

ROBBINSDALE SENIOR NEWSLETTER

A BI-MONTHLY PUBLICATION OF ROBBINSDALE RECREATION SERVICES

May - June 2008

FRIENDLY ROBINS DUES ARE DUE FOR THE CURRENT YEAR

The year is April 1, 2008 – March 31, 2009.

The dues are \$5.

Please make check out to:

Friendly Robins Senior Club

Mail your dues to:

Friendly Robins Senior Club

City of Robbinsdale

4100 Lakeview Avenue North

Robbinsdale, MN 55422

FRIENDLY ROBINS SENIOR CITIZEN CLUB

The Friendly Robins Senior Club meets every Wednesday from 12:30 p.m.-3:00 p.m. at the Robbinsdale Police & Fire Station, 4101 Hubbard Avenue North. Meetings are held in the Community meeting room, lower level. Meetings begin with announcements, followed by door prizes, refreshments, Bunco and card playing. The business meeting is held on the second Wednesday. Visitors and new members are welcome! **A \$1 refreshment fee is taken at the door. This fee is effective May 1.**

Special Note to Members...

New members and guests will wear a flower at their first meeting. Be sure to introduce yourself and help them to feel welcome.

ROBBINSDALE FRIENDLY ROBINS SENIOR CLUB



**HELP THE ENVIRONMENT!
BRING YOUR OWN MUG TO
YOUR SENIOR CLUB MEETINGS!**

Wednesday, May 7, 2008

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, May 14, 2008

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Business meeting followed by 500 and Bunco.

Wednesday, May 21, 2008

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, May 28, 2008

12:30-3:00p.m. Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, June 4, 2008

12:30-3:00p.m. Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, June 11, 2008

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Business meeting followed by 500 and Bunco.

Wednesday, June 18, 2008

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, June 25, 2008

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

MEMBER FEEDBACK APPRECIATED.....

Friendly Robins Club leaders appreciate your feedback. Please let club officers and/or Rita know if there is something you would like to do at a club gathering. Thanks!!

FIVE CITIES TRANSPORTATION

Persons of all cultural backgrounds, who are 60 years or older, and a resident of Crystal, Brooklyn Center, New Hope, Golden Valley, or Robbinsdale, may ride the Five Cities bus.

Phone: 763-531-1259

Visit us on the web at:

www.5citiesmn.org

Scheduled destinations include: grocery shopping, senior club meetings, senior dining, Byerly's, Wal-Mart, Target, Ridgedale and Brookdale. Call 763-531-1259 to be put on the mailing list to receive a bi-monthly trip schedule.

Fare: the fare per round trip is \$3.00 with the punch pass or \$4.00 cash.

Special Destination Fare: Special destinations include: Forum and the Fork, Seniors in Mind, Treasure Seekers, Afternoon Vivace, Nature of Things, and Local Motion. Special destinations are outside of the regular five cities boundaries and serve persons in all five cities on the same vehicle; pickups are primarily at one central location in each city. Special Destination fare is 2 punches from the punch pass (\$6) or \$8 if paying cash.

Punch Passes: available in \$12 or \$24 amounts and may be purchased from the Five Cities bus drivers

Meet the Five Cities office volunteers:

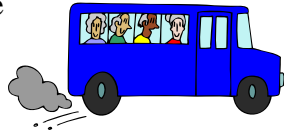
Monday morning – Dorothy Althoff

Monday afternoon – Toni Albrecht

Tuesday and Wednesday – Mary Dee

Thursday – Sharon Laurel

Friday – Joyce Boyko



Apartments served in Robbinsdale are:
Lee Square-4400 36th Avenue North
Bridgeway-3755 Hubbard Avenue North
Cambridge-3711 West Broadway
Broadway-3837 West Broadway
Robinwood-3850 West Broadway
Robbins Landing-4300 Robbins Landing
Broadway Court-4600 41st Avenue North
Copperfield Hill-4200 40th Avenue North
Chelsea Park-4200 45th Avenue North
Lilac Parkway-4223 County Road 81
Coachlite-4259 West Broadway
Apts. at 5800 42nd Avenue North



Prism Express is a compliment to the Five Cities Transportation Project that offers rides to medical appointments. This transportation program is administered through PRISM. If you need a ride, call 763-529-1252.



TELEPHONE NUMBERS

| | |
|----------------------------|--------------|
| City of Robbinsdale | 763-537-4534 |
| Recreation Services | 763-531-1278 |
| Sunshine Lady–Mary Sveum | 763-537-8578 |
| First Call for Help | 651-291-0211 |
| Senior Outreach | 763-450-4310 |
| Five Cities Transportation | 763-531-1259 |
| PRISM Express | 763-529-1252 |
| H.O.M.E. Program | 763-450-4311 |
| Rita DeBruyn | 763-531-1274 |

COMMUNITY EVENTS

Annual Flea Market Craft and Bake Sale

Saturday May 10, 2008

8:00am – 3:00pm

Robbinsdale City Hall

4100 Lakeview Avenue North

DONATE YOUR EXTRA STUFF!!!!!!

Donations accepted at Robbinsdale City Hall

Friday May 9 8:00am – 1:00 pm

The annual Flea Market, Craft and Bake Sale is ready to go. Inside and outside spaces are filled with fun stuff of every shape and color. Come for delicious home baked goods or a bargain

Riders who live in both private homes and apartments are welcome!

that you just can't resist. It is fun for everyone. Donations of baked goods and flea market items are most appreciated. A friendly Friendly Robin will be calling you to remind you of the sale and to encourage you to donate something from your closet or basement, or, to bake a batch of cookies. Come early and stay late. The Robbinsdale City Band will play with all its tuneful enthusiasm at 11:00am, weather permitting. The Robbinsdale Whiz Bang Ambassadors will be milling around during the day too. Of course, it's going to be a perfect spring day. Of course!

STEP TO IT CHALLENGE Begins May 16!

Try something new this spring to stay active and healthy. The Step To It Challenge begins May 16 and lasts for one month.

The Challenge is to walk more miles than those participating in the City of Golden Valley, Brooklyn Park, Crystal and St Louis Park. There is an exercise conversion chart if your exercise is something other than walking. Under the initiative of the Senior Commission, we are seeking as many seniors as possible.

You will be registering with Hennepin County on a registration form. Our Captain Audrey Blanske has forms available or they are in the Senior Program office. Audrey will be gathering your weekly miles and turning them in to the Robbinsdale Recreation Services Department for tabulation.

If you are interested in being on the Senior Team, please let Rita know at 763-531-1274. Let's show our neighboring cities that people in Robbinsdale are more active than they are... and therefore we have more fun! ☺



ROBBINSDALE HISTORICAL SOCIETY

The Historical Society meets the 4th Tuesday of the month during March, April, May, Sept., Oct. and Nov., 1:00 p.m. in the Community meeting room at the Police & Fire Building, 4101 Hubbard Ave. No. The Historical Society welcomes guests.

Meeting Date: Tuesday, May 27

Robbinsdale Historical Museum

The Robbinsdale Historical Museum is located in the Historical Library building at 4915 42nd Avenue North. Open hours are Fridays, 10:00 a.m.-4:00 p.m. and Saturdays from 11:00 a.m.-4:00 p.m. except on holidays and during inclement weather.

Men's Mornings at the Museum on Fridays

Join a group of men who love to remember the great history and people of Robbinsdale. The coffee pot is on at the Museum on Friday mornings. Just poke your nose into the museum and you will be invited to join the discussion...or just listen. Any time around 10:00am or later – come on in.

The Robin Gallery, located in the Historical Robbinsdale Library, is operated by volunteers of the North Hennepin Artists Association. Regular gallery hours are Tuesdays through Thursdays, 5:30-8:30pm and Fridays and Saturdays, 12-4:00pm.

ROBBINSDALE SENIOR COMMISSION

The purpose of the Robbinsdale Senior Commission is to improve the lives of older citizens in the City of Robbinsdale. The public is welcome to attend the Commission meetings, which are held on the second Monday of each month at 9:30 a.m. at Robbinsdale City Hall, 4100 Lakeview Ave. N
Meeting Date: May 12

Senior Commissioners are:

- | | |
|-------------------|------------------|
| Virginia Anderson | David Bjorkquist |
| Audrey Blanske | Jo Jakala |
| Lila Werner | Tony Harmon |
| Louise Hill | |

Senior Commission Update

- The Senior Commission will present the findings of the focus groups to the Robbinsdale City Council in June.
- The Senior Commission is celebrating its 25th year in 2008 and is planning an Open House on June 24, the exact day the Senior Commission was incorporated 25 years ago.
- The Senior Commission is participating in the Step To It Challenge. This is a Hennepin County program promoting active lifestyles for persons of all ages.

SENIOR COMMISSION RECEPTION
Celebrate 25 years of service to the older residents of Robbinsdale.
Date: Tuesday, June 24
Time: 3:00pm-5:00pm
Location: Robbinsdale City Hall
Meet the Commissioners and enjoy refreshments.

METRO PAINT-A-THON

The Metro Paint-A-Thon helps low-income seniors and persons with disabilities continue to live independently in their own homes. If your house is in need of paint, but not major repair, consider this opportunity. Call the Metro Paint-A-Thon program: 612-721-8687 Ext. 321.



A BRUSH WITH KINDNESS

A Brush with Kindness is a neighborhood program of Twin Cities Habitat for Humanity. Home preservation services such as house painting, minor repairs and general clean up for low-income home-owners are possible. For more information and to set up a meeting with A Brush with Kindness, call 612-788-8169.



SENIOR PROGRAMMING

ROVING MINDS

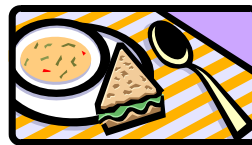
DISCUSSION STUDY GROUP

The Roving Minds is a study group for persons who are curious about a variety of subjects and enjoy learning about and discussing them. The group meets in the senior gathering area at Robbinsdale City Hall, 4100 Lakeview Avenue North at 1:00pm

*Thursday, May 22 – Spring Exploration
Excursion to the Church of Scientology,
Minnesota Zen Center
and Hell’s Kitchen for lunch.
Non members may register May 2.
Deadline to register is May 16.*

Roving Minds does not meet during the summer months. The 2008-2009 Roving Minds topic for the year will be: United States Presidents and Presidents’ Wives. The program will resume on Tuesday, September 16.

BRUNCH BUNCH



Each 4th Tuesday of the month, the Five Cities bus will take a group of brunch goers from Golden Valley and Robbinsdale to an area restaurant. (Crystal and New Hope Brunch Bunch go to the same restaurant on the third Tuesday of the month.) Lunch is on your own and space is limited to twenty-eight persons.

Date: May 27, 2008
Restaurant: Minnesota Machine Shed in Woodbury
Registration: May 1

Date: June 24, 2008
Restaurant: Maynard’s in Excelsior
Registration: May 30

Brunch Bunch Reservations: 763-531-1259

MOVIE



DISCUSSION GROUP

Good conversations, great movies, much fun are practically guaranteed. Refreshments too!! The big screen television is great! Movie-goers are encouraged to attend as many movies as possible to be able to make comparisons among the films. All are welcome as your schedule (and movie appreciation) permits. Movies are shown on various Thursdays, 9:30 a.m. in the community meeting room, Police & Fire Station, 4101 Hubbard Ave. No. Call 763-531-1274 for a detailed flyer with titles and descriptions.

Spring movies and dates:

May 1 *Around the World in 80 Days*
May 8 *Vertigo*
May 15 *Gigi*
June 19 *Marty*

BOOK DISCUSSION GROUP

If you enjoy books, the book discussion group could be for you. We discuss, learn and have a grand time. We meet 1:00-2:30 pm in the senior gathering area at Robbinsdale City Hall, 4100 Lakeview Ave.



May 6 **MEET THE AUTHOR**
 Michael Fedo
 The Lynchings in Duluth
 Cost: \$2.00

June 3 *Waiting for White Horses*
 by Nathan Jorganson

July 1 *The Big Beautiful*
 by Pamela Duncan

SENIOR DINING

Lunch is served Monday through Friday at the Crystal Community Center, 4800 Douglas Drive in Crystal. The suggested contribution is \$3.00.



To make your reservation, call Emma – 763-531-1183 at the Crystal dining site. The Volunteers of America Senior Nutrition program serves all seniors age 60 and over, regardless of race, color, sex, disability, national origin, creed or religion. The program is funded through a contract with the Metropolitan Area Agency on Aging, Inc.,

as part of the Older Americans Act Program and participant contributions.

DONUT MAKE YOU WONDER?



Join a curious group on the third Wednesday of the month for informative programs and delicious donuts. Programs are held at the Crystal Community Center, 4800 Douglas Drive. The program is cooperatively sponsored by the cities of Crystal, New Hope, Brooklyn Center, and Robbinsdale.

Wednesday, May 21 Hurricane Katrina– The Tragedy and the Hope

Greg Bodin is both a chaplain at North Memorial Medical Center and the Fire Marshal for the City of Robbinsdale. This unique background meant that he was called to be a first responder to New York immediately following the September 11 attack on the Twin Towers and to New Orleans following Hurricane Katrina in 2005. Greg will show his slides of Hurricane Katrina and offer a touching perspective of the devastation and the renewal.

Call 763-531-1274 to make reservations.

There is a \$2.00 fee payable at the door for Donut Make You Wonder and includes a continental breakfast. Breakfast is served at 10:00am; the program begins at 10:15am. Five Cities transportation is available; please call 763-531-1259.

DO THE LOCAL MOTION

The Twin Cities are home to marvelous places to explore just for fun and out of curiosity. That is what you will experience when you, *Do the Local Motion*.

Program: Mill City Museum

Date: Tuesday, June 17, 2008

The Mill City Museum chronicles the flour milling industry that dominated world flour production for roughly a half-century and fueled the growth of Minneapolis, recognized across the nation and around the world as “Mill City.”

Built within the ruins of a National Historic landmark – the Washburn A Mill – the museum provides a multi-sensory, interactive journey. The story of flour milling – and its impact on

Minneapolis, the nation and the world – comes to life through the eight-story Flour Tower and other hands-on exhibits.

Program Cost: \$6 (includes entrance fee, Flour Tower, and self guided tour)

Payable to the City of Crystal.

Lunch: Hell's Kitchen (on your own)

Special Destination Fare: 2 punches from the punch pass (\$6) or \$8 cash. *Payable to bus driver.*

Registration: Please call **763-531-0052** for the Crystal Community Center to register by phone with a credit card. *Mail in registration and payment is made to the City of Crystal.* A detailed information flyer with registration form is available in the Robbinsdale Senior Program office.

WITH SENIORS IN MIND

This program is offered through the Minnesota History Center with transportation provided by the Five Cities Senior Transportation bus. Bring a bag lunch or enjoy lunch at Café Minnesota at Minnesota History Center.

Date: Tuesday, May 13

Program: Minnesota Music and Memories

From charming ditties about Minnesota landmarks to grammar school medleys and songs from the Civil War era, take a trip back in time to celebrate Minnesota's 150th birthday. Master of ceremonies Stan Turner will provide historical perspective and guide the audience on this musical journey through Minnesota history. Stan Turner is a 35 year veteran of Twin Cities Broadcasting and collector of stories and characters. Stan's career has led him to interview some of the Twin Cities most famous (and infamous) characters. Tune into this entertaining program, The Stan Turner Show, on AM radio station 1220 Saturdays at noon.

Joining Stan are jazz legend Percy Hughes, a local saxophonist and bandleader for the Ellington Echoes, and popular senior choral group, The Velvet Tones, led by director Rich Clausen who have been wowing local audiences

for 10 years. The Minnesota State Arts Board Cultural Community Partnership grant provides support for this sesquicentennial program that will enlighten and entertain.

Date: Tuesday, July 8, 2008

Program: Bundt Cake Bliss
with Susanna Short

The Bundt pan made an undeniable contribution to our state's history especially when it came to helping homemakers everywhere create a sophisticated, crowd pleasing cake in a snap! Foodie extraordinaire, Susanna Short shares the fascinating story of the classic all-American cake pan that was designed in 1950 in St Louis Park, Minnesota and is now owned by more than 60 million people globally! She'll also entice you with historic images courtesy of Nordic Ware. Susanna Short, author of Bundt Cake Bliss: Delicious Desserts from Midwest Kitchens, has a long-standing passion for cooking and baking.

Time: 9:10 a.m. Robbinsdale City Hall

Call: 5 Cities Bus at 763-531-1259

Fee: No charge for the program.

Special Destination Fare: \$8 cash or 2 punches (\$6) from punch pass. *Payable to bus driver*

If you wish to tour the exhibits there will be a \$6 admission fee. No exhibit fees for Minnesota Historical Society members.

AFTERNOON VIVACE CONCERT SERIES

Vivace means full of life and that is what this inspirational series gives you – a full of life musical experience. Enjoy free afternoon concerts presented by professional musicians at the Schubert Club at the Landmark Center in St. Paul and MacPhail Center for the Arts in Minneapolis. Program will resume in the fall.

Call: 5 Cities Bus at 763-531-1259

Fee: No charge for the program.

Special Destination Fare: 2 punches (\$6) from punch pass or \$8 cash. *Payable to bus driver*

TREASURE SEEKERS

Search for the treasures you did not know you needed until you see them with the Treasure Seekers. A fun restaurant stop always follows the treasure hunting.



Date: Friday, May 2, 2008

Place: Mall of St Paul

Time: 9:00am Robbinsdale City Hall

Reservations: Five Cities at 763-531-1259

Special Destination Fare: 2 punches from the punch pass (\$6) or \$8 cash. *Payable to bus driver.*

FORUM AND THE FORK

Westminster Town Hall Forum and Luncheon



The Forum and the Fork is an inspiring day, which begins with a music concert and lecture, at the Westminster Presbyterian Church and

concludes with a complementary lunch buffet at the church. Forum and the Fork will resume in the fall.

Call: 5 Cities Bus at 763-531-1259

Fee: No charge for the program.

Special Destination Fare: 2 punches (\$6) from punch pass or \$8 cash. *Payable to bus driver.*

NATURE OF THINGS

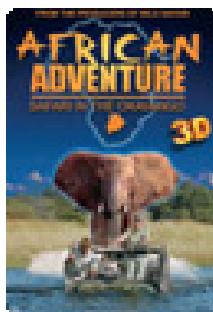
Celebrate the diversity of life and the wonder of nature in *Nature of Things*.

Date: Friday, May 16, 2008

Program: Minnesota Zoo and IMAX Theater (Rescheduled due to cancellation from snowstorm in April.)

African Adventure in 3D -

Safari in the Okarango Take the morning to explore the three areas of the zoo called "trails" for species ranging from wolves to gibbons to sharks. Lunch will be on your own as well as the monorail ride (an additional \$3.50). The time at the zoo concludes with the IMAX film: *African Adventure 3D - Safari in the Okarango*.



Program Cost: \$12.50 includes admission to the Minnesota Zoo and IMAX film to be paid to the *City of Crystal*.

Date: Wednesday, June 25

Program: SOUNDS FISHY!

Two hours on Lake Calhoun FISHING!!! In cooperation with MinnAqua, fishing poles, a safety kit and waiver for catch and release fishing will be provided at no charge. You will be responsible for bringing bait of worms or whole kernel canned corn. If you choose to keep the big ones that you catch, bring along a cooler. Lunch is at the Red Lobster in Golden Valley. Lunch cost is on your own.

Registration: Call **763-531-0052** for the Crystal Community Center to register by phone with a credit card. **Mail in registration and payment is made to the City of Crystal.** A detailed information flyer is available in the Robbinsdale Senior Program office.

Depart: 9:00 am Robbinsdale City Hall

Special Destination Fare: 2 punches (\$6) from punch pass or \$8 cash. *Payable to bus driver*

TRIPS

OUT AND ABOUT

Out and About trips offer recreational day trips around the city and around the state.

For a detailed flyer or to register, call the Recreation Office at 763-531-1278.

Wednesday, June 11, 2008 – Wine Tasting Class with Kevin Peterson at Wine Haven Winery, Salad Luncheon and Sven's Shoes

Learn about wines and how to savor their unique flavors with Kevin Peterson at Wine Haven Winery in Chisago City. Red and white wines from dry to sweet will be tasted. Included will be a lovely chicken salad luncheon and a visit to Sven's Shoes.

Cost: \$51

Deadline: May 22



Thursday, June 26, 2008– Lake Elmo Inn Gourmet Lunch and Minnesota Centennial Showboat's Presentation: The Count of Monte Cristo

The University of Minnesota Showboat Players will present Alexandre Dumas' classic drama: *The Count of Monte Cristo*.



This is a tale of sweet revenge, swashbuckling fun, a fight for freedom, and romance. The favorite oleos from the past 50 years are featured. The traditional leisurely luncheon at the Lake Elmo Inn precedes the play.

Cost: \$63

Deadline: May 22

Wednesday, July 2, 2008 – Chanhassen Dinner Theater Presents: 42nd Street

Come and meet those dancing feet in this musical extravaganza at Chanhassen Dinner Theater. This is the story about a chorus girl who comes to New York to break into show business and is unexpectedly thrust into the starring role on opening night. The kitchen at Chanhassen offers a variety of entrees for you to choose from when you are seated.

Fabulous seats!

Cost: \$62

Deadline: June 3



Thursday, July 31, 2008 – Summer in Stillwater with the Northern Vineyards Winery, Luncheon at the Lowell Inn, and St. Croix Festival Theater Presents: Dates with a Nut

Take a walk in downtown Stillwater or take a taste of the wines from the Northern Vineyards Winery. A delicious chicken a la king luncheon awaits at the famous Lowell Inn. *Dates with a Nut* at the St Croix Festival Theater is story of a man trying to find Ms. Right. His dates take place in the local restaurant which serves up a laughter-filled view of dating in the 21st century.

Cost: \$59

Deadline: July 11



Wednesday, August 6, 2008

Guthrie Theater Presents The Government Inspector with Brunch at the Landmarc Grill

The Government Inspector takes place in a small town in Russia; the residents learn that an undercover government inspector is coming for a surprise visit. This is a witty

satire exposing corruption in a provincial town. The Landmarc Grill brunch includes quiche, sausage, potatoes, and fresh squeezed orange juice. Enjoy a stop at the Franklin Street Bakery, too.

Cost: \$54

Deadline: July 3

Tuesday, September 16, 2008

Dinner Cruise on the St Croix with Aamodt's Apple Farm and St Croix Vineyards

The scenic rock formations on the St Croix River are stunning. The captain will point them out as the delicious buffet is served: chicken, garlic mashed potatoes, beans, salad, & brownie. Then a stop at Aamodts Apple Farm for the taste and smells of an apple orchard...and then, if you wish, a visit next door to St Croix Vineyards.

Cost: \$44

Deadline: August 27

SAINT CROIX VINEYARDS

Thursday, October 9, 2008

Gourmet Lunch at the Hennepin Room

A tasty luncheon awaits at the Hennepin Room on the North Hennepin Technical College Campus. Under the guidance of the professors, the students prepare a wonderfully delicious buffet.

Cost: \$23

Deadline: September 26



Thursday, November 6 – Old Log Theater presents: Unnecessary Farce

Unnecessary Farce includes deadly bagpipes, a bumbling mayor, incompetent cops, the Highland Clan's Big Mac and the infamous Highland Hitman. All these elements converge in a hotel room where the city's new accountant detects embezzlement. This is a comic romp in the best tradition of the Old Log Theater. Food choices include: chicken breast, pork chop, walleye or vegetarian.

Cost: \$45

Deadline: October 24



TWIN CITIES ARTS SAMPLER

The Twin Cities Arts Sampler offers stimulating cultural and educational experiences.

For a detailed flyer or to register, call the Recreation Office at 763-531-1278.

Wednesday, June 18 - Skylark Opera presents *Naughty Marietta* with Pre Opera Reception and Discussion

Victor Hubert's operetta *Naughty Marietta* is the summer offering of Skylark Opera and features Norah Long in the title role. A Pre Opera Reception and discussion with Susan Eyestone, President of Skylark Opera, will be held in the Sixth Corner of Robbinsdale City Hall prior to traveling to the EM Pearson Theater on the Concordia College Campus.

Cost: \$58

Deadline: May 14, 2008

SENIOR OUTREACH

**Senior Community Services Senior Outreach
730 Florida Avenue South in Golden Valley**

Provides in home counseling and case management to frail elderly and their families to help older people remain independent. The staff assists seniors to identify and connect with the right combination of services. Helps older adults access the most appropriate and cost effective services available from a wide array of programs. Support groups for seniors and caregivers are available also. Please call 763-450-4310.

CAREGIVERS SUPPORT GROUP

An opportunity for those who are caring for disabled family members to meet with other caregivers in supportive conversation which will include practical information, tips on self-care, good humor, and sharing of caregivers experiences.

When: Two Thursdays/month 1:00-2:30pm

Where: Redeemer Lutheran Church,
4201 Regent Avenue No.

Register: 763-450-4310.

**Need Help with Medicare
and Health Insurance Questions?**

***Crystal Community Center
4800 Douglas Drive
and
*Brooklyn Center Community Center
6301 Shingle Creek Parkway**

- **Hospital bills**
- **Medicare or insurance forms**
- **Problems about health insurance.**
- **Medicare supplements**
- **Medicare Part D**
- **Long-Term Care Insurance Plans**
- **Appeals**

A health insurance counselor from **Senior Community Services** will be available for hour long appointments.



For Appointments:

CRYSTAL:

Call Carol Wachter, City of Crystal Senior Program Coordinator, at 763-531-1153 to make an appointment on the fourth Thursday of the month.

BROOKLYN CENTER:

Call Kathy Flesher of the Brooklyn Center Senior Program at 763-569-3405 to make an appointment on the second Wednesday of the month.



VOLUNTEER OPPORTUNITES

“MONDAY BUNCH”

EVERY Monday, anytime from 9am-3pm, a lively bunch of volunteers gathers at the Robbinsdale City Hall for odds and end jobs and lots of good fun and conversation. The door is always open and you are welcome to come and join in the fun. Call Rita, for more information at 763-531-1274.

DINNER AT YOUR DOOR

Dinner at your Door is seeking drivers to deliver meals to shut-ins. Deliveries are Monday – Friday. Drivers usually drive just once per month. Deliveries take about 1½ hours. Call Ruby Van Horn at: 763-588-3933.

LOTS OF YARN IS NEEDED!!

When you are sorting through your closets and find yarn, material or unfinished craft projects, be sure to donate any usable materials to the Warm Up Minnesota supply. More knitters and crocheters are always welcome. Batting for quilts and stuffing for pillows is always appreciated, too. Just drop it off in the back room of Robbinsdale City Hall. You will be warmly welcomed.



WARM-UP MINNESOTA



Folks who knit and/or crochet are always welcome to join the Warm-up Minnesota volunteers. Afghans have been donated to Habitat for Humanity, North Memorial Hospice, Battered Women Shelters and PRISM. Yarn is available in the Senior Program office.

Interesting openings are available in a variety of departments. You can work as often or as seldom as you choose. Please call Maureen Vanek, Manager, Volunteer Services, Lifeline, and Patient Escort, at 763-520-5649.

ROAD TO RECOVERY

Cancer patients from this area need help getting to their medical treatments and appointments. Road to Recovery, an American Cancer Society program, needs kind people to volunteer their time and use their personal vehicles to drive patients to and from their appointments. Contact Mary Wiles at 651-255-8183 for more information.

Web Pages of Interest

Interest in Health Issues: www.healthfinder.gov
www.mayoclinic.com

Personal Finances/Education: www.aarp.org

Print Shop: www.usps.gov

A Library: www.hclib.org

Travel Preparations: www.aarp.org,
www.byways.org, www.weather.com
www.travlang.com



There must be a lesson in this morning.
Maybe you can figure out what it is.

In my stop at the store to pick up refreshments for the work day, I found cat food on sale. Never one to pass up a sale I loaded up. The friendly gentleman behind me in the check out line commented, "Oh, you have a cat." I smiled broadly, Jesse, our cat, likes this kind of attention.

I proceeded to go through the line. The friendly man commented again, "Isn't this yours?" The neglected cat food was still sitting on the non moving part of the conveyor. Oops. "I thank you...my cat thanks you."

One moment later..."Did you drop this?" Still friendly, he held up one of my most favorite necklaces which, obviously, had come undone. " Yipes. "Oh, my! Yes. Thank you again!"

At my car, with the friendly man gone, I dropped the bananas for the Friendly Robins meeting in the parking lot. Not good. *Dropped bananas* are especially, *not good*.

Upon entering the Community Room at the Public Safety Building...Oh no! Now the bananas are on the floor! Oooooo-noooooo!

Wouldn't you think that after all this I would wonder about this day and my presence in it?

Well, I am. ☺
Warmly, with hugs,

Rita
PS Please don't tell anyone about the bananas.

