

CARE *Connections*



September 2022
Volume 19, Issue 3

Letter from the Executive Director *by Connie Cardinal*

Looking at the recent past, the COVID-19 pandemic affected us all. Most of us know someone we lost and still miss to this day.



The pandemic closed many of us in our homes for almost two years. Being alone became our new normal. Human beings were not created for this type of solitary confinement, but there was a need to remain safe and quarantine. So now what?

We still need to be cautious, but we need our community to return to the friendly state that it was prior to the pandemic. Many volunteers stopped their volunteer activities during this time. We need you back. Seniors during this time did not see their physicians on a regular basis, and are now catching up on their medical needs. CARE is short on volunteer drivers and we need your help. Would you consider driving a senior one time each month?

We also live in a rural community where many senior women never drove, and they now find themselves alone without anyone to help them. Without family close by to help and no affordable transportation, they are sunk. Would you consider assisting them to get to their appointments or grocery shopping?

None of us is getting any younger. What is your plan when you get to be this age? What will you do?

Seniors need to start returning to activities that engage our minds, bodies and spirit. CARE offers free exercise classes twice a week that will help

Editor's Notes *by Gini Kalton*



I am writing this on the first day of fall. The air is crisp and clear, and we still have birds singing in our trees, although the songs have changed.

Our dog, Honey, is running crazy from one end of our yard to the other seeking tidbits to consume and later regurgitate in our living room; while our cat, Hank, practices hibernation techniques under my desk after a long night of hunting.

I'll be flying off to Scotland in October for my first ever trip to Europe; grateful that my dear husband will keep the home fires burning in my absence, and very grateful that I am able to take this time for myself.

As a volunteer with CARE, I have driven many others to appointments, and either picked up and delivered groceries and personal care items, or taken them to do these things for themselves. The few hours I have given have been a blessing to me; I have gotten to know some very special people, both clients and other volunteers. And volunteering as a board member has opened my eyes to the needs of the seniors in our county and state.

Finally, participating in the monthly art classes has been one of the best gifts I ever gave myself, the time to be me in a world filled with busyness! How are you treating yourself?

Gini

CARE

Community Action Respecting Elders

OFFICE HOURS

MON - THURS

8:00 am - 3:00 pm

ADDRESS

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PO Box 65

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Email

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Web site

CAREelders.org



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Gini Kalton

*the public is welcome to attend board meetings on the fourth Thursday of every month at 5:30pm at the CARE office.

From the Director
... continued from page one

with balance, strength and flexibility. We also have free beginning art classes with our instructor, Paige LaDue Henry. If you do not know her, I am telling you she is a gem, and we can all learn a little more about ourselves through the discovery of her art teachings. It is fun, and she takes you step by step through the process. You will be amazed at what you are able to create.

CARE also provides a senior social luncheon with music and bingo. Why not come out and socialize, have a bite to eat and listen to some wonderful, long awaited, music and song.

I know it is not easy, still a little scary, but we all need to start enjoying one another's companionship once again. Take the first step by calling the CARE office to discuss further the activities that resonate with you.

All the above options are free of charge, and planned just for you in mind. CARE will also provide rides for those in need. I am asking you to step out of your comfort zone to bring our community back to what it was prior to the pandemic.

Connie

Need a Notary Public? CARE offers free notary service to seniors. Call the office to ask about this service, or stop by during office hours.

BECOME A VOLUNTEER BOARD MEMBER!

As a member of the CARE Board of Directors, you will be instrumental in choosing the direction and scope of our program.

You will be working with other members, and partnering with our Executive Director, to assure the continued success of our mission: "We support area neighbors 60 years and older to continue living independently in the home of their choice through community volunteerism."

For more information please contact the
CARE office: 320-968-7848



WHY DO I VOLUNTEER? by Jan Johnson

I am a retired registered nurse who grew up in Raytown, MO, a suburb of Kansas City, the oldest of 8 children. After High School I attended a nursing program at Central Missouri State College for a year and a half, where I met my future husband, Air Force Sargent Ken Johnson, who was going to college part time. We married on August 29, 1970 in my Baptist Church; the only time there was a Catholic priest and a Baptist minister celebrating a wedding together there.

At a young 20 years, I moved to the foreign land of Minnesota, and have never regretted it.

Minnesota is a beautiful state. After transferring to a 3-year nursing school, Mounds Midway School of Nursing, we moved to the Foley area for Ken's new Adult Agriculture teaching job in Foley.

I was easily able to get a job working full time at the Milaca Area Hospital. I worked there mostly part time until 1991 when we merged with Princeton Hospital and with the Fairview system. I was diagnosed with Multiple Sclerosis in 1994, which slowed me down.

During my time in Milaca, we had 2 big baby boys, Adam and Lucas. Over the years I have volunteered with the boy's school classes. When we got them in 4-H, Ken and I were adult volunteers. I was especially involved with the Lunchstand Committee, and the Home Ec Committee – they both involved work for, and at the Benton County Fair. Even after our sons graduated from high school, I continued helping with the Home Ec Committee and the Fashion Review, and my favorite activity was chaperoning overnight trips to the State Fair (I did that for 25 years). We've done a lot of travelling with my family all over the U.S., and we've been to Europe on pilgrimages.

I also taught religious education to elementary grades once a week for about 20 years, and am active in the St. John Catholic Church Women's group and other activities. The last few years with illnesses (mine and my husband's) our travels and volunteering have slowed down. I enjoy the little bit I do with CARE, because I get to meet more people in the community, and enjoy helping the senior citizens on a one-to-one basis. It gets me out of the house!



MOTORIZED WHEELCHAIR FREE TO GOOD HOME

The CARE Program has access to a motorized wheelchair. We are looking for a veteran or senior who could benefit from this equipment. It has two fully charged batteries that will go with the chair. If you are in need of, or know someone who could benefit from this equipment, please contact Connie at the CARE office:

320-968-7848



BUILDING COMMUNITY SUPPORT



CARE reaches out to the community to share our mission and ask for both financial support and volunteers.

Above: Executive Director, Connie Cardinal, brought the Benton County Commissioners up-to-date on the state of the seniors, what has been accomplished, and what is needed going forward. Benton County provided \$ in financial support for this year.

Left: Board Members, Joyce Rife and Gini Kalton visited with attendees at the Foley Activities Expo in August to recruit volunteers and share the message of the CARE mission.



2022 QUILT RAFFLE UNDERWAY

CARE is seeking volunteers to help sell tickets for our annual Quilt Raffle. If you would be willing to sit at a table in a local venue and encourage the public to buy tickets in support of CARE, please call Connie at the CARE office 320-968-7848.

And don't miss *your* chance to purchase tickets and win one of the three beautiful handmade quilts in this year's raffle. Tickets are available at CARE during office hours Monday through Thursday from 8 am to 3 pm. The winners will be drawn later this year (date to be determined).



CARE VOLUNTEER APPRECIATION AND CELEBRATION

On Wednesday, August 10th nearly 100 CARE volunteers and their guests gathered for lunch at St. John's Catholic Church Emmaus Center. Lunch was served by the CARE Board of Directors in celebration of our volunteers' dedication and service to the seniors of their communities.

Executive Director, Connie Cardinal, with the assistance of Board Member, Mike Puffer, shared CARE's vision and future plans with all those gathered, and showed the volunteers both why their generosity and dedication is so important, and how they made a difference in the lives of the seniors they served over the past two years.



Special recognition was given to four volunteers pictured below from left to right: Nora Keating (youngest volunteer), Lorraine Potuzak (longest active driver), Pastor Al Jergenson (longest active volunteer), and Sandy Studenski (most miles driven).





EDUCATIONAL PRESENTATIONS FOR SENIORS AND THEIR FAMILIES

Integracare Foley has partnered with CARE to present “Living in the Age of Longevity” on August 25th, and “Wellness in the Second Half of Life” on September 22nd, two of four educational presentations offered in this series for 2022.

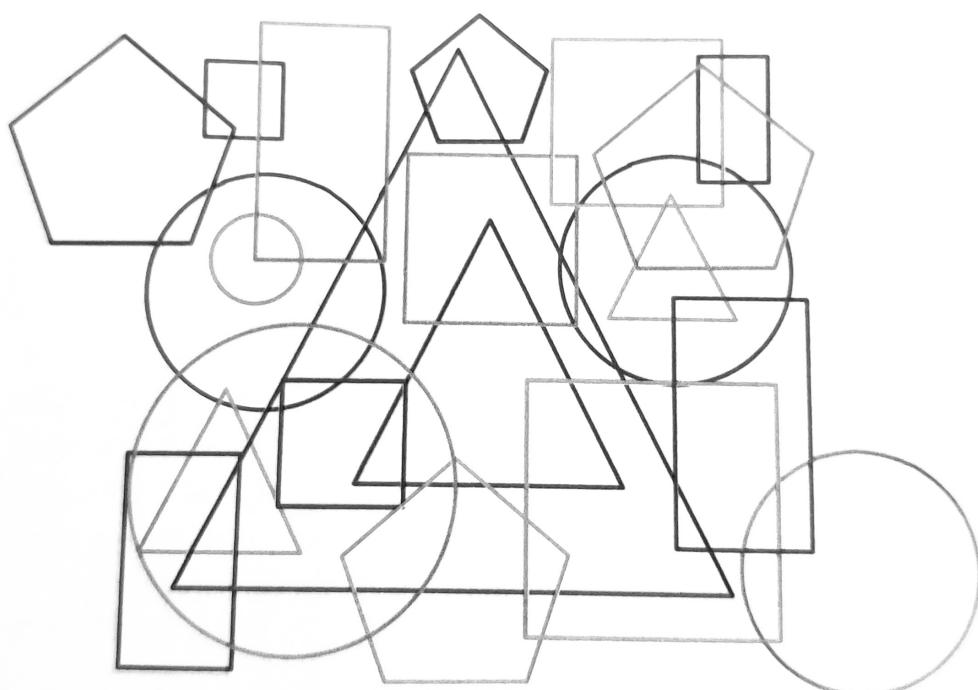
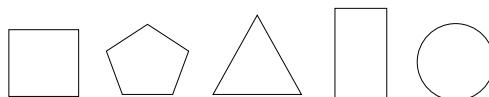
These presentations are free events for both seniors and their families, with guest speakers that will answer your questions about life after retirement and into the future. The next presentations will take place on October 20th and November 17th, in the community room at Dewey Place (on the corner of Dewey Street and Broadway Avenue across from the Foley Post Office), from 10:30 am to 12:30 pm. Light refreshments will be served.

Join us on October 20th for “Recognizing the Signs of Memory Loss”, and on November 17th for “Dealing with Grief Around the Holidays.” Please call the CARE office if you need a ride!



COUNT THE SHAPES: how many of each geometric shape (below) can you find in the drawing?

Answers on page 13





CARE AT FOLEY FUN DAYS by Connie Cardinal

Each year our community, young and old, looks forward to Foley Fun Days. It is definitely a sign summer is here. I particularly enjoy watching people walk up and down the street with their pets, children and/or loved ones. People seem to be more relaxed at this time, which is enjoyable to me. You can hear banter from the beer garden and “step right up” from the carnival gamers. You hear little children ask for just one more ride or one more shaved ice before they leave. Even with road construction and the high levels of heat, the event was a huge success. The Board of Directors and staff at CARE would like to thank all the volunteers, donors and committee members for their dedication and hard work to make this event a huge success. Our corn dog castle is not easy to install, sometimes we even get wet when it rains, but our dedicated crew keeps the booth in working condition year after year, and we thank all of you. One day CARE hopes to have a trailer in which to cook and sell our delicious food items; CARE would then have the opportunity to use it at more than one event, which would help sustain our program. This year’s effort netted over \$2,200!

If you are interested in working in our food booth or behind the scenes as a committee member next year, please contact the CARE office at 320-968-7848. We hope to see you next year!



RAFFLED PATIO SET GIFTED by Connie Cardinal

During Foley Fun Days, the CARE Program raffles off an outdoor table and chair patio set as part of our fundraising event. Thank all of you who sold tickets and those of you who purchased chances to win. This year’s set was purchased with a Thrivent donation from Erin Dohrmann. We would like to thank her for her time and generosity for the gift.

CARE staff, Linda Goodman fell in love with the patio set and purchased numerous tickets in an attempt to win it. Other staff members were rooting for her, and purchased chances in her name. Unfortunately, even with all her chances, she failed to win the patio set. CARE is pleased to announce the winner of the outdoor patio set was CARE volunteer Tim Adelman. He was so surprised he won. When he heard how desperately Linda wanted the set, he presented it to her as a gift, without any hesitation. What a random act of kindness he displayed. We can all learn from his actions. He understood her need to sit outside and just relax after work. What act of kindness will you be challenged to accomplish?

Pictured right:

Tim Adelman and Linda Goodman share a toast while relaxing and enjoying her new patio set.





MUSIC AND BINGO WITH CARE

With its growing popularity, and seniors beginning to feel safe coming together, the CARE Senior Social has been moved to the community room at Dewey Place on the corner of Dewey Street and Broadway Avenue in Foley (across from the Post Office). We have added a light lunch, served at 11:30 with our musical entertainment, and added bingo!

In June, K.W. Wegman Country returned by popular demand to entertain seniors during the Fun Days celebration. In July, Bob Juetten joined us with such a great reception that he returned in September for an encore. And in August seniors were delighted with the music stylings of "Music to Your Ears."

The next CARE Senior Social will take place on October 19th with Charlie Roth, followed by another return visit on November 16th by K.W. Wegman Country. December's entertainment is going to be a surprise! If you would like a ride, please call the CARE office to schedule a volunteer.



Above left: Benton County Dairy Ambassadors, Lily Dahler and Heidi Montag served ice cream donated by the Benton County Dairy Association during Foley Fun Days.



Above and right: Bob Juetten

Above, and below left:



"Music to Your Ears" with Travis Kent (accordion), and Richard Eckman (lap steel guitar)



GATHER AND CREATE - ART CLASSES WITH CARE by Gini Kalton

These art classes are very exciting, we get to express our creativity, and we all enjoy getting to know each other and sharing the exploration of our individual talents. Each class is unique, but all classes give us new insights and open our eyes to new possibilities. Our Instructor, Paige LaDue Henry, tells us we are all artists, and we believe her.

In July and August CARE offered, in addition to the regular monthly class, a two-day art class where we artists let go of control and allowed our intuition and creativity to surprise us! With her guidance and encouragement, Paige helped us explore in more depth the creative process, and the use of everyday objects to make unique, multilayered works of . . . well, art!

In July we began with two canvases and came away with two matted, ready to frame, unique pieces.

In August we began with a floral shaped concept of our own design, then explored the possibilities with layers of paint, papers, and mark-making tools of all kinds.

Working together with other artists gives us each a sense of our own abilities, and an appreciation of the visions of others. The monthly art classes are free, and all art supplies are provided by CARE. We hope you will decide to grab a paint shirt and join us at the next art class!

Call CARE to register in advance, and ask for a ride if you need one (volunteers are standing by).



At the end of class, Paige guides the artists through an exploration of each other's work.



Medicare Fraud and Abuse

(information taken from National Council on Aging)

Medicare fraud costs \$60 billion due to fraud, errors and abuse. Everyone can educate themselves on ways to prevent the fraud.

Common examples of fraud or abuse:

- ⇒ Charging for services and supplies that were not provided
- ⇒ Misrepresenting a diagnosis, a person's identity, the services provided, or other facts to justify payment
- ⇒ Prescribing or providing excessive or unnecessary tests and services

What we can do to prevent Medicare fraud:

- ◆ Use a calendar to record all your doctor appointments and tests.
- ◆ Monitor your insurance statements to make sure products and services match what is on the statements. And carefully check your statement to determine if you were billed twice for a procedure that was only done once.
- ◆ Remember the COVID vaccine and tests are free from Medicare – beware of someone offering this at a cost.
- ◆ Never allow anyone, except your doctor or other Medicare providers to review your medical records or recommend services.
- ◆ Know what a Medicare plan can and cannot do before signing up for this plan.
- ◆ Never join a Medicare plan over the phone unless **you** called them.
- ◆ Beware of being offered a Medication or drug that is not covered by Medicare.
- ◆ Never give out your Medicare number or other personal information over the phone.
- ◆ Always talk to a trusted source about Medicare questions.
- ◆ Beware of offers of money or gifts for free medical care.
- ◆ Tell neighbors about the recent Medicare scams.
- ◆ Register your phone number on “do not call” lists and “opt out” of mailings on the internet.
- ◆ Look out for your older neighbors in the community.
- ◆ Be aware of older adults purchasing gift cards in large amounts.
- ◆ And, finally, caregivers can be on the lookout for items such as durable medical equipment (like boxes of knee braces) lying around the house without their or their doctor’s approval.



AGING IN PLACE - CENTRAL MN HABITAT FOR HUMANITY

Aging in Place exists to help older adults (and those with mobility issues) age at home and in the communities of their choice, through home repairs and modifications specific to each homeowner's lifestyle to preserve their home and independence.

Qualifications

Need for Adequate Housing – some of the factors considered include:

- ◆ The functional areas of the home are in disrepair or unsafe and Habitat's scope of work can significantly benefit the homeowner
- ◆ The homeowner is unable to physically and/or financially complete the work

Willingness to Partner with Habitat

Ability to Pay – all Aging in Place projects require repayment. Loans are structured to be affordable based on the homeowner's income. Applicant income must be no higher than 80% of the Area Median Income, adjusted for household size (see application).

Applicant (or someone who lives in the home full-time) is age 65 or older; OR Applicant (or someone who lives in the home full-time) has a medical/mobility situation that, combined with a lack of other options, strongly necessitates Habitat's services

Applicant must own their own home (rental properties are not eligible for this program)

Applicant must maintain homeowner's insurance on the home

Requested repairs are for the purpose of improving safety, accessibility, or energy efficiency of the home

Applicant must be a resident of our four-county service area (Stearns, Sherburne, Benton, Wright) for at least one year prior to applying

Applicant (and all adult household members) must consent to criminal background and sex offender registry checks.

**For more information, or to receive an application, please contact Josie at
Homeowner Services: 320-248-7812 or jsauer@cmhf.org**

Or stop by the Central Minnesota Habitat for Humanity office
to pick up a printed copy of the application:

CMHFH
3335 W Saint Germain St., Suite 108
Saint Cloud, MN 56301

(You may also call CARE If you would like a volunteer from CARE to assist you with an application)



Contributors - Donations received 6/16/2022 - 9/15/2022

Cash Donations

Andrew & Stephanie Rahm
Anonymous
Arlene & Neil DeZeller
Central Minnesota Council on Aging
Chester Potuzak
Clyde Hinkemeryer
Darrel Jants
Debbie Kazeck
Dori Bezenek
Elaine Janski
Ella Vaudt
Errol Neider
Frandsen Bank & Trust
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Janice & Delroy Kraemer
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Joyce Rife
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Julie Goenner
Karen & Ted Garceau
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Kim Rhonemus
Lorraine Potuzak
Marcia Johnson
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United Way of Central Minnesota
Virgil Spiczka X-Cel Matching Funds
Violet-Moeller David
William Bronder
Xcel Energy Foundation Matching Funds
Yvonne Linz

In-Kind (non-cash) Donations

Gini Kalton
Joan Mazacek
Joyce Simones
Karen Cross
Tim Adelman

Bequests

Ann Marie & Gary Reff	in memory of Sylvia Deppa
Ann Marie & Matthew Brown	in memory of Sylvia Deppa
Clo Brenny	in memory of Marlene Anderson
Clo Brenny	in memory of Pat Thomas
Connie & Alvin Henry	in memory of Pat Thomas
Connie & Alvin Henry	in memory of Tessa Jergenson
Debbie Blank	in memory of Norm Brunn
Ev Kirby	in memory of Norm Brunn
Frannie Harper	in memory of Donald Corrigan
Jill & Bradley Emery	in memory of Tessa Jergenson
Joyce Rife	in memory of Pat Thomas
Judy Winkelman	in memory of Al Bartz
Judy Winkelman	in memory of Dale Chisholm
Judy Winkelman	in memory of Louis Kutz
Julie Lentner-Deglmann & Alan Deglmann	in memory of Sylvia Deppa
Kathleen Loftus	in memory of Sylvia Deppa
Kathleen & Paul Moen	in memory of Sylvia Deppa
Melanie & Thomas Rau	in memory of Pat Thomas
Sally & Tim Lloyd	in memory of Tessa Jergenson



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Thank You!

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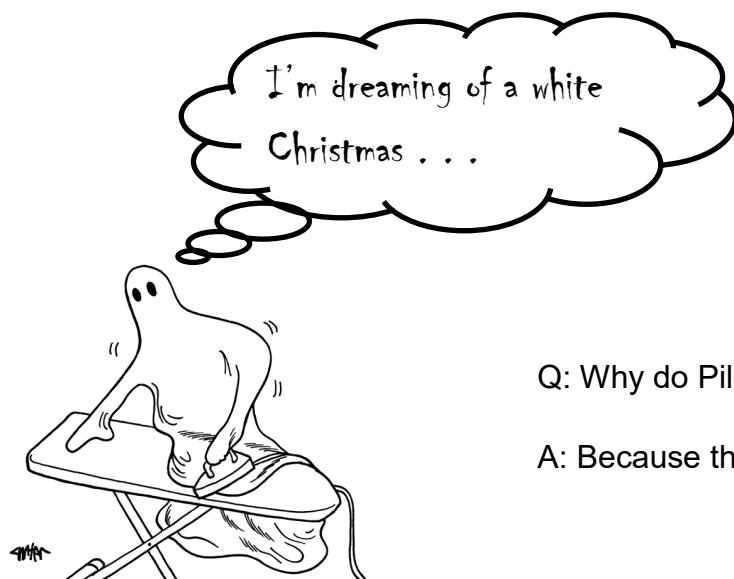
For grant funding that helps CARE support area seniors to remain living independently in the home of their choice.

Our sincere gratitude to all!

We apologize if we missed your name.

Please contact us so we can acknowledge you in our next newsletter.

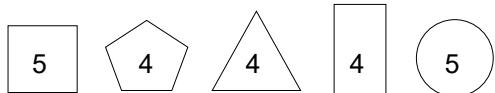
Thank you Everyone!



Q: Why do Pilgrims' pants fall down?

A: Because they wear their belts on their hats!

Answer from Count the Shapes on page 6:





Safety for Seniors

by Troy Heck, Benton County Sheriff



Thinking about crime is something most people would rather avoid, especially thinking about being the victim of a person crime. Today, I'd like to challenge you to change that notion in the name of personal safety.

When we encounter danger, like being suddenly confronted by a criminal, our minds work to find a workable solution to the danger as quickly as possible. When a person's mind is unable to quickly find a workable solution, it will choose from its three default solutions of fight, flight, or freeze. These default solutions are rarely the best solution. Fortunately, we can train our minds to pick a better solution. An easy way to help train your mind to pick a better solution to a given situation is to picture the situation in your mind and think through a safe solution. Repeating this mental exercise will help build these connections in your mind between the dangerous situation and the safe response, increasing your personal safety.

It would be near impossible, and likely an unhealthy exercise, to imagine yourself in every possible criminal situation. In counselling people to mentally prepare themselves for the unlikely event of being caught in a crime, I would offer it is best to focus on situations wherein your safety is at risk. How would you react to the approach of a criminal in a public space who is demanding your purse, wallet, or cell phone? Unless you are Chuck Norris or Superman, the best course of action is going to be to trade personal property for your physical safety. Larger metropolitan areas are seeing a rise in car-jacking crimes. How would you react to a criminal who accosts you and demands your vehicle? Once again, trading property that can be replaced for your personal safety is the best course of action. Mentally rehearsing a calm and deliberate response to these situations will prepare you should you ever find yourself in the midst of criminal activity.

Making the recommendation people surrender personal property to protect their safety is easy advice to give from the comfort of my office. In practice, it might be a bit harder to do because of the value of the property to the person. To that end, my advice is to carefully consider the contents of your purse, wallet, or cell phone to ensure that losing these items, whether to crime or misplacement, is less of a burden. Carrying only the items you truly need with you in your purse or wallet will lessen the effect of their loss. The loss of one credit card and \$25 cash is going to be much easier to absorb than losing all your credit cards, a week's worth of cash, and a handful of items of sentimental value. Ensuring that the data contained on your cell phone is regularly backed up will help mitigate its loss. Ensuring your vehicle is insured to the extent that is financially responsible for you will help soften the effects of both an accident and a crime. When leaving home, travel light with a thought towards only having with you the things that you can afford to lose.

Your first line of defense against becoming the victim of a person crime is being alert to and aware of potential hazards around you. Some people, despite their best efforts, become victims of person crimes every year. Putting some thought into preparing yourself to mitigate the effects of crime and responding safely to person crimes can pay dividends in the unlikely event crime finds you.



WE ARE GRATEFUL TO OUR ADVERTISERS FOR THEIR CONTINUING SUPPORT!

TOUCHING TABLES FOR SENIORS

Your invitation for this eleventh annual event is on its way to your homes and businesses. Please make it a priority to R.S.V.P. asap and join us.

Thank you, and blessings to all of you!

Connie



**THE GARDENS
AT FOLEY**

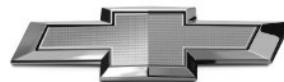
The Gardens at Foley offers Long Term Care, Memory Care, Short Stay Rehab, Assisted Living, and Assisted Living Memory Care on our campus. We offer a full range of supportive healthcare services customized to meet your unique needs.

Please call if you have any questions or would like a tour @ 320-968-6201

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MARK YOUR CALENDAR!

OCTOBER

- Fun & Fitness for Seniors 1:00 pm
4, 6, 11, 13, 18, 20, 25, 27
10 All Food Distribution Programs 11:00 am
10 Art Class 1:00 pm
19 Senior Social 11:30 am
20 Integracare Educational Presentation
10:30 am to 12:30 pm

NOVEMBER

- Fun & Fitness for Seniors 1:00 pm
1, 3, 8, 10, 15, 17, 22, 24, 29
14 All Food Distribution Programs 11:00 am
14 Art Class 1:00 pm
16 Senior Social 11:30 am
17 Integracare Educational Presentation
10:30 am to 12:30 pm

DECEMBER

- Fun & Fitness for Seniors 1:00 pm
6, 8, 13, 15, 20, 22, 27, 29
12 All Food Distribution Programs 11:00 am
12 Art Class 1:00 pm
21 Senior Social 11:30 am

JANUARY

- Fun & Fitness for Seniors 1:00 pm
3, 5, 10, 12, 17, 19, 24, 26, 31
09 All Food Distribution Programs 11:00 am
09 Art Class 1:00 pm
18 Senior Social 11:30 am

**FOR MORE INFORMATION, OR TO SCHEDULE A RIDE OR DELIVERY
CALL CARE 320.968.7848**