

Seasons

Roseville Area Senior Program Newsletter

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

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August is National Immunization Awareness Month

Immunizations are not just for children; they are important for people of all ages.

According to the National Foundation for Infectious Diseases, older adults need to prioritize vaccinations for many important reasons. As we age, our immune systems don't respond as well so it is important for us to stay up to date on vaccinations. There are vaccinations that fade over time, and it's important to have a booster shot. For example, adults should receive a tetanus booster shot every 10 years to protect against infection from dirty wounds.

Vaccinations we receive can also protect the ones we love. Babies are not able to receive their first dose of the whooping cough vaccine until they are 2 months old, so it is important for the adults in their lives to be vaccinated. About half of babies younger than 1 year old, who get whooping cough, will need hospital care.

You may need other vaccines if you:

- Have a long-term health condition like diabetes or heart disease
- Didn't get all your vaccines as a child
- Have a health condition that makes it harder to fight off infections
- Smoke
- Spend time with infants and young children
- Travel outside the United States

There are five important vaccines to consider:

- Influenza (flu) vaccine
- Pneumonia vaccine – there are now two different vaccines to help reduce the risk and it is recommended that those 65 and older receive both vaccines.
- COVID-19 vaccine
- Shingles vaccine
- Tetanus and pertussis vaccine

Talk with your healthcare provider if you have any questions about vaccines and what would be most beneficial for you.

Register for summer classes and activities!



See page 7 to explore these opportunities and more:

- Hatha Yoga
- Food Saving
- Probate a MN Estate
- Climate Resilient Gardens
- Self Defense Fundamentals



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

- **Tuesday, July 2**
(lounge closed for cleaning)
- **Wednesday, July 3**
(lounge closed for cleaning)
- **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



Rain, rain go away, come again another day. I keep singing this nursery rhyme because it is another grey and rainy day.

The Twin Cities had the warmest winter on record with an average temperature of 29.8°. We beat out the winter of 1877-78, which was called "the year without a winter." So far, this spring has been the warmest in 8 years. With the warm spring air, we have also received more rain. In May, the Twin Cities had 5.81" of precipitation compared to our normal average of 3.91". This was the wettest spring we've had in 5 years.

With the warm weather, lack of snow and rainy spring, are we still in a drought? I'm happy to report the spring rainfall has eliminated almost all the drought we started spring with. Only 2% of MN remains in a moderate drought.

According to the MN Department of Natural Resources, a drought is defined as a period of abnormally dry and/or unusually hot weather sufficiently prolonged for the corresponding deficiency of water to cause a serious hydrologic imbalance. So basically, lack of precipitation such as rain or snow.

Droughts affect more people globally than any other natural disaster. In the US, droughts are the second-most costly form of natural disaster. I found this fact amazing, especially when we don't hear a lot about droughts and do hear about the destruction of wildfires and tornadoes.

It is still important to practice water conservation. We can do this by fixing leaks, washing full loads of laundry and dishes, and taking shorter showers. There are things we can do for our yard also – water in short sessions instead of one long one so your lawn can absorb more moisture, set a timer to remind yourself to turn off manual sprinklers, make sure your sprinklers are positioned correctly, so they hit the lawn and not the street or driveway.

It's a good thing my rain, rain, go away song didn't work and the rain kept falling.

Kris

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LIMITED TIME OFFER

Move in now and save

At Good Samaritan Society - Heritage Place of Roseville, you can relax and enjoy life and we'll take care of the rest.

Join our friendly independent living community and enjoy new reduced rates, plus your third month free. You'll also receive \$1,500 toward moving expenses.

Offer expires Sept. 30, 2024.

Call (651) 515-2973 for more information.



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

Meals on Wheels

The Roseville Area Senior Program has been delivering Meals on Wheels (formerly known as Home Delivered Meals) to seniors and adults with disabilities in our community since 1971.

Our meals are made fresh daily. Nutrition Services staff at Anpétu Téča Education Center prepare the meals each morning. These hot meals are also frozen for our clients who prefer to receive frozen meals once per week.

In May of 2024, we served 2,972 meals, which was 637 more meals than we served in May of 2023. We had 224 volunteers donate about 520 hours of time to make sure the meals were delivered.

If you are interested in volunteering or have any questions, please call 651-604-3524. You can also make an online donation to Meals on Wheels at communityed.isd623.org/adults/senior-program.



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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



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

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

Explore These Helpful Resources!

Friends & Co (formerly Little Brothers – Friends of the Elderly)

Phone: 612-721-1400

Meaningful connections for older adults!

They offer:

- Coffee Talk – a commitment-free drop-in chat line when a friendly voice is needed the most
- Phone Companions – lasting phone friendships for feeling warm, vibrant, connected, and engaged
- Visiting Companions – experience the joy of in-person friendship and companionship

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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Flaming Spoon Café Menus

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SALISBURY STEAK MUSHROOM/ONION GRAVY MASHED POTATOES STEAMED VEGETABLE FRUIT	2 ITALIAN CHICKEN RICE PILAF STEAMED VEGETABLE FRUIT	3 BEEF LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT	4 CLOSED NO MEALS DELIVERED TODAY	5 CLOSED NO MEALS DELIVERED TODAY
8 CHEESEBURGER BURGER ON A WHOLE GRAIN BUN CHEESY HASHBROWNS BAKED BEANS FRUIT	9 SWEET & SOUR MEATBALLS STEAMED BROWN RICE STEAMED VEGETABLES FRUIT FORTUNE COOKIE	10 CHICKEN THIGH in BBQ SAUCE VEGETARIAN CALICO BEANS FRUIT WHEAT ROLL	11 TATOR TOT HOT DISH STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	12 SPAGHETTI w/ MEAT SAUCE STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT
15 LEMON PEPPER TILAPIA RICE PILAF STEAMED VEGETABLE FRUIT DESSERT	16 MEATLOAF MASHED POTATOES STEAMED VEGETABLE FRUIT BAKED WHEAT ROLL	17 CHICKEN PASTA SALAD 3 BEAN SALAD FRUIT BREADSTICK DESSERT	18 ROAST TURKEY MASHED POTATOES GREEN BEAN CASSEROLE WHEAT ROLL FRUIT	19 CHICKEN POT PIE STEAMED VEGETABLE FRUIT BUTTERY BISCUIT
22 MANDARIN ORANGE CHICKEN BROWN RICE STEAMED VEGETABLE FRUIT FORTUNE COOKIE	23 CHICKEN ALFREDO STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT	24 SWISS STEAK MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	25 SMOTHERED PORK LOIN with MUSHROOM GRAVY POTATOES STEAMED VEGETABLE FRUIT	26 BEEF STEW STEAMED VEGETABLE FRUIT CORNBREAD DESSERT
29 CHICKEN ALA KING MASHED POTATOES STEAMED VEGETABLE FRUIT BUTTERY BISCUIT	30 TURKEY TETRAZZINI STEAMED VEGETABLE FRUIT CORNBREAD DESSERT	31 BEEF CHILI STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT		

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CHEESEBURGER WHOLE GRAIN BUN SEASONED POTATOES BAKED BEANS FRUIT	2 MEATLOAF MASHED POTATOES STEAMED VEGETABLE FRUIT BAKED WHEAT ROLL
5 CLOSED NO MEALS DELIVERED TODAY	6 CLOSED NO MEALS DELIVERED TODAY	7 CHICKEN PATTY on a WHOLE GRAIN BUN CHEESY HASHBROWNS STEAMED VEGETABLE FRUIT	8 SWEET & SOUR CHICKEN STEAMED BROWN RICE STEAMED VEGETABLES FRUIT FORTUNE COOKIE	9 BEEF STROGANOFF EGG NOODLES STEAMED VEGETABLES FRUIT DESSERT
12 SWEDISH MEATBALLS with EGG NOODLES STEAMED VEGETABLE FRUIT DESSERT	13 TURKEY SANDWICH w/ AMERICAN CHEESE FRESH VEGETABLES FRUIT BAKED CHIPS	14 BEEF LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD	15 LEMON PEPPER TILAPIA RICE PILAF STEAMED VEGETABLE FRUIT DESSERT	16 SPAGHETTI w/ MEAT SAUCE STEAMED VEGETABLE FRUIT FRENCH BREAD
19 HAMBURGER WILD RICE HOT DISH STEAMED PEAS & CARROTS FRUIT WHEAT ROLL	20 HAM w/ PINEAPPLE AU GRATIN POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	21 EGG SALAD SANDWICH on a WHOLE GRAIN BREAD POTATO SALAD FRESH VEGETABLES FRUIT	22 CHICKEN CHOW MEIN BROWN RICE STEAMED VEGETABLE FRUIT FORTUNE COOKIE	23 ROAST BEEF MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL
26 SLOPPY JOE WHOLE GRAIN BUN WARM 3-BEAN SALAD FRUIT BAKED CHIPS	27 CLOSED NO MEALS DELIVERED TODAY	28 CHICKEN CORDON BLEU RICE PILAF STEAMED VEGETABLE FRUIT DESSERT	29 CHICKEN POT PIE STEAMED VEGETABLE FRUIT BUTTERY BISCUIT DESSERT	30 PEPPER STEAK BROWN RICE STEAMED VEGETABLE FRUIT

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.**

Hatha Yoga

Slowly and gently build yoga postures that increase strength and get your blood flowing. Hatha yoga emphasizes connecting the mind, body, and breath to develop self-awareness. Perfect for beginners and those looking to start a mind-body-breath practice. Please wear comfortable clothing you can move in and bring a yoga mat.


Mondays • July 8 - August 19 • 6:15 - 7:30 p.m. • \$95
Class ID # 3003 • ATEC • Instructor: Amanda Keck-Bodger

*No class on 8/12

Food Saving

Learn how to save, store, and preserve seasonal fruits and vegetables to enjoy the best flavors and highest nutrition for as long as possible. This class introduces the many different methods of food preservation.

Monday • July 15 • 6:30 - 7:30 p.m. • \$19


 [Online](#) Class ID # 2003

Instructor: Ramsey County Master Gardeners

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. Open up your travel options with this fun and engaging class!

Tuesday • July 23 • 12:00 - 1:00 p.m. • \$25

 [Online](#) Class ID # S4015-2 • Instructor: Nickie Welsh

Let's Probate an Actual Minnesota Estate

Walk-through an actual Minnesota Probate Estate from the filing of the Application for Probate to the Final Accounts, and all the steps in between. Learn the entire process with current forms, court and filing requirements, accounting and procedural steps, and procedures for the sale and distribution of estate assets. We will also discuss the roles, responsibilities, and liabilities of a person who is appointed as the Executor/Personal Representative. The class will be filled with real-life examples and solutions to the many issues involving a typical (or not typical) Minnesota Probate Estate.

Wednesday • July 24 • 6:30 - 8:00 p.m. • \$19
Class ID # 1550 • ATEC • Instructor: Steve Ledin

Q & A Seminar with a MN Will & Trust Planning Attorney

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

Wednesday • August 7 • 6:30 - 8:00 p.m. • \$19
Class ID # 1558 • ATEC • Instructor: Steve Ledin

Self Defense Fundamentals (Adult)


Find strength and confidence in learning self-defense fundamentals! Learn effective responses to practical situations, experience hands-on exercises, and unlock what you are capable of in order to defend yourself.

Wednesday • August 14 • 6:00 - 8:00 p.m. • \$59
Class ID # 5006-2 • ATEC • Instructor: Rebecca Danaher

Climate Resilient Gardens

The climate is changing and that will affect Minnesota gardens. Learn about what to expect and how to adapt to grow a more resilient landscape!

Monday • August 19 • 6:30 - 7:30 p.m. • \$25

 [Online](#) Class ID # 3507

Instructor: Ramsey County Master Gardeners

The Assassination of JFK: An In-Depth Analysis

During this course, we will exam the discrepancies between the Warren Commission, that investigated the assassination for ten months and published their findings in September 1964; along with the conclusions reached by the United States House of Representatives that investigated the assassination for thirty-one months and published their report in March 1979. The participants will develop a rounded perspective regarding many of the controversies surrounding the assassination of President Kennedy. Each of the sessions will have ample time for participant comments and questions.

Tue & Wed • August 20 & 21 • 6:30 - 8:30 p.m. • \$29
Class ID # 5034 • ATEC • Instructor: David Yorks

Beginning Taiko Class - Come Hit Big Drums!

Let's make some noise and have fun hitting big drums! Taiko is movement infused, heart-pounding, dynamic group drumming. Think of it as a high energy performance art that combines music, dance, martial arts, athletics, and culture. If you can count to four, you are set! Originally Japanese, taiko now is a global art form. You will use your brain and body, be social, laugh, and have fun. Wear comfortable clothing and bring water.

Wednesdays • Sep 11 - Oct 30 • 6:00 - 7:00 p.m. • \$95
Class ID # 3055-1 • ATEC • Instructor: Wendy Gertjeanssen

*No class on 10/16

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

Important update to the MN Statue regarding 55+ accident prevention courses: During the 2024 legislative session, a change was made to the Accident Prevention Course Rule. Effective July 1, 2024, the new rule states that the course must be a total of at least 4 hours. This means that a first-time participant can take a 4-hour course as their initial training – the 8-hour course will no longer be a requirement. Starting July 1, we will only be offering the 4-hour course both online and in person.

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. You can take the course every 3 years to continue your discount. **Preregistration is required at least 2 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

Tuesday • July 9 • 1:00 - 5:00 p.m.
▶ *Online* Class ID # SZ5020-1 • \$31

Tuesday • July 16 • 9:00 a.m. - 1:00 p.m.
Class ID # S5020-5 • \$31

Tuesday • July 16 • 1:30 - 5:30 p.m.
▶ *Online* Class ID # SZ5020-3 • \$31

Saturday • July 27 • 9:00 a.m. - 1:00 p.m..
Class ID # S5020-6 • \$31

Wednesday • August 14 • 9:00 a.m. - 1:00 p.m.
▶ *Online* Class ID # SZ5020-2 • \$31



Saturday • August 17 • 9:00 a.m. - 1:00 p.m.
Class ID # S5020-7 • \$31

Tuesday • August 27 • 1:30 - 5:30 p.m.
▶ *Online* Class ID # SZ5020-4 • \$31

Wendesday • August 28 • 1:00 - 5:00 p.m.
Class ID # S5020-8 • \$31

Tuesday • September 10 • 5:30 - 9:30 p.m.
Class ID # S5020-1 • \$31

Tuesday • September 17 • 5:30 - 9:30 p.m.
▶ *Online* Class ID # S5020-5 • \$31

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

Congrats, Grads! Celebrating the Class of 2024

This spring, we celebrated THREE graduation ceremonies, for graduates of Roseville Area High School, Fairview Alternative High School, and the Roseville Adult Learning Center.

Students, families, staff members, and community members gathered to celebrate the accomplishments and achievements of these graduating students. Student speakers faced numerous challenges—from adapting to a new country and learning a new language to balancing family, school, and work commitments, all while navigating the unprecedented obstacles of the pandemic.

“This year, you celebrate your achievements, your growth, and the friendships that have sustained,” RAHS Principal Dr. Jen Wilson said in her commencement address. “You’ve navigated a global pandemic, been engaged and reflective of social justice issues within our own community, adapted to new ways of learning, and come out stronger on the other side. The world today is a testament to your resilience and determination.”

Here’s to the bright futures of our graduates! Congratulations!



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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 July 2, 8, 9, 16, 22, 23, 30 and August 5, 6, 13, 19, 20, 27.

- 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.

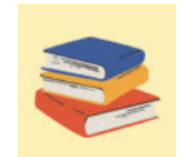
- Offered the 2nd and 4th Wednesday of the month with appointments at 12pm, 1:15pm, and 2:30pm in room C125
- You can schedule an appointment at trellisconnects.org/get-help/medicare/ or by calling the Senior LinkAge Line at 800-333-2433



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.

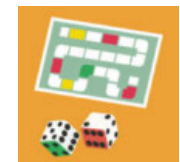
- Meets on Tuesdays from 1-4pm in the Senior Lounge, C123
- Cost is \$2.00 and you pay in class



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, September 24 – *The Curious Incident of the Dog in the Night-Time* by Mark Haddon
- Tuesday, November 26 – *I Am the Clay* by Chaim Potok
- Tuesday, January 28 – *The Orphan House* by Ann Bennett



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)**

City of Roseville - Parks & Recreation

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

Roseville Skating Center- Senior Skating

Wednesdays, 1:00-2:30 p.m., \$6.00

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

Walking Track

Free walking track available to public, indoor the Roseville Skating Center Ice Arena. Open daily. Check the public skating schedules for specific hours: <http://cityofroseville.com/536/Public-Skating-Schedules>

Senior Club #5

Visit, play "500", cribbage and enjoy refreshments. Open to anyone 55 years or older. Meets year-round, 1st and 3rd Thursday, 12:15-4:00 p.m. at Rosetown American Legion, 700 West County Road C.

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 – Moderate physical activity



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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 the Frost
Award

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

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

Roseville Alzheimer's and Dementia Community Action Team

Physical Activity for a Healthier Brain

July 9, 2024 | 1:00 - 3:00 PM CDT

Roseville City Hall - City Council Chambers
2660 Civic Center Drive, Roseville, MN
Free - All are welcome!

Physical exercise, especially aerobic exercise, has been shown to be very beneficial for maintaining brain health, even in people who are at risk for developing dementia and Alzheimer's disease. There is strong evidence that a lack of physical exercise increases a person's risk of developing dementia.

Ashley Millenbah, MPH, Research Coordinator at the University of Minnesota's School of Public Health will discuss why physical activity is beneficial for brain health and the various ways you can bring more movement into your daily life.



Hospice Care for Persons with Dementia

August 13, 2024 | 1:00 - 3:00 PM CDT

Roseville City Hall - City Council Chambers
2660 Civic Center Drive, Roseville, MN
Free - All are welcome!

For people with dementia and their families, hospice care at the end of life can be an amazing blessing. Hospice offers a wide range of services that can help ease discomfort and improve the quality of life. It also can ease the workload on family caregivers just when they are trying to spend quality time with their loved one. A panel of local hospice experts and professionals will discuss how hospice can be of benefit to persons with dementia and their families as well as some of the issues that may be encountered.

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!

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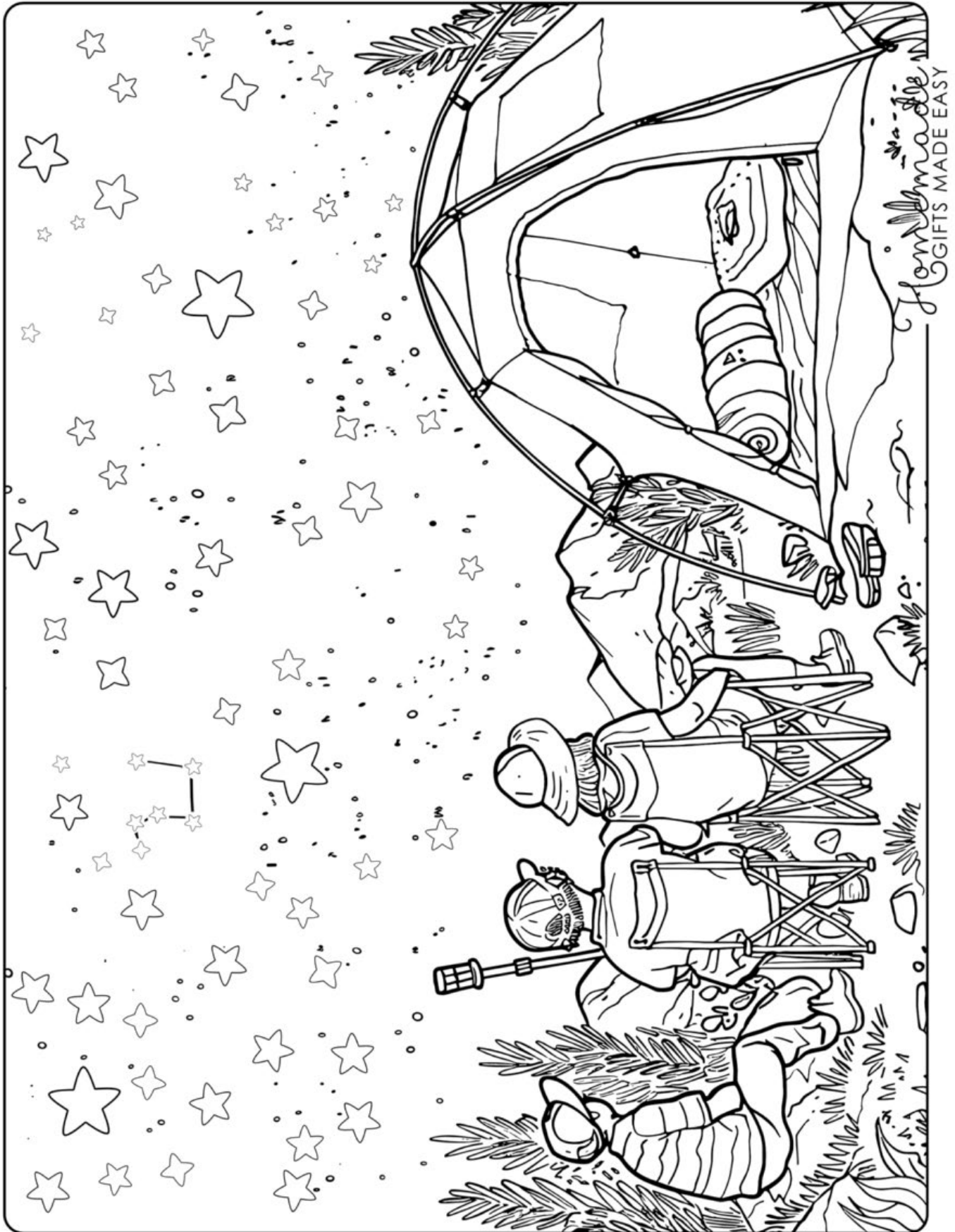
**SUPPORT THE
ADVERTISERS**
that Support our
Community!

The advertisement features a background image of a person's hands working on a laptop, with several cardboard boxes and a roll of packing tape nearby. The text is overlaid on the left side of the image in a large, bold, blue font.

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

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

Coloring Sheet



Handmade
GIFTS MADE EASY

Word Find - Camping!

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

WILDERNESS
BACKPACK
CAMPFIRE
FISHING

HIKING
OUTHOUSE
SWIMMING
WILDLIFE

Roseville Area Senior Program (RASP) Survey

Help us better serve the senior adults in our community! Please share your thoughts with us.

Do you receive the Seasons Newsletter or read it online? Yes___ No___

If there is any information that we do not include in the Seasons that would be helpful for you, please list it below:

How often do you attend activities at Anpétu Téča Education Center? (Circle one)

Never Rarely 1-3 times a month 4+ times a month

What activities have you attended? List them here:

What events or activities would you like to participate in that we do not currently offer?

Any other thoughts or ideas you would like to share?

I am interested in leading an activity or group. Yes___ No___ If yes, what activity?

I would like to learn more about the RASP Advisory Council. Yes___ No___

Name:_____ Phone Number:_____

Email Address:_____

Please return to Roseville Area Senior Program - 1910 County Rd B West, Roseville, MN 55113



**Roseville Area Schools
Roseville Area Senior Program**

1910 County Road B West
Roseville, MN 55113

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Twin Cities, MN
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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

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!