

July 2025

# Chisago County

## Senior Center News

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

### HAPPY 4<sup>TH</sup> OF JULY

**The Declaration of Independence wasn't signed on July 4th.** The Continental Congress voted for independence on **July 2, 1776**, but the official document was adopted on July 4th.

**John Adams thought July 2nd should be the real holiday.** He even predicted that future generations would celebrate it with fireworks and parades—but July 4th became the official date instead.

**Only two people signed the Declaration on July 4th.** Most delegates didn't sign until August 2, 1776.

**Thomas Jefferson and John Adams both died on July 4th, 1826.** It was the 50th anniversary of the Declaration of Independence, making their passing an eerie coincidence.

**Calvin Coolidge is the only U.S. president born on the Fourth of July.** He was born on July 4, 1872, and later became the 30th president.

**The Liberty Bell doesn't ring on the Fourth of July.** Instead, it is tapped **13 times** to honor the original 13 colonies.

**Americans spend over \$1 billion on fireworks each year.** That includes both personal and public displays.

**The first Fourth of July celebration happened in 1777.** Philadelphia marked the occasion with a **13-gun salute, fireworks, and festivities**, setting the stage for future celebrations.

**Bristol, Rhode Island, hosted the first Fourth of July parade in 1785.** The tradition continues today, making it one of the longest-running Independence Day parades.

**Nathan's Famous Hot Dog Eating Contest takes place every Fourth of July.** The annual event at Coney Island has become a quirky tradition, drawing competitors from around the world.

#### Dice Games



**Wednesdays at 12:30**

Bring your dimes and join the fun with a different dice game each week!

#### Bridge



Every Second Thursday  
from 1 pm to 4 pm

#### Exercise with Connie



Every Monday, Wednesday,  
and Friday at 10:30 am  
Designed for seniors  
and led by seniors



CONNECT WITH US

651-674-8658

<https://chisagosrcenter.org>

[chisagocountyseniorcenter@gmail.com](mailto:chisagocountyseniorcenter@gmail.com)

## ACTIVITIES AND CLASSES

**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

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

**Dice Games** - Wednesdays at 12:30—bring your dimes and enjoy a fresh dice game each week!

**Domino's** - 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, and Arm** - Every Thursday, from 1:00 pm to 3:00 pm.

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

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

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

**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

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

**Susan Gustafson for the  
donation in memory of  
Rachel Heidelberger**

## Resources

### Food

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

**Fare For All**, Trinity Lutheran Church, (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, [Arrowhead Transit](#)

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

**Family Pathways Aging Services**, 651-674-8040, [Aging Services - Family Pathways](#)

**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 <https://chisagosrcenter.org/>

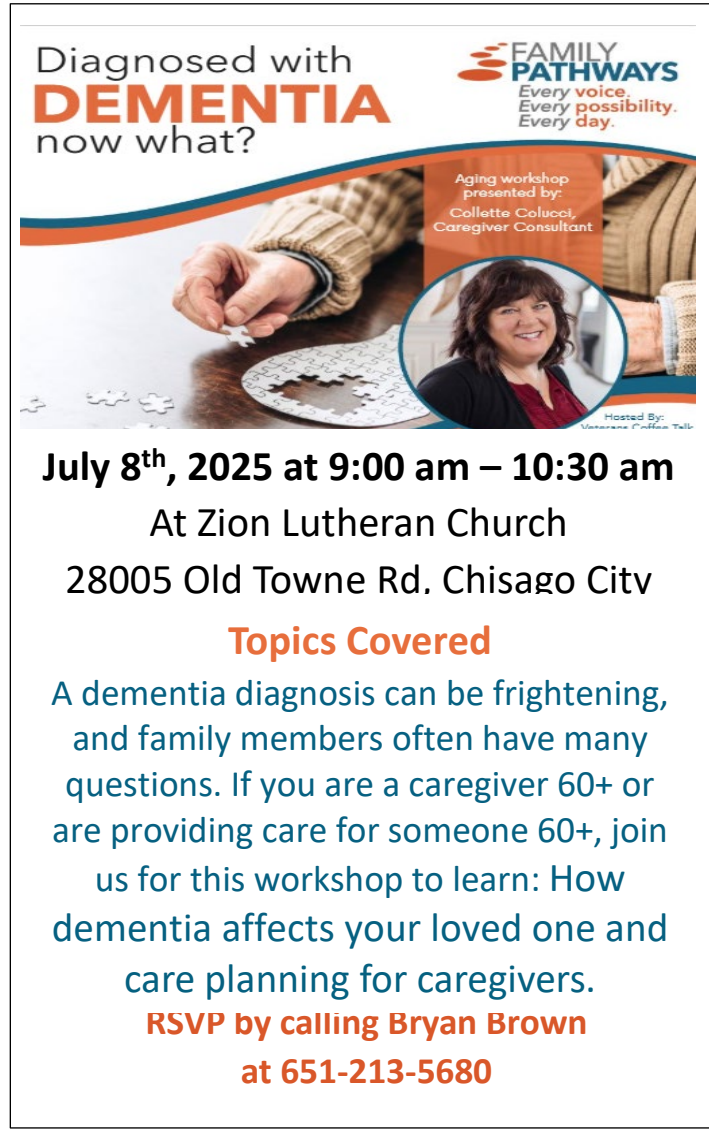


*Fall*  
**Arts & Craft Fair!**

**Handmade Crafters Wanted!**  
**Saturday, October 25<sup>th</sup>, 2025**  
**9 am – 3 pm**

\$40 per space. All art & craft pieces must be handmade by the vendor. Vendors will be accepted on a first-come, first-served basis. If interested, send an email to [saramcneely24@gmail.com](mailto:saramcneely24@gmail.com) with your name, address, and phone number or call 651-214-1195

**Sponsored by:**  
**Chisago County Community Center**  
**38790 6<sup>th</sup> Ave, North Branch, MN**



Diagnosed with  
**DEMENTIA**  
now what?

**FAMILY PATHWAYS**  
Every voice.  
Every possibility.  
Every day.

Aging workshop  
presented by:  
Collette Colucci,  
Caregiver Consultant

Hosted By:  
Vanessa Feltner-Tell

**July 8<sup>th</sup>, 2025 at 9:00 am – 10:30 am**  
**At Zion Lutheran Church**  
**28005 Old Towne Rd. Chisago City**

**Topics Covered**  
A dementia diagnosis can be frightening, and family members often have many questions. If you are a caregiver 60+ or are providing care for someone 60+, join us for this workshop to learn: How dementia affects your loved one and care planning for caregivers.

**RSVP by calling Bryan Brown**  
**at 651-213-5680**

*A huge thank you to the second graders from Sunrise Elementary for their wonderful performance at the Senior Center. You made our day brighter!*



**You Won't Want to Miss This!**  
**Thursday, July 10 • 11:15 AM**

Come be amazed by **Jamison**, age 14, who took **1st Place at the 2025 Midwest Regional Yo-Yo Championship** at the Mall of America! He'll be bringing his award-winning talent right here to the senior center—don't miss this performance that's sure to delight all ages!

**Robotics in Action – Right Here at the Senior Center!**  
**Wednesday, July 17 • 11:15 AM**

Join us for an exciting visit from **North Branch's middle and high school robotics teams** as they prepare for the state championships! Three of the five competing teams will be here to showcase their impressive robots, teamwork, and creativity in motion. You won't want to miss this fun and inspiring demonstration!



## PROGRAMS AND EVENTS

Join Us for this FREE Event!

### Dine & Discover

Hosted by Chisago Age Well Coalition  
with the assistance of a Title III grant from the Central Minnesota Council on Aging as  
part of the Older Americans Act

**August 12<sup>th</sup>, 2025**

### MyChart 101

**Improved Access to Health Information**



**Will be held at the Senior Center**

### *Come Travel with Me*

Carline Sargent

Worry Free Group - Travel Opportunities

July 10<sup>th</sup> - MN Twins vs Chicago Cubs \$101

July 22<sup>nd</sup> MN Landscape Arboretum \$83

Aug 6<sup>th</sup> - Chanhassen / Grease \$121

Email: [cometravelwme@gmail.com](mailto:cometravelwme@gmail.com)

Or call 612-270-3403

All the flyers are on our website,  
<https://chisagosrcenter.org/day-trips/>



## Presidents Corner

Greeting from the Chisago County Senior/Community Center. This month we reach the unofficial mid point of Summer as we celebrate Independence Day on the 4th of July. It all goes by so quickly. I'd like to highlight some of our successes for the first half of the year. In April we held our annual fundraiser called Tables Around Town, a fun time was had by all. In May we hosted a Red Cross Blood drive, also in collaboration with Chisago Age Well, we hosted an educational event called Dine and Discover. The topic was on living with chronic pain and was well attended. With the monies we raised from Tables Around Town, in June we purchased a new color printer to replace two very old printers. This will meet our future printing needs much better. Looking forward to the second half of the year we will again host another Blood drive in August and November. There will be another Dine and Discover event in August. This educational event will be on learning how to navigate your electronic medical chart (my chart). Be sure to look for advertising. You will be able to register through Community Ed. In October we will host another Arts and Craft fair, we are taking registrations for vendors now. In December there will be a Christmas Concert open to the public. These events are in addition to our daily activities listed on our activities calendar. If you have ideas for more events let us know and maybe we can make it happen. Come see us at the center for cookies, coffee and conversation. Carol

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

## Synopsis of Chisago County Board on Aging meeting on June 19th, 2025

The Chisago County Board on Aging met on June 19th, 2025. A Quorum was present. The Secretary's report was approved; the Treasurer's report was approved as presented.

**OLD BUSINESS** Printer replacement & training: The center now has a new printer. The printer came with a maintenance plan agreement, and training was done on the day of delivery on how to use it and its many functions. Update: The information for Square has not yet been fully investigated. The center may use it for the craft fair.

**NEW BUSINESS** Vote for us for a grant from Members Credit Union-Open House June 28th, 11-2 pm: The center has an opportunity to win a grant during the Grand Opening for Members Credit Union on June 27th. Upcoming events- 2 Blood drives scheduled in the fall, Apple Festival in Sept., Age Well Expo in Oct., Craft Fair in Oct., and Christmas Concert in Dec.

Recruitment: October comes quickly. There are open positions that will need to be filled.

**COMMITTEES** TAT: TAT event went well. Numbers are still coming in for finalizing amounts.

Safety Committee: The committee has been putting in a lot of time organizing and talking with Deanna to update the center. They will be doing emergency plan postings, room capacity reports and postings. Talking with the fire dept. and getting the center up to code.

**ACTIVITIES** Potluck: May- 42 people - \$55. June - 46 people - \$72. Exercise is going well. Games: 500, cribbage, hand and foot, bingo, and dominoes are all well attended. Music: Is going okay Movie Day: There was a small group that came. There will be No Movie in July.

In August, the movie will be "We Bought a Zoo"

OFFICE Things are going well. There will be no meetings in the summer. Some of the Townships where letters were sent have returned their letters with donations to the center.

**MEDIA SPECIALIST** It's going well. Will be working on setting up her computer to be able to connect with the center's new printer

For more detailed information on the Board Meeting Minutes, go to:

<https://chisagosrcenter.org/board-meeting-minutes/>

### Vegetables

1	TRROACS	11	EACABGB
2	PEWTTATSEOO	12	LAGRCI
3	NIEOORDN	13	TNUPIR
4	RSPOSTU	14	RIOOLBCC
5	TLOASSHL	15	CSANPIH
6	SRPEPEP	16	MPKIPUN
7	SNPIIRONNOG	17	QSEUSRNTUUTHABT
8	CLETEUT	18	OOTTAM
9	SVIECH	19	MMOHROSSU
10	REELYC	20	CLLEIWFUROA

# 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. Join us for a cozy morning of coffee, conversation, and puzzles. We look forward to seeing you there!



[Like and follow us on Facebook](#)



[Follow and Fave us on Nextdoor](#)

**Puzzle Answers:**  
Theme: Vegetables  
1 CARROTS, 2 SWEET POTATO, 3 RED  
ONION, 4 SPROUTS, 5 SHALLOTS, 6  
PEPPERS, 7 SPRING ONION, 8  
LETTUCE, 9 CHIVES, 10 CELERY, 11  
CABBAGE, 12 GARLIC, 13 TURNIP, 14  
BROCCOLI, 15 SPINACH, 16  
PUMPKIN, 17 BUTTERNUT SQUASH,  
18 TOMATO, 19 MUSHROOMS, 20  
CAULIFLOWER.

## 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!



# Senior Center Activities

Office Hours are Monday - Friday 8 am to 1 pm


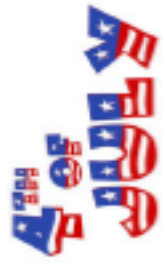

Website: [www.chisagocountycenter.org](http://www.chisagocountycenter.org) E-mail: [chisagocountyseniorcenter@gmail.com](mailto:chisagocountyseniorcenter@gmail.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>July 2025</i>						
6	7 10:30 Exercise 1:00 500 Cards	8 10:00 Dominos 11:15 Music - Karlyna Pleau No Movie in July	9 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	10 10:00 Bingo 11:15 YoYo's Jamison 12:30 Hand, Foot & Arm 1:00 Bridge	11 10:30 Exercise 1:00 Cribbage	12
13 12:30 Pot Luck	14 10:30 Exercise 1:00 500 Cards	15 10:00 Dominos 11:15 Music - Dennis Schafer as Elvis	16 10:30 Exercise 12:30 Dice Games 1:00 500 Cards Happy Feet	17 9:30 Board Mtg 10:00 Bingo 11:15 Robotics Team 12:30 Hand, Foot & Arm	18 10:30 Exercise 1:00 Cribbage	19
20	21 10:30 Exercise 1:00 500 Cards	22 10:00 Dominos 11:15 Music - Reminisce Group of 4 to 5 people	23 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	24 10:00 Bingo 12:30 Hand, Foot & Arm Happy Feet	25 10:30 Exercise 1:00 Cribbage	26
27	28 10:30 Exercise 1:00 500 Cards	29 10:00 Dominos 11:15 Music - Kathy Coury	30 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	31 10:00 Bingo 12:30 Hand, Foot & Arm		

# Catholic Charities Senior Dining Menu

July 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Ham Salad on Croissant Pasta Salad Fresh Fruit Chocolate Ice Cream Cup	2 Pork Tenderloin Cheesy Potatoes Vegetable Normandy Bread	3 Corn Dog Sweet Potato French Fries Fresh Fruit Ice Cream Sandwich	 CLOSED		
7 Shepherd's Pie Peas Peaches Bread	8 Tilapia Rice Pilaf Broccoli Bread	9 Pizza Casserole Corn Oranges Bread	10 BBQ Chicken on a Bun Tator Tots 3 Bean Salad Cake 0	11 Sausage, Egg & Cheese Biscuit (sandwich) Applesauce Yogurt Cup Cinnamon Roll		
14 Salmon Loaf Oven Roasted Potatoes Cream Peas Bread Cake	15 Flatbread Pizza (BBQ Chicken w/ Bacon) Corn Brownie	16 Swedish Meatballs over Noodles Mixed Vegetables Pineapple	17 Chicken Ala King over 1 biscuit Carrots Cookie	18 Macaroni & Cheese Beef Brisket Broccoli Spiced Apples Bread		
21 Baked Chicken O'Brien Potatoes Carrots Jello w/ Whipped Topping Bread	22 Sweet & Sour Pork Rice Oriental Vegetables Mandarin Oranges Bread	23 Spaghetti w/ Meat Sauce Noodles Green Beans Bun or Breadstick	24 Country Steak Whipped Potatoes w/ gravy Broccoli Bread	25 Sloppy Joe on bun Tator Tots Coleslaw		
28 Polish Sausage Fried Onions & Peppers Half of a Baked Potato Vegetable Normandy Bread	29 Chicken Patty on bun Green Beans Sweet Potato Chocolate Pudding w/ Whipped Topping	30 Baked Pork Chop Whipped Potatoes w/ Gravy Peas Bread	31 BBQ Ribs Potatoes O'Brien Corn Sugar Cookie Bread	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.		



# 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!

Contact us at 651-674-8658

## 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 50 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!

