

Seasons

Roseville Area Senior Program Newsletter

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

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May is High Blood Pressure Education Month

High blood pressure is called the “silent killer” because it often has no warning signs or symptoms. It is the leading cause and controllable risk factor for stroke and heart disease.

Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. When you have high blood pressure your heart must work harder to pump blood.

The American Heart Association and American College of Cardiology divide blood pressure into four general categories:

- Normal Blood Pressure: blood pressure is lower than 120/80 mm Hg.
- Elevated Blood Pressure: the top number ranges from 120-129 mm Hg and the bottom number is below, not above, 80 mm Hg.
- Stage 1 Hypertension: the top number ranges from 130-139 mm Hg or the bottom number is between 80 and 89 mm Hg.
- Stage 2 Hypertension: the top number is 140 mm Hg or higher or the bottom number is 90 mm Hg or higher.

Blood pressure that is higher than 180/120 mm Hg is considered a hypertensive emergency, and you must seek emergency medical help.

Lifestyle plays a vital role in controlling your blood pressure and can help lower your blood pressure if it is too high. Some lifestyle changes you can make include:

- Weight loss is one of the most effective ways to help control your blood pressure.
- Exercising regularly can lower blood pressure by about 5 to 8 mm HG. Aim for at least 30 minutes of moderate physical activity every day.
- Eat a diet rich in whole grains, fruits, vegetables, and low-fat dairy products and low in saturated fat and cholesterol.
- Limit alcohol to less than one drink a day for women or two drinks a day for men.
- Quit smoking.
- Get a good night's sleep.
- Reduce stress. Make time to relax and enjoy hobbies.
- Monitor your blood pressure at home and get regular checkups.

See your health care provider if you have any concerns regarding your health.

Register for summer classes and activities!

See pages 6 and 7 to explore these opportunities and more:

- Herb Gardening
- Control the Clutter
- Introduction to Fly Fishing
- Balance Training
- Ballroom Dance Workshop

Anpétu 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
- Monday, September 2



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

I always get laughed at when I tell the story of finding one of my cats. When I was driving, I saw movement up ahead, on the side of the road, in the grass. My thoughts were that it was a turtle because it was turtle season. I'm always asked, "what is turtle season?"

Why did the turtle cross the road? Unlike the chicken who was just trying to get to the other side, Minnesota turtles are mainly aquatic and move seasonally between different wetlands. When they are crossing roads in late-May and June they are usually moving to familiar locations. Many females will be traveling to find ideal places to lay their eggs.

How can you help turtles?

- ALWAYS keep your own safety in mind.
- Be aware and be on the lookout for them while you are driving, so you don't accidentally run one over.
- If the animal needs to be moved, move it to the other side of the road in the same direction it was moving. You can use a car mat to help direct them across the road, without having to pick them up.
- Handle turtles gently, do not pick them up by the tail. This could injure the turtle.
- If they can safely move across the street on their own, let them do so.

This is my neighbor's sign that he puts in his yard every year. Can you see the little painted turtle in the bottom left corner of the picture? We have wetlands behind our houses and a pond across the street. In the spring the turtles come across our yards, cross the street, and enjoy the pond. It's always fun to watch them every year.



As for the kitten I thought was a turtle, she is happily napping at home.

Kris

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

SilverSneakers Fitness Classes

SilverSneakers and Renew Active are benefits offered by various insurance companies that allow older adults to take greater control of their health. If your health insurance offers SilverSneakers or Renew Active, you can participate in these classes at no cost! If your insurance does not cover SilverSneakers or Renew Active, you can pay to attend the classes for the full session price listed below, or drop in to any class for \$12. Explore our June and July 2024 schedule:

SilverSneakers

An equipment-based, total-body conditioning class. We use hand-held weights, elastic tubing with handles, a playball, and a chair for standing or seated support.

Mon/Wed/Fri • June 3 - 28 • 9-9:45am • ATEC
 Class ID #3050-a • \$125 • No class 6/19

Mon/Wed/Fri • July 1 - 31 • 9-9:45am • ATEC
 Class ID #3050-b • \$125 • ATEC • No class 7/5, 7/12, 7/15

Strength Training

Exercises are modified to accommodate all levels and are designed to hit all major muscle groups to improve muscular strength and endurance. Please bring a floor mat.

Tue/Thurs • June 4 - 27 • 10-10:45am
 Class ID #3053-a • \$85 • ATEC

Tue/Thurs • July 2 - 30 • 10-10:45am
 Class ID #3053-b • \$85 • ATEC • No class 7/4

Strength and Stretch

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

Mon/Wed/Fri • June 3 - 28 • 10-11am • ATEC • \$125
 Class ID #3051-a • No class 6/19

Mon/Wed/Fri • July 1 - 31 • 10-11am • ATEC • \$125
 Class ID #3051-b • No class 7/5, 7/12, 7/15

YogaStretch - Gentle Core Strengthening

Our most gentle class. Move your whole body through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Chair support is offered for safety. Keep your shoes on! No floor work!

Tues/Thurs • June 4 - 27 • 9-9:45am
 Class ID #3054-a • \$85 • ATEC

Tues/Thurs • July 2 - 30 • 9-9:45am
 Class ID #3054-b • \$85 • ATEC • No class 7/4

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PREPARE FOR MEDICARE WORKSHOP

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



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

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

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- Independent Living
- Assisted Living
- Memory Care
- Transitional care and long-term skilled nursing care (only at Como Park)

Lyngblomsten Community Services empowers older adults and their family caregivers for living well at home. It serves people residing in the community and on our campuses through:

- Memory loss enrichment programming
- Caregiver resources and support
- Wellness education



Como Park Campus: (651) 646-2941
 Lino Lakes Campus: (651) 515-1725
 Community Services: (651) 632-5330

info@lyngblomsten.org
www.lyngblomsten.org



Explore These Helpful Resources!

Senior Linkage Line

Phone: 800 333-2433

The Senior Linkage Line is a free service of the State of MN that connects older Minnesotans and their families with the help they need.

NAMI MN

Phone: 651 645-2948

NAMI MN champions justice, dignity, and respect for all people affected by mental illness. Through education, support, and advocacy we strive to effect positive changes in in the mental health system and increase the public and professional understanding of mental illnesses.

Co-Facilitator for Senior Grief Support

Would you like to offer support to seniors who are currently grieving?

The Roseville Area Senior Program is looking for facilitators for a new Senior Grief Support Group. The group is expected to meet once a month at the Anpétu Téča Education Center, located at 1910 County Road B West in Roseville. Monthly time commitment would be 4 - 8 hours.

A facilitator should have experienced loss or losses and dealt with grief but not in the too recent past. Experience leading small groups is helpful, but not required. Facilitator training is available at no cost.

If you would like to serve and support our senior community or need more information, please call 651 604-3520.

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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.

Balance Training

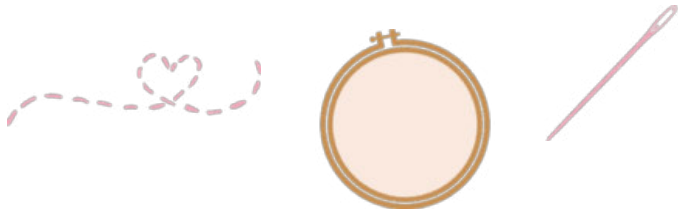
This class is designed to improve your strength, flexibility and balance. We will use seated and standing exercises to increase confidence and reduce fear.

Wed/Fri • May 1 - 17 • 11:30 a.m. - 12:15 p.m. • \$119
[Class ID # S7038](#) • ATEC • Instructor: Margaret Cummings

Beginning Embroidery

Make an embroidery sampler as we learn the basic embroidery stitches. Whether you are just starting out or picking up the hoop after a long time away, this is a great place to start. Please bring a wooden embroidery hoop, size 1-5 embroidery needle, scissors, and a few skeins of embroidery floss in your favorite colors. Pre-printed fabric cloth will be provided.

Thursdays • May 2 - 23 • 6:45 - 8:00 p.m. • \$55
[Class ID # 1029](#) • ATEC • Instructor: Lisa Tilga



Morning Talks - Healthy Living for Your Brain & Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Free blood pressure screening is available from 8:30 - 9:00 a.m.

Tuesday • May 7 • 9:00 - 10:00 a.m. • **FREE!**
[Class ID # S4566](#) • ATEC • Speaker: Alzheimer's Association



Thyroid Things You Need To Know

If you currently take thyroid medication but still have a variety of symptoms, there's more you need to know. We'll discuss how thyroid function can make any illness worse; the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; connection between thyroid, fibromyalgia and arthritis; foods that help or hinder; commonly misunderstood rules of how to take thyroid meds; environmental triggers and more.


Tuesday • May 7 • 6:00 - 7:30 p.m. • \$39
 [Online Class ID # 4519](#) • Instructor: Janice Novak


Photo Organization - Print and Digital

Having organized photos ensures peace of mind. Develop a system to get every printed photo, digital photo and all of your memorabilia organized, once and for all. Learn about scanning for slides, movies, prints, backing up, cloud storage and scanners. You'll leave with a plan for a system that allows you to access every photo you own in literally seconds!

Wednesday • May 8 • 6:30 - 8:30 p.m. • \$25
[Class ID # 3505-2](#) • ATEC • Instructor: Kathy Povolny

Introduction to Vegetable Gardening


This class teaches the basics of growing your first vegetable garden. Come and learn what you need to know about where to plant your vegetables, which plants to choose, and how to care for your garden all season long.

Saturday • May 11 • 10:00 - 11:00 a.m. • \$25
 [Online Class ID # 3500](#)
Instructor: Ramsey County Master Gardeners



Posture, Get It Straight: Look Younger & Feel Better

Ever caught your own reflection to see that your head hangs too far forward, or your shoulders are too rounded, or you slump too much? You will learn how to correct common posture problems and learn an 'Instant Alignment Technique' that will have you standing straighter immediately. We'll discuss easy to implement tips when at a computer, in a car or working out. A resistance band is needed for some of the exercises.

Monday • May 13 • 6:00 - 7:30 p.m. • \$39
 [Online Class ID # 4533](#) • Instructor: Janice Novak

Ballroom Dance - 2 Hour Workshop

Whether you've never danced before, or have a little bit of experience, this 2-hour workshop will have you turning, spinning and more with the Waltz, Rumba and Foxtrot. Couples only please.

Wednesday • May 15 • 7:00 - 9:00 p.m. • \$39/couple
[Class ID # 2503](#) • Harambee • Instructor: Monica Mohn



Introduction to Fly Fishing

Join us for a one-day session to discover the enjoyment of fly fishing. Did you know that, in addition to trout and salmon, you can catch bass, sunfish, northern pike, and muskie on a fly? Or saltwater fish like redfish, bonefish, permit, and tarpon? After taking this class, you'll be ready to catch all those, and more, with a fly rod. You'll finish the class knowing about fly rods and reels, lines and leaders, casting, knots, safety, clothing and gear.

Saturday • May 18 • 8:30 a.m. - 4:30 p.m. • \$75
[Class ID # 5005](#) • ATEC • Instructor: Lew Beccone

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.**


Write Your Own Will

Whether you are married, single, or divorced, it is important to have a will to make sure your wishes are honored. Learn about estates and wills while preparing your own legal will during class. You will receive all of the tools needed to complete this important document, including instructions, a professionally prepared form, witnesses, and a notary public. This class is tailored to people who have an estate of less than \$2 million and do not own a business. Spouses must register separately.

Tuesday • May 21 • 6:00 - 9:00 p.m. • \$69
Class ID # 1507-2 • ATEC • Instructor: Riley Sullivan

How to Use Uber for Transportation Independence

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. In this class, you will learn the basics and gain the knowledge on how to use Uber. Learn to use Uber at major airports so that you can travel with confidence and without having to ask a friend for a ride, as well as other appointments and errands. Open up your travel options with this fun and engaging class!

Tuesday • May 21 • 12:00 - 1:00 p.m. • \$25
 Online Class ID # S4015 • Instructor: Nickie Welsh

Control the Clutter

Is clutter in your home getting you down? Does the thought of downsizing feel overwhelming? Join us and learn how to control your clutter.



Tuesday • May 21 • 10:00 - 11:00 a.m. • \$15/couple
Class ID # S3525 • ATEC • Instructor: Diane Gilmore


The ABCs of ADLs: Understanding the Language of Eldercare

Karen Vento of Amira Choice Roseville addresses the complicated language often used in eldercare, helping you understand the options and what they mean. What is an ADL? What is "Enhanced Care?" What is "Skilled Care?" When is memory care the better option? What does living "independently" mean in a building that has a care license? Do you know what a UDALSA is? Why is this important?

Thursday • May 23 • 9:30 a.m. - 12:00 p.m. • \$10/couple
Class ID # S5022 • ATEC • Instructor: Karen Vento

Herb Gardening


Herbs pack a lot of flavors that help improve the taste of many foods. Get to know some of the herbs commonly used in cooking and learn how you can use them year-round.

Saturday • June 15 • 10:00 - 11:00 a.m. • \$19
 Online Class ID # 2002
Instructor: Ramsey County Master Gardeners



Posture and Osteoporosis - Building Better Bones

Have you ever caught sight of your reflection in a window or mirror to see that your shoulders and upper back are too rounded forward? Learn simple techniques to improve posture and stand straighter! We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to re-gain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises.

Tuesday • June 4 • 6:00 - 7:30 p.m. • \$39
 Online Class ID # 4526 • Instructor: Janice Novak



Organic Wire Sculptures


Taking inspiration from the natural surroundings or images of plants and wildlife, participants will create their own 3D wire form by bending and shaping metal wire. Finished projects will consist of 3D shaped wire mounted on a base, culminating in a uniquely organic sculpture you will be proud to share with your family and friends.

Thursday • June 6 • 6:30 - 8:00 p.m. • \$35
Class ID # 1083 • ATEC • Instructor: Erin Stahl



How To Use Venmo Safely in 2024

Stay up to date by expanding your technology knowledge and learn what you need to know about the mobile payment service called Venmo. Learn how to pay friends, businesses or receive money without using cash or checks. You'll leave this class with a confident understanding of how to set up Venmo safely, fees to avoid, and real world scenarios you or your family and friends may use with this mobile payment option.

Thursday • June 6 • 12:00 - 1:00 p.m. • \$25
 Online Class ID # S1530 • Instructor: Nickie Welsh

Benefits of Funeral & Cremation Preplanning


More people are choosing to preplan their own or a loved one's funeral as an alternative to having others make the decisions for them. During this informative session, you will learn about the benefits of planning ahead, veterans' funeral benefits, burial and cremation options and costs, Medical Assistance and asset protection, and finally how to avoid common mistakes. With the knowledge gained, you will be able to make informed decisions you feel good about today and bring peace to your family when they need it most.


Thursday • June 13 • 9:00 - 10:00 a.m. • \$15/couple
Class ID # S3522 • ATEC • Instructor: Barbara Emahiser

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 • May 21 & 22 • 1:30 - 5:30 p.m.
 **Online** Class ID # SZ5021-5 • \$35

Tue/Wed • June 18 & 19 • 5:30 - 9:30 p.m.
 **Online** Class ID # SZ5021-6 • \$35

55+ DEFENSIVE DRIVING REFRESHER 4-HOUR

Monday • May 13 • 9:00 a.m. - 1:00 p.m.
 Class ID # S5020-1 • \$31

Thursday • May 30 • 1:00 - 5:00 p.m.
 Class ID # S5020-2 • \$31

Tuesday • June 4 • 9:00 a.m. - 1:00 p.m.
 **Online** Class ID # SZ5020-4 • \$31

Monday • June 17 • 1:00 - 5:00 p.m.
 Class ID # S5020-3 • \$31

Saturday • June 29 • 9:00 a.m. - 1:00 p.m.
 Class ID # S5020-4 • \$31



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Future Engineers at Central Park Elementary School!

Central Park Elementary School recently hosted an incredible Family Engineering Night in collaboration with The Works Museum!

From “sound sandwiches” to rubber band fliers, catapults to electric circuits, students had a blast exploring hands-on STEM activities at every station!

What an amazing opportunity for families to dive into the world of hands-on learning in the Spark Lab and Media Center.



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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 project or just come to chat!

- 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 May 7, 13, 14, 21 and June 4, 10, 11, 18, 24, 25.

- 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.

- Off for the summer (June, July & August)



Partner Bridge

Join us and socialize as you work on your Partner Bridge is a formally organized game with four bridge players, per table, that are arranged in advance. One set of partners

plays six hands of bridge with four different sets of partners. We are sometimes unable to accommodate everyone who wants to play because we need four players per table. If you would like to play Partner Bridge, call Mary Claire Lockman at 651-230-1494.

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



Drop In Bridge

Anyone is welcome to drop in and play!

- Meets on Mondays from 12:00-4:00pm and Fridays from 10am-12pm



Medicare Counseling

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

health insurance policies.

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



Progressive Hand & Foot Card Game

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

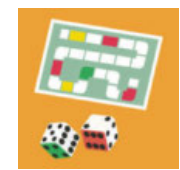
- Meets on Tuesdays from 1-4pm in the Senior Lounge, C123
- Cost is \$2.00 and you pay in class



Bookmarker Book Club

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

- Tuesday, May 28 – *The Memory Keeper's Daughter* by Kim Edwards



Games Galore

Anyone is welcome to come and play classic board and card games.

- Meets on Wednesdays from 1-4pm in the Senior Lounge, C123

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.



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.

W, April 3-May 22 7-8pm, \$88, RV Resident \$80

W, June 5-July 31 7-8pm, \$78, RV Resident \$70

Minnesota Twins Game

Cheer on your Minnesota Twins as they take on the Tampa Bay Rays! The first pitch is at 12:10 pm. Lunch will be included. Fee includes coach bus transportation, lunch and ticket. Register by May 29!

Thursday, June 20 | 7201.489 | \$103, RV Res \$95

Depart: 11:25 a.m. | Approx Return: 4:00 p.m.

Mobility Level: 3

Experience Broadcasting

Spend the morning at FOX-9 KMSP Broadcast Center in Eden Prairie to be a part of the live studio audience of The Jason Show. Have lunch at the Scoreboard in Minnetonka (menu option will be the special of the day with a beverage). After lunch, tour the Pavek Museum of Broadcasting with over 12,000 square feet of antique radios, televisions, and broadcast equipment on display. Learn how pioneers in electronic communications created enormous impacts on the evolution of our society! Fee includes coach bus transportation, lunch and ticket. Register by June 16!

Tuesday, July 16 | #7201.490 | \$106, RV Res \$98

Depart: 8:00 a.m. | Approx Return: 4:15 p.m.

Mobility Level: 2

Mobility Chart:

Level 1: Easy – Light physical activity

Level 2: Moderate – Moderate physical activity

Level 3: Active – High level of physical activity

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 of the 2023 Senior Living Awards

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

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OCTOBER EDITION

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Roseville Alzheimer's and Dementia Community Action Team

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

May 14, 2024 | 1:00 - 3:00 p.m.
Roseville City Hall - City Council Chambers
2660 Civic Center Drive, Roseville, MN
Free - All are welcome!

Participate in an interactive event to learn how creativity and movement can spark joy, social engagement, and cognitive benefits for persons living with dementia.

Maria Genné will explain how Kairos Alive workshops integrate dance, music, and storytelling. Holly Nelson, Director of Lifelong Learning & the Arts at Lyngblomsten, will discuss the importance of art and music and why doing and enjoying is more important than the final product. Carolyn Klaver RN, a Lyngblomsten dementia specialist, will lead the group in Timeslips, a creative storytelling program.

We are concluding our presentation with a celebration! Sara Barsel, co-founder and leader of the Roseville Alzheimer's Community Action Team, has been awarded the 2023 Andrus Award for Community Service by AARP Minnesota. Sara will be presented her award at a post-event reception. Refreshments will be served.

The Power of a Dementia Support Group

June 11, 2024 | 1:00 - 3:00 p.m.
Roseville City Hall - City Council Chambers
2660 Civic Center Drive, Roseville, MN
Free - All are welcome!

Caring for a person with dementia can be overwhelming. A support group provides a place to share experiences, learn caregiving techniques, and find resources. Find out about the benefits of joining a support group from three support group facilitators: Amy House, a Certified Dementia Practitioner & Alzheimer's support group facilitator; Paula Rice Biever, facilitator of two Lewy Body Dementia support groups; and Warren Wolfe, facilitator of the Former Dementia Caregiver Support Group.

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!

12 | Roseville Area Schools | May/June 2024

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

Coloring Sheet



Homemade
GIFTS MADE EASY

Word Find - Spring Things!

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

BUMBLEBEE
DUCKS
GEESE
KITES
RAINBOW

BUTTERFLY
FLOWERS
GRASS
NATURE
SHOWERS

Flaming Spoon Café Menus

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Excellence, Innovation & Equity in All We Do		1 TURKEY TETRAZZINI STEAMED VEGETABLE CORNBREAD PEACH CRISP	2 SALISBURY STEAK MUSHROOM/ONION GRAVY WHIPPED POTATOES STEAMED VEGETABLE FRUIT	3 ALASKA POLLOCK FILET WHOLE GRAIN BUN TARTER SAUCE STEAMED VEGETABLE FRUIT
6 SWEET & SOUR MEATBALLS STEAMED BROWN RICE STEAMED VEGETABLES FRUIT FORTUNE COOKIE	7 COUNTRY FRIED STEAK with COUNTRY GRAVY MASHED POTATOES STEAMED VEGETABLES FRUIT DESSERT	8 PORK POLISH SAUSAGE W/ SAUERKRAUT WHOLE GRAIN BUN BAKED BEANS FRUIT	9 CHICKEN ALA KING MASHED POTATOES STEAMED VEGETABLE FRUIT BUTTERY BISCUIT	10 TATOR TOT HOT DISH STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT
13 BEEF STROGANOFF EGG NOODLES STEAMED VEGETABLES FRUIT DESSERT	14 STUFFED GREEN PEPPER with BROWN RICE STEAMED VEGETABLES FRUIT	15 SMOTHERED PORK LOIN with MUSHROOM GRAVY POTATOES STEAMED VEGETABLE FRUIT	16 LEMON PEPPER TILAPIA RICE PILAF STEAMED VEGETABLE FRUIT DESSERT	17 SPAGHETTI w/ MEAT SAUCE STEAMED VEGETABLE FRUIT FRENCH BREAD
20 CHICKEN DRUMSTICK in BBQ SAUCE CUBED POTATOES VEGETARIAN CALICO BEANS FRUIT	21 CHICKEN KIELBASA with SAUERKRAUT STEAMED VEGETABLES FRUIT WHEAT BUN	22 CHICKEN PASTA SALAD 3 BEAN SALAD FRUIT BREADSTICK DESSERT	23 LU'S MEATLOAF POTATOES STEAMED VEGETABLE WHEAT ROLL PEACH COBBLER	24 BEEF LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD
27 CLOSED MEMORIAL DAY	28 ITALIAN CHICKEN RICE PILAF ROASTED VEGETABLES FRUIT DESSERT	28 BEEF STEW STEAMED VEGETABLE FRUIT CORNBREAD	30 SWISS STEAK POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	31 CHEESEBURGER on WHOLE GRAIN BUN SEASONED POTATOES BAKED BEANS FRUIT DESSERT

Menu subject to change based on product availability

June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 Excellence, Innovation & Equity in All We Do		
3 CHICKEN WILD RICE SOUP STEAMED VEGETABLE FRUIT WHEAT ROLL	4 PEPPER STEAK STEAMED BROWN RICE STEAMED VEGETABLE FRUIT DESSERT	5 ROAST BEEF PHILLY SANDWICH with PEPPERS, ONIONS & MOZZARELLA CHEESE STEAMED VEGETABLE FRUIT	6 HAM with PINEAPPLE AU GRATIN POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	7 SLOPPY JOE WHOLE GRAIN BUN STEAMED VEGETABLE FRUIT BAKED CHIPS
10 TATOR TOT HOT DISH STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	11 LEMON PEPPER TILAPIA RICE PILAF STEAMED VEGETABLE BLUEBERRY CRISP	12 CHICKEN CHOW MEIN BROWN RICE CRUNCHY NOODLES STEAMED VEGETABLE FRUIT FORTUNE COOKIE	13 EGG SALAD SANDWICH on a WHOLE GRAIN BREAD POTATO SALAD FRESH VEGETABLES FRUIT	14 CHICKEN POT PIE STEAMED VEGETABLE FRUIT BUTTERY BISCUIT
17 MUSHROOM BURGER ON A WHOLE GRAIN BUN CHEESY HASHBROWNS BAKED BEANS FRUIT	18 BEEF LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT	19 CLOSED	20 MANDARIN ORANGE CHICKEN BROWN RICE STEAMED VEGETABLE FRUIT FORTUNE COOKIE	21 SWEDISH MEATBALLS with EGG NOODLES STEAMED VEGETABLE PINEAPPLE UPSIDE DOWN CAKE
24 CHICKEN CHILI STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT	25 MEATLOAF STEAMED GREEN BEANS POTATOES CHILLED APRICOTS WHEAT ROLL	26 HAMBURGER WILD RICE HOT DISH STEAMED PEAS & CARROTS BANANA WHEAT ROLL	27 TURKEY SANDWICH with AMERICAN CHEESE BAKED CHIPS FRESH VEGETABLES FRUIT DESSERT	28 CHICKEN CORDON BLEU RICE PILAF STEAMED VEGETABLE FRUIT 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

Summer Hours (June 10 - August 30): 11:00am - 12:00pm

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!