



# Fridley Senior News

Supporting a Balanced and Well-Connected Life Through Active Aging

6085 7th Street NE, Fridley MN 55432

Mid July-August 2017

(763) 502 - 5150



## Fall Kick off Pie Social

Thursday, September 21

1:00pm—3:00pm

\$2.00

Kids are back in school, there is a crispness in the air... Its time for the Annual Fall Kick Off Pie Social. Join us for entertainment, a resource Fair and, of course, PIE!  
You must pre-register so we know how much pie and ice cream to buy.



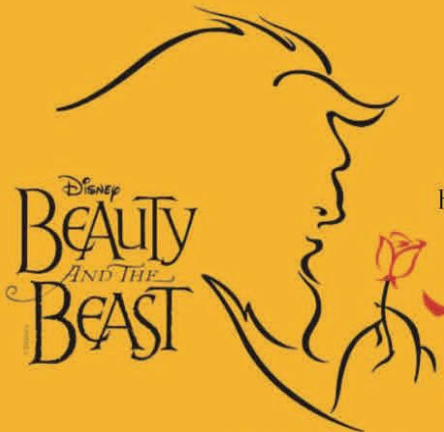
## A Lions Share

The Fridley Lions Club has generously partnered with the Friends of Fridley Seniors to provide financial assistance to low-income Fridley Seniors that need help with home modifications or maintenance. Our mission is to keep seniors safe in their homes for as long as possible.

Applications for **A Lion's Share** are available in the Senior Office. Grants are for a portion of the costs. Other resources are also available to help. Contact Connie at 502-5162 with questions or details of eligibility.

Thanks to the Fridley Lions for their continued support.

FRIDLEY COMMUNITY THEATRE PRESENTS



MUSIC BY  
ALAN MENKEN  
LYRICS BY  
HOWARD ASHMAN  
& TIM RICE  
BOOK BY  
LINDA  
WOOLVERTON

ORIGINALLY DIRECTED BY  
ROBERT JESS ROTH

ORIGINALLY PRODUCED BY

DISNEY THEATRICAL PRODUCTIONS

JULY 20, 21, 27, 28 AT 7 PM - JULY 29 AT 2 PM

FRIDLEY DISTRICT AUDITORIUM - 6000 WEST MOORE LAKE DRIVE

TICKETS GO ON SALE JUNE 19

ADULTS \$15 - YOUTH THROUGH HIGH SCHOOL \$10

FOR ADDITIONAL INFORMATION CALL 763-502-5100

WWW.FRIDLEYCOMMUNITYTHEATRE.ORG

DISNEY'S BEAUTY AND THE BEAST IS PRESENTED THROUGH SPECIAL ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL (MTI). ALL AUTHORIZED PERFORMANCE MATERIALS ARE ALSO SUPPLIED BY MTI. WWW.MTISHOWS.COM

## PAINTING PRIMARIES & BRUSHSTROKE BASICS with Artist Cheryl Barr

Explore transparent watercolor's unique qualities that set it apart from other types of paint. Become friends with your materials as you discover brush strokes and color mixing. Painting on a budget *is possible* as you learn how to mix many colors from basic primary colors.

Three 2-hour long consecutive classes. Supplies will be included.

Cost will again be \$45 per student with a minimum of four/ max of eight

Fridays August 11, 18, & 25 1:00pm—3:00pm  
Room 107—Fridley Community Center

Sponsored by Banfill-Locke Center of the Arts

**Foot Care Clinic**  
**Wednesday, July 19**  
**Wednesday, August 2**  
**Wednesday, August 16**



**Starting at 10:00 a.m.**

Appointments scheduled every 30 minutes.

Call the Senior Office at **763-502-5150**.

Price for service is \$25 for 1/2 hour foot care session and \$15 for a manicure.

Gift Certificates available.

All clients receiving foot care clinic services of any kind must have a **CURRENT** signed Authorization Form in the clients file.

**Health Insurance Counseling**  
**1st Thursday Afternoon**  
**3rd Thursday Morning**

To get your questions answered or to schedule a free, individual appointment, please call the Senior Office, 763-502-5150. The Health Ins. Counseling Program is made possible by the MAAA and Anoka County and is not affiliated with any insurance company.

**Mystic Lake Casino**  
**Wednesday, August 9**

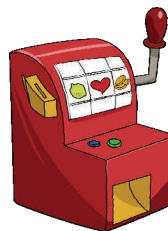
**\$22.00**

**Departures:**

8:00am Banfill

8:15am Norwood

8:30am FCC



**An Introduction to Elder Abuse**

sponsored by Alexandra House

**Wed., September 6 1:00pm**

Do you suspect that someone you know, a neighbor, close friend, acquaintance, family member even yourself, is the victim of abuse. Perhaps you have noticed a behavior or personality change or they are becoming more isolated. Learn about the resources available to help.

Megan Jan, Coordinator of the Aging Services program at Alexandra House, Inc., holds a dual B.A. degree in Psychology and Philosophy, obtained from St. Catherine University. With over six years of experience working with victims of domestic and sexual violence, she continues to build and enhance community relationships while educating community members and professionals about abuse in later life and the services provided by Alexandra House, Inc. Through today's presentation, the audience will learn how to identify characteristics of abuse in later life, how to recognize warning signs, understand the dynamics of the abuse, and the steps to reporting should one suspect abuse is occurring.

Please join us for this informative seminar. I encourage all senior volunteers to attend.

**Health Wise**

With the support of Humana, we will be starting a monthly Health series. The seminar will meet on the first Wednesday of the month beginning in September at 10:00am.

**September 7 New to Medicare: Making the Right Choice**

You have many options to consider when choosing your Medicare coverage. What's right for you may not be right for your friend or even your spouse."

**October 7 Healthy Sleep**

Getting the right amount of good high-quality sleep is important for your physical and mental health. Learn about some common sleep challenges and steps you can take to get better sleep.

Gentle Stretch is moving to Wednesdays at 10:00am for the Summer. Enjoy the sunshine!!!

## ACCAP Chores and More

The ACCAP Chores & More Program provides affordable services which include help with housekeeping, grocery shopping, seasonal outdoor chores (mowing), and minor home repairs for adults 60 +, in Anoka County. We have a sliding fee scale for services provided; please call for more details, 763-783-4767. Help is based on worker availability in your area and type of service requested.

We are HIRING in the FRIDLEY area. If you have a neighbor, family member, or you yourself like helping in your own neighborhood, give us a call. You can make your own hours and earn a few extra dollars.

Call Nancy or Char at 763-783-4767, ACCAP Chores & More: 1201 89<sup>th</sup> Avenue N.E. Suite 345, Blaine, MN 55434. Email: [nshaw@accap.org](mailto:nshaw@accap.org).

Funding support is provided by Metropolitan Area Agency on Aging, Inc. as part of the "Older American Act", Anoka County, ACCAP, and Private & Public Donations.

## Senior Outreach Worker

Kris Moren, Fridley ACCAP Outreach Worker, will have her office hours at the Senior Center on the 2nd Monday of the month from 1:00—3:00 p.m. Get help filling out forms for a variety of programs (Energy Assistance, TAP, SNAP) & find programs that you qualify for to make life a little easier.

If you have any questions that need immediate assistance, please contact Kris at ACCAP Senior Outreach - 763-783-4741.

## Fridley Senior Book Club

4th Tuesday of the Month at 10:00am

July 25

Fever at Dawn  
By Peter Gardos

August 22

Britt-Marie was Here  
Frederik Backman

Please join us. Everyone is welcome!



## Fridley Senior Dining

Open Monday-Friday 9:00am—1:00pm

Lunch Served at 12 Noon

Suggested Donation \$4.00

(with NAPIS on file)

Under 60 years old \$7.00

Call 763-502-5199 by noon 3 business days in advance for a reservation.

(4 days ahead would be helpful)

## Tech Time with a Librarian

Wednesday, July 12

Wednesday, August 8

10:30-11:30am



Did you get a tech toy recently? Make an appointment with a librarian to learn all about using it. This would include e-reader (Kindle, Nook...), tablets, ipads and smart phones.

20 minute 1on1 Appointments available by calling the Senior Office at 763-502-5150.

## Fridley 2017-2018 Back-to-school Resource Fair Kick-Off.

Since 2014, Fridley school district has organized a backpack school supply give-away to families along with community resources they can benefit from. Our goal is to support families in need of school supplies to start the new school year off fresh that will encourage academic success and student learning. We are asking for donations of school supplies to help our fair. Drop off location is the Fridley Senior Program office. This community event has expanded tremendously since 2014 from 200 families to 400 with your help we can continue to make this event a success. If you have any question please feel free to contact Aloda Sims at 763-502-5406.

We will be closed on Monday, September 4 for Labor Day.

## VOA Senior Dining Fridley 763-502-5199

17	18	19	20	21
<b>Breakfast Platter</b> Turkey Sausage Colby Cheese Omelet Breakfast Potatoes Chilled Peaches Muffin/margarines Juice	Sweet & Sour Chicken Jeweled Brown Rice Oriental Blend Vegetables Mandarin Oranges Fortune Cookie	Cheese Burger on bun Chuck wagon Corn Potato Wedges w ketchup packet Fresh Fruit Brownie	<b>COLD MEAL</b> Chicken Cheddar Pasta Salad Sliced Beets Wheat bread/marg. Tropical Fruit Caramel Sea Salt Cookie	All Beef Hot Dog on bun Ketchup/mustard packet Garden Pasta Salad Potato Chips Watermelon Raspberry Cream Muffin/margarine
24	25	26	27	28
Stuffed Chicken Breast White Rice Bermuda Blend Vegetables Fresh Fruit Banana Nut Muffin/margarine	<b>COLD MEAL</b> Tuna Pasta Salad Marinated 3 bean Salad Fruit Cocktail Wheat roll/marg. Strawberry Cream Strudel Bites <b>ALT: Chicken Pasta Salad</b>	Beef Pot Roast Mashed Potatoes & Gravy Carrot Coins Dinner roll/marg/ Carrot Cake w Cream Cheese Frosting  <b>RCD: No frosting</b>	BBQ Beef Riblet Tater Tots w ketchup packet Pickle Chips Coleslaw Fresh Fruit Whole grain roll/margarine	Baked Penne / Meat Sauce Steamed Broccoli Garlic Breadstick/marg. Fresh Orange Vanilla Pudding
31				
Fish Nuggets Oven Fries/Ketchup Packet Sweet Peas Dinner roll/marg. Fresh Fruit  <b>ALT: Chicken Fingers</b>	August menu was not available at time of publishing. Menus will be available after July 27 by email or in the Senior Office.			

### Active Older Adult Golf Clinic

The City of Fridley Parks and Recreation Department has partnered with Victory Links Golf Course in Blaine (2010 105th Ave NE, Minneapolis, MN 55449) to offer active older adult golf clinics. Classes are taught by 12 – year PGA Professional Chris Toftner. Chris grew up in Minneapolis and attended college in Arizona. He has experience as an instructor with the John Jacobs golf schools at multiple resorts throughout the southwest and southeast regions. Chris states that, “ All golfers can own a repeating and efficient golf swing in addition to a competent short game, with an understanding of a few basic club and body movement concepts.”

Clinics run from 2-3pm, and are \$8 .00 per session. After sessions enjoy 9-holes of golf and a cart for \$25.00! Tee time will begin at 3:10 p.m. ( If attending both clinic and 9-holes the total cost will be \$33.00 per outing)

July 18th

The emphasis during this clinic will be on basic pre swing fundamentals and basic movement concepts necessary for learning a repeating, efficient golf swing.

July 25th

This lesson’s focus will be on the full swing with irons and tee shots as well as some on course strategy.

August 1st

This lesson will focus on chipping and pitching and swings less than full with a variety of clubs .

August 8th

This lesson will focus on bunker play , recovery shots as well as uneven lies and special green side shots .

August 15th

This lesson will consist of putting drills for short and long putt fundamentals , and building a sound routine.

August 22nd TBD based on participants interest!

# July 15-August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>17</b> 1:00 pm Bridge	<b>18</b> 9:20am Social 500  1:00pm Video	<b>19</b> 9:00am Hardanger 10:00am Nordic Walk 10:00 Gentle Stretch 10:00 Foot Care  1:00pm 500	<b>20</b> 10:00am Bingo 12 Noon JAMS  1:00pm Health Insurance 1:00pm Snowflake Quilters	<b>21</b> 9:00am Quilting  1:00 Cribbage
<b>24</b> 1:00pm Bridge	<b>25</b> 9:20am Social 500 10:00am Book Club  1:00pm Video	<b>26</b> 9:00am Hardanger 10:00am Hand n'Foot  10:00am Nordic Walk 10:00 Gentle Stretch 1:00pm 500	<b>27</b> 10:00am Bingo  12 Noon JAMS	<b>28</b> 9:00am Quilting  1:00 Cribbage
<b>31</b> 1:00pm Bridge	<b>1</b> 9:20am Social 500 9:00am Legal Aid  1:00 Video	<b>2</b> 9:00am Hardanger 10:00am Nordic Walk 10:00 Gentle Stretch 10:00 Foot Care  1:00pm 500	<b>3</b> 9:00am Health Insurance 10:00am Bingo 12 Noon JAMS	<b>4</b> 9:00am Quilting  1:00 Cribbage
<b>7</b> 1:00pm Bridge	<b>8</b> 9:20am Social 500  1:00pm Video	<b>9</b> 9:00am Hardanger 10:30 Tech Time 10:00am Nordic Walk 10:00 Gentle Stretch  1:00pm 500 Casino Trip	<b>10</b> 10:00am Bingo 12 Noon JAMS  Fare for All	<b>11</b> 9:00am Quilting  1:00 Cribbage
<b>14</b> 1:00 pm Bridge	<b>15</b> 9:20am Social 500  1:00 Video	<b>16</b> 9:00am Hardanger 10:00am Nordic Walk 10:00 Gentle Stretch 10:00pm Foot Care  1:00pm 500	<b>17</b> 10:00am Bingo  12 Noon JAMS 1:00 Health Ins 1:00pm Snowflake Quilters	<b>18</b> 9:00am Quilting  1:00 Cribbage
<b>21</b> 1:00 pm Bridge	<b>22</b> 9:20am Social 500  1:00 Video	<b>23</b> 9:00am Hardanger 10:00am Nordic Walk 10:00 Gentle Stretch  1:00pm 500	<b>24</b> 10:00am Bingo  12 Noon JAMS	<b>25</b> 9:00am Quilting  1:00 Cribbage
<b>28</b> 1:00pm Bridge	<b>29</b> 9:20am Social 500 10:00am Book Club  1:00 Video	<b>30</b> 9:00am Hardanger 9:30 Hand and Foot 10:00am Nordic Walk 10:00 Gentle Stretch  1:00pm 500	<b>31</b> 10:00am Bingo  12 Noon JAMS	<b>1</b> 9:00am Quilting  1:00 Cribbage

## Summer Walking Groups

### Happy Hikers Tuesdays 9:00am

This group is a part of a senior walking network. We have decided to publish all the dates so you can enjoy the group more than once a week this summer. Please note that Thursdays are the shorter walking routes. Most other walks are 60-90 minutes in length. Please direct questions to Bev Kronstedt at 763-571-7502.

July 18 and 19 No Walk

July 20 Kordiak

July 25 Springbrook

July 26 Locke Park

July 27 Lake Sullivan

August 1 Silverview

August 2 Kordiak Park

August 3 LaBelle

August 8 LaBelle

August 9 Lake Sullivan

August 10 Kordiak

August 15 Kordiak

August 16 LaBelle

August 17 Lake Sullivan

**Happy Hikers will take a break the last 2 weeks of August.**

### Nordic Walking Group Wednesdays 10:00am

July 5 Anoka County Riverfront

- Reidel House -

July 12 Nicollet Island Inn

July 19 Springbrook

July 26 Silverwood

August 2 Nicollet Island Inn

August 9 Bunker Hills

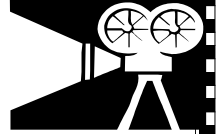
August 16 Reidel House

August 23 Springbrook

August 30 Silverwood

Walking poles available for loan in the Senior Office. Questions can be directed to Jeanne Moffat at 763-574-1232.

## Video Theater Tuesdays 1:00 p.m.



### **July 18 The Man Who Knew Infinity**

This absorbing biopic recounts the life of self-taught Indian mathematician Srinivasa Ramanujan, who made his way to Trinity College at Cambridge in 1913 and rose to prominence under the tutelage of renowned math professor G.H. Hardy. PG13 1hr 48min

### **July 25 The Shack**

Though Mack Phillips is filled with doubts and still grieving after a family tragedy, he answers when God calls him to a deserted shack in the Oregon wilderness -- where what Mack finds will transform his life. PG 13 2 hr12min

### **August 1 The Zookeeper's Wife**

After the Nazis invade Poland, Warsaw Zoo caretakers Antonina and Jan Zabinski place themselves in grave danger when they begin collaborating with the Resistance in an effort to save Jews from the horrors of the Warsaw Ghetto. Pg13 2hr 4min

### **August 8 The Company You Keep**

Robert Redford stars as Jim Grant, a lawyer and single dad who has to go on the lam after a reporter identifies him as a long-sought U.S. terrorist. As the journalist locates more of Grant's old contacts, his guilt begins to appear less certain. R 2hr 1 min

### **August 15 The Choice**

Bachelor Travis Parker is enjoying the single life in his seaside North Carolina town when the beguiling Gabby Holland moves in next door. Almost immediately, the two fall in love despite a host of obstacles -- including Gabby's boyfriend. PG 13 1 hr 51min

### **August 22 Tumbledown**

Hoping to move past the death of her husband, celebrated folk musician Hunter Miles, Hannah begins penning an account of his life. But before long, she meets an author also writing a biography of Hunter -- one with a distinctly different view of him. R 1 hr 43min

### **August 29 Queen of Katwe**

Disney presents Queen of Katwe, a movie based on a vibrant true story starring Lupita Nyong'o and David Oyelowo, and directed by Mira Nair. A Ugandan girl's life changes forever when she discovers she has an amazing talent for chess, in this celebration of the human spirit. PG 2hr 4min

## Reflections by John Ward

### Parade On!!

Whod'a thunk it? Seventy-six years old and marching in a parade! "Marching" might be too strong a word. Walking fast is more like it. Marching means walking in unison with others. Hup, two, three four! And all that jazz. I've been there, done that, rifle and all. Drilling on an army base parade field is not the same as walking Central Avenue in Northeast Minneapolis and passing out voluminous amounts of hard candy to children and ballpoint pens to adults. In spite of the many differences between a military parade and neighborhood parades such as the annual Eastside Parade, there is at least one similarity. Both the military parades and neighborhood parades are subject to the age old axiom; 'hurry up and wait! Make sure you get to the staging area on time so you can stand around and wait, and wait and wait. A person does so much waiting and talking or just plain daydreaming, and the next thing you know the unit in front of you is a block ahead. What can you do but gallop at full speed to catch up even before you reach the main parade route? Once your unit is given the go ahead to turn the corner onto Central Avenue, its SHOW TIME!

I was part of a group of outreach staff and volunteers from the Senior Linkage Line ©, an arm of the Metropolitan Areas On Aging. There were nine 'Red Shirts'. Two people carried the banner, one drove the decorated car-the supply vehicle-and the rest walked along the curb passing out the goodies.

Once our unit turned onto Central Avenue, the chaos ensued. With our grey messenger bags filled with candies, ballpoint pens, and even magnetic refrigerator clips, we began the task of passing out our wares to the many children and adults who lined the curb on both sides of this major access street in Northeast Minneapolis. So many of the kiddies were holding bags to collect the candy, it seemed a little like Halloween. Along with the other parade participants, we handed out the candy. Unlike parades of years' past, many communities do not allow the throwing of candy during parades. It would be a shame if a piece of thrown candy struck a little boy or girl on the forehead.

During the several times my messenger bag was almost empty, I was forced to chase our supply car which could be as much as a block ahead of me. It actually took some fast footwork and a quick hand to grab the goodies from the trunk of a moving vehicle and returning to the crowded curbside. Locating colleagues was important to avoid covering the same territory as they did..

We were almost the last unit in the parade. However, that did not stop the little ones-and not so little ones- from surrounding us as if demanding that we add to their treasure trove of candy. It was a little unnerving seeing all those children operating on a sugar high. I was glad I was not responsible for getting them to sleep that night.

Parents instructed their children to say 'thank you'. Some did, but for most, I believe that instruction went unheeded .

Even though the situation could be likened to controlled chaos, I will do it again, as long as I am able to next year at age seventy-seven.

**Fridley Senior Program  
6085 7th Street NE  
Fridley, MN 55432**

**inside...**

**Dining Menu and News**

The Senior News is now available by email.  
A PDF file of the monthly newsletter can be  
sent to you free of charge.  
Send your request to  
[connie.thompson@fridleymn.gov](mailto:connie.thompson@fridleymn.gov)

**Chores  
and  
More**

763-783-4767



**Fare For All**  
Grocery Distribution

**Thursday, July 13 and August 10**

10:00am—12 Noon

Veggie Packs \$10, Meat Pack \$14 Regular  
Combo \$20

**St Phillips Garage Sale  
Huge 21st Annual Sale!**

Pre-Sale Wednesday, July 26 5:00pm-8:00pm \$3.00

Thursday, July 28 and Friday, July 29 9:00am – 7:00pm

Saturday, July 30 9:00am—12noon

Most items 1/2 price + \$5 per bag for most clothes

[www.splcmn.org/about/garagesale](http://www.splcmn.org/about/garagesale)

The Senior Center will be  
closed  
Monday, September 4  
In observance of  
Labor Day.

**July August 2017**