Our Mission
To provide a Senior Center that is a community focal point on aging where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the Center and the community.

Inside
Michele’s Moments......................................... 4
Fun & Friendship ........................................... 4
Highlights......................................................... 5
Driver Safety.................................................... 6
Education........................................................ 7
Announcements............................................... 9
Special Events................................................ 15
Word Search..................................................... 18
Calendars......................................................... 19
Activities........................................................ 23
Staying Healthy............................................... 24
Services.......................................................... 25
At-A-Glance...................................................... 26
Coffee/Travel Talks........................................ 27
Travel Talks...................................................... 30

Santa to a Senior Wrapping Party
Wednesday, December 8
10 am - Noon
Burnsville Senior Center
(200 W. Burnsville Parkway, Burnsville)

Come help us wrap all of this year’s goodies. You must register to join the wrapping party by calling 952-707-4120 Turn to page 16 for complete details!
Directions to Burnsville Senior Center

The Burnsville Senior Center is located in the lower level of Diamondhead Education Center.

Address: 200 W. Burnsville Pkwy
Burnsville, MN 55337
Phone: 952-707-4120
Email Address: senior.Center@ids191.org
Hours: Monday - Friday (9:00 am - 4:30 pm)

To register for classes or events, please use the registration forms on the back page. Registrations may be mailed or dropped off at the above address.

Senior Center Advisory Council

Marilyn Brennan
Vivian Clemens
Barb Dorry
Peg Fink
Ingrid Jensen
Barb Knoke
Lanore Lamprecht
Audrey Lattery

Julie Matson
Maggie McKinney
Kathy Roth
Wayne Scheffel
Fred Steaderman
Wanda Trousl
Guests always welcome
Senior Center Partners:
Linda Melberg .................... Site Manager - noontime Dining Program
Susan Dieseth ..................... Moving Meals Program Manager
Barb Tiggemann ..................... Friendly Visitors Program - DARTS
Helen Sieben/Joyce Fagerness ..................................... Quilters Coordinator
Bruce Smith ............................................................... Woodcarving Coordinator
Mary Jo Steere ............................................................... Knitter Coordinator
Ruth Bolton ............................................................... Knitter Coordinator
Mary Westerhaus ............................................................... Knitter Coordinator
Norma Pedersen ............. Craft Group Coordinator
Jack Corley & Dick Hennen ........ Duplicate Bridge Coordinators
Darleen Johnson ............................................................... Hand & Foot Coordinator
Sharon Raasch ............................................................... Stroke Group Coordinator
Rob Roy ............................................................... AARP Tax Coordinator
Wanda Trousil ............................................................... Library Coordinator
Maggie McKinney ............... Evaluation Coordinator
Judy & Steve Moss .................... Garden Coordinator
Dan McElroy ............................................................... Men’s Breakfast Coordinator
Senior Led ............................................................... Sunshine Stretch Coordinator
Barb Knoke ............................................................... Decorations Coordinator
Larry Rivers ............................................................... Health Insurance Counselor
Dorothy Thompson .............. Scrabble Coordinator
Gary Konkler & Elizabeth Mikeworth ..................................... 500 Coordinators
Judy Hurley ............................................................... Card Recycling Coordinator
Maggie McKinney ............... Participation Coordinator
Sue Fuller ............................................................... Pinochle Coordinator
Naomi Whitman ............................................................... Cribbage Coordinator
Maggie McKinney ............... Ladies Breakfast Coordinator

Fun and Friendship Officers 2021-2023:
Maggie McKinney ............................................................... President
Sue Fuller ............................................................... First Vice President
Martha Nicholas ............................................................... Second Vice President
TBD ............................................................... Secretary
Ingrid Jensen ............................................................... Treasurer

The SENIOR CHATTER is mailed to over 3,900 senior households in northwest Dakota County courtesy of ISD 191 Community Education and the City of Burnsville.

- If you have friends, relatives, or neighbors who would like to receive a free subscription to THE CHATTER, have them call 952-707-4120.
- If you do not wish to receive THE CHATTER, please call 952-707-4120 and have your name removed.
It feels like forever since I wrote one of these pieces. I might suggest I have had many ‘moments’ during the last several months – heck, during the last year and a half! Can you believe what we have gone through? And I am not quite convinced we are through it yet. I still find myself reaching for the mask - I frankly hated wearing. It’s all SO crazy and I believe I am just a little crazier as a result of the last almost two years. How about you?

Having said that, I am very excited to get a few more, old, familiar things back on the calendar. Card players and scrabble and cribbage players are coming back. It’s been fun to catch up. You can now call us and get your hearing checked – (by a professional!). You can meet regarding your health insurance questions. You can once again get your blood pressure checked – these are all things we need.

We are planning a Holiday Boutique and Bake Sale. Mark your calendar for December 1. If you would like to bake up some goodies or sell all those items you made during this pandemic – we got a table for you. We are having a wrap party and this year, all the items you donate will be wrapped BEFORE they leave here. So many exciting things, are back on the calendar. If you have collected more “junk” to shred we will see you on September 16, in the parking lot between 1 and 3 pm. And if you want a flu shot, MVNA will be here Friday, October 1, from 9 – 11:30am.

I also want to congratulate – Marilyn Brennan, Barb Knoke, Maggie McKinney & Dorothy Rose who were the recipients of the District One91 John Coskran Award this year. These are the people who took all of your calls as we slipped into our covid comas. We are grateful they were here and very appreciative of their dedication and service at a very unsettling time. Congrats – you are EACH very deserving.

Michele Starkey
ADVISORY COUNCIL HIGHLIGHTS

From the Burnsville Senior Center Advisory Council

During the summer months, the following items were discussed by the Burnsville Senior Center Advisory Council

**New Community Ed Director**

Among the many changes this summer, we said goodbye to Tom Umhoefer who retired after having been our Community Education Director for 14 years and welcomed Jason Sellars. Jason is not exactly new to Community Ed, he just moved downstairs after being the Coordinator of the Adult Basic Ed program and our targeted services from an upstairs office. We wish Tom and other retirees the very best and welcome Jason – to the lower level!

**Annual Giving Campaign**

Annual Giving Campaign letters will be in your mailbox again this fall. Again, our thanks to everyone able to show their support. Last year, during such a difficult time, we actually set a record of people supporting the Burnsville Senior Center. That is kinda, really amazing...let's see what happens this year!

**Flu Shot Clinic**

Minnesota Visiting Nurses Association will be here on Friday, October 1 from 900- 1130am if you would like a flu shot. Come on along, bring your insurance information, roll up your sleeve and brace yourself for a little jab in the arm and be set for the season!

**So You Wanna be a “WRAPPER”?**

You can join us as a “wrapper”! As we near the beginning of November, we will kick off the Be A Santa To A Senior Program and we NEED YOUR HELP. If you know of someone in the Burnsville or the surrounding communities, who will be isolated during the upcoming holidays, please share that information with Michele. If you like to shop there will be trees around the community with paper ornaments suggesting gifts ideas for these individuals. Buy the item and drop it off at the Burnsville Senior Center.

And if you like to wrap, bring a friend and plan to join us December 8 at 10 am when we will wrap all these goodies and prepare them for delivery. The treats and well wishes will be in abundance.

**New Sign In**

As I write this, we have once again changed the sign in process for anyone using the Burnsville Senior Center. There is a 3-ring binder on the Reception Desk. Please print your name and telephone number, the time you arrive and when you will be leaving. It is that simple but necessary. Thank you in advance for your cooperation.

**Stroke Club Returns to the Burnsville Senior Center**

M Health Fairview has partnered with us for years to provide a stroke education and support group. We are happy to announce that the group will return to the Burnsville Senior Center for their monthly gatherings. They will meet the 4th Tuesday of every month at 10:30 am. Anyone impacted by a stroke or someone they know having a stroke, is welcome to join us.
The Burnsville Senior Center has partnered with Minnesota Highway Safety and Research Center to offer driver improvement courses for adult drivers. As with all driver improvement courses sanctioned by the State Department of Public Safety, drivers over 55 may be entitled to a 10% discount on their auto insurance. An eight-hour course is initially required, followed by a four-hour refresher class every three years. All driver improvement courses should be refreshed every three years to keep the discount in force. NO written or behind-the-wheel tests will be given. Classes are intended to be non-threatening, interactive and informative.

Several ways to register:
- Mail in your registration form and a check made out to “Burnsville Senior Center.”
- Visit our website www.rschooltoday.com/isd191site and find class list under Community/Community Ed.
- Visit the Burnsville Senior Center & we’ll assist you.
- Call the MHSRC toll-free 1-888-234-1294, register and pay at the time of the class.

Please note there is a $5 fee for any changes on pre-paid classes and no refunds if you are unable to attend a pre-paid class. Walk-in registrations will be accepted at the discretion of the instructor.

Driver Improvement 8 HR Program
Drivers over 55 are eligible to receive a 10% discount on their auto insurance upon completion of this program. This 8 hour program offers a learning experience for participants by providing instruction from a certified professional who uses the most up-to-date research in the field. Instructors have completed 40 hours of training and must complete a re-certification program by MHSRC every three years. Topics covered include but are not limited to: visual scanning techniques, steering techniques, anti-lock brake systems, airbag safety and new vehicle technology. Classes are held at the Diamondhead Education Center in the Meeting Room. Cost: $28.00.

Driver Improvement 4 HR Refresher Program
This 4 hour program is open to anyone who has taken an eight-hour course within the last three years. Participants of all eight-hour are welcome. This course has demonstrated a reduction in accidents and traffic violations and is designed to meet the needs of the mature driver. Topics reviewed include but are not limited to: visual scanning techniques, anti-lock brake systems, airbag safety and new vehicle technology. Classes are held at the Diamondhead Education Center in the Meeting Room. Cost: $24.00.

8-Hour Course • #0908 (Cost: $28.00)
- #0908-Sept1516 Wed, Thurs, Sept 15 & 16 1-5 pm
- #0908-Oct2021 Wed, Thurs, Oct 20 & 21 5:30-9:30 pm
- November No Class
- #0908-Dec0102 Wed, Thurs, Dec 1 & 2 5:30-9:30 pm
- #0908-Jan1718 Mon, Tues, Jan 17 & 18 5:30-9:30 pm

4-Hour Refresher Course • #0904 (Cost: $24.00)
- #0904-Sept2 Thursday, September 2 1-5 pm
- #0904-Sept8 Wednesday, September 8 5:30-9:30 pm
- #0904-Sept21 Tuesday, September 21 5:30-9:30 pm
- #0904-Sept27 Monday, September 27 1-5 pm
- #0904-Oct4 Monday, October 4 1-5 pm
- #0904-Oct18 Monday, October 18 5:30-9:30 pm
- #0904-Oct27 Wednesday, October 27 1-5 pm
- #0904-Nov4 Thursday, November 4 5:30-9:30 pm
- #0904-Nov22 Monday, November 22 1-5 pm
- #0904-Dec9 Thursday, December 9 5:30-9:30 pm
- #0904-Dec16 Thursday, December 16 1-5 pm
- #0904-Jan6 Thursday, January 6 1-5 pm
- #0904-Jan11 Tuesday, January 11 5:30-9:30 pm
- #0904-Jan26 Wednesday, January 26 1-5 pm

Payment Method
Cash ___________    Charge My:    Visa    MasterCard
Check __________    Expiration Date: __________________
Account Number:   ________-________-________-________
Signature:________________________________
Educational Opportunities

Line Dancing for Beginners #09-LDB

Line dancing is fun exercise for the body, mind and spirit. We’ll start with the basics of showing you steps and teaching you the names of those steps. We will do a variety of music but will teach you current and popular dances. Information on where to find additional dance step sheets and videos will be given. Sign up for the entire 8 week session for $42 or drop in for $8 per time. All classes are conducted in the DEC Studio B.

#09-LDB Sep7
Sept. 7 - Oct. 26 • 12:30-1:30pm
8 sessions/$42

#09-LDB Nov2
Nov. 2 - Dec. 21 • 12:30-1:30pm
8 sessions/$42

#09-LDB Jan11
Jan. 11 - Feb. 22 • 12:30-1:30pm
7 sessions/$37

Line Dancing for Advanced Beginners #09-LDAB

Once you’ve learned the basics, let’s take your dancing to a whole new level. We will review the basics and then add new steps with a little more of a challenge making line dancing a lot more interesting and fun. Additional information on where to find more dances will be given. Line dancing is a great activity for improving your balance, coordination and memory. Sign up for the entire 8 week session for $42 or drop in for $8 per time. Classes are conducted in the DEC Studio B.

#09-LDAB Sep7
Sept. 7 - Oct. 26 • 1:30-3pm
8 sessions/$42

#09-LDAB Nov2
Nov. 2 - Dec. 21 • 1:30-3pm
8 sessions/$42

#09-LDAB Jan11
Jan. 11 - Feb. 22 • 1:30-3pm
7 sessions/$37
EDUCATIONAL OPPORTUNITIES

Strength & Balance #09SB
A fun exercise class led by Thomas Lindmeier where the primary goal is to have fun! This is a low impact class that helps you improve flexibility and build strong muscles. Strength exercises may include lifting weights, using resistance bands or doing body-weight exercises. Class will meet on Mondays, Wednesdays and Fridays with one class from 10:30 to 11:15 am and the second class from 11:30 am to 12:15 pm in Studio B at the Diamondhead Education Center.

This class may be covered by your health insurance. To determine if this class is covered by your health insurance, please provide health insurance information and your date of birth when registering.

#09SB-Sep21
Sept. 1 - 29 (No Class Sept. 6)
11:30 am - 12:15 pm
12 sessions M-W-F/$30

#09SB-Oct21
Oct. 1 - 29 * 10:30 am - 11:15 am
12 sessions M-W-F/$30

#09SB-Nov21
Nov. 1 - 29 (No Class Nov. 26)
10:30 am - 11:15 am
12 sessions M-W-F/$30

#09SB-Dec21
Dec. 1 - 22 * 11:30 am - 12:15 pm
10 sessions M-W-F/$30

Chair Tai Chi #09TC
Tai Chi has been practiced in China for centuries for both its health benefits and to harmonize the body and mind. The slow-flowing movements of Tai Chi are non-impact and help build balance, flexibility, and strength while also reducing stress and relieving pain. The class is particularly beneficial for those with limited mobility or with chronic conditions such as MS, Parkinson’s or arthritis. Students will use a chair but may progress to standing, if appropriate. Join us for fun, exercise, and relaxation. For questions, call 952-707-4120 or send an email to anne.m.kamiri@gmail.com. Classes conducted in the DEC Studio A on Wednesdays.

#09TC-Sep1 • Sept. 1 - Oct. 27
11:15 am-12 pm • 8 sessions/$48
(No Class 10/13)

#09TC-Nov3 • Nov. 3 - Dec. 15
11:15 am-12 pm • 7 sessions/$42

#09TC-Jan12 • Jan. 12 - Feb. 23
11:15 am-12 pm • 7 sessions/$42

Painters Workshop #09PW
This painter’s workshop is for beginning and experienced artists in oil / acrylics. It features a cooperative painting time that allows you to develop and enhance your own artistic style. The group setting provides a great source of motivation and inspiration. Students will gain perspective and insight from one another while developing their artistic knowledge of the proper use of materials, blending, color mixing, other techniques and art history through demonstrations, discussions and handouts. Please bring your own materials. This is a self-led workshop held Fridays, from 9 am to noon. All classes are conducted in the DEC meeting room on Fridays from 9am -12pm unless otherwise noted.

#09PW Sep21 • 4 sessions
Sept. 3-24 • $12

#09PW Oct21 • 5 sessions
Oct. 1-29 • $15

#09PW Jan22 • 3 sessions
Jan. 14-28 • $9

Sunrise Stretch
A self-led early morning exercise class done with pre-recorded instructions. Class meets every Monday, Wednesday and Friday from 8:30 - 9:30 am in Studio B at DEC. Cost: $10 per session. This interactive class combines flexibility, strengthening and conditioning with socializing and fun!

#09SS-Sept21
Sept. 1 - 29 * M-W-F
(No class 9/6/21)
8:30 am - 9:30 am
12 sessions/$10

#09SS-Oct21
Oct. 1 - 29 * M-W-F
8:30 am - 9:30 am
13 sessions/$10

#09SS-Nov21
Nov. 1 - 29 * M-W-F
(No class 11/26/21)
8:30 am - 9:30 am
12 sessions/$10

#09SS-Dec21
Dec. 1 - 22 * M-W-F
8:30 am - 9:30 am
10 sessions/$10

#09SS-Jan22
Jan. 10 - 31 * M-W-F
8:30 am - 9:30 am
10 sessions/$10

8 - Fall 2021
ANNOUNCEMENTS

CapTel Telephones
Caption telephone courtesy of the Americans with Disabilities Act. Yes, you too could be literally seeing what you’re missing. There is a telephone on display at the Center and if you are interested, please contact Michele at 952-707-4120.

Want to Share your EMAIL?
IF you would prefer to get the Chatter newsletter electronically, we are here to help. Give us a call, specify that you want to get the newsletter electronically and we will see that that happens.

Health Insurance Counseling
One-on-one appointments are available to help older adults navigate the often complex process of enrolling in Medicare and/or supplemental insurance. You can schedule an appointment by calling the Senior Linkage Line at 1-800-233-2433. You can also go online at www.trellisconnects.org/get-help/medicare. If you have questions – they have the answers!

Men’s Breakfast
Men’s Breakfast is a social gathering where some may just reminisce about the good ole’ days over a good, hearty breakfast. For more information or for questions, please contact Dan McElroy at 952-797-4548 or by email at danmcelroy@comcast.net. Check with Dan for date and location.
Visit Your Library Today!

We are excited to announce that we are at near pre-pandemic hours at the library. All library locations, except Farmington and Inver Grove, are open Monday-Thursday 9 am-8 pm, Friday and Saturday 9 am-5 pm, and closed Sunday. Farmington and Inver Glen hours are Monday-Wednesday 12 pm-8 pm, Thursday-Saturday 9 am-5 pm, and closed Sunday.

We have been slowly expanding our services and introducing more events in person or hybrid in addition to virtual. All of the programs can be found on the Events page of the Dakota County Library website. Some offerings include book groups, music programs, art classes, and lectures.

In addition to coming inside the library to pick up materials, we are continuing to offer curbside pick-up (with a day’s notice) and Books By Mail. Contact the library to receive either of these services. We also have two digital library services: Libby and Hoopla. Libby includes e-Books, e-Audiobooks, and e-Magazines. Hoopla includes e-Books, e-Audiobooks, Music, Video, and Comics. All one needs to access these services is a valid library card.

Upcoming events at the library:

- MN Musician Charlie Maguire is coming to the library on Thursday, September 24th at 10:30 am. This free event does not require registration.

- We have two free arts and crafts events in October. The first is Autumnal Watercolor Painting on Tuesday, October 12, 2021 from 6-8 pm, and the second is Needle Felted Pumpkin on Thursday, October 21, 2021 also from 6-8 pm. Space is limited for both of these events. Online registration opens two weeks before the events.

Burnsville Senior Living on BCTV
A new program has been taped. Please be sure to tune to cable channel 14 in Burnsville (BCTV) and see the most recent program taped at the Burnsville Senior Center.

Association Use
If you belong to a Home Owners Association that occasionally needs a larger meeting space, contact Michele to see if your group could use the Senior Center for your meeting.

Jewelry Collection
Due to the success of our vintage jewelry sale, we will continuing collecting old jewelry for future sales.

Old Cell Phones Needed
Keep up the great work! We collect old cell phones and send them to the National Council on Aging. They recycle them and send us a check. We have collected over $1,600 thus far!

Senior Center Holiday Schedule
Please note that the Burnsville Senior Center will be closed on these dates:

- Sept. 6
- Nov. 25 & 26
- Dec. 23 - Jan. 3, 2022
- Reopens Jan. 4, 2022

Closed
Are You Looking for a Way to Stretch Your Grocery Dollars?

Fare For All is a unique program that has the capacity to serve many of our community members. Fare For All is a newer version of the traditional program. Instead of the pre-order and prepay method, a Fare For All truck will be here monthly and set up a 2-hour store where participants can pay for and then take their food packages home that day. Fare For All provides fresh, quality food items at up to 40% off retail prices. What type of food is for sale? The **Produce Pack ($10)** typically includes five varieties of fresh vegetables and two fresh fruits. The **Meat Only Pack ($11)** has a minimum of four assorted meat items. The **Regular Pack ($20)** combines the Produce and the Meat Packs. And the **Monthly Special ($25-$30)** may include Mega Meat Packs, Grilled Packs and Holiday Packs. This opportunity really helps to stretch your food budget. There are no income restrictions and no forms to complete. Fare For All participants may pay with cash, debit or credit cards, or food support (EBT) cards. Just stop in, select your ‘package’, pay and we even help you get it to your car. **Mark your calendar for these upcoming dates: Oct. 20 and Dec. 15** only from 3 – 5 pm.
Annual Giving Campaign
You are there and shouting your support. The thermometer continues to climb with every donation that is made. We love watching it rise and we appreciate that it is because of your support.

Diabetic Footwear Clinic
Diabetic Shoe Source will be hosting a Diabetic Footwear Assessment Clinic on Wednesday, October 13th from 9 am to 4 pm at the Burnsville Senior Center. A Certified Therapeutic Shoe Fitter will be providing assessments and measurements for 2021 insurance covered diabetic shoes and inserts. Please call 763-757-8086 to schedule an appointment. You must be under a doctor’s care for your diabetes and 62+ years of age to be eligible for prescription shoes.

Blood Pressure Clinic
4th Thursday of each month at 10:15 am
Arbors at Ridges will be here the fourth Thursday of each month from 10:15 -11:15 am to do free blood pressures. We welcome Arbors at Ridges to our Center and thank them for providing this wonderful service to everyone.

Sept. 23 • Oct. 28
Closed for holidays
Nov. 25 & Dec. 23

Metro Dining Club Cards
The Burnsville Senior Center will be selling 2021-22 MDC cards again this year. MDC sets consist of about 166 restaurant cards that can be used monthly for discounts when you are dining out at a variety of different restaurants south of the river. Cards will be available mid September. Cost: $25. MDC card sales are a fundraiser for the Senior Center, and we need your support. The profits are used to support the Center, defray costs and purchase needed items. Financial updates will be given in Fun and Friendship meetings and will also be posted in the Senior Center.

We Need Your Yarn
Yarn donations are always needed for the Burnsville Senior Center Knitters. With all the busy hands making hats and mittens and scarves and booties and lap-robies we are going through the current supply and looking to replenish our closet for the ever increasing demand. With plenty of items ready for the children of District 191 this year, we are already preparing for 2022. Help us if you can. All donations are greatly appreciated and put to VERY good use.

ERA Senior Resource Guide
The 2021 ERA Senior Resource Guide is now available for you at the Burnsville Senior Center.
Health Insurance Opportunities

The Burnsville Senior Center is a Silver Sneakers, Silver & Fit and Optum Health site. IF you believe your health insurance benefits may assist paying for a class or activity please share the following information when registering:

- Your name, address, etc.
- Your date of birth
- A copy of your 2020 insurance card
- And your Silver Sneakers, Silver & Fit or Active Renew 

Upon confirmation, your class may be covered by your insurance!

Stroke Support and Education Group

4th Tuesday morning of each month at 10:30 am. This active support group is for persons who have had a stroke or for the spouse or caregiver of a stroke person. Meetings are held at the Burnsville Senior Center (200 W. Burnsville Parkway) and include continuing education programs, stroke updates and information, social activities, lunches, guest speakers and more. All interested persons are invited. For more info., call the Senior Center, 952-707-4120. DEC meeting room.

Sept. 28 • Oct. 26
Nov. 23 • No Dec. mtg

Health Insurance Help

Minnesota seniors can get personalized assistance when it comes to making decisions about their health insurance choices. We’re not brokers or agents - we just want to help you find the best plan for you!

- Wondering about your choices with supplemental coverage?
- Have questions about Part D?
- Worried about the details in filing a claim or appeal?

Trained volunteers will help answer these questions and more in a one-on-one information session over the phone. Schedule an appointment by calling with Senior LinkAge Line (800-333-2433) to find a time that works for you!

Make an Appointment Today

The Senior LinkAge Line is a free service of the Minnesota Board on Aging in partnership with Minnesota’s Area Agencies on Aging. Learn more at mn.gov/senior-linkage-line.
Fun & Friendship Holiday Party

Thursday, Dec. 9, 2021
Savage American Legion
12375 Princeton Ave.
Savage, MN  55378
952-894-6940

11am - Social hour
Noon - sit down luncheon
Followed by entertainment

Cost: $45 per person for members
$45 for non-members

Name: ________________________________
Phone: (___)___________________

Menu choices:  ____ Roast Beef & mashed potatoes
               (select one)  ____ Pollock & baked potatoe
                ____ Chicken breast over rice

Fun & Friendship 2021 member? yes no
Deadline 11/23/21  Amount enclosed  ____ Check#  ____ Charge ___
SPECIAL EVENTS

Card Tournament

Week of Oct. 25 – 29
$3 per person
Please register in advance

Shred Event

Burnsville Senior Center &

Thursday, Sept. 16
1 – 3 pm

$5 per car, 1 - 3 bags/boxes
$10 per car, 4 - 8 bags/boxes
$50 a car with 9+ bags/boxes

200 W. Burnsville Parkway
Just pull up in the lower, east lot
we’ll unload it & shred it on the spot!
SPECIAL EVENTS

As the trees goes up in November we need your help!

Call the Burnsville Senior Center with the name of someone you know will be isolated during the holidays.

Take an ornament off the tree and purchase the noted item. Then, without wrapping it, attach the paper ornament and drop them at the Burnsville Senior Center by Dec. 3rd.

Buy some of the general kinds of things people need and leave them at the Senior Center. Things often requested include: nail polish, towels, hand held games, and slippers.

Then come help us “WRAP” all these goodies on

Wed., Dec 8, 10 am - noon

Please register to join us for the “wrapping” party by calling 952-707-4120
For more info go to www.beruntatoussenior.com & use zip code 55337

Fitness Opportunities

There are SO many options to get fit.
For MORE opportunities, check the Community Education catalog

- Sunrise Stretch meets at 8:30 in the morning on Mondays, Wednesdays and Fridays in DEC Studio B for $1.00 per visit.
- Strength and Balance class meets on Mondays, Wednesdays and Fridays at 10:30am and 11:30am in Studio B, this class is $30 a month and may be covered by your insurance. (Check with Michele for details.)
- Chair Tai Chi meets weekly on Wednesdays at 11:15am in DEC Studio A, and pricing varies depending on the number of sessions.

Flu Shots

PLEASE CALL TO REGISTER
Burnsville Senior Center
952-707-4120

Friday, Oct. 1st
9:00 - 11:30am

Remember to bring your Medicare Card &/or Health Insurance Card or flu voucher.

Goodies available courtesy of

ECUMEN®
Seasons at Apple Valley &
ECUMEN®
Centennial House

BURNsville
SENIOR
CENTER
HOLIDAY
BOUTIQUE &
BAKE SALE

WEDNESDAY
DECEMBER 1
9AM – 2 PM

CRAFTS
- Holiday
- Used jewelry
- Homemade
- Baked good
- Lunch

BURNsville
SENIOR CENTER
200 W. Burnsville Pkwy
Burnsville, MN 55337
952-707-4120
Burnsville Senior Center
Annual
Holiday Boutique and Bake Sale

Wednesday, December 1
9 am - 2 pm

This fundraising event is held to raise funds for the Burnsville Senior Center. This registration form must be completed and submitted by all exhibitors. Applicable fees must be paid with the registration form in order for a space/table to be reserved in your name. We reserve the right to decide what is appropriate for this ‘holiday’ event. Registration is on a first-come, first-serve basis. There will be NO refunds.

Return this registration form with a check payable to:
Burnsville Senior Center 200 W. Burnsville Parkway
Burnsville, MN 55337.

_____ $40 for space

_____ $50 for table in that space

_____ Do you need electricity? YES NO

Name: __________________________________________________________ Amount enclosed: ______________

Address: __________________________________________________________ Phone: ( ____ ) ______________

City: ____________________________ State: _____________ Zip: __________________

Email: ______________________________________________________________

Description of merchandise you will be selling: ______________________________________________________________

________________________________________________________________________

If direct sales, indicate company name: __________________________________________

Questions contact Burnsville Senior Center Coordinator: Michele Starkey 952-707-4121
mstarkey@isd191.org
WORD FIND

ANNUAL GIVING
APPLE ORCHARD
APPLE PIE
BAKED ITEMS
BOUTIQUE

COVID
DONATIONS
FALL COLORS
FALLING LEAVES
FLU SHOTS

HOLIDAY
HOT CIDER
JUNK MAIL
OLD DOCUMENTS
PREREGISTRATION

SHOTS
SHREDDING
SANTA
TOURNAMENTS
VACCINATIONS

ANNUAL GIVING
APPLE ORCHARD
APPLE PIE
BAKED ITEMS
BOUTIQUE

COVID
DONATIONS
FALL COLORS
FALLING LEAVES
FLU SHOTS

HOLIDAY
HOT CIDER
JUNK MAIL
OLD DOCUMENTS
PREREGISTRATION

SHOTS
SHREDDING
SANTA
TOURNAMENTS
VACCINATIONS
<table>
<thead>
<tr>
<th></th>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>Sunrise Stretch 8:30am</strong></td>
<td></td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>FLU SHOT 9-11:30 AM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>Painting 9am</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>Str/Bal 10:30/11:30am</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>Hand &amp; Foot 12:15pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td><strong>Sunrise Stretch 8:30am</strong></td>
<td></td>
<td></td>
<td><strong>Scrabble 10:30am</strong></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Cribbage 9:30am</strong></td>
<td></td>
<td></td>
<td><strong>Dup Bridge 11:45am</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Coffee Talk - Don’t Know 10am</strong></td>
<td></td>
<td></td>
<td><strong>Book Club II 1pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Str/Bal 10:30/11:30am</strong></td>
<td></td>
<td></td>
<td><strong>Line Dancing</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Pinochle 12:45pm</strong></td>
<td></td>
<td></td>
<td><strong>Card Recycle 12:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Pinochle 12:45pm</strong></td>
<td></td>
<td></td>
<td><strong>Scrabble 10:30am</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Quilters 9am</strong></td>
<td><strong>Dup Bridge 11:45am</strong></td>
<td></td>
<td>12</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Coffee Talk - Should I 10am</strong></td>
<td><strong>Dup Bridge 11:45am</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Str/Bal 10:30/11:30am</strong></td>
<td><strong>Card Recycle 12:30pm</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Pinochle 12:45pm</strong></td>
<td><strong>Books R Us 1pm</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>Def Drive Ref 1pm</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td><strong>Sunrise Stretch 8:30am</strong></td>
<td><strong>Quilters 9am</strong></td>
<td><strong>Dup Bridge 11:45am</strong></td>
<td><strong>Line Dancing</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td><strong>Sunrise Stretch 8:30am</strong></td>
<td><strong>Cribbage 9:30am</strong></td>
<td><strong>Scrabble 10:30am</strong></td>
<td><strong>Dup Bridge 11:45am</strong></td>
<td><strong>Line Dancing</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td><strong>Coffee Talk - Fond Farewell 9am</strong></td>
<td><strong>Scrabble 10:30am</strong></td>
<td><strong>Dup Bridge 11:45am</strong></td>
<td><strong>Line Dancing</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td><strong>Advisory Council 9:30am</strong></td>
<td><strong>Cribbage 9:30am</strong></td>
<td><strong>Scrabble 10:30am</strong></td>
<td><strong>Dup Bridge 11:45am</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td><strong>Coffee Talk - Fond Farewell 9am</strong></td>
<td><strong>Cribbage 9:30am</strong></td>
<td><strong>Scrabble 10:30am</strong></td>
<td><strong>Dup Bridge 11:45am</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td><strong>Chair Tai Chi 11:15am</strong></td>
<td><strong>Chair Tai Chi 11:15am</strong></td>
<td><strong>Dup Bridge 11:45am</strong></td>
<td><strong>Line Dancing</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td><strong>Str/Bal 10:30/11:30am</strong></td>
<td><strong>Str/Bal 10:30/11:30am</strong></td>
<td><strong>Card Recycle 12:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td><strong>Chair Tai Chi 11:15am</strong></td>
<td><strong>Chair Tai Chi 11:15am</strong></td>
<td><strong>Str/Bal 10:30/11:30am</strong></td>
<td><strong>500 12:45pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td><strong>Str/Bal 10:30/11:30am</strong></td>
<td><strong>Str/Bal 10:30/11:30am</strong></td>
<td><strong>500 12:45pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td><strong>Chair Tai Chi 11:15am</strong></td>
<td><strong>Chair Tai Chi 11:15am</strong></td>
<td><strong>Str/Bal 10:30/11:30am</strong></td>
<td><strong>500 12:45pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td><strong>Str/Bal 10:30/11:30am</strong></td>
<td><strong>Str/Bal 10:30/11:30am</strong></td>
<td><strong>500 12:45pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td><strong>Chair Tai Chi 11:15am</strong></td>
<td><strong>Chair Tai Chi 11:15am</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td><strong>Str/Bal 10:30/11:30am</strong></td>
<td><strong>Str/Bal 10:30/11:30am</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td><strong>CARD TOURNAMENT WEEK!</strong></td>
<td><strong>Card Recycle 12:30pm</strong></td>
<td><strong>Pinochle 12:45pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td><strong>Card Recycle 12:30pm</strong></td>
<td><strong>Pinochle 12:45pm</strong></td>
<td><strong>Def Drive Ref 1pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td><strong>Pinochle 12:45pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td><strong>Def Drive Class 5:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Activity Details</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td>----------------------------------------------------------------------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1st Nov</td>
<td>Sunrise Stretch 8:30am, Coffee Talk 9:30am, Cribbage 10:30am, Card/Recycle 11:45am, Pinochle 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2nd Nov</td>
<td>Sunrise Stretch 8:30am, Coffee Talk 9:00am, Cribbage 10:30am, Dup Bridge 11:45am, Line Dancing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Chair Tai Chi 11:15am, Str/Bal 10:30/11:30am, 500 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Travel Talk 11:15am, Chair Tai Chi 11:15am, 500 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Health Ins. Council 9am, Def Drive Ref 5:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21st Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22nd Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23rd Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28th Nov</td>
<td>Sunrise Stretch 8:30am, Cribbage 9:30am, Advisory Council 9:30am, Str/Bal 10:30/11:30am, Pinochle 12:45pm, Meals on Wheels 12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

November 2021

1st Nov - 30th Nov

Closed for Thanksgiving
<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**December 2021**

- **SUN**: CLOSED FOR THE HOLIDAY • REOPENING 1/4/22

- **MON**: CLOSED FOR THE HOLIDAY • REOPENING 1/4/22

- **TUES**: HOLIDAY BOUTIQUE AND BAKE SALE 9AM-2PM
- Sunrise Stretch 8:30am
- Cribbage 9:30am
- Chair Tai Chi 11:15am
- Str/Bal 10:30/11:30am
- Def Drive Class 5:30pm

- **WED**: Sunrise Stretch 8:30am
- Foot Clinic 9am
- Health Ins. Council 9am
- Def Drive Class 11:30am
- Hand & Foot 12:15pm

- **THURS**: Sunrise Stretch 8:30am
- Cribbage 9:30am
- Chair Tai Chi 11:15am
- Str/Bal 10:30/11:30am
- Def Drive Class 5:30pm

- **FRI**: HOLIDAY PARTY 1PM
- Focus on Fitness 8AM-9:30AM
- Chair Tai Chi 11:15am
- Hand & Foot 12:15pm

- **SAT**: FUN & FRIENDSHIP HOLIDAY PARTY 11AM
- Sunrise Stretch 8:30am
- Cribbage 9:30am
- Chair Tai Chi 11:15am
- Def Drive Class 5:30pm

**Contact Information**

- Senior Center: 952-707-4120
- Community Education: 952-707-4110
- Metro Mobility: 651-602-1111
- Senior Linkage: 800-333-2433
- Senior Legal Assistance: 651-222-4731
- Meals on Wheels: 952-393-9860
- AARP Office: 952-858-9040
- MN Highway Safety Center: 888-234-1294
**Knitting/Crocheting**  
2nd Friday of each month at 9:30 am  
Participants make mittens, scarves, lap robes, afghans, booties, slippers, and more for various charitable organizations. If you want to needle for us, give us a call...we want you! We’ll even help you learn basic knitting and crocheting. If you have extra yarn, we could use it. Bring it to the Senior Center.

**Men’s Breakfast**  
Dates TBD  
The Men’s Breakfast group meets the first Friday of each month at 8:30 am. After breakfast, we try to have a guest speaker enlighten us on various interesting topics. We’d like to know how many are coming so we can prepare. For more information or questions on a location, please contact Dan McElroy at danmcelroy@comcast.net or 952-797-4548.

**Craft Group**  
1st & 3rd Thurs of the month at 9 am  
Partake in this community-minded craft-social group by creating and making special projects for older folks in nursing homes, health care centers, and hospitals. You are invited to participate. NOTE: We can always use donations of craft materials.

**Woodcarving Group**  
Wednesday mornings from 8 am-noon and Thursday evenings from 6 - 9 pm  
Are you interested in woodcarving? The Senior Center is the place to come. You don’t need experience to try it out. Experienced woodcarvers are on hand to get you started. Bring a carving knife (they will even teach you how to sharpen your knife if it isn’t sharp). A carving pattern and a piece of basswood will be made available for all beginners. You’re welcome to come and watch and/or speak to the veterans to get yourself started.

**Quilters**  
2nd & 4th Tuesdays of the month at 9 am  
This creative group of stitchers meets for the purpose of creating warm colorful quilts for children in shelters and hospitals, elderly folks in health care centers, etc. Members of the group have a good time while they share quilting knowledge and skills with each other. Quilts are donated to various organizations by the group. All materials are donated to the group. Open to all senior adults of the community. We can always use fabric donations.

**Card Recycling Group**  
2nd and 4th Mon of the month from 12:30-3 pm  
You won’t believe how wonderful these cards (which you paid a small fortune for) “clean up” and these are just the people to do it. With some funny scissors, a little paper and a lot of creativity, these once anticipated trash are made into another’s treasure. Join us for the fun! Drop off cards. Help us recycle them or drop by and purchase a few. There are lots of ways to be involved.

**Ladies Breakfast Chat**  
Sept. 10 • Oct. 8  
Nov. 12 • Dec. 10  
We have a lot to say and now there is a place to say it. Join the ladies for a breakfast filled with conversation about whatever you want it to be. The Ladies Breakfast Chat will take place the 2nd Friday of every month at 9:30 a.m. at the Original Pancake House in Burnsville. Please contact Maggie with questions at 651-226-2373 or dannaldy97@yahoo.com.
CARD GAMES

A variety of card games are held at the Senior Center. Call 952-707-4120 for more information on the following card games:

- Cribbage  Mondays  9:30 - 12:30
- Pinochle  Mondays  12:45 - 4:00
- Scrabble  Tuesdays  10:30 - 1:00
- Duplicate Bridge  Tuesdays  11:45
- Cribbage  Wednesdays  9:30 - 12:30
- 500 Cards  Wednesdays  12:45 - 4:00
- Hand & Foot  Fridays  12:15 - 4:00

BOOKS “R” US BOOK CLUB 2021

- **September 20**  
The Givers of Stars  
by Jojo Moyes

- **November 15**  
Bel Canto  
by Ann Patchett

- **October 18**  
Little Fires Everywhere  
by Celeste Ng

- **December 20**  
Before We Were Yours  
by Lisa Wingate

Burnsville Senior Center  
3rd Monday of at 1pm.

STAYING HEALTHY

HEARING SCREENING AND HEARING INSTRUMENT CLEANING

1st & 3rd Thursdays • 3rd & 4th Fridays

Raphael Cheron of Sounds Good! will be available the fourth Thursday of every odd month from 10 am – noon for screening and hearing aid cleaning appointments. Hearing screening can determine whether or not hearing loss is present and if further testing is needed. Appointments are necessary. Please call 952-707-4120 to make an appointment.

 FOOT CARE CLINIC

1st & 3rd Thursdays • 3rd & 4th Fridays

This foot-care clinic will be conducted in half-hour sessions by appointment only and will provide basic foot care including: foot soak, trimming corns/calluses, foot massage, nail trimming & treating ingrown nails. This service is provided by Happy Helpers. It would be helpful if you brought your own towel. Because of the number of people not showing up for their scheduled appointments, people who have not cancelled at least 24 hours in advance will be charged for their missed appointments. Please call Happy Feet at 763-560-5136 for an appointment. Cost is $40 per person/per appt.
**Connecting You to Senior Services**

Senior Linkage Line is a free telephone information and referral service which makes it easy for older adults and their families to find community resources close to home. Trained staff and volunteers can connect you to resources such as: help in managing your health care, resources for seniors with disabilities, low cost legal assistance, support for caregivers, transportation, financial assistance programs, continuing education classes, employment and volunteer opportunities, home delivered meals, senior noontime dining sites, local senior centers and more. 8am-4:30pm, Monday through Friday. For more information, please call 800-333-2433.

**Sunrise Stretch**

This is a morning stretch designed to wake and shake you up! Join us three mornings a week. Cost: $1.00 each time. Mon/Wed/Fri mornings at 8:30 am, DEC studio.

**Meals-On-Wheels**

Every day Meals-on-Wheels volunteers deliver meals to approximately 90 homebound people. Many would not be able to stay in their homes without this service. If you want to MAKE A DIFFERENCE in someone’s life, and you can volunteer 1-1/2 hours a month, please call Susan Dieseth at 952-393-9860.

**Legal Appointments**

Senior Legal Services will no longer provide on-site services as they have in the past BUT if you need their services AND need a place to meet with them you can always find a table and chairs around here. Call 651-222-4731 for an appointment.
Newsletter
The Chatter is published January, May, September and provides information for 4 months of activities.

Knitting-Crocheting Group
Meets on the 2nd Friday of each month at 9:30 am.

Ladies Breakfast Chat
PREREGISTRATION REQUIRED
2nd Friday every month at Morgan’s in the Original Pancake House in Burnsville, 9:30 am.

Men’s Breakfast
1st Friday of each month, 8:30 am. Call Dan McElroy at 952-797-4548 for meeting location questions. ($$$)

The Fun & Friendship Club
PREREGISTRATION REQUIRED
2nd & 4th Thursday of each month at 11:00 am, followed by lunch, then Bingo & 500 cards. ($$$)

Blood Pressures
4th Thursday of each month, 10:15-11:00 am. Provided by Arbors at Ridges.

The Advisory Council
Meets the 3rd Monday of each month at 9:30 am. Sometimes meetings are held away from the Center…check with us any time.

Stroke Support
Meets on the 4th Tuesday at 10:30 am at the Burnsville Senior Center. 952-707-4120.

Hearing Screening & Instrument Cleaning
4th Thursday, odd months, 10 am to Noon. Call for an appointment.

Fitness Class
A variety of fitness/exercise classes are available. Please see details in this Chatter. ($$$)

Foot Clinic
1st and 3rd Thursday, 3rd and 4th Friday of each month. Appointments needed and begin at 9 am. Call 763-560-5136.

Card Recyclers
2nd and 4th Monday of the month from 12:30-3:00 pm. This group transforms used greeting cards into new treasures. Donate old cards, help recycle or drop by and purchase a few!

Coffee Talks
Free educational opportunities available. Registration encouraged.

Book Club
PREREGISTRATION REQUIRED
3rd Monday of each month at 1 pm. (See reading list on page 24).

Crafters
1st & 3rd Thursdays at 9 am. If you can cut, paste and have fun, this is the group for you. Make projects such as favors for the Moving Meals Program.

Quilters
These nifty stitchers meet the 2nd and 4th Tuesday of every month at 9 am. They use donated material to provide cheer and warmth. Their beautiful creations are donated to various charitable groups.

Woodcarvers Group
Wednesdays, 8:00 am-noon. Open carving Thursday evenings 6 - 9 pm. Cost: $1.00.

Fun and Games
Scrabble, 500, Pinochle, Cribbage, Duplicate Bridge and Hand & Foot are held at the Senior Center. Call the Center for times. ($$$)

Meals-on-Wheels Program
Nutritious meals are delivered to homebound seniors in the area. Call MOW at 952-393-9860. Volunteers are needed.

Health Insurance Assistance
1st & 3rd Thursdays, 9 am - 1 pm provided by a volunteer from the Metropolitan Area Agency on Aging. Call Senior Linkage for appointment at 1-800-333-2433.

Legal Assistance for Older Adults
The Senior Law Project offers free legal assistance and referrals - call 651-222-4731.
Honoring Choices  
#09CT-SEP22  
Wed, Sept 22 @ 2 pm  
DEC Meeting Rm  
Presenter Sheila Johnson  

In the event of a sudden illness or injury, you may not be able to communicate your healthcare choices to your loved ones or your healthcare team. Advanced Care Planning is an ongoing process of reflecting on and discussing your choices based on your values, beliefs, goals and health status. Advanced Care Planning is important for all adults. Please join us and learn more.

You Don’t Know What You Don’t Know  
#09CT-OCT4  
Mon, Oct 4 @ 10 am  
DEC Meeting Room  
Presenter: Jeanne McGill, CSA, CPC  

We do the best we can with what we know at the time when making decisions but, unfortunately, there can be huge consequences both financially and emotionally if we decide wrong. Is there a place, person or website that has all the answers as we try, as seniors and adult children, to navigate the obstacles? Or have you asked yourself, “Why didn’t someone tell me that”? Learn from the real life stories of people who wish they “would have, should have or could have” known more to make a better decision. Topics discussed will include: the aging process, important documents and assuming you know everything.

Advanced Care Planning for Surrogate Decision Makers  
#09CT-OCT6  
Wed, Oct 6 @ 2 pm  
DEC Meeting Rm  
Presenter Sheila Johnson  

Are you a named as a surrogate decision maker in a Health Care Directive for someone you know or think you could be put in a situation where you may have to make medical decisions for someone else? Join us to learn more about the role of surrogate decision makers, the medical decision-making required, the specific documents and how to support yourself during this process.

Should I Stay or Should I Go? Before and After the Funeral  
#09CT-OCT11  
Mon, Oct 11 @ 10 am  
DEC Meeting Room  
Presenters: Jeanne McGill, CSA, CPC & Mary Frances Price, Elder Law Attorney  

After a loved one dies it feels like there are a million questions that need to be answered. Understanding what processes take place before and after the funeral will help you make better plans to ease the burden on your loved ones and give you peace of mind. There are approximately 65 decisions that need to be made BEFORE the funeral... who is responsible for payment, types of services, who needs to be notified, what does the family need, is the funeral for the person who died or those who are still living? After death, who is responsible for paying the deceased bills and taking care of the deceased possessions? What happens if there is/ isn’t a Will? How are assets transferred to heirs? Is probate necessary? How long does probate take? GREAT information that we all need to know for decisions we are going to make! Join us and get some great answers.
COFFEE/TRAVEL TALKS
These talks are free, do not require pre-registration and are held at the Senior Center

A Fond Farewell
#09CT-OCT18
Mon, Oct 18 @ 10 am
DEC Meeting Room
Presenter: Jeanne McGill, CSA, CPC
Statistics show that 70 percent of us are unprepared in one or more areas of personal responsibility in planning. Don’t be counted as one of those statistics! This free seminar will give options as to what you need for funeral arrangements, the new laws about what you can do for the funeral arrangements at home and how to compare apples to apples when comparing costs. Can you buy your casket at Sam’s Club? Can ashes be spread at the Mall of America or any other public place? Be educated about innovative, creative and proper funeral preplanning. Plan ahead: Think outside the box (box meaning casket or urn).

Don’t Be Caught Without One
(A Living Will)
#09CT-OCT25
Mon, Oct 25 @ 10 am
DEC Meeting Room
Presenter: Jeanne McGill, CSA, CPC
Five Wishes has been called the first “living will with a heart.” Statistics show that 70 percent of us are unprepared in one or more areas of living will preparation. Don’t be counted as one of those statistics! This seminar will give you a chance to learn what a Health Care Directive (Five Wishes) is all about, as well as step-by-step instructions on completing the form. The fifth wish, “What I want my loved ones to know about my funeral,” will also be discussed.

Wills and Powers of Attorney
#09CT-NOV2
Tues, Nov 2 @ 10 am
DEC Meeting Room
Presenter: Mary Frances Price, Elder Law Attorney
So you want to plan ahead and get your legal documents in order, but do you know where to start and what documents you will need? What’s the difference between a will and a trust? Do you really need a Power of Attorney and a Health Care Directive? Mary Frances Price is an accredited elder law attorney who will help alleviate all confusion on these issues.

Hearing Health and Resources
#09CT-NOV11
Thurs, Nov 11 @ 10 am
DEC Meeting Room
Presenter: CapTel
Did you know that 1 in 5 people experience hearing loss? Did you hear that! You may not be alone. Do you ever have trouble talking on the phone? Do you know what your options are? Please join us for a presentation about hearing health as we age. In addition to hearing health, we will also share hearing resources available – some at no cost because of the help provided by the Americans with Disabilities Act. Don’t miss it - you’re gonna want to hear this one!
Join Mary Frances Price, an accredited elder law attorney who will address medical assistance, VA aid and attendance benefits. It’s also important to anticipate your future needs, including long term care and the associated costs. Can you ensure money saved during a lifetime of hard work will be enough to cover medical and long-term care expenses? Are there other resources available to help? Can you gift money to your children? Will your home be ‘taken’ when you go into a nursing home? Did you know that Veterans or their spouses can receive up to $1,949 of tax free money to supplement their income to pay for health care costs at home, in assisted living facilities and in nursing homes? If you or your spouse served in the military during a war-time period (WWII, Korea, Vietnam, etc.) and you meet certain financial and health criteria, you could be eligible for this additional income - even if you did not retire from the military!
Travel Talk
Wednesday, November 10th
at 1:00 PM

Are you ready to explore the world again?
I know we are!
Join us to learn more about
our fantastic group travel opportunities.

We’ll gather in person at the Burnsville Senior Center.
Call 952-707-4120 to register, space is limited.

EXTENDED TRIPS & TOURS

Southern California Escape
Palm Springs, San Diego

Hawaii
The Aloha Experience

New Orleans
The Big Easy

Washington, D.C.
Cherry Blossoms

Savannah
Charleston, Asheville

Eastern Canadian Capitals
Quebec, Montreal, Niagara Falls

Yellowstone
& The Grand Tetons

Memories of WWII
London, Paris, Normandy

Majestic Canadian Rockies
Banff, Glacier National Park

Pacific Northwest Wonders
Seattle, Portland, Oregon Coast

Best of Norway
Oslo to Bergen

Alaska
Land & Sea Expedition

ALL TRIPS INCLUDE
- Roundtrip Airfare from MSP / Airport Greeting
- Quality Accommodations in Great Locations
- Professional Tour Manager & Local Guides
- Deluxe Motorcoach Transportation
- Must-See Attractions
- Many Quality Meals

For a complete list of tours visit www.GoWithLandmark.com
UCare members may be eligible for a $15 discount on most classes in this catalog. If a class is less than $15, the member may take the class free of charge. UCare for Seniors members are limited to three $15 discount per year. Members must be on UCare at the time of registration, and through the duration of the class(es). Members need to include their UCare number when registering.

### NOTICE!
When you participate in a Senior Center activity, please be aware that the Community Education Department may use the directory information which you supply (name, address, phone number, and program data) for other purposes within the School District. This directory information is not shared outside of the School District. Credit card information is never shared with anyone.

### LOST & FOUND
We have a collection of coats, scarves, table runners, glasses and some jewelry. If you are missing something, please give us a call at 952-707-4120 and we can check the items in our lost and found.

### COMMUNITY EDUCATION NOW ACCEPTS
MasterCard | Visa

---

<table>
<thead>
<tr>
<th>Participant</th>
<th>Course Name</th>
<th>Course #</th>
<th>Start Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cash ______ Check # _______ UCare # _______ **TOTAL $** _______

Visa MC _______ _______ _______ _______ Exp Date _______ / _______

Cardholder's Signature ________________________________

Special Information/Needs (i.e. meal, seating) ________________________________

---

10/17
ISD 191
Burnsville Senior Center
200 W. Burnsville Parkway
Burnsville, MN  55337
(located in the lower level
200 Burnsville Parkway Bldg.)

Fun and Friendship Holiday Party

Thursday, December 9, 2021
Savage American Legion
(12375 Princeton Ave, Savage)

11 am - Social Hour
12 pm - Sit Down Lunch

Cost for Party: $45 per person for members
$45 for non-members

Turn to page 14 for registration details!