

# SEPTEMBER 2018 *Activities Calendar*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED</b> <b>Labor Day</b>  <b>3</b>	<b>Bridge class: Book 1 begins</b> 1:15-3:15 p.m. <b>RASP Advisory Council Meeting</b> , 3-4:15 pm  <b>4</b>	<b>Foot Care Clinic</b> by appointment 9 a.m.-3 p.m. <b>Men's Discussion</b> 10-11:30 a.m. <b>Billiards</b> , 7-9 p.m.  <b>5</b>	<b>Gimme a Break: Respite Care</b> 10:30 a.m.-12 p.m. <b>Partner Bridge</b> 12:30-4:00 pm  <b>6</b>	<b>Investment Forum I</b> 9:30-11:30 a.m. <b>Music in the Lounge</b> , 10-11 a.m. <b>Bridge</b> , 10 a.m.-12:00 p.m. <b>Stitch 'n' Chat</b> , 1-3 p.m. <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;"><b>8 Def Driving 4HR</b> 8:30 a.m.-12:30 p.m.</div> <b>7</b>
<b>Hearing Screening &amp; Hearing Aid Cleaning</b> by appointment, 10 a.m.-12 p.m. <b>Mahjong</b> , 1-3:30 p.m. <b>Ukulele Sing &amp; Play</b> 1:30-3:00 p.m. <b>Investment Forum 2</b> 1:30-3:30 p.m.  <b>10</b>	<b>Foot Care Clinic</b> by appointment 9 a.m.-3 p.m. <b>Caregiver Support Group</b> 12:30-2:30p.m. <b>Ballroom Dance</b> , 1:30-4 p.m. <b>Stepping On class begins</b> , 2-3 p.m. (7 sessions/\$9)  <b>11</b>	<b>Marketplace Talk @ Marketplace Bingo Hall</b> 9:30-10:30 a.m. <b>Men's Discussion</b> 10-11:30 a.m. <b>Cribbage</b> , 1-3 p.m. <b>Mahjong</b> , 1-3:30 p.m. <b>Billiards</b> , 7-9 p.m.  <b>12</b>	<b>Blood Pressure Screening</b> 10:30-11:30 a.m. <b>Partner Bridge</b> , 12:30-4:00 p.m. <b>Living with Diabetes begins</b> , 1:30-4 p.m. (6 sessions/Free) <b>Aging with Gusto begins</b> , 6-8 p.m. (3 sessions/Free)  <b>13</b>	<b>Investment Forum I</b> 9:30-11:30 a.m. <b>Clip 'n' Sip Coupons</b> , 10-11 a.m. <b>Foursome Bridge</b> 10 a.m.-12:00 p.m. <b>Stitch 'n' Chat</b> , 1-3 p.m. <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;"><b>15 Health Care Directive</b> 9 a.m.-10:30 p.m.</div> <b>14</b>
<b>Mahjong</b> 1-3:30 p.m. <b>Def Driving 4 HR</b> 1:30-5:30 p.m.  <b>17</b>	<b>Foot Care Clinic</b> by appointment 9 a.m.-3 p.m. <b>Religious Study</b> , 9:30-10:30 a.m. <b>Caregiver Support Group</b> 12:30-2:30 p.m. <b>Def Driving 4 HR</b> 5:30-9:30 p.m.  <b>18</b>	<b>Men's Discussion</b> 10-11:30 a.m. <b>Cribbage</b> , 1-3 p.m. <b>Mahjong</b> , 1-3:30 p.m. <b>Great Decisions</b> 2-3 p.m. @RosePointe <b>Billiards</b> , 7-9 p.m.  <b>19</b>	<b>Partner Bridge</b> , 12:30-4:00 p.m.  <b>20</b>	<b>Investment Forum I</b> 9:30-11:30 a.m. <b>Clip 'n' Sip Coupons</b> 10-11 a.m. <b>Foursome Bridge</b> 10 a.m.-12:00 p.m. <b>Stitch 'n' Chat</b> , 1-3 p.m.  <b>21</b>
<b>Valuing Your Possessions class</b> 11 a.m.-12 p.m. <b>Mahjong</b> 1-3:30 p.m. <b>Investment Forum 2</b> 1:30-3:30 p.m.  <b>24</b>	<b>Benefits of Energy Assistance</b> 11 a.m.-12 p.m. <b>Foot Care Clinic</b> by appointment 9 a.m.-3 p.m. <b>Ballroom Dance</b> , 1:30-4:00 p.m. <b>Become a Hospice Volunteer</b> 6-7 p.m.  <b>25</b>	<b>Men's Discussion</b> , 10-11:30 a.m. <b>Cribbage</b> , 1-3 p.m. <b>Mahjong</b> , 1-3:30 p.m. <b>Billiards</b> , 7-9 p.m.  <b>26</b>	<b>Blood Pressure Screening</b> 10:30-11:30 a.m. <b>Partner Bridge</b> , 12:30-4:00 p.m. <b>Extended Travel class</b> 6:30-8 p.m.  <b>27</b>	<b>Investment Forum I</b> 9:30-11:30 a.m. <b>Clip 'n' Sip Coupons</b> , 10-11 a.m. <b>Foursome Bridge</b> 10 a.m.-12:00 p.m. <b>Stitch 'n' Chat</b> , 1-3 p.m.  <b>28</b>
<b>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.</b>				

## HIGHLIGHTS

**Drop-In Lounge**  
Computer station, pool tables, library. The coffee pot is always on, rolls on Tue/Wed! 25¢ donation.  
M-F 8:00 a.m. - 4:00 p.m.

**Roseville Gift & Craft Shoppe**  
Our volunteer staffed craft shop features hand-crafted items for everyone!  
M-F 9:30 a.m.-3:30 p.m.

**The Flaming Spoon Café**  
View menus at Fairview Community Center or online at [www.isd623.org/RASP](http://www.isd623.org/RASP).  
M-F 11:00 a.m.-12:15 p.m.  
Large Group Reservations 651-604-3518

**Foot Care Clinic**  
Donna Larson, RN will teach you how to care for your feet, trim nails, and do assessments. Call for appointments.  
Initial visit: \$34 for 30 min.  
Return visits: \$27 for 30 min.

**Ballroom Dance**  
Join us for social dances with refreshments.  
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

# OCTOBER 2018

*Come Join Us!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Mahjong Off-Site 1-3:30 p.m. Ukulele Sing &amp; Play \$1 pay at session 1:30-3:00 p.m.</p> <p style="text-align: center;"><b>1</b></p>	<p>Foot Care Clinic by appointment 9 a.m.-3 p.m. Religious Study 9:30-10:30 a.m.</p> <p style="text-align: center;"><b>2</b></p>	<p>Men's Discussion, 10-11:30 a.m. Cribbage, 1-3 p.m. Mahjong, 1-3:30 p.m. Billiards, 7-9 p.m.</p> <p style="text-align: center;"><b>3</b></p>	<p>Partner Bridge 12:30-4:00 p.m.</p> <p style="text-align: center;"><b>4</b></p>	<p>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.</p> <p style="text-align: center;"><b>5</b></p>
<p>Hearing Screening &amp; Hearing Aid Cleaning by appointment, 10 a.m.-12 p.m. Where Will You Go? Housing 11 a.m.-12 p.m. Mahjong, 1-3:30 p.m. Investment Forum 2 1:30-3:30 p.m.</p> <p style="text-align: center;"><b>8</b></p>	<p>Foot Care Clinic by appointment 9 a.m.-3 p.m. Caregiver Support Group 12:30-2:30 p.m. Ballroom Dance, 1:30-4 p.m.</p> <p style="text-align: center;"><b>9</b></p>	<p>Health Ins Counseling by appointment, 9-11 a.m. Marketplace Talk @ 9:30-10:30 a.m. (Little Canada) Men's Discussion 10-11:30 a.m. Cribbage, 1-3 p.m. Mahjong, 1-3:30 p.m. Billiards, 7-9 p.m.</p> <p style="text-align: center;"><b>10</b></p>	<p>Blood Pressure Screening 10:30-11:30 a.m. Partner Bridge, 12:30-4 p.m. Dementia Caring &amp; Coping Talk 1-3 p.m. @ Roseville Library Defensive Driving 8-HR 5:30-9:30 p.m.</p> <p style="text-align: center;"><b>11</b></p>	<p>Investment Forum I 9:30-11:30 a.m. Clip 'n' Sip Coupons, 10-11 a.m. Foursome Bridge 10 a.m.-12:00 p.m. Stitch 'n' Chat, 1-3 p.m.</p> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;"> <p><b>13 Def Driving 4 HR</b> 8:30 a.m.-12:30 p.m.</p> </div> <p style="text-align: center;"><b>12</b></p>
<p>Downsizing Made Easy class 11 a.m.-12 p.m. Mahjong 1-3:30 p.m.</p> <p style="text-align: center;"><b>15</b></p>	<p>Foot Care Clinic by appointment 9 a.m.-3 p.m. Religious Study 9:30-10:30 a.m.</p> <p style="text-align: center;"><b>16</b></p>	<p>Men's Discussion, 10-11:30 a.m. Cribbage, 1-3 p.m. Mahjong, 1-3:30 p.m. Great Decisions 2-3 p.m. @RosePointe Billiards, 7-9 p.m.</p> <p style="text-align: center;"><b>17</b></p>	<p>Healthy Aging Forum - Free Fairview Community Center (more info. page 11) Partner Bridge 12:30-4:00 p.m. Defensive Driving 8-HR 5:30-9:30 p.m.</p> <p style="text-align: center;"><b>18</b></p>	<p>Investment Forum I 9:30-11:30 a.m. Clip 'n' Sip Coupons, 10-11 a.m. Foursome Bridge 10 a.m.-12:00 p.m. Stitch 'n' Chat, 1-3 p.m.</p> <p style="text-align: center;"><b>19</b></p>
<p>Feet First: Leaving Home class 11 a.m.-12 p.m. 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.</p> <p style="text-align: center;"><b>22</b></p>	<p>Foot Care Clinic by appointment 9 a.m.-3 p.m. Caregiver Support Group 12:30-2:30 p.m. Ballroom Dance, 1:30-4 p.m. Authentic Aging class 6-8 p.m.</p> <p style="text-align: center;"><b>23</b></p>	<p>Health Ins Counseling by appointment, 9-11 a.m. Men's Discussion 10-11:30 a.m. Cribbage, 1-3 p.m. (room 105) Mahjong, 1-3:30 p.m. (room 105) Billiards, 7-9 p.m.</p> <p style="text-align: center;"><b>24</b></p>	<p>Craft Shoppe Holiday Sale 8:30 a.m.-4 p.m. Blood Pressure Screening 10:30-11:30 a.m. (room 105) Partner Bridge 1:30-4:00 p.m. (room 105)</p> <p style="text-align: center;"><b>25</b></p>	<p>Craft Shoppe Holiday Sale 8:30 a.m.-4 p.m. Investment Forum I 9:30-11:30 a.m. Foursome Bridge (room 105) 10 a.m.-12:00 p.m.</p> <p style="text-align: center;"><b>26</b></p>
<p>Mahjong 1-3:30 p.m.</p> <p style="text-align: center;"><b>29</b></p>	<p>Foot Care Clinic by appointment 9 a.m.-3 p.m.</p> <p style="text-align: center;"><b>30</b></p>	<p>Men's Discussion 10-11:30 a.m. Cribbage, 1-3 p.m. Mahjong, 1-3:30 p.m. Billiards, 7-9 p.m.</p> <p style="text-align: center;"><b>31</b></p>	<p style="text-align: center;"><b>Gift &amp; Craft Shoppe Annual Sale</b></p> <p style="text-align: center;">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.</p> <p style="text-align: center;">Gifts galore! Wood carvings, stained glass, infant &amp; doll clothes, cards, Christmas decor, knitted items, and so much more!</p>	

September/October 2018 | Roseville Area Schools | 7

## 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