

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 #95

January 2012

Farewell to 2011 ~ Welcome 2012!

We have had another great year! We strive to continue to be a place that's warm & welcoming!

Last year we served more than 4500 meals, offered more than 80 great trips, had a variety of seminars and informative talks to keep you educated and held over 100 exercise classes.

Remember to let us know if there is something of interest you'd like to see here.



Happy New Year everyone!

The Anoka Senior Center winter indoor sale is done for the season. Our spring - summer sale will start in April.

We appreciate all of you who contributed by donating items or purchasing items. Thank you!

It was a huge success. We made a profit of over \$400 to be used toward programming and entertainment.

A special thank you to Terri, Mona and Irene for volunteering to manage the sale items. Your hard work is really appreciated!

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!



Game Day at the Senior Center

Tuesday, January 31. Starting at 12:45.

Come and try out the games loaned to us from our local library.

Transportation available upon request for \$1.00-round trip.

****Senior Center closed****

Monday, January 2

Monday, January 16



Suburban Medical Equipment

6845 Highway 10
(across from Slumberland)
Ramsey

Ph: 763-274-2299

Diabetic supplies, shoes, walking aids, lift chairs, bathroom equipment, incontinence products and medical supplies.



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.



New - Trip Surcharge

Beginning immediately, there will be a \$2.00 bus charge added to your trip fee if you request pick-up at your private Anoka home. Pick-up at senior apartment buildings in Anoka (Dellwood, Bridge Square, Walker Plaza, Walker on the River etc) will pay a \$1.00 - RT charge. Transportation fee for dining remains the same at \$1.00 rt.



Our monthly newsletter will be assembled on Wednesday, January 18 this month.

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

Koffee Klatch Presentation

Join us on Tuesday, January 17 starting at 12:30 p.m.

for the next Koffee Klatch.

Topic: Bonnie's Quilts - 1930-2012

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 here the first & 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 possible. 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.

On the 2nd Tuesday of each month (instead of Cub) we will go to Super Wal-Mart in Elk River or Target Center in Riverdale. Pick-ups will be between 8:15-8:30 am. We will be staying approx 1-1/2 hours.

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.

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

Anoka High School
Presents

The Pirates of Penzance

Friday, January 27

Cost \$15.00 - due Jan 13
Play & trans only ~ dinner extra

We will first swing into the Falls Restaurant in Ramsey for dinner, then on to Anoka High School for a great production. Leaving Anoka at **5:30 p.m.** -home - 10 p.m.

St. Croix Casino in Turtle Lake

Friday, January 6

Cost \$5.00 - due December 22

The casino is sending a bus to the Anoka Senior Center. The bus will load at **9:45 a.m.**

You will stay over 4 hours, then return. Please give us your player number when registering.

Upon arrival you will get \$5.00 on your card.



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

Sandhill Center for the Arts
presents:
Porch Pickers

Tuesday, January 10

Cost \$ 16.00 - due January 3

Includes transportation, show and lunch

This delightful band plays traditional bluegrass, gospel, and country music. Leaving Anoka at **10:00 a.m.**

Monticello trip

Trumpeter Swans

Saturday, February 18

Cost \$8.00 - due Feb 10 - 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 Krumbes.

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. We are offering a first-time 8-hour class on



No classes here in January.

Call toll-free to register and find class sites
#1-888-234-1294..



January exercise classes @ 11:00

3, 6, 10, 13, 17, 20, 24, 27, 31

Activity Highlights for January

- 2 CLOSED
- 3 Footcare by appt, writing group 12:30
- 6 Turtle Lake trip (must reserve) - 9:45
- 10 Super Walmart - Elk River, Sandhill trip - leave at 10 a.m. Foot care by appt.
- 13 Bunko at 12:30
- 16 CLOSED
- 17 Koffee Klatch at 12:30
- 18 Newsletters assembled
- 20 Hand & Foot at 12:30
- 27 AHS trip - leave at 5:30 p.m.
- 31 Game Day - start at 12:45 - end at 3:00.

Note: Our big van will be going in for repairs and will be unavailable for 2 weeks. There will be no shopping trips available from January 11 thru January 25.

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 January

- 2 CLOSED
- 3 Beef stir fry, brown rice, peaches
- 4 Cheese omelet, potatoes, fruit, muffin
- 5 Cheese ravioli w/chicken, apricots, cake
- 9 BBQ pork chop, alt: chicken, sweet potatoes
- 10 Asian chicken casserole, pears
- 11 Roast beef sandwich, broccoli cheese soup
- 12 Fish sandwich, alt: chicken patty, fries
- 13 Beef stroganoff casserole, pie
- 16 CLOSED
- 17 Pork cutlet, alt: turkey, au gratin potatoes
- 18 BBQ chicken sandwich, jo jo potatoes
- 19 Chicken fried steak, mashed potatoes w/gravy
- 20 Meatloaf, chive roasted potatoes, cream corn
- 23 Chicken chow mein, rice, veggies
- 24 Tuscan chicken veg soup, cran turkey salad
- 25 *Pot roast, mashed potatoes w/gravy, cake
- 26 Citrus herb chicken breast, scalloped potatoes
- 27 Sirloin tips & gravy, mashed potatoes
- 30 Tator tot casserole, veggie blend, garlic roll
- 31 Sauteed liver & onions w/gravy alt: turkey

*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

Happy Birthday to all of you born in January



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

How can you tell an optimist
from a pessimist?

*An optimist stays up until
midnight to see the new year
in.*

*A pessimist stays up to make
sure the old year leaves!*

