## MARCH 2020

### MONDAY
- **Open Bridge**, 12 PM
- **Mahjong**, 1 PM
  @ Taste of Scandinavia
- **Ukelele Sing & Play**, 1:30 - 3 PM

### TUESDAY
- **Foot Care Clinic** by appt 9 AM - 3 PM
- **Religious Study**, 9:30 - 10:30 AM
- **Chess**, Beg/Int, 1:00 PM
- **Bridge Class**, Book 3, 1:15 PM
- **RASP Advisory Council**, 3:00 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
- **Invest. Forum 1**, 9:30 AM - 11:30 AM
- **Open Bridge**, 10 AM - 12 PM
- **Stitch 'n' Chat**, 1:00 - 3:00 PM
- **N. Suburban Chorus**, 1:30 - 3 PM

### HIGHLIGHTS
- **Blood Pressure Screening**
  10:30 - 11:30 AM
- **Partner Bridge**, 12:30 - 3:30 PM
- **Men's Shed**, 1 - 2:30 PM
- **Dementia Caring & Coping**, 1-3PM
  @ Ramsey Co. Library
- **Transition to Retirement**, 6-8PM
  @ Ramsey Co. Library
- **Invest. Forum 2**, 1:30 - 3:30 PM
- **Open Bridge**, 10 AM - 12 PM
- **Stitch 'n' Chat**, 1:00 - 3:00 PM
- **N. Suburban Chorus**, 1:30 - 3 PM

### Roseville Gift & Craft Shoppe
- Our volunteer staffed craft shop features hand-crafted items for everyone!
- M-F, 8AM - 4PM

### Flaming Spoon Café
- View menus at Fairview Community Center or online at:
  www.isd623.org/RASP.
- Full Meal $4.50
- M-F, 11 AM - 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 - 11:30 AM FREE

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### Activities Calendar

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### Roseville Area Schools
- **March/April 2020**

#### Monday
- **Morning Talk**, 9 AM, @ Cardigan Ridge
- **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

#### Tuesday
- **Health Ins. Consultation**, 12-3PM
- **Cribbage**, 1 PM - 3 PM
- **Great Decisions**, 2PM
  @ Rosepoint
- **RASP Advisory Council**, 3:00 PM

#### Wednesday
- **Partner Bridge**, 12:30 - 3:30 PM
- **Men's Shed**, 1 - 2:30 PM
- **Transition to Retirement**, 6-8PM
  @ Ramsey Co. Library

#### Thursday
- **Invest. Forum 2**, 1:30 - 3:30 PM
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#### Friday
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**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

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

**PLEASE NOTE:**

- **CALENDAR IS SUBJECT TO CHANGE**

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*If you would like to play Partner Bridge, please contact the RASP office (651-604-3520) at least one week in advance. Partner Bridge is a formally organized game with four experienced bridge players per table that are arranged in advance. Regular attendance is appreciated each Thursday from 12:15 to 4:00 p.m. One set of partners plays six hands of bridge with four different sets of partners. The cost is $2 per person, with more than half going to RASP. With the requirement that we have four people per table, we are sometimes unable to accommodate everyone who wants to play. Players will be emailed prior to each Thursday’s Partner Bridge activity.*

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