

NOVEMBER 2018

Activities Calendar

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. Just \$4.35 p/meal.
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.

Nov 13 - Wes Miller

Nov. 27 - Rod Cerar

Dec 11 - Jerry Biersbach

\$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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Open Bridge, 12 - 3PM Mahjong, 1:00 - 3:30 PM Ukulele Sing & Play 1:30 - 3:00 PM	Foot Care Clinic by appt 9 AM - 3PM Religious Study 9:30 - 10:30AM	Foot Care Clinic by appt 9 AM - 3PM 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 Free Matinee: Once on This Island 1:00 PM, RAHS Theater	Investment Forum I 9:30 - 11:30 AM Bridge, 10:00 AM - 12:00 PM Clip 'n' Sip 10 - 11 AM Music in the Lounge, 10 - 11 AM Stitch 'n' Chat, 1:00 - 3:00 PM N. Suburban Chorus 1:30 - 3:30 PM
5	6	7	1	2
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	Foot Care Clinic by appt 9 AM - 3PM Caregiver Support Group 12:30 - 2:30 PM Ballroom Dance, 1:30 - 4PM	Marketplace Talk @ Bingo Hall 9-10:30 AM Health Insurance 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	Blood Pressure Screening 10:30 - 11:30 AM Dementia: Caring & Coping 1-3 PM @ Roseville Library Partner Bridge, 12:30 - 4:00 PM	Investment Forum I 9:30 - 11:30 AM Clip 'n' Sip 10-11 AM Stitch 'n' Chat, 1:00 - 3:00 PM N. Suburban Chorus 1:30 - 3:30 PM
12	13	14	8	9
11 TED Talk @ Roseville Library, 2:00 Open Bridge, 12 - 3PM Mahjong, 1PM- 3:30 PM Defensive Driving 4 HR 1:30 - 5:30 PM	Foot Care Clinic by appt 9 AM - 3PM Religious Study 9:30 - 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 Billiards, 7 PM - 9 PM	Partner Bridge, 12:30 - 4:00 PM	10 Def Driving 4HR 8:30 AM - 12:30 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
19	20	21	CLOSED FOR THE HOLIDAY	16
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26	27	28	22	23
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26	27	28	29	30

DECEMBER 2018

Come Join Us!

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

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3	4	5	6	7
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9 TED Talk @ Roseville Library, 2:00 Open Bridge, 12 - 3 PM Mahjong, 1PM- 3:30 PM	Foot Care Clinic by appt 9 AM - 3PM Religious Study 9:30 - 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 Great Decisions 2:00 PM @ Rosepointe Billiards, 7 PM - 9 PM	Seasons Mailing, 8:00 AM - 11:00 AM Partner Bridge, 12:30 - 4:00 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
17	18	19	20	21
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24	25	26	27	28



Play Scrabble!
Every Wednesday
10:00 AM - 1:00 PM
\$1.00

Alzheimer's & Dementia Resources
Check out www.cityofroseville.com/dementiainfo for local resources available for caregivers and people with memory loss, details about ongoing and special events, links to community resources, and information on Alzheimer's disease and other forms of dementia. Updated monthly. Sponsored by Roseville Alzheimer's, Dementia Community Action Team, and the City of Roseville.