

Rogers Seniors April 2024 Newsletter

Our mission is to provide activities, education, programs and services for mature citizens which will support independence and quality of life.
Volume 19: Issue 4— April 2024

ROGERS SENIOR CENTER

Hours:

Mon-Thu 9am-4pm
Fri 9am-2:30pm

Contact Information:

Volunteer Desk
763-428-0600

Coordinator:

Teresa Schmiedlin
763-428-0939

Locations:

Rogers Senior Center
Temp located at the
Rogers Community Rm
21201 Memorial Dr

21st Century Bank
Event Center
12716 Main Street

Mail:

City of Rogers
22350 S Diamond Lake
Rd, Rogers, MN 55374
Attn: Seniors

Website:

www.rogersmn.gov



HAPPY NATIONAL VOLUNTEER MONTH!



It takes a village to make the programming happen at the Rogers Senior Center! I am so grateful for all who have helped with our dining program, keeping our library in order, collecting & delivering donations, answering phones, participating in our Corporation Board, and so much more! If you are one of those fine folks, **we would LOVE to celebrate**

YOU! Please join us on Monday, April 29 at 11:45a for an Appreciation Luncheon. This will be followed by Coffee & Conversation at 12:30p for those who would like to share feedback about volunteering, learn what has changed with our volunteer program, and suggest what might need to change to make the program better. Please RSVP by signing up at the info table in the Community Room, by calling 763-428-0600 and leaving a message, or by emailing seniors@rogersmn.gov. Not a volunteer yet, but eager to give back to our community? See the volunteer opportunities on page 5.

'TIL BETH DO US PART AT THE PLYMOUTH PLAYHOUSE

Thursday, May 9 | \$83 per person | Registration deadline Monday April 8

Please register by signing up at the info table in the Community Room, by calling 763-428-0600 and leaving a message, or by emailing seniors@rogersmn.gov. Payment can be put in the drop box next to Teresa's office. Make checks payable to "City of Rogers."



11:00a—Leave Rogers Senior Center, 12913 Main Street,

11:30a—Arrive at the Plymouth Playhouse for a luncheon.

Menu: Sliced Turkey with Gravy, Swedish Meatballs, Fettuccini Alfredo Prima Vera, Tuscan Vegetable Medley, Raspberry Vinaigrette Salad, Dinner Rolls & Butter, Dessert Bars, and Coffee, Tea, & Water. After lunch move into the theater.

1:15p—Performance "Till Beth Do Us Part"

This side-splitting romp about marriage and careers introduces us to the Haydens. They are a couple who both work and decide an assistant is needed to help put the house in order. So they hire a highly motivated, gregarious Southerner named Beth. Little do they know, Beth is after Suzannah's job. Throw in a couple of wise cracking best friends and a British boss lady, and you discover the hazards of hiring a personal assistant can be hilarious!

3:10p—After the show, depart from Plymouth.

3:45p—Estimated return time to Rogers.

Event Schedules

UPCOMING EVENTS/ACTIVITIES

- Mar 29, 2024**—Submit Dining Reservations for Apr 2-4
April 1, 10:30a—Caregiver Support Group, ****New Location**** Graco Conference Rm at 21st Bank Event Center
April 1, 11:00a—Corporation Board Meeting
April 3, 4p—Register for April 5 Grocery Bus
April 3, 5:30p—Pizza & Pre-Planning
April 4, 9:00a-2:30p—Foot Care Clinic
April 5—Submit Dining Reservations for April 9-11
April 7, 1:00p—Jammers
April 8, 9a-11a—Tai Chi & Musical Moves
April 9, 9:30a-12p—Grocery Bus
April 9, 10a—Senior Living Options Info Session
April 10—Register for April 12 Grocery Bus
April 12—Submit Dining Reservations for Apr 16-19
April 12, 9:30a-12:30p—Grocery Bus
April 15, 9a-11a—Tai Chi & Musical Moves
April 17, 10:30a—Springo Birthday Party
April 17—Register for April 19 Grocery Bus
April 19, 9:30a-12:30p—Grocery Bus
April 19—Submit Dining Reservations for Apr 23-25
April 22, 9a-11a—Tai Chi & Musical Moves
April 24, 10:30a—Seniors Book Club
April 24—Register for April 26 Grover Bus
April 26, 9:30a-12:30p—Grocery Bus
April 26—Submit Dining Reservations for Apr 30-May 2
April 29, 9am-11a—Tai Chi & Musical Moves
April 29, 11:30a—Volunteer Appreciation Luncheon
April 29, 6p-8p—Functional, Fit and Fun Mom Workshop

WEEKLY CARD PLAYING

- **Mah Jongg:** Mondays at 11am
- **Pinochle:** Tuesdays at 1pm
- **Texas Canasta:** Tues / Wed / Thurs at 1pm
- **Cribbage:** Wednesdays at 1pm



WEEKLY EVENTS/ACTIVITIES

Mondays

- Coffee Club, 9am
- Mah Jongg, 11am

Tuesdays

- Coffee Club, 9am
- Senior Dining, 12pm
- Pinochle, 1pm
- Texas Canasta, 1pm

Wednesdays

- Senior Dining, 12pm
- Cribbage, 1pm
- Texas Canasta, 1pm

Thursdays

- Senior Dining, 12pm
- Texas Canasta, 1pm



COFFEE CLUB

Mondays & Tuesdays | 9:00-10:45a

Meet your friends (or make new ones) for coffee at the Senior Center. We will have fresh hot coffee waiting for you! Sometimes sweet treats, too!

MAHJONG MONDAYS!

Mondays | 11:00a

Mahjong will be played every Monday at the Community Room. If Mahjong is your jam, or if you've never played, all are welcome. Refreshments are available.

CARD PLAYERS WANTED!

Are you interested in playing cards, but we don't currently offer a game you like? Then let's start a group! Feel free to reach out and leave a voicemail at 763-428-0600, or email seniors@rogersmn.gov. Currently we are looking for players of **500**; please call Cheri & Bill at 320-267-3333 if interested.

ACTIVITY LOCATIONS:

Rogers Community Room
21201 Memorial Dr

NOTE: All events/meetings will be held at the Community Room unless otherwise noted. The Senior Center on Main Street is closed for renovations.

Events

BILLIARDS

Tuesdays at 10am / Thursdays at 1pm

Everyone welcome! These are designated times for the pool table to be used, although it is available to use anytime the Senior Center is open and there is no special program scheduled during that time.

JAMMERS

Sunday Apr 7, 1pm

Join us the first Sunday of every month for a fun gathering with live music from local musicians, friendly company and potluck food buffet. Bring a food item to share; potluck begins at 4pm!

FOOT CARE CLINIC

Thurs Apr 4 | 9:00a-2:30p | Suggest donation of \$30

Need help with taming those toes? Then it's time to schedule an appointment with NP Laura, who will trim, file, & lotion your feet. Please register by signing up at the info table in the Community Room, by calling 763-428-0600 and leaving a message, or by emailing seniors@rogersmn.gov.

SENIORS BOOK CLUB

Wednesday April 2, 10:30am



April we will be discussing *One for the Money* by Janet Evanovich. The groups meets the fourth Wednesday of each month. Refreshments provided. New members always welcome! May's book is *Rose in a Storm* by Jon Katz.

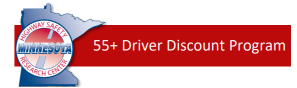
SENIOR CENTER INFORMATION:

- **Recycle Eyeglasses & Hearing Aids**—Drop off old eyeglasses & hearing aids. Cases not accepted.
- **Borrow a Walker, Wheelchair, Crutch or Cane**—We have a variety of these items to loan out.
- **Senior Center Computers**—We have 4 laptops to use during open hours. We also have Wi-Fi if you want to bring in your own laptop, tablet or device.
- **Crow River News**—The Crow River News is available at the Senior Center each week by Friday afternoon.
- **How to Obtain a Free Monthly Newsletter**...Pick up a copy at the Senior Center, City Hall, or Community Room (during Senior Dining or Jammers), or receive it by email or mail by calling 763-428-0939.

RECYCLED CARD-MAKING

Interested in helping or have questions please call Judy at 763-428-4530 and leave a message. You don't have to make cards to help. Organizing supplies, checking card racks, sorting cards, cutting paper and punching also need to be done. Our recycled cards are sold at the Senior Center and Senior Dining. Drop off cards to be recycled at the Senior Center; **please don't cut apart**; it's easier to recycle the cards if they are whole.

55+ DRIVER DISCOUNT PROGRAM



Where are classes offered? MN Hwy Safety & Research Center offers in-person classes at 300+ in MN, as well as distance learning options you can do live in your own home, and online courses at www.driverdiscountonline.com

How do I register or get more information? Contact the MN Hwy Safety & Research Center at 320-308-1400 or 1-888-234-1294. You may also visit www.mnsafetycenter.org. Sign up for a class at www.driverdiscountprogram.com today!

53763 4 hr Refresher Apr 25, 2024 9am-1pm

53762 4 hr Refresher Jun 18, 2024 12-4pm

Classes scheduled at Rogers Community Center:

SPRINGO BIRTHDAY PARTY

Wednesday April 17 | \$5 for lunch; Bingo is free 10:30a Bingo and 12:00noon Lunch is Served

Join us for Bingo and stay for lunch to help us celebrate all things Spring and our April Birthdays! Be sure to register for your lunch by calling 763-428-0600 and leaving a message, or by emailing seniors@rogersmn.gov. No need to register for the Bingo games.

CORPORATION BOARD MEETING Rogers-Hassan Senior Group, Inc. Board Monday April 1 | 11:00a

The non-profit board handles fundraising and finances for the Seniors of Rogers. The monthly meetings are open to **everyone!** Please attend to find out more about the Corporation that helps the Seniors of Rogers.

Events



Empowering People
as They Age

Caregiver Support Services



Licensed social worker **Becky Allard, LSW**, offers support services to help caregivers sustain their ability to provide help while maintaining their own life balance.

Register for a **caregiver support group** held the 1st Monday of each month from 10:30 am – 12:00 pm at the Senior Center.

One-on-one appointments for individualized support, guidance or advice are also available on Mondays.

612-804-0968

b.allard@seniorcommunity.org



CareNextion.org is a free, online tool that helps caregivers coordinate and connect with others to support their older adult loved one.

FUNCTIONAL, FIT AND FUN MOM Monday April 29 | 6:00-7:00p | Free

Great for new moms, or those who've been moms for 40 years! Discover how to be the best physical version of yourself to be able to play with your children or grandchildren and to safely participate in the fitness activities you enjoy, without leaking. This workshop will focus on strategies for relief from diastasis recti and pelvic floor dysfunction symptoms via an understanding of pressure management and balanced core engagement. As a mom, you do so much for others, so take this opportunity to focus on you and your wellbeing. Please register by signing up at the info table in the Community Room, by calling 763-428-0600 and leaving a message, or by emailing seniors@rogersmn.gov.

AGING WELL CLASSES

Instructor: Kristie Walker of Just Breathing, LLC

Please register by signing up at the table in the Community Room Lobby, by calling 763-428-0600 and leaving a message, or by emailing seniors@rogersmn.gov. Payment can be brought to the first day of class, or put in the drop box next to Teresa's office. Checks can be made payable to "City of Rogers".

- **Who:** Anyone! People of all ages can benefit from our movement focused classes.
- **What:** 7 weeks of classes: We are offering Tai Chi & Musical Moves this session. Each class includes healthy refreshments.
- **Where:** The Community Room, 21201 Memorial Dr
- **When:** Mondays, April 8–May 20 at 9am & 10am
- **Why:** Move more, strengthen balance, meet new people, and most importantly, have FUN.
- **How Much:** \$49 for only Tai Chi or only Musical Moves, OR \$70 for both! ***Rates will be prorated for those that join the session late.*

Tai Chi | 9a-9:45a: Tai Chi invites you to move slow in a fast world. Tai Chi includes gentle flowing movements that are both healing and mindful. Benefits include improvement in posture, balance, range of motion, strength, confidence and mind-body integration.

Musical Moves | 10a-10:45a: Based on feedback from our sampler classes, we've created a hybrid of Move to the Music & Chair Dance Yoga! Kristie will be leading us through a unique, fun & functional movement class! Perform mindfully choreographed movements to music from all different genres to improve flexibility, coordination, and spinal health **that can be done seated OR standing!** Fun movement games will also be incorporated to help boost cognitive ability, brain function, and memory.



Kristie Walker

Creator & Founder of Just Breathing, LLC

<https://www.linkedin.com/in/kristiewalkermph>

As a movement specialist and certified corrective exercise specialist, my passion is instructing movement with a focus on alignment via restorative/corrective exercises based on a whole-body movement practice based on biomechanics. The body is assessed to identify movement patterns that may be causing aches and pains, followed by exercise selection to re-establish alignment, balance, strength and freedom of movement. Whether you're looking for pain relief, to move and feel better, to improve performance, or to maintain healthy movement patterns.

Trips / Information

GROCERY BUS IS BACK!

Fridays | \$3.50 per person | 9:30a-noon

The route is:

- 9:30a pickup at Heritage Place, 21255 John Milless Dr, Rogers, MN 55374
- 9:45a pickup at Autumn Trails, 21845 129th Ave N, Rogers, MN 55374
 - 1st Friday of the month: Cub Foods, Rogers
 - 2nd Friday of the month: Wal Mart, Maple Grove
 - 3rd Friday of the month: Target, Rogers
 - 4th Friday of the month: Hyvee, Maple Grove
 - 5th Friday of the month (usually every other month): Aldi, Maple Grove
- 12:00p approximate return

Please register by calling 763-428-0600 and leaving a message with your name & phone number, or by emailing seniors@rogersmn.gov. Payment can be brought day of ride in exact cash, or via check made payable to "City of Rogers". Must be registered by 4p the Wednesday prior to your selected ride date.



SENIOR LIVING OPTIONS INFORMATIONAL SESSION

**With Molly & Ryan Garrett of Circle Partners MN
Tuesday April 9 | 10:00a | Free**

What does your life look like over the next few years? Imagine taking a proactive approach to senior living options, building a legacy for your family and enjoying a retirement you create. If you're ready to take charge of your future, come and discover what actions you can do today to create smiles tomorrow.

**NOT A VOLUNTEER YET, BUT EAGER
TO GIVE BACK TO OUR COMMUNITY?
THEN VOLUNTEER WITH US!**



Grocery Bus Assistant

Approximately 3 hours a week on Fridays 9:30a-noon.

What you'll do:

- Assist passengers on and off the bus
- Take attendance to account for everyone
- Assist with bringing grocery bags on & off bus

Perks:

- A fare-free ride to the shopping destination
- Time to shop for your own groceries
- Warm-fuzzy feeling for helping others in our community

Dining Assistant

Approximately 2 hours a week, 11a-1p, Tuesdays and/or Wednesdays.

What you'll do:

- Set tables for diners
- Serve lunch
- Clear tables & clean up kitchen

Perks:

- One free meal to enjoy after your shift
- Additional meals to purchase at a reduced price to take home (when available)
- Endless gratitude for making a pivotal program happen

Dining Assistant Sub

Approximately 2 hours a week, 11a-1p, as needed Tuesday-Thursday

What you'll do:

- Be on the "Call List" for our regular Dining Assts
- Fill in at dining program as needed

Perks:

- One free meal to enjoy after your shift
- Additional meals to purchase at a reduced price to take home (when available)
- Experience pure joy from helping out when needed

Interested? Please contact Teresa by emailing seniors@rogersmn.gov, or by leaving a voicemail at 763-428-0600.

Events



11:30 AM
Dayton Activity Center
18461 Dayton St.
Dayton, MN 55327

**WEDNESDAY,
APRIL 3RD**

5:30 PM
Rogers Community Room
21201 Memorial Drive
Rogers, MN 55374

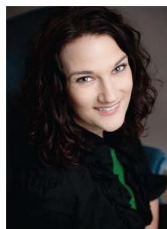
Free Community Seminar for Area Residents

Relax with your neighbors, enjoy **Free Pizza, Salad, Breadsticks, and Desserts**, and experience a 90 minute program by a panel of knowledgeable professionals exploring some very important topics.

Statistics show **most of us haven't really planned** for the major things which happen as we get older... powers of attorney, wills, healthcare decisions, long-term care, funeral & cremation directives, and other issues.

Most things are fairly **simple and affordable to take care of ahead of time**. We understand it's human nature to put things off... and that's why we encourage you to attend this event.

Call (763) 416-0016 to Reserve Your Seat Today - Space is Limited!



Danielle Radulovich Nelson
Funeral Director/Owner



Andy Pawlitschek
Advance Directives



Rachell Henning
Attorney at Law



Kelsie Abernathy
Pre-Planning Consultant

Community Education Classes/Activities



Register online at
www.728communityed.com

Or call 763-241-3520

25 Documents Needed for Effective Life Planning

There is a master collection of essential documents you should collect and maintain that will help your family while you are here and successfully settle your estate after you are gone. Find out what those documents are, what they cover, and how you can make your wishes clear.

➤ Tuesday Apr 2 | 1 session | 10:00-11:30am | \$15
Handke Center Rm 111 | Litfin | #AF25LP01P24

Succulent Bar Workshop | age 12+

Do you love succulents but can't keep them alive? Or are you looking for a fun Mother's Day gift? Here is your chance to create a no-maintenance succulent garden! Choose from a variety of pots, sand, rocks, and an array of the best premium artificial succulents. Only you will know they are not real. All materials are included. Beverages and snacks are available for purchase. Family-friendly, age 12+; participants under age 18 must be accompanied by a registered adult.

➤ Tuesday Apr 9 | 1 session | 5:45-7:15pm | \$49
Pour Wine Bar & Bistro | #AASCWS01P24

MHSRC Driver Improvement Program | 8-Hour Initial

This driver improvement class for first-time participants is presented by the Minnesota Highway Safety Research Center. Topics include visual techniques, habits, perception, attitude, communication, distracted drivers, new laws and more. If you have taken this class previously, please register for the 4-hour refresher. Check with your insurance provider to make sure this course qualifies for an insurance discount.

➤ Mon/Tue Apr 15 & 16 | 2 sessions | 12:30-4:30pm | \$28
Handke Center Rm 111 | #ASDRI801P24

Tie Die Slurry Fused Glass

The glass slurry technique is a popular way to create an interesting design for your fused glass plate, bowl, or wall hanging. No experience is needed! Enjoy making your own masterpiece using this fascinating technique. Once your project is complete, it will be fired in the kiln. Approximately one week after the class, your project will be available for pick-up at Handke Center, 1170 Main Street.

➤ Saturday Apr 20 | 1 session | 1:00-3:30pm | \$55
River Birch Glass Studio Elk River | Milius | #AATDFG01P24

MHSRC Driver Improvement Program | 4-Hour Refresher

This driver improvement program is presented by the Minnesota Highway Safety Research Center. Topics include visual techniques, habits, perception, attitude, communication, distracted drivers, new laws and more. You must have completed the eight-hour program to take this class. Check with your insurance provider to make sure this course qualifies for the discount.

➤ Monday Apr 22 | 1 session | 12:30-4:30pm | \$24
Handke Center Rm 111 | #ASDRI401P24

Barn Quilt Painting

Painting barn quilts is a popular and rewarding experience. Guided instruction will help you select your pattern, design, draw, tape, and choose colors to create a 2ft x 2ft barn quilt painting. High-quality materials ensure your masterpiece will last outdoors (or indoors) for many years. A \$65 supply fee (in addition to the class registration fee) is payable to the instructor at the class.

➤ Tuesday Apr 23 | 1 session | 5:00-9:00pm | \$45
Rogers MS Rm 232 | Buchholz | #AABRNQ01P24

Improve Your Health at Any Age

You can't change your chronological age, but you CAN shave years off your biological age. Explore simple steps you can take now to shave years off your BioAge and help make every system in your body as healthy as possible. What you do now greatly affects your health and well-being now and in the future. Nothing beats good health!

➤ Tuesday Apr 23 | 1 session | 6:00-7:30pm | \$35
Online | Novak | #AHIHAA01P24

Savvy Social Security

During this workshop, we will cover strategies for maximizing your Social Security benefits, including five factors to consider when deciding when to apply for benefits, how to minimize taxes on Social Security benefits, and how to coordinate Social Security with your other sources of retirement income.

➤ Tuesday Apr 30 | 1 session | 6:30-7:30pm | \$15
Prairie View MS Media Center | Bettinger | #AFSVSS01P24

ONLINE CLASS INFORMATION

Prior to an online class, participants will receive an online video conference link and instructor handouts (if applicable) via email.

Senior Dining Menu

Friendship, Food & Fun
 Tuesday-Thursday
 12:00 noon
 Rogers Community Room



Tuesday	Wednesday	Thursday
2 Enchiladas Spanish Rice Refried Beans & Salad	3 Beef Stroganoff Cheddar Mashed Potato Dinner Roll & Salad	4 Lasagna Breadstick Caesar Salad
9 Stuffed Pork Chop Garlic Mashed Potato Veggie & Dinner Roll	10 BBQ Chicken Sandwich Potato Wedges Baked Beans & Salad	11 Meat Loaf Mashed Potatoes & Gravy Veggie & Dinner Roll
16 Pork Chop Seasoned Baby Reds Veggie & Dinner Roll	17 Springo Birthday Party! Pot Roast Mashed Potato Veggie & Dinner Roll	18 Stuffed Chicken Breast Au Gratin Potato Veggie & Salad
23 Salisbury Steak Mashed Potato Veggie & Dinner Roll	24 Swedish Meatballs Mashed potato Veggie & Dinner Roll	25 Open Faced Beef Sandwich Veggie Salad
30 Oven Fried Chicken Mashed Potato & Gravy Dinner Roll		

GENERAL SENIOR DINING INFORMATION

Tuesdays-Thursdays, 12noon, Rogers Community Room (attached to Fire Station)

*****The Soup & Salad option is done for the season. We plan to start again next fall*****

- Please make your entire week of **reservations by the Friday** prior to the week that you'd like to attend. This will help us plan and have more accurate numbers. You can leave a voicemail with your name, phone number, number of diners, and dates at 763-428-0600, or by email seniors@rogersmn.gov with the same information. You can also submit the entire month if you know it, should that be easier for you than weekly calls or emails.
- Locally-catered meals are served three days a week at noon at the Rogers Community Room.
- **Meals cost only \$5** if you are 55+ or \$6 if you are under 55. Family and friends of all ages are welcome.
- Pay by cash or check upon arrival. No bills larger than \$20 or credit cards. Exact change or small bills only.
- Make a reservation for more than yourself; just mention everyone's name when calling please.
- You are allowed one late notice cancellation (within 24 hours of meal) per year without penalty; all subsequent cancellations require meal payment.
- Meals are always accompanied with ice water, hot coffee, milk, donated dessert and friendly people.
- Senior Dining WILL be cancelled on days ISD 728 (Elk River Public Schools) is closed due to weather. If there is inclement weather during a school break, registered diners will be called by 10am regarding cancellations.
- Reusable "to-go" containers are strongly requested.
- Desserts are donated from CROSS when available.