

The Newscaster

April, May, June & July 2010

Learn & Laugh At Lenox



ST. LOUIS PARK



Learn & Laugh at Lenox

St. Louis Park Senior Program

A program of St. Louis Park Community Education

Lenox Community Center

6715 Minnetonka Boulevard

St. Louis Park, MN 55426

www.slpcommunityed.com

952-928-6444

Upcoming Events

Metro Dining Cards

**On Sale
May 1st**

Cards are available in the Lenox Office, Room 104.



Call and put your name on our mailing list to be notified when cards are available.

Metro Dining Cards are good from May 2010 through May 2011

\$20 per set with over

160 area restaurants to choose from!

Proceeds benefit the St. Louis Park Senior Program

Senior Program Volunteer Luncheon

Invitations will be sent to volunteers who have **RECORDED HOURS** between July 1, 2009 and June 30, 2010.

Invitations will be sent to volunteers who have recorded hours.

Friday, July 23
in the Lenox Gym

Welcome 11 a.m.
Lunch served 11:15 – 12:15 p.m.

Musical entertainment

Volunteer Recognition

Please RSVP by Friday, July 16
Call 952-928-6444

Senior Program Annual Meeting and Luncheon

Tuesday, June 8

11:30 a.m.

Welcome and Luncheon

The Senior Program will provide the entree and a beverage.

Bring dessert or salad to share with others.

Please RSVP by Wednesday, June 2
Call Jule at 952-928-6443

Don't forget to vote for Senior Program Advisory Council Members! Candidate profiles will be posted and mailed by May 17, 2010.

- Monday, June 7
8:30 a.m. – 1 p.m.
- Tuesday, June 8
8:30 – 11 a.m.

The St. Louis Park Senior Program would like to thank



for hosting our breakfast on Saturday, January 30.

Upcoming Events

Come Celebrate Parktacular's 2010 Senior Dinner: Jazz Pizzazz

Where: The Marriott Minneapolis West
9960 Wayzata Blvd., St. Louis Park

When: Thursday, June 17th

Time:

4:30 Registration and Social, Cash Bar available

5:00 Welcome by Emcee: Tania Haber, Pastor of
Westwood Lutheran Church

5:15 Senior Ambassador Coronation

5:30 Dinner: Fried Chicken with mashed potatoes and
gravy, green beans, or Vegetable Stir Fry with
steamed white rice plus dinner rolls, garden salad, and assorted bars for dessert.

6:30 Entertainment: CODA – a saxophone/keyboard duet consisting of Scott Dorff on
soprano, alto, and tenor saxophones, and Malcolm Anderson on piano & keyboard.

7:45 Door Prize Drawing

Cost: \$16 per person

Who: Seniors 55 and Better/Empty Nesters

Transportation Needs? Call Pam at Knollwood Place Apartments
at 952-939-1606.

Registration Deadline: You must register and send payment by Friday, June 4.

Questions? Call Joan Fenton 952-546-8843



Registration Form for Parktacular's **Jazz Pizzazz**

Make check payable to: **Parktacular**, Drop off or mail registration form to the Main Office, Room 104 at the
Lenox Community Center, 6715 Minnetonka Blvd. by Friday, June 4

Name: _____

Address: _____

City/Zip: _____

Phone: _____

Mail to:

Parktacular

3700 Monterey Drive

St. Louis Park, MN 55416

Dinner Choices: # Chicken _____

#Vegetarian _____

Upcoming Events

Spaghetti Dinner

Friday, April 23

Serving 4:30 - 7 p.m.



Catered by the
St. Louis Park
Olive Garden

featuring Spaghetti, Meatsauce,
Salad, Breadstick,
Ice Cream and Beverage



Admission

\$7.50 Advance Tickets

\$8.00 At the door

\$4.50 Children under 10

Take Out is available. Tickets available
at the Hospitality Desk or in the
Lenox Office, Room 104.

Additional Parking in Church Lot

SLP Senior Program
Fundraising Event

Craft & Bake Sale

Friday, April 23

4:30 - 7 p.m.

Art & Craft Room

**Crafts from the Ceramics,
Woodcraft and
Needlecraft groups.**



We are accepting homemade cookies, cakes,
sweet breads, cupcakes, candy; plus pumpkin,
pecan and fruit pies.

Bring your baked goods to the Art Room by
noon on Friday, April 23.

For more Bake Sale
information call 952-928-6444.

Arts & Crafts

Oil Painting with Vernice McClellan

Students select their picture and receive guidance and direction when needed. Designed for advanced students.

Minimum 8 – Maximum 11

Mondays, April 12, 19, 26, May 3, 10 and 17 Art Room
9:30 a.m. – Noon **Cost: \$34 + supplies**

Painting with Vernice McClellan

Students will paint their own pictures following the instructor's demonstration. Students will learn the basics of mixing colors, use of brushes and palette knives, and how to proceed from the background, to middle ground to foreground. This is a 6-week class. Pickup supply list when you register.

Minimum 8 – Maximum 11

Mondays, April 12, 19, 26, May 3, 10 and 17 Art Room
1 – 3:30 p.m. **Cost: \$34 + supplies**

Needlecraft

This group makes items for our Craft Sales.

Tuesdays (continuous)

9 a.m. – Noon

Craft Room
Free

Woodworking Shop

Lenox has a shop with a variety of power and hand tools for your use.

Monday – Friday (when supervised)

9 a.m. – Noon

Woodshop
\$1.25/day

Lenox Woodcrafters

Volunteers make handmade toys for hospitalized children in the area. To date 6,500 toys have been delivered to Minneapolis and St. Paul Children's and Methodist Hospitals.

Monday (when supervised)

9 a.m. – Noon

Woodshop
Free

Cover Painting

Painting by Pat Muyres

I joined the Senior Program in September for the oil painting class and this is my first painting. If the painting turned out okay, it's a testimony to my patient teacher, Vernice McClellan. I can imagine myself in one of these chairs soaking up the sun!

Since joining, Pat has met many wonderful friends and began participating in many other activities such as the lectures, T'ai Chi Ch'uan, and all the great exercise classes.



Arts & Crafts

Ceramics with Janet Czartoryski (Tentative)

Learn how to clean, glaze, underglaze, paint and fire greenware. Beginners welcome.

The 2nd and 4th Thursdays
9 – 11:30 a.m.



Craft Room
\$2.25/class plus materials

Party Decorations

Do you enjoy crafts? Join this group and make decorations for parties and special events.

The 1st and 3rd Thursdays (continuous)
9 – 11:30 a.m.

Craft Room
Free

Games & Cards



Intermediate Bridge – 8-Week Class

Instructor: Dick Welander, Life Master Player and Certified Instructor from American Contract Bridge League

Expand your knowledge of bridge fundamentals and sharpen your skills.

Minimum 8 – Maximum 16

Wednesdays, April 14, 21, 28, May 5, 12, 19, 26
and June 2

10 – 11:30 a.m.

Card Room

\$32

Ponytail Canasta

1st and 3rd Thursdays (continuous)

1 – 3:30 p.m.

Card Room

50¢/time

Play 500

Mondays (continuous)

1 – 3:30 p.m.

Fridays (continuous)

10 a.m. – 1 p.m.

Card Room

75¢/time

Card Room

75¢/time

500 Tournament Held Monthly

Everyone is welcome to participate. You need a partner to register.

4th Wednesdays

12:30 – 3:30 p.m.

Gym
\$3.50/8 games

Billiards

Continuous daily – lower level

Pool Room
50¢/time

Activities

Games & Cards

Bingo

Try your luck at the boards. Enjoy prizes and refreshments.
1st and 3rd Wednesdays (continuous)
1 – 3:30 p.m. Cafeteria
\$2.50/time

Cribbage (tentatively)

Fridays 1 – 3 p.m. Card Room
75¢/time

Party Bridge

Please bring your own partner.
Tuesdays (continuous)
1 – 3 p.m. Card Room
75¢/time

Health & Fitness

* Seniorize To The Core

Instructor: Ben Walker, Certified Exercise Trainer

Class will focus on incorporating your core (abdominals and back) in everyday life by improving your strength, flexibility and balance. This class is full of variety for active seniors!

Ben is a certified member of the American Council on Exercise (ACE), Active Older Adults (AOA) with years of experience as a group fitness instructor. He incorporates aerobic, cross training, and running experience plus his weight and strength training.

Mondays (continuous)
(No class Monday, May 31, July 5,
August 2 and 9) Gym
9 – 10:05 a.m. \$2 per class/payable at each class

Senior Aquasize Class at Central

Improve your fitness by participating in low impact exercise in the water. Questions call Mary Magle at 952-928-6780.

Tuesdays and Thursdays: Central Pool
April 6 – June 10
1 – 2 p.m.
June 15 – September 2
Noon – 1 p.m. \$3 per class Senior Program Members
\$5 per class Nonmembers

**Health Fair
Offered by Spirit of Christ Church**

Wednesday, August 18

See details in fall Newscaster

12:30 – 2:30 p.m. Gym

Health & Fitness

Adult Lap Swimming at Central

Central Community Center, 6300 Walker Street.
Monday, Wednesday and Friday Central Pool
Noon – 1 p.m. \$2.50/time

T'ai Chi Ch'uan

This ancient art teaches how to know ones' self and improve ones' well-being, both physically and psychologically.

Thursdays (continuous) Gym
9:30 – 10:30 a.m. Members: 50¢
Nonmembers: \$3

Health & Fitness

NEW FITNESS CLASSES

Cardio Core Fusion

Instructor: Katherine McGraw

A simple flowing cardio segment will be interspersed and followed by a unique series of exercises focused on the CORE, your alignment, posture and balance.

Katherine has been teaching classes and directing fitness programs in the Twin Cities for over 20 years. Her passion is keeping Seniors fit and balanced with a strong core and great posture through group classes.

Fridays (continuous) (No class Friday, April 2, 9,
July 2, 23, August 6 and 13)
9 – 9:55 a.m.
\$2 at the door



NEW

Decades of Dance

Instructor:

Katherine McGraw

This unique class is set to music from the 40s, 50s, 60s and beyond. A variety of fun yet

simple dance moves such as the jitterbug, twist, jive, hustle, mambo, charleston and more! If you love music the time will just fly by... come and find out!

See bio above.

Tuesdays, April 13, 27, May 11 and 25
9 – 9:55 a.m.

Music Room/Cafeteria
\$2 at the door

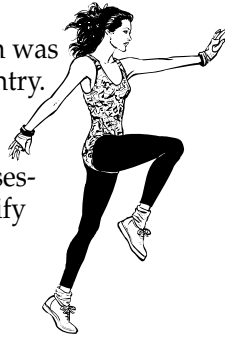


Health & Fitness

EnhanceFitness®—10-week Sessions!

Instructor: Muriel St. Urbain

This evidence-based exercise program was tested at over 80 sites around the country. EnhanceFitness focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises—everything health professionals identify people need to maintain health and independent functioning as they age.



★ As an evidence based program participants will periodically be tested.

All Sessions are 9 or 10-weeks

Minimum 12 – Maximum 35

Session 1: Monday, April 5, 12, 19, 26, May 3, 10, 17, 24 and June 14 (No class May 31 and June 7)

Session 2: Wednesday, April 7, 14, 21, 28, May 5, 12, 19, 26, June 2 and 16 (No class June 9)

Session 3: Friday, April 9, 16, 23, 30, May 7, 14, 21, 28, June 4 and 18 (No class June 11)

Session 4: Monday, June 21, 28, July 12, 19, 26, August 2, 9, 16, 23 and 30 (No Class July 5)

Session 5: Wednesday, June 23, 30, July 7, 14, 21, 28, August 4, 11, 25 and September 1 (No class August 18)

Session 6: Friday, June 25, July 2, 9, 16, 30, August 6, 13, 20, 27 and September 3 (No class July 23)

Senior Program Members: \$15/per session

Nonmembers: \$23/per session

No charge for UCare for Senior Members.

10:15 – 11:15 a.m. Gym/Cafeteria

Please Note: We will be in the cafeteria the first 2 weeks of August when the gym is being cleaned

Muriel has taught exercise classes for 27 years throughout the metro area. She is experienced in teaching seniors and certified to teach step aerobics, calisthenics and kickboxing. Muriel believes "Fitness will get you ready for anything."

Wellness Center Discount to Members

Members receive a reduced fee at the Wellness Center, located at Jones Harrison Residence, 3700 Cedar Lake Avenue. Participants are entitled to supervised use of all fitness equipment, the warm water pool plus classes. To learn more call 612-925-7267.

Music & Dance

Ballroom Dancing

Join the crowd that loves to ballroom dance to Dick Macko's Band. Everyone is welcome. No partner necessary.

Thursdays (continuous)

1 – 3:30 p.m.

Members: \$3

Nonmembers: \$5

Gym

Includes refreshments



Singles All Together (SAT) Ballroom/Variety Dance Lessons

Lenox singles are invited to attend dance class every Monday. Lessons are taught in four-to six-week sessions. For more information call Carol Ann Carlson 952-930-0867, Donna Miller 763-427-7058 or Larry Ablin (instructor) at 612-599-7856. Now open to married couples.

Mondays

7:30 – 9 p.m.

SAT or Senior Program Members: \$7
Nonmembers: \$10

Satin Dolls & Company

The Senior Program's tap and jazz dancers have performed at the Timberwolves games and are available for reunions, church and synagogue functions, fairs, senior parties, nursing homes and other social events. For bookings and more information call Geri Eikaas at 952-470-9016.

Tap Dancers Wanted

Join a dynamic and unique group, the Satin Dolls.

Must have tap dance experience and be age 55 or better.

For more information, please call Gloria at 952-935-9550.

Computer

Computer Buddy Group

**Leader: John McHugh,
SLP City Hall Community
TV Coordinator**

1st – 4th Tuesdays, Room 110

Do you enjoy working on your computer? Do you have questions about your computer and Windows programs? Could you share ideas with others? This group focuses on “show and tell”. We discuss and demonstrate helpful programs/applications and equipment.

The first and third weeks a topic of interest is presented, 2nd week is “try Linux”, exploring an alternative to the Windows operating system, and the 4th week selected buddies can bring their computers in and get advice from others. No meeting on the 5th Tuesdays of a month. The computer lab has seven iMacs running Windows XP and Office 2007. If you have a laptop or notebook computer you are welcome to bring it along. A weekly email is sent to those interested, with the topic schedule and computer tips.

For more information contact John McHugh at 952-924-2528 or email jmchugh@stlouispark.org

1 – 3 p.m.

50¢ members

\$5 nonmembers

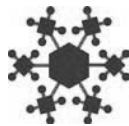
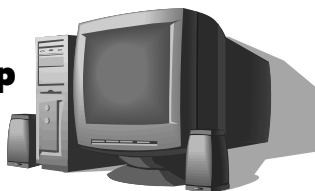
2010 US Census – Why Is It Important To Participate?

The census information affects the numbers of seats our state occupies in the U.S. House of Representatives. Currently Minnesota is 1,000

residents short of keeping a seat in the U.S. House of Representatives. In fact, the information the census collects helps to determine how more than \$400 billion dollars of federal funding each year is spent on infrastructure and services like: hospitals, job training centers, schools, SENIOR CENTERS, bridges, tunnels and other-public works projects and emergency services.

The Census Bureau is issuing a warning About Identity Theft... officials fear criminals might try to pose as census workers to gather personal information. Official census workers will carry a badge and a specific black and white bag. The badge will show the worker's name and will include an expiration date. All workers will undergo a FBI background check. The forms only have 10 short questions and should not ask for bank or credit card information or Social Security numbers.

Class schedules may change due to instructor availability. Pre-registration required on all classes and outings.



FREE Health and Wellness Lecture Sponsored by SLP NORC (Nurturing Our Retired Citizens)

Proactive to Stay Active: A Blueprint for Aging by Choice

Wednesday, April 21

**Presented by: Peggy Gaard and
Gail Skoglund, LSW, Co-Center Directors,
Augustana Open Circle Adult Day Center**

Learn about a new tool to help you be proactive in planning for your future.

2:30 – 3:30 p.m.

Exercises to Rev Up Your Brain

Wednesday, June 16

Presented by: Shayne Adair, BS, Certified Personal Trainer and Corrective Exercise Specialist

Learn creative exercises that help boost brain fitness and maintain balance and dexterity.

2:30 – 3:30 p.m.

**Above lectures will be held at:
Knollwood Place Apartments
3630 Phillips Parkway
St. Louis Park, MN 55416**

These lectures are co-sponsored by the St. Louis Park Senior Program, the Hopkins Activity Center and NORC. For free respite care during the lecture, call AlterCare Adult Day at 952-922-1147. For information, call Joy Gordon at 952-542-4819.

The Lenox Foundation News

If you've ever been tempted to ask, "What has the Lenox Foundation done for me lately?" here are three timely answers:

In January, the Foundation completed a "successful" fund-raising drive, yielding more than \$5000 for the Senior Program. Although total donations were down approximately 15%, that's not bad for a recession year. Many non-profits experienced much deeper losses. We extend heartfelt appreciation to all contributors. Also in January, the Foundation helped lobby the School Board to continue housing the Senior Program at Lenox. Although there may be some changes at Lenox, it appears that these efforts were successful for the time being. In February, the Foundation conducted a fruitful communitywide drop-off event to support our local emergency program (STEP). Donations of food, clothing, personal items and cash were more than bountiful. We join STEP in thanking all generous donors. So much for the past. Looking ahead over the coming months, the Foundation Board will honor outgoing members,

Lenox Foundation

welcome new ones, finalize details for credit card donations and plan next year's fund-raising activities, including an emphasis on estate-giving.

As warmer weather approaches, we want to remind everyone that there's more to aging than aches, pains and bland diets. There's also learning, laughter, fellowship and fun. Lenox is the place to come for all of these good things about successful aging. You'll miss out if you don't show up and participate.

Summer and spring are great times to get out and enjoy our Senior Program. Come see what it's all about.

Bob Ramsey,
President, Lenox Foundation

Lenox Foundation Board 2010

Officers:

Bob Ramsey, President
Mari Forbush, Vice President
Joyce Ramsey, Secretary

Board Members:

Shirley Carlson
Louise Griver
Ron Hasselmann
Steve McCulloch
Sherrill Mozey
Sue Sanger
Steve Simon
Marian Torgeson
Osmon (Ozzie) Way
Margaret E. Wolfson
Mary Juberian,
Staff Liaison

Foundation Donors:

Aslakson, Evelyn
Bance, Eleanor
Beckmann, Kathleen
Berlin, Nancy & Steve
Blixrud, Alden & Eileen
Boe, Lloyd & Ginnie
Boline, John F
Buda, Jacqueline
Bullock, James & Dee
Burke, Esther
Carlson, Carl G
Carlson, Shirley A
Chazin, Dolores
Copeland, Muriel
Cotcamp, Mary E

Davis, June
Doring, Frances
Dynam, Bob
Eckdahl, Wallace
Erickson, Earl & Eunice
Estrin, Paul
Farnham, Walter & Harriet
Freund, Ray & Barb
Friauf, Roger
Gavitt, M. Lillian
Gelle, Nancy
Gobin, Joyce
Gordon, Joy
Gozola, Darlene & George
Griffin, Carol L
Hagfors, Bonnie
Hahn, Betty Jean
Hanks, Laura & Lyle
Hardacker, William & Betty
Hauke, Homer
Hautman, Joyce
Hix, Carol A
Hofstedt, Ardell
Hurley, Ione
Huttenmaier, Mildred
Johanneck, Rafelene
Johnson, Jerry & Sandy
Kach, Rita
Kahm, Jane
Keedy, Joanne
Kerg, Marian
Klask, Bernie
Klatt, William
Klein, Dan & Ann
Knutson, Donald
Kohler, Carol
Lachowitz, W. M.
Larson, Roland & Doris
Larson, Sue
Lausen, Gerald & Judy

Lerdall, Elaine
Linsk Flowers
Merz, Evan
Meyer, Janice
Mikkola, Phoebe
Moffet, Jim & Gretchen
Mozey, Sherrill
Mulligan, Mike & Megan
Nelmark, Eileen
Nelson, Jeanne
Norrsgard, Aldon & Carol
Novich, Joseph & Shirley
Olsen, Dick & Judy
Olsen, Vern & Sally
Ostrem, Ron & Leslie
Peterson, Rolf & Kathleen
Pickle, Merlin & Betty
Poulsen, Alan & Mary
Ramsey, Bob & Joyce
Rasmussen, Nancy K
Rehberg, Marilyn
Reinhardt, Margaret
Robertson, Gordon
Royce, Jeff & Nancy
Tellett
Sander, Nanette
Sandler, Annette
Sanger, Susan
Santrach, Corrine
Sater, Bob & Dee
Satin Dolls & Co.
Saxton, Delores
Schaefer, John & Marjorie
Schmidt, Larry
Schochet, Frank
Scriven, Dorene
Seidlitz, Walter & Laura
Simon, Stephen
Spratt, Clara
Stanchfield, Sherm
Stevens, Mertie
Stone, Shirley
Sutliff, Elbert
Sweitzer, Julie
Tellett, Lucille
Thorne, Lois
Tillman, John
Tsuchiya, Helen
Walcker, Gladys
Walsh, Tony & Edna
Warren, Marlea
Way, Osman & Marjorie

Wellens, Paul
Wilkinson, Mary Lou
Williams, Glennis
Wismer, Wilbur
Wolfson, Margaret
Zonneveld, Ida
St. Louis Park Costco
St. Louis Park Home Depot

In Memory of:

Richard Liska
By Jim & Marlys Liska
Joe Jarski
By Millie Jarski
Cindy Lanenberg
By Jim & Barb Lanenberg
Neal Brown
By Gerald & Darlene Mickelson
Marge Paul
By Eleanor Younger
Merlin & Betty Pickle
Paul A Haker
By Anina Haker
Russell Roehrdanz
By Audrey Roehrdanz
Clarence Rud
By Donna Rud
John Torgeson
By Marian Torgeson
Wm. F. Winget
By Dolores Winget
Nathan Griver
By Louise Griver
Jerry Spivak
By St. Louis Park Kiwanis
Merlin & Betty Pickle
Paul Frank
By St. Louis Park Kiwanis
* Doris Olson
* Kimi Yanari
* Jim Hesketh
* Jim Zilverberg
* Above By Lillian & Knut Wefeld

Video Club

David Cordner
Mary Rogers

In Honor

All Lenox Volunteers
By Dick & Jan Loftus

Live & Learn

Minnesota Highway Safety & Research Center Senior Driver Improvement Refresher Course (4 hours)

The following classes held in room 108/Art Room

Friday, April 16 9 a.m. – 1 p.m.

Thursday, May 13 9 a.m. – 1 p.m.

Thursday, June 10 9 a.m. – 1 p.m.

Thursday, July 8 9 a.m. – 1 p.m.

The following classes held in room 109/Card Room

Thursday, April 15 5 – 9 p.m.

Thursday, May 13 5 – 9 p.m.

Thursday, June 10 5 – 9 p.m.

Thursday, July 15 5 – 9 p.m.

This four-hour program is open to all who have taken an eight-hour course within the last three years. We welcome participants of eight-hour programs other than the Driver Improvement Program. Walk-in registrations will be accepted at the discretion of the instructor. AAA members receive a \$3 discount at registration with appropriate coupon.

To register call 1-888-234-1294.

\$20 payable to MHSRC

Minnesota Highway Safety & Research Center Senior Driver Improvement Program (8 hours) Taught in two – 4 Hour Sessions

Tuesday, April 20 5 – 9 p.m.

Thursday, April 22 5 – 9 p.m.

Above classes held in room 109/Card Room

Drivers over 55 are eligible to receive a 10% discount on their insurance upon completion of this program. The Minnesota Highway Safety & Research Center (MHSRC) offers a unique learning experience for participants by providing instruction from certified professionals who use the most up-to-date research in the field. Instructors have completed 40 hours of training and must complete a recertification program by the MHSRC every three years. No written or behind-the-wheel tests will be given. Walk-in registrations will be accepted at the discretion of the instructor.

To register call 1-888-234-1294.

\$24 payable to MHSRC

A Note of Thanks...

The Senior Program will remain at Lenox Community Center. Thank you to all who participated in the process in support of the Program. A special thanks to Ken Huiras and John Schaefer.

Great Decisions Lectures U.S. – China Security Relations

Presented by

Richard Bohr, Ph.D.

Monday, April 26

China's influence is growing, along with its military expenditures. How will this growth affect China's relations with its neighbors and with the U.S.? Will China's expanding military and economic power affect traditional U.S. roles and U.S. alliances in East Asia? How will countries like Japan, South Korea and India respond?

Richard Bohr, Ph.D., is Professor of History and Director of Asian Studies at the College of Saint Benedict and Saint John's University in Minnesota. Bohr has lectured widely and consults with academic, philanthropic, civic, business and government organizations. Recent positions held: Director of Padilla Speer Beardsley International, developing projects and services on intercultural communication with Asia and Executive Director of the Minnesota Trade Office. Bohr is a founding Board Chair of NEO Business College for Women in Tokyo, recent Board Chair of ASIANetwork and the Orville and Jane Freeman Center of International Economic Policy at the Humphrey Institute of Public Affairs of the U of MN. He also advises the state of Minnesota on its trade and investment strategies in China and has served on the steering committee of the Ford Foundation-funded "Making the Global Local" project.

Members: \$2

Nonmembers: \$5

1:30 – 3 p.m.

Little Theater

Global Crime

Presented by

Tom Hanson, MA,

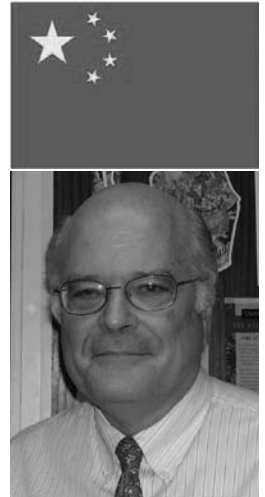
Former Foreign

Service Officer

Monday, May 3

From the booming sex trade in Eastern Europe, to online fraud syndicates in Africa and the drug cartels of Asia and Central America, crime is becoming increasingly organized and globalized. How can countries better protect citizens seeking the benefits of a globalized world from being exploited? What international actors can effectively fight global organized crime?

Hanson served as a Foreign Service Officer, including East Germany, France, Norway, the Soviet Union, Sweden and the former



Global Crime (continued)

Soviet Republic of Georgia. Also participated in the opening of new U.S. Embassies in Mongolia and Estonia. Worked on the foreign relations committees of the U.S. Senate and House of Representatives and served as Director for NATO and European Affairs at the Atlantic Council of the United States in Washington, D.C. Holds Master's degrees from the Fletcher School of Law and Diplomacy at Tufts University, the Geneva Institute of Advanced International Studies in Switzerland, and the National School of Administration in Paris, France, and a B.A. in International Relations from the University of Minnesota.

Members: \$2

Nonmembers: \$5

1:30 – 3:30 p.m.

Little Theater

The Persian Gulf

Presented by

Robert White,

Former Foreign Affairs and National Security Columnist

Tuesday, May 18

Now more than ever, the Persian Gulf region offers many difficult challenges to U.S. policymakers. How will Obama's direct appeal to Arabs and Muslims impact U.S. foreign policy in the region? What will the fallout of withdrawal of U.S. forces from Iraq be? Can the U.S. and its allies prevent Iran from obtaining nuclear weapons?



Mr. White has reported from the Middle East, South Asia, Latin America, Europe, Israel and West Bank. Has received awards from the Overseas Press Club and the Minnesota Society of Professional Journalists, Sigma Delta Chi. Served as chairman of the Foreign Policy Association of Minnesota, was chair of the St. Paul-Minneapolis Committee on Foreign Relations, is a member of the Council on Foreign Relations in New York, and a former trustee of the Refugee Policy Group in Washington, D.C.

Members: \$2

Nonmembers: \$5

1:30 – 3 p.m.

Little Theater

The Great Decisions Programs are developed by the Foreign Policy Association offered locally by the Minnesota International Center.

Class schedules may change due to instructor availability. Pre-registration required on all classes and outings.

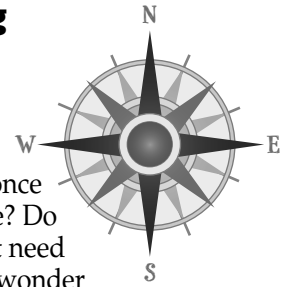
What's Next? Life Planning for Women

Presented by

Maura Albrecht, MYR, Inc.

Mondays, April 12, 19 & 26

Are you juggling twenty things at once and wondering how to find balance? Do you strive for a healthy lifestyle but need help putting it all together? Do you wonder how you will make ends meet, especially as you age? This workshop will help you focus on creating the life you want as you move through later life transitions. Learn ways to balance your life, protect your health, and manage your money. Connect with others who are on a similar journey and walk away with the tools you need to achieve your goals. MYR helps individuals prepare for healthy, productive, and financially secure retirement. The course fee includes the book, *Mapping Your Retirement: A Personal Guide to Maintaining Your Health, Managing Your Money, and Living Well* (a \$25 value).



Maura Albrecht works with seniors and their families to assist them in making life decisions and maximizing their financial security. She is the founder of Financial Wellness for You, LLC and is a Chartered Financial Consultant (ChFC) Cosponsored by MYR, Inc, the nonprofit publisher of Mapping Your Retirement.

Minimum 12

Registration deadline: Friday, April 9

6:30 – 8:30 p.m.

\$49

Computer Lab, Room 110

Identity Theft and Scams

Presented by

Gary Van Winkle, JD

Minneapolis Legal Aid Society
Thursday, April 29

Mr. Van Winkle from the Senior Law Project will discuss and give updates regarding consumer scams and other scams affecting seniors, including identity theft, and will suggest steps seniors should consider taking to protect themselves. There will be time for questions during and after the discussion.



Mr. Van Winkle has been a Legal Aid attorney since 1987 and has been with the Minneapolis Legal Aid Society since 1990. In addition to elder law and consumer law, Mr. Van Winkle has practiced family law, public utility law, condominium law, bankruptcy, and housing law. He graduated from Hamline University School of Law and previously received his Bachelor's Degree in journalism from the University of Maryland in College Park.

1 – 2 p.m.

Registration deadline: Tuesday, April 27

FREE

Little Theater

Live & Learn

Songs of Rogers and Hammerstein

**Presented by
Full Bloom**

Wednesday, April 21

Before they became the famous team, they were both well known for their collaboration with others. Richard Rodgers was the musical score half of classics like, "Blue Moon," "The Lady is a Tramp" and "My Funny Valentine." Oscar Hammerstein had joined with Jerome Kern's musical score to produce *Showboat*. The first joint musical for Rodgers and Hammerstein was *Oklahoma!* After its disastrous tryout in Connecticut, one of Walter Winchell's informants cabled him, "No girls, no legs, no jokes, no chance." Adjustments were made along the way and by the time it reached NYC the show was a phenomenal success. It opened in 1943 and ran for over five years – no musical had ever done that. From there the partnership was off and running, producing hit after hit – "Some Enchanted Evening," "You'll Never Walk Alone," "The Sound of Music" – the list goes on and on!

\$2 Members

\$5 Nonmembers

1:30 – 2:30 p.m.



Little Theater

Birth of Racism in America

**Presented by
Neil Anderson, MA**
Thursday, April 1

Beginning with the first ship to America, forces transformed Africans into African Americans, a nation within a nation. Learn what forces separated them from European Americans, how these forces influenced political and economic decisions and how the African presence shaped the attitudes of white America.

Thursdays, April 1, 8, 15, 22, 29 and May 6

\$23 Members

\$29 Nonmembers

12:30 – 2 pm.



Little Theater



Reader's Theater Workshop

Rachel Richardson, Director
First Wednesday of the Month

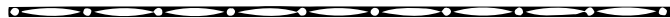
April 7, May 5, June 2 and July 7

Do you love to read and/or write stories? If so, you are invited to join our newly formed Reader's Theater. The group's goal is to share stories with children and/or adults. Come and find out how you can help stimulate one's imagination or reminiscences. For more information call Friends of the Arts at 952-928-6422.

1:00 – 2:30 p.m.

Craft Room

**Cosponsored by Maggie's Farm Theater and
St. Louis Park Senior Program**



Wild Wild West

**Presented by
Mike Hansen, M.A.**
**Tuesday, April 13 and
Thursday, April 15**

Learn about the real wild west and not the myth. Topics include homesteaders, soldiers, Native Americans, women, miners, lawmen and outlaws.

**Session 1: Tuesdays,
April 13, 20, 27,
May 4, 11 and 18**

**Session 2: Thursdays, April 15, 22, 29,
May 6, 13 and 20**

\$31 Members

\$39 Nonmembers

10:30 – Noon



Little Theater

**Pre-registration required
on all classes.**

Container Gardening

**Presented by
Master Gardener,
Hennepin County
Extension**

Wednesday, May 5

Allow your imagination to run wild. You become the artist, while your containers serve as the canvases on which to add color and contrast to your garden, deck or front steps. Container gardening is also a great option for people who want to make a limited commitment to growing flowers or vegetables. In a container you can control the soil, vary the watering regime, adjust the amount of sun or shade, group plants for impact - and ungroup them if the idea doesn't work. Participants will learn how to select containers, choose a good potting mix, discover what plants work best for containers and how to care for these beautiful "mini gardens."

**Class will be held at Aquila Commons (tentative),
8200 West 33 Street**

Minimum 10 – Maximum 25

10 a.m. – Noon

Free to Aquila Residents



**Aquila Commons
\$2 members**

Beginning Sewing Class

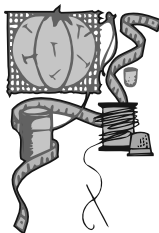
Instructor

Catherine Toussaint

Thursday, May 13

Learn to use your sewing machine, then release your creativity. The topics and hands on activities covered in this three-hour class include getting to know your sewing machine, selecting and using sewing tools, beginner fabric choices, and basic sewing techniques. Sewing machine will be provided. A \$12.00 material fee must be paid before the date class begins.

**Minimum 5 – Maximum 10
\$25 includes \$12 material fee
1 – 3 p.m.**



Craft Room

Lunch Bunch

Reservations are taken on a first-come first-served basis. Most restaurants are wheelchair-accessible. Please be aware that many restaurants do not accept personal checks or credit cards. We ask all participants to carry cash to cover their lunch check.

Minimum 10 – Maximum 13

Arezzo Ristorante

Monday, April 19

Enjoy authentic style Tuscan cuisine in the heart of the Cities. Enjoy salads, brick oven pizzas, pastas and much more.

Price range: \$10 – \$17

11:15 a.m. – 1 p.m.

Members: \$8 + lunch

Nonmembers: \$12 + lunch



Hell's Kitchen

Monday, May 24

Known for "unique but not fancy; interesting but not fussy food" Hell's Kitchen has received over 67 "best" awards since 2002. It has been featured in Jane and Michael Stern's Road Food Sandwiches book for it's Ham and Pear Crisp. The Kitchen serves American fare prepared from scratch.

Price range: \$8 – \$15

11 a.m. – 1:30 p.m.

Members: \$8 + lunch

Nonmembers: \$12 + lunch



Anton's Restaurant

Monday, July 19

Step into an authentic log cabin nestled along the Sauk River. You'll find the best quality steaks, seafood, award winning ribs and, of course, giant popovers, right here in St. Cloud, Minnesota. Feel welcome as you walk through the door and are greeted by the sounds of hearty laughter and sounds from the "Roaring 20's".

Price range: \$8 – \$12

10 a.m. – 2:30 p.m.

Members: \$12 + lunch

Nonmembers: \$16 + lunch



**Registration required for all classes and outings.
Departure and return times are estimates
and may vary.**

Out & About

The King and I At Bloomington Civic Theatre

Sunday, May 2

This classic Rodgers and Hammerstein musical weaves an uplifting tale of East meets West. The story is based on the autobiographical journals of Anna Leonowens, and is full of immortal songs like "Getting To Know You," "I Whistle a Happy Tune," "Shall We Dance?" and "Hello Young Lovers."

Along with the dazzling score, the incomparable Jerome Robbins ballet, "The Small House of Uncle Thomas," is one of the all-time marvels of the musical stage. *The King and I* opened on Broadway in 1951 and won five Tony Awards including Best Musical. The 1996 revival won the Tony for Best Revival. **Note:** Due to theater size seating may be scattered.

Minimum 10 – Maximum 13

Registration deadline: Friday, April 9

1 – 5:30 p.m.

\$37 Priority to Members



Whirl Around Faribault Home of the Tilt-A-Whirl Friday, May 21

Arrive at the Sellner Manufacturing opened in 1927 to design, build, test and repair Tilt-A-Whirls. Have lunch at Monte's Restaurant and tour The Paradise Center for the Arts. It is the site of the Faribault Opera House built in 1929. Visit The Cheese Cave, a cheese retail store with samplings and pairings. The Faribault Dairy Company is known for cave-aged blue cheese.

Registration deadline: Friday: May 7

**Aquila Commons pick up
with 6 or more participants**

9:15 a.m. – 4:15 p.m.

\$49 Members



We're Going to Win Twins...

Twins vs. Detroit Tigers

Wednesday, June 30

Be part of the inaugural season at new outdoor Target Field. Come and enjoy the open-air, natural grass ballpark. Seating details available at a later date.

Fun Facts About the...new Target Field

- Owner: Minnesota Ballpark Authority
- Construction cost: \$425 million
- Construction time: 28 months
(August 2007 – December 2009)
- 40,000 seats, open-air, natural grass ballpark
- Ballpark size is just over 1,000,000 square feet
(10.5 acres) built on an 8-acre site

Aquila Commons pick up

with 6 or more participants

**Registration deadline: Monday, June 7
11 a.m. – 4:15 p.m.**

\$45 Priority to Senior Program Members.



Murals & Music In New Ulm

Thursday, July 29

View German murals in Turner Hall and hear about the WWII POW camp. Tour the MN Music Hall of Fame that honors all musicians and music from classical to polkas. Hear the Concord Singers, and have lunch at the Country Club. Visit a winery or orchard.

**Registration deadline: Tuesday, July 6
Aquila Commons pick up**

with 6 or more participants

7:15 a.m. – 5:30 p.m.

\$55



+ Al & Alma's Cruises

on Lake Minnetonka

Monday, August 9

There is no better way to enjoy the sites and history of Lake Minnetonka than aboard a cruise. Al & Alma's Cruises has been voted "Best Of" Twin Cities for their award winning crew and luxury yachts. Lunch will include a sandwich, salad, chips, dessert plus coffee or water. The bar will be open for other beverages. Cost includes cruise and lunch but not crew tips.

Note: The boat is not legally handicap accessible.

Registration deadline: Monday, July 26

10:15 a.m. – 2 p.m. Lenox

**10:30 a.m. – 1:50 p.m. Aquila Commons pick up
with 6 or more participants**

\$39 Members

\$43 Nonmembers



**Registration required for all classes and outings.
Departure and return times are estimates
and may vary.**

How to Talk Minnesotan at the Plymouth Playhouse Thursday, August 12

Let the Humde family and friends at the Lost Walleye Lodge teach you the fine art of talkin' Minnesotan. Learn the positive power of the negative, accepting food on the third offer and the basic lessons – "you bet," "whatever," and "that's different." A fun way to spend the afternoon "don't cha know". A chicken buffet lunch will take place prior to the show. Cost: includes luncheon, reserved theater seating, tax, gratuity, transportation and escort.

Maximum 20

Registration deadline: Monday, July 26

10:35 a.m. – 4:05 p.m. Lenox

10:40 a.m. – 4:20 p.m. Aquila Commons pick up with 6 or more participants

\$50



The Boot And Fruit

Tuesday,
September 14

Shop at Afton Apples for fruit products. See the world's largest boot at the Red Wing Shoe Company Museum and Retail Store. It is a size 638 1/2 D, stands 16 feet tall and weights 2,300 lbs. Have lunch at the St. James Hotel. Shop at Red Wing Confectionery and tour the Falconer Winery amidst picturesque vineyards.

Registration deadline:

Tuesday, August 24

Aquila Commons pick up with 6 or more participants

8:15 a.m. – 5:15 p.m.

\$59



All Shook Up at Chanhassen Dinner Theatre Wednesday, September 29

The story is all new; the hits are all Elvis! This is an irresistible musical comedy-love story about a small town girl who dreams of hitting the open road, and the mysterious guitar-playing stranger who brings romance and rock'n'roll into her life.

Written in the same style as Broadway's Mamma Mia, ALL SHOOK UP is a story tailored to the classic hits of Elvis Presley including: "Heartbreak Hotel," "Love Me Tender," "Can't Help Falling in Love," "Blue Suede Shoes," "Hound Dog," "Don't Be Cruel," "Burnin' Love,"



All Shook Up (continued)

"Jailhouse Rock," the title song "All Shook Up," and many more. The songs are immortal and the dancing is incredible! Don't miss this fabulous production.

Registration deadline: Friday, August 27

10:15 a.m. – 5:15 p.m.

Details to follow.

Perky Parkettes

Senior Program's Red Hat Society

All are welcome. If you are interested in becoming a Perky Parkette, please come to any of our activities. Occasionally, dates or locations change.

Monday, April 12, 11:30 a.m. Lunch at Jake O'Connor's. **OE**

Monday, May 10, 11:30 a.m.

Picnic Lunch at Louisiana Oaks Park with box lunch. **OE**

Monday, May 17, 12:30 p.m. Tastefully Simple Party. **Note:** date change. **OE**

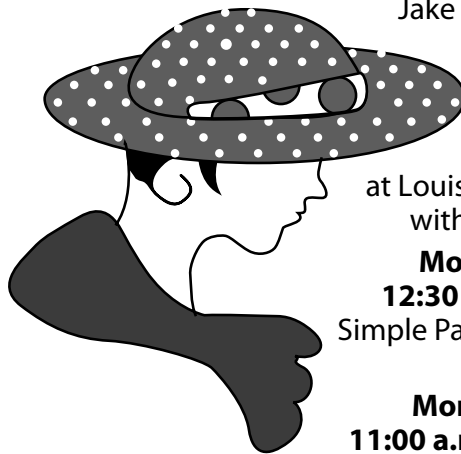
Monday, June 28, 11:00 a.m. Anniversary Lunch at the home of Queen Mum Betty. **Note:** date and time change. **OE**

Monday, July 12, 11:30 a.m. Lunch at Maynards. **OE**

Monday, August 9, 10:15 a.m. Al & Alma's Cruise on Lake Minnetonka. See details on page 14. **OE**

For more information about the Red Hat Society call Queen Mum Betty 952-944-3657.

(**OE** signifies an official event requiring red regalia)



Senior Video Club Social Groups

Take a break from your summer chores and visit the Open House. If you are interested in making audio cds or transferring photos or slides, this is for you.

Mark Your Calendar for the SVC Open Houses in June!
Thursday, June 3, 1 - 3 p.m. and
Friday, June 4, 9 - 11 a.m.!

What can YOU do at SVC?

Transfer photos, slides, 8mm or 16mm home movies to VHS
 Copy personal VHS tapes, recordings from Betamax to VHS.

Repair broken VHS cassettes.

Transfer phonograph records and open-reel 1/4" audiotape to audiocassettes or audio CDs.

Transfer audiocassettes to audio CD.

Transfer audio CDs to audiocassette.

Repair broken audiocassettes or video cassettes.

Transfer analog audio recordings to MP3 audio.

Transfer from Floppy disc to CD-ROM.

Scan your floppy disks or computer for viruses.

Make a VHS camera recording - a video letter or oral history, make digital pictures from a video tape (get prints made elsewhere)

We won't copy commercial recordings.

We are OPEN...by appointment only! Contact Information: John McHugh by email at jmchugh@stlouispark.org or call 952-924-2528. Information sheets are available at Lenox Community Center. SVC is brought to you by SLP Community Education and City Hall Community TV.

Buddy, Buddy

Come join us at the "Computer Buddy Club". See details on page 8. It's a great way to ask others how they solve their computing problems, and often there's a special presentation such as how to digitize music; make a simple PowerPoint presentation; use portable media; securely deleting data; more. Is your computer running too slow... acting funny? You never know, it might be something the buddies could solve...if you bring it to the meeting. Get on the weekly email list to receive reminders about upcoming sessions, and get technology tips, too!

The Senior Program charges an activity fee of 50¢ for each Tuesday meeting.

If you're just visiting, and not a Senior Program member, the activity fee is \$5.

All are welcome to the Birthday Party

Gymnasium 1:30 - 3 p.m.

Each month the Senior Program hosts a birthday party with entertainment for everyone to enjoy! Those members celebrating their birthdays during that month receive a special birthday song! Everyone is welcome to share in this celebration and bring a treat. Come and be entertained, enjoy birthday treats and meet other Lenox members.

April 14 JR High Jazz Lab Band

under the direction of Randy Moore

May 12 Minneapolis Southside Singers

Group of 20-25 seniors will sing golden oldies, show tunes and patriotic songs

June 9

Steve Paris

Enjoy singing along with familiar music from the the 20s and 30s.

July 14

Charlie MacGuire

Formerly wrote music for Prairie Home Companion and now writes all his music and shares stories about his adopted state, Minnesota. Celebrating July and August birthdays.

New Member Coffee and Tour

Join us for a tour and an overview of the many services, programs and activities available through the St. Louis Park Senior Program. Meet other prospective or new members and enjoy refreshments. Remember, the more the merrier!

Mondays, April 12, May 10, June 14 and July 12

9:30 a.m.

Conference Room



Golden Kiwanis Fellowship

Join this congenial group for coffee, rolls, door prizes and interesting meetings. Each week there is a speaker or demonstration. For more information, call Tom Grimsrud 952-545-0537.

Thursdays, 9 - 10:30 a.m.

Card Room

**Members: \$1
Nonmembers: \$3**

Women's Friendship Group

The Women's Group provides women a supportive place to talk about concerns and joys in their lives. Program facilitators focus the discussions on topics important to the group. All women are welcome!

Thursdays (continuous), 1 p.m.

50¢

Craft Room

Men's Breakfast Group

The Men's Group is the place to be every Tuesday morning. This group has interesting speakers, educational videos and occasionally a lively discussion.

Tuesdays (continuous) 9 - 10 a.m.

Lenox Gym

\$1.75

NEW

Get Out & Get ACTIVE

Ages 55 and better

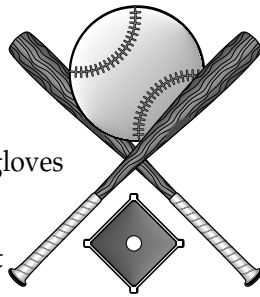
Staying active and fit is essential to leading a healthy lifestyle. This program offers a variety of athletic opportunities designed to be fun, social, and hassle free! Registration is easy and many activities are "come as you are" with equipment provided by program coordinator. Athletic opportunities are designed for all ability levels and offered at various facilities throughout the City.

NEW

Wednesday Co-Rec Morning Softball

Ages 55 and better

Come play this six-week schedule. Participants must supply their own gloves and wear comfortable clothing. A coordinator/umpire, bats, bases and softballs will be provided. Register at the Rec Center, Lenox Community Center or online at www.stlouispark.org.
Wednesdays, 10:30 a.m. – Noon



Spring session: May 19 – June 23, Activity # 5047

(Rain make-up date: Wednesday, June 30)

Registration deadline: Friday, April 30

Summer session: July 14 – August 18, Activity # 5048

(Rain make-up date: Wednesday, August 25)

Registration deadline: Friday, June 25

Aquila Park, 3100 Xylon Ave.

\$15 per senior member/resident

\$17 nonmember/nonresident

NEW

Disc Golf

Ages 55 and better

Participants meet weekly at a local course and play a round of this popular summer activity. A Disc Golf instructor will provide instruction and rules at first meeting. A schedule of course location will be mailed the week of May 10.

Fridays, 10 a.m. – Noon

Spring session: May 21 – June 25, Activity # 5049

Registration deadline: Friday, April 30

Summer session: July 16 – August 20, Activity # 5050

Registration deadline: Friday, June 25

Aquila Park, 3100 Xylon Ave.

\$15 per senior member/resident

\$17 nonmember/nonresident

NEW

Simply Walking

Ages 55 and better

Walking group meets twice a week at locations throughout the community and surrounding area. This is a wonderful opportunity to exercise, be outside, socialize and meet new folks. A schedule of meeting locations will be mailed the week of May 3rd. All "Simply Walking" participants will receive a SLP Get Out Get Active T-shirt. Register at the Rec Center, Lenox Community Center or online at www.stlouispark.org.
Tuesdays & Thursdays, May 11 – July 29
9 a.m. – varies, Activity # 5051



Aquila Park, 3100 Xylon Ave.

\$12 per senior member/resident

\$14 nonmember/nonresident

Registration deadline: Friday, April 23

NEW

Successful Aging Initiative

This initiative is underway in St. Louis Park. The Park Nicollet Foundation in partnership with city, schools, senior program and NORC has convened the Healthy Communities Initiative. Community leaders and area seniors are focusing on building relationships around health-related needs of our seniors, ages 55 and over.



In The WORKS....

All Shook Up at Chanhassen Dinner Theatre

Wednesday, September 29

Inspired by and featuring the songs of Elvis Presley.

Fall Spooner Train

Friday, October 15

Registration deadline: Friday, September 24

Chocolate Creations

Thursday, November 4

Registration deadline: Monday, October 18

Village Christmas

Tuesday, December 7

Registration deadline: Monday, November 15

Check out the new extended travel opportunities on page 21 and Join us for a travel preview Tuesday, April 27

Senior Golf League at Brookview Par 3

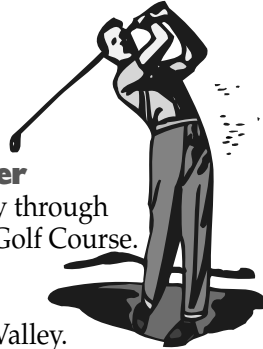
**Kick-off Meeting
Thursday, April 29**

Brookview Community Center

The Golf League runs from mid May through mid September at Brookview Par 3 Golf Course.

Tee times are Thursdays starting at 7:30 a.m. The course is located at 200 Brookview Parkway in Golden Valley.

Weekly green fees are \$9 and \$15/golf carts are available. League members must sign up for weekly tee time. Individuals may not register for tee time until the league dues are paid.



Wii Introduction Class

Session 1: Friday, May 14

Session 2: Thursday, May 20

FREE

2:30 – 3:30 p.m.

10:30 – 11:30 a.m.

Library

Wii Bowling

3 week lessons

Session 1: Fridays,

April 16, 30 and May 7



1 – 3 p.m.

Session 2: Friday, May 14, 21 and 28

10:30 a.m. – 12:30 p.m.

Library

NEW

Wii Bowling League

Kick off Meeting. Join the fun.

Friday, April 9

10:30 a.m. – Noon

Library



Sports Huddle with Andy Ewald, St. Louis Park Athletic Director

Wednesdays, April 21 and May 19

Let's talk sports! The group talks about all levels of sports from high schools to the pros. Bring a buddy and join the group.

9:30 – 10:30 a.m.

Library

50¢

1 on 1 Advance Care Directive Assistance Tuesdays, April 20 and June 15

A Park Nicollet professional will assist you in completing this document. Call Jule for an appointment 952-928-6443.
10 – 11:30 a.m. **Art Room**

AARP Offers Tax Assistance

Volunteers will assist seniors, low income or disabled persons with their taxes. Individuals are taken on a first come first served basis.

Wednesday and Thursday

February 3 – April 15

8:30 – 11 a.m.

ALL Donations appreciated to defray the facilities costs.

Alzheimer's Support Group Facilitated by

Sherri Lage, CTRS, CDCM, CDP,

Alzheimer's Care Director

Mondays, April 19, May 17 and July 19



This group is open to caregivers, family or friends of people with Alzheimer's disease or related dementia. We encourage good self-care for the caregivers; we stress confidentiality, offer support and education in enhancing our understanding of this disease and its affects.

Sherri Lage, GoldenLiving Center in St. Louis Park, has been trained to facilitate groups by the Alzheimer's Association and has been facilitating Care Giver Groups for 7 years. She has a Therapeutic Recreation degree and worked in the field for 30 years. She has been an Alzheimer's Care Director for 7 years and is a Certified Dementia Care Manager (CDCM), Certified Dementia Practitioner (CDP) and a Certified Dementia Educator (CDEd).

Free – Open to all

4 – 5 p.m.

Paint-A-Thon Deadline May 7

A program of Greater Minneapolis Council of Churches

Volunteer teams paint homes for low-income seniors or disabled home-owners – FREE of charge. Homes must be free of major repairs and the painting takes place the first weekend of August. To learn about the guidelines or to get an application call 612-721-8687, extension 321 before May 7th.



**Newscaster Online at
www.slpcommunityed.com**

NEW

NEW SERVICE FOR MEMBERS Sew Senior: Clothing Repair and Alterations

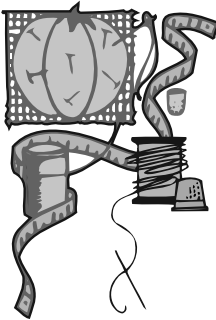
**Offered by Catherine Toussaint
Tuesday, April 20**

Do you have clothing that needs minor repair? Catherine is sharing her passion for sewing to help our members.

Repair examples: lengthen or shorten hem, repair ripped seam, replace button, darn small holes and take out or take in waist.

One item per person until all members have had a chance to submit their request. A request sheet will be completed when you drop your item off. Complex projects cannot be accepted due to time constraints. Please submit your clothing items reasonably clean. You will receive a call when projects are ready for pick-up.

**8:30 – 10:30 a.m. – item drop off Conference Room
FREE to members**



NEW

FREE Legal Consultations

**Offered by
Mike Persellin,
Senior Law Project
Tuesday, April 13
and May 11**

Legal services to persons 60 and over who have problems with Social Security, Medical Assistance, Welfare and other governmental agencies. Also assists with civil law, consumer rights, grandparent rights and landlord-tenant issues. These consultations will be in-person or by phone. To request an appointment call 952-928-6443, you will need to provide your full name, phone number and age. www.lawhelpmn.org

Mike Persellin is an attorney with the Senior Law Project, a program of the Legal Aid Society of Minneapolis. A graduate of the University of Minnesota Law School, Mike has worked at Legal Services offices in Minneapolis, St. Paul, St. Cloud, Little Falls, Willmar, and Cambridge. He has practiced extensively in the areas of Social Security, Consumer Law, Housing Law, Public Benefits Law, Health Law, and Family Law.

**1 – 2:30 p.m. by appointment only
Conference Room or by phone.
Free**



Home Maintenance and Chore Services (HOME)

HOME program of Senior Community Services provides home maintenance and homemaking services for St. Louis Park residents age 60 and over. Fees based on ability to pay. Call 952-888-5530 for more information.

Gift from the Heart For STEP Successful

The Lenox Foundation thanks all who helped make this drive a success. We collected 659 lbs of food and \$295 to support our community members.

Services provided include: transportation to medical appointments, handywork and home chore services, emergency food shelf, emergency financial assistance and clothing Closet/Thrift Store

STEP is located at 2239 Edgewood Avenue South, St. Louis Park, MN 55426. **Hours are:** Mondays, Wednesdays and Thursdays from 8 a.m. to 3:15 p.m., on Tuesdays from 12:30 to 7:15 p.m. and on Fridays from 8 a.m. to noon. For eligibility criteria and fee information, or to volunteer call Katie at 952-925-4899.

Health Insurance Counseling

A volunteer is available to help individuals on or about to go on Medicare, with selecting providers for Medicare Part D and/or a Medicare Part B supplemental insurance policy. Call 952-928-6443 for an appointment.

**Wednesdays, April 7, May 5, June 2
and July 7**

1 – 3 p.m.

Senior LinkAge Line 1-800-333-2433

This service assists seniors and their families locate services in their communities. This resource is free to seniors and their families. Call 1-800-333-2433 between 8 a.m. and 4:30 p.m. weekdays. Messages can be left after hours.



Disability LinkAge Line 1-800-333-2433

Open between 8 a.m. – 4:30 p.m. on weekdays. Messages may be left after hours.

Medical Equipment Lending

The Senior Program has crutches, canes, walkers and wheelchairs available for use. Call 952-928-6443 with questions.



NEW HOTLINE FOR VETS – LinkVet

The MN Department of Veterans Affairs offers a hotline for referrals and crisis intervention for veterans and their families. Counseling is available 24 hours a day, seven days a week. The number is 1-888-546-5838 or www.minnesotaveterans.org

St. Louis Park NORC (Nurturing Our Retired Citizens) SENIOR RESOURCE DIRECTORY

available at Lenox Community Center or ONLINE AT www.norcmn.org. Call 952-542-4821 if you have questions.



NEW

Stretch Your Grocery Budget with Fare For All Tuesdays, May 4, June 1 and July 6 4 – 6 p.m. Lenox Community Center

Fare For All is a non-profit food-buying program that allows people to increase their food purchasing power. Each month, individuals pay \$17 per package and receive up to \$40 worth of fresh, quality food items, including fruits, vegetables and frozen meat items. Fare For All is open to everyone, regardless of income.

This program is a partnership with the STEP and Lenox Community Center. To learn more call 763-450-3880 or online at www.fareforall.org.

Foot Care Clinic

Licensed nurses provide routine foot care. Services include foot soak, prevention and maintenance of ingrown nails, trimming of toe nails, corns and callouses, and lotion rub.



Call Happy Feet at 763-560-5136 for a half-hour appointment. *To cancel, call Happy Feet at least 24 hours in advance, or a fee will be charged to you.*

Wednesdays, April 14, May 12, June 9 and July 14
New Location: Library 9 a.m. – 3 p.m.
\$32 payable to Happy Feet

Project SOAR

Community Education programs specially designed for adults with disabilities



QUESTIONS???

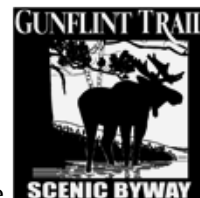
Just call or email
 Myra Wicklacz,
 Program Manager
 (952) 401-6898
 (952) 401-6810 (fax)
 4584 Vine Hill Road
 Deephaven, MN 55331
myra.wicklacz@minnetonka.k12.mn.us
 Check out the Project SOAR catalog online:
minnetonkacommunityed.org

- Project SOAR...
- provides classes in Arts & Crafts, Cooking, Computers and much more!
 - Arranges social outings and field trips like BINGO, Dances, Ball Games, Plays and so many others throughout the year.
 - Provides access to classes in this catalog via sign language interpreters classroom assistants, tutors, etc.
 - Provides tuition assistance to attend SOAR and Community Education classes.

Project SOAR is supported by the Community Education Departments of Hopkins, Minnetonka, St. Louis Park & Wayzata School Districts

Gunflint Trail, Grand Marais & North Shore

Tuesday – Thursday, June 15 – 17



3-day motorcoach tour highlights:

- Tour The National Monument Heritage Center.
- Stay at Best Western Superior Inn in Grand Marais.
- Lunch at Gunflint Lodge with lecture from the Gunflint Trail Historical Society.
- Get an advanced look at the historic Chik-Wauk Lodge set for Grand Opening celebration on July 4.
- Dinner at a former fur trading post.
- Tour Split Rock Lighthouse celebrating its 100-year anniversary.
- Dinner at the New Scenic Café in Duluth.

Please note: The natural setting of the hotel requires all guests to manage a flight of stairs. Bags will be delivered to your room. \$480/per person double room, \$525/per person single room. Travel Insurance optional: \$30
\$130 Deposit due April 30. Cancellations after April 30 are non refundable. Final Payment due: May 10.

Mackinac Island Tour

Tuesday – Thursday, August 31 – September 2



3-day motorcoach tour highlights:

- Sightseeing ferry to and from Mackinac Island where old fashioned carriages, historic sites and quaint shops await visitors.
- Luncheon buffet at the Grand Hotel known as the world's largest summer hotel.
- Lodging at a historic country inn.
- A horse drawn carriage tour to hear the history and see the points of interest such as Skull Cave, Arch Rock, Governor's Mansion and more. After the carriage tour the group will spend time at Fort Mackinac.
- See the Mackinac Bridge that connects the Lower Peninsula at Mackinaw City to the Upper Peninsula of St. Ignace. The bridge is one of the longest suspension spans in the world.
- Stop to purchase cheese on the way home.
- Included: Lodging, 3 coffees, 1 breakfast, 3 lunches and 2 dinners.

\$625/per person double room, \$790/per person single room Travel Insurance optional: \$45.

\$200 deposit due June 28. Cancellations after June 28 are non refundable. Final payment due: July 26.

Planned with Medicine Lake Tours

Extended Travel

With Collette Vacations

celebrating 90 years in the travel

industry...Travel Show:

Tuesday, April 27 at 1 p.m.



San Antonio Holiday

December 2 - 6, 2010

5-day motorcoach tour highlights:

- Fiesta de las Luminarias
- City tour including The Alamo
- Fredericksburg in the heart of "hill country," tasting at Choclat and historic vineyard
- Dinner at Dude Ranch in Bandera "Cowboy Capital of the World"
- Cruise along Paseo Del Rio
- Tex-Mex Cooking Class
- 7 Meals: 4 breakfasts and 3 dinners and hotel on the River Walk
- Price includes: land, roundtrip Minneapolis airfare, professional tour manager, airline fuel surcharges, land/air cancellation waiver, transfers and taxes.



Per person price: Double \$1,649, Single \$1,949, and Triple \$1,619. Deposit \$310 due: Thursday, July 29.

Final Payment: due Friday, October 1.

Tropical Costa Rica

February 12 - 20, 2011

9-day motorcoach tour highlights:

- Tour begins in San Jose - that enjoys a Caribbean life style
- Tour Coffee Plantation and Tamarindo Beach, Guanacaste
- Monteverde Cloud Forest with world's largest butterfly gardens
- Arenal Volcano and Lake Arenal Cruise
- Cano Negro Refuge on river boat cruise
- Poas Volcano slopes dotted with fruit and ornamental flower farms
- 14 Meals: 8 breakfasts and 6 dinners
- Price includes: land, roundtrip Minneapolis airfare, professional tour manager, airline/fuel surcharges, land/air cancellation waiver, transfers and taxes.



Per person price: Double \$2,799, Single \$3,349, and Triple \$2,769. Deposit \$400 due: Monday, September 6, 2010.

Final Payment: due Monday, December 13.

In the Works for 2011

Spirit of Washington, D.C.

March 24 - 28, 2011

5-day motorcoach tour highlights:

National Gallery of Art, The Monuments & Memorials Tour, World War II Memorial, National Museum of the American Indian, Smithsonian - the world's largest museum complex, and discover how our capital developed along the Potomac River. Per person price: Double \$1,759, Single \$2,209, and Triple \$1,729. Deposit \$310 due: Wednesday, November 24.



New York City

November 1 - 5, 2011

5-day motorcoach tour highlights:

Two Broadway Shows, Greenwich Village, Wall Street, Statue of Liberty, Ellis Island, Metropolitan Museum of Art. Accommodations at the famous Waldorf Astoria Hotel



Summer Concert Series

Wednesday, June 16	The Alpha-bits	7 - 7:45 p.m.
Friday, June 18	Bob & the Beachcombers	7 - 9:30 p.m.
Saturday, June 19	Trailer Trash (P)	6:30 - 10 p.m.
Wednesday, June 23	Tannie Jazz Quartet	7 - 8:15 p.m.
Wednesday, June 30	InPulse	7 - 8:15 p.m.
Sunday, July 4	Stevie & the Table Rockers (AP)	7 - 9:30 p.m.
Wednesday, July 7	Jerry O'Hagon & Orchestra	7 - 8:15 p.m.
Wednesday, July 14	Lehto & Wright	7 - 8:15 p.m.
Saturday, July 17	Rubber Soul	7 - 9:30 p.m.
Wednesday, July 21	Kevin Steinman	7 - 8:15 p.m.
Wednesday, July 28	SLP Community Band	7 - 8 p.m.
Wednesday, August 4	The Castaways	7 - 8:30 p.m.
Wednesday, August 11	I with Us	7 - 8:15 p.m.
Wednesday, August 18	A Community Talent Show	7 - 8:30 p.m.
Saturday, August 21	Blood on the Tracks Live 10th Anniversary	7 - 9:30 p.m.
Wednesday, August 25	The Sound of Simon	7 - 8:30 p.m.

(P) Parktacular Street Dance at Excelsior & Grand; kids free; adults need Parktacular button (\$5)

(AP) Aquila Park

Wolfe Park Amphitheater, 3700 Monterey Drive, Oak Hill Park, 3201 Rhode Island Ave. S. (June 16). Unless noted, performances are at Veterans' Memorial Amphitheater at Wolfe Park.

Registration Information

Registration Change...

The Senior Program has adopted a new database for our membership and registration procedures (referred to as Affinity). At the time of publication, the membership component seems to be up and running. If you do not receive or get more than one Newscaster please call our office 952-928-6444 to report the problem. As we continue to adopt this system, new features such as on-line registration with your credit card will be available. We will continue to take registration in person or by mail.

Senior Program Registration Policy

Registration accompanied by payment is required for Senior Program activities. All programs have registration deadlines. Refunds will not be guaranteed after the deadline unless a substitute is found. The Senior Program is not responsible for finding a substitute if you cancel. If you find a replacement or an individual on the wait list takes your place, a refund will be made. If an activity is filled, you will be placed on a wait list. Make checks payable to ISD #283.

Registration Options:

- 1) **In Person** at Lenox Office, Room 104.
- 2) **Drop Box** is located outside the main Lenox entrance.
- 3) **Mail** registration form and payment to:
Lenox Community Center/Senior Program
6715 Minnetonka Blvd.
St. Louis Park, MN 55426

Membership Benefits

Do you see something interesting in the Newscaster, Community Education or Parks & Recreation catalogues? Stop by Lenox Community Center between 8:30 a.m. – 4 p.m. Monday – Friday to learn more about the Senior Program. Volunteers will help you complete a short application form. Membership benefits include:

- *The Newscaster*, the programs newsletter mailed to members.
- Reduced or nominal fees for program activities and outings.
- A 10% discount on Adult Enrichment Program or a 25% discount for Community Ed exercise programs.
- Discount to Wellness Center. Details on page 6.
- Wide array of programs in a spacious facility.
- Priority registration for programs.
- Becoming part of a warm and welcoming community.
- Voting privileges.
- Volunteer and leadership opportunities.

For more information call a hospitality committee member at 952-928-6444 or online at www.slpcommunityed.com.

★ Become a Member: Senior Program Membership Rates

- Regular: \$24/year
- Three-Dollar-Month Club: \$36
- Four-Dollar-Month Club: \$48
- Silver Card Members: \$87/year
- Gold Card Members: \$160/year
- Associate Membership: \$24 (for spouse between 50-55)

Membership information available at the Hospitality Center.

Program Hours and Closing Information

If the St. Louis Park Public Schools are closed, all Community Education classes and activities are also canceled. Announcements of late starts or school closings will be made as soon as possible after 6 a.m. and posted on the school district website and telephone hotline: St. Louis Park Public Schools <http://www.slpschools.org> St. Louis Park School Closing Hotline: 952-928-6055.

Emergency school closing information is also provided to the following media outlets: WCCO 830 AM; WCCO Channel 4; KSTP Channel 5; KMSF/FOX Channel 9 and KARE Channel 11.

Summer Hours and Closure

The Senior Program will close at 1 p.m. on Fridays from June 18 through August 13.

Monday – Thursday 8:30 a.m. – 4:30 p.m.
Fridays 8:30 a.m. – 1 p.m.

The Senior Program will be closed: Friday, April 2, Monday, May 31 and Monday, July 5

Gym Closure: August 2 – 13. Some activities and events will not be held. Check with your supervisor or teacher. No activities will be held on Friday, July 23

2009-10 Senior Program Advisory Council

John Schaefer, Chairperson	Hazel McMillin
Mary Anderson	Donna Nordstrom
Ginny Boe	Gajendra Patel
Fran Doring	Betty Pickle
Barb Gardner	Ethel Rheinhardt
Shirley Huiras	Dale Stenseth
Jim Lanenberg	Osman (Ozzie) Way
Marlys Liska	Ken Huiras, Past Chair

Mission Statement of

St. Louis Park Senior Program

Our mission is to improve and enhance the lives of adults age 55 and older in St. Louis Park and our broader community. This is done by:

- Offering a variety of programs that include social, recreational, educational and physical aspects
- Striving to provide cooperative programs with other service providers
- Having a warm and welcoming environment
- Being a resource to members

Empty Bowl Fundraiser for STEP

Thursday, March 4

Location: St. Louis Park Recreation Center

The Empty Bowls event is a community-wide effort to fight local hunger. After sharing a simple meal of soup and bread, participants will take a donated bowl as a reminder of the empty bowls in our community and their personal efforts to help their neighbors. Cash donations will be accepted. All proceeds go to St. Louis Park Emergency Program.

Lunch: 11 a.m. – 1 p.m.

Dinner: 4:30 – 7 p.m.



VOLUNTEERS NEEDED!

If you like to meet new people, know what is going on in the Senior Program and share your enthusiasm for the program... become a Lenox volunteer. To learn more call either Rita or Jule 952-928-6444.

- **Activities Supervisor:** Record attendance, collect proper fees, contact participants of cancellations or time changes, and relay important information to participants.
- **Computer Instructor or Assistant:** Train senior members on either PC or Macintosh computers platform.
- **Hospitality Committee:** Greet visitors, answer questions about programs at Lenox Community Center, register new or renewing members or enroll individuals in program activities. Good phone skills and computer skills needed.
- **Instructor:** Share a special talent such as knitting, bridge or other card games, conduct a sing-along once a month or play an instrument with other seniors.
- **Lenox Ambassador:** Represent and promote the Senior Program at various organizational events or gathering of individuals 55 or better.
- **Mailing Team:** Fold, stuff and seal envelopes for mailing 1 to 2 times/per year.
- **Newscaster Proofing Team:** Proofread newsletter or other program materials.
- **Outing Supervisor:** Arrive early to check in travelers, announce schedule, group check-in, present reservation form(s) or payment, confirm time and location of pick up plus other details required.
- **Recording Secretary for a Committee:** Take and type notes to be distributed to committee members.
- **Special Events Planning Committee:** Help plan a variety of events such as Waffle Dinner, Spaghetti Dinner, Bake Sale, Lunch & Learn, membership campaign, Pearls of Lenox or Veterans Celebrations.

Discounts for Seniors:

Adult Enrichment Offers Senior Discounts

Senior Program Members may take a 25% discount on Adult Enrichment exercise classes or 10% discount on all other adult enrichment classes. Please provide your renewal month and year at registration. Questions? Call 952-928-6442.

Tuition Assistance and Rotary Scholarships

Tuition assistance is available for class/program fee reduction. Individuals must complete an application followed by a phone contact to determine if the individual meets the program guidelines. Applications available in the Lenox Office, Room 104 or call 952-928-6443. Thanks to the St. Louis Park Noon Rotary for providing a portion of these funds.

Friends of the Arts Scholarships

If you want to grow or develop in the arts but lack the financial resources consider this local resource. SLP residents are eligible to apply for scholarships. For information call 952-928-6422 or info@SLPFriendsoftheArts.org.

Senior UCare Discounts

If you have UCare insurance you are eligible for a one time \$15 discount. Call 952-928-6443 for details.

Wellness Center Discount

Discounts to members at Wellness Center at Jones Harrison Residence. See page 6 for details.

Use of Office Equipment

Copies for personal use are available to members for 10¢ per copy. This includes tax materials. Please note that if the office is busy you may be asked to come back at another time.

Group copies are limited to 25 of the same material. After that groups will be charged 5¢/copy. If you need copies for groups, give us at least a day's notice.

For Sale: Books and Puzzles

These items are available for purchase in the main entrance.

Prices:

Books 50¢

Puzzles 50¢

Lenox Lost & Found

If you have left something at Lenox, please come to the main office, Room 104. After three months items will be donated.

Advisory Council

Second Tuesday

1 – 3 p.m.

The Council represents you and your Senior Program. All members are welcome and are encouraged to attend meetings.

Center News Community Education

New Members

Aadalen, Richard
Appell, Carol
Batteen, Margaret
Batteen, Donald
Borealino, Joyce
Brown, Nancy
Burns, Marian
Clauson, Gloria
Coon, Kathleen
Dietch, Joan
Eckelberry, Patrick
Elkofska, Diane
Emerson, Jan
Flannigan, Jane
Fokken, Bonnie
Galen, Rebecca
Galvin, Tim
Grammens, Suzanne
Griffin, Walter
Heitkamp, Erwin
Hennemuth, Sharon
Hennemuth, William
Invie, Rosina
Johnson, Jerry
Kuhfeld, Mary
Lausen, Gerald
Leight, Marian
Lisk, Mary Ann

Lund, Vernon
Lundholm, Karen
Maggitti, Paul
Mars, Darlyn
McNeil, Mary
Miller, Barbara
Milner, Janice
Mooney, Shirley
Morton, Julie
Olson, John
Parnell, Larry
Patrin, Robert
Penney, Polly
Pixler, Patricia
Robitz, Doris
Sarfehjooy, Hossein
Schlemmer, Norma
Schulke, Nancy
Schulte, Cathy
Schwartz, Barb
Siegel, Sandra
Siktars, Zaica
Sjodin, Lynn
Skjeimeyer, Cindy
Smith, Elaine
Tibbetts, Russell
Voss, Donald
Wehage, Patricia
Young, Richard
Zimmerman, Pat

Senior Program members may take a 25% discount on all Adult Enrichment exercise classes or a 10% discount off all other Adult Enrichment classes. Please give your membership renewal date upon registration. Look for registration forms plus a complete listing of classes in the Community Education catalog. Catalogs are also available at Lenox. Call 952-928-6442 for more information. Here is a sample of Adult Enrichment offerings.

Early Morning BLT (Belly, Legs & Tush)

You will feel this workout in all the right places. Exercises are designed to strengthen your body safely and effectively. You will do a variety of core-strength exercises combined with aerobic exercises. Bring a mat. Classes are held in the Lenox Gym from 7 – 7:45 a.m. Mondays, Wednesdays and Fridays beginning April 5. Senior Program members receive a 25% discount off regular price. Call for exact schedule and prices 952-928-6442.

Be A Clown...Be A Clown...

Have you ever watched a clown in a parade, at a hospital or community function and thought...“I’ve always wanted to do that!!”. Now is your opportunity to learn from the best! Members of the Aqua Jesters Clown Club are ready to show you what it takes to be a clown. We will teach you the make-up, costuming and character of three types of clowns: Auguste, White Face & Tramp. These are hands-on sessions where the student will experiment with each character type, applying make-up, trying on wigs and costumes. Make-up included in the cost of course. This is a great opportunity to find out if clowning is for you...a wonderful way to let your creativity flow and have a lot of fun in the process. The Aqua Jesters is a local, not for profit clown club founded in 1946. All members are volunteers and participate in local parades, hospital visits and community appearances.

AEL728	3 sessions	\$29
Tuesdays	April 6 – 20	6 – 9 p.m.
Lenox	Room 108	Minneapolis Aqua Jesters

Sunshine and Good Cheer

Do you know a Senior Program member who is ill, in the hospital, or has experienced a death in the family? Call 952-928-6444 with the person’s name, address and what type of card to be sent. Thanks for caring about your fellow members.

Personal Notes:

**Wishing you well in a hurry, then
Wishing you a little bit more –
Hope you’ll not only feel better,
But better than ever before!**

Dee Anderson, Debbie Blake, Lloyd Boe, Jim Bullock, Joyce Carlson, Mary Casey, Chuck Huselid, Dan Klein, Mary Jo Mileski, Ferne Muschamp, Pauline Norman, Carolyn Paulson, John Phillips, Dolores Rautio and Cleo Slinden

Our Sympathy to:

Florence Seratzki on the passing of her brother-in-law
Rick Birno on the passing of his father-in-law
Linda Saveraid on the passing of her father-in-law
Family of Roland Smith
Mary Kuhfeld on the passing of her mother
Family of Allan Ahles
Henry Gagner on the passing of his sister-in-law
Lorraine Kielblock on the passing of her husband
Family of Eve Shapiro
Family of Sreen Kane
Family of Al Gerdes
Merton Suckerman on the passing of his son

Straw Bale Gardening

If you thought the only place to grow healthy crops was in black dirt, you must attend this new class. Learn how to grow a bountiful garden without using herbicides, insecticides, or fungicides, and without weeding. Learn how to plant vegetables, root crops, vine crops, fruit crops, and even beautiful flower gardens, directly into your “conditioned” straw bales. You will never do the “heavy lifting” or bending over again. This revolutionary and easy gardening method creates a beautiful and productive garden, without using dirt. \$5 optional information packet available from instructor at class.

AEL522	1 session	\$39
Monday	March 29	6:30 – 9:30 p.m.
Lenox	Room 115	Joel Karsten

Community Education

What Happens if I Need a Nursing Home?

This class is a must for anyone who has a family member currently in a nursing home or who may need one in the future. Can assets be protected? (Yes, they can.) What are the differences between Medicare and Medicaid? (You'll learn them.) Are there any special benefits available to a veteran? (Yes, there are.) You'll leave with crucial information that you must have when your family member is headed for a nursing home. Get the information you need now.

AEL702 1 session \$19
Thursday **May 20** 7 – 8:30 p.m.
Lenox **Room 115** **Jeffrey P. Scott**

Prepare Your Own Will

This course will provide you with all the instruction, forms, witnesses and notaries necessary to allow most everyone to prepare and walk away with his/her own simple will. Instructor is a practicing attorney experienced in drafting wills. Will forms (\$7) are included in tuition.

AEL710 1 session \$39/one; \$64/couple
Wednesday **April 14** 7 – 9 p.m.
Lenox **Room 115** **Michael Milo**

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Located on
 the Ackerberg
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 behind Knollwood
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www.sholom.com

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CRC does not discriminate pursuant to the Fair Housing Act subject to any exemptions that may apply.

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 a visit and tour.
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 or **(800) 296-4114**

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CALL 952-546-0616

L'Chaim
 Senior Services
 A program of Jewish Family and Children's Service

www.jfcsmpls.org



Looking for Rehabilitation or Long-term Care for yourself or a loved one?



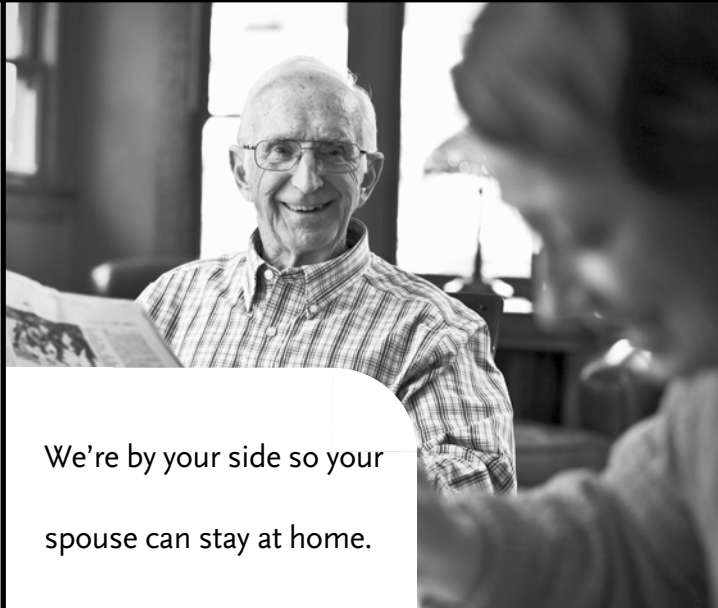
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St. Louis Park Senior Program
Independent School District #283
6425 W. 33rd Street
St. Louis Park, MN 55426

Nonprofit Org.
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Permit No 1113

**TIME SENSITIVE
MATERIAL**



Senior Program Volunteer Luncheon

Invitations will be sent to
volunteers who have recorded
hours between July 1, 2009
and June 30, 2010.

Friday, July 23
in the Lenox Gym
Welcome 11 a.m.

Please RSVP by Friday, July 16
Call 952-928-6444

**Senior Program
Annual Meeting
and Luncheon** Tuesday,
June 8

11:30 a.m.

**Welcome and Luncheon
Followed by program**

Please RSVP by Wednesday, June 2
Call Jule at 952-928-6443

Join us June 17th for Parktacular's 2010

Senior Dinner

Entertainment: CODA,
performers Scott Dorff and Malcolm Anderson

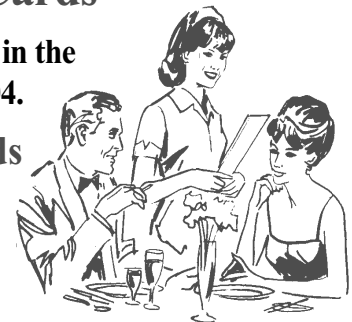
at the Marriott Minneapolis West,
9960 Wayzata Blvd.,
St. Louis Park at 4:30 p.m.

Cost: \$16 per person.
Registration deadline: June 3

Metro Dining Cards

Cards available May 1 in the
Lenox Office, Room 104.

Metro Dining Cards
are good from
May 2010 through
May 2011



**Registration online for some Senior Program Activities at
www.slpcommunityed.com or call 952-928-6444 for information.**