

## Senior Center News

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

### Together in Harmony: The Heart of Our Senior Center



#### Bridge Game

No bridge game in March but will continue in April



At our senior center, we celebrate a thriving community of wonderful folks aged 60 to 100. Sure, some of us have a touch of memory fog, and a few may not walk as sprightly as we once did, but those things don't matter in the slightest. Our daily aches and pains serve as gentle reminders that we're no longer teenagers, but when we moan and groan, no one minds, because we're all in this together. This is our norm.

Here, laughter echoes through the halls, shared stories rekindle fond memories, and companionship is cherished above all. We find joy in the little things—whether it's a lively game of cards, a shared meal, or a heartwarming conversation over a cup of coffee. We celebrate each other's milestones and offer a shoulder to lean on during tougher times.

Our senior center is more than just a gathering place; it's a sanctuary of understanding, acceptance, and unwavering support. Here, we are more than our age; we are a vibrant community bound by shared experiences and mutual respect. This is why we keep coming back, day after day, year after year, finding comfort and camaraderie in this special haven we proudly call our senior center.

"Excuse me, the birds want me to ask when you might be refilling the feeder?"



#### Exercise

Every Monday,  
Wednesday & Friday  
@ 10:30



CONNECT WITH US  
651-674-8658  
[www.chisagosrcenter.org](http://www.chisagosrcenter.org)  
[chisagocountyseniorcenter@gmail.com](mailto:chisagocountyseniorcenter@gmail.com)

# Activities at the Senior Center



**THE CRIBBAGE GANG**  
rolls in every Friday at 1 pm.  
Think you got what it takes to  
beat 'em? Bring it on.

**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 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 are welcome.

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

## **PRECISION** DRIVING CENTER

### **55+ Driver Discount Program**



**March 20<sup>th</sup> & May 8<sup>th</sup>**  
**12:00 pm to 4:00 pm**

4 Hour in-person classes

To register call 320-308-1400 or online at  
[www.DriverDiscountProgram.com](http://www.DriverDiscountProgram.com)

Get up to 10% off your car insurance  
for 3 years!

**Classes are held at the Senior Center**

## *Hallberg Center for the Arts*

### **FREE Art Classes**

For seniors experiencing  
memory loss, and their  
caregivers.

**April 29<sup>th</sup>, 10:30–12:30 pm**

**APRIL 29TH,**  
10:30am - 12:30pm  
Hosted at the Chisago County  
Senior Center



Spring Stamps and  
Greeting Cards

Register online, for questions about  
registration call: 763-202-1397 or  
[Free Art Classes- For Seniors with Memory  
Loss - Wyoming Area Creative Arts  
Community | Wyoming Area Creative Arts  
Community](#)

**Classes are held at the Senior Center**

**SUBSCRIBE** to our e-mail newsletter on our website: [www.chisagosrcenter.org](http://www.chisagosrcenter.org)

# Save the Date



## Dear Friends and Supporters,

Greetings from the Chisago County Senior Center! We are excited to announce our annual fundraiser, Tables Around Town, happening a week earlier this year on Saturday, April 26<sup>th</sup>, 2025, at the Chisago County Senior/Community Center. This year's event embraces the lively spirit of the Kentucky Derby with the theme "Run for the Roses."

We invite our guests to dress in their finest Derby attire and, for those interested, partake in a fun hat-decorating contest!

There are many ways you can support this fantastic event

- Sponsorships: Your business or Organization can make a significant impact by supporting our event.
- Attendance: Join us for a delightful evening of fun and community spirit.
- Donations: Contribute items for our auction and raffles.
- Volunteering: We welcome helping hands to make this event a success.

Your participation in any form helps us keep the lights on and the doors open at the Senior Center, providing a welcoming space for our community to gather.

For more information, please visit our website at [chisagosrcenter.org] ([http://chisago\\_srcenter.org](http://chisago_srcenter.org)), or contact Carol Gilquist at 612-616-5653 or Terri Nelson at 651-238-6689. You can also reach us at [raisetherooft4u@gmail.com](mailto:raisetherooft4u@gmail.com).

Thank you for your continued support! We look forward to seeing you at "Run for the Roses"!

Warm Regards,

Carol Gilquist

## Arrowhead Transit is launching RideSmart 2025

RideSmart 2025 is reimagining public transit in Chisago and Isanti counties. By listening to the community and improving efficiency, we're building a smarter, more reliable transit system for everyone.

### **PLEASE TAKE THE BRIEF SURVEY**

*(4 min AVG)*

Go to - [RideSmart 2025 Survey](#)



**THANKS FOR  
DONATING!**  
WE APPRECIATE YOUR GENEROSITY

**Carol Stradinger and  
Lois Johnson in  
memory of Ray Medin**

## Word Puzzle

Theme - Cocktails

MTO LNISLCO

THEIW UISASNR

DOL FEISHDANO

ANTAAHTMN

ASLOCONTMPIO

ANPI DCAALO

SYKWIH USRO

YOBDLO YRMA

IRNMAIT

RAMGIRTAA

SOWOMC LEMU

OTH DYDTO

IDQARIUI

TLMGEI

ING ZIZF

RISIH EFCOFE

GONL IDNSAL DCIE ATE

IMA AIT

QUATLE REUNSI

BIZMEO

## 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/>

Please see our website for the full list of resources [www.chisagosrcenter.org](http://www.chisagosrcenter.org)

## Synopsis of Chisago County Board on Aging meeting on February 20<sup>th</sup> ,2025

The Chisago County Board on Aging met on February 20, 2025. A Quorum was present. The Secretary's and Treasurer's reports were approved as present.

### OLD BUSINESS

The Center is now a new member of the North Branch Chamber for 2025. The website management change is moving forward and going well with the new changes and learning new techniques to improve the Newsletter and webpage. The board reviewed and a motion was made to accept the 990 for 2024

### NEW BUSINESS

Tables Around Town is in full swing. The letters are ready and will be sent out in the first week of March. Break-in, new keys: There was a break-in at the center. Some things were taken and reported. The locks were changed on the doors. Update to frozen pipe and damage: The rooms that were affected by the water damage are now back in order. The carpet was cleaned also due to the water damage. Congregate dining when Senior Center is closed: When the center is closed there is no congregate dining. When the schools are closed, the Center is closed.

### COMMITTEES

Arrowhead Transit: survey participation needed for future service improvement planning was discussed about serving the community. The project is being designed to expand in the future.

### ACTIVITIES

Potluck: Carol S. shared that there were 25 participants and \$87 was donated.

Exercise: Connie K stated it is going very well.

Games: 500, cribbage, hand and foot, bingo, and dominos are all well attended.

Music: Is going well

**OFFICE REPORT** Things are going well. Always things to do.

**MEDIA SPECIALIST** All the new changes are going well. Connie is interested in putting together a Newsletter team.

### *Introducing Barb Cuppett*

At its January 2025 meeting, the Chisago County Board on Aging welcomed three newly elected members. Two returning directors, Carol Stradinger and Connie Kaiser, will continue to serve the Senior Center.

The third new director, Barb Cuppett, moved to the area a year ago and has been actively involved at the Center. Born and raised in Minnesota, Barb has a career as a family therapist and clinical supervisor, both in-home and out-patient. She considers directing a graduate training program in Illinois for over twelve years a career highlight.

A voracious reader, Barb enjoys a variety of genres, with historical fiction, cozy mysteries, and autobiographies being her favorites. She's a cat lover, currently doting on Bogart, and shares her home with a dog named Patrick.

Barb loves playing cards, board games, and weekly dominoes at the Center. She looks forward to her role on the Board as an opportunity to connect with the community and make a difference.

Welcome aboard. Barb!

## Puzzles and a Warm Cup of Coffee!



Every weekday morning, the senior center invites you to enjoy a warm cup of coffee while tackling some challenging puzzles. We love sharing puzzles—whether you want to exchange some or add to our collection. It's a fantastic way to meet new people and build connections. Come join us for a cozy morning of coffee, conversation, and puzzles. We can't wait to see you there!



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"

### 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!

### Word Puzzle Answers

Theme - Cocktails

1 TOM COLLINS, 2 WHITE RUSSIAN, 3 OLD  
FASHIONED, 4 MANHATTAN, 5  
COSMOPOLITAN, 6 PINA COLADA, 7  
WHISKY SOUR, 8 BLOODY MARY, 9  
MARTINI, 10 MARGARITA, 11 MOSCOW  
MULE, 12 HOT TODDY, 13 DAIQUIRI 14  
GIMLET, 15 GIN FIZZ, 16 IRISH COFFEE, 17  
LONG ISLAND ICED TEA, 18 MAI TAI, 19  
TEQUILA SUNRISE, 20 ZOMBIE

# 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 Activities

Office Hours are Monday - Friday 8 am to 1 pm

Website: [www.chisagocountycenter.org](http://www.chisagocountycenter.org) E-mail: [chisagocountycenter@gmail.com](mailto:chisagocountycenter@gmail.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  </div>						
2	3 10:30 Exercise 1:00 500 Cards	4 10:00 Dominos 11:15 Music - Jenni Thyng	5 10:30 Exercise 1:00 500 Cards	6 10:00 Bingo 12:30 Hand, Foot & Arm	7 10:30 Exercise 1:00 Cribbage	8
9 12:30 Pot Luck	10 10:30 Exercise 1:00 500 Cards	11 10:00 Dominos 11:15 Music - Wire & Wood 1:30 Movie - Going in Style	12 10:30 Exercise 1:00 500 Cards	13 10:00 Bingo 12:30 Hand, Foot & Arm	14 10:30 Exercise 1:00 Cribbage	15
16	17 10:30 Exercise 1:00 500 Cards 	18 10:00 Dominos 11:15 Music - Dwight & Momo	19 10:30 Exercise 1:00 500 Cards Happy Feet	20 9:30 Board Mtg 10:00 Bingo 12:00 Driver Program 12:30 Hand, Foot & Arm	21 10:30 Exercise 1:00 Cribbage	22
23	24 10:30 Exercise 1:00 500 Cards	25 10:00 Dominos 11:15 Music - Johnson Brothers Happy Feet	26 10:30 Exercise 1:00 500 Cards	27 10:00 Bingo 12:30 Hand, Foot & Arm	28 10:30 Exercise 1:00 Cribbage	29
30	31 10:30 Exercise 1:00 500 Cards	<div>  </div>				

# Catholic Charities Senior Dining Menu

March 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.

## North Branch Senior Dining Coordinator - Vickie Nasby

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 Swedish Meatballs over Noodles Mixed Vegetables Pineapple Bread	4 BBQ Ribs Potatoes O'Brien Corn Bread	5 Tilapia Rice Pilaf Peaches Peas Bread	6 Country Steak Whipped Potatoes w/ gravy Broccoli Bread	7 Tuna Noodle Casserole Carrots Pudding		
10 Shepherd's Pie Peas Peaches Bread	11 BBQ Chicken on a Bun Tator Tots Green Beans	12 Sausage, Egg & Cheese Biscuit (sandwich) Applesauce Yogurt Cup	13 Cheeseburger Sweet Potato Fries Pears	14 Lasagna (meatless) Roll Ups Broccoli Mandarin Oranges Breadstick		
17 Hamburger Stroganoff Noodles Vegetable Blend Pears Bread	18 Flatbread Pizza Corn Brownie	19 Scalloped Potatoes & Ham Peas Mandarin Oranges Bread	20 Chicken Ala King over 1 biscuit Carrots Cookie	21 Spaghetti w/ Sauce (meatless) Noodles Green Beans Bun or Breadstick		
24 Sweet & Sour Pork Rice Oriental Vegetables Mandarin Oranges Bread	25 Baked Chicken O'Brien Potatoes Carrots Bread	26 Beef Patty w/ Gravy Whipped Potatoes Mixed Vegetables Bread	27 Taco Meat Shredded Cheese Corn Spanish Rice Tortilla chips	28 Half of a Tuna Melt Macaroni & Cheese Broccoli		
31 BBQ Chicken Breast Half of a Baked Potato Carrots Bread					<p>Milk is served with every meal. Menu is subject to change. Dining/MOW closure announcements: <b>WCMP FM 100.9 FM 106.5 AM 1350</b> 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>	