

# SENIOR TIMES



The mission of the Anoka Senior Center is to enhance the lives of older adults by offering a variety of activities and programs in a non-discriminatory manner while creating a friendly, warm and welcoming environment.

Issue #96

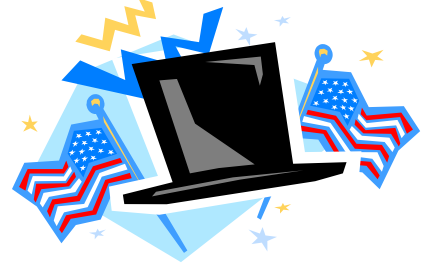
February 2012



Trained and Certified Tax Counselors will be here again this year to assist you in filing your federal and state returns as well as rent credits and property tax rebates.

Beginning **February 1** - tax help is available **every Wednesday from 1:00 - 4:00 p.m.** & **every Thursday from 9:00 a.m. to noon.** Please bring a copy of your 2010 return and all applicable 2011 tax information.

*No appointment is necessary.  
Sign in when you get here and you will be called in order of arrival.*



*The Anoka Senior Center will be closed on Monday, February 20 in observance of President's Day.*

## FACILITY HOURS:

We are open Monday thru Friday 8:00 am—4:00 pm. We serve a nutritious, hot meal every day at noon.

*Reservations required.*

The Anoka Senior Center is located 6 blocks south of Main Street on 6th Avenue. We are in a stucco building at the intersection of 6th and Washington.

Coffee is always available before noon. Stop in and visit!



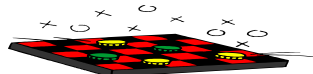
## GAMES

*We have about a dozen games here at the senior center on loan from the library.*

*Some can be played alone or get your grandkids to play!*

*All can be checked out for home use and most are very easy to learn.*

*Inquire in the office.*



## Zion Church

Are you looking for a warm place to walk this winter?

Check out Zion Lutheran Church on 4th Avenue. You can walk indoors there Monday thru Friday 8 a. m. - 5 p. m. Check in at the Reception desk and they will show you the route.





# GAMES! GAMES! GAMES!



**Bunko** ~ played the 2nd Friday of the month. Play begins at 12:30 pm. Easy to learn.

**Hand & Foot** ~ played on the 3rd Friday of the month. Play begins at 12:30 pm.

**Bridge** ~ Thursdays at 12:30 pm. Call Jean @ 763-862-5295 for more information regarding the game.

**Scrabble** ~ played every Thursday @ 9:00 am. We have the *deluxe* version game boards available! Easy to learn if you have never played. Dictionaries available!

**500** ~ Every Monday @ 12:30 pm. New card enthusiasts always welcomed.

**Pinochle** ~ Played Tuesday and Friday mornings beginning around 8:00 am. Friendly and competitive .

**Cribbage** ~ Every Wednesday at 12:30 pm.

**Sudoku** ~ a SODUKO glass game board with number tiles is available for use anytime. It has nearly 100 puzzle sheets ranging from *easy* to *difficult*, with answer keys. Work alone or with friends to solve the puzzle.

**New card players are welcomed for all activities! Come and join the fun!**

*Seniors who regularly engaged in pastimes that stretched their minds— chess, bridge, crossword puzzles, etc—lowered their risk of developing Alzheimer's disease and other dementias by as much as 75 percent, compared with those who didn't exercise their minds.* ~Washington Post

## ***U-Care Enhance Fitness Exercise Class***

*This class is brought to you by U-Care. If you have U-Care insurance the class is free. For all others the fee is just \$1.00 per class.*

*The class meets every Tuesday and Friday here at the Senior Center. Class begins at 11:00 am and ends at noon.*

*The class is a nice mix of balance, cardio, strength and flexibility taught by a certified personal trainer. Check it out sometime!*

## **Creative Writing Group**

If you have an interest in writing, telling stories or listening to others tell stories, this group may be for you. They meet the first and third Tuesday of each month from 12:30 - 2:30. Refreshments are served.

Why not register for lunch (3 day advance notice required) then stay to check out this group.



Providing **FREE** non-medical companionship and caregiver respite to people living with life threatening illnesses.

[www.tamarisk.org](http://www.tamarisk.org)

763-572-1950



Our monthly newsletter will be assembled on Wednesday, February 15 this month.

Thank you to all our great volunteers who give their time and talents every month!

## **Koffee Klatch Presentation**

Join us on Tuesday, February 21

for the next Koffee Klatch.

Starting time is 12:45.  
Topic: Photography by Grace Schrunk

## Health Insurance Counseling

Health Insurance Counseling services are available to Medicare beneficiaries and those soon to start Medicare.

This program can assist you with a variety of needs including answering Medicare questions, help in choosing or changing supplemental carriers, prescription drug cost options, Medicare billing questions, and more!

To get your questions answered or to schedule a free individual appointment, please call the Senior Linkage Line at 1-800-333-2433.

This program is made possible by the Metropolitan Area Agency on Aging and the Senior Linkage Line. This program is not associated with any insurance company.

## FOOT CARE



Enjoy a relaxing foot soak, short massage and nail trim. Receive information for general foot health and care.

Call the senior center at 763-576-4661 to schedule your appointment. "Laurie" is generally here the first and second Tuesday of each month. Her appointments start at 9 a.m. and are scheduled every 15 minutes through out the day with a brief break for lunch.

Please mark your calendar so you don't miss your appointment. Call us as soon as possible if you need to cancel.

Cost is \$20.00 ~ payable at your appointment. Do not trim nails before you come.

Please bring your own small towel.  
No tipping necessary!

Thank you.

## WEEKLY GROCERY SHOPPING TRIPS

We will provide transportation to Cub / Wal-Mart every **Tuesday, Wednesday and Thursday** when our van is available. On Tuesday and Thursday we will pick up between 8:15 and 8:30 am.

On Wednesday we will pick up between **1:00-1:30.**

*Please call by noon on the day before to sign up for grocery shopping. Cost for shopping trip is \$2.00.*

*Note: Volunteer to help the driver load and unload groceries and save \$2.00. Just say "I'd like to be the helper" when you call to register. Only one helper per trip. Thank you.*

***We have temporarily canceled the 2nd Tuesday trips through the rest of the Winter.***

## **BREAD & BAKED GOODS**

Free, donated bread and baked goods are delivered here by volunteers one to two days per week— usually Monday & Thursday.

The bread & baked goods are "day old" and donated by area grocery stores.

Please be considerate and take only what **you** need.

*Donations encouraged for the volunteer driver.*

## *Blood Pressure Check*

Goldie will be here the 3rd Tuesday of each month to check your blood pressure.

10:30 a.m.-12:00 p.m.

Call 763-576-4661  
to sign-up for trips

# ADVENTURE SEEKERS



#4 Anoka Community Concert

## **Spanish Brass**

Thursday, February 23



For those of you with season tickets and pre-paid transportation, we will be transporting you to Anoka High School at **6:30 p.m.** for this concert beginning at 7:30.

**Please call us to confirm your attendance at 576-4661.**

## **Fleet Farm in Blaine**

Monday, February 6

Cost \$5.00 - due 1 week prior

Leaving Anoka at 10:00 a.m.

You will be dropped off at Fleet Farm at 10:30. The van will return to pick you up at 1:30 p.m. Fleet Farm has no sitting/eating area but there is a Burger King very close by.

## **Super Walmart in Elk River**

Monday, March 5

Cost \$5.00 - due 1 week prior

Leaving Anoka at 10:00 a.m.

You will be dropped off at Walmart at 10:30. The van will return to pick you up at 1:30 p.m. There is a McDonalds on site.

## **Tourco Mardi Gras Celebration at St. Croix Casino in Turtle Lake**

Tuesday, February 21

Cost \$39.00 - Due Feb 1 - payable to **Tourco**

You will enjoy a delicious plated lunch (roast beef, mashed potatoes, gravy, veg, salad, beverage, pie) in the Event Center with Mardi Gras Festivities featuring Elvis and friends, beads and a Congo line!

Enjoy plenty of gaming time as well!

Tourco motor coach will be here loading at 8:30 a.m.

Home approx. 5:30 p.m.

Transportation to ASC available from your Anoka home for \$2.00 - roundtrip

**\*\*2 trips\*\***

Monticello



## **Trumpeter Swans**

Saturday, February 18

Saturday, March 3

Cost \$8.00 - due 2 wks prior to trip

Lunch extra

We leave Anoka at **10 a.m.** and head directly to Monticello to see the famous, beautiful, graceful Trumpeter swans. Then we'll head to Albertville for lunch at Emma Krumbees.

Home approx. 2:00 p.m.

## Driver Improvement Course

If you are 55+ this course will save you 10% on your auto insurance for 3 years!

No written or behind the wheel tests. Come and spend a fun afternoon with Dave from the St.Cloud Driver Improvement Program.



Refresher Program  
February 24 ~ 1:00 pm - 5:00 pm.

Call toll-free to register.  
#1-888-234-1294.



February exercise classes @ 11:00

Feb 3, 7, 10, 14, 17, 21, 24, 28

## Activity Highlights for February

- 1 Taxes 1-4
- 2 Taxes 9 - noon
- 6 Fleet Farm - leave at 10:00 a.m.
- 7 Writing group @ 12:45
- 10 Bunko at 12:30
- 14 Footcare by appt, Paramount Theater trip- 10:30, no shopping
- 15 Newsletters assembled
- 17 Hand & Foot at 12:45
- 18 Monticello swan trip - 10 a.m.
- 20 CLOSED
- 21 Tourco Mardi Gras - 8:30 a.m. Blood Pressure checks 10:30-noon
- 23 Anoka Comm Concert - 6:30 p.m.
- 24 Driver Improvement Program 1-5

## SENIOR DINING

**M-F - Noon - Suggested Donation- \$3.50**

Come and enjoy a good meal at a great value!

Please call (763) 427-6646 - 3 days in advance (before noon) to reserve your meal.

Be sure to request transportation if needed!

If you are signed up for lunch and are sick, call us before 10:00 am and we can pack your lunch to go. The van driver will deliver your lunch to your door for a small fee.

## Menu Highlights for February

- 1 Beef riblet, peas, au gratin potatoes
- 2 Chicken breast w/tarragon cream, rice pilaf
- 3 BBQ pork chop alt: BBQ chicken, sw potatoes
- 6 Sweet & Sour meatballs, rice, corn
- 7 Chicken & veg wild rice casserole, apricots
- 8 Egg salad sandwich, vegetable soup, apple crp
- 9 Turkey meatloaf w/cranberry glaze, potato
- 10 Baked fish alt: beef patty, baby red potatoes
- 13 Beef & pasta bake, Capri blend veggies
- 14 Citrus herb chicken w/orange, cran sauce 
- 15 Salisbury steak w/gravy alt: chicken cutlet
- 16 Fettucine w/chicken cream sauce, green beans
- 17 Pork roast alt: turkey, mashed potatoes w/grav
- 20 CLOSED
- 21 Swiss steak w/gravy, mashed potatoes
- 22 Fish & Chips (battered Pollock) alt: chicken
- 23 Chicken fried chicken w/gravy, mashed potato
- 24 Seafood pasta primavera alt: chicken prim
- 27 Cheese tortellini w/meatballs in tomato sauce
- 28 Ham salad sandwich alt: turkey salad, soup
- 29 \*Roast beef, mashed potatoes w/gravy, cake  
\*Birthday celebration day with ice cream & toppings

Full menu's available at the Senior Center

Anoka Senior Center  
1500 6th Avenue  
Anoka, MN 55303

PRSR STD  
U. S. POSTAGE PAID  
ANOKA MN  
PERMIT NO. 101

**RETURN SERVICE REQUESTED**



CITY OF ANOKA  
**SENIOR  
CENTER**

763-576-4661 General information  
(Melissa)

763-427-6646 VOA dining  
(Sherry)

**Anoka Senior Center Staff Members:**

Melissa Werra - Program Coordinator

Dave Olavson - Van driver

Ron Goetsch- Van driver

David Small - Van driver

Doug Ford—Van driver

Lisa LaCasse - Recreation Supervisor

**Volunteers of America Staff Member:**

Sherry Marie

