

September 2025

Chisago County

Senior Center News

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

Join Our Board — Your Voice Matters!

Are you over 50 and living in Chisago County? Do you care about building community, sharing ideas, and making a meaningful impact?

We're looking for passionate individuals to join our board! We meet just once a month, and your experience, insight, and heart could make all the difference.

Whether you're a longtime resident or newly rooted in the area, we'd love to welcome you into the conversation.

How to Get Involved

1. Attend a board meeting to observe how things work
2. Meet with current board members for an informal Q&A
3. Bring your passion and ideas—**no experience required**



The board elections will take place during the monthly meeting on October 16, 2025, and will start at 9:30 a.m.

500 Card Game



Every Monday & Wednesday
at 1:00 pm. Cost is \$1

Happy Feet Foot Care

Take care of your feet with
Happy Feet Foot Care!
Appointments are available on
the 3rd Wednesday and 4th
Thursdays of every month.
Give us a call at 763-346-3390
to book your appointment.
Your feet will thank you! 🦶

Bingo



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



CONNECT WITH US

651-674-8658

<https://chisagosrcenter.org>

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.

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

Dice Games - Wednesdays at 1:00 — 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 12:30 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 for an appointment.

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



Heartfelt Thanks to Butch and Sharalyn Olson

We'd like to extend our sincere gratitude to Butch and Sharalyn Olson for their generous \$100 donation. Their kindness and support mean so much to us, and we're especially glad we could provide the wheelchair when it was needed. It's gestures like these that strengthen our community and remind us why we do what we do. Thank you, Butch and Sharalyn.

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](https://www.arrowheadtransit.org/)

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

Family Pathways Aging Services, 651-674-8040, [Aging Services - Family Pathways](https://www.familypathways.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/>

Veterans Guide – Website: veteransguide.org, Email: outreach@veteransguide.org

Please see our website for the full list of resources www.chisagosrcenter.org



Chisago County Community Center

Annual Fall

Arts & Craft Fair!

A Fundraiser Event

Saturday, October 25th, 2025

38790 6th Avenue, North Branch, MN

9 am – 3 pm

Join us for a day of creativity and fun!

Discover unique handmade items,

Meet talented local artists and

Enjoy some delicious refreshments

FREE EVENT

2025 CHISAGO AGE WELL EXPO

"Aging Reimagined: Looking at Aging Through a New Lens"

Resources and Information to provide older adults and their caregivers opportunities to live and age well in Chisago County

Speaker • Vendors • Food • Entertainment
Vaccine Clinic • Health Screenings • Free Admission!

Keynote Speaker:
Natalie Matthewson
Community Development Supervisor at CMCOA




Friday, October 17 | 9:00 am - 1:00 pm

Chisago Lakes High School

Performing Arts Center (PAC) Entrance

Keynote Speaker at 10:30 am

VISIT WWW.CHISAGOAGEWELL.ORG FOR MORE INFORMATION




PRECISION DRIVING CENTER

55+ Driver Discount Program

September 16th 2025

October 9th 2025

12:00 pm to 4:00 pm

4-hour in-person classes

To register, call 320-308-1400 or online at www.DriverDiscountProgram.com

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

Classes are held at the Senior Center

Visit Us at the Almelund Apple Festival Sunday, Sept. 21st!

We'll be at the festival with a welcoming booth—ready to share what we're all about. Curious about our work? Have questions or ideas? We'd love to hear from you!



Swing by, introduce yourself, and let's chat about what's happening in our community.



September 30th, 2025, 1 pm to 2 pm.

Class will be held at the
Chisago County Senior Center

FREE ART CLASSES
For seniors experiencing memory loss, and their caregivers

Scratch Art- Owl
OCTOBER 28TH
10:30am - 12:30pm

Hosted at the Chisago County Senior Center

www.WyomingCreativeArts.org
Register Online, For questions about registration call: 763-202-1397



Hallberg center for the Arts creative arts community



President's Corner

Greetings from the Chisago County Senior/Community Center!

As I sit down to write this month's message, I find myself smiling—because I've been told there's hardly any room left in the newsletter for me! That's thanks to Connie, our media specialist, who has packed these pages with updates, announcements, and helpful resources for our senior community. And honestly, I couldn't be more thrilled. A full newsletter means a full calendar, and that's a wonderful sign of life and connection here at the Center. If you haven't stopped by in a while, I encourage you to come in and see what's new. Looking forward to seeing you soon, Carol Gilquist, President

Come Travel with Me

Carline Sargent

September 11, 2025

**Trolley Ride/Lunch/ Shopping/
Apple Farm/Wine Cider**

Email: cometravelwme@gmail.com or
Call 612-270-3403, and the cost is \$58.

**** Volunteers Needed in October ****

The Senior Center's annual Craft Fair is coming up on **Friday, October 25th**, and we'd love your help to make it a great success! We are looking for friendly volunteers to help with tasks such as greeters, baking bars or sweet treats, setting up tables before the event, and assisting with clean-up after it wraps up. If you're able to pitch in, please call the main office at **651-674-8658** or stop by the Senior Center to leave your contact info.

Veterans Guide

Our mission is to support veterans with a range of issues they may encounter, including accessing proper disability compensation, financial assistance, information on the GI Bill, and more.

VA Disability Back Pay Calculator - veteransguide.org/back-pay-calculator/

100% VA Disability Benefits - veteransguide.org/va-ratings/100-percent/

Email Address - outreach@veteransguide.org , Website veteransguide.org

We want to ensure that vets have all the necessary resources to minimize their struggles with health and finances.

Subscribe to our E-Newsletter at www.chisagosrcenter.org

Synopsis of Chisago County Board on Aging meeting on August 21st, 2025

The Chisago County Board on Aging met on August 21st, 2025. A Quorum was present.

The Secretary's report was approved; the Treasurer's report was approved as presented.

OLD BUSINESS

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

Internet Connections: A discussion was held about switching to another company. Several good decisions were made.

NEW BUSINESS

Discussion on Board Members' Expectations: A draft copy was shared with Board Member Responsibilities and a list of Activities/Events to become involved in.

COMMITTEES

Fundraising: Discussion on welcoming guests before events. Dine & Discover, Christmas Concert

Safety Committee: An update was given on the report that was shared with the Board last month.

ACTIVITIES

Potluck: 31 attended \$76 donation, Exercise: Is going well, Games: Games are going great and are growing. Music: Is going well. Movie Day: The Movie time went well. "We Bought a Zoo" was a well-liked movie among all 13 attendees. A \$33.00 donation was given.

OFFICE

Things are going well. Will be starting staff meetings again soon, and the staff has been enjoying the new printer.

MEDIA SPECIALIST

It's going great.

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

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

Word Scramble

FRUIT

1. EONERATPMGA

2. YAPAPA

3. CNOCUOT

4. GUNRIATDROF

5. NHPLETSIRMYPANGA

6. IRNEENTGA

7. JUUEJB

8. NANABA

9. MOAGN

10. NPSFAUISITRO

11. APCITRO

12. DVOOAAC

13. ABYWRRTESR

14. EEICCNRRAT

15. NMEOELTWAR

16. DNRAIAMN

17. YEOMEDNHELNOW

18. PP AEILNPE

19. REBURBLEY

20. NRPEEGEGSAR

When We Were Young



HAPPY LABOR DAY



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!




Puzzle Answers:
Theme: FRUIT

1 POMEGRANATE, 2 PAPAYA, 3
COCONUT, 4 DRAGON FRUIT, 5
GRANNY SMITH APPLE, 6
TANGERINE, 7 JUJUBE, 8 BANANA, 9
MANGO, 10 PASSION FRUIT, 11
APRICOT, 12 AVOCADO, 13
STRAWBERRY, 14 NECTARINE, 15
WATERMELON, 16 MANDARIN, 17
HONEYDEW MELON, 18 PINEAPPLE,
19 BLUEBERRY, 20 GREEN GRAPES

Senior Center Activities

Office Hours are Monday - Friday 8 am to 1 pm



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Labor Day</i>  <i>Closed</i>	2 10:00 Dominos 11:15 Music Mike Soule	3 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	4 10:00 Bingo 12:30 Hand, Foot & Arm	5 10:30 Exercise 1:00 Cribbage	6
7	8 10:30 Exercise 1:00 500 Cards	9 10:00 Dominos 11:15 Music Randy Luebesmie 1:30 Movie - Nona	10 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	11 10:00 Bingo 12:30 Hand, Foot & Arm	12 10:30 Exercise 1:00 Cribbage	13
14 12:30 Pot Luck	15 10:30 Exercise 1:00 500 Cards	16 10:00 Dominos 11:15 Music - Jenni Thyng 12:00 Driver Class	17 10:30 Exercise 12:30 Dice Games 1:00 500 Cards Happy Feet	18 9:30 Board Mtg 10:00 Bingo 12:30 Hand, Foot & Arm	19 10:30 Exercise 1:00 Cribbage	20
21	22 10:30 Exercise 1:00 500 Cards	23 10:00 Dominos 11:15 Music Johnson Bro	24 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	25 10:00 Bingo 12:30 Hand, Foot & Arm Happy Feet	26 10:30 Exercise 1:00 Cribbage	27
28	29 10:30 Exercise 1:00 500 Cards	30 10:00 Dominos 11:15 Music Dwight & Mo mo 1:00 Medicare 101				
<h2>September 2025</h2> 						

Catholic Charities Senior Dining Menu

September 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
 Labor Day CLOSED	1 Hot Dog on a Bun Sweet Potato French Fries Grapes Cake	2 Pork Tenderloin Cheesy Potatoes Vegetable Normandy Bread Brownie	3 Ham Salad on Croissant Pasta Salad Fresh Fruit Chocolate Ice Cream Cup	4 Hamburger Tomato Casserole Peaches Tapioca Pudding Bread	5	
8 Chicken Ala King over 1 biscuit Carrots Cookie	9 Tilapia Rice Pilaf Broccoli Bread Pie	10 Pizza Casserole Corn Oranges Bread Cookie	11 BBQ Chicken Tator Tots Green Beans Cake	12 Sausage, Egg & Cheese Biscuit (sandwich) Applesauce Yogurt Cup Cinnamon Roll		
15 Breaded Salmon Oven Roasted Potatoes Cream Peas Bread Cake	16 Flatbread Pizza (Chicken Alfredo) Corn Brownie	17 Swedish Meatballs over Noodles Mixed Vegetables Pineapple Bread Jello	18 Bouja Half sandwich Fruit Cocktail Pie	19 Macaroni & Cheese Beef Brisket Broccoli Spiced Apples Bread		
22 Baked Chicken O'Brien Potatoes Carrots Jello w/ Whipped Topping Bread	23 Sweet & Sour Pork Rice Oriental Vegetables Mandarin Oranges Bread Cake	24 Spaghetti w/ Meat Sauce Noodles Green Beans Bun or Breadstick Churro	25 Country Steak Whipped Potatoes w/ gravy Broccoli Bread Cookie	26 Sloppy Joe on bun Tator Tots German Potato Salad Vanilla ice cream cup		
29 Polish Sausage Fried Onions & Peppers Half of a Baked Potato Vegetable Normandy Bread Rice Krispie Treat	30 Chicken Patty on bun Green Beans Sweet Potato Chocolate Pudding w/ Whipped Topping					
						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!





Chisago County Community Center

Annual Fall

Arts & Craft Fair!

A Fundraiser Event

Saturday, October 25th, 2025

38790 6th Avenue, North Branch, MN

9 am – 3 pm

Join us for a day of creativity and fun!

Discover unique handmade items,

Meet talented local artists and

Enjoy some delicious refreshments



JOIN THE BOARD!

Help Shape Our
Community's
Future!



Make a
Meaningful
Impact!

Why Become a Board Member?

Make a difference in the lives of seniors in our community.
Share your ideas to enhance programs, events, and outreach.
Support fundraising efforts and build local partnerships.
Join a caring team that values inclusion, wisdom, and teamwork.

How to Get Involved

1. **Attend a board meeting** to observe how things work
2. **Meet with current board members** for an informal Q&A
3. **Bring your passion and ideas**—no experience required!

Who We're Looking For

People over 50 and living in Chisago County. A heart for seniors and community service. Experience in event planning, fundraising, outreach, or leadership. Availability for monthly meetings and occasional volunteer opportunities. Fresh perspectives and friendly collaboration.

The board elections will take place during the monthly meeting on October 16, 2025, and will start at 9:30 a.m.

Chisago County Senior Center
38790 6th Ave, North Branch, MN
Contact by phone: 651-674-8658 or
Email: chisagoseniorcenter@gmail.com



FREE EVENT

2025 CHISAGO AGE WELL EXPO

**"Aging Reimagined: Looking
at Aging Through a New Lens"**

Resources and Information to provide older adults and their
caregivers opportunities to live and age well in Chisago County

Speaker • Vendors • Food • Entertainment
Vaccine Clinic • Health Screenings • Free Admission!

**Keynote Speaker:
Natalie Matthewson**

Community Development
Supervisor at CMCOA



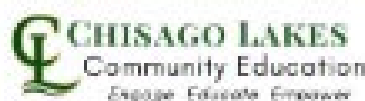
Friday, October 17 | 9:00 am - 1:00 pm

Chisago Lakes High School

Performing Arts Center (PAC) Entrance

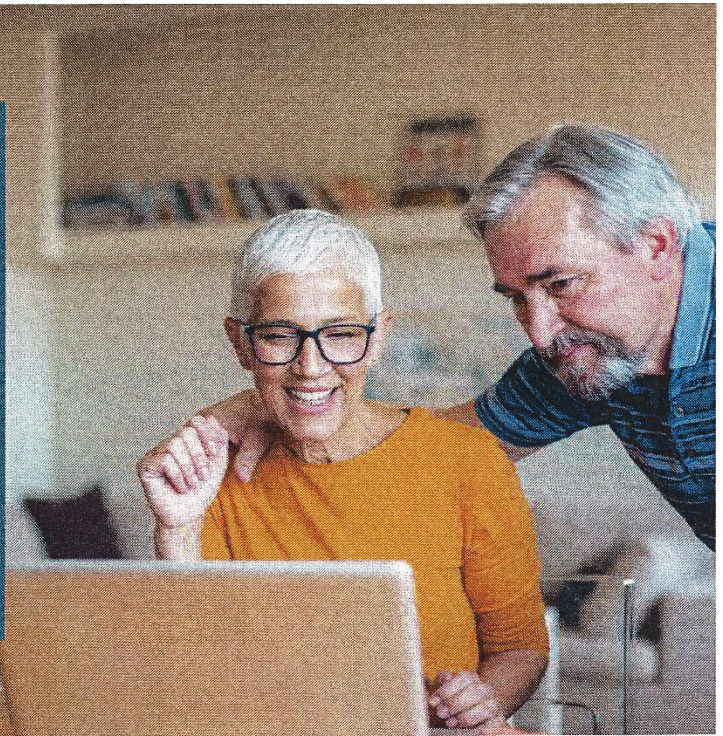
Keynote Speaker at 10:30 am

VISIT WWW.CHISAGOAGEWELL.ORG FOR MORE INFORMATION



Medicare 101

m MINNESOTA
SENIOR LINKAGE LINE



Medicare can be complicated, but the Senior LinkAge Line is here to help. Whether you've been on Medicare for a few years and just need a refresher, or you're brand new to Medicare, Medicare 101 will help you understand the basics so you can manage your health care options.

REGISTRATION

Registration is encouraged, but not required. Contact Chisago County Senior Center 651-674-8658 for registration and more information.

SEPTEMBER 30, 2025

1:00 p.m. - 2:00 p.m.

**Chisago County Senior
Center**

38790 6th Ave

North Branch, MN 55056

The Senior LinkAge Line is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the services and support they need.



Come Travel With Me

Worry Free Group
Travel Opportunities

Carline Sargent

email: cometravelwme@gmail.com

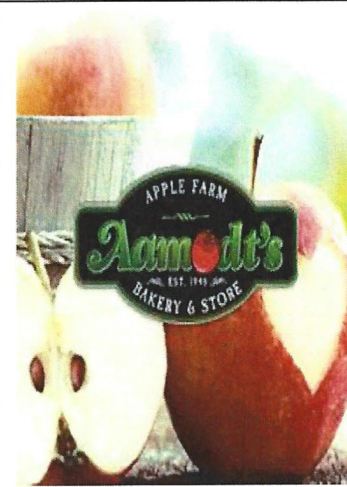
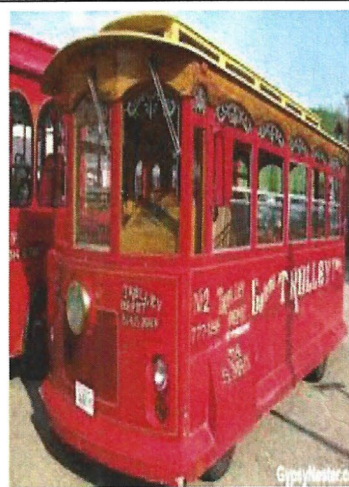
612-270-3403

DAY TRIP – September 11, 2025

Stillwater Old-Time Trolley Ride

&

Aamodt's Apple Farm



TROLLEY RIDE/LUNCH/SHOPPING/APPLE FARM/WINE/HARD CIDER

We will begin our day riding an old-time trolley and learning about the history and folklore of Stillwater. We will see beautiful views of the St. Croix River, lumber baron's mansions, historic lift bridge and other features of the area. After the trolley ride there will be time for lunch or shopping on your own. Our next stop will be at Aamodt's Apple Farm where you can: pick apples, wine & hard cider tasting (St. Croix Vineyards & Thor's Hard Cider), visit the goats, shopping in the apple barn & bakery (built in 1880), wander around the farm (family owned since 1948) and eat - apple pie/apple brats & much more!

COST: \$55 – Includes coach bus transportation and trolley ride.

TRANSPORTATION PICK-UP/DROP-OFF LOCATIONS & TIMES:

Walmart (Garden Center parking lot), 300 21st Ave. North, Princeton: **DEPART PROMPTLY @ 9:00 AM**

Cambridge Senior Activity Center, 140 Buchanan St. N, Cambridge: **DEPART PROMPTLY @ 9:30 AM**

North Branch Outlets (Bath & Body), 38500 Tanger Drive, North Branch: **DEPART PROMPTLY @ 10:00 AM**

PLEASE MAIL YOUR REGISTRATION FORM AND PAYMENT TO:

Come Travel with Me/Carline Sargent, 32914 Nacre Street NW, Princeton, MN 55371

Please make checks payable to: Come Travel with Me

Questions call: 612-270-3403

Stillwater Trolley & Aamodt's Apple Farm – September 11, 2025 - Registration Form

First & Last Name _____

Email _____ Phone # _____

Of people ____ If more than one person registering, please list names and contact information for each person.

Pick-up/drop-off location (circle one): Princeton Cambridge North Branch

FREE ART CLASSES

For seniors experiencing
memory loss, and their
caregivers

Scratch Art- Owl
OCTOBER 28TH
10:30am- 12:30pm



Hosted at the Chisago County
Senior Center

www.WyomingCreativeArts.org

Register Online, For questions about
registration call: 763-202-1397



Hallberg

center
for the **Arts**

wyoming area

creative arts
community

