



Mary Ann Young

Senior Center Newsletter



9150 Central Avenue NE - Blaine MN 55434
(763) 786-9375 - (763) 780-4318



July, 2011

Mary Ann Young Senior Center

Mission Statement:

"To enrich the lives of older adults by providing educational, recreational, nutritional, social, informational, and volunteer opportunities in a relaxed, friendly environment."

Senior Center Staff:

Shelley Johnson,
Senior Center Director
Ann Genosky,
Senior Center Coordinator

Newsletter Assemblers:

Martha Caouette
Shirley Gatzke
Bob Kruse
Rhona Marie
Frank Schmidt
Gloria Schmidt
Donna Swanson
Gloria Stoddard
Sandy Lorenz
Betty Allen

Newsletter Folders:

Joan Cameron
Patty Sandin
Ivan Arndt
Rhona Marie
Art Meierdiercks
Walt Chilstrom

Mondays (Closed July 4th)

10:45a Enhanced Fitness
1:00p Penny Bingo
1:00p Nickel Bingo -7/25
1:00p Senior Bowling at Brunswick Zone
2:30p Health Ins. Counseling-T.B.D.
3-9p Quilting Group - 7/25
6:00p Garden Club Tours-T.B.D.

Tuesdays

9:00a Intermediate Line Dance
9-3 Wii Bowling League
11:20a Legal Service Appts. -8/2
1:00p Blood Pressure Checks-7/5, 7/19
1:00p Progressive "500" Cards
5:30p T.O.P.S. weigh-in, 6:00 pm mtg.
7:00p Woodcarving Group

Wednesdays

10:00a State Services for the Blind-7/20
10:00a Computer Q & A Session-7/6
11:00a Reunion/Bring a Friend Day-
Piano Music-7/13
11:00a Entertainment -"Bandana"-7/27
12:45p Bunco Dice Game -7/6
1-4p Prep cooking -7/20
1-3p Woodcarving Group
1:00p Birthday Bingo w/prizes!-7/27
2-4p Hand and Foot Card Game
6-9p Line Dance-varied levels

Thursdays

9-3 Wii make- up day-7/7
9:30a Bridge Lessons
10:00a Driving Refresher-August 4th-full
11:00a Swallowing Presentation-7/14
1:00p Movie "Country Strong"-7/28
1:15p Activity Committee Meeting-7/14
5:30p Pork Chop Dinner-sign up!-7/21
6:30p Wee Willie Band-Aquatore-7/21
6-8p Intermediate Line Dance

Fridays

9a-2p Foot Care Appointments-7/8
10:00a Plastic Canvas/Crafts-7/1, 7/15
11:00a Patriotic Party-7/1
1:00p Enhanced Fitness
1:00p Senior Bowling at Brunswick Zone

Saturdays

9:00a Beginner Line Dance
10:00a Advanced Beginner Line Dance
11:00a Intermediate Line Dance
1-5p Line Dance Party-7/23

Sundays

1-4:30p North Country Jamboree
performs- 7/17

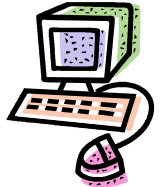
Access our Website

Direct Link:

<http://www.ci.blaine.mn.us/go/seniorcenter> or Type in:

www.BlaineParks.com and

then click on the Senior Center page. Choose from the list of topics by clicking on your selection:



- ❖ Amenities
- ❖ Current Menu
- ❖ Calendar of Events
- ❖ Current Newsletter
- ❖ Programs and Events
- ❖ Anoka County Services

Looking for Something to Do ?

The Mary Ann Young Senior Center is open Monday through Friday 8:30 am to 4:30 pm and at other specified times. Stop in and check it out!

This newsletter is made possible through the continued support of the City of Blaine.

INFORMATION WEBSITES:

Veterans sites:

www.vetsresource.com,

www.myhealthvet.va.gov, and

www.va.gov/kids

Wellness website:

www.positiveaging.org

Health Insurance Counseling

The Health Insurance Counseling Program of Anoka County offers assistance to Anoka County residents about Medicare, choosing or changing a supplement, prescription drug options, Medicare bills, Medical Assistance programs, and more. To schedule an individual, free, confidential appointment with a trained and certified volunteer health insurance counselor, **call the Senior Linkage Line at: 1-800-333-2433.** You will meet at the Senior Center on your scheduled day and time, if they are unable to assist you over the phone.

SYMPATHY:



Our deepest sympathy goes out to the family

and friends of the following people:

*LaRue Buhn age 85 of North Oaks survived by husband of 61 years, Jerome.

*Wanda Hassler, formerly of Blaine, preceded in death by husband, John.

SENIOR CAREGIVER NETWORK:

Support groups and group respite care are available in the Anoka County area. Call Jill Agyekum, Senior Caregiver Network at 763-422-6960 for more information about the assessment process.

Senior Dining

Join us at the Mary Ann Young Senior Center M-F for a nutritious, well-balanced, tasty meal at 12:00 noon in a friendly, relaxed atmosphere. Make your dining reservations **three** days in advance to secure your meal. The suggested donation is \$3.50 for those 60 years of age and older, and the cost is \$6.50 for those under age 60.

Highlighted Meals for July include:

- 1st Swiss Steak w/Stewed Tomatoes
- 6th Grilled Chicken Breast w/Raspberry Sauce, Rice Pilaf, Salad, Cookie, etc
- 7th Turkey Pasta Salad w/Vegetables
- 8th Sliced Pork w/Mashed Potatoes, Gravy, Vegetables, Roll, Cobbler
- 11th Braised Sirloin Tips w/Mushroom Gravy over Pasta
- 12th Open Faced Turkey Sandwich, Potatoes, Gravy, S. Rhubarb Pie
- 13th BBQ Pork Riblet, Baked Potato
- 15th California Burger, Potato Salad, Fresh Fruit, Cookie
- 20th Country Fried Steak, Gravy, Baby Reds
- 21st Mandarin Chicken Pasta Salad, Fresh Melon, Turtle Cheesecake Square
- 22nd Johnsonville Brat, Baked Beans
- 25th Swedish Meatballs in Gravy, Mashed Potatoes, Fresh Fruit, Two Tone Beans
- 26th Healthy Baked Fish, Baby Reds
- 27th Beef Pot Roast for Birthday Party
- 29th Herbed Baked Chicken, Au Gratin

There are many more delicious entrees during the month. Check it out and join us as often as you can! Please specify entrée choice, skim milk, SR (salt restricted) or RCD (reduced calorie dessert) each time you order.

Plastic Canvas/Craft Class



Join Opal Peterson and friends on Fridays, July 1st and 15th at 10:00 a.m. to learn or share the art of plastic canvas or spend time with friendly folks working on a craft project of choice. Beautiful items you make yourself-hope to see you!

Foot Care

Appointments are now available for Friday, **July 8th** for foot care. The cost for a 30-minute appointment is **now \$32**. A registered nurse from Happy Feet, Inc. takes appointments from 9:00 a.m.-1:00 p.m. or possibly later. Please call the Senior Center in advance at 763-786-9375 to register.



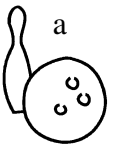
FOOT CARE POLICY: If you make an appointment for foot care and do not call 24 hours in advance to cancel, you will be charged for the appointment. Any questions- call: 763-560-5136.

Wood Carving News

Plan to join us for Woodcarving Group on Tuesday evenings from 7-9 pm lead by J.D. Hughes: 763-434-4202, and/or on Wednesdays from 1-3 pm lead by Wes Spadgenske. They will be on hand to assist as needed and to answer questions about carving. Start from the beginning, or continue to work on your own project with people sharing a common interest. All levels are welcome! Join us for some relaxed conversation. The Minnesota Woodcarver's Association Meetings are held monthly from September-May at 2pm on the second Sunday-- **no meetings June, July, and August.**

Get in the Zone

Brunswick Zone XL,
A state of the art facility featuring 38 bowling lanes, Brunswick sponsors Senior Bowling on Mondays and Fridays beginning at 1:00 p.m. for just \$1.25 per game. Stop to bowl and enjoy free shoe rental, cookies, coffee and loads of fun. Meet new people and plan on a good time. Brunswick Zone is located west of Hwy. 65 off 113th Street in Blaine.



T.O.P.S.

T.O.P.S. (Take off Pounds Sensibly) currently meets on Tuesday evenings with weigh-in at 5:30pm and a fun,



educational meeting at 6:00 p.m. If you are interested in losing weight, this may be just the right group for you.

For more details, contact Cindy Heckler at 651-310-9261 or Paulette Kotila at 651-259-6241.



Over 60 or an adult with a disability??


ACCAP
Chores & More
YOUR ONE STOP SHOPPING FOR:
MINOR HOME REPAIRS
HOUSEKEEPING
SEASONAL CHORES

Lawn mowing, raking
 Spring and Fall clean-up

CALL ANN at
763-767-6521

FUNDING IS PROVIDED BY THE OLDER AMERICAN ACT GRANT THROUGH THE MINNESOTA BOARD ON AGING AND THE METRO AREA AGENCY ON AGING. CHORES & MORE IS A PROGRAM OF THE ANOKA COUNTY COMMUNITY ACTION PROGRAM WITH FUNDING FROM THE CITIES OF ANOKA AND COON RAPIDS.

Low Vision Help

 Paul Mattson from the Minnesota State Services for the Blind will be available by appointment at the Mary Ann Young Senior Center in Blaine on the **third Wednesday of the month from 9a.m. to 12noon**. If you or someone you know has a vision problem, please call Paul at (651) 642-0846 to schedule a visit with him. Paul will be glad to help with any questions or concerns you have regarding loss of vision, and research valuable tools to assist you in daily living skills. Next available appointment date is **July 20th**.

Coming Events:

****Patriotic Party:** Wear red, white and blue attire and join us for piped in patriotic tunes as we enjoy light refreshments at 11:00 a.m. followed by a tribute to our flag at noon on Friday, July 1st!



****Bring a Friend/Reunion Day:** Prize drawings to the person bringing the most friends who have not attended lunch in the past 6 months, and from the names of the folks bringing the most people from the same apartment complex! Enjoy live piano music by our new friend and diner, Nellie Spexet, at 11:00 a.m. along with light refreshments.

****Swallowing Presentation:** Heidi Steinle from Golden Living Center will discuss what dysphagia (swallowing difficulty) is, what causes it, and interventions that can be used to improve it. Register to attend this free session to be held on Thursday, July 14th at 11:00 a.m.

****Pork Chop Dinner:** Tickets are going fast for this popular dinner to be held on Thursday, July 21st at 5:30p.m., which is followed by Wee Willie in the park at 6:30p.m. Bring your lawn chair and enjoy a great polka band! No reservations needed to enjoy Wee Willie Band in Aquatore Park.

****Birthday Party:** July 27th will feature a new band to us called "Bandana", a trio with vocals, guitar, mandolin and tambourine at 11:00 a.m. Don't miss it! Following our noon lunch will be prize bingo at 1p.m.

****July Movie:** The featured movie this month is "Country Strong": starring Gwyneth Paltrow, Garrett Hedlund and Tim McGraw. A rising country star and a former star come together to spark each other's fame-but when romance enters the picture, things get complicated. To be shown on **Thursday, June 23rd** at 1:00 p.m. on our 50" T.V.! Refreshments provided at intermission.

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Monthly Recycling at
Aquatore Park:

Each third Saturday of the month, the City of Blaine sponsors a recycling drop-off program in the parking lot of Aquatore Park from 10a.m. to 2p.m. For details, call 763-785-6192 or visit www.ci.blaine.mn.us and search for keyword: recycle.

Quilting Group

Looking to learn the art of quilting, or already know how to quilt and want to join a group of ambitious people to make quilts for those in need? These "comfort quilts" will be put together on **Monday, July 25th from 3:00 - 9:00 p.m.** Come for what you can and the supplies and patterns will be provided. Bring a dish to share if you wish to participate in the 5 p.m. potluck. We will accept fabric donations anytime throughout the year. You can also quilt at Blaine United Methodist Church on 115th Avenue (763-757-2170) on Wednesday evenings, same time 3-9 p.m., and potluck also applies. Questions? Call Lucy at 763-862-7971.

Computer Question and Answer Session

Want to email and family, what you to do it? buying a photos to friends but not sure need or how Interested in computer, but not sure what kind to get? Confused by all the talk in the news about online computer scams and what you should be doing to protect your privacy? Get answers to your computer and technology questions in an open forum Q & A session on **Wednesday, July 6th** at 10a.m. Please **R.S.V.P.** your attendance.



Evening & Weekend Line Dancing

New for the summer months is Wednesday night line dance. Basic, beginning line starts at 6pm, advanced beginner line at 7pm and intermediate line at 8pm. The Thursday evening Intermediate Line Dancing will begin with "new dances" at 6:00 p.m., followed by traditional Intermediate Line Dances at 7:00 p.m. On Saturdays, the Basic, Beginning Line Dance class is being held at 9:00 a.m., Advanced Beginner Line Dance class is at 10:00 a.m., and the Intermediate Class at 11:00 a.m. A suggested \$1 donation per person for music and instruction is accepted. The Line Dance Potluck Party is on July 23rd from 1-5p.m.



FOOD SUPPORT PROGRAM:



For Seniors 60+: Would you like to “Stretch Your Food Dollars?” Would you like to have some extra dollars to buy fresh fruits and vegetables? Are higher prices for gasoline, heating & a/c, etc. leaving you with fewer dollars to buy quality food? Contact your Senior Outreach Worker for people 60+ for more information about this program at 763-783-4741, or for those under 60 call Karen at 763-783-4892.

Thank You !

Many thanks to the following people for their kindness and/or donations:

- Jennifer Aeshliman and the 4th & 5th graders from Madison Elementary School for joining us for June Bunco!
- Samuel Edmunds and the MN State Bar Association New Lawyers Section for the presentation and assistance with wills/estate planning, etc.
- Vern Walentiny for donating homemade woodcarvings as prizes.
- Anonymous donations of fabric, vegetables, etc.

Outings & Tours!

Call 763-786-9375 for details.

Treasure Island Casino

Date: Monday, August 1st
Register by: July 25th
 Pay \$5.00 get \$3 food coupon and 10 pull tabs back at Casino.
 Coffee and donuts before departure
Depart from: Mary Ann Young Senior Center at 8:30
Return: 4:15pm
 **Please have player’s club card number ready when you register.

Bayfield/Mackinac Island Express

August 23rd- 28th 2011
 Join us as we head to Bayfield and Mackinac Island. We will stop for lunch in Hayward and continue on to the Bayfield area. Some highlights include- a ferry to Madeline Island, lunch at the Old Rittenhouse Inn, tour in Bayfield, ferry to Mackinac Island, a carriage tour of Mackinac Island, and beautiful scenery along Lake Michigan. For a complete itinerary please call 763-785-6164.

Wagons and Fiddles
Wednesday September 28th

Depart: 6am Blaine City Hall
Return: 7:30pm
Cost: \$69
Register by: September 14th
 Alexandria is the place to be for this tour. We visit a personal museum for which the owners live in and it is very entertaining as we will see everything from classic cars, dolls, and Elvis. Then we take a relaxing screened in covered wagon ride through the hills. Lunch is included at the Hills dining room. Then we are in for some wonderful entertainment with Mariah on the fiddle and Chase on the guitar: dad and grandma complete the group.

Minnesota Twins vs. Baltimore

Thursday August 25th
Register by: August 8th
Depart: 8:15am
Return: 6:00pm
Cost \$54
 Tour includes motor coach transportation, tour manager, Twins ticket. Good seats, main level, covered seating, few steps.

GET WELL:

We extend get well wishes to the following people who are on the mend:

- Marian Dowidat
- Ron & Dorothy Morton
- Marlo Sandin
- Donna Matson
- John Eliason
- Duane Dean

Lakeside Commons Park & Beach
now open:



Hours of operation:

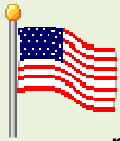
Beach: 10am-8pm
 Splash Pad: 10am-6pm
 Boathouse: 1-6pm M-F
 Picnic Shelter & Playground: 5am-10pm

HARVEST DINNER:

Tickets go on sale for this popular dinner on Wednesday, August 17th at 8:15 a.m. Doors open at 8:00 a.m. to seat people on a first arrival basis. You must pick up your tickets in person and pay at that time, as this dinner has sold out in under 30 minutes in the past. Cost for the dinner is \$7 per person, checks payable to the City of Blaine. Limited to maximum of 12 tickets per individual. Menu is a Beef Pot Roast served family style. Music by the Four Plus One Band will delight the crowd during the meal.



July 4th Activities:



Everyone is invited for the official flag raising ceremony at Blaine City Hall on Monday, July 4th at 8:30a.m. The fireworks display will be held at the National Sports Center at 10:00 p.m.

Bring a Youth to Lunch Day:

Mark the date: Thursday, August 25th and bring a youth to the Senior Center for games, a chance at prizes, and a fun “state fair style” noon luncheon. Register three days in advance for the meal, which is \$3.50 for youth and adults 60 and over. Meal cost for adults under age 60 is \$6.50. Plan to stay for prize bingo at 1:00 p.m. followed by a build your own ice cream sundae for \$1.50 each. All are welcome to attend, come one, come all!



BUNCO DICE GAME:

This fun, easy to learn dice game is played the first Wednesday of the month at 12:45p.m. Next date: July 6th.



National Noon Out!

The departments of Police, Fire and Parks & Recreation team up to bring you valuable safety tips utilizing a fun game and handing out prizes to participants. Join us at 11:30a.m. on Tuesday, August 2nd at the Senior Center as we play several rounds of Wheel of Safety Fortune!!



JEWELRY DONATIONS NEEDED:

Please consider supporting the senior center as we prepare for our annual sale, and the main fundraiser of the year. Your discards could very well be someone else’s treasures. We accept earrings, necklaces, bracelets, watches and more. Ask family, friends and neighbors if they have items they no longer need or wear. Donators names will be announced in an issue following the October 18th sale. Thank you in advance for your support.



Fire Department Presentation:

Peggy Bentley from the Spring Lake Park/Blaine/Mounds View Fire Department will present valuable information on smoke alarms and fire extinguishers on Thursday, August 18th at 11:15 a.m. Please R.S.V.P. your attendance so that we prepare adequate seating.



Recycling Program:

The Spring Lake Park Lions have provided a bright yellow box outside the east entrance of the Senior Center to collect used eye glasses, eye glass cases, hearing aids and cell phones. If you have any of these items and no longer need or use them, please consider recycling them in the available container. Thank you!



HAND & FOOT CARDS:

This canasta style card game is played on Wednesday afternoons from 2:00 4:00 p.m. Join the fun with relaxed company. It is easy to learn, but fun to play, so come one, come all!



LOST AND FOUND:

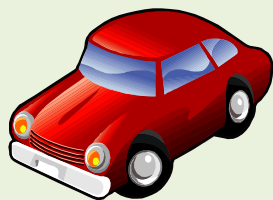
If you are missing a sweater, jacket, pair of shoes, gloves, scarf, etc. and have been to the senior center in the past year, check out our back coat closet. We have a number of unclaimed items that need to find a home, as we will be recycling them the first of July. Please check when you come in. Thank you!

Medicare Phone Scam:

There are many scams and frauds out there, don’t give them your information over the phone! A senior center participant recently called to tell us the latest scam. She received a phone call and the caller recited the recipient’s name, date of birth and address, claiming they were Medicare calling about free diabetic supplies. The caller was persistent and claimed they also had the recipient’s social security number. When asked what it was the reply was “we can’t give that information out”. Do **NOT** give out any personal information over the phone. You would likely get a letter from Medicare if they had any information to share with you. They cannot possibly call everyone in the country who is on Medicare. Better to err on the side of caution and hang up, than give out personal data. Report any suspicious calls to the Crime Prevention team in your area.



Defensive Driving Course



The next Defensive Driving 4-Hour Refresher Class at the Mary Ann Young Senior Center on August 4th is full. Classes are currently being set up for September through December; call for dates. *You must have taken the full 8-hour class in order to be eligible to take the 4-hour refresher.* The Refresher classes are held from 9:45a.m to 2:30p.m., with a half hour lunch break. **You must register and pre-pay for the class**, which will be conducted by an instructor from the American Association of Retired Persons. Upon completion of the class, a certificate is issued and will be accepted by Insurance Companies for a discount on premiums for person's 55 years of age and older. This certificate is good for (3) years and therefore must be repeated. This is a lecture-video class. **The AARP rate is \$12 for members and \$14 for non-members. Make all checks payable to "A.A.R.P."** **You must show and record your AARP member number (if applicable) on the form you complete at the refresher class.** Lunch is available for the refresher class for a suggested donation of \$3.50 per person age 60 and up. If you are not age 60, the lunch cost is \$6.50. Please pay for lunch on the day of class, but you must register at least three days in advance for the meal. Checks for the meal need to be written out to "V.O.A.". Coffee and treats are provided for a suggested donation of \$1. **Please bring your driver's license and AARP Card (if applicable) to class with you.** Because classes fill so quickly each month, *be sure to plan at least six to eight weeks in advance of your needed date.* To register, call the Senior Center first, then mail in your AARP payment to the Mary Ann Young Senior Center address: 9150 Central Ave. N.E., Blaine, 55434, or stop by the Center in person to complete your transaction. **Pre-payment is required** to secure your reservation. **A 48-hour cancellation notice is needed to receive a refund.** **** Senior Center office hours: Monday through Friday 8:30 a.m.-4:30 p.m.** Would you like a lunch reservation? Yes No Date of Class _____ Date of Birth _____

Name _____ Phone _____
 Address _____
 City _____ State _____ Zip _____

**Mary Ann Young
 Senior Center**
 9150 Central Avenue NE
 Blaine MN 55434

Phone:
 (763) 786-9375

