Volunteers Put Compassion Into Action

Jerry Anderson and Randi VanBrocklin were presented the Distinguished Volunteer Service Awards by Superintendent Aldo Sicoli for their many years of service to the Roseville Area Senior Program. Jerry has been booking the bands for the ballroom dances for more than 20 years and Randi has volunteered in various capacities, including being a receptionist in the RASP office for 16 years. The Volunteer Recognition Breakfast was held June 13 at the Fairview Community Center.

Support Your Roseville Area Senior Program

Your generous donation supports:
• Transportation
• Meals on Wheels
• Services Coordination
• Educational Programming
• And many other programs, services and activities.

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

Online at:
www.isd623.org/RASPGive

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. A special thank you to Roseville Mayor Dan Roe, Falcon Heights Mayor Peter Lindstrom, and Roseville School Board members Curtis Johnson and Todd Anderson for welcoming and serving all of the RASP volunteers.
Norm’s Notes
It’s all about YOU! -- That is why one of the primary goals of the Roseville Area Senior Program Vision Plan 2017-2020 is to provide programming that meets the needs and expectations of our active adults. You spoke and we listened, and we continue to listen. This fall, RASP has several talks and classes focused on timely issues for older adults. Check them out in this issue of Seasons. From Fighting Fraud and Downsizing Made Easy to Stepping On: Strategies for Fall Prevention and Living Well with Diabetes, there is something for everyone. You’ll find more information on pages 14 & 15.

RASP is partnering with AARP, the Roseville Fire Department, Ramsey County Public Health, Lyngblomsten and the Metropolitan Area Agency on Aging to bring you the Healthy Aging Forum Thursday, October 18, 10 a.m. to 2:30 p.m., at Fairview. This is free and open to everyone. There will be a variety of sessions offered, and an assortment of topics, which include: brain health, heart health, sitting exercise, fire prevention and safety in the home, diabetes health, and more.

Thanks to a grant from the B-Dale Club, Do Good Roseville and RASP are bringing you the free Aging with Gusto series on Thursdays, September 13-27 (3 sessions). This is a program developed by the Vital Aging network. It is an opportunity to examine your views on aging and listen to the views of others. You’ll learn to understand the influences on your views, including the impact of widespread biases and misconceptions about people as they age.

As you may know, most of the RASP talks and classes are brought to you at no cost (or a minimal fee). We are proud to be a valuable resource to the community, and we will continue to offer programming that enhances and improves your life. If you have an idea for a talk/class, give me a call or send an email.

Looking at the theme for this column, you can certainly say that RASP is a “classy” organization for active adults! -- I think I heard a groan…That’s my cue to close! See you in a class or talk soon!

Norm’s Notes
As a child, I remember listening to my family reminisce about their lives with laughter and tears. My grandmother’s tape recorded story of emigrating from Russia to the prairies of North Dakota is a treasure to me. Some of my favorite stories were from my father’s conversations when we walked around the cemetery. His version of the truth of the deceased was funnier than most comedians. As I grew older, those stories became part of who I am and where I came from.

Storytelling gives us a new perspective on life. We learn that we’re not the only ones who experience disappointment and loss. Through this art form, we see the world more clearly and it gives us more compassion for others. We keep our family members alive through our stories and lessons we learned from them. It helps us overcome the hard times and motivates us to confront new challenges with a positive lens. Storytelling also helps us to forgive ourselves, and it can help with grieving. Sometimes, it’s how we tell the story to ourselves and others that make us realize that we don’t have to take everything in life so seriously.

Older adults can benefit from sharing their life stories. Since they have more life experiences, they should be encouraged to share them through storytelling, writing or videos. They have the treasure chest of our cultural and ethical values that we want to pass on to our children and future generations.

Ideas to get the stories started:
1. Write a story that best defines you and your life. Re-read it a few days later and embellish it by using your senses and all your feelings.
2. Life story writing classes are offered at local colleges, community education programs and libraries. Roseville Area Community Education will offer The Stories We Leave Behind: An Introduction, Monday, September 17, 6:00-8:00 PM at Fairview Community Center. You will learn concepts and techniques to preserve your best stories.
3. Legacy Letter or Ethical Wills – this form will help you impart your values to the next generations. To learn more, visit: www.Life-Legacies.com.

Join us Wednesday, September 12th, at the Market Place Talks, 9:30-10:30 am to hear a wonderful speaker presenting “Telling Your Story.” It will be held at Little Canada Bingo Hall, 2900 Rice Street, Little Canada.

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

Service Coordinator’s Corner
Make a Difference in Your Community
Volunteer with the Senior Program
Current Volunteer Opportunities:
* Meals on Wheels Packers
* Meals on Wheels Drivers
* Medical Drivers
* RASP Advisory Council
* Special Events Assistant

Volunteering...The best job you never had!
To receive an application, contact us at rasp@isd623.org or call 651.604.3520.
News from Roseville Area Schools

Facilities Updates

Little Canada Elementary School:
Little Canada (see image) is the first building in our school district that will break ground as part of the November 2017 building bond projects. Construction on Little Canada will start in September 2019 and go through July 2019 with renovations of the building’s interior taking place June-September 2019.

Roseville Area High School:
Construction of the new science wing at RAHS will begin in September 2018 with construction of the new school entrance starting June 2019. Additional timeline items for RAHS are: start construction of new performing arts center (December 2019), start construction of arts and vocational areas (January 2021), and start construction of special education, library, tech, and commons areas (June 2021). All additions and renovations are scheduled to be completed in fall 2021.

Work is underway! The positive impact of our community’s investment in our district's buildings will become very apparent. For updates regarding the district’s facilities projects, join us for the October 3 community meeting where district staff will provide updated timelines and drawings as well as answer your questions.
Date: October 3, 2018
Time: 6:30-8 p.m.
Place: Roseville Area High School
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

<table>
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<tr>
<th>Course</th>
<th>Sessions</th>
<th>Dates</th>
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<tr>
<td>1567-1</td>
<td>2</td>
<td>10/11 &amp; 10/18</td>
<td>Fairview 108</td>
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<tr>
<td>1567-2</td>
<td>2</td>
<td>11/27 &amp; 11/29</td>
<td>Fairview 108</td>
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</table>

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>
<th>Course</th>
<th>Sessions</th>
<th>Dates</th>
<th>Location</th>
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<tr>
<td>1566-1</td>
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<td>9/8</td>
<td>Fairview 108</td>
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<td>1566-2</td>
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<td>1566-3</td>
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<td>1566-4</td>
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<td>10/13</td>
<td>Fairview 108</td>
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</table>

On July 6, the Roseville Area Senior Program lost a kind and stalwart friend, volunteer and supporter. Marge Wackerfuss was a driving force behind the Roseville Craft & Gift Shoppe, and the Annual Holiday Sales for more than 12 years. Her visits to the RASP office (in her stocking feet) when she was working in the Craft Shoppe were always the highlight of the day for everyone, not to mention the warm conversation and laughs.

A list of those who donated to RASP in memory of Marge will be published in the November/December Seasons.

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
Mention this Ad for a 10% discount.

THE ESTATES AT ROSEVILLE
Short Term Rehabilitative Services
Outpatient Therapy
Long Term Care Services
Memory Care • Hospice Care
Adult Day Care
Accepts VA Contracts

SCHEDULE YOUR TOUR TODAY
2727 Victoria St. N. • Roseville, MN
(651) 483-5431
WWW.MONARCHMN.COM
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
7100.411  Beg  F Sep 7 – Nov 2       8:30 a.m.
7100.412  Int  F Sept 7 – Nov 2       9:30 a.m.
7100.413  Beg  F Nov 9 - Jan 18       8:30 a.m.
7100.414  Int  F Nov 9 - Jan 18       9:30 a.m.
Fairview Dance Studio $50
*No class Oct 19, Nov 23, Dec 21, Dec 28

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

Explore the New Bell Museum
Thursday, October 18   #7201.415   $45
Newly opened in July, the Bell Museum brings together science, art, and the environment with a unique Minnesota perspective. Their new structure features a digital planetarium, high-tech exhibits, famous wildlife dioramas, outdoor learning experiences and more. You will take part in a guided tour of the facility followed by a stunning presentation in the Whitney and Elizabeth MacMillan Planetarium. A meal is not provided but snacks will be available for purchase.
Fee includes deluxe transportation, guided museum tour and planetarium presentation.
Register by September 19.
Depart at 12:50 p.m., return around 4:45 p.m.
Depart from North entrance of the Roseville Skating Center.

15th Annual Wild Rice Festival
Saturday, September 15 10 a.m.-6 p.m.
Harriet Alexander Nature Center
The Wild Rice Festival is a family-friendly event, presented with no admission charge to the community. It is a celebration of wild rice, Native American culture, and Minnesota’s fall harvest season. Returning favorite features will include: Little Thunderbirds Dance Troupe, Jeff Chapman (flute-maker), Gibbs Farm’s Tipi, honey harvesting, and food from the Pow Wow Grounds Café.
wildricefestival.org

To register for Tap, Pickleball or a Tour go to www.cityofroseville.com/parks or call 651-792-7006.
### SEPTEMBER 2018 Activities Calendar

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>CLOSED Labor Day</td>
<td></td>
<td>Foot Care Clinic by appointment 9 a.m.-3 p.m.</td>
<td>Gimme a Break: Respite Care: 10:30 a.m.-12 p.m.</td>
<td>Investment Forum I: 9:30-11:30 a.m.</td>
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<tr>
<td></td>
<td>Drop-In Lounge</td>
<td>Men's Discussion 10-11:30 a.m.</td>
<td>Partner Bridge 12:30-4:00 p.m.</td>
<td>Music in the Lounge, 10-11 a.m.</td>
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<td></td>
<td>Billiards, 7-9 p.m.</td>
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<td>Bridge, 10 a.m.-12:00 p.m.</td>
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<td>Stitch 'n' Chat, 1-3 p.m.</td>
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<td>3</td>
<td>Hearing Screening &amp; Hearing Aid Cleaning 10 a.m.-12 p.m.</td>
<td>Marketplace Talk @ Marketplace Bingo Hall: 9:30-10:30 a.m.</td>
<td>Blood Pressure Screening: 10:30-11:30 a.m.</td>
<td>Investment Forum I: 9:30-11:30 a.m.</td>
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<tr>
<td></td>
<td>Mahjong, 1-3:30 p.m.</td>
<td>Men's Discussion 10-11:30 a.m.</td>
<td>Partner Bridge, 12:30-4:00 p.m.</td>
<td>Clip 'n' Sip Coupons, 10-11 a.m.</td>
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<td></td>
<td></td>
<td>Cribbage, 1-3 p.m.</td>
<td>Living with Diabetes begins: 1:30-4 p.m. (6 sessions)</td>
<td>Foursome Bridge, 10 a.m.-12:00 p.m.</td>
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<tr>
<td></td>
<td></td>
<td>Mahjong, 1-3:30 p.m.</td>
<td>Aging with Gusto begins: 6-8 p.m. (3 sessions)</td>
<td>Stitch 'n' Chat, 1-3 p.m.</td>
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<tr>
<td>10</td>
<td>Foot Care Clinic by appointment 9 a.m.-3 p.m.</td>
<td>Men's Discussion 10-11:30 a.m.</td>
<td>Partner Bridge, 12:30-4:00 p.m.</td>
<td>Investment Forum I: 9:30-11:30 a.m.</td>
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<tr>
<td></td>
<td>Religious Study, 9:30-10:30 a.m.</td>
<td>Mahjong, 1-3:30 p.m.</td>
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<td>Clip 'n' Sip Coupons, 10-11 a.m.</td>
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<td></td>
<td>Caregiver Support Group: 12:30-2:30 p.m.</td>
<td>Great Decisions 2-3 p.m. @ RosePointe</td>
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<td>Foursome Bridge, 10 a.m.-12:00 p.m.</td>
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<td></td>
<td>Def Driving 4 HR: 1:30-5:30 p.m.</td>
<td>Billiards, 7-9 p.m.</td>
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<td>Stitch 'n' Chat, 1-3 p.m.</td>
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<tr>
<td>17</td>
<td>Foot Care Clinic by appointment 9 a.m.-3 p.m.</td>
<td>Men's Discussion, 10-11:30 a.m.</td>
<td>Blood Pressure Screening, 10:30-11:30 a.m.</td>
<td>Investment Forum I: 9:30-11:30 a.m.</td>
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<tr>
<td></td>
<td>Religious Study: 9:30-10:30 a.m.</td>
<td>Cribbage, 1-3 p.m.</td>
<td>Partner Bridge, 12:30-4:00 p.m.</td>
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<tr>
<td></td>
<td>Caregiver Support Group: 12:30-2:30 p.m.</td>
<td>Mahjong, 1-3:30 p.m.</td>
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<td>Foursome Bridge, 10 a.m.-12:00 p.m.</td>
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<tr>
<td></td>
<td>Def Driving 4 HR: 5:30-9:30 p.m.</td>
<td>Great Decisions 2-3 p.m. @ RosePointe</td>
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<td>Stitch 'n' Chat, 1-3 p.m.</td>
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<tr>
<td>24</td>
<td>Benefits of Energy Assistance, 11 a.m.-12 p.m.</td>
<td>Men's Discussion, 10-11:30 a.m.</td>
<td>Blood Pressure Screening, 10:30-11:30 a.m.</td>
<td>Investment Forum I: 9:30-11:30 a.m.</td>
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<tr>
<td></td>
<td>Mahjong, 1-3:30 p.m.</td>
<td>Cribbage, 1-3 p.m.</td>
<td>Partner Bridge, 12:30-4:00 p.m.</td>
<td>Clip 'n' Sip Coupons, 10-11 a.m.</td>
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<td></td>
<td>Investment Forum 2, 1-3:30 p.m.</td>
<td>Mahjong, 1-3:30 p.m.</td>
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<td>Foursome Bridge, 10 a.m.-12:00 p.m.</td>
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<td>Billiards, 7-9 p.m.</td>
<td></td>
<td>Stitch 'n' Chat, 1-3 p.m.</td>
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</table>

**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.
M-F 9:30 a.m.-4:00 p.m.

**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.
Sept 11 - Dick Szytlimsk
Sept 25 – Michael Jane
Oct 9 – Dick Macko
Oct 23 - TBD
$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

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We have wonderful businesses advertising in the Seasons Newsletter. They help make it happen at the Roseville Area Senior Program. Please show your support and check out their services and products.
### October 2018

#### Monday
- **Mahjong Off-Site**
  - 1-3:30 p.m.
- **Ukulele Sing & Play**
  - $1 pay at session
  - 1:30-3:00 p.m.

#### Tuesday
- **Foot Care Clinic**
  - by appointment 9 a.m.-3 p.m.
  - Religious Study
  - 9:30-10:30 a.m.

#### Wednesday
- **Men’s Discussion**
  - 10-11:30 a.m.
  - Cribbage, 1-3 p.m.
  - Mahjong, 1-3:30 p.m.
  - Billiards, 7-9 p.m.

#### Thursday
- **Partner Bridge**
  - 12:30-4:00 p.m.

#### Friday
- **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.
- **Foursome Bridge**
  - 10 a.m.-12:00 p.m.
- **Stitch ‘n’ Chat**
  - 1-3 p.m.

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### Events

#### 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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### 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!
Felted Luminaries
Add a warm glow to the holiday season with pretty felted luminaries. Learn traditional wet felting techniques using wool and a little soapy water. Add texture and other designs using a variety of other materials. Your luminaries are the perfect accent for the mantle, dinner table, or any spot that needs a little soft illumination. They make great gifts too! $20 material fee payable to the instructor includes all fibers and supplies for two luminaries. Bring from home: 2-3 hand towels, one old bath towel, sharp scissors, a plastic bag to carry home wet items, and optional: apron.

1218  1 Session  Monday  6:00-8:00 p.m.  9/17  $15  Fairview 100

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. 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.

The Loon
1090-1  1 Session  Saturday  10:00 a.m.-1:30 p.m.  9/8  $65  Fairview 105

Pink Sunset
1090-2  1 Session  Saturday  10:00 a.m.-1:30 p.m.  12/1  $65  Fairview 105

Please register online at
www.ISD623.org/CommunityEd
**Gimme a Break! – Helping to Care for People with Memory Loss**

Offer a helping hand to those who are caring for a loved one with memory loss. In this class you will learn what “respite care” is, why it is so important, and what you can do to give a caregiver a break – a break that can make the difference in helping those with memory loss remain living in their own homes. You will feel greater confidence in your ability to support people in your community who need a little time to attend to matters other than caring for their loved ones. This course is taught by 2nd Half with Lyngblomsten staff: Carolyn Healy and Jeanne Schuller.

**3058**  
1 Session  
Saturday  
10:30 a.m.-12:00 p.m.  
10/6  
FREE  
Fairview 116A

**Become a Hospice Volunteer**

Consider becoming a hospice volunteer with Allina Health Hospice & Palliative Care! Hospice volunteers offer companionship, help with errands, provide respite time for caregivers, assist with writing/reading and in many other ways support patients and families. Patients are nearing end of life and they and their family members greatly appreciate volunteer support. Allina’s hospice patients reside in their own homes or residential care facilities throughout the greater metro area, including Roseville. Hours are flexible and online training is followed by a one time group wrap-up session in St. Paul.

**3037**  
1 Session  
Thursday  
6-7 p.m.  
9/25  
FREE  
Fairview 116A

Sign up by calling RASP at 651-604-3520 or register online: www.ISD623.org/CommunityEd

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**Honor a special Veteran in your life!**

Once again, RASP will be featuring the **Wall of Honor** throughout the month of November.

Bring your photo of a Veteran loved one to the RASP office by Oct. 29, and we will display it proudly in the Lounge.
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. You can pay with a credit card by calling 651-604-3535.

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.
Volunteer Roseville Area Meals on Wheels drivers from Como Park Lutheran Church presented a check for $1,000 to Meals on Wheels in June. This is in addition to a $1,000 grant that Como Park Lutheran Church awarded Roseville Area Meals on Wheels last fall. In 2017, 18,895 meals were delivered to older and disabled adults in Roseville, Falcon Heights, Lauderdale, Little Canada, Como Park/St. Paul, and parts of Shoreview, Arden Hills and Maplewood. Roy Muscatello (far right 2nd row) and Jim Otto (far right 1st row) are the volunteer coordinators for Roseville Area Meals on Wheels on behalf of Como Park Lutheran Church.

SAVE THE DATE
Healthy Aging Forum
A free interactive event designed with and for community members.
Thursday, October 18th
10 a.m. to 2:30 p.m.
Fairview Community Center
1910 County Road B West | Roseville

There will be a variety of mini-sessions offered during each segment. Participants will be able to choose which topic they’d like to learn more about. Topics include:
- Brain Health
- Heart Health
- Sitting Exercise
- Diabetes: Healthy Lifestyle
- Scam and Fraud Prevention
- Lunch is included

To register, call RASP at 651-604-3520.
Extended Travel Showcase

Take the trip of a lifetime! Join Roseville Area Schools Community Education in partnership with locally owned Landmark Tours to learn about extended travel opportunities in 2018-19. Each inclusive package features round trip airfare, quality accommodations, many meals, deluxe motor coach transportation, and the services of a professional Tour Manager. Our 2018-19 travel opportunities include:

- Tournament of Roses Parade
- Islands of Hawaii 4-Island Cruise & Tour
- Costa Rica: Tropical Adventure
- New Orleans: The Big Easy
- New York City: The Big Apple
- Nova Scotia & The Maritimes
- Rhine & Danube European River Cruise
- New England Fall Foliage Adventure
- And Many More!

If you can’t attend this free showcase, contact Landmark Travel for a full trip catalog: 651-490-5408.

3000  I Session       Thursday            9/27   6:30-8 p.m.
FREE             Fairview 102

Roseville Gift and Craft Shoppe

ANNUAL HOLIDAY SALE

Thursday, Oct. 25, 8:30AM-4:00PM
Friday, Oct. 26, 8:30AM-4:00PM
Saturday, Oct. 27, 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.

Cherrywood Pointe is pleased to offer seniors in Roseville TWO inspiring choices for senior living.

Want to learn more? Call or visit one of our two communities in Roseville:

- 2996 Cleveland Ave. N. 651.633.0044
- 2680 Lexington Ave. N. 651.766.2266

Come for a tour and stay for lunch!
Get a feel for what life is like at Cherrywood Pointe.

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 Silver&Fit 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 play ball, 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.

7011-1 22 Sessions Mon/Wed/Fri 8:30-9:15 a.m. 9/5-11/2 $155 Fairview Gym
No Class 9/7, 9/28, 10/1, 10/19
7011-2 25 Sessions Mon/Wed/Fri 8:30-9:15 a.m. 11/1-11/11 $175 Fairview Gym
No Class 11/23, 12/24, 12/26, 12/28, 12/31

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!

7020-1 17 Sessions T,TH 9-9:45 a.m. 9/4-11/1 $119 Fairview Gym
No Class 10/18
7020-2 13 Sessions Mon/Fri 3:30-4:15 p.m. 9/10-11/2 $95 Fairview Gym 53
No Class 9/28, 10/1, 10/19

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.

7022-1 22 Sessions Mon/Wed/Fri 9:30-10:20 a.m. 9/5-11/2 $155 Fairview Gym 53
No Class 9/7, 9/28, 10/1, 10/19
7022-2 25 Sessions Mon/Wed/Fri 9:30-10:20 a.m. 11/5-11/11 $175 Fairview Gym 53
No Class 11/23, 12/24, 12/26, 12/28, 12/31

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.

7023-1 22 Sessions Mon/Wed/Fri 10:30-11:30 a.m. 9/5-11/2 $155 Fairview Gym 53
No Class 9/7, 9/28, 10/1, 10/19
7023-2 25 Sessions Mon/Wed/Fri 10:30-11:30 a.m. 11/5-11/11 $175 Fairview Gym 53
No Class 11/23, 12/24, 12/26, 12/28, 12/31

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.

1:30-4:00 p.m. Mon-Thu 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.

Lap Swim
Mon, Wed, Fri 6:30-8:00 a.m.
Mon, Tue, Wed, Fri 11:30 a.m.-12:30 p.m.
Tue & Thu 8:00-9:00 p.m.

Open Swim
M,T,W,F 10:15-11:15 a.m.
Thu 7:00-8:00 p.m.
Sat 11:45-1:00 p.m.

Fees
Under 18 $4.25/session or $18.50/5
Over 18 $4.75/session or $20/5
Over 60 $4.25/session or $18.50/5

Swimnastics 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 a.m. Both start week of September 4.
Dementia: Caring & Coping Series
A speaker series presented by Roseville Alzheimer’s & Dementia Community Action Team and Ramsey County Library.
Sept 13 - Family Gatherings and Travel 2
Learn and share insights and tips to reduce stress, increase safety and improve engagement. Discussion of how family celebrations, outings and holiday gatherings can change with dementia by a panel of professionals and families dealing with dementia.
Oct 11 - After the Diagnosis
Too many people receive a diagnosis of dementia or cognitive impairment, then they are instructed to return in a year, or whenever.
Dr. Joe Gaugler, Long-Term Care Professor in Nursing, University of Minnesota, will address practical things caregivers and care recipients can do after receiving a diagnosis of dementia or cognitive impairment.

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

Former Dementia Caregivers Re-Entry Support Group
Find the “new” you after caregiving. In an informal setting, share with others who have had a similar journey. This is an opportunity to move past the grief and loss to reclaim “you”, and create a meaningful life beyond your caregiver role. Experienced facilitators will coordinate.

Learn more: Call Warren 612-791-5316. No Registration required.
New members welcome
Sponsored by Roseville A/D Community Action Team, City of Roseville, and Ramsey County Libraries.
Monthly 3rd Tuesday
FREE
New Life Presbyterian Church 965 Larpenteur Avenue W, Roseville

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

Classes & Talks

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.
Monthly 2nd Wednesday
Sept 12 - Telling Your Story
Oct 10 - Emergency Preparedness
Nov 14 - Holiday Party
Market Place Bingo Hall 2900 Rice St., Little Canada Please register by Monday prior to start date. 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.
Monthly 3rd Wednesdays
FREE 2:00-3:00 p.m.
RosePointe, 2555 Hamline Ave

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.rclreads.org under “Events and Classes, Calendar” or call 651.724.6001. Co-sponsored by Ramsey Co. Library.
Monthly 2nd Sundays
2:00-3:30 p.m. FREE Roseville Library

Benefits of Energy Efficiency
Are your energy bills too high? You may have energy loss in your home. This class will give homeowners a better understanding of how energy efficiency contributes to a more affordable, comfortable and durable home. There will also be a brief description of Center for Energy and Environment’s (CEE) residential energy programs and how they can help you stop wasting energy.
3307 1 Session Tuesday 11:00 a.m.-12:00 p.m. 9/25 FREE Fairview 116A

Medicare: Changes that May Affect You
Have you heard about changes to Medicare 2019? Are you new to Medicare, or are you already on Medicare and confused or concerned? With all the insurance companies offering meetings to update you on their latest offerings, how can you get unbiased, reliable information and assistance?
Attend a presentation to learn about Medicare, changes to Medicare 2019, and Senior Linkage Line assistance available to you. Our speakers are an elder law attorney and Senior Linkage Line staff. This is unbiased information with no sales pitches.
Two free presentations:
• Thursday, Oct 25, 6:30-8:30 p.m.
  Roseville Skating Center – Rose Room
• Thursday, Nov 8, 1:00-3:00 p.m.
  Ramsey County Library - Roseville
Co-sponsors: CHAT, City of Roseville, Roseville A/D, Roseville Area Senior Program, Ramsey County Library.

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
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Classes & Talks

The ABC’s and 123’s of Valuing Your Possessions
Learn about valuing your possessions in this entertaining class. You’ll get answers to commonly asked questions, such as: 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? Bring an item to class and we will do some appraisals.

3050 1 Session Monday 11 a.m.-12 p.m. 9/24 FREE Fairview 116A

Downsizing Made Easy
If you’re thinking of downsizing, here’s your opportunity to get help making a plan. You’ll set goals according to your schedule. You will learn how to sort through your possessions. You will also receive resources on where to donate, recycle and sell items. You will get tips on what can’t be donated and what items have negative value. Register online or call 651.604.3520.

3051 1 Session Tuesday 2-3 p.m. 10/15 FREE 116A

Feet First – The Only Way I’m Leaving My House
Home sweet home...and staying there. You’ll learn tips and techniques to help you stay in your home. This class covers the common causes of having to leave your home and provides common sense hints, best practices and resources to avoid pitfalls. Instructor Stephen Laliberte is a recognized speaker in the Twin Cities senior community. He has taught hundreds of classes on valuing your possessions and downsizing.

3052 1 Session Monday 11 a.m.-12 p.m. 10/22 FREE Fairview 116A

Where Will You Go? - Housing Options As You Downsize
Are you thinking about downsizing and moving into a smaller home? So many options and so many questions. Should you buy or should you rent? What is the best area? What amenities are available? This class will point you in the right direction, and offer helpful information to assist in deciding what is best for you. Bring your questions. Lisa Dunn earned the Certified Senior Advisor designation from the Society of Senior Advisors, the Senior Real Estate Specialist designation from the National Association of Realtors, and the Realtor Senior Advisor designation from the Minneapolis Realtor Association, and is a Graduate of the Realtor Institute (GRI).

3057 1 Session Monday 11 a.m.-12 p.m. 10/8 FREE Fairview 116A

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.

3053 2 Sessions Saturdays 9:30-10:30 a.m. 9/15 & 9/22 $9 Fairview 116A

Aging with Gusto
Our attitudes about aging have an impact on our quality of life, health and even longevity. Join us for this series of three sessions to: Examine your views on aging and listen to the views of others. Understand the influences on your views, including the impact of widespread biases and misconceptions about people as they age. Learn how to integrate a new, more positive narrative about aging into your life. Join us for this series of three engaging discussions led by the Vital Aging Network. This special program is made possible through a grant provided by the B-Dale Club of Roseville in partnership with the Vital Aging Network, Do Good Roseville and the Roseville Area Senior Program. Register at vital-aging-network.org or call RASP at 651-604-3520.

3054 3 Sessions Thursdays 6:00-8:00 p.m. 9/13-9/27 FREE Fairview 108

Living Well with Diabetes
This 6-week workshop is designed for people with Type 2 diabetes to help them identify tools and develop skills to manage their diabetes on a day-to-day basis. It includes information about monitoring blood sugars, understanding symptoms and complications of diabetes, meal planning and reading labels, understanding how physical activity affects the body, dealing with stress and relaxation techniques, plus much more! Each session builds on the tools and skills introduced the week before so it is important for participants to attend each class. If you have a family member, friend, or partner who supports you and your condition they are encouraged to register and join you.

3055 2 Sessions Thursdays 1:30-4:00 p.m. 9/13/10/18 $9 Fairview 108

The following presentations are brought to you by The Legends at Spring Lake Park - Affordable Senior Rentals in the North Metro.
• The ABC’s & 123’s of Valuing Your Possessions
• Downsizing Made Easy
• Feet First: The Only Way I’m Leaving My House
• Where Will You Go? - Housing Options

To learn more about 50+ Active Senior Living at the Legends at Spring Lake Park, call (763) 392-9803 or visit online at: www.legendsofspringlakepark.com.

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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 Kuselman
651.604.3522 or norman.kuselman@isd623.org
Mon-Fri 8 a.m.-4 p.m.

Secretary/Transportation: Kim Palmer
651.604.3535 or kimberley.palmer@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!
This great deal is for everyone!

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 2019.
For more information, call 651-604-3520.