CONCERT & DESSERT AT THE SENIOR CENTER

THE ROE FAMILY SINGERS

TWO SHOWS: Thursday, January 27 or Friday, January 28 at 1:00 p.m.

We know that this show is going to be so popular that we are having two performances! Get ready for some toe-tappin’, finger-snappin’, hand-clappin’ fun! One of our favorite groups is back! This lively band blends the sounds of good-time and old-time gospel, bluegrass, folk and country. Featuring banjo, autoharp, guitar and Appalachian clogging, every performance raises a ruckus! Doors will open at 12:30 p.m. Spots are limited to provide for some social distancing. Cost is $8.00 and includes dessert. Registration begins immediately in-person or by calling 763-767-6473. Payment needs to be made one week in advance. Please specify which show you want to attend. Join in the fun!

MARK YOUR CALENDAR:

The Senior Center will be closed December 31, January 17 and February 21 for the holidays.

NEWSLETTER DONATIONS APPRECIATED!

Coon Rapids Senior Services is now accepting donations to help offset the cost of printing and mailing this newsletter. It costs approximately $10.00 per household each year.

Your donation would be greatly appreciated (but is completely optional and not required). People who do not live in Coon Rapids are especially encouraged to pitch in and help off-set this expense. Your generosity means that we do not have to implement non-resident rates or mandatory membership fees or subscription fees, like some Senior Centers.

Feel free to drop your donation off at the Senior Center or mail it to Coon Rapids Senior Services, 11155 Robinson Drive, Coon Rapids, MN 55433. For your convenience, a donation envelope has been included with this issue. Thank you!
TIPS TO STAY HEALTHY AT THE SENIOR CENTER

Get vaccinated * Get your booster * Maintain 6 feet social distancing by strangers (if possible) * Avoid crowds * Wear a mask in crowded spaces * Stay home when sick * Get tested, if needed * Wash hands often * Clean and disinfect * Cover coughs and sneezes * Be alert for symptoms * Adjust your habits but still keep busy and active!

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.

HEALTH INSURANCE COUNSELING
First Tuesday of the month

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

KNITWITS
Tuesdays at 1:00 p.m.

BOOK CLUB
4Th Thursday at 11:00 a.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.

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

MASTERPIECE BOOK CLUB
2nd Tuesday at 1:30 p.m.

BUNCO
Wednesdays at 1:00 p.m.

PAPER CRAFTING
Wednesdays at 9:00 a.m.

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

SHOPPING
See calendar for dates

CREATIVE WRITERS
Mondays at 1:00 p.m.

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

CRIBBAGE
Tuesdays at 1:00 p.m.

TECH HELP
First Wednesday of the month

FOOTCARE
Wednesdays

YOGA
Fridays at 11:00 a.m.

WOODCARVING
Thursdays at 1:00 p.m.

GOLDEN TONES
Thursdays at 9:15 a.m.

VETS COFFEE
Wednesdays at 8:00 a.m.
SPECIAL EVENTS

LUNCH & LEARN
A WALK AROUND THE BLOCK:
STOPLIGHT SECRETS, MISCHIEVOUS SQUIRRELS,
MANHOLE MYSTERIES & OTHER STUFF
YOU SEE EVERYDAY (& KNOW NOTHING ABOUT)
FRIDAY, JANUARY 7 AT 10:30 A.M.

Spike Carlsen is the author of seven books. In his latest book, he explores the mysteries of ordinary things we see everyday. He took a simple walk around the block and started to investigate the things we take for granted. Find out how the formula for concrete was lost for 900 years, where does our recycling go, why are manhole covers are round and fire hydrant bolts five sided? Spike will bring a sense of wonder into your average walk around the block. He will have his books available for sale after the presentation. Then enjoy a tasty lunch from Lisa’s Catering, which includes Tater Tot Hot Dish, roll, coffee and dessert. The cost is $10 per person payable by Friday, December 31. Space is limited. Call to register at 763-767-7473.

VALENTINE PARTY
WITH THE GOLDENTONES
MONDAY, FEBRUARY 14 AT 11:00 A.M.

Wear some red or pink, listen to old love songs by the Golden-tones, laugh at our version of the 'Newlywed Game' and enjoy a delicious meal. At noon, we’ll enjoy dinner (Provided by Lisa’s Catering) including lasagna, garlic bread, cake, and coffee. This is a wonderful day to celebrate love and friendship, so bring your sweetheart, a neighbor, or a friend! Cost is $10.00 and is payable one week in advance. Sign up begins immediately. Doors open at 10:30.

VFW DINNER
A HUGE SUCCESS!

For almost 50 years, the VFW Auxiliary 9625, the Super Senior Club and the CR Senior Center have teamed up together to host a holiday dinner. Due to COVID, this year was like last year. Instead of a sit-down dinner and entertainment, this year’s event was “drive-thru” style. It included a delicious turkey dinner and some other goodies. Special thanks to the VFW, the CR Rotary, and all the volunteers who made it possible!
ART HISTORY: MARY CASSATT
PRESENTED BY RUMRIVER ART CENTER
ZOOM ONLY
MONDAY, JANUARY 3 AT 10:30 A.M.
Mary Cassatt was an American painter. She was born in the U.S., but lived much of her adult life in France where she befriended Edgar Degas and exhibited with the Impressionists. She created images of the social and private lives of women, with emphasis on the bonds between mothers and children. Viewers may be surprised to find that despite her focus on portraying mother-child pairs in her portraits, she rejected the idea of becoming a wife and mother.
Zoom Meeting: 872 326 3109 Passcode: SENIOR

CUT THE SUGAR CRAVINGS!
PRESENTED BY HEATHER CARPENTIER
IN-PERSON OR ZOOM
THURSDAY, JANUARY 6 AT 10:00 A.M.
The New Year is here and 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 those extra pounds. Join Wellness Consultant, Heather Carpentier, as she shares the benefits of a sugar detox, tips to successfully complete a detox, and reaping the benefits. 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: MORE ROYAL UPSTAIRS/DOWNSTAIRS
PRESENTED BY TERRY KUBISTA
ZOOM FROM HOME OR VIEW ZOOM AT SENIOR CENTER
MONDAYS, JANUARY 10 & 24 AT 10:00 A.M. (TWO-PART CLASS)
Zoom meeting number and passcode will be emailed to you prior to the class. When the servants rebel and refused to work under the conditions forced upon them, do they simply walk away? More of the complicated business of managing a royal household make our lives seem “oh so simple”. $5 per person payable one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

OPERATION EMPOWERING HOPE
IN-PERSON ONLY
THURSDAY, JANUARY 13 AT 1:00 P.M.
Glenda Parkhurst will be speaking about life on an army base with the highest suicide rate. Learn what Operation Empowering Hope is doing to support our soldiers and chaplains and how a note from you can change a life. Afterwards materials and assistance will be provided with time for you to write a letter and send it to someone who needs it! No cost, no reservation. Just come in and participate in this valuable act of kindness!
DOWN THE MISSISSIPPI IN MINNESOTA:
PART 1 - LAKE ITASCA TO LITTLE FALLS
PRESENTED BY DOUG OHMAN
IN-PERSON ONLY
FRIDAY, JANUARY 21 AT 1:00 P.M.
Ride along with Minnesota photographer and story teller, Doug Ohman as he paddles his kayak the first 400 miles of the Mississippi River. Through breathtaking photos and interesting history, Doug is sure to entertain as we explore another piece of Minnesota, but this time it will be from unique perspective. $5 per person payable one week in advance.

RUSSIAN ART – LIGHT ON LIGHT: THE RUSSIAN SUN
PRESENTED BY CAROLE VELDMAN-RUDIE
ZOOM FROM HOME OR VIEW ZOOM AT SENIOR CENTER
THURSDAY, JANUARY 31 AT 10:00 A.M.
While the play of light on objects has always fascinated artists, French impressionists took this pre-occupation to new levels. So did Russian artists. While experimenting with French concepts, the northern painters quickly adapted their insights to the qualities of light in their own environments. Landscapes, still lives, and portraits are filled with the reflected light that these painters saw. Impressionistic influences lasted into the Soviet era as well. Trace this continuing influence through the examples in this presentation. $5 per person payable one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

RUSSIAN ART: NESTING DOLLS
PRESENTED BY CAROLE VELDMAN-RUDIE
ZOOM FROM HOME OR VIEW BY ZOOM AT SENIOR CENTER
THURSDAY, FEBRUARY 3 AT 10:00 A.M.
Russia’s great folk tradition came to include such things as toys, embroidery, lubok books, wood carving, and nesting dolls. While they are an imported tradition, nesting dolls have become identified with the Russian culture. Exploring them in the context of the folk tradition will give added understanding of this craft. $5 per person payable one week in advance. Zoom meeting number and passcode will be emailed to you prior to the class.

DOWN THE MISSISSIPPI IN MINNESOTA:
PART 2– CENTRAL MINNESOTA TO ST. PAUL
PRESENTED BY DOUG OHMAN
IN-PERSON ONLY
FRIDAY, FEBRUARY 4 AT 1:00 P.M.
Continue our river adventure with photographer and historian, Doug Ohman as we travel by kayak through the central heartland of Minnesota. The Mississippi River is both scenic and historic and our guide, Doug, will share great stories and images that will make the trip come alive. $5 per person payable one week in advance.
ART HISTORY: EVA ZEISEL  
PRESENTED BY RUMRIVER ART CENTER  
ZOOM ONLY  
MONDAY, FEBRUARY 7 AT 10:30 A.M.  
This artist was a Hungarian-born American industrial designer known for her work with ceramics, primarily from the period after she immigrated to the U.S. In 1942, Zeisel was commissioned by the Museum of Modern Art and Castleton China to design a set of modern, porcelain, undecorated china. The Museum’s success brought Zeisel to the attention of Red Wing Potteries, for whom she designed the popular Town and Country work.  
Zoom Meeting:  872 326 3109 Passcode:  SENIOR

PLANNING YOUR MOVE  
PRESENTED BY KELLER WILLIAMS REALTY ELITE  
IN-PERSON ONLY  
THURSDAY, FEBRUARY 10 AT 10:00 A.M.  
Thinking of selling? Come to this class at the Senior Center and learn more. Representatives from Keller Williams Realty Elite will 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.

BRITISH CLASS: LANDSCAPE MYSTERIES  
PRESENTED BY TERRY KUBISTA  
ZOOM FROM HOME OR VIEW ZOOM AT SENIOR CENTER  
Mondays, February 14 & 28 at 10:00 A.M. (Two-Part Class)  
What was Britain like before it all began? What were those “cavemen” like? How do we know? What did they leave to tell us of their livelihood? $5 per person payable one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

NUTRITION FOR HIGH BLOOD PRESSURE AND HYPERTENSION  
PRESENTED BY HEATHER CARPENTIER  
IN-PERSON OR ZOOM  
THURSDAY, FEBRUARY 17 AT 1:00 P.M.  
Hypertension is known as the silent killer. If you currently have high blood pressure or hypertension and want to learn how nutrition and lifestyle changes can help, join Wellness Consultant, Heather Carpentier, as she shares lifestyle and dietary changes you can make to fight these two conditions. 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.
**TIDBITS FROM THE OFFICE**

**TAXES:** At the time of this publication, we are still unsure what services will be offered by the AARP income tax volunteers. Please call us after January 1 for more information.

**COFFEE DONATIONS:** The Senior Center is in need of cans of decaf coffee. If you can help us out, it would be appreciated!

**COLLECTION SITE:** Times have changed. Schools are no longer collecting soup labels, milk lids, bottle tops, printer cartridges or cell phones, so either are we. We do still collect used eye glasses for the Lions Club and pop tabs for the Ronald McDonald House.

**ELVES NEEDED:** Would anyone be able to help us take down our tree decorations and “undeck” the halls on Monday, January 3 at 10:00 a.m.? If so, please contact Kris at 763-767-6473.

**THANK YOU!** Thanks to everyone who provided the staff with holiday greetings in the form of cards, treats or even just in passing. We are so blessed to have you a part of our Senior Center!

**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, January 10:  8:30 a.m.—12:30 p.m.
- Thursday, January 20: 12:30 p.m.—4:30 p.m.
- Monday, February 7:  8:30 a.m.—12:30 p.m.
- Thursday, February 24: 12:30 p.m.—4:30 p.m.
- Monday, March 14:  8:30 a.m.—12:30 p.m.
- Thursday, March 31: 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 Pat Burnett, Robert Clark, Chris Drew, Terry Edstrom, Irene Mattson, Bob Mekosch, Joan Neuenfeldt, Ruth Ragner and Margie Rosendahl.
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<td>8:30</td>
<td>AA Meeting</td>
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<td>Goldentones</td>
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<tr>
<td>British Class</td>
<td>10:00</td>
<td>Square Dancing</td>
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<td>Heather’s Class</td>
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<td>Valentine Party</td>
<td>11:00</td>
<td>Craft Club</td>
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<td>Woodcarvers</td>
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<td>No Bingo</td>
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<td>Creative Writers</td>
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<td>PRESIDENTS DAY HOLIDAY</td>
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<td>Yoga</td>
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<td>Cribbage</td>
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<td>Knitwits</td>
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<td>Shopping at County Market in Andover</td>
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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, January 27**
“The Paris Library”
by Janet Skeslien Charles

**Thursday, February 24**
“The Four Winds”
by Kristin Hannah

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, January 11**
”The Winter of our Discontent”
by John Steinbeck

**Tuesday, February 8**
”Adults in the Room”
By Yanis Varoufakis

ZOOM SPANISH CLASSES
Intermediate: 1st & 3rd Wednesdays at 2:30 p.m.
Intermediate: 1st & 3rd Thursdays at 2:15 p.m.

No cost to attend. No reservation required. Please call the Senior Center at 763-767-6473 for more information and for the Zoom Passcode.

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 Wednesdays of the month. Call us at 763-767-6473.

BLOOD DRIVE
MONDAY, FEBRUARY 7
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.

KNITWITS!
TUESDAYS AT 1:00 P.M.
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!
I am sure that most of you have heard the good news that we raised $6,226.00 at our “Fall Bazaar”. There seemed to be “Joy in the Air” the whole day! We can’t begin to thank each one of the 65 volunteers who helped during October to make this the “Best Bazaar Ever”! We also want to thank all of you who brought in items for us to sell. It was an amazing amount of things! We are happy with the change in our donation drop-off procedures. We had workers here from 10:00-noon, weekdays for two weeks before the sale to accept donations. Another group of people were busy sorting and pricing every item brought in.

We thank the other people who helped make craft items and the gift shop workers who put in many hours behind the scenes getting ready. Thank you to the many who brought in baked items for the “Best Bake Sale Ever”.

Last, but not least, we thank each and every person who came to shop at the Bazaar. You made our hard work so rewarding!

I want you to know this is my “Farewell” newsletter for the Coon Rapids Super Senior Club. I have served as President for many years and it is time to get someone else with new ideas and enthusiasm to take over. I am going to continue to be a member of this “great group”. The reason I joined many years ago was hearing about the gift shop and bazaar that they sponsored and how they used the funds they earned to help the poor, underprivileged, veterans, homeless and Coon Rapids High School students with scholarships. You can all be proud of this! I have enjoyed meeting and getting to know so many of you and thank you for all your help, kindness and friendship. I am forever grateful.

Our next meeting is January 6 at 1:00 p.m. No one has volunteered yet to take the President’s position. Please consider it. You can expect lots of support from Kris, myself and other board members. If you have any questions about the position, please contact Kris or myself. It is a lot of fun, not a ton of work and a very worthwhile cause!

Bernice Olson, President

Thank you, Bernice!

The Super Senior Club and the Senior Center would like to thank Bernice for her many years of service as Super Senior Club President! Bernice often went above-and-beyond the call of duty by organizing special events, working at the Bazaar, running meetings and making phone calls to seniors who needed a little pick-me-up! She has a gift for recruiting volunteers (it’s impossible to say ‘no’ to Bernice!) Her positive energy, kindness and joyfulness is contagious! She certainly makes her corner of the world a better place!
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!

Join us for Bingo every Monday at 1:00 p.m.
(Note: There will be no Bingo February 7, due to Blood Drive)
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!

PUZZLES, BOOKS, CALENDARS, & MORE!
Our library has books and puzzles galore! We also have some very nice 2022 calendars (sorry, we are not accepting any more). Come in and choose something to take home with you!

HAPPY NEW YEAR

Let this New Year fill you with hope instead of cookies, with joy instead of ice cream, and with wonder instead of potato chips. May the next year find your waistline slimmer, your wallet fatter, your cholesterol lower, and your tolerance level higher. May you be full of joy and may you feel the magic of the New Year in your heart.
FUN & FITNESS

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

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 & 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!
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 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.

RESOURCES

ACCAP Chores and More
Help with minor home repairs, housekeeping and seasonal chores. 763-783-4767

ACCAP Senior Outreach Worker-Patty Marz
Assistance with food support, housing, health care programs, energy assistance and more. 763-783-4741

Help at Your Door
Grocery assistance, home support and transportation. 651-642-1892

Foot Care
Provided by Laura with Holistic Foot and Nail Care. $35 per session. Call the Coon Rapids Senior Center for appointments. 763-767-6473

Health Insurance Counseling
Assistance for health insurance and Medicare counseling 1-800-333-2433

Meals on Wheels in Coon Rapids
763-489-3608

Medication Disposal
Coon Rapids Police Dept. Inside the lobby Mon-Fri 8:00 a.m.-4:00 p.m.

Senior Linkage Line
Link to senior services 1-800-333-2433
COMMUNITY CORNER

VOICES OF IMPACT CHOIR
WELCOMES NEW MEMBERS!

“Voices of Impact” is a dementia-friendly choir estab-
lished to provide those living with dementia or memory
loss and their caregivers, a place to find comfort, en-
tertainment, and support. Rehearsals include singing
and a time to socialize and enjoy coffee and cookies.
All are welcome regardless of singing experience.
Meets on Mondays from 10:00 to noon at Faith Lu-
theran Church, 11115 Hanson Blvd., CR. Call Steve
at 763-236-8718 for more information.

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 Han-
son Blvd in Coon Rapids.

CAREGIVER SUPPORT GROUPS
Groups meet regularly to build support, comfort, and share information regarding caregiv-
ing issues. Daytime and evening groups available. Call Family Caregiver Connection at
763-324-1608 or email caregivers@co.anoka.mn.us

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 4:00
p.m. Monday-Friday at their main window.

FREE MEALS
AVAILABLE THRU JANUARY 3

Free meal bags are available to everyone—regardless of income, resi-
dency or age. No sign up is required. No contact information will be col-
lected. Show up anytime, enter the front doors of CR Fire Station 1 or 2
and the meals will be free to grab. Just help yourself! The 4-5 pound
bag will include a variety of fruits, vegetables, proteins, grains and en-
trees.
COON RAPIDS SENIOR SERVICES
PHONE: (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.

2022 DESSERT & COFFEE CONCERTS

Thursday concerts begin at 7:00 p.m. at the Coon Rapids Senior/Civic Center, 11155 Robinson Drive. Enjoy an evening of music, dessert and beverage—all included in the admission. Seniors (65 and better) and children (12 and under) are $6.00, other adults are $8.00. Receive a $4.00 discount when you purchase all four concert tickets. Advance ticket sales are available at the main receptionist desk in the center of City Hall. Tickets can also be purchased at the door on the night of the event (unless it is sold out in advance). Call (763) 767-6432 for more info. Sponsored by the Coon Rapids Arts Commission.

January 13, 2022
February 10, 2022
March 10, 2022
April 7, 2022

Lady Di & the Power (Variety)
Backyard Band (Variety)
King Wilkie’s Dream (Bluegrass)
The Brueskes (Classical Jazz)