MEMBERS ONLY CONCERT
Mary Hall will entertain you with “Groovy hits of the 60’s”. You will hear “Feeling Groovy”, Tracks of My Tears”, “These Boots are Made for Walking”, and other popular songs from the 60’s. Space is limited. Please register by July 8 at noon. Free!

Monday, July 11 | 1:30-2:30 p.m. | #545058-1A
Upper Meeting Room

PAN-HANDLERS STEEL DRUM 2 person band
Come and enjoy the bright and sunny sound of Minnesota’s premier Steel Drum Band! They have a tropical sound and varied song selection that is guaranteed to get your body moving and your spirit soaring! Dessert will be served after the performance. Deadline to register is August 9.

Thursday, August 11 | 1:00-2:30 p.m. | #545061-1A
Upper Meeting Room

$5 member  $12 non member

SENIOR ACTIVITY CENTER TOURS and Membership Discount
Stop by Furniture and Things Community Event Center on select days and times for a tour and a discount on 2022 memberships! If you purchase a membership during this time you will receive $5 off a 2022 membership and a coupon for $5 off a future class or trip.

Wednesday, July 6 from 1:00-3:00 pm
Wednesday, July 13 from 1:00 –3:00 pm
Thursday, July 21 from 11:00 am - 1:00 pm

Natalie Anderson
Senior Activity Center Coordinator
Linda Banaszak
Senior Activity Center Assistant
Elk River Senior Activity Center Membership Form
January 1, 2022 to December 31, 2022

Annual Rate:

__________Individual $37/year
__________Dual $51/year

Elk River City Resident Discount Rate:

__________Individual $26/year
__________Dual $37/year

Checks payable to: City of Elk River

Your membership gives you access to the Senior Activity Center at the Furniture and Things Community Event Center.
Amenities include:
• Billiards
• Coffee Lounge with free coffee
• Computer Usage
• Puzzles
• Lending Library
• Card and Game Playing
• Socializing in the Fireside Lounge
• TV viewing

Your membership also includes the ability to participate in the following ongoing groups:
• Cards (500, Bridge, Smear, Hand and Foot, Cribbage)
• Fitness Classes
• Sewing/Knitting
• Woodcarving
• New ongoing groups as they are formed

Day passes may be purchased for $5 which will give you access to the listed amenities for the day the pass is purchased.

Members receive the monthly newsletter via mail, discount on trips, certain events, classes, and presentations.

Please fill this out completely.

1) Member Name: ___________________________ Date of Birth: ___________________________
   Email: ___________________________ Phone: ___________________________

2) Member Name: ___________________________ Date of Birth: ___________________________
   Email: ___________________________ Phone: ___________________________

Address: _______________________________________________________________________
City/State/Zip: ___________________________________________________________________

By signing I hereby acknowledge that I have read, understand, and will abide by the policies listed in the Participant Handbook.

___________________________________  __________________
Signature                                                                       Date

___________________________________  __________________
Signature                                                                      Date

Bring this form to:
Furniture and Things Community Event Center
1000 School Street
Elk River, MN 55330
**Presentations**

**Q and A with MASTER GARDENERS**
Master Gardeners Minnell and Jim Tralle are back again to answer all your gardening related questions. They have many years of experience and have great advice on how to grow your own healthy garden. **Deadline to register is July 14.**

Friday, July 15 | 10:30 - 11:30 a.m. | #541105-1D  
Flex Room  
$0 Members  $12 Non Members

**HISTORY BUFFS**
Each month Mike Brubaker, Executive Director of Sherburne History Center discusses a different topic. Please join us to discuss: “Prohibition”. **Deadline to register is July 20.**

Thursday, July 21 | 9:30 - 10:30 a.m. | #541191-1G  
Flex Room  
$0 Members  $12 Non Members

**INTERMITTENT FASTING**
In this class you will learn all about intermittent fasting from Health and Wellness Counselor, Heather Carpentier. Find out the benefits, challenges, and how to do an intermittent fast. You will learn that this is not a diet but a method of eating that has shown some health benefits for many. Find out if this is the right for you by coming to this very informative class. **Deadline to register is July 22.**

Monday, July 25 | 1:30 - 2:30 p.m. | #541140-1A  
Flex Room  
$5 Members  $17 Non Members

**CRYPTOCURRENCY BASICS**
Join Better Business Bureau Foundation’s Executive Director, for a discussion about cryptocurrency and how to protect yourself from tech savvy fraudsters. Lisa will start the presentation explaining what cryptocurrency is and will leave time at the end of the presentation for your questions. **Deadline to register is July 28.**

Friday, July 29 | 10:30 - 11:30 a.m. | #541111-1A  
Upper Meeting Room  
$0 Members  $12 Non Members

**MEDICARE 101**
Learning what to do when you become eligible for Medicare can seem overwhelming. This class is for those who will be new to Medicare and would like to learn more about Medicare Parts A, B, C, and D. Presented by staff from Central MN Council on Aging. **Deadline to register is August 15.**

Tuesday, August 16 | 10:00 - 12:00 p.m. | #541304-1A  
Upper Meeting Room  
$0 Members  $12 Non Members

**FADING ADS of the TWIN CITIES**
Remember seeing ads on the sides of the buildings for Coca-Cola, Grain Belt Beer, grocery stores, etc.? Join Jay Grammond as he takes you on a virtual walk around the Twin Cities to view this sort of ‘art gallery’. You will learn a bit about the history of the companies dating back to the 1800’s. Jay has published a book about these ads and will bring along several copies to sell. **Deadline to register is August 22.**

Tuesday, August 23 | 10:00 - 11:00 a.m. | #541139-1A  
Upper Meeting Room  
$5 Members $12 Non Members
The SALT Council is pleased to announce that Senior Day Out will take place again this summer at a new location! All Seniors are invited to attend! Space is limited to the first 45 that register. Deadline to register is August 1.

Thursday, August 4
8:00 a.m. - 12:00 p.m.
Check in starts at 7:30 a.m.

Fee: $5

Location:
Furniture and Things Community Event Center
1000 School Street
Elk River, MN 55330

The program will take place in the Flex Space.

Light snacks will be served and door prizes will be given away at the end of the program.

Program Highlights:

Current Scams and Fraud Trends
Review scams in our local area, including those focused on Medicare.
Presented by: Lieutenant Chris Lindbloom, Becker Police Department and Michelle Trelfa, Central MN Council on Aging

Co-Responder Law Enforcement Program and Senior Mental Health Awareness
Gain knowledge on what a Co-Responder does and how the program works in Sherburne County.
Presented by: Licensed Counselor Roy Neumann, Central MN Mental Health Center

Age Related Hearing Loss: Recognition, Intervention, and Resources
Learn about the causes of age-related hearing loss and how to interact with and support someone experiencing this using various resources.
Presented by: Diane Leonard, MN Dept. of Human Services

Law Enforcement Updates
Receive information on law enforcement services, crime awareness, and trends in our area from agency leaders.

Easy ways to register:
Online: ElkRiverMN.gov/Register
Phone: 763.635.4500
In Person: 1000 School Street, Elk River

- Please register by specific date indicated.
- If you must cancel, please call 763.635.4500.
- No refunds after registration deadline.
Art Class

WATERCOLOR
In this class you will be working with teaching artist MaryLeah Marshall from Rum River Art Center. She will teach you about warm colored washes and other watercolor techniques. You will leave class with a beautiful summer sunset.

Deadline to register is August 26.

Tuesday, August 30 | 1:00 - 3:00 p.m. | #541121-1D
Party Room 1 and 2

$18 Member
$30 Non Member
Fitness

An annual membership is required to participate in these activities. Non members may purchase a day pass or pay the non member rate if listed.

FIT and FRIENDS
This exercise class consists of a warm up, light aerobics, balance training, weight training, stretching, and a cool down. This class is suitable for all fitness levels and is instructed by a trained volunteer.

Mondays and Fridays
10:30 - 11:30 a.m.
Party Room 1 and 2

LINE DANCE and FITNESS FUSION
Line dance and fitness fusion class will be taking a break for the summer. Keep active by participating in one of our other fitness classes or join us on our weekly outdoor walks. Both classes will resume in September. See you then!

EXERCISE in the FIELDHOUSE
In this 45 minute class you will get a great workout! Be ready to move and burn some calories in this fun and energetic fitness class. Exercise balls, bands, and weights may be used occasionally. This class is an intermediate level class instructed by a trained volunteer.

Wednesdays
10:00 a.m.
Fieldhouse

OUTDOOR WALKING
Walking is more fun with others! Meet the group in the parking lot and our volunteer leader will guide you on a 30-45 minute walk at a leisurely pace. Please register in advance so the leader knows how many to expect. No cost for members to participate.

Monday, July 11 | 9:00-10:00 a.m. | #542125-1I
Woodland Trails Regional Park
20135 Elk Lake Road  Elk River, MN 55330

Monday, July 18 | 9:00-10:00 a.m. | #542125-1J
Otsego County Park
15186 6th St NE
Otsego, MN 55330

Monday, July 25 | 9:00-10:00 a.m. | #542125-1K
Bailey Point Nature Preserve
1 Morton Avenue NW
Elk River, MN 55330

PING PONG
The ping pong table is located in the Flex Room and is available during select hours on a first come first served basis. Schedule is subject to change due to rentals/events.

Tuesday, Wednesday, Friday
8:30 a.m. – 12:30 p.m.

SUMMER BREAK
**CAREGIVER SUPPORT GROUP**
In partnership with the Alzheimer's Association, the Senior Activity Center hosts a caregiver support group the last Thursday of every month from 1:30 - 3:00 p.m. This informal support group is for caregivers faced with the challenge of caring for a friend or loved one with memory loss. Joy Oleson is the facilitator and provides you with resources, tips, and more. All caregivers are welcome to attend this support group. *A membership to the Senior Activity Center is not required for this partnered program.*

Thursday, July 28  
1:30 – 3:00 p.m.  
Party Room 1 and 2

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**YGHTZEE and SUNDAES**  
Enjoy a fun afternoon playing Yahtzee with a chance to win a gift card! Ice Cream Sundaes will be served after Yahtzee. **Deadline to register is July 15 at noon.**

Tuesday, July 19  | 1:30-3:00 p.m. | #545060-1A  
Party Rooms 1 and 2

$5 Members  
$17 Non Members

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**CUPCAKES and CONVERSATION**  
Enjoy a cupcake and a cup of coffee while you have a casual conversation with others in a warm and friendly environment. This is a great opportunity to meet new friends and get to know others better. A variety of neutral topics will be discussed and staff will be on hand to keep the conversation going. **Deadline to register is July 6 at noon.**

Thursday, July 7  | 1:30-2:30 p.m. | #545054-1B  
Flex Room

$0 Members  
$12 Non Members

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**TECH HELP**  
Do you need help learning how to use your smart phone, tablet or other device? The Senior Activity Center is partnering with the HOME PROGRAM to offer you free tech support. If you would like to meet 1:1 with a volunteer at the Senior Activity Center, please call 763.231.6283 to schedule an appointment. Be sure to bring all your devices, cords, etc. with you the day of your session.
Hobbies and More

An annual membership is required to participate in these activities. Non members may purchase a day pass, unless a non member rate is listed.

**WOODCARVING**
Woodcarvers of all skill levels are welcome to join this group. Bring your own tools and work on your individual projects while sharing tips and ideas.

**SIT AND KNIT**
Bring your knitting supplies and work on your current project while enjoying the company of others.

Wednesdays
9:00 - 11:30 a.m.
Party Room 1 and 2

**BILLIARDS**
We have two billiards tables available. If you don’t have a pool cue, several house cues are available. All skill levels are welcome.

Monday - Friday
8:30 - 4:00 p.m.
Senior Activity Center

**SEWING**
Participants are welcome to bring in their own sewing projects to work on while using our sewing machines. You may also choose to work on a group project. The only requirements to participate in this group is the ability to use a sewing machine.

Wednesdays
1:00 - 3:30 p.m.
Party Room 1 and 2

**WOODCARVING**
Woodcarvers of all skill levels are welcome to join this group. Bring your own tools and work on your individual projects while sharing tips and ideas.

**SIT AND KNIT**
Bring your knitting supplies and work on your current project while enjoying the company of others.

Tuesdays
10:00 - 12:00 p.m.
Senior Activity Center

**‘IN HOUSE’ POOL TOURNAMENT**
All skill levels are welcome to participate in this fun and laid back pool tournament. If you must cancel, please call the office so we can fill your spot from the waitlist. New players are encouraged to join in the fun! Please note: No food will be provided. You are welcome to bring your own. Please bring your own plates, cups, napkins, and serving utensils if you are bringing in a dish to share. **Deadline to register is July 20.**

Thursday, July 21 | 9:30 - 12:00 p.m. | #545049-1G
Senior Activity Center

$0 Members
$12 Non Members

**POOL TOURNAMENT in Elk River**
Enjoy a fun filled morning playing in a pool tournament against Monticello. A variety of tasty food will be served. Pool tournaments with Monticello will be held the 2nd Wednesday of every month and we will take turns hosting. Space is limited to the first 12 people to register. **Deadline to register is July 12 by noon.** If you must cancel, please notify the office so we can fill your spot from the waitlist.

Wednesday, July 13 | 9:00 - 12:00 p.m. | #545052-1G
Elk River Senior Center

$3 Members (and Monticello team players)
$15 Non Members

Now accepting cotton fabric donations! Fabric donations are accepted on Wednesdays from 1:00 – 3:30 pm. only.
Trips

MILLNER VINEYARD TOUR
Enjoy a fun day exploring the Millner Heritage Vineyard and Winery near Kingston, MN. Weather permitting, you will ride a trolley pulled by a vintage tractor and ride between the vineyard rows for an up-close experience with the grapes. The panoramic views are amazing, and the family guide will explain the process of developing and caring for the vineyard. On the tour of the winery, you will see and hear the art of wine making from fresh grapes to completed wine in bottles. Please note this a standing/walking tour in cool temperatures. After the tour you will get the opportunity to taste and smell the varying natures of each wine. Lunch will be served in the dining area of the winery and the menu will be a chicken entrée, potato, vegetable, bread, coffee, and cookie. **Deadline to register was June 20. Call to get on waitlist as their could be cancellations**

Wednesday, July 20 | 10:00 am - 4:00 p.m. | #541201-1B

$78 Members
$90 Non Members

RIVERBOAT CRUISE
Head to Harriet Island in St. Paul where you will board a Padelford Riverboat to enjoy a two hour picnic lunch cruise. As you take in the sites along the Mississippi, you can indulge in a delicious meal of BBQ chicken, pulled pork, cheddar cornbread, potato salad, fruit, cookies, and coffee. **Deadline to register is July 22.**

Wednesday, August 24 | 10:20 - 3:15 p.m. | #541202-1A

$70 Members
$82 Non Members

Refund Policy on Trips:
- A $5 administration fee will be charged for all refund requests.
- Refunds will not be issued for no shows.
- No refunds after the registration deadline.

OSCEOLA TRAIN RIDE
Go back in time to 1948 on the vintage St Croix Valley Railway in Osceola, Wisconsin. The train ride will bring you through bluffs and you will have beautiful views of the woodlands. You will cross the St. Croix River on a swing bridge that used to open to allow Steamboats to pass through. Onboard you will be served a delicious boxed lunch which includes a turkey sandwich with chips, cookie, and a beverage. After the train ride you will have the opportunity to shop for award winning cheese, bison products, and specialty gifts at Sprouting Out. **Deadline to register is August 29.**

Thursday, September 29 | 9:15 am - 3:15 p.m. | #541292-1B

$83 Members
$95 Non Members

- All trips depart from Furniture and Things Community Event Center.
- Return times are approximate.
- Please follow COVID-19 protocols for each venue.
- Masks may be required– check with venue.
- Only registered participants may cancel their registration by calling the office.
Cards and Games

An annual membership is required to participate in these activities. Non members may purchase a day pass.

“500”
Try your hand at a friendly game of 500. All levels of players are welcome to join this fun group. No need to register.

Mondays
9:30 - 12:00 p.m.
Flex Room

SMEAR
Enjoy an afternoon of cards with friends. No need to register in advance. Fee is $1.00 and will be collected by the group leader the day of the event. Please bring exact change. New players are always welcome.

Tuesdays and Fridays
1:00 - 4:00 p.m.
Flex Room

HAND and FOOT
New and experienced players are welcome to play. No need to register in advance.

Thursdays
12:30 - 3:30 p.m.
Senior Activity Center

CHICAGO BRIDGE
Have a fun afternoon playing bridge! Call 763.635.1192 to sign up or for more information. Fee is $2.00 to play and will be collected by the group leader the day of the event. Please bring exact change. New players wanted!

Mondays
12:45 - 4:00 p.m.
Flex Room

PARTY BRIDGE
Make new friends when you join others for a friendly game of bridge. Call 763.635.1192 to sign up or for more information. Fee is $1.00 to play and will be collected by the group leader the day of the event. Please bring exact change. New players wanted!

Wednesdays
12:45 - 4:00 p.m.
Flex Room

OPEN PLAY BOARD GAMES and CARDS
Enjoy a free cup of coffee and socialize with others while playing board games or cards on your own anytime during our open hours. A variety of games available in include: Boggle, Chess, Cribbage, Dominos, Mahjongg, Rummikub, Scrabble, and Uno.
Are you turning 65 or New to Medicare?

Turn to Humana for your medical and prescription drug coverage in one Medicare Advantage plan.

Call a licensed sales agent
Dan Pfeifer
763-310-7627
Monday-Friday, 8 a.m.-5 p.m.
humana.com/dpfeifer

Call today for membership details!

Now Open

Club GA-Elk River
Cardio, Strength & Group Fitness Classes
350 Evans Ave NW, Elk River
763.241.4434

Call today for membership details!

Club GA-Otsego
Pickleball, Therapeutic Pool, Cardio, Strength & Group Fitness Classes
9200 Quantrelle Ave NE, Otsego
763.635.5463

Call for a tour!

A 55+ Cooperative Community
17155 Quincy St NW
Elk River, MN 55330

Call for a tour!
763.633.0999
Monday-Friday 9am-3pm
www.pullmanplace.org

It’s not real estate, it’s a lifestyle!

Managed by Guardian Angels Senior Services

Medicare Questions?
Part D Questions?
(763) 241-7900
16854 Highway 10 NW Elk River, MN 55330

www.northcentralinsurance.com

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Senior Community
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Senior Living, Assisted Living, Memory Care,
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Call (763) 241-4438 today!
guardianangelsmn.org

For ad info. call 1-800-950-9952 • www.lpicommunities.com
Elk River Senior Center, Elk River, MN
B 4C 02-1015
RSVP Opportunities

This summer the needs for our neighbors are increasing! Please consider giving one hour a week or being on a call list to help when you can. Volunteers are vital to a strong and healthy community.

**Garden Watering** – Flexible opportunity to maintain a small garden at the Guardian Angels campus. You can provide a beautiful and welcoming environment on your own schedule!

**Front Desk Greeter** – Get on the sub list to help at the Sherburne County Government Center front desk. Answer general questions and provide directions to visitors.

**Senior Food Delivery** – Will you drive from Elk River to Zimmerman? Help with food delivery from the Catholic Charities kitchen to ensure seniors in our area have enough hot and nutritious food.

Contact Carole at AmeriCorps Seniors RSVP for details at 763.765.3036.
For you to know

Please observe the following guidelines for all programs:

- Full payment is due at the time of registration. We can not hold spots for any reason. You are not registered if you have not paid.
- You will not be called to remind you that you have signed up for a trip/program.
- Payments can be made online at ElkRiverMN.gov/Register, in person or by phone.

Cancellation/Refund Policy:

- Only registered participants may cancel their registration. Do not call class instructors or presenters to cancel. You must call the office at 763.635.4500 to cancel.
- Refunds will not be issued for no shows.
- A $5 administration fee will be charged for all refund requests.
- Refunds are issued based on the individual trip or program. No refunds after the registration deadline.
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City of Elk River, Minnesota Waiver and Release

By enrolling in a City of Elk River sponsored recreational activity, participants agree to adhere by the following:

1. I wish to participate in a Recreational Activity sponsored by the City of Elk River, Minnesota (the “City”).
2. My participation in the Activity is voluntary. I acknowledge that participating in the Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I know and am aware of all the dangers associated with my participation in the activity and with such knowledge assume any and all such risks while participating in the activity.
3. To the best of my knowledge I am physically fit and have no physical or medical conditions that would prevent me from participating in the activity. I acknowledge that the City recommends that prior to participating in the activity, I should first consult with my physician and abide by any limitations set by my physician.
4. I understand and agree that neither the City or any person acting on behalf of the City, may be held liable in any way for any event which occurs in connection with the activity that may result in harm, death, injury or other damage to me. This waiver of liability does not waive liability for any injuries that I obtain as the result of any willful, wanton or intentional misconduct by the City or any person acting on the behalf of the City.
5. I agree to defend, indemnify, and hold harmless the City for any expense or liability the City may incur as a result of my conduct, actions, or omissions while participating in the activity.
6. It is my express intent that this Waiver and Release shall bind the members of my family, if I am alive, and my heirs, assigns and personal representatives if I am deceased.

Photos: We take photos and video at programs sponsored by us for promotional use. If you do not want your photo taken, please notify us in writing prior to the start of the program.