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Volunteers See the Need and Take the Lead

Volunteers from UCare gave of their time and talent assisting with set up, decorating, serving, and cleaning up. UCare was a major sponsor of the RASP annual Volunteer Recognition breakfast.

Charleen and Ron Prill were presented the Distinguished Volunteer Service Award by Superintendent Aldo Sicoli, for their many years of service to the Roseville Area Senior Program, Meals on Wheels, and the community.

The North Suburban Chorus provided entertainment for the RASP Volunteer Recognition Breakfast. The chorus is under the direction of Cynthia Mortensen.

Support Your Roseville Area Senior Program

Your generous donation supports transportation, Meals on Wheels, services coordination, and many other programs and activities.

Donate by check to:
Roseville Area Senior Program
1910 County Road B West
Roseville, MN 55113

Online at:
www.isd623.org/RASPGive

As valued members of our school district community, it is important that you have the information you need to make an informed decision about the district’s November 7 bond referendum vote. Please visit page 3 for information about the bond, upcoming information meetings, and where you can call with any questions.

Aldo Sicoli
Norm’s Notes

“A feeling of fellowship with others…” That is a defining part of community and it certainly reflects the Roseville Area Senior Program. We are fortunate to have a “gathering place” here at Fairview Community Center where you can:

* meet with friends over a cup of coffee
* play bridge, billiards or Mahjong,
* select some reading from our RASP Lending Library,
* enjoy a tasty hot meal at the Flaming Spoon (and good conversation),
* attend one of the many talks,
* find a support group if you are a caregiver;
* participate in an exercise class or aquatics,
* come together for song and laughter with the North Suburban Chorus or Ukulele Play & Sing,
* and much more!

However, Fairview Community Center was built in the 1950’s and is in need of upgrades and renovation. Most of our school buildings were built in the 1950’s and 1960’s. Many of our schools have outdated heating, ventilation, and plumbing systems made up of parts that are difficult (if not impossible) to replace. Due to the age of the mechanical systems, many of our schools struggle with poor indoor air quality, which can impact student attendance and staff performance as well as accelerate the deterioration of buildings.

Today our schools have the highest enrollment since 1983. Student enrollment has grown 18.4% since 2006, and conservative estimates have student enrollment growing another 15.3% over the next 10 years.

What our students learn and the way they learn has changed significantly since most of our schools were built in the 1950s and 1960s. Today’s students are experiencing a greater emphasis on collaboration, technology, and individualized instruction. We need to make sure our schools meet the needs of our kids.

The last bond referendum that the district asked for and the community approved was in 1992. Since that time the district has been mindful of a number of factors impacting residents’ income (including the recession).

On November 7, 2017, Roseville Area Schools is seeking voter support of a $144 million building bond. If approved, the bond funds will be used to address the repair, upgrade, and construction of improvements and additions to various school sites and facilities districtwide, including improving safety and security, addressing aging buildings, adding space to accommodate increasing student enrollment, updating learning spaces, and enhancing community resources.

Let’s celebrate community Wednesday, October 4, 2-3 p.m. in the Senior Lounge. Come have coffee (or tea) with Superintendent Aldo Sicoli, and ask questions about the upcoming Building Bond Referendum.

Hope to see you there!

Norm

Service Coordinator’s Corner

Laughter Is the Best Medicine

We all love to be around people who are naturally funny and ones that can tell a good joke. Laughing with good friends and family makes life more fun.

Laughter and a sense of humor are good for our health. If we can laugh at our own mistakes and look at situations from the light side, we’ll be a much healthier person. I try to remember, when life gets me down that everything is temporary, and not to take problems so seriously. Life has a way of working itself out.

Health Benefits of Laughter

• Relaxation – Hardy laugh will release endorphins and give you a sense of well-being.
• Boosts your immune system – Reduces stress and improves your circulation.
• Improves your mood – Endorphins and serotonin uplifts us, empowers positive choices.
• Prevents heart disease – A protective effect doctors are still trying to figure out; mental stress causes heart attacks.
• Shifts your perspective – View situations in a non-threatening light.
• Social benefits - Improves cooperation, communication and romance.

Building Humor into Your Day

• Laugh every day and look for humor in life.
• Share funny stories with friends and family.
• Read comic strips and joke books
• Watch comedy shows and movies.
• Keep a journal of the funny things that happen.
• Hang out with happy people

Everyday Tips

• Avoid watching too much television news and online news. It always appears the world is falling apart; it is not.
• Focus on the positive aspects of life.

Jaymee Chanen, LSW
Roseville Area Senior Program
651-604-3528
News from Roseville Area Schools

District to Seek Voter Approval of Building Bond on November 7

On Election Day, Roseville Area Schools is seeking voter approval of a $144 million bond referendum that, if approved, will enable the district to address three key areas: growing student enrollment, outdated classrooms & community spaces, and aging buildings.

Growing Student Enrollment

Unlike many Minnesota school districts, Roseville Area Schools’ student enrollment is growing. In fact, since 2006, our student enrollment has grown 18.4% and we have the highest enrollment since 1984. We are very fortunate that young families want to raise their children in our school district. But an overall lack of space—especially at Roseville Area High School—will only get worse as enrollment continues to grow.

Outdated Classrooms & Spaces

What our students learn and the way they learn has changed significantly since most of our schools were built in the 1950s and 1960s. Today’s students are experiencing a greater emphasis on collaboration, technology, and individualized instruction. We need to make sure our schools meet the needs of our kids.

We must ensure all buildings have secure entrances, our classrooms can prepare students for today’s careers, and our athletic facilities meet the needs of student athletes and community members.

Aging Buildings

Despite diligent work by the school district’s maintenance team, time has definitely taken its toll. With the majority of buildings more than 50 years old, extensive use outside of the school day and during the summer, as well as outdated mechanical systems, we have reached a point where we must address significant needs at every building.

Questions? Visit www.isd623.org/buildingbond2017

BUILDING BOND COFFEE & QUESTIONS

Please join Superintendent Aldo Sicoli for an opportunity to learn more about the bond referendum, what it means for our schools and programs (including RASP!), and ask any questions you may have.

Wednesday, Oct 4, 2-3 p.m.
RASP Senior Lounge, Fairview Community Center
Defensive Driving Classes 55+

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 lecture, 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. Minnesota Safety Council Instructor
8-Hour Prerequisite Courses

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<th>Cost</th>
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<td>1567-3</td>
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<td>5:30PM-9:30PM</td>
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<tr>
<td>1567-4</td>
<td>2</td>
<td>5:30PM-8:30PM</td>
<td>10/12 &amp; 10/19</td>
<td>$29</td>
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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. Minnesota Safety Council Instructor
4-Hour Refresher Courses

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<tr>
<td>1566-7</td>
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<td>Monday</td>
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<tr>
<td>1566-9</td>
<td>1</td>
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<td>Saturday</td>
<td>10/7</td>
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<td>Fairview 108</td>
<td>$25</td>
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Thank you to all who donated to the Roseville Meals on Wheels Annual Fund Drive!
Your kindness helps nearly 150 disabled and older adults in our communities of Roseville, Falcon Heights, Little Canada, Maplewood, Shoreview, Arden Hills, and Lauderdale.
“It’s more than a meal. It’s a safety check and a friendly visit!”
Do you know someone who would benefit from Meals on Wheels? Call 651-318-9091.

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.

Responsive. Reliable. Right for you. Caring for our Community!
651.528.6649
www.northernstarshomecare.com

For ad info. call 1-800-950-9952 • www.4lpi.com
Roseville Area Senior, Roseville, MN. B 4C 02-1033
Tap for Older Adults
Want to try tap dancing? Here is your chance to be social, keep active & have some laughs while learning or improving your tap dancing skills. Join our Beginning or Intermediate class. Designed for the mature adult.

Program # | Level | Day/Date | Time
---|---|---|---
7100.397 | Beg F | Sep 8 - Nov 2 | 8:30 a.m.
7100.398 | Int F | Sep 8 - Nov 2 | 9:30 a.m.
Fairview Dance Studio | $50 | No class Oct 20

Pickleball
Pickleball is fun, easy to learn & good exercise. It’s a combination of tennis, ping pong & badminton.
• Check out our website under Adult Sports for location, dates & times.
• Four outdoor pickleball courts are available at Evergreen Park, 1810 West County Road B.
• Indoor pickleball courts located at Brimhall School, 1744 West County Road B.
• Call 651-792-7006 & provide your contact info to access the lock for the outdoor courts equipment box.

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

TRIPS and TOURS
St. Paul’s Notorious Past
Thursday, October 26 #7201.404 $68
As we enter St. Paul, a costumed gangster guide will hi-jack our motorcoach & takes us on a gangster riding tour. Following our “gangster” city tour is a stop at the Wabasha Street Caves. Additionally while in St. Paul, our guide will provide commentary on Rice Park, Ordway Center, Children’s Museum, Mickey’s Diner, & The Fitzgerald Theater. A small snack & beverage will be served on the bus. Fee includes deluxe transportation, Metro Connections uniformed tour guide, Landmark Center Tour & Caves Tour. Register by October 2. Depart at 9:15am, return around 12:30pm

FOCI Minnesota Center for Glass Arts:
Glass Blowing Demonstration
Thursday, November 9 #7201.405 $63
Travel to Minneapolis’ burgeoning arts district to discover the art of glassblowing. Narrated by a glass expert, the FOCl MCGA Glass Demonstration provides an informative & entertaining look at what glass is, how it behaves at high temperatures, & how people manipulate glass to create beautiful works of art. After the demonstration we’ll all head to Axel’s for a delicious lunch. Fee includes transportation, glass blowing demonstration & lunch. Register by October 26. Departs at 10am, returns around 2pm

Depart from North entrance of the Roseville Skating Center.

Rosalawn Cemetery
Pre-Planning | Perpetual Care
(651) 489-1720
803 Larpenteur Ave. West, Roseville
www.roselawncrematory.com

For ad info. call 1-800-950-9952 • www.4lpi.com  Roseville Area Senior, Roseville, MN. C 4C 02-1033
### SEPTEMBER 2017

#### Activities Calendar

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLOSED</td>
<td>Labor Day</td>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
</tr>
<tr>
<td>Mahjong, 1:30 p.m.</td>
<td>Hearing Screening &amp; Hearing Aid Cleaning</td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
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<tr>
<td>$1.50 pay at session 1:30-3:00 p.m.</td>
<td>Marketplace Talk @ Marketplace Bingo Hall</td>
<td>Blood Pressure Screening</td>
<td>Investment Forum I</td>
<td>Vision Loss Group</td>
</tr>
<tr>
<td>Investment Forum 2 1:30-3:00 p.m.</td>
<td>10:30-11:30 a.m.</td>
<td>10:30-11:30 a.m.</td>
<td>9:30-11:30 a.m.</td>
<td>9 a.m.-10:30 a.m.</td>
</tr>
<tr>
<td>TED Talks 2-3:30 p.m. @ Roseville Library</td>
<td>Men's Discussion 9:30-10:30 a.m.</td>
<td>Men's Discussion 10-11:30 a.m.</td>
<td>Vision Loss Group 9:30-11:30 a.m.</td>
<td>Health Care Directive 9 a.m.-10:30 a.m.</td>
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<tr>
<td><strong>11</strong></td>
<td>Religious Study 9:30-10:30 a.m.</td>
<td>Partner Bridge, 12:30-4:00 p.m.</td>
<td>Clipping 'n' Sip Coupons, 10-11 a.m.</td>
<td>Investment Forum I 9:30-11:30 a.m.</td>
</tr>
<tr>
<td>Mahjong, 1:30 p.m.</td>
<td>Great Decisions 2-3 p.m.</td>
<td>Defensive Driving 8-HR 5:30-9:30 p.m.</td>
<td>Stitch 'n' Chat 1-3 p.m.</td>
<td>Clipping 'n' Sip Coupons 10-11 a.m.</td>
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<tr>
<td>Def Driving 4-HR 1:30-5:30 p.m.</td>
<td>Investment Forum I 9:30-11:30 a.m.</td>
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<tr>
<td><strong>18</strong></td>
<td>Caregiver Support Group 12:30-2:30 p.m.</td>
<td>Blood Pressure Screening</td>
<td>Investment Forum I 9:30-11:30 a.m.</td>
<td>Foot Care Clinic</td>
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<tr>
<td>ABC's &amp; 123's of Tending Your Treasures, 11 a.m.-Noon</td>
<td>Ballroom Dance, 1:30-4:00 p.m. Planning the Perfect Move 2-3 p.m.</td>
<td>10:30-11:30 a.m.</td>
<td>Investment Forum I 9:30-11:30 a.m.</td>
<td>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.</td>
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<tr>
<td>Mahjong 1:30 p.m.</td>
<td>Health Ins Counseling by appointment, 9-11 a.m.</td>
<td>Men's Discussion, 10-11:30 a.m.</td>
<td>Clipping 'n' Sip Coupons, 10-11 a.m.</td>
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<td>Men's Discussion, 10-11:30 a.m.</td>
<td>Lifespan Human Connectome 2-3 p.m. &amp; 6:30-7:30 p.m.</td>
<td>Stitch 'n' Chat 1-3 p.m.</td>
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<td>by appointment, 10 a.m.-12 p.m.</td>
<td>Defensive Driving 4-HR 5:30-9:30 p.m.</td>
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<td><strong>25</strong></td>
<td>Career Support Group 12:30-2:30 p.m.</td>
<td>Extended Travel, 6:30-7:30 p.m.</td>
<td>Blood Pressure Screening</td>
<td>Ballroom Dance</td>
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<tr>
<td>Ballroom Dance, 1:30-4:00 p.m. Planning the Perfect Move 2-3 p.m.</td>
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<td>Billiards, 7-9 p.m.</td>
<td>10:30-11:30 a.m.</td>
<td>Join us for social dances with refreshments. Sept 12 - Jerry Biersbach Sept 26 - Rod Cerar Oct 10 - Bob Holmberg Oct 24 - Dick Macko</td>
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<td></td>
<td>Partner Bridge 12:30-4:00 p.m.</td>
<td>$5 per person at the door</td>
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#### 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 Cafe**: View menus at Fairview Community Center or online at www.isd623.org/RASP.
- **Vision Loss Group**: This group provides information, speakers, and good company to anyone who has vision loss. For more info call 612-871-2222.
- **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. Sept 12 - Jerry Biersbach Sept 26 - Rod Cerar Oct 10 - Bob Holmberg Oct 24 - Dick Macko

$5 per person at the door
**OCTOBER 2017**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
| Mahjong Off-Site 1-3:30 p.m.  
Ukulele Sing & Play $1.50 pay at session  
1:30-3:00 p.m. | Religious Study 9:30-10:30 a.m. | 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, 2-3 p.m. (7 sessions/89 total)  
Billiards, 7-9 p.m. | Vision Loss 10-11:30 a.m.  
Partner Bridge 12:30-4:00 p.m. | Investment Forum I 9:30-11:30 a.m.  
Clip 'n' Sip Coupons, 10-11 a.m.  
Music in the Lounge, 10-11 a.m.  
Stitch 'n' Chat, 1-3 p.m. |

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</table>
| Mahjong 1-3:30 p.m.  
Investment Forum 2 1:30-3:30 p.m. | Hearing Screening & Hearing Aid Cleaning by appointment, 10 a.m.-12 p.m.  
Caregiver Support Group 12:30-2:30 p.m.  
Fighting Fraud, 1:30-3 p.m.  
Ballroom Dance, 1:30-4 p.m. | Health Ins Counseling by appointment, 9-11 a.m.  
Marketplace Talk @ Marketplace Bingo Hall 9:30-10:30 a.m.  
Men's Discussion 10-11:30 a.m.  
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Men's Discussion 10-11:30 a.m.  
Men's Discussion 10-11:30 a.m. | Blood Pressure Screening 10-11:30 a.m.  
Partner Bridge, 12:30-4 p.m.  
Dementia Caring & Coping Talk 1-3 p.m. @ Roseville Library  
Defensive Driving 8-HR 5:30-9:30 p.m. | Investment Forum I 9:30-11:30 a.m.  
Clip 'n' Sip Coupons, 10-11 a.m.  
Music in the Lounge, 10-11 a.m.  
Stitch 'n' Chat, 1-3 p.m. |

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| TED Talks 2:30-3:00 p.m. @ Roseville Library | Mahjong 1-3:30 p.m.  
Investment Forum 2 1:30-3:30 p.m.  
Def Driving 4 HR 1:30-5:30 p.m. |

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</table>
| Mahjong 1-3:30 p.m.  
Religious Study 9:30-10:30 a.m.  
Life Reimagined Checkup 6-8 p.m. | Foot Care Clinic by appointment 9 a.m.-3 p.m.  
Men's Discussion, 10-11:30 a.m.  
HomeFit Guide: Lifelong Home 2-3 p.m.  
Great Decisions 2-3 p.m. @ RosePointe  
Billiards, 7-9 p.m. | Caregiver Support Group 12:30-2:30 p.m.  
Ballroom Dance, 1:30-4 p.m.  
Save Money on Utilities 2-3 p.m. | Health Ins Counseling by appointment, 9-11 a.m.  
Marketplace Talk @ Marketplace Bingo Hall 9:30-10:30 a.m.  
Men's Discussion 10-11:30 a.m.  
Men's Discussion 10-11:30 a.m.  
Men's Discussion 10-11:30 a.m.  
Men's Discussion 10-11:30 a.m. | Blood Pressure Screening 10-11:30 a.m.  
Partner Bridge, 12:30-4 p.m.  
Dementia Caring & Coping Talk 1-3 p.m. @ Roseville Library  
Defensive Driving 8-HR 5:30-9:30 p.m. |

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Music in the Lounge, 10-11 a.m.  
Stitch 'n' Chat, 1-3 p.m. |

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<th>23</th>
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Def Driving 4 HR 1:30-5:30 p.m. | Health Ins Counseling by appointment, 9-11 a.m.  
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<th>27</th>
<th>28</th>
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</thead>
</table>
| Health Insurance Counseling 1:30-3:30 p.m.  
Def Driving 4 HR 1:30-5:30 p.m. | Health Ins Counseling by appointment, 9-11 a.m.  
Marketplace Talk @ Marketplace Bingo Hall 9:30-10:30 a.m.  
Men's Discussion 10-11:30 a.m.  
Men's Discussion 10-11:30 a.m.  
Men's Discussion 10-11:30 a.m.  
Men's Discussion 10-11:30 a.m. | Blood Pressure Screening 10-11:30 a.m.  
Partner Bridge, 12:30-4 p.m.  
Dementia Caring & Coping Talk 1-3 p.m. @ Roseville Library  
Defensive Driving 8-HR 5:30-9:30 p.m. | Investment Forum I 9:30-11:30 a.m.  
Clip 'n' Sip Coupons, 10-11 a.m.  
Music in the Lounge, 10-11 a.m.  
Stitch 'n' Chat, 1-3 p.m. | Health Insurance Counseling 1:30-3:30 p.m.  
Def Driving 4 HR 1:30-5:30 p.m. |

**Gift & Craft Shoppe Annual Sale**

Thursday, October 25, 8:30 a.m. - 4 p.m.  
Friday, October 26, 8:30 a.m. - 4 p.m.  
Saturday, October 27, 8:30 a.m. - 2 p.m.

Gifts galore! Wood carvings, stained glass, infant & doll clothes, cards, Christmas decor, knitted items, and so much more! Handmade by our gifted local artisans.

**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

**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

**Dementia Caregiver Re-Entry Support Group**

Informal gatherings with others sharing various stages of loss during and following the dementia caregiving experience.  
Monthly 1st Wednesday 1-3 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 12:30-4:00 p.m.  
FREE
**Arts**

**Wine Bottle Wind Chime Suncatcher**  
Create a beautiful, colorful suncatcher with beads ‘tingling’ a tune in the gentle breeze. This is an easy creative project that will delight your senses all year long indoors and outdoors. This makes a unique handmade gift or keep it for yourself. There is a $20 material fee payable to the instructor on the day of class.

1007 | 1 Session | Saturday  
9:30 a.m.-12:30 p.m. | 11/4  
$29 | Fairview 105

**Beginning Soap Making**  
Gather your friends and create your own crafted soap, using a selection of fragrance and/or essential oils. You will learn how to use a slow cooker for hot process soap making. At the end of class, you will have a handmade batch of 6-8 bars of soap, which will be ready to use the next day. Bring a container to pour/mold soap (e.g. clean, empty milk cartons, foil bread pans, and plastic food containers). Material fee of $15 payable to the instructor in class.

1079-1 | 1 Session | Wednesday  
6-8:00 p.m. | 10/4  
$29 | Fairview 105

**Easy Oil Painting**  
Don’t think of yourself as an artist? Join this class to learn how easy and fun painting can be! We will work with easy oil paints, and the instructor will supply all the materials you will need, including paints, 16x20 inch canvas, and painting supplies. Your painting will be ready to frame and hang once you get home. There is always much to learn, and the “Joy of Painting” might be the highlight of your year. Quality, inexpensive frames will be available for purchase.

**Surise Cabin**  
1090-1 | 1 Session | Saturday  
10:00 a.m.-1:30 p.m. | 9/9  
$65 | Fairview 105

**Red Trees**  
1090-2 | 1 Session | Saturday  
10:00 a.m.-1:30 p.m. | 10/7  
$65 | Fairview 105

**Christmas Candle**  
1090-3 | 1 Session | Saturday  
10:00 a.m.-1:30 p.m. | 12/9  
$65 | Fairview 105

**Wine Bottle Wind Chime Suncatcher**  
Create a beautiful, colorful suncatcher with beads ‘tingling’ a tune in the gentle breeze. This is an easy creative project that will delight your senses all year long indoors and outdoors. This makes a unique handmade gift or keep it for yourself. There is a $20 material fee payable to the instructor on the day of class.

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$65 | Fairview 105

**Christmas Candle**  
1090-3 | 1 Session | Saturday  
10:00 a.m.-1:30 p.m. | 12/9  
$65 | Fairview 105

8 | Roseville Area Schools | September/October 2017
Activities & Classes

Bridge Classes
This class is for someone who has never played bridge and those who want to update their skills. Each eight week series builds on itself and uses an American Contract Bridge League approved text book. It is available from the instructor to accompany the course. $20, payable in class. Register at RASP office, online, or by phone. Taught by a Silver Life Master and an ACBL accredited teacher. Call 651.604.3520 if you have questions. Instructor: Mignon Nearmyer

<table>
<thead>
<tr>
<th>Book One</th>
<th>7013</th>
<th>8 Sessions</th>
<th>Tuesdays</th>
<th>$55</th>
<th>Fairview 105</th>
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<tbody>
<tr>
<td></td>
<td>1:15-3:15P p.m.</td>
<td>9/5-10/24</td>
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<td>Fairview 105</td>
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<tr>
<th>Book Two</th>
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<td>1:15-3:15P p.m.</td>
<td>1/2-2/20</td>
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Shuffle, Deal & Play
Improve your bidding, play and defense in a learning situation. Each class will include a question and answer period and approximately 1.5 hours of actual play during which you can ask questions of and receive advice from the instructor. Prerequisite: Knowledge of the basics of the game or completion of Book One (Bidding) by Audrey Grant. Instructor: Mignon Nearmyer

7013-1 | 6 Sessions | Tuesdays | $39 | Fairview 105 |
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<td>1:15-3:15P p.m.</td>
<td>11/7-12/12</td>
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Lifespan Human Connectome Study:
Aging Study
Discover how individual experiences affect the way in which different parts of your brain are connected and how these connections (the “connectome”) change across healthy adulthood. The Lifespan HCP (Human Connectome Project) study aims to collect information that we, our families, and health professionals can use to enhance our wellbeing as we age. Learn about the study and its implications. The HCP Study will enroll 1,500+ healthy adults ages 36-100. Qualified participants will be compensated $400.

3311-1 | 1 Session | Wednesday |
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<td>2-3:00 p.m.</td>
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<td>FREE</td>
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3311-2 | 1 Session | Wednesday |
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<td></td>
<td>6:30-7:30 p.m.</td>
<td>9/27</td>
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<tr>
<td>FREE</td>
<td>Fairview 120</td>
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Medicare
Are you looking into Medicare coverage for you or a family member? Do you already have medicare and just want to learn more? Join us as we review Parts A, B, C, & D and learn about when and where to apply. We will also discuss the costs, supplements, and Medicare Advantage Plans. Bring your questions.

7551-1 | 1 Session | Wednesday |
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<tr>
<td></td>
<td>6:30-7:30 p.m.</td>
<td>9/25</td>
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<tr>
<td>$9</td>
<td>Fairview 116A</td>
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</table>

Bridge Classes
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<th>$55</th>
<th>Fairview 105</th>
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<td>1:15-3:15P p.m.</td>
<td>9/5-10/24</td>
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<th>$55</th>
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<td>1:15-3:15P p.m.</td>
<td>1/2-2/20</td>
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Please register online at www.ISD623.org/CommunityEd

September/October 2017 | Roseville Area Schools
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!
Daily: Mon-Fri 8:00 a.m.-4:00 p.m.
FV 114
25¢ Donation Pay at Door

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 a.m.-3:30 p.m.

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
The Roseville Area Senior Program (RASP) is dedicated to providing door-to-door transportation service. We accommodate residents age 60 and older who live in the Roseville Area School District boundaries and select municipalities. The RASP bus provides transportation for various needs, including medical appointments, banking, shopping, volunteering, recreation, and more. We also have volunteer drivers who use their own vehicles to provide rides to medical and dental appointments that are further away. Advance registration is required to start this service. There is a service fee, and you may qualify for a sliding fee amount based on your annual income.

SERVICE COORDINATION - 651.604.3528
We connect older adults with local and metro community services and resources. Phone consultation, in-home assessment, and development of service plans are available. After a needs assessment is completed by the service coordinator, trained support volunteers are available to provide services to help homebound older adults in the Roseville Area School District. Services include: friendly visiting in the home, family meeting facilitation, in-home assessments (falls prevention) and home health care services. There is a service fee, and you may qualify for a sliding fee amount based on your annual income.

MEALS ON WHEELS
We provide daily, fresh or frozen, nutritionally balanced noontime meals Mon-Fri for Roseville Area School District adults over 60 and certified disabled adults who are unable to prepare or access food, or choose not to cook themselves.
This service is more than just a meal. Meals on Wheels also serves as a critical wellness visit by volunteers for homebound older and disabled adults. Advance registration is required to start this service. There is a service fee. You may qualify for a sliding fee amount based on your annual income.

New participants: 651-318-9091
Current participants: 651-604-3524
Dance & Music

Ballroom Dance
Join us for social dances. Refreshments are served. Pay $5 per person at the door. Call 651-604-3520 for a schedule of the featured bands.

3312  2nd & 4th Tuesdays
1:30-4:00 p.m.
Fairview Solarium
$5.00

Ballroom Dance
Couples only please. Tired of watching? This course is for you! You'll experience the thrill of four classic ballroom dances! By the last week you'll find yourself whirling with the Waltz, rotating to the Rumba, floating through the Foxtrot, and tantalizing your partner with the Tango! With the expert guidance of three-time ballroom dance champion Monica Mohn, you'll be dancing before you know it.

2219  4 Sessions
6:00-7:00 p.m.
10/24-11/21
$59/Couple
E.D.W. Cafeteria
No Class 11/7

Ballroom Dance Workshop
Treat yourself to this special workshop designed to make you sparkle on the dance floor. It doesn't take much to bring the classic ballroom dances from ordinary to spectacular. Couples Only please.

2220  1 Session
7:00-9:00 p.m.  11/28
$35/Couple
E.D.W. Cafeteria

Almost Ready for Primetime Players
All ages of performers welcome. Do you play the violin, viola, cello, bass, or fiddle? Are you looking to play your instrument again, but feel rusty? Do you want a chance to play with others? Join our string orchestra where you will have a chance to play with others and perform. You should be able to read music and have one to three years of playing experience.

2158-1  6 Sessions
7:30-8:30 p.m.
9/18-10/23
$42
Fairview 120

Dabbling in Songwriting
Learn how to take those melodies that play in your head and put them down on paper. You don’t need to be able to play the piano or guitar to become a songwriter. No previous experience is necessary. You’ll have fun as you learn the do’s and don’ts of songwriting.

2126  1 Session
6:00-8:30 p.m.  11/13
$45
Fairview 100

The Truman Company’s Expertise & Estate Buying is Worth its Weight in Gold.

Rare Coins, Precious Metals & Estate Buying

Roger Westerling
State of MN - Bullion Coin Dealer License #40386060

651-582-3865
Monday - Thursday: 9am - 5pm
Friday: 9am - 3pm
Saturday by appointment

BUYING COINS
FREE APPRAISALS
Free, nutritious food for older adults.

How do you determine eligibility?

- Men and women 60 years and older
- Household size and income
- At or below 130% of the poverty level.

It’s easy to enroll.
Call Second Harvest Heartland
Metro Area: 651.484.8241

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Roseville Gift and Craft Shoppe
ANNUAL HOLIDAY SALE

Thursday, Oct. 26, 8:30AM-4:00PM
Friday, Oct. 27, 8:30AM-4:00PM
Saturday, Oct. 28, 8:30AM-2:00PM
Fairview Community Center
1910 County Rd B West, Roseville

Shop hand-crafted gift items featuring quilts, ceramics, wood crafts, jewelry, knit and crochet items, pottery, clothing, holiday decorations, and more!

For more information, contact us at 651.604.3529.

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Cherrywood Pointe of Roseville at Lexington is NOW OPEN

If you’ve been thinking about making a move to a more supportive setting, call us at 651-766-2266 to learn more about assisted living and memory care in our new community.

Cherrywood Pointe of Roseville at Lexington
2680 Lexington Ave. N., Roseville, MN 55113

Call 651-766-2266 to tour or visit CherrywoodPointe.com
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 SilverFit class for those not covered by insurance or sign up for the series.

SilverSneakers

Open the door to better health, greater independence, and a more fulfilling life. This equipment-based, multi-level, total body conditioning class uses hand-held weights, elastic tubing with handles, a playball, and a chair for standing and/or seated support. Exercises will include working all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed, and power. This is a class for everyone. Equipment provided.

YogaStretch - Gentle Core Strengthening

Our gentlest class, YogaStretch, will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Keep your shoes on! No floor work! Rejuvenate in our yoga studio!

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.

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.

Indoor Walking at Fairview

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.

Fees

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.

Lap Swim

<table>
<thead>
<tr>
<th>Class</th>
<th>Mon, Wed, Fri</th>
<th>Mon &amp; Fri</th>
<th>Mon, Tue, Wed, Fri</th>
<th>Tue &amp; Thu</th>
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<tr>
<td>7011-1</td>
<td>25 Sessions</td>
<td>Mon/Wed/Fri</td>
<td>8:30-9:15 a.m.</td>
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<td>9/6-11/13</td>
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<tr>
<td>7011-1</td>
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<td>No Class 11/24, 12/1, 12/25, 12/27, 12/29, 1/1 &amp; 1/5</td>
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Open Swim

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<tr>
<th>Class</th>
<th>M, T, W, F</th>
<th>10:15-11:15 a.m.</th>
<th>Mon-Thu</th>
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<tbody>
<tr>
<td>7020-1</td>
<td>17 Sessions</td>
<td>T, TH</td>
<td>FREE</td>
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<td>9:9-45a.m.</td>
<td>Fairview Gym</td>
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<td>9/5-11/2</td>
<td>$105</td>
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<td>Fairview Gym</td>
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<tr>
<td>7020-2</td>
<td>16 Sessions</td>
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<td>$99</td>
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<td>3:30-4:15 p.m.</td>
<td>Fairview Gym</td>
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Fees

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<th>$16.50/5</th>
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<td>Over 18</td>
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<td>$4.25/session</td>
<td>$18/5</td>
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<tr>
<td>Over 60</td>
<td></td>
<td>$3.75/session</td>
<td>$16.50/5</td>
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Swimmastics water exercise classes on M, T, W, Th, 8:30-9:15 a.m. and Cranky Hinges water exercise class for people with arthritis M & W, 9:30-10:00 a.m. Both start week of September 5.

To register for a fitness or aquatics class, go online to: www.1SD623.org/CommunityEd or call 651.604.3770.
Dementia: Caring & Coping Series
A speaker series presented by Roseville Alzheimer’s & Dementia Community Action Team and Ramsey County Library.

September 14 - Why Can’t My Family Agree? This program examines difficult family dynamics that often accompany caring for someone with dementia, including use of counselors and family meetings to help.

October 12 - Are You a Caregiver? Thousands of Minnesotans offer a lot of care to older family members, but not all realize they are caregivers, and that can delay getting vital support. The program also examines assistance available to caregivers.

November 9 - After Caregiving, What’s Next? Report on the one-year-old Roseville Dementia Caregiver Re-Entry Initiative, which examines issues facing former caregivers and the importance of self-care after giving intensive care to others. A facilitator says, “I may suggest a topic, but those who come, know what they need to talk about. Mainly my job is to open the door and get out of the way.”

Second Thursdays, 1:00 - 3:00 p.m. - FREE
Ramsey County Library - Roseville

Managing Your Medications

Have you ever wondered:
• Are my medicines doing what they are supposed to do?
• Am I having a side effect to a medicine?
• How can I reduce the cost of my medicine?
• I feel better. Do I have to continue to take medicine?
• My medications are expensive. Do I need all of them?

Hear pharmacists explain how they can work with you to review your medications and improve your healthcare, followed by small group discussions to answer your questions.

Saturday, October 14 10:30 am FREE

Beyond Your Advance Care Plan: What Your Health Care Agent Needs to Know.

Your health care agent navigates both a complex medical system and family dynamics while honoring your choices during a medical event. Join award winning author Deborah Day Laxson for a lively discussion on what your health care agent needs to know in addition to your Advance Care Plan / Health Care Directive and resources available to healthcare agents should conflicts arise while they represent you should you be unable to speak. This talk will be of particular interest to anyone who is a healthcare agent. Copies of “The Gray Zone: When Life Support No Longer Supports Life” will be available for sale.

Saturday, Nov. 4 10:30 am FREE

CHAT health-related presentations are held at the Roseville Library, 2180 Hamline Avenue North, Roseville. Co-sponsors: CHAT, City of Roseville, Ramsey County Library

Dementia Caregivers Re-Entry Support Group
Informal gatherings offer support, resources, and mutual understanding in creating a meaningful life in the face of loss during and following dementia caregiving. Make new friendships and gain help facing challenges in a safe place to be heard and to share ideas.

Monthly 1st Wednesday
FREE 1:00-2:30 p.m. Fairview 116A

Former Dementia Caregivers Re-Entry Support Group
Monthly 3rd Tuesday
FREE 1:00-2:30 p.m.
New Life Presbyterian Church
965 Larpenteur Ave. W., Roseville

Memory Minders: A Kit for Dementia Caregivers
These kits are available at the Roseville and Shoreview branches of Ramsey County Library. The Memory Minders Kits consist of a zippered pouch with a list of the contents and one or more of the following:

• A specific activity for use with patrons with memory loss (such as a puzzle or bingo)
• One or two books with illustrations to spark memory
• A CD with music
• A booklet of Caregiver resources,
• A book on Caregiver activities for people with memory loss.

Funding is provided by Ramsey County Library and local memory care/assisted living facilities.

Your Healthcare Directive: Living Will
During the first session, you will receive current forms and learn what is important when completing your Health Care Directive. In the second session, we will cover completing the Health Care Directive, answer questions and offer assistance. You can also schedule follow-up sessions with an Advance Care Planning Facilitator for assistance as needed. Instructors Judith Beardsley, R.N. and Katy Otteman, R.N., are certified Advance Care Planning Facilitators. This program is provided in partnership with the Roseville Area Senior Program, Honoring Choices MN and Roseville’s Community Health Awareness Team (CHAT). Participants in this workshop may attend the October 28 health care agents seminar featuring Debra Laxson at no cost. Please register by September 27 at www.ISD623.org/CommunityEd.

3005 2 Sessions Saturdays 9-10:30 a.m.
9/30 & 10/7 $9 Fairview 116A

Health Care Agents What You Need to Know
Is your Advance Care Plan completed? Your Advance Care Plan is only as good as your Health Care Agent’s ability to implement your choices. Is your designated Health Care Agent prepared? Bring your Advance Care Plan and your designated Health Care Agent and start - or continue - conversations about your choices during a medical event. This course will use real life examples of medical events to trigger conversations between you and your health care agent in order to clarify your choices. If your agent is unable to attend, Advance Care Planning facilitators will be available to “role play” the agent role with you. Those who attended the Your Health Care Directive - Living Will class may attend at no cost.

Instructor; Deborah Day Laxson, is the author of “The Gray Zone.”

3317 1 Session Saturday 9-10:30 a.m.
10/28 $5 Fairview 108

Please register for the above two classes online at www.ISD623.org/CommunityEd
### Classes & Talks

#### Fighting Fraud: Protecting Your Life’s Savings
AARP partnered with the FBI on a national level for the purpose of educating people about financial crime because the best defense is to prevent it in the first place. New technology has made it easier for criminals to get access to personal information and savings. Understanding the latest trends and tactics in fraud can help us all protect our own savings, as well as people who are more vulnerable. Register online or call 651.604.3520.

**3017** | Session | Tuesday | 1:30-3:00 p.m. | 10/10 |
**FREE** | *Fairview 108*

#### HomeFit Guide for the Lifelong Home
AARP research consistently finds that the vast majority of people age 50 and older want to stay in their homes and communities for as long as possible. The AARP “HomeFit” Guide was created to help people stay in their homes they love by turning where they live into a “lifelong home” suitable for themselves and anyone in the household. The class offers solutions that range from simple do-it-yourself fixes to improvements that are more involved and require skilled expertise, but are well worth the expense. If you have photos, sketches/plans of areas/rooms of concern, bring them along with you to class and the instructor will review your ideas with you following the seminar. Register online, stop by RASP or call 651-604-3520 to pay with a credit card.

**3027** | Session | Wednesday | 2-4 p.m. | 10/18 |
$5 | *Fairview 108*

### Life Reimagined (AARP)
We will explore the AARP Life Reimagined Approach, which is a series of practices that help us identify priorities, take the first step, get past barriers and manage life’s transitions, all with greater purpose. The Life Reimagined Institute brings together the world’s leading experts in personal development, aging, transitions, and reimagining life. Register online or call 651-604-3520.

**3305-1** | Session | Tuesday | 6-8 p.m. | 10/17 |
**FREE** | *Fairview 102*

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### The ABC’s and 123’s of Tending Your Treasures
Does it have real value or just sentimental value? So often people are faced with this dilemma. This presentation takes an entertaining look at valuing your possessions. It will answer questions like: What determines value? How do you know what things are worth? How does the market influence value? What are the best avenues for selling treasures? Register online or call 651.604.3520.

**3304** | Session | Monday | 11 a.m.-12 p.m. | 9/25 |
**FREE** | *Fairview 116A*

#### Investment Forum 1
Beginners to advanced investors are welcome to learn about the stock market, local companies, new technologies, medical and legal issues, and current economic issues. This group is information only. Pay $1.50 at the door. Call 651.604.3520 for more information.

- **Weekly**
  - Fridays: 9:30-11:30 a.m. | *Fairview 108* | $1.50 | Pay at session
- **Sept 8** - Investor Presentation
- **Sept 15** - Investing & the Brain
- **Sept 22** - Medical Startup
- **Sept 29** - Investor Presentation

#### Investment Forum 2
Participate in an informal discussion regarding management of your money. Pay $1.50 at the door. Call 651.604.3520 for more information.

- **Monthly**
  - 2nd & 4th Monday: 1:30-3:00 p.m. | *Fairview 108* | $1.50 | Pay at session

### TED TALKS: Stretch Ideas Through Conversation
TED Talks are short videos in which a speaker presents ideas on a specific topic. The talks focus on everything from new business models to human rights. In this class, you can watch these videos and share your ideas during a facilitated discussion.

Register online for each session through the Ramsey County Library at www.rcreads.org under “Events and Classes, Calendar” or call 651.724.6001. Co-sponsored by Ramsey Co. Library.

- **Sept 10** - The Ethical Dilemma of Designer Babies
- **Oct 8** - How to Separate Fact from Fiction Online
- **Nov 12** - Robots with Soul

### Planning the Perfect Move
Each move is a life transition, whether to a smaller home, new residential community, assisted living or nursing home. From downsizing, sorting, getting rid of the excess to packing, unpacking and resettling, you will gain valuable knowledge and a multitude of resources to help you get through the process. Register online or call 651.604.3520.

**3021** | Session | Tuesday | 2-3 p.m. | 9/26 |
**FREE** | *Fairview Great Room*

#### One-on-One Consultations
FREE
* Sep 19 & 26, 8 a.m.-12 p.m.
Roseville Farmers Market
* Oct 30, 2-7 p.m.
Fairview Community Center
To schedule a free one-on-one consultation, visit www.cubminnesota.org or call 1-844-MINN-CUB (1-844-646-6282).

### Save Money on Your Utilities
With cooler weather on the way, it’s time to prepare for heating bills again. Are you interested in learning how to keep heating and energy costs down? The Citizen’s Utility Board (CUB) of Minnesota, a new non-profit organization, can help you with ideas to save money on your electric and gas bills. Register online or call 651-604-3520.

**3019** | Session | Tuesday | 2-3 p.m. | 10/24 |
**FREE** | *Fairview 108*

### Market Place Talks
A monthly educational program. Blood pressure checks from 8:45-9:20 a.m. Speaker(s): 9:30-10:30 a.m.

- **Sept 13** - 5 Wishes
- **Oct 11** - Medicare
- **Nov 8** - Holiday Party

Register online or call 651.604.3520 to register. FREE

### Great Decisions: Foreign Policy
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: Email rasp@isd623.org or call 651.604.3520.

- **Sept 20** - TBD and Oct 18 - TBD
- **Monthly**
  - 3rd Wednesdays
  - 2:00-3:00 p.m.
  - RosePointe, 2555 Hamline Ave., Roseville

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RASP Directory

 rasp@isd623.org
 Office: 651.604.3520 • Fax: 651.604.3565
 MN Relay: 1.800.627.3529

Fairview Community Center
1910 County Road B West, Roseville, MN 55113

Program Coordinator: Norman Kunselman
651.604.3522 or norman.kunselman@isd623.org
Mon-Fri 8 a.m.-4 p.m.

Secretary/Transportation: Linda Nelson
651.604.3535 or linda.nelson@isd623.org
Mon-Fri 8 a.m.-4 p.m.

Program Asst/Meals on Wheels: Tara Garvin
651.604.3524 or tara.garvin@isd623.org
Mon-Fri 8 a.m.-2 p.m.

Services Coordinator/Outreach: Jaymee Chanen
651.604.3528 jaymee.chanen@isd623.org
Monday-Thursday by appointment

Free Meals Every Month at 166 Restaurants!

Over 1,900 Free Dinners for only $25!
12 FREE dinners at each restaurant monthly

RASP and Metro Dining are once again offering 2-for-1 dining at 166 area restaurants! Each restaurant is offering a card for its own restaurant. You and your guest could go out for breakfast, lunch or dinner, and one dines for free every month at each restaurant for an entire year! Proceeds benefit RASP services and programs. Cards are good through October 2018. For more information, call 651-604-3520