CONCERT & DESSERT AT THE SENIOR CENTER

RIVERSIDE ROCKETS
THURSDAY, AUGUST 11 AT 1:00 P.M.

1950’s Rock ‘N Roll at its finest. Enjoy this local Minnesota trio who have been entertaining crowds for over 20 years. They’re passionate about creating high-energy experiences with the great music of Elvis, Johnny Cash, Chuck Berry, Hank Williams and many more. Doors open at 12:30 p.m. Enjoy dessert as you listen to the music. Cost is $8 payable by Friday, July 29. Registration begins at 9:00 a.m. on Thursday, June 30. Call 763-767-6473 or register in person.

MARK YOUR CALENDAR: The Senior Center will be closed Monday, July 4

LUNCH & LEARN
“YES I THINK I CAN”
FRIDAY, JULY 8 AT 10:30 A.M.

(Re-scheduled from May) Lin Bruce uses her late-blooming, against the odds, bicycling success story to motivate and inspire people to look beyond what they thought possible. Her motto is “It’s never too late to say ‘yes’ to bigger things”. Lin’s first transcontinental ride was in honor of her 60th birthday in 1999. In the years since then, she has crossed the U.S. four times, bicycled 800 miles to attend her 50th high school reunion, and 600 miles to her 60th. Be inspired to realize your own dreams and personal potential. Then enjoy a tasty lunch from Lisa’s Catering, which includes goulash, fruit, dessert and coffee. The cost is $10 per person payable by Tuesday, July 5. Held at the Senior Center. Space is limited. Sign up immediately. Call to register at 763-767-6473.
**TRIPS**

**MYSTIC LAKE CASINO**  
**WEDNESDAY, JULY 20**

Yay! Casino trips are back! For $32, per person you will receive $15 slot play and a $4 off food coupon. Cost includes bus games, bus, and host from Casino Get-Aways.

Sign Up: Thurs., June 30 at 9:00 a.m.  
Cost: $32  
Bus: Depart 9:00 a.m./Return 4:00 p.m.  
Payment Deadline: Monday, July 11

**ATTENTION:**
Please note that ALL casinos require your casino card number in advance. If you do not have a card, please provide us with your date of birth and address. Then the casino will have a card ready for you upon your arrival. Casino trips are subject to change. Thank you for your cooperation.

**COVID POLICY:**  
Mask is required for the bus. At the casino masks are not required, but strongly encouraged for individuals who are not fully vaccinated.

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**TROLLEY TOUR OF ROCHESTER**  
**TUESDAY, AUGUST 16**

Board a vintage trolley for a narrated city tour. Have an up-close view of public parks, gardens, and private homes. Hear the story of Rochester's amazing growth and transformation from a humble Midwestern farm town to a world-famous mecca for the medical arts. Some highlights may include: Rochester Art Center, St. Mary’s Hospital Campus & Chapel, Mayowood Stone Barn, Mayowood Mansion, Plummer House and much more. Enjoy lunch at Victoria’s Ristorante in downtown Rochester. At time of registration choose from Baked Mostaccioli, Walleye Sandwich or Chicken Honey Mustard Salad. Lunch includes beverage and dessert.

Sign Up: Thurs., June 30 at 9:00 a.m.  
Cost: $86  
Bus: Depart 7:30 a.m./Return 4:15 p.m.  
Payment Deadline: Thursday, July 14

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**LE MUSIQUE PRESENTS:**  
**FOLSOM PRISON EXPERIENCE**  
**WEDNESDAY, AUGUST 24**

This first of its kind Tribute Drama recreates the performance and recording of Johnny Cash at Folsom Prison. Starring Jay Ernest from the Church of Cash, it has over 16 cast members bringing you this fun drama of the day back in 1968. The preview performances have left audience members speechless and overjoyed. Now it's go time, as this new show written by Jay Ernest and Tom Pickard, directed by Stephanie Long takes to the road. Join the fun as audience members become the inmates! Participate as much as you like or just watch all the action. It's not just a concert,...it's the Folsom Prison Experience! Refreshments available for purchase.

Sign Up: Thurs., June 30 at 9:00 a.m.  
Cost: $61  
Bus: Depart 12:45 a.m./Return 5:15 p.m.  
Payment Deadline: Monday, July 18
TRIPS

HARMONY AMISH TOUR
THURSDAY, SEPTEMBER 8

Enjoy a wonderful lunch at the Branding Iron in Preston. Choose from Seafood, Pork or Chicken. The meal includes salad, potato, bread and beverage. After lunch the local guide will escort the group into the countryside where the Amish have settled. Harmony’s Amish community is the largest in Minnesota and is strictly “Old Order” Amish, meaning that the people are very private and have strong Christian convictions that bind their community together. They began their move to this area in 1974, and have grown to over 100 families with three church “districts” and numerous one-room schools. Stops are made where you can purchase some specialty crafted items and homemade goods. (CASH ONLY).

Sign Up: Thurs., June 30 at 9:00 a.m.   Cost: $91
Bus:     Depart 8:00 a.m./Return 5:45 p.m.   Payment Deadline: Monday, August 1

NEW ULM WITH DOUG OHMAN
TUESDAY, SEPTEMBER 20
OR
TUESDAY, SEPTEMBER 27

Spend a day with historian, Doug Ohman, as you travel south to New Ulm. Doug will take you on a variety of tours within New Ulm, while explaining the interesting history about this wonderful, small town. Tour the Brown County Museum, Schell’s Brewery, where you will have a box lunch, and other surprises along the way. Snacks are included. You will love learning special trivia, as Doug tries to stump you with historical questions.

Sign Up: Thurs., June 30 at 9:00 a.m.   Cost: $75
Bus:     Depart 8:00 a.m./Return 6:30 p.m.   Payment Deadline: Monday, Aug. 29

REGISTRATION TIPS:

Registration begins promptly at 9:00 a.m. and can be done in-person or by telephone. If you are signing up in-person, keep in mind that numbers are given out at 8:00 a.m. The office does not open until 8:00 a.m., and we do not encourage people to come any earlier. After receiving a number, you can have a seat or leave the building until the registration begins at 9:00 a.m. At that time, you line up according to your number. We require individual phone numbers and names for everyone who signs up. After you are registered, you can make your payment or pay at another time before the payment deadline. Remember, we only take cash or check. Checks can be made out to Coon Rapids Senior Services.

!! ATTENTION! TRIP PARTICIPANTS MUST READ THIS!!

COVID POLICY: Masks may be required for some buses. On the trips, masks are not required, but strongly encouraged for individuals who are not fully vaccinated.
ACID REFLUX/GERD PRESENTED BY HEATHER CARPENTIER IN-PERSON OR ZOOM MONDAY, JULY 18 AT 10:30 A.M.
Join Health and Wellness Consultant Heather Carpentier as she shares about GERD (Gastroesophageal reflux disease). It is one of the most common digestive disorders in the U.S. and its prevalence is steadily increasing. In this class we will discuss symptoms, common underlying causes, potential risks if left untreated, and possible holistic options for treating GERD. Sign up by calling 763-767-6473. Cost of $5 per person due one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

USSR-RUSSIA: MYTHS, MYSTERIES AND SPYING PRESENTED BY HENRY QUINLAN ZOOM AT SENIOR CENTER OR ZOOM FROM HOME WEDNESDAY, AUGUST 10 AT 1:00 P.M.
A one-hour presentation based on 30 years involvement with the former Soviet Union and Russia, including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. The presentation starts with a 1985 agreement to publish a book by young Soviet diplomat Vitaly Churkin and ends with dinner in New York with Vitaly Churkin, now the Russian Ambassador to the UN. Henry will also cover the Soviet Union in WW2, Soviet Space facilities, 1990 Summit with President Gorbachev and President G. H. Bush,Spying for the F.B.I., Russian Mafia, personal publications, the Czar’s Jewels and much more. Sign up by calling 763-767-6473. Cost of $5 per person due one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

VISION LOSS RESOURCES PRESENTED BY RENEE WACLAW IN PERSON WEDNESDAY, AUGUST 17 AT 1:00 P.M.
Do you have low vision? Join this informational presentation to learn about eye diseases and how to cope with vision loss. Learn the causes of low vision as we age and the resources available. There is no fee for this presentation, but please sign up in advance.
TRAVELING NATURALIST: LOOSEY GOOSEY
PRESENTED BY MELONIE SHIPMAN
IN-PERSON
FRIDAY, AUGUST 19 AT 11:00 A.M.
“Fox come, birds go”, said the Alaska Natives, including the Aleutian Cackling Goose. It took over 30 years of dedicated efforts including hunting bans, habitat preservation, capture by border collies and captive breeding to bring the species back from near-extinction, in 2001. You will see the impacts of introduced species and the complex coordination of Endangered Species Act recovery through the eyes of Refuge staff who led the effort. Cost of $5 per person due one week in advance.

HEALTHY COOKING OILS
PRESENTED BY HEATHER CARPENTIER
IN-PERSON OR ZOOM
MONDAY, AUGUST 22 AT 10:30 A.M.
Cooking Oils? How do I know which one to use? Join Health and Wellness Consultant Heather Carpentier for this talk. Canola, olive, avocado, coconut oil and the list goes on! Have you wondered which oil to use and how to use various oils? In this class we will learn the pros and cons of different oils, how to use them, and how to purchase the best cooking oils. Sign up by calling 763-767-6473. Cost of $5 per person due one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

**JUST A NOTE: WE DO NOT ACCEPT CREDIT CARD PAYMENTS FOR ACTIVITIES/PROGRAMS AT THIS TIME. PLEASE PAY BY CASH OR CHECK.

YOU ARE INVITED TO JOIN US
FOR A RECEPTION TO WELCOME
JULIE BIENIEK
WEDNESDAY, JULY 6 - 10:30-11:15 A.M.
We are pleased to announce that Julie Bieniek has accepted the position of Recreation Specialist-Senior Center and Special Events. Julie’s job will include the coordination of van services, assisting with senior programming, and working with the Recreation team for the City’s special events. Please join us for coffee and treats as we welcome Julie to our team.
RESTAURANT CLUBS

Meet new friends and enjoy a nice meal! Join one of our restaurant groups! The meal, tax and gratuity are paid for on your own. It is important that you sign up with the Senior Center so we can let the restaurant know how many spots to set up. Call (763) 767-6473 to reserve a spot!

LUNCH BUNCH ON THURSDAY, JULY 14: Enjoy lunch at Carol’s located at 11888 Aberdeen St in Blaine. Meet the group by 11:30 a.m. They will seat the group when everyone is there.

OUT TO DINNER ON TUESDAY, AUGUST 23: Enjoy a night out at TGIFridays located at 12519 Riverdale Blvd. Meet the group by 4:30 p.m.

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. Payment of $24.00 is due 2 weeks before class. Checks can be made out to Coon Rapids Senior Services. These classes fill up fast. Right now we have openings on the following dates:

4-HOUR REFRESHER COURSE—$24
Thursday, July 28: 12:30 p.m.—4:30 p.m.
Monday, August 8: 4:30 p.m.—8:30 p.m.
Thursday, August 25: 12:30 p.m.—4:30 p.m.
Monday, September 12: 8:30 a.m.—12:30 p.m.
Thursday, September 29: 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.

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 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! (This is for residents of Coon Rapids only.)
**PROPERTY TAX REFUND**

Anoka County Retired and Senior Volunteer Program will offer limited appointments by phone for the 2022 tax season.

RSVP Staff will begin prescreening clients and mailing M1PR forms beginning June 27th, 2022, in preparation for scheduled appointments that begin on July 12th and run through August 11th.

The Property Tax Refund Assistance is designed to help senior citizens and people with disabilities who qualify for a state refund apply for their homeowners'/renters' Minnesota property tax refund. Volunteer tax preparers will answer your property tax questions and assist you in filling out your M1PR form, which you will then mail to the MN Department of Revenue. For more information, please call 763-324-1480 or visit: [https://www.anokacounty.us/4111/Property-Tax-Assistance-Program](https://www.anokacounty.us/4111/Property-Tax-Assistance-Program)

If assistance is needed for Income Tax Preparation, please call MN Prepare and Prosper at 651-287-0187.

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**TIDBITS FROM THE OFFICE**

**COLLECTION SITE:** Times have changed. Schools are no longer collecting soup labels, milk lids, bottle tops, printer cartridges or cell phones, so neither are we. We do still collect used eye glasses and hearing aids for the Lions Club and pop tabs for the Ronald McDonald House.

**COON RAPIDS RECYCLING: Organics- Food Recycling**

Coon Rapids Recycling Center offers a free organics program to recycle food scraps, paper towels and more. Stop by and pick up your free starter kit! The kit includes a countertop collection container, education and special bags. The bags are free and are available at the Recycling Center. Filled bags can be disposed of in our special Collection dumpster outside of the Recycling Center. If you have questions call or stop by! To speak with Recycling Center staff, call 763-767-6485. The recycling department is located at 1827 111th Ave. Hours through September are: Tuesday: 9 am to 3 pm, Wednesday: 1-7 pm, Thursday, Friday and Saturday: 9 am to 3 pm. They also collect old cell phones, printer cartridges (small), and have paper shredding available. Self-serve paper shredding is available now (one box per visit), and a larger event will be held on Saturday, August 6 from 9:00-12:00 with a 5 box limit.

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**WE ARE COLLECTING SCHOOL SUPPLIES**

Bring in pencils, crayons, backpacks and more. Help the children in our area by dropping off school supplies at the Senior Center before Wednesday, August 31.
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<td><strong>CLOSED FOR HOLIDAY</strong></td>
<td><strong>AA Meeting</strong> 9:30</td>
<td><strong>Vets Coffee</strong> 8:00</td>
<td><strong>Club Bazaar Mtg.</strong> 12:00</td>
<td><strong>Live to be Healthy</strong> 9:00</td>
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<td><strong>Square Dancing</strong> 9:30</td>
<td><strong>Footcare</strong> 8:00</td>
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<td><strong>Craft Club</strong> 10:00</td>
<td><strong>Live to be Healthy</strong> 9:00</td>
<td><strong>Super Senior Club</strong> 1:00</td>
<td><strong>Yoga</strong> 11:00</td>
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<td><strong>Health Insurance</strong> 10:00</td>
<td><strong>Paper Crafting</strong> 9:00</td>
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<td><strong>Hand &amp; Foot</strong> 12:00</td>
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<td><strong>Counseling by appointment</strong> 10:15</td>
<td><strong>Welcome Coffee</strong> 10:30</td>
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**TRIP REMINDER:**
Cruisin' in Stillwater/Wednesday, June 29
Bus: Depart 10:15 a.m./Return 4:30 p.m.

**TRIP REMINDER:**
Old Log Theater/THURSDAY, JULY 28
Bus: Depart 10:45 a.m./Return 4:45 P.M.
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<td>1 Live to be Healthy 8:30</td>
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BLOOD DRIVE
MONDAY, AUGUST 1
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.

Life is like a book. Some chapters are sad, some are happy, and some are exciting, but if you never turn the page, you will never know what the next chapter has in store for you.

PUZZLES & BOOKS!
Our library has books and puzzles galore! Come in and choose something to take home with you!

HAPPENING AT THE SENIOR CENTER

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

Tuesday, July 12
“The Overstory”
By Richard Powers

Tuesday, August 9
“Bring up the Bodies”
By Hilary Mantel

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, July 28
“The Curious Incident of the Dog in the Nightime”
by Mark Haddon

Thursday, August 25
“The Stolen Hours”
by Allen Eskens

HEY ALL YOU VETS!
Join fellow Vets for coffee and conversation on Wednesday mornings starting at 8:00 a.m. All ages welcome!
IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of those who passed away recently, including Bev Anderson, Joan Becker, Ray Deveney, Sharon Strong, Jeanne Wolfgram and Doris Zigan.

SUPER SENIOR CLUB

Coon Rapids Super Senior Club Members-Happy summer to all! We hope you have many enjoyable times planned with family and friends. Keep healthy and safe.

There seems to be confusion between the Coon Rapids Senior Center and being a member of the Super Senior Club. We want to remind everyone that you can take part in the events and programs at the Senior Center. There is no membership to participate. The Super Senior Club is a separate part of the Senior Center that began many years ago. This group runs the gift shop and puts on the Fall Bazaar, along with many other things. The members work very hard and earn around $12,000 each year. We provide grants of $350.00 each to non-profit organizations that provide clothing, food and other resources to help those in need. Hundreds of lives have been changed over the years by our donations. Three of our members presented a scholarship in the amount of $1,000 to a deserving Coon Rapids graduate on June 2nd at the high school. Thank you to all members who make this possible.

We invite all of you to consider joining our Super Senior Club. The dues are $7.00 per year. We meet the first Thursday of each month at 1:00 at the Senior Center. The next meeting will be July 7th. We will have our first Bazaar meeting at 12:00 before the meeting. The annual free picnic for paid members will be Thursday, August 4th. More details will be discussed at the July meeting.

GIFT SHOP OPEN!

Monday-Thursday
10:00-1:00
All proceeds benefit local charities.
Used Jewelry—Embroidered Towels
Home Decor & More!
Join us for Bingo every Monday at 1:00 p.m.
(Note: There will be no Bingo August 1st 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!

COON RAPIDS
FARMERS MARKET
EVERY WEDNESDAY
JUNE 22-OCTOBER 12 FROM 3:00-6:00
COON RAPIDS ICE CENTER,
11000 CROOKED LAKE BLVD.

FEED MY STARVING CHILDREN
FRIDAY, JULY 15
Volunteers are needed to put labels on food bags. You will be able to sit during this volunteer project. Meet the group by 9:00 a.m., at FMSC, 401 93rd Ave, Coon Rapids. To sign up, call Senior Services at (763)767-6473. If you need to cancel, please call the center.
HEALTH & FITNESS

WALKING CLUB!

Exercise, meet new friends and enjoy nature, all at one time! the Coon Rapids Roamers walk approximately 1.5-3 miles (depending on the trail and the participants.) For a map and complete listing of all the hikes, stop by the Senior Center and pick one up or call 763-767-6473 and request that one be mailed to you.

PARKINSON'S SUPPORT GROUP

Join our Parkinson’s Group on the third Thursday of 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, July 21, 1:00-2:30 p.m.

SPEAKER: Dr. Kyle Nelson MD

TOPIC: Deep Brain Stimulation

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. Zoom from home or view Zoom on the big screen at the Senior Center. 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 Link-Age Line Can Help You at trellisconnects.org/get-help/upcoming-presentations/.

ONE-ONE TECHNOLOGY HELP
The Anoka County Library (located on Crooked Lake Blvd in Coon Rapids) offers free, one-on-one Technology Help! Please call 763-324-1530 to set up a 45 minute appointment. Let them know what it is you’re needing assistance with so they can match you up with the right person. Appointments now take place at the library.

MATTHEW 25 FOOD SHELF
COON RAPIDS UNITED METHODIST CHURCH
EVERY SECOND SUNDAY EACH MONTH
12:00-2:00 P.M.
All are welcome for this free drive-thru food distribution. The church is located at 10506 Hanson Blvd. in Coon Rapids. @SpiritofMatthew25. For more information call 763-755-6990.

THE HARBOR FOOD SHELF
FAITH LUTHERAN CHURCH
LAST WEDNESDAY EACH MONTH
2:30-4:30 P.M.
All are welcome for this free drive-thru food distribution. The church is located at 11115 Hanson Blvd. in Coon Rapids. www.faithlutheranocr.org/the-harbor. For more information call 763-755-3530.
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!
COON RAPIDS SENIOR SERVICES
PHONE: (763) 767-6473
ACTIVITIES FOR SENIORS AGE 55+
RECREATION COORDINATOR—CINDY OLSON
RECREATION SPECIALIST—JULIE BIENIEK

Thursday Nites LIVE! At the Dam
FREE CONCERTS—RAIN OR SHINE—FREE PARKING—FREE ADMISSION
Concerts begin at 7:00 p.m. at Coon Rapids Dam Regional Park Performance Pavilion. Bring a lawn chair and enjoy an evening of family fun. Sponsored by Coon Rapids Arts Commission and the Anoka County Parks and Rec Depart. Questions? Call 763-767-6432.

June 23: Rockie Lynne (Country)
July 7: Raquel & The Wildflowers (Country)
July 14: Erik Christenson & His Support Group (Blues)
July 21: Dirty Shorts Band (New Orleans Brass/Jazz)
July 28: Chmielewski Fun Time Band (Polka)
Aug. 4: Ecuador Manta (Latin Fusion)
Aug. 11: The Revolution 5 (Beatles Tribute)