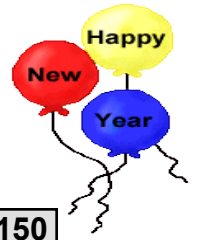




# Fridley Senior News



6085 7th Street NE, Fridley MN 55432

January 2012

(763)502-5150

## Great Decisions Germany Ascendants Wednesday, January 18th 9:30am—11:00am

Germany has emerged from both the financial crisis and the eurozone crisis as the dominant economic and political power in Europe, in particular setting the tone for dealings with Russia, Eastern Europe and Iran. How important is it for US interests to enhance relations with Germany?

Christa Tiefenbacher-Hudsen, Honorary Consul of the Federal Republic of Germany in Minneapolis will join us for the discussion. Her responsibilities include promoting German-American relations and providing assistance to German and American citizens in matters related to Germany.



## Mardi Gras Come Celebrate Mardi Gras Fridley Style February 21 — 1:00—3:00 pm Cost:\$2.00

**Black Jack, Texas Hold-em, Bingo & More**  
Each year the Senior Program throws a Mardi Gras party involving numerous games of chance. No real money is involved, but it is a fun time for all. We have invited Local celebrities to deal and call BINGO. There will also be door prizes (valued at over \$500) and refreshments. Sponsored by Fridley Senior Advisory Council. Refreshments courtesy of the Fridley American Legion Auxiliary.

## Time to Update Our Records

We have found some inaccuracies in addresses and phone numbers. If you have moved in the past year, please call the Senior Office (763-502-5150) between 8:00am and Noon with your new information.

We would also appreciate an emergency phone number for our records

## Watch the Newsletter for the Next Casino Trip Details. No trip in January.

## Center Closed To Observe the following Holidays.

New Years Eve and Day  
Friday and Monday  
December 30 and January 2

Martin Luther King Day  
Monday, January 16

**Health Insurance  
Counseling  
3rd Thurs morning  
1st Thursday Afternoon**

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.

**Monthly Cribbage Tournament  
Next Tournament**

Friday, January 27th at 1:00 pm.

Cost \$1.00.

Sign-up in the Senior Office by Noon on Tuesday, Jan 20th.



**Legal Aid**

Renee, is taking appointments, 1st Tuesday of the month. Call the Senior Office for an appointment time, 763-502-5150.

**Fridley Senior Book Club**

January 24 10:00 am



Unbroken

By: Laura Hillenbrand

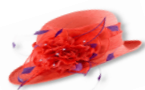
**2012 WinterFest  
Saturday, January 28th  
1:00pm—4:00pm**

Join us for some Winter Fun. There will be outdoor activities in Commons Park and indoor fun at the Fridley Community Center. Bring your grandkids!



**Parkinson Support Group  
Wednesday, Jan 25th  
10:00 am**

**Red Hats**



**Next Meeting  
Wednesday, January 18, 2012 — 11:30 am**  
Olive Garden on Coon Rapids Blvd

**Wednesday, February 15, 2012 — 1:00 pm**  
Valentine Pie Social  
At the Senior Center



**Foot Care Clinic**

**Wednesday, Jan 4th &  
Wednesday, Jan 18th**

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

Appointments scheduled every 30 minutes.  
Doctor's permission required annually.

Price for service is \$20 for 1/2 hour foot care session and \$11 for a manicure.  
Gift Certificates available.

## Friends of the Fridley Senior Program

2011 was a huge year for the Senior Program as we positioned ourselves for the future.

- We started a new program for the younger set (50—70 Years old) that meets in the early evening. Many of the participants are recently retired or looking at retirement in the next few years. They find that the early evening programming really fits their schedule and interests.
- We formed our own non-profit organization (501 c-3) so we can start to actively pursue cooperate and foundation funding. It also means that we have the structure in place to accept memorials and tax deductible donations.
- We moved the Senor Accounts over to be managed by the City Finance Department. The City Auditors felt that consolidating our accounts would be more efficient.
- The Chores and More Program has graciously settled in with a new Coordinator and another 3-year grant.
- Finally, we started our Preferred Advertiser program for local business. Check out the article on this page for details.

Can't wait to see what 2012 brings!

## Preferred Advertiser Display

In 2012, we are excited about our new program promoting local businesses that support the Fridley Senior Program. Late in 2011, we contacted businesses that serve seniors and offered them the opportunity to participate. You will notice a new brochure rack next to the elevator that is dedicated to them.

Each vendor applied to be in the program. They had to be a service that benefits seniors and their families as well as meet our vision and programming mission. Finally each pays an annual fee of \$100 to participate. Much to our surprise and joy the rack is FULL.

Please consider them if you need the service that they offer. We will be highlighting them each month in the newsletter.

### Supporting Vendors

Comfort Keepers  
Crestview Senior Communities  
The Eye Care Center  
Home Instead  
Jack Matura—Funeral Pre-Planning  
Home Care Solutions  
Pinnacle Services  
Silvercrest Properties  
Visiting Angels



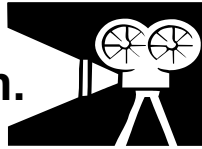
## Our Thanks to the Following People

**Ardella Buss and Dorothy Hegna** for all the wonderful Holiday decorations you put up. Thank you for helping make our Holiday parties so festive.

**Fridley Lions** – You made so many happy with the Holiday Party this year

**Voigt Bus, the Fridley City Band, Fridley High School Chamber Singers, and the Fridley School Bus Drivers**— The Holiday Lights Tour was delightful.

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



### January 3- Larry Crowne

After being laid off from his longtime job at a soulless retail giant, average middle-aged guy **Larry Crowne** (Tom Hanks) decides it's time to change up his life, so he heads back to college. There, he finds a new perspective -- and a new romance with a professor (Julia Roberts). Hanks directs this comedy-drama from a script co-written by Hanks and Nia Vardalos.

### January 10—The River Why

Gus Orviston, a discontented city-dweller who abandons **the** urban rat race, moves to **the** wilderness to devote his time to fly-fishing and begins a quest to pull a prize rainbow trout from **the** river. As his odyssey takes on deeper emotional dimensions, Gus strikes up a relationship with lovely fellow angler Eddy (Amber Heard) in this dramatic adaptation of David James Duncan's acclaimed novel of **the** same name.

### January 17 One Day

After a romantic tryst on college graduation night, Emma and Dexter pursue separate dreams. This romantic drama based on a novel of the same name checks in with them each year on the same date, tracking their personal and professional progress.

### January 24 Sweet Land

Norwegian-American farmer Olaf Torvik (Tim Guinee) and his rural Minnesotan community must struggle to overcome years of anti-German propaganda and prejudice when he discovers that his mail-order bride, Inge (Elizabeth Reaser), is not only a German but also an accidental Socialist. Writer Ali Selim also directs this Independent Spirit Award-winning tale of love's ability to triumph over ignorance.



Helping elderly adults choose to remain at home.  
Delivering groceries into your kitchen.

**651- 642-1892**

[www.storetodoor.org](http://www.storetodoor.org)



## Senior Dining

Have you heard?

"Now there are more overweight people in America than average-weight people. So overweight people are now average... which means, you have met your New Year's resolution.

Jay Leno

Ha Ha! And Welcome Dear Friends to a Wonderful New Year!

And with this new 2012 we have some new menu meals and some old favorites, such as: BBQ Pork Chop with Mashed Sweet Potatoes and Coleslaw; Roast Beef Au Jus on Onion Bun, Broccoli Cheese Soup and Potato Salad; Sirloin Tips & Gravy, Mashed Potatoes and Fruit Cup; Sauteed Liver and Onions with Onion Gravy, Baked Potato and Honey Wheat Roll; and Beef Stroganoff Casserole and Coconut Cream Pie. We hope that you will join us often this month, and please remember that we will be closed January 2nd and January 16th. Don't forget to place your reservations at least 3 business days in advance by either dropping off a menu with your choices circled, or by calling (763) 502-5199.

## Fair For All—Grocery Distribution: Thursday, January 12th

10:00am—12 Noon.

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



## Gentle Stretch

A yoga inspired stretching class with  
Michael Ledman.



**Tuesdays 10:00am –11:00am**  
Cost \$4.00 per session

### January 2012


Well, well my friends we have the turning over of the calendar again, another new year is upon us. I think it's happening faster that it should, don't you? Hopefully 2012 will be better. Resolutions? I don't make any as I break them within a few days. Procrastinate? I'm good at that too (should I? Shouldn't I?). I just make simple choices. Speaking of choices, that's a small word, but it could turn into a big word, depending on the person and what they choose. How about collectors and what they choose? By collecting items big or small sometimes can turn into treasures. What do you collect? For me it's elephants: big ones, teeny tiny ones, some made of cloth, a lot of stuffed elephants, wooden, glass and Xmas ornaments. I do actually have other items, name it I got I'm sure. To me each item/piece is a treasure. To me they all have a history of their own. All of these treasures are beautiful, until when the time comes to dust and clean them. That's when I say, "self if I get any more, where am I going to put them?" I've tired telling my family not to give me any more, but still some keep sneaking in. One day I was cleaning and dusting every piece, my mind was working (yes it does at times), when I came to this conclusion: when friends and family find out you collect this and that, that's when you receive this and that, right? I do love it anyway. I still get excited when I receive another memory to add to my collection, I feel this way: when the giver went to the effort in the first place, shows that they love you. All one can do is love them back. I always find a place for the new items to go with what I have. Getting crowded on the shelves, but I love it. My mom had some beautiful items that she kept under glass in a cabinet. She wouldn't let me go near those prized possessions when I was growing up. I can't for the life of me figure out why she didn't trust me, but she didn't. I suppose because of that dreaded pump handle... I guess... well Happy New Year every one! Have a great 2012!

### December 2011 (This article didn't make the December Newsletter, but here it is)

Well, well, here it is the month of December already. I bet it's not only me that thinks the months are passing by much too fast. I know I have slowed down "some". So I just better catch up with myself, if I don't do it soon, I could be passing me by, and that just cannot happen. I do believe December is the busiest time of year, so much to do getting ready for its arrival. By now all decorations are all up over the city, including family homes and apartments are all decked out with strings of blinking lights. Most outside trees are all in colors of blue, red, green, clear and the blending of mixed colors together; really is beautiful for the eye to see. Thank you all for decorating your homes and yards for everyone to enjoy. 'Tis the time of the year when we start wearing heavy jackets, gloves, mittens, hats/caps, and those good warm boots. Since cold weather and snow is everywhere. The stores are busy with shoppers; even shoplifters are busy "shopping"! The Salvation Army bell ringers are busy ringing their bells. Santa and his elves are packing their bags to be delivered on Christmas Eve, to all little girls and boys all over the world. The elves have to tend to the reindeer as they need food and water, right? The reindeer need to keep up their strength for the busy Christmas Eve – fly in the sky!! In my early years (yes my early years) I remember that we never had a real tree; year after year mom put up this 24" artificial tree that stood in all its glory on top of the Singer sewing machine cabinet. Mom hung one strand of tinsel on each tiny branch, a small silver star topped the tree, the ornaments were a few small, tiny, shiny colorful birds that had long tails that clipped to the branches; a few tiny real candles in holders that clipped to the branches. Mom didn't light them too often; she did light them for a little while on Christmas Eve. When I was in my young baby years I didn't care about all the preparation for the coming of Christmas, all I was interested in was what St. Nick had for me. Well this one Christmas Eve, all outside chores were done, dinner was over and it was real dark outside. My mother made an excuse to go outside, she lit the lantern, dressed for the weather and out the door she went. Not long after she left I heard some bells ringing and a big "Ho Ho Ho" and in came St. Nick – oh boy – chicken me ran to my dad for protection. I didn't move an inch until St. Nick went out the door. A few minutes later, my mom came back in the house. I was so excited to tell her all about St. Nick's visit and my gifts. When I noticed that St. Nick had on the same clothes that my mom wore, when she went outside I questioned her; I don't remember her answer. From then on my gifts were left on the outside doorstep...fancy that! St. Nick's mask was scary in itself; it was a triangular white piece of cloth with two holes for the eyes and one for the mouth with red-rosy cheeks and a big pointed top with a big red ball of yarn on the end. No wonder I was scared stiff. When I was a few years older, mom told me that she used a white pillowcase that she folded to make that triangular shaped hat. I guess after that exposure the gig was up. I'm sure they fooled me a few years before I caught on. Have fun with your family and Merry Christmas to all!

# JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>Senior Center Closed To Observe New Years Day</b>	3 9:00am Pool 9:30am Social 500 10:00 Gentle Stretch  1:00pm Fitness 1:00pm Video	4 8:00am Exercise 9:00am Pool <b>10am Footcare</b>  1:00pm 500	5 10:00am Bingo  12Noon JAMS 1:00pm Whist 1:00pm Fitness	6 9:00am Quilting 9:00am Ceramics  1:00pm Cribbage
9 8:00am Exercise 8:30 am Cheer 9am Woodcarvers 9:00am Hardanger  1:00pm Bridge 1:00pm Fitness	10 9:00am Pool 9:30am Social 500 10:00 Gentle Stretch  1:00pm Fitness 1:00pm Video	11 8:00am Exercise 9:00am Pool 9:00 am Bridge  1:00pm 500	12 10:00am Bingo <b>10:00am Fare For All</b>  12Noon JAMS 1:00pm Whist 1:00pm Fitness	13 9:00am Quilting 9:00am Ceramics  1:00pm Cribbage
16 <b>Senior Center Closed Martin Luther King Day</b>	17 9:00am Pool 9:30am Social 500 10:00 Gentle Stretch  1:00pm Fitness 1:00pm Video	18 8:00am Exercise 9:00am Pool <b>10am Footcare</b> <b>10am Defensive Driving</b>  <b>11:30am Red Hat Soc.</b> 1:00pm 500	19 10:00am Bingo  12Noon JAMS 1:00pm Whist 1:00pm Fitness	20 9:00am Quilting 9:00am Ceramics  1:00pm Cribbage
23 8:00am Exercise 8:30 am Cheer 9am Woodcarvers 9:00am Hardanger  1:00pm Bridge 1:00pm Fitness	24 9:00am Pool 9:30 Social 500 10:00 Gentle Stretch 10am Book Club  1:00pm Fitness 1:00pm Video	25 8:00am Exercise 9:00am Pool 9:30am Hand & Foot Cards 10:00am Parkinson  1:00pm 500	26 10:00am Bingo  12Noon JAMS 1:00pm Whist 1:00pm Fitness	27 9:00am Quilting 9:00am Ceramics  1:00pm Cribbage Tournament
30 8:00am Exercise 8:30 am Cheer 9am Woodcarvers 9:00am Hardanger  1:00pm Bridge 1:00pm Fitness	31 9:00am Pool 9:30 Social 500 10:00 Gentle Stretch  1:00pm Fitness 1:00pm Video			

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Senior Dining Closed for New Year's Holiday Bag Lunches Available Caesar Chicken Pasta Salad w/Cheese Tortellini Multi-Grain Bread w/Margarine Apple Sauce Cup 3 Bean Salad Brownie	Beef and Broccoli Stir Fry Brown Rice Diced Peaches Oatmeal Raisin Cookie	Cheese Omelet Breakfast Potatoes Fruit Juice Fresh Fruit Blueberry Muffin w/Margarine	Cheese Ravioli w/Chicken in Pesto Sauce Peas Apricot Halves Bread Stick w/Margarine Frosted Cake  RCD: Unfrosted Cake	Juicy California Cheeseburger on Whole Wheat Bun Pickled slices, Lettuce, Tomato, Ketchup Scalloped Potatoes Banana Pudding
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
BBQ Pork Chop or ALT: BBQ Chicken Breast Mashed Sweet Potatoes Coleslaw Cheddar Garlic Biscuit Applesauce	Asian Chicken Casserole Oriental Style Vegetables Diced Pears Multi-Grain Bread w/Margarine Chef's Choice Dessert	Roast Beef Au Jus on Onion Bun Broccoli Cheese Soup Potato Salad Tropical Fruit Cup Chocolate Chip Sandwich Cookie	Crispy Fish Sandwich w/Tartar Sauce or ALT: Chicken Patty on Whole Wheat Bun Oven Fries Ketchup Romaine Salad w/Ranch Dressing Blueberry Coffee Cake	Beef Stroganoff Casserole Normandy Blend Veggies Wheat Pull-Apart Roll w/Margarine Chef's Choice Vegetable Fruit Coconut Cream Pie
<b>M. L. King Day 16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Senior Dining Closed for Martin Luther King Holiday Bag Lunches Available Turkey Cold Cuts on Hoagie Bun Mayonnaise Coleslaw Fresh Fruit Cup Lorna Doone Cookies	Breaded Pork Cutlet in Rosemary Sauce or ALT: Sliced Turkey Au Gratin Potatoes Chef's Choice Veggies Whole Wheat roll w/Margarine Pear Halves	BBQ Chicken Sandwich on Whole Wheat Bun Jo Jo Potatoes 3-Bean Salad Chocolate Cream Pie	Chicken Fried Steak Mashed Potatoes w/Gravy Fresh Spinach w/Honey Mustard Dressing Biscuit w/Margarine Chef's Choice Cookie	All-Beef Meatloaf w/Ketchup Glaze Tarragon Chive Roasted Potatoes Creamed Corn White Pull-Apart Roll w/Margarine Blond Toffee Chip Brownie
<b>23</b>	<b>24</b>	<b>Birthday Meal 25</b>	<b>26</b>	<b>27</b>
Chicken Chow Mein Steamed Rice Oriental Veggies Chow Mein Noodles Mandarin Oranges Almond Cookie	Tuscan Chicken Vegetable Soup Cranberry Turkey Salad on Focaccia Bread Mediterranean Pasta Salad Diced Pears	Tender Beef Pot Roast Mashed Potatoes w/Gravy Capri Blend Veggies Whole Wheat Dinner Roll w/Margarine Carrot Cake  RCD: Unfrosted Cake	Citrus Herb Chicken Breast w/Orange Cranberry Sauce Scalloped Potatoes 4-Way Veggie Blend Wheat Pull-Apart Roll w/Margarine Strawberry Shortcake	Irishin Tips & Gravy Mashed Potatoes Two Tone Beans French Bread w/Margarine Fresh Fruit Cup
<b>30</b>	<b>31</b>			
Tator Tot Casserole 5 Way Veggie Blend Cheddar Garlic Biscuit w/Margarine Fresh Melon	Sauteed Liver and Onions w/Onion Gravy or ALT: Sliced Turkey Baked Potato w/Margarine Chuck Wagon Corn Honey Wheat Roll w/Margarine Rosy Applesauce			

1% milk and margarine are served with each meal. Skim milk is available upon request. Some days there are two choices for the entrée, indicated by the word OR. Other food options are noted: SR = salt restricted, RC = restricted calorie and RCD = restricted calorie dessert. Please state your selection when you make your reservation. If you have questions regarding meals or options, feel free to ask your Site Coordinator. Your comments are welcome call 952-945-4157. Volunteers of America Senior Nutrition Program serve all seniors regardless of race, color, sex, disability, national origin, creed or religion. The service is funded through a contract with the Metropolitan Area Agency on Aging, Inc., as part of the Older Americans Act Program, and participant contributions. Upon request, this information will be made available in an alternative format: Braille, large print or audiotape. For TDD, contact Minnesota Relay Service at 1-800-627-3529. For more information about the services provided by Volunteers of America go to [www.voamn.org](http://www.voamn.org).

**4 Hour Defensive Driving  
Refresher Course**

**Wednesday, January 18th**

**10:00am—3:00pm**

**Cost: \$20**



Lunch available with Senior Dining with an additional donation

**Don't Miss An Issue**

Its time to renew your Newsletter subscription. IF your label says (12) after your name, we have received your payment. An (11) means this will be your final mailed newsletter. Please send \$6.00 to the Fridley Senior Program today, before you forget and miss an issue. The newsletter is available for free pick up on the first of the month or by email.

**Wii Bowling and BUNKO**

There has been some interest expressed to start up Wii Bowling and BUNKO again this winter. If you are interested please sign up in the Senior Office. When there is enough (4-6 people), we will get it started.

**Fridley Senior Program  
Fridley Community Center  
6085 7th St 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 [thompsonc@ci.fridley.mn.us](mailto:thompsonc@ci.fridley.mn.us)