

Chanhassen Senior Center

Chanhassen Senior Center 952.227.1125 » Online at www.ci.chanhassen.mn.us/seniorcenter

LOCATED DOWNSTAIRS AT CHANHASSEN CITY HALL 7700 MARKET BOULEVARD, CHANHASSEN, MN, 55317

The Senior Center will be closed: Labor Day (Monday, Sept. 2), and Veteran's Day (Monday, Nov. 11)

Father Knows Best, But Mom Knows Better Annual Ladies Tea Luncheon, with Storyteller Pati Kachel

Friday, September 20
11am - 1:30pm

Ladies, it's time to gather your friends and join us for a time of delicious food, wonderful friendship, and heartwarming stories. Pati Kachel believes that stories make up our lives, knitting us together for generations. In this amusing presentation, we'll take a little stroll down memory lane to recall the wise, poignant and funny words of our mothers, honoring the significant role mothers play in our lives. Then, we'll share in a delicious lunch of Chicken Florentine, salad greens, fruit compote, rolls, peach cobbler, tea, and coffee provided by Luv's Kitchen. You are encouraged to bring your favorite teacup and "Mom said..." story!

Chanhassen Senior Center
\$14 Residents/\$15 Non-Residents
Registration Deadline: Monday, Sept. 9
Code: 6193.114



GRAND TIMES TOGETHER! Grandparent & Me Pumpkin Painting

Ages
3-8

Thursday, October 17
10 - 10:45am

Get ready for Halloween with a morning of pumpkin fun. We'll have cookies and paint pumpkins together. Enjoy a fun day with your grandchild!

Children ages 3 - 8 & grandparents
Chanhassen Recreation Center
\$10 per child
Registration deadline: Friday, Oct. 11
Code: 2194.109



Oktoberfest Celebration Lunch

Wednesday, October 23
12noon - 2pm

Celebrate Bavaria with us, complete with traditional Mackenthun's German brats and kraut, hot potato salad, and apple pie ala-mode. We'll follow up our meal with Oktoberfest music performed by the nationally renowned Jolly Huntsmen Band. Don't miss out on this hand clapping, toe-tapping, "get up and polka" event!

Chanhassen Recreation Center
\$12 Residents/\$13 Non-Residents
Registration Deadline: Wednesday, Oct. 9
Code: 6194.102



Pancake Breakfast & The Working Women of WWII

Thursday, November 14, 9 - 11am

In movies, newspapers, posters, articles, and even a Norman Rockwell Saturday Evening Post cover, the Rosie the Riveter campaign stressed a patriotic need for women to enter the workforce—and they did, in huge numbers. By 1945 nearly 1 in 4 married women worked outside the home, and over 350,000 enlisted in the U.S. Armed Forces. Join us for a delicious pancake breakfast served up by City staff, followed by a riveting presentation with the Carver County Historical Society on The Working Women of WWII.

Sponsored by: Chanhassen
American Legion Auxiliary



Chanhassen Senior Center
\$10 Residents/\$11 Non-Residents
Veterans eat FREE
Registration Deadline: Friday, Nov. 8
Code: 6194.105

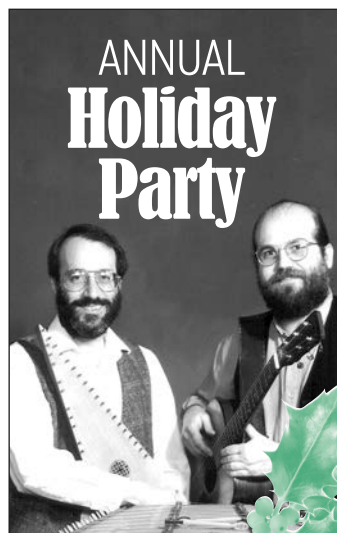


Afternoon Delight

Friday, November 22, 1:30 - 3pm

Take a stroll down memory lane with the Chanhassen Chan-o-laires. We will welcome this local singing group for a music program in the CCC Auditorium. Enjoy a delicious dessert and coffee with friends in The Lodge following this sensational performance.

At The Lodge, Chaska Recreation Center
\$5 per person
Registration Deadline: Friday, Nov. 15



ANNUAL Holiday Party

Friday, December 6
12noon - 2pm

This is a wonderful time of the year to celebrate with friends and gather for a meal and musical memories. You are cordially invited to attend our Annual Senior Center Holiday Party! A special holiday buffet lunch of Chicken Kiev and Beef Tips will be served before we enjoy both old and new holiday hymns, carols and songs provided by the unique musicianship of the Greenwood Tree Duo.

Co-sponsored by
Charter Bank Chanhassen



Chanhassen Recreation Center
\$16 Residents/\$17 Non-Residents
Registration Deadline: Tuesday, Nov. 19
Code: 6194.107

EXPLORE
IOWA

Seniors



OVERNIGHT
TRIP

IT'S NOT
TOO LATE!

We've negotiated
NEW, LOWER PRICING!

Wednesday
September 25, 7am
through

Thursday
September 26, 5:45pm

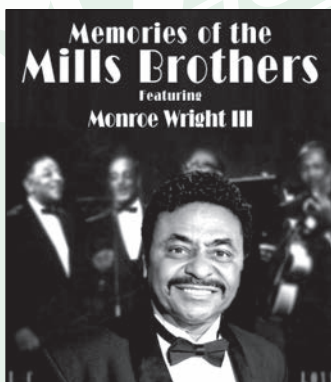
Take part in our annual overnight adventure! This year we will explore central Iowa, staying overnight in the hidden oasis of Ames. We start with a lunch, and tour at the beautiful Reiman Gardens & Butterfly House, followed by a tour of Iowa State's innovative and world-renowned Bio-Research Farm. We'll wrap up our first day with an early sunset four-course dinner ride on Boone's historic scenic railroad train. Day two will include demonstrations of local trades in historic downtown Ames, including a European Style Chocolaterie. As we head home, we'll stop for lunch in Story City and visit the town's 1913 hand-carved wooden carousel. Detailed trip information at the Senior Center.

It's the same great
trip at a discount!

\$270 Double Occupancy
\$333 Single Occupancy
Registration Deadline:
Monday, August 12
Code: 6193.110

SPEAKER & SONG,

SOUP & SALAD EVENTS



Memories of the Mills Brothers: Las Vegas Style

Tuesday, August 20, 11am - 1pm

Monroe Wright III will bring to the stage a superb crowd-pleasing personality and charisma with a vocal style reminiscent of Motown, The Mills Brothers, The Ink Spots, Sinatra, and Tony Bennett. He sings in a style that preserves the tradition, quality, and showmanship of each performer. Stay after for a Vegas-style buffet lunch of summer salads.

Chanhasen Senior Center
\$11 Resident/\$12 Non-Resident
Registration deadline: Friday, August 16
Code: 6193.112



Hats Off To You!

Thursday, Oct. 31, 11am - 1pm

Bring your funniest hat and join Annette Fragale as she regales us with stunning magic and delightful stories from the past. Annette's humor will have you laughing your hat off! On display will be some of her fabulous, treasured hats. Stay after the festivities for home-made soup and salad.

\$11 Residents/\$12 Non-Residents
Registration Deadline: Monday, Oct. 28
Code: 6194.103

Senior Center Day Trips



Meet Mankato: The House, The History, The "Hill"

**Tuesday, October 8
8am - 4:30pm**

We're off to Mankato, MN for a beautiful fall adventure, starting with a tour of the historic Hubbard House, a 1900's Victorian Style mansion, set in the heart of Mankato; followed by a guided driving history tour of Mankato. We stop for lunch at The Loose Moose, Mankato's 100-year-old saloon, for your choice of an all you can eat taco, soup, and salad bar or their locally famous Commercial Roast Beef (a sandwich smothered in mashed potatoes and home-made gravy.) After lunch, we head to "The Hill" - home of the Sisters of Notre Dame. We'll tour the chapel, listen to the musical magnificence of their 144-year-old pipe organ, and then tour Sister Mary Anne's amazing woodwork and stained glass art workshop.

Bus leaves from the Chanhasen Recreation Center » \$69
Registration Deadline: Tuesday, Sept. 24
Code: 6194.101

Paramount Theater Presents:

Direct from Branson, Missouri: Shoji Tabuchi

**Wednesday, November 6,
9:45am - 5:15pm**

It's a one-of-a-kind show with a one of a kind performer! We're heading back to the iconic Paramount Theater in St. Cloud for a show you won't forget. Shoji Tabuchi is a Japanese American country music fiddler and singer who has taken country music to a new level. He briefly leaves the comfort of his own theater in Branson to perform for you in the heart of Minnesota. You will not want to miss this once in a lifetime opportunity! We stop for a buffet lunch at The 400 Club before the show for your choice of 3 hot entrees, potato, vegetable, soup/salad, and beverage.

Bus leaves from the Chanhasen Recreation Center » \$87
Registration Deadline: Wednesday, Oct 2
Code: 6194.104



RIPCORD

at The Ives Auditorium

**Wednesday, November 20
10:30am - 4pm**

We are off to the beautiful Ives Auditorium in Bloomington. Here we will enjoy a delicious lunch featuring a chicken breast in herb & wine cream sauce, with assorted side dishes and desserts, prior to the hysterically funny show, Ripcord. When cantankerous Abby is forced to share her room in assisted living with endlessly chipper Marilyn, the two women make a seemingly harmless bet that quickly escalates into a hilarious game of practical jokes and one-upmanship, revealing hidden truths that neither wants to be exposed.

Bus leaves from the Chanhasen Recreation Center » \$70
Registration Deadline: Tuesday, Oct. 22
Code: 6194.106

"Hark! The Church Basement Ladies Sing"

**at the Ames Center, Burnsville
Monday, December 16, 10:30am - 4:15pm**

Your favorite Church Basement Ladies are back for another unforgettable performance. In December 1960, members of this rural community have gathered around their reel-to-reel tape player to record a special Christmas greeting for one of their boys serving overseas. Throughout it all, Beverly bangs out Christmas carols on the old upright. So come "Fa La La" with the Church basement Ladies as they deck their fellowship hall. Enjoy a buffet lunch of soup and salad, brown sugar glazed ham, hash brown casserole, vegetable, dessert, coffee and tea before the show.

Bus leaves from the Chanhasen Recreation Center
\$70 Registration » Deadline Friday, Nov. 22 » Code: 6194.108





FEED YOUR BRAIN + FEED YOUR BODY

LUNCH AND LEARNING SESSIONS!



The Statue of Liberty: Enormous Efforts and Taxing Tasks

Tuesday, Aug. 27, 12:30 - 1:30pm

The Statue of Liberty was 20 years in the making and built under almost impossible odds. Historian David Jones returns for a compelling look at the idea, the construction and the meaning behind one of the most recognizable symbols in the world.

Speaker only \$5
Add a lunch \$5 donation (11:30am)
*Lunch is offered prior to the speaker
Registration Deadline: Wednesday, Aug. 21



It's a Sled Dog's Life, with Traveling Naturalist Melonie Shipman

**Thursday, September 5
10:30 - 11:30am**

The world's greatest athletes don't wear gold medals—they would get stuck in their harnesses. They do, however, have four-legs and pull sleds across thousands of miles of snow and ice! Sled dogs have been providing work, companionship, and entertainment for hundreds of years. You'll have an insider's perspective on what it means for these master athletes and their mushers to race for the finish dodging blizzards, moose, and exhaustion along the way.

Speaker only \$5
Add a lunch \$5 donation
Registration Deadline: Friday, Aug. 30

Great learning sessions for Active Older Adults!

Staying for lunch? Call 952.227.1125 or 1127, at least 3 - business days in advance to order a Senior Dining meal to enjoy before or after the program. Lunches are donation based (\$5 lunch suggestion, given at the door on the day of the event.)

The Telemark Resistance

**Tuesday, September 17
10:30am - 11:30am**

From 1940-1945, thousands of young Norwegians fought in Norway's resistance movement against the occupying Nazis. More than 2,000 of them, both men and women, gave their lives for the cause. Dr. John Haugo returns to share the specific history, mystery, and bravery of the Norwegian Telemark Resistance during this time.

Speaker only \$3
Add a lunch \$5 donation
Registration Deadline: Wednesday, Sept. 11



The Queen's Gardens

**Monday, September 30
10 - 11:15am**

Terry Kubista helps us discover the history, mystery, and beauty of the Queen's Palace gardens.

Speaker only \$3
Add a lunch \$5 donation
Registration Deadline: Tuesday, Sept. 24



What's New for Medicare?

**Thursday, October 3
10:30am - 11:30am**

The MN Board on Aging explains any new rules and procedures which will go into effect in 2020. This is a general discussion of upcoming changes. There will be time for questions and answers.

Speaker is FREE
Add a lunch \$5 donation
Registration Deadline: Monday, Sept. 30



The 1936 Olympics

Friday, October 4, 10:30 - 11:30am

The 1936 Olympic Games held in Berlin are notorious for the tightly controlled image the Nazis presented to the world. But, these games also became a blueprint for future games still adhered to today. Historian, David Jones looks at the history of the Olympics and the complicated legacy of the '36 Olympic Games.

Speaker only \$5
Add a lunch \$5 donation
Registration Deadline: Tuesday, Oct. 1

A Bird's Eye View

**Tuesday, October 29
10:30 - 11:30am**

Dennis Randall, a retired Hennepin County Deputy, shares his love for all things "birding." He has traveled the world in search of seeing some of the most interesting birds on the planet. Along with many stories and photos, Dennis also shares tips on how to become a birdwatcher yourself, even if only in your own backyard.

Speaker only \$3
Add a lunch \$5 donation
Registration Deadline: Tuesday, Oct. 22

Rare Places - Rare Wildlife with Traveling Naturalist Melonie Shipman

**Thursday, November 7
10:30am - 11:30am**

Take a close look at New Zealand, a rare place with some of the rarest wildlife in the world. We'll meet sperm whales, albatross, penguins, kiwis and more.

Speaker only \$5
Add a lunch \$5 donation
Registration Deadline: Friday, Nov. 1

Coming Soon!

Chanhassen Senior Center's MAPLE ROOM REMAKE

A space to have coffee, gather with friends, play games, share a meal from CAP Dining Services, participate in Lifelong Learning, or join a Memory Café class.

This space is being created through the efforts of many community partners including:

- » Love Inc. - Furnishare
- » American Legion Post 580
- » Carver Co. Health & Human Services
- » Merlin's ACE Hardware
- » and more!

Watch for open house details coming soon!

Interested in becoming a creative partner or to volunteer as a Maple Café host?

Call the Senior Center at 952.227.1125 for more information.

Cruising the World of Senior Housing

**Friday, September 6
10am - 12:30pm**

Come aboard the 'Cruise Line' for a virtual cruise tour of senior housing communities. Housing representatives invite you to see their virtual ports of call on the big screen in the comfort of our Senior Center. Following the cruise-themed presentations, we invite you to stay and taste their food from around the world. Your boarding pass entitles you to wonderful resources and information about the housing services in your community, fun gifts from presenters, and a **FREE** meal. Please join us for this unique "sailing" experience. Reservations are limited so book your 'cruise' today.

Chanhassen Senior Center
FREE, but please RSVP by
Friday, August 23

CHANHASSEN CLINICS & CARE SERVICES

Flu Shots & Vaccine Clinic

Tuesday, September 10
9am - 12noon

Cub Pharmacy again hosts our annual Flu and Vaccine Clinic. Call ahead for a specific appointment time, or walk-in the day of. Bring your Medicare and Insurance card, and a checkbook for any uncovered co-pays. This year we are offering three vaccines:

- » Flu and Pneumonia vaccine **FREE** with Medicare Part B
- » Shingles Vaccine - Cost varies, please check with your Medigap carrier

Not sure you need it? We can let you know if you are eligible and if it's needed. Stop by for a consult.

Chanhasen Senior Center

Foot Care Clinic

Every 4th Wednesday
of the month, 9am - 3pm

Trouble with toenails? Happy Feet's Footcare nurses will get you back on solid footing.

Chanhasen Senior Center
\$40 per session (a really good deal!)
Call 763.560.5136 to schedule your appointment



Getting my feet taken care of was one of the best things I have ever done for myself. I feel so much better and happier. Doesn't matter how old or young you are, if you have foot problems, take care of it! Your best bet is to allow Happy Feet to take care of your feet. - Tim W.



Health Insurance Assistance

2nd Tuesday every month
1 - hour sessions run
9am - 12noon

Meet with a trained volunteer at the Chanhasen Senior Center for help with your questions about Medicare, health insurance forms, and supplemental health insurance.

NOTE: Additional sessions are also available during Medicare open enrollment Oct. 15 - Dec. 7, 2019. Call for details.

Call the Senior Linkage Line for an appointment at 1.800.333.2433.

Caregiver Counseling

1st Thursday and
3rd Wednesday of the month
Times vary by appointment

Individual or family sessions with a social worker to discuss caregiving and available services for care receivers. Offered by Senior Community Services.

Caregiver Support Group

1st Thursday of the month
1:30 - 3:30pm

A safe place for caregivers to support one another, share ups and downs, and gather resources.

Call 952.227.1125 for questions or to schedule an appointment. Individual and family sessions as scheduled by appointment.

CHANHASSEN COFFEE & CONVERSATION

Meets 2nd Monday of the month from 10am - 11:30am
Chanhasen Senior Center

Chanhasen Senior Center Bring a \$2 donation to cover coffee and treats. Stay for lunch (suggested donation of \$5); call by Wednesday of the previous week for a meal reservation, 952.227.1127. Co-ed discussions on current topics of interest. Stop by for coffee and morning snack with your neighbors, and treat yourself to educational fun.

Essential Oils: Your Guide to the Top 10 Monday, August 12, 10am

Can lavender oil help you relax after a long day, or peppermint oil help relieve a headache? More and more, essential oils are being used to improve people's health and well-being. Melanie Sparby shares her knowledge about the top 10 essential oils used today, including when and why you would incorporate them into your health routine. **\$2 donation**

Details with the Deputy Monday, September 9, 10am

Meet with one of our local deputies who will be sharing travel safety and other tips for seniors. This is an open discussion format, with an ample opportunity for questions and answers. **\$2 donation**



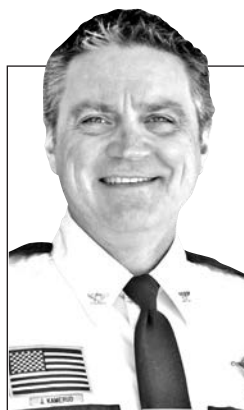
The Noble Experiment: Breweries vs. Prohibition

Monday
October 14
10am

How did folks in Carver County handle the Prohibition years?

Were there moonshiners in your neighborhood? Come and learn about the impact of Prohibition in Carver County, along with the art of how our folks survived under a prohibition law. **\$2 donation**

CHANHASSEN CONNECTS



Sheriff Jason Kamerud

Meet Sheriff Kamerud

Thursday, August 15
10:30 - 11:30am

There's a new Sheriff in town, and he wants to meet you! Sheriff Kamerud will be here to introduce himself, share his insights on protecting Carver County and get to know you, his Carver County constituents. There will be plenty of time for questions and answers too

Chanhasen Senior Center » **FREE**



Local Crime Scene Investigation Uncovered

Thursday, September 12, 10 - 11am

Detective Joe DeRosier unlocks the mystery behind the crime scene investigation process in Carver County.

Chanhasen Senior Center » **FREE**



Landmark Tours Travel Showcase

Tuesday, September 24, 10:30am

Meet your local tour company and hear about exciting cruise and trip offerings for 2020.

Chanhasen Senior Center » **FREE**



Chanhassen

CAREGIVER SUPPORT AND DEMENTIA AWARENESS

November is Alzheimer's & Dementia Awareness Month!

Library Table Talk

**August 14, September 18,
October 9 & 23, and
November 6, 13, 20 & 27, 1 - 3pm**

Stop by our table at the Chanhassen Library to learn about Alzheimer's disease and other dementia-related illnesses. A volunteer will also be available to answer questions and offer resources.

Sponsored by:
Chanhassen ACT on Alzheimer's
Chanhassen Library



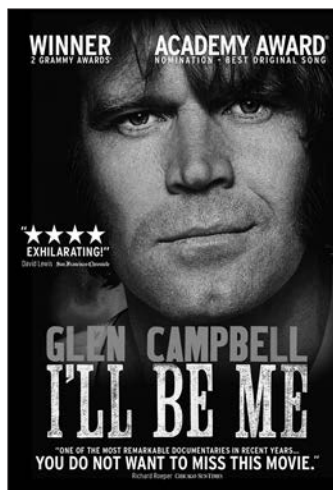
Holidays - Thrive Don't Just Survive!

Wednesday, Nov. 13, 4 - 5pm

If you are a spouse or child of a loved one struggling with memory loss, does the thought of the approaching holiday season make you nervous? This presentation will focus on preparing for the holidays, navigating family gatherings and next steps after the festivities conclude. We will explore topics such as emotions, family dynamics, roles, and expectations.

Sponsored by:
Senior Community Resources

Chanhassen Senior Center » **FREE**



FREE MOVIE MORNING: "Glen Campbell: I'll Be Me"

**Saturday, November 2
9:30am - 12noon**

In 2011, music legend Glen Campbell set out on an unprecedented tour across America, for 151 spectacular sold out shows. What made this extraordinary was that Glen had recently been diagnosed with Alzheimer's disease and was told to hang up his guitar. Instead, Glen and his wife went public and set out on a "Goodbye Tour." The film documents this amazing journey as he and his family navigate his diagnosis with the medicine of love, laughter and music. Donuts and coffee will be available during the show, followed by a short panel discussion after with lunch. *Please Note: some content in this movie is not suitable for children.*

Sponsored by: Chanhassen ACT on Alzheimer's, Senior Community Services, Chanhassen Cinema Theater, Lunds and Byerly's, Cub Foods, Chick-fil-A, and Brightstar Care
Chanhassen Cinema » **FREE**
Call 952.227.1125 or stop by to register
Registration Deadline: Thursday, October 24

Annual Memory Screen

**Wednesday, November 13
10:30 - 12:30pm**

A **FREE** annual event to help you create a "memory baseline." Volunteers will be providing assessments and talk with you individually about methods to keep your brain active and strong.

Sponsored by: Emerald Crest Senior Housing Services

Chanhassen Senior Center » **FREE**
Sign up for your 10-minute appointment by calling 92.227.1125



Abuse No More

Tuesday, October 15, 4 - 5:30pm

What is Elder Abuse, how is it investigated, and what can I do about it? Join in on this presentation and discussion by Carver County's Adult Protection team. You will learn who is considered to be a vulnerable adult, how elder abuse is defined, how to report it, and how to find resources to prevent it. This class is appropriate for caregivers, family members and community members connected to vulnerable seniors.

Created in partnership with the Chanhassen Senior Commission and TRIAD of Carver County

At the Chaska Lodge
FREE, but please call to register.