

Senior Center News

Chisago County Community Center
38790 6th Avenue | North Branch, MN 55056 | 651-674-8658

For Those Who Dread Exercise

Feeling a bit bored with your exercise routine? Let's shake things up with some fun and unusual home exercises to keep you energized and joyful!

Indoor Dance Parties: Crank up your favorite music, and have an indoor dance fest. Whether you're swaying to classic tunes or trying out new moves, dancing is a fantastic way to get your heart pumping and lift your spirits.

Chair-aerobics: Grab a sturdy chair and start with seated marches, arm lifts, and gentle twists. For an extra dose of fun, try balancing a pillow on your head while you exercise. It's a delightful challenge that'll keep you smiling throughout your workout.

Soup Can Lifts: Turn your pantry into a mini-gym with a couple of soup cans. Use them as weights for quick arm workouts—bicep curls, shoulder presses, and gentle tricep extensions.

TV Commercial Workouts: Transform TV time into a fitness session by exercising during commercials. Do some leg lifts, and arm circles while waiting for your show to resume.

Kitchen Calisthenics: Turn cooking into a workout! While waiting for the water to boil or for the oven to preheat, do some calf raises, squats, or kitchen counter push-ups. Make the most of your time in the kitchen.

Reading Recliner Exercises: While sitting in your favorite recliner, try seated leg lifts and ankle circles. It's the perfect way to stay active and relaxed simultaneously.

Your mind and body will thank you for these enjoyable and creative exercises. Have fun and stay active!

Pot Luck Sunday

*Just wait until you see
the desserts...*

Every 2nd Sunday of
the month.

Bring a dish to share
Donations welcome

Hand, Foot & Arm

Every Thursday at 1:00
We've leveled up from
Hand & Foot to the
exciting Hand, Foot &
Arm and we're loving it!
Come join the fun.

Music

Every Tuesday @ 11:15
Jan 7 Dwight & Mo Mo
Jan 14 Wire & Wood
Jan 21 Johnson Brothers
Jan 28 Anika & Dovovan



CONNECT WITH US

651-674-8658

www.chisagosrcenter.org

chisagocountyseniorcenter@gmail.com

Come join us for our invigorating one-hour exercise class!

Designed for seniors and led by seniors, we gather every Monday, Wednesday, and Friday at 10:30 AM for a fun and engaging workout session that caters to all fitness levels.

Whether you're a seasoned fitness enthusiast or just getting started, everyone is welcome to participate at no cost. It's a wonderful

opportunity to stay active, make new friends, and enjoy a supportive community. **See you there!**



500 Card Game - Every Monday & Wednesday at 1:00 pm. The cost is \$1

Bingo Every Thursday at 10 am. \$.25 per card, 2-card limit.

Bridge Every Second Thursday from 1 pm to 4 pm

Cribbage Every Friday at 1:00 pm. The cost is \$1

Dominos Every Tuesday at 10 am Come, even if you've never played and we will teach you!

Exercise With Connie Every Monday, Wednesday & Friday from 10:30 am to 11:30 am.

Hand, Foot & Arm Every Thursday at 1:00 pm to 3:00 pm.

Happy Feet Foot Care Appointments are available on the 3rd Wednesday and 4th Tuesday of the month. Call 763-346-3390

Movie Day Every Second Tuesday at 1:30 pm. Free popcorn and beverages! See the activities calendar for what is playing each week.

Music (Live Music) Every Tuesday at 11:15 am. See the activities calendar for who is playing each week.

Pot Luck Sunday Second Sunday at 12:30 pm. Bring a dish to share, Donations welcome.

Volunteer Opportunities Call the Senior Center for information at 651-674-8658

Resources

Food

Catholic Charities Senior Dining, Monday – Friday at 11:45, Call for reservation (651)-674-1956

Fare For All, Trinity Lutheran Church, January 8th, (763)-450-3860

Ruby's Pantry, Access Church, 2nd Saturday of the month. Starts at 9:30am

Miscellaneous

Arrowhead Transit, 800- 862-0175, option 13, <https://arrowheadtransit.com>

Chisago Age Well Coalition, No phone #, <https://www.chisagoagewell.org/>

Friends & Co, 612-746-0737, <https://friendsco.org/>

Lakes & Pines, 320-679-1800 <https://www.lakesandpines.org/>

Mid-Minnesota Legal Aid, Senior Law Project, 1-888-360-2889 <http://www.mylegalaid.org>

Senior Linkage Line - Board on Aging, (651) 431-2500, <https://mn.gov/senior-linkage-line/>

Give Blood.

American Red Cross

Blood Drive



At the Senior Center, Thursday, January 16th from 9:00 am to 3:00 pm. Please call 1-800-733-2767 or visit www.redcrossblood.org/ and enter: North Branch, to schedule an appointment.

PRECISION DRIVING CENTER

55+ Discount Program

January 23rd, March 20th & May 8th

12:00 pm to 4:00 pm

4 Hour in-person classes

To register call 320-308-1400 or online at

www.DriverDiscountProgram.com

Classes are held at the senior center

Friends & co Phone Companions

Phone Companions connects you with a warm and caring phone friend who is ready to create and enjoy a connection. Our amazing volunteers are background-checked and prepared to share their warmth and friendship. We'll get you connected in just a few easy steps. Questions about this service? Contact us @ 612-746-0737 or companions@friendsco.org

HELP... WITH HEATING COSTS



Lakes & Pines Community Action Council

1700 Maple Ave East, Mora, MN 55051

Mora Area: (320) 679-1800

Toll Free: 1-800-832-6082

THE MINNESOTA ENERGY ASSISTANCE PROGRAM. TDD AVAILABLE/SPECIAL ACCOMMODATIONS UPON REQUEST

Computer Technology Workshops for 50+ and free

Are you having issues with your smartphone, tablet, or computer? Drop in at one of the dates below to get individual help from a capable volunteer or a high school student. Each time, there will be a topic and time for individual help.

Wildcat Community Center

Tuesdays @ 2:30 pm

Jan 7, Jan 21, Feb 4, Feb 18, Mar 4, Mar 18,

Apr 1, Apr 15, Apr 29 May 13



Would a disability parking permit help?

See if you're eligible!

Call 1-888-THERAPY

Or visit us at 5466 St Croix Trail #107

North Branch, MN 55056

***Come Travel with Me* - Carline Sargent**

THURSDAY, February 6th, ALL SHOOK UP

Show, Lunch and Coach Bus Transportation
A musical comedy featuring the music of Elvis Presley in a story of romance, rebellion and rock n' roll. Event time: 12 noon to 2:30 pm.

Email: cometravelwme@gmail.com or call 612-270-3403 Cost \$90.

Presidents Corner

Happy New Year from the Chisago County Senior Center. Hopefully every one of you survived the hustle and bustle of the Holidays. For some, January can feel a bit too quiet after all the excitement of the Holiday season. If that sounds like you, we're here to help! Consider joining us for one or more of the many activities listed on our monthly calendar. It's a great opportunity to meet new friends along with filling some free time. Just like that, Spring will be here before you know it.

Warm wishes, Carol Gilquist
President, Chisago County Senior Center

"You are never too old to set another goal or to dream a new dream" C. S. Lewis

Movie Day at the Chisago County Senior Center: A Cinematic Delight!

Lights, camera, action! Every second Tuesday of the month at 1:30 PM, the Chisago County Senior Center transforms into a delightful movie theater, offering a nostalgic journey through the silver screen's finest classics.

Our Movie Day is a cherished tradition, drawing seniors together to enjoy the timeless magic of older movies that have stood the test of time. From heartwarming tales and timeless comedies to gripping dramas and enchanting musicals, our selection promises to entertain and evoke fond memories. But the magic doesn't stop at the movie screen! We provide free freshly popped popcorn that fills the air with its irresistible aroma, making the cinematic experience complete. And to wash it down, we offer a variety of beverages to keep you refreshed and cozy as you enjoy the film.

Whether you're a movie buff or just looking for a fun way to spend an afternoon, our Movie Day is the perfect opportunity to relax, unwind, and socialize with fellow film lovers. So, mark your calendars and join us every second Tuesday of the month at 1:30 PM. Let's make Movie Day a part of your monthly routine—because nothing brings people together quite like a great movie and some delicious popcorn.

See you at the movies!



Our Christmas concert was a fun event.

Their music and festive spirit truly brought the holiday season to life, making the evening memorable for all. We truly appreciate your talent and effort in making the night so special.

***Anthony Hotakainen
and Run for Redemption***



A special thanks to Carol Stradinger and Connie Kaiser, they are the backbone of our community, ensuring everything runs smoothly and everyone feels welcomed and supported. They single-handedly organized our Christmas program for everyone to enjoy. We appreciate them more than words can express. Their kindness, compassion, and dedication are the foundation of our senior center. From the bottom of our hearts, thank you, Carol and Connie, for everything you do.



A Quorum was present. The Secretary's and Treasurer's reports were approved as presented

OLD BUSINESS:

Christmas Concert/date & volunteers: The Christmas concert is on December 22nd. It will be from 1:00 to 3:00 PM. All ages are welcome. Guest singers will perform for about an hour, and lunch will be provided. It is a free-will offering.

A popcorn maker was purchased and has been used already for Movie Day. Works well.

Catholic Charities Contract was signed through next year.

Senior/golden Prom-Community Ed.- Was put on hold for new ideas to share.

Chamber Memberships: Will be renewing the memberships. Rush City renewed their contract and are waiting to hear back from Chisago Lakes.

NEW BUSINESS: The budget was reviewed by the board and was approved. The website Management proposal change has been reviewed and approved. Blood drives for 2025: Jan. 16th, May 27th, Aug. 14th, Nov. (date to be announced)

ACTIVITIES: Potluck: 20 attended, \$105 collected Games: Going well and are growing. Music: Is going really well Exercise: Classes are going well, Movie Day - Bonus movie 12/19 1:30 PM.

OFFICE REPORT: Things are going well.

MEDIA SPECIALIST: The newsletter is going well. Always looking for new ideas and events to share. Excited about new future changes.

COMMENTS/CONCERNS: Ordered 3 disposal containers for the women's bathroom. The Christmas Decorations at the center look great. Thank You to all who did such a good job making the center look festive.

Word Search

R G D R E X O E V I T A E R C
 E R M A N D G N I N I F E R L
 P H U S T L I N G I G A L I D
 L R O T A N E S O L C H A N N
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ANCESTRIES PARENTAL
 ANTLERS PARSLEY
 ARTICLE PROTEIN
 CREATOR REACTIVE
 CRUDITIES RELATING
 DISCOUNTED ROASTING
 DISEASE SALESMEN
 ENLISTED SECTION
 ENRAGED SILENCE
 FITNESS SUNLIGHT
 INFRINGE TREASON
 KITCHEN ULTIMATE
 MARRIED



David & Betty Ambers
John & Mary Garnagh Schmitz

Join us at the Senior Center

Hallberg Center for the Arts

FREE Art Classes for seniors
 experiencing memory loss and
 their caregivers.

April 29th & October 28th
 10:30 am to 12:30 pm

Call 763-202-1397
 or register online at

www.wyomingcreativearts.org

What the new year brings to you will depend a great deal on what you bring to the new year.

Vern McLelllar



Like and follow us on Facebook



Join us on the Nextdoor App

Mission Statement

" Our mission is to enrich the lives of Chisago County senior citizens & to support their individual lifestyles"

Word Scramble Answers



Board of Directors:

- Carol Gilquist, President
 - Betty Anderson Schlipp, Vice President
 - Terry Reyer, Secretary
 - Todd Fisk, Treasurer
 - Directors: Barb Cuppett, Carol Stradinger, Cathy Buda, Connie Jaques, Henry Scott, Connie Kaiser, Gwen Swenson, Marge Scheele & Pam Schultz
- Board Meeting every 3rd Thursday of the month at 9:30 am at the senior center

OPEN TO ALL!

Community Center Rental Facility

Looking for the perfect place to host your next event? The Community Center offers a variety of room sizes, ideal for meetings, parties, and dinners. Everyone in the community is welcome, and we're excited to help make your event a memorable success!

The Dining Room

Host your next event in our spacious and welcoming dining room, which can accommodate up to 75 guests! For just \$150 per activity, take advantage of the convenient kitchen. Make unforgettable memories with us!



Activity Room

Our spacious, tile-floored Activity Room is ideal for exercise classes, card games, and more. It comfortably accommodates up to 32 guests and includes a small kitchen for your convenience. Rent this fantastic space for just \$100 per activity.



Our cozy Conference Room

Accommodates up to 20 people and comes with internet access. Rent it for just \$50 per activity. Come and make your gathering a success with us!



Nurse's Room

Discover our inviting Nurse's Room—perfect for small meetings or consultations. Rent it for just \$20 per activity and enjoy a comfortable, private space. Join us and take advantage of this affordable, welcoming option!





Senior Center Activites

Office Hours are Monday - Friday 8 am to 1 pm

Website: www.chisagocenter.org E-mail: chisagocountyseniorcenter@gmail.com


January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  Happy New Year	2 10:00 Bingo 1:00 Hand, Foot & Arm	3 10:30 Exercise 1:00 Cribbage	4
5	6 10:30 Exercise 1:00 500 Cards	7 10:00 Dominos 11:15 Music - Dwight & Mo Mo Computer Class	8 10:30 Exercise 1:00 500 Cards Fare For All	9 10:00 Bingo 1:00 Bridge 1:00 Hand, Foot & Arm	10 10:30 Exercise 1:00 Cribbage	11 Ruby's Pantry
12 12:30 Pot Luck	13 10:30 Exercise 1:00 500 Cards	14 10:00 Dominos 11:15 Music - Wire & Wood 1:30 Movie - Grumpy Old Men 2	15 10:30 Exercise 1:00 500 Cards Happy Feet	16 9:00 Blood Drive 9:30 Board Mtg 10:00 Bingo 1:00 Hand, Foot & Arm	17 10:30 Exercise 1:00 Cribbage	18
19	20 10:30 Exercise 1:00 500 Cards	21 10:00 Dominos 11:15 Music - Johnson Brothers Happy Feet	22 10:30 Exercise 1:00 500 Cards	23 10:00 Bingo 12:00 Driving Class 1:00 Hand, Foot & Arm	24 10:30 Exercise 1:00 Cribbage	25
26	27 10:30 Exercise 1:00 500 Cards	28 10:00 Dominos 11:15 Music - Anika & Dovovan	29 10:30 Exercise 1:00 500 Cards	30 10:00 Bingo 1:00 Hand, Foot & Arm	31 10:30 Exercise 1:00 Cribbage	

Catholic Charities Senior Dining Menu

January 2025

Lunch served at 11:45 a.m. at Chisago County Senior Center, North Branch - For reservations, please call 651-674-1956 before 8:00 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Milk is served with every meal. Menu is subject to change. Dining/MOW closure announcements: WCMP FM 100.9 FM 106.5 AM 1350 Partially funded under contract with the Central Minnesota Council on Aging as part of the Older Americans Act and Administered by Catholic Charities of the Diocese of St. Cloud.</p>	<p>1  CLOSED</p>	<p>2 Baked Pork Chop Whipped Potatoes w/ gravy Squash Bread</p>	<p>3 BBQ Chicken Breast Macaroni & Cheese Broccoli Bread</p>	<p>10 BBQ Pork on a Bun Tator Tots Green Beans</p>	<p>17 Cheeseburger Sweet Potato Fries Pears</p>	<p>24 BBQ Ribs Potatoes O'brien Corn Bread</p>
<p>6 Swedish Meatballs over Noodles Mixed Vegetables Pineapple Bread</p>	<p>7 Vegetable Soup Sandwich Fruit Cocktail</p>	<p>8 Pizza Casserole Peas Peaches Bread</p>	<p>9 Country Steak Whipped Potatoes w/ gravy Broccoli Bread</p>	<p>16 Lasagna (meatless) Roll Ups Broccoli Mandarin Oranges Breadstick</p>	<p>23 Scalloped Potatoes & Ham Peas Mandarin Oranges Bread</p>	<p>30 Sweet & Sour Pork Rice Oriental Vegetables Mandarin Oranges Bread</p>
<p>13 Shepherd's Pie Green Beans Peaches Bread</p>	<p>14 Tuna Noodle Casserole Carrots Pudding</p>	<p>15 Baked Chicken O'Brien Potatoes Carrots Bread</p>	<p>16 Lasagna (meatless) Roll Ups Broccoli Mandarin Oranges Breadstick</p>	<p>17 Cheeseburger Sweet Potato Fries Pears</p>	<p>24 BBQ Ribs Potatoes O'brien Corn Bread</p>	<p>31 Taco Meat Shredded Cheese Corn Spanish Rice Tortilla chips</p>
<p>20 Hamburger Stroganoff Noodles Peas Pears Bread</p>	<p>21 Chicken Parmesan Parslied Potatoes Mandarin Oranges</p>	<p>22 Tator Tot Hotdish Carrots Cookie Bread</p>	<p>23 Scalloped Potatoes & Ham Peas Mandarin Oranges Bread</p>	<p>24 BBQ Ribs Potatoes O'brien Corn Bread</p>	<p>24 BBQ Ribs Potatoes O'brien Corn Bread</p>	<p>31 Taco Meat Shredded Cheese Corn Spanish Rice Tortilla chips</p>
<p>27 Chicken Enchiladas Spanish Rice Black Beans Bread</p>	<p>28 Egg & Hashbrown Bake Sausage Applesauce Pastry</p>	<p>29 Beef Patty w/ Gravy Whipped Potatoes Mixed Vegetables Bread</p>	<p>30 Sweet & Sour Pork Rice Oriental Vegetables Mandarin Oranges Bread</p>	<p>31 Taco Meat Shredded Cheese Corn Spanish Rice Tortilla chips</p>	<p>31 Taco Meat Shredded Cheese Corn Spanish Rice Tortilla chips</p>	<p>31 Taco Meat Shredded Cheese Corn Spanish Rice Tortilla chips</p>

