

Seasons

Roseville Area Senior Program Newsletter

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

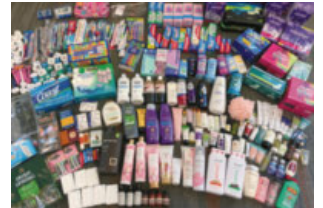
What's in This Issue?

Content	Page
RASP Information	2
Kris' Corner	3
New Look of Seasons	4
Aquatics	5
Upcoming Classes	6
Defensive Driving	7
School News	8
Groups & Activities	9
City of Roseville	10
Dementia Resources	11
Coloring Sheet	12
Word Find	13
Flaming Spoon Menus	14

700 Donations Received for Students!

Our community never ceases to amaze us! You may have noticed donation collection bins around Anpétu Téča Education Center this September. Roseville Community Education led a supply drive to collect personal care products for students in our district, in order to help them maintain their health and hygiene.

Together, you donated 127 toothbrushes, 83 containers of floss, and over 700 items in total. Donations ranged from deodorant to shampoo to lip balm and more. THANK YOU for helping us fulfill student needs!



Why Does Seasons Have a New Look? Read page 4!

Meet Laurie, Our Meals on Wheels Program Specialist!

Laurie Erickson has joined our Meals on Wheels team, and we're so excited to have her on board! You might run into Laurie here at Anpétu Téča Education Center if you volunteer as a meal packer or driver, or you might speak to her over the phone if you are a current client. Give her a warm welcome! Here's a message from Laurie herself:



"Hi, my name is Laurie Erickson. I live in St. Paul, and I grew up in Minnesota. I have three children and four grandchildren (all boys!). I enjoy gardening, biking, puzzling, and fiber arts, and my newest hobby is creating stained glass projects. I have a master's degree in social science and education. I have just retired after owning a small school in Como Park. After years in education and working with children and families, I wanted to continue in service to the community. I feel that working with the Meals on Wheels program will fit that goal. I look forward to working with the staff and volunteers who make the program the success that it is!" -Laurie



Get Involved with the Roseville Area Senior Program

Drop-In Lounge

Visit our drop-in lounge at Anpétu Téča Education Center! We have a comfortable area for you to visit with friends, play games, put a puzzle together, read a book, or use the computer. Open Monday - Friday from 8:00am - 4:00pm.

Classes & Groups

In the spirit of lifelong learning, we offer a variety of information and formal groups and classes for you to join! Come learn a new skill or hobby, make friends and socialize, or prioritize your health and wellbeing. Some classes and activities have fees, while others are free.

Gift & Craft Shoppe

Shop hand-crafted gift items, ceramics, wood crafts, jewelry, pottery, cards, and more! The items in this store have been made by members of our local community. Open Monday - Friday from 9:30am - 3:30pm. Please note, we only accept cash or check currently. Find us at Anpétu Téča Education Center.

Volunteer

Volunteers of all ages assist our program by packing and delivering meals for Meals on Wheels, leading special interest groups, supporting special events, fundraising, and more. There is a place to make your own special contribution. Contact us if you have time to share.

Contact Us!

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



Phone:
651-604-3520



Email:
rasp@isd623.org



Website:
www.isd623.org/rasp

Seasons Newsletter

The Seasons newsletter is the best source for up-to-date information about our activities and services. If you are interested in receiving the newsletter by mail or email, please contact us. You can also read the newsletter online at www.isd623.org/rasp.

Meals on Wheels

Meals on Wheels delivers fresh, nutritious meals for older adults and adults with disabilities around lunchtime Monday - Friday. The Meals on Wheels program also serves as a wellness visit from volunteers and a way to connect older adults to other community services! Advance registration is required to start this service. Fees are based on income. If you want to get started, call 651-318-9091. If you're a current participant with questions, call 651-604-3524.

Flaming Spoon Café

All are welcome to enjoy lunchtime dining at the Flaming Spoon Café, located inside Anpétu Téča Education Center! Open Monday - Friday. To view our current menu, hours, and price information, visit isd623.org/FlamingSpoon. Questions? Call 651-604-3518.

Donate

We rely on donations to provide fundamental services to hundreds of older adults. We couldn't do it without you! To donate, please contact us at 651-604-3520 or visit isd623.org/RASP. RASP is a nonprofit program. Donations may be tax-deductible as allowed by law.

Kris' Corner

Our weather is still in the 80's, but I am already working on Meals on Wheels menus for November, December, January, and February. It's hard planning for cold winter months when the weather is still so nice. Now I'm wondering what the weather will be like this winter. The Farmer's Almanac prediction for 2024-25 is that Minnesota will see a cold winter but with average snowfall. The last week of January into the beginning of February will be the coldest portion of our winter. During this same time, we could see intense bursts of snow. They predict our first heavy snowfall will come November 8th-11th. The Farmers' Almanac uses a variety of factors to make predictions, including sunspot activity, tidal action, the position of the planets, winds in the stratosphere over the equator, and the motion of the moon. The Farmers' Almanac claims to be 80% accurate but other studies show it is closer to 50% accurate. According to the National Oceanic and Atmospheric Administration (NOAA), Minnesota is headed into a La Nina phase which tends to mean colder than normal and snowier than normal conditions for Minnesota. NOAA's forecasts are based on scientific data, years of research, and months of pattern analysis. For 10-day or longer forecasts, NOAA is only about half accurate.

With only a 50% accuracy rating for both groups, I'm wondering if I can do any better. Having grown up in Minnesota, my winter prediction for 2024-25 is:

November and December will see mild temperatures, but we can expect 2 or 3 sizable snowfalls during this time. Temperatures will start to drop towards the end of December, and we will see a sizable snow fall just before our coldest temperatures start in the 3rd week of January. Temperatures will rise back to the normal average starting in February and we will see 2 sizable snowfalls. March will bring our only blizzard of the season, and we will start to see our snow melting by the last week in March.

I will be watching to see how my predictions hold up, what are your predictions? Stay safe as we move into this cold and snowy season.

Kris

Page 3 | Roseville Area Senior Program

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 Dec. 31, 2024.

Call (651) 515-2973 for more information.



All faiths or beliefs are welcome. © 2024 The Evangelical Lutheran Good Samaritan Society. All rights reserved.

117-416-411 Rev. B24



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

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

What's With the New Look?

You may have noticed that this Seasons newsletter edition looks slightly different from previous editions.

 **Bigger, bolder page titles**

Why the changes? We want this newsletter to be as clear, helpful, and easy to read as possible! With the help of your feedback, we have made these updates in order to make it easier to find what you're looking for and enjoy the articles:

 **Increased text size for articles - easier on the eyes!**

- We increased the size and spacing of the words.
- We made bigger and bolder page titles.
- We highlighted all page numbers with a blue bar.
- We updated the format of pages 1 and 2 for clarity.



If you have any questions or feedback on our Seasons layout, please email Megan, our Marketing Manager, at megan.webb@isd623.org.

Thank you!

 **Each page number is highlighted in a blue bar that goes across the full page**

Page 4 | Roseville Area Senior Program

PREPARE FOR MEDICARE WORKSHOP

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



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

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

S5743_071422P02_C Y0138_071422P01_C

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502



L HEALTHCARE, HOUSING, & SERVICES
LYNGBLOMSTEN for Older Adults since 1906

A Christian nonprofit, Lyngblomsten provides housing and healthcare options to older adults from its Como Park and Lino Lakes campuses, including:

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

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

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



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

info@lyngblomsten.org
www.lyngblomsten.org



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

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

Aquatics

Roseville Community Education offers a variety of water exercise classes in the pool at Anpétu Téča Education Center (1910 County Road B West, Roseville)! Classes range from gentle aerobics to more active exercise classes. They are in order of most gentle to most active below:



H2O Stretch & Relaxation: Mondays from 7:40 – 8:25pm

Aqua Stretch & Tone: Thursdays from 11:00–11:45am

Swimnastics: Wednesdays from 10:00–10:45am

H2O Cardio: Mondays from 6:45–7:30pm AND/OR Fridays from 7:00–7:45am

T.A.B.A.T.A.: Tuesdays from 11:00–11:45am

Disco Splash: Wednesdays from 7:30–8:15pm

Water exercise engages your full body to promote health and wellbeing. The water also offers a reduced-gravity environment that is easy on your joints and can be especially beneficial for those experiencing arthritis.

You can sign up for a drop-in session to try a class out, or sign up for a full month of the class! To register, call 651-604-3770 or visit isd623.ce.eleyo.com.

ROSELAWN CEMETERY



Cremation Placement Options Starting at \$995

Casketed Placement Options Starting at \$1,995

Monday-Friday 8am-4:30pm • Saturdays 9am-3pm • Sunday & Evening by Appt.

Call today for a tour 651-489-1720

803 W. Larpenteur Ave., Roseville, MN 55113
(Between Lexington and Dale)

www.roselawncemetery.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ben Allrich

ballrich@lpicommunities.com

(800) 950-9952 x2757

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502



The Mayfield

freedom to live well®

2850 Market Place Drive
Little Canada, MN 55117

651.482.1229

www.themayfield.org

Senior Apartments

All Newly Renovated Apartments

Equal housing opportunity.
All faiths welcome.



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.

Medicare

An educational presentation for anyone who wants to know more about Medicare! Topics will include Parts A, B, C & D of Medicare, the application process, estimated costs, supplements, MAPD, and the right time to sign up. This is an ideal course for people who are turning 65 or those who are over age 65 and coming off of their employer medical plan.

*Monday • Nov 4 • 6:30-8pm • ATEC • \$19
Class ID # 3522-a • Instructor: Greg DeKeuster*

*Monday • Nov 25 • 6:30-8pm • ATEC • \$19
Class ID # 3522-b • Instructor: Greg DeKeuster*

Memoir Writing

Everybody has stories about their lives. By writing them down, you can gain a better understanding of your own life and, in the process, leave something memorable for those you love and for the historical record. No writing experience required—just life experiences!

*Mondays • Nov 4 - Dec 9 • 10am-12pm • ATEC • \$19
Class ID # 5049 • Instructor: Louise Mengelkoch*

Felted Luminarias

Add a warm glow to the holiday season with pretty, felted luminarias. Learn traditional wet felting techniques using wool and a little soapy water.

Add texture and other design elements using a variety of natural materials. Your luminarias are the perfect accent for the mantle or dinner table. \$30 materials fee, payable to instructor. Please bring: 2-3 hand towels, 1 old bath towel, scissors, plastic bag.

*Saturday • Nov 9 • 10am-3pm • \$39 • ATEC
Class ID #1095 • Instructor: Leslie Granbeck*



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*

Empowered Caregiver Series: Building Foundations of Caregiving

This class explores the role of the caregiver and changes they may experience, how to build a support team and ways to manage caregiver stress. Led by the Alzheimer's Association.

*Tuesday • Nov 12 • 6:30-8pm
Online Class ID # S4552 • FREE, please register*

Infusing Fun: Bring Playfulness Back

Explore which areas of your life are craving playfulness. Rediscover the art of joy, one playful step at a time. Experience enhanced well-being and relationships, increased positivity, and a revived sense of fulfillment.

*Tuesday • Nov 19 • 6-7pm • ATEC • \$29
Class ID # 5054 • Instructor: Valerie Petit*

Holiday Basket

Grace your home with this classy basket.

Start with an Amish crafted base, weave a spacious oval basket using natural and dyed materials. Accented with swirled paired wicker that resembles candy cane striping. Color choices available. Size: 11"x8"x5.5". \$30 material fee due to instructor night of class.

*Tuesday • Nov 19 • 6-9pm • \$29 • ATEC
Class ID #1001 • Instructor: Ellie Lida*



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.

Morning Talks: The Future of AI

Come listen to guest speaker Warren Poole talk about what the future of Artificial Intelligence (AI) might look like in our world!

Tuesday • Dec 3 • 9-10am • ATEC

Class ID # S4567 • FREE, please register

FREE opportunities!

Empowered Caregiver Series: Supporting Independence

This class focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations. Led by the Alzheimer's Association.

Tuesday • Dec 10 • 6:30-8pm

Online Class ID # S4553 • FREE, please register

FallProof! Workshop

Learn why our risk for falling increases as we age, and exercises and strategies we can use to reduce those risks. This is an interactive workshop – you will be practicing skills and taking home useful information that can save you from a trip to the floor. You'll also learn what to do if you end up there!

Tuesday • Dec 10 • 1-2:30pm • ATEC • \$25

Class ID # S4560 • Instructor: Mia Bremer

Elvis "Jailhouse Rock" Line Dance

Capture the moves of this iconic Elvis song. A night to remember and a tribute to the King of Rock & Roll. No partner needed for this night of fun!

Wednesday • Dec 11 • 6-7pm • \$19 • RAMS

Class ID # 2510 • Instructor: Monica Mohn

2 Left Feet Social Dance Workshop

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

Wednesday • Dec 11 • 7-9pm • \$49/couple • RAMS

Class ID # 2502 • Instructor: Monica Mohn

Why You Can't Always Trust Your Trust

Do you know what the most oversold and misunderstood legal product on the market is today? The answer is a Revocable or Living Trust. Most people believe that their trust shields the assets from the nursing home and creditors. In Minnesota, Revocable Trusts are subject to the nursing home and creditors. If you can change the Trust, the nursing home and creditors can access the money in the Trust. In this class, you will learn about the pros and cons of a Revocable Trust and if it is a fit for you. You will also learn about other options.

Thursday • Dec 12 • 6:30-8pm • \$29 • ATEC

Class ID # 1500 • Instructor: Steve Ledin

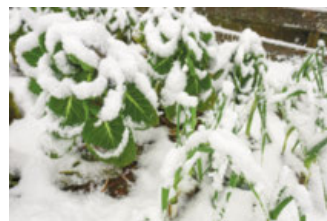
Winter Sowing

Learn how to get a jump on the growing season and start cold-tolerant seeds during this cold season by using these Winter Sowing techniques!

Monday • Dec 16 • 6:30-8pm

Instructor: Ramsey County Master Gardeners

Online Class ID # 3504 • \$19



Defensive Driving

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 at isd623.ce.eleyo.com.**

In Person (Anpétu Téča Education Center)

Thursday • November 7 • 9:00am - 1:00pm
Class ID # S5020-5 • \$31

Saturday • November 16 • 9:00am - 1:00pm
Class ID # S5020-6 • \$31

Wednesday • December 11 • 1:00 - 5:00pm
Class ID # S5020-7 • \$31

Thursday • January 9 • 9:00am - 1:00pm
Class ID # S5020-8 • \$31



Online

Tuesday • November 12 • 1:00 - 5:00pm
Online Class ID # SZ5020-3 • \$31

Tuesday • November 19 • 5:30 - 9:30pm
Online Class ID # SZ5020-7 • \$31

Wednesday • December 4 • 1:30 - 5:30pm
Online Class ID # SZ5020-8 • \$31

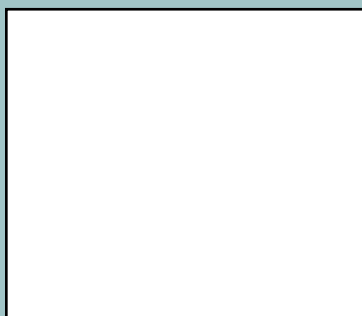
Tuesday • December 10 • 9:00am - 1:00pm
Online Class ID # SZ5020-4 • \$31

FAMILY OWNED & OPERATED
(763) 344-7177

NEW MEMORY CARE & ASSISTED LIVING!

 4313 Ball Rd NE
Blaine, MN 55014

NORTHWOODS

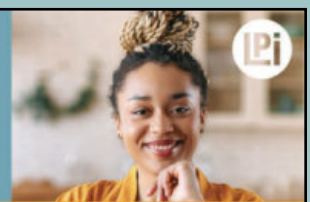


WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

Where Remembrance Begins



*Give Them Peace of Mind...
Pre-plan today &
SAVE!*



Let Us Guide You

call 651-228-9991

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



Roseville Area Schools News

Kindergarteners Go On Scavenger Hunt

The search was on at Parkview Center School this fall! As part of an annual tradition, all PCS kindergarten students went on the lookout for Pete the Cat, the fictional star of a children's book series by artist James Dean. Even older students and staff joined the fun!

As kindergarten teacher Melissa Schindeldecker says, "We love the idea of our kindergarteners coming to school wondering what exciting and magical thing is going to happen each day throughout the year... The search for Pete the Cat connects the students to each other in a fun task and starts building our classroom community."



Page 9 | Roseville Area Senior Program

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

Visit www.mycommunityonline.com

THRIVE LOCALLY

SHEILA J. KELLY
ATTORNEY AT LAW

- WILLS
- TRUSTS
- POWER OF ATTORNEY
- HEALTHCARE DIRECTIVE
- PROBATE
- ELDER LAW

YOUR HOMETOWN ESTATE PLANNING ATTORNEY

FREE Initial 1/2 Hour Office Consultation

4856 Banning Avenue, White Bear Lake
612.568.8758
skelly@sheilakellylaw.com
www.sheilakellylaw.com

Arthur's Senior Care

- Small 6-Person Residential Care Home
- Staff Well-Trained In Dementia & Alzheimer's
- 2:6 Staff To Client Ratio
- Private Bedrooms & Bathrooms
- Sliding Scale Insulin, Catheter's, Ostomies, Etc
- Care Through End-Of-Life

Staffed by **ACR Homes**

651-294-4798
arthursseniorcare.com

Exceptional Care
for seniors in 6-person homes.



Groups & Activities

These activities are held at Anpétu Téca Education Center (1910 County Road B West, Roseville).

Caregiver Support Group

This group provides information, resources, and valuable emotional support. Meetings are the 4th Tuesday of the month from 1-2:30pm in room C121.



Stitch & Chat

Join us and socialize as you work on your current project or just come to chat! Meetings are on Fridays from 1-3pm in room C123.

Drop In Bridge

Anyone is welcome to drop in and play! Mondays from 12-4pm and Fridays from 10am-12pm.



Partner Bridge

Join us and socialize as you work on your skills! Thursdays from 12:15-3:30pm in room C123. Partner Bridge is an organized game with four bridge players per table. 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. The cost is \$2.00/week, and you pay in class.



Progressive Hand and Foot

Hand and Foot is a popular variation of the rummy-type card game of Canasta. It can be described as an easier and interactive off-shoot. Join us for this fun and exciting card game on Tuesdays from 1-4pm in room C123.

Games Galore

Anyone is welcome to come and play classic board and card games. Join us Wednesdays from 1-4pm in room C123.



Do you have an idea for a group or activity you would like to lead? Contact Kris at kris.rossow@isd623.org or 651-604-3537.

Foot Care Clinic

A Registered Nurse trims nails, does assessments, and teaches you how to care for your feet. Appointments are being taken for November 5, 11, 12, 19, 25, 26 and December 3, 9, 10, 17. 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.

Medicare Counseling

In partnership with Trellis, we offer in-person Medicare Counseling appointments to help you navigate the process of enrolling in Medicare or supplemental health insurance policies. Offered the 2nd and 4th Wednesdays of the month with appointments at 12pm, 1:15pm, and 2:30pm in room C125. Schedule an appointment at trellisconnects.org/get-help/medicare/ or call the Senior LinkAge Line at 800-333-2433.

Topics Forum

The Forum has been meeting since the 1970's. Currently they are meeting to discuss topics of interest and the Market. Meetings are on Fridays from 9:30-11am in room C121 depending on the weather. If the weather is bad, meetings will be online via Zoom. December - March will be online only.

Men's Discussion Group

A weekly informal time for men to discuss current topics of the group's choice. Meetings are Wednesdays from 9:30-11am in room C121.

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 room C121! Upcoming meetings:

Tuesday, November 26

- o *I Am the Clay* - Chaim Potok

Tuesday, January 28

- o *The Orphan House* - Ann Bennett



City of Roseville – Parks & Recreation

To register for a Parks & Recreation activity, visit cityofroseville.com/parks or call 651-792-7006

La Crosse Rotary Lights

Regular \$107, Roseville Resident \$99
 Tuesday, December 10 | #7201.495 | Level 2

Join us for a festive trip to La Crosse, Wisconsin! First we will stop at Ciatti's Italian Grill for dinner. Meal options are lasagna chicken capellini or a vegetarian meal. After dinner, we will head to the Rotary Lights to enjoy the holiday display through Riverside Park. After the lights we will head home! Fee includes deluxe transportation, guided tour, and lunch. Depart at 1:00pm, return around 10:00pm Register by November 1!

Walking Track

Free walking track available to public, inside the Roseville Skating Center Ice Arena! Open daily. This is a great place to walk and get your exercise in, even on chilly or rainy days. Check the public skating schedules for specific hours:

cityofroseville.com/536/Public-Skating-Schedules

Sneak Peek!



Senior Skating

Roseville Skating Center | Wednesdays 1-2:30pm | \$6
 View indoor public skating schedule here:
cityofroseville.com/536/Public-Skating-Schedules

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

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

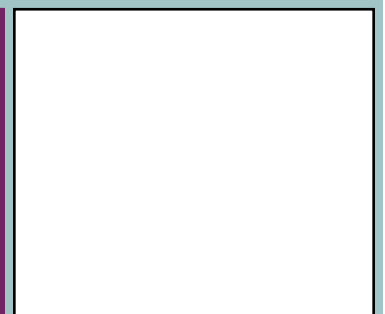
SENIOR Helpers

QUALITY IN-HOME CARE FOR YOUR LOVED ONE.

PEACE OF MIND FOR YOU.

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

651.414.9131
seniorhelpers.com



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit Ipicommunities.com

Scan to contact us!

Alzheimer's & Dementia Resources

from the Roseville Alzheimer's and Dementia Community Action Team

Spirituality and Dementia: Creating a Dementia-Friendly Faith Community

November 12, 2024 | 1:00 – 3:00 PM
Roseville City Hall | 2660 Civic Center Drive
FREE – All are welcome!

Join us for a discussion about how faith can provide a supportive community for persons living with dementia and their care partners. Our panelists are involved with the Faith Community Nurse Network, the Alter Program, and Dementia Friendly Mass worship services, and the Lyngblomsten Parish Nurse project. Explore ways to maintain a spiritual life and learn how these organizations have reached out to provide care and encouragement to people facing the challenge of dementia.

Death Doulas and Dementia: Compassion at the End of Life

December 10, 2024 | 1:00 – 3:00 PM
Roseville City Hall | 2660 Civic Center Drive
FREE – All are welcome!

Death Doulas provide comfort and ease to persons who are facing the final transition and can be of great benefit to persons with dementia and their families. Learn what a Death Doula does and what to expect from their guidance during the end of life. We will also discuss how to have difficult conversations about final wishes for care in a compassionate way.

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!



Page 12 | Roseville Area Senior Program

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



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

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

Coloring Sheet



Winter Word Find

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

Search for complete words in the jumble of letters above! Words can be vertical, horizontal, or diagonal. Here are the words to find:




- ~~BLANKET~~
- EARMUFFS
- POLAR BEAR
- SNOWFLAKE
- BOOTS
- MITTENS
- SCARF
- SNOWMAN
- COCOA
- PENGUIN
- SLEDDING
- SWEATER

Flaming Spoon Café

Anpétu Téca Education Center | Kitchen: 651-604-3518 | Hours: 11:00am - 12:15pm | \$5 Per Meal

NOVEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BEEF SLOPPY JOE WHOLE GRAIN BUN STEAMED VEGETABLE FRUIT BAKED CHIPS
3 CHICKEN PARMESEAN over SPAGHETTI NOODLES STEAMED VEGETABLE FRUIT FRENCH BREAD	4 HAMBURGER WILD RICE HOT DISH STEAMED VEGETABLE FRUIT WHEAT ROLL	5 PORK BBQ RIBLET on a WHOLE GRAIN BUN CHEESY HASHBROWNS BAKED BEANS FRUIT	6 BEEF STEW STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT	7 ITALIAN CHICKEN RICE PILAF ROASTED VEGETABLES FRUIT DESSERT
11 BEEF CHILI STEAMED VEGETABLE FRUIT WARM CORNBREAD	12 LEMON PEPPER TILAPIA RICE PILAF STEAMED VEGETABLE FRUIT DESSERT	13 LU'S MEATLOAF MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	14 CHICKEN DRUMSTICK in BBQ SAUCE CUBED POTATOES VEGETARIAN CALICO BEANS FRUIT	15 TURKEY TETRAZZINI STEAMED VEGETABLE FRUIT WARM BISCUIT
18 CHEESEBURGER on a WHOLE GRAIN BUN BAKED BEANS FRUIT DESSERT	19 HAM & POTATO SOUP STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	20 BEEF CHOW MEIN BROWN RICE STEAMED VEGETABLE FRUIT FORTUNE COOKIE	21 ROAST TURKEY MASHED POTATOES GREEN BEAN CASSEROLE FRUIT WHEAT ROLL	22 SWEDISH MEATBALLS with EGG NOODLES STEAMED VEGETABLE FRUIT
25 CHICKEN NOODLE CASSEROLE STEAMED VEGETABLE FRUIT BISCUIT DESSERT	26 SWISS STEAK MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	27 BEEF LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD	28 CLOSED	29 CLOSED

DECEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 CHICKEN CORDON BLEU RICE PILAF STEAMED VEGETABLE FRUIT WHEAT ROLL	4 BEEF STROGANOFF EGG NOODLES STEAMED VEGETABLES FRUIT DESSERT	5 PEPPER STEAK STEAMED BROWN RICE STEAMED VEGETABLE FRUIT DESSERT	6 CHICKEN ALA KING MASHED POTATOES STEAMED VEGETABLE FRUIT BUTTER BISCUIT
9 SPAGHETTI w/ MEAT SAUCE STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT	10 MUSHROOM BURGER on WHOLE GRAIN BUN SEASONED POTATOES BAKED BEANS FRUIT	11 LEMON PEPPER TILAPIA RICE PILAF STEAMED VEGETABLE FRUIT	12 ITALIAN CHICKEN RICE PILAF ROASTED VEGETABLES FRUIT DESSERT	13 TATOR TOT HOT DISH STEAMED VEGETABLE FRUIT WHEAT ROLL
16 BEEF STEW STEAMED VEGETABLE FRUIT WARM CORNBREAD	17 ROAST TURKEY MASHED POTATOES GREEN BEAN CASSEROLE FRUIT WHEAT ROLL	18 BEEF LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT	19 HAM with PINEAPPLE AU GRATIN POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	20 CHICKEN CHILI STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT
23 CHICKEN POT PIE STEAMED VEGETABLE FRUIT BUTTERY BISCUIT DESSERT	24 CLOSED	25 CLOSED	26 TATOR TOT HOT DISH STEAMED VEGETABLE FRUIT WHEAT ROLL	27 MANDARIN ORANGE CHICKEN BROWN RICE STEAMED VEGETABLE FRUIT FORTUNE COOKIE
30 SWEET & SOUR MEATBALLS STEAMED BROWN RICE STEAMED VEGETABLES FRUIT FORTUNE COOKIE	31 CLOSED	1-Jan CLOSED	 Roseville Area Schools Excellence, Innovation & Equity in All We Do.	



Roseville Area Schools
Roseville Area Senior Program
1910 County Road B West
Roseville, MN 55113

Non-Profit Org
U.S. POSTAGE
PAID
Twin Cities, MN
Permit No. 3248

Contact Us!



General Questions

Email: rasp@isd623.org
Phone: 651-604-3520



Our Building

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

Program Manager: Kris Rossow

651-604-3537 | kris.rossow@isd623.org
Mon - Fri | 8am - 4pm

Office Support & Registrations: Kim Palmer
651-604-3520 | kimberley.palmer@isd623.org
Mon - Fri | 8am - 4pm

Meals on Wheels: Laurie Erickson
651-604-3524 | laurie.erickson@isd623.org
Mon - Fri | 8am - 2:30pm

Marketing (Seasons Design): Megan Webb
651-604-3502 | megan.webb@isd623.org

MN Relay: 1-800-627-3529



Come enjoy a fresh, nutritious meal! All are welcome, bring your friends.

Monday - Friday
11:00am - 12:15pm

1910 County Road B West, Roseville

View menus online at
isd623.org/flamingspoon

Full meal deal: \$5.00
(includes entree, sides, and milk)

Frozen entree only: \$3.50
(selection may be limited)

We accept cash and check only. Please call 3 days ahead if you will be coming with a group of 6 or more people.