

JANUARY 2017

Activities Calendar

Roseville Area Senior Program

January/February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED Happy New Year! 1	CLOSED 2	Foot Care Clinic by appointment 9 a.m.-3 p.m. Men's Discussion 10-11:30 a.m. Dementia Caregiver Re-Entry 1-2:30 p.m. Billiards , 7-9 p.m. 3	Vision Loss 10-11:30 a.m. Partner Bridge 12:30-4:00 p.m. 4	Investment Forum I 9:30-11:30 a.m. Clip 'n' Sip Coupons , 10-11 a.m. Stitch 'n' Chat , 1-3 p.m. North Suburban Chorus 1:30-3:30 p.m. 5
Mahjong , 1-3:30 p.m. Ukulele Sing & Play \$1.50 pay at session 1:30-3:00 p.m. 7 TED Talks 2-3:30 p.m. @ Roseville Library 8	Hearing Screening & Hearing Aid Cleaning by appointment, 10 a.m.-12 p.m. Caregiver Support Group 12:30-2:30 p.m. Ballroom Dance , 1:30-4:00 p.m. RASP Advisory Council Meeting 3-4:15 pm 9	Marketplace Talk @ Marketplace Bingo Hall 9:30-10:30 a.m. Men's Discussion 10-11:30 a.m. Billiards , 7-9 p.m. 10	Blood Pressure Screening 10:30-11:30 a.m. Partner Bridge 12:30-4:00 p.m. Dementia Caring & Coping Talk 1-3 p.m. @ Roseville Library Def Driving 8 HR 5:30-9:30 p.m. 11	Investment Forum I 9:30-11:30 a.m. Clip 'n' Sip Coupons , 10-11 a.m. Stitch 'n' Chat , 1-3 p.m. North Suburban Chorus 1:30-3:30 p.m. 13 Def Driving 4HR 8:30 a.m.-12:30 p.m. 12
CLOSED Martin Luther King, Jr. Holiday 15	Religious Study 9:30-10:30 a.m. 16	Foot Care Clinic by appointment 9 a.m.-3 p.m. Men's Discussion 10-11:30 a.m. Great Decisions 2-3 p.m. @RosePointe Billiards , 7-9 p.m. 17	Partner Bridge 12:30-4:00 p.m. Def Driving 8 HR 5:30-9:30 p.m. 18	Investment Forum I 9:30-11:30 a.m. Clip 'n' Sip Coupons , 10-11 a.m. Stitch 'n' Chat , 1-3 p.m. North Suburban Chorus 1:30-3:30 p.m. 19
Mahjong 1-3:30 p.m. Def Driving 4 HR 1:30-5:30 p.m. Investment Forum 2 1:30-3:30 p.m. 22	Caregiver Support Group 12:30-2:30 p.m. Ballroom Dance , 1:30-4:00 p.m. 23	Health Ins Counseling by appointment, 9-11 a.m. Men's Discussion , 10-11:30 a.m. Billiards , 7-9 p.m. 24	Blood Pressure Screening 10:30-11:30 a.m. Partner Bridge 12:30-4:00 p.m. 25	Investment Forum I 9:30-11:30 a.m. Clip 'n' Sip Coupons , 10-11 a.m. Stitch 'n' Chat , 1-3 p.m. North Suburban Chorus 1:30-3:30 p.m. 26
Mahjong 1-3:30 p.m. 29	Caregiver Support Group 12:30-2:30 p.m. 30	Men's Discussion 10-11:30 a.m. Def Driving 4 HR 5:30-9:30 p.m. Billiards , 7-9 p.m. 31	RASP calendar schedule is subject to change. From everyone at RASP, we wish you a happy and healthy New Year!	

HIGHLIGHTS

Drop-In Lounge
Computer station, pool tables, library. The coffee pot is always on, rolls on Tue/Wed! 25¢ donation.
M-F 8:00 a.m. - 4:00 p.m.

Roseville Gift & Craft Shoppe
Our volunteer staffed craft shop features hand-crafted items for everyone!
M-F 9:30 a.m.-3:30 p.m.

The Flaming Spoon Café
View menus at Fairview Community Center or online at www.isd623.org/RASP. Full meal = \$4.35.
M-F 11:00 a.m.-12:15 p.m.
Large Group Reservations 651-604-3518.

Vision Loss Group
This group provides information, speakers, and good company to anyone who has vision loss. For more info call 612-871-2222.

Foot Care Clinic
Jeanne Polaichik, RN will teach you how to care for your feet, trim nails, and do assessments. Call for appointments.
Initial visit: \$34 for 30 min.
Return visits: \$27 for 30 min.

Ballroom Dance
Join us for social dances with refreshments.
Jan 9 ~ ???
Jan 23 ~ ?????
Feb 13 ~ ????
Feb 27 ~ ?????

\$5 per person at the door

FEBRUARY 2017

Come Join Us!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hearing Screening & Hearing Aid Cleaning Get a free hearing screening or have your hearing aids professionally cleaned and checked. Batteries will be available for a minimal fee. Please call for a 15 minute appointment (651) 604-3520. Second Tuesday of the month 10 a.m.-12:00 p.m. FREE			Vision Loss 10-11:30 a.m. Partner Bridge , 12:30-4 p.m.	Investment Forum I 9:30-11:30 a.m. Clip 'n' Sip Coupons , 10-11 a.m. Stitch 'n' Chat , 1-3 p.m. North Suburban Chorus 1:30-3:30 p.m.
Mahjong (Offsite) 1-3:30 p.m.	Religious Study 9:30-10:30 a.m.	Foot Care Clinic by appointment 9 a.m.-3 p.m. Men's Discussion 10-11:30 a.m. Dementia Caregiver Re-Entry 1-2:30 p.m. Billiards , 7-9 p.m.	Blood Pressure Screening 10:30-11:30 a.m. Partner Bridge , 12:30-4 p.m. Def Driving 8 HR 5:30-9:30 p.m.	Investment Forum I 9:30-11:30 a.m. Clip 'n' Sip Coupons , 10-11 a.m. Stitch 'n' Chat , 1-3 p.m. North Suburban Chorus 1:30-3:30 p.m. <div style="border: 1px solid black; padding: 2px; display: inline-block;"> 10 Def Driving 4HR 8:30 a.m.-12:30 p.m. </div>
5	6	7	8	9
Mahjong , 1-3:30 p.m. Investment Forum 2 1:30-3:30 p.m.	Hearing Screening & Hearing Aid Cleaning by appointment, 10 a.m.-12 p.m. Caregiver Support Group 12:30-2:30 p.m. Ballroom Dance , 1:30-4 p.m.	Men's Discussion , 10-11:30 a.m. Billiards , 7-9 p.m.	Partner Bridge 12:30-4:00 p.m. Dementia Caring & Coping Talk 1-3 p.m. @ Roseville Library Def Driving 8 HR 5:30-9:30 p.m.	Investment Forum I 9:30-11:30 a.m. Clip 'n' Sip Coupons , 10-11 a.m. Stitch 'n' Chat , 1-3 p.m. North Suburban Chorus 1:30-3:30 p.m.
<div style="border: 1px solid black; padding: 2px; display: inline-block;"> 11 TED Talks 2-3:30 p.m. @ Roseville Library </div>	12	13	14	15
Mahjong , 1-3:30 p.m. Presidents Day We are open.	Religious Study 9:30-10:30 a.m. Defensive Driving 4-HR 1:30-5:30 p.m.	Foot Care Clinic by appointment 9 a.m.-3 p.m. Men's Discussion 10-11:30 a.m. Great Decisions 2-3 p.m. @RosePointe Billiards , 7-9 p.m.	Blood Pressure Screening 10:30-11:30 a.m. Partner Bridge 12:30-4:00 p.m.	Investment Forum I 9:30-11:30 a.m. Clip 'n' Sip Coupons , 10-11 a.m. Stitch 'n' Chat , 1-3 p.m. North Suburban Chorus 1:30-3:30 p.m.
19	20	21	22	23
Mahjong , 1-3:30 p.m. Investment Forum 2 1:30-3:30 p.m.	Caregiver Support Group 12:30-2:30 p.m. Ballroom Dance , 1:30-4 p.m.	Health Ins Counseling by appointment, 9-11 a.m. Men's Discussion 10-11:30 a.m. Billiards , 7-9 p.m.	Partner Bridge 12:30-4:00 p.m.	Investment Forum I 9:30-11:30 a.m. Clip 'n' Sip Coupons 10-11 a.m. Stitch 'n' Chat , 1-3 p.m. North Suburban Chorus 1:30-3:30 p.m.
26	27	28	27	28

Blood Pressure Screening

Monitor your blood pressure and stay healthy with this free screening by qualified community volunteers. Monthly 2nd & 4th Thursday 10:30 a.m.-11:30 a.m. **FREE**

Caregiver Support Group

Join other caregivers of older adults for information, resources and valuable emotional support. Monthly 2nd & 4th Tuesday 12:30 p.m.-2:00 p.m. Fairview 116A **FREE**

Dementia Caregivers Re-Entry Support Group

Informal gatherings with others sharing various stages of loss during and following the dementia caregiving experience. Monthly 1st Wednesday 1:00 p.m.-2:30 p.m. Fairview 116A **FREE**

Health Insurance Counseling

Counselors help with understanding the basics of Medicare and Medical Assistance, choosing a Medicare supplement, Medicare Part D plan, more. Call for an appointment 651-604-3520. Monthly 4th Wednesday **FREE**