

# SENIOR TIMES

The mission of the Anoka Senior Center is to enhance the lives of older adults by offering a variety of activities and programs in a non-discriminatory manner while creating a friendly, warm and welcoming environment.

Issue #264

March, 2026



Diamond Tours and Anoka Senior Center present:  
**Mount Rushmore, the Badlands & Black Hills of South Dakota**  
**May 17 (Sunday) thru May 23, 2026 (Saturday)**

Cost \$869 pp based on double; single add \$229

Trip includes: RT motorcoach transportation, 6 nights lodging (4 consecutive in So. Dakota), 10 meals, Mount Rushmore, Crazy Horse, Custer State Park, Unique Journey Museum, guided tour of Deadwood, Badlands, Borglum Center and more.  
Flyers and registration sheets available.

*Did you lose a hearing aid? It's black, bean shaped. Inquire in the office.*

### FACILITY HOURS:

We are open  
Monday thru Friday  
8:00 am—4:00 pm.

We serve a nutritious,  
hot meal Tuesday  
through Friday at 11:45.  
*Reservations required.*

The Anoka Senior  
Center is located 6  
blocks south of Main  
Street on 6th Avenue.

We are in a stucco  
building at the  
intersection of 6th  
and Washington.

Coffee is always available  
before noon.

Stop in and visit!



### Coming attractions:

***For all May trips—sign up starts on Monday, March 2.***

***Sign-ups only accepted that day & after—not before.***

- May 2 Lyric Arts “Mama Mia” cost \$48.00
- May 6 Chanhassen “Guys & Dolls” cost \$84.00 all incl.
- May 9 Lakeshore “Once Upon a Mattress” cost \$40.00 + lunch
- May 11 Landscape Arboretum cost \$26.00 + lunch
- May 12 Lunch Bunch cost \$30.00 includes lunch & entertainment
- May 14 Sidekick Masonic “Birthday Candles” cost \$56.00 inc lunch
- May 18 LeMusique Room “Patsy Cline” cost \$38.00 + lunch
- May 21 Paramount “Mason Dixon Line” cost \$40.00 + lunch
- May 30 Plymouth Playhouse “It Wasn’t Murder?” cost \$38.00 + lunch

Grand American and Anoka Senior Center present:

### **Mexican Riviera Cruise aboard Princess Discovery**

November 5-14, 2026 10 days/9 nights

Cost \$2,875 per person double occupancy - inside cabin

*Balcony cabins only slightly more!* Your cost includes: roundtrip airfare to Los Angeles, 2 pre-nights with tours, 7 night cruise, all port charges, taxes etc., all transportation in California. Also includes beverage package on board, internet on board and prepaid gratuities to crew. A great deal! Flyers available at the Senior Center.



# Card games, dice, and more....



**Bridge** ~ Every Thursday at noon.  
Ends around 3:00.  
Call the Senior Center for more info.

**500** ~ Every Monday from 12:30 — 3:00 pm.

New card enthusiasts always welcomed!

**Hand & Foot /Triple Play** ~ Played the 2nd and 3rd Friday of each month from 12:30—3:30.

**Cribbage** ~ Every Wednesday from 1:00—3:30 pm.

**Game Day - New** ~ Starting April 6 every Monday from 10 a.m.—noon.

## ***Fitness***

Exercise every Tuesday and Friday.  
Class starts at 11:00 a.m. and is approx. 50 minutes long.  
This is a nice mixture of stretching and cardio.

### **March dates:**

March 3, 6, 10, 13, 17, 20, 24, 27, 31

## **Writing Club**

Once a month, on the 3rd Tuesday at 12:45, a small group of ladies meet with a passion for writing and telling stories. They would love to have you join them. Cancelled for December. They are always open to new idea's.

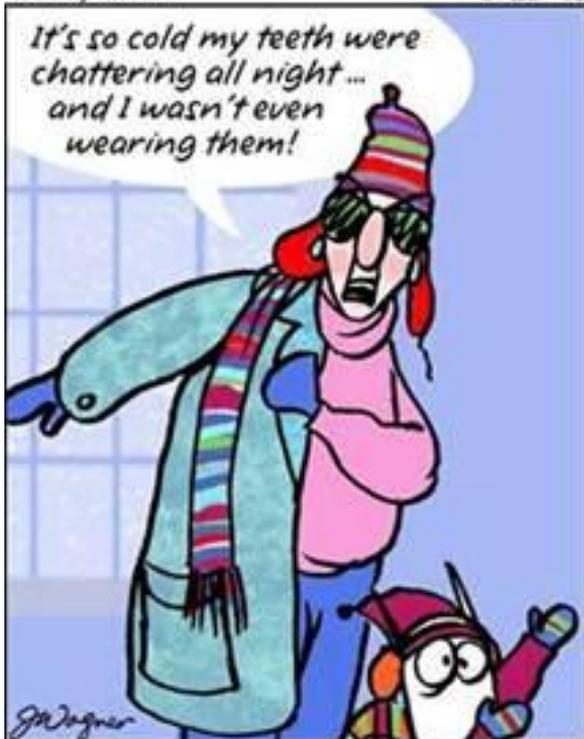
## **Knitting**

Monday morning at 10 a.m.  
a group of ladies assemble here with their latest knitting or craft project.  
Come and join them!



Crabby Road

1-26-12



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In the event of inclement weather, please call in before venturing out.

We generally follow the school closures...but not always.

Call the Senior Center at 763-576-4661 in the morning and if we are closed, there will be a message of closure on the phone.



**TRINITY EPISCOPAL CHURCH  
OF ANOKA**

Is on a new spiritual journey.  
Change is on the horizon...  
You are invited to come along.

Join them in their new worship location at  
the Anoka Senior Center,  
Sundays at 10:00 a.m.

*Fiends, Fellowship, Fun. All are welcome.*

*Our monthly newsletter will be  
assembled on **Wed. March 18**  
this month.*

*Thank you to all our great  
volunteers who give their time and  
talent every month!*

**FOOT CARE**



Call the Senior Center at 763-576-4661 to schedule your appointment.

Our foot care nurse is Laura Newton, owner of Holistic Foot and Nail Care.

She comes generally the first Saturday of each month. Her appointments start at 8 a.m. and are scheduled every 20 minutes throughout the day.

She will evaluate your feet for problems, trim your nails, and follow up with a foot and leg massage.

Cost is \$35.00 ~ payable at your appointment.

Do not trim your nails before you come.

Appointments are limited. Call early.

**WEEKLY GROCERY SHOPPING TRIPS**

When the bus is available, we will provide transportation to Cub Foods/Aldi every Tuesday & Thursday morning at 9:15.

Every Wednesday at approx. 12:45, we will travel to the Walmart in Andover for shopping. Please call 576-4661 by noon at least one day prior to sign up for grocery shopping. Space is limited. \$2.00 charge—payable to the driver.

**Bread & Baked Goods**

We have free, donated bread & baked goods from area grocers delivered Thursday mornings.

Please limit the amount you take.

First come, first served.

Donations encouraged for our volunteer drivers.



VOA sponsored bingo the 1st Tuesday of each month.

Next bingo date:

**Tuesday, March 3.**

Free with a lunch purchase.  
Sign up for lunch at least one week before.

Rotating bingo callers.

## 55+ Driver Discount Program

If you are 55+ this course will save you 10% on your auto insurance for 3 years!  
No written or behind the wheel tests. Come and spend a fun afternoon with Dave from Precision Driving Center.

*Tuesday, March 24*

Cost \$24.00 1:00–5:00

You must register for this class by calling #1-888-234-1294.

## Activity Highlights for March

- 3 Bingo following lunch
- 4 Landscape Arboretum—leave at 10 a.m.
- 6 Fish Fry—Elk River Legion—leave at 4 p.m.
- 7 Foot care by appointment
- 10 Lunch Bunch—lunch & show—leave at 9:45
- 14 Lakeshore Theater—leave at 11 a.m.
- 20 ACBC trip—leaving at 9:45. Res required.
- 23 LeMusique Room—leave at 10:30
- 27 Fish Fry at Dehn's—leaving at 4:15 p.m.

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### **NEW**

Come in every Monday for “Game Day”.  
Bring your favorite game or cards or play something here. Starting April 6 every Monday from 10 a.m.—noon. No need to pre-register.  
Come in and have fun with Cindy!



## Senior Dining



**T–F ~ Approx. 11:45 a.m.  
Donation \$5.00.**

Come and enjoy a good meal at a great value!

Please call (763) 427-6646 one week in advance (before noon) to reserve your meal.

Be sure to request transportation if needed.

If you are signed up for lunch and are sick, call us before 10 a.m. and we can pack your lunch to go. Our driver can deliver your lunch to your door for a small fee.

### Menu Highlights for March

- 3Tu \*Chicken salad on croissant, veg soup
- 4W Cheese lasagna rollup, green beans
- 5Th Meatloaf w/glazed, mashed potatoes
- 6F Baked chicken in sauce, roast potatoes
- 10Tu Roast pork in sauce, mashed potatoes
- 11W Philly cheesesteak, corn
- 12Th Chicken chow mein, brown rice
- 13F Crab stuffed pork, rice pilaf, broccoli
- 17Tu Corned beef & Cabbage, potatoes
- 18W Chili, baked potato, coleslaw
- 19Th Popcorn chicken, mashed potatoes/gravy
- 20F Cheeseburger, baked beans, pineapple
- 24Tu Goulash, carrots, mandarin oranges
- 25W \*\*Roast beef, potatoes & gravy, beans
- 26Th Tuscan meatballs, spaghetti
- 27F Lemon pepper tilapia, rice pilaf, corn
- 31Tu Scalloped potatoes & ham, green beans

\*Bingo following lunch

\*\*Birthday meal with cake & ice cream

All meals are served with dessert and milk/coffee.

Full menu's available at the dining desk.



Call 763-576-4661  
to sign-up for trips

## ADVENTURE SEEKERS

LeMusique Room presents:

**Anthony Shore ~Unforgettable Elvis**

Monday, April 13

Cost \$40.00—*due April 1—lunch extra*

Lunch will be first at Willy McCoys in  
Albertville.

Then it's a short drive to the theater for  
the show starting at 1:00.

Doors open at 12:30.

Leaving Anoka at **10:30 a.m.**

Returning approx. 5 p.m.

LeMusique Room presents:

**Joyann Parker**

*The History of Gospel Music*

Monday, March 23

Cost \$40.00—*due March 9—lunch extra*

Lunch is first at Willy McCoys.

Then it's a short drive to the theater  
for the 1:00 show.

Doors open at 12:30.

Leaving Anoka at **10:30 a.m.**

Bingo & lunch at VFW in Coon Rapids

Thursday, April 9

Cost \$5.00—*trans—due 1 week prior*

Lunch & bingo extra.

Bingo is approx. \$15 for all games.

Great lunch specials.

Leaving ASC at **11:15 a.m.**

Lunch Bunch presents:

**Bill Koncar**

Tuesday, March 10

Cost \$30.00—*due Feb. 24*

Cost includes lunch, show, & transportation

A beloved fixture at German themed  
celebrations across the Midwest. Bill  
brings high energy entertainment with  
his lively strolling accordion  
performances.

Leaving Anoka at **9:45 a.m.**

Lunch/show starts at 10:30 a.m.

Returning approx. 1:30.

Lakeshore Players presents:

**The Importance of Being Earnest**

Saturday, March 14

Cost \$40.00—*due March 1*

*Includes trans and show (lunch extra)*

*Lunch first—location TBD*

Then we'll travel to White Bear Lake to  
see this delightful play.

The play starts at 2:00 p.m.

Leaving Anoka at **11 a.m.**

Returning approx. 5 p.m.

**Landscape Arboretum**

**Spring Flower Show**

Wednesday, March 4

Cost \$25.00—*due March 1*

Enjoy an early taste of Spring!

Lunch at Houlihan's following. Leaving Anoka  
at **10 a.m.** Returning approx. 3 p.m.

Anoka Senior Center  
1500 6th Avenue  
Anoka, MN 55303

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**RETURN SERVICE REQUESTED**

*Happy Birthday to all of you born in March*



CITY OF ANOKA  
**SENIOR  
CENTER**

763-576-4661 General information (Melissa)

763-427-6646 VOA dining (Lisa)

**Anoka Senior Center Staff Members:**

**Program Coordinator:**

Melissa Werra

**Van Drivers:**

Denny Reihe

Steve Pratt

Dan Messman

Cindy Pipenhagen

**Volunteers of America Staff**

**Member:** Lisa

**Public Services Administrator:**

Lisa LaCasse

