The year 2020 is different than any other and so is our annual VFW Holiday Dinner! The VFW Auxiliary has hosted this event for around 40 years, but never like this! Due to the pandemic, this year’s event will be held “drive-thru” style! You will receive their 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).

2. Cost is $5.00. Please pay at least one week in advance by making your check payable to Coon Rapids Senior Services and 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 10. 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 for being creative and flexible and not just simply canceling this event. It is a long-standing tradition in our community and we thank them for making it work this year!

**MARK YOUR CALENDAR:** The Senior Center will be closed November 11, 26 & 27 and December 24 & 25 for holidays.
IN-PERSON ACTIVITIES

SOME ACTIVITIES ARE STARTING UP – SLOW BUT SURE!

We are starting to take small steps towards having a few small groups return to the Senior Center beginning the week of November 9 (keep in mind we’re closed for Veteran’s Day on November 11). All participants MUST register in advance by calling 763-767-6473. There will be capacity limits and time limits and masks are required. If there is any exposure in our building, events are subject to cancellation. Social Distancing is required at all times (even in halls and restrooms). All of these small groups will meet in Civic Rooms A&B (the large banquet room). Sorry, no refreshments or beverages can be served or shared, but you can bring something for yourself. Sorry there is no van service. Unfortunately, we cannot have card/game/exercise groups back yet, but at least this is a start!

CRAFTS/CROCHET/KNIT: Tuesdays 10:00-11:30 a.m.
VETS COFFEE: Wednesdays 8:00-9:30 a.m.
PAPER CRAFTING: Wednesdays 10:00-11:30 a.m.
WOODCARVING: Thursdays 1:00-3:00 p.m.

REMINDER: Do not just show up. You will be turned away. Participants must register in advance. Thank you!

Holiday BINGO

MONDAYS, DECEMBER 14 OR DECEMBER 21
1:00 P.M. OR 3:00 P.M.

Join us for an hour of bingo at the senior center. We will limit the number of people at each session and social distance. Masks required. We'll use disposable bingo cards and have wrapped prizes. The cost is $3 per person and is payable upon arrival. Please sign up for one session per person. Participants must have a reservation. Call 763-767-6473 to reserve a spot.

IN-PERSON CLASS: LEARN HOW TO “ZOOM”
TUESDAY, NOVEMBER 10 AT 1:00 P.M.

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, right in the safety of your own home! Over 200 million people use Zoom each day—and if they can figure it out, so can you! If possible, bring your device (laptop, phone, iPad) and we’ll hold a mock meeting. No cost. Class size is limited and registration is required. Call 763-767-6473 to reserve a seat.
HEATHER’S HEALTH CLASS:
“BUILD A STRONG IMMUNE SYSTEM”
THURSDAY, NOVEMBER 12 AT 11:00 A.M.
Your overall health, productivity, and happiness are closely tied to the strength of your immune system. Uncover foods and natural solutions to get your immune system in tip-top condition. Join Health and Wellness Consultant, Heather Carpentier, NC, CNE, CGP., as she shares strategies for preparing healthy meals for one or two. In-person class 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:
“DOES DIET & LIFESTYLE AFFECT ARTHRITIS?”
THURSDAY, DECEMBER 3 AT 11:00 A.M.
The number of people with arthritis is growing. Learn holistic strategies that are available for arthritis through nutrition and lifestyle. Taught by Health and Wellness Consultant, Heather Carpentier, NC, CNE, CGP., In-person class 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.coonrapidssmn.gov. Payment is due upon arrival. Checks can be made out to Coon Rapids Senior Services. Right now we have openings on the following dates:

4-HOUR REFRESHER COURSE—$22:
Tuesday, December 8: 12:30–4:30 p.m.
Monday, December 14: 8:30 a.m.–12:30 p.m.
Monday, January 11: 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 in-person 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.

CALL EARLY FOR WINTER/SPRING CLASSES. THEY FILL UP FAST!
ZOOM EVENTS

ZOOM: FIREFIGHTER FUN!
WEDNESDAYS, NOVEMBER 4 & DECEMBER 2 AT 11:00 A.M.
Join us for some Zoom fun with representatives from our Fire Department! We’ll play “Stump the Firefighters”, have some laughs and learn a few tips at the same time! No need to RSVP. Zoom Meeting: 872 326 3109 Passcode: SENIOR

ZOOM COFFEE & CHAT
THURSDAYS, NOVEMBER 19 & DECEMBER 3 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 Passcode: SENIOR

ZOOM: YOGA
FRIDAYS AT 11:00 A.M.
Relax. Renew. Rejuvenate. Join Gita Kar on Zoom and treat your mind, body and soul to some Yoga. Free. No need to RSVP. Just log on to Zoom on Friday mornings. No class on Friday, November 27 and Friday, December 25. Zoom Meeting 913 7719 3797 Passcode: SENIOR

ZOOM TRIVIA TUESDAYS
TUESDAYS, NOVEMBER 10, 17, 24 & DECEMBER 1, 8 & 15 AT 11:00 A.M.
Test your knowledge with our Trivia Tuesdays. Special “Holiday Trivia” on December 15! We’ll even have a prize for the winners! Zoom Meeting: 872 326 3109 Passcode: 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.

ZOOM EXERCISE!
Live 2 B Healthy is now offering Zoom exercise classes. Free for Silver Sneakers, Silver and Fit and Renew Active members. If not covered by one of those 3 entities, cost is $35.00 per month. Classes offered 3 days a week. Days and times TBD. Contact Greg if interested at 612-481-7274 or gspringman@live2bhealthy.com

ZOOM HEALTH CLASS WITH HEATHER:
“HOLISTIC APPROACH TO HIGH BLOOD PRESSURE/HYPERTENSION”
FRIDAY, NOVEMBER 13 AT 10:00 A.M.
Managing your blood pressure can lower your risk of heart attack, stroke, and heart disease. Learn holistic approaches to controlling high blood pressure. Presented via Zoom Meeting by Health and Wellness Consultant, Heather Carpenter, NC, CNE, CGP. Call 763-767-6473 to register. Cost is $5.00 (cash or check to the Senior Center). Payment is due by Monday, November 9. Then you will receive an invite to the meeting two days before the class.
ZOOM EVENTS

ZOOM: DOWN-SIZING
MONDAY, NOVEMBER 16 AT 1:00 P.M.
Zoom with us and learn tips on how to downsize and the process of sorting, purging and being realistic as to what will fit in your space. Chandra Haugh from "Declutter Your Digs" is the presenter. No cost. Zoom Meeting: 872 326 3109 Passcode: SENIOR

ZOOM: SALUTING THE CIVIL WAR-MINNESOTA’S ROLE-PART II
WEDNESDAY, NOVEMBER 18 AT 10:00 A.M.
What role did Minnesota play in the Civil War? Learn how important Minnesota was to the Union cause. Hear the stories of those from Minnesota that served in this tragic but most interesting chapter in American history. No fee. Presented by Doug Ohman. Zoom Meeting: 872 326 3109 Passcode: SENIOR

ZOOM: ART HISTORY/NORMAN ROCKWELL
MONDAY, NOVEMBER 30 AT 1:00 P.M.

ZOOM: HOLIDAY JOY: RUSSIAN WINTER CELEBRATIONS
WEDNESDAY, DECEMBER 2 AT 1:00 P.M.
In the darkness of the northern winters, holidays took on special meaning. From the celebration of Christmas through the festivities of New Year, the development of these depended much on the cultural and political context. Trace this history in a reprisal of art and crafts that has made the Russian holiday experience distinct. Presented by Carol Veldman Rudie with the Museum of Russian Art. Cost is $5.00 (cash or check to the Senior Center). Payment is due by Monday, Wednesday, November 25. Then you will receive meeting number/passcode.

ZOOM HEALTH CLASS WITH HEATHER: “BUILD A STRONG IMMUNE SYSTEM”
FRIDAY, DECEMBER 11 AT 10:00 A.M.
Your overall health, productivity, and happiness are closely tied to the strength of your immune system. Uncover foods and natural solutions to get your immune system in tip-top condition. This class will be presented via Zoom Meeting by Health and Wellness Consultant, Heather Carpentier, NC, CNE, CGP. Please call 763-767-6473 to register, cost is $5.00 (cash or check to the Senior Center). Payment is due by Monday, December 7. You will receive an invite to the meeting two days before the class.

ZOOM: CIVIC PRIDE BY DOUG OHMAN
WEDNESDAY, DECEMBER 16 AT 10:00 A.M.
Photographer, storyteller, and historian, Doug Ohman will share his beautiful photographs of many Minnesota Court Houses. You will be mesmerized by the back-stories he discovers from his travels throughout this great state. See if you recognize something from your home town. Zoom Meeting: 872 326 3109 Passcode: SENIOR
RESOURCES

CHORES & MORE: Do you need help with raking, shoveling or other household chores? Call 763-783-4767.

COLLECTION SITE: Remember, the Senior Center still collects used eye glasses (for the Lions Club), old cell phones, pop can tabs, Box Tops for Education. Sorry, we no longer accept soup labels.

ELECTIONS: Do you have questions about how to vote? Call the Anoka County Elections office at 763-324-1300.

ESTATE & ELDER LAW SERVICES–VOLUNTEERS OF AMERICA: Services include estate planning, trusts, advance directives for low income clients. For more information call 612-676-6300.

HELP AT YOUR DOOR is a nonprofit serving seniors in the seven county metro area. They can provide grocery assistance, home support and transportation services. Call 651-642-1892.

LIFELINE: A personal response service which enables elderly persons to call for help in an emergency. All equipment is rented on a monthly basis. Call 1-800-372-4103.

MEALS ON WHEELS IN COON RAPIDS: Call 763-236-8718.

OUTREACH SERVICE: Patty Marz, with the Anoka County Community Action Program (ACCAP), has office hours at the Coon Rapids Senior Center on the 2nd Tuesday of each month. She can connect seniors with resources in the community such as assistance with food support, housing, health care programs, energy assistance and more. Contact Patty at 763-783-4741 to make an appointment.

SENIOR KINSHIP PROGRAM: This program offers weekly one-on-one services, providing assistance and friendship to isolated or homebound seniors. For more information call 763-783-4745.

SENIOR LINKAGE LINE AT 1-800-333-2433: Call this number to learn about free, accurate and unbiased information about Housing Resources, Health Insurance, Financial Assistance, Caregiver Support, Transportation, Grocery Shopping and more!

“Like” us on Facebook and stay connected with announcements, photos, event/Zoom reminders, recipes, craft ideas, resources and other fun ideas!
CALENDAR OF UPCOMING EVENTS

ON-GOING EVENTS:
FOOT CARE: Fridays by Appointment
CRAFT/CROCHET/KNIT CLUB: Tuesdays 10:00-11:30 a.m.
VETS COFFEE: Wednesdays 8:00-9:30 a.m.
PAPER CRAFTING: Wednesdays 10:00-11:30 a.m.
WOODCARVING: Thursdays 1:00-3:00 p.m.
YOGA ON ZOOM: Fridays at 11:00 a.m.

SPECIAL EVENTS:
Wednesday, November 4 at 11:00 a.m.: Zoom Firefighter Fun
Friday, November 6: 8:30 a.m.-12:30: Defensive Driving 4-Hour Class
Friday, November 6 at 10:30 a.m.: Volunteer Project
Monday, November 9 at 8:30 a.m.-12:30 p.m.: Defensive Driving 8-Hour Class (Part 1)
Tuesday, November 10 at 11:00 a.m.: Zoom Trivia Tuesdays
Tuesday, November 10 at 1:00 p.m.: Learn to zoom
Thursday, November 12 at 11:00 a.m.: Heather’s Health In-Person Class - Immune Systems
Friday, November 13 at 10:00 a.m.: Zoom Health Class with Heather on Blood Pressure
Monday, November 16: 8:30 a.m.-12:30 p.m.: Defensive Driving 8-Hour Class (Part 2)
Monday, November 16 at 1:00 p.m.: Zoom Down-sizing
Tuesday, November 17 at 11:00 a.m. Zoom Trivia Tuesdays
Wednesday, November 18: 10:00 a.m.: Zoom Doug Ohman: MN in the Civil War-Part II
Wednesday, November 18: 12:30-4:30 p.m.: Defensive Driving 4-Hour Class
Thursday, November 19: at 11:00 a.m.—Zoom Coffee & Chat
Thursday, November 19: 12:30-4:30 p.m.: Defensive Driving 4-Hour Class
Monday, November 23: 8:30 a.m. -12:30: Defensive Driving 4-Hour Class
Tuesday, November 24 at 11:00 a.m. Zoom Trivia Tuesdays
Monday, November 30 at 1:00 p.m. Zoom Art History/Norman Rockwell
Tuesday, December 1 at 11:00 a.m. Zoom Trivia Tuesdays
Wednesday, December 2 at 11:00 a.m.: Zoom Firefighter Fun
Wednesday, December 2 at 1:00 p.m.: Zoom Speaker/Museum of Russian Art
Thursday, December 3 at 11:00 a.m.—Zoom Coffee & Chat
Thursday, December 3 at 11:00: Heather’s Health In-Person Class on Arthritis
Monday, December 7: Red Cross Blood Drive By Appointment (call 1-800-733-2767)
Monday, December 7: 8:30 a.m.–12:30 p.m.: Defensive Driving 4-Hour Class
Tuesday, December 8 at 11:00 a.m. Zoom Trivia Tuesdays
Tuesday, December 8: 12:30-4:30 p.m.: Defensive Driving 4-Hour Class
Thursday, December 10: VFW Holiday “Drive-Thru” Dinner
Friday, December 11 at 10:00 a.m. Zoom Health Class with Heather on Immune Systems
Monday, December 14: 8:30 a.m.–12:30 p.m.: Defensive Driving 4-Hour Class
Monday, December 14 at 1:00 or 3:00 p.m.: Holiday Bingo
Tuesday, December 15 at 11:00 a.m. Zoom Trivia Tuesdays
Wednesday, December 16 at 10:00 a.m.: Zoom Doug Ohman: Civic Pride
Monday, December 21 at 10:00 a.m. and 1:00 p.m.: Holiday Bingo

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).

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

RED CROSS BLOOD DRIVE
MONDAY, DECEMBER 7
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.

ENERGY ASSISTANCE
The Energy Assistance Program (season 2020-21) began October 1, 2020 and ends May 31, 2021. The program helps income eligible homeowners & renters with assistance toward their heating & electric bills. To be eligible a single person’s three month income needs to be less than $7,066 and a two person household needs to be less than $9,240. 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.

IN OUR THOUGHTS...
We extend our thoughts and prayers to the friends and family of those who passed away recently, including Vernon Cook, Jennie Crockett, Eileen Forse, Ward Jones, Lorraine Kapler, Dennis McNiff, Bruce Sanders, Ron Taube, Hank Wander, Marcel & Rosemary Zurn.
SUPER SENIOR CLUB
NEWS FROM THE PRESIDENT

Time marches on, but the news regarding Covid-19 doesn’t seem to change much. I hope you are all doing well and reaching out for help if you need it. Seniors are not made to spend so much time alone, and are unable to visit families and friends face-to-face. We can hope and pray this changes before the holidays.

Our annual free picnic for paid members was a fun event with 30 attending. It was partly sunny and windy that day. Cub Foods made us each a separate chicken lunch and we added ice cream bars for dessert. Ruth Berg played piano and we had a singalong. Thank you Denny Dorsey for helping to lead the songs. Twenty out of the 30 who attended either won a $5 door prize or a lunch to take home. It was so nice to see all of you.

We are all disappointed the Holiday Bazaar is cancelled. We are happy that we will be taking appointments for shopping at the gift shop soon. See you there.

Now, for the Joke of the Day to put a little smile on your face: What do you call a parade of rabbits hopping backwards? A receding hare line! HAHA!

Bernice Olson, President

GIFT SHOP OPEN BY APPOINTMENT!
Want to purchase a holiday gift? Need to stock up on your greeting cards? Call the Senior Center at 763-767-6473 and set up an appointment to visit the gift shop. All proceeds benefit local charities, so it is a win-win!

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!
VOLUNTEERS NEEDED
FRIDAY, NOVEMBER 6 AT 10:30 A.M.

We’re looking for 4-6 volunteers to prepare baggies of candy. This is a project sponsored by an organization called “Grandma’s House”. Crafty turkeys are being made by children, then our volunteers will stuff them with candy and then they will be given to nursing home residents. All candy and materials will be provided, masks are required and social distancing procedures will be in place. If you want to help, please call the Senior Center at 763-767-6473.

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.

ATTENTION ALL VETERANS

Veterans’ Day is coming up! We cannot thank you with a face-to-face recognition, but we still want to thank you for your service. We are asking you to submit a military picture of yourself, and include your name, branch of service, and when you served. (pictures will be returned). We will then display these pictures at the Senior Center and on our Facebook page. All entries will be eligible for some prizes. Send your photos before Monday, November 9, to the Senior Center at 1155 Robinson Drive, Coon Rapids, MN 55433 or email them to kniebler@coonrapidsmn.gov. We love our Vets!

LIONS CONCERT

Hang on to your tickets! The Anoka Lions Concert, originally scheduled for March, was postponed due to COVID. The Lions are now making arrangements to reschedule the concert in a larger venue and hope to make that announcement soon. If you have tossed your ticket away, don’t despair. Once the new date and place are finalized, they will work with you. Please be patient during these uncertain times and know that this volunteer organization is trying hard to work this all out. All of their proceeds benefit charities, so everyone is hoping for the best!
**PEN PAL PROGRAM**

Winter is coming and life might get a little lonelier for some folks. Would you like a Pen Pal? The Coon Rapids Senior Center is starting up a program that will keep you connected to some new people. The program will work like this. Give us a call to sign up. Then we’ll have a volunteer get in touch with you to find out a few of your interests. We will then match you up with a Pen Pal. Your match could be a person of any age—from a school student to another senior! Your mail will be delivered to the Senior Center and then brought to your house by an authorized volunteer. Your last name and address will never be given out.

There is no obligation for you to write back. It is just a fun program for you to receive mail other than bills and junk mail and stay connected with people, especially during the winter months.

Want to join the fun? Just give our office a call at 763-767-6473 and get put on the list!

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**FLU & PNEUMONIA SHOTS**

**TUESDAY, OCTOBER 27 THE SENIOR CENTER**

It’s not too late to sign up for Flu & Pneumonia Shots! Cub pharmacists will be providing flu and pneumonia shots by appointment, starting at 9:00 a.m., at the Coon Rapids Senior Center. They will have both the high dose and standard flu shots available, as well as the Pneumovax and Prevnar pneumonia vaccines. There is no charge for a flu shot or pneumonia vaccine if you have traditional Medicare Part B, a Railroad Medicare Card or other selected Medicare HMO plans. The cost of a flu shot is $44.99 unless covered by insurance. Make an appointment soon by calling the Senior Center at (763) 767-6473. Don’t forget to bring your insurance info to the appointment. Wear a mask. Social distancing will apply.

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**FOOD DRIVE WAS A BIG SUCCESS!**

Thanks to everyone who donated food and cash at our ‘Drive-By Food Drive’ on September 9. It was a huge success and means a lot to the ACBC Food Shelf and its participants. This time we collected 3,200 pounds of food and $2,545 in cash donations. This is very similar to our July Food Drive, where we collected 3,400 pounds of food and $2,400 in cash. Do the math and you’ll figure out that altogether in these two drives we’ve donated 6,700 pounds of food and $4,945! WOW! Amazing!! If you would like to send a donation, mail it to ACBC at 2615 9th Ave N. Anoka, MN. 55303.
CELEBRATE THE HOLIDAYS AND BE SAFE!
Wear masks at indoor and outdoor gatherings if any of the guests do not live with you.
Stay 6 feet away from others, whenever possible.
Keep gatherings small with 10 people or fewer.
Open windows to allow air to flow, when possible.
Encourage guests to bring their own food, drinks and treats.
Do not share utensils and do not pass dishes.
Do your gift shopping on-line or curb-side.

FUN (AND SAFE) THINGS TO DO OVER THE HOLIDAYS!
Feed the birds. Make your own suet.
Drive around and look at lights and decorations.
Try a new recipe.
Wear something from the back of the closet.
Eat a candy cane while watching a holiday movie.
Have a backyard campfire.
Donate to your favorite charity.
Drink hot chocolate...with marshmallows!
Jot down your childhood memories and give them to your family for a gift.
Have the Senior Center help you with a holiday letter.
Turn on the Christmas music....nice and loud! Sing along!
Write anonymous letters complimenting people in your life.
Write a holiday poem.
Reconnect with an old friend.
Cut out snowflakes and hang them on your window.
Have a relaxing, screen-free day (no TV, no computer)
Develop an indoor workout routine.
Wrap up some old photographs for gift giving.
Organize a Secret Santa Club and do it all by mail.
Catch snowflakes on your tongue.
Write a letter to a child—from Santa!
Count your blessings!
Recipe: HOLIDAY CHEESE BALL

8 ounces cream cheese
1 cup shredded sharp cheddar cheese
1 cup dried cranberries chopped
1 cup chopped pecans
1/4 cup chives or green onions
1/2 tsp garlic powder

In a bowl, combine cream cheese, cheddar cheese, 1/2 cup of pecans, 1/2 cup of cranberries, 1/2 of the chive (or green onion) and garlic powder. Place mixture in the center of a piece of plastic wrap (or parchment paper) and wrap it up while forming it into a ball shape. Refrigerate until ready to serve. Combine remaining 1/2 cup pecans, 1/2 cup dried cranberries and remaining chives on a flat surface. When ready to serve, unwrap the ball and roll it in the nut mixture. Serve with crackers or vegetables. Enjoy!


DO YOU NEED A MASK?

A generous donation of homemade masks was made to the Senior Center. Do you need one? Please call us at 763-767-6473 to arrange pick up (while supplies last).

Wear a mask.
Stay six feet apart.
Wash your hands.
Stay safe!

Stay Safe MN
MASK UP, MINNESOTA

mn.gov/covid19
FOOT CARE

We have a new provider for our foot care program. Laura, is the owner of Holistic Foot and Nail Care. She will be here on Fridays for 30-minute appointments. The cost is $35, payable at the appointment. Bring a towel and wear a mask. Please call the Senior Center at 763-767-6473 to make a reservation. If you have to cancel an appointment, please let us know as soon as possible.

PUZZLES, BOOKS, CALENDARS, FABRIC & MORE!

Our library has books and puzzles galore! We also have some very nice 2021 calendars, fabric, sewing notions and sewing patterns to give away – all for free! We will lay them all out on tables and you can pick what you want (and only touch what you take). Are you interested? Call us at 763-767-6473 to set up an appointment.

TRIVIA TIME!

1. In the song “Frosty the Snowman”, what made Frosty come to life?
2. What decoration was originally made from strands of silver?
3. Who played George Bailey in the holiday classic “It’s a Wonderful Life?”
4. What “spy” hides around the house, reporting back to Santa on who has been naughty and nice?
5. What creamy beverage is also known as “milk punch”?
6. One of Santa’s reindeer shares a name with a famous symbol of Valentine’s Day. Which reindeer is that?
7. What animated 2004 film is about a train that carries kids to the North Pole?
8. In the early 1800s, the first gingerbread houses were reportedly inspired by what famous fairy tale?
9. What beverage company has been using Santa Claus in its advertising since 1931?
10. Name the cassette-playing bear toy that every kid wanted in the mid 80s?
11. In the 1964 classic “Rudolph the Red-Nosed Reindeer”, what was the name of Rudolph’s faithful elf companion?
12. What Bing Crosby song is the best-selling single ever?

For more trivia fun, join your Senior Center Friends on Zoom on Tuesday mornings at 11:00 a.m.. See Page 4 for details.
WHAT WAS YOUR FAVORITE TOY?

We asked some of our volunteers and staff “What was their favorite toy as a child? Here are their answers:

ROLLAND VOELKER: Model Train (he still has it!)
CAROL VOELKER: A Real Angora Kitty
GORDY CHAPIN: Pedal Tractor
CHERYL ALBERTS: A Betsy Wetsy Doll
LINDA NELSON: The Monopoly Game
DIANE HANSON: A Doll (she still has it!)
BERNICE OLSON: A Snow Sled with Runners
GERRY FRIDAY: A Doll
PHIL FRIDAY: A Train Set

Hope...It is often in the darkest skies that we see the Brightest Stars.

- Richard Evans

TRIVIA ANSWERS:

1. An old silk hat
2. Tinsel
3. Jimmy Stewart
4. The Elf on the Shelf
5. Eggnog
6. Cupid
7. The Polar Express
8. Hansel and Gretel
9. Coca-Cola
10. Teddy Ruxpin
11. Hermey
12. White Christmas

THE 12 MONTHS OF 2020

(This song was enjoyed at September’s Super Senior Club Picnic. Sung to the tune of the 12 Days of Christmas)

In the twelfth month of 2020
My true love gave to me
Twelve masks a masking
Eleven restaurants delivering
Ten hours a day of TV watching
Nine pounds from overeating
Eight hand sanitizers sanitizing
Seven Zoom Meetings Zooming
Six Feet Social Distancing
Five — months — of — boredom
Four calling Friends
Three jigsaw puzzles
Two Presidential Candidates
And one roll of Charmin TP!)
COON RAPIDS SENIOR SERVICES:  (763) 767-6473

ACTIVITIES FOR SENIORS AGE 55+

PROGRAM SPECIALIST—KRIS 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.

...Warm Wishes...

After the year we’ve had, it just doesn’t seem appropriate for our holiday greeting to include a picture of a snowman and the words ‘Happy Holidays’. Our wish for you this year is so much more! If 2020 is telling us anything...it’s telling us to enjoy the moments we have and to not take anything for granted. It is telling us to cherish the people in our lives. It is telling us to live a healthy lifestyle. This year has challenged us to find joy in the ordinary and to remember that every day may not be good but there is something good in every day. Also, we’ve learned to be grateful. There is always something to be grateful for. Our holiday wish for you is happiness and health. After all, what else matters....Warm Wishes from your friends at the Senior Center!

Kris    Cindy    Lori    Ryan    Melba