

The Chatter

Fall
2024

A Publication for Experienced Adults



ANNUAL HOLIDAY BOUTIQUE & BAKE SALE

Thursday, November 21

9 am - 2 pm

Burnsville Senior Center

(200 W. Burnsville Parkway, Burnsville)

Event and exhibitor info may be found on page 19!

Our Mission

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

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**Extensive college
and career prep
opportunities**

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

**Commitment to arts
education at all levels**

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

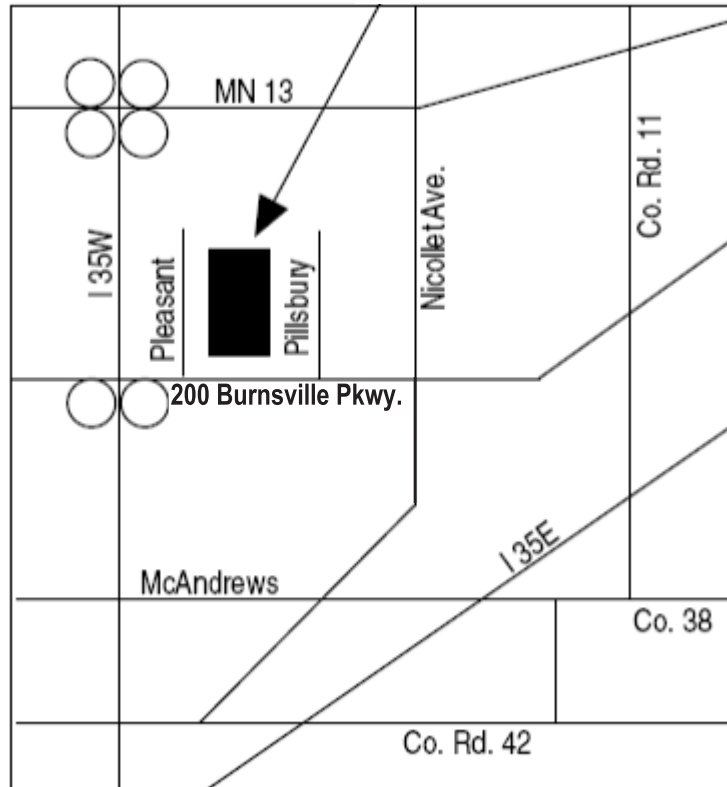
**Dedicated, talented
staff members**



952-707-2000

www.isd191.org

Directions to Burnsville Senior Center



Where aging is embraced

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

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

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

Senior Center Advisory Council

Laurie Clough
Ingrid Jensen
Barb Knoke
Audrey Lattery
Martha Nicholas
Maggie McKinney

Wayne Scheffel
Fred Steaderman
Wanda Trousil
Liz Whetter
Guests always welcome

Burnsville Senior Center

Where aging is embraced

Senior Center Partners:

Linda Melberg.....Site Manager - noontime Dining Program
 Susan Dieseth.....Moving Meals Program Manager
 Barb Tiggemann..... Friendly Visitors Program - DARTS
 Joyce Fagerness Quilters Coordinator
 Bruce Smith.....Woodcarving Coordinator
 Sherry Beason..... Knitter Coordinator
 Angie O'Connor Craft Group Coordinator
 Jack Corley & Dick Hennon.....Duplicate Bridge Coordinators
 Colleen Malterud Hand & Foot Coordinator
 Sharon Raasch Stroke Group Coordinator
 Wanda Trousil..... Library Coordinator
 Barb Knoke Garden Coordinator
 Chuck Lucas Pinochle Coordinator
 Dan McElroy Men's Breakfast Coordinator
 Senior Led Sunshine Stretch Coordinator
 Barb Knoke Decorations Coordinator
 Trellis Health Insurance Counselor
 Craig Rosenblum Scrabble Coordinator
 Gary Konkler & Elizabeth Mikeworth..... 500 Coordinators
 Judy Hurley Card Recycling Coordinator
 Naomi Whitman Cribbage Coordinator
 Maggie McKinney Ladies Breakfast Coordinator
 Sara Miller South Metro Stitchers Coordinator
 Dwight Olinger Twin Cities Ukulele Coordinator



Burnsville Senior Center Newsletter Staff



Editor:
Jennifer Green

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

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



GREEN SPACE

A Fresh Start

Back to school time still conjures up memories of crisp, new notebooks, sharp tipped crayons and meeting new classmates. In spite of the fact that autumn is a time of release and letting go, the memories of beginning a new school year and phase of life still bubble up with excitement. We are experiencing that at the Burnsville Senior Center too, as this is my first Chatter message as your new Senior Center Coordinator. There's excitement and a few nerves as we step into this new era.

While new to many of you, I am not new to 191 Community Education. I've worked in this department for 24 years in various positions. My family is grown. I have three daughters who are married and live in the Chicago area, Providence, RI, and St. Paul. I have one granddaughter. My partner Kurt and I enjoy cycling, live music, watching hockey, and traveling.

Saying goodbye to Michele Starkey after her long tenure at the BSC was a whole gamut of emotions, and we appreciate her many years of service and tender loving care. I appreciate her strong organizational skills and the legacy she leaves.

It's been such a pleasure for me to meet so many of you, and I can't tell you how much it means as you've extended your greetings and well wishes to me during this transitional time. I look forward to hearing what is on your mind regarding our Center, and I am excited to consider new activities to accompany those currently in place.

Feel free to give me a call or stop by. Remember the Senior Center Advisory Council meets on the 3rd Monday of the month at 9:30 am. You are welcome to join us.

With fall comes a lot of fun activities and events which you'll find listed throughout The Chatter. Take a minute to peruse what's happening. If you have a suggestion for a class or activity, let me know. See you soon!

Jennifer Green
Burnsville Senior Center Coordinator



Jennifer Green

One91 NEWS

Through Community & Partnership, We Create our Strongest Schools



Dr. Theresa Battle
Superintendent

Two of District 191's core values are "Caring Community" and "Inclusive Partnership." In these two values, we really outline how we are building strong schools and amazing opportunities for all learners.

In committing to being a caring community, we commit to actively encouraging and embracing each member of the One91 Community, creating a sense of support that fosters their individual growth and pursuit of learning.

But we know we can't do this work alone. It's not enough for our staff members to embrace all learners. We need business leaders, elected officials, service organizations and every individual to contribute in the best ways they can if we want to truly support our learners.

That's where "Inclusive Partnership" comes in. We are committed to collaborating with our entire community, to hearing all voices and using all talents and resources as we create programming, respond to needs and make decisions.

When we do this well, the sky is the limit for One91, and we're seeing that in all kinds of ways. A partnership with Inver Hills Community College is making it possible for Burnsville High School student to earn their Associate of Arts degree by the time they graduate high school. Partnerships with local businesses - called teacher externships - give our teachers a chance to see what businesses need so they can embed those skills in their classrooms.

And of course, this catalog is filled with learning opportunities created thanks to the talents and knowledge contributed by wonderful community members. In partnership, we do amazing things in One91, and I'm grateful for each and every one of you and what you bring to our community.

ADVISORY COUNCIL HIGHLIGHTS

From the Burnsville Senior Center Advisory Council

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

Michele's Last Meeting

Michele held her last Burnsville Senior Center Advisory Council meeting on Monday, May 20 and was joined by Jennifer Green who will take the reins as of July 1. Michele updated the group following the spring MASS conference. It included topics like the importance of being both Dementia Friendly and LGBTQ+ inclusive. Both will be acknowledged moving forward in this publication. In June there was an update for all the desk receptionists along with Michele and Jennifer. The focus was redirecting things to Jennifer until she is comfortable handing that decision making back to the receptionists.

Annual Giving Campaign

Annual Giving Campaign letters will be in your mail boxes September. The Senior Center Annual Giving Campaign begins in mid September. Your donations support the senior center and help us remain a membership free center which is a welcoming place to all. We appreciate your ongoing support. Please support as you are able...and THANK YOU!

Flu Shot Clinics

Thanks to Cub Foods Pharmacy, we will have two clinics this year, both offering the latest flu shot options. Friday, October 18, 9 am-12 pm and Monday, November 4, 1-3 pm. Remember to bring all your health insurance information. Join us for treats from Ecumen Centennial House and the Seasons of Apple Valley.



inHom Senior Care

While this may have a new ring to it, inHom Senior Care is still the same fabulous people providing the same ongoing support we've come to know. inHom continues as the sponsor for the Shred Event hosted two times a year at the BSC. While we pause the annual senior giving event this year, we'd like to encourage you to support other local organizations.

Calling All Crafters and Bakers

The Holiday Boutique and Bake sale is planned for Thursday, November 21, 9 am-2 pm. We are looking for craft vendors and bakers to sell their wares. The BSC will sell vintage jewelry. The Quilting group is selling quilts they've made, and the crafting group is selling items to offset their expenses throughout the year. We will again sell our famous Sloppy Joes for lunch.

Meal Deal

The fabulous precooked Meal Deal is back again this year. Last year, nearly 700 meals were purchased and distributed. The price this year is \$8 per meal. We have also secured a grant from the Burnsville Savage Lions Club, who continue to be a major supporter of this program. We appreciate their participation.

Cool

We needed a new pop cooler and one was delivered in June – just in time to keep all our beverages cooled. Please note we use the honor system to grab a beverage and pay for it. You can't beat our prices.

55+ DISCOUNT DRIVER COURSE



PRECISION
DRIVING CENTER

A DIVISION OF ST. CLOUD STATE UNIVERSITY

Complete this course to get a 10% discount on your auto insurance premiums. Presentation is taught by a certified instructor. You'll discuss challenges we face as drivers, new road designs, vehicle technology, and updates to current laws. Best of all, there are no written or behind the wheel tests. Certificate provided at the end of class.

Several ways to register:

- Mail in your registration form and a check made out to "Burnsville Senior Center".
- Visit communityed191.org. Click the Registration link at the top of the page. Click on Burnsville Senior Center > 55+ Defensive Driving.
- Visit the Burnsville Senior Center & we'll assist you.
- Call the MHSRC toll-free 1-888-234-1294, register and pay at the time of the class.

Please note there is a \$10 fee for any changes on pre-paid classes and no refunds if you are unable to attend a pre-paid class. Walk-in registrations will be accepted at the discretion of the instructor.

55+ Driver Discount Program

The 4-hour course fulfills the initial requirement to earn the discount. Repeat the 4-hour course every three years to maintain the discount. \$24/person. Pre-registration is required. Register online or by calling the Burnsville Senior Center 952-707-4120 or Precision Driving center 1-888-234-1294.



DEFENSIVE DRIVING

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

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



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

<input type="checkbox"/>	#0904-Sept5	Thursday, September 5	1-5 pm
<input type="checkbox"/>	#0904-Sept10	Tuesday, September 10	5:30-9:30 pm
<input type="checkbox"/>	#0904-Sept11	Wednesday, September 11	1-5 pm
<input type="checkbox"/>	#0904-Sept12	Thursday, September 12	5:30-9:30 pm
<input type="checkbox"/>	#0904-Sept17	Tuesday, September 17	1-5 pm
<input type="checkbox"/>	#0904-Sept26	Thursday, September 26	5:30-9:30 pm
<input type="checkbox"/>	#0904-Oct3	Thursday, October 3	1-5 pm
<input type="checkbox"/>	#0904-Oct16	Wednesday, October 16	5:30-9:30 pm
<input type="checkbox"/>	#0904-Oct22	Thursday, October 22	1-5 pm
<input type="checkbox"/>	#0904-Oct30	Wednesday, October 30	5:30-9:30 pm
<input type="checkbox"/>	#0904-Nov12	Tuesday, November 12	1-5 pm
<input type="checkbox"/>	#0904-Dec3	Tuesday, December 3	1-5 pm
<input type="checkbox"/>	#0904-Dec17	Tuesday, December 17	5:30-9:30 pm
<input type="checkbox"/>	#0904-Jan16	Thursday, January 16	1-5 pm

Payment Method

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

EDUCATIONAL OPPORTUNITIES

Tai Chi

Tai Chi is an ancient Chinese exercise discipline that utilizes a series of slow, graceful, low impact body movements and specialized breathing techniques, to improve health, balance, and relaxation. Come see for yourself how Tai Chi can enhance your fitness, increase your sense of tranquility, and elevate you to new levels of vitality and well being. Jeff Wood, M.A. is a martial arts, self-defense, karate and Tai Chi instructor to over 30,000 students of all ages.

#F826-2A • Mon, Oct 7-Nov 25
12-12:45 pm • 8 Sessions/\$69
DEC Studio A

Tai Chi & Qigong

Tai Chi and Qigong are ways of regulating the body and nervous system with mindful movement. Most programming will be from Tai chi for Health or Tai Chi Chih or Tai Chi for Better Balance but other practices may be used. A stepwise progressive teaching method is used in each class. Class is taught with options for either standing or sitting. All levels are welcome and no experience is required. All are welcomed as we practice slowly and move within your comfort zone. Stephanie Siddiqui holds a Master's degree in Applied Psychology. She is certified in many Tai Chi and Qigong practices, loves to fuse movement, music, meditation, the healing arts, and more.

#09TCQ-2A • Tue, Sep 24-Oct 22
12:30-1:15 pm • 5 sessions/\$35
DEC Studio A

#09TCQ-2B • Tue, Oct 29-Dec 17
12:30-1:15 pm • 8 sessions/\$56
DEC Studio A

EDUCATIONAL OPPORTUNITIES

Strength & Balance

Designed for independent seniors. Strength exercises may include lifting weights, using resistance bands or doing body weight exercises. This class may be covered by your health insurance and is not available for online registration. All insurance information must be verified prior to registering. To determine if this class is covered by your health insurance, please provide up-to-date health insurance information, a Silver Sneakers, Silver & Fit, Active ReNew or One Pass confirmation number and your date of birth when registering.

10:30 am Classes:

This higher impact class moves at a faster pace to increase strength and flexibility.

11:30 am Classes:

This low impact class helps you improve flexibility and build strong muscles.

#09SB-Oct1030
Oct. 2-30 • 10:30 am-11:15 am
13 sessions/ M-W-F/\$32

#09SB-Oct1130
Oct. 2-30 • 11:30 am - 12:15 pm
13 sessions/ M-W-F/\$32

#09SB-Nov1030
Nov. 1-27 • 10:30 am - 11:15 am
12 sessions/ M-W-F/\$32

#09SB-Nov1130
Nov. 1-7 • 11:30 am-12:15 pm
12 sessions/ M-W-F/\$32

#09SB-Dec1030
Dec. 2-20 • 10:30 am-11:15 am
9 sessions/ M-W-F/\$32

#09SB-Dec1130
Dec. 2-20 • 11:30 am-12:15 pm
9 sessions/ M-W-F/\$32

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

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

Painters Workshop

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

#09PW-Sep6 • 4 sessions
Sept. 6-27 • \$12

#09PW-Oct4 • 4 sessions
Oct. 4-25 • \$12

#09PW-Nov1 • 4 sessions
Nov. 1-22 • \$12

#09PW-Dec6
3 sessions • Dec. 6-20 • \$9

#09PW-Jan3 • 5 sessions
Jan. 3-31 • \$15



Have You Heard of a Death Doula?

We welcome you to explore the mystery of death and dying. Learn about the growing trend to have a Death Doula by your side. Your instructor is a death doula who believes in the importance of restoring death to its sacred place in the beauty, mystery and celebration of life. Bring a comforting hot tea, coffee or water & we'll have a conversation about a topic that is often not talked about until it is upon us. You'll leave with information to spur these valuable conversations with loved ones.

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

#H422-02 • Sat, Oct 12
10 am-12 pm • \$29
DEC Sr Center Mtg Rm

EDUCATIONAL OPPORTUNITIES

Tech Savvy with Nice Guy Technology Cutting the Cord with Cable

Are you frustrated by how expensive your TV, internet and phone bills are? Join us to learn the 3Rs of Cutting the Cord. Find new avenues to access your favorite content without breaking the bank.

#T510-2A • Wed, Sep 18
10 am-12 pm • \$29
DEC Room 2020

Art History & Painting

Learn the history behind a movement in Art History. Who were the major contributing artists and what led up to the movement? Gain a deeper appreciation for this style of painting while creating your own in the style of one of these famous artists with step-by-step instructions. All supplies are included in the cost of tuition.

The Impressionists
#A446-2A • Thu, Sep 19
10 am-12 pm • \$39
DEC Sr Center Mtg Rm

Post-Impressionist Art
#A446-2B • Thu, Nov 21
10 am-12 pm • \$39
DEC Room 1025



EDUCATIONAL OPPORTUNITIES

Vibrational Healing

Join a playful, interactive vibrational healing class. We will be seated as we sing, chant, drum, meditate and massage energy points on the body. The goal of playful vibrational healing is to help move energy and release what is stuck or unneeded. It is also a great way to build connections with others. You may remain quiet when we sing, chant, and drum. If singing, drumming or self-massage or movements are difficult, one can visualize or feel the vibrations from the group. All levels of ability are welcome and modifications are okay. Instructor: Stephanie Siddiqui.

#09VH-2A • Tue, Sep 24-Oct 22
1:15-2 pm • 5 Sessions/\$35
DEC Studio A

#09VH-2B • Tue, Oct 29-Dec 17
1:15-2 pm • 8 Sessions/\$56
DEC Studio A

Intro to Artificial Intelligence (AI)

Artificial Intelligence (AI) remains one of the hottest tech topics. We'll dive into the world of AI and provide you with the basic knowledge and tools to integrate AI solutions into your everyday routines safely and effectively. You'll gain insight into the lingo and learn ways to protect yourself against increasingly sophisticated AI driven scams. Join us to empower yourself with the knowledge to thrive in this new digital age.

#T511-2A • Tue, Oct 29
10 am-12 pm • \$29
DEC Sr Center Mtg Rm

Art & Craft with Vanessa Merry - Needle Felted Pumpkin

Wool felting is a great hobby with many crafting possibilities. Learn to use felting needles, Core wool, and colorful felt batting to create a colorful, sculptural pumpkin.

#A444-2A • Mon, Sep 23
10 am-12 pm • \$45
DEC Sr Center Mtg Rm



Watercolor: Beginning & Beyond

Embark on a new creative path and learn the art of painting with watercolors. All are welcome, whether you have never before picked up a brush, or have dabbled in watercolors and want to learn more. Build confidence following practical demonstrations that introduce the concepts, tools, and techniques required to create your own works of art. Brushes and watercolors are provided by the instructor. Bring a pad of watercolor paper to class.

#A445-2A • Tue, Oct 29-Nov 19
12-2 pm • 4 Sessions/\$99
DEC Room 1025

Writing a Health Care Directive Workshop

Learn, explore options, and share stories as you write your Health Care Directive. Working in a group setting ensures you complete this important document. Additionally, consider joining us for the "Speaking of Dying" film screening on Tuesday, October 1 at 2 pm.

#0944-F24
Oct 15 & 29 • 2-3:30 pm
2 sessions/\$29

****Laurel Riedel, a nurse midwife with nearly 30 years of experience at Hennepin County Medical Center, now focuses on assisting people in writing thoughtful Health Care Directives and facilitating end-of-life conversations. She believes the journey is more peaceful when we are clear about the comfort and care we want to surround us.*

EDUCATIONAL OPPORTUNITIES

Sunrise Stretch

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

#09SS-Sept4
Sept. 4 - 30 • M-W-F
8:30 am - 9:30 am
12 sessions/\$10

#09SS-Oct2
Oct. 2 - 30 • M-W-F
8:30 am - 9:30 am
13 sessions/\$10

#09SS-Nov1
Nov. 1 - 27 • M-W-F
8:30 am - 9:30 am
12 sessions/\$10

#09SS-Dec2
Dec. 2 - 20 • M-W-F
8:30 am - 9:30 am
9 sessions/\$10

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



ANNOUNCEMENTS

Happy Feet New Telephone Number

Take note of the new phone number provided to schedule your foot care appointment with Happy Feet. Call 763-346-3390 with questions or to get on their busy schedule.

Burnsville Senior Living on BCTV

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

Old Cell Phones Needed

Keep up the great work! We collect old cell phones and send them to the National Council on Aging. They recycle them and send us a check. We have collected over \$2,000 thus far!

Health Insurance Opportunities

The Burnsville Senior Center is a Silver Sneakers, Silver & Fit and One Pass site. If you believe your health insurance may assist in paying for a class or activity share the following information when registering:

- Your name and address
- Your birth date
- A copy of your 2024 insurance card
- Your Silver Sneakers, Silver & Fit or Active Renew code

This information will help us determine if your class is covered by your insurance.

Want to Share your EMAIL?

If you would prefer to receive The Chatter newsletter via email, contact us at 952-707-4120 and indicate your preference for an electronic newsletter.

Annual Giving Campaign

Watch for the Annual Giving Campaign letter by the end of September. We appreciate the community support of the Burnsville Senior Center. Every little bit helps and it all adds up. Thank you for your consideration.

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

For nearly 50 years, The Food Group has provided good, local food increasing food access and equity. Fare For All is a traveling pop-up grocery store that comes to Diamondhead monthly. Your food budget stretches when buying quality produce and meats at up to 40 %off retail prices. The Produce pack (\$10) typically includes five varieties of fresh vegetable and two fresh fruits. The Meat Only Pack (\$11) has a minimum of four assorted meat items, and the Monthly Special (\$25-\$30) may include Mega Meat Packs, Grilled Packs and Holiday Packs. Everyone can shop at Fare For All. There are no income restrictions and no forms to complete. You may pay with cash, debit or credit card, or food support (EBT) cards. Stop by Diamondhead, Door 11, between 3-5 pm to purchase your selections. We'll even help carry out to your car. Volunteers are needed to help with Fare For All. Please contact Jennifer at 952-707-4121 to learn more.



Upcoming dates are Sep 25, Oct 23, Nov 20 and Dec 18, 3-5 pm.

ANNOUNCEMENTS



Health Insurance Counseling - Trellis (MAAA)

Trellis offers one-on-one appointments, in-person or by phone, to help older adults navigate the often-complex world of Medicare. You can schedule your own Medicare Counseling appointment by calling the Senior LinkAge Line at 1-800-333-2433 or online at trellisconnects.org/get-help/Medicare/. Select a date and time that work best for you and be sure to bring your questions!

They also offer presentations in-person or virtually. To join them for a presentation on Medicare 101, Health Care Fraud and Scams or How the Senior LinkAge Line Can Help You, please register at trellisconnects.org/get-help/upcoming-presentations/.

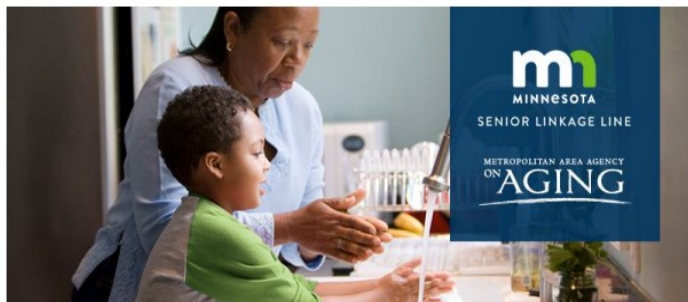


Card Tournaments

October 21-25
\$5 per person

Advanced registration required

Let the games begin!



Health Insurance Help

Minnesota seniors can get personalized assistance when it comes to making decisions about their health insurance choices. We're not brokers or agents - we just want to help you find the best plan for you!

- Wondering about your choices with supplemental coverage?
- Have questions about Part D?
- Worried about the details in filing a claim or appeal?

Trained volunteers will help answer these questions and more in a one-on-one information session over the phone. Schedule an appointment by calling with Senior LinkAge Line (800-333-2433) to find a time that works for you!

[Make an Appointment Today](#)

The Senior LinkAge Line is a free service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging. Learn more at mn.gov/senior-linkage-line.



Metro Dining Club Cards

The Burnsville Senior Center will be selling 2024-25 MDC cards again this year. MDC sets consist of about 138 restaurant cards that can be used monthly for discounts when you are dining out at a variety of different restaurants south of the river. Cards will be available mid September. Cost: \$30. MDC card sales are a fundraiser for the Senior Center, and we need your support. The profits are used to support the Center, defray costs and purchase needed items. Financial updates are posted in the Senior Center.

ANNOUNCEMENTS

Blood Pressure Checks

3rd Wednesday at 11:30 am

Arbors at Ridges will be here to check your blood pressure. We welcome and thank them for providing this wonderful, free service.

Sep 18 • Oct 16
Nov 20 & Dec 18

Stroke Support Group

4th Tuesday at 10:30 am

Support for person who have had a stroke or for the spouse or caregiver of a person who has had a stroke. Meetings are held at the Burnsville Senior Center and include continuing education programs, information and updates, social activities, lunches, guest speakers and more. All who are interested are invited to attend.

Sep 24 • Oct 22 • Nov 26

Energy Assistance Available

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

Flu Shots

Burnsville Senior
Center

952-707-4120



Fri. Oct. 18th from 9am – noon
Mon. Nov. 4th from 1 – 3pm

*Remember to bring your Medicare Card &/or
Health Insurance Card or flu voucher.*



Courtesy of

ECUMEN[®]
Seasons at Apple Valley

ECUMEN[®]
Centennial House

Fitness Opportunities

There are many ways to improve your fitness and well being.
Make sure to visit the Community Education catalog for
even more fitness, health and wellness and dance classes.



Visit communityed191.org

ANNOUNCEMENTS

Ladies Breakfast Chat

Ladies gather for breakfast and conversation at Denny's 12950 Aldrich Ave S. in Burnsville. We meet on the second Friday of every month at 9 am. Pay your own way. RSVP by registering for the dates you can join us. We'd love to have you join us. Contact Maggie at 651-226-2373 or email dancnldy57@yahoo.com with questions. Upcoming dates: **Sep 13, Oct 11, Nov 8, Dec 13.**

Jewelry Collection

Our vintage jewelry sales are a huge success. Consider donating your vintage jewelry to the BSC for future sales.

Association Use

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

We Have a New Registration System

Explore and register for Community Education activities and things happening at the Burnsville Senior Center. All of our programs will be

run through Arux- a simple, mobile-friendly portal that gives you access to registrations, information, and schedules. To get started, visit communityed191.org or **Scan the QR Code** or below and click on the **Registration Link**. Select **Sign In**, scroll to the bottom and click **Create One Now**. Then complete the **Register a New Account Form**. **Log In**, click **Enroll Now** & get started viewing and registering for classes!



ANNOUNCEMENTS



Men's Breakfast

The Men's Breakfast group meets the first Tuesday of the month, 8:30 am at the Original Pancake House, 14351 Nicollet Court in Burnsville. The typical agenda includes great conversation with old and new friends, great food and separate checks. For more information or questions, contact Dan McElroy at danmcelroy@comcast.net or at 952-797-4548. **Upcoming dates: Sept 3, Oct 1, Nov 5, Dec 3.**

2024 ERA Senior Resource Guides

If you would like updated information about senior resources in the Burnsville and surrounding area, stop by and get a 2024 Resource Guide. They are bright yellow this year and easy to find.

We Need Your Yarn

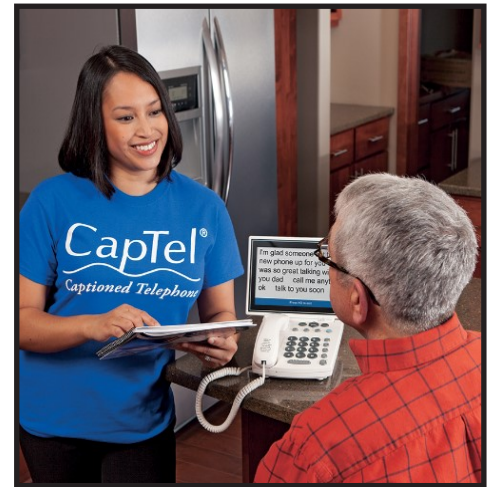
The Burnsville Senior Center Knitters have been busy making hats, mittens, scarves, booties and lap robes. This busy group is going through the current supply and looking to replenish our closet to accommodate the ever increasing demand. They are already preparing for the upcoming school year and have plenty of items ready for the children of District 191. All donations are greatly appreciated.

Weekly Updates

The weekly phone and email updates from the Senior Center continue to be well received by many of you. If you are not receiving a call or email and would like to, let us know which format works best for you. If you no longer wish to receive our weekly updates, give us a call and request to be removed from the list. You can still receive The Chatter by the way.

Register for Coffee Talks

Coffee Talks are provided at no cost, however, we do ask you to register in advance. With increasing interest, we need to make sure we've set a place for everyone. You may register online or by notifying the Senior Center.



CapTel Telephones

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



**You've got questions.
We've got answers.
Call the Senior LinkAge Line
at 800-333-2433**

Senior Center Holiday Schedule

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

**Sep 2
Nov 28 & 29
Dec 23-Jan 1, 2025
Reopens Jan 2, 2025**

ANNOUNCEMENTS

Visit Your Library Today!

Visit Your Library Today! Burnhaven Library's hours are Monday through Thursday 9 am to 8 pm, Friday and Saturday 9 am to 5 pm, and Sunday 1 pm to 5 pm. For more information contact the Dakota County Library website at: <http://co.dakota.mn.us/libraries>

Thurs., Sept. 12 • 10-10:45 am: Senior Housing Options

Get tips, knowledge and resources for planning, decluttering, downsizing, sorting, discharging excess, packing, unpacking and resettling "gently," and learn about different senior living options, practical descriptions of each, general cost ranges, elements of total cost and what is not included. Presented by Lee Syndergaard from Gentle Transition and Greg DeMarco from Choice Connections. Registration recommended and opens on Aug. 15th.

Sat., Sept. 14 • 1-2:30 pm: Puzzle Swap

Bring your puzzles and board games to swap for similar items and take home one that is new to you while helping reduce the amount of waste in landfills. Presented in partnership with Dakota Valley Recycling. Do not need to bring in puzzle or board game in order to participate.

Sat., Nov. 2 • 2-4 pm: Author Talk by Steven Henry

Bestselling author of the Erin O'Reilly series, Steven Henry, will give a talk at the Burnhaven Library on how to get your book published.

Thurs., Nov. 14 • 10-11 am: Music Mix

Enjoy an eclectic mix of familiar and original songs in English and Spanish. The versatility and harmonies of this husband and wife duo are pleasing to the ears and the soul.



Help with Medicare

Do you have questions about Medicare, Supplement/Medigap and Advantage plans? We provide Medicare Counseling in your area to those who currently have Medicare, or are planning for the future. At no cost, we provide unbiased information about the different parts of Medicare, your options, and ways to potentially lower your Medicare costs. Interpreters are also available upon request. If you have questions, we have answers!

Schedule and appointment by visiting trellisconnects.org/medicareappt or use our QR code.



SPECIAL EVENTS



HOLIDAY
BOUTIQUE & BAKE SALE
 VINTAGE JEWELRY | HOLIDAY ITEMS | CRAFTS

❁ ❁ ❁
NOVEMBER 21
9 AM - 2 PM

BURNSVILLE SENIOR CENTER
DIAMONDHEAD EDUCATION CENTER
200 W BURNSVILLE PARKWAY
BURNSVILLE, MN 55337
952-707-4120

Purchase homemade baked goods, crafts, vintage jewelry, handmade quilts and more.
 Lunch available for purchase.
 Bake sale proceeds support the Senior Center



No Tricks
All Treats

1-3 pm

31
 OCTOBER

Join us at the Burnsville Senior Center for fun and games and treats!
 Costumes encouraged!

Treats compliments of inHom Senior Care
 RSVP 952-707-4120

inHom
 SENIOR CARE

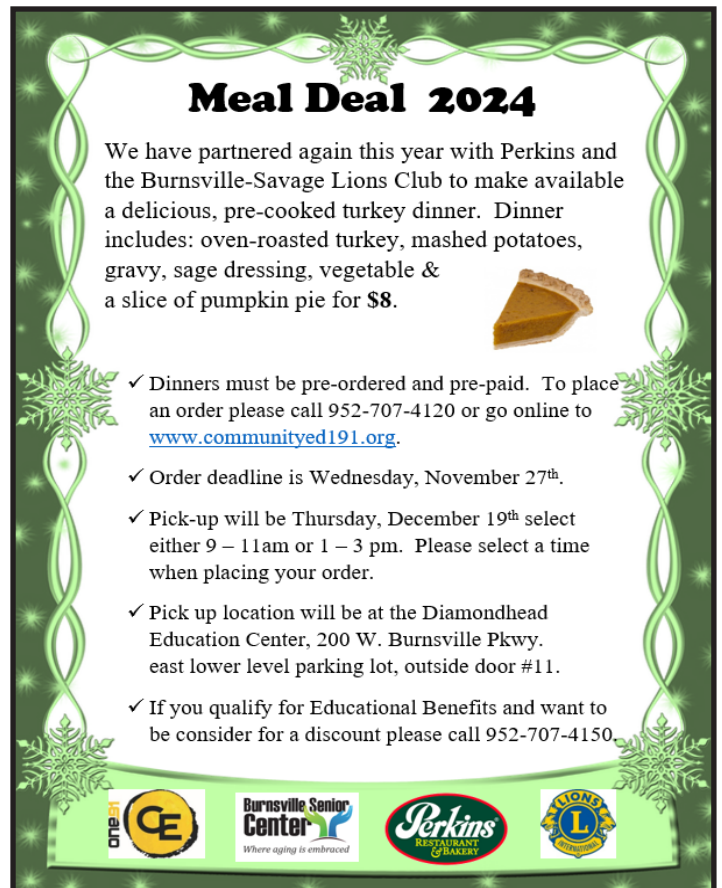


2025 BURNSVILLE SENIOR CENTER
HOLIDAY
OPEN HOUSE

FRIDAY | JAN 3 | 1-3 PM

Join us to ring in the New Year!
 Share stories with friends and a few sweets. Please RSVP
 952-707-4120.

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



Meal Deal 2024

We have partnered again this year with Perkins and the Burnsville-Savage Lions Club to make available a delicious, pre-cooked turkey dinner. Dinner includes: oven-roasted turkey, mashed potatoes, gravy, sage dressing, vegetable & a slice of pumpkin pie for \$8.

- ✓ Dinners must be pre-ordered and pre-paid. To place an order please call 952-707-4120 or go online to www.communityed191.org.
- ✓ Order deadline is Wednesday, November 27th.
- ✓ Pick-up will be Thursday, December 19th select either 9 – 11am or 1 – 3 pm. Please select a time when placing your order.
- ✓ Pick up location will be at the Diamondhead Education Center, 200 W. Burnsville Pkwy. east lower level parking lot, outside door #11.
- ✓ If you qualify for Educational Benefits and want to be consider for a discount please call 952-707-4150.

one91 CE **Burnsville Senior Center** **Perkins** **LIONS CLUB**

Where aging is embraced

SPECIAL EVENTS

Burnsville Senior Center Annual Holiday Boutique and Bake Sale

*Thursday, November 21
9 am - 2 pm*



This fundraising event is held to raise funds for the Burnsville Senior Center. This registration form must be completed and submitted by all exhibitors. Applicable fees must be paid with the registration form in order for a space/ table to be reserved in your name. We reserve the right to decide what is appropriate for this 'holiday' event. Registration is on a first-come, first-serve basis. There will be NO refunds.



Return this registration form with a check payable to:
Burnsville Senior Center 200 W. Burnsville Parkway
Burnsville, MN 55337.

_____ \$40 for space

_____ \$50 for table in that space

_____ Do you need electricity? YES NO

Name: _____ Amount enclosed: _____

Address: _____ Phone: (____) _____

City: _____ State: _____ Zip: _____

Email: _____

Description of merchandise you will be selling: _____

If direct sales, indicate company name: _____

Questions contact Burnsville Senior Center Coordinator: Jennifer Green 952-707-4121
JGreen@isd191.org

SPECIAL EVENTS



Shred Event

**Burnsville
Senior Center &**



**Thursday, Oct. 10
1 - 3 pm**

\$5 per car, 1 - 3 bags/boxes

\$10 per car, 4 - 8 bags/boxes

\$50 a car with 9+ bags/boxes

200 W. Burnsville Parkway

**Just pull up in the lower, east lot
we'll unload it & shred it on the spot!**



September



SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 Sunrise Stretch 8:30am Card Recycle 12:30pm	3 Men's Breakfast 8:30am Scrabble 11am Dup Bridge 12:30pm Tai Chi&QiGong 12:30pm Book Club II 1pm Vib Healing 1:15pm	4 Sunrise Stretch 8:30am Cribbage 10am Ukulele Club 10am 500 12:45pm	5 Crafters 9am Foot Clinic 9am Health Ins. Counsel 9am 55+ Driver Class 1pm	6 Sunrise Stretch 8:30am Foot Clinic 9am Painting 9am Str/Bal 10:30/11:30am Hand & Foot 12:15pm	7
8	9 Sunrise Stretch 8:30am Card Recycle 12:30pm	10 Quilters 9am Scrabble 11am Dup Bridge 12:30pm Tai Chi&QiGong 12:30pm 55+ Driver Class 1pm Vib Healing 1:15pm	11 Sunrise Stretch 8:30am Cribbage 10am Ukulele Club 10am 500 12:45pm 55+ Driver Class 1pm	12 Def Drive Ref 5:30pm	13 Sunrise Stretch 8:30am Foot Clinic 9am Knitters 9am Ladies Breakfast 9am Painting 9am Hand & Foot 12:15pm	14
15	16 Sunrise Stretch 8:30am Advisory Council 9:30am Pinochle 12pm Books R Us 1pm	17 Scrabble 11am Dup Bridge 12:30pm Tai Chi&QiGong 12:30pm 55+ Driver Class 1pm Vib Healing 1:15pm	18 Sunrise Stretch 8:30am Blood Pressure 11:30 Cribbage 10am Ukulele Group 10am 500 12:45pm	19 Crafters 9am Foot Clinic 9am Health Ins. Counsel 9am	20 Sunrise Stretch 8:30am Foot Clinic 9am Painting 9am Hand & Foot 12:15pm	21
22	23 Sunrise Stretch 8:30am Card Recycle 12:30pm So Metro Stitchers 5pm	24 Quilters 9am Stroke Support 10:30am Scrabble 11am Tai Chi&QiGong 12:30pm Dup Bridge 12:30pm Vib Healing 1:15pm	25 Sunrise Stretch 8:30am Cribbage 10am Ukulele Group 10am 500 12:45pm Coffee Talk - Health Care Directive 2pm FARE FOR ALL 3-5PM	26 Hearing Clinic 10am 55+ Driver Class 5:30pm	27 Sunrise Stretch 8:30am Foot Clinic 9am Painting 9am Hand & Foot 12:15pm	28
29	30 Sunrise Stretch 8:30am					



October 2024



SUN	MON	TUES	WED	THURS	FRI	SAT
		1 <ul style="list-style-type: none"> Men's Breakfast 8:30am Scrabble 11am Dup Bridge 12:30pm Tai Chi&QiGong 12:30pm Book Club 11pm Vib Healing 1:15pm Coffee Talk - Speaking of Dying Film 2pm 	2 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Cribbage 10am Ukulele Club 10am Str/Bal 10:30 & 11:30am 500 12:45pm 	3 <ul style="list-style-type: none"> Crafters 9am Foot Clinic 9am Health Ins. Counsel 9am 55+ Driver Class 1pm 	4 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Foot Clinic 9am Painting 9am Str/Bal 10:30 & 11:30am Hand & Foot 12:15pm 	5
6	7 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Coffee Talk Before and After Funeral 10am Pinocchio 12pm Str/Bal 10:30 & 11:30am 	8 <ul style="list-style-type: none"> Quilters 9am Scrabble 11am Dup Bridge 12:30pm Tai Chi&QiGong 12:30pm Vib Healing 1:15pm 	9 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Cribbage 10am Ukulele Group 10am Str/Bal 10:30 & 11:30am 500 12:45pm 	10 <ul style="list-style-type: none"> Def Drive Class 5:30pm SHRED EVENT 1-3PM 	11 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Foot Clinic 9am Knitters 9am Ladies Breakfast 9am Painting 9am Str/Bal 10:30 & 11:30am Hand & Foot 12:15pm 	12
13	14 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Coffee Talk Ford Farewell 10am Str/Bal 10:30 & 11:30am Card Recycle 12:30pm 	15 <ul style="list-style-type: none"> Scrabble 11am Dup Bridge 12:30pm Tai Chi&QiGong 12:30pm Vib Healing 1:15pm 55+ Driver Class 5:30pm Coffee Talk Write a HCD Class 2pm 	16 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Cribbage 10am Ukulele Group 10am Str/Bal 10:30 & 11:30am Blood Pressure 11:30am 500 12:45pm 55+ Driver Class 5:30pm 	17 <ul style="list-style-type: none"> Crafters 9am Foot Clinic 9am Health Ins. Counsel 9am Travel Talk Landmark 1pm 	18 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Foot Clinic 9am FLU SHOTS 9AM-12PM Painting 9am Str/Bal 10:30 & 11:30am Hand & Foot 12:15pm 	19
20	21 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Advisory Council 9:30am Coffee Talk Women Who'd be Pres. 10am Str/Bal 10:30 & 11:30am Pinocchio 12pm Card Recycle 12:30pm Books R Us 1pm 	22 <ul style="list-style-type: none"> Quilters 9am Scrabble 11am Stroke Support 10:30am Dup Bridge 12:30pm Tai Chi&QiGong 12:30pm 55+ Driver Class 1pm Vib Healing 1:15pm 	23 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Cribbage 10am Ukulele Club 10am Str/Bal 10:30 & 11:30am 500 12:45pm FARE FOR ALL 3-5PM 	24	25 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Foot Clinic 9am Painting 9am Str/Bal 10:30 & 11:30am Hand & Foot 12:15pm 	26
	27 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Coffee Talk You Don't Know 10am Str/Bal 10:30 & 11:30am Card Recycle 12:30pm So Metro Stitchers 5pm 	28 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Coffee Talk Women Who'd be Pres. 10am Str/Bal 10:30 & 11:30am Pinocchio 12pm Card Recycle 12:30pm Books R Us 1pm 	29 <ul style="list-style-type: none"> Scrabble 11am Dup Bridge 12:30pm Tai Chi&QiGong 12:30pm Vib Healing 1:15pm Coffee Talk Write a HCD Class 2pm 	30 <ul style="list-style-type: none"> Sunrise Stretch 8:30am Cribbage 10am Ukulele Club 10am Str/Bal 10:30 & 11:30am 500 12:45pm 55+ Driver Class 5:30pm 	31 <ul style="list-style-type: none"> NO TRICKS ALL TREATS HALLOWEEN PARTY 1-3PM (Treats provided by inHom Senior Care - costumes encouraged) 	

CARD TOURNAMENT WEEK!





November 2024



SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
	4	5	6	7	8	9
	<ul style="list-style-type: none"> Sunrise Stretch 8:30am Pinochle 12pm Str/Bal 11:30am FLUSHOTS 1-3PM 	<ul style="list-style-type: none"> Men's Bkft 8:30am <i>Coffee Talk Willis and POA 10am</i> Scrabble 11am Dup Bridge 12:30pm Tai Chi&QiGong 12:30pm Book Club 11pm Vib Healing 1:15pm 	<ul style="list-style-type: none"> Sunrise Stretch 8:30am Cribbage 10am Ukulele Club 10am Str/Bal 10:30 & 11:30am 500 12:45pm 	<ul style="list-style-type: none"> Crafters 9am Foot Clinic 9am Health Ins. Counsel 9am 	<ul style="list-style-type: none"> Sunrise Stretch 8:30am Foot Clinic 9am Knitters 9am Ladies Breakfast 9am Painting 9am Str/Bal 10:30 & 11:30am Hand & Foot 12:15pm 	
10	11	12	13	14	15	16
	<ul style="list-style-type: none"> Sunrise Stretch 8:30am Str/Bal 10:30 & 11:30am Card Recycle 12:30pm 	<ul style="list-style-type: none"> Quilters 9am Scrabble 11am Dup Bridge 12:30pm Tai Chi&QiGong 12:30pm 55+ Driver Class 1pm Vib Healing 1:15pm 	<ul style="list-style-type: none"> Sunrise Stretch 8:30am Cribbage 10am Ukulele Club 10am Str/Bal 10:30 & 11:30am 500 12:45pm 		<ul style="list-style-type: none"> Sunrise Stretch 8:30am Foot Clinic 9am Painting 9am Str/Bal 10:30 & 11:30am Hand & Foot 12:15pm 	
17	18	19	20	21	22	23
	<ul style="list-style-type: none"> Sunrise Stretch 8:30am Pinochle 12pm Advisory Council 9:30am Str/Bal 10:30 & 11:30am Books R Us 1pm 	<ul style="list-style-type: none"> <i>Coffee Talk MA and VA 10am</i> Scrabble 11am Dup Bridge 12:30pm Tai Chi&QiGong 12:30pm Vib Healing 1:15pm 	<ul style="list-style-type: none"> Sunrise Stretch 8:30am Cribbage 10am Ukulele Club 10am Str/Bal 10:30 & 11:30am Blood Pressure 11:30am Cribbage 11:30am 500 12:45pm FARE FOR ALL 3-5PM 	<ul style="list-style-type: none"> Crafters 9am HOLIDAY BOUTIQUE 9AM Foot Clinic 9am Health Ins. Counsel 9am 	<ul style="list-style-type: none"> Sunrise Stretch 8:30am Foot Clinic 9am Painting 9am Str/Bal 10:30 & 11:30am Hand & Foot 12:15pm 	
24	25	26	27	28	29	30
	<ul style="list-style-type: none"> Sunrise Stretch 8:30am Str/Bal 10:30 & 11:30am Card Recycle 12:30pm So Metro Stitchers 5pm 	<ul style="list-style-type: none"> Quilters 9am Scrabble 11am Stroke Support 10:30am Dup Bridge 12:30pm Tai Chi&QiGong 12:30pm Vib Healing 1:15pm 	<ul style="list-style-type: none"> Sunrise Stretch 8:30am Cribbage 10am Ukulele Club 10am Str/Bal 10:30 & 11:30am 500 12:45pm MEAL DEAL DEADLINE 	<p>Closed for Thanksgiving</p>	<p>Closed for Thanksgiving</p>	



Senior Center
952-707-4120

Community Education
952-707-4110

Metro Mobility
651-602-1111

Senior Linkage
800-333-2433

Meals on Wheels
952-393-9860

AARP Office
952-858-9040

MN Highway Safety Center
888-234-1294

HAPPY FEET
763-346-3390



December 2024



Senior Center
952-707-4120

Community Education
952-707-4110

Metro Mobility
651-602-1111

Senior Linkage
800-333-2433

Meals on Wheels
952-393-9860

AARP Office
952-858-9040

MN Highway Safety Center
888-234-1294

HAPPY FEET
763-346-3390

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 • Sunrise Stretch 8:30am • Pinochle 12pm • Str/Bal 10:30 & 11:30am • 55+ Driver Class 5:30pm	3 • Men's Breakfast 8:30am • Scrabble 11am • Dup Bridge 12:30pm • Tai Chi&QiGong 12:30pm • Book Club II 1pm • 55+ Driver Class 1pm • Vib Healing 1:15pm	4 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30 & 11:30am • 500 12:45pm	5 • Crafters 9am • Foot Clinic 9am • Health Ins. Counsel 9am	6 • Sunrise Stretch 8:30am • Foot Clinic 9am • Painting 9am • Str/Bal 10:30 & 11:30am • Hand & Foot 12:15pm	7
8	9 • Sunrise Stretch 8:30am • Str/Bal 10:30 & 11:30am • Card Recycle 12:30pm	10 • Quilters 9am • Scrabble 11am • Dup Bridge 12:30pm • Tai Chi&QiGong 12:30pm • Vib Healing 1:15pm	11 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30 & 11:30am • 500 12:45pm	12	13 • Sunrise Stretch 8:30am • Foot Clinic 9am • Knitters 9am • Ladies Breakfast 9am • Painting 9am • Str/Bal 10:30 & 11:30am • Hand & Foot 12:15pm	14
15	16 • Sunrise Stretch 8:30am • Pinochle 12pm • Advisory Council 9:30am • Str/Bal 10:30 & 11:30am • Books R Us 1pm • So Metro Stitchers 5pm	17 • Scrabble 11am • Dup Bridge 12:30pm • 55+ Driver Class 5:30pm • Tai Chi&QiGong 12:30pm • Vib Healing 1:15pm	18 • Sunrise Stretch 8:30am • Cribbage 10am • Ukulele Club 10am • Str/Bal 10:30 & 11:30am • Blood Pressure 11:30am • 500 12:45pm • FARE FOR ALL 3PM	19 • Crafters 9am • Foot Clinic 9am • Health Ins. Counsel 9am • MEAL DEAL PICKUP 9-11AM, 1-3PM	20 • Sunrise Stretch 8:30am • Foot Clinic 9am • Painting 9am • Str/Bal 10:30/11:30am • Hand & Foot 12:15pm	21
22	23	24	25	26	27	28
CLOSED FOR THE HOLIDAY						
29	30	31	1	2	3 • OPEN HOUSE 1-3PM	4
CLOSED FOR THE HOLIDAY • REOPENING 1/2/24						

ACTIVITIES

Quilters

2nd & 4th Tuesday of the
month at 9 am
Sep 10, 24 • Oct 8, 22
Nov 12, 26 • Dec 10

This creative group creates warm, colorful quilts for children in shelters and hospitals, elderly folks in health care centers and more. The quilters have a good time while they share quilting knowledge and skills with each other. The hundreds of quilts are made from donated fabric and in turn donated to local organizations. Fabric donations are always welcome.



Craft Group

1st & 3rd Thursday of the
month at 9 am
Sep 5, 19 • Oct 3, 17
Nov 7, 21 • Dec 5, 19

Join this community-minded, social group in making special projects for people who receive meals on wheels, and for people living in nursing homes, health care centers and hospitals.

Knitting/Crocheters

2nd Friday of each
month at 9 am
Sep 13 • Oct 11 • Nov 8 • Dec 12

Hundreds of mittens, scarves, lap robes, afghans, booties, and slippers, recreated and donated to charitable organizations within our community. We'd love for you to needle along with us. We'll even help you learn basic knitting and crocheting. Yarn donations are welcomed.



Men's Breakfast

1st & 3rd Thursday of the
month at 8:30 am
Sep 3 • Oct 1 • Nov 5 • Dec 3

Original Pancake House, 14351 Nicollet Court in Burnsville. The typical agenda includes great conversation with old and new friends, great food and separate checks. For more information contact Dan McElroy at danmcelroy@comcast.net.

ACTIVITIES



Woodcarvers

Thursday evenings
from 6 - 9 pm

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

Card Recycling Group

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

The card recyclers use a few supplies and a lot of creativity to transform trash into treasure. Join us in the fun! Help us recycle or drop by and purchase a few cards. Drop your old cards off at the Senior Center for recycling.

Ladies Breakfast Chat

2nd Friday of each
month at 9 am
Sep 13 • Oct 11 • Nov 8 • Dec 13

We gather for breakfast and conversation at Denny's 12950 Aldrich Ave S. in Burnsville. Pay your own way. Register for the dates you can join us or RSVP to Maggie at 651-226-2373 or email dancnldy57@yahoo.com. We'd love to have you join us.



Tuesday Book Club

Meets at Barnes and
Noble at 1 pm

Sept 3

The Celebrants

By Steven Rowley

October 1

*Heaven & Earth
Grocery Store*

By James McBride

November 5

*The Girl with the
Pearl Earring*

By Tracy Chevalier

Community Pantry 191



Food at no Cost to you!

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

200 W Burnsville Pkwy
Lower Level Door #9
Lower level parking lot

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

Community Pantry is provided in partnership with Second Harvest Food Shelf.

For more information, contact Pam Voigt at pvoigt@isd191.org District 191 Community Education

Sept. 6 & 20 • Oct. 3 & 17
Nov. 1 & 15 • Dec. 5 & 19
(2 pm - 4 pm)

Fresh Produce
Sept. 13 & 27 • Oct. 10 & 24
(2 pm - 4 pm)

Please invite those you know who are in need



WORD FIND

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

TRANSITION

EQUINOX

EVERGREEN

HARVEST

PUMPKIN SPICE

OKTOBERFEST

BONFIRE

TRADITION

GREEN

HAYRIDE

SPOOKY

CANNING

SWEATER WEATHER

GRATITUDE

ACORN

CRANBERRIES

HOLIDAY

ORCHARD

COBWEBS

NEW BEGINNINGS

ACTIVITIES

BOOKS "R" US

SEPTEMBER 16

The River We Remember
William Kent Krueger

OCTOBER 21

Demon Copperhead
Barbara Kingsolver

NOVEMBER 18

**Seven Husbands
of Evelyn Hugo**
Taylor Jenkins Reid

DECEMBER 16

Lessons in Chemistry
Bonnie Garmus

**3RD MONDAY OF THE
MONTH AT 1PM**
BURNSVILLE SENIOR CENTER



GAME TIME

Stop by to play a game or two with us!
Call 952-707-4120 for more information.



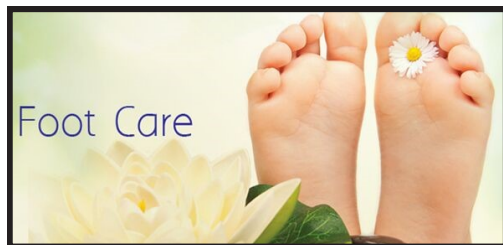
1st & 3rd Monday
PINOCHLE
12-4 pm

Tuesday
SCRABBLE
11am-2 pm
DUPLICATE BRIDGE
12:30-4 pm

Wednesday
CRIBBAGE
9:30 am-12:30 pm
500 CARDS
12:45 -4 pm

Friday
HAND & FOOT
12:15-4 pm

SERVICES



Foot Care Clinic

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

Foot care appointments are 30 minutes and by appointment only. You'll receive basic foot care including: foot soak, trimming of corns and calluses, foot massage, nail trimming and treating ingrown nails. Bring your own towel if you are able to. Call Happy Feet directly to make your appointment at 763-346-3390. Cost is \$45 per person/per appointment. **Cancellation requires 24 hour advanced notice to avoid charge for service.**

Hearing Screening and Hearing Instrument Cleaning

4th Thursday of odd months
10 am-12 pm



Raphael Cheron of Sounds Good! visits the Senior Center for hearing screening and hearing aid cleaning appointments. Hearing screening can determine whether or not hearing loss is present and if further testing is needed. appointments are necessary. Call 952-707-4120 to make an appointment. Upcoming dates Sep 26 and Jan 23.



SERVICES

Connecting You to Senior Services

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



Meals-On-Wheels

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

AT A GLANCE

Newsletter

The Chatter is published January, May, September and provides information for 4 months of activities.

Holiday Schedule

The Burnsville Senior Center is closed on Sep 2, Nov 28 & 29, Dec 23-Jan 1. We reopen on Jan 2, 2025.

Knitting-Crocheting Group

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

Ladies Breakfast Chat

PREREGISTRATION REQUIRED

2nd Friday of every month at Denny's, 12950 Aldrich Ave S, Burnsville, 9 am. (\$\$)

Men's Breakfast

1st Tuesday of each month at the Original Pancake House, 9 am. Call Dan McElroy at 952-797-4548 with questions. (\$\$)

Blood Pressure Check

3rd Wednesday of each month, 11:30 am-12:30 pm. Provided by Arbors at Ridges.

The Advisory Council

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

Stroke Support

Meets on the 4th Tuesday at 10:30 am at the Burnsville Senior Center. 952-707-4120.

Hearing Screening & Instrument Cleaning

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

Foot Clinic

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

Fitness Class

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



Coffee Talks

Free educational seminars. Registration required.

Card Recyclers

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

Books "R" Us

PREREGISTRATION REQUIRED

3rd Monday of each month at 1 pm.

Tuesday Book Club

1st Tuesday of each month at 1 pm at Barnes and Noble.

Crafters

1st & 3rd Thursdays at 9 am.

Quilters

2nd and 4th Tuesday of each month at 9 am.

Woodcarvers Group

Open carving Thursday evenings 6-9 pm in the Campus Cup at Diamondhead. (\$\$)

Fun and Games

Scrabble, 500, Cribbage, Duplicate Bridge, Hand & Foot and Pinochle (\$\$)

Health Insurance Assistance

1st & 3rd Thursday, 9 am-1 pm. Call 1-800-333-2433 for an appointment.

COFFEE TALKS

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

How to Write & Update a Health Care Directive

#09CT-SEP25

Wednesday, September 25 at 2 pm

DEC Meeting Room

Presenter: Lauren Harding



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



Speaking of Dying - A film Screening & Discussion

#09CT-Oct1

Tuesday, October 1 at 2 pm

DEC Meeting Room

Presenter Laurel Riedel

Speaking of Dying



Living Deeply ... Dying Well

“Speaking of Dying” captures the importance of individuals and groups speaking opening about end-of-life. The interviews in this 25-minute documentary reveal the complex medical choices we face while exploring the resources and attitudes that empower us. Now, more than ever, we all need to write thoughtful Health Care Directives. There is also a 2-part Writing Your Health Care Directive Workshop available October 15 & 29. See the class section for more information.

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

#09CT-OCT7

Monday, October 7 at 10 am

DEC Meeting Room

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

After the loss of a loved one, numerous questions arise. By understanding the pre- and post-funeral processes, you can effectively plan ahead to lessen the burden on your family and gain peace of mind for yourself. Before the funeral, around 65 decisions need to be addressed, such as payment responsibilities, service types, notifications, and family needs. Post-funeral, considerations include bill payments, managing possessions, Will existence, asset transfer, and if probate is necessary, how long will it take? Join us for answers and information.

Low-Cost Food Sale



Open to ALL! No pre-registration needed

Location

Burnsville Senior Center (Door 12)

200 W Burnsville Parkway, Burnsville, MN 55337

2024 Dates | Wednesdays 3 pm - 5 pm

Jan 24, Feb 21, Mar 27, Apr 24, May 22, Jun 26,
Jul 31, Aug 28, Sep 25, Oct 23, Nov 20, Dec 18

Affordable frozen meats & fresh produce

Cash, Credit/Debit and SNAP accepted



For locations & info:

Visit: fareforall.org
or call: 763-450-3880

33 monthly sales throughout Minnesota!



COFFEE TALKS

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

A Fond Farewell

#09CT-OCT14

Monday, October 14 at 10 am

DEC Meeting Room

Presenter: Jeanne McGill, CSA, CPC

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

NEW! The Women Who Would be President

#09CT-OCT21

Monday, October 21 at 10 am

DEC Meeting Room

Presenter: Frank Sachs

No woman has served as president, but it isn't for lack of trying. In this presentation we will examine three very different women, Victoria Woodhull, Margaret Chase Smith, and Shirley Chisholm. Each ran for President in four different half centuries, from 1870 to present. We will look at why they ran and what they accomplished.

Frank Talking History

Frank Sachs is a lifelong history buff and retired educator. During his 40 year career he taught AP History, Government, and Constitutional Law.

A SUPERIOR PRESENTER

"Frank's knowledge, experience, and enthusiasm for his topic made the presentation fun to listen to, and even more so, made learning fun."



Frank Sachs



You Don't Know What You Don't Know

#09CT-OCT28

Monday, October 28 at 10 am

DEC Meeting Room

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

Decisions facing seniors and their adult children can have significant financial and emotional impacts. Seeking guidance from the right resources can help. Jeanne McGill and Mary Frances Price share real-life stories that provide valuable insight to help you make more informed decisions.

Wills and Powers of Attorney

#09CT-NOV5

Tuesday, November 5 at 10 am

DEC Meeting Room

Presenter Mary Frances Price, Elder Law Attorney



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

COFFEE TALKS

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

Medical Assistance & Veterans Benefits

#09CT-NOV19

Tuesday, November 19 at 10 am

DEC Meeting Room

Presenter: Mary Frances Price, Elder Law Attorney



Join Mary Frances Price, an accredited elder law attorney who will address medical assistance, VA aid and attendance benefits. It is important to anticipate your future needs, including long-term care and the associated costs. Can you ensure money saved during a lifetime of hard work will be enough to cover medical and long-term care expenses?

Are there other resources available to help? Can you gift money to your children? Will your home be 'taken' when you go into a nursing home? Did you know that Veterans or their spouses can receive up to \$1,949 of tax free money to supplement their income to pay for health care costs at home, in assisted living facilities and in nursing homes? If you or your spouse served in the military during a wartime period (WWII, Korea, Vietnam, etc.) and you meet certain financial and health criteria, you could be eligible for this additional income - even if you did not retire from the military!



TRAVEL TALKS

Landmark Tours Travel Talk

#09TT-OCT17

Thursday, October 17 at 1 pm

DEC Meeting Room

(Sponsor – Landmark Tours)

Speaker: John Lyons

Join us as Landmark Tours presents an array of truly unforgettable travel experiences in the U.S. and abroad. A local, family-owned tour operator, Landmark's inclusive packages feature round-trip airfare, quality accommodations in great locations, many enjoyable meal experiences, admission to all itinerary attractions, deluxe cruise and motor coach transportation, and the services of a professional Tour or Cruise Manager. Questions – feel free to call Landmark Tours at 612-230-2040 or the Burnsville Senior Center at 952-707-4120.

Upcoming travel opportunities include:

Tournament of Roses Parade:

Dec 29-Jan 2, 2025

Florida Keys:

January 10 - 16, 2025

Death Valley & Las Vegas:

March 1-5, 2025

Texas - The Lone Star State:

March 13-18, 2025

Washington, D.C. Cherry Blossoms:

March 25-29, 2025

Savannah, Charleston, & Asheville:

Apr 7-13, 2025

Amsterdam to Basel - Rhine River Cruise:

April 23-May 2, 2025

Memphis & Branson with Graceland:

April 29-May 4, 2025

Taste of Italy:

May 13-22, 2025

London, Normandy & Paris - Remembering WWII:

May 13-22, 2025

Cape Cod with Martha's Vineyard:

June 15-21, 2025

Yellowstone & The Grand Tetons:

June 21-27, 2025

Scandinavia:

July 17-29, 2025

And so many more! If you can't attend the presentation, call for a catalog at 612-230-2040 or visit www.gowithlandmark.com

EXTENDED TRIPS & TOURS

Join us for a Travel Talk
Thursday, October 17th
at 1:00 PM

Burnsville Senior Center
Where aging is embraced

Landmark TOURS
UNFORGETTABLE TRAVEL EXPERIENCES

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

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

ALL TRIPS INCLUDE

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

California

Rose Parade, Catalina Island



Florida Keys

Miami, Everglades Nat'l Park



Death Valley Nat'l Park

Las Vegas



Texas: The Lone Star State

Fort Worth, Austin, San Antonio



Washington, D.C.

Cherry Blossoms



Savannah

Charleston, Asheville



Amsterdam to Basel

Rhine River Cruise



Memphis & Branson

with Graceland



Taste of Italy

Rome, Florence, Venice



London, Normandy, Paris

Remembering WWII



Cape Cod

Martha's Vineyard, Nantucket



Scandinavia

Stockholm to Bergen



Minnesota Based * Family Owned

For a complete list of tours visit www.GoWithLandmark.com



REGISTRATION FORM

OFFICE USE ONLY	
SC _____ # _____	
CE _____	

Name _____

Street Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Email _____

Participant	Course Name	Course #	Start Date	Fee
Cash _____ Check # _____ UCare # _____			TOTAL \$	

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

Cardholder's Signature _____

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

10/17



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

NOTICE!

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

Cancellations

If you cancel more than 5 business days before the class you may receive a \$10 processing fee.

LOST & FOUND

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

COMMUNITY EDUCATION ACCEPTS



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

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



Annual Holiday Open House

Friday, January 3, 2025
1 pm - 3 pm

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



*Courtesy
of our Sponsor:*



a ministry of  CASSIA