

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 #151

October 2016



Norwegian Cruise ~ Eastern Caribbean

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

Wait list only.

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!



POTLUCK DINNER

Fall Potluck

Friday, October 14

Bring a dish to share and come hungry!

Dining starts at 5:00 p.m.
Entertainment at 5:45 p.m.

We will be listening to the very entertaining Kent
Appeldoorn "Party of One"
No need to rsvp unless you require transportation.
Trans charge \$2.00.

Our fall/winter sale has started!

Please continue to clean out those closets and bring in
items you would like to donate. We accept jewelry, hand-
bags, knick-knacks, cookbooks, small lamps, scarves etc.
All proceeds are used for programming and entertainment
for the Senior Center. Stop in and shop often!



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.

Spite & Malice/Hand & Foot ~ 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.

**Anoka County Historical Society
presents:**

**Farms to Flamingos:
Suburbanization in Anoka County**

Friday, October 7

at the Anoka Senior Center.

Starts at 2:00 p.m.

Cost \$5.00—due Oct 3

Includes program and refreshments.

Crabby Road

10-30-06



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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, Oct. 19 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.

Hy-Vee

Monday, October 17

Cost \$5.00—due Oct 10

Let's check out this new store!

Leaving at

10:30 a.m.



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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. Renae is 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

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.

Zion Lutheran Church of Crown Annual Turkey Dinner and Craft Sale

Sunday, October 9

Cost \$5.00 trans—
due October 3

\$10.50 for meal—payable
at the door

Enjoy a great family style turkey
dinner

Leaving at **10:30 a.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, October 25



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

September exercise classes @ 11:00 a.m.

Oct 4, 7, 11, 14, 18, 21, 25, 28

Activity Highlights for October

- 2 History Theater—leaves at 11:30 a.m.
- 4 Foot care by appointment
- 5 Apple Orchard trip—leave at 10:30 a.m.
- 7 Program here at 2:00 p.m.
- 8 Wabasha Caves—leave at 9:30 a.m.
- 9 Zion harvest meal—leave at 10:30 a.m.
- 10 Apple Orchard trip —leave at 10:30 a.m.
- 11 Spite & Malice at 12:30, foot care by appointment
- 13 Arboretum trip—leave at 10 a.m.
- 14 Potluck today at 5:00 p.m.
- 15 Wabasha Caves—leave at 9:30 a.m.
- 17 Hy-Vee store—leave at 10:30 a.m.
- 18 Ideal Hall—leave at 11:15 a.m.
- 19 Newsletters assembles
- 20 Champlin Shores tour & lunch—11:30
- 21 Lyric Arts—leave at 11:30 a.m.



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 October

Sorry, at time of
printing
the menu was not
available
from VOA.

Full menu's available at the VOA dining desk.

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

ADVENTURE SEEKERS



Minnesota Landscape Arboretum

Thursday, October 13

Cost \$15.00—due October 3

Travel to Chaska with us to visit the beautiful Arboretum. There should be lots of great fall color.

Leaving Anoka at **10:00 a.m.**

Returning approx. 3:30 p.m.

Wabasha Street Caves

Saturday, Oct. 8 & Saturday, Oct. 15

Cost \$15.00—due 2 weeks prior

Tour and transportation—lunch is extra.

We will go on a 45 minute walking tour of this one-of-a-kind cave. No steps to climb.

Temp. is about 60 degrees. We will lunch at Joseph's Grill afterward.

Departing Anoka at **9:30 a.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.

History Theater presents:

Teen Idol: The Bobby Vee Story

Sunday, October 2

Cost \$32.00—due Sept 16

Cost includes trans & show - lunch extra

Departing at **11:30 a.m.** Stopping for lunch first—then show at 2:00 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.**

Lyric Arts presents

Always...Patsy Cline

Saturday, October 22

Cost \$28.00—due October 1

Cost includes trans & musical (lunch is extra)
Based on a true story, this fun-loving musical recounts the unlikely friendship between music legend Patsy and her most devoted fan. Lunch first at Panera. Then on to Lyric for show starting at 2 p.m. Leaving Anoka at **12-noon.**

Emma Krumbree's Apple Orchard

Friday, Sept. 23, Wed. Oct. 5, Mon Oct 10

Cost is \$12.00—due 1 wk prior

First, we'll swing into Jim's Apple Barn, AKA the World's largest candy store. Note: Bring cash or checks, they don't accept credit cards.

Then, it's on to the Apple Orchard.

Lunch is available at the orchard.

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

Ideal Presence Dinner Show presents:

Heidi Ziman and Les Block

Tuesday, October 18

Cost \$25.00—due Sept 20

Includes trans, luncheon & show.

Singing songs of Streisand & Garland!

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

Anoka Senior Center
1500 6th Avenue
Anoka, MN 55303

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PERMIT NO. 101

RETURN SERVICE REQUESTED

Happy Birthday to all of you born in October



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

