

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 #153

December 2016



Norwegian Cruise ~ Eastern Caribbean

8 days/7 nights March 18-25, 2017 Cost \$1,499/pp—double occupancy. Stops at Tortola BVI, St. Thomas USVI, Great Stirrup Cay, Bahamas. Airfare and all transfers included. Gratuities extra. Check for availability.



Cruise get-together for all registered cruisers
Dec. 2 at 2:00 p.m.

FACILITY HOURS:

We are open
Monday thru Friday
8:00 am—4:00 pm.
We serve a nutritious,
hot meal Tuesday
through Friday 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!



Farewell to 2016—Welcome 2017!

We have had another great year here at the Senior Center!
We strive to continue to be a place that's warm and
welcoming. If you haven't been here, what are you waiting
for? Come and enjoy a noon meal, exercise, register for a
trip (long or short), play some cards, borrow a book, or just
grab a cup of coffee and chat with other seniors.
We sincerely wish you all a Happy New Year!

Our fall/winter sale is still going strong!

Once again, our sale has been super successful! Thank
you to everyone who donated and all who bought items! A
big **thank you** goes to Terri, Mone, Gayle and Barb for all
their hard work. We couldn't do this without them!

**LAST DAY TO BRING IN YOUR DONATIONS IS
MONDAY, NOV. 28. Thank you!**



Card games, dice, and more....



Bunko ~ Game canceled. Open time for new game? Volunteer needed to organize.

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.

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.

Triple Play ~ Played on the 2nd Tuesday of each month @ 12:30 pm.

A Fond Farewell presented by:

Jeanne McGill

Tuesday, November 29 @ 1:00 p.m.

Come for this free seminar that will give you options regarding funeral arrangements, new laws about what you can do at home and how to compare costs. Be educated about innovative and creative planning. Learn how to give the gift of funeral pre-planning. Call to reserve your spot.

Fitness Class

Twice per week on Tuesdays & Fridays we offer an hour-long exercise class.

Note: We are now partnering with Live 2 B Healthy. They are partnered with most insurance companies. They will have a representative here to discuss how this will work or you can call Greg at 612-481-7274.



Friday, January 6

Anoka Senior Center. Play starts at 12:45. Sign up for lunch as well!



Blood Pressure Checks

Goldie is here on the 3rd Tuesday of each month from 10:30—noon. Stop by and have her check your blood pressure.



Our monthly newsletter will be assembled on Wednesday, Dec. 14 this month. Thank you to all our great volunteers who give their time and talents every month!

Health Insurance Counseling

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

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

Alexander Ramsey House

Thursday, Dec. 22

Cost \$15.00—*due Dec. 8*

Cost includes tour and trans

Experience the sights, sounds and tastes of a Victorian Christmas in 1875. Leaving Anoka at **1:30 p.m.** Home approx. 5:30 p.m. Opt: Stop for take-out on return trip.

FOOT CARE



Enjoy a relaxing foot soak, short massage and nail trim.

Receive information for general foot health .

Call the senior center at 763-576-4661 to schedule your appointment. Laurie will be here the first and second Tuesday of each month. Her appointments start at 9 a.m. and are scheduled every 20 minutes through out the day with a brief break for lunch.

Cost is \$22.00 ~ payable at your appointment. Do not trim nails before you come.

Please bring a large size bath towel.

No tipping necessary!

Appointment times are limited.

Sign up early!

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 approx. **9:00 am.** On Wednesday we will pick up between **12:30 - 1:00 p.m.** Please call 576-4661 by noon on the day prior to sign up for grocery shopping.

Cost for shopping trip is \$2.00—payable to the driver.

Bread & Baked Goods

Free, donated bread and baked goods are available on Tuesdays and some Thursdays. Tuesday delivery is usually around 11:30 a.m. Thursday the delivery is earlier, usually by 9:00. The goods are 'day old' and donated by area grocery stores. Donations encouraged for the drivers.

Crafts Direct

Monday, Dec. 12

Cost \$10.00 - *due Dec. 1*

Ride up to St. Cloud to visit this huge craft & gift store. They have it all, even a restaurant!

Leaving Anoka at **10:30 a.m.** Returning approx. 2:30 p.m.

TAX TIME

Anoka will again have trained tax counselors here on Mondays from 8:30 a.m.—11:30 a.m. to assist you in filing your Federal & State returns beginning Feb. 6. Sign in upon arrival (outdoors) and wait in your car. The building will be open at 8:00 a.m. Bring all applicable tax info. First come, first served.

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 an instructor from St. Cloud Driver Improvement Program.

4-hour Refresher Class

Cost \$22.00 12:30—4:30 p.m.

Tuesday, December 27

You must call to register for this class. Call #1-888-234-1294.



December exercise classes @ 11:00 a.m.

Dec. 2, 6, 9, 13, 16, 20, 27, 30

Activity Highlights for December

- 2 Cruise get-together @ 2:00 p.m.
- 3 Elvis show at the Legion—leave at 4:45
- 6 Foot care by appt, writing class at 1:00, Ideal Hall trip—leave @ 11:15
- 7 Plymouth Playhouse trip—leave @ 11:00
- 9 Christmas lights tour—4 p.m.
- 10 Christmas lights tour—4 p.m.
- 11 Northern Lights trip—leave at 10:30 a.m.
- 12 Crafts Direct—leave at 10:30 a.m.
- 13 Foot care by appt, Arboretum Tea—leave at 1:00 p.m., card day
- 15 Tour River North—leave at 1:45 p.m.
- 16 Paramount trip—leave @ 10:15 a.m.
- 17 Arboretum Tea—leave at 1:00 p.m.
- 18 Bunker Hills trip—leave at 11:30 a.m.
- 22 Tour Alexander Ramsey House—leave at 1:15 p.m.
- 23 CLOSED
- 26 CLOSED
- 27 Dave Small's last day until spring!

SENIOR DINING



T-F - Noon - Suggested

Donation- \$4.00

No meal on Monday's.

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 December

- 1 Spaghetti & meatballs, breadstick
 - 2 Roast pork au jus, mashed sweet potatoes
 - 6 Sloppy joe, potato wedges
 - 7 Lasagna, green beans, salad
 - 8 Beef stew, biscuit, warm apple slices
 - 9 Turkey meatloaf w/cranberry glaze
 - 13 **Roast chicken, baby reds, corn
 - 14 Turkey & gravy, mashed potatoes
 - 15 Swiss steak & tomatoes, au gratins
 - 16 Country fried steak w/gravy, potatoes
 - 20 Baked penne, broccoli, breadstick
 - 21 Pork cutlet w/sauce, brown rice
 - 22 Breakfast scramble, potatoes, muffin
 - 23 CLOSED
 - 27 Chicken stir fry, rice
 - 28 *Beef pot roast, mashed potatoes w/gravy
 - 29 Swedish meatballs, egg noodles
 - 30 Cheeseburger, tator tots
- *Birthday meal including cake & ice cream
** Special holiday meal
- Full menu's available at the VOA dining desk.



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

ADVENTURE SEEKERS



Plymouth playhouse presents:

Away in the Basement, A Church Basement Ladies Christmas

Wednesday, December 7

Cost \$44.00—*due upon registration.*

Cost includes trans, show, luncheon

Leaving Anoka at **11 a.m.**

Returning approx. 4:30 p.m.

Northern Lights Ballroom presents:

Christmas Maji ~ A Holiday Dinner Theater

Sunday, December 11

Cost \$45.00—*due upon registration.*

Cost includes trans, show, buffet Enjoy a
delicious ham, turkey buffet and watch a
meaningful Christmas story.

Leaving Anoka at **10:30 a.m.**

Bunker Hills Event Center presents:

A Don't Hug Me Christmas Carol

Sunday, December 18

Cost \$49.00—*due upon registration.*

Cost includes 3-course luncheon, show,
trans, all taxes & tips. Enjoy a funny
Christmas comedy! Leaving Anoka at **11:30**
a.m. Returning approx. 4:30 p.m.

Arboretum Christmas Tea

Tues. Dec. 13 or Sat. Dec. 17

Cost \$32.00—*due 2 wks prior.*

Relax in the beauty of the Snyder Room as you
enjoy a leisurely tea. Includes: Scones, sweets
and savories and of course tea.

Leaving the Senior Center at 1:00.

Returning approx. 5:30 p.m.

Paramount Theater presents:

The Letterman

Friday, December 16

Cost \$34.00—*due asap, lunch is extra*

First stop will be lunch (TBD) then its on to
Paramount for the 1:30 show. Leaving Anoka at
10:30 a.m. Returning approx. 5 p.m.

River North Apartment ~ 55+ Independent Living Tour

Thursday, Dec. 15

Cost \$2.00—*due Dec 8*

Leaving the Senior Center at **1:45 p.m.**

Christmas Light Tour

Fri. Dec 9 or Saturday, Dec 10

Cost \$10.00 ~ *due 1 wk prior.* First stop is din-
ner at Pizza Ranch (extra cost) in Andover, then
enjoy the best lights around Anoka County!
Leaving at **4 p.m.** Home approx. 8 p.m.

Lake Elmo Inn

Monday, Jan 2 or Monday, Jan 9

Cost \$8.00 trans only—*due 2 wks prior.*

Celebrate the New Year with a delicious lunch
at the Lake Elmo Inn. Choose off the menu &
enjoy 25% discount for Senior Appreciation
Day! Christmas decorations will still be up!

Leaving Anoka at **10 a.m.**

An award winning restaurant!

Ideal Presence Dinner Show presents:

Celebrate the Holidays!

Tuesday, December 6

Cost \$25.00—*due Nov 22.*

Includes trans, luncheon & show.

Rhythm & Blues, Rock, Country & More!

Departing Anoka at **11:15 a.m.**

Anoka Senior Center
1500 6th Avenue
Anoka, MN 55303

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

RETURN SERVICE REQUESTED

Happy Birthday to all of you born in December



CITY OF ANOKA
**SENIOR
CENTER**

763-576-4661 General information (Melissa)
763-427-6646 VOA dining (Kyle)

Anoka Senior Center Staff Members:

Melissa Werra - Program Coordinator

Van drivers:

Dave Olavson

David Small Denny Reihe

Betsy Broen Jackie Larson

Lisa LaCasse - Public Services Administrator

Volunteers of America Staff Member:

Kyle Robbins

**Happy
Holidays!**

*We will be closed on Friday, Dec. 23 and
Monday, Dec. 26.*

Have a safe and happy holiday!