

Seasons

Roseville Area Senior Program Newsletter

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

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NEW - Grief Support Group

The Roseville Area Senior Program is now offering a Grief Support Group. This mutual self-help group will offer support, resources, and referrals to group members under the guidance of experienced leaders. Whether a member is experiencing recent or past grief, they can gain support and encouragement from this group.

Upcoming meetings will be held on January 6, 21, February 3, 24, March 17, and April 7, 21. Join us from 1:00-2:30pm at Anpétu Téča Education Center (1910 County Rd B W, Roseville). No registration is required, just join us! Questions? Contact us at 651-604-3520.

Adult Prom - You're Invited! More on page 5 →

Meet Baonhia, Our Building Receptionist!

Baonhia has joined our team as the Building Receptionist for Anpétu Téča Education Center! She has already been a wonderful addition to our community here. If you come to Anpétu Téča Education Center for a class, group, or activity during the day, you will likely see Baonhia at the front desk. Give her a warm welcome! Here's a message from Baonhia herself:



"Hello, I am Baonhia Xiong. I grew up in the Twin Cities of Minnesota. I like watercolor painting and reading light novels. I particularly enjoy learning new crafts and taking on new hobbies like tat or ceramics. A fact people may not know about me is that I like to make my mascarpone with lime. Coming into this community, I appreciate meeting the regulars and hearing the stories they bring. It's wonderful to partake in this space full of warmth and I genuinely hope to add on the experience."



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

The Land of 10,000 Lakes, Minnesota, has been the only home I've ever known. I couldn't imagine living anywhere else, but Minnesota does have some unique aspects.



I never knew a favorite childhood game, Duck, Duck, Gray Duck was called Duck, Duck, Goose in the rest of the country. Apparently, it is only known as Duck, Duck, Gray Duck in Minnesota. The belief is our Scandinavian settlers brought the game to Minnesota from Sweden.

We also use the word pop for soft drinks. One theory is that pop gained popularity as a slang term in the 1800's when tasty, carbonated beverages started being sold at soda fountains. Another theory is that it comes from when bottles had marbles in them and you had to pop the marble down to the bottom so you could drink it. The story I always heard was the name came from leaving it in the car in the winter and the bottles and cans would pop. We may never know.

There is also the great casserole and hot dish debate. Being a good Minnesotan, I know to call it a hot dish. A hot dish is a hearty one-dish meal and includes a creamy sauce (think cream of something soup), protein, vegetables, and starch. The term hot dish was first published in a 1930 Mankato cookbook published by Grace Lutheran Ladies Aid and the term has become a symbol of our Minnesotan identity.

I am going to come to an end by sharing a long Minnesotan good-bye. My mom is famous for this, for holidays we would stop at my grandparent's home in Mankato and celebrate with my mom's family, then it would come time for us to leave and head to Windom to celebrate with my dad's family. My mom would send me and my siblings out to the car while she said good-bye. We would end up sitting in the car for 10-15 minutes and then my dad would take pity on us and come outside and turn on the car so we could be warm as we waited. My mom denies this happened.

I hope you enjoyed learning a little bit about what makes Minnesota so special.

Kris

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

Cold Weather Tips


Winter is here! The cold weather, snow, and ice can make it difficult to get around. Luckily, there are things we can do to make sure we stay safe during this frigid time!

 Dress in layers, whether you are going outside or to an indoor location, such as the Senior Lounge. When you dress in layers you can adjust what you are wearing based on the temperature. When you go outside, wear proper outerwear, including warm jackets, gloves, scarves, and hats along with thick socks.

 Wear non-slip shoes and boots, this will help to prevent slips and falls.

 Stay hydrated, drinking plenty of fluids, warm tea or apple cider are great options when it's cold outside.

 Test your smoke and carbon monoxide detectors to make sure they are in working order.

 It's important to keep a well-stocked pantry filled with shelf-stable food in case of bad weather that prevents you from going to the store. Examples of food to keep on hand would be canned meats such as tuna and chicken, canned fruits and vegetables, juices, crackers, and cereals, just to name a few.

With a little thought and planning, you can be sure to enjoy - not dread - our Minnesota winter!

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
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bluecrossmn.com/Baker

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

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- Independent Living
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- 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



Adult Prom – You’re Invited!

Join Roseville Community Education for a night under the stars at our first Adult Prom!

Do you have nostalgic feelings for your senior prom, that “night to remember?” Or have you tried hard to forget the whole thing and would like a do-over? Maybe you didn’t go to the prom at all, and would like to create your own special experience?

Dig out your best attire and get ready to dance, party and relive the high school prom experience! Tuxedos, suits, sport coats, new or old outfits, formal dresses, bridesmaid dresses, sundresses – anything goes, and repeat outfits are welcome.

Your admission includes the dance, a live DJ, tasty snacks, and an exciting photo booth! This is a great event for your friend group, or a romantic date night with your partner. The event is only open to ages 18+. Please note that we are an alcohol-, tobacco-, and drug-free facility.

Saturday, February 8, 2024 | 7:00 – 10:00 p.m.

\$45 Per Couple | \$30 Per Individual

Anpétu Téča Education Center | 1910 County Rd B West in Roseville

To purchase tickets, call 651-604-3770 or visit isd623.ce.eleyo.com.

Register early – ticket prices will increase after January 31!



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Enrichment Classes

You must register in advance to join these classes, even if they are free to attend.
To register by phone, call **651-604-3770**. To register online, visit isd623.ce.eleyo.com.

How to Retire – An Attorney’s Perspective

This seminar covers the crucial years leading up to your retirement date, the active years of your retirement, and the winding down of your retirement years. Subjects will include: (i) Estate planning while working, during retirement and at the end of life, (ii) When to take your Social Security, (iii) Key financial products and services available in the market (Medicaid complaint annuities, Long Term Care Insurance, Life Insurance Long Term Care Riders), (iv) What to look for in a professional (Financial Advisor, CFP, RIA, Fiduciary)?, and (v) the final plans before the end – what can be too little too late? Bring your questions!

*Tuesday • Jan 7 • 6:30–8pm • ATEC • \$25
Class ID # 1536 • Instructor: Steve Ledin*

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.

*Thursday • Jan 16 • 10–11:30am • ATEC • \$19
Class ID # 3522-1 • Instructor: Greg DeKeuster*

*Thursday • May 8 • 6:30–8pm • ATEC • \$19
Class ID # 3522-2 • Instructor: Greg DeKeuster*

Bookbinding Workshop

Join us for a Bookbinding Workshop where you will learn the art of bookbinding! Whether you’re a beginner or have some experience, Anna will guide you through the process step by step, beginning to end. Registrations includes two cover pieces, wax thread, hooked upholstery needle, and unlined journaling paper.

*Friday • Jan 17 • 6:30–8:30pm • ATEC • \$49
Class ID # 1047 • Instructor: Anna Gaseitsiwe*



Cook Something New!



Traditional Italian Cuisine

Enjoy Traditional Italian favorites beginning with classic panzanella, a toasted bread salad with summer vegetables in a light vinaigrette. You’ll prepare chicken saltimbocca using thin slice prosciutto ham and sage topped with a lemon caper butter sauce and pan-fried artichokes. Learn the art of potato gnocchi, shaped potato dumpling, tossed with a medley of sauces including fresh basil pesto, marinara, and brown butter with sage We’ll finish with canoli, fried pastry filled with sweetened ricotta and mascarpone cheeses, served on warm chocolate sauce and garnished with pistachios.



*Tuesday • Jan 14 • 6–9pm • \$55 • RAHS
Class ID #1161 • Instructor: Jeff Sandino*

Write Your Own Will

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

*Tuesday • Jan 21 • 6–9pm • \$75 • ATEC
Class ID #1507-1 • Instructor: Riley Sullivan*

*Tuesday • Apr 8 • 6–9pm • \$75 • ATEC
Class ID #1507-1 • Instructor: Riley Sullivan*

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.

Stay Loose and Manage Pain with Self Myofascial Release

Flexibility, defined as the range of movement around a joint or set of joints, changes as we age. Fascia is a type of connective tissue that plays a key role in flexibility. This ever-changing tissue adapts in relationship to aging, repetitive movement and lack of movement. And though these changes start at an early age they often show up in mid-life as stiffness, overuse injuries or just general lack of flexibility.

This workshop will explain the factors that lead to inflexibility and the specific needs and physical limitations we may face because of tight fascia. You will leave with SMR techniques you can do on your own. Equipment cost: \$4
Wednesday • Jan 22 • 1-2:30pm • ATEC • \$25
Class ID # S4560 • Instructor: Mia Bremer

Beginning Taiko Class - Hit Big Drums!

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

Wed • Jan 29 - Mar 5 • 6-7pm • ATEC • \$95
Class ID # 3055-1 • Instructor: Wendy Gertjejanssen

Wed • Mar 19 - Apr 30 • 6-7pm • ATEC • \$95
Class ID # 3055-12 • Instructor: Wendy Gertjejanssen
**No class Apr 16*



All About Seeds

Seeds are the foundation of a garden! Learn about choosing, growing, and saving seeds.

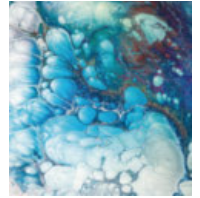
Saturday • Feb 8 • 10-11:30am • Online Class
Class ID # 3503 • \$25

Instructor: Ramsey County Master Gardeners

Acrylic Pour Painting Basics

Explore the exciting world of pour painting, an innovative technique that uses acrylic paint to craft stunning art pieces. In this class, you'll learn how to mix acrylics with various materials to achieve a smooth, fluid consistency perfect for pouring directly onto a canvas. All supplies are provided, including an 8 x 10" canvas. Don't forget to bring a box to transport your masterpiece home!

Monday • Feb 3 • 6-8pm • \$45
Class ID # 1041 • Instructor: Vanessa Merry



Morning Talks: Downsizing to Rightsizing

Do you feel overwhelmed with the items in your basement and you're wondering what to do with them all? The Joy Erickson Real Estate Team from Edina Realty would love to provide you with resources and ideas to help you through this process. Come to this fun interactive class where you will hear stories to make you laugh and inspire you to declutter.

Tuesday • Feb 4 • 9-10am • Class ID # S4566
FREE to attend, but please register in advance!

Chocolate, Chocolate & More Chocolate!

Join us for a delightful class just in time for Valentine's Day! You'll create and sample a variety of rich, indulgent recipes, then take home a selection of your favorites. At home, you can impress your sweetheart by making their special treat! Our recipes include mousse, brownies, dipping chocolate, hot fudge sauces, decadent truffles, Italian ricotta cheesecake, and orange ricotta custard, among others. Don't forget to bring containers to safely transport your delicious creations home.

Friday • Feb 7 • 6-9pm • RAHS • \$55
Class ID # S4566 • Instructor: Laurel Severson



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

Saturday • January 25 • 9:00am - 1:00pm
Class ID # S5020-3 • \$31

Monday • February 10 • 9:00am - 1:00pm
Class ID # S5020-4 • \$31

Saturday • February 22 • 9:00am - 1:00pm
Class ID # S5020-5 • \$31



Online

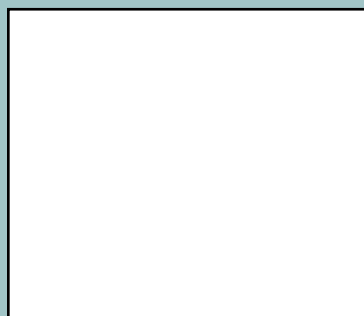
Thursday • January 16 • 1:00 - 5:00pm
Online Class ID # SZ5020-1 • \$31

Tuesday • February 11 • 9:00am - 1:00pm
Online Class ID # SZ5020-2 • \$31

Tuesday • March 25 • 5:00 - 9:00pm
Online Class ID # SZ5020-3 • \$31



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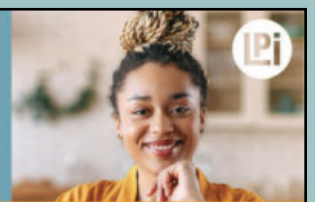


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Roseville Area Schools News

Kindergarten Buddies Celebrate Kindness Day

In honor of Kindness Day, 6th graders at Brimhall Elementary School teamed up with their kindergarten buddies for a heartwarming activity! Together, the pairs read a story about kindness, shared thoughtful discussions, and created inspirational posters.



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

Groups & Activities

These activities are held at Anpétu Téca Education Center (1910 County Road B West, Roseville).
Have an idea for a group or activity you would like to lead? Contact Kris at 651-604-3537.

Grief Support Group

This group provides information, resources, and valuable emotional support whether you are experiencing recent or past grief. Next meetings are from 1-2:30pm on January 6, 21, February 3, 24, March 17, April 7, 21. Room C121.

Drop In Bridge

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



Partner Bridge

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 since 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.



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.

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.



Men's Discussion Group

A weekly informal time for men to discuss current topics of the group's choice. Meetings are Wednesdays from 10-11:30am in room C121.

Caregiver Support Group

This group provides information, resources, and valuable emotional support. Starting in January, we will meet on the 2nd and 4th Monday from 1-2:30pm in room C121.



Foot Care Clinic

A Registered Nurse trims nails, does assessments, and teaches you how to care for your feet. Appointments are being taken for January 6, 7, 14, 21, 28 and February 3, 4, 11, 18, 25. The clinic is held in room C125. The cost is \$50, and you pay at your appointment. To make an appointment, call Donna Larson, our Foot Care Nurse, at 651-263-3594.



Medicare Counseling

In partnership with Trellis, we offer in-person Medicare Counseling to help you navigate 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 online 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. If the weather is bad, meetings will be online via Zoom. December - March will be online only.

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, January 28

- *The Orphan House* - Ann Bennett

Tuesday, March 25

- *A Thousand Acres* - Jane Smiley



City of Roseville – Parks & Recreation

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

AARP Tax Aide

Tax Aide is a free, confidential service provided by IRS trained and certified volunteers. Assistance is available for seniors and anyone with middle to low incomes. Registration begins January 15. Please call to make an appointment. No walk-ins accepted.

Candlelight/Moonlight Snowshoeing

Friday, January 24 | 6-8pm
Cedarholm Community Building
\$15/Person | Register by January 20

Senior Skating

Wednesdays 1-2:30pm
Roseville Skating Center | \$6



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

Nature Center Open House

Sunday, February 1
10am-4pm
Harriet Alexander Nature Center



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!

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Alzheimer's & Dementia Resources

from the Roseville Alzheimer's and Dementia Community Action Team

Hidden Disabilities Sunflower Program

Find out whether the airports and airlines you are going to use participate in the Hidden Disabilities Sunflower Program. MSP participates! This program is a discrete way for individuals with a hidden disability (e.g. individuals with dementia, autism, hearing deficits, Parkinson's, aging-related decline, etc.) to self-identify as someone who might require extra assistance, patience, or time in any situation. The program does not entitle anyone to special privileges, however. The program uses a lanyard, label pin, or bracelet bearing the sunflower logo for participants to wear. Participating airports provide free lanyards for travelers and their companions.

Dementia-Friendly Airports Working Group

If you are considering air travel, check out the dementia-friendly air travel resources on the Roseville-based Dementia-Friendly Airports Working Group website: <https://www.dementiafriendlyairports.com/resources-for-travel.html>

Resources on this website are valuable to all seniors, not just care partners and people living with dementia. Find detailed information about knowing your rights, the flight process from booking flights to arriving at your destination, travel tips and tools, and more!

Find online resources for people living with mild cognitive impairment or dementia, and their care partners and families:

<https://www.cityofroseville.com/dementiainfo>

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



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Seeking treatment for knee osteoarthritis pain?



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

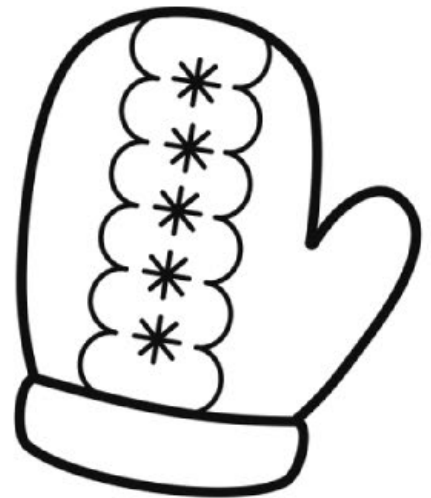
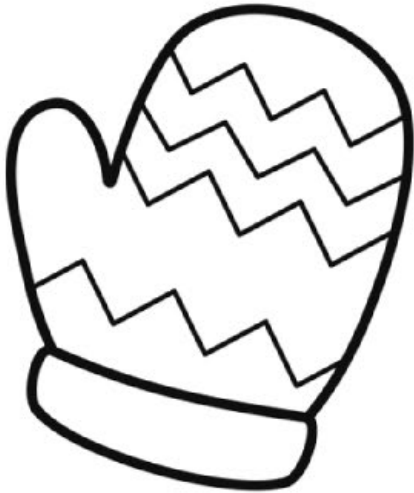


SKOAP is a national study that compares non-opioid pain treatments with the goal of reducing knee osteoarthritis pain and improving function to find out what treatments work best for which patients.

To learn more and enroll, scan the QR code or visit skoapstudy.org



Coloring Sheet



Minnesota State Parks – Word Search

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

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



AFTON

FRONTENAC

MAPLEWOOD

BANNING

GOOSEBERRY

MINNEOPA

WHITEWATER

CAMDEN

INTERSTATE


SIBLEY

TETTEGOUCHE

Flaming Spoon Café

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

JANUARY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		CLOSED ¹	SPAGHETTI w/ MEAT SAUCE ² STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT	LU'S MEATLOAF ³ MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL
CHICKEN ALA KING ⁶ MASHED POTATOES STEAMED VEGETABLE FRUIT BUTTER BISCUIT	BEEF SLOPPY JOE ⁷ WHOLE GRAIN BUN STEAMED VEGETABLE FRUIT BAKED CHIPS	BEEF STEW ⁸ STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT	LEMON PEPPER TILAPIA ⁹ RICE PILAF STEAMED VEGETABLE FRUIT DESSERT	SWISS STEAK ¹⁰ MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL
BEEF CHILI ¹³ STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT	PORK POLISH SAUSAGE ¹⁴ with SAUERKRAUT WHOLE GRAIN BUN BAKED BEANS FRUIT	HAMBURGER WILD RICE ¹⁵ HOT DISH STEAMED VEGETABLE FRUIT WHEAT ROLL	CHICKEN DRUMSTICK ¹⁶ in BBQ SAUCE CUBED POTATOES VEGETARIAN CALICO BEANS FRUIT	LASAGNA ROLL-UP ¹⁷ with MEAT SAUCE STEAMED VEGETABLE FRUIT FRENCH BREAD
CLOSED ²⁰	CHICKEN & DUMPLING SOUP ²¹ STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	SCALLOPED POTATOES ²² with DICED HAM STEAMED VEGETABLE FRUIT WHEAT ROLL	TATOR TOT HOTDISH ²³ STEAMED VEGETABLE FRUIT WHEAT ROLL	SWEDISH MEATBALLS ²⁴ with EGG NOODLES STEAMED VEGETABLE FRUIT DESSERT
CHEESEBURGER ²⁷ on a WHOLE GRAIN BUN BAKED BEANS FRUIT DESSERT	SALISBURY STEAK ²⁸ MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	CHICKEN PARMESAN ²⁹ over SPAGHETTI NOODLES STEAMED VEGETABLE FRUIT FRENCH BREAD	SWEET & SOUR CHICKEN ³⁰ BROWN RICE STEAMED VEGETABLE FRUIT FORTUNE COOKIE	CHICKEN ALFREDO ³¹ STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT

FEBRUARY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MEATLOAF ⁴ MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	LEMON PEPPER TILAPIA ⁵ RICE PILAF STEAMED VEGETABLE FRUIT DESSERT	MUSHROOM BURGER ⁶ on WHOLE GRAIN BUN SEASONED POTATOES BAKED BEANS FRUIT	SWISS STEAK ⁷ MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL
BBQ PORK RIBLET ¹⁰ on a WHOLE GRAIN BUN BAKED BEANS FRUIT	MANDARIN ORANGE CHICKEN ¹¹ BROWN RICE STEAMED VEGETABLE FRUIT FORTUNE COOKIE	HAM & BEAN SOUP ¹² STEAMED VEGETABLE FRUIT CORNBREAD	ITALIAN CHICKEN ¹³ RICE PILAF ROASTED VEGETABLES FRUIT DESSERT	CHICKEN POT PIE ¹⁴ STEAMED VEGETABLE FRUIT BUTTERY BISCUIT DESSERT
CLOSED ¹⁷	ROAST TURKEY ¹⁸ MASHED POTATOES GREEN BEAN CASSEROLE FRUIT WHEAT ROLL	TATOR TOT HOT DISH ¹⁹ STEAMED VEGETABLE FRUIT WHEAT ROLL	HAM with PINEAPPLE ²⁰ AU GRATIN POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	CHICKEN CHILI ²¹ STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT
CRISPY CHICKEN ²⁴ on a WHOLE GRAIN BUN STEAMED VEGETABLE FRUIT	BEEF STROGANOFF ²⁵ EGG NOODLES STEAMED VEGETABLES FRUIT DESSERT	LASAGNA ROLL-UP ²⁶ with MEAT SAUCE STEAMED VEGETABLE FRUIT FRENCH BREAD	STUFFED GREEN PEPPER SOUP ²⁷ STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	GOULASH ²⁸ STEAMED VEGETABLE FRUIT FRENCH BREAD
	 Roseville Area Schools <small>Excellence. Innovation. Equity in All We Do.</small>			



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
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Program Manager: Kris Rossow

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Office Support & Registrations: Kim Palmer
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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.