SENIOR INFO FAIR

DATE: THURSDAY, SEPTEMBER 30
TIME: 9:00 A.M.–NOON
WHAT: This free event includes dozens of informational booths representing areas of interest to seniors! Door prizes, too! No registration needed.
WHO: All ages welcome!
SPONSORED BY: The Coon Rapids Senior Center, Fire and Police Departments.
PLEASE NOTE: Due to Covid, this event replaces our annual Senior Safety Camp this year.

Housing! Safety! Leisure Activities! Health! Freebies! Refreshments! Door Prizes and More!

MARK YOUR CALENDARS!
WE’RE CLOSED
MONDAY, SEPTEMBER 6 FOR LABOR DAY.

SENIOR CENTER PRESENTS
CODA CONCERT
FRIDAY, SEPTEMBER 10 – 11:00 A.M.

One of our favorite groups will perform their popular jazzy and swing sounds! Scott Dorff plays soprano, alto and tenor saxophones and Malcolm Anderson plays the piano and keyboard. Takes place outdoors at the Coon Rapids Soccer Complex Parking Lot (next to Public Works at 1705 111th Avenue NW—just a couple of blocks from the Senior Center). Bring a lawn chair and sit near the stage or you can stay in your car. Registration begins immediately. Space is limited. Cost is $5.00 per person and needs to be paid at least one week in advance. Includes small snack. In case of bad weather, the concert will be held indoors at the Senior Center. Call 763-767-6473 for a reservation.
SENIOR CENTER UPDATE

As we are preparing this newsletter, the Covid numbers have, sadly, been on the rise in Anoka County. Due to this increase, we will still not be offering bus trips. While mask-wearing is not mandatory at this time, it is encouraged, especially for those who are unvaccinated and for those at-risk. Keep in mind that this is an ever-changing situation and our guidelines may change. Events are subject to cancellation. Safety, health and wellness are our top priorities.

IN-PERSON EVENTS

All of these events are for seniors 55+. No pre-registration is required unless noted. These activities take place at the CR Senior Center/City Hall, 11155 Robinson Drive. Questions? Call the CR Senior Center at 763-767-6473.

‘500’ CARDS
Wednesdays at 12:45 p.m.

AA MEETINGS
Tuesdays at 9:30 a.m.
All ages welcome.

BOOK CLUB
4th Thursday at 1:00 p.m.

BRIDGE
Tuesdays at 12:30 p.m.
Advance reservation required.
Call Butch & Kay at 763-784-2656.

BUNCO
Wednesdays at 1:00 p.m.

CRAFT CLUB
Tuesdays at 10:00 a.m.
Bring your own project!

CRIBBAGE
Tuesdays at 1:00 p.m.

HAND & FOOT CARDS
Fridays at noon

KNITWITS
Tuesdays at 1:00 p.m.

LIVE 2B HEALTHY FITNESS CLASS
Monday, Wednesday, Friday at 8:30 a.m. First time free. Cost covered by most insurance companies or $35/month. Bring insurance card.

PAPER CRAFTING
Wednesdays at 9:00 a.m.

SQUARE DANCING
1st, 3rd & 5th Tuesdays at 9:30
Sponsored by Hot Foot Stompers

VETS COFFEE
Wednesdays at 8:00 a.m.

WOODCARVING
Thursdays at 1:00 p.m.

IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of those who passed away recently, including Ihla Anderson, Lyle Bradley, Clara Bragelman, Vi Eggum, Bill Glanville, Al Sannerud, Don Santer, Marlene Schermerhorn and Lois West.
SPECIAL EVENTS

LUNCH & LEARN
FRIDAY, SEPTEMBER 17 AT 10:30 A.M.

Spend a wonderful morning listening to the author of *Still Laughing, Still Learning (Still Looking for a Good Title)*. In his first book, Bill Chadwick touches on an array of topics, from warm fuzzies and terrors of parenting, and gives us a peek behind the scenes of a pastor’s life. He is also a husband, dad, biker, cross-country skier, story-teller and a stand-up comic. Through tears and laughter you will hear stories about the absurdities of life and also the deep meaning of it. Following his talk he will sell his books for $18. His book just received the Silver Medal Award from the Midwest Book Association in the category of Humorous Nonfiction. Then enjoy a tasty lunch which includes sandwich, fruit, chips, coffee and dessert. The cost is $10 per person payable by Friday, September 10.

BACK TO THE 50’S
WITH THE GOLDETONES
THURSDAY, OCTOBER 21 AT 1:00 p.m.

“Hey Good Lookin’!” “We’re Gonna Rock Around The Clock” when the Goldetones Choir performs songs from the 1950s. Trivia and a dessert too! Just $5, payable one week in advance. Sign up by calling (763) 767-6473. Do-roo-do-do, sh-boom!

ATTENTION BINGO PLAYERS!

Join us for Bingo on the 2nd and 4th Mondays at 1:00 p.m. Pay $5 per person upon arrival. Prizes will be $10 gift cards and other fun items!

PARKING LOT BINGO THRU SEPTEMBER 27: Join us at the Coon Rapids Soccer Complex (next to Public Works/Recycling at 1705 111th Ave NW,) just a couple of blocks from the Senior Center. Stay in your car and listen on the radio or bring a lawn chair and hear it on our speaker system. Honk your horn if you’re a winner and you win a prize! In case of bad weather, we will be indoors at the Senior Center.

INDOOR BINGO STARTING OCTOBER 11: No advance sign up needed. Just come in and join the fun!
SPEAKERS AND CLASSES

PARTICIPANTS: PLEASE READ
Register by calling 763-767-6473. Tell us if you are coming in person or watching by Zoom. If you choose Zoom, we will email you the meeting number and passcode a few days in advance. Payments due one week before class.

RUSSIAN ART- “PAINTINGS FROM BELARUS”
PRESENTED BY CAROLE VELDMAN-RUDIE
IN PERSON OR ZOOM
THURSDAY, SEPTEMBER 2 AT 10:00 A.M.
Belarusian artists have occupied center stage on the international art scene. Marc Chagall remains an enormous influence on that stage. But many others share the spotlight with him. Explore the art tradition that came out of this culture. $5 per person payable one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

PLAN YOUR MOVE
IN PERSON OR ZOOM
THURSDAY, SEPTEMBER 9 AT 10:30 A.M.
Thinking of selling? Come to this class at the Senior Center and learn more. Hear from representatives from Keller Williams Classic Realty NW, as they talk about home values, timing your move, market statistics in our area and how the pandemic has impacted the market. Get resources to declutter/downsize and learn about available one-level living and senior housing in our area. No cost. Zoom Meeting: 872 326 3109 Passcode: SENIOR

BRITISH CLASS: ENGLISH HERITAGE
PRESENTED BY TERRY KUBISTA
IN PERSON OR ZOOM
MONDAYS, SEPTEMBER 13 & 27 AT 10:00 A.M. (TWO-PART CLASS)
English Heritage acts as the guardian of the nation’s history and is charged with preserving and maintaining over 350,000 historic and listed buildings, ruins and castles. $5 per class, payable one week in advance. Zoom meeting number and passcode will be emailed to you prior to the class.

POLYMER CLAY CLASS—MAKE YOUR OWN GNOME
TAUGHT BY RUMRIVER ART CENTER
TUESDAY, SEPTEMBER 14 AT 1:00 P.M.
Want to learn a new art? The holidays are on their way, so get started on this fun project. This introductory class will teach the basic principles and techniques of working with polymer clay. Be creative as you learn several ways of embellishing your project. A sample is on display at the Senior Center. Class also held at the Coon Rapids Senior Center. $12 Payable by Wednesday, September 1.
SPEAKERS AND CLASSES

“LIBRARIES OF MINNESOTA”
PRESENTED BY DOUG OHMAN
IN-PERSON OR ZOOM
WEDNESDAY, SEPTEMBER 15 AT 10:00 A.M.
Enjoy a trip back in time when your small-town library opened your eyes to the big wide world. Learn about the role Andrew Carnegie, the Scottish American entrepreneur and businessman had in expanding libraries in Minnesota and across the nation. $5 per person payable one week in advance. Zoom meeting number and passcode will be emailed to you prior to the class.

DIET, EXERCISE, AND ALZHEIMER’S: IS THERE A CONNECTION?
PRESENTED BY HEATHER CARPENTIER
IN-PERSON OR ZOOM
THURSDAY, SEPTEMBER 16 AT 10:00 A.M.
Can eating specific foods or exercise help prevent or delay dementia caused by Alzheimer’s Disease? Studies may suggest that what we eat and lifestyle choices can affect the aging brain’s ability to think and remember. Join Health and Wellness Consultant, Heather Carpentier, as she shares strategies that may be beneficial in the battle against Alzheimer’s Disease. $5 per person payable one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

ART HISTORY: WANDA GAG
PRESENTED BY RUMRIVER ART CENTER
ZOOM
MONDAY, SEPTEMBER 20 AT 10:30 A.M.
Minnesota native, Wanda Hazel Gag was an American artist, author, translator, and illustrator. She is best known for writing and illustrating the children’s book Millions of Cats, the oldest American picture book still in print. Gag was also a noted print-maker, receiving international recognition and awards. Free. Zoom Meeting: 872 326 3109 Passcode: SENIOR

LONDON FIRE OF 1666
PRESENTED BY JB ANDERSEN
IN-PERSON OR ZOOM
MONDAY, SEPTEMBER 20 AT 1:00 P.M.
Construction of buildings and fire-fighting techniques in 1666 will be discussed. Groups involved included churches, waterman and government offices. Samuel Pepys kept a diary and described the fire. As usual with humans, there was lots of fault finding. There were rebuilding efforts. Lots more will be discussed. $5 per person payable one week in advance. Zoom meeting number and passcode will be emailed to you prior to the class.

TURN THE PAGE FOR MORE CLASSES
WOLF PUP 101
PRESENTED BY INTERNATIONAL WOLF CENTER
ZOOM
THURSDAY, SEPTEMBER 23 AT 10:00 A.M.
Step into the shoes of the wolf care staff and follow Rieka through her first year of life. Learn all about the stages of pup development and what it takes to raise wolves at the International Wolf Center in Ely. Rieka turns four months old on September 23, and will have joined the two adult wolves by then. See her on their live web cam, and they will also show a power-point presentation. $5 per person payable one week in advance. Zoom meeting number and passcode will be emailed to you prior to the class.

BRITISH CLASS: CASTLES OF GREAT BRITAIN AND IRELAND
PRESENTED BY TERRY KUBISTA
IN PERSON OR ZOOM
MONDAYS, OCTOBER 4 & 18 AT 10:00 A.M. (TWO-PART CLASS)
Tour some of the grandest castles in all of Great Britain. From Leeds and Warwick in the south to Edinburgh and Highland castles in the north, the sites are exquisite. $5 per person, per class, payable one week in advance. Zoom meeting number and passcode will be emailed to you prior to the class.

RUSSIAN ART- “THE SOVIET DOLL THAT IMMIGRATED TO THE U.S.”
PRESENTED BY CAROLE VELDMAN-RUDIE
IN PERSON OR ZOOM
THURSDAY, OCTOBER 7 AT 10:00 A.M.
Children the world over have played with dolls. Sometimes these dolls reflect the child's culture; sometimes dolls introduce other cultures to children. This presentation explores one such 1920s cultural exchange and the political framework that allowed U.S. children a brief glimpse of folk habits from a country half a world away. $5 per person payable one week in advance. Zoom meeting number and passcode will be emailed to you prior to the class.

ART HISTORY: ROBERT BATeman
PRESENTED BY RUMRIVER ART CENTER
MONDAY, OCTOBER 11 AT 10:30 A.M.
Robert Bateman became a full-time artist in 1976. His 1987 show at the Smithsonian Institute drew the largest crowd for a living artist. His paintings reflected his love for animals and nature, and his foundation grew from his philosophy that by helping people reconnect with nature they will be inspired to conserve and protect it. Free. Zoom Meeting: 872 326 3109 Passcode: SENIOR

MORE CLASSES ON NEXT PAGE!
BUILDING A STRONG IMMUNE SYSTEM
PRESENTED BY HEATHER CARPENTIER
IN-PERSON OR ZOOM
THURSDAY, OCTOBER 14 AT 10:00 A.M.
Your overall health, productivity, and happiness are closely tied to the strength of your immune system. Uncover foods and natural solutions to get your immune system in tip-top condition. Join Health and Wellness Consultant Heather Carpenter as she shares strategies to build your immune system through diet and lifestyle. $5 per person payable one week in advance. Zoom meeting number and passcode will be emailed to you prior to the class.

CIVIL RIGHTS MOVEMENT PART I
PRESENTED BY JB ANDERSEN
IN-PERSON OR ZOOM
MONDAY, OCTOBER 25 AT 1:00 P.M.
This lecture will be about the Martin Luther King Holiday, the Southern Christian Leadership Conference that he founded and about King’s life generally. A history of Black and female civil rights will be discussed. The lecturer’s personal involvement in The Mississippi Summer Project and marches in Washington, D.C. will be related. Part two will be held in November but they are stand alone lectures and you do not need to attend both sessions. $5 per person, per class, payable one week in advance. If attending by Zoom, meeting number and passcode will be emailed to you prior to the class.

IN-PERSON DEFENSIVE DRIVING CLASSES
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.coonrapsdsmn.gov. Payment of $24.00 is due 2 weeks before class. Checks can be made out to Coon Rapids Senior Services. Right now we have openings on the following dates:

4-HOUR REFRESHER COURSE—$24:
Monday, September 27: 4:30 p.m.–8:30 p.m.
Monday, October 18: 8:30 a.m.–12:30 p.m.
Monday, October 25: 8:30 a.m.–12:30 p.m.
Monday, November 8: 8:30 a.m.–12:30 p.m.
Monday, November 22: 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:  Please note that, due to Covid, these classes are subject to cancellation, even at the last minute. Also, refreshments cannot be served. Bring your own beverage/snack.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vets Coffee 8:00</td>
<td>Goldentones 9:15</td>
<td>Footcare 8:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Live to be Healthy 8:30</td>
<td>Russian Art 10:00</td>
<td>Live to be Healthy 8:30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Paper Crafting 9:00</td>
<td>Woodcarvers 1:00</td>
<td>Walking Club 9:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>500 Cards 12:45</td>
<td>Super Senior Club 1:00</td>
<td>Yoga 11:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bunco 1:00</td>
<td></td>
<td>Hand &amp; Foot 12:00</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>AA Meeting 9:30</td>
<td>Vets Coffee 8:00</td>
<td>10</td>
</tr>
<tr>
<td>CLOSED FOR LABOR DAY HOLIDAY</td>
<td></td>
<td>Square Dancing 9:30</td>
<td>Live to be Healthy 8:30</td>
<td>Footcare 8:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Craft Club 10:00</td>
<td>Paper Crafting 9:00</td>
<td>Live to be Healthy 8:30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bridge 12:30</td>
<td>500 Cards 12:45</td>
<td>Walking Club 9:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Knitwits 1:00</td>
<td>Bunco 1:00</td>
<td>Yoga 11:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cribbage 1:00</td>
<td></td>
<td>Hand &amp; Foot 12:00</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>AA Meeting 9:30</td>
<td>Vets Coffee 8:00</td>
<td>16</td>
</tr>
<tr>
<td>Defensive Driving 8:30</td>
<td></td>
<td>ACCAP Outreach 10:00</td>
<td>Live to be Healthy 8:30</td>
<td>Goldentones 9:15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Craft Club 10:00</td>
<td>Paper Crafting 9:00</td>
<td>Heather's Class 10:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bridge 12:30</td>
<td>Doug Ohman 10:00</td>
<td>Defensive Driving 12:30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cribbage 1:00</td>
<td>500 Cards 12:45</td>
<td>Woodcarvers 1:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Polymer Clay Class 1:00</td>
<td>Bunco 1:00</td>
<td>Spanish 2:15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Knitwits 1:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Little Tree 13:00</td>
<td>Woodcarving 1:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Masterpiece Book Club 1:30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Shopping at Riverdale TBA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>AA Meeting 9:30</td>
<td>Vets Coffee 8:00</td>
<td>23</td>
</tr>
<tr>
<td>Live to be Healthy 8:30</td>
<td></td>
<td>Square Dancing 9:30</td>
<td>Live to be Healthy 8:30</td>
<td>Goldentones 9:15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Craft Club 10:00</td>
<td>Paper Crafting 9:00</td>
<td>Wolf 101 10:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bridge 12:30</td>
<td>500 Cards 12:45</td>
<td>Book Club 11:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cribbage 1:00</td>
<td>Bunco 1:00</td>
<td>Woodcarving 1:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Knitwits 1:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>AA Meeting 9:30</td>
<td>Vets Coffee 8:00</td>
<td>30</td>
</tr>
<tr>
<td>Live to be Healthy 8:30</td>
<td></td>
<td>Square Dancing 9:30</td>
<td>Live to be Healthy 8:30</td>
<td>SENIOR INFO FAIR 9:00-12:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Craft Club 10:00</td>
<td>Paper Crafting 9:00</td>
<td>Goldentones 9:15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bridge 12:30</td>
<td>500 Cards 12:45</td>
<td>Woodcarving 1:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cribbage 1:00</td>
<td>Bunco 1:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Knitwits 1:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Shopping at TBA</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cub/Walmart</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
</tr>
<tr>
<td>--------</td>
<td>---------</td>
<td>------------</td>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Live to be Healthy</td>
<td>AA Meeting</td>
<td>Vets Coffee</td>
<td>Footcare</td>
<td>Live to be Healthy</td>
</tr>
<tr>
<td>British Class</td>
<td>Russian Art</td>
<td>Live to be Healthy</td>
<td>Yoga</td>
<td>Walking Club</td>
</tr>
<tr>
<td>Red Cross</td>
<td>Woodcarvers</td>
<td>Footcare</td>
<td>Live to be Healthy</td>
<td>Yoga</td>
</tr>
<tr>
<td>9:30</td>
<td>9:00</td>
<td>8:00</td>
<td>9:15</td>
<td>8:00</td>
</tr>
<tr>
<td>AA Meeting</td>
<td>ACCAP Outreach</td>
<td>Footcare</td>
<td>Live to be Healthy</td>
<td>Walking Club</td>
</tr>
<tr>
<td>Square Dancing</td>
<td>Craft Club</td>
<td>Yoga</td>
<td>Live to be Healthy</td>
<td>Yoga Hand &amp; Foot</td>
</tr>
<tr>
<td>10:00</td>
<td>10:00</td>
<td>1:00</td>
<td>1:00</td>
<td>1:00</td>
</tr>
<tr>
<td>British Class</td>
<td>Bridge</td>
<td>Live to be Healthy</td>
<td>Yoga</td>
<td>Hand &amp; Foot</td>
</tr>
<tr>
<td>10:30</td>
<td>1:00</td>
<td>8:00</td>
<td>9:15</td>
<td>8:00</td>
</tr>
<tr>
<td>ACCAP Outreach</td>
<td>Bridge</td>
<td>Live to be Healthy</td>
<td>Yoga</td>
<td>Yoga Hand &amp; Foot</td>
</tr>
<tr>
<td>12:30</td>
<td>1:00</td>
<td>1:00</td>
<td>1:00</td>
<td>1:00</td>
</tr>
<tr>
<td>Craft Club</td>
<td>Bridge</td>
<td>Live to be Healthy</td>
<td>Yoga</td>
<td>Yoga Hand &amp; Foot</td>
</tr>
<tr>
<td>12:30</td>
<td>1:00</td>
<td>1:00</td>
<td>1:00</td>
<td>1:00</td>
</tr>
<tr>
<td>poker</td>
<td>Bridge</td>
<td>Live to be Healthy</td>
<td>Yoga</td>
<td>Yoga Hand &amp; Foot</td>
</tr>
<tr>
<td>12:30</td>
<td>1:00</td>
<td>1:00</td>
<td>1:00</td>
<td>1:00</td>
</tr>
<tr>
<td>12:45</td>
<td>1:00</td>
<td>1:00</td>
<td>1:00</td>
<td>1:00</td>
</tr>
<tr>
<td>1:00</td>
<td>1:00</td>
<td>1:00</td>
<td>1:00</td>
<td>1:00</td>
</tr>
<tr>
<td>Vets Coffee</td>
<td>Live to be Healthy</td>
<td>Footcare</td>
<td>Yoga</td>
<td>Yoga Hand &amp; Foot</td>
</tr>
<tr>
<td>8:00</td>
<td>8:00</td>
<td>8:00</td>
<td>8:00</td>
<td>8:00</td>
</tr>
<tr>
<td>Live to be Healthy</td>
<td>Yoga</td>
<td>Live to be Healthy</td>
<td>Yoga</td>
<td>Yoga Hand &amp; Foot</td>
</tr>
<tr>
<td>8:30</td>
<td>9:00</td>
<td>11:00</td>
<td>12:00</td>
<td>12:00</td>
</tr>
<tr>
<td>Defensive Driving</td>
<td>Live to be Healthy</td>
<td>YOga</td>
<td>Yoga</td>
<td>Yoga Hand &amp; Foot</td>
</tr>
<tr>
<td>8:30</td>
<td>9:00</td>
<td>11:00</td>
<td>12:00</td>
<td>12:00</td>
</tr>
<tr>
<td>Live to be Healthy</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Yoga Hand &amp; Foot</td>
</tr>
<tr>
<td>8:30</td>
<td>9:00</td>
<td>11:00</td>
<td>12:00</td>
<td>12:00</td>
</tr>
<tr>
<td>Live to be Healthy</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Yoga Hand &amp; Foot</td>
</tr>
<tr>
<td>8:30</td>
<td>9:00</td>
<td>11:00</td>
<td>12:00</td>
<td>12:00</td>
</tr>
<tr>
<td>Live to be Healthy</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Yoga Hand &amp; Foot</td>
</tr>
<tr>
<td>8:30</td>
<td>9:00</td>
<td>11:00</td>
<td>12:00</td>
<td>12:00</td>
</tr>
<tr>
<td>Live to be Healthy</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Yoga Hand &amp; Foot</td>
</tr>
<tr>
<td>8:30</td>
<td>9:00</td>
<td>11:00</td>
<td>12:00</td>
<td>12:00</td>
</tr>
<tr>
<td>Live to be Healthy</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Yoga Hand &amp; Foot</td>
</tr>
<tr>
<td>8:30</td>
<td>9:00</td>
<td>11:00</td>
<td>12:00</td>
<td>12:00</td>
</tr>
</tbody>
</table>

**October Events**

- **November 18**: AA Meeting
- **November 26**: Defensive Driving
- **November 27**: Paper Crafting
- **November 28**: Live to be Healthy

**November Events**

- **November 19**: Live to be Healthy
- **November 20**: Live to be Healthy
- **November 21**: Live to be Healthy
- **November 22**: Live to be Healthy
- **November 23**: Live to be Healthy
- **November 24**: Live to be Healthy
- **November 25**: Live to be Healthy
- **November 26**: Live to be Healthy
- **November 27**: Live to be Healthy
- **November 28**: Live to be Healthy
- **November 29**: Live to be Healthy
- **November 30**: Live to be Healthy

**December Events**

- **December 2**: Christmas Party
- **December 3**: Christmas Party
- **December 4**: Christmas Party
- **December 5**: Christmas Party
- **December 6**: Christmas Party
- **December 7**: Christmas Party
- **December 8**: Christmas Party
- **December 9**: Christmas Party
- **December 10**: Christmas Party
- **December 11**: Christmas Party
- **December 12**: Christmas Party
- **December 13**: Christmas Party
- **December 14**: Christmas Party
- **December 15**: Christmas Party
- **December 16**: Christmas Party
- **December 17**: Christmas Party
- **December 18**: Christmas Party
- **December 19**: Christmas Party
- **December 20**: Christmas Party
- **December 21**: Christmas Party
- **December 22**: Christmas Party
- **December 23**: Christmas Party
- **December 24**: Christmas Party
- **December 25**: Christmas Party
- **December 26**: Christmas Party
- **December 27**: Christmas Party
- **December 28**: Christmas Party
- **December 29**: Christmas Party
- **December 30**: Christmas Party
- **December 31**: Christmas Party

**Christmas Party**

- **December 24**: Christmas Party
- **December 25**: Christmas Party
- **December 26**: Christmas Party
- **December 27**: Christmas Party
- **December 28**: Christmas Party
- **December 29**: Christmas Party
- **December 30**: Christmas Party
- **December 31**: Christmas Party
BLOOD DRIVE
MONDAY, OCTOBER 4
Call 1-800-RED-CROSS (1-800-733-2767) for an appointment. Appointments start at 1:00 p.m. Held at the Coon Rapids Senior Center.

WELCOME KNITWITS!
TUESDAYS AT 1:00 P.M.
We have a new group at the Senior Center—The Knitwits! These knitters gather together and work on projects for area non-profit organizations. New Members are welcome, too! Sorry but no instruction is provided. This group formerly met at Culvers but are now making the Senior Center their home. Join the group and sit, knit and visit a bit, all for good causes!

ZOOM SPANISH CLASSES
RESUME 3RD WEEK OF SEPTEMBER
Intermediate: 1st & 3rd Wednesdays at 2:30 p.m.
Intermediate: 1st & 3rd Thursdays at 2:15 p.m.
First class will be held on Wednesday, September 15. No cost to attend. No reservation required. Please call the Senior Center at 763-767-6473 for more information and for the Zoom Passcode.

NOTES FROM THE GOLDFENTONES
Do you like to sing? Come join the Goldentones Choir. Have fun and bring joy to others. Practice is on most Thursday mornings at 9:15 at the Coon Rapids Senior Center. All are welcome. Come and see what it is all about. Questions? Call Betty at 763-757-4688.

BOOK CLUB
Everyone is welcome to join the (in-person) Book Club at 11:00 a.m. After the meeting, lunch, at a local café, is optional. No sign up needed.

Thursday, September 23
“The Plot” by Jean Hanff Korelitz

Thursday, October 28
“How Lucky” by Will Leitch

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

Tuesday, September 14
“An American Tragedy” by Theodore Reiser

Tuesday, October 12
“Norse Mythology” by Neil Gaiman
Welcome back! The Super Senior Club is up and running again! Our gift shop is open Monday-Thursday, 10:00-1:00 and monthly meetings are held the first Thursday of each month at 1:00 p.m. It is good to be together again to visit and catch up.

Over 40 members enjoyed the annual free Picnic on August 5. The highlight of the day was surprising Kris by celebrating her 25th Anniversary as the director of the Senior Center. We presented her with a huge card of thanks that we all had signed and a gift card for dinner out. Then, we all enjoyed the special cake made for her. We love you, Kris! We enjoyed an hour of entertainment by Mike Elsenpeter to end the party. It was enjoyed by all. I want to thank the wonderful members that helped in every way to make this a huge success!

We would like all of you to sign up to volunteer at the fall Bazaar. We will set up on Wednesday, October 27, and then we need workers at the Bazaar on October 28. Lunch will be available both days, for a small fee, for the helpers. A Bazaar planning meeting will be held at noon on Thursday, September 2, (before our regular meeting, which starts at 1:00). Feel free to join us. It’s a great way to volunteer and to meet new friends.

Be happy and healthy!

Bernice Olson, President

---

**CRAFTING BEE ON TUESDAY, OCTOBER 5 AT 1:00 P.M.**

Are you crafty? Can you help us work on crafts that will be sold at the October Bazaar? Supplies and instructions will be provided. Proceeds from the Bazaar benefit local charities. If you can help, please sign up by calling (763) 767-6473. Thanks!

---

**GIFT SHOP OPEN!**

**MONDAY-THURSDAY**

**10:00-1:00**

**DONATIONS NEEDED FOR BAZAAR!**

**DROP-OFF HOURS:**

**MONDAY, OCT. 11 THRU FRIDAY, OCT. 22**

**10:00 A.M.—NOON**

New craft items, flea market treasures, home décor, holiday decorations, used jewelry, bake sale goodies are needed! Please drop them off at the Senior Center between Monday, October 11 thru Friday, October 22 between the hours of 10:00 a.m.—noon. Volunteers will be available to assist you. No clothing or electronics, please. All proceeds benefit local charities.
TRANSPORTATION TO THE SENIOR CENTER!
We are bringing our van/bus service back. If you need a ride to and from the Senior Center, call us at 763-767-6473. We have volunteer drivers who will transport you. The cost is $1.00 each way. We are also doing shopping trips for $3 round trip. See calendar for dates and places. To schedule a ride, please call two days in advance. You must be able to get in/out of the van independently. The vehicles are not equipped for wheelchairs. Take advantage of this service and leave the driving to us!

YOGA (IN PERSON OR ZOOM)
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

ONE-ONE TECHNOLOGY HELP
Once a month, library staff will be available at the Senior Center to answer questions with technology-related issues. Sign up for a free, one-on-one, 45 minute appointment. First Wednesday of the month, beginning in October. Call us at 763-767-6473.

HOW WELL DO YOU KNOW COON RAPIDS?
1. What is the Coon Rapids High School nickname/mascot?
2. Who is the current Mayor?
3. What’s the name of the city’s premier golf destination?
4. What is the name of the college?
5. What is held every Wednesday in the summer near the Ice Center?
6. How many city-operated parks are there? 30, 40 or 50?
7. What is the name of the trail/road that was established in 1835?
8. How many fire stations are in the city?
9. Who is the current Police Chief?
10. What was built across the Mississippi River in 1914?

ANSWERS BELOW:
1. Farmers Market
2. Jerry Koch
3. Bunker Hills
4. Anoka Ramsey Community College
5. Coon Rapids Dam
6. 50 Parks
7. Red River Ox Cart Trail
8. 3 Fire Stations
9. Chief Brad Wiese
10. Wednesday 3:00-6:00
LIVE 2B HEALTHY FITNESS CLASS
MONDAYS, WEDNESDAYS & FRIDAYS
8:30—9:30 A.M.
FIRST SESSION FREE!

Improve flexibility and balance, increase muscular endurance and make new friends—all at the same time! Led by a certified instructor. Classes are $35.00 per month, but there’s no cost to “SilverSneakers” or “Silver and Fit” members. Most Blue Cross Blue Shield, Medica and Health Partner Plans are accepted. Bring your insurance card to determine your eligibility. Social distancing and cleaning practices will be implemented. Join us, get in shape and have fun!

FLU & PNEUMONIA SHOTS
WEDNESDAY, OCTOBER 20 AT THE SENIOR CENTER

Cub pharmacists will be providing flu and pneumonia shots by appointment, starting at 9:00 a.m., at the Coon Rapids Senior Center. They will have both the high dose and standard flu shots available, as well as the Pneumovax and Prevnar pneumonia vaccines. There is no charge for a flu shot or pneumonia vaccine if you have traditional Medicare Part B, a Railroad Medicare Card or other selected Medicare HMO plans. The cost of a flu shot is $44.99 unless covered by insurance. Make an appointment soon by calling the Senior Center at (763) 767-6473. Don’t forget to bring your insurance info to the appointment.
HEALTH INSURANCE COUNSELING
This one-on-one program can assist in helping navigate the process of enrolling in Medicare or supplemental health insurance policies. Sponsored by the Metro Area Agency on Aging and the Senior LinkAge Line. To make an appointment, call 1-800-333-2433, or go to their website at www.metroaging.org/HIC. All in-person appointments are held at the Coon Rapids Senior Center on the first Tuesday of the month starting in October. In addition, see their virtual presentations on Medicare 101, Health Care Fraud and Scams, Health Care Directives, or How the Senior LinkAge Line Can Help You at trellisconnects.org/get-help/upcoming-presentations/.

STAY CONNECTED! Sign up for once-a-week emails that include event reminders and one-click links to our Zoom meetings. Also, “Follow” us on Facebook and stay connected with announcements, photos, event/Zoom reminders, recipes, crafts, resources and other fun ideas!

ENERGY ASSISTANCE
The Energy Assistance Program (season 2021-22) begins October 1, 2021 and ends May 31, 2022. The program helps income eligible homeowners & renters with assistance toward their heating & electric bills. The eligibility rates were not available at the time of this publication. However, to give you an idea, the 2020 eligibility qualifications meant that a single person’s three month income needed to be less than $7,066 and a two person household needed to be less than $9,240. This year’s rates are likely slightly higher. Applications are available on-line or by mail via the ACCAP website or call ACCAP at 763-783-4712 to request an application. Patty Marz, an ACCAP representative is available to assist you with this paperwork on the second Tuesday of each month at the Coon Rapids Senior Center from 10am-12noon or by private appointment by calling 763-783-4741 ext.5.
**COMMUNITY CORNER**

The Coon Rapids Love My Pet Fair is back for 2021! First, stop by the welcome booth and grab a goodie bag, an event schedule and a map of the grounds. If you want, bring your pet and participate in a pet parade, costume contest, smart pet tricks contest, games and more fun events. Demonstrations begin at 10:30 a.m. Vendors are also on display with a variety of products and services tailored to your pet’s needs. Vaccinations and licensing available, too (fees apply). It’s fun for the whole family!

**COON RAPIDS FARMERS MARKET**
**EVERY WEDNESDAY**
**THRU OCTOBER 13 FROM 3:00-6:00**
**COON RAPIDS ICE CENTER, 11000 CROOKED LAKE BLVD.**

**SCHOOL SUPPLIES BEING COLLECTED!**

Pencils, crayons, backpacks and more! Help the children in our area by dropping off school supplies before Friday, September 3. Thank you!

**GROCERY DELIVERY PROGRAM**

The ACBC Outreach Program delivers free, self-selected groceries, once a month. This program is for low-income, homebound seniors and those with a disability. Contact ACBC at 763-422-0046 to see if you qualify. Serving Anoka, Coon Rapids, Champlin, Andover, Ramsey and Nowthen.

**GRIEF SUPPORT GROUP**

**FAITH LUTHERAN CHURCH**

**TUESDAYS, 6:30-8:00 P.M.**

GriefShare is a special weekly seminar and support group for men and women designed to help you rebuild your life. For more information, call 763-755-3530. The address is 11115 Hanson Blvd in Coon Rapids.
COON RAPIDS SENIOR SERVICES: (763) 767-6473

ACTIVITIES FOR SENIORS AGE 55+
PROGRAM SPECIALIST—KRIS NIEBLER
PROGRAM ASSISTANT—CINDY OLSON

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

BAZAAR & FLEA MARKET

THURSDAY, OCTOBER 28
9:00 A.M.—3:00 P.M.

COON RAPIDS SENIOR CENTER
11155 ROBINSON DRIVE (CITY HALL)

CRAFTS—REFRESHMENTS
RAFFLES—BAKE SALE
FLEA MARKET
CHRISTMAS ROOM & MORE!

ALL PROCEEDS BENEFIT LOCAL CHARITIES!
SPONSORED BY THE SUPER SENIOR CLUB