

Rogers Seniors May 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 5— May 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



All events/meeting for
Rogers Seniors will be
held at the Community
Room unless
otherwise noted.



“OLD TIME” TRIVIA SOCIAL

back by popular demand

Monday May 20 | 2:00-4:00pm | \$5 per person
Heritage Place | 21255 John Milless Drive

Enjoy an afternoon with friends and family.
Great snacks, coffee and water will be available.
Join a team at a table with six or less people;
prizes awarded to the winning team. \$5 per person to play. *This is a fundraising event for the Rogers Seniors Friendship Group.*

TREASURE ISLAND CASINO DAY TRIP

Monday May 6 | 8:30am-3:45pm | \$25 per person

Motorcoach Transportation will be provided to Treasure Island Casino. We will leave the Community Room at 8:30am and return at approximately 3:45pm. Price of \$25 per person includes \$15 on Members Card and a \$5 coupon! Cost of trip has increased due to increase in bussing prices. Register at Senior Center.



Ca\$h B-I-N-G-O

Monday May 13 | 1:00-3:00pm | Community Room



Join us for Bingo! Cards are .25 per game with a limit of 6 cards per game. A variety of games are played with cash prizes! Bring your friends, enjoy some refreshments, and help us raise funds for the Rogers Seniors Friendship Group.

MEMORIAL DAY

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2024 will occur on Monday, May 27. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season.

*In observance of Memorial Day,
the Senior Center and Rogers City Offices
will be closed on Monday, May 27.*

Events

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 CLUB—500

Wednesdays, 12:45pm

We are now officially offering 500 every Wednesday starting at 12:45pm at the Community Room. Sign up for dining before and stay to play after! Coffee, tea, and light snacks are available during Card Club.

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 May 5, 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!

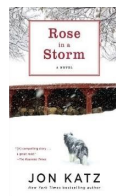
FOOT CARE CLINIC

Thurs Jun 6 | 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 May 22, 10:30am



In May we will be discussing *Rose in a Storm* by Jon Katz. The group meets the 4th Wednesday each month. Refreshments provided. New members always welcome! June book: *American Dirt* by Jeanine Cummins.

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!

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

Classes scheduled at Rogers Community Center:

CORPORATION BOARD MEETING

**Rogers-Hassan Senior Group, Inc. Board
Monday May 6 | 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

SUMMER WELLNESS WORKSHOP SERIES

Mondays Jun 10, July 15 and Aug 19 | 9:30-11:30am \$29/person/workshop

To register, please email seniors@rogersmn.gov or leave a voicemail at 793-428-0600.

June 10—Better Balance, Fewer Falls

Finding balance in all areas is an essential part of life - and that includes keeping physical balance. Unlike typical fall prevention programs that focus on balance exercises and removing rugs or fall hazards from the home, this workshop focuses on corrective exercise for whole-body health that simultaneously improves balance and stability. Workshop participants will:

- Discover how to adjust body alignment for improvement in balance, coordination, and whole-body health
- Stretch and strengthen the feet and lower legs to wake up the function of the muscles and nerves necessary for balance and stability
- Develop techniques to regain balance that can be easily added into everyday life without taking extra time away from a busy schedule
- Understand how sitting too much and too often effects balance and coordination
- Realize what types of shoes to select to reduce tripping and/or falling

Movements and gentle exercises will be completed standing, in socks or bare feet.

July 15—Surprisingly Simple Ways to Improve Whole-Body Health

No exercise or extra time needed. Dramatically improve the way your body feels by subtly changing how you move and what decisions you make throughout the day. Discover how to create more strength and mobility, decrease pain and injury, and how to extend the function and longevity of your body by simply becoming aware of, and gradually adjusting, how you perform your regular day-to-day activities. Change the way you move = change the way you feel.

August 19—Reclaim Your Life Force

Breathing is the most fundamental function of the human body. Experience more energy, better health, and the skills to reduce stress and anxiety both immediately and long-term - a higher quality of breath results in a higher quality of life. **What to expect:** a short discussion about the anatomy and science of the breath, followed by experiencing several breathing techniques that we can immediately use in our daily lives. **About Life Force:** The idea of a life force is present in many of the world's cultures and ancient traditions, and it is often linked to the breath - an essential part of life that is often overlooked. Our lifestyles are fast-paced, and we often forget how to breathe for well-being and quality of life. Aware breathing results in both physical & mental benefits that include:

- Reducing anxiety and stress
- Improving memory, focus and concentration
- Increasing energy/decreasing fatigue
- Improving sleep (decreasing ongoing brain “chatter”)
- Releasing endorphins (pain management)
- Improving conditions and ailments such headaches, elevated blood pressure, and GI issues
- Encouraging mindful eating
- Increasing metabolism
- Strengthening the immune system
- Improving mood

Better breathing is the first step to a better quality of life.

Events

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.



FAMILY FUN DAY CARNIVAL

Friday July 19 | 10:00am-12:00pm

North Community Park | 13750 Bittersweet St.

**Sponsored by City of Rogers Park & Rec
& ISD 728 Community Education**

Bring your grandchildren to this free event for all youth ages 2-10 with a parent/adult. Join us for a morning of games, prizes, face painting, bounce-houses and more! This even is free, but please RSVP at ce.isd728.org/ce/familyuncarnival-2024.

FREE EVENT



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.

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.

Community Education Classes/Activities



Register online at
www.728communityed.com
Or call 763-241-3520

Who Will Inherit the Mess?

This valuable presentation covers important aspects of estate planning that most attorneys and advisors do not address, such as how beneficiary forms, Transfer on Death (TOD) and Payable on Death (POD) designations can be used to complement a successful and comprehensive estate plan. Learn how to keep your estate out of court and make sure your assets pass quickly and smoothly to your beneficiaries.

➤ Thursday May 2 | 1 session | 6:00-7:30pm | \$15
Rogers MS Media Center | Litfin | #AFINHM01P24

Myths and Tips to Sell Your Home Today

The thought of selling your home can be overwhelming! We'll explore the ever-changing real estate market with up-to-date information on the current market conditions and how to prepare your home to sell today. We will discuss the common myths of the real estate market and help you create a plan based on your goals, timeline, and the market specific to where you are selling.

➤ Sat May 4 | 9:00-10:30am | \$15 per household
Handke Center Rm 212 | Olson | #AFMTSH01P24
➤ Tuesday May 7 | 6:30-8:00pm | \$15 per household
Handke Center Rm 212 | Olson | #AFMTSH02P24

MN Twins Gnome

"We're gonna win, Twins! We're gonna score!" Baseball season is in full swing! Join Alicia for a fun night with your friends or date and create a NO-SEW Minnesota Twins gnome. Food and beverages may be purchased from Pour Wine Bar and Bistro to enjoy while you craft.

➤ Monday May 6 | 1 session | 5:45-7:30pm | \$39
Pour Wine Bar & Bistro | #AATWNG01P24

ONLINE CLASS INFORMATION

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

Retirement Readiness

Discover the keys to preparing for your next chapter after work. Understand how you can position your assets to recreate your paycheck, learn the nuances of Medicare and Social Security, and explore how you can create a plan to confidently take the next step toward a fulfilling and enjoyable retirement.

➤ Tuesday May 7 | 1 session | 5:30-6:30pm | \$15
Rogers MS Media Center | Kassera | #AFRTRR01P24

Fused Glass Garden Art

Think about ways to enhance your outdoor spaces with a wonderful piece of fused glass garden art that you make yourself! No experience is needed; all materials are included. 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.

➤ Wednesday May 8 | 1 session | 6:00-8:30pm | \$55
River Birch Glass Studio Elk River | #AAFGGA01P24
➤ Sunday May 19 | 1 session | 1:00-3:30pm | \$55
River Birch Glass Studio Elk River | #AAFGGA02P24

Mosaic Birdbath

A birdbath can draw a multitude of entertaining birds to your yard and adds a beautiful focal point! Create a unique 12-inch diameter birdbath from terra cotta and colorful mosaic tiles. Bring a photo to use as a pattern or design your own masterpiece. You should also bring an old towel and rubber gloves.

➤ Thursday May 9 | 1 session | 6:00-9:00pm | \$49
Handke Center Blesener Cmty Rm | #AAMBRD01P24

Little Cactus Watercolor Still-Life | age 16+

This watercolor class provides step-by-step instruction in the fundamentals of watercolor painting, enabling even a beginner to achieve confidence and mastery and to enjoy the process with individual guidance and support at each stage. All necessary materials will be provided.

➤ Monday May 13 | 1 session | 7:00-9:00pm | \$45
Rogers MS 562 Art | Kidzart | #AACTWC01P24

Senior Dining Menu

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

May



| Tuesday | Wednesday | Thursday |
|---|---|---|
| | 1 Choice of: Liver&Onions OR Stuffed Pork Chop Seasoned Baby Reds Veggie & Dinner Roll | 2 Goulash Salad Roll |
| 7 Enchiladas Spanish Rice Refried Beans & Salad | 8 Beef Stroganoff Cheddar mashed Potatoes Salad & Roll | 9 Lasagna Caesar Salad Breadstick |
| 14 Meatloaf Mashed Potato Veggie & Dinner Roll | 15 May Birthday Celebration BBQ Pork Sandwich Tater Tots Beans & Salad Birthday Cake & Ice Cream | 16 Swedish Meatballs Mashed Potatoes Veggie & Salad |
| 21 Pot Roast Mashed Potato Veggie & Dinner Roll | 22 Oven Fried Chicken Scalloped Potato Veggie & Dinner Roll | 23 Salisbury Steak Mashed Potatoes Veggie & Roll |
| 28 Pork Chop Au Gratin Potato Veggie & Salad | 29 Open Faced Beef Sandwich Veggie Salad | 30 Stuffed Chicken Breast Garlic Mashed Potatoes Veggie & Salad |

GENERAL SENIOR DINING INFORMATION

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

- 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; **Meals cost \$5** if you are 55+ or \$6 if under 55. Family/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 suggested.
- Desserts are donated from CROSS when available.

May 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|---|---|---|---|---|----------|
| | | | 1 | 2 | 3 9:30a Grocery Bus 4:00p Submit Dining Reservations | 4 |
| 5 1:00p Jammers | 6 9:00a Coffee Club 9:00a & 10:00a Wellness Classes@ EC 10:30a Caregiver Support Group@ EC 11:00a Corporation Board Meeting 11:00a Mahjong | 7 9:00a Coffee Club 12:00p Senior Dining 12:45p Card Club | 8 12:00p Senior Dining 12:45p Card Club 4:00p Register for Grocery Bus | 9 11:00a Plymouth Playhouse Trip 12:00p Senior Dining 12:45p Card Club | 10 9:30a Grocery Bus 4:00p Submit Dining Reservations | 11 |
| 12 | 13 9:00a Coffee Club 9:00a & 10:00a Wellness Classes@ EC 11:00a Mahjong 1:00p Cash Bingo | 14 9:00a Coffee Club 12:00p Senior Dining 12:45p Card Club | 15 12:00p Senior Dining 12:45p Card Club 4:00p Register for Grocery Bus | 16 12:00p Senior Dining 12:45p Card Club | 17 9:30a Grocery Bus 4:00p Submit Dining Reservations | 18 |
| 19 | 20 9:00a Coffee Club 9:00a & 10:00a Wellness Classes@ EC 11:00a Mahjong 2:00p Trivia @ HP | 21 9:00a Coffee Club 12:00p Senior Dining 12:45p Card Club | 22 12:00p Senior Dining May Birthday Celebration 12:45p Card Club 4:00p Register for Grocery Bus | 23 12:00p Senior Dining 12:45p Card Club | 24 9:30a Grocery Bus 4:00p Submit Dining Reservations | 25 |
| 26 | 27 Memorial Day Senior Center & all City Offices Closed | 28 9:00a Coffee Club 12:00p Senior Dining | 29 10:30a Book Club 12:00p Senior Dining 4:00p Register for Grocery Bus | 30 12:00p Senior Dining | 31 9:30a Grocery Bus 4:00p Submit Dining Reservations | |