



Fridley Senior Program

Serving adults ages 55 and older

6085 7th Street NE, Fridley, MN 55432

8:30 a.m. - 4:00 p.m.

Phone: 763-502-5150

Hours: Monday thru Friday 8:30 a.m. - 4:00 p.m.

The Senior Program offers activities & services for older adults, ages 55 and over. These services and activities are held at the Fridley Community Center during the day to enhance physical and mental well-being, independence, and encourage involvement in the community. We have health clinics, instructional classes, clubs, special events, wellness classes, support groups, social services, trips and more. Our facility is completely handicap accessible.

Volunteer Opportunities

Many volunteer opportunities exist with the Fridley Senior Program. There are positions open for activity coordinators, greeters, newsletter staff, mailing coordinators, instructors, discussion group leaders, receptionists, befrienders, committee members, computer assistance, and the list goes on. Whatever your skills, talents, or interests, we will find a place for your help. Positions are also available on committees for fundraising, public relations, and programming. Inquire at the Senior Center to become active in the operations of your Senior Program. Volunteer hours can be used for RSVP and Fair Share credit. The Fridley Senior Program is for older adults in our community. Come get involved!

Senior Services

Legal Aid

1st Tuesday of each month

Fridley Chores & More

Provides home chore services
Call 763-502-5151

Senior Dining

Monday-Friday, 12 noon
Call 763-502-5199

Health Insurance Counseling

1st & 3rd Thursday of each month

Clubs

Cribbage

Fridays, 1:00 p.m.

Cribbage Tournaments

4th Friday of each month

“500”

Tuesdays & Wednesdays

BINGO

Thursdays, 10:00 a.m.

Bridge

Mondays, 1:00 p.m.

Whist

Thursdays, 1:00 p.m.

Book Club

4th Tuesday of each month, 10:00 a.m.

Quilters' Club

Fridays, 9:00 - 11:00 a.m.

Hand and Foot

4th Wednesday of each month, 9:30 a.m.

‘49er Days Senior Events

All activities will be held at the Fridley Community Center
located at 6085 7th Street NE.

Card Tournaments

Friday, June 22nd

\$5 or \$8 for both

(includes button)

500 9:00 a.m.

Cribbage 1:00 p.m.



(prior to parade)

Thursday, June 21st

\$1

Call 763-502-5150 to pre-register for the Card Tournaments.

Senior Services

Do You Need Help Around the House?

Do you need help working around the house on small projects? Cleaning the garage or basement, painting, weeding, changing a light bulb? If you answered yes to any of these, we might be able to help. To qualify you must be over the age of 60 or a disabled adult. Give us a call at 763-502-5151 for help with these daily tasks. The *Fridley Chores & More* program tries to help older adults with small chores that professionals usually do not want to do. The workers are independent contractors, and work on a referral basis from our program. We also have subsidy dollars for those in need.

If you, or someone you know, is interested in working for the *Fridley Chores & More* program please call 763-502-5151. Hourly pay is \$15 - \$18. As a worker you can pick and choose who, what and when you would like to help.

Medication Brown Bag Event

Have you ever wondered when is the best time to take a medication, what the side affects are, or about interactions with other meds and foods? Get your questions answered one-on-one with pharmacists at the Fridley Senior Program. They will review your medications and help answer your questions about how and when to take them and discuss with you possible side effects. One individual shared with us that these sessions made a tremendous difference in his lifestyle. He started sleeping better and was more alert during the day. Come see if it can make a difference for you too.

Activity #	Day	Date	Time	Fee
383502-1	W	May 23	11:00 a.m. - 1:00 p.m.	N/A

Legal Aid for Seniors

Legal Services for Seniors of Anoka County will continue its monthly outreach service at the Fridley Senior Center on the **first Tuesday** of each month between 9:00 - 10:30 a.m. Areas of assistance include nursing home issues, housing issues, health insurance, public benefits (Social Security, Medicare and Medical Assistance, Subsidized Housing), debt collection, repossession, conservatorship/guardianship, landlord/tenant rights, and conciliation court cases. There is no charge to the participants for this service. Please call 763-502-5150 to sign up for a meeting time.

Activity #	Day	Date	Fee
383101-1	Tu	Jun 5	N/A
383101-2	Tu	Jul 3	N/A
383101-3	Tu	Aug 7	N/A

Educational Videos

Watch Channel 17 for cable replays of many of the Senior Program's educational classes. They are shown on a rotating basis following the "live" class at the Community Center. Get information on Medicare Part D, Health Education and Elder Legal Matters. Tapes for loan are also available for these programs from the Senior Program Office. Call 763-502-5150 for a list of titles.

763-502-5150

Fridley Senior Dining

Hot meals are served Monday-Friday at 12 noon. A donation of \$3.50 is suggested from all seniors. Menus are published monthly in the *Fridley Senior News*. Make your reservations by calling 763-502-5199 between 9:00 a.m. and 1:00 p.m. (2 days in advance).

Here is a small menu sample of the types of lunches we serve:

Roast Beef
Mashed Potatoes
Gravy
Carrots
Dinner Roll
Cherry Gelatin

Bon' appetite!

Senior Clubs & Leagues

Cribbage Tournament

Fridays

1:00 – 4:00 p.m.

The **fourth Friday** of each month a cribbage tournament is sponsored at the Community Center. Participants are requested to register in advance to assure table placement and partner match-ups. If you do not have a playing partner, one will be assigned to you. Cost is \$1 per person. Please register by 12 noon the Tuesday preceding the tournament. Table limit is 12.

Activity #	Date	Fee
283302-3	May 25	\$1
383302-1	Jun 22 ('49er Days)*	\$5
383302-2	Jul 27	\$1
383302-3	Aug 24	\$1

NOTE: The June tournament will be held during '49er Days. The \$5 fee includes lunch and a '49er button.



Video Theater

Tuesdays 1:00 – 3:00 p.m.

Join us for a movie on Tuesday afternoons. We will show classic films as well as new releases. Refreshments are provided.

Book Club

Tuesdays 10:00 – 11:00 a.m.

Members meet on a monthly basis to discuss selected books and authors. Group meets on the **fourth Tuesday** of each month at 10:00 a.m.



Coffee, Cards & Conversation

All older adults, age 55 and older, are invited to participate in any of our weekly card parties. There is no need to pre-register, just show up and join in the fun. Play begins at 1:00 p.m. (Tuesdays at 9:30 a.m.).

Day	Event
Mondays	Bridge
Tuesdays	Social 500
Wednesdays	500
Thursdays	Whist
Fridays	Cribbage
4 th Wednesday of each month (9:30 a.m.)	Hand & Foot

ENCORE

This is a new program designed with the recently retired or soon to retire adult in mind. There will be special interest clubs, educational offerings, wellness and special events. This program is in partnership with ISD #14 Community Education.

Come hear musical guest Cory Wong with his group Pena on May 9th. Cory is 2003 graduate of Fridley High School and is now nationally known for his work in Jazz. In April of 2010, Cory and fellow graduate Eric Foss traveled to Lima Peru to record Afro Peruvian music. Afro Peruvian music was born directly out of the slave culture of costal Peru. Each style or form of the genre reflects a different aspect of the life of slavery. You will not want to miss this amazing opportunity to hear one of Fridley's own as he plays and discusses his journey to Lima Peru and the music that was born from it. Dinner will be BBQ style starting at 5:30 p.m. with the performance beginning at 6:30 p.m. Cost is \$25 in advance -- \$30 at the door (performance only).

This will be an Encore Fundraising event and open to all ages and family members.

Senior Wellness/Fitness

Chair Massage Therapy

Each month we have a certified massage therapist come in to give you a fifteen minute, relaxing, seated chair massage. Experience the benefits of better sleep, heightened immune response, stress relief and reduction in pain. Appointments are available from 10:30 a.m. – 12 noon. Call 763-502-5150 to schedule your appointment now. A \$15 payment will be paid to the therapist at the time of your appointment.

U-Care Enhanced Fitness

M/Tu/Th 1:00 – 2:00 p.m.

We are very excited to have Enhanced Fitness come to the Fridley Senior Program. Improve flexibility, bone density, and stability with this fun interactive exercise program. Pre-registration is required. **Activity #:** 383301-1

Foot Care Clinic

Wednesdays 10:00 a.m. – 1:30 p.m.

The City of Fridley Senior Program, in cooperation with Presbyterian Homes of Minnesota, sponsors a monthly Foot Care Clinic. Clients will have their nails trimmed, calluses pumiced, and feet massaged. Appointments can be made for the *first and third Wednesday* of each month from 10:00 a.m. – 1:30 p.m. at the Fridley Community Center (30-minute intervals). Call 763-502-5150 to reserve your time now. **The fee is payable the day of your appointment to Presbyterian Homes.**

<u>Activity #</u>	<u>Date</u>	<u>Fee</u>
383501-1	Jun 6	\$20
383501-2	Jun 20	\$20
383501-3	Jul 18	\$20
383501-4	Aug 1	\$20
383501-5	Aug 15	\$20

Other Senior Activities

Chanhassen - Xanadu

Wednesday July 18

Kira, a beautiful, magical Greek muse, is sent on a quest to Earth from the heavens of Mt. Olympus to Venice Beach, California to inspire a young artist to achieve his greatest dream – to build the first roller disco! (Hey, it's 1980) But when Kira falls into forbidden love with the mortal Sonny, her jealous sisters take advantage of the situation and chaos abounds. This hilarious roller-skating, disco dancing adventure weaves an electrifying tale of endless fun that will keep you in stitches! Fee includes transportation, admission, and lunch.

<u>Activity #</u>	<u>Time</u>	<u>Fee</u>
383406-1	10:30 a.m. - 4:30 p.m.	\$68

Defensive Driving

Refresher Course 10:00 a.m. – 3:00 p.m.

This course is designed for those who have completed the 8-hour course. A refresher course every three years replaces the old requirement of the 8-hour course every three years. The group will break for lunch, which is available through the Senior Dining program for an additional cost.

Note: Please include your driver's license number when registering.

<u>Activity #</u>	<u>Day</u>	<u>Dates</u>	<u>Fee</u>
283102-3	Th	May 10	\$20
383102-1	W	Jun 6	\$20
483102-1	Th	Sep 20	\$20

Bring your grandchildren!

Gramp Camp

This camp at Springbrook Nature Center is for grandparents of children 4 to 10 years old. Take this opportunity to enjoy some quality time with a special child in your life. See live animals, take hikes, make a keepsake craft, cook lunch over a fire and have fun together discovering nature. See page 19 for further information.