IMPORTANT ANNOUNCEMENT

Safety and wellness are our main concerns. At this time, we are not offering any in-person activities in our facility except for Foot Care appointments (and possibly Defensive Driving). We’re hoping there is a light at the end of the tunnel and some activities can resume soon. In the meantime, our office is open and we are available to help you! We ask that you call our office to make an appointment before dropping in. There are times we are on Zoom meetings or helping others. We suggest mailing payments for classes/event. Thank you for your understanding. We will get through this together!

VALENTINE DINNER

THURSDAY, FEBRUARY 11

Roses are red, violets are blue, we’re offering a lunch, just for you! We may not be able to go out to our favorite restaurant for Valentine’s Day, but we have an alternative we think you will adore. Celebrate Valentine’s Day early with a tasty lunch provided by Lisa’s Catering (Yes! We support local, small businesses). They will make their delicious lasagna and garlic bread and we’ll provide a sweet treat for dessert. First, make a reservation. Then just come to the senior center and pick up your meal, curbside, between the hours of 11:00 a.m. to noon. Why not surprise a friend or neighbor and buy an extra meal to deliver to their home? This would be the perfect gesture to cheer someone up. The cost is $8 per person payable by Thursday, February 4. Please mail your payment to the Senior Center at 11155 Robinson Drive, Coon Rapids MN 55433. Sorry, we don’t accept credit cards. If the weather is severe, we will postpone to the following day. Call 763-767-6473 for a reservation.

MARK YOUR CALENDAR: The Senior Center will be closed January 1 and 18 and February 15 for holidays.
ZOOM EVENTS

ZOOM: ART HISTORY

GEORGIA O'KEEFFE ON MONDAY, JANUARY 4 AT 1:00 P.M.: Georgia O'Keeffe grew up on a Wisconsin dairy farm in the late 1800’s and ultimately became known as the Mother of American modernism. One of her paintings recently sold for more than $44 million, shattering previous records by a female artist.

CLAUDE MONET ON MONDAY, FEBRUARY 1 AT 1:00 P.M.: Claude Monet was born in 1840 and was a French impressionist artist. His home, gardens and lily ponds were the inspiration for his best-known works, which included a series of large-scale paintings that was to occupy him continuously for over 20 years!

Both classes presented by Angie Renee of RumRiver Art Center. No fee. Zoom Meeting: 872 326 3109 Passcode: SENIOR

ZOOM: PLAN YOUR MOVE
THURSDAY, JANUARY 7 AT 10:00 A.M.
During this senior housing workshop, you will learn how realtors market your home, understand home value, get market stats for your area, time your move to reach your goals and more! This one hour session is designed to prepare you for selling your home and get you inspired for your next steps. Presented by Keller Williams Classic Realty NW. No need to preregister. Zoom Meeting ID: 894 0550 5533 Passcode: 673825

ZOOM HEALTH CLASS WITH HEATHER: “CUT THE SUGAR CRAVINGS!”
FRIDAY, JANUARY 8 AT 10:00 A.M.
The New Year is here and it is a time for new beginnings. Start the year off by doing a sugar detox! Removing sugar from your diet can boost your immune system, balance blood sugar and help lose the extra pounds. Join Health and Wellness Consultant, Heather Carpentier, as she shares the benefits of a sugar detox, tips to successfully completing a detox and reaping the benefits. This Zoom class is $5.00 (cash or check to the Senior Center) and is due one week in advance. Then you will receive an invite to the meeting two days before the class. Sign up by calling 763-767-6473.

ZOOM: “FIRST LADIES” PART 3
WEDNESDAY, JANUARY 13 AT 10:00 A.M.
Travel back in time with historian and storyteller, Doug Ohman, as he shares interesting stories, photographs and forgotten memories about many of America's best-loved First Ladies. $5 payable by Wednesday, January 6. Sign up by calling 763-767-6473. Meeting number and passcode will be emailed to you prior to the class.
ZOOM EVENTS

ZOOM: ‘DECLUTTER 101’ WITH CHANDRA
TUESDAY, JANUARY 19 AT 1:00 P.M.
Do you look around your house wondering, “Where did all this stuff come from?” In this class, you will learn the basic steps to declutter and organize your house into a cozy, stress-free home. Learn where you can drop off all the items that are no longer wanted or needed. Who knows, you might get inspired! Presented by Chandra Haugh of Declutter Your Digs. No cost to attend. Zoom Meeting: 872 326 3109 Passcode: SENIOR

ZOOM: ONE-TIME EXERCISE CLASS
WEDNESDAY, JANUARY 20 AT 10:00 A.M.
Start your new year right! Take this one-hour class and learn exercises that you can do right in your own living room! Taught by Jan Campbell with Live2BHealthy. No fee and no need to rsvp. Zoom Meeting: 872 326 3109 Passcode: SENIOR

ZOOM: GENEALOGY CLASS WITH CATHI WEBER
THURSDAY, JANUARY 21 AT 1:00 P.M.
Start the New Year off with organizing your genealogy files. We will look at filing options - paper and computer, safe storage, and organizing so you can find the documents when you need them. $5 payable by Thursday, January 14. Sign up by calling 763-767-6473. Meeting number and passcode will be emailed to you prior to class.

ZOOM: ‘INFLUENTIAL WOMEN’
PART 1: WEDNESDAY, FEBRUARY 3 AT 10:00 A.M.
PART 2: WEDNESDAY, FEBRUARY 24 AT 10:00 A.M.

Join historian and storyteller, Doug Ohman on an American historical review of a selection of amazing women. The women he has chosen to share with us are as diverse as America itself. Through Doug’s stories and pictures, you will learn about these amazing women and their contribution to our nation’s collective history. $5 per class, payable one week in advance. Meeting number and passcode will be emailed to you prior to the class.

ZOOM: HEALTH CLASS WITH HEATHER: “A HEALTHY HEART”
FRIDAY, FEBRUARY 5 AT 10:00 A.M.
February is Heart Health Month and the perfect time to learn steps you can take to keep your heart beating strong. Join Health and Wellness Consultant, Heather Carpentier, as she shares ways to live a heart-healthy lifestyle. This Zoom class is $5.00 (cash or check to the Senior Center) and is due one week in advance. Then you will receive an invite to the meeting two days before the class. Sign up by calling 763-767-6473.

KEEP ZOOMING ON THE NEXT PAGE!
ZOOM: “IMPERIAL SPLENDOR IN ROMANOV RUSSIA”
WEDNESDAY, FEBRUARY 10 AT 1:00 P.M.
At one time the Russian court was the richest and most elaborate in all the world. From art to jewelry to banquets, the Romanovs were enfolded in unequaled visual glory. Examining artifacts of that culture also illuminates the autocratic power that gave the tsar and his world such prominence, both at home and in the world of that time. Presented by Carol Veldman-Rudie. $5 payable one week in advance. Meeting number and passcode will be emailed to you prior to the class.

ZOOM BINGO
MONDAYS, JANUARY 11, 25 & FEBRUARY 8 & 22 AT 1:00 P.M. (2nd & 4th Mondays)
Join us for a little Bingo and a lot of fun! A prize for the grand winner, too. Print cards from on-line (or call us and we'll mail you some). Two cards per person. No reservation needed. Second and fourth Mondays. Zoom Meeting: 872 326 3109 Passcode: SENIOR

ZOOM TRIVIA TUESDAYS
TUESDAYS, JANUARY 5, 19 & FEBRUARY 2 & 16 AT 11:00 A.M. (1st & 3rd Tuesdays)
Test your knowledge with Trivia Tuesdays. Special “Holiday Trivia” on December 15! We'll even have a prize for the winners! Zoom Meeting: 872 326 3109 Passcode: SENIOR

ZOOM COFFEE & CHAT
THURSDAYS, JANUARY 14, 28 & FEBRUARY 25 AT 11:00 A.M.
Bring a cup of coffee and visit for a little bit. We talk about upcoming events, things to do in the area and just chat. Zoom Meeting: 872 326 3109 Passcode: SENIOR

ZOOM: YOGA
FRIDAYS AT 11:00 A.M.
Relax. Renew. Rejuvenate. Join Gita Kar on Zoom and treat your mind, body and soul to some Yoga. Learn techniques to help you relax, breathe and meditate. Free. No need to RSVP. Just log on to Zoom on Friday mornings. Zoom Meeting 913 7719 3797 Passcode: SENIOR

ZOOM EXERCISE!
Live 2 B Healthy is now offering Zoom exercise classes. Free for Silver Sneakers, Silver and Fit and Renew Active members. If not covered by one of those 3 entities, cost is $35.00 per month. Classes offered 3 days a week. Days and times TBD. The Senior Center has stretch bands and a ball for you to borrow. Contact Greg if interested at 612-481-7274 or gspringman@live2bhealthy.com

ZOOM: MASTERPIECE BOOK CLUB
2ND TUESDAYS AT 1:30
Interested in joining? Call Judy at 763-785-0983 for more info and meeting passcode info.

  January Book: ‘The Big Sleep’ by Raymond Chandler
  February Book: ‘The Road’ by Cormac McCarthy

ZOOM SPANISH CLASSES
Are you interested in joining one of our Intermediate Spanish Classes on Zoom? Call the Senior Center at 763-767-6473 for more information.
Minnesota Safety Council

DEFENSIVE DRIVING COURSES

Consumers 55+ years of age can receive a 10% automobile insurance discount for 3 years by attending a MN Safety Council Defensive Driving Course. Anyone taking the course for the first time must attend an 8-hour session. Others take a shorter, 4-hour refresher course every three years. Call (763) 767-6473 to register or register online at www.coonrapidsmn.gov. Payment is due upon arrival. Checks can be made out to Coon Rapids Senior Services. Right now we have openings on the following dates:

4-HOUR REFRESHER COURSE—$22:
Monday, January 11: 8:30 a.m.–12:30 p.m. (FULL)
Monday, January 25: 8:30 a.m.–12:30 p.m.
Monday, February 1: 4:30 p.m.–8:30 p.m.
Monday, February 22 8:30 a.m.–12:30 p.m.
Monday, March 1: 8:30 a.m.–12:30 p.m.
Monday, March 29: 8:30 a.m.–12:30 p.m.

WE NO LONGER OFFER IN-PERSON 8-HOUR COURSES

ON-LINE CLASSES! Sign up at www.minnesotasafetycouncil.org or call (651) 291-9150.

PLEASE READ THIS COVID ANNOUNCEMENT: At the time of this publication, it is our hope that these in-person classes will take place. However, please note that they are subject to cancellation, even at the last minute. Also, refreshments will not be served. Bring your own beverage/snack. Spacing of participants will be implemented. Wear a mask. All classes subject to change and/or cancellation. Registration for these classes begins Monday, January 4, 2021.

MEDICATION DISPOSAL

Turn in your unused or expired medications for safe disposal at The Coon Rapids Police Department. It is available from 8:00 a.m. to 4:30 p.m. Monday-Friday at their main window.

FOOT CARE

Our footcare provider is Laura; the owner of Holistic Foot and Nail Care. She will evaluate nails and feet for problems such as ingrown nails, calluses, corns, fungus, the integrity of the skin and neuropathy, followed by a soothing foot and lower leg massage. Laura will offer treatment plans as needed for problems. She will be here on Fridays for 30-minute appointments. The cost is $35, payable at the appointment. Bring a towel and wear a mask. Please call the Senior Center at 763-767-6473 to make a reservation. If you have to cancel an appointment, please let us know as soon as possible.

“Like” us on Facebook and stay connected with announcements, photos, event/Zoom reminders, recipes, craft ideas, resources and other fun ideas!
RESOURCES

CHORES & MORE: Do you need help with shoveling or other household chores? Call 763-783-4767.

COLLECTION SITE: Remember, the Senior Center still collects used eye glasses (for the Lions Club), pop can tabs and Box Tops for Education. Sorry, we no longer accept soup labels.

ESTATE & ELDER LAW SERVICES-VOLUNTEERS OF AMERICA: Services include estate planning, trusts, advance directives for low income clients. For more information call 612-676-6300.

HELP AT YOUR DOOR: is a nonprofit serving seniors in the seven county metro area. They can provide grocery assistance, home support and transportation services. Call 651-642-1892.

LIFELINE: A personal response service which enables elderly persons to call for help in an emergency. All equipment is rented on a monthly basis. Call 1-800-372-4103.

MEALS ON WHEELS IN COON Rapids: Call 763-236-8718.

OUTREACH SERVICE: Patty Marz, with the Anoka County Community Action Program (ACCAP), has office hours at the Coon Rapids Senior Center on the 2nd Tuesday of each month. She can connect seniors with resources in the community such as assistance with food support, housing, health care programs, energy assistance and more. Contact Patty at 763-783-4741 to make an appointment.

SENIOR KINSHIP PROGRAM: This program offers weekly one-on-one services, providing assistance and friendship to isolated or homebound seniors. For more information call 763-783-4745.

SENIOR LINKAGE LINE AT 1-800-333-2433: Call this number to learn about free, accurate and unbiased information about Housing Resources, Health Insurance, Financial Assistance, Caregiver Support, Transportation, Grocery Shopping and more!

IN OUR THOUGHTS...
We extend our thoughts and prayers to the friends and family of those who passed away recently, including Doris Ash, Betty Dudley, Jim Fish, Eileen Forse, Forest Fout, June Hanson, Frank Intihar, Dorothy Jund, Dan Kammeyer, Ron Kincaid, Phyllis Kuss, Bill Lahr, Carmy Martin, Roy Quigley, Betty Sjoquist, Gladys Stroot, Bob Vinson, and Dee Zanotti.
CALENDAR OF UPCOMING EVENTS

ON-GOING EVENTS:
FOOT CARE: Fridays by Appointment
YOGA: Fridays at 11:00 a.m. (Zoom)
BINGO: 2nd & 4th Mondays at 1:00 p.m. (Zoom)
COFFEE & CHAT: 2nd & 4th Thursdays at 11:00 (not Feb. 11)
TRIVIA TUESDAYS: 1st & 3rd Tuesdays at 11:00 (Zoom)
SPANISH: 1st & 3rd Wed at 2:30 / 1st & 3rd Thur at 2:15 (Zoom)
MASTERPIECE BOOK CLUB: 2nd Tuesdays at 1:30

SPECIAL EVENTS:
Monday, January 4 at 1:00: ZOOM Art History: Georgia O'Keeffe
Thursday, January 7 at 10:00: ZOOM: Plan Your Move
Friday, January 8 at 10:00: ZOOM Cut the Sugar Cravings
Wednesday, January 13 at 10:00: ZOOM Doug Ohman: First Ladies
Tuesday, January 19 at 1:00: ZOOM Declutter 101
Wednesday, January 20 at 10:00: ZOOM: One-Time Exercise Class
Thursday, January 21 at 1:00: ZOOM Genealogy
Monday, February 1 at 1:00: ZOOM Art History: Claude Monet
Monday, February 1 at 2:00: Red Cross Blood Drive
Wednesday, February 3 at 10:00: ZOOM Doug Ohman: Influential Women Part 1
Friday, February 5 at 10:00: ZOOM Nothing Beats A Healthy Heart
Wednesday, February 10 at 1:00: ZOOM Russian Art
Thursday, February 11 from 11:00-12:00: Valentine Lunch Drive Thru
Wednesday, February 24 at 10:00 ZOOM Doug Ohman Part 2

Sorry, all other activities are canceled at this time. Please call the Senior Center at 763-767-6473 before stopping in or if you have any questions!

HEALTH INSURANCE COUNSELING
PHONE APPOINTMENTS NOW AVAILABLE!

The State of Minnesota has halted all in-person Health Insurance Counseling. However, they now offer Health Insurance Counseling Phone Appointments. This program can assist with health insurance and Medicare counseling. Sponsored by the Metro Area Agency on Aging and the Senior LinkAge Line. Call 1-800-333-2433 Or go to their website at www.metroaging.org/HIC

Thought for the Day
“Tomorrow, is the first blank page of a 365 page book. Write a good one.”
-Brad Paisley
DID YOU KNOW...
That Friday, January 29 is National Puzzle Day? Keep your brain sharp and see how well you do with these puzzles. Answers are on page 10.

WINTER CROSSWORD PUZZLE

Across:
1. They keep your feet warm in the winter
5. Formed from frozen water droplets
6. No two are alike
8. What bears do in winter
9. These are lit with a match
10. These keep your hands warm in the winter

Down:
2. It has a carrot for a nose
3. Wrapped in holiday paper
4. Winter sport
7. A good place to roast marshmallows
CAN YOU SOLVE THESE REBUS PUZZLES?

TRY TO SORT OUT THESE ANAGRAMS:
1. Change take into a type of wood: ______
2. Change lives into a famous American singer: ______
3. Change chin into a unit of measurement: _____
4. Change balms into a word for baby sheep: ______
5. Change deserts into something after the main dish: ____________
6. Change fare into something you feel when you are afraid: ______

ALL OF THESE ANSWERS CONTAIN THE LETTERS “ICE”
1. Once more than once: ___ ICE
2. You roll these in many games: ___ICE
3. A selection: ___ ___ ___ ICE
4. Expensive: ___ICE ___
5. One who helps another commit a crime: _________ ___ ___ ___ ICE
6. Yellow discoloration of the skin: _______ ___ ___ ICE
7. Used for speaking: ___ ICE
8. Liquid extracted from fruit: ___ ___ ICE
9. Muscles in the upper arm: ___ ICE ___ ___
10. A fragrant seasoning: ___ ___ ___ ___ ICE

NIFTY NINES
1. A cat has nine ________
2. I’m so happy, I’m on _________ nine.
3. Nine ________ out of ten, people prefer sunshine to rain.
4. She attended the formal dance, _______________ to the nines.
5. Possession is nine-tenths of the ______
6. In a popular Christmas song, there were nine _____________ dancing.
7. Many office workers have a nine-to- ______ job.
8. There are nine digits in your ___________ _________ number.
9. At the restaurant, he ordered the appetizer, the salad, the dessert and the whole nine__________
**A WISH FOR THE NEW YEAR**

**WRITE** down your goals  
**GO** outside more  
**EAT** your veggies  
**LEARN** something new  
**WANT** less  
**GIVE** more  
**CONNECT** with friends  
**DRINK** more water  
**ENJOY** nature  
**CREATE** something  
**ENJOY** simple things  
**SMILE** more

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**TAX ASSISTANCE**

At the time of this publication, the 2021 Tax Assistance program is planning to take place but (due to Covid) we are unsure of the format. Please contact the Senior Center, after the holidays, for an update.

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**PEN PAL PROGRAM**

Would you like a Pen Pal? Give us a call to sign up. Your mail will be delivered to the Senior Center and then brought (or mailed) to your house by the Senior Center. Your last name and address will never be given out. There is no obligation for you to write back. It is just a fun program for you to stay connected with people, especially during the winter months. Want to join the fun? Just give our office a call at 763-767-6473 and get put on the list!

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**ANSWERS TO PUZZLES (Page 8-9)**

**CROSSWORD PUZZLE:**

**ACROSS:**  
1 Boots  
5 Icicle  
6 Snowflake  
8 Hibernate  
9 Candle  
10 Mittens  

**DOWN:**  
2 Snowman  
3 Gifts  
4 Hockey  
7 Fireplace  

**REBUS PUZZLES:** Rub the wrong way. All in a day’s work, Two-left feet, All thumbs

**ANAGRAM PUZZLES:** Teak, Elvis, Inch, Lambs, Dessert, Fear

**ICE PUZZLE:** Twice, Dice, Choice, Pricey, Accomplice, Jaundice, Voice, Juice, Biceps, Allspice

**NIFTY NINES:** Lives, Cloud, Times, Dressed, Law, Ladies, Five, Social Security, Yards
SUPER SENIOR CLUB
NEWS FROM THE PRESIDENT

The “Year 2020” will soon be over. It will go down in history as the year of the most unexpected chain of events to ever happen. The Covid pandemic changed our lives in a way that no one could ever have predicted and life will never be the same again. We are all a part of this history and it will be said that we were faithful and strong and did our best to reach out to those who needed our love and support. Thank you for all you do.

I was feeling sad because of my 80th birthday on November 24 and that family and friends were not able to come and celebrate with me. I have to tell you, I could not have been more wrong. I got lots of calls and cards and then my friends and family had a drive-by parade where I sat outside and they came by honking horns and dropping off gifts, signs, flowers, cards...and food! I was so happy and thankful!

We now look forward to the New Year 2021! The Super Senior Club will still not be able to gather in January and February. In the meantime, let’s take time every day to reach out to our friends who are alone and lonely with a phone call or a card or some goodies that you want to share. Let’s make the whole month of February Valentine’s MONTH and do something special each day to show our love to others. Just think of the joy this will bring to all of us.

Our 2021 New Year wish for you is happiness, peace and good health and we can’t wait to be together again soon at the Senior Center!

Bernice Olson, President

PUZZLES, BOOKS, CALENDARS, & MORE!

Our library has books and puzzles galore! We also have some very nice 2021 calendars (sorry, we are not accepting any more). Are you interested in stopping by and stocking up? Call us at 763-767-6473 to set up an appointment.

VFW DINNER A HUGE SUCCESS!

For around 40 years, the VFW Auxiliary 9625 and the CR Senior Center have teamed up together to host a holiday dinner. Due to COVID, this year was like none other! Instead of a sit-down dinner and entertainment, this year’s event was “drive-thru” style. It included a delicious turkey dinner and a bag full of other goodies. Special thanks to the VFW, Chef Brian, the CR Rotary, Mary T., Inc., CR Recycling, the Super Senior Club and all the volunteers who made it possible!
COON RAPIDS SENIOR SERVICES:  (763) 767-6473

ACTIVITIES FOR SENIORS AGE 55+

PROGRAM SPECIALIST–KRIS NIEBLER       PROGRAM ASSISTANT–CINDY OLSON
RECREATION SUPERVISOR–RYAN GUNDERSON     FACILITY RENTAL–LORI ANDERSON

Coon Rapids Senior Services is made possible through the continued support of the City of Coon Rapids.

2021 TELEVISION WINTER CONCERT SERIES

Due to the COVID-19 pandemic, the 2021 Winter Concert Series will not take place at the Coon Rapids Civic Center as usual. Instead, enjoy the music of outstanding performers as they perform in special televised concerts!

Tune in to CTN Community Television Network at 7 p.m. on the following dates:

January 15: Betty Rydell        March 12: TBD
February 12: TBD                April 9: TBD

Watch in HD
CTN community programming on Xfinity: Channel 859
CTN government programming on Xfinity: Channel 799

Watch Online
YouTube: Subscribe to “CTN Coon Rapids”
Facebook Follow @CTNCoonRapids

Concerts will also be available on the CTN YouTube page. Sponsored by the Coon Rapids Arts Commission. Go to the city website for updates: www.coonrapidsmn.gov