

Senior Highlights

Please No Fragrance at any of the programs 😊



Hello & Happy 2017!!!

For those of you who do not know me, I am DeLynn Mulligan the Senior Citizen Coordinator for the city of Columbia Heights.

I welcome all of you to come join any of our activities- we would love to have you.

Please feel free to let me know anytime if you have any questions, ideas, concerns, etc.

I want to thank all of you for all of the lovely Christmas gifts; so very thoughtful of you 😊!

I want to remind everyone that we are a fragrance free program and to please refrain from wearing fragrance when coming to any of our programs.

I wish you all have a happy, healthy new year!
DeLynn Mulligan
763-706-3735

Activities for January 2017:

***Dessert outing 50's Grill-** Fri. Jan. 13, Fri. Jan. 20 & Fri. Jan. 27 1:30 pm \$1 bus

Well, you can really order whatever you like but it will be a good time for a nice piece of pie. (they have pie, cake, ice cream, etc.) Call 763-706-3730 to reserve a space. Please no fragrance on the bus.

***Elsie's Early Dinner Outing-** Thu. Jan. 19, Tue. Jan. 24, Thu. 26 & Tue. Jan. 31 2:45 pm \$1

Elsie's has a really nice dinner that is for seniors in the later afternoon at 3:00. You can get all of the following meals for \$9.00: Walleye (breaded or broiled), Tender Steak, Liver & Onions or Meatloaf. (All meals come with: side salad, vegetable, mashed potatoes with gravy, coffee or soda). You may also order other things off of the menu. Call 763-706-3730 to sign up. No fragrance on the bus.

Yes, We are playing Shuffleboard!

Join us for shuffleboard fun on Monday mornings at 9:30 am at the Hylander Gym! We have a great group of people that welcome new and old players alike! It is not difficult to catch on and does not take a ton of skills. Call 763-706-3735 if you have questions.

500 & Cribbage-

These groups are always looking for new players at any time. Please feel free to just show up.

Color/ Craft-

Join us for any of these times. You can bring any of your own projects but DeLynn will also have supplies available for you to use.

Health Insurance Counseling

Health insurance counseling services are available to Medicare beneficiaries and those soon to start Medicare on Thurs., Jan. 12th from 9:00- noon. To get your questions answered or to schedule a free individual appointment, please call the Senior Linkage Line at 1-800-333-2433. You MUST make an appointment in order to use this free service.

*Senior Foot Care:

9:00 – noon “Happy Feet Foot Care, Inc.” will be taking appointments for Wed., Jan. 4th & Wed. Jan. 18th from 9:00 am- 12:00 pm. Visits will take place in the Mathaire/ McKenna Room across from the Senior Center. To make an appointment, you must call 763-560-5136. Cost is \$38.00 & payable at time of service.

Senior Outreach Worker

I am here to assist you with filling out forms for medical assistance, food support, and other assistance programs; connecting you with community resources. Please give me a call at 763.783.4741, Karen Fantle

Smart Driver Training:

This class is for those that have completed the 8 hour course. This course meets refresher requirement for every 3 years. The cost of this class is \$18. You MUST preregister and prepay for this course (at least one week prior to the course- no day of registration or payment) by calling 763-706-3730. Upcoming classes are Tues. Jan. 17th. All courses meet @ Murzyn Hall (530 Mill Street) & are from 9:00 am- 1:00 pm.

Looking for a socializing group?

Golden Age Club meets the 1st & 3rd Thursday of the month at 11:45 am. Some members bring a bag lunch but some type of treat is always provided. We take time to get caught up with each other and then typically play some type of game. Please call DeLynn with any questions at 763-706-3735.

Stompin' In the Hall!

Increase your energy! Improve your flexibility and circulation through walking, stretching and exercising at a level that is safe for you. Bring a mat or a blanket for floor exercises. Chose one or two sessions. Men & women welcome. Beginners class will learn the routines before joining the regular class. Classes are held at Murzyn Hall 530 Mill Street upstairs.

If you are interested in signing up for these classes call us at 763-706-3730.

“Walking Group” on Wednes.-

Here is another great option if you want to keep moving during the winter. Walking group meets every Wednesday morning in the Senior Center (in Murzyn Hall) at 8:50 am and then goes to walk in Northtown Mall if inclement weather or Silver Lake Park if nice weather. We typically walk for about 30 minutes and then go back to Murzyn Hall where you can stay and socialize if you like or play a couple of rounds of Skip-Bo.

Free, seated exercises:

“Hi Intensity”- This class is quite the cardio class! We will keep our heart rates elevated for approximately 40- 60 minutes. The purpose of this class is just to keep moving for 60 minutes.

“Toning”- Get your weight lifting needs met in this class. This is a 30 to 45 minute, seated class where we work on both upper and lower body. Please feel free to bring your own weights or we do have a limited number too.

“Stretch”- Come join us for this relaxing, slower-paced class! This class is all about breathing and and slow motions. It is a perfect class for anyone starting out and just wanting to get back to “doing something good for yourself”. The key to not falling and hurting your self tremendously this winter is to be more flexible and limber! This class is 20-30 minutes. This is a seated class.

Midday Matinees @ 1:30 pm:

Wednesday, January 4th - "The Age of Adaline"

Blake Lively is captivating as Adaline, a 29-year old who survives a near death experience and from that day on never grows older. Adaline guards her secret and her heart for eight decades until a charming philanthropist (Michiel Huisman) and his parents (Harrison Ford & Kathy Baker) force Adaline to confront her destiny.

Wednesday, January 11th - "The Imitation Game"

During the winter of 1952, British authorities entered the home of mathematician Alan Turing (Benedict Cumberbatch) to investigate a reported burglary. They instead ended up arresting Turing himself on charges of "gross indecency."

Famously leading a motley group of scholars, linguists, chess champions and intelligence officers, Turing was credited with cracking the so-called unbreakable codes of Germany's World War II *Enigma* machine. An intense and haunting portrayal of a brilliant, complicated man, *The Imitation Game* follows a genius who under nail biting pressure helped to shorten the war and, in turn, save millions of lives.

Wednesday, January 25th - "August Rush"

There is music in the wind and sky. Can you hear it? And there is hope. Can you feel it? The boy called August Rush can. The music mysteriously draws him, penniless and alone, to New York City in a quest to find-somehow, someway- the parents separated

from him years earlier. And along the way, he may also find the musical genius hidden within him. "I believe in music the way some people believe in fairy tales," August says. Open your heart and listen and you too will believe.

ACCAP Chores & More

The ACCAP Chores & More Program assists with housekeeping, grocery shopping, seasonal outdoor chores, snow removal and minor home repairs for adults 60 +, in Anoka County.

Help to those qualified is based on worker availability in your area. We have a sliding fee scale for services provided; please call for more details, 763-783-4767.

We are very short handed in the Fridley/Columbia Heights area for independent contractors to provide services for these communities.

If you know of someone interested, likes helping in the community, make your own schedule, etc., please have them contact us.

Nancy or Char at 763-783-4767, ACCAP Chores & More: 1201 89th Avenue N.E. Suite 345, Blaine, MN 55434. Email: nshaw@accap.org.

Funding support is provided by :Metropolitan Area Agency on Aging, Inc. as part of the "Older American Act", Anoka County, ACCAP, and Private & Public Donations.

Watch for AARP Tax Assistance information in the February Newsletter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 New Year's Day	2 Murzyn Hall Closed for Holiday	3 11:30- Hi Intens. 12:30- Toning 1:00- Stretch Yoga 2:00- Make-Up Bingo!	4 8:40- Walking 10:00- 500 10:30- Hi Intensity 11:30- Toning 12:00- Stretch yoga 12:30- Color/ craft 1:30- Movie: "The Age of Adaline"	5 9:00- Hi Intensity 10:00- Toning 11:45- Golden Age Club @ New Perspective (used to be Lighthouse)	6 10:30- Hi Inten. 11:30- Toning 10:00- Cribbage 12:00- Stretch Yoga	7	
8	9 9:30- Bridge 9:30- Shuffleb. 9:30- Stompin' 11:30- Hi Intensity 12:30- Toning 1:00- Stretch Yoga 1:00- Bl. Pressure 2:00- Bingo	10 1:30- Dice	11 8:40- Walking 10:00- 500 10:30- Hi Intensity 11:30- Toning 12:00- Stretch Yoga 12:30- Craft/ color 1:30- Movie: "The Imitation Game"	12 <i>Last Day to sign up for Camelot!</i> 10:30- Hi Intensity 11:30- Toning 10:00- Cribbage 12:00- Stretch Yoga *1:30- Dessert outing 50's Grill	13	14	
15	16 Murzyn Hall Closed for Holiday <small>Martin Luther King Day</small>	17 *9:00- AARP Safe Driver Tr. 11:30- Hi Inten. 12:30- Toning 1:00- Stretch Yoga 2:00- Bingo!	18 8:40- Walking (no bus) 10:00- 500 *10:45- Million Dollar Quartet Old Log Theater	19 9:00- Hi Inten. 10:00- Toning 11:45- Golden Age Club *2:45- Elsie's for early dinner	20	21	
22	23 9:30- Bridge 9:30- Shuffleb. 9:30- Stompin' 11:30- Hi Intensity 12:30- Toning 1:00- Stretch Yoga 2:00- Bingo	24 9:30- Friends of the Library Brid. 10:30- Hi Intens. 11:30- Toning 12:00- Stretch Yoga 1:30- Dice *2:45- Elsie's for early dinner	25 8:40- Walking 10:00- 500 10:30- Hi Intensity 11:30- Toning 12:00- Stretch Yoga 12:30- Color/ craft 1:30- Movie: "August Rush"	26 10:30- Hi Intens. 11:30- Toning 12:00- Stretch Yoga *2:45- Elsie's for early dinner	27	28	
29	30 9:30- Bridge 9:30- Shuffleb. 9:30- Stompin' 11:30- Hi Intensity 12:30- Toning 1:00- Stretch Yoga 2:00- Bingo	31 10:30- Hi Intens. 11:30- Toning 12:00- Stretch Yoga 1:30- Dice *2:45- Elsie's for early dinner	Australia Day			Chinese New Year	

763-706-3730
JANUARY 2017
***preregistration required**