

The Chatter

Winter
2024

A Publication for Experienced Adults

Sponsored by and serving Independent School District 191 and the City of Burnsville



ERA AGING & WELLNESS EXPO

Thursday, April 25, 2024

2 pm to 5 pm

Burnsville Senior Center

(Diamondhead Ed Center - 200 W. Burnsville Pkwy.)

Discover a wide variety of area services during this free event sponsored by the Elder Resource Association (ERA) - South of the River. You'll also enjoy exhibits, goodie bags, door prizes, treats, health screenings and more.

For complete details, turn to page 19!

Our Mission

To provide a Senior Center that is a community focal point on aging where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the Center and the community.

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**Extensive college
and career prep
opportunities**

**Pre-engineering courses
in middle & high school**

**Commitment to arts
education at all levels**

**One-to-one technology
in grades 6-12**

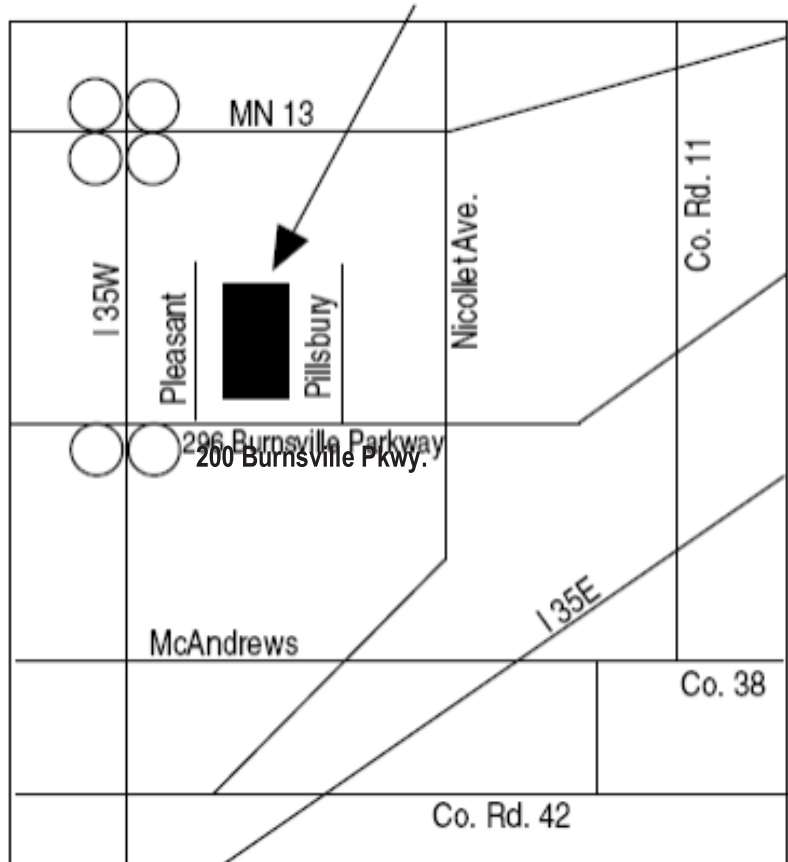
**Dedicated, talented
staff members**

District
one91
Future Ready. Community Strong.

952-707-2000

www.isd191.org

Directions to Burnsville Senior Center



**Burnsville Senior
Center**

Where aging is embraced

The Burnsville Senior Center is located in the lower level of DEC (Diamondhead Education Center).

Address: 200 W. Burnsville Pkwy
Burnsville, MN 55337
Phone: 952-707-4120
Email Address: senior.center@isd191.org
Hours: Monday - Friday (9:00 am - 4:30 pm)

To register for classes or events, please use the registration forms on the back page. Registrations may be mailed or dropped off at the above address.

Senior Center Advisory Council

Martha Nicholas
Ingrid Jensen
Barb Knoke
Audrey Lattery
Maggie McKinney

Wayne Scheffel
Fred Steadman
Wanda Trousil
Liz Whetter
Guests welcome

Burnsville Senior Center



Where aging is embraced

Senior Center Partners:

Linda MelbergSite Manager - noontime Dining Program
 Susan DiesethMoving Meals Program Manager
 Barb Tiggemann Friendly Visitors Program - DARTS
 Joyce FagernessQuilters Coordinator
 Bruce SmithWoodcarving Coordinator
 Sherry BeasonKnitter Coordinator
 Norma Pedersen..... Craft Group Coordinator
 Jack Corley & Dick Hennon Duplicate Bridge Coordinators
 Colleen Malterud.....Hand & Foot Coordinator
 Sharon Raasch..... Stroke Group Coordinator
 Wanda TrousilLibrary Coordinator
 Barb Knoke..... Garden Coordinator
 Dan McElroyMen's Breakfast Coordinator
 Senior Led Sunshine Stretch Coordinator
 Barb Knoke.....Decorations Coordinator
 Trellis.....Health Insurance Counselor
 Lin Moilan..... Scrabble Coordinator
 Gary Konkler & Elizabeth Mikeworth.....500 Coordinators
 Judy Hurley Card Recycling Coordinator
 Maggie McKinneyParticipation Coordinator
 Naomi Whitman..... Cribbage Coordinator
 Maggie McKinneyLadies Breakfast Coordinator
 Sara Miller..... So Metro Stitchers Coordinator
 Dwight Olinger Twin Cities Ukulele

Fun and Friendship Officers 2023-2025:

Martha Nicholas President
 Sue FullerFirst Vice President
 Barb KnokeSecond Vice President
 Liz Whetter Secretary
 Ingrid JensenTreasurer

Burnsville Senior Center Newsletter Staff



Editor:
Michele Starkey

The SENIOR CHATTER is mailed to over 3,900 senior households in northwest Dakota County courtesy of ISD 191 Community Education and the City of Burnsville.

- If you have friends, relatives, or neighbors who would like to receive a free subscription to THE CHATTER, have them call 952-707-4120.
- If you do not wish to receive THE CHATTER, please call 952-707-4120 and have your name removed.

Online:
www.communityed191.org



MICHELE'S MOMENTS

Welcome 2024! As I write this I reflect on the fact that I have been in this position for over 25 years. My goodness how time flies. It seems like only yesterday I came into the DEC building looking to interview and got lost! When I found the senior center, they were cleaning and very politely redirected me. I took the position on a temporary basis and look at me now.



Michele Starkey

The old hardware store was still up on the corner. The taco place upstairs had just closed. There were murals on the walls from the previous occupant. I have heard over the years that our space was a travel agency and then a furniture store when this was actually the Diamondhead Mall. The upstairs was being redesigned to accommodate the high school seniors because that school was so crowded and the smell of sour milk was in the air from the old grocery store. Believe me, A LOT has changed in 25 years.

Computer classes were hot and we had two computer labs. Now, fitness has taken over. We may actually be adding a third Strength and Balance class because of the demand. So many of our current group existed but some were much smaller while others had lots of attendance. Simply going out to eat was a regular trip. Fun and Friendship had trouble meeting because the space was so small. Coffee sold for 10 cents a cup. The Chatter newsletter was black print on buff colored paper. Community service groups were small then but the amount of giving they do to this community is now overwhelming. Santa to a Senior was unknown and now touches over 350 seniors every year. Weekly phone calls and emails were not even possible. Needless to say, we continue to do ~~good~~ GREAT work and grow as a very vibrant part of this community!

Spring is going to bring the Open House on January 5th from 1 – 3pm. We have added a new group. Please welcome the South Metro Stitchers who will meet the 4th Monday monthly from 5 – 8pm. They gather to crochet, knit, tat, cross-stitch, needlepoint and embroidery. Join them if you would like.

March 19 will be the Spring Bake Sale so we are already looking for bakers. We will celebrate our FABULOUS volunteers in April with a pancake breakfast again. And the Annual Aging and Wellness Expo is set for April 25. Hopefully by then, the snow will already be melting and we can move onto the summer.

As I anticipate retirement, I must share what a joy this job has been for me. I will be writing one more Chatter so you will hear from me at least one more time. Until then, enjoy the snow!

Michele

ADVISORY COUNCIL HIGHLIGHTS

From the Burnsville Senior Center Advisory Council

During the fall months, the following items were discussed by the Burnsville Senior Center Advisory Council

Shot Clinics

We had three flu and a covid vaccination clinics this fall, courtesy of the Cub Pharmacy on 42. Ecumen was here to provide support and goodies and the lines moved pretty well. We got a grant from NCOA to help support this effort and are very pleased to make this option available.



Be A Santa To A Senior

AGAIN and AGAIN and AGAIN – you show up and support the isolated seniors in this community. Be A Santa to a Senior was very successful AGAIN this year. This partnership with Home Instead has been one of the really good things we have done over the years. They are SO thoughtful and generous and we enjoy working side by side with them. Thank you to EVERYONE who nominated, bought, sorted, wrapped and delivered this year. You are amazing.



Annual Giving Campaign

Some things change and some things don't. We are glad your support hasn't changed and grateful to see it every day. On behalf of the One91 school district & the City of Burnsville, we thank you.

Building Security

Door # 12 remains locked unless there is a Special Event. Please check signage or call us if you have any questions. Door 11 is monitored and should be used to enter the DEC building unless otherwise noted. We are still looking into getting a reader on our Door # 12 in the future.

Processing Fees and Cancellation Fees

There remain questions about this fee application. IF you use a credit card, there is a \$2 processing fee applied by Community Education for processing your credit card. IF you need to cancel a class, there is now a \$10 fee to move or cancel classes or activities IF it is within 5 days of the event. If more than 5 days, there is no refund.

Show me the NUMBERS

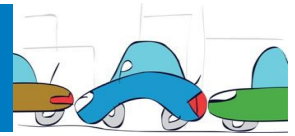
My pleasure. Weekly we do a call out to the people on our mailing list or drop them a quick email. We acknowledge you are out there and update you on what is happening at the Burnsville Senior Center. To date, since the beginning of Covid (March 16, 2020 through the writing of these Moments), for 197 consecutive weeks, I have CALLED almost 335,000 times and emailed just under 138,000 times. Needless to say, you keep me very busy!

Meal Deal Popularity

With the support of the Burnsville-Savage Lions Club and the hard work of our local Apple Valley Perkin's restaurant, we provided over 500 complete, turkey dinners this year. At just \$7 per meal, these complete, precooked turkey dinners and pie, were just in time for the holidays and enjoyed by many of you. Here's to looking forward to next year!



DRIVER SAFETY



The Burnsville Senior Center has partnered with Minnesota Highway Safety and Research Center to offer driver improvement courses for adult drivers. As with all driver improvement courses sanctioned by the State Department of Public Safety, drivers over 55 may be entitled to a 10% discount on their auto insurance. An eight-hour course is initially required, followed by a four-hour refresher class every three years. All driver improvement courses must be refreshed every three years to keep the discount in force. NO written or behind-the-wheel tests will be given. Classes are intended to be non-threatening, interactive and informative.

Several ways to register:

- Mail in your registration form and a check made out to "Burnsville Senior Center".
- Visit our website www.rschooldtoday.com/isd191site and find class list under Community/Community Ed.
- Visit the Burnsville Senior Center & we'll assist you.
- Call the MHSRC toll-free 1-888-234-1294, register and pay at the time of the class.

Please note there is a \$5 fee for any changes on pre-paid classes and no refunds if you are unable to attend a pre-paid class.

Driver Improvement 8 HR Program

Drivers over 55 are eligible to receive a 10% discount on their auto insurance upon completion of this program. This 8 hour program offers a learning experience for participants by providing instruction from a certified professional who uses the most up-to-date research in the field. Instructors have completed 40 hours of training and must complete a re-certification program by MHSRC every three years. Topics covered include but are not limited to: visual scanning techniques, steering techniques, antilock brake systems, airbag safety and new vehicle technology. Classes are held at the Diamondhead Education Center in the Meeting Room. Cost: \$28.00.

Driver Improvement 4 HR Refresher Program

This 4 hour program is open to anyone who has previously taken an eight-hour course. Participants of all eight-hour are welcome. This course has demonstrated a reduction in accidents and traffic violations and is designed to meet the needs of the mature driver. Topics reviewed include but are not limited to: visual scanning techniques, antilock brake systems, airbag safety and new vehicle technology. Classes are held at the Diamondhead Education Center in the Meeting Room. Cost: \$24.00.

DEFENSIVE DRIVING

Office Use _____
 Name _____
 Telephone (Work/Cell) _____
 E-mail _____
 Address _____
 City, State, Zip _____

For the latest updates on driver safety classes, visit:
www.mnsafetycenter.interactyx.com/Pages/Catalog/CourseCatalog.aspx

8-Hour Course • #0908 (Cost: \$28.00)

- | | | | |
|--------------------------|----------------|------------------------|----------------|
| <input type="checkbox"/> | #0908-Jan1718 | Wed, Thu, Jan 17 & 18 | 5:30-9:30 pm |
| <input type="checkbox"/> | #0908-Feb1415 | Wed, Thu Feb 14 & 15 | 1-5 pm |
| <input type="checkbox"/> | March No Class | March No Class | March No Class |
| <input type="checkbox"/> | #0908-Apr0203 | Tues, Wed, Apr 2 & 3 | 5:30-9:30 pm |
| <input type="checkbox"/> | #0908-May2223 | Tues, Wed, May 22 & 23 | 5:30-9:30 pm |

4-Hour Refresher Course • #0904 (Cost: \$24.00)

- | | | | |
|--------------------------|-------------|-----------------------|--------------|
| <input type="checkbox"/> | #0904-Jan09 | Tuesday, January 9 | 1-5 pm |
| <input type="checkbox"/> | #0904-Jan22 | Monday, January 22 | 5:30-9:30 pm |
| <input type="checkbox"/> | #0904-Feb1 | Thursday, February 1 | 1-5 pm |
| <input type="checkbox"/> | #0904-Feb7 | Wednesday, February 7 | 5:30-9:30 pm |
| <input type="checkbox"/> | #0904-Feb19 | Monday, February 19 | 1-5 pm |
| <input type="checkbox"/> | #0904-Feb27 | Tuesday, February 27 | 5:30-9:30 pm |
| <input type="checkbox"/> | #0904-Mar14 | Thursday, March 14 | 1-5 pm |
| <input type="checkbox"/> | #0904-Mar26 | Tuesday, March 26 | 5:30-9:30 pm |
| <input type="checkbox"/> | #0904-Apr17 | Wednesday, April 17 | 1-5 pm |
| <input type="checkbox"/> | #0904-Apr23 | Tuesday, April 23 | 5:30-9:30 pm |
| <input type="checkbox"/> | #0904-May8 | Wednesday, May 8 | 5:30-9:30 pm |
| <input type="checkbox"/> | #0904-May21 | Tuesday, May 21 | 1-5 pm |
| <input type="checkbox"/> | #0904-Jun13 | Thursday, June 13 | 5:30-9:30 pm |
| <input type="checkbox"/> | #0904-Jun17 | Monday, June 17 | 1-5 pm |
| <input type="checkbox"/> | #0904-Jun25 | Tuesday, June 25 | 5:30-9:30 pm |

Payment Method

Cash _____ Charge My: Visa MasterCard
 Check _____ Expiration Date: _____
 Account Number: _____
 Signature: _____



EDUCATIONAL OPPORTUNITIES

Strength & Balance #09SB

A fun exercise class led by a knowledgeable instructor where the primary goal is to have fun! This is a low impact class that helps you improve flexibility and build strong muscles. Strength exercises may include lifting weights, using resistance bands or doing body-weight exercises. Class will meet on Mondays, Wednesdays and Fridays with one class from 10:30 to 11:15 am and the second class from 11:30 am to 12:15 pm in Studio B at the Diamondhead Education Center.

This class may be covered by your health insurance. To determine if this class is covered by your health insurance, please provide health insurance information and your date of birth when registering.

#09SB - Jan1030
Jan. 3 - 31
10:30 am - 11:15 am
13 sessions • M-W-F/\$32

#09SB - Feb1030
Feb. 2 - 28
10:30 am - 11:15 am
12 sessions • M-W-F/\$32

09SB - Mar1030
Mar. 1 - 29
10:30 am - 11:15 am
13 sessions • M-W-F/\$32

#09SB - Apr1030
Apr. 1 - 29
10:30 am - 11:15 am
13 sessions • M-W-F/\$32

#09SB - May1030
May 1 - 31
(No class 5/27)
10:30 am - 11:15 am
13 sessions • M-W-F/\$32

#09SB - Jan1130
Jan. 3 - 31
11:30 am - 12:15 pm
13 sessions • M-W-F/\$32

#09SB - Feb1130
Feb. 2 - 28
11:30 am - 12:15 pm
12 sessions • M-W-F/\$32

09SB - Mar1130
Mar. 1 - 29
11:30 am - 12:15 pm
13 sessions • M-W-F/\$32

#09SB - Apr1130
Apr. 1 - 29
11:30 am - 12:15 pm
13 sessions • M-W-F/\$32

#09SB - May1130
May 1 - 31
(No class 5/27)
11:30 am - 12:15 pm
13 sessions • M-W-F/\$32



EDUCATIONAL OPPORTUNITIES

Chair Tai Chi #09TC

Tai Chi has been practiced in China for centuries for health benefits and to harmonize the body and mind. The slow flowing movements of Tai Chi are non-impact and build balance, flexibility and strength while reducing stress. This class is endorsed by the MS Society and is specifically beneficial for people with MS, Parkinson's and other chronic illnesses and people with limited mobility. Students will use a chair and progress to standing Tai Chi, if appropriate. Join us for fun, exercise and relaxation. For questions call 952-707-4120 or send an email to anne.kamiri@gmail.com. **Classes conducted in the DEC Studio A on Wednesdays.**

#09TC - Mar6
Mar. 6 - Apr. 24
(No Class 3/20)
11:15 am-12 pm
7 sessions/\$49

#09TC - May1
May 1 - June 26
(No Class 5/15 & 6/19)
11:15 am-12 pm
7 sessions/\$49



NEW! Zumba

Join the Zumba® party! Zumba is known for high energy, easy-to-follow dance routines. Dance to world music and pop songs for effective head-to-toe, low impact fitness. Practice movement and balance while protecting knees and joints. No dance experience necessary. Wear comfortable clothing and tennis shoes. Bring a water bottle and a hand towel. (This is a knee and joint friendly option!) Katie Scott is a Zumba fitness enthusiast. She's been a class participant for many years. Newly retired, she completed training and certification to become a Zumba instructor. Katie is excited to share her Zumba joy in a knee and joint friendly class. Tuesdays 4 sessions 10-11 am \$49 DEC Studio A.

F850-3A Jan 9-30 • F850-3B Feb 6-27 • F850-3C Mar 5-26
F850-4A Apr 2-23 • F850-4B Apr 30-May 21 • F850-4C June 4-25

No Fear Oil Painting: Landscapes

Have you ever wanted to experience the joy of painting with oils but been afraid to try? Join us to create a beautiful oil painting on an 8 x 10 " canvas following step-by-step instructions. Learn about the paints and other tools needed to create an oil painting. Please bring a box to bring your painting home as oil paints remain wet for a long time. Vanessa Merry

A445-3D • Thurs, Mar 21
1 session • 1-3 pm \$59
DEC Sr Center Mtg Rm

Beginning Watercolor Painting

Release your inner watercolor artist. Learn step-by-step how to paint quick and easy landscapes with watercolor. You will be surprised how you can really capture the atmosphere of a scene. Leave class knowing the techniques used to paint skies, backgrounds, foregrounds, and trees. Brushes and watercolors are provided. Bring a pad of watercolor paper to class. You will learn about the many paper options in the first class. Vanessa Merry.

#A445-3D • Thurs, Mar 21
1 session • 1-3 pm • \$59
DEC Sr Center Mtg Rm

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Acrylic Painting

Create a unique, quick and expressive acrylic painting. Working quickly allows colors to blend and brush strokes to show, creating dynamic results. Step-by-step instructions and lessons in composition and color mixing contribute to your success. No experience necessary and all supplies are included. Vanessa Merry

A445-4A • Thurs, Apr 18 • 1 session • 1-3 pm • \$49
Diamondhead Sr Center Mtg Rm



EDUCATIONAL OPPORTUNITIES

Painters Workshop #09PW

This painter's workshop is for beginning and experienced artists in oil/acrylics. It features a cooperative painting time that allows you to develop and enhance your own artistic style. The group setting provides a great source of motivation and inspiration. Students will gain perspective and insight from one another while developing their artistic knowledge of the proper use of materials, blending, color mixing, other techniques and art history through demonstrations, discussions and handouts. Please bring your own materials. This is a self-led workshop held Fridays, from 9 am to noon. **All classes are conducted in the DEC meeting room on Fridays from 9am-12pm unless otherwise noted.**

#09PW - Jan 5 • 4 sessions
Jan. 5-26 • \$12

#09PW - Mar 1 • 5 sessions
Mar. 1-29 • \$15

#09PW - Feb 2 • 4 sessions
Feb. 2-23 • \$12

#09PW - Apr 5 • 4 sessions
Apr. 5-26 • \$12

#09PW - May 3 • 5 sessions
May 3-31 • \$15

Have You Heard of a Death Doula?

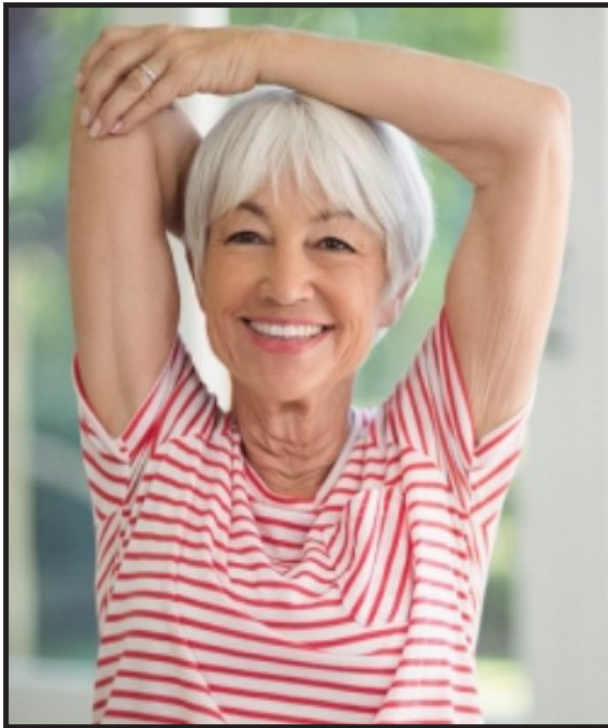
Let's Talk about Death & learn about the support of a Death Doula. I welcome you to explore the mystery of death and dying with me. Learn about the growing trend to have a Death Doula by your side. I believe in the importance of restoring death to its sacred place in the beauty, mystery and celebration of life. Bring a comforting hot tea, coffee or water & we'll have a conversation about atopic that is often not talked about until it is upon us. You'll leave with information to spur these valuable conversations with loved ones.

Ann Viveros is a graduate of the Conscious Dying Institute. She is a death doula and end of life coach. Her passion is teaching self-care and inquiry-based mindful awareness practices so that we may experience a more peaceful death.

H422-04 • Sat Apr 6 • 10 am-12 pm • \$29
DEC Sr Center Mtg Rm



EDUCATIONAL OPPORTUNITIES



Sunrise Stretch #09SS

A self-led early morning exercise class done with pre-recorded instructions. Class meets every Monday, Wednesday and Friday from 8:30 - 9:30 am in Studio B at DEC. Cost: \$10 per session. This interactive class combines flexibility, strengthening and conditioning with socializing and fun!

#09SS - Jan3
Jan. 3 - 31 • M-W-F
8:30 am - 9:30 am
13 sessions/\$10

#09SS - Mar1
Mar. 1 - 29 • M-W-F
8:30 am - 9:30 am
13 sessions/\$10

#09SS - May1
May 1 - 31 • M-W-F
(No class 5/27)
8:30 am - 9:30 am
13 sessions/\$10

#09SS - Feb2
Feb. 2 - 28 • M-W-F
8:30 am - 9:30 am
12 sessions/\$10

#09SS - Apr1
Apr. 1 - 29 • M-W-F
8:30 am - 9:30 am
13 sessions/\$10

#09SS - Jun3
June 3-28 • M-W-F
(No class 6/29)
8:30 am - 9:30 am
11 sessions/\$10



ANNOUNCEMENTS

Stroke Support & Education Group

The 4th Tuesday morning of each month at 10:30 am M Health Fairview will be here for anyone who has had a stroke. This group is also for the spouse, caregiver or loved ones who might benefit from the information. Meetings are held at the Burnsville Senior Center (200 W. Burnsville Parkway) and include continuing education programs, stroke updates and information, social activities, lunches, guest speakers and more. All interested persons are invited. For more information call the Senior Center 952-707-4120.

Blood Pressure Clinic

The 4th Thursday of each month at 10:15 am - the Arbors at Ridges will be here from 10:15 -11 am to do free blood pressures. We thank the Arbors at Ridges for providing this wonderful service.

Weekly Phone & Email Updates

We continue to do the weekly telephone and email updates. IF you do not know what this is all about, it means you are not on our mailing list. IF you wish to be added just call us at 952-707-4120 and let us know. IF, you prefer one format over another, give us a call. And IF this is 'a nuisance', call and we can remove you from that list.

Annual Giving Campaign

A big THANK YOU for all your support of the Burnsville Senior Center!

We Need Your Yarn

Yarn donations are always needed for the Burnsville Senior Center Knitters. With all the busy hands making hats and mittens and scarves and booties and lap-ropes we are going through the current supply and looking to replenish our closet for the ever increasing demand. With plenty of items ready for the children of District 191 this year, we are already preparing for 2024. Help us if you can. All donations are greatly appreciated and put to VERY good use.

ANNOUNCEMENTS



Jewelry Collection

Due to the success of our vintage jewelry sale, we will continue collecting old jewelry for future sales.

Old Cell Phones Needed

Keep up the great work! We collect old cell phones and send them to the National Council on Aging. They recycle them and send us a check.

First Tuesday Book Club

This group is now meeting at the Burnsville Barnes and Noble (952-892-9280) located at 828 W. County Road 42 the first Tuesday of each month at 1pm.

Annual Giving Campaign

Thanks again to everyone who supported our annual giving campaign. Proceeds this year are to support the very large Newline Board and new speaker system in the big meeting room. Instructors, speakers and volunteers are all enjoying this addition.

Cribbage

Those interested in cribbage can do so every Wednesday at 10am right here at the BSC.

Health Insurance Counseling

One-on-one appointments are available to help older adults navigate the often complex process of enrolling in Medicare and/or supplemental insurance. You can schedule an appointment by calling the Senior Linkage Line at 1-800-333-2433. You can also go online at www.trellisconnects.org/get-help/medicare. If you have questions – they have the answers!





ANNOUNCEMENTS

Want to share your EMAIL?

IF you would prefer to get the weekly updates electronically, we can help. Give us a call, specify that you want to get the updates electronically and we will see that that happens.

Burnsville Senior Living on BCTV

A new program has been taped. Please be sure to tune to cable channel 14 in Burnsville (BCTV) and see the most recent program taped at the Burnsville Senior Center.



Visit Your Library Today!



In January and February, join us for Winter Reads! There'll be a chance to review books, attend events, win prizes, and chase the Winter Blues away. More information coming soon!

Oil Painting on Wood: Winter Landscapes class--Tuesday, January 30, 2024 from 5:30-7:30 pm. Join us as a teaching artist guides you step-by-step in creating a lovely winter scene using high quality oil paints, panels, brushes and more. Presented by eHoltART. Registration required and opens on January 2, 2024.

Puzzle Swap - Saturday, March 2 from 1-3 pm. Bring your puzzles and board games to swap for similar items and take home one that is new to you while helping reduce the amount of waste in landfills. Presented in partnership with Dakota Valley Recycling.

Book Bingo for Adults - Tuesday, March 12, from 6:30-7:30 pm. Join us for an adults-only bingo night to win gently used books.

Tjarnblom—Thursday, March 21 from 10-11 am. Hear acoustic traditional music from Sweden, Finland and Minnesota played on nyckelharpas, mandolins and a harmonium. Performed by Tjarnblom. Geared for adults.

The Burnhaven Library is excited to share the launch of Self-Service Hours, a new service where customers 18 years and older can register to use the library before and after regular staffed hours. During Self-Service Hours, you can access computers, reserve and use meeting rooms, and check out books, movies and more. Self-Service Hours will be available 7 days a week from 6 am–11 pm at the Burnhaven and Farmington locations and will continue to expand to more locations in the future.

Security cameras have been installed throughout the library to offer customers peace of mind. All existing library policies must be followed, and you are responsible for your guests. If you have questions about Self-Service Hours, call the Burnhaven Library or email askalibrarian@co.dakota.mn.us.

How it works:

- To use the Self-Service Hours, customers must first register online.
- Watch a video about how the program works.
- Pick up your access card— staff will contact you when it's ready.



ANNOUNCEMENTS



Men's Breakfast

Men's Breakfast is a social gathering where some may just reminisce about the good ole' days over a good, hearty breakfast. They're conducted the first Tuesday of each month at 8:30 am at the Original Pancake House in Burnsville. **Dates: Jan. 2, Feb. 6, Mar. 3, Apr. 2 and May 7.** For more information or for questions, please contact Dan McElroy at 952-797-4548 or danmcelroy@comcast.net.

Ladies Breakfast Chat

PREREGISTRATION REQUIRED

We have a lot to say and now there is a place to say it. Join the ladies for a breakfast filled with conversation about whatever you want it to be. The Ladies Breakfast Chat will take place the 2nd Friday of every month at Morgan's Restaurant in the Best Western (14201 Nicollet Ave) at 9 am. **Dates: Jan. 12, Feb. 9, Mar. 8, Apr. 12 and May 10.** Contact Maggie with at 651-226-2373 or email her at danandly57@yahoo.com.

Coffee Talks Registering

PREREGISTRATION REQUIRED

Coffee Talks are at no cost but require pre-registration.

Energy Assistance Available

If you have trouble paying for your energy bills during the winter, the Minnesota Public Utilities Commission has set up a program to help you. Both Homeowners and renters who meet the income guidelines may be eligible. Homeowners may be eligible for furnace repairs and winterization services to help reduce their heating and electric bills. Renters and those in subsidized housing may also be eligible to get help with their energy bills. If you are having trouble, contact your local utility company and make a plan with them to keep your utilities from being shut off. If you make a plan and keep with it, they cannot shut you off from October 15 through April 15. In Dakota County for more information call 651-322-3500.

Are You Looking for a Way to Stretch Your Grocery Dollars?

Fare For All is a unique program that has the capacity to serve many of our community members. Fare For All is a newer version of the traditional program. Instead of the pre-order and prepay method, a Fare For All truck will be here monthly and set up a 2-hour store where participants can pay for and then take their food packages home that day. Fare For All provides fresh, quality food items at up to 40% off retail prices. What type of food is for sale? The **Produce Pack (\$10)** typically includes five varieties of fresh vegetables and two fresh fruits. The **Meat Only Pack (\$11)** has a minimum of four as-sorted meat items. The **Regular Pack (\$20)** combines the Produce and the Meat Packs. And the **Monthly Special (\$25-\$30)** may include Mega Meat Packs, Grilled Packs and Holiday Packs. This opportunity really helps to stretch your food budget. There are no income restrictions and no forms to complete. Fare For All participants may pay with cash, debit or credit cards, or food support (EBT) cards. Just stop in, select your 'package', pay and we even help you get it to your car. **Mark your calendar for these upcoming dates: Jan. 24, Feb. 21, Mar. 27, Apr. 24 and May 22 only from 3 – 5 pm** at the Diamondhead Education Center located at 200 W. Burnsville Parkway, Burnsville, MN, 55337 (952-707-4120).



Burnsville High School Theatre Guild

Season 63

EVENING OF ONE ACTS

JANUARY 26-27

**PETER
AND THE
STAR
CATCHER**



NO PIRATS
ALLOWED!

LOST
BOIZ
ONLY!!


SENIOR PREVIEW:
FEBRUARY 14 @ 4 PM

FEBRUARY 15-17 & 23
@ 7 PM

FEBRUARY 24
@ 2 PM & 7 PM



BHS Theatre Guild

SHOWCASE!

MAY 9-18

For more information and tickets, scan here →



ANNOUNCEMENTS



City of Burnsville

Join us on Tuesday, January 23 at 1pm to learn more about the three elections happening in 2024. The first one will be the Presidential Nominating Primary on March 5 and absentee voting begins January 19. Our City Clerks will explain the different ways to vote in Burnsville and answer all your election questions. Enjoy coffee and cookies, and even fill out an absentee ballot application if you would like.



South Metro Stitchers

If you like to cross stitch, needlepoint, knit, crochet, tat, or another type of hand stitching? Or, are interesting in sharpening your skills, come join us the 4th Monday evening of each month from 5pm – 8pm in the Big Meeting Room at the Burnsville Senior Center (200 W. Burnsville Parkway).

Whether you are working on a project for your favorite charity, a gift for a friend, or something for yourself, all types of hand stitching are welcome. If you are a beginner looking for tips and tricks, we probably have someone who can help you. We look forward to seeing you! For more info, please email Sara at sbmillerok@yahoo.com.





ANNOUNCEMENTS

Senior Center Holiday Schedule

Please note that the Burnsville Senior Center will be closed on these dates:

January 1, 2024
(Reopening Jan. 2)
May 27, 2024



CapTel Telephones

Caption telephone courtesy of the Americans with Disabilities Act. Yes, you too could be literally seeing what you're missing. There is a telephone on display at the Center and if you are interested, please contact Michele at 952-707-4120.



Association Use

If you belong to a Home Owners Association that occasionally needs a larger meeting space, contact Michele to see if your group could use the Senior Center for your meeting.

Monthly Dining Club Cards

We still have the 2023-24 Monthly Dining Club cards available for \$30 with 138 different cards with savings every month.



ACTIVITIES

Woodcarving Group

Are you interested in woodcarving? The Senior Center is the place to come. You don't need experience to try it out. Experienced woodcarvers are on hand to get you started. Bring a carving knife (they will even teach you how to sharpen your knife if it isn't sharp). A carving pattern and a piece of basswood will be made available for all beginners. You're welcome to come and watch and/or speak to the veterans to get yourself started. They meet on Thursday evenings at 6:30 pm.

Card Recycling Group

2nd and 4th Monday of the month from 12:30 pm - 3 pm

You won't believe how wonderful these cards (which you paid a small fortune for) "clean up" and these are just the people to do it. With some funny scissors, a little paper and a lot of creativity, these once anticipated trash are made into another's treasure. Join us for the fun! Drop off cards. Help us recycle them or drop by and purchase a few. There are lots of ways to be involved.

Card Games

A variety of card games are held at the Senior Center. Call 952-707-4120 for more information on the following card games:

Scrabble	Tuesdays	11am
Duplicate Bridge	Tuesdays	11:45am
Cribbage	Wednesdays	10am - 12:30pm
500 Cards	Wednesdays	12:45pm - 4pm
Hand & Foot	Fridays	12:15pm - 4pm

ACTIVITIES



BOOKS "R" US BOOK CLUB 2022

January 15
*Hotel at the Corner
of Bitter and Sweet*
by Jamie Ford

February 19
Friends & Strangers
by J. Courtney Sullivan

March 18
Walk the Blue Line
by James Patterson
and Matt Eversmann
with Chris Mooney

April 15
The Maid
by Niki Prose

May 20
Island of Sea Women
by Lisa See

*Burnsville Senior Center
3rd Monday of at 1pm.*

Community Pantry 191



Food at no Cost to you!

1st & 3rd Tuesday • 2 - 4 pm
Diamondhead Education Center

200 W Burnsville Pkwy
Lower Level Parking Lot Door #9

Community Pantry 191 is an extension
of our BrainPower in a Backpack program.

**We've designated Community Pantry 191 in partnership with Second Harvest
Food Shelf to serve community members whose food needs are greatest.
Please invite those you know who are in need.**

Dates: Jan. 2 & 16 • Feb. 6 & 20 • Mar. 5 & 19 • Apr. 2 & 16 • May 7 & 21



ACTIVITIES

Knitting/Crocheting

2nd Friday of each month
at 9 am

Participants make mittens, scarves, lap robes, afghans, booties, slippers, and more for various charitable organizations. If you want to needle for us, give us a call...we want you! We'll even help you learn basic knitting and crocheting. If you have extra yarn, we could use it. Bring it to the Senior Center.

Craft Group

1st & 3rd Thurs of the month at 9 am

Partake in this community-minded craft-social group by creating and making special projects for older folks in nursing homes, health care centers, and hospitals. You are invited to participate. NOTE: We can always use donations of craft materials.



Quilters

2nd & 4th Tuesdays of the month at 9 am

This creative group of stitchers meets for the purpose of creating warm colorful quilts for children in shelters and hospitals, elderly folks in health care centers, etc. Members of the group have a good time while they share quilting knowledge and skills with each other. Quilts are donated to various organizations by the group. All materials are donated to the group. Open to all senior adults of the community. **We can always use fabric donations.**

SPECIAL EVENTS

Annual Holiday Open House



Friday, January 5, 2024
1 – 3 pm

Join us to welcome in the New Year with some new friends, a little food and something sweet! Please call 952-707-4120 to RSVP.



Dessert courtesy of
regent
at burnsville
a ministry of **CASSIO**
senior living on earley lake

*Time to remind you just how
much we appreciate you,
everything you do & say
thank you!*



*The Burnsville Senior Center
invites you to join us for
a pancake brunch
as a token of our appreciation on
Thursday, April 18 at 10 am.*

*RSVP by calling
952-707-4120.*



SPECIAL EVENTS



ERA Aging & Wellness Expo

Promoting area services
for older adults
and caregivers
www.erasouth.org



Thursday, April 25, 2024

2:00 - 5:00 pm

Burnsville Senior Center

952-707-4120

(Diamondhead Education Center – 200 W. Burnsville Pkwy.)

*** Exhibits * Resources ***

*** Health Screenings ***

Bags * Door Prizes * Treats



SPECIAL EVENTS



BURNSVILLE SENIOR CENTER

SPRING BAKE SALE

**Tuesday
March 19
9 am – 2 pm**

**Homemade
BAKED
GOODS**

**Gently
Used
Jewelry**

**Sloppy Joes
for sale**

**Diamondhead
Education
Center
200 W.
Burnsville
Pkwy.
Burnsville,
952-707-4120**





January 2024



SUN	MON	TUES	WED	THURS	FRI	SAT
	1 HAPPY NEW YEAR 2024 Closed for the Holiday	2 • Men's Bkft 8:30am • Scrabble 11am • Dup Bridge 11:45am • *Book Club II 1pm	3 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30/11:30am • 500 12:45pm	4 • Crafters 9am • Foot Clinic 9am • Health Ins. Council 9am	5 • Sunrise Stretch 8:30am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	6
7	8 • Sunrise Stretch 8:30am • Str/Bal 10:30am • Str/Bal 10:30/11:30am • Card Recycle 12:30pm	9 • Quilters 9am • Scrabble 11am • Dup Bridge 11:45am • Def Drive Ref 1pm	10 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30/11:30am • 500 12:45pm	11 • Fun & Friendship 11am (Program, Entertainment Lunch & Bingo)	12 • Sunrise Stretch 8:30am • Painting 9am • Knitters 9am • *Ladies Bkft 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	13
14	15 • Sunrise Stretch 8:30am • Advisory Council 9:30am • Str/Bal 10:30/11:30am • Books R Us 1pm	16 • Scrabble 11am • Dup Bridge 11:45am	17 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30/11:30am • 500 12:45pm • Def Drive Class 5:30pm	18 • Crafters 9am • Foot Clinic 9am • Health Ins. Council 9am • Def Drive Class 5:30pm	19 • Sunrise Stretch 8:30am • Foot Care 9am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	20
21	22 • Sunrise Stretch 8:30am • Str/Bal 10:30/11:30am • Card Recycle 12:30pm • So Metro Stitchers 5pm • Def Drive Ref 5:30pm	23 • Quilters 9am • Scrabble 11am • Stroke Support 10:30am • Dup Bridge 11:45am • Coffee Talk - Elections 1pm	24 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30/11:30am • 500 12:45pm • FARE FOR ALL 3-5PM	25 • Blood Pressure 10:15am • Fun & Friendship 11am (Program, Entertainment Lunch & Bingo) • Hearing 10-12pm	26 • Sunrise Stretch 8:30am • Foot Care 9am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	27
28	29 • Sunrise Stretch 8:30am • Str/Bal 10:30/11:30am	30 • Scrabble 11am • Dup Bridge 11:45am	31 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30/11:30am • 500 12:45pm			

Senior Center
952-707-4120

Community Education
952-707-4150

Metro Mobility
651-602-1111

Senior Linkage
800-333-2433

Meals on Wheels
952-393-9860

AARP Office
952-858-9040

MN Highway Safety Center
888-234-1294

Happy Feet
763-346-3390

*Denotes off-site event (Men's and Ladies Bkft, Book Club II)



February 2024



SUN	MON	TUES	WED	THURS	FRI	SAT
				1 • Crafters 9am • Foot Clinic 9am • Health Ins. Council 9am • Def Drive Class 1pm	2 • Sunrise Stretch 8:30am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	3
4	5 • Sunrise Stretch 8:30am • Str/Bal 10:30/11:30am	6 • Men's Bkft 8:30am • Scrabble 11am • Dup Bridge 11:45am • *Book Club II 1pm	7 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30/11:30am • 500 12:45pm • Coffee Talk - Plan for Move 1pm • Def Drive Ref 5:30pm	8 • Fun & Friendship 11am (Program, Entertainment Lunch & Bingo)	9 • Sunrise Stretch 8:30am • Painting 9am • Knitters 9am • *Ladies Bkft 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	10
11	12 • Sunrise Stretch 8:30am • Str/Bal 10:30/11:30am • Card Recycle 12:30pm	13 • Quilters 9am • Scrabble 11am • Dup Bridge 11:45am	14 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30/11:30am • 500 12:45pm • Def Drive Class 1pm	15 • Crafters 9am • Foot Clinic 9am • Health Ins. Council 9am • Def Drive Class 1pm	16 • Sunrise Stretch 8:30am • Foot Clinic 9am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	17
18	19 • Sunrise Stretch 8:30am • Advisory Council 9:30am • Str/Bal 10:30/11:30am • Books R Us 1pm • Def Drive Ref 1pm	20 • Scrabble 11am • Dup Bridge 11:45am	21 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30/11:30am • 500 12:45pm • Coffee Talk - Writing a HCD 2pm • FARE FOR ALL 3-5PM	22 • Blood Pressure 10:15am • Fun & Friendship 11am (Program, Entertainment Lunch & Bingo)	23 • Sunrise Stretch 8:30am • Foot Clinic 9am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	24
25	26 • Sunrise Stretch 8:30am • Str/Bal 10:30/11:30am • Card Recycle 12:30pm • So Metro Stitch 5pm	27 • Quilters 9am • Scrabble 11am • Stroke Support 10:30am • Dup Bridge 11:45am • Def Drive Ref 5:30pm	28 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30/11:30am • 500 12:45pm • Coffee Talk - Downsizing 1pm	29		



Senior Center
952-707-4120

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952-707-4150

Metro Mobility
651-602-1111

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800-333-2433

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AARP Office
952-858-9040

MN Highway Safety Center
888-234-1294

Happy Feet
763-346-3390

*Denotes off-site event (Men's and Ladies Bkft, and Book Club II)



March 2023



SUN	MON	TUES	WED	THURS	FRI	SAT
					1 • Sunrise Stretch 8:30am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	2
3	4 • Sunrise Stretch 8:30am • Coffee Talk - Should I Stay or Go 10am • Str/Bal 10:30/11:30am	5 • *Men's Bkft 8:30am • Scrabble 11am • Dup Bridge 11:45am • *Book Club II 1pm	6 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30/11:30am • Chair Tai Chi 11:15am • 500 12:45pm	7 • Crafters 9am • Foot Clinic 9am • Health Ins. Council 9am • Coffee Talk-Hospice 1pm	8 • Sunrise Stretch 8:30am • Painting 9am • Knitters 9am • *Ladies Bkft 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	9
10	11 • Sunrise Stretch 8:30am • Coffee Talk - A Fond Farewell 10am • Str/Bal 10:30/11:30am • Card Recycle 12:30pm	12 • Quilter 9am • Scrabble 11am • Dup Bridge 11:45am	13 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Chair Tai Chi 11:15am • Str/Bal 10:30/11:30am • 500 12:45pm	14 • Fun & Friendship 11am (Program, Entertainment Lunch & Bingo) • Def Drive Ref 1pm	15 • Sunrise Stretch 8:30am • Foot Clinic 9am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	16
17	18 • Sunrise Stretch 8:30am • Advisory Council 9:30am • Coffee Talk - Don't Be Caught 10am • Str/Bal 10:30/11:30am • Books R Us 1pm	19 • BAKE SALE 9AM-2PM	20 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30/11:30am • 500 12:45pm • Landmark Travel Talk 1pm	21 • Crafters 9am • Foot Clinic 9am • Health Ins. Council 9am • Coffee Talk - Estate Firearms 10am	22 • Sunrise Stretch 8:30am • Foot Clinic 9am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	23
24	25 • Sunrise Stretch 8:30am • Coffee Talk - Don't Know 10am • Str/Bal 10:30/11:30am • Card Recycle 12:30pm • So Metro Stitch 5pm	26 • Quilters 9am • Scrabble 11am • Stroke Support 10:30am • Dup Bridge 11:45am • Def Drive Ref 5:30pm	27 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Chair Tai Chi 11am • Str/Bal 10:30/11:30am • 500 12:45pm • FARE FOR ALL 3-5PM	28 • Blood Pressure 10:15am • Fun & Friendship 11am (Program, Entertainment Lunch & Bingo) • Hearing 10-12pm	29 • Sunrise Stretch 8:30am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	30
31 						



Senior Center
952-707-4120

Community Education
952-707-4150

Metro Mobility
651-602-1111

Senior Linkage
800-333-2433

Meals on Wheels
952-393-9860

AARP Office
952-858-9040

MN Highway Safety Center
888-234-1294

Happy Feet
763-346-3390

*Denotes off-site event (Men's and Ladies Bkft, Book Club II)



April 2023



SUN	MON	TUES	WED	THURS	FRI	SAT
	1 • Sunrise Stretch 8:30am • Str/Bal 10:30/11:30am	2 • Men's Bkft 8:30am • Coffee Talk - Wills and POA 10am • Scrabble 11am • Dup Bridge 11:45am • *Book Club II 1pm • Def Drive Class 5:30pm	3 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Chair Tai Chi 11:15am • Str/Bal 10:30/11:30am • 500 12:45pm • Def Drive Class 5:30pm	4 • Crafters 9am • Foot Clinic 9am • Health Ins. Council 9am • Coffee Talk - Low Waste Living 1pm	5 • Sunrise Stretch 8:30am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	6
7	8 • Sunrise Stretch 8:30am • Str/Bal 10:30/11:30am • Card Recycle 12:30pm	9 • Quilters 9am • Scrabble 11am • Dup Bridge 11:45am	10 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Chair Tai Chi 11:15am • Str/Bal 10:30/11:30am • 500 12:45pm	11 • Fun & Friendship 11am (Program, Entertainment, Lunch & Bingo)	12 • Sunrise Stretch 8:30am • Painting 9am • Knitters 9am • *Ladies Bkft 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	13
14	15 • Sunrise Stretch 8:30am • Advisory Council 9:30am • Str/Bal 10:30/11:30am • Book R Us 1pm	16 • Scrabble 11am • Dup Bridge 11:45am • Coffee Talk - MAAVA 10am	17 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Chair Tai Chi 11:15am • Str/Bal 10:30/11:30am • 500 12:45pm • Def Drive Ref 1pm	18 • Crafters 9am • Foot Clinic 9am • Health Ins. Council 9am • VOLUNTEER APPRECIATION 10AM	19 • Sunrise Stretch 8:30am • Foot Care 9am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	20
21	22 • Sunrise Stretch 8:30am • Str/Bal 10:30/11:30am • Card Recycle 12:30pm • So Metro Stitch 5pm	23 • Quilters 9am • Scrabble 11am • Stroke Support 10:30am • Dup Bridge 11:45am • Def Drive Ref 5:30pm	24 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Chair Tai Chi 11:15am • Str/Bal 10:30/11:30am • 500 12:45pm • FARE FOR ALL 3-5PM	25 • AGING AND WELLNESS EXPO 2-5PM	26 • Sunrise Stretch 8:30am • Foot Care 9am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	27
28	29 • Sunrise Stretch 8:30am • Str/Bal 10:30/11:30am	30 • Scrabble 11am • Dup Bridge 11:45am				

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AT A GLANCE

Newsletter

The Chatter is published January, May, September and provides information for four months of activities.

Knitting-Crocheting Group

Meets on the 2nd Friday of each month at 9 am.

Ladies Breakfast Chat

2nd Friday every month at Morgan's in the Original Pancake House in Burnsville, 9 am. (\$\$)

Men's Breakfast

1st Tuesday of each month, 8:30 am. Call Dan McElroy at 952-797-4548 for meeting location questions. (\$\$)



The Fun & Friendship Club

PREREGISTRATION REQUIRED

2nd & 4th Thursday of each month at 11:00 am, followed by lunch, then Bingo. (\$\$)

Blood Pressures

4th Thursday of each month, 10:15-11:00 am. Provided by Arbors at Ridges.

AT A GLANCE

Card Recyclers

2nd and 4th Monday of the month from 12:30-3:00 pm. This group transforms used greeting cards into new treasures. Donate old cards, help recycle or drop by and purchase a few!



Coffee Talks

PREREGISTRATION REQUIRED

Free educational opportunities available. Registration encouraged.

Book "R" Us

PREREGISTRATION REQUIRED

3rd Monday of each month at 1 pm. (See reading list on page 17).

Crafters

1st & 3rd Thursdays at 9:00 am. If you can cut, paste and have fun, this is the group for you. Make projects such as favors for the Moving Meals Program.

Quilters

These nifty stitchers meet the 2nd and 4th Tuesday of every month at 9:00 am. They use donated material to provide cheer and warmth. Their beautiful creations are donated to various charitable groups.

The Advisory Council

Meets the 3rd Monday of each month at 9:30 am. Sometimes meetings are held away from the Center...check with us any time.

Stroke Support

Meets on the 4th Tuesday at 10:30 am at the Burnsville Senior Center.

Hearing Screening & Instrument Cleaning

4th Thursday of odd months. 10 am - 12 pm. Call for an appointment.

Fitness Class

A variety of fitness/exercise classes are available. Please see details in this Chatter. (\$\$)

Foot Clinic

1st and 3rd Thursday, 3rd and 4th Friday of each month. Appointments needed and begin at 9:00 am. Call 763-346-3390. (\$\$)

Woodcarvers Group

Open carving Thursday evenings 6:00 - 9:00 pm.

Fun and Games

Scrabble, 500, Cribbage, Duplicate Bridge and Hand & Foot are held at the Senior Center. Call the Center for times. (\$\$)

Health Insurance Assistance

1st & 3rd Thursdays, 9 am - 1 pm provided by a volunteer from the Metropolitan Area Agency on Aging. Appointments call 1-800-333-2433.

Meals-on-Wheels Program

Nutritious meals are delivered to homebound seniors in the area. Call MOW at 952-393-9860. Volunteers are needed.



WORD FIND

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

SNOW
SCRAPER
FLAKES
WINDCHILL
ICE
BOOTS
FRIENDS

JACKETS
FALLING
VOLUNTEERS
PANCAKES
MITTENS
HOT CIDER
OPEN HOUSE

COFFEE TALKS
DIET
FLURRIES
SNOW DAYS
NEW YEARS
SUNSHINE
SHORT DAYS



STAYING HEALTHY

Hearing Screening and Hearing Instrument Cleaning

4th Thursday Odd Months Jan. 25 & Mar. 28
10am - Noon by Appt.



Raphael Cheron of Sounds Good! will be available the fourth Thursday of every odd month from 10 am – noon for screening and hearing aid cleaning appointments. Hearing screening can determine whether or not hearing loss is present and if further testing is needed. Appointments are necessary. Please call 952-707-4120 to make an appointment.



Foot Care Clinic

1st & 3rd Thursdays • 3rd & 4th Fridays

This foot-care clinic will be conducted in half-hour sessions by appointment only and will provide basic foot care including: foot soak, trimming corns/calluses, foot massage, nail trimming & treating ingrown nails. This service is provided by Happy Helpers. It would be helpful if you brought your own towel. Because of the number of people not showing up for their scheduled appointments, people who have not cancelled at least 24 hours in advance will be charged for their missed appointments. Please call Happy Feet at 763-346-3390 for an appointment. Cost is \$45 per person/per appt.

SERVICES



Sunrise Stretch

This is a morning stretch designed to wake and shake you up! Join us three mornings a week. Cost: \$1.00 each time. Mon/Wed/Fri mornings at 8:30 am, DEC studio.

Meals-On-Wheels

Every day Meals-on-Wheels volunteers deliver meals to approximately 90 homebound people. Many would not be able to stay in their homes without this service. If you want to **MAKE A DIFFERENCE** in someone's life, and you can volunteer 1-1/2 hours a month, please call Susan Die-seth at 952-393-9860.

Connecting You to Senior Services

Senior Linkage Line is a free telephone information and referral service which makes it easy for older adults and their families to find community resources close to home. Trained staff and volunteers can connect you to resources such as: help in managing your health care, resources for seniors with disabilities, low cost legal assistance, support for caregivers, transportation, financial assistance programs, continuing education classes, employment and volunteer opportunities, home delivered meals, senior noontime dining sites, local senior centers and more. 8am-4:30pm, Monday through Friday. **For more information, please call 800-333-2433.**



COFFEE TALKS

These talks are free, DO require pre-registration and are held at the Senior Center

Upcoming Elections

#09CT - Jan23

Tues, Jan. 23 @ 1 pm

DEC Meeting Room

Presenter: City of
Burnsville



Join us on Tuesday, January 23 at 1pm to learn more about the three elections happening in 2024. The first one will be the Presidential Nominating Primary on March 5 and absentee voting begins January 19. Our City Clerks will explain the different ways to vote in Burnsville and answer all your election questions. Enjoy coffee and cookies, and even fill out an absentee ballot application if you would like.

How to Plan Ahead for a Move

#09CT - Feb7

Wed, Feb. 7 @ 1 pm

DEC Meeting Room

Presenter Lisa Dunn



What is the best housing option for your lifestyle?
How can you maximize the equity in your home?
How should you manage the logistics of a move?
How to reduce your stress in the process and how to avoid real estate scams. Join us and learn how to process with less stress.

COFFEE TALKS

These talks are free, DO require pre-registration and are held at the Senior Center

How to Write and Update Health Care Directives

#09CT - Feb21

Wed, Feb. 21 @ 2 pm

DEC Meeting Rm

Presenter: Lauren Harding



Have you ever wondered who will communicate your preferences for your health care when you are not able to yourself? We provide straight-forward information on how to complete or update a legal document called a health care directive. In this session we will walk you through the basics - what to do and what not to do when your doctor, your lawyer or your family member gives you a blank document to fill out.

Downsizing? Financing Your Untapped Home Equity

#09CT-FEB28

Wed, Feb 28 @ 1 pm

DEC Meeting Room

Presenter: Kelly Kelly



Learn about financial options to help you stay in your current home, how to increase your purchasing power if you want to downsize into something new, how to finance the purchase of your next home without any new monthly payment, and other ideas to help you be more financially successful in retirement.



Should I Stay or Should I Go? Before and After the Funeral

#09CT - Mar6

Mon, Mar. 6 @ 10 am

DEC Meeting Room

Presenters: Jeanne McGill, CSA, CPC & Mary Frances Price, Elder Law Attorney

After a loved one dies it feels like there are a million questions that need to be answered. Understanding what processes take place before and after the funeral will help you make better plans to ease the burden on your loved ones and give you peace of mind. There are approximately 65 decisions that need to be made BEFORE the funeral... who is responsible for payment, types of services, who needs to be notified, what does the family need, is the funeral for the person who died or those who are still living? After death, who is responsible for paying the deceased bills and taking care of the deceased possessions? What happens if there is/isn't a Will? How are assets transferred to heirs? Is probate necessary? How long does probate take? GREAT information that we all need to know for decisions we are going to make! Join us and get some great answers.

Hospice 101

#09CT-MAR7

Thursday, March 7 @ 1 pm

DEC Meeting Room

Presenter: Allison Oja



Join us as we explore the basics of hospice care, including the philosophy, the services covered, the care team, hospice indicators, how hospice is paid for, the benefits of early referral and how direct care staff and hospice work together to deliver quality end-of-life care. If you might be interested in learning more, please join us.

COFFEE TALKS

These talks are free, DO require pre-registration and are held at the Senior Center



A Fond Farewell

#09CT - Mar11

Mon, Mar. 11 @ 10 am

DEC Meeting Room

Presenter: Jeanne McGill, CSA, CPC

Statistics show that 70 percent of us are unprepared in one or more areas of personal responsibility in planning. Don't be counted as one of those statistics! This free seminar will give options as to what you need for funeral arrangements, the new laws about what you can do for the funeral arrangements at home and how to compare apples to apples when comparing costs. Can you buy your casket at Sam's Club? Can ashes be spread at the Mall of America or any other public place? Be educated about innovative, creative and proper funeral preplanning. Plan ahead: Think outside the box (box meaning casket or urn).

Don't Be Caught Without One (A Living Will)

#09CT-MAR18

Monday, Mar 18 @ 10 am

DEC Meeting Room

Presenter: Jeanne McGill, CSA, CPC

Five Wishes has been called the first "living will with a heart." Statistics show that 70 percent of us are unprepared in one or more areas of living will preparation. Don't be counted as one of those statistics! This seminar will give you a chance to learn what a Health Care Directive (Five Wishes) is all about, as well as step-by-step instructions on completing the form. The fifth wish, "What I want my loved ones to know about my funeral," will also be discussed.



Estate Planning with Firearms

#09CT-Mar21

Thursday, March 21 @ 10 am

DEC Meeting Room

Presenter: Mary Frances Price, Elder Law Attorney



Do you own firearms? Have you made plans for what happens to these assets if you become incapacitated or how they will be transferred at death? This session will explore these questions and more as you learn what to do with firearms as it relates to your estate planning.

You Don't Know What You Don't Know

#09CT - Mar25

Mon, Mar. 25 @ 10 am

DEC Meeting Room

Presenter: Jeanne McGill, CSA, CPC and Mary Francis Price, Elder Law Attorney

We do the best we can with what we know at the time when making decisions but, unfortunately, there can be huge consequences both financially and emotionally if we decide wrong. Is there a place, person or website that has all the answers as we try, as seniors and adult children, to navigate the obstacles? Or have you asked yourself, "Why didn't someone tell me that"? Learn from the real life stories of people who wish they "would have, should have or could have" known more to make a better decision. Topics discussed will include: the aging process, important documents and assuming you know everything.



COFFEE TALKS

These talks are free, DO require pre-registration and are held at the Senior Center

Wills and Powers of Attorney

#09CT-APR2

Tues, Apr. 2 @ 10 am

DEC Meeting Room

Presenter Mary Frances Price,
Elder Law Attorney



So, you want to plan ahead and get your legal documents in order, but do. You know where to start and what documents you will need? What is the difference between a will and a trust? Do you really need a Power of Attorney and a Health Care Directive? Mary Frances Price is an accredited elder law attorney who will help alleviate all confusion on these issues.



Low Waste Living

#09CT-APR4

Thursday, April 4 at 1 pm

DEC Meeting Room

(Sponsor – City of Burnsville)
Presenter Jackson Becker



We all know about recycling, but often forget the two most important actions to take before then: reduce and reuse. In this presentation, Burnsville's Recycling Department will go over tips for reducing the amount of waste you generate on a day-to-day basis and ideas for reusing items before needing to dispose of them.

Medical Assistance & Veterans Benefits

#09CT-APR16

Tuesday, April 16 @ 10 am

DEC Meeting Room

Presenter Mary Frances Price, Elder Law Attorney



Join Mary Frances Price, an accredited elder law attorney who will address medical assistance, VA aid and attendance benefits. It is important to anticipate your future needs, including long-term care and the associated costs. Can you ensure money saved during a lifetime of hard work will be enough to cover medical and long-term care expenses? Are there other resources available to help? Can you gift money to your children? Will your home be 'taken' when you go into a nursing home? Did you know that Veterans or their spouses can receive up to \$1,949 of tax free money to supplement their income to pay for health care costs at home, in assisted living facilities and in nursing homes? If you or your spouse served in the military during a wartime period (WWII, Korea, Vietnam, etc.) and you meet certain financial and health criteria, you could be eligible for this additional income - even if you did not retire from the military!

How to Write & Update a Health Care Directive

#09CT-MAY29

Wednesday, May 29 @ 2 pm

DEC Meeting Room

Presenter: Lauren Harding



Have you ever wondered who will communicate your preferences for your health care when you are not able to yourself? We provide straightforward information on how to complete or update a legal document called a health care directive. In this session we will walk you through the basics - what to do and what not to do when your doctor, your lawyer or your family member gives you a blank document to fill out.

FUN & FRIENDSHIP



Fun & Friendship Club

The Fun & Friendship group meets at the Burnsville Senior Center on the second and fourth Thursdays of each month from 11:00 a.m. to 2:30 p.m. A group meeting is held updating all members on the recent happenings at the Center, followed by either a group activity or entertainment and then lunch. After lunch, those interested stay to play Bingo. This is a core group of volunteers and program leaders and a great way to learn more about the opportunities available. Fun & Friendship Club is open to all adults. Membership fee is \$15/yr. Meeting cost is \$10 and \$5 for Bingo. Pre-registration in advance is a required with a deadline of the Friday before each meeting.

Jan. 11

Dice Game

Menu: Spaghetti

Jan. 25

**Sponge
Painted Flowers**
Menu: Meatloaf

Feb. 8

**Decorate a
Valentine Cookie**
Menu: Fried
Chicken

Feb. 22

**Troy Flemming
60's & 80's Music**
Menu: Loaded
Baked Potatoes

Mar. 14

Dice Game
Menu: Chicken
Pot Pie

Mar. 28

**Basket
Decorating**
Menu: Quiche'

Apr. 11

**Tasha (Ivy)
Cox - Poetry
Reading**
Menu: Chicken
Enchiladas

Apr. 25

**No Meeting
Aging and
Wellness Expo**

May 9

**One91 BHS
Freestyle
Choir**
Menu:
Roast Beef

May 23

**Patriotic Flag
Wreath Making**
Menu: Pizza

Thanks to the Commons on Marice & Home Instead Senior Care for Dessert!

THE COMMONS
on MARICE

 **Home
Instead.**
To us, it's personal

EXTENDED TRIPS & TOURS



Join us for a Travel Talk
Wednesday, March 20th
 at 1:00 PM



Explore the exciting, enriching, and hassle free world of guided group travel at our travel presentation.

We'll gather in person at the Burnsville Senior Center.
 Call 952-707-4120 to register, space is limited.

ALL TRIPS INCLUDE

- Roundtrip Airfare from MSP / Airport Greeting
- Quality Accommodations in Great Locations
- Professional Tour Manager & Local Guides
- Deluxe Motorcoach Transportation
- Must-See Attractions
- Many Quality Meals

Northern California
 San Francisco, Yosemite



Yellowstone
 & the Grand Tetons



Cape Cod
 Martha's Vineyard, Nantucket



Canadian Rockies
 Banff, Lake Louise, Yoho Nat'l Park



Oregon Coastal Charms
 Crater Lake National Park



Alaska: 2 Unique Itineraries
 Land & Sea Glaciers & Trains



Chicago
 Summer in the Windy City



Nova Scotia
 Maritime Islands of Eastern Canada



Greece
 Aegean Sea Cruise



Trains of Colorado
 5 Historic Rail Excursions



American West
 Monument Valley + 3 Nat'l Parks



New Mexico
 Santa Fe, Taos & ABQ Balloon Fiesta



Domestic * International

Visit www.GoWithLandmark.com for more tours & details.



REGISTRATION FORM

OFFICE USE ONLY

SC _____ # _____
CE _____

Name _____

Street Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Email _____

<i>Participant</i>	<i>Course Name</i>	<i>Course #</i>	<i>Start Date</i>	<i>Fee</i>
Cash _____ Check # _____ UCare # _____			TOTAL \$	

Visa MC _____ - _____ - _____ - _____ Exp Date _____ / _____

Cardholder's Signature _____

Special Information/Needs (i.e. meal, seating) _____

10/17



UCare members may be eligible for a \$15 discount on most classes in this catalog. If a class is less than \$15, the member may take the class free of charge. UCare for Seniors members are limited to three \$15 discount per year. Members must be on UCare at the time of registration, and through the duration of the class(es). Members need to include their UCare number when registering.

NOTICE!

When you participate in a Senior Center activity, please be aware that the Community Education Department may use the directory information which you supply (name, address, phone number, and program data) for other purposes within the School District. This directory information is not shared outside of the School District. Credit card information is never shared with anyone, but there is a \$2.00 processing fee.

LOST & FOUND

We have a collection of coats, scarves, table runners, glasses and some jewelry. If you are missing something, please give us a call at 952-707-4120 and we can check the items in our lost and found.

COMMUNITY EDUCATION NOW ACCEPTS



ISD 191
BURNSVILLE SENIOR CENTER
200 W. Burnsville Parkway
Burnsville, MN 55337

(located in the lower level
200 Burnsville Parkway Bldg.)

Spring Bake Sale



Tuesday, March 19 • 9 am to 2 pm
Burnsville Senior Center
(200 W. Burnsville Parkway, Suite 200)

The Spring Bake Sale will feature homemade baked goods, gently used jewelry, sloppy joes for sale and more. For details, turn to page 20!