERSHIP FORM

NAME: \_\_\_\_\_ BIRTHDAY: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ DATE JOINED: \_\_\_\_\_  
 CITY, STATE, ZIP: \_\_\_\_\_  
 DUES ENCLOSED: \$ \_\_\_\_\_ (ANNUAL DUES: \$7.00 PER PERSON)  
 \_\_\_\_\_ RENEWAL  NEW MEMBERSHIP

As a volunteer organization, we rely on our members to help with activities throughout the year. I would like to help the Super Senior Club in one or more of the following ways:

- Entertainment Planning
- Preparing beverages for meeting
- Bazaar Helper
- Set up and clean up after meeting
- Blood Mobile
- Telephoning
- Greeter

Please complete this form, make your check payable to Coon Rapids Super Senior Club and send to:  
 Coon Rapids Super Senior Club, Coon Rapids Senior Center, 11155 Robinson Drive, Coon Rapids, MN 55433

## GIFT SHOP Monday-Thursday 10:00-1:00

**All proceeds benefit local charities.**  
**Used Jewelry, Embroidered Towels, Baby Items, Aprons, Walker Bags, Home Décor, Prayer Shawls & More!**



## VOLUNTEER COORDINATOR NEEDED FOR THE SUPER SENIOR CLUB BAZAAR



The annual bazaar takes place on Thursday, November 2, from 9:00-3:00 p.m. The Super Senior Club is looking for someone to be in charge of this event. If you are interested in this, and want to learn more details, contact Bernice at 763-767-1972.

## IN THE COMMUNITY

### **LOVE MY PET FAIR** **SATURDAY, SEPTEMBER 16** **10:00 A.M.-1:30 P.M.**

Join the fun at Riverview Park (2420 105th Ave.) This is an annual event featuring fur-tastic events such as pet/owner costume contest, kids games and more! Event goers browse dozens of vendor booths offering pet-related products, services and resources. Demonstrations, entertainment and more!



### **ROCKY'S PUMPKIN PATCH** **SATURDAY, OCTOBER 21** **10:00 A.M.-1:00 P.M.**

Bring the grandkids to Sand Creek Park (1008 Northdale) for a day of trick or treating and fall fun. There will be free pumpkins given out, inflatables, bingo, musical chairs, free photo booth, concessions and much more.



### **FEED MY STARVING CHILDREN** **FRIDAY, SEPTEMBER 15**

Volunteers are needed to put labels on food bags. You will be able to sit during this volunteer project. Meet the group by **9:00 a.m.** at FMSC, 401 93rd Ave, Coon Rapids. To sign up, call Senior Services at (763)767-6473. If you need to cancel, please call the center.

### **COON RAPIDS VFW** **OUTDOOR FLEA MARKET** **SATURDAY, SEPTEMBER 9**

8:00 A.M.-3:00 P.M.  
New vendors welcome. For more information, call Judy at 763-757-2468. VFW is located at 1919 Coon Rapids Blvd.

### **ONE-ONE TECHNOLOGY HELP**

The Anoka County Library (located on Crooked Lake Blvd in Coon Rapids) offers free, one-on-one technology help. Please call 763-324-1530 to set up a 45-minute appointment. Let them know what it is you're needing assistance with so they can match you up with the right person.

### **COON RAPIDS VFW** **INDOOR CRAFT SHOW** **Saturday, October 14**

9:00 A.M.-5:00 P.M.  
This is strictly crafts or new products. New Vendors wanted. For more information, call Judy at 763-757-2468. VFW is located at 1919 Coon Rapids Blvd.

### **ENERGY ASSISTANCE**

The Energy Assistance Program (**season 2023-24**) starts October 1st through May 31. The program helps income eligible homeowners & renters with assistance toward their heating & electric bills. The eligibility rates were not available at the time of this publication. Applications are available on-line or by mail via the ACCAP website or call ACCAP at 763-783-4712 to request an application. Patty Marz, an ACCAP representative is available to assist you with this paperwork on the second Tuesday of each month at the Coon Rapids Senior Center from 10am-12noon or by private appointment by calling 763-783-4741 ext.5.

### **COON RAPIDS**

### **FARMER'S MARKET**

EVERY WEDNESDAY  
THROUGH OCTOBER 11  
FROM 3:00-6:00 P.M.  
COON RAPIDS ICE CENTER  
11000 CROOKED LAKE  
BLVD.



## HEALTH & FITNESS

### LIVE 2B HEALTHY FITNESS CLASS

**MONDAYS AT 8:30 / WEDNESDAYS & FRIDAYS AT 9:00**  
**FIRST SESSION FREE!**

Improve flexibility and balance, increase muscular endurance and make new friends—all at the same time! Led by a certified instructor. Classes are \$35.00 per month, but there's no cost to "SilverSneakers" or "Silver and Fit" members. Most Blue Cross Blue Shield, Medica and Health Partner Plans are accepted. Bring your insurance card to determine your eligibility.

### PARKINSON'S SUPPORT GROUP

A typical meeting includes a speaker, time for discussion, and fellowship time with coffee and treats. No need to RSVP. Just show up. Many thanks to volunteer coordinator Milo (612-599-0756) for his time and commitment to making this group possible. This group meets every other month.

**DATE:** Thursday, September 21-1:00-2:30 p.m.

**SPEAKER:** Robert McGovern, M.D./University of MN Medical School

**TOPIC:** Beyond the Diagnosis

### FLU & PNEUMONIA SHOTS WEDNESDAY, NOVEMBER 8

Cub pharmacists will provide flu and pneumonia shots by appointment, starting at 9:00 a.m., at the Coon Rapids Senior Center. They will have the high dose and standard flu shots available, as well as the Pneumovax and Prevnar pneumonia vaccines. There is no charge for a flu shot or pneumonia vaccine if you have traditional Medicare Part B, a Railroad Medicare Card or other selected Medicare HMO plans. Make an appointment soon by calling the Senior Center at (763) 767-6473. Don't forget to bring your insurance info to the appointment.

### YOGA (ZOOM) FRIDAYS AT 11:00 A.M.

Free. No need to RSVP. Zoom from home. [Zoom Meeting: 913 7719 3797](#)  
**Passcode:**

**SENIOR**



### WALKING CLUB

Exercise, meet new friends and enjoy nature, all at one time! The **Coon Rapids Roamers** will meet at various trails in Coon Rapids. For a listing of all the hikes, stop by the Senior Center and pick one up, or call the group leader, Beverly at 763-571-7502 for more information about the group. The last day for this year's walking group is Friday, October 27.



### FREE MEDICARE COUNSELING AND PRESENTATIONS PROVIDED BY THE SENIOR LINKAGE LINE

This service provides one-on-one appointments, In-Person or by Phone Appointment, to help older adults navigate the often-complex process of enrolling in Medicare or supplemental health insurance policies. You can schedule your own Medicare Counseling appointment at [trellisconnects.org/get-help/Medicare/](https://trellisconnects.org/get-help/Medicare/). Select a date and time that work best for you and be sure to bring your questions! They also offer Presentations In-Person or Virtually. Join a presentation on Medicare 101, Health Care Fraud and Scams, Health Care Directives, or How the Senior LinkAge Line Can Help You. You can register for these presentations at [trellisconnects.org/get-help/upcoming-presentations/](https://trellisconnects.org/get-help/upcoming-presentations/). **You've got questions. We've got answers. Call the Senior LinkAge Line at 800-333-2433.**



## **-RESOURCES-**

**ACBC FOOD SHELF  
763-422-0046**

**ACCAP CHORES AND MORE  
Help with minor home repairs, housekeeping and seasonal chores. 763-783-4767**

**ACCAP SENIOR OUTREACH WORKER- PATTY MARZ  
Assistance with food support, housing, health care programs, energy assistance and more. 763-783-4741**

**HELP AT YOUR DOOR  
Grocery assistance, home support and transportation. 651-642-1892**

**MEALS ON WHEELS  
763-236-8718**

**MEDICARE INSURANCE COUNSELING  
Assistance for health insurance and Medicare counseling 1-800-333-2433**

**MEDICATION DISPOSAL  
Coon Rapids Police Dept. Inside the lobby  
Mon-Fri- 8:00 a.m.-4:00 p.m.**

**SENIOR LINKAGE LINE  
Link to senior services  
1-800-333-2433**

## **REGISTRATION-PLEASE READ**

Our new registration process has been a huge success. Thank you for your patience as we transition. Each person who attends the Coon Rapids Senior Center and registers for activities has an account. This has simplified the registration process and collection of payments. We hope the frequently asked questions below will help with any questions you have.

### **Frequently Asked Questions:**

**Question:** How do I register?

**Answer:** Trips and activities can fill up fast, so it's best to call or come in as soon as able. Make sure to talk to someone in person rather than leaving a phone message. Mailed in registrations are not guaranteed.

**Question:** When is payment due?

**Answer:** Each activity has a payment deadline which is noted in the Senior Center newsletter "Voice of Experience". If payment is not received, your name will be removed from the activity.

**Question:** What types of payments are accepted at the Senior Center?

**Answer:** We currently accept cash, check and credit card payments. Please make checks out to: Coon Rapids Senior Services.

**Question:** Can I sign up a friend?

**Answer:** Yes, if you first ask your friend's permission and are able to provide your friend's name, address and phone number. We cannot complete a registration without this information.

**Question:** Can I pay for a friend?

**Answer:** Since each person has their own account at the Senior Center, friends should write separate checks. This will ensure credits or refunds are given to the correct payer of the activities in the event a person cannot attend. Spouses should pay with one check, please.

**Question:** What if I register and pay for an activity but can't attend?

**Answer:** If you speak with a Senior Center staff person to cancel prior to the payment deadline, we will credit your account to use at a later date, issue a refund by check, or refund your credit card. If you cancel after the payment deadline, you will be responsible for the payment unless someone on the wait list is able to take your place. In that case, you will be issued a credit to your account to use at a later date or a refund by check. Please note: checks may take 2-3 weeks to receive.

**Question:** If I receive a credit, how long can I have a credit on my account?

**Answer:** All credits must be used by the end of the year or a refund by check will be issued.

**Coon Rapids Senior Center Registration Form**  
**11155 Robinson Drive NW, Coon Rapids, MN 55433**  
**Make checks payable to: Coon Rapids Senior Center**  
**Call 763-767-6473 to register before sending payment.**

Name: _____	Phone Number: _____
Address: _____	
Email: _____	DOB/Casino # (casino trips only) _____
Name: _____	
Phone Number: _____	
Address: _____	
Email: _____	DOB/Casino # (casino trips only) _____

Activity	Fee	Quantity	Total
Bingo with a Purpose—Sept 7 at 2:00			
Roman Britain– Invasion of Britain-Presented By Terry Kubista—Sept 11 at 10:00	\$5.00		
Minnesota In the American Civil War-Lunch & Learn—Sept 13 at 10:30	\$13.00		
Treasure Island Casino—Sept 14 at 9:00	\$32.00		
Feed My Starving Children—Sept 15 at 9:00			
Superfoods-Health Class—Sept 18 at 10:30	\$5.00		
Horsin' Around—Sept 20 at 9:15	\$73.00		
Welcome Coffee—Sept 21 at 10:00			
Padelford Boat Trip—Sept 22 at 10:45	\$67.00		
Roe Family Singers Concert & Dessert—Sept 22 at 1:00	\$8.00		
Roman Britain– Invasion of Britain-Presented By Terry Kubista—Sept 25 at 10:00	\$5.00		
Privatization-JB Andersen—Sept 26 at 10:00	\$5.00		
Rum River Art Center: Mixed Media Class—Sept 26 -Oct 31 from 1:00-3:00	\$32.00		
Historic Churches of Minnesota-Doug Oman—Sept 29 at 10:30	\$5.00		
Jackpot Junction Casino Getaway—Oct 3-4 at 9:00	\$163 single		
Jackpot Junction Casino Getaway—Oct 3-4 at 9:00 Rooming with: _____	\$103 double		
Jackpot Junction Casino Getaway—Oct 3-4 at 9:00 Rooming with: _____ & _____	\$93 triple		
Guthrie: The Importance of Being Earnest—Oct 4 at 11:45	\$62.00		
Traveling Naturalist—Churchill, Manitoba Through the Seasons—Oct 5 at 10:00	\$5.00		
British History: British Prime Ministers-By Terry Kubista—Oct 9 at 10:00	\$5.00		
Mike James Concert & Dessert—Oct 13 at 1:00	\$5.00		
Marvelous Wonderettes-The Hit Jukebox Musical-Oct 18 at 10:40	\$85.00		
Build a Healthy Immune System-Health Class—Oct 19 at 10:30	\$5.00		
British History: British Prime Ministers-By Terry Kubista—Oct 23 at 10:00	\$5.00		
Halloween Party with the Goldentones—Oct 27 at 11:00	\$13.00		
Ozark Jubilee-Branson Country Christmas-Nov 9 at 10:30	\$86.00		
The Church Basement Ladies: Away In The Basement—Nov 16 at 10:30	\$87.00		
Defensive Driving : Class Date _____	\$24.00		



11155 Robinson Drive  
Coon Rapids, MN 55433-3761

**ADDRESS SERVICE REQUESTED**

