

Seasons

Roseville Area Senior Program Newsletter

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

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National Family Caregivers Month!

Why is it important to have a National Family Caregivers Month? It is observed to bring attention to the hard work of more than 50 million family caregivers across the country. It offers a chance to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

Caregivers help with another person's social or health needs. They may support their loved one with one or more activities such as helping to pay bills, bringing them shopping, providing transportation, helping with medication, making doctor's appointments, bathing, toileting, and any of the other tasks that go with daily life.

When a caretaker is busy caring for someone else, they can neglect to care for themselves. Here are some ways a caregiver can take care of themselves!

Take care of your physical health:

- Eat healthy - plan meals ahead of time and keep healthy snacks on hand.
- Stay active. Exercise and move your body throughout the day.
- Get enough sleep, try for at least 7-8 hours a night.
- Spend some time outside.
- Remember to do the things you enjoy and find time for yourself.

Take care of your mental health:

- Ask for help from family or friends. Ask someone to stop by so you can go for a walk or take a break.
- Learn to set boundaries, say no to non-essential tasks.
- Get professional help if things seem overwhelming.
- Join a caregiver's support group. (We have a support group that meets on the 4th Tuesday of the month from 1:00 - 2:30 p.m. at Anpétu Téča Education Center!).

Remember: the person you are caregiving for wants you to take care of yourself!

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

• 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.

Kris' Corner

“It is not how much you do but how much love you put in the doing.”

— Mother Teresa

Becoming a caregiver often happens gradually, and you don't even realize it's happened until you are fully immersed in caregiving. Five years ago, my husband's mom moved in with us. She was no longer able to care for her large house and couldn't do all the stairs. We had room for her and welcomed her into our home. At 87 years old, she was still able to do many things for herself and the only support she really needed was help managing her medications.

Now five years later, her needs have greatly increased, but that didn't happen all at once. An example of how gradual the decline can be is she went from using a cane when she left the house, to using a cane in the house, to using a walker, and now it takes both me and my husband to get her in and out of the house when bringing her to a medical appointment.

Shortly before my mother-in-law moved in my dad was diagnosed with Alzheimer's and my mom is now his caregiver. As a family we work to support my mom in her caregiving role. My niece or nephew will stay with my dad so my mom can go out. I'll pick him up from his day program when my mom has an appointment for herself. We work together as a family to help my mom as well as my dad.

It's hard watching someone you love decline. I know they say don't believe everything you see on the internet, but I found this to be true, even though your parent/spouse/family member is still alive you mourn the loss of the person they were. I've mourned the loss of my dad, the person who went with me to see the Harry Potter movies and watched X Files with me. The person who helped me fix my toilet and came when I called because I left my headlights on. I now take comfort in the fact that he's happy when I come over, he couldn't tell you my name, but he's happy I'm there.

We've found that it helps to keep a sense of humor and laugh when you can. My husband and I brought my mother-in-law to a doctor's appointment and as we were getting her into the car, she asked me to "turn off the fan" because she was cold. I could only laugh and remind her that we were outside, and it was the wind that was blowing and not a fan.

If you are a caregiver, ask for help if you need help, take time for yourself, and embrace the small things that can make you smile or laugh.

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.

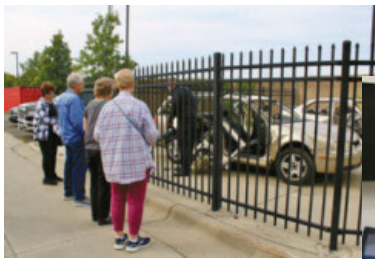


For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

Thank You, Roseville Fire Department!

THANK YOU to the Roseville Fire Department for teaching us hands-only CPR and giving us a tour of the fire station!



Shaun Johnson Big Band Experience

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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
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LarsonT2@AllinaHealthAetna.us.com



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Preparing for Cold Weather!

Roseville Area Schools Closures

As winter approaches, just a reminder if Roseville Area Schools is closed due to weather, we will also be closed.

Protect Yourself From the Cold. Bundle Up with Layers!

As the weather gets colder remember to wear layers, even inside. Wearing multiple layers of clothing allows you to adjust according to your location. If a room is warm, you can remove your sweater and if you become chilly you can put it back on. If you are active, you may want to take a layer off, and once you cool down, you may want to put a layer back on.

Get a Roseville Raider Winter Hat!

Roseville Community Education is selling warm winter hats with the Roseville Raider logo for just \$10 each! The proceeds from this hats benefit youth scholarships for families in the Roseville district. Stop by Anpétu Téča Education Center to get a hat for you or your family members! 1910 County Road B West in Roseville.



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

Fall Enrichment Classes!

Keeping the Cabin, Farm or Business In the Family Before and After Your Death

Dividing an estate can lead to bitter battles between siblings and impact relationships forever. Learn how to keep your cabin, farm, or business in the family without creating a family conflict. We will discuss ways to ensure your children receive equal inheritance, the impact of taxes, and how to properly position your assets for the next generation.

Tuesday • Nov 14 • 6:30 - 8:00 p.m. • \$19

📺 [Online](#) Class ID # 1514 • Instructor: Steve Ledin

Getting Started with Microsoft Excel 2019

Learn the basics of using spreadsheets and workbooks in Microsoft excel! We'll teach you about creating sheets, formatting, entering information, resizing, formulas, adding rows and columns, prepare for printing, and more!

Tuesday • Nov 14 • 5:30 - 7:30 p.m. • \$35

📺 [Online](#) Class ID # 5516 • Instructor: Sara A. Reimann

Swing Dance Workshop

One day! One dance. A lifetime of fun! Now is a perfect time to try swing dancing! Monica Mohn uses her competitive dance experience to make the swing easy, with patterns you can use for years to come. Couples only please.

Wednesday • Nov 15 • 7:00 - 9:00 p.m. • \$39

Class ID # 2505 • Harambee • Instructor: Monica Mohn

Card Sharks

Have fun playing cards with others who enjoy card games as much as you do. We'll have Uno, Skip Bo, Phase 10, as well as regular cards to play!

Wednesday • Nov 15 • 1:00 - 3:00 p.m. • **FREE!**

Class ID # S5011 • ATEC



Paint Night - Wine & Grapes

Relax, paint and have a great time at our Paint Along! Grab a friend or make it a group event and enjoy a fun evening. The instructor will teach you step by step to create artwork on a canvas ready to be displayed. We will be using acrylic paints. Includes all the art supplies canvas, easel, aprons, paints.

Thursday • Nov 16 • 5:30 - 7:30 p.m. • \$45

Class ID # 1092 • Harambee • Instructor: Swetha Avula

Growing Microgreens

Learn about growing microgreens, quick-growing vegetables and herb seedlings that can be grown indoors and used in salads or as fresh green in many types of dishes during the cold seasons of the year.

Monday • Nov 20 • 6:30 - 7:30 p.m. • \$19

Instructor: Ramsey County Master Gardeners

📺 [Online](#) Class ID # 2001



How Wills and Trusts Can and Cannot Help You

What is estate planning and why is it crucial? This class explores the purposes for estate planning, basic plans for married couples and single individuals, and reviews wills and trusts in detail. We will also review powers of attorney, guardianships, health care directives, and the probate process. A well-planned estate will allow the maker to stay in control even in the event of disability, and will avoid probate and unnecessary fees and delays upon death.

Tuesday • Nov 21 • 6:00 - 7:30 p.m. • \$25

Class ID # 1517 • ATEC • Instructor: Amanda Hespen

Pelvic Floor Health

Did you know that 1 in 4 women have some kind of pelvic floor dysfunction? They can range from pelvic pain to leaking urine. Even though these are common, they are not something you have to live with. Pelvic floor physical therapy is exploding in popularity, but what is it and how can pelvic floor physical therapy help you? Get all of your questions answered by Dr. Amy Kusterman, PT, DPT.

Tuesday • Nov 21 • 10:00 - 11:00 a.m. • \$10

Class ID # S4564-2 • ATEC

Morning Talks - Little Canada's History

Join us as we dive into the rich history of Little Canada's French-Canadian founders, and how Little Canada came to be. Curtis Loschy, the LC History Center's past president, will be your guide as we learn about the local pioneers from the past. Free blood pressure screening is available from 8:30 - 9:00 a.m. as well.

Tuesday • Dec 5 • 9:00 - 10:00 a.m. • **FREE!**

Class ID # S5021 • ATEC • Instructor: Curtis Loschy

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. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Wednesday • Dec 6 • 6:30 - 7:30 p.m. • **FREE!**

Instructor: Alzheimer's Association

📺 [Online](#) Class ID # S4551-2

To register, call 651-604-3770
or visit our registration
website isd623.ce.eleyo.com

Fall Enrichment Classes! (Continued)

Simple Stretches for Injury & Pain Reduction

Flexibility is important because lack of mobility changes how we move. Compensating for a lack of flexibility is one cause of pain and can also be a direct cause of injury, since mobility and balance are both affected by being inflexible. Mia Bremer will explain how flexibility affects your daily life and provide simple stretches to incorporate!

Thursday • Dec 7 • 9:30 - 11:00 a.m. • \$25
Class ID # S4563 • ATEC • Instructor: Mia Bremer



Intro to Online Genealogy

There has never been a better time to start discovering your family's history. Gone are the days of only traveling to courthouse basements and archives. You can now research easily from your own home. Join me as I teach you how to get started, reviews of subscription websites, which tools to use, which types of records you'll find, plus how to be an effective and accurate researcher.

Thursday • Dec 7 • 6:00 - 7:15 p.m. • \$35
Class ID # 5045 • ATEC • Instructor: Jen Shaffer



Q & A Seminar with a Minnesota Will and Trust Planning Attorney


This is a relaxed and friendly open-forum seminar for participants with a seasoned Will & Trust attorney. Questions like: Should I avoid Probate? Is a Will good enough? Do I need a Trust? How does my plan deal with the nursing home? How do we gift the assets of husband and wife? What about separate assets not of the marriage? If I am alone, what tools protect me best? How do I decide who should serve in my estate plan? What is the death tax? Which Trust is best for my needs? Can I use a Transfer-On-Death Deed? How do my retirement assets operate in my Will or Trust? All questions will be answered!

Tuesday • Dec 12 • 6:30 - 8:00 p.m. • \$19
Class ID # 1558 • ATEC • Instructor: Steve Ledin



Protect Your PC - Defend Your PC Against Viruses, Hackers & Malicious Software

Viruses, malware, ransomware, phishing, smishing, vishing, social engineering... The list of digital threats expands daily and hardly a moment goes by without some form of attack appearing in the news. Is your Windows 11 computer secure against the continual onslaught of the modern online World? I'll help you secure your computer, network and devices against such threats and with easy-to-follow tutorials, help arm you against potential threats and attacks. For parents and guardians, I also cover looking out for your children online. You'll soon be security savvy and prepared!

Tuesday • Dec 12 • 5:30 - 7:30 p.m. • \$35
 Online Class ID # 5543 • Instructor: Sara A. Reimann

Country Line Dance Workshop

Join in for a fun filled night of three country classics: Slappin' Leather, Tush Push and Honky Tonk Stomp. No partner needed!

Wednesday • Dec 13 • 6:00 - 7:00 p.m. • \$19
Class ID # 2555 • Harambee • Instructor: Monica Mohn


Board Battles

Who doesn't love a classic board game? Enjoy a trip down memory lane as you get competitive over games that have been popular for decades!

Wednesday • Dec 13 • 1:00 - 3:00 p.m. • **FREE!**
Class ID # S5012 • ATEC

All About Seeds

Seeds are the foundation of a garden. This class is all about seeds and you will learn about choosing seeds, growing seeds, and saving seeds!

Saturday • Dec 16 • 10:00 - 11:00 a.m. • \$19
Instructor: Ramsey County Master Gardeners
 Online Class ID # 3503

Level Up Your Genealogy Research 2: More Ways of Advancing Your Research

Moving beyond auto-generated hints on the big platforms like Ancestry.com and MyHeritage is the only way to make progress in your research. I will show you more ways to find obscure records, how to use them and research techniques used by the pros.

Monday • Dec 18 • 6:00 - 7:15 p.m. • \$35
Class ID # 5046 • ATEC • Instructor: Jen Shafer

Write Your Own Health Care Directive and Power of Attorney

If you become incapacitated, who will carry out your wishes regarding your health care and personal financial affairs? By having a plan, you get to make your own choices. Learn about and draft a Health Care Directive and a Power of Attorney. Participants should be comfortable using a computer, as work will be completed in a computer lab. Some prep work required; packet sent one week prior to class. Instructor is an experienced estate planning, probate and business law attorney.

Tuesday • Dec 19 • 6:00 - 9:00 p.m. • \$65
Class ID # 1540 • ATEC • Instructor: Jesse Griffin

To register, call 651-604-3770
or visit isd623.ce.eleyo.com

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 Têca Education Center.*

Wed/Thu • November 8 & 9 • 5:30 - 9:30 p.m.

▶ *Online* Class ID # SZ5021-5 • \$35

Tue/Wed • November 28 & 29 • 1:30 - 5:30 p.m.

▶ *Online* Class ID # SZ5021-6 • \$35

Tue/Wed • December 12 & 13 • 1:30 - 5:30 p.m.

▶ *Online* Class ID # SZ5021-7 • \$35

55+ DEFENSIVE DRIVING REFRESHER 4-HOUR

Thursday • November 2 • 5:30 - 9:30 p.m.

▶ *Online* Class ID # SZ5020-4 • \$31

Saturday • November 11 • 9:00 a.m. - 1:00 p.m.

Class ID # S5020-8 • \$31

Thursday • November 30 • 9:00 a.m. - 1:00 p.m.

Class ID # S5020-9 • \$31

Saturday • December 9 • 9:00 a.m. - 1:00 p.m.

Class ID # S5020-10 • \$31

Tuesday • December 12 • 1:00 - 5:00 p.m.

Class ID # S5020-11 • \$31

Tuesday • December 19 • 1:00 - 5:00 p.m.

▶ *Online* Class ID # SZ5020-5 • \$31

Tuesday • January 9 • 1:00 - 5:00 p.m.

Class ID # S5020-1 • \$31

Saturday • January 20 • 9:00 a.m. - 1:00 p.m.

Class ID # S5020-2 • \$31

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



Roseville Celebrates the Athletic Hall of Fame Class of 2023 Inductees!

On Friday, September 8, Roseville Area Schools inducted the members of the Athletic Hall of Fame Class of 2023. They are (pictured left to right): Steve Ulseth, Ronda Curtin Engelhardt, Amy Doherty, Mike Flatten, Mike Muscala, and Mark Curley. (Not pictured: Anna McLoon)

Students Explore Pond Ecology!

As part of their study of ecology, Roseville Area High School students in Biology A class participated in a pond study. According to RAHS biology teacher Samantha Padelford, students gathered macroinvertebrates and observed plants, animals, and the amount of biodiversity that exists. They follow up the next day to classify what "critters" they find and discuss what they eat as well as the overall health of the pond.



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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



Foot Care Clinic

A Registered Nurse trims nails, does assessments, and teaches you how to care for your feet. Appointments are being taken for November 7, 13, 14, 21, 27, 28 and December 5, 11, 12, 19.

- The clinic is held in room C125. The cost is \$50, 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.



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/ or by calling the Senior LinkAge Line at 800-333-2433

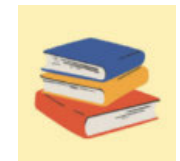


Progressive Hand & Foot Card Game

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, Nov. 28 – *Whiskey and Charlie* by Annabel Smith
- Tuesday, Jan. 23 – *The Book Woman of Troublesome Creek* by Kim Michele Richardson
- Tuesday, Mar. 26 – *Crossing to Safety* by Wallace Stegner
- Tuesday, May 28 – *The Memory Keeper's Daughter* by Kim Edwards

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 or 651-604-3537.

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)**

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



Older Adult Bowling

Flaherty's Arden Bowl, 1273 W County Road E

Mon, 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

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 Nov 1-Dec 20

Regular \$88, RV Resident \$80

Tap for Older Adults

Roseville Wellness Studio

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!

Regular \$63, RV Resident \$55

Senior Skating

Roseville Skating Center

Wednesdays | 1:00 - 2:30 p.m. | \$6

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

Beginner – Nov. 3rd-Jan. 5th 8:30 am

Intermediate – Nov. 3rd-Jan 5th 9:30 am

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WINTER Staycation

Beat the winter blues and leave the shoveling and maintenance to us!

- Join us for two months or longer...your choice.
- Socialize and try new hobbies.
- Relax while we do the cooking and cleaning.
- Try a furnished or unfurnished senior living apartment before making a permanent move.
- Enjoy on-site therapy, a salon, spiritual care, wellness programs and more!

To schedule a tour call (651) 429-9654 or scan QR code.

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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 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.

10 Signs of Dementia & the Importance of Socialization and Cognitive Stimulation

Tues, November 14 | 1:00 - 3:00 p.m. at Roseville City Hall
2660 Civic Center Drive, Roseville, MN
FREE to attend! No registration required.

A dementia care specialist with Lyngblomsten Community Services, Carolyn will share 10 signs of dementia you may notice in yourself or a loved one, and then highlight a number of resources (including brain stimulating opportunities) that can help persons experiencing early-stage dementia or mild cognitive impairment.

Avoiding Power Struggles

Tues, December 12 | 1:00 - 3:00 p.m. at Roseville City Hall
2660 Civic Center Drive, Roseville, MN
FREE to attend! No registration required.

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!

The Dementia-Friendly Airports Working Group

We work to improve air travel for people living with dementia and their care partners by identifying, developing, and sharing dementia-friendly resources and protocols for travelers and for airport, security, and airline staff, including disability advocates.



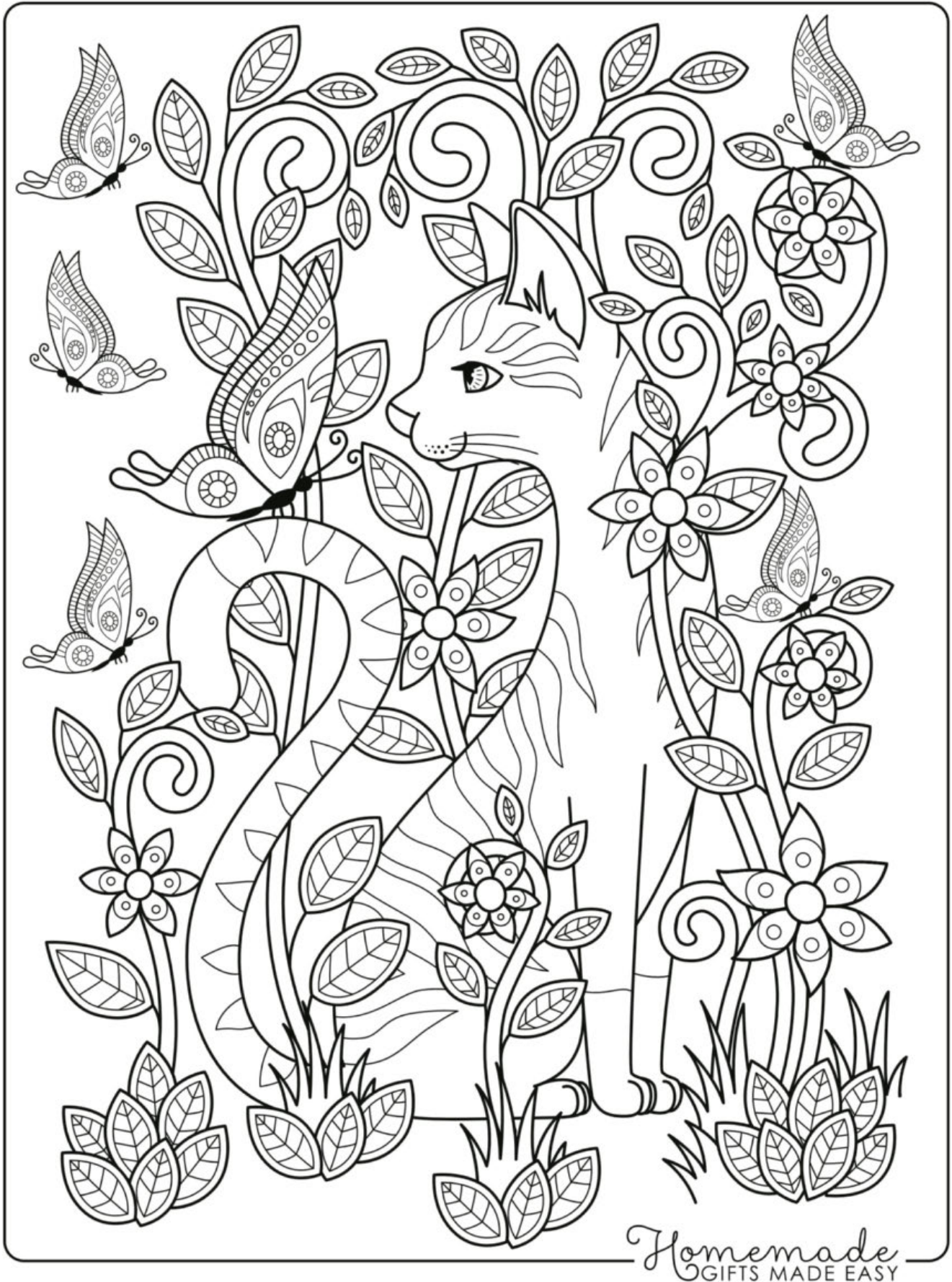
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For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

Coloring Sheet



Homemade
GIFTS MADE EASY

Families Word Find

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


Aunt
 Daughter
 Granddaughter
 Grandson
 Nephew
 Sister
 Wife

Brother
 Father
 Grandma
 Husband
 Niece
 Son

Cousin
 Friend
 Grandpa
 Mother
 Partner
 Uncle


Flaming Spoon Café Menus

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHICKEN ALFREDO STEAMED GREEN BEANS MANDARIN ORANGES FRENCH BREAD DESSERT	2 STUFFED GREEN PEPPER with BROWN RICE CAPRI VEGETABLES CINNAMON APPLESAUCE	3 NATIONAL SANDWICH DAY CRISPY CHICKEN SANDWICH on a WHOLE GRAIN BUN BAKED BEANS SPICED PEACHES
6 CHICKEN CHILI STEAMED CORN CHILLED PINEAPPLE WARM CORNBREAD DESSERT	7 CHICKEN FRIED STEAK with COUNTRY GRAVY MASHED POTATOES STEAMED CARROTS CHILLED PEARS BAKED ROLL	8 LEMON PEPPER TILAPIA RICE PILAF CALIFORNIA BLEND VEG WHEAT ROLL FRUIT COCKTAIL	9 PIZZA BURGER WITH MOZZARELLA CHEESE SEASONED POTATOES STEAMED CARROTS CHILLED MIXED FRUIT	10 CHICKEN WILD RICE SOUP STEAMED GREEN BEANS WHEAT ROLL CHILLED PINEAPPLE DESSERT
13 PORK LOIN MUSHROOM/ONION GRAVY WHIPPED POTATOES CAPRI BLEND VEGETABLES CHILLED PINEAPPLE	14 SPAGHETTI with MEAT SAUCE STEAMED BROCCOLI CHILLED PEARS FRENCH BREAD	15 BEEF CHOW MEIN BROWN RICE CRUNCHY NOODLES ASIAN STIR FRY VEGETABLES MANDARIN ORANGES FORTUNE COOKIE	16 ROAST TURKEY MASHED POTATOES GREEN BEAN CASSEROLE BAKED WHEAT ROLL CHILLED FRUIT PUMPKIN BAR	17 BEEF & CHICKEN BOOYA HOT VEGETABLE MANDARIN ORANGES WARM CORNBREAD DESSERT
20 CHEESEBURGER WHOLE GRAIN BUN SEASONED POTATOES BAKED BEANS CHILLED PEARS	21 LU'S HOMEMADE MEATLOAF BAKED POTATO SOUR CREAM STEAMED GREEN BEANS CHILLED PEACHES	22 BEEF LASAGNA MONTERY BLEND VEGETABLES CHILLED MIXED FRUIT FRENCH BREAD DESSERT	23 CLOSED THANKSGIVING HOLIDAY	24 CLOSED THANKSGIVING HOLIDAY
27 SCALLOPED POTATOES with DICED HAM STEAMED GREEN BEANS BAKED WHEAT ROLL CHILLED PEACHES	28 CHEESEBURGER SEASONED POTATOES STEAMED CARROTS CHILLED MIXED FRUIT	29 CHICKEN POT PIE STEAMED PEAS & CARROTS CHILLED FRUIT COCKTAIL BUTTERY BISCUIT DESSERT	30 BEEF & BROCCOLI STEAMED BROWN RICE CAPRI VEGETABLES CHILLED PEARS DESSERT	

Menu subject to change based on product availability

December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 DICED TURKEY IN GRAVY MASHED POTATOES STEAMED VEGETABLES CHILLED PEACHES BUTTERY BISCUIT
4 NATIONAL COOKIE DAY CHICKEN CORDON BLEU RICE PILAF STEAMED BROCCOLI BANANA COOKIE	5 PIZZA BURGER WITH MOZZARELLA CHEESE SEASONED POTATOES STEAMED CARROTS CHILLED MIXED FRUIT	6 BREAKFAST FOR LUNCH ENGLISH MUFFIN WITH EGG TURKEY SAUSAGE & CHEESE BREAKFAST POTATOES CINNAMON APPLESAUCE	7 TATOR TOT HOTDISH STEAMED CARROTS CHILLED FRUIT DESSERT	8 ITALIAN CHICKEN BREAST RICE PILAF ITALIAN BLEND VEGETABLES WHEAT ROLL CHILLED APRICOTS
11 LEMON PEPPER TILAPIA RICE PILAF CALIFORNIA BLEND VEG WHEAT ROLL FRUIT COCKTAIL	12 CHICKEN DUMPLING SOUP STEAMED BROCCOLI CINNAMON APPLESAUCE WARM CORNBREAD DESSERT	13 LU'S HOMEMADE MEATLOAF MASHED POTATOES STEAMED GREEN BEANS CHILLED PEACHES	14 BAKED HAM w/ PINEAPPLE SWEET POTATOES STEAMED GREEN BEANS FRUIT WHEAT ROLL PUMPKIN BAR	15 TURKEY TETRAZZINI WARM CORNBREAD STEAMED HOT VEGETABLES CHILLED FRUIT
18 SALISBURY STEAK MUSHROOM/ONION GRAVY MASHED POTATOES MIXED VEGETABLES CHILLED FRUIT	19 SWEET & SOUR MEATBALLS BROWN RICE ASIAN VEGETABLES CHILLED PINEAPPLE FORTUNE COOKIE	20 BAKED PENNE STEAMED BROCCOLI FRENCH BREAD CHILLED PEARS DESSERT	21 BEEF LASAGNA ITALIAN BLEND VEGETABLES MANDARIN ORANGES FRENCH BREAD DESSERT	22 CLOSED CHRISTMAS HOLIDAY
25 CLOSED CHRISTMAS HOLIDAY	26 BEEF CHILI STEAMED CORN CHILLED PEARS WARM CORNBREAD DESSERT	27 SLOPPY JOE WHOLE GRAIN BUN BAKED CHIPS STEAMED PEAS & CARROTS WARM APPLE SLICES	28 SWISS STEAK BAKED POTATO WITH SOUR CREAM STEAMED CARROTS CHILLED FRUIT	29 CHICKEN ALFREDO STEAMED GREEN BEANS MANDARIN ORANGES FRENCH BREAD DESSERT



Roseville Area Schools
Roseville Area Senior Program
1910 County Road B West
Roseville, MN 55113

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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

1910 County Road B W, Roseville | 651.604.3518

Monthly menus available online at 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!