

# ANOKA 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 #152

November



## 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. Space is limited!



### 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!



Anoka County Historical Society presents:

## **Rum Runners and Temperance Tantrums**

**Friday, November 4**

**Place: Anoka Senior Center.**

**Time: 2:00 p.m.**

**Cost: \$5.00—due Oct 31**

**Includes program and refreshments.**

**Please call 763-576-4661 to reserve your spot.**

Our fall/winter sale is still going strong!

Please continue to clean out those closets and bring in items you would like to donate. We accept jewelry, handbags, knick-knacks and now accepting holiday items. A big **thank you** goes to Terri, Mone and Barb for all their hard work. We couldn't do this without them!



# 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.

## ***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.**

## **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 @ 576-4661.

## **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.



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Our monthly newsletter will be assembled on Wednesday, Nov. 16 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.

## **Cruise Get-together**

For those of you booked on our cruise in March, please come to the Senior Center for an informal meet & greet.

**Friday, December 2  
2:00 p.m.**

## **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 volunteer drivers.

### **Mount Olive annual Fall Dinner & Craft Fair**

Friday, Nov. 4

Cost \$2.00—trans—  
*due October 28*

\$10.00 for meal—  
payable at the door.

Enjoy a turkey dinner  
& all the fixings.

Leaving here at  
**4:15 p.m.**

### **Mpls City Tour**

Tuesday, Nov 1

Cost \$10.00—due asap  
*lunch not included*

Take a tour of highlights around  
Minneapolis with Jackie. You  
will stop for lunch at Wilde  
Roast Café.

Leaving Anoka at **10 a.m.**  
Returning approx. 3 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 an instructor from St. Cloud Driver Improvement Program.

### 4-hour Refresher Class

Cost \$22.00 12:30—4:30 p.m.

Tuesday, November 22

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



November exercise classes @ 11:00 a.m.

Nov 1, 4, 8, 15, 18, 22, 29

## Activity Highlights for November

- 1 City tour—leave @ 10:00 a.m. Foot care by appt.
- 4 ACHS program @ 2 p.m. Mount Olive dinner—leave at 4:15 p.m.
- 7 Stillwater Tea—leave at 10 a.m.
- 8 Foot care by appt. Card day @ 12:30
- 11 Center closed—trip to Paramount at 10:30 a.m.
- 13 Lakeville trip—leave @ 11 a.m.
- 16 Yellow Tree—leave at 11:30 a.m.
- 18 Daytrippers Theater—leave at 11:15 a.m.  
Hand & Foot at 12:30
- 22 Plymouth Playhouse—leave at 11 a.m.
- 24 CLOSED
- 25 CLOSED
- 29 Seminar here at 1:00 (A Fond Farewell)



## 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 November

- 1 Baked penne w/turkey meat sauce, broccoli
- 2 Baked chicken, mashed potatoes & gravy
- 3 Swiss steak & tomatoes, au gratins
- 4 Country fried steak w/gravy, mashed potatoes
- 8 Lasagna, green beans, French bread
- 9 Breaded pork cutlet, peas and carrots
- 10 Breakfast scramble, potatoes, muffin
- 11 Salisbury steak w/gravy, mashed potatoes
- 15 Roast turkey, stuffing, potatoes, gravy
- 16 Baked Pollock, scalloped potatoes
- 17 Swedish meatballs. Noodles, veggies
- 18 Cheeseburger, tator tots
- 22 Meatloaf, baked potato, pineapple
- 23 Chicken parmesan, mashed potatoes
- 24 CLOSED
- 25 CLOSED
- 29 Chili with beans, corn bread, squash
- 30 \*Beef pot roast, mashed potatoes, gravy

\*Birthday meal including cake & ice cream  
Full menu's available at the VOA dining desk.

# November

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

# ADVENTURE SEEKERS



Plymouth playhouse presents:  
**Away in the Basement, A Church  
Basement Ladies Christmas**

Tuesday, Nov. 22

Cost \$44.00—due Nov 8  
Cost includes trans, show, luncheon  
Leaving Anoka at **11 a.m.**  
Returning approx. 4:30 p.m.

Paramount Theater presents:  
**Triple Espresso: A highly  
Caffeinated Comedy**

Friday, November 11

Cost \$32.00—due Oct 21, 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.

Stillwater Lowell Inn

Monday, Nov. 7

Cost \$28.00—due Oct 24  
Includes trans, tea, tax, tip Enjoy a 4-course  
tea in the inn's classic dining room.  
Leaving Anoka at **10 a.m.**  
Returning approx. 2:30 p.m.

Expressions in Lakeville presents:

**It's a Wonderful Life**

Sunday, Nov. 13 Cost \$22.00—due Nov. 1  
First stop is Cracker Barrel in Lakeville (lunch  
not included in price). Then the show begins at  
2 p.m. Leaving Anoka at **11 a.m.**  
Returning approx. 5:30 p.m.

Daytrippers presents: **Greetings**

Friday, Nov. 18

Cost \$43.00—due Nov 1  
Cost includes trans, luncheon & show.  
This is a hilarious joy filled story of Andy  
Gorski—who brings his Jewish fiancée home  
to meet his catholic parents on Christmas  
Eve. Departing Anoka at **11:15 a.m.**

Yellow Tree Theater presents:

**A Gone Fishin' Christmas**

Wednesday, November 16

Cost \$25.00—due November 2  
Cost includes play & trans (lunch is extra) The  
Northland's biggest ice fishing contest is under-  
way and two sisters travel home to Duluth to  
catch a big one! Lunch is first at Lyndees in Os-  
seo. The show starts at 2 p.m. Leaving Anoka  
at **11:30.** Returning approx. 5 p.m.

The Anoka Legion presents:

**Remembering the King Dinner Show**

Saturday, December 3

Cost \$35.00—includes trans, dinner & show  
Due November 18.  
Enjoy the fabulous father/son team of Steve &  
Tommy Marcio. Buffet dinner first at 5:30,  
then show at 7:00 p.m. Leaving the Senior  
Center at **4:45 p.m.**

Ideal Presence Dinner Show presents:

**Celebrate the Holidays!**

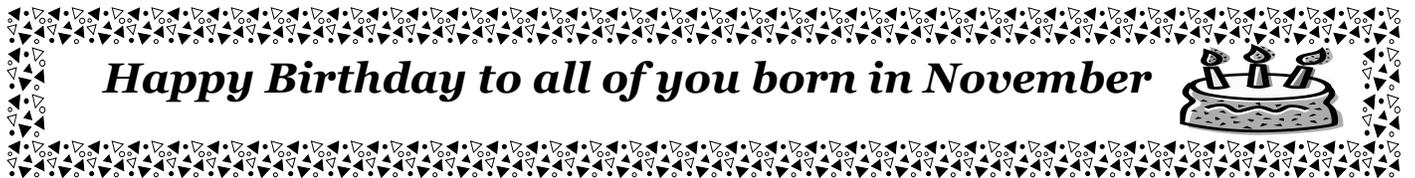
Tuesday, December 6

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

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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 (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



*We will be closed on Friday, Nov. 11 for  
Veterans Day and Thursday Nov. 24 and  
Friday, Nov. 25 for Thanksgiving.  
Have a safe and happy holiday!*