

Columbia Heights Senior Center
530 Mill Street N.E., Columbia Heights, MN. 55421
Telephone: 763-706-3730

Senior Highlights **March 2010**

As you know, March is “State Tournament” month and with that usually comes SNOW! We’ll see if it holds true this year! March is a long month with no holidays so we’ll be seeing a lot of each other at the center! I’m excited to get through the month since I will be going to the Master’s golf tournament again in April. I’m going with the same friends and we’ll be gone for only three days. We’ll hit the last practice day on Wednesday, April 7. It’s the last day they allow you to take pictures so we’re hoping to have as good of weather as we did last year.

We have a couple of trips this month. The first is to the Old Log Theater on March 11 and then on March 25 we’ll be going to lunch at Fabulous Fern’s and then to the Science Museum to see the Dead Sea Scrolls. March is also “Mystery Lunch” month so be sure to check the dates for those.

Our “foot care” program has been extremely successful and has actually extended their hours. They are here the fourth Monday of every month so be sure to read more about this program in the newsletter. Also going at a record pace is our income tax service. This will continue through April 15 on Tuesday and Thursday mornings.

The Columbia Heights Athletic Boosters will be holding the youth girl’s State Basketball Tournament the weekend of March 6 & 7. They will be using the two new gyms located at the High School; the high school gym and the middle school gym. They have asked if any seniors would be willing to take tickets on either that Saturday or Sunday for a couple of hours. If you and a friend would be interested, please let me know as soon as possible. You can either talk to me or call me at 763-706-3735. I know the help would be greatly appreciated.

This month we will be collecting paper goods for the Ronald McDonald House. We have done this project for the past several years and find it to be a rewarding experience. At the end of the month we deliver them directly to the Ronald McDonald House and get a tour of the facility. If you have never been, you might want to consider going this year. More information can be found in the newsletter as to what types of items you might bring.

Don’t forget SACA is sponsoring “Empty Bowls” on Monday, March 1 at Murzyn Hall. It goes from 4:30 – 8:00 p.m. and there is a free will offering. (and bingo!)

That’s it for this month. See you at the center!

Karen Moeller, Sr. Coordinator

Midday Matinee

Friday, March 5 & 19

Our movies this month celebrate the Winter Olympics that have just concluded. Both are excellent movies that I'm sure you will enjoy. Movie time is at 1:30 p.m. in the senior center. Dates and descriptions for them are listed below.

Friday, March 5 – “Cool Runnings”

When the Jamaican sprinter Derice Bannock is disqualified to the Olympic Games due to a silly accident, he envisions the chance to participate in the bobsled competition. He meets the dishonored coach, Irving Blitzer, who is living in the tropical country after two gold medals and elimination due to cheating. Derice convinces him to coach the first Jamaican bobsled team ever. Off they go to Calgary, Alberta and in the end become winners without winning the game.

Friday, March 19 – “Miracle”

The inspiring story of the team that transcended its sport and united a nation with a new feeling of hope. Based on the true story of one of the greatest moments in sports history, the tale captures a time and place where differences could be settled by games and a cold war could be put on ice. In 1980, the United States Ice Hockey team's coach, Herb Brooks, took a ragtag squad of college kids up against the legendary juggernaut from the Soviet Union at the Olympic Games. With the world watching, the team rose to the occasions, prompting broadcaster Al Michaels' now famous questions, to the millions viewing at home: “Do you believe in miracles? Yes!”

Blood Pressure

Friday, March 12

All seniors are encouraged to have their blood pressure checked on Friday, March 12 from 9:00 – 10:00 a.m. in the senior center. This free service is provided by our local fire department. Please note they are also available to check blood pressures during the week at the fire station as long as they are not out on a call.

***Mystery Lunches**

March 16, 23 & 24

Join us for our March “Mystery Lunch” outings, that will be held on the above dates. We will take the mini bus to a restaurant in our surrounding area unbeknownst to you, but known to me! You must pre-register at the Recreation Office either in person or by calling 763-706-3730. Please leave your name and date you would like to attend. We will leave at 10:30 a.m. from the back entrance. Please be at the senior center a little before that time. Each person is responsible for paying for his/her own lunch.

Irish Blessing: These things I warmly wish to you – Someone to love, some work to do, a bit o' sun, a bit o' cheer, and a guardian angel always near.

***Health Insurance Counseling**

March 11 – 9:00 a.m. – Noon

Health Insurance Counseling services are available to Medicare beneficiaries and those soon to start Medicare on Thursday, March 11 from 9:00 a.m. – noon in the senior center. The Health Insurance Counseling program can assist you with a variety of needs including Medicare questions, help in choosing or changing a supplement, prescription drug cost options, Medicare bills and more. To get your questions answered or to schedule a free, individual appointment, please call Kristin Tossey at 763-422-7528. This program is made possible by the Metropolitan Area Agency on Aging and Anoka County. It is not affiliated with any insurance company. Remember you do need to make an appointment to use this free service.

***Senior Dining Program**

Parkview Villa (Menu in Newsletter)

The senior dining program is available at Parkview Villa, 965 40th Ave. N.E., five days a week at noon. You just need to buzz in at the main entrance. The suggested donation is \$3.25 for seniors over 60 and \$6.25 for those under 60. If you would like to participate, you must call Joan at 763-789-7018 two days in advance for a reservation.

***Foot Care for Seniors**

Monday, March 22

“Happy Feet Footcare, Inc.” will be taking appointments for Monday, March 22. They are here the fourth Monday of every month. Visits will take place in the Mathaire/McKenna Room, across from the senior center. To make an appointment you must call 763-560-5136. The cost is \$30 per visit and payment is due at the time of service. “Happy Feet” nurses specialize in routine foot care for seniors and diabetic feet. Remember this is available the fourth Monday of every month and you must schedule an appointment. To make an appointment or to ask any questions, please call 763-560-5136.

Senior Outreach Corner

By: Nancy Shaw, Senior Outreach Worker – 763-783-4741

The senior outreach program is available to help individuals 60 and older with providing information on many programs, government and private that are in the community that might be of benefit to you. Please do not hesitate to call Nancy at 763-783-4741.

To Your Health

By: Judy Trempe, Aerobics Instructor

HELP! I would like some suggestions as to topics you would like more information on in these monthly articles. If you have any ideas, please give them to Karen and she will pass them on to me. Remember...keep fit and no, the handle on your recliner does not qualify as an exercise machine! Here’s “to your health”! (Judy)

Paper Goods for Ronald McDonald House

Month of March

Don't forget to bring your paper good to the senior center this month. We will be collecting them for the Ronald McDonald House. The families and staff really appreciate the donations. Items like toilet paper, paper towels, napkins, cups, kids paper plates and regular paper plates, birthday napkins & plates, and tissues. They also need dish soap, handy wipes and items such as these. We will deliver them directly to the Ronald McDonald House the first part of April.

“Empty Bowls”

March 1 – 4:30 – 8:00 p.m. (Murzyn Hall)

SACA's eighth annual "Empty Bowls" fundraiser will be held on Monday, March 1 from 4:30 – 8:00 p.m. at Murzyn Hall. This event is an evening dedicated to fighting hunger. All donations go directly toward purchasing food and essential items for those in need. Guests are treated to a simple meal of soup, salad and bread donated by local businesses. Guests may take a homemade "empty bowl" as a reminder of hunger in the community. Entertainment includes school choral and band groups, dance and karate demonstrations, and a special appearance by Vikings cheerleaders. Other activities include bingo and a silent auction. A free will offering is encouraged.

***Anoka County Senior Expo**

April 10 – 8:45 a.m.

"Celebrate Healthy Living" is the theme for this year's Anoka County Senior Expo. It will be held on Saturday, April 10 at Lord of Life Church in Ramsey. It includes information booths, a free pancake breakfast, blood pressure checks, mini-massages, entertainment, and health care directives. We will be taking the mini bus and will leave from the front of Murzyn Hall at 8:45 a.m. Please be here a few minutes early so we can leave on time. If you would like to attend, you must pre-register by calling the Recreation Office at 763-706-3730. Please leave both your name and telephone number. Also, if for some reason you can't make it after you have signed up, please let us know in case there is a waiting list. We should be back to Columbia Heights by 11:30 a.m.

Booster Girl's Basketball Tournament

Don't forget if you would like to volunteer a few hours for the Girl's Basketball Tournament to be held on March 6 & 7 call Karen at 763-706-3735 to set up a time.

Irish Blessing: This is one of my very favorites!

May those that love us, love us. And, those that don't love us, may God turn their hearts. And if He doesn't turn their hearts, may he turn their ankles...so, we'll know them by their limping!