

March & April 2025

Seasons

Roseville Area Senior Program Newsletter

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

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Morning Talks: The Crusade Against Child Labor

"With a roar of flame and sparks, the flash pan exploded, an exposure was made, and beneath the protective cloud of smoke, which blinded everyone in the room, Hine would pack up and leave." Lewis Hine was a photographer in the early 1900's and photographed the exploitation of children as laborers. Join us for Morning Talks to view these historical photos and learn more about the history of child labor. FREE to attend, but please register in advance! Call 651-604-3770 or visit isd623.ce.eleyo.com.

Sat., April 1 | 9:00 - 10:00 a.m. | Anpétu Téča Education Center



**April 26: Sustainability Sale
to Celebrate Earth Day!**

More on pg. 5

SilverSneakers, Renew Active, and One Pass Fitness Opportunities

Did you know that Roseville Community Education partners with SilverSneakers, Renew Active, and One Pass? These programs are benefits for seniors that come FREE with qualifying health plans, giving members more access to fitness classes and programs.

Members of SilverSneakers, Renew Active, or One Pass can join a few of the fitness classes and activities we offer at Anpétu Téča Education Center for free, such as our Aqua Stretch & Tone class in the pool or Strength Training class in the gymnasium!



Many Medicare and Medicaid health insurance plans offer these benefits. To check your eligibility or enroll in the SilverSneakers program, go to silversneakers.com. To learn more about Renew Active or One Pass, contact your health insurance provider or visit www.partneroptumfitness.com.

For questions on which of our fitness classes are free with these benefits, please call 651-604-3770.

rasp@isd623.org | www.isd623.org | 651-604-3520 | Mon-Fri, 8:00am - 4:00pm



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 Food Group, a nonprofit that's driven to increase food access for all, held a SNAP Challenge in November. They challenged people to live on a SNAP budget for 3 days. With an average SNAP benefit of \$5.16 per day, they want to highlight the difficulty people in our community face every day. I only recently heard of this challenge and wanted to participate. With a budget of \$15.48, I went to the store to see what I could buy for 3 days. I wanted to try and be healthy and have some fruits, vegetables, and protein. I also wanted to have 3 meals per day.

Breakfast – Pancake & Waffle Mix (mix with water) \$1.98 and 1 banana \$.20 = \$2.18

I was able to use the mix and make a large batch of pancakes that I could have with butter or peanut butter. I also smashed my banana to add to some of the mix for banana pancakes.

Lunch and Dinner – 16oz peanut butter \$1.98; loaf of white bread \$1.42; 8 Classic Franks \$1.18; 1 bag of hot dog buns \$1.46; bag of baby carrots \$1.32; 3 bananas \$.60; bag of mixed vegetables \$.98 = \$8.94

I would rotate between peanut butter sandwiches, grilled peanut butter sandwiches, and hot dogs for lunch and dinner. I ate bananas and carrots with lunch and mixed vegetables with dinner.

Additional Purchases – ½ gallon milk \$1.56; 2 sticks butter \$2.42; and 1 pack ramen \$.30 = \$4.28

The milk and butter added dairy to my diet. The ramen allowed me to add some different flavors to one of the dinners. I cut up a hot dog and added it to the ramen along with some mixed vegetables to create another meal.

I spent a total of \$15.40 for my 3 days, and my options contained a lot of processed food. The white bread, hot dog buns, and pancakes contain refined grains which strip the flour of dietary fiber, iron, and many B vitamins. I also was not able to afford a lot of fresh fruit and vegetables. Being on SNAP would not be easy. I would have to do a lot of comparison shopping, checking prices at different stores and trying to stretch my food budget.

Kris



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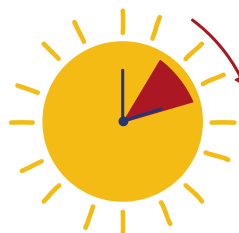
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673-848-900 1/25

The Importance of Sleep

Daylight saving time is set to begin Sunday, March 9, 2025. You know how it goes. In the early hours of the day, the time will jump forward by one hour from 2:00 a.m. to 3:00 a.m.

Since we lose an hour of time that morning, many of us lose out on an hour of sleep! Though daylight saving time can affect our schedules, it is important to still prioritize getting enough sleep. Sleep has many benefits, as getting enough sleep each night can help you:

-  Get sick less often.
-  Stay at a healthy weight.
-  Reduce stress and improve your mood.
-  Improve your heart health and metabolism.
-  Lower your risk of chronic conditions like Type 2 diabetes and high blood pressure.
-  Improve your attention and memory to better perform daily activities.



The CDC recommends that adults get at least 7 hours of sleep each night, and some adults even need 8 or 9 hours. If you have problems sleeping, be sure to talk with your healthcare provider.

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PREPARE FOR MEDICARE WORKSHOP

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



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

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

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

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

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



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

info@lyngblomsten.org
www.lyngblomsten.org



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

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

Celebrate Earth Day!

Celebrate Earth Day and all things eco-friendly at our first-ever Sustainability Sale! Join us in the parking lot of Anpétu Téca Education Center (1910 County Rd B W, Roseville) to shop, sell, and support awesome sustainability efforts in our community.

Saturday, April 26, 2025 | Sale hours are 9:00am - 2:00pm




SHOPPERS: FREE ENTRY for all shoppers and guests. Hunt for treasures you need and want while giving gently used items a second life at this one-stop-shop, garage-sale-style event. No need to drive all around town searching for sales! Order tasty bites to eat from Gastrotruck, a local food truck that's committed to locally-sourced ingredients and sustainable business practices! Learn about sustainability efforts in our district and our community, and find out how you can contribute.

SELLERS: Want to sell your gently used items, or crafts you've made? Register by Friday, April 18 to reserve your spot in the lot. Spots are open to individuals, families, non-profits, crafters and small businesses. We especially encourage those selling gently used items, products that reuse or recycle materials, or those who use sustainable packaging! Cost is \$25 per spot for sellers. Each spot is 2 parking spaces in size (roughly 36 feet long x 9 feet wide). Each seller can reserve up to 2 spots.

To reserve a spot as a seller or learn more, call 651-604-3770 or visit isd623.ce.eleyo.com.

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

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.

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

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 • Mar 10 • 6:30-8pm • Online • \$25
Class ID # 1558 • Instructor: Steve Ledin



Prioritize your health!

Back Basics

Back pain is the second most common neurological ailment in the United States – only headache is more common. This statistic means that most of us will experience back pain and even injury at some point in our lives. This class will look at postural deviations that affect back health and what you can do to reduce and even remove your back pain.

Wednesday • Mar 19 • 1-2:30pm • \$25 • ATEC
Class ID # S4561 • Instructor: Mia Bremer

T'ai Chi Chih

Explore the benefits of T'ai Chi Chih, a moving meditation that improves balance and flexibility, reduces stress, and promotes mindfulness and concentration. The practice of T'ai Chi Chih is easy to learn regardless of age or physical ability. Come as you are—no special clothing required, just bring flexible shoes or barefoot. Work with an accredited instructor on a healing art, not a martial art.

Wed • Mar 26 - May 28 • 7:45-8:45am • \$115 • ATEC
Class ID # 3008-b • Instructor: Linda Zelig
\$12 drop-in sessions available, too!

Paper Peony Workshop

Join us for a delightful workshop where we delve into the intricate world of paper peony making. Perfect for beginners and enthusiasts alike, this hands-on session will guide you through the steps to create stunning paper peonies that capture the beauty and elegance of the real blooms. Whether you're looking to add a personal touch to your home décor, create unique gifts, or simply explore a new hobby, this workshop promises to inspire and ignite your creativity.

Saturday • Mar 15 • 1-3pm • ATEC • \$39
Class ID # 1045 • Instructor: Anna Gaseitsiwe



Raised Bed Gardening

Growing your own vegetables can be easy and fun with a Raised Bed Square Foot Garden! The class covers: getting started, choosing a raised bed that's right for you, planting and harvesting advice, rotating crops, and choosing companion plants. Container gardening will also be discussed. Plus, receive a 3-year garden journal with tips, planning pages and record keeping for your garden! Suitable for any level of experience.

Thursday • Mar 20 • 6:30-8:30pm • \$35 • ATEC
Class ID # 3512 • Instructor: Sharon Balhorn



Senior Housing: Should I Stay or Go?

Learn the steps to review your housing needs for today and tomorrow. We will be discussing lifestyle options for senior living. Should I stay and age in place – making home modifications to reduce safety risks or should I go – moving to a home option that may be handicapped accessible, single level living? We will take an assessment and give you the tools to make educated decisions.

Thu • Mar 27 • 10-11:30am • \$15/couple • ATEC
Class ID # S3521 • Instructor: Vaughn Kavlie

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.

Fondue Fun

The term "fondue" comes from the French word "fondre," meaning "to melt." In this class, we'll explore a variety of fondues from around the globe, including Traditional Cheese, Classic Swiss, Crab, Bleu Cheese, and Tempura. We won't stop there—indulge your sweet tooth with dessert fondues like flavored chocolate and butterscotch, complete with tasty treats like fruit, cake, and brownies for dipping. Plus, we'll whip up a selection of delicious sauces and dips to complement your fondue creations!

Friday • Mar 28 • 6-9pm • ATEC • \$55
Class ID # 1127 • Instructor: Laurel Severson



Exercise and Mental Health

Research shows that exercise, when performed in recommended doses, can greatly affect mood, change the composition of your brain, enhance cognition and enhance quality of life. Mia Bremer, senior health and fitness specialist, will share the research and talk about how to stay sharp, improve your mental health and ensure your body and brain stay as fit as possible as you age.

Wednesday • Apr 2 • 1-2:30pm • \$25
Class ID # S4562 • Instructor: Mia Bremer

Pet Portrait Painting

Join us to create a cute portrait of your beloved pet! Each furry companion will be hand-drawn on a 16 x 20 canvas, ready for you to bring to life with the help of a professional artist. All materials are provided! This is a great opportunity to craft a heartfelt gift for yourself or someone special.

Friday • Apr 25 • 6-9pm • ATEC • \$59
Class ID # 1038 • Instructor: Vanessa Merry



Morning Talks: Lewis Hine and the Crusade Against Child Labor

"With a roar of flame and sparks, the flash pan exploded, an exposure was made, and beneath the protective cloud of smoke, which blinded everyone in the room Hine would pack up and leave." Lewis Hine was a photographer in the early 1900's and photographed the exploitation of children as laborers. Join us to view these historical photos and learn more about the history of child labor.

Tuesday • Apr 1 • 9-10am • Class ID # S5075
FREE to attend, but please register in advance!

Drawing Fundamentals

The foundation for a successful artwork is a good drawing! In this class, students will explore the principals of transforming three dimensional objects into two dimensional shapes. We will also explore the art of shading, perspective and other drawing systems.

Mon • Apr 7 - May 19 • 7-8:30pm • ATEC • \$59
Class ID # 1004-2 • Instructor: Almira Downs

Mandala Rock Art

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

Wednesday • Apr 16 • 6-7:30pm • ATEC • \$39
Class ID # 1003-2 • Instructor: Caponi Art Park

"2 Left Feet" Social Dance Workshop

Convinced you have 2-left feet or that dancing is not meant for you? 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, and a jazzed up "high school prom Swing & Sway" are all it takes to get you on the dance floor! Couples only please.

Tuesday • Apr 29 • 7-9pm • RAMS • \$49/couple
Class ID # 2502 • Instructor: Monica Mohn

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.**

Online

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

Tuesday • April 22 • 1:00 – 5:00pm
Online Class ID # SZ5020-4 • \$31



In Person (Anpétu Téca Education Center)

Saturday • March 22 • 9:00am – 1:00pm
Class ID # S5020-7 • \$31

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

Saturday • April 12 • 9:00am – 1:00pm
Class ID # S5020-9 • \$31

Thursday • April 17 • 9:00am – 1:00pm
Class ID # S5020-10 • \$31

Wednesday • April 23 • 1:00 – 5:00pm
Class ID # S5020-11 • \$31

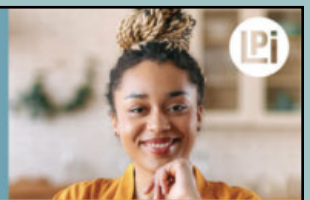
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Roseville Area Schools News

Squirrels, Science, and Fun!

Roseville Area Schools' Early Childhood students had a hands-on learning adventure with "Scientist Mary," a parent and scientist with the Minneapolis-St. Paul Metropolitan Area Long-Term Ecological Research (MSP LTER) program! They explored squirrel eating habits by sorting wooden acorns and learned how squirrels' diets can impact their behavior. Developed by the Bell Museum, this activity was a perfect blend of education and fun!



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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 Monday, March 17, April 7, 21 and May 5, 19. 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 Tuesday 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 March 3, 4, 11, 17, 18, 25, 31 and April 1, 8, 14, 15, 22, 28, 29. The clinic is held in room C125. The cost is \$50, and you pay at your appointment. To make an appointment, call Donna Larson, our Foot Care Nurse, at 651-263-3594.



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, March 25

◦ *A Thousand Acres* - Jane Smiley

Tuesday, May 27

◦ *The Yellow House* - Sarah M Broom



City of Roseville – Parks & Recreation

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

Nature at Nine

Wed, March 14 | 9am | FREE!
Harriet Alexander Nature Center

Looking for a good reason to leave the house this winter? Come gather by HANC's fireplace for our series for adults. On the second Wednesday of every month, we'll open early for coffee and conversation on a different nature topic. No registration required. Each casual session will include a guest speaker and space for discussion. Basic coffee and tea options will be provided. As dates approach, check our website for upcoming topics.

Tapping Time!

Sat, March 22 | 10am–2pm
Sun, March 23 | 12pm–4pm
Harriet Alexander Nature Center

Experience the maple syrup process from tree to table! Participate in a variety of hands-on activities and discover a little more about the science and history behind this sweet treat. Free drop-in event. New this year: Check out the nature goods market featuring vendors with maple syrup, handcrafted items, and other local products. Volunteers needed! Please call 651-792-7028 for information.

Bocce Ball Leagues

Join Adult Bocce Ball this spring/summer! Registration opens on March 4th. Visit <https://www.cityofroseville.com/3571/Bocce-Leagues> for all details.



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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

This program is a discrete way for individuals with a hidden disability such as cognitive or age related decline, autism, hearing deficits, etc. to self-identify as someone who might require extra assistance, patience, or time. Participating airports provide free lanyards with the sunflower logo for travelers and their companions. Find out whether the airports and airlines you are going to use participate in the Hidden Disabilities Sunflower Program. MSP participates!

<https://www.mspairport.com/airport/accessibility/hidden-disabilities-sunflower-program>

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

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

The webpage is updated monthly with details about Dementia Support Groups and Services; Dementia-Friendly Activities; Webinars, Classes, & Conferences. Please see our Facebook page (Roseville MN Dementia Info) for updates. Or scan this QR code with your phone to view our website!

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. Resources on this website are valuable to all seniors, not just care partners and people living with dementia.

<https://www.dementiafriendlyairports.com/resources-for-travel.html>

Please note that the Dementia: Caring & Coping in-person events are suspended until further notice.



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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

APRIL SHOWERS BRING MAY FLOWERS!



Earth Day – Word Search

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

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:



COMMUNITY

ENVIRONMENT

~~PLANET~~

REUSE

CONSERVE

GREEN

RECYCLE

SUSTAINABLE

CLIMATE


NATURE


REDUCE

WORLD

Flaming Spoon Café

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

MARCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4 PEPPER STEAK BROWN RICE STEAMED VEGETABLE FRUIT DESSERT	5 BAKED PENNE with MARINARA SAUCE STEAMED VEGETABLE FRUIT FRENCH BREAD	6 CHICKEN WILD RICE SOUP STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	7 CHEESE RAVIOLI STEAMED VEGETABLE FRUIT FRENCH BREAD
10 TATOR TOT HOTDISH STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	11 MEATLOAF STEAMED VEGETABLE POTATOES CHILLED APRICOTS WHEAT ROLL	12 CHICKEN CHOW MEIN BROWN RICE CRUNCHY NOODLES STEAMED VEGETABLE FRUIT FORTUNE COOKIE	13 TURKEY TETRAZZINI STEAMED VEGETABLE FRUIT BUTTERY BISCUIT	14 LEMON PEPPER TILAPIA RICE PILAF MIXED VEGETABLES MANDARIN ORANGES DESSERT
CALL BY 3/5 TO ORDER 17 CORNEB BEEF & CABBAGE CARROTS FRUIT WHEAT ROLL DESSERT	18 PORK LOIN MUSHROOM/ONION GRAVY POTATOES STEAMED VEGETABLE FRUIT	19 CHICKEN CORDON BLEU RICE PILAF STEAMED VEGETABLE FRUIT DESSERT	20 CHICKEN ALA KING MASHED POTATOES STEAMED VEGETABLE FRUIT BUTTERY BISCUIT	21 VEGETABLE LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT
24 CHICKEN CHILI STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT	25 HAMBURGER WILD RICE HOT DISH STEAMED VEGETABLE FRUIT WHEAT ROLL	26 BEEF STEW STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT	27 BEEF LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD	28 CHEESE TORTELLINI w/ ALFREDO SAUCE STEAMED VEGETABLE FRUIT FRENCH BREAD
31 SWISS STEAK POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL		 Roseville Area Schools Excellence, Innovation & Equity in All We Do		

APRIL				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SALISBURY STEAK MUSHROOM/ONION GRAVY POTATOES STEAMED VEGETABLE FRUIT	2 MANDARIN ORANGE CHICKEN BROWN RICE STEAMED VEGETABLE FRUIT FORTUNE COOKIE	3 CHEESEBURGER WHOLE GRAIN BUN SEASONED POTATOES BAKED BEANS FRUIT	4 TUNA HOT DISH STEAMED VEGETABLE FRUIT BUTTERY BISCUIT DESSERT
7 DICED TURKEY IN GRAVY MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	8 CHICKEN PARMESAN OVER SPAGHETTI NOODLES STEAMED VEGETABLE FRUIT FRENCH BREAD	9 TATOR TOT HOTDISH STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	10 HAM & PINEAPPLE AU GRATIN POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	11 LEMON PEPPER TILAPIA RICE PILAF STEAMED VEGETABLE FRUIT
14 BEEF CHILI STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT	5 BEEF CHOW MEIN CRUNCHY NOODLES BROWN RICE STEAMED VEGETABLE FRUIT FORTUNE COOKIE	16 ITALIAN CHICKEN BREAST RICE PILAF STEAMED VEGETABLE FRUIT DESSERT	17 BEEF LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD	18 CLOSED
21 SWISS STEAK MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	22 STUFFED GREEN PEPPER with BROWN RICE STEAMED VEGETABLE FRUIT DESSERT	23 MEATLOAF POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	24 CHICKEN KIELBASA & SAUERKRAUT w/ WHEAT BUN WARM 3 BEAN SALAD FRUIT	25 SWEDISH MEATBALLS with EGG NOODLES STEAMED VEGETABLE FRUIT DESSERT
28 PIZZA BURGER WITH MOZZARELLA CHEESE SEASONED POTATOES STEAMED VEGETABLE FRUIT DESSERT	29 ROAST BEEF MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	30 CHICKEN & DUMPLING SOUP STEAMED VEGETABLE FRUIT WARM CORNBREAD	 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
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Program Manager: Kris Rossow

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Office Support & Registrations: Kim Palmer
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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.