Last year’s “Drive-Thru” VFW Holiday Dinner was such a hit, we’re doing it again! First, make a reservation. Then pick up the VFW’s hot turkey dinner, complete with all the trimmings, in an insulated, reusable bag, plus a few other surprises, too. Then enjoy it in the safety and comfort of your own home (maybe even put on some Christmas music or a good movie!) Here’s how it will work:

1. Sign up by calling the Senior Center at 763-767-6473. Remember, this event is only for Coon Rapids residents 55+ or members of the CR Super Senior Club who have paid the annual $7 membership fee (which is different from a newsletter donation). Don’t wait because spots are limited!

2. Cost is $5.00. Please pay at least one week in advance by making your check payable to Coon Rapids Senior Services and dropping it off or mailing it to 11155 Robinson Drive, Coon Rapids, MN 55433. All proceeds go towards the VFW Auxiliary’s expenses.

3. Pick up your meal on Thursday, December 9. Of course, we don’t want everyone showing up at the same time and causing a traffic jam. Please try to stagger your arrival, if possible. If your last name starts with A-M, please arrive sometime between 11:00 a.m.—noon. If your last name starts with N-Z, please arrive sometime between noon—1:00 p.m. One car can pick up multiple meals, regardless of people’s last names. Enter the VFW parking lot from 105th Lane (to the north), pull up near the front door and we’ll bring your bag to your car. There will be signs and volunteers directing traffic, so you can’t miss it. "Tips" for the Auxiliary volunteers are optional and will go to local community projects.

Thanks to the VFW Auxiliary 9625 and the Super Senior Club for co-sponsoring this event! It is a long-standing tradition in our community and we thank them for making it possible!
SENIOR CENTER UPDATE
As we are preparing this newsletter, the Covid hospitalizations are at an all-time high. Due to this trend, 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 11:00 a.m.
(Due to Holidays, group will meet at 11:00 Thursday, Dec. 2)

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
Mondays at 8:30am-Wednesdays and Fridays at 9:00am. 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.

THANKSGIVING WITH THE GOLDENTONES
THURSDAY, NOVEMBER 18 AT 1:00 P.M.
Friends, the Goldentone Choir, Hymns, Door Prizes and Pumpkin Pie! Gather and Give Thanks! Reservation and payment of $5.00 needs to be made one week in advance. Space is limited. Call 763-767-6473 for a reservation.
LUNCH & LEARN
100 YEARS OF CHRISTMAS AT DAYTON’S DEPARTMENT STORE:
A MINNEAPOLIS TRADITION
FRIDAY, NOVEMBER 19, AT 10:30 A.M.

For 100 years, Dayton’s department store helped Minnesotans celebrate Christmas. Our speaker, James Neagbour, is an independent Christmas historian who specializes in America’s beloved holiday. His power point-presentation will show how the Dayton’s store functioned during the Christmas seasons by reviewing various window displays, unique gifts, store promotions, Santa Land, and the unforgettable auditorium displays, along with a general history of the Minneapolis retail store. We will also take a look at the behind-the-scenes action by examining anecdotes from the management and store employees. Then enjoy a tasty lunch from Lisa’s Catering, which includes chicken wild rice soup, breadstick, coffee and dessert. The cost is $10 per person payable by Friday, November 12.

GENESIS BELL RINGERS
MONDAY, DECEMBER 13 AT 2:00 P.M.

Classic and lovely. If this program doesn’t get you in the holiday spirit, then nothing will! Enjoy the performance and then some holiday pie. Call to register. Cost of $5 needs to be paid at least one week in advance.

CAROLS, CIDER & COOKIES
THURSDAY, DECEMBER 16 AT 1:00 P.M.

Join the Goldentones Choir as they perform some traditional holiday songs that will bring back happy memories. Apple cider, cookies and door prizes, too! Call to register. Cost of $5 needs to be paid at least one week in advance.
PARTICIPANTS: PLEASE READ

Register by calling 763-767-6473. If you sign up for a Zoom class that has a fee, we will email you the meeting number and passcode a few days in advance. Payments due one week before class.

RUSSIAN ART – TREASURE BOXES: THE LACQUER BOX TRADITION
PRESENTED BY CAROLE VELDMAN-RUDIE
ZOOM FROM HOME OR VIEW ZOOM AT SENIOR CENTER
THURSDAY, NOVEMBER 4 AT 1:00 P.M.
Lacquer painting on wood, metal and papier mâché was common in Asia before Europeans were introduced to the resulting products. While this style of painting was popular in Russia too, special social and political circumstances led to its application to lacquer boxes. How did these boxes become so strongly connected with the Russian craft scene? This ppt presentation explores this history as well as the method by which those lacquer boxes are produced. $5 per person payable one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

BRITISH CLASS: LANDSCAPE MYSTERIES
PRESENTED BY TERRY KUBISTA
IN-PERSON OR ZOOM
MONDAYS, NOVEMBER 8 & 22 AT 10:00 A.M. (TWO-PART CLASS)
The landscape around us is part of our life, it affects so much of what we feel and do. Amazing forces have acted to shape our landscapes; they began millions of years back and continue to this day. $5 per person, per session payable one week in advance. Zoom meeting number and passcode will be emailed to you prior to the class.

CIVIL RIGHTS MOVEMENT PART II
PRESENTED BY JB ANDERSEN
IN-PERSON OR ZOOM
MONDAY, NOVEMBER 8 AT 1:00 P.M.
You need not have registered for Part One to take Part Two. Part 2 will consist of a discussion of historical events and why they are remembered. What will happen with the Civil Rights Movement? Items to be lectured will be The Emancipation Proclamation, The Freedman’s Bureau, Ulysses Grant’s role in civil rights, The Ku Klux Klan, The Election of 1876 and its effect on civil rights, The Wormley House Agreement and Jim Crow Laws. $5 per person, payable one week in advance. If attending by Zoom, meeting number and passcode will be emailed to you prior to the class.

MEMORIES OF THE BRAVE – MN MEDAL OF HONOR RECIPIENTS
PRESENTED BY DOUG OHMAN
IN-PERSON OR ZOOM
FRIDAY, NOVEMBER 12 AT 10:30 A.M.
Join historian and storyteller Doug Ohman as he gives honor to many of the brave Minnesotans who earned the highest military honor. Doug has selected some incredible stories to share from the Civil War to Vietnam. Light refreshment included. Vets are free, others are $5 per person payable one week in advance. Zoom meeting number and passcode will be emailed to you prior to the class.
ART HISTORY: GUSTAV KLIMT
PRESENTED BY RUMRIVER ART CENTER
ZOOM
MONDAY, NOVEMBER 15 AT 10:30 A.M.
Born in 1862, Austrian painter Gustav Klimt became known for the highly decorative style and erotic nature of his works, which were seen as a rebellion against the traditional academic art of his time. His most famous painting is The Kiss.
Zoom Meeting: 872 326 3109 Passcode: SENIOR

ESTATE PLANNING: WILLS, TRUSTS AND MORE
PRESENTED BY JILL PRESSELLER WITH GRIES-LENHARDT-ALLEN
IN PERSON
MONDAY, NOVEMBER 15 AT 1:00 P.M.
What is the difference between a Will and a Trust? How can you avoid probate? This presentation will discuss the basics of estate planning and planning for incapacity. This free presentation will be presented by attorney Jill Presseller who offices in Blaine. Please register in advance for this free seminar.

POLYMER CLAY JEWELRY CLASS
TAUGHT BY RUMRIVER ART CENTER
TUESDAY, NOVEMBER 16 AT 1:00 P.M.
A polymer clay cane is a log of polymer clay that’s made with a design that runs the entire length of the log. Slices from the cane will reveal a design and all slices from the cane will have identical designs. From the cane you created you will make some jewelry pieces. You will be guided step by step in the class to create a beautiful design. Class held at the Coon Rapids Senior Center. $12 payable by Tuesday, November 2.

“HEALTHIFY” YOUR HOLIDAYS
PRESENTED BY HEATHER CARPENTIER
IN-PERSON OR ZOOM
THURSDAY, NOVEMBER 18 AT 10:00 A.M.
The holiday season is almost upon us, which often brings an average of 3 to 5 pounds to our waistline, stress and sometimes illness. Join Health and Wellness Consultant Heather Carpenter, as she will share how to prepare for the holidays with simple tips and strategies to “healthify” your holiday season. Cost is $5.00 and is due one week in advance. Sign up by calling 763-767-6473. Zoom meeting number/passcode will be emailed to you prior to the class.

BRITISH CLASS: ROYAL UPSTAIRS/DOWNSTAIRS
PRESENTED BY TERRY KUBISTA
IN-PERSON OR ZOOM
MONDAYS, DECEMBER 6 & 20 AT 10:00 A.M. (TWO-PART CLASS)
Victoria’s diaries and their first-hand accounts reveal the extraordinary food, décor and garden preparations that were undertaken for “The Queen’s Visit”. $5 per person, per class, 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
THE HEALING POWER OF STOCKS AND BROTHS
PRESENTED BY HEATHER CARPENTIER
IN-PERSON OR ZOOM
THURSDAY, DECEMBER 9 AT 10:00 A.M.
Learn the history, health benefits and uses of meat stock and bone broth. Stocks and broth have been a part of healing the body since ancient times. We can learn from these traditions to improve our health today. We will learn how to prepare, store and consume both meat stocks and bone broths. Join Health and Wellness Consultant, Heather Carpentier, for this informational class. Cost is $5.00 and is due one week in advance. Sign up immediately by calling 763-767-6473. Zoom meeting number/passcode will be emailed to you prior to the class.

RUSSIAN ART– HISTORIC LAYERS: RUSSIAN ALASKA
PRESENTED BY CAROLE VELDMAN-RUDIE
ZOOM FROM HOME OR VIEW BY ZOOM AT SENIOR CENTER
MONDAY, DECEMBER 6 AT 1:00 P.M.
Are Asia and America connected? This geographic question occupied Russian explorers, entrepreneurs and tsars in the 17th century. The answer led them to probe the American coast, to trade for furs, and to map the land. Alaska remained part of the Russian empire until it was sold to the US. Learn about this unique history as it shapes Alaskan culture to this day. $5 per person payable one week in advance. Zoom meeting number and passcode will be emailed to you prior to the class.

FINNISH CHRISTMAS
PRESENTED BY JB ANDERSEN
IN-PERSON OR ZOOM
THURSDAY, DECEMBER 2 AT 1:00 P.M.
What is the astronomical Christmas? Where is Finland? Viking become Finlanders. Historically in Finland, what are Christmas Cards, Christmas Trees, gift packages and decorations? What do modern Finns do today? It lasts the month of December! Who is Santa Lucia? What is Boxing Day? What do they call Santa Claus? Letters to Santa will be discussed, along with Christmas recipes. $5 per person payable one week in advance. Zoom meeting number and passcode will be emailed to you prior to the class.

ART HISTORY: WILLIAM HENRY JOHNSON
PRESENTED BY RUMRIVER ART CENTER
MONDAY, DECEMBER 20 AT 10:30 A.M.
William Henry Johnson was an American painter. He was born in South Carolina, later moving to France, where he was exposed to modernism. After he married a Danish textile artist, the couple lived in Scandinavia. There he was influenced by the strong folk art tradition. They moved to the U.S. and Johnson found work as a teacher at the Harlem Community Art Center. Free.
Zoom Meeting: 872 326 3109 Passcode: SENIOR
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.

THANK YOU!
Thanks to all of the groups and individuals who are making a donation when drinking coffee and/or using paper products. Besides coffee, this also helps pay for creamer, sugar, stir sticks, napkins, paper plates and plasticware. Your generosity is appreciated, as it helps our budget BIG TIME!

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.coonrapidsmn.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, November 22: 8:30 a.m.—12:30 p.m.
Thursday, December 2: 12:30 p.m.-4:30 p.m.
Monday, January 10: 8:30 a.m.—12:30 p.m.
Thursday, January 27: 12:30 p.m.-4:30 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.

IN OUR THOUGHTS...
We extend our thoughts and prayers to the friends and family of those who passed away recently, including Don Daniels, Suzanne Leenhouts, Jim Miller, Joe Novak and Shirley Olson.
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<td>Civil Rights Part II 1:00</td>
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<td>Wills &amp; Trusts 1:00</td>
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**November**

**Happy Thanksgiving**
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**December Happy Holidays**

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<td>Live to be Healthy</td>
<td>Book Club</td>
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<td>Red Cross</td>
<td>Bridge</td>
<td>500 Cards</td>
<td>Woodcarvers</td>
<td>Hand &amp; Foot</td>
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<td>Russian Art</td>
<td>Cribbage</td>
<td>Bunco</td>
<td>Finnish Christmas</td>
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<td>AA Meeting</td>
<td>Vets Coffee</td>
<td>Goldentones/Carols,</td>
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<td>AA Meeting</td>
<td>Vets Coffee</td>
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**Closed for Holiday:**

- Monday, December 27: NO ACTIVITIES DUE TO CLEANING & MAINTENANCE (OFFICE OPEN)
- Tuesday, December 28: NO ACTIVITIES DUE TO CLEANING & MAINTENANCE (OFFICE OPEN)
- Wednesday, December 29: NO ACTIVITIES DUE TO CLEANING & MAINTENANCE (OFFICE OPEN)
- Thursday, December 30: NO ACTIVITIES DUE TO CLEANING & MAINTENANCE (OFFICE OPEN)
- Friday, December 31: CLOSED FOR HOLIDAY
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, December 2
”Salvage the Bones”
by Jesmyn Ward

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, November 9
”When the Emperor was Divine”
by Julie Otsuka

Tuesday, December 14
”Anthony & Cleopatra”
by William Shakespeare
At press-time, the Senior Center is a-buzz with many things going on to prepare for our Super Senior Club Fall Bazaar on Thursday, October 28. Donations are coming in daily between 10:00-noon. Volunteers bring them to our designated work room where other volunteers are unpacking, sorting and pricing items ready for the sale. You wouldn’t believe the vast assortment of items we have already! If you would like to help with set-up on Wednesday, October 27 beginning at 8:30 a.m. call Bernice at 763-767-1972 to let her know. We need more workers for the day of the bazaar from 9:00 a.m. to clean-up after we close at 3:00 p.m. We could also use all sorts of homemade baked goods for the Bake Sale. Bring them with you on the day of the sale on small plates with 4-6 pieces inside a small plastic bag. All proceeds go to help those in need in Coon Rapids and the surrounding area. We hope to see you all there!

We enjoyed having a table at the Senior Info Fair on September 30th. We have added some new members to the Super Senior Club, and some are already actively helping in several ways. We hope you will JOIN US SOON. Our next meeting is on Thursday, November 4 at 1:00. Don’t forget to sign up for our Drive-Thru turkey dinner at the VFW, which is on Thursday, December 9. The cost is $5.00. You must be a member of our club, or a resident of Coon Rapids for this event.

Several people commented on how much they enjoy my newsletter stories. I won’t let you down. I pulled into a local credit union drive-thru in September. After filling out my deposit slip, I reached for the cylinder to send it up. The plastic door had started to close and my four fingers were caught in the top, and the pain was excruciating. I am pushing their call button and screaming loudly. They did not know what to do to release it. I said, “someone come out here”. She tried to force it open but couldn’t. The door was still pulsating trying to close, and I was hysterical! Finally, someone was able to get the door to open from the inside, after 4 minutes. The door was across my fingers between the knuckles so no bones were broken. The fingers were painful, numb and had a ridge across them. Spoiled my day! They did have the company come out and dismantle a piece so it won’t happen again.

I want to wish you all a Blessed Thanksgiving and Christmas Holiday. I hope and pray you will be safe to celebrate with family and friends.

Bernice Olson, President

GIFT SHOP OPEN!  
MONDAY-THURSDAY  
10:00-1:00

Daylight Saving Time ends Sunday, November 7!

Check your smoke alarm batteries, too!
TRANSPORTATION TO THE SENIOR CENTER!
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!

BINGO
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! No advance sign up needed. Just come in and join the fun! Please note: Bingo on December 13 will start at 11:00 a.m.!

Monday, November 8 at 1:00 p.m.: Bingo Fun
Monday, November 22 at 1:00 p.m.: Fun Thanksgiving Prizes!
Monday, December 13 at 11:00 a.m.: Holiday Bingo & Special Prizes!
Monday, December 27 at 1:00 p.m.: Cancelled/Center Closed

HOLIDAY HAPPENINGS
LET US DO YOUR HOLIDAY LETTER! Yes! We can help with your holiday letter! Bring in your handwritten letter and we’ll do the typing and photocopy it onto seasonal stationary for just ten cents a copy! We’ll have it done for you within two working days (sometimes while you wait!). Set up a time to come in by calling 763-767-6473.

GIFT CERTIFICATES AVAILABLE: Do you need a gift for that someone special? Are the kids asking you what YOU want for a gift. Consider a Gift Certificate for the Senior Center. It could be used for activities here at the center.

2022 CALENDARS: Drop off or pick up a calendar! Now through February.

GOING SOUTH FOR THE WINTER? Notify us of your change of address and the dates so you keep getting your newsletter!
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. Join in-person at the Senior Center or log on to Zoom.  
Zoom Meeting 913 7719 3797 Passcode: SENIOR

LIVE 2B HEALTHY FITNESS CLASS
MONDAYS AT 8:30 AND WEDNESDAYS & FRIDAYS AT 9:00
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!

PARKINSON’S SUPPORT GROUP
Our Parkinson’s Support Group is ready to start meeting again! Join them on the third Thursday of January, March, May, July, September and November at 1:00 p.m. A typical meeting includes a speaker, time for discussion, and fellowship time with coffee and treats. No need to RSVP. Just show up. Many thanks to volunteer coordinator Milo for his time and commitment to making this group possible.

DATE: THURSDAY, JANUARY 20 AT 1:00
SPEAKER: ANUSHKA SHIELL, MN INFO AND REFERRAL COORDINATOR FOR THE PARKINSON’S ASSOCIATION.
TOPIC: COGNITION AND PARKINSON’S
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. 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) began 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 paper work 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

VOICES OF IMPACT CHOIR WELCOMES NEW MEMBERS!

“Voices of Impact” is a dementia-friendly choir established to provide those living with dementia or memory loss and their caregivers, a place to find comfort, entertainment, and support. Rehearsals are led by Music Director Bruce Phelps and includes singing and a time to socialize and enjoy coffee and cookies. All are welcome regardless of singing experience or musical background. Meets on Mondays from 10:00 to noon at Faith Lutheran Church, 11115 Hanson Blvd., CR. Call Steve at 763-236-8718 for more information.

VOLUNTEERS WANTED

SENIOR SELECT LIVING, an assisted living facility located at 11350 Martin Street, needs help delivering meals to resident’s rooms. Since Covid, about 25 residents choose to eat privately in their room. These meals need to be delivered three times a day! Any help, even just once a week, would be appreciated. Call Patti at 612-246-5224 if you are interested in helping with this “Meals on Heels” program.

CAMILIA ROSE CARE CENTER is seeking volunteers for a number of positions! Help residents by playing cards or Bingo, helping with outings, making crafts or even just visiting. Call Jeff at 763-402-1454 or email jeffrey@marytinc.com

MARY T. HOSPICE needs volunteers to help families of the terminally ill. The only qualifications required is your desire to help someone in need and the gift of compassion. Call 763-402-1454 or email jeffreyb@marytinc.com

GRIEF SUPPORT GROUP

FAITH LUTHERAN CHURCH
TUESDAYS, 6:30-8:00 P.M.

GriefShare is a 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
PHONE: (763) 767-6473
ACTIVITIES FOR SENIORS AGE 55+
PROGRAM SPECIALIST—KRIS NIEBLER
PROGRAM ASSISTANT—CINDY OLSON

Happy Holidays
from your Friends
at the Coon Rapids Senior Center
and Park and Recreation Department

Kris, Cindy, Lori, Ryan & Melba