

Fridley Community Education SENIOR NEWSLETTER

A NEWSLETTER FOR THE FRIDLEY SENIOR PROGRAM

Fridley Senior Program
Fridley Community Center:
6085 7th Street NE, Fridley
Senior Office Main Line:
763-502-5150

May/June 2021

Supporting a Balanced and Well-Connected Life Through Active Aging

Welcome back, Fridley seniors!

Hello Fridley seniors! We have exciting news! As we are moving toward a critical mass of a vaccinated public in our area, our guidelines for meeting are shifting. Because of this, we are starting to have a number of activities return to the building that can be done while socially-distancing and wearing a mask. So far, this means a return to weekly bingo, senior video, open painting and some sewing groups. If you have not heard from us yet about your group returning and you think it can follow these guidelines, please have the leader of your group give Maggie a call at 763-502-5162. We will not be allowing any eating in the building (unless there's a medical need) and will not be providing coffee at this time. This is to encourage mask wearing at all times. You may bring your own coffee and water bottles and temporarily remove your mask to drink. Anyone not following guidelines will be asked to leave.

We will require registration for all activities being held in the building as well as a waiver stating that you understand the risks of attending events in person. Things will not be going back to pre-pandemic "normal," but we will try to do familiar forms of socializing in a new way. Please note that there are still risks to meeting in person, even if vaccinated. For example, you can still get COVID-19 if you are vaccinated - but the risk of getting severe symptoms or dying is much lower. Though it is a much lower risk, vaccinated people with COVID-19 can still give the virus to others. You should also note that there are unvaccinated preschool and school-aged children in our building every week day and it is our priority as their grown-ups to keep them safe.

All activities in our building are requiring the guidelines I've mentioned in this letter. As we know, this can change at any time given the nature of the COVID-19 virus. If the guidelines change, we will notify you as quickly as possible and ask for your continued grace and flexibility. *We will not yet be playing cards, because after a whole year, we still have not quite figured out how to do that from 6 feet away. If you have other ideas for socially-distanced activities, please let us know!



With Gratitude,
Maggie Chandler, Senior Program Coordinator

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Join us for Open Painting!

6000 | FCC | Tuesdays, 1-3pm | \$2 per session

Register to come to this class
and enjoy painting with others.

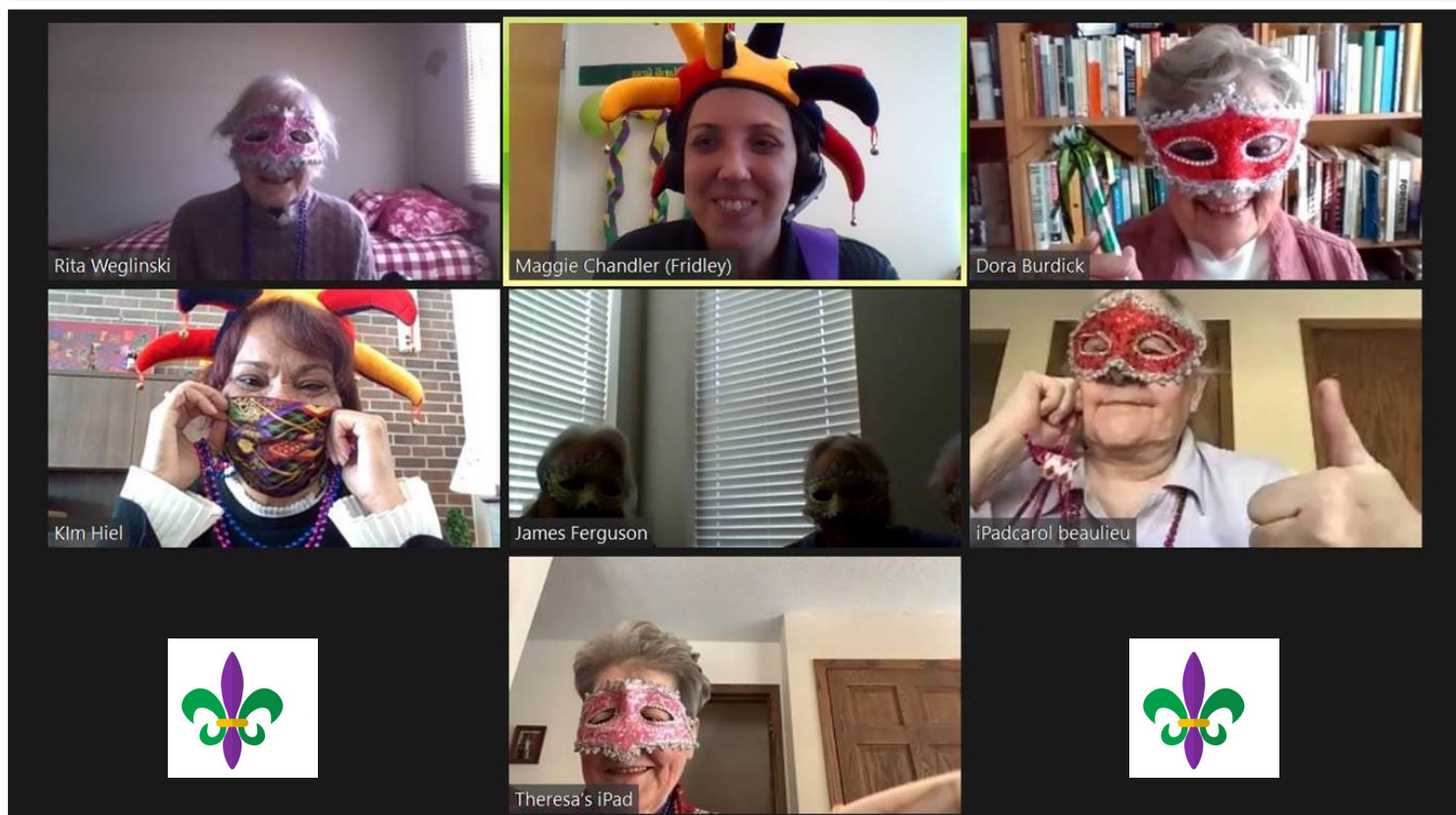
We will socially distance and
mask to ensure everyone's safety.



MARDI GRAS CELEBRATION 2021



Thank you to
Superintendent Dr. Kim Hiel
for calling BINGO for us!



On February 16, Fridley Senior Program hosted a virtual Mardi Gras celebration! Thank you to all those who attended our event! We would also like to thank Fridley Public Schools Superintendent Dr. Kim Hiel who called BINGO games for our seniors. We hope you had a great time playing games and winning gift cards online!

Bookshelf

Refresh your home library! On Tuesday afternoons from 1-3pm, seniors may stop by the senior center to browse and take books from the bookshelf behind the reception desk. Please take turns and give space if there are more than one of you waiting.



We can also begin to take donations of a few books at a time from individuals (please do not bring all of your decluttered books from the past year - we only have one shelf and one volunteer for now, thanks!)

Bingo Returning to the Senior Center!

Weekly socially-distanced BINGO at the Senior Center will begin on Thursday, May 6 at 10am. We will return to \$2 for 2 cards and cash for prizes including a cover all. Since we will be socially-distanced, we will not have "good neighbor" winners.

Participants **must** register so that we can ensure a socially-distanced set up before you come. Please indicate if you will come with someone from your household and we will seat you together. To register, call the Senior Center at 763-502-5150



RESOURCES

Senior Outreach Worker

Angie Sable is out outreach worker from Anoka County Community Action Program. She will be back in person at the Senior Center on the 2nd Monday of the month from 1:00 - 3:00. She can take phone appointments as well.

Get help filling out forms for a variety of programs (Energy Assistance, TAP, SNAP) or find programs that you qualify for to make life a little easier.

Call Angie at 763-783-4741

Legal Aid for Seniors

The Senior Law Project provides a monthly outreach service.

Areas of assistance include nursing home issues housing issues, health insurance, public benefits: (Social Security, Medicare/Medical Assistance Subsidized Housing, debt collection, repossession conservatorship/guardianship, landlord/tenant rights, and conciliation court cases.)

First Tuesday of every month. Appointments run for 30-minutes from 9:00 to 10:30 AM. Call the Senior Center for phone appointments.



Fare For All

Fare For All is a low-cost, mobile grocery purchase program. Shopping with Fare for All is a great way to save money on quality, nutritious food. We buy fresh fruits, vegetables, and frozen meat in bulk to save you up to 40% off typical grocery prices. We select the best food from our shipments, pre-packaging it to give you the best deals. It's community-supported and open to everyone- there are no qualifications to participate and no pre-registration. Please call 763-450-3860 to hear about the menus or visit the website at <https://fareforall.thefoodgroupmn.org/pack-info>



FARE FOR ALL

Fridley Senior Center, 9am-noon on the following Fridays:

June 25

Aug 27

Oct 29

Dec 17

Chores and More

Need help with yard work, snow removal, or cleaning your home? Call **Chores and More** at 763-783-4767 for more details on how they can help!

Health Insurance Counseling

To get your questions answered or to schedule a free, individual appointment, please call the LINKAGE LINE at 1-800-333-2433.

The Health Insurance Counseling Program is made possible by Trellis (previously MAAA) and Anoka County and is not affiliated with any insurance company.



Help At Your Door

Help at your door is a non-profit which provides grocery assistance and essential medical transportation for seniors. Once registered, it typically takes between 2-5 business days for your first delivery. The cost for delivery is \$15 plus the cost of groceries, though there is a sliding fee for individuals over 60 who meet income qualifications. To sign up for services, call 651-642-1892 or email at information@helpatyourdoor.org.



CLASSES

Defensive Driving Refresher

Renew your 10% three year car insurance discount by taking this state-approved four hour refresher course. There's no driving and no test.

Cost: \$30 -- Locations: Fridley Senior Center (in person) or Online (Zoom)

6202B *Online* | Date: Tues, May 25 | Time 12-4pm (*in person: FULL*)

6202F or 6202F *Online* | Thurs June 10 | Time 12-4pm

6202C *Online* | Date: Thurs, June 17 | Time: 12-4pm (*in person: FULL*)

6202D or 6202D *Online* | Date: Thurs, July 15 | Time: 12-4pm

6202E or 6202E *Online* | Date: Thurs August 26 | Time: 12-4pm

Coffee Hour

Sign up to hang out on Zoom (or party line) and get to know new friends or reconnect with ones you haven't seen in a while! Facilitated by Alaina, our Community Center social worker, we will either go with the flow or talk about topics that are interesting to us. Call the senior center to join one or all dates. 763-502-5150. The dates are typically first and third Wednesdays, with some exceptions. Please call to learn more.



Gentle Stretch

Michael Ledman will begin this gentle yoga class for seniors again! We will start on Tuesday, May 4. This class meets every Tuesday, 10-10:45am. \$5 to the instructor at the time of class.

If you need more information, please call the Senior Center at 763-502-5150.

How to Pay for the Nursing Home: An Attorney's Perspective

6306 | Date: Wed, August 4 | Time: 6:30-8pm | Online | Cost: \$12

The biggest fear for most baby boomers is how to pay for the nursing home and still leave an inheritance for the next generation. We will walk through the following questions and more including: How will I meet my nursing home goals? Is Long Term Care Insurance for me? Should I gift my money away? Would I qualify for Medicaid? What about my current Trust, does it protect my assets and avoid the nursing home?

Get the answers to these and other questions and learn how to create an effective plan to deal with these uncertainties. *This class will be held online via Zoom.

Hearing Loss and Face Masks: Some Ideas to Make it a Little Easier

6401 | Jun 3 | 10-11:30am



Communication is challenging when you have a hearing loss - even during the best of times. During these times of COVID-19 and people wearing face masks and socially distancing - it's especially challenging! Attend this course and learn some practical tips and strategies to better navigate these challenging communication times!

Hear for the Health of It!

6400 | May 20 | 10-11:30am

This interactive Hear for the Health of It! PowerPoint presentation will address the consequences of untreated hearing loss in older adults. Attendees will learn how to get an accurate diagnosis of hearing loss; explore no & low cost apps and devices; discover helpful communication strategies; and MUCH more!

***Both Classes will be held online.** Participants will be sent materials ahead of the class time. Captioning will be provided, instructor and materials will be visible during the presentation.

Write Your Own Will

6309 | Date: Thurs, May 13 | Time: 6:00-9:00pm | FCC | Cost: \$60

Students will prepare and sign a valid will, and learn about probate, estate planning, and wills. Students should be comfortable using a computer, as work will be completed in a computer lab. Some prep work required; packet will be sent prior to class. NOTE: This is a "simple will" class, not appropriate for those who have assets in excess of one million dollars or who need a Trust as well. Couples must register individually.

Getting to Know Your iPhone

6051 | Date: Weds, May 12, 19 & 26 | Time: 2:00-3:00pm | Online | Cost: \$73

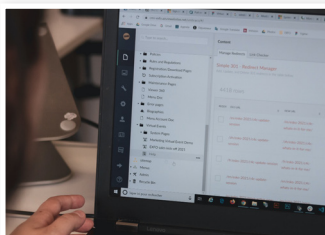
Author and instructor Mike Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent iPhone users! Mike will cover cell phone topics, such as: the photo app, texting, navigating, apps, contacts, e-mail, camera, App store, settings and the Internet. *Not for Android users.*



Should I Click on That?

6052 | Date: Thurs, June 24 & 25 | Time: 6:00-7:00pm | Online | Cost: \$46

Are you frustrated with strange things that pop-up on your computer? Your friendly instructor Mike Wilson will inform you about what you should and should NOT click on. Computers were made to enjoy and not have the user stuck with unknown and frustrating things that occur.



Beyond the Basics: Nordic Walking

6253 | Date: Fri May 14 & 21 | Time: 10:30-11:30 | FCC | Cost: \$25

This class is designed for the current Nordic Walker who would like to take a class focusing on getting more out of their walks with poles.

We will begin with a review of basic Nordic Walking technique and move towards optimizing your Nordic Walking Workout with personal attention to your technique and the introduction of specific interval exercises. We will use personal videos to provide feedback for each participant. Wear comfortable walking shoes and dress for the weather, we will be going outdoors. Bring your poles and water to class.



Landmark Travel Show

6250 | Date: Wed Jun 2 | Time: 1-2:30pm | FCC | Cost: FREE

Join us as Landmark Tours presents an array of unforgettable travel experiences. A local, family-owned tour operator, Landmark's inclusive packages feature roundtrip airfare, quality accommodations in great locations, many enjoyable meal experiences, admission to all itinerary attractions, deluxe motorcoach transportation, and the services of a professional Tour Manager.

This presentation will feature trips taking place from September 2021 through February 2022.

Friends of Fridley Senior Program

A 501c3 charitable foundation has been established to support the long term needs of the Fridley Senior Program and low income seniors in our community.

Thanks to a generous donation from the Fridley Lions Club, a Lions Share was established to help low income seniors with remodeling needs so they can stay in their homes safely.

If you are interested in becoming a Friend to the Fridley Senior Program, please call 763-502-5162 or e-mail Maggie Chandler - any size gift is appreciated and is tax deductible - PLUS donating just got easier; go to our Give MN page www.givemn.org!



VIDEO THEATER - May 2021



Join us for our weekly Senior Program Movie showing!

Fridley Senior Center • Registration Required!

May 4 - Hero Dog: The Journey Home (2021) | Run Time: 1h 30m

Starring Natasha Hentsridge, this breathtaking family adventure shows how one animal's courage can inspire us all. Crossing a lake by boat to return to his family, Royce, who is blind, is stranded when the boat's captain suddenly falls ill. To find help, Royce enlists Chinook, a brave malamute, to serve as his seeing-eye dog as they navigate the wilderness. Chinook must protect Royce from treacherous rapids, jagged rocks, and savage mountain lions on their long, heroic journey of survival.

May 11 - Wonder Woman (2017) | Run Time: 2h 21m

Before she was Wonder Woman, she was Diana, princess of the Amazons, trained to be an unconquerable warrior. Raised on a sheltered island paradise, when an American pilot crashes on their shores and tells of a massive conflict raging in the outside world, Diana leaves her home, convinced she can stop the threat. Fighting alongside man in a war to end all wars, Diana will discover her full powers...and her true destiny.

May 18 - The Assistant (2020) | Run Time: 1h 39m

The Assistant follows one day in the life of Jan, a recent college graduate and aspiring film producer, who has recently landed her dream job as a junior assistant to a powerful entertainment mogul. But as Jane follows her daily routine, she, and we, grow increasingly aware of the abuse that insidiously colors every aspect of her workday, an accumulation of degradations against which Jane decides to take a stand, only to discover the true depth of the system into which she has entered.

May 25- Soul (2020) | Run Time: 1h 30m

Joe Gardner is an average guy teaching music in middle school whose real dream is to be a jazz musician. When he finally earns the chance to perform onstage, he has an accident that leaves him in a near-death state. As his soul is scheduled to proceed to the afterlife, he discovers that his body is still not dead. He escapes to a before-life place where he tries to negotiate a deal so he could return to Earth—before it's too late.

VIDEO THEATER - June 2021



Join us for our weekly Senior Program Movie showing!

Fridley Senior Center • Registration Required!

June 1 - The Man Without Gravity (2019) | Run Time: 1h 47m

A gravity-defying boy raised in seclusion matures into an extraordinary man - and an international celebrity - who longs for human connection.

June 8 - Always Be My Maybe (2019) | Run Time: 1h 42m

Reunited after 15 years, famous chef Sasha and hometown musician Marcus feel the old sparks of attraction but struggle to adapt to each other's worlds.

June 15 - Nomadland (2020) | Run Time: 1h 48m

Following the closure of a gypsum mine in the rural Nevada town she calls home, Fern (Frances McDormand) packs her van and sets off on the road. Exploring life outside conventional society as a modern-day nomad, Fern soon discovers a resilience and resourcefulness that present her with experiences unlike any she's known before.

June 22 - The War with Grandpa (2020) | Run Time: 1h 35m

In this star-studded comedy for the whole family, young Peter is not too pleased when his mom makes him give up his beloved bedroom to accommodate Grandpa. Desperate to get his room back, Peter decides to wage all-out war and devises all sorts of wild schemes to make Grandpa give up the room. However, Grandpa refuses to surrender easily and soon takes the fight back to his grandson.

June 29 - News of the World (2020) | Run Time: 1h 58m

Five years after the end of the Civil War, Capt. Jefferson Kyle Kidd crosses paths with a 10-year-old girl taken by the Kiowa people. Forced to return to her aunt and uncle, Kidd agrees to escort the child across the harsh and unforgiving plains of Texas. However, the long journey soon turns into a fight for survival as the traveling companions encounter danger at every turn -- both human and natural.

Dr. Jason Bodey named Fridley Public Schools Director of Teaching and Learning

Fridley Public Schools is pleased to announce that Dr. Jason Bodey has been appointed as new Director of Teaching and Learning. A familiar face in the district, Bodey currently serves as Fridley Preschool and Fridley Moore Lake Area Learning Center (ALC) Principal. He will begin his new role on July 1, 2021, when current Director of Teaching and Learning John Piotraschke retires at the end of this school year.

In this new role, Bodey will provide leadership in curriculum and staff development, and will also oversee all the district's academic programs, including implementation and measurement of all Fridley International Baccalaureate (IB) programs.

"Dr. Bodey will be an asset to the department of teaching and learning. His experience and leadership at all levels in the E-12 system, along with his skills in strategic planning, will benefit and build upon the work of the department," said Superintendent Dr. Kim Hiel.

Bodey, who expressed gratitude for the opportunity to serve in this position, said he is excited about the strategic direction in which the district is going. "The IB is an amazing opportunity for students and a great framework to elevate achievement for all Fridley students," said Bodey. Reflecting on his current role, Bodey added that he is proud of the work that the ALC team has done to ensure the success of students who need an alternative path to graduation.

"From working with our preschool team who serve our youngest learners, to the ALC team who serve our high school-aged students, I am extremely grateful for everything our hard-working staff have accomplished for our students," said Bodey.

Bodey has more than 20 years' experience in public education and has taught and held administrative positions in the Robbinsdale, Bloomington, Hopkins, Minnetonka, and St. Michael-Albertville school districts. He has served as Fridley Preschool and ALC Principal since 2017 and comes to his new role with a wealth of experience in educational and administrative leadership, high quality curriculum implementation, and development of effective teaching practices.

Bodey currently provides strong leadership in the evaluation and improvement of educational, instructional, and operational functions at Fridley Preschool and ALC, while also leading additional programs that include the middle school Phoenix (ALC) program, Extended Day high school credit recovery, K-12 summer school, and K-8 Targeted Services. He also currently oversees Early Childhood Special Education and co-leads the Early Childhood Family Education program. Most recently, Bodey led the planning, development, and authorization of Fridley Preschool's IB Primary Years Programme (PYP), which made Fridley Public Schools the first and only district in Minnesota to offer the full IB Continuum to students in Preschool to grade 12.

Bodey holds a Doctorate in Educational Leadership and Master of Education in Teaching and Learning from Saint Mary's University of Minnesota, as well as a Bachelor's degree in Science Education from St. Cloud University.



Dr. Jason Bodey

Fridley High School Minnesota Honor Society hosts Red Cross Blood Drive



The Fridley High School Minnesota Honor Society (MHS) hosted its first American Red Cross Blood Drive of the school year on Friday, April 16. According to the Red Cross, one donation can save as many as three lives, and someone in the United States needs blood every two seconds. The MHS officers and student members worked to organize the blood drive and promote the event among students and staff members - registering 55 donors with 21 individuals who were donating blood for the first time. In total, the MHS was able to raise 50 units of blood, which can save up to 150 lives.



FHS Minnesota Honor Society President Kimberly Escobar Cabanzo takes the temperature of a student prior to giving blood at the American Red Cross Blood Drive on April 16.

FHS Drama Presents: *All Shook Up*

The Fridley High School Drama department is presenting “All Shook Up,” a rock ‘n’ roll musical comedy, as this year’s spring production. Students had an excellent opening weekend, performing shows on April 22 and 24.

It’s not too late to see the show! Limited tickets are available for weekend performances on April 29, 30 and May 1, all held at 7 pm in the Fridley district auditorium, 6000 West Moore Lake Drive, Fridley.

Visit www.fridleydrama.org or call 763-502-5730 to purchase your tickets today! Due to social distancing requirements, all tickets need to be purchased in advance. Ticket sales will close 3 hours prior to the showtime.



FHS Speech team finishes impressive season, Schirmacher advances to State

Congratulations to the Fridley High School (FHS) Speech team who finished an impressive 2021 season with a final Section 4AA tournament held on April 7, 2021. Ten students earned high performance scores and competed in final rounds. In addition, FHS senior Lulu Schirmacher placed first in Extemporaneous Reading and is advanced to the State competition, which took place on Friday, April 23.

Due to the COVID-19 pandemic, all Speech tournaments throughout the season were held virtually, and each team across the state competed at their home high school against students in their respective categories. Despite the challenges, the Fridley team competed at high levels - earning five first place finishes. Individual students also earned several top finishes throughout the season, including 21 first place medals in their categories. FHS’s 36-member Speech team earned an impressive total of 86 medals for first through fifth place finishes throughout the season.





Lifelong Learning: Opportunities for All Ages

Fridley Senior Program

6085 7th Street NE

Fridley, MN 55432

Nonprofit Org.
U.S. Postage

PAID

Twin Cities, MN
Permit No.

Fridley Community Theatre
Presents

MAMMA MIA!™

*Visit our
website for
Audition &
Performance
Info!*

*Don't Miss
the Show!*

July 23-24-29-30-31
7 pm at Fridley District Auditorium
www.FridleyCommunityTheatre.org

Mamma Mia! is presented through special arrangement with Music Theatre International (MTI).

All authorized performance materials are also supplied by MTI www.MTIShows.com.