March was Meals on Wheels Month, and while Roseville Area Meals on Wheels typically celebrates with many “Guest Drivers” delivering meals, this year brought new challenges with the COVID-19 pandemic. Early in the month before CDC safety guidelines were put into effect, Cari Ness and Curtis Johnson (top right) delivered meals to Barbara Suedkamp. Cari is running for MN House of Representatives, and Curtis Johnson is a Director on the School Board for Roseville Area Schools. Michael Boguszewski (top left), Roseville Area Schools Board Chair, was ready to hit the road delivering meals with the hot and cold bags in tow.

Tara Garvin, Meals on Wheels Supervisor, and Kim Palmer, Roseville Area Senior Program Secretary, are packing for Meals on Wheels deliveries, while Luanne Green, Fairview Kitchen Manager, and Rick Seger take a photo break from their work. Meals on Wheels and Fairview kitchen staff have been working tirelessly to prepare and deliver meals to more than 120 meal clients during the COVID-19 closure. For more information on Roseville Area Meals on Wheels, call 651-604-3524. To enroll in Meals on Wheels, please call 651-318-9091.

Peggy Doi, who is a part of the Craft & Gift Shoppe leadership team, is busy sewing face masks for Meals on Wheels volunteers. The generosity of RASP volunteers and community members during the COVID-19 pandemic has been a welcome silver lining during these challenging times.
For so many reasons, this is the most difficult "Norm’s Notes" to write. Not for lack of inspiration, but for harnessing my heart’s havoc. There has been an unimaginable amount of change in the world and in our lives since the Coronavirus pandemic took hold. Everyday life has been turned upside down, and through it all, I marvel at the human spirit. How people can come together in a time of crisis. Bonding to be better. Putting differences aside.

Right here in our own “backyard,” Roseville Area Meals on Wheels is stepping up and meeting the challenge of reaching out and lending a hand (sheathed in a vinyl glove). Amazing volunteers are continuing what they always do… delivering meals to those in need. The method may be modified and enhanced with health and safety precautions put in place. -- The wearing of gloves, washing of hands, using hand sanitizer; wearing masks, placing meals in bags to hang on doors and then stand back six feet. There may be distancing but through it all we are becoming closer. There is a certain extra amount of caring coming from the volunteers, perhaps unbeknownst to them. You can see it reflected in the eyes of those receiving meals. There is a sense of security in this moment. Their expressions of appreciation take on deeper meaning. A world of good is being done here in this one meal service program. Look around, and multiply the multitudes.

While volunteers provide a lifeline for Roseville Area Meals on Wheels, the heart of the program, the rhythm of everyday operations, is orchestrated by dedicated staff, such as Tara Garvin, Meals on Wheels Specialist, and Luanne Green, Fairview Kitchen Manager. Among them, there is Kim Palmer, Roseville Area Senior Program Secretary, who is always ready to step in to help…or even run the program in Tara’s absence. Luanne is also ably assisted by Jeremy Ennis and Rick Seger. Luanne and Tara have met and exceeded the challenges of providing meals during this time of uncertainty to a growing list of meal clients under difficult circumstances. I consider myself blessed to be a part of this team that we call Roseville Area Meals on Wheels.

**Retirement**

When you are part of a team, there comes a time when you may be traded or look to retire. I am choosing the latter. It has not been an easy decision. I have come to know so many wonderful people in my four years as Coordinator of the Roseville Area Senior Program. As you are reading this, consider yourself in that group.

I am proud of our accomplishments. The number of activities has expanded, and more people are coming to RASP to participate. The Advisory Council has developed into a vibrant leadership team, and now they are focusing on a vision for RASP in the new building. More classes and talks are being offered by RASP, and many at no cost due to generous sponsorships by organizations. Special events continue to develop and attract more people. Partnerships within the community and beyond continue to grow, and afford exciting opportunities of development for RASP and our senior adults.

Great developments for RASP will continue. The momentum is in place. Kris Rossow, Coordinator of Roseville Area Community Education Adult Enrichment and Facilities, will be the new RASP Coordinator beginning June 16. I have worked closely with Kris these past four years, and I know she will be an excellent leader and innovator for RASP.

I was hoping to say farewell to many of you at the Annual RASP Volunteer Recognition Breakfast in June. I regret that has been taken from us as we put caring and concern before celebration. I have no idea how long we will need to be distanced for wellbeing. But, when it is safe and the opportunity arises, please stop in at the RASP office for a hello and goodbye…before June 12.

I can think of so many clichéd farewells. But, let me leave you with one of my favorites from the one and only Carol Burnett:

“"I'm so glad we had this time together. Just to have a laugh or sing a song. Seems we just get started and before you know it. Comes the time we have to say So long. Goodnight!” (And, if you’re wondering… Yes, there was singing. Especially, at the annual RASP Ice Cream Social and the Volunteer Recognition Breakfasts! )

Blessings to all of you!

---

**GRANTS AWARDED**

The Roseville Area Senior Program and Meals on Wheels were recently awarded two grants from the Roseville Area Community Foundation.

Roseville Area Meals on Wheels received $12,000.00 to help supplement the cost of meals to clients. Approximately 65% of meals are private pay and most of them are on a sliding fee scale based on monthly incomes. During this COVID-19 pandemic, Roseville Area Meals on Wheels is experiencing a surge in new clients and existing clients are requesting additional meals to freeze and keep on hand. “We are grateful to the Roseville Area Community Foundation for selecting our Meals on Wheels program for funding during these difficult times,” stated Norm Kunselman, Coordinator of the Roseville Area Senior Program. “We will not turn away any older adults in our community who are in need of meals and are struggling to be food secure.”

Roseville Area Senior Program (RASP) received $2,500.00 funding to redesign and update brochures for RASP; Meals on Wheels and the Roseville Gift & Craft Shoppe. Grant funding also includes printing and marketing for the RASP Volunteer Medical Rides program. Drivers are needed for this program. You can call RASP at 651-604-3520 for information.

The Medical Rides program relies on volunteers to drive senior adults in our community to a variety of medical appointments. Volunteers use their own vehicles and the coverage area is a 10-mile radius. Volunteers are reimbursed for mileage.
Roseville Area Schools Continues to Serve Hundreds of Meals Daily

School meals are a vital source of nutrition for many students, and even with schools closed, the district continues to offer meals free to any student age 18 or under, regardless of their ability to pay. Between March 18 and April 3, the district served approximately 30,000 meals. They are available for curbside pickup at Brimhall, Little Canada and Central Park elementary schools between 10:30 a.m. and 12:30 p.m., and at more than 20 other locations at different times. Visit bit.ly/RosevilleFoodMap to find a location near you.

An anonymous person has left words of inspiration on painted stones in front of Brimhall Elementary in recent days, spreading positive thinking and support to teachers and staff.

Child Care for Emergency Workers

Roseville Area Schools is providing child care for elementary-age children of health care professionals, first responders, children of educators and other emergency workers to ensure Minnesota’s first line of defense against COVID-19 can stay on the job. Visit isd623.org/covid19 for information about child care and other ways the district is responding to the pandemic.
Defensive Driving Classes 55+

55+ Defensive Driving - 4 Hr.
Learn about defensive driving and receive a 10 percent discount on your car insurance for 3 years. Once you take the National Safety Council's 8-hour course, you can take the 4-hour refresher course every 3 years to continue your discount. No driving test required. Preregistration is required at least one week prior to the class date. Register at the RASP office, by phone at 651.604.3520, or online. No senior discounts apply.

MN Safety Council Instructor
4 Hr. Refresher Courses

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<td>1566S-3</td>
<td>Sa 7/11</td>
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55+ Defensive Driving - 8 Hr.
Improve your driving skills and get a discount on your auto insurance. The Defensive Driving Course, developed by the National Safety Council, teaches basic crash prevention techniques and has a proven record of reducing traffic violations and incidents. It's taught by experienced, professional traffic safety instructors, including officers of the Minnesota State Patrol. The class consists of lectures, films and discussions. There is no behind-the-wheel driving and there are no tests. Preregistration is required at least one week prior to the class date. Register at the RASP office, by phone at 651.604.3520, or online. No senior discounts apply.

MN Safety Council Instructor
8 Hr. Prerequisite Courses

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E: Brent@mnils.com
MN LIC# BC630902

Make your house a home for a lifetime.
Mention this Ad for a 10% discount.
Victorian and Art Patterns (Barn Quilts)

We will learn the history of Barn Quilts as we explore one of the largest open-air galleries in Minnesota. The quilts are designed for barns as they are drawn to scale, painted on wooden panels and hung on exterior walls of historic farm buildings. We will head to Carver County where many are located. We will learn the history of the farm and the story of each pattern. Lunch will be at the Victoria House and will include a cup of pepperoni soup, half of a BLT sandwich, beverage and cookie. After lunch we will visit the Arts Consortium Art Center and then meet Suzanne Thiesfeld at the 501 shop. Suzanne is a Barn Quilt Artiste and her shop showcases quilts, antiques and original art work.

*Depart 9:05am, return approximately 3pm
*Register by May 10
7201.434 Thursday, April 30 $60

New! Yoga in the Park

Join us this summer for Yoga in the Park. Enjoy the beautiful setting of Oasis Park and connect with nature as you link breath to movement in a vinyasa style flow class suitable for all levels. Bring a yoga mat, water bottle and arrive 10 minutes early to get settled. Classes will be held outdoors. In the event of rain, class will be held in the Oasis park building.

7000.542 Saturday, June 20 - August 15, no class July 4
$99/$15 drop-in

Senior Golf League

22-week league is fun-focused & offers many different events & prizes. Pay as you play. Members enjoy a special discounted rate ($11.50+tax) per league round. League welcomes new members male or female. Contact Dave Erickson at 651-489-1997 or daveerickson40@hotmail.com for more info & to register.

To register for a Roseville Parks & Rec Class, go to www.cityofroseville.com/parks or call 651-792-7006.

May/June 2020 | Roseville Area Schools 5
MAY 2020

Activities Calendar

MONDAY

Foot Care Clinic by appt 9AM - 3PM
Religious Study, 9:30 - 10:30 AM
RASP Advisory Council, 3PM

TUESDAY

Open Bridge, 12 PM
Mahjong, 1PM (lounge)
Investment Forum 2, 1:30 - 3:30 PM
4 HR Defensive Driving, 1:30 PM

WEDNESDAY

Men's Discussion, 10 -11:30 AM
Scrabble, 10 AM -12 PM
Cribbage, 1 PM - 3 PM
Mahjong, 1 PM
Billiards, 7 PM - 9 PM

THURSDAY

Partner Bridge, 12:30 - 3:30 PM
Men's Shed, 1 - 2:30 PM

FRIDAY

Open Bridge, 10 AM - 12 PM
Stitch 'n' Chat, 1:00 - 3:00 PM
N. Suburban Chorus, 1:30 - 3 PM

HIGHLIGHTS

Drop-In Lounge
Computer station, pool tables, library. The coffee pot is always on, rolls on Tue/Wed! 50¢ donation. M-F, 8AM - 4PM

Roseville Gift & Craft Shoppe
Our volunteer staffed craft shop features hand-crafted items for everyone! M-F, 9:30AM - 3:30PM

Flaming Spoon Café
View menus at Fairview Community Center or online at: www.isd623.org/RASP. Full Meal $4.50 M-F, 11AM-12:00PM

Large Group Reservations 651-604-3518

Foot Care Clinic
Donna Larson, RN will teach you how to care for your feet, trim nails, and do assessments. Call the RASP office at 651-604-3520 for appointments. Tuesdays, 9 AM-3 PM

Ballroom Dance
Join us for social dances with refreshments. $7 per person at the door

Blood Pressure Screening
Monitor your blood pressure and stay healthy with this free screening by qualified community volunteers. 2nd & 4th Thursday 10:30 -11:30AM FREE
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tr>
<td>Open Bridge, 12 PM</td>
<td>Foot Care Clinic by appt 9 AM - 3 PM</td>
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<td>Men's Shed, 1 - 2:30 PM</td>
<td>Stitch 'n' Chat, 1:00 - 3:00 PM</td>
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<td>@ Taste of Scandinavia</td>
<td>Ballroom Dance, 1:30 - 4 PM</td>
<td>Cribbage, 1 PM - 3 PM</td>
<td>Mahjong, 1 PM</td>
<td>N. Suburban Chorus, 1:30 - 3 PM</td>
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<tr>
<td>Ukelele Sing &amp; Play, 1:30 - 3 PM</td>
<td>Morning Talk, 9:00 AM, @ Cardigan Ridge</td>
<td>Mahjong, 1 PM</td>
<td>Billiards, 7 PM - 9 PM</td>
<td>RASP OFFICE CLOSES @ 12PM</td>
</tr>
</tbody>
</table>

**HIGHLIGHTS**

- **Caregiver Support Group**
  - Join other caregivers of older adults for information, resources and valuable emotional support.
  - Monthly 2nd Tuesday
  - 12:30 p.m.-2:00 p.m. 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 the Senior Linkage Line for an appointment.
  - 1-800-333-2433
  - Monthly 4th Wednesday
  - 12-3 PM         FREE

- **Ballroom Dance**
  - Join us for social dances with refreshments and live music.
  - 2nd & 4th Tuesdays, 1:30-4PM
  - $7 per person at the door.
  - May 12 - Jerry Biersbach

- **Investment Forum II**
  - Manage your money, monitor the stock market, and learn from your peers.
  - Monthly, 2nd & 4th Mondays. 1:30-3:30PM, $2
Dementia: Caring & Coping

Resources to Remain Independent: A Resource Fair for Seniors, Caregivers and Care Receivers

Discover products and services to help you live your best life. Learn about equipment, resources and activities for seniors, senior caregivers, seniors with special care needs (e.g. vision loss, hearing loss, mobility impairments, dementia), and family members.

Speak with exhibitors about:
• access to transportation, meals-on-wheels, social services, support groups
• local lifelong learning programs - exercise, arts, games, music, and more
• equipment available for loan or purchase to help people with vision and hearing loss
• special resources for people with dementia and their family caregivers
• and much more!

Co-sponsors: Rsvl A/D, CHAT, Ramsey County Library, City of Roseville, Roseville Area Senior Program

FREE! All are welcome. Handicap accessible.
Thursday, June 11th 1-3:30PM
Roseville Skating Center, Rose Room

Avoiding Power Struggles with Your Person Living with Dementia

Learn about effective communication and how to work together with the person living with dementia. Learn how to avoid reactions from common triggers that may challenge caregivers.

Speaker: Deb Nygaard, Director of Development Arthur’s Senior Care and ACR Homes

Thursday, May 14, 2020, 1-3pm, Ramsey Co. Library, Roseville

Would you like to receive the Seasons Newsletter via email? Just call or email us with your email address, and we will do the rest. This will help reduce the mailing expense for RASP. The Seasons Newsletter is published every-other-month.
Phone: 651-604-3520
Email: RASP@isd623.org

Are you turning 65 or New to Medicare?
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Contact Gina Shaughnessy to place an ad today! gshaughnessy@4LPi.com or (800) 950-9952 x2487

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HOMELESSNESS IN ROSEVILLE

Join us for this three-part series on homelessness in Roseville. What do we know about it, what is being done, and what can we all do about it? Co-sponsors: Roseville Community Health Awareness Team (CHAT), Suburban Ramsey Family Collaborative, City of Roseville, Ramsey County Library – Roseville. All sessions are held at the Ramsey County Library, Roseville from 6:30-8:30pm.

**May 5th: What do we know about it?**
In order to do anything about the rise of homelessness in our communities, it is necessary to first understand the conditions and circumstances that lead to homelessness. Hear from local School, County, and Social Service professionals about the current state of homelessness in the Roseville community.

**May 19: What is being done about it?**
In this two hour conversation, we will hear about the current realities regarding the limitations to shelter options in the County and learn about the complexities and obstacles to finding families safe and affordable housing. We will hear from school, faith, county and state leaders about the initiatives underway that are addressing homelessness and the prevention of homelessness despite the multitude of barriers.

**June 2: What can we ALL do about it?**
Homelessness requires a collective response from everyone in the community. We are better and stronger together! In this two hour conversation, we will hear about the role we all have in preventing homelessness and decreasing homelessness in our communities. We will think about our own ‘spheres of influence’ and continue raising awareness and mobilizing action within our networks.

Free Lunch with a Memory Screening
Confidential Screening by a Registered Nurse

2nd Thursday of the month, 11am-12pm

Brightondale
2700 Rice Creek Rd
New Brighton, MN 55112

RSVP by the day before 651-746-5600

* free lunch for seniors and up to two family members, good only one time per year with senior’s memory screening.

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A cooperative community of vibrant adults 55+
94 Units, 12 Floor Plans, 835 to 1,653 sq. ft.
Own a unit nestled in a quiet residential neighborhood close to shopping, restaurants, services, parks and a pond.
See our newly redecorated commons areas

**Come to our Open House on**
Saturday, March 21 from 1:00 to 4:00
Enjoy refreshments and tours
Or call 651 636-2161 for a private tour.

To learn more about our community, call (651) 489-3293.

Questions about Medicare?
Call Benita Jackson 612-283-6032
JacksonB6@allinahealthaetna.us.com

Good Samaritan Society
Heitage Place of Roseville

All faiths or beliefs are welcome.
Virtual Programming Options for Adults

Please note, the Roseville Area Senior Program does not recommend or endorse any referral or program. We have not checked or verified content. Please use discretion before viewing. Every effort has been made to check accuracy. Thank you Minnesota Association of Senior Services (MASS) and Schaumburg Township, Illinois, for your contributions to this list of fun, informative and entertaining websites.

Broadway Plays and Musicals
https://tinyurl.com/wyg8yxsx
15 Broadway Plays and Musicals you can watch on stage from home.

Public Library Free Access
https://tinyurl.com/vfzuern
Anyone with a library card and iOS or Android phone can loan an e-book in the collection. There may be waitlists for popular titles. Must download app SimplyE.

Virtual Museum Tours
https://tinyurl.com/wp2gmtw
12 Famous Museums offer virtual tours of their galleries.

Virtual Opera Performances
https://tinyurl.com/qwbbtvv
Metropolitan Opera announced it would stream encore presentations on their website each night at 7:30 PM. You can also stream through the Met Opera’s on-demand app.

Minneapolis Institute of Art
https://new.arts Mia.org/about/
The Minneapolis Institute of Art enriches the community by collecting, preserving, and making accessible outstanding works of art from the world’s diverse cultures.

Puzzles & Games (Sudoku, Word Search, etc.)
https://www.puzzles.ca/


San Diego Zoo
https://kids.sandiegozoo.org/grownups

Smithsonian’s National Zoo
https://nationalzoo.si.edu/webcams

National Aquarium Virtual Tour
http://samuraivirtualtours.com/example/nadc/index.html

4 Exercises Older Adults Should Do Every Day
https://www.silversneakers.com/blog/daily-exercises-older-adults/


7 Strength, Balance, and Flexibility Exercises for Older Adults from Go4Life
https://www.youtube.com/watch?v=P_GPWLlQVMw

Chair Yoga-Yoga with Adriene (YouTube)
https://www.youtube.com/watch?v=-Ts01MC2mlo&list=PLui6EyntUzwadfy44g9nYIDcTs8IB-3T

Unfold Yoga and Wellness - Digital
https://tinyurl.com/yx36bem5
A series of FREE, live, web-based, 20 minute movement and meditation classes. Recorded sample classes also available anytime. The first Thursday of every month at 1:30 PM.

Chatter Pack
https://tinyurl.com/tr9j5jz
A variety of online resources for enrichment: Virtual tours, online learning, geography & nature, music, arts & culture, literature, entertainment, anxiety & mental health.

Ivy League Online Classes
Freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/
Over 450 online courses are available for free through all eight Ivy League schools.

And so much more! There is something for everyone. We are thinking about all of you during this COVID-19 pandemic, and we hope you are staying safe and healthy.

FREE Help with Online Shopping

It is important to stay safe and quarantined during the COVID-19 pandemic. You can order your groceries and prescriptions online, and Sharon is here to help. You can even talk with friends and loved ones face-to-face without risking getting sick.

Get FREE, One-on-One, customized REMOTE help with your Smart Phone, Tablet, Laptop and other devices. Sharon, our volunteer computer tutor, will guide you over the phone and/ or online. She will help you with setting up grocery delivery, prescription delivery, video chatting, and more.

Call RASP at 651-604-3520, and we will contact Sharon, and get you started.
Tonic Sol Fa in Concert

Roseville Area Schools Community Education in partnership with Cherrywood Pointe of Roseville and at Lexington sponsored the a cappella group Tonic Sol-fa at Roseville Area High School on February 28. Pictured left to right Jared Dove, Greg Bannwarth, Theo Brown, and Shaun Johnson. Theo Brown attended Harambee Elementary and Roseville Area Middle School.

(Pictured above) Curtis Johnson, ISD 623 School Board member, was the emcee for the concert. He is pictured here with the group just before going on stage for the opening.

(Pictured right) ISD 623 Community Education staff helped with all aspects of the Tonic Sol-fa concert from unloading and setting up the stage and loading up after the concert to selling concessions and ushering. Pictured left to right are Cyndi Arneson, Kris Rossow, Molly Flynn and Jacob Mack.

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Classes & Talks

GREAT DECISIONS:
Want to stay informed about foreign policy topics in our ever-changing world? This series of lectures and discussions will cover a variety of foreign policy topics to keep you informed and up-to-date. Sponsored by Roseville Area Senior Program, RosePointe Senior Community, and Global Minnesota. Contact Roseville Area Senior Program at 651-604-3520 to register. Call 651-639-1000 to confirm the program and topic.

FREE, 2:00 PM, 3rd Wednesdays @ RosePointe, 2555 Hamline Ave N, Rsvl

GREAT DECISIONS TOPICS 2020
Climate Change and the Global Order
India and Pakistan
Red Sea Security
Modern Slavery and Human Trafficking
U.S. Relations with the Northern Triangle
China’s Road into Latin America
The Philippines and the U.S. Artificial Intelligence and Data

UKULELE SING & PLAY
$1, 1:30-3PM, 1st Mondays, Fairview120

Pest Detectives
This class is designed to help home gardeners of all levels. Learn how to prevent against, diagnose, and respond to problems in your yard and garden using Integrated Pest Management practices.

FREE, 2:00 PM, 3rd Wednesdays
@ RosePointe, 2555 Hamline Ave N, Rsvl

UKULELE SING & PLAY
$1, 1:30-3PM, 1st Mondays, Fairview120

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China’s Road into Latin America
The Philippines and the U.S. Artificial Intelligence and Data

** Please note: Some or all May classes/activities at the Roseville Area Senior Program may be cancelled. If you are planning to attend a class or activity, please call ahead to confirm. 651-604-3520. Thank you!

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Inspiriting Choices for Senior Living

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The community and care you want, with the compassion and experience you can trust from Ebenezer.

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Inspiriting Choices for Senior Living
SilverSneakers® and Silver&Fit®

SilverSneakers and Silver&Fit are benefits offered by various insurance companies to allow older adults to take greater control of their health. Both SilverSneakers and Silver&Fit offer you the chance to increase your physical activity, take steps toward a healthier lifestyle, and participate in social opportunities. SilverSneakers and Silver&Fit members can attend any fitness classes on this page sponsored by Roseville Area Schools Community Education for free.

To see if you qualify for SilverSneakers or Silver&Fit, contact your insurance provider. Then, make sure to sign up for SilverSneakers or Silver&Fit at the Fairview Registration Office. Drop-in rate is $10 for each SilverSneakers and Silver&Fit class for those not covered by insurance or sign up for the series.

SILVERNEAKERS
Open the door to better health, greater independence, and a more fulfilling life. This equipment-based, multi-level, total body conditioning class uses hand-held weights, elastic tubing with handles, a play ball, and a chair for standing and/or seated support. Exercises will include working all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed, and power. This is a class for everyone. Equipment provided.

YOGASTRETCH - GENTLE CORE STRENGTHENING
Our gentlest class, YogaStretch, will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Keep your shoes on! No floor work!

SOMA YOGA
Join us for a gentle floor-based yoga that works from the inside out. It works to dissolve chronic, muscular pain using the principles of somatics and gentle body and mind movement.

STRENGTH TRAINING
Do you want a healthy, strong, lean, toned body? This is the class for you. Exercises are designed to hit all major muscle groups to improve muscular strength and endurance. Multiple modifications demonstrated to accommodate all levels and abilities. Hand weights from 1-20lbs are provided. Please bring a floor mat.

STRENGTH AND STRETCH
This is a floor work class based on deep breathing, building and maintaining core strength, flexibility, and alignment. You’ll leave stronger, stretchier, and lighter in body and mind. Please bring a yoga mat.

INDOOR WALKING AT FV
A walking course is established on the main floor: 4 1/2 times equals one mile. The stopping points are the double doors on the west side and the print shop on the south side. Keep your valuables with you or do not bring them. There is no charge and this is a self-directed activity. Contact Roseville Area Senior Program with questions at 651.604.3520.

<table>
<thead>
<tr>
<th>SilverSneakers</th>
<th>8:30-9:15 a.m.</th>
<th>M, W, F</th>
<th>$10 Drop-in fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>YogaStretch</td>
<td>9:00-9:45 a.m.</td>
<td>T, TH</td>
<td>$10 Drop-in fee</td>
</tr>
<tr>
<td>Strength Training</td>
<td>9:30-10:20 a.m.</td>
<td>M, W, F</td>
<td>$10 Drop-in fee</td>
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<tr>
<td>Strength &amp; Stretch</td>
<td>10:30-11:30 a.m.</td>
<td>M, W</td>
<td>$10 Drop-in fee</td>
</tr>
<tr>
<td>YogaStretch</td>
<td>3:30-4:15 p.m.</td>
<td>M, F</td>
<td>$10 Drop-in fee</td>
</tr>
<tr>
<td>Soma Yoga</td>
<td>10:30-11:30 a.m.</td>
<td>F</td>
<td>$10 Drop-in fee</td>
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SilverSneakers and Silver&Fit members are able to participate in Lap or Open Swim at no cost. Please present your program card to the lifeguard on deck when participating.

Lap Swim
- May 6-June 29: M, W, F 6:30-8:00AM
- May 5-June 30: M, T, W, F 11:30AM-12:30PM
- June 15-29: Tues 8:00-9:00PM
- May 7-June 25: Thurs 8:00-9:00PM

Open Swim
- May 5-June 30: M, T, W, F 10:15-11:15AM
- May 7-May 25: Th 7:00-8:00PM

Fees
- Under 18: $4.25/session or $19/5
- Over 18: $4.75/session or $20.50/5
- Over 60: $4.25/session or $19/5

To register for a fitness or aquatics class, go online to: www.ISD623.org/CommunityEd or call 651.604.3770.
EDUCATIONAL, SOCIAL, HEALTH & WELLNESS GROUPS and CLASSES
In the spirit of life-long learning, we offer a variety of formal and informal educational self-directed groups and classes. Whether you like to dance, use the computer, learn a new skill, gather to meet friends, or make new ones, there is something of interest for everyone. If you have an idea for a new class, activity, or group, please contact us.
Activity or class fees may apply.

RASP'S DROP-IN LOUNGE
Adults of all ages are welcome to visit our drop-in center. There is an older adult resource area, a small lending library, informal games, daily newspaper, TV, pool tables, and drop-in computer station. Coffee and tea are always available! FV 114, 50¢ Donation

VOLUNTEERS - 651-604-3520
Volunteers of all ages assist our program in many ways: Meals on Wheels drivers and packers, medical appointment drivers, office receptionist/data entry, special interest group leaders, special event help, friendly visitors, fundraising, and more. There is a place to make your own special contribution. Contact us for current opportunities.

ROSEVILLE GIFT & CRAFT SHOPPE - 651-604-3529
Stop and shop for a variety of quality hand-crafted and locally made gift items. Volunteers (adults and seniors) staff the shop. The shop is open Monday - Friday, 9:30 AM - 3:30 PM. (Closes at noon on Fridays June 12, 19, 26 and during July & August.)

PUBLICATIONS
Our newsletter, Seasons, is the best source for up-to-date information about our current activities and services. If you are interested in receiving the bi-monthly Seasons newsletter by email or through the postal service, please contact the RASP office. Detailed RASP activities and services are also listed throughout this brochure.

TRANSPORTATION - 651-604-3535
Transportation – Medical Rides Service
Medical Ride Service volunteer drivers use their own vehicles to provide rides to medical and dental appointments for people who can walk with minimal assistance.
• Riders are asked to limit requests to one ride per week.
• The rider is responsible for paying any parking fees during the ride.
• The medical ride service is available to residents in the RASP service area (ISD 623).
• RASP medical rides operate within a ten-mile radius of the Fairview Community Center.

Suggested donation for a roundtrip medical ride is $10. Drivers cannot accommodate wheelchairs, and can provide minimal assistance getting in and out of the vehicle. Please allow at least one-week notice scheduling your medical ride. Payment is made to the Roseville Area Senior Program, 1910 County Road B West, Roseville, MN 55113.

Registration must be completed before rider receives transportation. For registration information, call or email the RASP office. Ph: 651-604-3535; Email: rasp@isd623.org.
Classes & Talks

Improve Your Health at Any Age
You can’t change your chronological age but you CAN shave years off your biological age. Your BioAge is measured by how well all your body systems work. There are many things you can do to affect your BioAge. Studies show you can be 50 and have the physiology of a 30 year old, (and, vise versa), depending on how well you take care of yourself. What you do now greatly affects your health and well-being now and in the future. Nothing beats good health! In this workshop, we’ll discuss simple steps you can take now to shave years off your bio age and help make every system in your body as healthy as possible. Also, we will do Janice’s famous ‘One Minute To Better Posture’ technique that will have you standing straighter instantly.

Volunteer Recognition Breakfast Canceled
The Roseville Area Senior Program Annual Volunteer Recognition Breakfast has been canceled out of concern for the health and safety of all our extraordinary volunteers during the COVID-19 pandemic. It saddens all of us at RASP, Meals on Wheels and Roseville Area Schools Community Education to not be able to celebrate our volunteers and give them much earned recognition.

THANK YOU VOLUNTEERS
for all you do for the Roseville Area Senior Program and Meals on Wheels! We think you are nothing short of amazing!
A big thank you to these churches, businesses and organizations for providing amazing volunteers for meal delivery and packing every Monday through Friday! We could not do it without you!

- Calvary Baptist Church
- Centennial Methodist Church
- Como Park Lutheran Church
- Falcon Heights United Church of Christ
- New Life Presbyterian Church
- North Heights Lutheran Church
- Prince of Peace Lutheran Church
- Resurrection Lutheran Church
- Roseville Lutheran Church
- St. Christopher's Episcopal Church
- St. John’s of Little Canada
- St. Michael's Lutheran Church
- St. Odilia Catholic Church
- St. Rose Catholic Church
- St. Timothy's Lutheran Church
- Goodmanson Construction
- Rose of Sharon a Villa Center
- Xcel Energy
- Nustar Energy
- NE Metro 916
- City of Roseville
- Enterprise Visions
- HUB International