

MARCH 2018

Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>RASP calendar schedule is subject to change.</p> <p>Thank you for your support of Meals on Wheels!</p> <p>Watch for your letter in the mail in early April.</p>			<p>Partner Bridge 12:30-4:00 p.m.</p> <p style="text-align: right;">1</p>	<p>Investment Forum I 9:30-11:30 a.m. Open Bridge 10 a.m.-12 p.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.</p> <p style="text-align: right;">2</p>
<p>Open Bridge 12-3:00 p.m. Mahjong (Offsite) 1-3:30 p.m. Ukulele Play & Sing \$1.50 pay at session 1:30-3:00 p.m.</p> <p style="text-align: right;">5</p>	<p>Religious Study 9:30-10:30 a.m. Bridge: Book 3 begins 1:15-3:15 p.m.</p> <p style="text-align: right;">6</p>	<p>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. Stepping On class begins 2-4 p.m., room 108 Billiards, 7-9 p.m.</p> <p style="text-align: right;">7</p>	<p>Blood Pressure Screening 10:30-11:30 a.m. Partner Bridge 12:30-4:00 p.m.</p> <p style="text-align: right;">8</p>	<p>Investment Forum I 9:30-11:30 a.m. Open Bridge 10 a.m.-12 p.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.</p> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;"> <p>10 Def Driving 4HR 8:30 a.m.-12:30 p.m.</p> </div> <p style="text-align: right;">9</p>
<p>Valuing Your Possessions 11 a.m.-12 p.m. Open Bridge, 12-3:00 p.m. Mahjong, 1-3:30 p.m. Investment Forum 2 1:30-3:30 p.m.</p> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;"> <p>11 TED Talks 2-3:30 p.m. @ Roseville Library</p> </div> <p style="text-align: right;">12</p>	<p>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.</p> <p style="text-align: right;">13</p>	<p>Marketplace Talk @ Marketplace Bingo Hall 9:30-10:30 a.m. Men's Discussion 10-11:30 a.m. Funeral Planning class, 2-3 p.m. Billiards, 7-9 p.m.</p> <p style="text-align: right;">14</p>	<p>Partner Bridge 12:30-4:00 p.m. Def Driving 8 HR 5:30-9:30 p.m.</p> <p style="text-align: right;">15</p>	<p>Investment Forum I 9:30-11:30 a.m. Open Bridge 10 a.m.-12 p.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.</p> <p style="text-align: right;">16</p>
<p>Downsizing Made Easy 11 a.m.-12 p.m., room 116A Open Bridge 12-3:00 p.m. Mahjong 1-3:30 p.m. Def Driving 4 HR 1:30-5:30 p.m.</p> <p style="text-align: right;">19</p>	<p>Religious Study 9:30-10:30 a.m. HomeFit Guide for the Lifelong Home 2-4 p.m.</p> <p style="text-align: right;">20</p>	<p>Foot Care Clinic by appointment 9 a.m.-3 p.m. Men's Discussion, 10-11:30 a.m. Willie Wonka (free matinee @ RAHS), 1 p.m. Arrive by 12:45 p.m. Great Decisions 2-3 p.m. @RosePointe Billiards, 7-9 p.m.</p> <p style="text-align: right;">21</p>	<p>Blood Pressure Screening 10:30-11:30 a.m. Partner Bridge 12:30-4:00 p.m. Def Driving 8 HR 5:30-9:30 p.m.</p> <p style="text-align: right;">22</p>	<p>Investment Forum I 9:30-11:30 a.m. Open Bridge 10 a.m.-12 p.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.</p> <p style="text-align: right;">23</p>
<p>Feet First: The Only Way I'm Leaving My home 111 a.m.-12 p.m., room 116A Open Bridge, 12-3:00 p.m. Mahjong, 1-3:30 p.m. Investment Forum 2 1:30-3:30 p.m. Nutrition Assistance 2-3 p.m.</p> <p style="text-align: right;">26</p>	<p>Caregiver Support Group 12:30-2:30 p.m. Ballroom Dance, 1:30-4:00 p.m.</p> <p style="text-align: right;">27</p>	<p>Health Ins Counseling by appointment, 9-11 a.m. Men's Discussion, 10-11:30 a.m. Housing Options As You Age 2-3 p.m., room 116A Def Driving 4 HR 5:30-9:30 p.m. Billiards, 7-9 p.m.</p> <p style="text-align: right;">28</p>	<p>Partner Bridge 12:30-4:00 p.m.</p> <p style="text-align: right;">29</p>	<p style="text-align: center;">CLOSED</p> <p style="text-align: right;">30</p>

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.

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.
Mar 13 ~ Wes Miller
March 27 ~ Jim Armstrong
April 10 ~ Dick Szyplinski
April 24 ~ Wes Miller
\$5 per person at the door

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

APRIL 2018

Come Join Us!

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<p>Open Bridge, 12-3:00 p.m. Mahjong (Offsite) 1-3:30 p.m. Ukulele Play & Sing \$1.50 pay at session 1:30-3:00 p.m.</p> <p style="text-align: right;">2</p>	<p>Religious Study 9:30-10:30 a.m.</p> <p style="text-align: right;">3</p>	<p>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.</p> <p style="text-align: right;">4</p>	<p>Partner Bridge, 12:30-4 p.m.</p> <p style="text-align: right;">5</p>	<p>Investment Forum I, 9:30-11:30 a.m. Open Bridge, 10 a.m.-12 p.m. Clip 'n' Sip Coupons, 10-11 a.m. Stitch 'n' Chat, 1-3 p.m. Chorus, 1:30-3:30 p.m.</p> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;"> <p>7 Def Driving 4HR 8:30 a.m.-12:30 p.m.</p> </div> <p style="text-align: right;">6</p>
<p>Open Bridge, 12-3:00 p.m. Mahjong 1-3:30 p.m. Investment Forum 2 1:30-3:30 p.m.</p> <p style="text-align: right;">9</p>	<p>Hearing Screening & Hearing Aid Cleaning by appointment, 10 a.m.-12 p.m. Caregiver Support Group 12:30-2:30 p.m. Special speaker: Leah Gilbert "Estate Planning Basics" Ballroom Dance, 1:30-4:00 p.m.</p> <p style="text-align: right;">10</p>	<p>Marketplace Talk @ Marketplace Bingo Hall 9:30-10:30 a.m. Men's Discussion 10-11:30 a.m. Billiards, 7-9 p.m.</p> <p style="text-align: right;">11</p>	<p>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.</p> <p style="text-align: right;">12</p>	<p>Investment Forum I 9:30-11:30 a.m. Open Bridge 10 a.m.-12 p.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.</p> <p style="text-align: right;">13</p>
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<p>Open Bridge 12-3:00 p.m. Mahjong, 1-3:30 p.m.</p> <p style="text-align: right;">30</p>		<p>RASP is looking for a sponsor that will support the mailing of the Seasons Newsletter six times per year. If you know a business, health organization, or an individual(s) who may be interested, please call Norm at 651-604-3522. Prominent recognition guaranteed.</p>		

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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
April 10 - What's Your Plan? Estate Planning Basics. Speaker: Leah Gilbert, Attorney.

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, and more. Call for an appointment 651-604-3520.
Monthly 4th Wednesday
FREE

Hearing Screening & Hearing Aid Cleaning

Get a free hearing screening or have your hearing aids cleaned. Please call for a 15 minute appointment (651) 604-3520. Second Tuesday of the month