

# 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

January 2021

*Supporting a Balanced and Well-Connected Life Through Active Aging*



## Happy Holidays from the Fridley Senior Program!

Thank you to all those who attended the annual Fridley Lions Holiday Dinner on Dec. 14!



More photos on back cover

### Reminder:

The Senior Center will be  
**CLOSED**

**January 3rd** for Holiday Break  
& **January 17th** for Martin Luther King Day

### AARP TAX PROGRAM



The AARP Tax-Aide Program will again return to the Fridley Community Center on Wednesday mornings from Feb. 9-April 13! **Taxes will be done by appointment only.**

**See page 2 for details!**

## CONTENTS .....

News & Events .....	2
Calendar .....	3
Resources.....	4
Classes & Activities .....	5-6
Video Theater .....	7
School and District News.....	8-9

### Mask Reminder

We request that masks be worn in the hallways at FCC during childcare hours (6:30am-6pm), but may be removed based on your comfort level once in your room. Childcare guidance still requires masks, as many age groups we serve are still unvaccinated.

### BINGO - \$1 per card!

Join us for BINGO at the Senior Center!

**TIME & DATE:** 10 a.m. on Thursdays  
 Wear your favorite funny t-shirt on  
 January 20th!



**AARP TAX PROGRAM** 

The **AARP Tax-Aide Program** will again return to Fridley Community Center. The AARP tax program is a volunteer program with taxes completed by members within our community. All taxes will be completed the same day following safety protocols set by both the Fridley Community Center and AARP.

This year our tax season will run Wednesday mornings from Feb. 9-April 13 **Taxes will be done by appointment only.**

**The appointment scheduling line will open Monday January 10th:**

**Please call 612-850-7267**

(if the line is busy leave your name and number and we will return your call-in the order received).

*The senior center WILL NOT be taking calls for appointments.*

All Tax materials will be sent to your home prior to your appointment please bring the filled-out paperwork and your prior years tax return to your appointment. Because of COVID and the limited number of tax returns completed last year, if you are filing more than one year of taxes you will need to make an appointment for each year.

The AARP Tax program has two volunteer opportunities available during the tax season. They are seeking a client facilitator and a local coordinator. For more information on these volunteer opportunities please call Linnea Hackett at 612-419-5926.

**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>

**Fridley Senior Center 10am-noon -  
Friday, January 28th and Friday, February 25th**

**PART-TIME JOB Opportunity Available**

The Fridley Senior Center is looking for a part time reception position hired through the Senior Community Service Employment Program "SCSEP" This is a program that provides training and job opportunities for older workers.

For more information call 'Career Force' in Blaine at (763)-324-2300 or the toll free help line at 1-877-872-5627.



fare for all  
*a program of the food group*



fare for all  
*a program of the food group*

**HOT BUY  
January**

**Boneless, Skinless Rotisserie  
Chicken (breasts & thighs)  
\$7.00/ 2.5 lbs**

*(Limit 2/household, avail. while supply lasts)*

# Fridley Senior Program January 2022 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p style="text-align: center;"><b>Senior Center Closed</b></p>	<p>4</p> <p>9am Social 500</p> <p>10 am Gentle Stretch</p> <p>1 pm Video Theater</p>	<p>5</p> <p>9am: Needles &amp; Hooks</p>	<p>6</p> <p>10 am BINGO</p> <p>11 am JAMS at King of Glory Church</p>	<p>7</p> <p>9am Quilting</p> <p>9:30am Coffee Hour with Alaina</p> <p>1 pm Cribbage</p>
<p>10</p> <p>8:30am Campaign of Cheer</p> <p>1pm Bridge</p> <p>1pm Senior Outreach Worker</p>	<p>11</p> <p>9am Social 500</p> <p>10am Gentle Stretch</p> <p>1pm Video Theater</p> <p>1pm Open Painting</p>	<p>12</p> <p>9am: Needles &amp; Hooks</p>	<p>13</p> <p>10 am BINGO</p> <p>11 am JAMS at King of Glory Church</p>	<p>14</p> <p>9 am Quilting</p> <p>9:30am Coffee Hour with Alaina</p> <p>1 pm Cribbage</p> <p><b>SAT 15th 9:30am-Northside Bag Ladies</b></p>
<p>17</p> <p style="text-align: center;"><b>Senior Center Closed MLK Day</b></p>	<p>18</p> <p>9am Social 500</p> <p>10 am Gentle Stretch</p> <p>1pm Video Theater</p> <p>1 pm Open Painting</p> <p>1pm Senior Sewing</p>	<p>19</p> <p>9am: Needles &amp; Hooks</p>	<p>20</p> <p>10am <b>Funny T-shirt BINGO</b></p> <p>11 am JAMS at King of Glory Church</p> <p>12pm-4pm: Defensive Driving</p> <p>1pm Snowflake Quilters</p>	<p>21</p> <p>9 am Quilting</p> <p>9:30am Coffee Hour with Alaina</p> <p>1 pm Cribbage</p>
<p>24</p> <p>8:30am Campaign of Cheer</p> <p>1pm Bridge</p>	<p>25</p> <p>9am Social 500</p> <p>10am Book Club</p> <p>10 am Gentle Stretch</p> <p>1 pm Video Theater</p> <p>1 pm Open Painting</p>	<p>26</p> <p>9am: Needles &amp; Hooks</p> <p>1pm Hand And Foot</p>	<p>27</p> <p>10 am BINGO</p> <p>11 am JAMS at King of Glory Church</p>	<p>28</p> <p>9 am Quilting</p> <p>9:30am Coffee Hour with Alaina</p> <p>1 pm Cribbage</p>
<p>31</p> <p>8:30am Campaign of Cheer</p> <p>1pm Bridge</p>				

## 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.



**Alexandra House has services for older Adults:**  
Confidential 24-hour Helpline: 763-780-2330

### Call us if a loved one or caregiver:

- **Keeps you from seeing people or refuses transportation**
- **Steals from you or uses your money for themselves**
- **Calls you names or makes you feel worthless or crazy**
- **Withholds basic needs or threatens to abandon you**
- **Threatens to harm you or hits, shakes or pushes you**

### The Bookshelf

We have a bookshelf for casual book/puzzle sharing. We are limited to a few shelves of space but if you'd like to bring a few books and/or take a few, the bookshelf is behind the Senior Center reception desk. Enjoy!

### 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](mailto:information@helpatyourdoor.org).

### Receive the Newsletter at home!

Sign up to receive the Senior Newsletter at home! The electronic version is free, or have it mailed monthly for a \$10 fee/year. Call 763-502-5150 to sign-up!

## CLASSES & ACTIVITIES

### 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.

Fridley Senior Center (in person) Cost \$30

#6202A | Thursday January 20 | Time: 12-4pm

#6202B | Thursday February 17 | Time: 12-4pm

#6202C | Thursday March 17 | Time: 12-4pm

#6202D (evening) | Thursday March 24 | Time: 6-10pm

### Coffee, Cards & Conversation

All older adults, age 55 and older, are invited to participate in any of our weekly/monthly card parties. There is no need to pre-register, just show up and join in the fun! Usually held in Room 114.

**Bridge:** Mondays-1-3:30 PM

**Social 500:** Tuesdays 9AM-12 PM

**Cribbage:** Fridays 1-3 PM

**Hand & Foot (monthly):** Last Wednesday 1-3PM

### Gentle Stretch

Michael Ledman will lead this gentle yoga class for seniors. 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.

### Join us for Book Club

*4th Tuesday of the Month at 10am, Room 112*



**January 25th:** "The Girl in Building C" by Mary Krugerud

**February 22nd:** "The White Shadow" by Roy Jacobsen

**March 22nd:** "My Remarkable Journey" by Katherine Johnson

Upcoming Senior Trips: Call the Senior Center to register! 763-502-5150

## American Swedish Institute: Turnblad Mansion Tour

Thursday January 20th, 8:30am-1:45pm Cost: \$79

Lovingly dubbed the "Castle," the Turnblad Mansion on the American Swedish Institute campus is stylistically unique and massive in scale. American Swedish Institute interpreters will guide us through the Turnblad Mansion, offering insights into the history and story. Following the tour we will enjoy a traditional Swedish Smorgasbord. Tour length is one hour with walking, standing and stairs with an elevator available. Transportation will be provided to and from the Senior Center. Pick up at 9am and drop off at 1:15pm.

**Paisley Park Tour** Thursday February, 24th, 8:45am-3:30pm Cost: \$86

Join us for The Paisley Experience at Paisley Park in Chanhassen. Tour includes seeing the main floor of Paisley Park, where Prince recorded and performed many of his greatest hits! In addition you'll see the massive soundstage and concert hall where Prince rehearsed for tours and held exclusive, private concerts; the NPG Music Club where Prince held countless late-night performances, and much more! Lunch will be at the Original Pancake House in Eden Prairie after the tour.

**Luck of the Irish** Wednesday March 16th, 10am-4:30pm Cost: \$92

Let's head to the Ives Auditorium in Bloomington where we will enjoy lunch and then move into the \$20 million state-of-the-art concert hall. If you finish lunch early you will be able to enjoy on your own the six galleries in the Masonic Museum and Library on the 2nd floor. The performance "Luck of the Irish" a celebration of St. Patrick's Day will feature our favorite Irish tunes, traditional pub anthems, historical ballads and fun music hall ditties. You will be encouraged to sing along to such traditional tunes. Also featured will be a tribute to such favorite groups as the Irish Thunder, Emerald Beat and Celtic Fyre. The buffet lunch will include an Entrée, potatoes or rice, a vegetable, dinner roll, dessert and beverage. Registration includes transportation in a motor coach, lunch and show. Please note: some walking will be required.

**WINTER WONDERLAND Card Tournaments:**

**Mary Anne Young Senior Center call 763-786-9375 for info  
9150 Central Ave NE, Blaine MN 55434**

**Cribbage: Friday January 21st, 1pm (register by 1/14) \$4/couple  
500: Tuesday January 18th, 1pm (register by 1/11) \$2/person  
Have lunch at Noon for an additional \$4 suggested donation!**

**Coffee Hour with Alaina:** Fridays at 9:30, Room 112

Come in to get to know new friends or reconnect with ones you haven't seen in a while! Facilitated by our Community Center Social Worker, we will enjoy coffee and conversation. Alaina is also available by appointment to answer questions, talk through concerns, assist with navigating resources, and/or make referrals to outside agencies. Call 763-502-5121 for more info.



**Introducing 'Needles and Hooks'**

*Wednesday Mornings at 9am, FCC*

Formerly known as Hardanger, (a form of counted cutwork from Norway) this group also welcomes members working on embroidery, needlepoint, knitting and crocheting.

For more information, contact Becky: 763-755-8789



**Join Campaign of Cheer!** *This volunteer group makes wheelchair/walker caddies, lap robes, hats, mittens and blankets for children at the Ronald McDonald House, women's shelter, and veteran's home and hospitals. New members always welcome, we are also looking for a Group Coordinator, no sewing needed! Mondays at 8:30 am FCC rm114/116*

**why not to trust your trust** – Online Only

Class# 6304 | Tuesday Jan 25 | 6:30-8pm | Cost: \$12

Do you know what the most oversold and misunderstood legal product on the market today is? The answer is a Revocable or Living Trusts. Trusts are oversold as the end all to fit all. They are full of legal wording that only attorneys understand. Most people believe that their trust shields the assets from the nursing home and creditors. In Minnesota, Revocable Trusts are subject to the nursing home and creditors. If you can change the Trust, the nursing home and creditors can access the money in the Trust. In this class, you will learn what the pros of a revocable trust are and if it is a fit for you. You will also learn and what other options are out there for you. Bring your questions.

**JAMS**

Join this talented group of individuals that love to sew! They make pajamas, and many other items for anyone in need. Most articles are made from donated material. Machines are provided.

Date: Thursdays  
Time: 11 am

JAMS meets at King of Glory Lutheran Church 10103 University Avenue NE, Blaine. For more information call the Senior Line at 763-502-5150.

**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 Christine - any size gift is appreciated and is tax deductible - PLUS donating just got easier; go to our Give MN page [www.givemn.org!](http://www.givemn.org!)



# VIDEO THEATER - January 2022



Join us for our weekly Senior Program Movie showing!

**Fridley Senior Center • NO Registration Required**

## **January 4th - Judy (2019) | Run Time: 1h 58m**

Thirty years after rising to global stardom in *THE WIZARD OF OZ*, showbiz legend Judy Garland (Renee Zellweger) arrives in London to perform a five-week sold-out run at *The Talk of the Town*. While preparing for the shows, Garland battles with management, reminisces with friends and adoring fans, and embarks on a whirlwind romance with soon-to-be fifth husband Mickey Deans — all while bravely struggling to overcome intensifying anxiety and physical decline. Featuring some of her best-known songs, the film celebrates the unyielding spirit and matchless talent of ‘the world’s greatest entertainer.’

**January 11th - An Officer and a Gentleman (1982) | Run Time: 2h 4m** Dreams of being a Navy pilot prompt Zack Mayo (Richard Gere) to enroll in officer training school, where he runs afoul of a drill instructor (Oscar winner Louis Gossett Jr.) who senses the cadet’s loner instinct and aims to school him on the importance of teamwork -- or break him in the process. In the meantime, Mayo romances a working girl (Debra Winger), ignoring warnings to steer clear of the local lasses out to bag hotshot Navy flyboys.

## **January 18th - The Third Man(1949) | Run Time: 1h 44m**

*The Third Man* is a 1949 British film noir directed by Carol Reed, written by Graham Greene and starring Joseph Cotten, Alida Valli, Orson Welles, and Trevor Howard. Set in postwar Vienna, the film centres on American Holly Martins (Cotten), who arrives in the city to accept a job with his friend Harry Lime (Welles), only to learn that Lime has died. Viewing his death as suspicious, Martins elects to stay in Vienna and investigate the matter and slowly uncovers startling revelations about Harry’s life.

## **January 25 - In the Heights (2021) | Run Time: 2h 23m**

The creator of *Hamilton* and the director of *Crazy Rich Asians* invite you to a cinematic event, where the streets are made of music and little dreams become big. Lights up on Washington Heights. The scent of a cafecito caliente hangs in the air just outside of the 181st Street subway stop, where a kaleidoscope of dreams rallies this vibrant and tightknit community. At the intersection of it all is the likeable, magnetic bodega owner Usnavi (Anthony Ramos), who saves every penny from his daily grind as he hopes, imagines and sings about a better life. In *In the Heights* fuses Lin-Manuel Miranda’s kinetic music and lyrics with director Jon M. Chu’s lively and authentic eye for storytelling to capture a world very much of its place, but universal in its experience.

## **February 1st - About Time(2013) | Run Time: 2h 3m**

The night after another unsatisfactory New Year party, Tim’s (Domhnall Gleeson) father (Bill Nighy) tells his son that the men in his family have always had the ability to travel through time. Tim can’t change history, but he can change what happens and has happened in his own life - so he decides to make his world a better place...by getting a girlfriend (Rachel McAdams). But as his unusual life progresses, Tim finds out that his unique gift can’t save him from the sorrows and ups and downs that affect all families, everywhere. *About Time* is a comedy about love and time travel, which discovers that, in the end, making the most of life may not need time travel at all.

### **Fridley Public Schools recognizes outgoing School Board member Carol Thornton**

Fridley Public Schools recognized longtime School Board member Carol Thornton at her final Board meeting on December 21, 2021. Holding a historic leadership position within the district, Thornton was the first African American to serve on the Fridley School Board. She was first appointed to the Board in September 2016 and re-elected by the Fridley community in 2017.

“Carol brought a valuable lens and understanding of the impact of mental health and social emotional wellness with her professional experience as a mental health therapist and case manager,” said Superintendent Dr. Kim Hiel. “Her constant calmness and composed demeanor has benefitted the Board and has allowed her to help students in many different ways. She’s been a great asset to the Board and will be truly missed.”



*Fridley School Board member Carol Thornton*

According to Board Chair Donna Prewedo, Thornton has been a valuable advocate for students and offered important perspectives over the years of her tenure. “She’s been a tremendous asset to the Board and entire community,” said Prewedo. “She always has a positive attitude that came with a great lens. We wholeheartedly thank Carol for her years of service and unwavering support for the students, staff, families, and community at Fridley Public Schools.”

As a former Stevenson Elementary parent, Thornton was a dedicated and frequent parent volunteer. The position on the Board allowed Thornton to selflessly contribute to her passion for education while supporting the academic journeys of students and families served.

“I welcomed the chance to be a voice for students and families,” said Thornton. “It’s been a great honor to serve as a Board member and to be a part of a community that deeply cares and supports its staff, students, and families.”

During her tenure, Thornton was a Board representative at SEE (Schools for Equity in Education) where she was elected and served as President of SEE’s Executive Board in 2019-2021. Thornton said that involvement in the SEE organization was a highlight, as she learned more and became immersed in the work of advocating for equity in school funding.

“I’ve enjoyed visiting the Minnesota State Capitol to meet legislators and discuss issues that are important in our community and schools,” she said, adding that other highlights included seeing Fridley students prosper, grow, and succeed.

“I’ve loved learning from students - whether they presented to the Board on projects at school, giving back to the community through service, or sharing their backgrounds, cultures, and experiences. It’s been wonderful to see the many smiling faces of students and celebrate their accomplishments with them as they progress through their academic journey.”

Looking back, Thornton is appreciative of the opportunity to have served the Fridley community in this capacity.

“The most rewarding part of being a Board member has included the relationships I’ve built and the knowledge I have gained from serving,” she said. “I thank the Fridley community who entrusted me to contribute my experience and knowledge to support Fridley Public Schools’ core mission of preparing students both academically and emotionally for the future.”



## Fridley High School IB Diploma candidates recognized at Silver Platter Celebration

Fridley High School, an International Baccalaureate (IB) World School, hosted its 12th annual Silver Platter Breakfast Celebration on December 21, 2021. FHS seniors who are enrolled in the full IB Diploma Programme (DP) presented their extended essays, a culminating research project for those pursuing the IB Diploma. This year, the celebration recognized 13 seniors who are participating in the highly rigorous college preparatory program.

To earn an IB Diploma, students must complete DP core classes, assessments and exams during their junior and/or senior years of high school. The challenging DP pathway is a course of study that is considered a prestigious distinction on college applications and offers students the opportunity to earn college credits.

The extended essay is an externally assessed in-depth study into a topic that teaches high-level research and writing skills, intellectual discovery and creativity. Each topic is independently selected by participating students, which allows Diploma candidates to engage in personal research while readily preparing for their next steps in higher education.

Fridley Public Schools is the first and only school district in Minnesota to offer the full IB Continuum from Preschool to Grade 12. Students begin their IB journeys in Fridley Preschool with the Primary Years Programme (PYP), and advance through the interdisciplinary and whole-child approach to education through PYP at Hayes or Stevenson Elementary, and Middle Years Programme (MYP) at Fridley Middle School and Fridley High School. During junior year, students have the opportunity to pursue the Diploma Programme (DP) or Career-related Programme (CP), both highly rigorous courses of study. FHS students are able to enroll in any number of DP courses, where they continue to develop college preparatory skills. Students are also offered many opportunities to pursue career-ready certification and preparatory education in areas including Emergency Medical Responder/Emergency Medical Technician or CompTIA A+ Information Technology certification.



*Pictured above, l-r, back row: Ellie Hinnenkamp, Greta McCoy, Karina Daniels-Carlson, Ryken Farr. Front row: Michele Martinez-Rosales, Emily Hill, Priya Rana, Devika Ramnarine, Sophia Pehl, Andrew Hill, and Elizabeth Lor. Not Pictured: Eric Dean and Salma Hassan.*

## Presentation of the IB Diploma

In addition to the presentation of the Extended Essays, seven FHS Class of 2021 graduates earned the IB Diploma. The internationally-recognized IB Diploma represents a highly advanced and rigorous high school education.

Congratulations to the following FHS alumni who accomplished this exceptional achievement: Abhinav Bijlwan (University of Minnesota-Twin Cities, Engineering); Grace Brant (University of Minnesota-Twin Cities, Nursing); Ellen Delp (University of Minnesota-Twin Cities, Journalism); Isabelle Dircks (Dance Instructor at More Than Dance); Louisa Schirmacher (Winona State University, English); Michael Ude (University of Minnesota-Twin Cities, Electrical Engineering); and Jason Vanderwerf (University of Minnesota-Twin Cities, Biomedical Engineering).



*(L to r): Grace Brant, Ellen Delp, Michael Ude and Louisa Schirmacher*



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. 2613

***Happy Holidays from the Fridley Senior Program!***

