

Seasons

Roseville Area Senior Program Newsletter

Proud to be a part of Roseville Area Schools and Community Education

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February is American Heart Health Month

Every year more than 600,000 Americans die from heart disease. Heart disease affects all genders, ages, and ethnicities.

Leading risk factors for heart disease and stroke are high blood pressure, high low-density lipoprotein (LDL) cholesterol, diabetes, smoking and secondhand smoke exposure, obesity, an unhealthy diet, and physical inactivity.

Here are some fun ways to focus on our heart health.

- Put your hands to work with a relaxing hobby. Knit a scarf, put together a jigsaw puzzle, or try woodworking to help relieve stress.
- Move to the music, dancing is a fun heart healthy workout. It raises your heart rate and gets your lungs pumping.
- Eat a diet rich in omega-3 fatty acids. Many fish are a rich source of omega-3 fatty acids.
- Watch a funny movie and laugh out loud.
- Take regular breaks to move. Take a walk and stretch your muscles.
- Eat dark chocolate, it contains heart-healthy flavonoids.
- Do the things you used to love to do as a child. Go bowling, ride your bike, or play pickle ball.
- Practice yoga to relax and strengthen your body and calm your mind.
- Listen to music you enjoy.
- Take a nap.

If you are concerned about your heart health, please see your medical provider.





Roseville Area Senior Program

Your Local One-Stop Shop for Older Adult Learning & Services

Roseville Area Senior Program (RASP)

Anpétu Téča
Education Center
1910 County Road B West
Roseville, MN 55113

651-604-3520
rasp@isd623.org
www.isd623.org/RASP



MEALS ON WHEELS

We provide daily, fresh or frozen, nutritionally balanced noontime meals Mon-Fri for Roseville Area School District adults over 60 and certified disabled adults who are unable to prepare or access food, or choose not to cook themselves.

This service is more than just a meal. Meals on Wheels also serves as a critical wellness visit by volunteers for homebound older and disabled adults. Advance registration is required to start this service. There is a service fee. You may qualify for a sliding fee amount based on your annual income.

NEW PARTICIPANTS:
651-318-9091

CURRENT PARTICIPANTS:
651-604-3524

CHECK US OUT!

The Roseville Area Senior Program is open!

DROP-IN LOUNGE

Visit our drop-in lounge. We have a comfortable area for you to visit with friends, play games, put a puzzle together, read a book, or use the computer. The lounge is open Monday through Friday from 8am-4pm and is in room C123.

EDUCATIONAL, SOCIAL, HEALTH & WELLNESS GROUPS & CLASSES

We are happy to be able to bring in-person groups, activities, and classes back. Don't worry, the online classes won't be going away, we know many of you enjoy that option. In the spirit of life-long learning, we offer a variety of formal and informal groups and classes. Whether you like to learn new skills, gather to meet friends, or make new ones there is something for everyone. Activity or class fees may apply.

GIFT & CRAFT SHOPPE

The Gift & Craft Shoppe is now open in their new location at Anpétu Téča Education Center. Shop hand-crafted gift items, ceramics, wood crafts, jewelry, pottery, and more. Remember them for all your gift needs. They are in room C119 and are open Monday – Friday, 9:30AM-3:30PM.

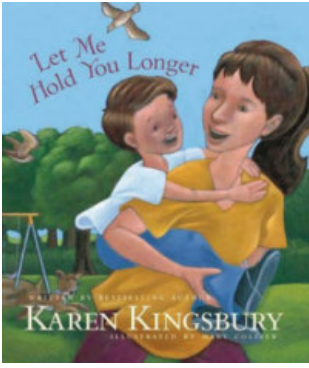
VOLUNTEERS

Volunteers of all ages assist our program in many ways: Meals on Wheels drivers and packers, special interest group leaders, special event help, fundraising, and more. There is a place to make your own special contribution. Contact us if you have time to share.

SEASONS NEWSLETTER

The SEASONS newsletter is the best source for up-to-date information about our current activities and services. If you are interested in receiving the bi-monthly newsletter by mail or email, please contact the RASP office. You can also access the SEASONS newsletter online at www.isd623.org/rasp.

Kris' Corner



When my daughter was a baby, I was gifted a children's book titled *Let Me Hold You Longer* by Karen Kingsbury. This was one of a handful of books that would make me cry when I read them.

Most children's books talk about the firsts - first tooth, first steps and first day of school but this book is about the lasts. When you are holding a new baby in your arms you don't think about the last time you will hold them in your arms. That day seems so very far away but it is much closer than a new parent knows.

My daughter just turned 18, is a senior in high school and I've thought a lot about her lasts the past few months. We spent a lot of time together when I would drive her places. I drove her to work, to marching band practice, and to speech. That all stopped when she got her driver's license. Though a few weeks ago, she said we should go to Kwik Trip and get ice cream and we could take her car. Taking her car was code for, I could fill up her gas tank.

I remember pushing her on the swings, giving her piggyback rides, reading her stories, and tucking her into bed, but I don't remember the last time I did any of these because I didn't realize it would be the last time.

She was in dance from the time she was 2 until she finished 8th grade and was in her last dance recital. I was sad to see her leave dance, but she was excited for the next group she would be joining. She's been in the color guard with her high school marching band since the summer before her freshman year. I have spent most of my summers attending parades and watching the marching band go by. The fall was going to high school football games to watch the marching band. I have seen her color guard with her high school section for the last time.

I miss building castles out of rocks at the park, playing princesses, and watching cartoons. As I am looking at the lasts I am also looking towards more firsts. She just got her first car, and her first college acceptance letter. I'm excited watching her become this amazing young woman but still miss the little girl she once was.

Kris

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Thank You Drivers!

Thank You to Our Meals on Wheels Volunteer Drivers

Without our volunteers we would not be able to deliver meals to our Meals on Wheels clients. We work with many wonderful churches, corporations, and individuals.

We have 15 churches whose congregations have committed to deliver every 3 weeks – Calvary Baptist, Centennial Methodist, Como Park Lutheran, Falcon Heights United Church of Christ, Lutheran Church of the Resurrection, New Life Presbyterian, North Heights Lutheran, Prince of Peace Lutheran, Roseville Lutheran, St. Christopher Episcopal, St. John's of Little Canada, St. Odilia Church, St. Michael's Lutheran St. Rose of Lima, and St. Timothy's Lutheran.

Our corporate volunteers come from Xcel Energy, Nustar, and HUB International and we have many community volunteers.

Delivering meals is a simple and rewarding way to help seniors and people with disabilities be able to stay in their homes. Our volunteers deliver a hot meal and a daily visit from a friendly face, and you they do it over lunch! If you are looking for a way to make a positive impact in our community

and you have some time to spare, please call us at 651 604-3524 and we can let you know of any open delivery routes or if you can't commit to a regular route, we could place you on our sub list. You can even sign up with a friend!!



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<h3>Independent Living Solutions</h3>  <p>Certified Age-In-Place Specialist</p>   <p>BBB Rating: A+</p> <p>If your aging plan does not include the nursing home, call us for a free home assessment. Safe, Secure, Affordable home modifications. Grab bars, walk in tubs, stair lifts, bath and kitchen renovations.</p> <p>Brent Megahan www.mnils.com P: 612-743-7373</p> <p>E: Brent@mnils.com MN LIC# BC630902</p> <p><i>Make your house a home for a lifetime.</i></p> <p>Mention this Ad for a 10% discount.</p>	<p>AllinaHealth aetna</p>  <p>Questions about Medicare?</p> <p>Call Todd Larson 612-845-2296</p> <p>LarsonT2@AllinaHealthAetna.us.com</p>	 <p>LYNGBLOMSTEN</p> <p>Lyngblomsten has been providing healthcare, housing, and services to older adults for more than a century.</p> <p>Be a part of our Como Park campus!</p> <ul style="list-style-type: none"> • Senior Housing with Services <i>subsidized and market-rate senior rental apartments</i> • Rehab & Transitional Care • Long-term Skilled Nursing Care <p>Learn more: www.lyngblomsten.org (651) 646-2941</p> 
		



Roseville Gift & Craft Shoppe Holiday Bazaar



Thank you to everyone who came out to support the Roseville Gift & Craft Shoppe's Holiday Bazaar in October. We had 3 very busy days as people got a jumpstart on their holiday shopping.

For anyone that missed the bazaar, The Gift & Craft Shoppe is open Monday through Friday from 9:30am-3:30pm.

February 14th-20th is Random Acts of Kindness Week

There are many simple ways to spread kindness, you can say "hi" to someone when they walk by, hold a door open, tell a manager about a helpful employee. You can even call a friend and tell them how much they mean to you. Don't forget to be kind to yourself, do something that makes you happy and smile!



A random act of kindness does not need to be anything large; it can be something as small as a smile.

Volunteer Opportunity

Co-Facilitator for Senior Caregiver Support Group



The Roseville Area Senior Program is looking for a Co-Facilitator for our Senior Caregiver Support Group. The group meets once a month at the Anpétu Téča Education Center located at 1910 County Road B West in Roseville. Monthly time

commitment would be 6-8 hours.

A facilitator should have been a caregiver for a relative or friend but are now out of the caregiver role. Would you like to offer support to those currently caring for a senior?

Experience dealing with dementia and/or healthcare issues is helpful as well as leadership experience in small or support group settings.

If interested and would like more information, please call 651 604-3520.

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Tues/Weds • Jan 10 & 11 • 1:30-5:30PM

▶ [Online](#) Class ID # SZ5021-1 • \$35

Weds/Thurs • Jan 25 & 26 • 5:30-9:30PM

▶ [Online](#) Class ID #SZ5021-2 • \$35

Tues/Weds • Feb 7 & 8 • 5:30-9:30PM

▶ [Online](#) Class ID #SZ5021-3 • \$35

Thurs/Fri • Feb 16 & 17 • 1:30-5:30PM

▶ [Online](#) Class ID #SZ5021-4 • \$35

55+ DEFENSIVE DRIVING REFRESHER 4-HOUR

Learn about defensive driving and receive a 10% discount on your car insurance for 3 years. The Refresher 4-Hour class is for those who have taken the National Safety Council's 8-hour course. You can take the 4-hour refresher course every 3 years to continue your discount. No driving test required. Preregistration is required at least two weeks prior to the class date. Register by phone at 651.604.3520 or online. No senior discounts apply. Minnesota Safety Council Instructor

**All in-person classes held at Anpétu Téča Education Center, Room C121*

Wednesday • Jan 18 • 9AM-1PM

▶ [Online](#) Class ID # SZ5020-1 • \$31

Wednesday • Jan 18 • 1:30-5:30PM

Class ID #S5020-1 • \$31

Saturday • Jan 28 • 9AM-1PM

Class ID #S5020-2 • \$31

Tuesday • Jan 31 • 5:30-9:30PM

▶ [Online](#) Class ID # SZ5020-2 • \$31

Wednesday • Feb 1 • 1:30-5:30PM

Class ID #S5020-3 • \$31

Wednesday • Feb 8 • 1:30-5:30PM

Class ID #S5020-4 • \$31

Wednesday • Feb 15 • 5:30-9:30PM

▶ [Online](#) Class ID #SZ5020-3 • \$31

Tuesday • Feb 21 • 9AM-1PM

▶ [Online](#) Class ID #SZ5020-4 • \$31

Thursday • Feb 23 • 1:30-5:30PM

Class ID #S5020-5 • \$31

LET'S GET CREATIVE

INDOOR SUCCULENT GARDENS

Using repurposed materials and beautiful small succulents we will explore the history of Earthworks, and elements of art and landscape design to create succulent gardens that bring joy and life into your home.

Wed, Jan 18 • 6:30-9PM • \$45

*Anpétu Téča Education Center - 1910 County Rd B W, Roseville
ID #1081-1 • Instructor: Erin Stahl*

BIRCH TREE RESIST PAINTINGS

Learn how to paint the perfect woodland scene, featuring birch trees and accompanying leaves, using a few simple techniques and materials. You will be guided, step-by step, through the painting process.

Weds, Feb 8 • 6:30-9PM • \$29

*Anpétu Téča Education Center - 1910 County Rd B W, Roseville
ID #1082 • Instructor: Erin Stahl*

YEARN TO LEARN

ALZHEIMER'S SERIES: HEALTHY LIVING FOR YOUR BRAIN AND BODY

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Weds, Feb 15 • 6:30-7:30PM • FREE

Online Class • ID #S4551

BOOKMARKER BOOK CLUB - THE GUERNSEY LITERARY AND POTATO PEEL PIE SOCIETY

Read the novel the Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows and join us for conversation and companionship as we discuss the book.

Tues, Jan 24 • 9:30-11AM • FREE

*Anpétu Téča Education Center - 1910 County Rd B W, Roseville
ID #S5050*

STAYING SAFE

SELF DEFENSE FUNDAMENTALS

Find strength and confidence in learning self-defense fundamentals. Learn effective responses to practical situations, experience hands-on exercises, and unlock what you are capable of in order to defend yourself.

Wed, Jan 18 • 6-8PM • \$54

*Roseville Area Middle School Cafeteria
15 County Rd B2 East, Little Canada*

ID #5006- January Adult • Instructor: Rebecca Danaher

FALLPROOF! WORKSHOP

The ability to improve your balance and reduce fall risks is in your hands. And it is never too late. This workshop will teach you why our risk for falling increases as we age, as well as exercises and strategies we can use to reduce those risks. This is an interactive workshop – you will be practicing skills and taking home useful information that can save you from a trip to the floor. You will also learn what to do if you end up there!

Tues, Jan 31 • 9-10:30A M • \$25

*Anpétu Téča Education Center - 1910 County Rd B W, Roseville
ID #S4560 • Instructor: Mia Bremer*

PLANNING AHEAD

PLAN YOUR MOVE

It is never too early to start thinking about one of your biggest investments and what changes it will mean for your future when you decide to sell your home. Take this senior housing workshop and we will teach you about getting your home ready to sell and get you inspired for your next steps.

Thurs, Feb 2 • 9:30-10:30AM • \$15

*Anpétu Téča Education Center - 1910 County Rd B W, Roseville
ID #S3535-1 • Instructor: Renee Miller*

SHOULD I STAY OR SHOULD I GO?

Learn the steps to review your housing needs for today and tomorrow. We will be discussing lifestyle options for senior living. Should I stay and age in place - making home modifications to reduce safety risks or should I go - moving to a home option that may be handicapped accessible, single level living? We will take an assessment and give you the tools to make educated decisions.

Tues, Feb 7 • 9-10:30AM • \$15

*Anpétu Téča Education Center - 1910 County Rd B W, Roseville
ID #S3521 • Instructor: Vaughn Kavlie*

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Did You Know...

Our schools are also in need of additional volunteers at the elementary level? If you know of anyone who might be interested in volunteering in an elementary school hallway, classroom, playground, or lunchroom, please contact the principal at your neighborhood school. Even two hours per week can make a difference!

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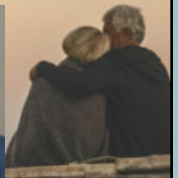
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City of Roseville - Parks & Recreation

To register for a Parks & Rec opportunity, visit www.cityofroseville.com/parks or call 651-792-7006.



Roseville Skating Center- Senior Skating

Wednesday's 1-2:30pm, \$6.00 pm, first and third Thursday

Indoor Walking Track

Free walking track available to public, indoor the Roseville

Skating Center Ice Arena. Open daily. Check the public skating schedules for specific hours: <http://cityofroseville.com/536/Public-Skating-Schedules>

AARP Tax Aide

Tax Aide is a free, confidential service provided by IRS trained and certified volunteers. Assistance available for seniors and anyone with middle to low incomes. Registration begins January 18. Please call to make an appointment. No walk-ins accepted.

Senior Club #5

Rosetown American Legion, 700 W County Road C
New members welcome! Open to anyone 55 and older.

Meets year-round, 12:15-4pm, first and third Thursdays. Play "500" or cribbage, enjoy refreshments, and socialize with new friends!

Candlelight/Moonlight Snowshoeing

Friday, Jan. 27, 6-8pm
Cedarholm Community Building
\$10/person, register by Jan. 25

Nature Center Open House: Year of the Rabbit

Sun, Jan. 29, 12:30-4:30pm
Harriet Alexander Nature Center
Celebrate your love of nature, enjoy hands-on activities and tasty treats. Free!

2023 Picnic Shelter Reservations

Planning a summer picnic, family reunion, or get-together? The 2023 outdoor shelter reservations open on Tuesday, January 3. Detailed outdoor facility rental information is available from the Parks and Recreation office and www.cityofroseville.com/rentalspaces. Reserve your space today!

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SKATING
 SKIING
 SLEDDING
 SLEEPING
 SLEET
 SNOWSHOEING

Heart Healthy Recipe

Chicken Burger with Sun-Dried Tomato Aioli



Ingredients:

- 2 T olive oil mayonnaise
- 2T chopped sun-dried tomatoes
- Juice of ½ lemon
- 2 cloves garlic, finely minced
- 1 t chopped fresh rosemary
- Salt and black pepper
- 1 lb lean ground chicken
- 4 whole-wheat or potato buns
- 2 cups arugula, baby spinach, or mixed greens

1. In a mixing bowl, combine the mayonnaise, sun-dried tomatoes, lemon juice, garlic, and rosemary. Season with a pinch of salt and black pepper. Set the aioli aside.
2. Preheat a grill, grill pan, or cast-iron skillet.
3. Combine the ground chicken with 1/2 teaspoon salt and 1/2 teaspoon black pepper and mix gently.
4. Without overworking the meat, form into four patties until the chicken just comes together.
5. When the grill or skillet is hot (if using a skillet, add a touch of oil), add the burgers.
6. Cook on the first side for 5 to 6 minutes, until a nice crust develops.
7. Flip and cook for another 3 to 4 minutes, until the burgers are firm but ever so slightly yielding to the touch and cooked through.
8. Remove the burgers. While the grill or pan is hot, toast the buns.
9. Layer the bottom buns with the arugula, top each with a burger, then slather the aioli over the top of each.
10. Crown with the bun tops and serve.

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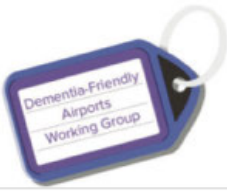
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Dementia-Friendly Airports Working Group (DFAWG)



Air Travel Resources

Seniors use air travel for leisure trips, visiting family, business trips, access to medical services, and relocation. If you are considering air travel, check out the dementia-friendly

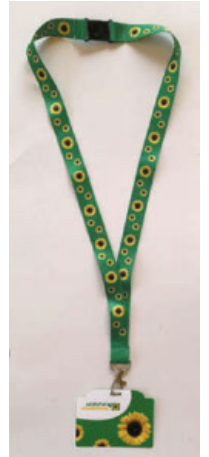
air travel resources on the Roseville-based Dementia-Friendly Airports Working Group website: <https://www.dementiafriendlyairports.com/resources-for-travel.html> Information and resources on this website are valuable to all seniors, not just care partners and people living with dementia. You can find detailed information about:

- 1) Knowing Your Rights
- 2) Flight Process from Start to Finish
 - a) Before Booking Flights
 - b) Booking Flights
 - c) Preparing for Flight
 - d) Arriving at the Airport
 - e) Getting Through US Security
 - f) Navigating to Your Gate and Boarding the Plane
 - g) Flying
 - h) Arriving at Your Destination
- 3) Tools for Travel
- 4) Travel Tips
- 5) COVID-19 Air Travel Policies

Hidden Disabilities Sunflower Program

Find out whether the airports and airlines you are going to use participate in the Hidden Disabilities Sunflower Program. The Hidden Disabilities Sunflower Program is a discrete way for individuals with a hidden disability (e.g. individuals with dementia, autism spectrum, hearing deficits, brain injury, Parkinson's disease, general aging-related decline, etc.) to self-identify as someone who might require extra assistance, patience, and/or time in any situation.

The Sunflower Program uses a lanyard, lapel pin, or bracelet bearing the sunflower logo for someone to wear to self-identify as a person living with a hidden disability. Participating airports provide free Sunflower Lanyards for air travellers and their travel companions. Wearing the Sunflower does not entitle anyone to special privileges. MSP Airport participates in the Sunflower Program.



12 | Roseville Area Schools | January/February 2023

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Roseville Area Senior, Roseville, MN G 4C 02-1033

Roseville Area Senior Program Groups & Activities



Caregiver Support Group

The group provides information, resources, and valuable emotional support.

- Meets the 4th Tuesday of the month from 1-2:30pm in room C121



Men's Discussion Group

A weekly informal time for men to discuss current topics of the group's choice.

- Meets Wednesdays from 9:30-11am in room C121
- Cost is \$2.00/week, and you pay in class



Stitch & Chat

Join us and socialize as you work on your current sewing or needlework project.

- Meets on Fridays from 1-3pm in the Senior Lounge room C123



Art From The Heart

Bring your favorite art project to work on while you get together with others who have similar interests. Don't have a project that you are currently work on? No problem, we will supply colored pencils and markers that

you can use to make cards or decorate lunch bags for our Meals on Wheels clients

- Meets the 1st and 3rd Wednesday from 9:30-11am in the Senior Lounge, starting September 7th, 2022



Topics Forum

The Forum has been meeting since the 1970's. Currently they are meeting to discuss topics of interest and the Market.

- Meets Fridays from 9:30-11am via Zoom for the winter months. Contact Warren Poole at

edpoolephd@aol.com to receive the Zoom link.



Foot Care Clinic

A Registered Nurse trims nails, does assessments, and teaches you how to care for your feet. Appointments are being taken for January 3, 9, 10, 17, 23, 24, 31 and February 6, 7, 14, 20, 21, 28.

- The clinic is held in room C125. The cost is \$40, and you pay at your appointment
- To make an appointment call Donna Larson, our Foot Care Nurse, at 651-263-3594



Partner Bridge

Join us and socialize as you work on your Partner Bridge is a formally organized game with four bridge players, per table, that are arranged in advance. One set of partners plays six hands of bridge with four different sets of partners. We are sometimes unable to accommodate everyone who wants to play because we need four players per table. If you would like to play Partner Bridge, call Mary Claire Lockman at 651-230-1494.

- Meets on Thursdays from 12:15-3:30pm in the Senior Lounge, room C123
- Cost is \$2.00/week and you pay in class

Drop In Bridge

Anyone is welcome to drop in and play.

- Meets on Mondays from 10am-12pm, and 12:30-3:30pm and Fridays 10am-12pm



Medicare Counseling

In partnership with Trellis we are offering in-person Medicare Counseling appointments to help navigate the often-complex process of enrolling in Medicare or supplemental

health insurance policies.

- Offered the 2nd and 4th Wednesday of the month with appointments at 12pm, 1:15pm, and 2:30pm in room C125
- You can schedule an appointment at trellisconnects.org/get-help/medicare/ or by calling the Senior LinkAge Line at 800-333-2433



Progressive Hand & Foot Card Game

Hand and Foot is a popular variation of the rummy-type game of Canasta, it can be described as an easier and interactive off-shoot. Join us for "Progressive" version of this fun and exciting card game.

- Meets on Tuesdays from 1-4pm in the Senior Lounge, C123
- Cost is \$2.00 and you pay in class

We also have books, puzzles, and games for your use in our Senior Lounge! Open Monday-Friday 8am-4pm.

If you have an idea for a group or activity, please let Kris know!



You can reach her at kristine.rossow@isd623.org or 651-604-3537.

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January Flaming Spoon Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED NEW YEAR'S DAY HOLIDAY OBSERVED NO MEALS ON WHEELS	3 Tator Tot Hot dish Steamed Corn Freshly Baked Wheat Roll Fruit Cocktail	4 National Spaghetti Day Spaghetti with Meat Sauce Steamed Green Peas French Bread Chilled Fruit	5 Chicken Dumpling Soup Warm Cornbread Steamed Broccoli Cinnamon Applesauce Cookie	6 Beef Pot Roast Mashed Potatoes Steamed Carrots Freshly Baked Wheat Roll Fruit
9 MN Beef & Macaroni Hotdish Steamed Green Beans Warm Buttery Biscuit Chilled Pineapple	10 Italian Chicken Breast Rice Pilaf Freshly Baked Wheat Roll Italian Blend Vegetables Chilled Apricots	11 Breakfast for Lunch! English Muffin with Egg Turkey Sausage & Cheese Breakfast Potatoes Spiced Peaches	12 Lemon Pepper Tilapia Rice Pilaf Mixed Vegetables Chilled Fruit Cookie	13 Beef Lasagna French Bread Italian Blend Vegetables Chilled Mixed Fruit
16 CLOSED MARTIN LUTHER KING JR. HOLIDAY	17 Swiss Steak Mashed Potatoes California Blend Vegetables Freshly Baked Wheat Roll Blueberries	18 Chicken Alfredo French Bread Steamed Green Beans Mandarin Oranges Brownie	19 Beef & Broccoli Steamed Brown Rice Steamed Capri Vegetables Fresh Pear	20 Chicken Ala King Warm Buttery Biscuit Fluffy Whipped Mashed Potatoes Steamed Vegetables Banana
23 Diced Turkey in Gravy Mashed Potatoes Steamed Corn Freshly Baked Wheat Roll Chilled Fruit	24 Chicken Chili Warm Cornbread Steamed Green Beans Chilled Pears Cookie	25 Mushroom Burger on a Whole Grain Bun Seasoned Potatoes Warm 3-Bean Salad Banana	26 Hamburger Wild Rice Hot Dish Steamed Carrots Freshly Baked Wheat Roll Chilled Fruit	27 National Chocolate Cake Day Lu's Homemade Meatloaf Mashed Potatoes Steamed Green Beans Freshly Baked Wheat Roll Fruit Chocolate Cake w/Icing (Reg) Chocolate Cake no/Icing (Diab)
30 Beef Stroganoff Egg Noodles California Blend Vegetables Chilled Peaches Roll	31 Chicken Thighs in BBQ Sauce Seasoned Cubed Potatoes Steamed Hot Vegetable Mixed Fruit Cookie			

Menu subject to change based on availability

February Flaming Spoon Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pizza Burger topped with Mozzarella Cheese Steamed Carrots Peach Cobbler (reg) Diced Peaches (Dia)	2 Turkey Tetrazzini Warm Biscuit Steamed Hot Vegetable Chilled Fruit	3 Smothered Pork Loin with Mushroom Gravy Fluffy Whipped Potatoes California Blend Cinnamon Applesauce Cake
6 Chicken Cordon Bleu Rice Pilaf Chef's Choice of Vegetables Fresh Pear	7 Spaghetti with Meat Sauce Steamed Green Peas French Bread Chilled Fruit Brownie	8 MN Beef & Macaroni Hotdish Steamed Green Beans Buttery Biscuit Banana	9 Crispy Chicken Patty on a Whole Grain Bun Baked Beans Cheesy Hashbrowns Peaches Cookie	10 Swedish Meatballs with Egg Noodles Steamed Peas & Carrots Mixed Fruit
13 Chicken Parmesan over Spaghetti Noodles Steamed Italian Vegetables French Bread Chilled Pineapple	14 Lu's Homemade Meatloaf Fluffy Whipped Potatoes Monterey Blend Vegetables Chilled Fruit Cookie (Valentine's Day)	15 Italian Chicken Rice Pilaf Roasted Vegetables Chilled Apricots	16 Beef Stew Warm Cornbread Steamed Broccoli Applesauce	17 Sloppy Tom's (Turkey) on a Whole Grain Bun Baked Chips Steamed Peas & Carrots Warm Apple Slices Cake
20 Swiss Steak Baked Potato w/ Sour Cream California Blend Vegetables Freshly Baked Wheat Roll Blueberries (President's Day)	21 Breakfast Bake with Eggs, Turkey Sausage, & Cheese Breakfast Potatoes Blueberry Muffin Chilled Fruit	22 Vegetable Lasagna Steamed Mixed Vegetables French Bread Fresh Pear Cake (Ash Wednesday)	23 National Chili Day Beef Chili Warm Cornbread Steamed Corn Fruit	24 Lemon Pepper Tilapia Rice Pilaf Chef's Choice of Vegetable Chilled Fruit Cookie
27 Cheeseburger on a Whole Grain Bun Seasoned Potatoes Warm 3-Bean Salad Chilled Fruit	28 Chicken Pot Pie Warm Buttery Biscuit Hot Vegetable Apple Crisp (reg) Sliced Apples (Diab)			

Menu subject to change based on product availability



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Roseville Area Senior Program**

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If you have any questions, please contact us! We are here to serve YOU and OUR COMMUNITY!

RASP Directory

rasp@isd623.org

Office: 651.604.3520

MN Relay: 1.800.627.3529

Appétu Téča Education Center

1910 County Rd B West, Roseville, MN 55113

Program Manager: Kris Rossow

651.604.3537 or kris.rossow@isd623.org

Mon-Fri 8 a.m.-4 p.m.

Secretary: Kim Palmer

651.604.3520 or kimberley.palmer@isd623.org

Mon-Fri 8 a.m.-4 p.m.

Program Specialist/Meals on Wheels:

Veronica DuBose

651.604.3524 or mealsonwheels@isd623.org

Mon-Fri 8:30 a.m.-3 p.m.

Seasons Design & Layout /

Community Ed. Marketing Manager:

Megan Webb 651.604.3502 or

megan.webb@isd623.org

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