

RAMBLING RIVER CENTER THE RIVER

March/April 2024

Joseph and the Amazing Technicolor Dreamcoat Senior Preview

Presented by Farmington High School. All senior citizens are invited to come free of charge! No way to get there no problem! The RRC will pick up and drop off for this show in the van. Cost for van ride is \$8, schedule your ride by calling 651-280-6970.



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

Boeckman Middle School Auditorium			
Day	Date	Time	Cost
W	April 17	4 p.m.	Free Show, Ride if needed \$8



Elder Resource Association's (ERA) Annual Aging and Wellness Expo

Discover a wide variety of area services during this free event sponsored by ERA - South of the River. You will enjoy exhibits, goodie bags, door prizes, treats, health screens and more. You are welcome to go on your own, we will also be taking the van.

Diamondhead Education Center 200 W. Burnsville Pkwy, Burnsville, MN			
Day	Date	Time	Cost
Th	April 25	Expo 2-5 p.m. Van 1:30 p.m.	Free Expo Ride if needed \$8

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."

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

Gary's Lakeville	March 12	10:30 a.m.
Bierstube, Hastings	March 26	10:30 a.m.
QCumbers Edina	April 9	10:30 a.m.
Hazelwood Bloomington	April 23	10:30 a.m.
Inver Grove Brewing Inver Grove Heights	May 14	10:30 a.m.

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

Anoka History and Mystery★★

Motorcoach

We will stop at Han's Bakery, enjoy a guided tour of the Anoka County History Center and listen to a step on guide narrate a tour full of history and mystery. Lunch will be at the Green Haven Golf Course. Choose from walleye sandwich or chicken Parmesan.

Day	Date	Time	Deadline	Cost
W	May 15	8 a.m. -3:30 p.m.	April 15	\$85/m, \$95/nm

Redhead

Creamery★★★

Motorcoach

Enjoy lunch in at the historic Palmer House Cafe. Lunch includes soup, grilled chicken sandwich, fries and a beverage.

At the Redhead Creamery we will first visit the dairy calves, heifers, and the milking parlor. Next we will go to the cheese plant. There we will get an overview of the cheese making process, have a moooving conversation about stainability and conservation efforts. and enjoy samples of cheese.



Day	Date	Time	Deadline	Cost
Th	June 13	8:30 a.m.. -5:30 p.m.	May 13	\$93/m, \$103/nm

TRIPS & TOURS

'Til Beth Do Us Part★ Daytripper Theater in Plymouth

RRC Van

In this comic romp about marriage, career-driven Suzannah needs a lot more help on the home front than she's getting from her husband, Gibby--a washed-up weatherman. In comes Beth, Suzannah's Southern assistant, who explodes into the Hayden household and whips it into an organized, well-run machine. A lunch buffet is included.

Day	Date	Time	Deadline	Cost
Th	May 9	11 a.m. - 4:30 p.m.	April 25	\$62/m, \$72/nm



Don't Forget

Kickin' It Irish

March 8 • 5 p.m.. -10:30 p.m.

Disney's Lion King

April 25 1 • 1:15 a.m. -4:30 p.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

Fish Fry Roadtrip ★

RRC Van

We will head over to Vermillion and the Stein House for Fish Fry.

Day	Date	Time	Deadline	Cost
F	April 12	3:30 p.m.	April 8	\$8/m, \$16/nm

A Rambling River Story Julia Johnson

At almost 92 years young (her birthday is in April) Julia enjoys coming to the Rambling River Center. She likes it because you don't have to spend a great amount of money to do the programs and the people are so friendly. She first heard about it years ago as her Mother was the secretary of the first Advisory Board and went door to door to secure pledges to buy the first building. Her husband also was a member, and enjoyed coffee guys before he passed. He built the donation box that is still used for coffee to this day. Some of her favorite programs include recycled cards, woodworking, and bingo. She discovered she is creative! She also goes to the special events, occasionally out to lunch and a trip here or there. She volunteers to prepare the newsletter for mailing and previously volunteered at the front desk. Recently her sister and brother-in-law were in town and stopped by the Rambling River Center. She gave them a tour and they were impressed.



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.



New Schedule Beginning March 11 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/Th	Core	10 a.m.	Jeff Spillman
M	Walk/Bike	11 a.m.	Jeff Spillman
Tu	Chair Yoga	10:05 a.m.	Stacey Popp
Tu/F	SAIL	9 a.m.	Mary Garlets
W	Move with Mary	11:30 a.m.	Mary Garlets
W	Cardio	1 p.m.	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	Dates	Time	Cost
W	March 6, 13, 20, 27	5 p.m.	\$28/m, \$38/nm
W	April 3, 10, 17, 24	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

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

New Day and Time Beginning March 11 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
M	11:15 a.m.	\$5/m, \$8/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

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- ✓ PROMOTE HEALTH



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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
Th	March 14 & 28	11 a.m.	Free/m, \$5/nm
Th	April TBD	11 a.m.	Free/m, \$5/nm



Why Sail?

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

Stay Active & Independent for Life (SAIL)

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



Stay Active & Independent for Life (SAIL)

Stay Active & Independent for Life Class for members

- SAIL is a group based exercise class for older adults. Developed by Washington State and the Center for Disease Control and Prevention (CDC).
- The class program is designed to increase balance, strength, cardio and reduce the risk of falling.
- Class is on Tuesdays & Fridays 9 am.
- Must be a member to attend.
- Classes start March 12th with Mary, trained RSVP and VOA Wellness Leader

CLASSES



Senior Helpers

Crucial Conversations

Invite your children, grandchildren and neighbors to learn more about the needs of seniors!

Do you or a loved need additional services to stay in your home? Worried an aging family member may have to move? Learn more about Dementia Care, Chronic Disease Care, VA Benefit Assistance, Respite Care, Surgery Assistance and End of Life Care. Steve Smela from Senior Helpers will be here to describe what these services are and how they can help.

Day	Dates	Time	Cost
M	March .11	6:30 p.m.	Free/m, \$5/nm

Estate Planning

Crucial Conversations

What is typically included in estate planning and why is it important? Lawyer Mike Burville, will be here to answer these questions.

Day	Dates	Time	Cost
Th	April 18	1 p.m.	Free/m, \$5/nm

Hospice

Crucial Conversations

Denise Lessert from MN Hospice will be here to talk about what hospice is and what it is not. All people deserve love, compassion and dignity a the end-of-life. Learn for about departing like peacefully.

Day	Dates	Time	Cost
Th	May 16	1 p.m.	Free/m, \$5/nm

MN HWY Safety & Research Center Defensive Driving Program

This class will qualify most people 55 and older for a 10% discount on car insurance.

Call 1-888-234-1294 or 1-320-208-1400 to register. or online at www.driverdiscountprogram.com

Must have 14 registered. The 8 hour initial course is available online.

Refresher Course 4 Hours			
Day	Date	Time	Cost
F	April 19	1-5 p.m.	\$24
F	May 17	1-5 p.m.	\$24

Cricut Design Space

Did you know we have a Cricut smart cutting machines that work with an easy-to-use app to help you design almost anything. Members can use this for free, with their own supplies. Join us to learn how to use it.

Day	Date	Time	Cost
F	April 5	12:30 p.m.	Free/m, \$5/nm



Crafts with Cricut

Join us in creating these adorable crafts!

Craft: Spring Pillow Cases				
Day	Date	Time	Deadline	Cost
Th	April 25	12:30 p.m.	Spring Pillow Case	\$6/m, \$16/nm

PROGRAMS

Much At Lunch Party

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	March 27	Mystery Entertainer	12 p.m.	Chicken Alfredo	\$12/m, \$17 nm
W	April 24	Jim Sing Sings	12 p.m.	Scalloped potatoes and ham	\$12/m, \$17 nm

Regularly Scheduled Activities

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

Book Club

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

Nicolai Board Room				
Day	Date	Time	Title	Cost
W	March 20	1:30 p.m.	Mrs. Palansky's Revenge By Spencer Quinn	Free/m, \$5/nm
W	April 17	1:30 p.m.	TBD	Free/m, \$5/nm

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	March 21	<i>Gabby Gifford's Won't Back Down</i>
Th	April 18	<i>Oppenheimer</i>



Let Missie or Stacey know your movie requests!

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



MARCH CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Coffee Guys 9:00 Coffee Cafe 9:00 Chair Yoga 10:00 Cribbage 10:30 Bingo 1:00 Yoga
4 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Ski Club 12:00 Recycled Cards 1:00 Dulcimers Deadline for Irish Influence in St. Paul	5 10:05 Chair Yoga 11:30 Women's Coffee 1:00 Woodcarvers VOTING LOCATION NO ZUMBA GOLD	6 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 5:00 Yoga	7 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation	8 9:00 Coffee Guys 9:00 Coffee Cafe 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga 5:00 Kickin' It Irish Deadline for Gary's
11 9:00 Day Old Bread 9:00 Coffee Guys 9:30 Advisory Board 10:00 Core 11:00 Walk/Ski Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers 6:30 Senior Helpers Deadline for Mary Vanorny & The Two Tap Trio	12 9:00 SAIL 10:05 Chair Yoga 10:30 Gary's 11:00 Fitness Class Demo 11:30 Women's Coffee	13 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 5:00 Yoga	14 10:00 Pinochle 10:00 Core 11:00 Meditation 11:45 Fitness Ctr Orientation 12:30 Mary Vanorny & the Two Tap Trio 7:00 Model Railroad Club	15 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga
18 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Ski Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	19 9:00 SAIL 10:05 Chair Yoga 11:30 Women's Coffee 1:00 Woodcarvers 3:00 The Open Door Food Distribution	20 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 Deadline for Much At Lunch	21 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation 1:00 Movie Gabby Gifford W on't Back Down	22 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga Deadline for Bierstube
25 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Ski Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	26 9:00 SAIL 10:05 Chair Yoga 10:30 Beirstube 11:30 Women's Coffee 1:00 Woodcarvers	27 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	28 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr 11:00 Meditation 11:45 Fitness Ctr. Orientation	29 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga

APRIL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Ski Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	2 9:00 SAIL 10:05 Chair Yoga 11:30 Women's Coffee 1:00 Woodcarvers	3 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	4 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation	5 9:00 Coffee Guys 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 10:00 Core 11:00 Walk/Ski Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	9 9:00 SAIL 9:30 Irish Influence in St. Paul 10:30 Q.Cumbers 10:05 Chair Yoga 11:30 Women's Coffee 1:00 Woodcarvers	10 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	11 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation 11:00 Meditation 7:00 Model Railroad Club	12 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga 3:30 Fish Fry Stein House
15 9:00 Day Old Bread 9:00 Coffee Guys 9:30 Advisory Board 10:00 Core 11:00 Walk/Ski Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers Deadline for Anoka History & Mystery Trip	16 9:00 SAIL 10:05 Chair Yoga 11:00 Fitness Class Demo 11:30 Women's Coffee 1:00 Woodcarvers 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 4:00 Senior Preview "Joseph and the Amazing Technicolor Dreamcoat" 5:00 Yoga	18 10:00 Pinochle 10:00 Core 11:45 Fitness Ctr Orientation 1:00 Movie Oppenheimer 1:00 Estate Planning	19 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 11:030 Bingo 1:00 Yoga 1:00 Driver's Safety
22 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Ski Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	23 9:00 SAIL 10:05 Chair Yoga 10:30 Hazelwood 11:30 Women's Coffee 1:00 Woodcarvers	24 9:00 Day Old Bread 9:00 Coffee Guys 11:30 Move with Mary 12:30 Much at Lunch 1:00 Cardio 1:00 Coloring 5:00 Yoga Deadline for Much At Lunch	25 10:00 Pinochle 10:00 Core 11:15 Disney's Lion King 11:45 Fitness Ctr Orientation 12:30 Cricut Pillow Case 1:30 Bus to ERA Senior Expo Deadline for "Til Beth Do Us Part	26 9:00 Coffee Guys 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/Ski Club 11:15 Zumba Gold 12:00 Recycled Cards 1:00 Dulcimers	30 9:00 SAIL 11:05 Chair Yoga 11:30 Women's Coffee 1:00 Woodcarvers			



Arts and Crafts Fair 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 as webtrac.farmingtonmn.gov. If you would prefer a hard copy please call 651-280-6970 and will mail you one.

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

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.

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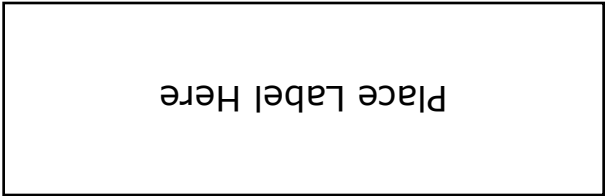
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STANDARD RATE
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City of Farmington
Rambling River Center
325 Oak Street
Farmington, MN 55024

Happy Birthday

March

- 1 Carol Jensen
- 2 Mary Christensen
- 2 Sandy McCollum
- 4 Jan Delaney
- 5 Dave Briner
- 7 Karen Hartman
- 9 Ralene Kroenkf
- 11 Kay Brask
- 11 Nancy Joosten
- 13 Sandy Thompson
- 15 Cathy Skoff
- 17 Sherry Andersonn
- 18 Theresa Malecha
- 19 Steve Windmer
- 20 Arvilla Neff
- 20 Nancy Wilson
- 21 Peggy Anderson
- 21 Michelle Garner
- 21 Diane Ristow
- 22 Dennis Perro
- 22 Virginia Windschitl
- 27 Lou Gleason

- 27 Kathleen Rinehart
- 29 LaVonne Nicolai
- 29 Dennis Sullivan
- 30 John Searle

April

- 1 John LaPlante
- 1 David Neilson
- 3 David Rousch
- 4 Mary Lou Aleon
- 6 Martha Egersdorf
- 7 Raymond Rotzien
- 9 Wanda Harper
- 12 Alleen Wicktor
- 15 Marj Ford
- 16 Ed Scholten
- 17 Julie Michaelis
- 18 Linda Plant
- 19 Peggy Moore
- 20 Julie Mertens
- 20 Tony Tovsen

- 21 Lea Gunther
- 21 Denis Hendren
- 21 Charlotte Valek
- 21 Terrence Werner
- 22 George Gehrke
- 22 Julia Johnson
- 22 Fred Senger
- 23 Dorothes Vanderwerf
- 24 John Devney
- 25 Tami Potter
- 28 David Peterson
- 29 Doris Dahl
- 29 Robyn Dietzinger