

CARE Connections

March 2025
Volume 22, Issue 1

Letter from the Director

by *Connie Cardinal*



Happy Spring! It's that time of year again where the fundraising committee is working hard behind the scenes to start preparation on the 2025 annual fundraising activities. Our signature pork chop dinner event is heavy in the planning stages, along with our fourth annual CARE Golf Tournament. Getting ready for these events reminds me spring is near.

The Pork Chop Dinner will be held on Thursday, May 15th, at Jack & Jim's event center in Duelm from 4:00 to 7:30. This event takes numerous volunteers to set up, serve, and manage the event. This year's event will also include a plant sale and mini bake sale, along with the silent auction and basket sales. Your support for this event helps raise funds to support our program's mission of serving seniors throughout our community. Donations at this event can also be used as matching funds for our Department of Human Services Grant. Therefore, your gift to our program doubles in value. We need your help with items for our event, such as baked goods, plants from your garden, or silent auction items. We would also like to invite you to come to the CARE office to purchase your dinner tickets in advance for a chance to win a \$50 Visa gift card during the event.

Our fourth annual golf tournament is scheduled for Thursday, June 5th, at Stone Creek Golf Course in Foley. Mary Spiczka and Jen Kipka are hosting the event. Get ready for fresh grilled burgers and brats with all the fixings. I can almost taste them now! Call our office to get your team signed up to play. We need teams and sponsors for the event.

Editor's Notes

by *Gini Kalton*



As we begin this new year of possibilities, the staff and board at CARE are excited for all the events that let us share our love of life and joy in service to seniors. In this issue of the CARE Connections you will find possibilities and opportunities to gather and celebrate life!

Whether you are a senior who needs services to help you "remain independently in the home of your choice" or a citizen who is looking for an opportunity to serve in your community, this organization offers a plethora of choices!

CARE offers Art Classes, Fitness Classes, a wonderful Senior Social, and multiple fundraising events to both entertain and provide social interaction for us all. Each time we gather together as a community, our hearts are filled with joy and appreciation for the opportunity to meet and make new friends, or to reconnect with old friends.

Who will you meet this year? Know that you are never alone as long as there are loving volunteers at CARE. Call or stop by to meet the staff and find out how you can engage in your community and what new possibilities are available for you.

We look forward to our time with you!

Gini



OFFICE HOURS:
MON - THURS
8:00 am - 3:00 pm

LOCATION:
321 6th Avenue
Foley, MN

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Email:
info@CAREelders.org

Web site:
www.CAREelders.org

Board of Directors

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Associate Director
Jen Kipka

Newsletter Editor
Gini Kalton

Board meetings are open to the public on the fourth Thursday of each month at 5:00pm in the CARE conference room.

From the Director
... continued from page one

Why not play golf and enjoy the sunshine while supporting the CARE Program?

The transition in the office is going very well. I am working closely with Jen, and she is becoming a real asset to our program. We also have a new staff member, Jordyn Hoffmann, who started in February. As program coordinator, she will oversee program classes and events as well as monitoring compliance forms for our state and federal grants.

CARE recently received new regulations that all clients receiving services need to have an in-person NAPIS form completed. With over 200 clients, this is going to take staff time and effort to accomplish. We will be looking for volunteers to help with this project. Please contact me at the CARE office if you are interested in either driving clients to our office, or helping with the completion of the forms.

The CARE office is also installing a new computer software program that all 31 Living Well at Home Network programs will use. This is a huge project that will take numerous hours to gather and upload files. The new software was paid for by the Minnesota Department of Human Services. Our current software is very outdated. As we move forward with this project, the software will help us to better track and monitor client and volunteer activities.

As we prepare for the upcoming events, please know we need your help to ensure success. Please volunteer your time, donate, or support CARE by your attendance at the events. The board of directors and staff thank you for being a part of our community organization.

Happy Trails,



SNOW REMOVAL - EXCITED TO SERVE HIS NEIGHBORS

John Kline became a CARE volunteer in the fall of 2024 seeking a way to help clients with snow removal. He says there are three rewarding aspects of snow removal for CARE, “Snow removal for CARE [clients] is good exercise during the time of year when we need it most. Snow



blowing, shoveling, and brooming is always outside work, and feels better than spending time on a treadmill at home or at the gym. Recently retired, I find it very rewarding to share my gift of time and good health with others who currently are not capable of performing winter snow removal chores. Nothing is better than seeing one of my clients with a thankful smile and an expression of relief knowing that the driveway and sidewalks are clear and safe.”

He takes his job very seriously, and has given himself some specific job duties. Said John, “I give many thanks to Mark [a CARE client] who is letting me use his snow blower for all of my clients. After cleaning out the carburetor, tightening up some loose bolts, and changing the oil, I have found that Mark’s Craftsman snow blower can throw snow three times as far, and will go in reverse much faster than my Montgomery Wards blower. It saves me a lot of time and effort.”

John added, “I really enjoy clearing Marsha’s driveway and entry to make sure she can get in a car or take out garbage safely with no icy/slippery spots,” and, “Brad has the easiest driveway to clear. But can be a challenge on really windy days.”

John encourages others, “Please join us in snow removal. I’m sure we could find many wonderful people that could use our help.”

John’s client’s give him rave reviews. One client was so thankful for his thoroughness, she now feels safe to walk on her driveway. John brings joy and safety to the clients he serves.

Thank you John!





WAY TO GO TEAM MCKEEVER BY SARAH KELLEN

Early in March, volunteering got busy for volunteer team Ron and Barb McKeever. They have faithfully served CARE clients in the Rice area by delivering meals monthly to home bound seniors. This month on delivery day they added a very special caretaking role of driving a client to a much needed EARLY morning doctor appointment. Ron and Barb set their alarm for 4 am in order to have the CARE client to the hospital by 6 am. Then, after spending the day delivering meals to RICE area clients, they returned to the hospital to give the CARE client a ride back home. *Well done team McKeever!* You certainly put in a full day's work!



VOLUNTEER RECOGNITION WEEK FREE EVENT BY SARAH KELLEN

All CARE volunteers are invited to attend a free event being hosted on Wednesday, April 23 from 3-6 pm at the St. Cloud Public Library, in the Mississippi Room, to honor all CARE volunteers and other volunteers in the St. Cloud area. Throughout the afternoon the Central MN Volunteer Coordinator's Association will provide free snacks and drinks, prize giveaways, and an opportunity to create items for local volunteer organizations.

Volunteers can also receive *radio program discounts on local services* during National Volunteer Week. Contact Sarah Kellen at CARE for more details.



WJON RADIO SPOTLIGHT BY SARAH KELLEN

The Central Minnesota Volunteer Coordinator's Association recently selected CARE to participate in an interview on WJON's morning show "It Matters with Kelly Cordes." On December 23, 2024, on AM1240 & FM95.3, Paul Shea interviewed Executive Director Connie Cardinal, Volunteer Coordinator Sarah Kellen, and volunteer, Tim Adelman, with over 138,000 listeners tuning in. Connie shared about the CARE Program - our mission, service area, history and clientele, while Sarah focused on how we utilize volunteers, our 2023 statistics, and our current needs. Tim shared personal testimonies, and how the CARE program is vital to the community. The entire interview may be heard at <https://careelders.org/news-events/>

Right: Connie and Sarah were excited to share the CARE story with WJON listeners





OUT AND ABOUT - CARE IN THE COMMUNITY BY SARAH KELLEN

Thanks to volunteers Jackie Struffert and Sug Latterell, the CARE program was represented well to the community members of Becker, MN at the Becker Chamber of Commerce Expo.

Throughout the morning Jackie and Sug eagerly educated the community about the CARE program. Thank you Jackie and Sug.



VOLUNTEER OPPORTUNITIES AT CARE BY SARAH KELLEN

CLEAN UP CREW NEEDED: CARE is looking for volunteers to help with clearing tables and clean up at the upcoming Duelm Knights of Columbus Breakfast in Duelm on Sunday, April 13th. All proceeds benefit the CARE program. Shifts are from 8:30 a.m. to 10:30 a.m. and 10:30 a.m. to 12:30 p.m. Call the CARE Office if you would like to help.

ARE YOU A COMMUNITY ORGANIZATION? YOU CAN SUPPORT CARE TOO: Are you an organization in the Sauk Rapids, Rice or St. Cloud area that would consider hosting a similar fund-raising event like the Duelm Knights of Columbus Breakfast to support the CARE program? Feel free to call the CARE office to talk with the staff about an opportunity like this.

CARE Program Video

Did you know there is an inspirational video about the CARE program that was produced by Kalton Communications? Take a look online.

You may be surprised at what you learn.

www.CAREelders.org



SPRING FEVER? SHARE WITH CARE! BY BRENDA BERKEBILE

NEW Fundraising Plant Sale at the Annual Pork Chop Dinner! Overgrown perennials in your landscape? If your perennials are taking over your garden, why not split them up and donate some to CARE? Your contributions will help raise funds to support seniors. Are you a seed starter? Growing some transplants of flowers or garden vegetables for CARE would help this fundraiser too!

Donation Details: on May 12th through May 14th, from 8AM-3PM, CARE will be accepting plant donations. If you're able to share, please help us identify:

- What the plant is
- Flower or foliage color. Any interesting changes through seasons?
- Requirements: full sun, partial shade, full shade, etc. Is it picky about its soil?
- Containment needs: is it a rapid spreading ground cover that needs to be contained?

Please note: Only healthy plants are welcome. No diseased, infested, or invasive species.

Volunteer Opportunities! We need volunteers leading up to the event, during the event, and for event setup and take-down. If you're interested and able to help, contact the CARE office to express your interest in helping with one or more of the following areas and we'll be happy to include you:

- Leading up to event
- Event setup/take down
- Event customer assistance

This event isn't just about plants and pork chops, it's a community effort to support our senior neighbors. So let's come together, share our garden treasures, and make this fundraiser a blooming success!



SOMETHING FOR EVERYONE AT THE SPRING PORK CHOP DINNER EVENT

Mini Bake Sale — Enjoy baking? Have you baked for CARE in the past? Consider donating some delicious baked cookies for our annual spring fundraiser. We will be hosting a bake sale during the pork chop dinner event. Please call the CARE office to learn how to donate.

Plan ahead to donate your skills! Consider donating service skills to CARE's upcoming spring silent auction. Housekeeping, yard work, flower planting in the spring, monthly dessert making, hosting a dinner, and tree/hedge trimming are some of the ways you can donate to the CARE Silent Auction. Please call the CARE office to learn how to donate.



CARE WELCOMES NEW BOARD MEMBER

My name is Jackie Struffert, I'm honored to be part of the CARE team. I grew up on a dairy farm in the Hillman area. I have 3 adult children, Jennifer, Jerad, and Jessica. I've also been blessed with 3 amazing granddaughters. Volunteering has always been a big part of my life. I'm happy to serve the community and have been fortunate to make many new friends in the process.

For 20 years, I served as an MLMB first responder, 7 years as a volunteer firefighter in Milaca, nearly 2 years at Ruby's Pantry in Foley, and recently started at CARE. In addition to volunteering, I enjoy spending time with my family, gardening, landscaping, dancing, reading, and putting puzzles together.



CARE ART CLASSES AT NEW LIFE CHURCH, FOLEY



In February, seniors gathered together to share each other's company, and to express their artistic sides while making "Hummingbird Swings"

Each of the CARE art classes is unique, with seniors exploring the world through painting or creating decorative items. Both men and women ages 55 and older are encouraged to come and discover the peace to be found in art creation.

Classes are held the third Monday of every month, and you can participate by calling CARE to reserve your spot. Rides are available if you call in advance to schedule a volunteer driver.

PANCAKE BREAKFAST

Hosted by

DUELM KNIGHTS
OF COLUMBUS
Council 12519



All proceeds contributed to



CARE
Community Action
Respecting Elders

We support area neighbors 60 years and older to
continue living in the home of their choice
through community volunteerism
320.980.7848



Sunday, April 13, 2025

8:30 a.m. to noon

St. Lawrence Parish Hall, Duelm

Adults \$12.00 | Children 6-12 \$6.00

Ages 5 and under free

Includes: regular & blueberry pancakes,
sausage, eggs, caramel rolls,
fruit and beverage

GRILLED PORK CHOP DINNER

Silent Auction * Plant Sale * Bake Sale * Basket Sale

Thursday, May 15TH

4:00-7:30 pm / Jack & Jim's Event Center
1025 Duelm Rd NE, Foley, MN



Pork Chop Meal

\$16.00

Hot Dog Meal

\$5.00

*Meals include potatoes, vegetable, roll,
coleslaw, and a delicious slice of pie!*

*Purchase your tickets in advance
for a chance to win a \$50 gift card!*

Tickets also available to purchase at the door.

GOLF FORE A GREAT CAUSE! BY SARAH KELLEN

We are hosting our fourth annual Golf Tournament at Stone Creek Golf Course in Foley on Thursday, June 5th! We are looking for hole sponsors and/or teams of 4 to support our event!

Please reach out to Jen at the CARE office at jenk@CAREelders.org or at 320-968-7848 for more information! It's a great way to financially support the services we provide to our senior community in Foley and surrounding areas!



Visit us at the
CARE Corn Dog Cabin
June 16, 17, & 18
during Foley Fun Days



Featuring:
Corn Dogs,
Chicken Strips,
Whole Dill Pickles
and
Ice-Cold Bottled Water



SAFETY FOR SENIORS by Troy Heck, Benton County Sheriff



Driving while intoxicated remains a problem. The federal government, state governments, and advocacy groups have been conducting education and enforcement campaigns since the 1980s with the aim of reducing drunk driving. On television, radio, social media, and billboards are messages aimed at convincing people to make the right choice and avoid driving when they're impaired.

Over the last 4 decades, progress has been made. According to national statistics, the rate of drunk driving fatalities has decreased 55% since 1982. However, impaired driving still accounts for more than 13,000 deaths each year across our nation's highways. In Benton County over the last 5 years, law enforcement agencies have annually made an average of 202 impaired driving arrests and responded to 29 impaired driving related crashes. Enforcement and education efforts across Minnesota continue with the goal of bringing each of those numbers down to zero.

It is easy to become desensitized to statistics. We are inundated with statistics and data from every corner of our daily life. Soon enough, 13,000 deaths each year becomes just another number we see scrolling by on our phones. These numbers have more meaning when they have a name. Names like Lindsay Cardinal, a 35-year-old mother of 3 who was killed by an intoxicated driver on Hwy 23 in Foley in 2017 or Kevin Oehmen, a 47-year-old man who was killed by a drunk driver in 2023 as he was walking on Benton Drive in Sauk Rapids. These are just two examples of families, friends, and loved ones whose lives were forever changed due to the actions of an impaired driver.

The solution to our impaired driving problem lies in a choice. It is a choice that thousands upon thousands of drivers make each day; the choice to drive sober. Designate a driver when your group goes out for the night, find a lift home from a friend, call for a taxi or rideshare, or sober up before heading home for the night. Make the choice to formulate a plan before the night starts and stick with the plan to get everyone home safely. While out, make the choice to be a good friend too. If you think someone else is impaired, make sure they find a sober ride home. Be that hero that is willing to do the right thing or be just a phone call away and willing to go the extra mile to ensure everyone gets home safely.

A DWI conviction is very costly. However, the financial costs pale in comparison to the loss suffered by the victims of impaired drivers. Make the right choice, the simple choice, the powerful choice; drive sober. For more crime prevention information and safety information visit the Benton County Sheriff's Office website at: <https://www.co.benton.mn.us/211/Crime-Prevention>. You can also like and follow us on Facebook and Twitter at @BentonMNSheriff for regular updates and crime prevention messages.



JORDYN HOFFMAN JOINS THE CARE TEAM



Hey, hey, hey!! My Name is Jordyn Hoffmann, and I am SO happy to have recently joined the CARE team as the events coordinator! I grew up in Alexandria, raised by my amazing parents, John and Connie Marshall. From a small age, my parents were great examples of serving the people around us. Whether it was in church, at the humane society, at my school, or for people in need, we were always doing something for others. Growing up, to me, that's just what people did. Love the people around you, right? Seems easy enough. I soon realized that a lot of the world isn't like

that. I always loved the mission statement of my home church, and still find myself going back to it as a young adult, "Love God, Love People, and Help Others Love God."

In high school I knew I wanted to marry a man who had the same values, and in 2019 I met Patrick Hoffmann! He joined the staff at my home church as the worship pastor. Long before we dated I fell in love with the heart he had for others, and once we started dating the rest was history. He and I both enjoy doing all things creative. Whether it's music, art, photography, graphic design, cooking and baking elaborate cakes (not so much him for this one), or interior design we love it all!

We got married in August of 2021 during the biggest thunderstorm of the year. There was a river running through my parents' backyard, where we were going to get married. All the acorns that my mother tirelessly picked up in the week's prior were worse than they were before. It was a mess. But, after praying and BEGGING God, I sensed the Spirit gently ask me, "Do you trust me?" to which I had to laugh because I knew I wasn't actually trusting Him. I had to surrender my worries and anxieties to Him. He, within 20 minutes, cleared the clouds, and the sun was shining just in time for us to set everything up. Our church family and some strangers came immediately, with almost no notice, with rakes, mowers, and everything else to make sure that our day was perfect. And it was. It was the most beautiful day, and that wouldn't have happened without all the amazing people that came alongside us and helped us.

In 2022 Patrick was offered a job at New Life Church, here in Foley, as the Worship/Tech Pastor. At first, we were hesitant because we truly had no idea what was in Foley, or honestly where it even was. As soon as we visited, we fell in love with the people in this community very quickly and almost immediately said "yes"! We currently live in St. Cloud, but cannot wait for the day that we finally live in Foley. We are excited for our future children to grow up in a community that truly cares about people.

Prior to meeting Jen [Kipka] in January, I had no idea how amazing CARE was. Learning about all the events, gatherings, and of all the services provided, my mind was blown. It has truly been an honor joining this team. I know I have only seen a small glimpse of the impact CARE has had on the community, but cannot wait to see everything else CARE will do in the years to come.



Cash Donations

Andrew & Stephanie Rahm
 Ann Tomporowski
 Art Class Participants
 Benton County Commissioners
 Brenda Berkebile
 Bruce & Lora Knafla
 Carol Abraham
 Central MN Council on Aging
 Chester Potuzak
 City of Foley
 Compeer Financial
 Curt & Mary Jurek
 Dave & Kitty Herbst
 Debra Kazeck
 Doris Gohman
 Duane & Patricia Didier
 Edward Schlichting
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 Foley Collision Center
 Foley Legion
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 Gerald & Pat Smith
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 Gerald Krekelberg
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 Gerard Bettendorf
 Grace Glein
 Graham United Methodist Church
 Gustavus Adolphus Church
 Harold & Yvonne Linz
 Hydrostat Inc.
 Initiative Foundation
 Jackie Struffert
 James Smiglewski
 Janelle Dahmen
 JK Monuments LLC
 Joan & William Brauen
 Joanne Moser

John Paul Murray
 Joyce Rife
 Judy VonWald
 Leon & Julie Goenner
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 Marsha Recknor
 Mary Quirk
 Mike & Lynda Gans
 Mitchell Czech
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 Patricia Abfalter
 Patrick Eisenschenk
 Peg Klingel
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 Robert and Mary Carlson
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 Sarah Posterick
 Schmidt Insurance
 Senior Social Participants
 Sharon Kipka
 Shirley Stachowski
 SS Peter & Paul Catholic Church
 Stacy Quinn
 The Gardens at Foley
 Theodore Beebe
 Timothy Roehl
 Tinville Lions Club
 Tom & Paige Henry
 Virgil Spiczka
 William Bronder

In-Kind (non-cash) Donations

BJ Evergreen
 Bruce Latterell
 Compeer Financial
 Crew Car Wash
 Dale's Auto Detailing
 DJ Bitzan Jewelers
 Frandsen Bank & Trust
 Janelle Adelman
 Jodi Henry
 Kim Latterell
 Lorraine Potuzak
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 Matthew Riley
 Raising Cane's Restaurant
 St. Cloud Floral
 Tim & Deb Helmin

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MARCH
BILL & GINI KALTON
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Special thanks for grant funding from the



OUR SINCERE GRATITUDE TO ALL! *THANK YOU!*

Bequests

Duane & Terry Sakry
Gary & Linda Schyma
Jack & Barb Semaru
Jim & Ruth Kothman

in memory of Kathy Kroska
in memory of Dorman & Esther
in memory of Terry Kotsmith
in memory of Gerald Viste

Memorial



A gracious
endowment was
given to CARE
by Allan Weaver.

Special thanks for a generous donation in support of the publication of this newsletter from:



Thrivent Financial Members

Often the CARE program events benefit from donations received through Thrivent member contributions. Each Thrivent member has the opportunity to request start up funds of \$250.00 for CARE events twice each year. These start up funds helps CARE to purchase food and other needed items to help reduce costs of conducting each event.

If you are a Thrivent member and you want to generously support the CARE program through your membership, please call the CARE office at 320-968-7848 to have your name put on the list.

Happy
Spring!





CARE SENIOR SOCIAL - WITH LUNCH, MUSIC & BINGO!

Right and below: December 18, 2024 featured Christmas music played and sung by Bob Juetten. CARE's new Associate Director, Jen Kipka was introduced at the event, and CARE Volunteer, Sarah Moulzolf, called bingo.

Bob returned on February 19th this year to entertain us all again.



The CARE Senior Social takes place on the third Wednesday of every month at the First Presbyterian Church in Foley from 11:00 am to 2:00 pm

Right: Singer/Songwriter/Musician, Charlie Roth was the featured entertainment at the January 15th event. Charlie performed many of his original songs, as he was getting ready for an upcoming show in Wayzata, MN.



Left: Doug Scott played music from the 60's and sang for the crowd on March 19th



FOR YOUR HEALTH - AGING WELL FITNESS CLASSES BY JEN KIPKA

Every Tuesday from 1-2 pm at Foley's SNAP Fitness downtown location (231 4th Ave North), you can hear sounds of laughter intermixed with a strong sense of dedication to learning new exercises from attendees at our free fitness class! Classes are offered through a partnership by CARE and SNAP Fitness of Foley.

The classes aim to improve balance, strength and flexibility, and teach easy movements to help mobility and strength for everyday activities. In addition to adding exercise into one's routine, these classes also provide a fun and social environment to participants.

The fitness class, previously offered twice a month, is now a weekly class due to the growing desire and increase in the number of attendees. As CARE's associate director, I went to check out all the buzz and was able to visit with several attendees and receive feedback. Class member, Ardith stated, "I enjoy meeting new ladies and working with them. Balance and motion are so easy for us seniors to lose, and classes like this are most important." Another class member, Mona shared, "I like meeting new people, being able to relax and joke around. I am learning new exercises that I can do at home, too. This is a fun class and Josie is GREAT!"

SNAP provides an instructor dedicated to instructing this class each month. The current instructor is Josie Corrigan who has been teaching the class the past 3 months. Josie stated, "I love the willingness from each participant to try their best. I have noticed the increase in mobility and strength from those who are in regular attendance. I also love the sense of community and friendships that have been created from this class." A common theme from those sharing included praise for Josie.



One attendee shared, "Josie makes sweating fun and keeps us moving!" These classes are free to seniors through funding by the MN Department of Human Services to the CARE Program. We are so thankful they see the value of fitness for seniors in our rural community.

FREE TO ALL COMMUNITY MEMBERS 55+
Everyone is welcome to bring a plus one of any age!!



CARE - Community Action Respecting Elders

321 6th Avenue
PO Box 65
Foley MN, 56329
320.968.7848
www.CAREelders.org

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Foley, MN

ADDRESS CORRECTION REQUESTED

Energy and cost saver! To request our newsletter by email call 320-968-7848

MARK YOUR CALENDAR!

APRIL

- Aging Well Fitness Class every Tuesday 1-2 pm
- 13** Pancake Breakfast, Duelm 8:30 - noon
- 14** All Food Distribution Programs 11:00 am
- 16** Senior Social 11:00 am
- 21** Art Class 1-3:00 pm

MAY

- Aging Well Fitness Class every Tuesday 1-2 pm
- 12** All Food Distribution Programs 11:00 am
- 15** Pork Chop Dinner/Silent Auction 4-7:30 pm
- 19** Art Class 1-3 pm
- 21** Senior Social 11:00 am

JUNE

- Aging Well Fitness Class every Tuesday 1-2 pm
- 05** Annual Golf Tournament 11:00 am
- 09** All Food Distribution Programs 11am
- 16** Art Class 1-3 pm
- 16-18** CARE food stand at Foley Fun Days
- 18** Senior Social 11am-2 pm

JULY

- 01** Aging Well Fitness Class 1-2 pm
- 14** All Food Distribution Programs 11:00 am
- 16** Senior Social 11am-2 pm
- 21** Art Class 1-3 pm