

Seasons

Roseville Area Senior Program Newsletter

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

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March is Poison Prevention Month

Poisoning, from the Mayo Clinic, is defined as an injury or death due to swallowing, inhaling, touching, or injecting various drugs, chemicals, venoms, or gases. Most poisonings occur in the home. In 2022, U.S. Poison Centers responded to 2,429,974 total cases.

In senior citizens, most poisonings involve prescription and over-the-counter medicines, herbals, and vitamins. Most older adults do not consider taking too much medicine as a "poisoning."

To help prevent accidentally taking too much medication:

- Turn on the light, put on your glasses, and read the label before taking any medication.
- Only take the medication that is prescribed for you and take it exactly as your doctor ordered.
- Store food and household products away from your medication.
- Have a list of all your medications including the name of the medication, dose, when you should take it, and the doctor who prescribed it.
- Use one pharmacy so they know all the medications you are taking and can watch for medications that may cause drug interactions.

Another common cause of poisoning is food poisoning. As we age our sense of smell and taste becomes less acute and our immune system weakens. To help keep your food safe you should:

- CLEAN – Wash and sanitize your hands, utensils, and cooking surfaces often.
- SEPARATE – Raw meat, poultry, seafood, and eggs can spread bacteria to ready-to-eat foods.
- COOK – Use a food thermometer to check whether a meal has reached a safe internal temperature to kill harmful bacteria.
- CHILL – Refrigerate perishable food within two hours. If the food is exposed to temperatures above 90 degrees, it should be refrigerated within one hour.

If you suspect you or someone has been poisoned, you should call the Poison Prevention Center at 1-800 222-1222.

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

- Monday, May 27
- Wednesday, June 19
- Thursday, July 4
- Friday, July 5

Save the Date!

- Monday, March 4
 - Registration begins for summer Adult Enrichment
- Saturday, May 4
 - Adult Prom Night



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



Here we are again, spring cleaning time. It seems I always have grand goals for clearing out the clutter and I accomplish things, but it always comes back.

We spent the summer and fall of 2018 cleaning out my mother-in-law's house after she lived in it for almost 60 years. Then during the COVID shut down we spent weekends helping my mom clean out her house, my parents have lived there for 55 years. It was at that point my daughter told me that we better not leave her with a house full of stuff someday and we needed to go through everything.

Thus began the clean-out of our house. We organized, tossed, and donated so many things. The problem is here we are just a few years later and it needs to be done again. It seems the rooms we cleaned out have once again become the spaces where I have stashed things that I don't have time to deal with.

I've been reading up on CLUTTER and it is anything you're keeping that doesn't add value to your life. I have many items I know I no longer need. A bin full of old curtains, bins of old lawn ornaments, and much more. I tried the 40 bags in 40 days challenge a few years ago and it seemed to be the most successful method for me. I didn't get to the 40 bags, but I got close and most importantly I was able to clear out a lot of things I didn't need.

My goal is to get rid of at least 40 bags or boxes of items from February 17th - March 31st. This is 44 days because I start on a Saturday and end on a Sunday. I already have a garbage bag sitting on my dresser so I can start clearing things out of my closet. Hopefully our beautiful weather will continue so I'm able to get some of the clutter out of our garage too.

Kris

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

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

Benefits of Humor and Laughter

Why did the doctor laugh at the X-ray? Because it was humerus!

What can strengthen your immune system, boost your mood, diminish pain, and protect you from the damaging effects of stress? If you guessed LAUGHTER, you'd be right. Laughter enhances our physical, psychological, and social well-being. With all the benefits of laughter, why are we so serious?

Childhood is a carefree time, and a 4-year-old laughs as many as 300 times a day. The average 40-year-old will laugh 300 times in 2 ½ months. The age when our humor starts to disappear is around 23 because we are trying to be "professional." Many of the reasons we don't laugh are stress, work pressure, and societal expectations, but these are the very reasons why we need to laugh. You can't be laughing and stressed at the same time. Laughing lowers levels of cortisol, the stress hormone, while raising the "feel good" neurotransmitters dopamine and serotonin.

How do we laugh more?

- If you're having a hard time laughing, start with a smile, even a fake smile can trick your body into feeling happier.
- Even if you don't find something funny, making yourself laugh can start you giggling.
- Watch funny videos, a funny movie, TV show or watch cartoons you laughed at as a child.
- Surround yourself with people who make you laugh. Spending time with kids and pets is a great way to start!
- Commit to laughing every day. Don't be self-conscious about your laugh.

Here are some Dad Jokes to get everyone laughing today:

- What's brown and sticky? Answer: A stick.
- I wanted to buy a pair of camouflage pants, but I couldn't find any.
- I had a date last night and it was perfect. Tomorrow, I'll have a fig.
- Why do bees have sticky hair? Answer: Because they use a honeycomb.

So, start laughing and improve your health and well-being!



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PREPARE FOR MEDICARE WORKSHOP

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



Revea Baker
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Jazzercise - Give it a Try!

What is Jazzercise?

Jazzercise is an engaging fitness class that blends dance with pilates, yoga, kickboxing, and more! This dance-cardio program provides a fun workout to your favorite music hits so you can get the feel-good endorphins pumping!

We offer Jazzercise classes in person, and we also livestream the classes on Zoom if you prefer to participate from home. In-person classes are held at Anpétu Téča Education Center (1910 County Road B West in Roseville).

Register for an entire class, or drop in to any singular session for just \$10!

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



Class Schedule

March 1 - 29

Mon-Thurs • 6-7pm
Fridays • 5:45-6:45pm
Saturdays • 9-10am
Class ID 3000-G • \$65
No class on 3/5

April 1 - 30

Mon-Thurs • 6-7pm
Fridays • 5:45-6:45pm
Saturdays • 9-10am
Class ID 3000-H • \$65

Mondays: Cardio Sculpt

Tuesdays: Sculpt60

Wednesdays: Interval CardioSculpt

Thursdays: Cardio Sculpt

Fridays: PowerSculpt45 and CardioSculpt 5

Saturdays: Cardio Sculpt



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Enrichment Classes!

**You must register in advance to join these classes, even if they are free to attend.
To register by phone, call 651-604-3770. To register online, visit isd623.ce.eleyo.com.**

Write Your Life Story

You don't need to be famous to have a legacy to leave behind. Create an inspirational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events and people that shaped who you are, and bring your story to life. You'll get an outline to help you organize and write your memoir step-by-step. Printing/publishing options will also be discussed.

Saturday • Mar 2 • 10:00 a.m. - 1:00 p.m. • \$49

 [Online](#) Class ID # 5008 • Instructor: LeeAnne Krusemark

Aging with Gusto

Join us for facilitated discussions on how to ignite a positive perception of aging and to help develop pathways to create a more accurate narrative about what it means to age. Each of the three discussions in the Aging with Gusto series is interactive and engaging, with a combination of large and small group activities that help participants examine their views and actions around aging. Facilitated by the Vital Aging Network, whose goal is to promote self-determination, civic engagement, and personal growth for people as they age!

Mondays • Mar 4, 11, 18 • 1:00 - 2:30 p.m. • **FREE!**

ATEC • [Class ID # S4560](#)

Instructors: Joann Ellis & Donna Comer

Morning Talks - From the North Star to GPS

Most people today use GPS to navigate. Join us as we learn how the North Star, the great Plague of the 1300's, and Albert Einstein helped give rise to today's Global Positioning System! Free blood pressure screening is available from 8:30-9am before this session.

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


[Class ID # S4001](#) • ATEC • Speaker: Paul Ciernia



Soothe Those Achy Joints

Do you have joints that ache – a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. We'll also discuss which nutrients are needed to help keep your joints healthy.

Tuesday • Mar 5 • 6:00 - 7:30 p.m. • \$29

 [Online](#) [Class ID # 4507](#) • Instructor: Janice Novak

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 • Mar 6 • 7:00 - 9:00 p.m. • \$49/couple

[Class ID # 2505](#) • Harambee • Instructor: Monica Mohn

How Good Where the “Good Old Days”?

Is our desire to return to the “good old days” erroneous? Have we conveniently forgotten about the things which were not very good about those days? Do we tend to ignore all of the really good things happening now? How much is media to blame with its constant focus on the negative and shocking? Let's talk about what was really good about the good old days and what is really good about today.

Monday • Mar 18 • 10:00 - 11:00 a.m. • \$10

[Class ID # S5013](#) • ATEC • Instructor: Jerry Graham



Board Battles

Who doesn't love a classic board game? Join the Roseville Area Senior Program for this afternoon of fun and recreation! Enjoy a trip down memory lane as you get competitive over games that have been popular for decades!

Wednesday • Mar 20 • 1:00 - 3:00 p.m. • **FREE!**

[Class ID # S5012](#) • ATEC • Instructor: RASP

Good and Cheap - Cooking on a Budget

Food is expensive. Join Mia Bremer, ACE Health Coach, to learn how to eat “good and cheap” using her favorite, go-to cookbook of the same name by Leanne Brown, a New York University student who developed recipes for people using the SNAP program.


Thursday • Mar 21 • 9:30 - 11:00 a.m. • \$25

[Class ID # S2095](#) • ATEC • Instructor: Mia Bremer

Alzheimer's Series: Effective Communication Strategies

Communication is more than just talking and listening. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.


Tuesday • Mar 26 • 6:30 - 7:30 p.m. • **FREE!**

 [Online](#) [Class ID # S4550](#) • Instructor: Alzheimer's Association

Metabolism Boosters & Busters

You could lose up to 20 pounds in a year, without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. Learn 20 SIMPLE things you can do every day to boost your metabolism and burn as much as 30% more calories every day!

Tuesday • Mar 26 • 6:00 - 7:30 p.m. • \$29

 [Online](#) [Class ID # 4504](#) • Instructor: Janice Novak




Enrichment Classes! (Continued)

You must register in advance to join these classes, even if they are free to attend.
To register by phone, call 651-604-3770. To register online, visit isd623.ce.eleyo.com.

Backing Up Your Computer Before It's Too Late

We all know we're supposed to back up our data, it's essential for peace of mind, but one copy of a file on your computer does not make a backup. People produce hundreds and sometimes thousands of files every year but fail to take adequate steps to preserve their data. The reason is, backing up takes some effort. Thanks to new software, hardware, and services, it's easier than ever. In this class, we take a look at the types of backups available, as well as the tools you'll need to pull it off, with as little work as possible. Don't risk your important documents and irreplaceable photos!

Wednesday • Mar 27 • 5:30 - 7:30 p.m. • \$35

 **Online** [Class ID # 5507-2](#) • Instructor: Sara A. Reimann

Morning Talks - Loons: Echoes of Serenity and Secrets of the North American Waters

Join volunteer speaker, Scott Nelson, to embark on a fascinating journey into the enchanting world of North American loons. These remarkable birds have captured the imaginations of people for generations. We'll explore the myriad ways they stand apart from other birds, both in their unique characteristics and the deep emotions they evoke.

Tuesday • Apr 2 • 9:00 - 10:00 a.m. • **FREE!**

[Class ID # S5021](#) • ATEC • Speaker: Scott Nelson



Ceramic Fairy Door

Come build your very own ceramic fairy door! We'll use imagination and clay to create one or more fairy doors to display as you please. Come only with your apron and imagination; clay, underglaze and tools will be provided for an evening of clayworks and fun. Pots and Whatnots will fire your pieces in their kiln, you will pick up when complete (about 2 weeks after class ends).

Thursday • Apr 11 • 6:00 - 8:30 p.m. • \$65


[Class ID # 1007](#) • ATEC • Instructor: Pots and Whatnots

Alzheimer's Series: Driving, Doctor Visits, Legal and Financial Planning

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care. Offered by the Alzheimer's Association.

Monday • Apr 15 • 6:30 - 7:30 p.m. • **FREE!**

Instructor: Alzheimer's Association

 **Online** [Class ID # S4552](#)



Eleanor Roosevelt: The Woman of the Century

Eleanor Roosevelt is considered by many to be the most important and remarkable woman of the 20th century. We will look at her life, relationship with FDR, accomplishments and amazing personal character and courage. Instructor Jerry Graham is an instructor in Political Science at Wittenberg University and an adjunct at several colleges, and has been a teacher in the public schools for thirty years.

Monday • Apr 22 • 9:30 - 11:00 a.m. • \$10

[Class ID # S5009](#) • ATEC • Instructor: Jerry Graham



From Me to We

Participants will discover how to establish a solid financial foundation and partnership. Learn how to identify values and attitudes about money, set goals as individuals and as a couple, and use tools to achieve goals and reduce financial stressors. Ideal for couples that are recently engaged, newly married, or remarried couples that are blending families!

Monday • Apr 29 • 6:00 - 7:00 p.m. • \$29/couple

[Class ID # 1056-2](#) • ATEC • Instructor: Gideon Ngobi

Party Line Dance

No need to sit and watch any more! Step into the party with this workshop of the popular line dances: Electric Slide, Cha Cha Slide, and the Cupid Shuffle. No partner is needed for this entire evening of fun, just come join us!

Tuesday • Apr 30 • 6:00 - 7:00 p.m. • \$19

[Class ID # 2506](#) • Harambee • Instructor: Monica Mohn

"2 Left Feet" Social Dance Workshop

Convinced that you have 2-left feet and that dancing is not meant for you? Or is that true for someone you know? Learn fun moves and simple tips from a pro to ease you into dancing. A little bit of Swing, a touch of Foxtrot, a smattering of Waltz, a tweak of Rumba, and a jazzed up "high school prom Swing & Sway" are all it takes to get you on the dance floor! .

Tuesday • Apr 30 • 7:00 - 9:00 p.m. • \$49/couple

[Class ID # 2502](#) • Harambee • Instructor: Monica Mohn

Hypnosis - Stop the Obsessions

All behavior changes must occur at an unconscious level to be lasting. With hypnosis you can make that change. You will be able to choose between quitting smoking, vaping, and chewing tobacco or losing weight and stopping the cravings. You will be relaxed and in control at all times. Fee includes CD and lifetime membership card for free reinforcement. Bring a pillow and blanket to class!


Tuesday • May 7 • 5:45 - 9:00 p.m. • \$69, or \$138 for both


[Class ID # 4501-2](#) • ATEC • Instructor: Mary Fischer

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

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 Téča Education Center.*

55+ DEFENSIVE DRIVING 8-HOUR

Tue/Wed • March 19 & 20 • 1:30 - 5:30 p.m.
 *Online* Class ID # SZ5021-3 • \$35

Tue/Wed • April 23 & 24 • 5:30 - 9:30 p.m.
 *Online* Class ID # SZ5021-4 • \$35

55+ DEFENSIVE DRIVING REFRESHER 4-HOUR


Wednesday • March 6 • 1:00 - 5:00 p.m.
 Class ID # S5020-7 • \$31

Saturday • March 23 • 9:00 a.m. - 1:00 p.m.
 Class ID # S5020-8 • \$31

Thursday • March 28 • 9:00 a.m. - 1:00 p.m.
 Class ID # S5020-9 • \$31

Tuesday • April 9 • 1:00 - 5:00 p.m.
 Class ID # S5020-10 • \$31

Saturday • April 20 • 9:00 a.m. - 1:00 p.m.
 Class ID # S5020-11 • \$31

Tuesday • April 23 • 12:00 - 4:00 p.m.
 *Online* Class ID # SZ5020-3 • \$31

Monday • April 29 • 9:00 a.m. - 1:00 p.m.
 Class ID # S5020-12 • \$31



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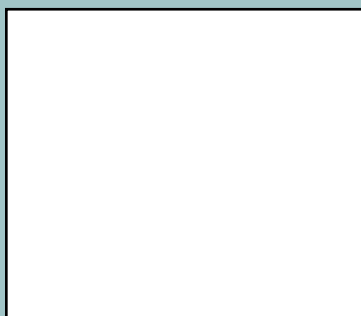
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Brimhall Students Hit the Slopes!

Despite the unseasonably warm weather, the 6th graders at Brimhall Elementary School traded textbooks for ski slopes at Hyland Hills Ski Area in Bloomington! For many, it was their first time skiing and they had an absolute BLAST!

“We love to offer experiences like the skiing field trip to our students because it gives them a chance to try things that challenge them in different ways than the traditional classroom space,” shared 6th grade teacher, Laurel Carey, who orchestrated the ski trip.

“Skiing specifically gives students a chance to engage in some physical activity and embrace the winter weather (though this year it hasn’t felt much like a typical winter)! ...It’s one of the highlights of our year, and our students were so proud of themselves for the progress that they made in just one day!”



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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 March 4, 5, 12, 18, 19, 26 and April 1, 2, 9, 15, 16, 23, 29, 30.

- 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 depending on the weather. If the weather is bad, then Topics Forum will only be offered on Zoom.



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.

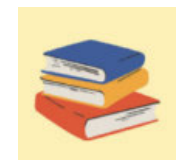
- Offered the 2nd and 4th Wednesday of the month with appointments at 12pm, 1:15pm, and 2:30pm in room C125
- You can schedule an appointment at trellisconnects.org/get-help/medicare/ or by calling the Senior LinkAge Line at 800-333-2433



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 offshoot. 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, 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.



Bocce Ball Leagues

Join Adult Bocce Ball this spring/summer!
Registration opens on March 5th, visit this site for details:
<https://www.cityofroseville.com/3571/Bocce-Leagues>

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>

Minneapolis Cemetery Tour

Wednesday, May 15 | 9:00am - 4:30pm
\$108 (Roseville resident: \$100)

Register by April 12!

Meet expert tour guide and speaker, Doug Ohman, to explore the fascinating world of cemeteries in Minneapolis. Visit the earliest burial grounds in the area to the most current cemetery practices.

Cemeteries are the last visible vestiges of our past. They are clues to the stories worthy of remembering by honoring those who have gone on before. Fee includes transportation, tour, and lunch at Patrick's Bakery and Café at Bachman's.

We have a free indoor walking track available to the public, too! Inside the ice arena, open daily. Check the website above for specific hours.

Hula Dance

Roseville Wellness Studio
Hula is a Hawaiian dance that is also a perfect exercise for your entire body. You will learn basic Hula steps and choreography. Please bring a pareo (sarong) to dance in. No experience necessary.

Wednesdays, April 3 - May 22 | 7-8pm
\$88 (Roseville resident: \$80)
Instructor: Kumu Kanani Johnson

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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!

Cerenity RESIDENCE White Bear Lake

WINNER
2023
of Our People's Choice Award

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

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OUR COMMUNITY NEWSLETTER
OCTOBER EDITION

Scan to contact us!

Roseville Alzheimer's and Dementia Community Action Team

Learn about the Whole-Person Wellness Screening Program & Living Well with Dementia

April 9, 2024 | 1:00 - 3:00 pm
Roseville City Hall - City Council Chambers
2660 Civic Center Drive, Roseville

Sam Sleeman, CVA, Executive Director of the Faith Community Nurse Network of the Greater Twin Cities will talk about the Whole Person Wellness community screenings project. She will explain the screening process, including what happens when cognitive issues are discovered. Carolyn Klaver and Robyn Birkeland will talk about how best to support people who are living on their own with MCI (Mild Cognitive Impairment) or dementia. Carolyn will discuss current research and her own experiences with "solos." Robyn will share about the University of Minnesota's Home Alone study and will review the preliminary results.

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!

Whole-Person Wellness Screening – Including Optional Cognitive Screening

Thursday, April 25 | 9:00am to 2:00pm | Roseville Oval
2661 Civic Center Drive, Roseville

Get a free whole-person wellness consultation with an U of M student nurse (under supervision of a registered nurse). During your visit, you will develop a whole-person wellness plan, set individualized goals, and get connected to resources to support wellness goals. You will also learn more about your body biometrics and have the opportunity to be screened for depression and cognitive decline.

You can schedule an appointment online at <https://form.jotform.com/fcnntc/RosevilleWellness> or contact Lyngblomsten Community Services at 651.632.5330 or communityservices@lyngblomsten.org

Connecting with Creativity: The Proven Benefits of Art, Storytelling, Movement & Music - Plus A Celebration!



Tuesday, May 14
1:00 - 3:00pm
Roseville City Hall
2660 Civic Center Drive, Roseville

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Homemade
GIFTS MADE EASY

Word Find - Types of Dogs!

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


**BEAGLE
COCKAPOO
DALMATION
LABRADOR
POMERANIAN
SAMOYED**

**BOXER
COLLIE
GREYHOUND
MALTESE
POODLE
SHEEPDOG**

**BRITTANY
DACHSHUND
LABRADOODLE
POINTER
ROTTWEILER
WHIPPET**


Flaming Spoon Café Menus

March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BAKED PENNE with MARINARA SAUCE ITALIAN BLEND VEG CHILLED PEACHES FRENCH BREAD
4 MUSHROOM BURGER ON A WHOLE GRAIN BUN CHEESY HASHBROWNS BAKED BEANS APPLESAUCE	5 PEPPER STEAK STEAMED BROWN RICE CAPRI VEGETABLES FRUIT COCKTAIL DESSERT	6 BEEF STEW STEAMED CARROTS CHILLED PEARS WARM CORNBREAD	7 CHICKEN WILD RICE SOUP STEAMED GREEN BEANS CHILLED PINEAPPLE WHEAT ROLL DESSERT	8 CHEESE RAVIOLI CALIFORNIA BLEND VEG CHILLED PEACHES FRENCH BREAD DESSERT
11 CHICKEN POT PIE STEAMED CORN BLUEBERRIES BUTTERY BISCUIT DESSERT	12 MEATLOAF STEAMED GREEN BEANS POTATOES CHILLED APRICOTS WHEAT ROLL	13 CHICKEN CHOW MEIN BROWN RICE CRUNCHY NOODLES ASIAN STIR FRY VEGETABLES CHILLED PINEAPPLE FORTUNE COOKIE	14 BEEF STROGANOFF EGG NOODLES CALIFORNIA BLEND VEG APPLESAUCE WHEAT ROLL	15 LEMON PEPPER TILAPIA RICE PILAF MIXED VEGETABLES MANDARIN ORANGES DESSERT
18 SLOPPY JOE DAY SLOPPY JOE WHOLE GRAIN BUN BAKED CHIPS STEAMED PEAS & CARROTS MANDARIN ORANGES	19 PORK LOIN MUSHROOM/ONION GRAVY POTATOES CAPRI BLEND VEGETABLES CHILLED PINEAPPLE	20 CHICKEN CORDON BLEU RICE PILAF GREEN BEANS SPICED PEACHES	21 CHICKEN ALA KING MASHED POTATOES STEAMED CARROTS FRUIT COCKTAIL BUTTERY BISCUIT	22 VEGETABLE LASAGNA ITALIAN BLEND VEG FRESH PEAR FRENCH BREAD
25 CHICKEN CHILI STEAMED CORN CHILLED PINEAPPLE WARM CORNBREAD DESSERT	26 TURKEY TETRAZZINI STEAMED BROCCOLI MANDARIN ORANGES BUTTERY BISCUIT DESSERT	27 HAMBURGER WILD RICE HOT DISH STEAMED PEAS & CARROTS BANANA WHEAT ROLL	28 BEEF LASAGNA ITALIAN BLEND VEGETABLES APRICOTS FRENCH BREAD	29 CLOSED NO MEALS SERVED TODAY

Menu subject to change based on product availability

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHICKEN & DUMPLING SOUP MIXED VEGETABLES CHILLED PEACHES WARM CORNBREAD DESSERT	2 SALISBURY STEAK MUSHROOM/ONION GRAVY POTATOES MIXED VEGETABLES FRUIT COCKTAIL	3 MANDARIN ORANGE CHICKEN BROWN RICE ASIAN STIR FRY VEGETABLES FRESH PEAR FORTUNE COOKIE	4 CHEESEBURGER WHOLE GRAIN BUN SEASONED POTATOES BAKED BEANS CHILLED PEARS	5 GOULASH STEAMED GREEN BEANS CHILLED PINEAPPLE BUTTERY BISCUIT DESSERT
8 LEMON PEPPER TILAPIA RICE PILAF STEAMED BROCCOLI MANDARIN ORANGES	9 DICED TURKEY IN GRAVY MASHED POTATOES STEAMED CORN BANANA WHEAT ROLL DESSERT	10 CHICKEN PARMESAN OVER SPAGHETTI NOODLES ITALIAN VEGETABLES CHILLED APRICOTS FRENCH BREAD	11 TATOR TOT HOTDISH STEAMED CARROTS CHILLED FRUIT WHEAT ROLL DESSERT	12 SWISS STEAK POTATOES CALIFORNIA BLEND VEG WHEAT ROLL BLUEBERRIES
15 BEEF CHILI STEAMED CORN CHILLED PEARS WARM CORNBREAD DESSERT	16 BEEF CHOW MEIN CRUNCHY NOODLES BROWN RICE ASIAN STIR FRY VEGETABLES MANDARIN ORANGES FORTUNE COOKIE	17 ITALIAN CHICKEN BREAST RICE PILAF ROASTED VEGETABLES APPLESAUCE DESSERT	18 BEEF LASAGNA GREEN BEANS CHILLED FRUIT COCKTAIL FRENCH BREAD	19 CHICKEN THIGHS in BBQ SAUCE SEASONED CUBED POTATOES STEAMED EDAMAME WARM APPLE SLICES
22 SCALLOPED POTATOES with DICED HAM CAPRI VEGETABLES BANANA WHEAT ROLL	23 STUFFED GREEN PEPPER with BROWN RICE MIXED VEGETABLES CINNAMON APPLESAUCE DESSERT	24 MEATLOAF PEAS & CARROTS POTATOES CHILLED PINEAPPLE WHEAT ROLL	25 CHICKEN KIELBASA & SAUERKRAUT with WHEAT BUN WARM 3 BEAN SALAD CHILLED PEARS DESSERT	26 SWEDISH MEATBALLS with EGG NOODLES GREEN BEANS MANDARIN ORANGES
29 PIZZA BURGER WITH MOZZARELLA CHEESE SEASONED POTATOES STEAMED PEAS BLUEBERRIES DESSERT	30 ROAST BEEF MASHED POTATOES STEAMED GREEN BEANS FRUIT COCKTAIL WHEAT ROLL			



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!