

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

February 2022

Supporting a Balanced and Well-Connected Life Through Active Aging

Theme Bingo days have been a HUGE hit so far!!

Check the Calendar on the 3rd Thursday of the Month for **THEME DAYS** and join in the fun. There might even be prizes!



More photos on back cover



BINGO - \$1 per card

Join us for BINGO at the Senior Center!

TIME & DATE: 10 a.m. on Thursdays

FEB 17 is "HAT DAY"

Wear your favorite lid!

Reminder:

The Senior Center will be
CLOSED
February 21st for Presidents Day

Mardi Gras Celebration! Tuesday March 1st, 1-3pm Cost:\$2

Join us for Blackjack, BINGO, beads, and more! Come win prizes and have a great time with friends!



CONTENTS

News & Events	2
Calendar	3
Resources	4
Senior Trips	5
Classes & Activities	6-7
Crossword	8
Video Theater	9
School and District News	10-11

Updated Mask Policy

Fridley Public Schools has reinstated the requirement of masks in all Fridley district buildings and rental spaces. This includes masking during all Senior Program activities unless actively exercising, eating, or drinking.

Thank you for helping us keep our community safe!

PLEASE DO NOT LEAVE FOOD IN CUPBOARDS at FCC Uninvited guests can find their way in when faced with such temptations. If you bring treats to share with your group, please eat them all or bring them home! Your cooperation is greatly appreciated by the custodial staff. Thank you!

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 **by appointment ONLY.**

TAX APPOINTMENTS/WAITLISTS ARE NOW FULL IN FRIDLEY AND SURROUNDING COMMUNITIES.

Another program in Anoka County is Prepare & Prosper: 651-287-0187

The senior center IS NOT ABLE TO ANSWER QUESTIONS REGARDING TAX 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 have an appointment for each year.

Please arrive no more than 5 minutes before your scheduled time to allow for social distancing.

FARE FOR ALL

Fare For All is a low-cost, mobile grocery purchase program. Shopping with Fare for All is a great way to save money on quality, nutritious food. We buy fresh fruits, vegetables, and frozen meat in bulk to save you up to 40% off typical grocery prices. We select the best food from our shipments, pre-packaging it to give you the best deals. It's community-supported and open to everyone- there are no qualifications to participate and no pre-registration.

Please call 763-450-3860 to hear about the menus or visit the website at:

<https://fareforall.thefoodgroupmn.org/pack-info>



fare for all
a program of the food group

Fare For All Dates:
Friday, February 25th
Friday, March 25th
at the Fridley Senior Center
10am-12pm - 109

Landmark Travel Show #6250 Thursday Feb. 24, 1-2:30pm FREE-please register

Join us as Landmark Tours presents an array of unforgettable travel experiences. A local, family-owned tour operator, Landmark's inclusive packages feature roundtrip airfare, quality accommodations in great locations, many enjoyable meal experiences, admission to all itinerary attractions, deluxe motorcoach transportation, and the services of a professional Tour Manager. Discover your next adventure! Plenty of travel adventures to Hawaii, Southern California, New Orleans, Yellowstone and the Grand Tetons, the Pacific Northwest and much more!



Unforgettable Travel Experiences For a complete list of all travel opportunities, visit www.GoWithLandmark.com

Fridley Senior Program February 2022 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9am Social 500 10 am Gentle Stretch 1 pm Video Theater	2 9am: Needles & Hooks	3 10 am BINGO 11 am JAMS at King of Glory Church	4 9am Quilting 9:30am Coffee Hour with Alaina 1 pm Cribbage
7 8:30am Campaign of Cheer 1pm Bridge 1pm Senior Outreach Worker	8 9am Social 500 10am Gentle Stretch 1pm Video Theater	9 9am: Needles & Hooks	10 10 am BINGO 11 am JAMS at King of Glory Church	11 9 am Quilting 9:30am Coffee Hour with Alaina 1 pm Cribbage SAT 19th 9:30am-Northside Bag Ladies
14 8:30am Campaign of Cheer 1pm Bridge	15 9am Social 500 10 am Gentle Stretch 1pm Video Theater 1pm Senior Sewing	16 9am: Needles & Hooks	17 10am "HAT DAY" BINGO 11 am JAMS at King of Glory Church 12pm-4pm: Defensive Driving 1pm Snowflake Quilters	18 9 am Quilting 9:30am Coffee Hour with Alaina 1 pm Cribbage
21 Senior Center Closed: President's Day	22 9am Social 500 10am Book Club 10 am Gentle Stretch 1 pm Video Theater	23 9am: Needles & Hooks 1pm Hand And Foot	24 10 am BINGO 11 am JAMS at King of Glory Church	25 9 am Quilting 9:30am Coffee Hour with Alaina 10am-12pm: FARE FOR ALL 1 pm Cribbage
28 8:30am Campaign of Cheer 1pm Bridge				

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*

Free Drive Thru Food distribution: Second Sunday of the Month.

Sunday February 13, 2022 12-2pm

No requirements or data collection ~ Everyone is welcome, including walkers
10506 Hanson Blvd. NW, Coon Rapids, MN 55433

(Corner of Hanson and Coon Rapids Blvd.)

Food supplied by Every Meal, Bergin Fruit & Nut Co. and local restaurants.

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.

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!

SENIOR TRIPS

Upcoming Senior Trips: Call the Senior Center to register! 763-502-5150
Paisley Park Tour was cancelled due to low enrollment.

Luck of the Irish - Wednesday March 16th, 9:30am-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.

FOOTLOOSE at Chanhassen Dinner Theater - Wednesday, April 6th, 9:15am-5:30pm Cost: \$102

Join us as we head to Chanhassen Dinner Theater to see Footloose! When Ren and his mother move to a small farming town he is not prepared for the rigorous local rules like a ban on dancing that was instituted by the local preacher. When the preacher's rebellious daughter sets her sights on Ren, her boyfriend is set to sabotage Ren's reputation and gets the whole town to believe the worst about him. This heartfelt story that emerges pins a father longing for the son he lost against a young man aching for the father who walked out on him. Footloose celebrates the wisdom of listening to your people while guiding them with a warm hard and open mind. Lunch will be served before the show begins and you will be able to select your entrée from the menu and a beverage of choice. Please bring spending money if you would like to purchase a dessert or an alcoholic beverage. Registration includes transportation in a motor coach, lunch and tickets to the show. Please note: some steps in the theater are required. **Register by Sunday March 6.**

Please note: **Chanhassen has a very strict COVID policy.** Masks are REQUIRED and must be worn at all times while in the building, unless you are eating or drinking and you must present proof of COVID vaccination or a negative COVID test in the last 72 hours before entering the building.

American Swedish Institute: Turnblad Mansion Tour -

RESCHEDULED TO: Thursday May 5th, 8:15am-2:30pm 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.

COVID PROTOCOLS:

- Proof of vaccination required by ASI
- Masks required on the bus, during the tours, and in the exhibit. Masks may be removed during lunch and during outdoor portions.

Osceola Train Trip - Thursday June 23rd, 8:30am-3:15pm Cost: \$95

All aboard! Join us for a scenic summer train ride from Osceola, WI to Marine on St Croix, MN back through Osceola and Dresser, WI. Ride the vintage train along the beautiful St. Croix River valley. See waterfalls, wildlife, native vegetation, and golden sandstone bluffs. Experience railroading history. Transportation and lunch are also included. Box lunches are turkey sandwiches, potato salad, chips, beverage and brownie.

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

#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

Are you curious about Quilting???

Join the **Friday Quilters** and make friends while you learn a new skill! They are always welcoming new members, no quilting experience necessary! This group of ladies meet every Friday at 9am in room 116.

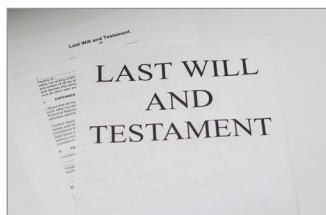
Write your own will

#6309 | Tuesday, March 29

6:00-9:00pm Cost: \$60

Students will prepare and sign a valid will, and learn about probate, estate planning, and wills. Students

should be comfortable using a computer, as work will be completed in a computer lab. Some prep work required; packet will be sent prior to class. NOTE: This is a simple will course, not appropriate for those who have assets in excess of one million dollars who need a trust as well. Couples must register individually.



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



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

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

Everything you want to know about Medicare

#6310 | Thursday Feb 17 | 6:30-8:00pm | \$12

An educational presentation for anyone who wants to know more about Medicare. Topics will include Parts A, B, C, & D of Medicare, application process, estimated costs, supplements, MAPD, and when is the right time to sign up. This an ideal course for people that are turning 65 or over 65 and coming off their employer medical plan.

Hear for the health of it! #6401

Tuesday, March 8th | 6:30-8pm | Free-**please pre-register**
This interactive Hear for the Health of It! PowerPoint presentation will address the consequences of untreated hearing loss in older adults. Attendees will learn how to get an accurate diagnosis of hearing loss; explore no & low cost apps and devices; discover helpful communication strategies; and MUCH more!
*Class will be held in person, with the instructor teaching remotely. Instructor and materials will be visible during the presentation on screen.

Yoga late afternoon – FCC: 116 & Online

Explore a deeper mind and body connection with yoga. Learn how to be aware of your body and be connected to everything that you do while you strengthen and tone, improve circulation, lower blood pressure, and relieve stress. All classes include classic Hatha or guided relaxation/meditation. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work.

6353B Thurs Feb. 3-24 4:30- 5:30pm \$32

6353C Thurs March 3-31 4:30- 5:30pm \$40

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.



Needles and Hooks

Wednesday Mornings at 9am, FCC rm112

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 rm116*

FCT to present Neil Simon's California Suite

Directed by Andrew Nawrocki

Fridley Community Theatre is excited to present Neil Simon's California Suite in the Fridley District Auditorium on February 11,12,18 and 19 at 7 pm with an additional Matinee performance on February 19 at 2 pm. Ticket prices are \$20 which includes your choice of a dessert selection that will be served at intermission. Performances takes place at the Fridley District Auditorium located at 6000 West Moore Lake Drive in Fridley, MN.

Visit <https://fridleycommunitytheatre.org> for ticket information.

California Suite is a comedy with four vignettes that all take place in the same hotel suite of a Beverly Hills Hotel. With visitors from New York, Philadelphia, London and Chicago, the stories are filled with Neil Simon's classic humor and wit.

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)





WINTER



F P A M O T I U S W O N S Q B S
 R X G O Y D S H O V E L Z J N C
 Q T L B N K L W R S M A G O U F
 V G S R A P E N G U I N W Y H D
 I W N T E J G X M Q S B R E O Z
 U C E A Y T N D P I O H F K L R
 M S I Z G Q A V B A T L X C I J
 Y H K C F G W E R N U T P O D G
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 H R E T N I W L X F P G Y S O K



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|----------|---------------|-------------|-----------|
| boots | hot chocolate | shovel | snowboard |
| flurries | icicle | skates | snowman |
| frozen | igloo | skiing | snowsuit |
| gloves | mittens | sledding | sweater |
| hockey | penguin | snow angels | toboggan |
| holidays | scarf | snowball | winter |

VIDEO THEATER - February 2022



Join us for our weekly Senior Program Movie showing!
Fridley Senior Center • NO Registration Required

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.

February 8th - City of Lies(2021) | Run Time: 1h 52m

Disgraced L.A.P.D. detective, Russel Poole (Johnny Depp), is a beaten man, unable to solve his biggest case - the murders of music icons Tupac Shakur and The Notorious B.I.G. After two decades, the case remains open. "Jack" Jackson (Forest Whitaker), a reporter desperate to save his reputations and career, is determined to find out why. He tracks down Poole, and the two enter into an uneasy partnership to finally put this case to rest. As Poole relives the unbelievable story of power, corruption and crime, Jackson begins to unravel a growing web of scandal and deception. Relentless in their hunt for the truth, these two broken men threaten to crack the foundation of the L.A.P.D all the while fighting for their own.

February 15th - Wild Oats(2016) | Run Time: 1h 31m

Eva (Shirley MacLaine), a widow and retired history teacher, enjoys a quiet life. Everything changes when she receives a life insurance check accidentally made out for \$5,000,000 instead of the expected \$50,000. At the not-so-gentle urging her best friend Maddie (Jessica Lange), Eva deposits the money and the two friends head to the Canary Islands with every intention of living it up. But their fantasy is short-lived when they discover that they have become media sensations overnight. Fugitives from justice, the two are forced to outwit a trio of con men, led by the local Wine "warlord", Carlos (Santiago Segura), outmaneuver a dogged life insurance agent Vespucci (Howard Hesseman).

February 22nd - Funny Girl(1968) | Run Time: 2h 45m

Director William Wyler's classic musical tells the story of legendary Ziegfeld Follies comedienne Fanny Brice (Barbra Streisand, in an Oscar-winning role), an unconventional beauty who grew up in the Jewish slums of New York dreaming of stardom. When Brice finally becomes the toast of Broadway, the resentful reaction of her husband (Omar Sharif) threatens to destroy their marriage. The film received eight Oscar nominations. Note: This version includes musical interludes.

March 1st - NO MOVIE | Join us for the MARDI GRAS CELEBRATION! details on pg. 1

Please let us know your movie suggestions for future showings!!

Fridley School Board members take Oath of Office, welcome newcomer Auna

Fridley School Board members Nikki Auna, Ross Meisner, and Avonna Starck took their Oath of Office at the Board meeting held on January 18, 2022. Auna is a newcomer to the Board, while Meisner and Starck were re-elected.

Board members also voted on organization roles, electing Meisner to serve as Chair, Abdisalam Adam to serve as Vice Chair, Auna as Treasurer, Jake Karnopp as Clerk, Donna Prewedo as Director, and Starck as Director.

The School Board serves as the governing body of Fridley Public Schools District 14 and, within established state guidelines and regulations, determines the educational, financial, and administrative programs and policies under which the district functions. Regular meetings are typically held on the third Tuesday of each month at Fridley Community Center, 6085 7th Street NE, Fridley, MN.



Pictured above, from left to right: Fridley School Board members Nikki Auna, Ross Meisner, and Avonna Starck.

Fridley Schools Foundation welcomes Karin Beckstrand as new president

The Fridley Schools Foundation is proud to announce Karin Beckstrand as its new president. Beckstrand replaces president Renee Van Gorp, former Fridley High School principal, who served in the role for five years. As a member of the Foundation Board for four years, Beckstrand is experienced in leading initiatives that have benefitted hundreds of Fridley Public Schools' students. She has co-led the "Get Your Paws Moving" Walk fundraiser for three years, and has supported work for the Black and Gold Gala, the Foundation's largest annual fundraising event.

"I am thrilled that Karin will take over as the president of Fridley Schools Foundation," said Van Gorp. "She has been an active member on the board, and her long tenure in ISD #14 makes her knowledgeable about the needs of the district. I am confident that she will carry the torch of those before her to continue the mission of the Foundation."

A lifelong educator, Beckstrand began her Fridley career in 1997 as the Fridley High School band director. In 2002, she served as Hayes Elementary music teacher for nearly two decades before transitioning into her current role in 2018 as International Baccalaureate Primary Years Programme (PYP) Preschool and Youth Services Coordinator, where she focuses on all aspects of the IB PYP within 3- and 4-year-old preschool and targeted services for K-8 students.

Beckstrand said she is eager to take on the new role and continue to enhance educational opportunities for years to come. "I can offer much to this role given my length in the district and watching Fridley grow throughout the years," she said. She added that Van Gorp and other board members have always had an exceptional vision for the Foundation, and she looks forward to contributing to the strong legacy that has been established.

"My long term vision is to build upon what the Foundation has already accomplished, the partnerships it has built with supporting organizations, and looking to see where we can go from here," she said. "Looking ahead to 2022, I am most excited about seeing what we can do as we continue to navigate the pandemic and how we can reach and support our Fridley students, staff, and community."



Karin Beckstrand

FMS Principal's Secretary Diane Polski celebrates 32 years in the district, retirement

Fridley Public Schools has always had the feel of a small town within the big city. A significant part of hometown Fridley pride includes the number of high school graduates who then become district employees – over 10 percent of our staff graduated from Fridley High School! Dedicating a significant time of her career to Fridley Public Schools, there are few who have served our district longer and been more involved in the lives of thousands of students than Diane Polski, Secretary to the Principal of Fridley Middle School.

After over 32 years as the right-hand of the principal, Polski retired on January 5, 2022. Teachers, staff and former colleagues gathered to see her off in a surprise celebration at the school's media center.

Polski grew up in Fridley, starting at Parkview Elementary (now the Fridley Community Center). As member of the FHS Class of 1974, she recalled learning valuable skills from teacher Joanne Toews in high school, such as typing and short hand. Following graduation, Polski utilized those skills and embarked on a path that included working at Donaldson's department store, Land O' Lakes and Spectrum cable company. After the birth of her two sons, however, Polski was looking for something closer to home, and Fridley Schools was the perfect fit.

Margaret Leibfried, who served as the FMS principal for 24 years alongside Polski, reflected on the magnitude of her contributions to the school's office.

"Diane made me a better principal," Leibfried said. "When families came in, it looked like I was prepared to meet with them, but really Diane prepared me. I could always feel comfortable knowing the front office was in good hands."

Matt Boucher, also a former principal at the school, shared how Polski's calm demeanor was contagious to others. "I've always appreciated Diane's composure, grace and respect," he said. "What she offers this community, school and everyone in it is a calm, peaceful way of approaching the work. Diane makes people feel safe and centered."

Current FMS Principal Amy Cochran spoke of how Polski's history with the district has been invaluable. "Diane has always been at the heart of everything," Cochran said. "I feel like I say this often to people... 'Anything you don't know, just ask Diane. She knows the answer, or who to call to find the answer.'"

Along with husband Phil, she raised two sons: Dan, a reading specialist at Minnetonka West Middle School, and Andrew, an operations manager at FedEx.

After 32 years of working in the office, Polski said she's ready for the next chapter of her life, including time to work on Minnesota-themed crafts she sells at fairs and online. "I won't miss getting up early and driving to work," she said. "I'll miss the staff. Some of the teachers here now were students when I started working here."



Diane Polski





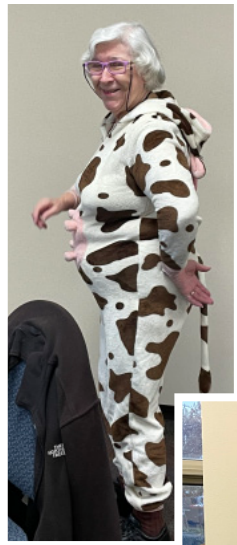
Lifelong Learning: Opportunities for All Ages

Fridley Senior Program
6085 7th Street NE
Fridley, MN 55432

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U.S. Postage

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Permit No. 2613



Join us for Bingo Theme Days!
See info on front cover!