

# Seasons

## Roseville Area Senior Program Newsletter

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



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### Senior Housing Fair - October 26th

Join us in October for our Senior Housing Fair! Whether you plan to stay in your home as long as possible or you plan to downsize, come discover helpful resources and tips. Representatives from independent, assisted, and memory care facilities in the local area will be present, along with organizations and businesses which provide services to help you remain independent in your home. Bring your friends, family, and anyone who may find this event helpful!

Saturday, October 26 from 10:00am - 1:00pm  
Anpétu Téča Education Center - 1910 County Road B W



### Free Water Exercise Week for New Participants!

Roseville Community Education offers a variety of water aerobics classes in the pool at Anpétu Téča Education Center (1910 County Road B W)! We keep the pool at a comfortable 86 degrees year-round. If you haven't attended a class with us, you can join us for FREE the week of September 16 - 20, 2024 to try the class out! If you've attended one of these classes before, you can still try out a different water exercise class for free.

Current classes, in order of most gentle to most vigorous:

- Aqua Stretch & Tone: Thursday, September 19 from 11:00-11:45am
- Swimnastics: Wednesday, September 18 from 10:00-10:45am
- H2O Cardio: Monday, September 16 from 6:45-7:30pm OR Friday, September 20 from 7:00-7:45am
- T.A.B.A.T.A.: Tuesday, September 17 from 11:00-11:45am



Spots are limited, and you must pre-register in order to attend. Visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com) or call 651-604-3770 to register for a class.



# 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](http://www.isd623.org/rasp).

## Kris' Corner

Dictionary.com gives the meaning of CELEBRATION as a party or other festive event for celebrating something. I've done some different types of celebrations over the past few months and am still trying to process all of them.

On April 23rd, my 92-year-old mother-in-law passed away after a brief illness. I was grateful that I was with her when she passed and was able to be part of a Butterfly Ceremony the nursing/hospice facility holds for those that pass. Then we planned her celebration of life/memorial service. We had family and friends join us in remembering her.

On August 4th, we celebrated my mom's 80th birthday. We invited family and friends, and she had a great time socializing with everyone. This is the type of event that I think of as a celebration.

I have spent the summer contemplating, how is a memorial service a celebration? We shared stories, her great-granddaughter wrote her a poem, and we were together and shared our laughter and grief, but I still have trouble with the word celebration. Maybe this contemplation has more to do with the grieving process than the wordsmithing I seem to be doing.

We're still getting used to her being gone. Her room is still being cleaned out; I do a little bit at a time. My big accomplishment was when I went through her medications and brought them to be properly disposed of. That, for me, was harder than donating her clothes. It seemed more final.

Everyone needs to grieve in their own way and take the time they need to move forward. Taking care of yourself is important. Face your feelings whether that's talking with someone or even just writing them down. Maintain your hobbies because there is comfort in routine. Look after your own health. Make sure you are eating right and getting enough sleep.

I've been checking in with those I love on how they are doing, talking with my husband and daughter, cleaning out her room as much as I'm able to, and remembering and sharing memories as they come.

*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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117-416-411 5/24



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

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

## Come to the Gift & Craft Sale!

Save the date for this year's Gift & Craft Sale! This sale is put on by the Roseville Gift & Craft Shoppe. Browse hand-crafted gift items, ceramics, wood crafts, cards, jewelry, baby clothes, pottery, scarves, bags, doll clothes, kitchen items, and more. The items in our Gift and Craft Shoppe Items for sale have been specially handmade by members of our community. Proceeds support the Roseville Area Senior program and the artists who have designed the items!

### CRAFT SALE HOURS:

October 24, 2024 from 8:30am - 4:00pm

October 25, 2024 from 8:30am - 4:00pm

October 26, 2024 from 8:30am - 2:00pm

### LOCATION:

Anpétu Téča Education Center  
1910 County Road B W, Roseville, MN 55113



Please note, we accept cash and check only. We cannot accept credit cards at this time.

You can also visit the Gift & Craft Shoppe at any point during their regular business hours! They are open Monday - Friday from 9:30am - 3:30pm. Just check in at the front desk of Anpétu Téča Education Center and let them know that you're there for the Gift & Craft Shoppe!

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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](http://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](mailto:info@lyngblomsten.org)  
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Roseville Area Senior, Roseville, MN B 4C 02-1033

**Senior LinkAge Line**

The Senior LinkAge Line is a service of the Minnesota Board on Aging in partnership with Minnesota’s area agencies on aging.

They provide many helpful resources for older adults, such as information on Medicare, aging in place, financial and legal planning, and how to protect yourself from fraud. They also offer tips for caregivers.

If you need fair and unbiased Medicare help, call Minnesota’s Senior LinkAge Line at 800-333-2433. They can help you compare plans, so you can choose the one that is best for you. Call them Monday - Friday from 8:00 a.m. to 4:30 p.m.

**Help Us Deliver Meals!**

Support our Meals on Wheels program by volunteering to deliver meals to older adults in our local area. You can volunteer once a week, once a month, with a family member/friend, or on your own – whatever works best for you! Most routes deliver meals to 10-13 people. You arrive at our building between 10:45 - 11:00 a.m. and are usually done around 12:00 p.m. If you are interested in helping, please call 651-604-3520. Thank you!

**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](http://isd623.ce.eleyo.com).**

### Introduction to Sewing

Learn how to thread your sewing machine, how to read a pattern, sewing terms and equipment, and basic sewing techniques to sew a tote bag in class. Perfect for those with little or no sewing experience! Students under age 18 must register with an adult. \$10 supply fee payable to instructor.

Wednesdays • Sep 4 & 11 • 6-9pm  
Class ID #1015 • \$55 • ATEC • Instructor: Mary Pass

### 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 Gertjejanssen  
\*No class on 10/16

### Marvelous Macarons


What a beautiful cookie! We will make and assemble 3 different flavored cookies with yummy fillings. Each student will take home a lovely box of cookies to give as a gift (or just eat them yourself!). \$13 supply fee collected in class.

Thursday • Sep 12 • 6-9pm • \$39 • RAHS  
Class ID # 2010-1 • Instructor: Nancy Burgeson

Tuesday • Oct 15 • 6-9pm • \$39 • RAHS  
Class ID # 2010-2 • Instructor: Nancy Burgeson

### Fall into Winter

Learn about how to put your garden to bed. You will be provided information about what to do for your garden and landscape between September and February!

Saturday • Sep 14 • 10:00-11:30am  
Instructor: Ramsey County Master Gardeners  
 Online Class ID # 3500 • \$19

### Real Estate Fraud and Scams

Learn from real estate expert Lisa Dunn and Lakeville Police Commander Jim Puncochar how to identify tricks and scams criminals use to get your money. Prevent criminals from taking advantage of a stressful situation. While this class is designed with older adults in mind, individuals of all ages are encouraged to attend!

Wednesday • Oct 16 • 6:30-8:30pm • \$25 • ATEC  
Class ID # 3509 • Instructor: Lisa Dunn

### Seed Mosaics: A Great Minnesotan Tradition

Every year, the Minnesota State Fair showcases seed mosaics created by artists all over the state. In our seed mosaic workshop, you will continue this great tradition by creating your own works of seed art. Learn about the history and techniques of mosaic art and create a design of your own. Once completed, you will share your designs with fellow seed artists and share this Minnesotan art form with family and friends!

Monday • Sep 16 • 6-7:30pm • \$45 • ATEC  
Class ID #1006 • Instructor: Erin Stahl

### Sound Healing

Sound healing is the educated and conscious use of the energy of sound to promote wellness in the human system – including the expansion of consciousness. Come relax and enjoy the playing of 7 chakra singing bowls and other modes of sound healing!

Tuesdays • Sep 17 - Oct 8 • 6:30-7:15pm • ATEC • \$55  
Class ID # 5000 • Instructor: Jill Winegar

### Preventing Elder Financial Abuse

Elder financial abuse is the illegal or unauthorized use of an older adult's funds or resources for the benefit of someone other than the older adult. This includes fraud, theft, and act of deception to gain control over a senior's money or property. You will learn about common types of financial abuse, indicators, and signs, how to report and get help. This class is for older adults and their families.

Thursday • Sep 19 • 10-11:30am • ATEC • \$15/couple  
Class ID # S1540 • Instructor: Vaughn Kavlie

### Felted Tulip Bowls - NEW!

Felt a simple tulip-shaped vessel without using a resist! The secret to the shape is the direction you lay your wool and the number of layers. Fascinating! Learn the basics of differential shrinkage in this fun new class. Some physical stamina is needed for felting classes. \$20 supply fee payable to instructor the day of class. Please bring: 2-3 hand towels, 1 old bath towel, sharp scissors, plastic bag.

Saturday • Sep 21 • 10am-3pm • \$39 • ATEC  
Class ID #1032 • Instructor: Leslie Granbeck

### Paper Tea Rose Workshop

Delve into the intricate world of paper rose making! Perfect for beginners and enthusiasts alike, this hands-on session will guide you through the steps to create stunning paper roses that capture the beauty and elegance of the real blooms. \$10 supply fee payable to instructor the night of class.

Wednesday • Oct 16 • 6:30-8:30pm • \$39 • ATEC  
Class ID # 1029 • Instructor: Anna Gaseitsiwe

## 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](http://isd623.ce.eleyo.com).**

### Conversational Swedish

Planning a trip to Sweden? Have Swedish roots and want to learn more about the culture? This class is available to anyone interested in beginning to learn Swedish. You will learn everything from the alphabet to basic phrases, as well as a chance to learn about some of the Swedish culture and etiquette when traveling to Scandinavia!

Mondays • Sep 23 - Oct 28 • 7-8pm • ATEC • \$129 • [Class ID # 4006](#) • Instructor: Annika Eriksson


### Feet First - Start at the Bottom to Feel Tip-Top

Feet are the first defense in balance and fall prevention and, sometimes, as the source of pain and frustration. Mia Bremer is a fitness specialist who specializes in older adult fitness. She will talk about, and let you feel and notice, how exercise, myofascial release, foot massage techniques and even the shoes you choose can all alter the way you walk and comfort in which you do it.

Tuesday • Oct 8 • 1-2:30pm • ATEC • \$25  
[Class ID # S4562](#) • Instructor: Mia Bremer

### How to Pay for the Nursing Home, An Attorney's Perspective

How do I pay for the nursing home and still leave an inheritance for the next generation? How will I meet my nursing home goals? Is Long Term Care Insurance for me? Would I qualify for Medicaid? Does my Trust protect my assets? What if my spouse goes into the nursing home and exhausts our money?

Wednesday • Sep 25 • 6:30-8pm • \$29  
 [Online Class ID # 1515](#) • Instructor: Steve Ledin

### French Dinner

Send your taste buds on a trip to romantic France! During this hands-on class, you will prepare a course French dinner that will be sure to impress. Provence, the regional home to Marseille, Nice and the Riviera, often bases its cuisine on garlic, olive oil, tomatoes, saffron, and herbs. Experience vichyssoise, potato galettes, saffron rice, coquilles St. Jaques a la Provencale and crème caramel. You will also learn something of the history and culture of the French Provence region.

Thursday • Sep 26 • 6-9pm • \$59 • RAHS  
[Class ID # 2003](#) • Instructor: Laurel Severson

### Mandala Rock Art

Keep calm and relax by learning the art of mandala rocks. In this workshop, you will learn the history and meaning behind mandala art, and apply that knowledge to creating your own mandala rock art.

Monday • Sep 23 • 6-7:30pm • \$35 • ATEC  
[Class ID #1003](#) • Instructor: Erin Stahl


### Hypnosis - Stop the Obsessions

Choose between quitting smoking, vaping, and chewing tobacco or losing weight and stopping the cravings. You'll be relaxed and in control at all times! Includes CD and lifetime membership card for free reinforcement. Bring a pillow and blanket to class. \$69 for weight loss OR quitting smoking, \$138 for both.

Tuesday • Oct 8 • 5:45-9pm • ATEC  
[Class ID # 4501](#) • Instructor: Mary Fischer

### Intro to Alzheimer's

This class covers the difference between Alzheimer's and dementia, risk factors and warning signs, resources, and how you can join the fight against the disease. Taught by the Alzheimer's Association.

Tuesday • Oct 15 • 6:30-7:30pm  
 [Online Class ID # S4550](#) • **FREE!**

### Write Your Own Will

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 • Oct 8 • 6-9pm • ATEC • \$75  
[Class ID # 1507-1](#) • Instructor: Riley Sullivan

### Don't Let Osteoporosis Stop You

Often referred to as "the silent disease" osteoporosis and osteopenia affect both women and men as we age. But, if we can work to lessen the degree of bone loss with diet and exercise, we can move more easily and safely through our lives. Take time to learn how to change your bones for the better!

Tuesday • Nov 12 • 1-2:30pm • ATEC • \$25  
[Class ID # S4562-2](#) • Instructor: Mia Bremer

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

Important update to the MN Statute 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 Téca Education Center.**

## IN PERSON

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



Wednesday • September 25 • 1:00 - 5:00pm  
Class ID # S5020-2 • \$31

Monday • October 7 • 9:00am - 1:00pm  
Class ID # S5020-3 • \$31



Tuesday • October 22 • 5:30 - 9:30pm  
Class ID # S5020-4 • \$31

## ONLINE

Tuesday • September 17 • 5:30 - 9:30pm  
 Online Class ID # SZ5020-5 • \$31

Tuesday • September 24 • 5:30 - 9:30pm  
 Online Class ID # SZ5020-1 • \$31

Wednesday • October 9 • 9:00am - 1:00pm  
 Online Class ID # SZ5020-2 • \$31

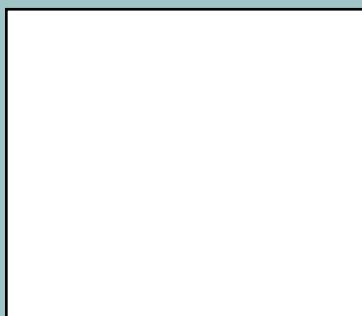
Wednesday • October 22 • 1:30 - 5:30pm  
 Online Class ID # SZ5020-6 • \$31

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## ECFE Makes a Splash!

How do you beat the heat on a hot summer day? Roseville Area Schools Early Childhood Family Education (ECFE) students in our Wacky Water Works class have the right idea! These 0-5 year olds enjoyed splashing around with sensory water toys and making waves in the kiddie pools with their families today. Check out these photos of the excitement!



## Friendship Connection Builds Bird Houses!

Students in our summer Friendship Connection program at Brimhall Elementary School participated in a group workshop with Elpis Enterprises, a local non-profit! With the guidance of Elpis staff, students constructed bird feeders and nesting boxes made out of reclaimed and recycled cedar fences.

Our students enjoyed learning about the tools needed to build a bird house, figuring out the correct assembly steps, and seeing their final projects come together.



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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 September 10, 16, 17, 24, 30 and October 1, 8, 14, 15, 22, 28, 29.

- 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/](https://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

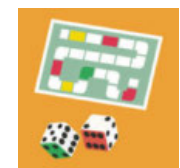


## Bookmarker Book Club

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](mailto: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](http://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>

**Older Adult Bowling**

Flaherty's Arden Bowl, 1273 W County Road E  
Mondays, Sep 9-Apr 21 at 9:30 a.m.

A recreational bowling program, no teams, no league just the fun of strikes and spares with alley friends.

Weekly cost: \$10 for 3 games and coffee  
Registration fee: \$7 – register anytime during the season to participate  
Shoe rental: \$2.50

**Cranberry Country**

Wednesdat, September 18  
Regular \$129, RV Res \$121

Embark on a captivating journey through time and tradition as you explore the fascinating world of cranberries in the heart of Warren, Wisconsin. Immerse yourself in the rich history of the Warrens area, where a modest Cranberry Festival transformed into one of the country's largest and most celebrated events.

- Fee includes deluxe transportation, tour, and lunch
- Register by September 8
- Depart at 8:00 a.m., return around 6:15 p.m.

**Hula Dance Classes**

Roseville Wellness Studio  
Classes taught by Kumu Kanani Johnson

7-8pm | W Aug 7-Sept 25 | Reg \$88, RV Resident \$80  
7-8pm | W Oct 2-Nov 20 | Reg \$88, RV Resident \$80

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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** of the 2023 Senior Living Awards

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

**SENIOR HELPERS**

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PEACE OF MIND FOR YOU.

Let us ease your mind with a complimentary in-home care assessment.

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seniorhelpers.com



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Scan to contact us!

## Roseville Alzheimer's and Dementia Community Action Team

### Dementia & Denial: When People Think Nothing is Wrong

September 10, 2024 | 1:00 - 3:00 PM CDT  
Roseville City Hall - City Council Chambers  
2660 Civic Center Drive, Roseville, MN  
Free - All are welcome!

Denial of dementia can happen in those diagnosed with dementia or experiencing cognitive decline, in their family members and friends, and even in their caregivers. This presentation will explore many different situations and delve into what triggers denial, and how denial protects people and from what. If we don't understand the whys, it's almost impossible to come up with good solutions. Lori La Bey will lead this interactive session to help us understand denial and lack of insight and to come up with coping strategies to help.



### Working Together with your Memory Care Staff

October 8, 2024 | 1:00 - 3:00 PM CDT  
Roseville City Hall - City Council Chambers  
2660 Civic Center Drive, Roseville, MN  
Free - All are welcome!

It is a big decision to move someone living with dementia from their home to a care residence. When caregiving becomes too difficult and it is no longer safe to care for someone living with dementia at home, this may be the best option. Amy House will discuss what level of communication, care, and engagement you should expect, tips on how to work together with memory care staff to give your loved one the best care, and how to handle minor and major concerns with the memory care facility.

### 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/dementiainfo>

Or scan this QR code with your phone to view our website!

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## Seeking treatment for knee osteoarthritis pain?



The SKOAP knee osteoarthritis research study is recruiting at the **University of Minnesota**.

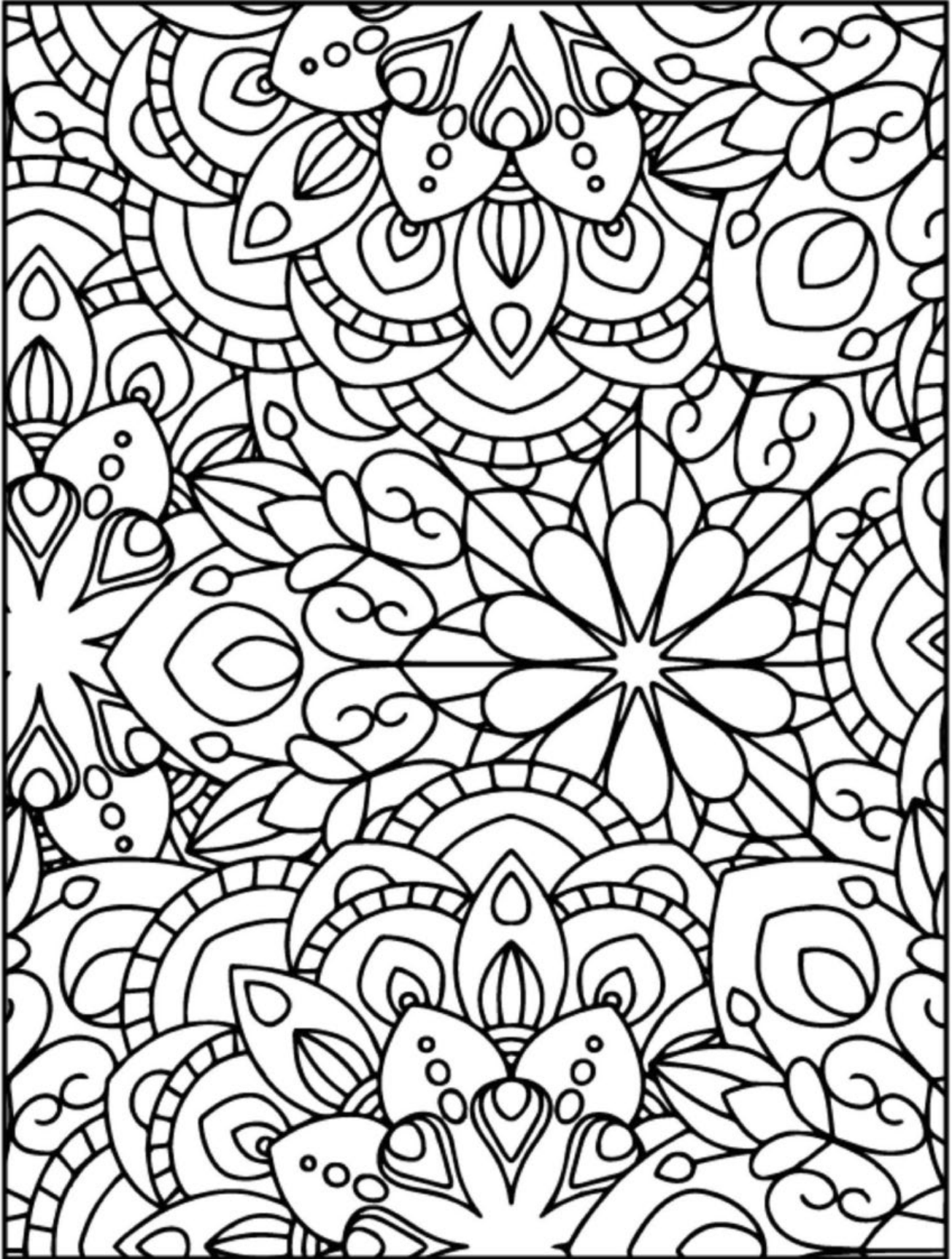


SKOAP is a national study that compares non-opioid pain treatments with the goal of reducing knee osteoarthritis pain and improving function to find out what treatments work best for which patients.



To learn more and enroll, scan the QR code or visit [skoapstudy.org](https://skoapstudy.org)

# Coloring Sheet



# Word Find - The Fall Season!

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

Find these word in the puzzle! Words can go in any direction. Words can share letters as they cross over each other.

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ACORN  
APPLES  
BLANKET

BONFIRE  
COZY  
HARVEST


LEAVES  
PUMPKIN  
SWEATER

# Flaming Spoon Café Menus

## September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>CLOSED NO MEALS DELIVERED TODAY</b>	3 CHEESEBURGER on a WHOLE GRAIN BUN BAKED BEANS FRUIT DESSERT	4 STUFFED GREEN PEPPER with BROWN RICE STEAMED VEGETABLES FRUIT DESSERT	5 TURKEY TETRAZZINI STEAMED VEGETABLE FRUIT WARM BISCUIT DESSERT	6 BEEF STEW STEAMED VEGETABLE FRUIT WARM CORNBREAD
9 SALISBURY STEAK MUSHROOM/ONION GRAVY WHIPPED POTATOES STEAMED VEGETABLE FRUIT	10 CHICKEN PARMESAN over SPAGHETTI NOODLES STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT	11 SWEET & SOUR MEATBALLS STEAMED BROWN RICE STEAMED VEGETABLES FRUIT FORTUNE COOKIE	12 CRISPY CHICKEN SANDWICH on a WHOLE GRAIN BUN WARM 3 BEAN SALAD SPICED ORANGE PEACHES	13 LEMON PEPPER TILAPIA RICE PILAF STEAMED VEGETABLE FRUIT DESSERT
16 CHICKEN DRUMSTICK in BBQ SAUCE CUBED POTATOES VEGETARIAN CALICO BEANS FRUIT	17 BEEF SLOPPY JOE WHOLE GRAIN BUN STEAMED VEGETABLE FRUIT BAKED CHIPS	18 CHICKEN ALFREDO STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT	19 HAMBURGER WILD RICE HOT DISH STEAMED VEGETABLE FRUIT WHEAT ROLL	20 BEEF & CHICKEN BOOYA STEAMED VEGETABLE FRUIT BUTTERY BISCUIT
23 ITALIAN CHICKEN RICE PILAF ROASTED VEGETABLES FRUIT DESSERT	24 SCALLOPED POTATOES with HAM STEAMED VEGETABLE FRUIT WHEAT ROLL	25 ROAST BEEF PHILLY SANDWICH with PEPPERS, ONIONS & MOZZARELLA CHEESE STEAMED VEGETABLE FRUIT	26 ROAST TURKEY MASHED POTATOES GREEN BEAN CASSEROLE FRUIT WHEAT ROLL	27 BEEF LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT
30 LU'S MEATLOAF MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL				

## October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHICKEN CORDON BLEU RICE PILAF STEAMED VEGETABLE FRUIT WHEAT ROLL	2 BEEF STROGANOFF EGG NOODLES STEAMED VEGETABLES FRUIT DESSERT	3 PEPPER STEAK STEAMED BROWN RICE STEAMED VEGETABLE FRUIT DESSERT	4 CHICKEN ALA KING MASHED POTATOES STEAMED VEGETABLE FRUIT BUTTER BISCUIT
7 SPAGHETTI w/ MEAT SAUCE STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT	8 MUSHROOM BURGER on WHOLE GRAIN BUN SEASONED POTATOES BAKED BEANS FRUIT	9 LEMON PEPPER TILAPIA RICE PILAF STEAMED VEGETABLE FRUIT	10 CHICKEN POT PIE STEAMED VEGETABLE FRUIT BUTTERY BISCUIT DESSERT	11 TATOR TOT HOT DISH STEAMED VEGETABLE FRUIT WHEAT ROLL
14 HAM with PINEAPPLE AU GRATIN POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	15 ROAST TURKEY MASHED POTATOES GREEN BEAN CASSEROLE FRUIT WHEAT ROLL	16 SWISS STEAK MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	17 ITALIAN CHICKEN RICE PILAF ROASTED VEGETABLES FRUIT DESSERT	18 BEEF CHILI STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT
21 CHICKEN PATTY FILET WHOLE GRAIN BUN CHEESY HASHBROWNS STEAMED VEGETABLE FRUIT	22 LU'S MEATLOAF MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	23 BEEF & CHICKEN BOOYA STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT	24 SWEDISH MEATBALLS with EGG NOODLES STEAMED VEGETABLE FRUIT	25 MANDARIN ORANGE CHICKEN BROWN RICE STEAMED VEGETABLE FRUIT FORTUNE COOKIE
28 BEEF CHOW MEIN STEAMED BROWN RICE STEAMED VEGETABLE FRUIT DESSERT	29 SMOTHERED PORK LOIN with MUSHROOM GRAVY POTATOES STEAMED VEGETABLE FRUIT	30 CHICKEN WILD RICE SOUP STEAMED VEGETABLE FRUIT WHEAT ROLL	31 BEEF LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT	



**Roseville Area Schools  
Roseville Area Senior Program**

1910 County Road B West  
Roseville, MN 55113

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Twin Cities, MN  
Permit No. 3248

**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

### **Appétu 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**

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**

**Starting September 3: 11:00am - 12:15pm**

1910 County Road B W, Roseville | 651.604.3518

Monthly menus available online at [www.isd623.org/flamingspoon](http://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!**