COON RAPIDS SENIOR SERVICES
Voice of Experience
March/April 2021

SPRINGTIME ACTIVITY BAGS
PICK UP: THURSDAY, MARCH 18: 10:00 A.M.—NOON
Are you a little bored? Pick up one of our Springtime Activity Bags! It will include a craft, a snack, recipes, puzzles and other fun surprises. First, be sure you sign up, because bags are limited. Second, pull up to the Senior/Civic Center curb on Thursday, March 18, between 10:00 a.m.—Noon. We'll collect your $5.00 (cash or check) and hand you a bag. Sign up by calling 763-767-6473.

DRIVE-BY FOOD DRIVE!
COON RAPIDS SENIOR CENTER/CITY HALL
MONDAY, MARCH 29  2:00—5:00 P.M.
Times are tough for some folks right now....so....we want to make sure our neighbors have food and are staying healthy. All donations will be matched, so this drive will really make your dollar count! The Coon Rapids Senior Center and Police Department are co-hosting a “Drive-By Food Drive” on Monday, March 29 2:00-5:00 p.m.! Kris and Cindy will be stationed outside of the Senior/Civic Center at City Hall to accept your non-perishable food items, as well as checks made out to ‘ACBC Food Shelf”. Just drive up to the curb, stay in your car and we’ll gladly take your donation. We can’t wait to see you again (from a safe distance, of course) and it’s all for a good cause!

I SPY WITH MY LITTLE EYE...
There are 24 images hidden in this newsletter. Can you find them? Fill out the form on page 11, mail it to the Senior Center and you might win a $25.00 Cub Card! All forms must be received before Friday, April 9. No cost, one entry per person. GOOD LUCK!

3. Cat Face 11. Spoon 19. Alarm Clock
7. Mouse 15. Key 23. Thumbs Up
IN-PERSON EVENTS

SPRING DINNER
Monday, April 12
We are celebrating Spring with a tasty lunch provided by Lisa’s Catering (Yes! We support local, small businesses). They will make their delicious Swedish Meatballs, Mashed Potatoes and Corn, and we’ll provide a sweet treat for dessert. First, make a reservation. Then come to the senior center on Monday, April 12, between 11:00 a.m.–Noon and pick up your meal, curbside. Please enter on 111th Avenue and watch for volunteers to guide you. The cost is $9 per person payable to Coon Rapids Senior Center, by Monday, April 5. Please mail your payment to the Senior Center at 1155 Robinson Drive, Coon Rapids MN 55433. Sorry, we don’t accept credit cards. Call 763-767-6473 for a reservation. (Call early. Our February meal sold out with 240 meals).

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 take an 8-hour on-line 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, March 15: 8:30 a.m.–12:30 p.m.
Monday, March 29: 8:30 a.m.–12:30 p.m.
Monday, April 12: 4:30 p.m.–8:30 p.m.
Monday, April 26: 8:30 a.m.–12:30 p.m.
Monday, May 17: 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 cannot be served. Bring your own beverage/snack. Spacing of participants will be implemented. Wear a mask. All classes subject to change and/or cancellation. Starting in July, the classes will be priced at $24.00.
ZOOM EVENTS

The following classes can be viewed on Zoom on your computer, smart phone or other device. Free classes do not need advance registration. If a class has a fee, then you need to register and pay in advance by calling 763-767-6473. You can also call the office if you want to sign up for a once-a-week email for reminders and one-click links to free Zoom meetings. Call 763-767-6473 for more information.

ZOOM: ART HISTORY: ANDREW WYETH
MONDAY, MARCH 1 AT 10:30 A.M.
He was one of the best known U.S. artists of the middle 20th century. His favorite subjects were the land and people around him, both in his hometown in Pennsylvania and at his summer home in Maine. Class presented by Angie Renee of RumRiver Art Center. No fee. No registration needed. Zoom Meeting: 872 326 3109 Passcode: SENIOR

ZOOM HEALTH CLASS WITH HEATHER: HEALTH PROMOTING TEAS
FRIDAY, MARCH 5 AT 10:00 A.M.
Teas are more than just a beverage. There are many herbs that can be helpful for building your immune health, overall health, and resiliency. Learn about various teas and how to blend and prepare herbal teas from scratch. This Zoom class is $5.00 per person (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: BRITISH CLASS: VICTORIA’S CHILDREN
PART 1: MONDAY, MARCH 8 AT 10:00 A.M.
PART 2: MONDAY, MARCH 22 AT 10:00 A.M.
Of her nine children, all of them either became rulers or married the rulers of other European countries. A lot of what happened in 1880’s Europe was due to Queen Victoria. Presenter: Terry Kubista. This class is a two part class (90 minutes each) and is $5 per person, per class payable one week in advance. Meeting number and passcode will be emailed to you prior to the class.

ZOOM: ONE-TIME EXERCISE CLASS
WEDNESDAY, MARCH 10 AT 10:00 A.M.
We offered this class in January and enjoyed it so much that we are offering it again for those who missed it! 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

TURN THE PAGE FOR MORE ZOOM MEETINGS
ZOOM: “HISTORY OF THE 1860’S”
THURSDAY, MARCH 11 AT 1:00 P.M.
Many items of today were brought to us during the 1860’s. We will discuss photography, the Suez Canal, the books The King & I and Alice in Wonderland and much more. Presenter: JB Andersen. $5 per person payable one week in advance. Meeting number and passcode will be emailed to you prior to the class.

ZOOM: ESCAPE TO THE LAKE: CABINS OF MINNESOTA
TUESDAY, MARCH 16 AT 1:00 P.M.
Enjoy a relaxing and scenic journey to the heart of Minnesota lake country. Doug Ohman will share stories, history and memories of this long-time Minnesota tradition. See some of Minnesota’s most interesting and unique cabins. The pictures will bring back memories of spending time at your favorite getaway with your favorite people. $5 per person payable one week in advance. Meeting number and passcode will be emailed to you prior to the class.

ZOOM: RUSSIAN ART: RUSSIAN EAST IN COLOR
WEDNESDAY, MARCH 31 AT 1:00 P.M.
From 1912-1915 chemist and photographer Prokudin-Gorsky pioneered the creation of color slides and took photographic trips at various places in the Russian Empire. His work caught the attention of Tsar Nicholas II, who sent him on Russian railroads to record the eastern part of the empire. Sign up by calling 763-767-6473. Meeting number and passcode will be emailed to you prior to the class. $5 per person payable one week in advance. This is taught by Carol Veldman-Rudie.

ZOOM: ART HISTORY: EMILY CARR
MONDAY, APRIL 5 AT 10:30 A.M.
She was a Canadian painter who was inspired by the Indigenous people of the Pacific Northwest Coast. Carr’s themes were of Western forests, driftwood-tossed beaches and expansive skies. Class presented by Angie Renee of RumRiver Art Center. No fee. Zoom Meeting: 872 326 3109 Passcode: SENIOR

ZOOM: “PET SHOW & TELL”
THURSDAY, WEDNESDAY, APRIL 7 AT 11:00 A.M.
In honor of National Pet Week, we’re holding a Zoom meeting to talk about our pets! Hold your pet up to the camera or show a picture. We’ll also talk about pet names, rare pets and other stories about these special animals and what they mean in our lives. No reservation needed. Zoom Meeting: 872 326 3109 Passcode: SENIOR
ZOOM: “LITTLE KNOWN PRESIDENTS-PART II”
THURSDAY, APRIL 8 AT 1:00 P.M.
There are many presidents we have either not heard of, or know little about. Let’s unearth some of these 18th Century characters. (This class was scheduled for last year, and had to be canceled). Presenter: JB Andersen. $5 per person payable one week in advance. Meeting number and passcode will be emailed to you prior to the class.

ZOOM: HEALTH CLASS WITH HEATHER: FEED A HEALTHY BRAIN
FRIDAY, APRIL 9 AT 10:00 A.M.
Feeling forgetful? Concerned about the rise of dementia, Alzheimer’s and mental illness? Learn how to make shopping, cooking, supplementation and key lifestyle changes to take control of your brain health. This Zoom class is $5.00 per person (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: STATE PARKS OF MINNESOTA
TUESDAY, APRIL 20 AT 1:00 P.M.
Go on a virtual Minnesota vacation with photographer, Doug Ohman. Doug has visited all 67 parks and has photos, stories, history and personal adventures to share. This program has two main themes: the history of the oldest state parks, and the incredible recreational opportunities just waiting to be explored. $5 payable one week in advance. Meeting number and passcode will be emailed to you prior to the class.

ZOOM: GENEALOGY CLASS WITH CATHI WEBER
“USING FAMILY TREE MAKER SOFTWARE”
THURSDAY, APRIL 22 AT 1:00 P.M.
Are you looking for genealogy software to track your family history? Do you already use Family Tree Maker? Join this class and learn more about what this program can do for you. Sign up by calling 763-767-6473. Meeting number and passcode will be emailed to you prior to class. $5 class, payable one week in advance.

ZOOM TRIVIA TUESDAYS
TUESDAYS, MARCH 2, 16 & APRIL 5 & 19 AT 11:00 A.M. (1st & 3rd Tuesdays)
Test your knowledge with Trivia Tuesdays. We’ll even have a prize for the winners! Zoom Meeting: 872 326 3109  Passcode: SENIOR

ZOOM BINGO
MONDAYS, MARCH 8, 22 & APRIL 12 & 26 AT 1:00 P.M. (2nd & 4th Mondays)
Join us for a little Bingo and a lot of fun! Prizes for the winners, 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

TURN THE PAGE FOR MORE ZOOM MEETINGS
ZOOM COFFEE & CHAT
THURSDAYS, MARCH 11, 25, AND APRIL 8, 22 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.
March Book: 'The Hound of the Baskervilles' by Sir Arthur Conan Doyle
April Book: 'One Thousand White Women' by Jim Fergus

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.

IN OUR THOUGHTS...
We extend our thoughts and prayers to the friends and family of those who passed away recently, including Mabel Auch, Willard Auch, Chuck Dahlberg, Dodie Bohlman, Gloria Cargill, Chuck Hayes, Virgil Kearney, Don Kramer, Florence Schrodex, Robert Soli and Dick Solem,
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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!
FUN FACTS ABOUT SPRING

Easter always falls on the first Sunday after the first full moon after the spring equinox.

The first spring flowers are typically lilacs, irises, lilies, tulips, daffodils, and dandelions.

For the Japanese, the opening of the cherry blossom, Japan’s national flower, in March or April signals the start of spring.

During the spring, birds are more vocal as they sing to attract mates and warn away rivals.

The word “season” is from the Latin sationem meaning “sowing” or “seed time.”

Honeybees are more likely to swarm during the spring. They swarm as a way to start new colonies from successful ones. Surprisingly, swarming honeybees are very docile and the most friendly they will ever be all year.

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.

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
SUPER SENIOR CLUB ★
NEWS FROM THE PRESIDENT

I hope you all enjoyed the mild winter that lasted until the 4th of February. Then the arctic blast moved in and I hope you all stayed safe and warm.

We are happy to be given priority in getting our Covid-19 vaccine shots starting with ages 75 and above. We can hardly wait for the time when we can gather safely at our beloved Senior Center! In the meantime, stay healthy and safe!

I have to share with you the surprise special Christmas present that I received from my four children and families. On Friday, December 18, Robyn put out warm clothes for me at her house and said that Roxanne and I could come out in the front yard at 5:15. We went out and she had a nice fire going and a few chairs around it. Robin rang up Doug and his family in Iowa, and I could see and hear them all. Rochelle and Ryan arrived at 5:30 and then here came a couple toward the driveway. It was Sherwin Linton and his wife Pam coming to do a thirty minute concert for me. They sang Christmas carols and holiday songs for 20 minutes and then sang Johnny Cash songs. I was thrilled and the whole family enjoyed it! Robyn knew that we couldn’t gather for concerts for such a long time. She heard about this musical gig and got right on it. I appreciated every minute of it.

I want to send out a “Very Special Thank You” to Kris and Cindy for the magnificent job they have done to give us a long list of virtual events (of every kind) to keep us seniors involved with our Senior Center. They are “THE BEST” and we want them to know how much we love them and miss them. Hoping we can all be together soon! Hang in there—the next thing you know it will be Happy Spring!

Bernice Olson, President

PUZZLES & BOOKS!
Our library has books and puzzles. Are you interested in stopping by and stocking up? Call us at 763-767-6473 to set up an appointment.

Spring Forward!
Daylight Saving Time
Saturday, March 13th
Before you go to bed.
BLOOD DRIVE
MONDAY, APRIL 5
Call 1-800-RED-CROSS (1-800-733-2767) for an appointment starting at 2:00 p.m. Held at the Coon Rapids Senior Center.

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!
I SPY WITH MY LITTLE EYE...

Did you find the 24 hidden pictures in this newsletter? Fill out the page numbers on this form and then drop it in the mail to Coon Rapids Senior Center, 11155 Robinson Drive, Coon Rapids, MN 55433. We need to receive it before Friday, April 9 to be entered in the drawing for a $25.00 Cub Card! One entry per person.

1. Carrot: Page _____
2. Rabbit: Page _____
3. Cat Face: Page _____
4. Scissors: Page _____
5. Star: Page _____
6. Broom: Page _____
7. Mouse: Page _____
8. Pencil: Page _____
9. Ladybug: Page _____
10. Glove: Page _____
11. Spoon: Page _____
12. Worm: Page _____
13. Soccer Ball: Page _____
14. Snowflakes: Page _____
15. Key: Page _____
16. Comb: Page _____
17. Thumb Tack: Page _____
18. Hammer: Page _____
19. Alarm Clock: Page _____
21. Shamrock: Page _____
22. Telephone Page _____
23. Thumbs Up: Page _____
24. Cupcake: Page _____

YOUR NAME: ____________________________
YOUR PHONE: __________________________

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.

Sign up for once-a-week emails that include event reminders and one-click links to our Zoom meetings! Easy peasy!

“Like” us on Facebook and stay connected with announcements, photos, event/Zoom reminders, recipes, craft ideas, resources and other fun ideas!
COON RAPIDS SENIOR SERVICES:  (763) 767-6473
ACTIVITIES FOR SENIORS AGE 55+
PROGRAM SPECIALIST—KRS 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 TELEVISIONED 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:

March 12:  THE BACKYARD BAND
April 9:  CODA

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