

# Seasons

## Roseville Area Senior Program Newsletter

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

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### September is National Fruits & Veggies Month!

This is a month-long celebration of everyone's favorite and flavorful plants – fruits and vegetables!

The 2010 Dietary Guidelines for Americans and Myplate.gov recommend you make one-half of your plate fruits and vegetables. A diet rich in vegetables and fruit can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower your risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep your appetite in check.

Variety and color are the key to a healthy diet. On most days, try to get at least one serving from each of the following categories: dark green leafy vegetables, yellow or orange fruits and vegetables, red fruits and vegetables, legumes (beans) and peas, and citrus fruits. Foods of similar colors generally contain similar protective compounds. Try to eat a rainbow of colorful fruits and vegetables!

When selecting fruits and vegetables, you should also try to eat with the seasons. This is nature's way of making sure our bodies get a healthy mix of nutrients. Many common fruits and vegetables are available year-round, but they are not sourced locally and may have had to travel far to get to the store. Eating seasonally means the food is fresher, tastes better, retains their nutritional value, and can save you money because fruits and vegetables are often on sale when they are abundant.

Salads, soups, and stir-fries are a few ideas for increasing the number of tasty fruits and vegetables in your meals. Fresh, frozen, canned, and dried fruits and vegetables are a delicious way to make every bite count! Looking for a new dish? Try making creamy roasted butternut squash soup or ground turkey stuffed bell peppers this fall!

**Anpétu Téča Education Center and the Roseville Area Senior Program will be closed on the following dates:**

- Monday, September 4th
- Thursday, November 23rd
- Friday, November 24th
- Friday, December 22nd
- Monday, December 25th
- Monday, January 1st
- Monday, January 15th



# Roseville Area Senior Program

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

## Roseville Area Senior Program (RASP)

**Appétu 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

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

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.

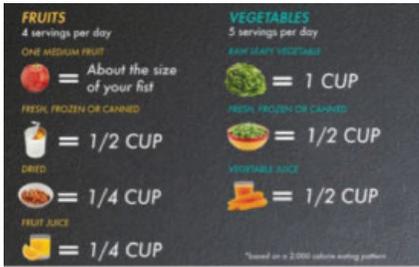
## VOLUNTEERS

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](http://www.isd623.org/rasp).

# Kris' Corner



When I started researching ideas for this edition of the Seasons and I learned more about September being National Fruit and Vegetables month, I thought about the lack of fruits and veggies I eat. I always try to eat fruits and veggies, but I seem to go in spurts. I'll buy a bunch of fruits like grapes and berries and not wash them right away and end up looking at them in the fridge and thinking I should clean them, so they are easy to eat but still don't do it. I decided that I need to do better.

The American Heart Association recommends four to five servings of fruits and vegetables a day, so I challenged myself to eat 10 servings of fruits and veggies a day. I've been working on this challenge for about 2 weeks now and I haven't made it to 10 but I am doing better.

I started by buying frozen, dried, and fresh fruits along with fresh vegetables. I cleaned the fruits right away, making them easy for me and my family to eat. I've been bringing fruit, like grapes or orange slices, in the car to eat on my commute to work and bringing additional fruits and baby carrots, little cucumbers, and cherry tomatoes for my lunches. I brought the dried fruits to keep at my desk for when I want a snack.

Where I have been lacking is eating vegetables for dinner. I've been busy and getting home late and I'm too tired to cook. I usually eat a bowl of cereal or if I'm really motivated a grilled cheese sandwich with some potato chips (which don't count as a vegetable). I've started looking up crockpot recipes to help with this problem. Feel free to share recipes with me.

For now, I'm going to say that I'm doing pretty good eating 3-4 fruits on most days and maybe 2-3 vegetables. Room for improvement but better than before.

*Kris*

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♿ \*Harbor at Twin Lakes is an affordable housing community. Restrictions & income limits apply. Rents subject to change. See website for details.



For ad info. call 1-800-950-9952 • www.lpicomunities.com

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

# Seeking Building Aides & Volunteer Drivers!

## Join Our Team as a Building Aide!

Are you retired? Looking to get out of the house a few nights a week?

Join our Facilities Building Aide team! We are currently looking for staff to work weeknights during the school year. The number of days a week can vary based on your availability.

Our building aides work at district buildings and support and monitor the building while activities are happening. Activities could include enrichment classes, youth sports, or community meetings. You greet users of the building, make sure the space is ready for their use, and monitor the school. Once they are finished you make sure everything is ready for the next day.

Pay rate = \$17/hour. If you are interested or would like more information, please call Kris Rossow at 651-604-3537.

## Volunteer as a Meals on Wheels Driver!

Delivering meals is a simple and rewarding way to help seniors and people with disabilities in our own community. You provide more than a hot meal; you are a friendly face and a kind word.

Most of our volunteers deliver every 3 weeks. Sign up and deliver with a family member or friend!

Our current openings are on: Mondays  
Thursdays Fridays  
Volunteers pick up meals at Anpétu Téča Education Center at 11am and are usually done delivering about 12 or 12:30pm.

If you are interested or would like more information, please call Roseville Meals on Wheels at 651-604-3524.

Your help is so appreciated!



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#### PREPARE FOR MEDICARE WORKSHOP

Get the Medicare answers you need and learn about Blue Cross and Blue Shield of Minnesota plans that can help fill gaps in your coverage at a free, no obligation workshop. **Reserve your spot today.**



**Revea Baker**  
**(651) 662-3428/TTY 771**  
**bluecrossmn.com/Baker**

Blue Cross Offers PPO, Cost and PDP plans with Medicare contracts. Enrollment in these plans depends on contract renewal. Plans are available to residents of the service area. A salesperson will be present with information and applications. For accommodations of persons with special needs at meetings, call (651) 662-3428/ TTY 711.

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AllinaHealth | aetna



Questions about Medicare?

Call  
Todd Larson  
**612-845-2296**

LarsonT2@AllinaHealthAetna.us.com



**L**  
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Roseville Area Senior, Roseville, MN B 4C 02-1033

## Have You Heard of “Check Washing?”



Check washing happens when someone uses chemicals to remove the original ink on your check and replace the information with a new payee and usually a much higher payment amount, while leaving your signature intact. People think they have mailed in a \$40 payment to pay a bill and end up having the check cashed for several thousand dollars to a payee they've never heard of.

Federal officials have reported a significant increase in mail theft and checking account fraud. People are stealing checks from individual mailboxes and even from U.S. postal boxes. Here are some ways that AARP recommends to protect yourself:

1. Pay your bills online. “As long as you’re not on a public Wi-Fi connection, paying bills online is safer than a check through the mail,” says Amy Nofziger, AARP’s director of fraud victim support. “Your bank account and the payment systems for your bills are encrypted.”
2. Deliver your mail to the post office. Don’t leave envelopes containing checks in your own mailbox or in outdoor USPS collection boxes. Your best bet is to take it to your nearest post office during business hours and either hand it to the clerk or slide it through an outgoing mail slot inside the building.
3. Use a pen with black non-erasable gel ink. Gel ink soaks into paper and can be more difficult to remove than ballpoint pen ink.
4. Don’t let delivered mail sit in your mailbox. Grab your mail every day, as close to the delivery time as possible. If you’ll be away, ask a trusted friend to collect it or have the post office hold it until you’re back home.
5. Monitor your bank account. Don’t wait for your monthly statement. Go online every few days to review account balances and look at checks drawn against them.
6. Report incidents quickly. Contact your bank as soon as possible after suspicious activity; banks are generally required to replace funds stolen via fraudulent checks, but only if the scam is reported within 30 days of the date of your bank statement. Also, contact the U.S. Postal Inspection Service.

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

## Fall Enrichment Classes!

### Fire Station Tour & Hands Only CPR

Tour the Roseville Fire Station and check out the fire trucks and then learn how to save a life with hands only CPR!

Tuesday • Sep 19 • 9:30-10:30AM

Instructor & Location: Roseville Fire Department

2701 Lexington Ave N, Roseville

Class ID # S4572 • **FREE!**



### FallProof! Workshop

The ability to improve your balance and reduce fall risks is in your hands. Instructor Mia Bremer is a Master Balance and Mobility Specialist who has taught the program to professionals across the country. Learn 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!

Tuesday • Oct 10 • 9:30-11AM

Instructor: Mia Bremer

Class ID # S4560 • ATEC • \$25

### Morning Talk - Talking About Hospice

Hospice is specialized care for someone with a terminal illness. Learn the benefits of hospice as well as the myths.

Tuesday • Oct 3 • 9-10AM

Instructor: Ecumen Hospice - Randy Gnadke

Class ID # S4565 • ATEC • **FREE!**

### Using Uber for Transportation Independence

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber!

Thursday • Sep 21 • 12-1PM

Instructor: Nickie Welsh

 **Online** Class ID # S4015 • \$25

### Macramé Plant Shelf

Enjoy a blast from the past with the once again popular art form, macramé. A fixture of every 1970's home, this art form is making a come back on the contemporary art scene. In this project, participants will learn a variety of knot-tying techniques to create a unique macramé plant shelf perfect for any home.

Wednesday • Sep 13 • 6-8:30PM

Instructor: Erin Stahl

Class ID # 1036 • \$35 • ATEC



To register, call 651-604-3770  
or visit our registration  
website [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)

### Mac Basics

Your Mac includes macOS, the world's most advanced desktop operating system. macOS includes features and apps you'll use each day, and it enables your Mac, iPhone, iPad, iPod touch, and Apple Watch to work together. During this class, you will learn about the desktop, customizing your Mac, Apple ID and iCloud, using your Apple devices together, exploring other Apps, finding music and apps, creating files, protecting your data, exploring the Mac hardware and much more!

Tuesday • Sep 12 • 5:30-7:30PM

 **Online** Class ID # 5510 • \$35

### Exercise and Managing Blood Pressure

Healthy arteries and veins are a priority as we age because we know that when they are unhealthy – stiff and/or gunked-up – they are a key contributor to stroke and heart disease. A combination of the right food in the right quantities, along with exercise, can go a long way in keeping our cardiovascular system healthy and reducing the risk of disease, even if you have a genetic predisposition.

Thursday • Sep 14 • 9:30-11AM

Instructor: Mia Bremer

Class ID # S4561 • ATEC • \$25



### T'ai Chi Chih (In Person)

Explore the benefits of T'ai Chi Chih, a moving meditation that improves balance and flexibility, reduces stress, and promotes mindfulness and concentration. The practice of T'ai Chi Chih is easy to learn regardless of age or physical ability. Come as you are—no special clothing required, just bring flexible shoes or barefoot. Work with an accredited instructor on a healing art, not a martial art. \$12 drop-in sessions available, choose "Drop-In" at check out.

Mondays • Sep 11 - Oct 30 • 4:30-5:30PM

Instructor: Linda Zelig

Class ID # 3009-1 • \$89 • ATEC

Wednesdays • Sep 13 - Oct 25 • 7:45-8:45AM

Instructor: Linda Zelig

Class ID # 3010-1 • \$89 • ATEC

### 60th Anniversary of the Assassination of John Kennedy: An In-Depth Analysis

This year marks the 60th anniversary of President Kennedy's assassination. Come exam the discrepancies between the Warren Commission and the conclusions reached by the United States House of Representatives. Develop a rounded perspective on the controversies surrounding this assassination. Each of the sessions will have ample time for participant comments and questions!

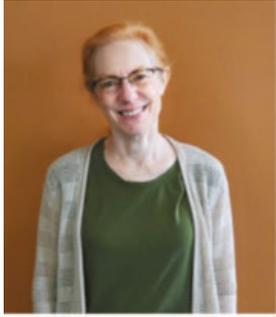
Tues & Wed • Oct 10 & 11 • 6:30-8:30PM

Instructor: David Yorks

Class ID # 5034 • \$29 • ATEC

# SilverSneakers Fitness Classes

## Meet Margaret, Our SilverSneakers Instructor!



Margaret Cummings teaches our SilverSneakers fitness classes. SilverSneakers and Renew Active are benefits offered by various insurance companies that allow older adults to take greater control of their health. If your health insurance offers SilverSneakers or Renew Active you would be able to participate in these classes at no cost. If your insurance does not offer SilverSneakers or Renew Active, you can pay to attend the classes per session or drop-in for \$12.

Margaret is a highly rated ACE group fitness instructor, senior fitness specialist, and personal trainer. She also holds a 200-hour certification in yoga from Yoga North Duluth and Tula Yoga & Wellness Studio in St Paul. She has a B. A in Dance from the UMKC's Conservatory of Music and Dance and has taught exercise in New York City at the Nickolaus Technique Studio, Body Art and Back in Shape owned by Marjorie Jaffe. She has been teaching with Roseville Community Education since January of 2014.

Margaret offers welcoming classes for everyone, no matter where you are on your fitness and health journey. We all want to feel good and one of the best ways to feel better is through movement and breath. She feels privileged to teach an amazing group of people, currently up to age 92 of both men and women, and she creates a caring and inclusive atmosphere for all to enjoy. She seeks to inspire but is also inspired in return by those who attend. We welcome you to join us!

## Soma Yoga

Somatics is the study of the self from the perspective of one's lived experience, encompassing the dimensions of body, psyche and spirit. - Thomas Hannah

Join us for a gentle floor-based yoga that works from the inside out. It works to dissolve chronic, muscular pain using the principles of somatics and gentle body and mind movement.

Wednesdays • Sep 13 - Nov 8 • 10-11AM  
Class ID #3052-1 • \$89 • ATEC

Wednesdays • Nov 22 - Jan 10 • 10-11AM  
Class ID #3052-2 • \$79 • ATEC

## YogaStretch - Gentle Core Strengthening

Our most gentle class - YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Keep your shoes on! No floor work!

Tues/Thurs • Sep 12 - Nov 9 • 9-9:45AM  
Class ID #3054-1 • \$169 • ATEC  
*No class 11/7*

Tues/Thurs • Nov 14 - Jan 11 • 9-9:45AM  
Class ID #3054-2 • \$169 • ATEC  
*No class 11/23*

## Strength Training

Do you want a healthy, strong, lean, and toned body? This is the class for you. Exercises are modified to accommodate all levels and are designed to hit all major muscle groups to improve muscular strength and endurance. Hand weights are provided. Please bring a floor mat.

Tue/Thurs • Sep 12 - Nov 9 • 10-10:45  
Class ID #3053-1 • \$169 • ATEC  
*No class 11/7*

Tue/Thurs • Nov 14 - Jan 11 • 10-10:45AM  
Class ID #3053-2 • \$169 • ATEC  
*No class 11/23*

## SilverSneakers

The SilverSneakers Fitness Program can create better health, greater independence, and a more fulfilling life! It is an equipment-based, total-body conditioning class in which we use hand-held weights, elastic tubing with handles, a SilverSneakers playball, and a chair for standing and/or seated support. Exercises work all major and minor muscle groups, addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed, and power. SilverSneakers is a class for everyone. All equipment is provided!

Mon/Wed/Fri • Sep 11 - Oct 13 • 9-9:45AM  
Class ID #3050-1 • \$149 • ATEC  
*No class 10/9*

Mon/Wed/Fri • Oct 16 - Nov 22 • 9-9:45AM  
Class ID #3050-2 • \$169 • ATEC

Mon/Wed/Fri • Nov 27 - Jan 12 • 9-9:45AM  
Class ID #3050-3 • \$179 • ATEC  
*No class 12/22, 12/25, 1/1*

## Strength and Stretch

This is a floor work class based on deep breathing, flexibility, alignment, and building and maintaining core strength. You'll leave stronger, stretchier, and lighter in both body and mind. Please bring a yoga mat.

Mon/Fri • Sep 8 - Oct 30 • 10-11AM  
Class ID #3051-1 • \$159 • ATEC  
*No class 10/9*

Mon/Fri • Nov 3 - Jan 12 • 10-11AM  
Class ID #3051-2 • \$169 • ATEC  
*No class 11/24, 12/22, 12/25, 1/1*

To register, call 651-604-3770  
or visit [isd623.ce.eleyo.com](https://isd623.ce.eleyo.com)



To register for a Parks & Rec opportunity, visit [www.cityofroseville.com/parks](http://www.cityofroseville.com/parks) or call 651-792-7006.

**Older Adult Bowling**

Flaherty's Arden Bowl, 1273 W County Road E  
M Sep 11-Apr 22 9:30am

A recreational bowling program, no teams, no league just the fun of strikes and spares with alley friends. Registered participants will qualify for special prizes and treats throughout the year as well as an end-of-season pizza buffet lunch.

Weekly cost: \$9 for 3 games and coffee  
Registration fee: \$7 – register anytime during the season!  
Shoe rental: \$2.50

**Tap for Older Adults**

Roseville Wellness Studio \$63, RV Res \$55

Here's your chance to learn something new or rediscover the joys of an old hobby. Tap dancing is a great way to stay in shape and meet new friends.

Beginner – Sept. 8th-Oct. 27th 8:30 am  
Intermediate – Sept. 8th-Oct. 27th 9:30 am  
Beginner – Nov. 3rd-Jan. 5th 8:30 am  
Intermediate – Nov. 3rd-Jan 5th 9:30 am

**Hula Dance Classes**

Roseville Wellness Studio  
Register August 8

Let's dance to Hawaiian music! Hula is a Hawaiian dance that is also a perfect exercise for your entire body. You will learn basic Hula steps along with one modern Hula song's choreography. Please bring a pareo (sarong) to dance in. Classes taught by Kumu Kanani Johnson.

7-8pm W Sept 6-Oct 30  
7-8pm W Nov 1-Dec 20  
Regular \$88, RV Resident \$80

**Roseville Skating Center- Senior Skating**

Wednesdays from 1:00-2:30pm, \$6.00

View indoor public skating schedule here:  
<https://www.cityofroseville.com/536/Public-Skating-Schedules>

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		<p>Are you turning 65 or new to Medicare? Call your local licensed sales agent. <b>Humana</b></p> <p><b>Darren Bouton</b> 612-428-4641 (TTY: 711) Monday – Friday, 8 am - 5 pm <a href="http://humana.com/dbouton">humana.com/dbouton</a></p>
<p>Helping seniors stay independent and in their own homes. Specializing in technology assistance:</p> <ul style="list-style-type: none"> <li>- Installing and setting up smart TVs and wi-fi</li> <li>- Mounting TVs on the wall</li> <li>- Setting up online accounts and managing passwords</li> <li>- Setting up automatic bill payments online</li> <li>- Assistance setting up and learning how to use smartphones, computers, laptops, chromebooks, tablets, &amp; printers</li> <li>- Installing anti-virus software &amp; other programs</li> </ul> <p>View all our services at <a href="http://www.rosehillathome.com">www.rosehillathome.com</a> or call 651-764-8456</p>	<p><b>WE'RE HIRING!</b> </p> <p>AD SALES EXECUTIVES</p> <p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none"> <li>• Paid training</li> <li>• Some travel</li> <li>• Work-life balance</li> <li>• Full-Time with benefits</li> <li>• Serve your community</li> </ul> <p>Contact us at <a href="mailto:careers@4lpi.com">careers@4lpi.com</a> or <a href="http://www.4lpi.com/careers">www.4lpi.com/careers</a></p>	





# 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? No problem, we have supplies 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



## Foot Care Clinic

A Registered Nurse trims nails, does assessments, and teaches you how to care for your feet. Appointments are being taken for September 5, 11, 12, 18, 19, 26 and October 2, 3, 10, 16, 17, 24, 30, and 31.

- 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



## 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 in C121, starting September 8th.

If you have an idea for a group or activity you would like to lead, please let Kris know! You can reach her at [kristine.rossow@isd623.org](mailto:kristine.rossow@isd623.org) or 651-604-3537.



## 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 12:00-4:00pm and Fridays from 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/](http://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



## Bookmarker Book Club

Read the novel on your own, and then join us for conversation and companionship as we discuss the book from 9:30-11am in C121! There is no cost to join.

- Tuesday, September 26 - *The Ocean at the End of the Lane* by Neil Gaiman
- Tuesday, November 28 - *Whiskey Charlie* by Annabel Smith

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

Anpétu Téča Education Center  
(1910 County Road B West in Roseville)

# Defensive Driving Courses - Get a Discount On Your Auto Insurance!

## 55+ DEFENSIVE DRIVING 8-HOUR

Improve your driving skills and get a 10% discount on your car insurance for 3 years! The Defensive Driving Course, developed by the National Safety Council, teaches basic crash prevention techniques and has a proven record of reducing traffic violations and incidents. There is no behind-the-wheel driving or test. Once you have taken the 8-hour course, you can take the 4-hour refresher course every 3 years to continue your discount. Preregistration is required at least two weeks prior to the class date. Call 651.604.3770 or register online! *In-person classes are held at Anpétu Téca Education Center.*

Tue/Wed • September 12 & 13 • 5:30 - 9:30 p.m.  
▶ *Online* Class ID # SZ5021-1 • \$35

Wed/Thu • September 27 & 28 • 1:30 - 5:30 p.m.  
▶ *Online* Class ID # SZ5021-2 • \$35

Wed/Thu • October 11 & 12 • 1:30 - 5:30 p.m.  
▶ *Online* Class ID # SZ5021-3 • \$35

Tue/Thu • October 24 & 26 • 5:30 - 9:30 p.m.  
▶ *Online* Class ID # SZ5021-4 • \$35

## 55+ DEFENSIVE DRIVING REFRESHER 4-HOUR

Tuesday • September 12 • 9:00 a.m. - 1:00 p.m.  
Class ID # S5020-1 • \$31

Tuesday • September 19 • 5:30 - 9:30 p.m.  
▶ *Online* Class ID # SZ5020-1 • \$31

Wednesday • September 20 • 1:00 - 5:00 p.m.  
Class ID # S5020-2 • \$31

Tuesday • September 26 • 9:00 a.m. - 1:00 p.m.  
▶ *Online* Class ID # SZ5020-2 • \$31

Saturday • September 30 • 9:00 a.m. - 1:00 p.m.  
Class ID # S5020-3 • \$31

Thursday • October 5 • 9:00 a.m. - 1:00 p.m.  
Class ID # S5020-4 • \$31

Tuesday • October 10 • 5:30 - 9:30 p.m.  
▶ *Online* Class ID # SZ5020-3 • \$31

Saturday • October 14 • 9:00 a.m. - 1:00 p.m.  
Class ID # S5020-5 • \$31

Tuesday • October 17 • 1:00 - 5:00 p.m.  
Class ID # S5020-6 • \$31

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## Dementia: Care & Coping - 2023

The Roseville Alzheimer's & Dementia Community Action Team announces a new series of in-person Dementia: Caring & Coping presentations. Our three topics are intended to actively improve the quality of life for persons living with dementia and their care partners. A panel of experts will discuss their experiences and insights followed by a question-and-answer session.

### Dementia Research: What's Happening Nearby and What's in It for Me?

September 12, 2023 | 1:00 - 3:00 p.m. at Roseville City Hall  
2660 Civic Center Drive, Roseville, MN

FREE to attend! No registration required.

Dementia research isn't just about clinical trials! Many studies and projects are aimed at finding out what can make daily life better for care partners and persons living with dementia.

Our panelists are Katie Louwagie, DNP, Robyn Birkeland, PhD, and Ashley Millenbah, MPH. from the University of Minnesota's Families and Long-Term Care Projects & Research Studies. They will demystify the topic of dementia research and talk about what is available in and around the Twin Cities, the benefits of participating, and how to identify reputable research opportunities.

### Roseville Alzheimer's & Dementia Community Action Team

Find online resources for people living with mild cognitive impairment or dementia, and their care partners, and families:

<https://www.cityofroseville.com/2721/Alzheimers-Dementia>

(Or scan this QR code with your phone to view our website!)



You'll find monthly updates about dementia support groups & services, dementia friendly activities, webinars & conferences, and other resources!



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# Fall Coloring Sheet



## Fruits and Vegetables Word Find

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

APPLE  
 BROCCOLI  
 CARROT  
 KIWI  
 ONION  
 POTATO  
 WATERMELON

AVOCADO  
 CABBAGE  
 GRAPES  
 LEEKS  
 PEPPERS  
 SQUASH  
 ZUCCHINI

BANANA  
 CANTALOUPE  
 JICAMA  
 MANGO  
 PINEAPPLE  
 TOMATO

# Flaming Spoon Café Menus

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BEEF LASAGNA GARLIC TOAST ITALIAN BLEND VEGETABLES CHILLED PEARS
4 <b>CLOSED LABOR DAY HOLIDAY MEALS ON WHEELS WILL NOT BE DELIVERED</b>	5 CRISPY CHICKEN SANDWICH ON A WHOLE GRAIN BUN WARM 3-BEAN SALAD SPICED ORANGE PEACHES DESSERT	6 SCALLOPED POTATOES WITH DICED HAM STEAMED GREEN BEANS BAKED WHEAT ROLL BANANA	7 PEPPER STEAK STEAMED BROWN RICE STEAMED CAPRI VEGETABLES CINNAMON APPLESAUCE FORTUNE COOKIE	8 TATOR TOT HOTDISH STEAMED CARROTS CHILLED FRUIT DESSERT
11 WILD RICE HOT DISH STEAMED CARROTS BAKED WHEAT ROLL CHILLED MIXED FRUIT	12 CHICKEN POT PIE WARM BUTTERY BISCUIT CALIFORNIA BLEND VEGETABLES MANDARIN ORANGES	13 LU'S HOMEMADE MEATLOAF BAKED POTATO W/SOUR CREAM STEAMED GREEN BEANS CHILLED PEACHES DESSERT	14 ROAST BEEF PHILLY SANDWICH WITH PEPPERS & ONIONS TOPPED WITH MOZZARELLA STEAMED CARROTS CHILLED PINEAPPLE	15 SPAGHETTI WITH MEAT SAUCE STEAMED BROCCOLI FRENCH BREAD CHILLED PEARS DESSERT
18 NATIONAL CHEESEBURGER DAY CHEESEBURGER ON A WHOLE GRAIN BUN ROASTED BABY REDS BAKED BEANS CHILLED PEACHES	19 TURKEY TETRAZZINI WARM CORNBREAD STEAMED HOT VEGETABLES CHILLED PINEAPPLE DESSERT	20 SWEDISH MEATBALLS EGG NOODLES STEAMED PEAS & CARROTS CHILLED MIXED FRUIT DESSERT	21 LEMON PEPPER TILAPIA RICE PILAF CALIFORNIA BLEND VEG WHEAT ROLL FRUIT COCKTAIL	22 SALISBURY STEAK MUSHROOM/ONION GRAVY MASHED POTATOES MIXED VEGETABLES CHILLED FRUIT
25 ITALIAN CHICKEN RICE PILAF ROASTED VEGETABLES CHILLED FRUIT	26 BEEF SLOPPY JOE ON A WHOLE GRAIN BUN SEASONED POTATO CUBES STEAMED HOT VEGETABLE BANANA DESSERT	27 MANDARIN ORANGE CHICKEN BROWN RICE ASIAN STIR-FRY VEGETABLES CHILLED APRICOTS FORTUNE COOKIE	28 CHICKEN ALFREDO STEAMED GREEN BEANS FRENCH BREAD CINNAMON APPLESAUCE DESSERT	29 BEEF STEW WARM CORNBREAD STEAMED BROCCOLI CHILLED PEARS

Menu subject to change based on product availability

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SWISS STEAK BAKED POTATO WITH SOUR CREAM STEAMED CARROTS CHILLED FRUIT	3 CHICKEN CORDON BLEU RICE PILAF STEAMED BROCCOLI BANANA DESSERT	4 PORK LOIN MUSHROOM/ONION GRAVY WHIPPED POTATOES CAPRI BLEND VEGETABLES CHILLED PINEAPPLE	5 BEEF LASAGNA GARLIC TOAST ITALIAN BLEND VEGETABLES CHILLED PEARS DESSERT	6 BEEF STROGANOFF EGG NOODLES CALIFORNIA BLEND VEGETABLES CHILLED PEACHES
9 SWEET & SOUR MEATBALLS BROWN RICE ASIAN VEGETABLES CHILLED PINEAPPLE FORTUNE COOKIE	10 PIZZA BURGER WITH MOZZARELLA CHEESE SEASONED POTATOES STEAMED CARROTS CHILLED MIXED FRUIT	11 CHICKEN ALA KING BUTTERY BISCUIT MASHED POTATOES STEAMED VEGETABLE CHILLED PEACHES DESSERT	12 TATOR TOT HOTDISH STEAMED CARROTS BAKED WHEAT ROLL CHILLED FRUIT	13 BEEF CHILI STEAMED CORN CHILLED PEARS WARM CORNBREAD DESSERT
16 LEMON PEPPER TILAPIA RICE PILAF CALIFORNIA BLEND VEG WHEAT ROLL FRUIT COCKTAIL	17 <b>NATIONAL PASTA DAY</b> BAKED PENNE STEAMED BROCCOLI FRENCH BREAD CHILLED PEARS DESSERT	18 LU'S HOMEMADE MEATLOAF MASHED POTATOES STEAMED GREEN BEANS CHILLED PEACHES	19 ALL BEEF POLISH SAUSAGE WITH SAUERKRAUT WHOLE GRAIN BUN BAKED BEANS FRESH PEAR	20 BEEF & CHICKEN BOOYA HOT VEGETABLE MANDARIN ORANGES WARM CORNBREAD DESSERT
23 CHICKEN CHOW MEIN BROWN RICE CRUNCHY NOODLES ASIAN STIR FRY VEGETABLES BANANA FORTUNE COOKIE	24 BREAKFAST FOR LUNCH ENGLISH MUFFIN WITH EGG TURKEY SAUSAGE & CHEESE BREAKFAST POTATOES CINNAMON APPLESAUCE	25 SLOPPY JOE WHOLE GRAIN BUN BAKED CHIPS STEAMED PEAS & CARROTS WARM APPLE SLICES	26 ROAST BEEF MASHED POTATOES STEAMED GREEN BEANS FRUIT COCKTAIL ROLL DESSERT	27 CHICKEN ALFREDO STEAMED GREEN BEANS MANDARIN ORANGES FRENCH BREAD DESSERT
30 BEEF & BROCCOLI BROWN RICE STEAMED CAPRI VEGETABLES CHILLED FRUIT DESSERT	31 MUSHROOM BURGER ON A WHOLE GRAIN BUN SEASONED POTATOES MIXED VEGETABLES FRESH PEAR			



**Roseville Area Schools**  
**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

### **Anpétu 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.

### **Meals on Wheels Program Specialist:**

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



**Monday - Friday, 11:00AM - 12:15PM beginning Sept. 5th**

**Monday - Friday, 11:00AM - 12:00PM until Sept. 1st**

1910 County Road B W, Roseville | 651.604.3518

Monthly menus available online at [www.isd623.org/flamingspoon](http://www.isd623.org/flamingspoon)

**FULL MEAL DEAL \$5.00** (Includes main entree, sides, & milk)

**FROZEN ENTREE ONLY: \$3.50** (Selection may be limited)

**We accept cash & check only. All are welcome. Bring a friend, tell a neighbor! Please call 3 days ahead if you will be coming with a group of 6 or more people. Thank you!**