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Legacy Giving

Leave a lasting legacy that will strengthen our community as a whole. By including the Roseville Area Senior Program in your estate planning, you can ensure that we can continue to provide essential services such as:

- Meals on Wheels
- Services Coordination
- Educational Programming
- Activities

Contact Norm Kunselman
RASP Coordinator
651.604.3522

HOLIDAY OPEN HOUSE

The Roseville Area Senior Program Holiday Open House, December 9, was sponsored by The Preserve at Roseville Senior Housing. Community Director, Annalisha Perez, was cutting cake and serving the more than 65 people who attended. The morning snow storm did not keep some people, like Jim Otto and Ron and Charleen Prill, from venturing out and having fun. Not only was there hot apple cider, cake, coffee/tea, and treats, but there were some dandy prizes as well. See page 11 for prize winners.

SANTA TO A SENIOR GIFT WRAPPING

The Santa to a Senior program served 344 seniors in the Roseville and St Paul area in December. More than 1500 gifts were wrapped and delivered. Volunteers received many hugs and even some tears. The Roseville Area Senior Program hosted the Wrap Party. About 30 volunteers helped wrap the presents. A special thank you to students from the Fairview Alternative High School who volunteered to load the cars on such a cold day. Santa to a Senior is sponsored by Home Instead Senior Care.
The new Fairview building brings new opportunities. It is an exciting time as we prepare for the ground breaking this spring. While the parking in the front will go away, the parking in the back lot will be expanded, and additional parking will be added closer to the main building as well. More details to come.

What do you think of changing our name? This is something I have been considering. Do we want to forego Roseville Area Senior Program (RASP) and embrace new branding? The RASP Advisory Council is doing research and brainstorming. For the past two decades, there has been a push nationwide to eliminate “Senior” in program titles. Some surveys show that Baby Boomers have an adverse reaction to being classified as a senior. At the same time, there are those who embrace the positivity of the “Senior” title saying it is a designation of achievement, and much like in a high school the others look up to the seniors.

When we look at new “digs,” I want to do justice to the whole program with appropriate and inclusive branding. The new center for adults 50 years of age and older will include facilities for all to share such as a new gymnasium, swimming pool, classrooms and dining area. There will be a new drop-in lounge for RASP, and the Roseville Gift & Craft Shoppe will be strategically located facing the main hallway and will have a display window to attract potential shoppers.

Current activities and services will continue in the new lounge. There will be a pool table, lending library, and tables and chairs for all to sit and enjoy playing bridge, Mahjong, cribbage, Scrabble and more. Thanks to the Falcon Heights-Lauderdale Lions Club, the pool table will be getting a makeover with new felt and rubber banks. It is wonderful to have this kind of community support.

One classroom will be adjoining to the drop-in lounge. The RASP offices will be conveniently located adjoining to the east side of the lounge. Much like in our own homes as we prepare for our next move, there will be downsizing. I would be remiss if I did not put in a plug for our upcoming “Planning Your Move” class, which will include downsizing. It is Thursday, April 9, 2-3:30 p.m. at Fairview, and it’s only $5.00.

As we prepare for the future, I invite you to reimagine the new center for 50+ adults. What do you think it should be named? Suggestions are greatly appreciated. If you’re not on board for a name change, I want to know that as well. You are a part of what makes RASP great, and your input matters. Wishing you all the best as we prepare for spring.

Blessings,

Norm

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Reading and Math Tutors Needed

We are looking for grandparents, retirees, high school graduates, college students and parents to be Tutors for Roseville students. No experience necessary, training and coaching will be provided. We have part-time and full-time positions.

Perks as A Tutor:
• Receive a stipend every two weeks
• Earn up to $4,200 for college tuition or student loans. Tutors 55 and older may gift the award to their child, grandchild, stepchild or foster child.
• Free health insurance and child care assistance for those who qualify

Ready to be the change for struggling students? Learn more and apply at ReadingAndMath.net. Questions can be sent to Chue.Xiong@servetogrow.org or call 612-470-2335.

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State Capital Tour

Men’s (and Women) Shedders toured the State Capital after their holiday luncheon at Fairview Community Center on December 19. The tour also featured carolers in the rotunda.

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
Parkview Water Project Wins Program of the Year Award

Jenny Eckman and Mary Sweeny, teachers at Parkview Center School, have been working to strengthen the water curriculum and hands-on learning experiences for their students through the Parkview Water Project since 2017. It begins with a pond study for kindergarteners and first graders, special in-school water lessons led by educators from the Science Museum in grades 2 and 3, a field day to Lake McCarrons in grade 4, and finally a day on the Mississippi River in voyager canoes with wilderness inquiry for grade 5. The Parkview Water Project lessons and experiences serve nearly 500 students each year. The Capitol Region Watershed District recently awarded them with the Program of the Year Award for their work.

School Board Takes Oath of Office, Elects Officers

At the January 14 meeting of the Roseville Area Schools Board of Education, newly elected Director Rose Chu and re-elected Directors Mike Boguszewski and Todd Anderson took their oaths of office. After the swearing in, the board elected officers for 2020. Director Boguszewski will serve as board chair, Director Kitty Gogins will serve as treasurer, and Director Anderson will serve as clerk. (Front row: Kitty Gogins, Mike Boguszewski, Todd Anderson. Back row: Frank Shaw, Curtis Johnson, Rose Chu.)
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
All 4-Hr Refresher sessions are $25 and held in Fairview 108

<table>
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<tr>
<td>1566-W6</td>
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<td>1566-W7</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
All 4-Hr Refresher sessions are $25 and held in Fairview 108

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<td>1567-W4</td>
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Independent Living Solutions
Certified Age-In-Place Specialist
If your aging plan does not include the nursing home, call us for a free home assessment. Safe, Secure, Affordable home modifications. Grab bars, walk in tubs, stair lifts, bath and kitchen renovations.

Brent Megahan
www.mnils.com
P: 612-743-7373
E: Brent@mnils.com
MN LIC# BC630902

Make your house a home for a lifetime.
Mention this Ad for a 10% discount.

Hospice & Home Health Care Services wherever home may be.
Providing gentle, loving care in St. Paul for over 75 years

- Community Hospice comes to you.
- A residence providing care at no cost.
- Post-op care & extra assistance at home.

For a consultation or to learn more:
651-789-5030 | hospicemn.com
©2019 Our Lady of Peace

Stay Healthy...
SING!
northsuburbanchorus.org
or call 651-472-4471 for more info.
Stop by at our rehearsal on Fridays 1:30-3:00 PM at Fairview Community Center

PM IN-HOME CNA/PCA SERVICES, LLC
Direct Cares in your home with a Certified Nursing Assistant.
Respite cares
Light Housekeeping
Showers/Baths
Laundry • Live-In
PRIVATE PAY
Call us 651-783-5100
or email pmcanacpaservices@gmail.com
©2019 Our Lady of Peace
American Swedish Institute Trip
Learn about the Turnblad family and how they donated their wealth to become what is now the American Swedish Institute. During the Historical House Tour of the Turnblad Mansion, you will discover crafted details, from the intricate woodcarvings to ornate Swedish ceramic stoves, throughout the exquisite 33-room mansion. Prior to the tour, you will enjoy a contemporary everyday Swedish lunch called Smorgas. Following the Turnblad Mansion Tour, you will have time to self-tour the current American Swedish Institute exhibit. *Fee includes: transportation, lunch, tour and exhibit admission.

*Depart at 11:20 am & return approximately around 4:00 pm
*Register by March 30

7201.434 Thursday, April 30 $60

Tap for Older Adults
Want to try tap dancing? Here is your chance to be social, keep active and have some laughs while learning or improving your tap dancing skills.

7100.429 Beg. Fri Mar 6 - Apr 24, 8:30-9:30am $50

7100.430 Inter. Fri Mar 6 - Apr 24, 9:30-10:30am $50

Annual Festival of Fine Arts and Fine Crafts
Join us for an early season fine arts exposition & sale of jewelry, pottery, photography, fiber art and paintings by more than 25 juried artists. The event is FREE for the public to attend!

Where: Olympic Room at the Roseville Skating Center
When: Saturday, March 28, 10AM-4PM

To register for a Tour or Tap Class, go to www.cityofroseville.com/parks or call 651-792-7006.
# Activities Calendar

## 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
- **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, 11 AM-12:00PM
- **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
**APRIL 2020**

### 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.
- **Investment Forum I**
  Topics and speakers that will enlighten, inform and stimulate. Every Friday, 9:30-11:30AM, $2
- **Investment Forum II**
  Manage your money, monitor the stock market, and learn from your peers. Monthly, 2nd & 4th Mondays. 1:30-3:30PM, $2

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Dementia: Caring & Coping
A speaker series presented by Roseville Alzheimer’s & Dementia Community Action Team and Ramsey County Library. FREE, 1-3PM, Ramsey County Library, Roseville

Your Medical Diagnostic Team
Terry Barclay, Ph.D., L.P., Clinical Director, HealthPartners Neuropsychology Neurosciences Division, Center for Memory and Aging will discuss the importance of a diagnosis and how to get one.
Thursday, March 12, 1:00 - 3:00 PM
**Roseville Skating Center (note location change!)

Your Legal Team
Many legal issues arise for families dealing with dementia. That's why it is important to take action as early as possible - even before you get a formal diagnosis, if possible. Elder law attorney Brenna Galvin will talk about building and empowering your legal team, which could include an attorney but also relatives or friends who take on specific legal tasks. She will describe the legal tools that can help.
Thursday, April 9 1:00 - 3:00 PM
Ramsey County Library – Roseville

Call a licensed sales agent
Jesse Sweeney
612-214-5450
Monday-Friday, 8 a.m.-5 p.m.
humana.com/jsweeney

Turning 65 or New to Medicare?
Turn to Humana for your medical and prescription drug coverage in one Medicare Advantage plan.

Vaccine Basics
How much basic information do you really have about vaccines? Have you heard about memory cells or herd immunity? Start here to learn how vaccines are made, how they work, how they protect, and how you can learn more. This presentation by University of Minnesota Professor Donna Spannaus-Martin Ph.D. covers all age groups.
Monday, March 23 6:30 - 8:00 PM
Ramsey County Library – Roseville

RASP ANNUAL FUNDRAISER
We're almost there!
Thank you to everyone who has donated to the Roseville Area Senior Program in response to our Annual Fundraising. If you have not had a chance to donate, it’s not too late! Donate online at: www.isd623.org/RASPGive or call us at 651-604-3520 to make a donation via credit card, or mail your check to RASP.

LET US HELP YOU TRANSITION
DOWNSIZING & TRADITIONAL SALE
TINA LUNDGREN
651-398-3801 612-321-1171
TIMLUNDGREN@LREGMN.COM
COLLEEN KETCHAM
620-398-3801 612-321-1171
CKETCH@GMAIL.COM

Avenue Motor Sales
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Joe Gatto
Owner
651-646-8347
avenumosales@qwestoffice.net

612-802-7150
joyerickson@edinarealty.com
www.joyerickson.com

Home Seller Workshops:
• June 20 10am
• September 18 2pm
For more information call 651-604-3520
Outstanding Volunteer(s) of the Year Nomination
Roseville Area Senior Program

Volunteer(s) being nominated: ____________________________________________
Address: ________________________________________________________________
City: ___________________________ State: _______ Zip: __________
Person who is nominating: ______________________________________________
Address: ________________________________________________________________
City: ___________________________ State: _______ Zip: __________
Phone: ___________________  Email: ________________________________

Why does the individual or group deserve this recognition?
Briefly describe below or on a separate sheet of paper your reasons for recommending this individual/group for Outstanding Volunteer, including the type of volunteer work carried out for RASP, as well as any interesting information about the nominee or group.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Return this nomination form to: Roseville Area Senior Program, 1910 County Rd B West, Roseville, MN  55113, or drop it off in our office. Deadline: April 24.
### March Flaming Spoon Cafe

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<tr>
<td>Sweet &amp; Sour Meatballs 2</td>
<td>Chicken Ala King 3</td>
<td>Polish Sausage 4</td>
<td>Homemade Meatloaf 5</td>
<td>Vegetable Lasagna 6</td>
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<tr>
<td>Steamed Brown Rice 2</td>
<td>Masha Potatoes 3</td>
<td>with Sauerkraut 4</td>
<td>Baked Potato w/Sour Cream 5</td>
<td>Garlic Toast 6</td>
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<tr>
<td>Freshly Baked Wheat Roll 2</td>
<td>Warm Buttery Biscuit 3</td>
<td>Whole Grain Bun 4</td>
<td>Monterey Blend Vegetables 5</td>
<td>Steamed Broccoli 6</td>
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<tr>
<td>Steamed Capri Vegetables 2</td>
<td>Mandarin Oranges 3</td>
<td>Potato Salad 4</td>
<td>Freshly Baked Wheat Roll 5</td>
<td>Chilled Mixed Fruit 6</td>
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<tr>
<td>Cinnamon Applesauce 2</td>
<td>Brownie w/icing 3</td>
<td>Sweetened Strawberries 4</td>
<td>Chilled Apricot 5</td>
<td>Fruited Jell-O 6</td>
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<td>Fortune Cookie 2</td>
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**Beef Stroganoff 9**  
Crunchy Alaska Pollock Felt on a Whole Grain Bun 10  
Tartar Sauce 10  
Steamed Mixed Vegetables 10  
Chilled Apricots 10  

**Savory White Chicken Chili 11**  
Warm Cornbread 11  
Steamed Green Beans 11  
Blueberries 11  
White Cake w/icing 11  

**Tator Tot Hot dish 12**  
Freshly Baked Potato Roll 12  
Steamed Corn 12  
Fruit Cocktail 12  

**Grilled Cheese Sandwich 13**  
w/Marinara Sauce (meatless) 13  
Chef's Choice of Vegetable 13  
Garlic Toast 13  
Chilled Pineapple 13  
Snickerdoodle 13  

**Rotisserie Chicken Drumstick 16**  
in BBQ Sauce 16  
Seasoned Cubed Potatoes 16  
Warm Three Bean Salad 16  
Freshly Baked Wheat Roll 16  
Chilled Pears 16  

**Corned Beef & Cabbage 17**  
Carrot Coins 17  
Baby Red Potatoes 17  
Freshly Baked Wheat Roll 17  
Green Fruited Jell-O 17  
(St. Patrick's Day) 17  

**Sweet & Sour Chicken 18**  
over Steamed Brown Rice 18  
Asian Stir Fry Vegetables 18  
Chilled Pineapple 18  
Fortune Cookie 18  

**Lemon Pepper Tilapia 19**  
Rice Pilaf 19  
California Blend Vegetables 19  
Freshly Baked Wheat Roll 19  
Chilled Peaches 19  

**Roast Beef Philly Sandwich 23**  
with Peppers & Onions 23  
topped with Mozzarella Cheese 23  
Tator Tots 23  
Mixed Fruit 23  

**Turkey Tetrazzini 24**  
Steamed Vegetables 24  
War Buttery Biscuit 24  
Apricots 24  
Sugar Cookie 24  

**Pepper Steak 25**  
w/cooked Bell Peppers 25  
Steamed Brown Rice 25  
Green Beans 25  
Freshly Baked Wheat Roll 25  
Banana 25  

**Ham & Cheese Bake 26**  
Seasoned Breakfast Potatoes 26  
Blueberry Muffin 26  
Sweetened Strawberries 26  

**Lasagna Roll-Up 27**  
w/Marinara Sauce (meatless) 27  
Garlic Toast 27  
Steamed Broccoli 27  
Pineapple 27  

**Smothered Pork Loin 30**  
with Mushroom Gravy 30  
Fluffy Whipped Potatoes 30  
Steamed Capri Blend 30  
Freshly Baked Wheat Roll 30  
Cinnamon Applesauce 30  

**Swiss Steak 31**  
Baked Potato w/Sour Cream 31  
Steamed Vegetables 31  
Freshly Baked Wheat Roll 31  
Pineapple 31  

** **MENUS ARE SUBJECT TO CHANGE **  

### April Flaming Spoon Cafe

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<tr>
<td>Pepper Steak 6</td>
<td>with cooked Bell Peppers 6</td>
<td>Cheeseburger with Lettuce &amp; Tomato 7</td>
<td>Chicken Pot Pie 8</td>
<td>Sliced Ham 9</td>
</tr>
<tr>
<td>with Sauerkrut 6</td>
<td>Steamed Brown Rice 6</td>
<td>on a Whole Grain Bun 7</td>
<td>Warm Buttery Biscuit 8</td>
<td>Scalloped Potatoes 9</td>
</tr>
<tr>
<td>Whole Grain Bun 6</td>
<td>Baked Beans 6</td>
<td>Roasted Baby Red Potatoes 7</td>
<td>Cinnamon Applesauce 8</td>
<td>Green Bean Casserole 9</td>
</tr>
<tr>
<td>Baked Beans 6</td>
<td>Potato Salad 6</td>
<td>Apricots 7</td>
<td>Sugar Cookie 8</td>
<td>Freshly Baked Wheat Roll 9</td>
</tr>
<tr>
<td>Chilled Mixed Fruit 6</td>
<td></td>
<td></td>
<td></td>
<td>Chilled Peaches 9</td>
</tr>
</tbody>
</table>

**Polish Sausage 13**  
with Sauerkrut 13  
Whole Grain Bun 13  
Baked Beans 13  
Potato Salad 13  
Chilled Mixed Fruit 13  

**Crispy Chicken Sandwich 14**  
with Lettuce & Tomato 14  
on a Whole Grain Bun 14  
Orange Spiced Peaches 14  
Chocolate Chip Cookie 14  

**Ham & Potato Cheddar Soup 15**  
Freshly Baked Wheat Roll 15  
Steamed Broccoli 15  
Chilled Pineapple 15  

**Chicken Ala King 16**  
with Lettuce & Cheese 16  
Warm Buttery Biscuit 16  
Mandarin Oranges 16  

**Stuffed Green Pepper 17**  
with Sauerkrut 17  
California Blend Vegetables 17  
Garlic Toast 17  
Chilled Pears 17  
Chocolate Pudding 17  

**Rotisserie Chicken Drumstick 20**  
in BBQ Sauce 20  
Seasoned Cubed Potatoes 20  
Warm Three Bean Salad 20  
Freshly Baked Wheat Roll 20  
Cinnamon Applesauce 20  

**Whole Grap Spinach 21**  
with Meat Sauce 21  
Garlic Toast 21  
Steamed Broccoli 21  
Banana 21  
Cake w/icing 21  

**Sweet & Sour Chicken 22**  
over Steamed Brown Rice 22  
Asian Stir Fry Vegetables 22  
Chilled Pineapple 22  
Fortune Cookie 22  

**Pulled Pork Sandwich 23**  
Whole Grain Bun 23  
Baked Beans 23  
Mixed Fruit 23  
Apple Crisp 23  

**Turkey Tetrazzini 27**  
Steamed Vegetables 27  
War Buttery Biscuit 27  
Mandarin Oranges 27  

**Philly Roast Beef Sandwich 28**  
with Bun, Peppers & Onions 28  
and Mozzarella Cheese 28  
Tator Tots 28  
Snickerdoodle Cookie 28  

**Swedish Meatballs 29**  
Egg Noodles 29  
Steamed Peas and Carrots 29  
Banana 29  
Marble Cake w/icing 29  

**Beef Taco Salad 30**  
with Lettuce & Cheese 30  
Tortilla Chips 30  
Golden Corn 30  
Diced Peaches 30  

** **MENUS ARE SUBJECT TO CHANGE **  

### Holidays

**GOOD FRIDAY HOLIDAY**  
NO MEALS ON WHEELS SERVICES

** Hours: 11a - 12:15p **

**Flaming Spoon Cafe**

**Ala Carte items also available, as well as, meals to go!**

**Website for Flaming Spoon menu:**
https://www.isd623.org/flaming-spoon-cafe
May 16, 2020
9:00AM - 12:00 PM
Arden Hills City Hall
1245 Hwy 96 W, Arden Hills

At a CarFit event, a team of trained volunteers will work with each older adult participant to ensure they “fit” their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

To schedule a FREE appointment, call 651-490-4750.
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 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

MORNING TALKS
(Formerly Marketplace)
A monthly educational program. Blood pressure checks from 8:30 - 9:00 a.m. Speaker(s): 9:00 - 10:00 a.m.
Call 651-604-3520 to register.

FREE, 9:00 AM, 2nd Wednesdays @ Cardigan Ridge, 3300 Rice St, Little Canada

Mar 11: Planning for the Future
Apr 8: Judaism & Christianity: Shared Beliefs
May 13: Gardening: Hello Spring!
June 10: Get Moving and Stay Moving

UKULELE SING & PLAY

$1, 1:30-3PM, 1st Mondays, Fairview 120

Community Resource Advocates

Need Help? Advocates are available to offer free help with:
• Food Shelves
• Health Care
• Housing/Shelter
• Mental Health
• Transportation
• Domestic Violence
• And Other Services

Wednesdays, 1:30 - 3 PM at the Ramsey Co. Library

For more information, call 651-724-6062.

Community Resource Advocates is co-sponsored by Ramsey County Library, People Incorporated and Keystone Community Services.
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 $8 for each SilverSneakers and Silver&Fit class for those not covered by insurance or sign up for the series.

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.

No Class: 4/15, 4/17, 4/20, 5/25

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.

No class: 4/15, 4/17, 4/20, 5/25

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.

1:30-4:00P  M-Th  FREE  Fairview

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.

Pool closed Mar 6-14, Apr 10 & 11. No evening lap swim on Feb 25, Mar 3, May 19.

To register for a fitness or aquatics class, go online to: www.ISD623.org/CommunityEd or call 651.604.3770.

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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

Hours: Monday - Friday, 8AM - 4PM

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 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 651-604-3535

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

Painting Party with Cheers Pablo
You'll enjoy the group fun in this hands-on painting class, and treats are provided as well. No experience necessary. All supplies are included. Your instructor will provide step-by-step painting techniques. It's fun-filled, and at the end you'll go home with your own painting modeled after class examples. Registration deadline: 4/7. Thank you to The Preserve at Roseville for your sponsorship.

3775 1 Session Tuesday 1:30PM-4:00PM $19 Fairview 105

Planning Your Move
Whether you’re thinking about selling your home in six months, a year or longer, now’s the time to get thinking about one of your biggest investments and what it means for your future. Planning Your Move will bring in three experts to teach you about getting your home ready to sell. You will hear from local realtor Renee Miller on understanding home values, timing your move, market statistics and how realtors market a home. Another realtor will share tips on what to expect from an inspection and how to prepare for it. Finally, you will be informed about what to do with all your treasures as you downsize and how to prepare for the physical day. This workshop will get you inspired and organized for your “next steps”.

3369S 1 Session Thursday 6PM-8PM $5/person $9/pair FV108

Aromatherapy Introduction
Aromatherapy is a holistic healing modality. This session will introduce you to the art and science of aromatherapy. We will discuss possible ways for you to implement aromatherapy into your life.

4072 1 Session Tuesday 6:30PM-8PM $15 FV100

Keeping the Cabin, Farm or Business In the Family
Dividing an estate can lead to bitter battles between siblings and impact relationships forever. Learn how to keep your cabin, farm, or business in the family without creating a family conflict. We will discuss ways to ensure your children receive equal inheritance, the impact of taxes, and how to properly position your assets for the next generation. This workshop will get you inspired and organized for your “next steps”.

4005-2 1 Session Wednesday 6PM-9PM $15/person $19/pair FV108

Your Health Care Directive
Who will make your health care decisions if you are unable to speak for yourself? Learn what is important in choosing a Health Care Agent and writing a Health Care Directive as well as resources available to assist in the process. During the first session, you will receive current forms and examine the roles of a Health Care Agent. In the second session, we will cover competing the Health Care Directive, answer questions and offer assistance.

3005 2 Sessions Saturday 9AM-10:30AM $9/person $15/pair FV 116A

Adult Trip
Sea Life at Mall of America - Shopping & Lunch
Experience sharks, sea turtles, stingrays, freshwater fish, and more! The 1.2 million gallon Sea Life Aquarium at the Mall of America (MOA) is home to thousands of aquatic creatures. The aquarium includes a 300-foot clear acrylic tunnel that lets visitors explore the underwater world while remaining dry. Before you experience the awesome Sea Life Aquarium, you will be able to do some shopping at MOA and then sit down to lunch at FireLake Restaurant at the Radisson Blu. Aquarium tour, lunch and motor coach transportation are all included in your trip fee. Register by March 12.

3005 1 Session Thursday 9:30AM - 2:30PM $59

Please register for classes online at www.ISD623.org/CommunityEd

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AARP Tax-Aide volunteers will offer **FREE TAX ASSISTANCE** to older adults in the Roseville area. Trained AARP Tax-Aide volunteers certified by the IRS will explain tax requirements, answer questions, complete your tax return, and electronically file at no cost to you. A copy of your return and all original documents will be returned to you. Please bring the following: 2018 income tax return; W-2 and 1099 forms; any information relating to the sale of stocks, bonds or real estate; valid government issued photo ID; Social Security card for yourself and any dependents; and property tax statement to assist in completing your property tax refund papers.

**Roseville City Hall**
2660 Civic Center Drive, Roseville, MN 55113
Tuesdays, February 11-April 14, 9 a.m.-12 p.m.
Please call 651-792-7110 to make an appointment or schedule online at http://www.cityofroseville.com/parks.

**Lyngblomsten Campus, Community Room**
1415 Almond Avenue, St. Paul
Tuesdays & Thursdays  Feb 11- April 14, 9 a.m.-1 p.m.
Appointments required: 651-999-2499. Messages will be picked up beginning the week of January 27.