OUTDOOR CONCERT! PARKING LOT BINGO!
FOOD DRIVE! ZOOM MEETINGS! AND MORE!

We have found some fun and creative ways to still hold some activities.

Turn the page and check it out!

MARK YOUR CALENDAR: The Senior Center will be closed
Monday, September 7, for the Labor Day Holiday!

SENIOR CENTER UPDATE

The Coon Rapids Senior Center is beginning its next phase of opening with guidance from the City of Coon Rapids, the State of MN, and the CDC. We’re still not ready to go back to "business as usual" but we are starting to take some little steps. Check out the inside of this newsletter for details about small events in the facility, as well as several virtual and outdoor events. We can’t wait to have you back, but safety and wellness are our number one priority!

- Sorry, but no “drop-in” use of the facility is allowed. All attendees must be pre-registered.
- Everyone must wear a face mask.
- All attendees must be symptom free. Do not attend if you are experiencing any illness, fever, cough, shortness of breath or any other cold or flu-like symptom.
- Use the provided hand sanitizer upon entering the building.
- Participants must practice “social distancing”, which means everyone must stay at least 6 feet apart, even in the restrooms and hallways.
- No beverages or refreshments can be served. You may bring your own.
- Groups cannot exceed 10 people at a time. This is why pre-registration is required.
- A Plexiglas buffer has been installed at the receptionist counter.
- Wash your hands and sanitize your hands OFTEN.
- Only staff are allowed in the office and kitchen areas.
- Extra cleaning and sanitation procedures will be in place.
- Events are subject to change and/or cancellation. This could occur due to exposure, new guidelines or other reasons.
- If attendees do not follow these guidelines, they may be asked to leave.

*Your understanding, patience and cooperation are appreciated!*
IN-PERSON ACTIVITIES

PARKING LOT BINGO
MONDAYS, SEPTEMBER 14, 21 & 28 at 1:00 p.m.
Play Bingo in the safety of your own car! Other Senior Centers are doing it and it’s a blast! Join us at the Coon Rapids Soccer Complex (next to Public Works at 1705 111th Ave NW). We'll direct you to park your cars “checkerboard style”. Then get ready for Bingo Fun. Honk your horn if you’re a winner and we’ll bring you a prize! Pay $3 cash per person (exact change appreciated) upon arrival. You must reserve a spot in advance by calling 763-767-6473. If it rains, join us on Zoom....Meeting #872 326 3109/Password: SENIOR

“DRIVE-IN” CONCERT WITH VINNIE ROSE
WEDNESDAY, SEPTEMBER 23 AT 11:00 A.M.—Noon
RAIN DATE: THURSDAY, SEPTEMBER 24
Are you ready for some fun? We are! Join us at the Coon Rapids Soccer Complex (next to Public Works at 1705 111th Ave NW). We’ll direct you to park your cars “checkerboard style”. Sit in your car or bring a lawn chair and sit in an empty parking space (social distancing, of course). Then enjoy the live music of Vinnie Rose, including a tribute to Veterans. Sorry, no walking around or socializing. No cost, but you must reserve a spot, as only 50 cars are able to attend. Call 763-767-6473 for a reservation. Registration begins Tuesday, September 1.

POKER WALK
WEDNESDAY, SEPTEMBER 16 AT 11:00 A.M.
Walk five laps at your own pace (less than one mile total). After each lap, collect a card from the deck. We will track your cards and see who has the best poker hand at the end. We’ll have some prizes and lots of fun! Cost is $2, payable upon arrival. This will be held outdoors behind the Senior Center. Park near the back of the building and meet at the gazebo. Event followed by a light refreshment and time to visit. Spots are limited. Call 763-767-6473 to sign up. Rain date will be the next day, Thursday, September 17.

FOOT CARE BY APPOINTMENT
YES! We have foot care appointments. Right now we are scheduling appointments on October 13, 20 and 27, between 9:00–2:00. Cost is $25 payable upon arrival (cash or check). Bring your own towel and wear a mask. Call 763-767-6473 to make an appointment.
HEATHER’S HEALTH CLASS:
“EATING FOR ONE OR TWO”
THURSDAY, SEPTEMBER 10 AT 11:00 A.M.
Are you a one or two person household? Do you struggle to plan healthy meals? Join Health and Wellness Consultant, Heather Carpenter, NC, CNE, CGP., as she shares strategies for preparing healthy meals for one or two. Held at the Senior Center. Please call 763-767-6473 to register. Cost is $5.00 and can be paid at the class. Limited class size, social distancing, masks and other safety measures will be taken.

HEATHER’S HEALTH CLASS:
“HOLISTIC APPROACH TO HIGH BLOOD PRESSURE/HYPERTENSION”
THURSDAY, OCTOBER 8 AT 11:00 A.M.
Managing your blood pressure can lower your risk of heart attack, stroke, and heart disease. Join Health and Wellness Consultant, Heather Carpenter, NC, CNE, CGP., as she shares a holistic approach to controlling high blood pressure. Held at the Senior Center. Please call 763-767-6473 to register. Cost is $5.00 and can be paid at the class. Limited class size, social distancing, masks and other safety measures will be taken.

Minnesota Safety Council
DEFENSIVE DRIVING COURSES
Consumers 55+ years of age can receive a 10% automobile insurance discount for 3 years by attending a MN Safety Council Defensive Driving Course. Anyone taking the course for the first time must attend an 8-hour 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. Checks are made out to Coon Rapids Senior Services.

4-HOUR REFRESHER COURSE—$22:
Thursday, September 17: 8:30 a.m.—12:30 p.m.
Monday, October 5: 8:30 a.m.—12:30 p.m.
Monday, October 12: 5:30 p.m.—9:30 p.m.
Monday, October 19: 8:30 a.m.—12:30 p.m.
Monday, November 23: 8:30 a.m.—12:30 p.m.

8-HOUR COURSE—$24:
Mondays, November 9 & 16: 8:30 a.m.—12:30 p.m.
(Please note: This is the last 8-hour class that will be held at our Senior Center.)

ON-LINE CLASSES! Sign up at www.minnesotasafetycouncil.org or call (651) 291-9150.

COVID ANNOUNCEMENT: Refreshments will not be served. Bring your own beverage/snack. Spacing of participants will be implemented. Wear a mask. All classes subject to change and/or cancellation.
ZOOM EVENTS

ZOOM PRESENTATION: “WHO WILL INHERIT THE MESS?”
THURSDAY, SEPTEMBER 17 AT 10:30–11:30 A.M.
This is a nationally recognized program to address critical family estate planning issues. Free.
Presented by Generations Legal Services. Zoom Meeting #850 0305 9910/Password 856519

ZOOM CLASS: GENEALOGY —“CENSUS RECORDS”
THURSDAY, OCTOBER 1 AT 11:00 A.M.
What kinds of information is available in Census Records? How can you use that information in your research?
Presented by Cathi Weber. No fee. Zoom Meeting #781 2475 5667/Password 3JB6XV

ZOOM PRESENTATION:
RUSSIAN ART: ACROSS CULTURES: WESTERN PAINTING IN UKRAINE
PART 1: THURSDAY, OCTOBER 1 AT 1:00 P.M.
PART 2: THURSDAY, OCTOBER 8 AT 1:00 P.M.
Western influences came into Ukraine in several media. These influences blend with indigenous visual themes in the painting tradition. Tracing this history of painting shows how Ukraine artists skillfully communicate their cultural roots in Western visual language. This power point is presented by Carol Veldman Rudie, with The Museum of Russian Art. Zoom Meeting #872 326 3109/Password: SENIOR

ZOOM COFFEE & CHAT
THURSDAYS, SEPTEMBER 3, & OCTOBER 15, 22 & 29 AT 11:00 A.M.
Bring a cup of coffee and visit for a little bit. We talk about upcoming events, things to do in the area and just chat. Zoom Meeting #872 326 3109/Password: SENIOR

ZOOM TRIVIA TUESDAYS
TUESDAYS, SEPTEMBER 8, 15, 22, 29, OCTOBER 13, 20 & 27 AT 11:00 A.M.
We’ll even have a prize for the winners! Zoom Meeting #996 0123 1675/Password: SENIOR

ZOOM SPANISH CLASSES
Are you interested in joining one of our Intermediate Spanish Classes on Zoom? Call the Senior Center at 763-767-6473 for more information.
WHAT’S ZOOM?

Zoom is a fun (and easy) way to teleconference with numerous people, right on your home computer. It includes audio and video, with your screen looking something like the Brady Bunch. Once you figure it out, you can attend Senior Center events, as well as ‘meet’ with friends, family, church groups, classes and more! Over 200 million people use Zoom each day—and if they can figure it out, so can you! Just type ‘Zoom’ in your browser and you will see dozens of instructional videos or type this address into your browser for an easy explanation: https://seniorplanet.org/wp-content/uploads/2020/03/Zoom.pdf
Frequently Asked Questions

QUESTION: When are activities going to start up again?
ANSWER: We are hoping that some of our groups can start up in November. In the meantime, some of our large rooms are being used for several weeks for the election. Then, we’re hoping to take some steps towards having some of our smaller groups start up. Cross your fingers!

QUESTION: When will the card/game groups start back up?
ANSWER: Sorry, it will be a while! There are two reasons why these sort of groups cannot take place. First, the sharing of cards/game pieces is not allowed. Second, it is impossible to sit the required six feet apart.

QUESTION: I need to receive foot care services. Are you taking appointments?
ANSWER: YES! We are offering foot care services. Cost is $25. Bring your own towel and participants must wear a mask. Call 763-767-6473 to make an appointment.

QUESTION: Can I stop by and pick up library books, puzzles or craft supplies?
ANSWER: Yes, by appointment only. Call 763-767-6473 to set up a time.

QUESTION: Can I donate books/puzzles for the Senior Center Library?
ANSWER: Yes. Call 763-767-6473 to set up a time. Items will be ‘quarantined’ for several days before being put on the shelf.

QUESTION: How can I help people during these difficult times?
ANSWER: Donate non-perishable items at our food shelf drive. See Page 8 for details. Or donate blood on Monday, October 5. Call 1-800-RED-CROSS for an appointment.

QUESTION: Help! I still need to do my taxes. Who do I call?
ANSWER: For assistance with Income Taxes, call 651-287-0187. For help with Property Tax Refunds or Rent Credits, please call 763-324-1480.

2020 ELECTION: ABSENTEE & EARLY VOTING

Would you like to avoid the polls on Election Day? You have two choices:

1. In-Person Absentee Voting (vote early in person): Vote at City Hall Monday through Friday, 8:00 a.m. to 4:30 p.m. You can also vote the Saturday prior to Election Day from 10:00 a.m. to 3:00 p.m. or the Monday prior to Election Day from 8:00 a.m. to 5:00 p.m.

2. Absentee Voting (vote early by mail): Call the Anoka County Elections office at 763-324-1300 to request an application be mailed to you or apply on-line at anokacounty.us/224/Vote-Early
CALENDAR OF UPCOMING EVENTS

Thursday, September 3 at 11:00: Zoom Coffee & Chat
Thursday, September 3 at 11:30: Super Senior Club Picnic (Members Only)
Monday, September 7: Closed for Labor Day
Tuesday, September 8 at 11:00: Zoom Trivia Tuesday
Wednesday, September 9 at 12:30: Defensive Driving Class
Wednesday, September 9 at 3:00–6:00: Drive-By Food Drive
Thursday, September 10 at 11:00: Heather’s Health Class
Monday, September 14 at 1:00: Parking Lot Bingo at CR Soccer Complex
Tuesday, September 15 at 11:00: Zoom Trivia Tuesday
Wednesday, September 16 at 11:00: Poker Walk: Senior Center Patio/Gazebo
Thursday, September 17 at 8:30: Defensive Driving Class
Thursday, September 17 at 10:30: Zoom: Estate Planning
Monday, September 21 at 1:00: Parking Lot Bingo at CR Soccer Complex
Tuesday, September 22 at 11:00: Zoom Trivia Tuesday
Wednesday, September 23 at 11:00: "Drive-In" Concert with Vinnie Rose
Friday, September 25 at 10:00: Zoom: Heather’s Health Class
Monday, September 28 at 1:00: Parking Lot Bingo at CR Soccer Complex
Tuesday, September 29 at 11:00: Zoom Trivia Tuesday
Thursday, October 1 at 11:00: Zoom: Genealogy Class
Thursday, October 1 at 1:00: Zoom: Russian Art
Thursday, October 5 at 8:30: Defensive Driving Class
Monday, October 5 By Appointment: Red Cross Blood Drive 1-800-733-2767
Thursday, October 8 at 11:00: Heather’s Health Class
Thursday, October 8 at 1:00: Zoom: Russian Art
Monday, October 12 at 5:30: Defensive Driving
Tuesday, October 13 at 11:00: Zoom Trivia Tuesday
Wednesday, October 14 at 10:00: Zoom with Doug Ohman/Civil War
Thursday, October 15 at 11:00: Zoom Coffee & Chat
Monday, October 19 at 8:30: Defensive Driving
Tuesday, October 20 at 11:00: Zoom Trivia Tuesday
Thursday, October 22 at 11:00: Zoom Coffee & Chat
Friday, October 23 at 10:00: Zoom: Heather’s Health Class
Tuesday, October 27 by Appointment Only: Flu Shots
Tuesday, October 27 at 11:00: Zoom Trivia Tuesday
Thursday, October 29 at 11:00: Zoom Coffee & Chat

Sorry, all other activities are canceled at this time. Please contact the Senior Center Office at 763-767-6473 to register or if you have any questions!
OLD CELL PHONES NEEDED

We are collecting old cell phones for the National Council on Aging. They recycle them and send us money. This will be an on-going fundraiser. Call the senior center to make an appointment for drop-off. We do recommend you clear off any sensitive data & remove your SIM card before bringing your recycled phone in. (Please, no chargers or batteries).

COON RAPIDS FARMER’S MARKET

WEDNESDAYS 3:00–6:00 P.M. (THRU OCTOBER 7)
COON RAPIDS ICE CENTER,
11000 CROOKED LAKE BLVD
Fresh Vegetables, Berries, Flowers, Honeys, Jams, Breads and More!

Please note: Due to COVID-19, safety procedures will be implemented. Visitors are strongly encouraged to wear a face mask. One person per family should shop and the number of shoppers allowed at one time may be limited. Shop with your eyes, as vendors will handle all items. Please use the proper entrance and exit areas. Social distance and be safe! Thank you for your cooperation!

RED CROSS BLOOD DRIVE
MONDAY, OCTOBER 5
Call 1-800-RED-CROSS (1-800-733-2767) for an appointment starting at 2:00 p.m. Held at the Coon Rapids Senior Center.

American Red Cross

Daylight Saving Time ends Sunday, November 1. Check your smoke alarm batteries, too!

IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of who passed away recently, including Evelyn Berg, Carlotta Flor, Katherine Kusie, Joyce Lindstrom, Tom Olin, Elva Otness, Shirley Sibilski, and Ann Wiggins.
SUPER SENIOR CLUB
NEWS FROM THE PRESIDENT

Attention Super Senior Club Members! We are excited to announce the new date for our **ANNUAL PICNIC**! Mark your calendars for Thursday, September 3 at 11:30 a.m. (rain date Friday, September 4). We will have the picnic outdoors at the gazebo, on the patio behind the Senior Center. Please park in the back of the Senior Center. Bring your own lawn chair and we'll provide a catered, box lunch and bottled water. We will abide by the rules of the state regarding social distancing and serving food. You must RSVP before Thursday, August 27. Remember, this free event is for Club Members only who have paid their $7 dues and are in the SSC Directory. Join us for a nice lunch, some fun and time to visit!

Bernice Olson
President

**ANNUAL BAZAAR IS CANCELLED!**

We regret to inform you that our annual November Bazaar is cancelled. This event is typically the best attended event of our year and is a huge fundraiser for local charities. However, due to the large crowds and dozens of volunteers, there is just not a safe way to hold the event. We will also not be accepting any donations. Health and safety are our number one priority! We’ll make it bigger and better next year! Thank you for your understanding!

**STAY UP TO DATE!**

There are a few ways to keep up with the latest news from the Senior Center.

1. **PHONE:** You are welcome to call us at 763-767-6473 and listen to our recorded message for updates. Leave a message and we’ll return your call.

2. **EMAIL ALERTS:** We encourage you to sign up for email alerts. This service will allow you to keep up to date with all changes and cancellations. Just follow these instructions: Go to [www.coonrapidsmn.gov](http://www.coonrapidsmn.gov) Scroll down to the bottom of the home page. Click “Notify Me” under the “Stay Connected” column. Enter your email address in the empty box and click the “Sign In” button. Scroll down and click the envelope icon next to “Senior Center Activities”. A green check mark will appear. Sign up for as many lists as you like. ONE MORE STEP! Open your email inbox and look for a message from Notify Me. You MUST confirm your account before you will receive any messages.

3. **FACEBOOK:** Like” Coon Rapids Senior Services on Facebook. We’ll share updates, Zoom meetings, recipes, resources, craft tips and other fun ideas! Go to [https://www.facebook.com/CoonRapidsSeniorServices/](https://www.facebook.com/CoonRapidsSeniorServices/)
DID YOU KNOW?

1. The Senior Center first met at a church, then a fire station, then the Family Services Center (on Coon Rapids Blvd) and then to its current home. What year was the Senior Center formed?

2. Thirty-two career firefighters work out of three fire stations in Coon Rapids and answered more than 6,800 calls in 2019. How many hours a day are they staffed?

3. How many city parks are in Coon Rapids?

4. The first baby born at Mercy Hospital arrived during a raging blizzard, five days before the hospital’s planned opening and was named Merci in honor of the new hospital. What year was it?

5. How many sworn officers does the police department have?

6. How many officers did the city have in 1960?

7. How many police calls does the police department handle each year?

8. How many K9 Officers does the police department currently have?

9. How many miles of trails are operated by the City of Coon Rapids?

10. What year was the “new” City Hall built?

ANSWERS ON NEXT PAGE

FUN FACTS!

• There are 293 ways to make change for a dollar.
• There are more chickens in the world than people.
• The longest one-syllable word in the English language is SCREECHED.
• Tigers have striped skin, not just striped fur.
• Rubber bands last longer when refrigerated.
• The giant squid has the largest eyes in the world.
• No president of the United States was an only child.
• Women blink nearly twice as much as men.
WE'RE HERE TO HELP!

Would you like someone to call you every few days to check on you or just to chat? Let us know! Do you need to be connected to grocery shopping, counseling, or other resources? We can help! The Senior Center phone number is 763-767-6473. We might not be together, but we’ll get through this together!
COON RAPIDS SENIOR SERVICES: (763) 767-6473

ACTIVITIES FOR SENIORS AGE 55+
PROGRAM SPECIALIST—KRISS NIEBLER
RECREATION SUPERVISOR—RYAN GUNDERSON
PROGRAM ASSISTANT—CINDY OLSON
FACILITY RENTAL—LORI ANDERSON

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

DRIVE-BY FOOD DRIVE!
AND SCHOOL SUPPLIES, TOO!

COON RAPIDS SENIOR CENTER/CITY HALL
Wednesday, September 9  3:00—6:00 p.m.

Our July Food Drive was such a HUGE success, the Coon Rapids Senior Center and Police Department are co-hosting another one! We will be stationed outside of the Senior/Civic Center at City Hall to accept your non-perishable food items and school supplies, as well as checks made out to ‘ACBC Food Shelf’. Just drive up to the curb, stay in your car and we’ll gladly take your donation. Thanks to everyone who donated at the July Food Drive! We collected more than 3,400 pounds of food and more than $2,400 for the ACBC Food Shelf (which serves Anoka County)! What an awesome way to help our community during this time of need!