

# JANUARY 2019

# Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>CLOSED FOR THE HOLIDAY</b>	Men's Discussion, 10 - 11:30 AM Scrabble, 10 AM-1 PM Cribbage, 1PM - 3PM Mahjong, 1PM- 3:30PM Billiards, 7PM - 9PM	Partner Bridge, 12:30 - 4:00 PM Men's Shed, 1:30-3:00 PM	Investment Forum I 9:30 - 11:30 AM Foursome Bridge 10:00 AM - 12:00 PM Clip 'n' Sip 10 - 11 AM Stitch 'n' Chat, 1:00 - 3:00 PM N. Suburban Chorus 1:30 - 3:30 PM
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Open Bridge, 12 - 3PM Mahjong, 1:00 OFFSITE Ukulele Sing & Play 1:30 - 3:00 PM	Foot Care Clinic by appt 9 AM - 3PM Caregiver Support Group 12:30 - 2:30 PM Bridge Class Book 3, 1:15 - 3:15 PM Ballroom Dance, 1:30 - 4PM	Marketplace Talk @ Bingo Hall 9-10:30 AM Men's Discussion, 10 - 11:30 AM Scrabble, 10 AM-1 PM Cribbage, 1 PM - 3 PM Mahjong, 1 PM- 3:30 PM	Blood Pressure Screening 10:30 - 11:30 AM Partner Bridge, 12:30 - 4:00 PM Dementia: Caring & Coping @ Ramsey Cty Lib, 1:00 PM Men's Shed, 1:30-3:00 PM Defensive Driving 8 HR 5:30 - 9:30 PM	Investment Forum I 9:30 - 11:30 AM Clip 'n' Sip 10-11 AM Foursome Bridge 10:00 AM - 12:00 PM Stitch 'n' Chat, 1:00 - 3:00 PM N. Suburban Chorus 1:30 - 3:30 PM
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
13 2:00 TED Talk @ Ramsey County Library	Foot Care Clinic by appt 9 AM - 3PM Religious Study 9:30 - 10:30 AM Defensive Driving 4 HR 1:30 - 5:30 PM	Men's Discussion, 10 - 11:30 AM Scrabble, 10 AM-1 PM Cribbage, 1 PM - 3 PM Mahjong, 1 PM- 3:30 PM Great Decisions 2:00 PM @ Rosepointe Billiards, 7 PM - 9 PM	Partner Bridge, 12:30 - 4:00 PM Men's Shed, 1:30-3:00 PM Defensive Driving 8 HR 5:30 - 9:30 PM	12 Def Driving 4HR 8:30 AM - 12:30 PM
Hearing Screening & Hearing Aid Cleaning by appt, 10AM - 12PM Open Bridge, 12 - 3PM Mahjong, 1:00 - 3:30 PM Investment Forum 2 1:30 - 3:30 PM	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	Foot Care Clinic by appt 9 AM - 3PM Caregiver Support Group 12:30 - 2:30 PM Ballroom Dance, 1:30 - 4PM	Hlth Ins Counseling, 9:00 AM Men's Discussion, 10 - 11:30 AM Scrabble, 10 AM-1 PM Cribbage, 1 PM - 3 PM Mahjong, 1 PM- 3:30 PM Billiards, 7 PM - 9 PM Defensive Driving 8 HR 5:30 PM	Blood Pressure Screening 10:30 - 11:30 AM Partner Bridge, 12:30 - 4:00 PM Men's Shed, 1:30-3:00 PM	Investment Forum I 9:30 - 11:30 AM Clip 'n' Sip 10:00 - 11:00 AM Foursome Bridge 10:00 AM - 12:00 PM Stitch 'n' Chat, 1:00 - 3:00 PM N. Suburban Chorus 1:30 - 3:30 PM
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>CLOSED FOR MARTIN LUTHER KING JR. DAY</b>				
Open Bridge, 12 - 3 PM Mahjong, 1PM- 3:30 PM Investment Forum 2 1:30 - 3:30 PM	Foot Care Clinic by appt 9 AM - 3PM Caregiver Support Group 12:30 - 2:30 PM Bridge Class Book 3, 1:15 - 3:15 PM	Men's Discussion, 10 - 11:30 AM Scrabble, 10 AM-1 PM Cribbage, 1 PM - 3 PM Mahjong, 1 PM- 3:30 PM Billiards, 7 PM - 9 PM	Partner Bridge, 12:30 - 4:00 PM Men's Shed, 1:30-3:00 PM	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

## 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](http://www.isd623.org/RASP).  
M-F 11:00 a.m.-12:15 p.m.  
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 for appointments.  
Initial visit: \$34 for 30 min.  
Return visits: \$27 for 30 min.

### Ballroom Dance

Join us for social dances with refreshments.

\$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  
10:30-11:30 a.m. FREE

# FEBRUARY 2019

*Come Join Us!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>Investment Forum I</b> 9:30 - 11:30 AM <b>Clip 'n' Sip</b> 10:00 - 11:00 AM <b>Foursome Bridge</b> 10:00 AM - 12:00 PM <b>Stitch 'n' Chat</b> , 1:00 - 3:00 PM <b>N. Suburban Chorus</b> 1:30 - 3:30 PM 1
<b>Open Bridge</b> , 12 - 3 PM <b>Mahjong</b> , 1PM- 3:30 PM <b>Ukulele Sing &amp; Play</b> 1:30 - 3:00 PM	<b>Foot Care Clinic</b> by appt 9 AM - 3PM <b>Religious Study</b> 9:30 - 10:30 AM	<b>Men's Discussion</b> , 10 -11:30 AM <b>Scrabble</b> , 10 AM-1 PM <b>Cribbage</b> , 1PM - 3PM <b>Mahjong</b> , 1PM- 3:30PM <b>Billiards</b> , 7PM - 9PM	<b>Partner Bridge</b> , 12:30 - 4:00 PM <b>Men's Shed</b> , 1:30-3:00 PM <b>Living Well with Diabetes</b> 1:30 - 4:00 PM	<b>Investment Forum I</b> 9:30 - 11:30 AM <b>Clip 'n' Sip</b> 10:00 - 11:00 AM <b>Foursome Bridge</b> 10:00 AM - 12:00 PM <b>Stitch 'n' Chat</b> , 1:00 - 3:00 PM <b>N. Suburban Chorus</b> 1:30 - 3:30 PM 8
10 TED Talk @ Ramsey Cty Library, 2:00 PM <b>Hearing Screening &amp; Hearing Aid Cleaning</b> by appt, 10:00 AM - 12:00 PM <b>Open Bridge</b> , 12 - 3 PM <b>Mahjong</b> , 1PM- 3:30 PM <b>Investment Forum 2</b> 1:30 - 3:30 PM 4	5 <b>Foot Care Clinic</b> by appt 9 AM - 3PM <b>Caregiver Support Group</b> 12:30 - 2:30 PM <b>Ballroom Dance</b> , 1:30 - 4:00 PM	6 <b>Marketplace Talk @ Bingo Hall</b> 9:30 - 10:30 AM <b>Men's Discussion</b> , 10 -11:30 AM <b>Scrabble</b> , 10 AM-1 PM <b>Cribbage</b> , 1PM - 3PM <b>Mahjong</b> , 1PM- 3:30PM <b>Billiards</b> , 7PM - 9PM	7 <b>Blood Pressure Screening</b> 10:30 -11:30 AM <b>Partner Bridge</b> , 12:30 - 4:00 PM <b>Dementia: Caring &amp; Coping</b> 1:00 PM <b>Men's Shed</b> , 1:30-3:00 PM	9 Def Driving 4HR 8:30 AM - 12:30 PM <b>Investment Forum I</b> 9:30 - 11:30 AM <b>Clip 'n' Sip</b> 10:00 - 11:00 AM <b>Foursome Bridge</b> 10:00 AM - 12:00 PM <b>Stitch 'n' Chat</b> , 1:00 - 3:00 PM <b>N. Suburban Chorus</b> 1:30 - 3:30 PM 15
<b>Open Bridge</b> , 12 - 3 PM <b>Mahjong</b> , 1PM- 3:30 <b>Def Driving 4HR</b> , 1:30 PM 11	12 <b>Foot Care Clinic</b> by appt 9 AM - 3PM <b>Religious Study</b> 9:30 - 10:30 AM	13 <b>Men's Discussion</b> , 10 -11:30 AM <b>Scrabble</b> , 10 AM-1 PM <b>Cribbage</b> , 1 PM - 3 PM <b>Mahjong</b> , 1 PM- 3:30 PM <b>Great Decisions</b> 2:00 PM @ Rosepointe <b>Aging in Place</b> , 2:00 - 3:30 PM <b>Billiards</b> , 7 PM - 9 PM	14 <b>Partner Bridge</b> , 12:30 - 4:00 PM <b>Men's Shed</b> , 1:30-3:00 PM <b>Def Driving 8HR</b> , 5:30 PM	15 <b>Investment Forum I</b> 9:30 - 11:30 AM <b>Clip 'n' Sip</b> 10:00 - 11:00 AM <b>Foursome Bridge</b> 10:00 AM - 12:00 PM <b>Stitch 'n' Chat</b> , 1:00 - 3:00 PM <b>N. Suburban Chorus</b> 1:30 - 3:30 PM
<b>Open Bridge</b> , 12 - 3 PM <b>Mahjong</b> , 1PM- 3:30 PM <b>Investment Forum 2</b> 1:30 - 3:30 PM <b>Identity Theft &amp; Fraud</b> 10:00 - 11:30 AM 18	19 <b>Foot Care Clinic</b> by appt 9 AM - 3PM <b>Caregiver Support Group</b> 12:30 - 2:30 PM <b>Ballroom Dance</b> , 1:30 - 4:00 PM	20 <b>Health Insurance Counseling</b> 9:00 AM <b>Men's Discussion</b> , 10 -11:30 AM <b>Scrabble</b> , 10 AM-1 PM <b>Cribbage</b> , 1PM - 3PM <b>Mahjong</b> , 1PM- 3:30PM <b>Billiards</b> , 7PM - 9PM	21 <b>Blood Pressure Screening</b> 10:30 -11:30 AM <b>Partner Bridge</b> , 12:30 - 4:00 PM <b>Men's Shed</b> , 1:30-3:00 PM	22 <b>Investment Forum I</b> 9:30 - 11:30 AM <b>Clip 'n' Sip</b> 10:00 - 11:00 AM <b>Foursome Bridge</b> 10:00 AM - 12:00 PM <b>Stitch 'n' Chat</b> , 1:00 - 3:00 PM <b>N. Suburban Chorus</b> 1:30 - 3:30 PM
<b>Open Bridge</b> , 12 - 3 PM <b>Mahjong</b> , 1PM- 3:30 PM <b>Investment Forum 2</b> 1:30 - 3:30 PM <b>Identity Theft &amp; Fraud</b> 10:00 - 11:30 AM 25	26 <b>Foot Care Clinic</b> by appt 9 AM - 3PM <b>Caregiver Support Group</b> 12:30 - 2:30 PM <b>Ballroom Dance</b> , 1:30 - 4:00 PM	27 <b>Health Insurance Counseling</b> 9:00 AM <b>Men's Discussion</b> , 10 -11:30 AM <b>Scrabble</b> , 10 AM-1 PM <b>Cribbage</b> , 1PM - 3PM <b>Mahjong</b> , 1PM- 3:30PM <b>Billiards</b> , 7PM - 9PM	28 <b>Blood Pressure Screening</b> 10:30 -11:30 AM <b>Partner Bridge</b> , 12:30 - 4:00 PM <b>Men's Shed</b> , 1:30-3:00 PM	<b>Investment Forum I</b> 9:30 - 11:30 AM <b>Clip 'n' Sip</b> 10:00 - 11:00 AM <b>Foursome Bridge</b> 10:00 AM - 12:00 PM <b>Stitch 'n' Chat</b> , 1:00 - 3:00 PM <b>N. Suburban Chorus</b> 1:30 - 3:30 PM

## 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.  
 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

## 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 Monday of the month 10 a.m.-12:00 p.m.  
 RASP Lounge FREE

## Ukulele Play & Sing Along

Join us for a ukulele jam and sing-along. Getting started on the uke is easy. The jam will emphasize having fun and making everyone feel welcome.  
 Monthly 1st Monday  
 1:30-3:00 p.m.  
 Fairview room 120  
 \$1.00 Pay at Session