

RAMBLING RIVER CENTER THE RIVER

January/February 2024



Minnwest Bank Donation Surprise

Neil Anderson, Market President of Minnwest Bank, surprised the Rambling River Center Advisory Board at their December 11 meeting with a check for \$50,000 to build an outside patio complete with patio furnishings. Their generosity made our talkative advisory board speechless. Thank you so much Minnwest Bank; we are grateful for your ongoing support! We look forward to enjoying a beautiful day outside with our friends. Once again, we are reminded that one of the best parts of living in Farmington, is the abundance of residents and businesses willing to assist us with our mission.

Registering and Checking In with Rectrac

The Rambling River Center is in the process of moving to a new registration program. This means that you can now pay for memberships, events, trips and even fundraisers with a credit/debit card! Another great feature is that you can now register online at home by going to <https://webtrac.farmingtonmn.gov>.

Current members already have an account. The email listed on your membership is both your login and your password for your account. The check in system will look different, so please be patient and we will all learn together. Finally, for those interested, there is a mobile app you can download to your phone.



Scan here to access registration



Rambling River Center Hours

7:30 a.m.-3:30 p.m. M-F

Fitness Hours

7:30 a.m.-3 p.m. M-F

Contact Info.

651-280-6970

325 Oak St.

Farmington, MN 55024

FarmingtonMN.gov

RRC Advisory Board Members

Rachel Edwards

Mary Garlets

Pat Hennen

Marge Koski

Judy Janke

Pennie Page

Blanche Reichert

Recreation Supervisor

Missie Kohlbeck

MKohlbeck@FarmingtonMN.gov

Rec. Program Assistant

Stacey Popp

SPopp@FarmingtonMN.gov

CAP - Meals on Wheels

612-940-9590

Transit Link Rides

651-602-5465

Senior Linkage Line

1-800-333-2433

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

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

Muddy Waters Prescott, Wi	Jan. 9	10:30 a.m.
Morgan's Farm to Table Burnsville	Jan. 23	10:30 a.m.
Olive Garden Burnsville	Feb. 13	10:30 a.m.
Doolittle Woodfire Grill Eagan	Feb. 27	10:30 a.m.

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

Hocokata Ti and Shakopee History★★

Motorcoach

We will tour Hocokata Ti [ho-cho-kah-tah-tee] in Shakopee. This is the Shakopee Mdewakanton Sioux Community's (SMSC) cultural center and gathering space. It's mission is to educate visitors about the Dakota people. Lunch is at Ruby's Family Restaurant. Enjoy a small salad, soup, half sandwich, and dessert. Then we are off to the Scott County Historical Museum. Take time to explore the artifacts and archives that reveal the story of Scott County.

Day	Date	Time	Deadline	Cost
Th	Feb. 22	9 a.m.-4:15 p.m.	Jan. 22	\$82 m/\$92 nm



MN Germans and Their Contributions★★

Motorcoach

We will meet our guide in Minneapolis for an insightful look at the history of German migration in MN. As of the 2000 census, Germans were the largest single immigrant group in MN history. Learn about the Christmas tree, breweries, Minnesota 13, grasshoppers, and amazing bakeries. Lunch will be at Gluek's; choose from schweineschnitzle spaetzle (center-cut pork encrusted with seasoned rye bread crumbs and fried over spaetzle) or walleye fish n' chips.

Day	Date	Time	Deadline	Cost
Th	Jan. 25	9 a.m.-4:15 p.m.	Jan. 4	\$87 m/\$97 nm



Gregory Popovich's Comedy Pet Theater Sheldon Theater, Red Wing★

RRC Van

Enjoy Ukrainian circus performer Gregory Popovich and the extraordinary talents of his performing pets. You will see world class jugglers, Diamond the Shetland Pony and over 20 performing pets including house cats and dogs (all rescued from shelters), geese, white doves and parrots. We will stop at Kelly's Tap House after the show for dinner; the meal is on your own.

Day	Date	Time	Deadline	Cost
Su	Feb. 25	1:30- 7 p.m.	Jan. 31	\$67/m,\$77/nm



"Hank & My Honky Tonk Heroes" Paramount Theatre, St. Cloud★

Motorcoach

Lunch will be at D. Michael B's. Choose from seven layer meatloaf or walleye sandwich with french fries. Next we head to the theater. This astonishing show is more than a tribute, it also pays tribute to the stars that influence Hank. You will smile, cry, clap your hands and stomp your feet with excitement for this country music show.

Day	Date	Time	Deadline	Cost
Tu	March 5	9:15 a.m.-5:30 p.m.	Jan. 29	\$95/m, \$105/nm

"Kickin' It Irish"

Sheldon Theater, Red Wing★

RRC Van

This is a family-friendly show featuring jaw-dropping talent led by Dublin native, Cormac Ó Sé, from the original company of Riverdance. Kickin' It Irish highlights traditional and contemporary Irish step dancing, and music featuring world class musicians in Irish bodhran, whistle, flute, fiddle, guitar, and accordion., We will stop at the St. James Hotel for dinner; the meal is on your own.

Day	Date	Time	Deadline	Cost
F	March 8	5 p.m.-10:30 p.m.	Feb. 29	\$67/m, \$77/nm

Love Letters with Don Shelby Chanhassen Dinner Theater★

RRC Van

Don and Nancy play the roles of Andrew Makepeace Ladd III and Melissa Gardner. Both born to wealth and position, Andrew and Melissa are childhood friends whose lifelong correspondence begins with birthday party thank-you notes and summer camp postcards and continues for some 50 years. Guests are invited to stay after the show for a short Q & A with Don and Nancy. Meal is included.

Day	Date	Time	Deadline	Cost
Su	Feb. 11	3:30 -8:30 p.m.	Jan. 31	\$87/m,\$97/nm

Irish Influence in St. Paul★★

Motorcoach

We will meet a professional step-on tour guide for a fun and informative day in St. Paul. The Irish immigrants influenced the city's architecture, politics, religion and more. Lunch will be at O'Malley's Irish Pub in Woodbury. Enjoy the handmade booths, bar and fireplace all built in memory of Tim O'Malley. Choose from homemade Sheppard's pie or fish & chips when registering.

Day	Date	Time	Deadline	Cost
Tu	April 9	9:30 a.m. -3:30 p.m.	March 4	\$90/m, \$100/nm



A Rambling River Story
-Kathy Gunderson

My story began in the summer of 2012 when I retired and started volunteering at the front desk of the Rambling River Center. I found that I enjoyed it and got to meet lots of people and it kept me up to date as to what activities were happening. My friends would say, "How come you know so many people?" and I'd reply that it's because I met them through the Rambling River Center. In 2014, we started a Mountain Dulcimer Club with only 4 people meeting on Mondays at the Center. Over the years we've had as many as 16; we have 12 at the present time. Our group goes out into the community to entertain, mostly at other senior centers, the care center, etc. We truly enjoy what we are doing and the friendships we've made over the years are wonderful. (Once a year, Missie asks us to play a concert at the Rambling River Center, usually in September. If you don't know what a dulcimer is (I didn't until I started playing), you can come check us out Mondays at 1 p.m. and listen to a song or two. If you find you have a need for things to do, I encourage you to get involved at the senior center, there are many activities going on, as well as opportunities to volunteer. Try us out you! You will find many friendly faces, happy to greet you.



Do you have a Rambling River Story you'd like to share? We'd love to hear it! You can call or email Missie at 651-280-6971 or mkohlbeck@farmingtonmn.gov.



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. Thursdays at 11 a.m., check with the RRC for dates.

On Going Rambling River Center Fundraisers

Did you know when you shop at Happy Harry's and mention the Rambling River Center that 10% of your purchase comes back to us? Shop local and mention us!

Your paper shredding can earn the Rambling River Center money all year long at our #ShredRight4Good container collection fundraiser. \$10 a ticket is good for two grocery bags of documents to be shredded at the Rambling River Center.



Free Member Fitness Classes

Whether it be COVID, caregiving, or the weather, we don't want you to miss your workout! Now you can choose to work out in person or on zoom.

Day	CLASS	Time	Instructor
M	Move with Mary	9 a.m.	Mary Garlets
M/Th	Core	10 a.m.	Jeff Spillman
M	Walk/Bike	11 a.m.	Jeff Spillman
Tu	Chair Yoga	10:10 a.m.	Stacey Popp
W	Cardio	1 p.m.	Stacey Popp
W	Move with Mary	11:30 a.m.	Mary Garlets
F	Chair Yoga	9 a.m.	Mary Garlets



Cardio Strength

This 45 minute class will have 15-20 minutes of cardio followed by strength training with weights for the upper body & lower body; you can do this standing, seated or optional floor. All levels are welcome. The first cardio session can also be done in the chair. Wear comfortable clothing and fitness shoes.

Instructor: Stacey Popp		
Day	Time	Cost
W	1 p.m.	Free/m, \$5/nm

Cross Country Skiing/Walking Club

We will walk until there is snow. We will meet at the banquet room each Monday to discuss locations.

Instructor: Jeff Spillman		
Day	Time	Cost
M	11 a.m.	Free/m, \$5/nm

Regularly Scheduled Activities

Check out the calendar pages for dates and times on regularly scheduled activities such as: coffee guys, dulcimers, pinochle, bingo, recycled cards, day old bread, woodworking and more!

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. We will meet in the RRC Banquet Room.

Instructor: Jessica Christenson			
Day	Dates	Time	Cost
W	Jan. 10, 17, 24, 31	5 p.m.	\$28/m, \$38/nm
W	Feb. 7, 14, 21, 28	5 p.m.	\$28/m, \$38/nm

Instructor: Stacey Popp			
Day	Dates	Time	Cost
F	Ongoing	1 p.m.	Drop in \$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.

Instructor: Stacey Popp		
Day	Time	Cost
Tu	9:15 a.m.	\$5/m, \$8/nm

CLASSES

Much At Lunch Party

Sponsored by Trinity Health
Enjoy lunch and entertainment, and maybe even a little dancing. Don't miss it!
Deadline to register is 1 week prior.

Day	Date	Theme	Time	Menu	Time
W	Jan 31	Vinny Rose	12 p.m.	Tator Tot Hotdish	\$12/m, \$17 nm
W	Feb. 28	Ross Suter	12 p.m.	Muffletta Sandwich	\$12/m, \$17 nm



Crafts with Cricut

Join us in creating these adorable crafts!

Cost is per date: \$6/m, \$16/nm			
Register 1 week prior to class.			
Day	Date	Time	Craft
Th	Jan. 18	12:30 p.m.	Luminary Candle Holders

Thursdays with a Movie

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

All movies are shown at 1 p.m.		
Day	Date	Title
Th	Jan. 18	About My Father
Th	Feb. 15	Mrs. Harris Goes to Paris

Coffee Cafe Now Open

Free and open to everyone!
We will enjoy treats, conversation and of course, coffee. A great way to meet new people.



Day	Date	Time	Cost
F	Now-Mar. 15	9-10 a.m.	Free



Women's Coffee

Enjoy a cup of coffee with others with women's topics of discussion.

Day	Date	Time	Cost
Tu	Ongoing	11:30 a.m.	Free/m, \$5/nm

De-stress with Adult coloring

Many people enjoy a noticeable reduction in stress. Completed pictures will be laminated and displayed in the hallway.

Day	Date	Time	Cost
W	Ongoing	1 p.m.	Free/m,, \$5/nm

Book Club

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

Nicolai Board Room				
Day	Date	Time	Title	Cost
W	Jan. 17	1:30 p.m.	The Book Woman of Troublesome Creek By Kim Michele Richardson	Free/m, \$5/nm
W	Feb 21	1:30 p.m.	The Lincoln Highway By Amor Towles	Free/m, \$5/nm

PROGRAMS



Celebrate Valentines with Singing Hearts

Sponsored by the Legacy of Farmington.
Enjoy coffee, dessert and music at the RRC!

Day	Dates	Time	Deadline	Cost
M	Feb. 12	1:30 p.m.	Feb.. 10	\$6/m, \$12/nm



Frustrated with Dating?

Just in time for Valentines Day

Check out this class!

Are you Single, Divorced, Widowed?

Are you having dating/relationship frustrations? We will offer you guidance, education, and support for you in your personal journey, including assisting you with your profile if you are using dating sites. We will also discuss what you are looking for in someone/a significant other! Who do you want to give your rose to? Laura and Dana have over 30 years in the dating and relationship industry.

Day	Date	Time	Cost
M	Feb. 12	6 :30- 8 p.m.	Free/m, \$5/nm

Fall Prevention

Wellness Wisdom

Did you know most falls can be avoided and you can reduce your risk of falls with light exercise? Join us to learn tips to help you reduce your risk for falls.

Day	Date	Time	Cost
Th	Jan. 11	1 :30 p.m.	Free/m, \$5/nm

Avoiding Fraud

Crucial Conversations

Wendy Boos from Premier Bank, will be here to educate you on protecting your information and accounts, how to avoid scams, and tools to assist you on making your payments more secure.

Day	Date	Time	Cost
Th	Jan. 25	1 :30 p.m.	Free/m, \$5/nm

Mary Vanorny & The Two Tap Trio
Sponsored by Trinity Health Systems

Back by popular demand we will enjoy the sounds of Mary Vanorny on the fiddle along with the rest of her trio on a flute and guitar. We will eat appetizers. Of course there will be green beverages.



Day	Dates	Time	Deadline	Cost
Th	Mar .14	12:30 p.m.	Mar. 11	\$6/m, \$12/nm

Downsize and Declutter

Crucial Conversations

Does the thought of moving overwhelm you? Our presenter, Lisa Dunn, has been a real estate agent since 2003. She specializes in working with seniors in the Twin Cities metro area. There is a lot of real estate and downsizing information available, most of it is inaccurate, or too general to apply to you, which may leave you feeling overwhelmed. Lisa will show you how to cut through all the noise and design a move strategy that will work for you. Get an update on the real estate market, the best strategy for preparing your home for the market and real information you can use in this fun, engaging seminar.

Day	Date	Time	Cost
Th	Feb. 29	1:30 p.m.	Free/m, \$5/nm

JANUARY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 9:15 Zumba Gold 10:10 Chair Yoga 11:30 Women's Coffee 1:00 Woodcarvers	3 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 1:00 Cardio 1:00 Coloring	4 10:00 Pinochle 10:00 Core 11:00 Meditation 11:45 Fitness Ctr Orientation	5 9:00 Coffee Guys 9:00 Coffee Cafe 9:00 Chair Yoga 10:00 Cribbage 10:30 Bingo 1:00 Yoga
8 9:00 Day Old Bread 9:00 Coffee Guys 9:00 Move with Mary 10:00 Core 11:00 Walk/Ski Club 12:00 Recycled Cards 1:00 Dulcimers	9 9:15 Zumba Gold 10:10 Chair Yoga 10:30 Muddy Waters 11:30 Women's Coffee 1:00 Woodcarvers	10 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 1:00 Defensive Driving 5:00 Yoga	11 9:00 iPhone Settings 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation 1:30 Fall Prevention 7:00 Model Railroad Club	12 9:00 Coffee Guys 9:00 Coffee Cafe 9:00 Chair Yoga 10:00 Cribbage 10:30 Bingo 1:00 Yoga
15 CLOSED	16 9:00 Taking Screen Shots 9:15 Zumba Gold 10:10 Chair Yoga 11:00 Fitness Class Demo 11:30 Women's Coffee 3:00 The Open Door Food Distribution	17 9:00 Day Old Bread 9:00 Coffee Guys 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 10:30 Million Dollar Quartet 11:45 Fitness Ctr Orientation 12:30 Crafts with Cricut 1:00 Movie <i>About My Father</i>	19 9:00 Coffee Guys 9:00 Coffee Cafe 9:00 Chair Yoga 10:00 Cribbage 10:30 Bingo 1:00 Yoga
22 9:00 Day Old Bread 9:00 Coffee Guys 9:00 Move with Mary 10:00 Core 11:00 Walk/Ski Club 12:00 Recycled Cards 1:00 Dulcimers Deadline for Hocokatah Ti	23 9:15 Zumba Gold 10:10 Chair Yoga 10:30 Mergan's Farm to Table 11:30 Women's Coffee 1:00 Woodcarvers	24 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 5:00 Yoga Deadline for Much At Lunch	25 9:00 MN Germans 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation 1:30 Avoiding Scams	26 9:00 Coffee Guys 9:00 Coffee Cafe 9:00 Chair Yoga 10:00 Cribbage 10:30 Bingo 1:00 Yoga
29 9:00 Day Old Bread 9:00 Coffee Guys 9:00 Move with Mary 10:00 Core 11:00 Walk/Ski Club 12:00 Recycled Cards 1:00 Dulcimers Deadline for Hank & My Honky Tonk	30 9:15 Zumba Gold 10:10 Chair Yoga 11:30 Women's Coffee 1:00 Woodcarvers	31 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 12:00 Much at Lunch 1:00 Cardio 1:00 Coloring 5:00 Yoga Deadline for Popvich Pets and Love Letter with Don Shelby		

FEBRUARY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation 11:00 Meditation 1:00 Begin Dulcimer 7:00 Model Railroad Club	2 9:00 Coffee Guys 9:00 Chair Yoga 10:00 Cribbage 10:30 Bingo 1:00 Yoga National Wear Red Day
5 9:00 Day Old Bread 9:00 Coffee Guys 9:00 Move with Mary 10:00 Core 11:00 Walk/Ski Club 12:00 Recycled Cards 1:00 Dulcimers	6 9:15 Zumba Gold 10:10 Chair Yoga 11:30 Women's Coffee 1:00 Woodcarvers	7 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Medicare Counseling 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 11:00 Meditation 1:00 Begin Dulcimer 7:00 Model Railroad Club	9 9:00 Coffee Guys 9:00 Chair Yoga 9:00 Coffee Cafe 10:00 Cribbage 10:30 Bingo 1:00 Yoga
12 9:00 Day Old Bread 9:00 Coffee Guys 9:00 Move with Mary 9:30 Advisory Board 10:00 Core 11:00 Walk/Ski Club 12:00 Recycled Cards 1:00 Dulcimers 6:30 Frustrated with Dating	13 9:15 Zumba Gold 10:10 Chair Yoga 10:30 Olive Garden 11:00 Fitness Class Demo 11:30 Women's Coffee 1:00 Woodcarvers	14 9:00 Day Old Bread 9:00 Coffee Guys 9:15 Christmas in Duluth 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 1:30 Valentines wiht Singing Hearts Yoga 5:00	15 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation 1:00 Begin Dulcimer 1:00 Movie <i>Mrs. Harris Goes to Paris</i>	1 9:00 Coffee Guys 9:00 Chair Yoga 9:00 Coffee Cafe 10:00 Cribbage 11:30 Bingo 1:00 Yoga
19 CLOSED	20 9:15 Zumba Gold 10:10 Chair Yoga 11:30 Women's Coffee 1:00 Woodcarvers 1:00 The Open Door Food Distribution	21 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 1:30 Book Club 5:00 Yoga	22 9:00 Hocplatah To Pinochle 10:00 Core 11:45 Fitness Ctr Orientation 11:00 Meditation 1:00 Begin Dulcimer	23 9:00 Coffee Guys 9:00 Chair Yoga 9:00 Coffee Cafe 9:45 Zoom Training 10:00 Cribbage 10:30 Bingo 1:00 Yoga
26 9:00 Day Old Bread 9:00 Coffee Guys 9:00 Move with Mary 10:00 Core 11:00 Walk/Ski Club 12:00 Recycled Cards 1:00 Dulcimers	27 9:15 Zumba Gold 10:10 Chair Yoga 10:30 Doolittles 11:30 Women's Coffee 1:00 Woodcarvers	28 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Fold Newsletter 11:30 Move with Mary 12:00 Much at Lunch 1:00 Cardio 1:00 Coloring 5:00 Yoga	29 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation 1:00 Begin Dulcimer 1:30 Downsize/ Declutter Deadline fir Kickin It	

New for 2024 Online Vendor Registration
Art and Craft Fair vendors can now register online. Click on the link below to create your account. Follow the directions to activate your account and register. Please note, online registration is \$5 more than cash or check for processing. (<https://webtrac.farmingtonmn.gov>)



Free and open to the public. The center's Arts and Craft Fair's goal is to provide an opportunity for both businesses and individuals to sell their art, handcrafted items, jewelry and other artwork. In 2022, over 600 people attended this event! The event coordinator will make final determination of appropriate merchandise. Direct sales will be limited to 10% or less of total vendors. No professional services. More vendor information is available at FarmingtonMN.gov.

Fees:

10' wide X 6' deep space fee (no table)
\$35 – RRC members | \$45 – Non-RRC members
8' Tables available for a \$25 /per table fee

NO REFUNDS WILL BE GIVEN AFTER APRIL 7, 2024.



FARMINGTON RAMBLING RIVER CENTER
325 Oak St., Farmington, MN 55024

FREE FRESH & HEALTHY FOOD

3-4:30 p.m.
1/16, 2/20, 3/19, 4/16, 5/21

Food items may vary each month, but can include:
shelf stable pantry items, fresh fruit, vegetables, and dairy items.
While supplies last.

This distribution will be held on the south side of the Rambling River Center by the garages. Please bring reusable bags if possible!!

To receive schedule updates text CORN to 651-370-8095
No Appointment Required

www.theopendoorpantry.org

National Wear Red Day
The First Friday in February



The National Heart, Lung, and Blood Institute and many groups around the country observe National Wear Red Day® each year on the first Friday in February to raise awareness about heart disease as the leading cause of death among Americans, especially women.



Risk factors for heart disease are:

- Smoking
- High blood pressure
- High cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease
- Age (for women, 55 and older)

Heart disease is largely preventable. Here's what you can do now to reduce your risk:

- Don't smoke
- Eat for heart health
- Aim for 30 minutes of physical activity at least 5 days a week
- Ask your doctor to check your blood pressure, cholesterol, and blood glucose

Show your support and wear red!



NIH National Heart, Lung, and Blood Institute



The Heart Foundation



Get your Metro Dining Club cards here! These buy one, get one free coupons are good at 138 restaurants located throughout the Twin Cities Metro Area. Each card can be used one time a month until October 2024. At only \$30, they make great gifts. Call 651-280-6970 to purchase yours today.



*You know us,
We know you
That's the Spirit of
Community Pride*

Farmington Office
22140 Chippendale Ave. W.
Farmington, MN
651-463-4014

Castle Rock Office
27925 Danville Ave.
Castle Rock, MN
651-463-7590

Randolph Office
3190 290th St. E
Randolph, MN
507-664-9200

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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 Trelis, the area agency on aging for the Twin Cities metro area.

MINNESOTA
SENIOR LINKAGE LINE

MEDICARE COUNSELING AVAILABLE NOW
Schedule an appointment at trelisconnects.org/medicareppt
Call us at 800-333-2433 or TTY 711



MINNWEST BANK®



ZUMBA gold

Zumba® Gold was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a much lower intensity. Same great Latin styles of music and dance are used. Zumba® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart.

WOWIFITNESS Zumba Gold Instructors



18350 Pilot Knob Rd.
(651) 280-6920
923 8th St
(651) 280-6930

Senior Days
Tues, Wed & Thurs.
10% off
all Wines & Liquor
(not necessarily on sale)



New Wines & Craft Beers arriving weekly!



Your Touchstone Energy® Cooperative



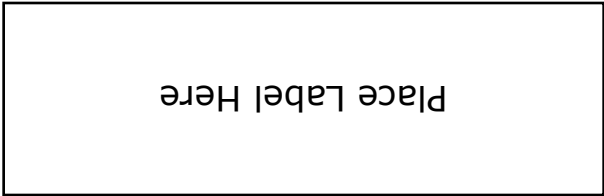
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tnprservices.com

Check out my
sewing class, Tues-
days 4:30-8:30!

Your Ad Here



STANDARD RATE
PAID
Permit # 36
Farmington, MN
55024

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

Happy Birthday

January

- 1 Parris Gejerde
- 2 Pat Thurmes
- 3 JoAnn Durst
- 5 Debby Merritt
- 6 Warren Muzzy
- 7 Mary Bell
- 8 Kelly Deegan
- 10 Charleen Kiser
- 11 Van Dowd
- 11 Lynda Oswald
- 13 Nancy Bohn
- 13 Jeanne Stanek
- 16 Kathleen Peterson
- 17 Elain Pugh
- 18 Albert Wind
- 19 Marge Hoffmann
- 25 Kathryn Gunderson
- 25 Shirley Wood
- 26 Carol Fischer
- 26 Louis LiVecche
- 27 Pat Trautman
- 29 Charles Amundson

- 30 Mary Ann Rausch

February

- 1 Georg Fischer
- 5 Pat Orndorff
- 6 Beverly Benner
- 10 Linda Faver
- 10 Beth Humerickhouse
- 10 Rhoda Rotzien
- 11 Anne Bantitan
- 11 Barbara Shultz
- 11 Nathan Solinger
- 13 Bill Weierke
- 15 Myla Liermann
- 16 Mary Goetsch
- 16 Ed Scholten
- 18 Deloris Smith
- 19 Sharon Smith
- 21 Ralph Nordine
- 21 Terrence Werner
- 22 George Gehrke
- 22 Carol Singer
- 23 LaVonne Gades

- 25 Danial Hernandez
- 25 Roberta Patterson
- 26 Evelyn Johnson
- 27 Gayle Lea