

May & June 2025

# 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
Sun Safety. . . . .	4
Choir Opportunity . . . . .	5
Upcoming Classes . . . . .	6-7
Defensive Driving . . . . .	8
School News . . . . .	9
Groups & Activities . . . . .	10
City of Roseville . . . . .	11
Dementia Resources . . . . .	12
Coloring Sheet . . . . .	13
Word Find . . . . .	14
Flaming Spoon Menus . . . . .	15

### Morning Talks: More Than Able

Margie Ainsworth is the host of the podcast *More Than Able*. Margie was born with a disability which she calls her unique difference. She believes people of all abilities are More Than Able to accomplish their goals! Join Margie while she shares her story and insight into the world of podcasting.

Tuesday, May 6 | 9:00 - 10:00 a.m.  
Anpétu Téča Education Center



FREE to attend, but please still register in advance.  
Call 651-604-3770 or visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com).



### Upcoming Juneteenth Event in Roseville!



More on pg. 11

### Alive and Kickin Concert! These Seniors Rock

Come and spend an hour with Alive & Kickin, the Twin Cities' premier senior rock ensemble, as they share their musical message of redefining aging, honoring seniors, and inspiring everyone. This enthusiastic group has been performing to sold-out crowds for several years and tours around the upper midwest to a myriad of venues, from the Minnesota State Fair to senior-living communities! At this upcoming concert, Alive & Kickin will be highlighting their Best of Songs from 14 seasons. Are you ready to Rock N' Roll and break barriers around aging? Register today!

Thursday, June 26 | 2:00 - 3:00 p.m.  
Anpétu Téča Education Center  
Tickets: \$5 Each



Call 651-604-3770 or visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com) to sign up!



[rasp@isd623.org](mailto:rasp@isd623.org) | [www.isd623.org](http://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](http://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](http://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](http://isd623.org/RASP). RASP is a nonprofit program. Donations may be tax-deductible as allowed by law.

# Kris' Corner

In our November/December Seasons, I made predictions for our winter weather. With only a 50% accuracy rating for The Farmers' Almanac and the National Oceanic and Atmospheric Administration, I was wondering if I could do any better having grown up in Minnesota.

- My prediction for November and December was that we would see mild temperatures, but would get 2 or 3 sizable snowfalls. Was I right? November had an average monthly temperature that was 4°-6° above normal and snowfall was scarce. December had an average monthly temperature that was 3°-5° above normal and 4-10 inches of snowfall, but I do not believe we had the sizable snowfalls that I predicted.
- My prediction was that temperatures would start to drop towards the end of December, and that we would see a sizable snow fall just before our coldest temperatures start in the 3rd week of January. The coldest temperatures were on December 19 and 21. We had a record cold from January 18-21, but snowfall was below normal.
- My prediction was the temperatures would rise back to the normal average starting in February and we would see 2 sizable snowfalls. Temperatures did start to rise, but we were closed on February 18 due to the cold and we did not see any sizable snowfalls.
- March would bring our only blizzard of the season, and we would start to see our snow melting by the last week of March. We did have a blizzard on March 5 and school was cancelled. The snow was pretty much gone by the last week in March.

I would give myself 50%+ for my predictions. I was close on temperatures but off on the amount of snow. Now to focus on spring!

*Kris*



## Page 3 | Roseville Area Senior Program

### SAY HELLO *to* the POSSIBILITIES

Enjoy independent living in Roseville

Sign a lease at Good Samaritan Society - Heritage Place of Roseville and experience a carefree lifestyle near shopping, golf and health care.

Our spacious apartments feature one or two bedrooms, a beautiful bay window, and a washer and dryer. Take advantage of month-to-month leasing in our pet-friendly building that includes underground parking, comfortable community spaces and a fitness room.

**Do you know if now is the right time for senior living?**

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**Call (651) 515-2973 for more information.**

[good-sam.com](http://good-sam.com)



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

# Stay Safe from the Sun!

Summer weather and sunny days are ahead! Spending time outside is a great way to have fun, be physically active, and reduce stress.

Here are some tips to help you enjoy the beautiful outdoors this summer while still protecting yourself from the sun and reducing your risk for skin cancer.

- **GEAR:** Wear clothing or gear to cover skin that is exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats! The most protective hats are ones with a brim that shades your face, ears, and the back of your neck.
- **SUNSCREEN:** Use broad-spectrum sunscreens with an SPF value of 15 or higher – even on cloudy days. Broad-spectrum sunscreens are ones that offer protection against both UVA and UVB rays, two types of the sun's ultraviolet radiation. Remember to reapply your sunscreen at least every 2 hours (or even more often if you're swimming or sweating).
- **SHADE:** Utilize shade provided by trees, umbrellas, and shelters!
- **TIMING:** Limit your time in the sun when the sun's rays are most intense, especially between 10 a.m. and 2 p.m.



## 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](http://bluecrossmn.com/Baker)

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

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Lyngblomsten is a Christian nonprofit that provides housing and healthcare options to older adults at its Como Park and Lino Lakes campuses, including:

- Independent living
- Assisted living
- Memory care
- Transitional care (at Como Park)
- Long-term care (at Como Park)

Lyngblomsten Community Services provides support and resources to family caregivers of older adults living in the east metro. Offerings include:

- Local resource navigation for caregivers
- Caregiver training and education
- Memory loss caregiver support groups
- The Gathering (group respite program offering enrichment for adults with memory loss)



Como Park Campus: (651) 646-2941  
Lino Lakes Campus: (651) 515-1725  
Community Services: (651) 632-5320

[info@lyngblomsten.org](mailto:info@lyngblomsten.org)  
[www.Lyngblomsten.org](http://www.Lyngblomsten.org)





# Choir Opportunity

## Do you enjoy singing? Join the North Suburban Chorus!

This chorus, which began in 1976, performs 3-4 times each month at nursing homes and senior housing facilities in the greater Roseville area. Through their performances, they bring back happy memories of well-loved music from the past!

Rehearsals take place every Friday from 1:00pm to 2:30pm at St. Michael's Lutheran Church in Roseville.

No auditions are required to join.  
Come and sing with us!



To get started, contact Judy McCauley!

**Phone:** 651-353-0855

**Email:** northsuburbanchorus@gmail.com

**Website:** northsuburbanchorus.org



Page 5 | Roseville Area Senior Program

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

## Taiko Drum Class – Level I

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.

*Wed • May 7 – June 4 • 6-7pm • ATEC • \$79*  
*Class ID # 3055-1*

*Wed • June 18 – July 23 • 6-7pm • ATEC • \$79*  
*Class ID # 3055-2*

*Instructor: Wendy Gertjeanssen*

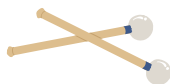
## Taiko Drum Class – Level II

This class will continue to build on your form and techniques we started in the beginning class. We will also learn a new song and practice new drills and skills. Come have fun, exercise, and laugh playing taiko with others!

*Wed • May 7 – June 4 • 7:15-8:15pm • ATEC • \$79*  
*Class ID # 3056-1*

*Wed • June 18 – July 23 • 7:15-8:15pm • ATEC • \$79*  
*Class ID # 3056-2*

*Instructor: Wendy Gertjeanssen*



## Everything You Want to Know About Medicare

Join us for this educational presentation to learn 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 those who are turning 65, those who are over 65 and coming off their employer medical plan, and those who are currently enrolled in Medicare.

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

*Tuesday • June 24 • 6:30-8:30pm • ATEC • \$25*  
*Class ID # 3522-1 • Instructor: Greg DeKeuster*

## Traditional Southern Cooking

Join us in a memorable meal to include crab dip, traditional cheese straws, gumbo, jambalaya, red beans and rice, buttermilk biscuits, cheese grits, pecan praline candy and traditional bread pudding with bourbon sauce. Don't forget to bring containers to safely transport your delicious creations home.

*Thursday • May 8 • 6-9pm • ATEC • \$59*  
*Class ID # 2002 • Instructor: Laurel Severson*



## Sound Healing

Sound Healing, through various techniques and technologies, is the educated and conscious use of the energy of sound to reach identified goals and promote wellness in the human system – including the expansion of consciousness. Sound Healing is founded on the premise that all matter is vibrating at specific frequencies. In this class you will need a mat and a pillow, perhaps a blanket, as you relax and enjoy the playing of 7 chakra singing bowls and other modes of sound healing.

*Thu • May 8 – 29 • 6:30-7:15pm • ATEC • \$55*  
*Class ID # 5000-1 • Instructor: Jill Winegar*

## Freeze Fresh – Fruits & Vegetables

Freezing is one of the easiest and most effective ways to preserve the fresh taste and nutrients of fruits and vegetables—when done correctly. It can help you save money by extending the life of homegrown produce, farmers' market finds, and grocery store deals. Learn essential freezing techniques, which foods require blanching, how to prevent freezer burn, the best storage containers to use, ideal freezer conditions, and additional tips for preserving produce!

*Thursday • May 15 • 6:30-8:30pm • ATEC • \$19*  
*Class ID # 3516 • Instructor: Sharon Balhorn*



# Enrichment Classes

You must register in advance to join these classes, even if they are free to attend.

To register by phone, call **651-604-3770**. To register online, visit **[isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)**.

## Introduction to Fly Fishing

Join us for a one-day session to discover the enjoyment of fly fishing. Did you know that, in addition to trout and salmon, you can catch bass, sunfish, northern pike, and muskie on a fly? Or saltwater fish like redfish, bonefish, permit, and tarpon? After taking this class, you'll be ready to catch all of those - with a fly rod!

**Sat • May 17 • 8:30am-4:30pm • ATEC • \$75**  
**Class ID # 5005 • Instructor: MN Flyfishers**

Let's get creative!



## Linocut Relief Printing

Realize your true artistic abilities by learning how to create linocuts. With all forms of printmaking, it's easy to print one image multiple times, with each print varying just slightly in appearance. By carving images into a linoleum block, you will carve out your place in the world of printmaking, rising to the ranks of other great print artists.

**Wednesday • May 21 • 6:30-8:30pm • ATEC • \$39**  
**Class ID # 1021-2 • Instructor: Caponi Art Park**

## 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 • May 27 • 6-9pm • ATEC • \$75**  
**Class ID # 1507-1 • Instructor: Riley Sullivan**

## Super Simple Skirt

Sew a simple skirt based on your own measurements, no pattern needed! A great skirt for spring and summer, this skirt has an elastic waistband and can be short or long. Participants will bring their own sewing machine to class and should be comfortable threading and using their sewing machine.

**Tuesday • June 10 • 6:30-9pm • ATEC • \$39**  
**Class ID # 1040 • Instructor: Mary Pass**



## Introduction to Glassblowing

This class is great for beginners with or without any experience! The student will learn safety fundamentals, tool and torch usage, solid rod welding and gathering, color application, shaping, and more. Students will be able to create small trinkets, marbles, paper weights, plant rods, or anything else that can be thought of with the skills learned.

**Tuesday • June 17 • 5-7pm • \$49**  
**Class ID # 1014-1 • Stone Arch Glass Studio**

## Forest Bathing

Experience an ancient wellness practice being rediscovered anew in the 21st century. Join us on an immersive, meditative, and awe-inspiring Japanese forest bathing experience (Shinrin Yoku). Feel how nature's fractals, sounds, and sensations reduce your stress and anxiety, and enhance your focus. Give yourself permission to slow down and connect your senses to the healing beauty of our metro area's green spaces.

**Sun • June 22 • 2-4pm • Reservoir Woods • \$45**  
**Class ID # 4531-a**  
**Instructor: David Michael Motzenbecker**



## Nature Collage

It's often said that Mother Nature is a great artist, but have you ever made art out of nature itself? Learn about the arts of collage and assemblage as we show you how to use natural park materials to create your own scene!

**Thursday • June 26 • 6-7:30pm • ATEC • \$39**  
**Class ID # 1081 • Instructor: Caponi Art Park**



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

## Online

Thursday • May 8 • 9:00am – 1:00pm  
Online Class ID # SZ5020-6 • \$31

Tuesday • May 20 • 9:00am – 1:00pm  
Online Class ID # SZ5020-5 • \$31

Wednesday • May 21 • 5:00 – 9:00pm  
Online Class ID # SZ5020-7 • \$31

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

Tuesday • June 24 • 5:00 – 9:00pm  
Online Class ID # SZ5020-2 • \$31



## In Person (Anpétu Téca Education Center)

Tuesday • May 6 • 1:00 – 5:00pm  
Class ID # S5020-12 • \$31

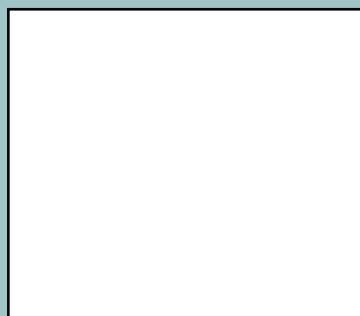
Saturday • May 17 • 9:00am – 1:00pm  
Class ID # S5020-13 • \$31

Thursday • May 29 • 9:00am – 1:00pm  
Class ID # S5020-14 • \$31

Thursday • June 12 • 1:00 – 5:00pm  
Class ID # S5020-1 • \$31

Saturday • June 21 • 9:00am – 1:00pm  
Class ID # S5020-2 • \$31

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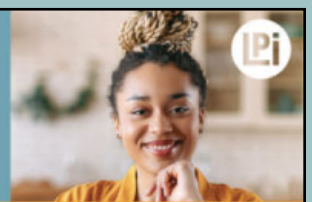


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# Roseville Area Schools News

This spring, Harambee Elementary 4th and 5th graders tackled STEM at the Science Museum, thanks to the Vikings Foundation! They launched rockets, tested helmet padding, and explored football physics. For many, it was their first visit—making science both fun and unforgettable!

"This was an awesome opportunity for our students to be involved in all sorts of science experiments and experience how fun science can be," said Becky Halvorson, a 5th grade teacher at Harambee Elementary. "Thank you to the Vikings Foundation for this opportunity!"



Page 9 | Roseville Area Senior Program

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

# Groups & Activities

These activities are held at Anpétu Téča 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, May 5, 19, June 2, 16, and July 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 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 May 6, 12, 13, 20, 27 and June 3, 9, 10, 17, 23, 24. 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/](https://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. Last session for this spring is May 16. Will restart September 5th.

## 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, May 27

◦ *The Yellow House* – Sarah M Broom





# City of Roseville – Parks & Recreation

To register for a Parks & Recreation activity, visit [cityofroseville.com/parks](http://cityofroseville.com/parks) or call 651-792-7006.

## Designer Handbag Bingo

Saturday, May 10 | 1-3pm  
Cedarholm Community Building

Presented by Friends of Roseville Parks. Have a good time while raising money for our parks! Look for additional details on the website [friendsofrosevilleparks.org](http://friendsofrosevilleparks.org)

## Juneteenth Celebration

Saturday, June 14 | 11am-3pm  
Central Park (Lexington)

Join the City and community partners, including Do Good Roseville, in Central Park off of Lexington for our annual Juneteenth Celebration. The event will include music, vendors, and more! Visit [cityofroseville.com](http://cityofroseville.com) in May for more details.

## Citywide Garage Sale

Thursday – Sunday | May 29, 30, & 31  
\$10 Map Listing Fee

Register now for the annual citywide garage sale. Multiple day options available! To be included on the citywide map listing, register with Parks and Recreation by May 18. Published map with sale locations available at City Hall and on city website beginning May 26.

## Indoor Walking Track

The indoor walking track is open daily and admission is **FREE**. It circles the upper level of the indoor ice arena and is 1/7 mile around. Rubber flooring provides a safe walking surface! (Track is closed during paid events.)



## Page 11 | Roseville Area Senior Program



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



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



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



# 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://tinyurl.com/MSPHiddenSunflower>

## 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.

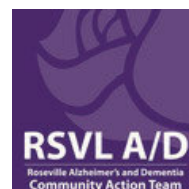
<https://tinyurl.com/DementiaTravelResources>



## 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, and more - taking place around the Twin Cities metro area and online. Our webpage is hosted by the City of Roseville. Please also see our Facebook page (Roseville MN Dementia Info) for updates. 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**.

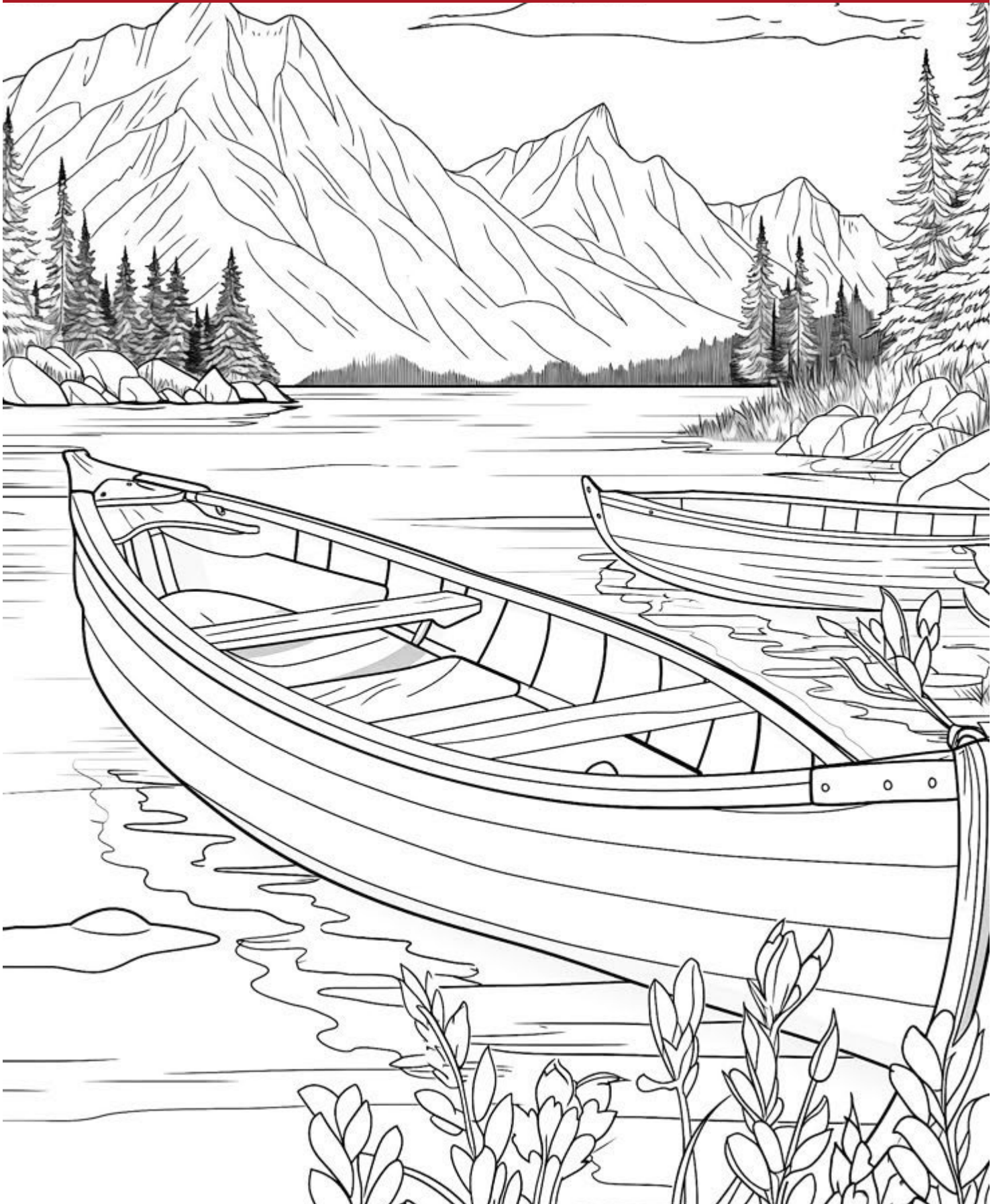


SKOAP is a national study that compares non-opioid pain treatments with the goal of reducing knee osteoarthritis pain and improving function to find out what treatments work best for which patients.



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

# Coloring Sheet



# Lakes – Word Search

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

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:



BEACH

FISHING

LAKE

TROUT

BOAT

FRESHWATER

LOON

WALLEYE

CANOE

KAYAK

SHORE

WAVES



# Flaming Spoon Café

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

## MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 SALISBURY STEAK MUSHROOM/ONION GRAVY POTATOES STEAMED VEGETABLE FRUIT	2 LEMON PEPPER TILAPIA RICE PILAF STEAMED VEGETABLE FRUIT DESSERT
5 BEEF CHOW MEIN BROWN RICE CRUNCHY NOODLES STEAMED VEGETABLE FRUIT FORTUNE COOKIE	6 CHICKEN ALA KING MASHED POTATOES STEAMED VEGETABLE FRUIT BUTTERY BISCUIT DESSERT	7 BEEF SLOPPY JOE WHOLE GRAIN BUN STEAMED VEGETABLE FRUIT BAKED CHIPS	8 CHICKEN ALFREDO STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT	9 SWISS STEAK MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL
12 CHICKEN POT PIE STEAMED VEGETABLE FRUIT BUTTERY BISCUIT DESSERT	13 BEEF STROGANOFF EGG NOODLES STEAMED VEGETABLE FRUIT	14 CHICKEN WILD RICE SOUP STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	15 BREAKFAST FOR LUNCH ENGLISH MUFFIN w/ EGG TURKEY SAUSAGE & CHEESE BREAKFAST POTATOES FRUIT BLUEBERRY MUFFIN SQUARE	16 SPAGHETTI w/ MEAT SAUCE STEAMED VEGETABLE FRUIT FRENCH BREAD
19 CHEESEBURGER on a WHOLE GRAIN BUN SEASONED POTATOES BAKED BEANS FRUIT	20 MANDARIN ORANGE CHICKEN BROWN RICE STEAMED VEGETABLE FRUIT FORTUNE COOKIE	21 TATOR TOT HOTDISH STEAMED VEGETABLE FRUIT CORN BREAD DESSERT	22 CHICKEN PASTA SALAD MARINATED VEGETABLES FRUIT BREADSTICK DESSERT	23 BEEF LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD
26 CLOSED	27 ITALIAN CHICKEN BREAST RICE PILAF STEAMED VEGETABLE FRUIT DESSERT	28 TURKEY SANDWICH w/ AMERICAN CHEESE FRESH VEGETABLES FRUIT BAKED CHIPS	29 MEATLOAF MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	30 BEEF STEW STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT

Menu subject to change based on product availability

## JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SWISS STEAK MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	3 HAM & PINEAPPLE AU GRATIN POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	4 TURKEY TETRAZZINI STEAMED VEGETABLE FRUIT BUTTERY BISCUIT DESSERT	5 CRISPY CHICKEN PATTY on a WHOLE GRAIN BUN SEASONED POTATOES 3 BEAN SALAD FRUIT	6 HAMBURGER WILD RICE HOT DISH STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT
9 SWEET & SOUR MEATBALLS BROWN RICE STEAMED VEGETABLE FRUIT FORTUNE COOKIE	12 MEATLOAF MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	11 KIELBASA (CHICKEN) SAUSAGE & SAUERKRAUT w/ WHOLE GRAIN BUN BAKED BEANS FRUIT	12 CHICKEN CORDON BLEU with TURKEY HAM RICE PILAF STEAMED VEGETABLE FRUIT DESSERT	13 LEMON PEPPER TILAPIA RICE PILAF STEAMED VEGETABLE FRUIT
16 EGG SALAD SANDWICH on a WHOLE GRAIN HOAGIE FRESH VEGETABLES FRUIT DESSERT	17 PORK LOIN MUSHROOM/ONION GRAVY POTATOES STEAMED VEGETABLE FRUIT	18 BEEF LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT	19 CLOSED	20 DICED TURKEY & GRAVY MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL
23 CHICKEN NOODLE HOT DISH STEAMED VEGETABLE FRUIT BUTTERY BISCUIT	24 MUSHROOM BURGER on WHOLE GRAIN BUN SEASONED POTATOES BAKED BEANS FRUIT	25 PEPPER STEAK BROWN RICE STEAMED VEGETABLE FRUIT DESSERT	26 BEEF CHILI STEAMED VEGETABLE FRUIT CORNBREAD	27 CHICKEN PARMESAN over SPAGHETTI NOODLES STEAMED VEGETABLE FRUIT FRENCH BREAD DESSERT
30 BBQ CHICKEN DRUMSTICK CUBED POTATOES VEGETARIAN CALICO BEANS FRUIT				



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

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## Contact Us!



### General Questions

Email: [rasp@isd623.org](mailto: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](mailto:kris.rossow@isd623.org)  
Mon - Fri | 8am - 4pm

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

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

**Marketing (Seasons Design):** Megan Webb  
651-604-3502 | [megan.webb@isd623.org](mailto: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](http://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.