



The Connector

community thread

Volume 2 - Issue 3

May/June 2017

Let's have a 50th Birthday Party!

Join us in celebrating Community Thread's 50 years of service at the Super Summer Party and Pie Social on Thursday, June 22 at 1:00 pm at the Stillwater Senior Center. Live entertainment will be featured, along with an assortment of pies and beverages. There is no cost to attend.

For 7 years in a row, the late Len Nelson sponsored the Super Summer Party in memory of his mother, Genevieve, who passed away in 2009. Last year when Len passed away, his family and friends donated funds to sponsor the event again this year. We are very grateful for their generous gift that allows us to carry on this annual tradition.

According to Lyle Nelson, Len's brother, "Len liked to joke around and have fun with people, and he made a lot of friends at Community Thread's Older Adult program. He enjoyed playing cards and always expected to lose at every game he played. He just enjoyed the company, not trying to win. We miss him dearly."

The Super Summer Party is an opportunity to

celebrate Community Thread's 50th Birthday too. In 1967, community volunteers came together to create Community Volunteer Services, the first name of our organization. Since that time, Community Thread has continued to respond to unmet needs and create programs to fill gaps in services throughout the community.

Examples of programs that are still going strong include our Transportation program which has been operating for 50 years, our Holiday Hope program which has operated for 47 years and the Senior Center which has been going strong for 45 years.

Join us for our 50th Birthday Party and have a piece of pie in honor of Len Nelson and his family.

Please RSVP for the Super Summer Party by calling 651-439-7434 by June 16.



See pages 7-8 for the Senior Centers' Master Calendar



Inside this Issue

Community Thread	2-3	Let's Get Together	10
Featured Activities	4	Featured Activities	11
Special Events	5	Create It!	12
Programs	6	Volunteer Opportunities	13
Calendar	7-8	Getting to Know You	14
Living Well	9	Resources	15



Our Locations

Community Thread

Stillwater Senior Center

2300 Orleans St. W.
Stillwater, MN 55082

Phone: 651-439-7434

Hours: M-F, 9am-4pm

Bayport Senior Center

342 Fifth Avenue
Suite 180
Bayport, MN 55003

Phone: 651-275-8907

Hours: M-Th, 9am-2pm
F, 9am-12 noon

Staff

Sally Anderson

Executive Director

Kathleen Iverson

Associate Director

Allissa Obler

*Development &
Communications Director*

Sue Elmer

Older Adult Program Director

Kim McRunnel

Older Adult Program Coordinator

Sara Pennebecker

*Volunteer Center Program
Manager*

Paige Stein

*Volunteer & Communications
Coordinator*

Cathy Dyball

*Chore Services & Transportation
Program Manager*

Wendy Habib

*Chore Services & Transportation
Program Assistant*

Jodi Nichols

Administrative Assistant

Community Involvement Awards

Congratulations to the 2017 Community Involvement Award recipients!

The Community Involvement Awards were developed in 1975 to recognize volunteers in Washington County for their outstanding volunteer service. This year marks the 42nd year of recognizing volunteers for their commitment and is a testament to our community's collective commitment to volunteerism. Thanks to the continued service of individuals, families, groups, and employers, our community remains strong, rich, and vibrant.

The Community Involvement Awards provide an opportunity for the Washington County Board of Commissioners to recognize how volunteers contribute to the strength of the community. In pure dollar and cents, the value of a volunteer is calculated to be worth \$25.20 per hour in Minnesota, as reported by the Independent Sector. Each year, volunteers in Washington County contribute millions of dollars of service to our communities. We salute all volunteers for their invaluable contributions of time and talent to benefit our community!

This year's recipients include:

Male Lifetime Volunteer Award: Byron Anderson

Female Lifetime Volunteer Award: Ann Wolff

Outstanding Volunteer Award: Sam Coburn

Youth Volunteer Award: Paavo Downing

Group Volunteer Award: Oak Park Tutoring Group

Exemplary Employer Award: Bolton & Menk, Inc. – Maplewood

Remember to Submit Registration Forms

To help us have the most current information on file for our new check-in system, we need you to complete your green Participant Enrollment and Registration form. If you receive this newsletter in the mail, you also received a mailing in early February that contained the green information sheet. Please help us help you by completing this information and returning it in the envelope that was in the mailing. We also have copies available at each of our locations if you haven't received one. Thanks for those of you that have turned them in. Keep 'em coming!

The form is titled "Senior Center Program Participant Enrollment and Registration" and includes the following sections:

- Participant Information:** Fields for First Name, Last Name, Nickname, Mailing Address, City, State, Zip, Home/Cell Phone, and Email. Includes checkboxes for "Residence" and "Volunteer".
- Emergency Contact Information:** Fields for #1 and #2 Emergency Contact's Name and Phone, and Relationship.
- Please check your income level:** A section for indicating household size and income level, with checkboxes for "Above or Below \$1,840/year" and "\$2,655/monthly".
- Donations to Community Thread and the Senior Center Program:** A section for indicating if the donor is interested in keeping the Senior Center program and if they would like to make a voluntary donation to Community Thread or the Senior Center program. Includes checkboxes for "I would like to make a voluntary donation to Community Thread or the Senior Center program" and "Enclosed is my tax deductible contribution to (Please Check):".
- Charitable Requests and Memorials:** A section for indicating if the donor has remembered Community Thread in their will or trust, or if their family has been notified to have memorials sent to Community Thread.

The form also includes a "Thank You" message and a "Send me only" checkbox.



Celebrating at Black Tie Bingo

Thanks to many community supporters, we celebrated 50 years of service at our first annual Black Tie Bingo on March 4. The gala, held at Water Street Inn, was attended by 180 guests and featured 8 games of bingo. Many local businesses sponsored the event, and all prizes were donated. Almost \$15,000 was raised and all proceeds from the event will benefit the programs and services of Community Thread. Watch for another Black Tie Bingo in 2018!



community thread



Kayaking – Try It You’ll Like It!

Class for 55 and older.

Kick off summer with a kayak paddle on a bay of the St. Croix River. Find out why this is one of Minnesota’s fastest growing outdoor adventures. Here is your chance to get close to nature, get some exercise and learn how relaxing paddling can be. You will learn how to get in and out of a kayak easily and safely, paddle correctly, and how to pack for a day on the water. We will have both double and single kayaks available. Life vests are provided. Wear shoes that can get wet and dress in layers for time on the water.

Limit of 20 people. Class will meet at the public beach in Bayport, Minnesota.

Call Community Thread at 651-439-7434 to register.

Wed., May 17 • 4:00-5:30pm

Cost: \$30



Living Well with Chronic Conditions

Many of us are living with on-going health conditions such as diabetes, arthritis, anxiety, heart disease, high blood pressure, or other chronic conditions. To better deal with these health issues, the workshop *Living Well with Chronic Conditions* provides participants with a toolbox of self-management skills and techniques to become empowered in taking control of health issues.

Trained volunteer and staff leaders will guide participants through this six-week program proven to make people feel better.

Participants will learn to:

- Find better ways of dealing with pain and fatigue
- Discover easy ways to increase physical activity

- Better manage their medication
- Improve nutrition
- Understand new treatment choices
- Communicate effectively with family, friends and health professionals
- Feel better about life in general

Cost is \$15 for six sessions; scholarships available.

Registration needed. Sign-up at Community Thread or call 651-439-7434. It's open enrollment, so you can sign up after May 1.

Workshop dates (6-week program)

Mondays from May 1 through June 12 (no class on Memorial Day)

Time: 12:30-3:00pm

Location: Community Thread, 2300 Orleans St. W., Stillwater



Spring Musical Concert

Celebrate spring with our annual spring concert by the Lily Lake School Choir! Enjoy the sights and sounds of this talented and energetic group! Root beer floats will be served following the concert. Please let us know you are coming by calling 651-439-7437.

Thurs., May 18 • 11:30am • Stillwater
FREE



Louella's Chicken Lunch at the Bayport Senior Center

Join us for our annual Chicken Lunch generously sponsored by Louella! Fun, friendship and conversation is on the agenda as well as a lively 500 tournament at 1:00pm following a delicious chicken lunch. Please register to attend. It is FREE to attend. Call 651-439-7434 to reserve your spot by June 9!

Tues., June 13 •
12:00pm • Bayport
FREE





500-Cards

500 players – we welcome you! Come and join this fine group of card players for a relaxing and fun afternoon. Visitors welcome.

1st & 3rd Tues. of month • 12:30pm • Bayport
2nd & 4th Wed. of month • 12:00pm • Stillwater

Beginning Bridge

A fun and lively group that enjoys playing weekly. All are welcome to stop in and play!

Every Tues. • 9:30am • Bayport

Bingo

A fun, relaxed hour of BINGO! Cards are a quarter apiece for the hour. Fun prizes are given to the WINNERS!

1st & 3rd Fri. of month • 10:00am • Bayport

Bunco

Bunco is a great way to end the week! Come in and play this fun and easy-to-learn dice game. The more people that play, the more fun it is! We are always looking for more players, so grab a friend or just bring yourself to have a great morning. Cost: \$1.50

1st and 3rd Fri. of month • 9:30am • Stillwater

Cribbage

Are you an experienced cribbage player? Then come and spend an afternoon playing cribbage with others, and have some fun!

Every Tues. & Thurs. • 1:00pm • Stillwater
 1st Thurs./month at Ann Bodlovick Apt.

Dominoes-Mexican Train

Learn to play Mexican Train Dominoes. New players are always welcome. This is a great game to learn and teach your grandchildren!

3rd Mon. of month • 12:30pm • Bayport

Hand and Foot

What is Hand & Foot? No, it's not a medical thing; it's not an exercise class...it's a card game played with multiple decks of cards. Come to play or watch how it's played. New players welcomed!

2nd & 4th Tues. of month • 12:30pm • Bayport
3rd & 4th Mon. of month • 12:00pm • Stillwater

Mahjong

Looking for more players to join us! All skill levels welcome.

Every Wed. • 9:30am • Bayport

Party Bridge

Join in a fun afternoon of socializing and play a hand of cards. Sign-up with a partner, one week in advance. If you need a partner, there is a substitute list to help. A list of regular players and rules are available for first-time players. To sign up to play or if you have any questions, call 651-439-7434 by the Wednesday prior.

Every Fri. • 12:00pm • Stillwater
 Cost: \$1

Pinochle

Join in any time with our weekly Pinochle group! We are always looking for more players to play this classic game with us. No registration or fee. Drop in to join in the fun!

Every Thurs. • 12:30pm • Bayport

Senior Centers Calendar

May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 9a Cribbage w/ School 12p Bowling (O) 12:30p Living Well w/ Chron Cond(S) 3p Aerobics (S) \$	2 9:30a Beginner Bridge (B) 9:30a Aerobics (B) \$ 12:30p 500/Cards (B) 1p Cribbage (S) 3p Move - Better Balance (S)	3 9:30a Quilting (S) 9:30a Mahjong (B) 1:30p tpt Program (S) 1:30p Fun With Yarn (S) 3p Aerobics (S) \$	4 9:15a Cribbage w/ School (O) 9:30a Aerobics (B) \$ 10:30a Wise Wondfl Women 12:30p Pinochle (B) 1p Cribbage@ Ann B. Apts	5 9:30a Bunco (S) \$ 9:30a Painting Studio (S)\$ 10a Bingo (B) 12p Bridge (S) 2p Chair Yoga(S) 3p Move-Better Balance (S) \$
8 9a Health Ins. Counsel (S) 9a Cribbage w/ School 12p Bowling (O) 12:30p Living Well w/ ChronCond(S) 1p Book Club (S) 3p Aerobics (S) \$	9 9:30a Beginner Bridge (B) 9:30a Aerobics (B) \$ 12:30p Hand and Foot (B) 1p Cribbage (S) 3p Move - Better Balance (S)	10 9:30a Mahjong (B) 12p 500/Cards (S) 1:30p Fun With Yarn (S) 3p Aerobics (S) \$	11 9:30a Aerobics (B) \$ 10:30a Embroidery (B) 12:30p Pinochle (B) 1p Cribbage (S)	12 9:30a Painting Studio (S)\$ 10a Card Making (B) \$ 12p Bridge (S) 2p Chair Yoga(S) 3p Move-Better Balance (S) \$
15 12p Hand and Foot (S) 12p Bowling (O) 12:30p Living Well w/ Chron Cond(S) 12:30p Dominoes(B) 3p Aerobics (S) \$	16 9:30a Beginner Bridge (B) 9:30a Aerobics (B) \$ 12:30p Craft Day (B) 12:30p 500/Cards (B) 1p Cribbage (S) 3p Move - Better Balance (S)	17 9:30a Quilting (S) 9:30a Mahjong (B) 1:30p Fun With Yarn (S) 3p Aerobics (S) \$ 4p Learn to Kayak (O)\$	18 9:30a Aerobics (B) \$ 10:30a Wise Wondfl Women 11:30a SPRING Musical (S) 12:30p Pinochle (B) 1p Cribbage (S)	19 9:30a Bunco (S) \$ 9:30a Painting Studio (S)\$ 10a Bingo (B) 12p Bridge (S) 2p Chair Yoga(S) 3p Move-Better Balance (S) \$
22 12p Hand and Foot (S) 12p Bowling (O) 12:30p Living Well w/ Chron Cond(S) 3p Aerobics (S) \$	23 9:30a Beginner Bridge (B) 9:30a Aerobics (B) \$ 10a Get Hot in the Kitchen(S)\$ 12:30p Hand and Foot (B) 1p Cribbage (S) 1:30p Vision Loss Sprt Grp (S) 3p Move - Better Balance (S)	24 9:30a Mahjong (B) 12p 500/Cards (S) 1:30p Fun With Yarn (S) 3p Aerobics (S) \$	25 9:30a Aerobics (B) \$ 12:30p Pinochle (B) 1p Cribbage (S) 1p is it Time To Downsize ?(S)	26 9:30a Painting Studio (S)\$ 12p Bridge (S) 2p Chair Yoga(S) 3p Move-Better Balance (S) \$
29 <i>Memorial Day</i>	30 9:30a Beginner Bridge (B) 9:30a Aerobics (B) \$ 1p Cribbage (S) 3p Move - Better Balance (S)	31 8:30a Mens Waffle Brkfst 9:30a Mahjong (B) 1:30p Fun With Yarn (S) 3p Aerobics (S) \$		



community thread

Senior Centers Calendar

June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>community thread</i></p>			<p>1 10:30a Wise Wondfl Women (S) 12:30p Pinochle (B) 1p Cribbage@ Ann B. Apts</p>	<p>2 9:30a Bunco (S) \$ 9:30a Painting Studio (S) 10a Bingo (B) 12p Bridge (S) 3p Move-Better Ball(S) \$</p>
<p>5 9:30a Aerobics (S) \$ 12p Bowling (O) 12:30p Living Well w/ CC(S)\$</p>	<p>6 9:30a Beginner Bridge (B) 12:30p 500/Cards (B) 1p Cribbage (S) 3p Move - Better Bal(S) \$</p>	<p>7 9:30a Aerobics (S) \$ 9:30a Mahjong (B) 10:45p Fun With Yarn (S) 1:30p tpt Program (S)</p>	<p>8 12:30p Pinochle (B) 1p Cribbage (S)</p>	<p>9 9:30a Painting Studio (S) 10a Card Making (B) \$ 12p Bridge (S) 3p Move-Better Ball(S) \$</p>
<p>12 9a Health Ins. Counsel (S) 9:30a Aerobics (S) \$ 12p Bowling (O) 12:30p Living Well w/ CC (S)\$ 1p Book Club (S)</p>	<p>13 9:30a Beginner Bridge (B) 12p Louelle's Chicken Lunch(B) 1p 500/Cards (B) (No Hand and Foot (B)) 1p Cribbage (S)</p>	<p>14 9:30a Aerobics (S) \$ 9:30a Mahjong (B) 10:45p Fun With Yarn (S) 12p 500/Cards (S)</p>	<p>15 10:30a Wise Wondfl Women (S) 12:30p Pinochle (B) 1p Cribbage (S)</p>	<p>16 9:30a Bunco (S) \$ 9:30a Painting Studio (S) 10a Bingo (B) 12p Bridge (S)</p>
<p>19 9:30a Aerobics (S) \$ 12p Hand and Foot (S) 12p Bowling (O) 12:30p Dominoes(B)</p>	<p>20 9:30a Beginner Bridge (B) 12:30p 500/Cards (B) 12:30p Craft Day (B) 1p Cribbage (S) 3p Move Better Bal> (S) \$</p>	<p>21 9:30a Aerobics (S) \$ 9:30a Mahjong (B) 10:45p Fun With Yarn (S)</p>	<p>22 <i>Bayport Senior Center Closed</i> 1p Super Summer Party! Please register to attend.</p>	<p>23 9:30a Painting Studio (S) 12p Bridge (S) 3p Move - Better Bal(S) \$</p>
<p>26 9:30a Aerobics (S) \$ 12p Hand and Foot (S) 12p Bowling (O)</p>	<p>27 9:30a Beginner Bridge (B) 10a Get Hot in Kitchen(S)\$ 12:30p Hand and Foot (B) 1p Cribbage (S) 1:30p Vision Loss Sprt Grp 3p Move - Better Bal(S) \$</p>	<p>28 8:30a Mens Waffle Brkst 9:30a Aerobics (S) \$ 9:30a Mahjong (B) 10:45p Fun With Yarn (S) 12p 500/Cards (S)</p>	<p>29 12:30p Pinochle (B) 1p Cribbage (S)</p>	<p>30 <i>Bayport Center Closed</i> 9:30a Painting Studio (S) 12p Bridge (S) 3p Move - Better Bal(S) \$</p>



Aerobics

Move to the beat! This popular one-hour exercise class features cardiovascular conditioning exercises, strength training and balance. Dress comfortably and bring a water bottle. Join in any time! Classes open to all residents aged 55 and over. \$4/session. Punch cards will be available for a \$3.50/session discount. Instructor: Kathy Oertel

May Schedule

Mon. & Wed. • 3:00pm • Stillwater

Tues. & Thurs. • 9:30am • Bayport

June and July Summer Schedule

Mon. & Wed. • 9:30am • Stillwater

No Classes at Bayport

August-No Classes

Let's Get Hot in the Kitchen

Join this class and learn great tips and tidbits in the kitchen! This is a hands-on learning environment. Delicious recipes and a great group of fun cooks come together each month! All participants should bring aprons and be prepared to help make a meal that we will enjoy. *Limited class size.* Call 651-439-7434 to register.

Instructor: Judy King

Cost: \$6

4th Tues. • 10:00-11:30am • Stillwater

May 23: Spring Pea Soup. A fresh tasting soup that is completely vegetarian friendly. This is a soup that can be made quickly and in an amount that will be pleasing to a small household.

June 27: Riced Cauliflower. You see it everywhere, but what do you do with it? And why? Let's gather to talk about how to make riced cauliflower, things to do with it and of course sample it. Our main recipe will be a Thai salad.

Vision Loss Support Group

Vision Loss Resources is leading a support group for folks with low vision. Vision Loss Resources is at work in the community helping folks with low vision live independently. This group will meet to offer support, education and socialization for one another. Come and see if this group is a good fit for you. Please register to attend at 651-439-7434.

Presenter: Sue Bauer, Community Service Specialist

4th Tues. of every month

1:30-2:30pm • Stillwater

May 23 and June 27

Baubles, Bangles & Bling

Save the date for this year's Baubles, Bangles & Bling event: October 12-14
More details coming soon.



community thread

Donations Needed

Community Thread is now accepting donations for our Baubles, Bangles & Bling sale. Bring your items to our main office. Items can be dropped off at 2300 Orleans St. W. in Stillwater; our business hours are 9:00am-4:00pm Monday through Friday. Your donation is tax deductible and supports our Older Adult programs with our two Senior Centers in Stillwater and Bayport. Thank you for your support!





Book Club

Book club is a great group who loves to read! Visitors & new members welcome. Stop in to meet the group even if you have not read the book. Participants take turns facilitating.

2nd Mon. of month • 1:00pm • Stillwater

May 8 *The Life Boat* by Charlotte Rogan.
Facilitated by Paula Burnett

June 12 *A Tree Grows in Brooklyn* by Betty Smith. Facilitated by Karen Berglund

Bowling for FUN!

Open to anyone, men and women. A fun time to learn, have fun or practice your game! Includes use of a ball and shoes. Join in anytime! Call Kim at 651-275-8907 with questions.

Every Mon. • 12:00pm • Woody's Bar in Bayport
Cost: \$4 for two lines

Wise, Wonderful Women

This casual, small group meets twice a month to share life experiences, laugh and learn from each other. All are welcome to stop in & meet new women in the community! Facilitated by Carole French.

1st and 3rd Thurs. of month • 10:30am • Stillwater

Valley Tours of Stillwater Outings

Call 651-439-6110 for details on trips & tours!

Day Trips:

- May 21- Ordway's Songbook & Forepaugh's
- June 4- Daniel O'Donnell at the State Theater
- June 6- Springtime & lunch at 101 Garden Center
- June 13- Celtic Woman at Orpheum
- June 15- "American in Paris" - Ordway
- June 21- Tribute to Johnny Cash-Midwest Country
- June 28- The Golden Age of Circus 1903 - Ordway

Overnight Tours:

- May 16 - 19 Mystery Trip - 3 nights/4 days
- August 10 - 23 Spectacular Scandinavia!

tpt Program Club

This program meets like a book club, only participants watch a *tpt video program*. Together, we then enjoy a short discussion about the program. New topics are watched each month. Please sign-up if you will be attending. Refreshments provided. FREE to attend. Facilitated by Meg Johnson.

1st Wed. of month • 1:30pm • Stillwater

Wed., May 3 • *St. Paul Past*

The days of lumber barons, steamboats, railroads & waves of early ethnic immigrants come to life celebrating St. Paul's history. The show introduces fascinating people, whose names would eventually be connected with famous novels, historic landmarks, & St. Paul streets.

Wed., June 7 • *The Fabulous Ice Age*

The journey begins in 1915 when a young German skater ignites America's love with dancing on ice. The Fabulous Ice Age" chronicles the era of the great American touring ice shows revealing how they dominated family entertainment for decades, changing the lives of skaters and audiences alike, eventually exporting American culture around the world along with one skaters' quest to keep this history from being forgotten.





"I think it's time to move, but where do I begin?"

Have you ever had these thoughts about your home?

- I think I might want to sell my home.
- I want to downsize, but I don't know where to begin.
- We need to move at some point, but where do I start?
- What kind of housing options are available to move into?
- How do I get my house ready for sale?
- Should I move first and then sell, or sell and then move?
- What services are available that caters to older adults to organize, sort, pack and deploy unneeded household belongings?

- Who do I want and need to have in my circle of advisors as I make this transition?

Realtors Ruth Hjelmgren and Jay Theriault are with Keller Williams and they will help clear up these thoughts and give you some helpful answers. They have helped many clients achieve clarity and create a peaceful move. Come learn about their proven system to downsize and maximize your real estate opportunity.

Participants will receive a "Jay T. Sold Me Downsizing Guide" for free to keep you on track as you make decisions about your future.

Please Call Community Thread to Register:

651-439-7434

**Thurs., May 25 • 1:00pm • Stillwater
FREE**



Card Making - Beginner Level

Instructor lead class, no experience needed!
"Make and Take" 6 greeting cards. All supplies provided. Different themes will be offered each month; join in anytime. Please pre-register.

May 12 • 10:00pm • Bayport

June 9 • 10:00am • Bayport

Cost: \$7 per session

Embroidery

A relaxing time to learn or work on your needlework projects. Chris U. will help you with learning or perfecting your stitch! Check us out!

2nd Thurs. of month • 10:30am • Bayport

Let's Play with Yarn!

Do you crochet? Do you itch to knit? Want to learn? Join us at our open knitting/crocheting time. Beginners through veterans are welcome to work on your project or start something new. Instructors Jean "Charlie" Baker and Karen Bergstrom will help teach and facilitate. Those wanting to learn, please bring your own crochet hook or knitting needles if you have them. Yarn will be provided for practice. Please let us know if you are coming, call 651-439-7434.

Every Wed. in May • 1:30-2:30pm • Stillwater

Every Wed. in June • 10:45-11:45am • Stillwater

Painting— Open Studio

Come enjoy a morning of painting with other painting enthusiasts. All are welcome! Participants provide their own materials. Class size limited.

Every Fri. • 9:30am

May, June and July • Stillwater

Cost: \$5 per session

Quilting

Stop in and help make machine sewn quilts for children in need and our *Craft Cupboard*. Experienced volunteers lead this program. All are welcome to come and learn more about this fun process of making simple and beautiful quilts. For more information, call Sue at 651-439-7434.

1st and 3rd Wednesday of month

May 3 & 17 9:30-11:30am • Stillwater

No Quilting in June, July & August

Monthly Craft Project

Come learn how to make a fun and simple craft!

Purse/Bag Making

Tues., May 16 •
12:30pm • Bayport

Make a large purse/bag out of recycled curtains/covering.

No experience needed. All supplies provided.

Cost: \$4

Instructor: Mary Hanf

Beach Bag

Tues., June 20 • 12:30pm • Bayport

Make an easy summer Beach Bag! No experience needed. All supplies provided. Cost: \$4

Instructor: Mary Hanf

Pre-register with Kim at 651-275-8907.





Volunteer with Valley Outreach

Have you been told you are a welcoming and inviting person? Do you love working with people? Do you love to organize? If so, we need YOU to work at our Front Desk greeting folks and performing administrative tasks for our programs. To learn more, contact Suzanne Lindquist at suzanne.lindquist@valleyoutreachmn.org or 651-430-2739.

Volunteer at Ronald McDonald House

Come be a Meal Host at Ronald McDonald House and welcome our volunteers and families to Cooks for Kids! Do you have a warm and friendly personality? We are looking for volunteers to come

to our St. Paul Hospital locations once a week to help with our meal groups. For more information, contact Catherine Beringer at 612-238-8100 or cberinger@rmhtwincities.org.

Volunteer with Tubman

Give back to your community by directly supporting families as a Child Care volunteer. Child Care volunteers provide a safe space for parents to leave their children while they attend Tubman's classes, groups, or services. Child Care Assistants implement developmentally appropriate opportunities for learning and play, while practicing conflict resolution to maintain a peaceful, happy atmosphere. For more information, contact Katie Massie at 651-789-6770 or volunteer@tubman.org.



Meet Allissa Obler

Allissa Obler joined our team in February as our new Development and Communications Director. Allissa has a background in communications and has led fundraising activities at a variety of nonprofits throughout the Stillwater area. She is a charter member of the Stillwater Area Kiwanis Club, an ambassador with the Greater Stillwater Chamber of Commerce, and supports communications at Silver Sobriety. Allissa is also excited to have recently completed her training to become a yoga teacher. "I love feeling connected to my community and giving back," shares Allissa. "It's wonderful to work for an organization that helps make that a reality for so many." Allissa and her family live in Bayport. Be sure to stop in, and say hello!



Meet Jerry & Elaine Anderson

Jerry and Elaine have been volunteers with the Bayport Senior Center since it opened in 2000. They heard about Meals on Wheels through their church, started volunteering at the Bayport American Legion and then became active members of the Senior Center.

Volunteering has been a lifelong passion for Jerry and Elaine. They have both been very involved in their church, St Croix Valley United Methodist. Jerry mowed the lawn at the church, was on the church board and was involved in the local Cub Scouts. Elaine volunteered at Afton Lakeland

Elementary and was on the PTA. They have been featured in the St Croix Valley Press as "Home Town Heroes."

Jerry and Elaine were some of the first to volunteer with the Intergenerational Cribbage in the Schools initiative, which started back in 2003. They, along with about 10-12 other volunteers, go to Afton Lakeland, Bayport, and Rutherford once a month to teach 4th grade students how to play cribbage as a part of their math curriculum. This has been their favorite volunteer activity!

Pinochle and Hand and Foot were both activities that Jerry and Elaine started at the Senior Center.

They have met many people through their volunteering. According to Jerry, "We wouldn't know half the people we do without being involved with the Senior Center."

Their most memorable time with the Senior Center was a play that was put on at the Legion. They dressed up in costume and performed for the kids. Elaine summed up their feelings about volunteering by saying, "We are sharing the love, but we also are getting the love."





AARP Smart Drivers Course

Preregistration required: Class size limited. All registrations must be accompanied by fee, payable to Community Thread. Participants must bring their current driver's license to class. AARP members class fee is \$20. For non-AARP members fee \$25. Register in person or call 651-439-7434. Location: Stillwater Senior Center

First time Classes (you must attend both dates)

Tues. & Thurs. June 6 & 8 • 12-4:00pm
Tues. & Thurs. Sept. 12 & 14 • 12-4:00pm

Day Time Refresher Class

Tues. May 9 • 12:00-4:00pm
Thurs. May 11 • 12:00-4:00pm

Evening Refresher Class*

Wed., April 5 • 5:30-9:30pm
Tues, May 16 • 5:30-9:30pm
Wed., June 7 • 5:30-9:30pm

*Minimum number of registrants needed for this class

Health Insurance Counseling

The Metropolitan Area Agency on Aging provides health insurance counseling to people who receive Medicare benefits or who are eligible. Gain better understanding of what services are covered and insurance options available to supplement your Medicare coverage. During open enrollment, you can better understand your choices and evaluate your options. Senior LinkAge Line specialists are trained and state-certified. *Appointments required. Call 651-439-7434 to schedule.

May 8, June 12, or July 10 • Stillwater

General Information for Older Adults

The Senior LinkAge Line helps you get connected to the services you need for FREE!

Transportation • Housing • Home Health Care • Caregiver Support • Legal Assistance • Financial Assistance • Health Insurance Counseling and more! Call 1-800-333-2433 or visit www.minnesotahelp.info

United Way's First Call for Help

Dial 2-1-1 from any landline

Offers referrals for food, clothing, support groups, health care, crime and abuse services, and more

Senior LinkAge Line

1-800-333-2433 or visit www.MinnesotaHelp.info

Offers referrals for legal or financial assistance, transportation, health insurance counseling, meals and more

Vision Loss Resources

651-224-7662 or visit www.visionlossresources.org

Offers vision loss resources

Store to Door

651-642-1892 or visit www.storeto door.org

Offers grocery & prescription delivery

Valley Outreach

651-430-2739 or visit www.valleyoutreachmn.org

Offers food, clothing and emergency assistance

Caregiver/Family Support Services

FamilyMeans

651-439-4840

Dementia Resource Navigators recommended by the Stillwater Area ACT on Alzheimer's Action Team are available to accompany families through complex issues when faced with the many challenges of dementia. Navigators include:

- Carol Davis at cdavis@familymeans.org or 651-789-4027
- Sarah Gavin at sgavin@familymeans.org or 651-789-4004
- Valerie Richards at 651-210-7866 or vjrichards@familieswithdementia.com

Alzheimer's Association Support Group

651-210-7866

24/7 Information helpline: 800-272-3900



community thread

2300 Orleans Street West
Stillwater, MN 55082

NON-PROFIT
ORGANIZATION
U.S. Postage
PAID
PERMIT 259
STILLWATER, MN



YOU'RE INVITED...



Super Summer Party & Pie Social!

Thursday, June 22 • 1:00 pm
at the Stillwater Senior Center

Enjoy live music by the Sons of the Beach Band & pie from Joseph's!
Please RSVP for the Super Summer Party by June 16 by calling 651-439-7434.