

# The Chatter

## A PUBLICATION FOR EXPERIENCED ADULTS

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## Winter Connections!

### Activities, news & events you're sure to love!

Published in January, May and September, The Chatter is mailed to over 3,500 senior households in northwest Dakota County courtesy of ISD 191 Community Education and the City of Burnsville. To subscribe to this free publication, or to stop your subscription, please call 952-707-4120.

### Welcome to the Burnsville Senior Center

We offer a variety of events, services, screenings, enrichment and social groups. Located in the lower level, east side of Diamondhead Education Center (DEC). Enter door 11 or 12. See map and more details on page 2.

During business hours you must be buzzed in to the building. Press the buzzer, when it is answered indicate which activity you are attending. If there is no answer, call 952-707-4150 during business hours for assistance.

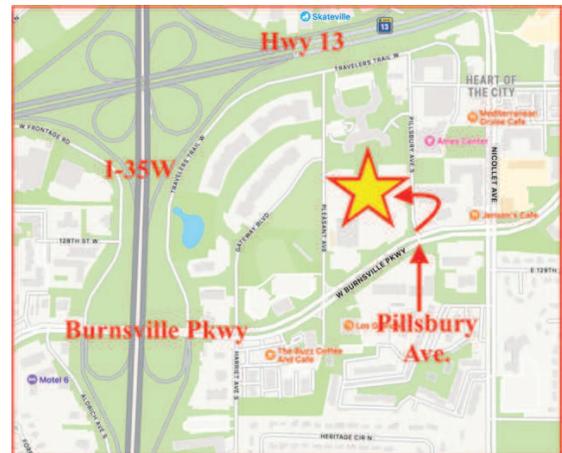
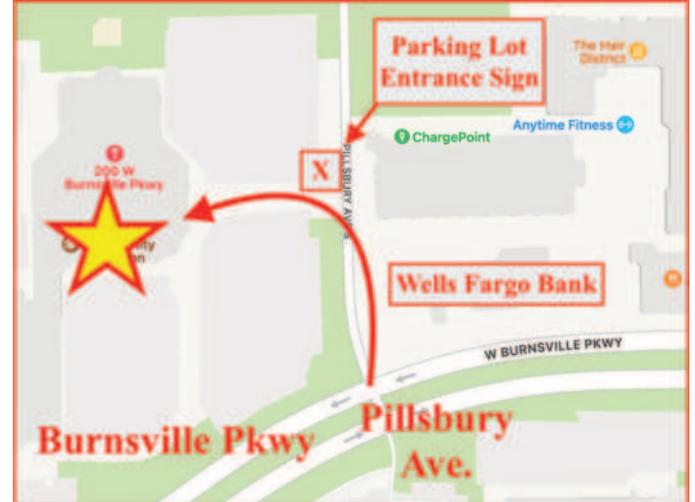
### Join us for Gathering Grounds

**Where experienced adults connect, learn and grow**

Check out pages 4-5 for events, activities and more.

# BURNSVILLE SENIOR CENTER MISSION

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



## Located in Diamondhead Education Center

200 West Burnsville Pkwy  
Burnsville, MN 55337

Open Monday-Friday,  
9 am-4:30 pm

Enter door 11 or 12 lower level east side

952-707-4120 Email: [senior.center@isd191.org](mailto:senior.center@isd191.org)  
Website: [communityed.isd191.org/adult/senior-center](http://communityed.isd191.org/adult/senior-center)

Check out **At A Glance** for groups that meet on a regular basis See page 26

Call 952-707-4120, stop in or use the form on the inside back cover to register for classes or events.

Mail to or drop off at the Burnsville Senior Center, 200 West Burnsville Pkwy, Burnsville, MN 55337



## GREEN SPACE

**Happy New Year, may we all have a vision now and then of a world where every neighbor is a friend.**

These lyrics from the song Happy New Year by ABBA are meaningful to me, as this is part of the vision, I hold for the Burnsville Senior Center. You may arrive a stranger, our hope is that you leave a friend. All independent seniors age 55+ are welcome to participate in the many activities that we have planned.

We start the new year with our Holiday Open House on January 15 from 1-3 pm. This annual social event is provided in partnership with our sponsors inHom Care and Regent at Burnsville.

In the Winter 2026 edition of The Chatter you'll find details on the new TPT Viewers Like Us Club. This is a thoughtfully curated program from Twin Cities PBS (TPT) designed to bring adults together around meaningful media. It's like a traditional book club but swaps out the book with an award-winning program.

Meet the new superintendent of ISD 191, Dr. Latanya Daniels in a Listen & Learn session just for seniors.

Enjoy a 2nd New Year celebration, as we learn about the Lunar New Year. I am excited to witness a traditional dragon dance, learn some history about it, and of course, there will be food! Special thanks to the Chinese Senior Citizens Society for their partnership and generosity in planning this event.

You'll find information for the Volunteer Breakfast, Spring Bake Sale and ERA Health & Wellness Expo and more inside.

If you have questions, please feel free to contact me.

*Jennifer Green, Manager of the Burnsville Senior Center*

## Advisory Council

### Members

Bernice Blacksher	Laurie Clough
Ingrid Jensen	Barb Knoke
Audrey Lattery	Maggie McKinney
Wayne Scheffel	Fred Steaderman
Wanda Trousil	Liz Whetter

Guests always welcome

The Council wishes to thank you for your ongoing support of the Burnsville Senior Center. We appreciate the generosity of numerous volunteers who share their time and talents with us and the greater community. We appreciate financial donations that come to us in a variety of ways. The funds raised help offset operating expenses. We are committed to remaining a membership free center, where all are welcome to participate. Every donation makes a difference.

The Annual Giving Campaign raised over \$6500 as of November 2025. The Fall BOOTique was well attended and raised over \$3000 for the Senior Center. We are on track for another good year selling the Metro Dining Club cards. The cards cost \$30 and they do not expire until the end of September, 2026. The discount for each restaurant is good each month, so in some cases, they pay for themselves in just a few visits. Stop by and pick a set up!

The Advisory Council meets each month September-May. Please contact Jennifer if you are interested in joining or visiting a meeting.

### Weekly Updates

**Weekly email or voice message from Jennifer providing updates & reminders**

If you would like to receive it, call 952-707-4120 to provide the phone number or email address you'd like to use. You may update your information and request to be removed at the same number.

[Should District 191 call a severe weather closure, the Burnsville Senior Center is also closed.](#)

When in doubt, please call ahead. 952-707-4120.

Join Us  
For Fun & Friendship



# Gathering Grounds

Where Experienced Adults  
Connect, Learn & Grow  
Together

Reserve your spot 952-707-4120

All activities held in DEC Meeting Room unless otherwise listed  
Space is limited. Remember to RSVP for each program you are attending! 952-707-4120



Burnsville Senior Center

## Winter Open House

JANUARY 15



1 - 3 PM

Join us for an afternoon of socializing,  
delicious refreshments, and festive cheer.  
Refreshments compliments of  
InHom Senior Care & Regent at Burnsville  
RSVP to 952-707-4120



### Daytime Disco

Fri, Jan 9, Feb 13, Mar 13, Apr 10

Remember how much fun it was to shake your groove thing? Join us at the Daytime Disco where you can dance to your heart's content, or sit back and enjoy the music. Move to the beat seated, or hit the dance floor. We provide the space; you provide the moves. This is not a dance class. Come ready to boogie- wear comfortable clothes and bring a water bottle.

09GG-DD 1-2 pm DEC Studio B \$1 per session

### BSC BINGO

We'll play a few games, share a few laughs and win a few prizes. No cost to participate, but please register in advance. Space is limited. January Sponsor: Ebenezer Ridges, March Sponsor: The Timbers of Apple Valley

09GG-Jan29 Thu Jan 29 1-2 pm  
09GG-Mar31 Tue Mar 31 1-2 pm



## Listen & Learn

### With Superintendent, Dr. Latanya Daniels

Join us to meet and welcome Dr. Latanya Daniels, the new superintendent of ISD 191. Dr. Daniels' vision is rooted in the belief that every student deserves a high-quality education, filled with opportunities to dream big and achieve their fullest potential. The Listen & Learn session gives us an opportunity to get to know Dr. Daniels, ask questions, and share our thoughts and experiences when it comes to the District 191 community.

09GG-Jan12    Mon    Jan 12    10 am

## NEW! Viewers Like Us Club

The Viewers Like Us Club is a thoughtfully curated program from Twin Cities PBS (TPT) designed to bring adults together around meaningful media. It's like a traditional book club but swaps out the latest best-selling novel with award-winning programs from your local PBS station. You will experience a welcoming space to watch and discuss PBS stories, featuring both local Minnesota and national content. Free and open to all!

### The Electric Indian

Henry Boucha's story can break your heart if you don't look hard enough. His story is one of struggle, tragedy, and triumphs. The Electric Indian follows Boucha's journey from high school hockey standout to Olympic medalist; from professional stardom to crushing defeat; and from struggle to healing.

09GG-Feb19    Thu    Feb 19    1-2:30 pm

### America Outdoors with Baratunde Thurston: "Minnesota: A Better World"

What does the wild mean to Americans today? To find out, Baratunde journeys into Minnesota's Arrowhead Region, one of the last places where you can hike or paddle your way into the remote wilderness. From passionate birders to harvesters of wild rice, he encounters a fascinating cast of characters- and hears from them why wilderness means so much.

09GG-Mar12    Thu    Mar 12    1-2:30 pm    Rm

## Lunar New Year Celebration

Welcome members of the local Chinese Senior Citizens Society, who will join us and share information about the Lunar/Chinese New Year Celebration. Enjoy the traditional Dragon Dance and hear the history behind this impressive display. Learn a bit about the Lunar New Year, and enjoy traditional food together. Provided in partnership with the Chinese Senior Citizens Society and David Fong Sponsor: inHom Care and Ebenezer Ridges

09GG-Mar06    Fri    Mar 6    1-3 pm

## DARTS Tech Buddies

Does your computer run Windows? Windows version 10 support from Microsoft ended on October 14, 2025. You will no longer receive regular updates or security patches. Extended Security Updates (ESU) are available for one year. Free one-to-one technology assistance with a DARTS Tech Buddy volunteer. Bring your tech questions about smart phones, email, laptops, tablets. Contact DARTS with questions at 651-455-1560. **No appointment necessary.** Stop by at 2 pm on Wed, Jan 28, Feb 25, Mar 25, Apr 15. See Tech Buddy Susan at the senior center

Diamondhead Education Center  
200 W Burnsville Parkway  
Door 12

Thursday, April 2 9 am-2 pm

# Bake Sale

Enjoy delicious treats baked with love  
custom crafts by seniors  
vintage jewelry  
& our famous BSC sloppy joe lunch

**Burnsville Senior Center**  
Where aging is embraced

Cash, Check, CC accepted  
Proceeds benefit the  
Burnsville Senior Center



## Burnhaven Library Events

For more information call 952-891-0300.

M-Th, 9 am-8 pm / Fri & Sat, 9 am-5 pm / Sun, 1-5 pm  
1101 W Country Rd 42, Burnsville

### Winter Reads Jan 12-Feb 28

Six week reading challenge. Sign up between Jan 12-Feb 28 to be entered for a chance to win a prize.

### Book Bingo for Adults

Thurs, Jan 15 from 6:30-7:30 pm

### Root Pickers Music Program

Mon, Jan 26 at 10 am

### Free tax preparation

Thurs beginning Feb 5 at Burnsville Senior Center

Appointments required. Call 952-891-0300 to make your appointment. Appointment slots are limited and will fill quickly.

### The Non-Fiction Book Club

Meet at the Burnsville Senior Center at 6:30 pm beginning March 5

This group meets the first Thursday of each month. Enter through Community Education at door 11.



## Helpful Phone Numbers

ISD 191 Community Education 952-707-4150

Metro Mobility 651-602-1111

Meals on Wheels 952-393-9860

AARP Office 952-858-9040

MN Highway Safety Center 888-234-9040

Happy Feet 763-346-3390

## City of Burnsville Activities

For more information call 952-895-4400

### Winter Golf

Jan 24, 10 am at Birnamwood Golf Course



### Polar Fest

Jan 31, 11 am-2 pm at North River Hill Park

### Burnsville Arena Public Skating

Residents of Burnsville Seniors may skate for free with Senior Card available from Burnsville Senior Center. Public Skate hours subject to change due to special events and holidays. Call 952-895-4651. Seniors 62+ \$6, Adults \$8.

**18 & Older** Tuesday & Friday 9-10:30 am.

**All Ages** Monday-Friday 11 am-12:30 pm.



## A message from Dr. Latanya Daniels Superintendent of District 191

### Connecting and Growing with a New Community

This time of year, as we move through and past the deepest of winter, is always a time for anticipation of what's just coming next: the excitement of a new year, the growth that comes with spring.

For me, as the new superintendent in District 191, that's where I find myself professionally, too. Of course, I had ideas of what the future would look like when I accepted this position. But it's only now, after meeting so many One91 community members, that I'm truly getting a glimpse of what the future holds.

I can honestly say that I have never felt so welcomed as I have here in One91. From the business owners and community leaders I met at my State of the District address this summer, to our passionate, talented, dedicated staff and our brilliant students. Since the school year started, this community has embraced me and made it clear that they are excited to have me here.

I've also been impressed by the excellence that's already in place in District 191 schools. So many people I've met have called us "a hidden gem." Our community knows that we have something special – our PreK-12 Pathways model, commitment to cultural proficiency, partnerships and community engagement and more – but that it's not as widely known as it could be. So, my vision as I begin this journey is to make sure District 191 moves from hidden gem to shining star.

I hope you feel that same embrace of our community and excitement of possibility, especially as you look through the events, programs and classes in this catalog. Whether for you or your children or parents, we're here to support you and help you find joy in pursuing your future.

### Where Remembrance Begins



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[www.blcstgertrudes.org](http://www.blcstgertrudes.org)



# CENTER CONNECTIONS

## SENIOR CENTER PARTNERS

Anne Capitani ..... Meals on Wheels Program Director  
Susan Holmen ..... Tech Buddy by DARTS  
Joyce Fagerness..... Quilters Coordinator  
Bruce Smith ..... Woodcarving Coordinator  
Sherry Beason ..... Knitter Coordinator  
Angie O'Connor ..... Craft Group Coordinator  
Doug Moseman..... Games Coordinator  
Dick Hennen ..... Duplicate Bridge Coordinator  
Colleen Malterud ..... Hand & Foot Coordinator  
Sharon Raasch..... Stroke Group Coordinator  
Wanda Trousil ..... Library Coordinator  
Dan McElroy..... Men's Breakfast Coordinator  
Barb Knoke ..... Decorations Coordinator  
Trellis ..... Health Insurance Counselor  
Craig Rosenblum..... Scrabble Coordinator  
Gary Konkler ..... 500 Coordinator  
John Stoltz ..... Euchre Coordinator  
Judy Hurley ..... Card Recycling Coordinator  
Naomi Whitman..... Cribbage Coordinator  
Liz Whetter ..... Ladies Breakfast Coordinator  
Sara Miller ..... So Metro Stitchers Coordinator  
Michele Ehlers ..... Twin Cities Ukulele



### Quilts on display in the Senior Center are for sale!

**Take a look the next time you are in**

Quilts make great gifts and are the perfect size for a child or lap blanket.

### Recycled Greeting Cards

For sale at the Senior Center for 50 cents a piece. It's the best deal in town!

### Old Cell Phones Needed

Keep up the great work! We collect old cell phones and send them to the National Council on Aging. They recycle them and send us a check.



### The Burnsville Senior Center Quilters gifted 195 students in the ISD 191 Early Childhood Preschool Programs, a quilt of their choosing.

There were big smiles on both sides of this equation. Thank you Quilters for your ongoing dedication to providing quilts to many charitable organizations in our community, and to students of 191!

## Stay Connected Join us at our Winter Open House January 15, 1-3 pm

There are so many things to do this winter... creative & social groups, games & cards, health & educational workshops and activities, celebrations and events. Check out all the offerings in this issue of The Chatter!



**PRECISION**  
DRIVING CENTER  
A DIVISION OF ST. CLOUD STATE UNIVERSITY

# DEFENSIVE DRIVING

Classes held at Diamondhead Education Center Senior Center meeting room



Drivers age 55+ are eligible to receive a 10% discount on their auto insurance. The 4-hour course now fulfills the initial requirement to earn the discount.

Repeat this 4-hour course every three years to maintain the discount. \$24/person DEC Meeting Room



### 5:30-9:30 pm

0904-Jan08 Thu Jan 8  
0904-Feb12 Thu Feb 12  
0904-Mar18 Wed Mar 18  
0904-Apr08 Wed Apr 8

### 1-5 pm

0904-Jan07	Wed	Jan 7
0904-Jan12	Mon	Jan 12
0904-Feb02	Mon	Feb 2
0904-Feb13	Fri	Feb 13
0904-Feb25	Wed	Feb 25
0904-Mar05	Thu	Mar 5
0904-Mar10	Tue	Mar 10
0904-Mar19	Thu	Mar 19
0904-Mar30	Mon	Mar 30
0904-Apr02	Thu	Apr 2
0904-Apr14	Tue	Apr 14
0904-Apr29	Wed	Apr 29
0904-May05	Tue	May 5

**Please bring a pen and paper.** You'll learn from a certified professional who has access to the most up-to-date research in the field. Instructors complete 40 hours of training and are re-certified by MHSRC every three years. Topics include but are not limited to: visual scanning techniques, steering techniques, anti-lock brake systems, airbag safety and new vehicle technology. Please note: A \$10 fee is applied for any changes on prepaid classes. There are no refunds if you are unable to attend. Certificates may not be available in class to those enrolling less than 5 days prior to class date. Late enrollees will receive their certificate via email.

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# SOCIAL GROUPS



## Books R Us Book Club

**Mon, 1 pm in DEC Meeting Rm**

The Books R Us book club meets the 3rd Monday at 1 pm in the Senior Center at Diamondhead. This club is provided in partnership with the Dakota County library system which provides information about the authors and questions for the monthly discussions.

Jan 19 – Klara and the Sun by Kazuo Ishiguro

Feb 16 – The 1619 Project: A New Origin Story edited by Nikole Hannah-Jones, et. al. (Black History Month)

Mar 16 – Grapes of Wrath by John Steinbeck

Apr 20 – Lion Women of Tehran by Marjan Kamali (Arab American Month)

## Book Club II

**1<sup>st</sup> Tue of each month 1pm**

Meet at the Barnes and Noble in Burnhaven Shopping Center, 828 W County Rd 42.

## Non-Fiction Book Club

See Burnhaven Library info on page 6 for information about the new Non-Fiction Book Club.

## Ladies Breakfast Jan 9, Feb 13, Mar 13, Apr 10

**2<sup>nd</sup> Fri, 9:30 am Steak & Ale**

in the Wyndham Nicollet Inn at 14201 Nicollet Ave in Burnsville. Register at the Senior Center or call 952-707-4120 for each date you can join us as space is limited. Pay your own way. We'd love to have you join us for breakfast and conversation.

## Men's Breakfast Jan 6, Feb 3, Mar 3, Apr 7

**1<sup>st</sup> Tues, 8:30 am at the Original Pancake House,**

14352 Nicollet Court in Burnsville. The Typical agenda includes great conversation with old and new friends, great food and separate checks. For more information please contact Dan McElroy danmcelroy@comcast.net 952-797-4548.

## Game Time!

**Stop by and play a game or two with us!**

The volunteer coordinator will collect a nominal fee each time you play.

**Monday**

Euchre, 11 am-1 pm

**Tuesday**

Scrabble 11 am-2 pm,  
Duplicate Bridge 12:30-4 pm

**Wednesday**

Cribbage 10 am-12:30 pm  
500 12:45-4 pm

**Friday**

Hand and Foot 12:15-4 pm.

## Modern Board Games

**Thursdays, 12:30-2:30 pm**

We'll play games like Ticket to Ride, Azul, Wingspan and more. Or bring one of your favorites to share with the group. Board games are a great way to exercise your mind, and enjoy pleasant conversation. Come and have fun!!!

**Burnsville Senior Center**  
**VOLUNTEER BREAKFAST**  
**RISE AND SHINE**  
It's our way of saying thanks  
**THURSDAY, APRIL 30**  
**10 AM**  
Breakfast prepared by students in the  
Burnsville High School Culinary Pathway  
It's free to attend. Just give us a call with your RSVP 952-707-4120

BURNSVILLE SENIOR CENTER  
FRIDAY, MARCH 6 FROM 1-3 PM

# CELEBRATE & EXPLORE THE LUNAR NEW YEAR

The Lunar/Chinese New Year  
is a time of celebration filled with traditional dance,  
foods that symbolize luck, prosperity, and family unity.

Please join us! **RSVP 952-707-4120**

PRESENTED BY

**THE CHINESE SENIOR CITIZENS SOCIETY**

Special thanks to David Fong, inHom Care and Ebenezer Ridges

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# CREATIVE CONNECTIONS



## Quilters

**2<sup>nd</sup> & 4<sup>th</sup> Tue 9 am-12 pm**

Jan 13, 27, Feb 10, 24, Mar 10, 24,  
Apr 14, 28, May 12, 26

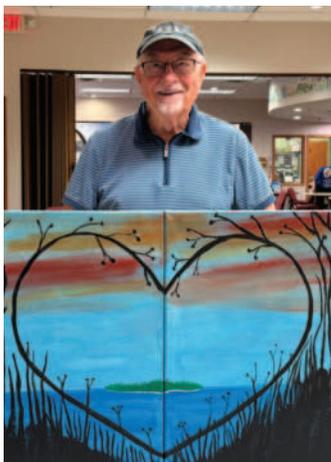
This creative group of stitchers creates warm, colorful quilts for children in shelters and hospitals, elderly folks in health care centers and more. The quilters have a good time while they share quilting knowledge and skills with each other. The hundreds of quilts are made from donated fabric.

## Card Recyclers

**2<sup>nd</sup> & 4<sup>th</sup> Mon 12:30-4 pm**

Jan 12, 26, Feb 9, 23, Mar 9, 23,  
Apr 13, 27

Join the fun. The card recyclers use a few supplies and a lot of creativity to transform trash into treasure! Drop by and purchase a few cards, or donate old cards at the Senior Center for recycling.



## Painter's Studio

Self-led workshop for beginning and experienced artists. Develop and enhance your artistic style in a cooperative setting among other artists. Please bring your own materials. The 2nd Friday, painters will meet in conference room 2. Join us the entire month or pay \$5 each week.

**Fri 9 am-12 pm \$12 DEC Sr Center Mtg Rm**

09PW-Jan26 Jan 9-30  
09PW-Feb26 Feb 6-27  
09PW-Mar26 Mar 6-27  
09PW-Apr26 Apr 3-24

## Crafters

**1<sup>st</sup> & 3<sup>rd</sup> Thu 9 am-12 pm**

Jan 15, Feb 5, 19, Mar 5, 19,  
Apr 2, 16

Join this community minded, social group of crafters who make special projects for people who receive meals on wheels, and those who live in skilled care facilities, and health care centers.

## Knitters & Crocheters

**2<sup>nd</sup> & 4<sup>th</sup> Fri 9 am-12 pm**

Jan 9, 23, Feb 13, 27, Mar 13, 27,  
Apr 10, 24

Using donated yarn, this group produces hundreds of mittens, scarves, lap robes, afghans, booties, and slippers and donates them to charitable organizations within our community. Newcomers are welcome. We'll help you learn the basic knit and crochet stitches. Yarn donations are welcomed.

## South Metro Stitchers

**4<sup>th</sup> Mon 5-8 pm**

Jan 26, Feb 23, Mar 23, Apr 27

Whether you are working on a project for your favorite charity, a gift for a friend, or something for yourself, all types of hand stitching are welcome. If you are a beginner looking for tip, we probably have someone who can help you. Bring your cross stitch, needlepoint, knitting, crocheting, or tatting project with you.

## Twin Cities

### Ukulele Group

**Wed, 10 am-12 pm**

For more information contact  
ukulelefun222@gmail.com

## Woodcarvers

**Thu, Sept 4-June 26 6-9 pm**

BWCC-2526 \$25

Begins Jan 8 after winter break

Self-led workshop where woodcarvers inspire and learn from one another while sharing tips about the craft. Participants provide their own projects and materials required to complete them. The group meets in the Campus Cup on the upper level of Diamondhead. Enter door 1. New folks are always welcome. Feel free to visit a time or two before joining. **BWCC-2526 \$25 annual fee** Youth age 12 and up may register if attending with a registered adult.



To all who have contributed to our Annual Giving Campaign, your generosity is appreciated.



## Stroke Support Group

4<sup>th</sup> Tue at 10:30 am

Jan 27, Feb 24, Mar 24, Apr 28, May 26

The Stroke Support & Education group meets at the Burnsville Senior Center, 200 W. Burnsville Parkway. Provided in cooperation with M HEALTH Fairview.



## Myelodysplasia Syndrome & Waldenstrom Information Meeting

Casual informative group meeting for patients and caregivers. These two blood disorders are rare. Come together with others for information and support, and know that you are not walking this journey alone. Meet the Five State Director of Blood Cancer United, Riley Menagh. Bring your questions, share your story and meet new friends. RSVP online or call Burnsville Senior Center 952-707-4120.

09HS-Jan19 Mon Jan 19 6:30-7:30 pm DEC Sr Center Mtg Rm

## Foot Care Clinic with Happy Feet

1st & 3rd Thu / 1st, 3rd & 4th Fri

Foot care appointments range from 30 minutes for routine care and 40 for new client intakes. You'll receive basic foot care including: foot assessment, foot soak, filing of corns and calluses, and nail trimming and filing; both in length and thickness. We trim nails in a process designed to mitigate the risk of ingrown nails occurring with nail grow out, as well as assist with the care of current ingrown nails. Your service is completed with a brief hydrating foot rub with hypoallergenic massage gel to restore moisture back to skin from filing. Call Happy Feet directly to make your appointment at 763-346-3390. Cost is \$45 per person/ per appointment.

## Blood Pressure Checks

The 3<sup>rd</sup> Wed, 11:30 am-12:30 pm

Jan 21, Feb 18, Mar 18, Apr 15, May 20

Arbor Ridges visits the Burnsville Senior Center to provide free blood pressure checks. No appointment necessary, just stop by.

# HEALTH & SUPPORT

## Hearing Screening & Instrument Cleaning

4<sup>th</sup> Thu of odd months, 10 am-12 pm  
Jan 22, Mar 26

Hearing Screening and instrument cleaning is provided by Hearing Life. Screening can determine whether or not hearing loss is present and if further testing is needed. Free, but you must call 952-707-4120 to make an appointment. .

## Health Insurance Counseling

One-on-one appointments, in-person at the Senior Center or by phone

Designed to help older adults navigate the often-complex world of Medicare. You can schedule your own Medicare Counseling appointment online at [trellisconnects.org/get-help/Medicare/](http://trellisconnects.org/get-help/Medicare/) or call the Minnesota Aging Pathways. Line at 1-800-333-2433 or online. Select a date and time that work best for you and be sure to bring your questions! They also offer in-person or virtual presentations on Medicare 101, Health Care Fraud and Scams, and Learn How Minnesota Aging Pathways can help you.



## ERA Aging & Wellness Expo

Thursday, April 23, 2026

2:00 – 5:00pm

Burnsville Senior Center

952-707-4120

(Diamondhead Education Center – 200 W. Burnsville Pkwy.)

\* Exhibits \* Resources \* Screenings  
Goodie Bags \* Door Prizes \* Treats



Promoting area services for older adults and caregivers.

[www.erasouth.org](http://www.erasouth.org)

# January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Center 952-707-4120 Metro Mobility 651-602-1111 MN Aging Pathways 800-333-2433 Meals on Wheels 952-393-9860 MN Highway Safety Center 888-234-1294 Happy Feet 763-346-3390	Community Education 952-707-4150 DARTS 651-455-1560 AARP 952-858-9040 MN Highway Safety Center 888-234-1294	10am - Cribbage 10am - Ukulele Jam 12:45pm - 500 Card Game <b>1pm - Defensive Driving</b>	<b>Winter Break Closed</b>	<b>Winter Break Closed</b>		
<b>5</b> 11 am - Euchre	<b>6</b> 8:30am - Men's Breakfast 11am - Scrabble 12:30pm - DupBridge 1pm - Book Club 2 B&N	<b>7</b> 10am - Cribbage 10am - Ukulele Jam 12:45pm - 500 Card Game <b>1pm - Defensive Driving</b>	<b>8</b> 9am - Crafters 12:30pm - Board Games <b>5:30pm - Defensive Driving</b> 6pm - Woodcarvers Campus	<b>9</b> 9am - Knitters 9am - Painters Workshop 9:30am - Ladies Breakfast 12:15pm - Hand & Foot 1pm - DaytimeDisco Studio B	<b>10</b> 9am - Knitters 9am - Painters Workshop 9:30am - Ladies Breakfast 12:15pm - Hand & Foot 1pm - DaytimeDisco Studio B	<b>11</b>
<b>12</b> 10am-Listen & Learn 11am - Euchre 12:30pm - Card Recyclers 1pm - Defensive Driving	<b>13</b> 9am - Quilters 11am - Scrabble 12:30pm - DupBridge	<b>14</b> 10am - Cribbage 10am - Ukulele Jam 12:45pm - 500 Card Game 1pm - Coffee Talk- Declutter	<b>15</b> 1pm - Winter Open House 6pm Woodcarvers Campus Cup Footcare Insurance Counseling	<b>16</b> 9am - Painters Workshop 12:15pm - Hand & Foot Footcare	<b>17</b>	<b>18</b>
<b>19</b> 9:30am - Advisory Council 11am - Euchre 1pm - Books R Us <b>6:30pm - MDC/Waldenstrom Group</b>	<b>20</b> 11am - Scrabble 12:30pm - DupBridge	<b>21</b> 10am - Cribbage 10am - Ukulele Jam 11:30am - Blood Pressure 12:45pm - 500 Card Game	<b>22</b> 10am - Hearing Health 12:30pm - Board Games 1pm - Viewers Like Us Club 6pm - Woodcarvers CampusCup	<b>23</b> 9am - Painters Workshop 12:15pm - Hand & Foot Footcare	<b>24</b>	<b>25</b>
<b>26</b> 11am - Euchre 12:30pm - Card Recyclers 1 pm Advanced Care Plan Talk 5 pm S Metro Stitches	<b>27</b> 9am - Quilters 10:30am - Stroke Support 11am - Scrabble 12:30pm - DupBridge <b>1pm -Peripheral Neuropathy</b>	<b>28</b> 10am - Cribbage 10am - Ukulele Jam 12:45pm - 500 Card Game Tech Buddies 2pm	<b>29</b> 12:30pm - Board Games 1pm - BINGO <b>3pm - Fare For All</b> 6pm - Woodcarvers CampusCup Footcare	<b>30</b> 9am - Knitters 9am - Painters Workshop 12:15pm - Hand & Foot Footcare	<b>31</b>	

# February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Center 952-707-4120 Metro Mobility 651-602-1111 MN Aging Pathways 800-333-2433 Meals on Wheels 952-393-9860 MN Highway Safety Center 888-234-1294 Happy Feet 763-346-3390	Community Education 952-707-4150 DARTS 651-455-1560 AARP 952-858-9040 8:30am - Men's Breakfast <b>10am - Healthy Heart</b> 11am - Scrabble 12:30pm - DupBridge 1pm - Book Club @ B&N	10am - Cribbage 10am - Ukulele Jam 12:45pm - 500 Card Game	9am - Crafters 12:30pm - Board Games 6pm-Woodcarve CampusCup Footcare, Insurance Counseling	9am - Painters Workshop 12:15pm - Hand & Foot Footcare		1
11am - Euchre 1pm - Defensive Driving	<b>10am - Healthy Heart</b> 11am - Scrabble 12:30pm - DupBridge 1pm - Book Club @ B&N	10am - Cribbage 10am - Ukulele Jam 12:45pm - 500 Card Game	9am - Crafters 12:30pm - Board Games 5:30pm - Defensive Driving 6pm-Woodcarve CampusCup	9am - Knitters, Painters 9:30am-Ladies Breakfast 12:15pm - Hand & Foot 1pm - DaytimeDisco 1pm - Defensive Driving		8
11am - Euchre 12:30pm - Card Recyclers	9am - Quilters 11am - Scrabble 12:30pm - DupBridge	10am - Cribbage 10am - Ukulele Jam 12:45pm - 500 Card Game	12:30pm - Board Games 5:30pm - Defensive Driving 6pm-Woodcarve CampusCup	9am - Knitters, Painters 9:30am-Ladies Breakfast 12:15pm - Hand & Foot 1pm - DaytimeDisco 1pm - Defensive Driving		15
9:30am - Advisory Council 11am - Euchre 1pm - Books R Us	10am-Fall Prevention 11am - Scrabble 12:30pm - DupBridge	10am - Cribbage 10am - Ukulele Jam 11:30am - Blood Pressure 12:45pm - 500 Card Game	9am - Crafters 12:30pm - Board Games 1pm - Viewers Like Us Footcare, Insurance Counseling 6pm - Woodcarvers Campus	9am - Painters Workshop 12:15pm - Hand & Foot Footcare		22
<b>10am-Estate Plan w/Firearms</b> 11am - Euchre 12:30pm - Card Recyclers 5pm - South Metro Stitchers	9am - Quilters <b>10:30am - Stroke Support</b> 11am - Scrabble 12:30pm - DupBridge	10am - Cribbage 12:45pm - 500 Card Game 1pm - Defensive Driving 2pm - Tech Buddies	12:30pm - Board Games <b>1pm - Travel Talk</b> <b>3pm - Fare for All</b> 6pm - Woodcarve CampusCup	9am - Knitters 9am - Painters Workshop 12:15pm - Hand & Foot Footcare		28



# March

2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Center 952-707-4120 Metro Mobility 651-602-1111 MN Aging Pathways 800-333-2433 Meals on Wheels 952-393-9860 Happy Feet 763-346-3390	Community Education 952-707-4150 DARTS 651-455-1560 AARP 952-858-9040 MN Highway Safety Center 888-234-1294					1
<b>2</b> 10am - Before & After Funeral 11am - Euchre	<b>3</b> 8:30am - Men's Breakfast 11am - Scrabble 12:30pm - DupBridge 1pm - Book Club @ B&N	<b>4</b> 10am - Cribbage 10am - Ukulele Jam 12:45pm - 500 Card Game	<b>5</b> 9am - Crafters 12:30pm - Games 1pm - Defensive Driving 6pm - Woodcarve CampusCup Footcare, Ins Counseling	<b>6</b> 12pm - Lunar New Year Footcare	<b>7</b>	<b>8</b>
<b>9</b> 10am - A Fond Farewell 11am - Euchre 12:30pm - Card Recyclers	<b>10</b> 9am - Quilters 11am - Scrabble 12:30pm - DupBridge 1pm - Defensive Driving	<b>11</b> 10am - Cribbage 10am - Ukulele Jam 12:45pm - 500 Card Game	<b>12</b> 12:30pm - Board Games 6pm - Woodcarve CampusCup	<b>13</b> 9am - Knitters, Painters 9:30am - Ladies Breakfast 12:15pm - Hand & Foot 1pm - DaytimeDisco	<b>14</b>	<b>15</b>
<b>16</b> 9:30am - Advisory Council 11am - Euchre 1pm - Books R Us	<b>17</b> 11am - Scrabble 12:30pm - DupBridge	<b>18</b> 10am - Cribbage, Uke Jam 11:30am - Blood Pressure 12:45pm - 500 Card Game 5:30pm - Defensive Driving	<b>19</b> 9am - Crafters 12:30pm - Games 1pm - Defensive Driving 6pm - Woodcarve CampusCup Footcare, Insurance Counseling	<b>20</b> 9am - Painters Workshop 12:15pm - Hand & Foot Footcare	<b>21</b>	<b>22</b>
<b>23</b> 10am - Don't Know What You 11am - Euchre 12:30pm - Card Recyclers 5pm - South Metro Stitchers	<b>24</b> 9am - Quilters 10:30am - Stroke Support 11am - Scrabble 12:30pm - DupBridge	<b>25</b> 10am - Cribbage, Uke Jam 12:45pm - 500 Card Game 2 pm Tech Buddies	<b>26</b> 10am - Hearing Health 12:30pm - Board Games 3pm - Fare for All 6pm - Woodcarvers Campus	<b>27</b> 9am - Knitters, Painters 12:15pm - Hand & Foot Footcare	<b>28</b>	<b>29</b>
<b>30</b> 11am - Euchre 1pm - Defensive Driving	<b>31</b> 11am - Scrabble 12:30pm - DupBridge 1pm - BINGO					





Senior Center 952-707-4120      Community Education 952-707-4150  
 Metro Mobility 651-602-1111      DARTS 651- 455-1560  
 MN Aging Pathways 800-333-2433      AARP 952-858-9040  
 Meals on Wheels 952-393-9860      Happy Feet 763-346-3390  
 MN Highway Safety Center 888-234-1294

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 11am - Euchre	7 8:30am - Men's Breakfast <b>10am - Wills &amp; POA</b> 11am - Scrabble 12:30pm - DupBridge 1pm - Book Club @ B&N	1 10am - Cribbage 10am - Ukulele Jam 12:45pm - 500 Card Game	2 <b>9am - Bake Sale</b> 1pm - Defensive Driving 6pm - Woodcarve Campus Cup Footcare	3 9am - Painters Workshop 12:15pm - Hand & Foot Footcare	4	5
13 11am - Euchre 12:30pm - Card Recyclers	14 9am - Quilters 11am - Scrabble 12:30pm - DupBridge 1pm - Defensive Driving	8 10am - Cribbage, Uke Jam 12:45pm - 500 Card Game 5:30pm - Defensive Driving	9 12:30pm - Board Games 6pm - Woodcarve Campus Cup	10 9am - Knitters, Painters 9:30am - Ladies Breakfast 12:15pm - Hand & Foot 1pm - DaytimeDisco Studio B	11	12
20 9:30am - Advisory Council 11am - Euchre 1pm - Books R Us	21 <b>10am - Long Term Care</b> 11am - Scrabble 12:30pm - DupBridge	15 10am - Cribbage, Uke Jam <b>11:30am - Blood Pressure</b> 12:45pm - 500 Card Game <b>2pm Tech Buddies</b>	16 9am - Crafters 12:30pm - Board Games 6pm - Woodcarve Campus Cup Footcare, Insurance Counseling	17 9am - Painters Workshop 12:15pm - Hand & Foot Footcare	18	19
27 11am - Euchre 12:30pm - Card Recyclers 5pm - South Metro Stitchers	28 9am - Quilters 10:30am - Stroke Support 11am - Scrabble 12:30pm - DupBridge	22 10am - Cribbage 10am - Ukulele Jam 12:45pm - 500 Card Game	23 <b>2-5pm</b> <b>ERA Health &amp; Wellness Expo</b> 6pm - Woodcarve Campus Cup	24 9am - Knitters 9am - Painters Workshop 12:15pm - Hand & Foot	25	26
		29 10am - Cribbage, Uke Jam 12:45pm - 500 Card Game 1pm - Defensive Driving	30 <b>10am - Volunteer Breakfast</b> 12:30pm - Board Games <b>3-5 pm Fare for All</b> 6pm - Woodcarve Campus Cup			



# COFFEE TALKS

Educational talks at the Burnsville Senior Center Meeting Room are free to attend.

Advance registration required. Register online or by calling 952-707-4120.



## Decluttering Wed, Jan 14 at 1 pm

What do you do with items that cannot be disposed of in our curbside trash and recycling bins? Find out where you can take them, first considering reuse and recycling options. Topics covered include clothing, household goods, furniture, electronics, appliances, hazardous waste, and scrap metal. [09CT-Jan14](#)

*Presenter Cassidy Carlisle is a Master Recycler with Dakota Valley Recycling.*

*Sponsor: Realife Cooperative*

## Advance Care Planning 101

**Mon, Jan 26 at 1 pm**

A thoughtful and practical presentation designed to guide you through the process with clarity and support. You'll explore an Advance Planning Toolkit that will help you: Reflect on your values, goals, and priorities for end-of-life care. Choose a trusted representative to speak on your behalf if you're unable to. Learn about common end-of-life medical interventions so you can make informed decisions about what you do or do not want. Whether you're just beginning to think about your wishes or ready to take the next step in documenting them, you will gain knowledge and tools to make confident, informed choices for yourself and your loved ones. [09CT-Jan26](#)

*Presenter Gina Schneider, the Minnesota Campaign & Advocacy manager for Compassion & Choices, a nonprofit organization dedicated to educating and empowering people around end-of-life care and planning.*

*Sponsor: Senior Helpers*

## Peripheral Neuropathy

**Tue, Jan 27 at 1 pm**

Do you experience tingling, numbness, or burning sensations in your hands or feet? You may have Peripheral Neuropathy. Peripheral neuropathy occurs when peripheral nerves are damaged. Reduce the symptoms of neuropathy or reverse it without the use of medications, injections or surgery. Learn what to treatment mistakes to avoid so you will have success treating your neuropathy.

*09CT-Jan27 Align Integrative Health*

## Hearing Health & Helpful Devices

**Thu, Jan 22 at 10 am**

Have you heard that 1 in 5 people experience hearing loss? Do you ever have trouble hearing phone conversations? You are not alone. Please join us for a presentation about hearing health as we age, and learn about helpful resources, available at no cost thanks to assistance provided by the Americans with Disabilities Act, that can improve our phone conversations. [09CT-Jan22](#)

[You'll also have an opportunity to receive a free hearing screening and/or instrument cleaning.](#)

Screenings provided by Hearing Life are by appointment. Call 952-707-4120 to schedule your appointment.

*Presenter CapTel Phones*

*Sponsor OEI on behalf of CapTel.*

## Healthy Heart Information

**Tue, Feb 3 at 10 am**

Understanding cardiovascular disease, the risk factors, prevention and recommended activity. [09CT-Feb03](#)

*Presented by Fox Rehabilitation providers of in home Physical, Occupational, & Speech Therapies*

*Sponsor: The Rivers in Burnsville*

## Fall Prevention Tue, Feb 17 at 10 am

Join us for an informative discussion on fall prevention, balance, and fall-risk awareness. Fight the Fall!

[09CT-Feb17](#)

*Presenter: Dr. Jena Sponsor: Ebenezer Ridges*



## Estate Planning with Firearms

**Mon, Feb 23 at 10 am**

Do you own firearms? Have you made plans for what happens to these assets if you become incapacitated or how they will be transferred at death? Explore these questions and more as you learn what to do with firearms as it relates to your estate planning. [09CT-Feb23](#)

*Presenter: Mary Frances Price, Elder Law Attorney*

## Before & After the Funeral

**Mon, Mar 2 at 10 am**

After the loss of a loved one, numerous questions arise. By understanding the pre and post-funeral processes, you can effectively plan ahead to lessen the burden on your family and gain peace of mind for yourself. Before the funeral decisions include payment responsibilities, service types, notifications, and family needs. Post-funeral considerations include bill payments, managing possessions, Wills, asset transfer, and probate questions. Join us for answers and information. [09CT-Mar02](#)

*Presenters: Mary Frances Price, Elder Law Attorney and Elise Schumacher, Certified Preplanning Specialist.  
Sponsor: Real Life Cooperative*

## A Fond Farewell **Mon, Mar 9 at 10 am**

Statistics show that 70 percent of us are unprepared in one or more areas of personal responsibility in planning. Hear about innovative, creative and proper funeral preplanning. Learn about funeral options, laws regarding at home funeral arrangements, and cost comparisons. Plan ahead; think outside the box. [09CT-Mar09](#)

*Presenter: Elise Schumacher Certified Preplanning Specialist.  
Sponsor: Real Life Cooperative*

## You Don't Know What You Don't Know

**Mon, Mar 23 at 10 am**

Decisions facing seniors and their adult children can have significant financial and emotional impacts. Seeking guidance from the right resources can help. Sometimes no matter how well you plan, you can be taken by surprise. [09CT-Mar23](#)

*Presenters Jeanne McGill, Certified Preplanning Specialist and Mary Frances Price, Elder Law Attorney, share real-life stories that provide valuable insight to help you make better and more informed decisions.  
Sponsor: The Timbers of Apple Valley*

## Wills & Powers of Attorney

**Tue, Apr 7 at 10 am**

You want to plan ahead and get your legal documents in order, but where do you start and what documents will you need? What is the difference between a will and a trust? Do you really need a Power of Attorney and a Health Care Directive? [09CT-Apr07](#)

*Mary Frances Price is an accredited elder law attorney who will help clarify these issues.  
Sponsor: The Rivers in Burnsville*

## Long Term Care Planning

**Tue, Apr 21 at 10 am**

Medicaid, Medicare, Veterans Benefits, Long-Term Care Insurance - This course is jam packed with helpful information on financial planning for long term care expenses. Learn about multiple payment sources including Medicare, Medicare Supplemental Insurances, Veterans Benefits, Long-Term Care Insurance, Private pay and Medicaid. We'll cover many topics including financial eligibility, asset limits, gifting and transfers, look back periods, and more. [09CT-Apr21](#)

*Presenter, Mary Frances Price is an Elder Law Attorney  
Sponsor: Choice Connections Senior Living Advisors*



# COMMUNITY EVENTS



## Community Dinner Series

The Community Dinner Series brings people together over shared meals fostering connection, cultural appreciation and meaningful conversations.

Register online at [isd191.arux.app](http://isd191.arux.app) under Community Events.

**5-8 pm \$10 per meal DEC Conference Rms**  
 CE-JAN2026 Jan 23 African American Culture  
 CE-MAR2026 Mar 6 Middle Eastern Culture

## Black History Celebration

The Black History Celebration honors the rich traditions, culture, and contributions of the Black community through performances, storytelling and meaningful conversations.

Feb 6 5-8 pm no cost DEC

## New! CE "Around the World in One Night"

The CE "Around the World in One Night" event invites the community to explore global cultures through food, performances and interactive experiences celebrating diversity and fostering cross-cultural connections.

Apr 10 5-8 pm no cost DEC

## NEW! Community Garage Sale

Join us for a fun community-driven garage sale  
**May 23, 9 am-1 pm Vendors Wanted**

Find great deals, declutter and connect with our community. Vendors must preregister through Arux.

No fee to shop! \$50 per allocated zone for vendors

Call Community Education at 952-707-4150 for more information regarding the events on this page.

ASSISTED LIVING  
 MEMORY CARE  
 LONG TERM CARE  
 REHAB CARE  
 ADULT DAY CLUBS

ELDERLY WAIVER ACCEPTED

**MARTIN LUTHER**  
 SENIOR LIVING & CARE

Contact Amy at  
**952-885-8882**  
 for more information.

1401 E 100th St, Bloomington, MN 55425  
[martinluthercampus.com](http://martinluthercampus.com)

EBENEZER BEST NEIGHBORHOOD HOMES USNews

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presbyterian homes & services  
[ValleyRidgePHS.org](http://ValleyRidgePHS.org)

Annette Dalluge Housing Counselor  
 952-882-4025 or 952-882-4000  
[adalluge@preshomes.org](mailto:adalluge@preshomes.org)

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**NorBella Savage**  
 14275 Joppa Avenue S  
 952.215.3206  
 A Lifespark Community

[norbellaseniorliving.com](http://norbellaseniorliving.com)

## Ping Pong

The Chinese Senior Citizens Society invites you to play Ping Pong with them at Diamondhead Education Center. Bring your own paddle. Register in advance at the Burnsville Senior Center.

09PP-03 Tue/Fri Jan 6-Apr 28  
1-5 pm DEC Studio A \$20/quarter

## Keeping You Sharp!

Are you excited to add a little spark to your routine and feel amazing? We've created a special program just for you, and it's all about having fun while keeping you sharp!

Forget those tough workouts; we focus on graceful, flowing movements that are gentle on your body but super effective. You'll be pleasantly surprised at how much your balance, coordination, and agility improve, making everyday tasks feel easier and boosting your confidence along the way.

But wait, there's more! This isn't just about the physical side of things; we're also here to give your brain a delightful boost. Imagine sharpening your focus, enhancing your memory, and feeling more alert and confident.

Come on and join us! Discover a vibrant new you, full of energy and clarity.

### Tues 11-11:45 am DEC Studio B

09KF-Jan26	Jan 6-27	4 sessions	\$39
09KF-Feb26	Feb 3-24	4 sessions	\$39
09KF-Mar26	Mar 3-31	5 sessions	\$49
09KF-Apr26	Apr 7-28	4 sessions	\$39

## Line Dancing with Peter Blaskowski

This line dance class is for everyone, even if you're just starting. We will do easy dances to help you get started, and add some that are a little more complex for people who know more. We'll dance to all kinds of music and have lots of fun. Everyone is welcome, so register with a friend!

### Thu 10-11:30 am 4 sessions \$25 DEC Studio A

09LD3A	Jan 8-29
09LD3B	Feb 5-26
09LD4A	Mar 5-26
09LD4B	Apr 2-30



## Sunrise Stretch

Start your day with a stretch and a smile, at this self led exercise class, done with pre-recorded instructions. \$10 per month.

### M/W/F 8:30-9:30 am \$10 DEC Sr Center Mtg Rm

09SS-01	Jan 5-30
09SS-02	Feb 2-27
09SS-03	Mar 2-30
09SS-04	Apr 1-29

## Wednesday Workout with Kim

In this class we will work on:

- ◆ **Mobility** – improving upon the ability to move a joint more freely
- ◆ **Flexibility** – using proper form to enhance full range of motion
- ◆ **Strength** – building muscle strength using hand weights and your own body weight

Regular participation enhances balance, builds self-confidence and can improve physical health. Bring your own 5-10+ weights. Chairs are used for warm-up and cool-down.

*Kim Kafka is a firm believer that you are stronger than you realize.*

### Wed 10:30-11:30 am DEC Studio B

09WW-01	Jan 7-28	4 sessions	\$39
09WW-02	Feb 4-25	4 sessions	\$39
09WW-03	Mar 4-25	4 sessions	\$39
09WW-04	Apr 1-20	5 sessions	\$49

## Walking Club Thur at 10:30 am

Meet at Burnsville Center Entrance 3 on the upper level near Penney's.

# FOOD PROGRAMS



## Meals-on-Wheels

Meals-on-Wheels is a community-based service that provides fresh, nutritious meals directly to the homes of seniors and individuals with disabilities. In addition to regularly providing healthy foods, caring volunteers provide social connection that helps meal recipients remain living independently in their own homes.

To learn more about volunteering with Meals-on-Wheels call 952-393-9860. To learn more about meal delivery call Anne at 651-485-6286.



**fare for all**  
a program of the food group

**Open to ALL! No pre-registration, just show up to shop!**



**What is Fare For All?**

**A great way to save money on high-quality foods!**

- A community-supported, affordable grocery program with locations throughout MN.
- We buy fresh fruit, veggies & frozen meat in bulk to bring you significant discounts off typical grocery store prices.
- We select the best food & pre-package it to bring you the best deals!
- Like a co-op, the more people who shop, the better the value becomes for everyone!

**BURNSVILLE: Diamondhead Education Center 200 W Burnsville Parkway (Door 11)**  
Thursday, 3:00pm – 5:00pm  
Jan 29, Feb 26, Mar 26, Apr 30

**Credit, debit, EBT, or cash accepted. No checks.**

**Fare for All visits 20+ locations around MN with affordable food!**

To find YOUR nearest sale, open your smartphone camera & hover over this!



## community pantry 191

food at no cost to you

**despensa comunitaria 191**  
comida sin costo para Ud

**bulshada cuntada bilaasha 191**  
Cunto oo kuu bilaash ah



We need volunteers!  
Sign up here  
[bit.ly/191pantryvolunteer](http://bit.ly/191pantryvolunteer)



**Groceries**  
1st & 3rd Tuesday of each month

**Fresh Produce Pick Up**  
July- October  
2nd & 4th Tuesday

**2 pm until food is gone**  
Quantities are limited

Diamondhead Education Center  
200 W Burnsville Pkwy  
Enter the West Side Lower Lot off Pleasant Avenue

Drive-thru pick-up at Door 9



Website: [www.tinyurl.com/brainpower191](http://www.tinyurl.com/brainpower191)  
Phone: 612.819.4404  
Email: [brainpower191@gmail.com](mailto:brainpower191@gmail.com)  
Volunteer: [www.tinyurl.com/191CPSUMMER](http://www.tinyurl.com/191CPSUMMER) or email at: [brainpower191@gmail.com](mailto:brainpower191@gmail.com) for information

**Minnesota's Cold Weather Rule (CWR) is a state law that protects residential utility customers from having electric or natural gas service shut off between Oct 1 & April 3.**

Call your natural gas, electric, municipal utility or electric cooperative for more information, or contact the Commission's Consumer Affairs Office at [consumer.puc@state.mn.us](mailto:consumer.puc@state.mn.us) or 651-296-0406, 1-800-657-3782.

# SERVICES & RESOURCES



## DARTS Services

Since 1974, DARTS has been a community-based nonprofit serving caregivers, older adults (ages 55+) and their families in the southeast metro. DARTS services include light housework, outdoor chores, home repairs and transportation. Services are available to all seniors and caregivers regardless of income, race, and background. Visit: [dartsconnects.org](http://dartsconnects.org)  
Contact DARTS Phone: 651-455-1560 Email: [info@darts1.org](mailto:info@darts1.org)

## Connecting You to Senior Services

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

## Caption Telephone

### Courtesy of the Americans with Disabilities Act

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

## ERA Senior Resource Guide

The ERA Resource Guide provides current information about senior resources in Burnsville and surrounding areas. You'll find information on housing, in home care providers, financial and legal services and more. Copies are available at the BSC.

## Health Insurance Counseling

One-on-one appointments, in-person at the Senior Center or by phone

Designed to help older adults navigate the often-complex world of Medicare.

You can schedule your own Medicare Counseling appointment online at [trellisconnects.org/get-help/Medicare/](http://trellisconnects.org/get-help/Medicare/) or call the Minnesota Aging Pathways Line at 1-800-333-2433 or online.

Select a date and time that work best for you and be sure to bring your questions!

They also offer in-person or virtual presentations on Medicare 101, Health Care Fraud and Scams, and Learn How Minnesota Aging Pathways can help you.



# DAY TOURS

## Travel Talk Thu, Feb 26 at 1 pm

Join us to hear about an array of unforgettable travel experiences in the US and abroad presented by local, family-owned Landmark Tours. If you can't attend the presentation, call 612-230-2040 for more information or stop by the Senior Center and pick up a catalog. 09TT- Feb2 See back cover for more details



## Summer Day Tour Preview

Watch for more information on our summer day tours in the next edition of The Chatter

**June 18** We visit Minneapolis and the Chain of Lakes area on a narrated riding tour chock full of history, culture, garden views and info about the urban park system that makes this such a special place.

**July 28** We enjoy lunch at the Lowell Inn and a visit to the Chateau Winery nestled in the St. Croix Valley.

# COMMUNITY ED ACTIVITIES AT THE SENIOR CENTER

For registration, details and full descriptions Visit [communityed191.org](http://communityed191.org) or call 952-707-4150.



## NEW! Rustic Dragonfly Fused Glass

### Create a Nature-Inspired Masterpiece!

Design a stunning rustic dragonfly with a beautifully glass body! Perfect for garden décor, wall art or a unique gift.

A499-S-3A Sat, Jan 24 10-11:30 am \$45

## New! Fused Glass Garden Mushrooms

### Step into the magic of spring

Create your very own whimsical garden treasure!

A499-S-3B Sat, Jan 24 11:45 am-1:45 pm \$69



## NEW! Fused Glass Lantern Project

### Light up your world with color!

Design and create a stunning fused glass lantern, perfect for use indoors or out.

A499-W-4A Wed, Apr 15 5:15-8:30 pm \$129

## Living Fully, Dying Peacefully

### Embracing Death's Sacred Journey & the Role of a Death Doula

H422-SH-3 Sat, Jan 10 10 am-12:15 pm \$29



## Puzzle Palooza

### Calling all puzzle fanatics!

Assemble your team of four and join us for the ultimate puzzle showdown. This competition is open to ages 12 to adult (minimum of 1 adult per team).

Each team will race to complete the same surprise 500-piece puzzle. Whether you're a speedster or a steady strategist, work together to finish first or get the most pieces completed before time runs out. The top team takes home a prize! Register today and let the puzzle games begin!

PP24-4 Sat Apr 4 9:30 am-12 pm  
\$55 DEC City Center Conference Rms

# DONATIONS & VOLUNTEERING

## Donations help our Senior Center groups create treasures to benefit the center and others in our community

We appreciate your donations of greeting cards, yarn, fabric and used jewelry. Our vintage jewelry sales are a huge success and proceeds from them go to the Burnsville Senior Center. Knitters and Crocheters make hats, mittens, scarves, baby booties and lap robes. Likewise, the Quilting group created nearly 1,500 quilts this year. These groups donate their handcrafted products to local groups and agencies to be distributed among those in need.

## Volunteer Opportunities

Check in at our reception desk to volunteer for the Community Pantry and Fare for All. We are also in need of bakers and help for special events. Please contact Jennifer if interested.



Thank you for your support during our Annual Giving Campaign  
Your donations support the senior center and help us remain a membership free center which is a welcoming place to all.

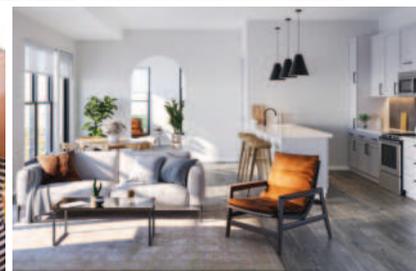
## SEE THE POSSIBILITIES OF NEW

COOPERATIVE LIVING FOR 62+

Visit our Information Center/Showroom today!

Be one of the first to select and personalize your new home with quality finishes and upgrades.

7505 Metro Boulevard, Suite 101, Edina, MN 55439



WRITE YOUR NEXT CHAPTER AT ESTORIA, VIBRANT, MEMBER-OWNED COOPERATIVE COMMUNITIES

## PURCHASE YOUR NEW HOME TODAY!

**Don't miss out!** Now offering spacious 1-, 2- and 3-BR single-level floor plans. Enjoy the benefits of ownership along with a maintenance-free and turnkey lifestyle. It's the best of both worlds, in one of the best places in Minnesota. Now coming to Oakdale and construction starting soon in Lakeville!

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612.874.2000 | [estorialakeville.com](http://estorialakeville.com)      



**ESTORIA**  
CONTINUE YOUR STORY



# AT A GLANCE



Where aging is embraced

## Newsletter- The CHATTER

Published January, May, September providing information for 4 months of activities.

## Advisory Council Page 3

Meets the 3rd Monday of each month at 9:30 am.

## Gathering Grounds Page 4

Social and educational events and activities.

## Social Groups Page 10

### Ladies Breakfast

2nd Friday of the month, 9:30 am

### Men's Breakfast

1st Tuesday of the month, 8:30 am.

### Book Clubs

Books "R Us: 3rd Monday at 1 pm

Book Club 2: 1st Tuesday at 1 pm

## Fun and Games Page 10

Euchre, Scrabble, Cribbage, 500, Hand & Foot, Duplicate Bridge, and Modern Board Games at the Senior Center.

## Staying Active Page 21

Line Dancing, Sunrise Stretch, Walking Club, Wednesday Workout. Ping Pong, Keeping you Sharp

## Creative Connections Page 12

**Knitting-Crocheting Group** 2nd & 4th Friday of the month at 9 am.

**Card Recyclers** 2nd and 4th Monday, 12:30-3 pm.

transform used greeting cards into new treasures. Donate old cards, help recycle or drop by and purchase a few!

**Crafters** 1st & 3rd Thursdays at 9 am. Make favors for Meals on Wheels and special events at the Senior Center.

**Quilters** 2nd & 4th Tuesday at 9 am. The quilters use donated material to make quilts which are donated to local charitable groups.

**South Metro Stitchers** 4th Mon, 5-8 pm

All types of hand stitching welcome. Bring your projects with you.

**Twin Cities Ukulele Group** Wed 10 am-12 pm

**Woodcarvers Group** Open carving Thurs 6-9 pm. \$25 annual fee

## Health & Support Page 13

**Blood Pressure Checks** 3rd Wed of month 11:30 am-12:30 pm.

**Stroke Support** 4th Tuesday at 10:30 am

### Hearing Screening & Instrument Cleaning

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

**Foot Clinic** 1st & 3rd Thursday, 1st, 3rd, & 4th Friday of each month.

Appointments needed and begin at 9 am. Call 763-346-3390.

**Health Insurance Assistance** 1st & 3rd Thursdays, 9 am-1 pm

For appointments call 800-333-2433.

## Coffee Talks Page 18

Free educational opportunities are available. Registration required.

## Food Programs Page 22

Fare for All, Meals on Wheels and Community Pantry 191.

**NOTICE!** When you participate in a Senior Center activity, please be aware that Community Education may use the directory information which you supply (name, address, phone number and program data) for other purposes within the School District. This directory information is not shared outside of the School District.

**LOST & FOUND** If you think you may have left something behind at the Senior Center, please give us a call and we will check. 952-707-4120.

# REGISTRATION

Participant	Course Name	Course #	Start Date	Fee

Street Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

## Payment

Cash/Check # \_\_\_\_\_ **Make checks payable to ISD 191**



Charge My  Visa  MasterCard  Discover  AMEX  UCare Healthy Benefits + Visa

CC# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_ Total Fee \_\_\_\_\_

## Explore and register for Community Education and Senior Center activities.

All of our programs are run through Arux—a simple, mobile friendly portal that give you access to registrations, information and schedules.

**To get started, visit [communityed191.org](http://communityed191.org) or scan the QR code below and click on the Registration Link.** Select Sign In, scroll to the bottom and click Create One Now. Then complete the Register a New Account Form.

Log In, click Enroll Now and get started viewing and registering for classes! We request that you provide your name, address, phone number and email address as it will help us set up your profile in the system.



**UCare members** please check with UCare directly regarding benefits for Senior Center classes. Members must be on UCare at the time of registration, and through the duration of the class(es). Community Education accepts the UCare Healthy Benefits + Visa Card.



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# BURNSVILLE SENIOR CENTER

200 West Burnsville Parkway  
 Burnsville, MN 55337

(enter lower level door 11 or 12)

## TRAVEL SHOW

Thursday, February 26th @ 1pm

@ the Burnsville Senior Center.

Explore group tour opportunities for active seniors.

Call 952-707-4120 to register, space is limited.



### ALL TRIPS INCLUDE

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

<p><b>Cape Cod</b> Martha's Vineyard, Nantucket</p> 	<p><b>Portugal</b> Douro River Cruise</p> 	<p><b>Yellowstone</b> &amp; The Grand Tetons</p> 	<p><b>Alaska</b> Two Unique Itineraries</p> 	<p><b>Canadian Rockies</b> Glacier National Park</p> 
<p><b>Oregon</b> Crater Lake National Park</p> 	<p><b>Canadian Rockies by Rail</b> on the Rocky Mountaineer</p> 	<p><b>Greece</b> Aegean Sea Cruise</p> 	<p><b>Scotland, Ireland</b> &amp; Northern Ireland</p> 	<p><b>America's 250th</b> Annapolis, Lancaster, Philly</p> 

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