

RAMBLING RIVER CENTER THE RIVER

July/August 2024

Farmington Rotary & Rambling River Center

\$52 Raffle Ticket Cost

\$6,200 in Prizes:

52 - \$100 prizes: One awarded each week.
4 - \$250 prizes: One awarded each quarter.

- Only 300 tickets will be sold so get yours today!
- Each name drawn will be thrown back in for the next drawing, meaning you are eligible to win every drawing. That's 56 times to win, less than a dollar a drawing!
- First prize awarded September, 3, 2024

Cash or check only, checks made out to the Farmington Rotary.



Rambling River Center Hours

7:30 am – 3:30 pm • M-F

Fitness Center Hours

7:30 am – 3 pm • M-F



Contact Information

651-280-6970

325 Oak St.

Farmington, MN 55024

FarmingtonMN.gov

Recreation Supervisor

Missie Kohlbeck

MKohlbeck@FarmingtonMN.gov

Recreation Program Assistant

Stacey Popp

SPopp@FarmingtonMN.gov

RRC Advisory Board Members

Rachel Edwards • Mary Garlets
Pat Hennen • Judy Janke • Pennie Page
Blanche Reichert • Jeff Spillman

CAP - Meals on Wheels • 612-940-9590

Transit Link Rides • 651-602-5465

Senior Linkage Line • 1-800-333-2433

Veteran's Linkage Line • 1-888-546-5838



AUGUST 15TH 6:30PM-9:00 PM



RAMBLING RIVER CENTER
325 OAK ST, FARMINGTON, MN 55024



“Committed to providing quality programs and services, while encouraging the involvement of adults over age 50 in the Farmington Community.”

TRIPS & TOURS

Tasty Tuesdays ★

Tasty Tuesdays are short trips made to restaurants in surrounding communities using our van. Fee is for the van only, Meals are on your own.

\$8/m, \$18/nm

Deadline: Friday prior to each trip

July 23	Lucille's & Shopping Prescott, WI	10:30 am
Aug. 14*	Zee's Cafe, Eagan	10:30 am
Aug. 27	Kings, Miesville	10:30 am

* This is a Wednesday.

Welch Mill Kayaking on the Cannon

River ★★★

RRC Van

We will take a 5-mile kayak trip for boaters of any experience level.

Day	Date	Time	Cost
Th	Aug. 1	12 - 3:30 pm	\$48m, \$58/nm

Garden Tour ★★

RRC Van

We will head to Apple Valley to enjoy the sights and smells of Master Gardeners, Cindy Mueller and Patty Sutherland, gardens. Followed by lunch on your own at Rascals.

Day	Date	Time	Cost
W	July 17	9:30 am - 2:30 pm	\$8/m, \$18/nm

Take Me Home:

The Music of John Denver

Paramount Theater ★

RRC Van

Jim Curry has created the ultimate tribute experience, emerging as the top performer of John Denver's music today. This tribute is the only full-length John Denver tribute to headline in Las Vegas and has been celebrated nationally and internationally. Curry's heartfelt delivery envelops the crowd as hits such as Rocky Mountain High, Annie's Song, and Country Roads fill the atmosphere. Superimposed with multi-media images of wildlife photos and videos, this show truly fills your senses. Lunch on your own prior to the show.

Day	Date	Time	Cost
Tu	Aug. 13	9:45 am - 5 pm	\$50 m, \$60/nm



The Jason Show

We had so much fun at the Jason Show. This trip was a request of a member. If you have somewhere you would like to go let us know and we will get it scheduled. Special thanks to our volunteer drivers Jim Brausen and Dave McMillen.

TRIPS & TOURS

Activity Level Scale

This scale is an approximate guide of the activity and physical ability required for a class or a trip.

- ★-Passive
- ★★-Active
- ★★★-Vigorous



Mankato History ★★

Motorcoach

Take a step back in time at the Hubbard House in Mankato. This 16-room historic house chronicles the life of a family from 1871 to 1905. The adjoining 1890 Carriage House contains a collection of horse-drawn vehicles and antique automobiles. [Note: Tour includes 2nd floor - no elevator. Those guests who cannot climb a flight of stairs can be accommodated on the main floor and in the Carriage House.] Lunch includes chicken pot pie, beverage, mini crème brule. Next stop is the Blue Earth History Center for a docent-led tour. The museum features hands-on history with a diorama of 1880s Mankato, displays and exhibits from the area and treasures from local author Maud Hart Lovelace, best known for the Betsy-Tacy series.

Day	Date	Time	Cost
W	Sept. 18	8 am - 4:30pm	\$91 m, \$101/nm

Oscelola Train Ride ★

Motorcoach

Return to 1948 as you ride on a vintage train from Osceola to Marine on St. Croix. Traveling high on the bluffs and enjoy the beautiful woodlands full of wildlife in the backwaters. Cross the St. Croix River on a Swing Bridge that used to open to let the Steamboats pass through. Lunch will be served on board and includes: turkey sandwich, chips, cookie and beverage. After our train ride we will stop at the Pine Tree Apple Orchard to shop. Choose from a wide variety of apples and bakery products.

Day	Date	Time	Cost
Th	Oct. 10	8:45 am - 4:15pm	\$97 m, \$107/nm

What a Hoot ★★ International Owl Center

Motorcoach



We will stop on the shores of Lake Pepin to stretch and use the facilities. Then on to lunch at the Chickadee Cottage for a luncheon of chicken salad, fresh fruit and homemade nut bread. We will then travel on to Houston, MN and the International Owl Center. There are interactive displays to learn about these fantastic feathered creatures. We will view the "Owls through the Ages" program, where we will learn how owls are seen in different cultures. On the way home we will stop at the Apache Mall Food Court for a snack on your own.

Day	Date	Time	Cost
W	Oct. 16	9 am - 5:30 pm	\$81m, \$91/nm

HEALTHY LIVING

From your RRC Advisory Board

Hello and welcome to our Caregiving and Education Series focusing on helping new and existing caregivers with information, resources, and help you navigate the tough questions during your loved one's aging/disabling process. Our goal is threefold in our approach to help family members, caregivers, and seniors:



1. Tackle topics that will provide information to be more confident in your ability with the demands of caregiving.
2. Provide information and education to be proactive with your loved ones aging process and diagnosis.
3. Address ways to better able to care for you and your loved ones.

The term caregiver refers to anyone who provides physical, emotional, financial, or logistical support to someone who depends on you. Being a caregiver for your loved one can be a rewarding experience. It may also be hard to balance working full time, raising your children, and trying to save for their college tuition , or your retirement — all while caring for your loved one.

First Step - Find out if you are a caregiver by taking the quiz below. Please answer yes or no to each question.

Do you currently provide assistance such as cleaning, shopping, household chores or laundry for a family member or friend?

- Does the person you are caring for depend on you for safety, personal finances, and banking?
- Do you help a friend or family member with medication management – picking up prescriptions or reminding them to take their medications?
- Do you regularly cook, bring food, prepare meals or grocery shop for the person you are caring for?
- Do you assist the person you are caring for with personal care, such as bathing and dressing?
- Do you manage medications and doctors' visits for the person you are caring for?
- Do you provide transportation for a friend or adult family member to doctor's appointments, grocery shopping, social outings, or other various errands?
- Has assisting an older family member forced you to miss days of work, to take a reduced schedule, or to consider early retirement?
- Do you call on behalf of a loved one to schedule doctor's appointments, tests, find out information, fill out insurance forms, etc.
- Are you feeling stressed out and exhausted by the additional responsibilities you've had to take care of this person?
- Are you unable to spend time with your family or friends or to find some quiet time for yourself, because of the time spent caring for an adult family member?
- Do you provide support to a family member who is dependent on others but does not live with you?

If you answered "Yes" to ANY of the questions on the quiz above, you are a caregiver!
www.aarp.org/caregiving/basics/info-2017/caregiving-quiz.html

HEALTHY LIVING

Free Member Fitness Class

Day	Class	Time	Instructor
M/Th	Core	10 am	Jeff Spillman
M	Walk/Bike	11 am	Jeff Spillman
Tu	Chair Yoga	10:05 am	Stacey Popp
Tu/F	SAIL	9 am	Mary Garlets
W	Move with Mary	11:30 am	Mary Garlets
W	Cardio	1 pm	Stacey Popp



Yoga

The beauty of yoga practice - whether it's your first time or your 20th year, you always start with what you have and nothing more. Room will vary.

Instructor: Jessica Christenson			
Day	Date	Time	Cost
W	July 3, 10, 17, 24	5 pm	\$28m, \$38/nm
W	Aug. 7, 14, 21, 28	5 pm	\$28m, \$38/nm

Instructor: Stacey Popp			
Day	Date	Time	Drop In Cost
F	Ongoing	1 pm	\$5/m, \$8/nm

Zumba Gold

Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. The Zumba Gold Live it Up! System is the total-body wellness program that feels like a party while it revitalizes your mind and body. No dance experience is necessary. Now available: punch cards for purchase for members only.

Day	Time	Cost
M	11:15 am	\$5m, \$7/nm

Ping Pong

Play a friendly game of ping pong with others.

Day	Time	Cost
T	9 am	Free/m, 5/nm

Meditation

We will discuss the benefits of meditation and how to practice it. Then we will go into a 20-minute meditation together. Peace can be amplified with more people, so join us for your health and wellness. Led by Beth Abkes-Moore, layperson with 7 years of daily meditation experience.

Day	Date	Time	Cost
M	July TBD	11am	Free/m, \$5/nm
M	Aug. TBD	11am	Free/m, \$5/nm



CONTACT US:
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www.TheFootNurse.Net
 Serving Twin Cities Metro Area

CLASSES



Stay Active & Independent for Life (SAIL)

a strength, balance, and fitness class for adults 65+

Why Sail?

SAIL = Stay Active and Independent for Life

SAIL was developed as a result of the Washington State Department of Health's Senior Falls and Prevention Staff and funded by the Centers for Disease Control and Prevention. It was created by Volunteers of America and Seniors Corps. It is a strength, balance and fitness class designed for adults 65 and over led by Mary.

It Works - You will be stronger.

It's Fun - You will make new friends

It's Safe- Instructors are trained RSVP and VOA Wellness Leaders

Thursdays with a Movie

This is a great event to invite a friend to check out the RRC as movies are free for everyone.

Date	Movie	Time
July 18	"Boys in the Boat" <i>During the heart of the Depression they boys copete for gold at 1936 Olympics.</i>	1 pm
Aug. 15	"Saving Mr. Banks" <i>Walt Disney embarks on a 20 year quest to obtain the movie rights to "Mary Poppin."</i>	1pm

Let Stacey or Missie know your movie requests.



Created by Samba Cull from the Silver Project

**Closed for
4th of July**



Relieving Neuropathy

Align Integrated Health

A local wellness profession will be presenting this workshop on alleviating and healing neurological disorders. Topics to be discussed include;

- Defining Neuropathy
- Types of Neuropathy
- Fibromyalgia
- Symptoms of Neuropathy
- Preventing Neuropathy
- Diabetic Neuropathy.

Day	Date	Time	Cost
W	Aug.21	12 pm	Free/m, \$5/nm



Driver's Safety

MN HWY Safety & Research Center

Defensive Driving Program

This class will qualify most people 55 and older for a 10 percent discount on car insurance. Call 1-888-234-1294 to register. Must have 14 registered.

Day	Date	Time	Cost
Th	Aug. 15	1-4 pm	\$24
Tu	Sept. 3	1-4 pm	\$24

Murder on the Rambling River Express

Sponsored by Tanka

“Murder on the Rambling River Express - A Journey Through History” is an innovative, interactive event sponsored by Tanaka Non-Profit, an organization committed to combating social isolation, in collaboration with the Rambling River Center. This unique event invites guests to step back in time and immerse themselves in a murder mystery intertwined with the rich railroad history of Farmington.



Don't Forget to check the schedule for the regular activities like coffee guys, women's coffee, woodcarving ,etc.

Banquet Room			
Day	Date	Time	Cost
Th	Aug.15	6:30 - 9 pm	Free



Book Club

We started a book club, if you are interested, please join us.

Nicolai Board Room				
Day	Date	Time	Book	Cost
W	July 17	1:30 pm	Like Water for Chocolate, Laura Esquivil	Free/m, \$5/nm
W	Aug. 21	1:30 pm	Chisbury Ladies' Choir, Jennifer Ryan	Free/m, \$5/nm

Summer Music with the Library

Sponsored by the Dakota County Library Farmington

Join us for a Newton show combining top-notch musicianship with setting the music in cultural and historical contexts and wit. Enjoy many styles, including swing, blues, American, Celtic and European folk music styles, all with a touch of whimsy.



Banquet Room			
Day	Date	Time	Cost
Tu	Aug.27	1:30-2:30 pm	Free

JULY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Bike Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	2 9:00 SAIL 9:00 Ping Pong 10:05 Chair Yoga 11:00 Women's Coffee 1:00 Woodcarvers	3 8:30 The Foot Nurse 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 5:00 Yoga	4 CLOSED	5 9:00 Coffee Guys 9:00 Chair Yoga 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga
8 9:00 Day Old Bread 9:00 Coffee Guys 9:30 Advisory Board Meeting 10:00 Core 11:00 Walk/Bike Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	9 9:00 SAIL 9:00 Ping Pong 10:05 Chair Yoga 11:00 Women's Coffee 1:00 Woodcarvers	10 8:30 The Foot Nurse 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 5:00 Yoga	11 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation	12 9:00 Coffee Guys 9:00 Chair Yoga 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga
15 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Bike Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	16 9:00 SAIL 9:00 Ping Pong 10:05 Chair Yoga 11:00 Women's Coffee 1:00 Woodcarvers	17 8:30 The Foot Nurse 9:00 Day Old Bread 9:00 Coffee Guys 9:30 Garden Tour 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 1:30 Book Club 5:00 Yoga	18 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation 1:00 Movie "Boys in Boat"	19 9:00 Coffee Guys 9:00 Chair Yoga 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga
22 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Bike Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	23 9:00 SAIL 9:00 Ping Pong 10:05 Chair Yoga 10:30 Tasty Tuesday Prescott, WI 11:00 Women's Coffee 1:00 Woodcarvers	24 8:30 The Foot Nurse 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 5:00 Yoga	25 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation	26 9:00 Coffee Guys 9:00 Chair Yoga 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga
29 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Bike Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	30 9:00 SAIL 9:00 Ping Pong 10:05 Chair Yoga 11:00 Women's Coffee 1:00 Woodcarvers	31 8:30 The Foot Nurse 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 5:00 Yoga		

AUGUST CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation 12:00 Welch Mill Kyaking	2 9:00 Coffee Guys 9:00 Chair Yoga 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga
5 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Bike Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	6 9:00 SAIL 9:00 Ping Pong 10:05 Chair Yoga 11:00 Women's Coffee 1:00 Woodcarvers	7 8:30 The Foot Nurse 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 5:00 Yoga	8 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation	9 9:00 Coffee Guys 9:00 Chair Yoga 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga
12 9:00 Day Old Bread 9:00 Coffee Guys 9:30 Advisory Board Meeting 10:00 Core 11:00 Walk/Bike Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	13 9:00 SAIL 9:00 Ping Pong 9:45 John Denver Tribute 10:05 Chair Yoga 11:00 Women's Coffee 1:00 Woodcarvers SAIL & Yoga in Empire Room. Primary Election	14 8:30 The Foot Nurse 9:00 Day Old Bread 9:00 Coffee Guys 10:30 Tasty Tuesday W Zee's, Eagan 11:30 Move with Mary 1:00 Cardio 1:00 Drivers Training 1:00 Coloring 5:00 Yoga	15 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation 1:00 Drivers Safety 1:00 Movie "Saving Mr. Banks" 6:30 Murder on the RRC Express	16 9:00 Coffee Guys 9:00 Chair Yoga 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga
19 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Bike Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	20 9:00 SAIL 9:00 Ping Pong 10:05 Chair Yoga 11:00 Women's Coffee 1:00 Woodcarvers	21 8:30 The Foot Nurse 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 12:00 Relieving Neuropathy 1:00 Cardio 1:00 Coloring 1:30 Book Club 5:00 Yoga	22 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation	23 9:00 Coffee Guys 9:00 Chair Yoga 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga
26 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Bike Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	27 9:00 SAIL 9:00 Ping Pong 10:05 Chair Yoga 10:30 Tasty Tuesday Kings, Meisville 11:00 Women's Coffee 1:00 Woodcarvers 1:30 Summer Music Dan Newton	28 8:30 The Foot Nurse 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 5:00 Yoga	29 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation	30 9:00 Coffee Guys 9:00 Chair Yoga 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga

COMMUNITY EVENTS



Vinnie Rose - Music in the Park

Sponsored by: Castle Rock Bank, Hobo, Premier Banks, The Legacy, Marschall Bus, and VFW Post 7662.

From "Ghost Riders in the Sky" to "Hallelujah" to Purple Rain" Vinnie plays it all

Rambling River Park, 17 Elm St.			
Day	Date	Time	Cost
W	July 31	7 pm	Free

Free Ranger - Music in the Park

Sponsored by: Castle Rock Bank, Hobo, Farmington Youth Hockey, Marschall Bus, and VFW Post 7662.

Rae Rusnak aka Free Ranger performs guitar, harmonica, and vocals to swing, blues and rock!

Rambling River Park, 17 Elm St.			
Day	Date	Time	Cost
W	Aug. 28	7 pm	Free

Relay for Life

At Relay For Life no donation is too small, each and every dollar counts. Your donations help fund groundbreaking cancer research, patient care programs, and can make a difference in communities like ours. With every donation, you are helping the American Cancer Society save lives.

Boeckman Middle School, 800 Denmark Ave.		
Day	Date	Time
F	July 19	3 pm-12 am

Stop by for silent auction, games for all ages, luminariae, food and fun.

Shrek - Movie in the Park

Sponsored by: Castle Rock Bank, Hobo, Farmington Youth Hockey, Marschall Bus, and VFW Post 7662.

It's the story of a terrifying green ogre by the name of Shrek, who lives in a swamp. But all of the sudden, the evil Lord Farquaad banishes a bunch of fairy tale creatures to Shrek's swamp. So Shrek now must go on a quest to save Princess Fiona, along with a fast-talking donkey whose name is literally Donkey in order to get his swamp back

Lake Julia Park, 5105 187th St. W.			
Day	Date	Time	Cost
F	July 26	Dusk	Free



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MEET IN-PERSON WITH A COUNSELOR

Schedule a one-hour meeting to get answers to your questions. Our Medicare counselors are trained and certified by the Senior LinkAge Line.

The Senior LinkAge Line™ is a free, statewide service of the Minnesota Board on Aging in partnership with Trellis, the area agency on aging for the Twin Cities metro area.



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City of Farmington
Rambling River Center
325 Oak Street
Farmington, MN 55024

HAPPY BIRTHDAY & HAPPY ANNIVERSARY

JULY

- 1 Linda Halvorson
- 2 Sandi Schilder
- 3 David Finseth
- 3 Joan Storlie
- 4 Peggy Reiersen
- 6 Michelle McGlaughlin
- 6 Mary Schmidt
- 7 Pam Schoolmeester
- 8 Nancy Akin
- 8 Loren Campbell
- 9 Phylis Blees
- 9 Bob Heinle
- 9 Michael Myers
- 11 Catherine Kamen
- 11 Lois Untinen
- 14 Julie Boettleher
- 14 Harvey Loven
- 14 Nory Scholten
- 15 Arlene Wefers
- 16 Mary Garlets
- 16 Betty Sickler
- 17 Nifa Wind
- 18 Jerry Perry
- 19 Fred Schmidtke
- 21 Beth Gulsvig
- 22 Joan McIntire
- 22 Catherine Murphy
- 25 Mel Kunde
- 25 Dennis Michaelis
- 27 Steve Farnsworth
- 31 Pat Hennen
- 6 Susan & John Penisten

AUGUST

- 5 Deb Full
- 5 Ruth Holmes
- 5 David Seipp
- 5 Marlene Swantek
- 7 Sandy Weber
- 8 Carol Sprute
- 9 Lynn Royce
- 10 Peggy Vought
- 12 Mary Schwendig
- 14 Betsy Kitner
- 14 Virginia Trevis
- 16 Lois Wear
- 18 Reffa Kotok
- 19 Verlyn Johnson
- 20 Nancy Asher
- 20 Lona Grayhead
- 20 Lois Lotze
- 21 Fred Dilger
- 22 Marline Menke
- 24 Nina Clark
- 24 Diane Walgmuth
- 26 Susan Bastian
- 29 Diane Dies
- 31 LeeAnn Lehto
- 2 Cynthia Lou & Wayne Jesberger
- 6 Maureen & Mel Kunde
- 10 Lynn & Ralph Nordeen
- 22 David & Ruth McKnight
- 29 Delores & GERALD Hoeff
- 29 Charlotte & Darrell Valek