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.

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

2022 MEMBERSHIP INFORMATION
Inside this issue, you will find the 2022 membership form. New this year, registrants must sign the membership form acknowledging they understand, and will abide by the policies listed in the Handbook Policies. You will receive a copy of the handbook when you pay for your membership. A hard copy of the handbook can be found in the Senior Activity Center and online at MyFTCenter.com. If you choose not to purchase an annual membership, you may purchase a day pass for $5 which gives you access to all the amenities of the Senior Activity Center for the day in which you purchase the pass. Your membership provides a significant discount on our activities and events.

Natalie Anderson
Senior Activity Center Coordinator
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

TRENDS in FRAUD & IDENTITY THEFT: A Perfect Storm
Three factors are causing an unprecedented “perfect storm” of vulnerability to fraud and identity theft for the average American: the ongoing pandemic with its uncertainty and isolation, rapid advances in consumer technology, and how consumer protections are not keeping pace. New scams emerge almost daily often using the same tried and true psychological tactics. Knowing about these makes people far less likely to be victimized and lose money. Now is the time to shift your mindset about your vulnerabilities, and what’s needed to protect yourself and loved ones. Presented by AARP of MN. Deadline to register is June 8.

Thursday, June 9 | 10:00 - 11:00 a.m. | #541108-1A
Upper Meeting Room

$0 Members
$12 Non Members

JOURNEY of WASTEWATER
Learn all about the journey of wastewater from City of Elk River Wastewater Operator, Andy Kitzman. You will learn what happens to the water that goes down your sink after you wash your hands, run the faucet, or flush the toilet. Andy explains this to you in a relatable, understandable, and humorous way. You will get the chance to watch the award winning video that he created, “From Faucets to Flushes and Beyond: The Journey of Wastewater.” There will also be time for questions after the presentation. Deadline to register is June 6. A membership to the Senior Activity Center is not required to attend this partnered program with the City.

Tuesday, June 7 | 1:30 - 2:30 p.m. | #541112-1A
Party Room 1 and 2

Free

HISTORY BUFFS
Each month Mike Brubaker, Executive Director of Sherburne History Center discusses a different topic. Please join us to discuss: “Town Ball”. Deadline to register is June 15.

Thursday, June 16 | 9:30 - 10:30 a.m. | #541191-1F
Flex Room

$0 Members
$12 Non Members

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 June 16.

Friday, June 17 | 10:30 - 11:30 a.m. | #541105-1C
Flex Room

$0 Members
$12 Non Members

CRYPTOCURRENCY BASICS
Join Better Business Bureau Foundation’s Executive Director, Lisa Jemtrud for a discussion about cryptocurrency investments, 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 26.

Wednesday, July 27 | 10:30 - 11:30 a.m. | #541111-1A
Flex Room

$0 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

ACRYLIC PAINTING CLASS
Learn how to create this whimsical summer evening painting with Tessa Downs, Art Instructor from Rum River Art Center. You will receive step-by-step guidance and be taught basic acrylic painting techniques. Participants can create their own unique style with color choice and placement of the composition. This is a fun class where you will leave with a finished piece of artwork. **Deadline to register is June 3.**

Monday, June 6 | 1:00 - 3:00 p.m. | #541110-1A
Party Room 1 and 2

$22 Members
$34 Non Members
Fitness

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!

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, June 6 | 9:00-10:00 a.m. | #542125-1E
Woodland Trails Regional Park
20135 Elk Lake Road, Elk River, MN 55330

Monday, June 13 | 9:00-10:00 a.m. | #542125-1F
Lion John Weicht Park
1104 Lions Park Drive, Elk River, MN 55330

Monday, June 20 | 9:00-10:00 a.m. | #542125-1G
Carrick’s Landing Park (behind Cowboy Jack’s)
9050 Quentrelle Ave NE
Otsego, MN 55330

Monday, June 27 | 9:00-10:00 a.m. | #542125-1H
Otsego County Park
15186 96th St NE
Otsego, MN 55330

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
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, June 30
1:30 – 3:00 p.m.
Party Room 1 and 2

TECH HELP
Do you need help learning how to use your smartphone, 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 technology 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.

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.

NATIONAL DONUT DAY
Come celebrate national donut day by stopping by the Senior Activity Center and having a free cup of coffee and donut! (while supplies last).

Friday, June 3
8:30 a.m. – 12:00 p.m.
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.

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

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

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.

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

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

‘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 June 14**

Thursday, June 16 | 9:30 - 12:00 p.m. | #545049-1F
Senior Activity Center

$0 Members
$12 Non Members

POOL TOURNAMENT in Monticello
Enjoy a fun filled morning playing in a billiards 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 June 7 by noon.** If you must cancel, please notify the office so we can fill your spot from the waitlist.

Wednesday, June 8 | 9:00 - 12:00 p.m. | #545052-1F
Monticello 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

LAKE MINNETONKA BOAT CRUISE
Cruise Lake Minnetonka aboard the Lady of the Lake. After the cruise you will return to the coach bus and drive to Maynard’s for lunch. You will be served a sandwich, soup, chips, beverage, and cookie. After lunch you will reboard the bus and be dropped off along Water Street in Downtown Excelsior where you can explore the quaint shops on your own. **Deadline to register was May 9, call to get on waitlist as there could be last minute cancellations.**

Wednesday, June 8 | 8:00 - 2:00 p.m. | #541200-1A
$84 Members
$96 Non Members

THE MELODY HART FAMILY BRANSON SHOW at the Paramount Center for the Arts
From the TV and Radio show, Branson Country USA, Melody Hart is bringing her show to the Paramount! This two hour show features classic country, bluegrass, western, swing, and rock ‘n’ roll music. She will be joined by her husband Wayne, a veteran fiddler of the stage who worked with the legendary Roy Clark. This show features an all-star lineup of pickers from the top shows in Branson. Prior to the 1:30 p.m. performance, you can enjoy the lunch buffet at Coyote Moon Grille. **Deadline to register was May 12, call to get on waitlist as there could be last minute cancellations.**

Monday, June 13 | 10:30 - 4:45 p.m. | #541297-1B
$68 Members
$80 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.

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.

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 is June 20.**

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
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.
Volunteer Info

City of Elk River Volunteer Opportunities

Senior Activity Center Exercise Class Leader
Become a substitute volunteer exercise instructor! All training will be provided and you will be called to fill in as needed. Classes are held every Monday and Friday at 10:30 a.m.

Senior Activity Center Special Events Assistant
Volunteers will assist staff with special events which could include calling bingo, leading an activity, event preparation and clean up, and serving food. Volunteers can expect to work about 6 hours a month, which only includes day time hours.

More information can be found at ElkRiverMN.gov or by calling 763.635.4500

Exercise Class Leader
Bingo Caller

RSVP Opportunities

Farmers Market Greeter – Get on the list now for your choice of dates assisting at the Elk River Farmers Market. The popular fresh and local food market season begins June 16. Choose your dates to help on Thursdays from 3-5 p.m.

Home Crafters – There are several needs for specific crocheted items for hospital patients which can be completed at home following the patterns provided (such as baby caps and prayer shawls).

Summer School Teacher Aid – Assist the teachers with preparing materials and helping students in grades 3-5 at the Big Lake STEM school.

Contact Carole at AmeriCorps Seniors RSVP for details at 763.765.3036.

Special Event Assistant

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For ad info. call 1-800-950-9952 • www.lpicommunities.com
Elk River Senior Center, Elk River, MN C 4C 02-1015
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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<td>8:30 a.m. Ping Pong 9:00 a.m. Woodcarving 10:00 a.m. Fitness 12:45 p.m. Bridge 1:00 p.m. Sewing</td>
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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.