

Out & About...

- Thurs. June 29: 10:00 Watertown day trip
- Fri. June 30: 1:15 Twin Cities Live trip
- Thur. July 6: 10:00 Lunch Around the World: Middle East-Holy Land Restaurant & Grocery in Minneapolis
- Wed. July 12: 10:15 Lake Pulaski pontoon fishing trip
- Thur. July 13: 8:00 a.m. Northfield day trip
- Wed. July 19: 8:30 a.m. North Minneapolis history tour
- Wed. July 26: 8:30 a.m. Barn Quilts of Carver County-part 2
- Thur. July 27: 9:15 a.m. Southtown shopping trip
- *Mon. July 31 & Aug. 14: Al & Alma's Lake Minnetonka lunch cruise
- Wed. Aug. 2: Minneapolis Central Library tour
- Wed. Aug 9: Buffalo shopping trip
- Thurs. Aug. 10: Lanesboro day trip
- Thurs. Aug 17: Hutchinson day trip
- Tue. Aug. 22: Grand Casino-Hinckley trip
- Wed. Aug 23: St. Paul Saints baseball game
- Thur. Aug. 24: 8:45 St. Paul Wabasha Caves & Gangster tour
- Mon. Aug. 28: MN State Fair trip
- Thur. Aug 31: Oliver Kelley Farm tour



Questions and registration: 763-972-0574 or senior@delano.mn.us

* Multiple dates for this event

In-House Fun...

- Mon. July 3: 6:30 Community Cribbage Tournament-all ages welcome. \$5.00 entry fee, prizes awarded to 1st, 2nd, 3rd, and youth. RSVP's encouraged—walk in's OK.
- Tues. July 4: Closed for Independence Day
- Thurs. July 6: 9:00 a.m. First Thursday Fireside Chat with Wright County Commissioner Charlie Borrell
- Fri. July 14: 11:30 Handcrafted saddles at the Senior Center with Mike Bray.
- Tues. July 25: 11:15 a.m. Live music with Jim Wendolek. Old time and country western
- Thurs. Aug. 3: 9:00 a.m. First Thursday Fireside Chat with Congressman Tom Emmer
- Tues. Aug. 8: Two Buck Tuesday co-sponsored by the Estates of Delano
- Tues. Aug.15: 10:00 a.m. Balance screening & presentation
- Wed. Aug. 16: "85-Plus Party" sponsored by State Bank of Delano. Music by Bill Mann starts at 11:00 a.m.


Questions and registration: 763-972-0574 or senior@delano.mn.us

Other Community Events...

- Delano 4th of July Celebration:** June 30 through July 4 at Delano Central Park
- Fri. July 22:** 2 p.m.-Midnight. Relay For Life at Delano Central Park
- Tues. Aug. 1:** National Night Out - individual neighborhood gatherings
- Wed. Aug. 2:** 5:00-8:00 pm Taste of Delano at Delano Central Park
- Thurs.-Sat., Aug. 17-19:** City-wide garage sale
- Sat. Sept. 9:** Dad's Belgian Waffle Breakfast with Delano Fire Department

Thank you to the following individuals & organizations who made recent donations to the Delano Senior Center:

- Steve & Judy Crosby
- Joy Barbre
- Jesse & Louise Parsons
- Siiri Burmeister
- Peggy Kelly
- Lorraine Borchardt
- Ann Jackson
- Joan Kittok
- Amber Dawn Andrews
- Shirley Jensen
- Jo Schulte
- All other donations, large & small!



Dad's Belgian Waffles

All You Can Eat



Serving: Waffles Sausages Flavored Syrups Drink

**Saturday, September 9
7:30 ~ 11:30**

Silent Auction from 8:00 ~ 11:00



Delano Senior Center
234 2nd St. N. PO Box 462
763-972-0574 www.delano.mn.us



July 2017

Lunch at the Senior Center...

So much more than just lunch!

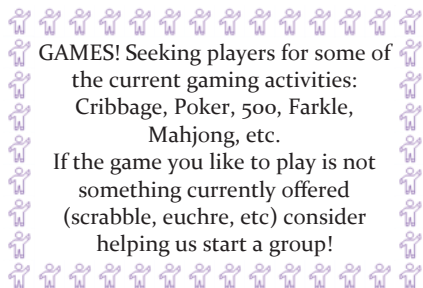


In an effort to help senior citizens live healthy, independent lives, Catholic Charities offers low-cost (or waived) nutritious noon-hour meals to working, retired, and semi-retired persons age 60 and over. Meals are prepared and served at Delano Senior Center. Meals on wheels are also available for homebound residents living in the areas of Delano, Loretto, Rockford, Franklin Township, parts of Independence & Greenfield.

We'll see you here for lunch!

In partnership with Wright County Sheriff's Office, there is now an **UNWANTED PRESCRIPTION DRUG TAKE BACK RECEPTACLE** located in the hallway of city hall/ senior center building





What is Mahjong? Similar to the Western card game



rummy, **Mahjong** is a game of skill, strategy, and calculation and involves a degree of chance. The game is played with a set of 144 tiles based on Chinese characters and symbols, although some regional variations may omit some tiles and/or add unique tiles.

Wednesdays at 1:00 p.m.

GAMES! Seeking players for some of the current gaming activities: Cribbage, Poker, 500, Farkle, Mahjong, etc.

If the game you like to play is not something currently offered (scrabble, euchre, etc) consider helping us start a group!

For these upcoming events not published in the Community Ed brochure

Save the Dates!

Balance Screening Tuesday, August 15

10:00-11:00 information session, followed by **FREE** five minute screenings, if interested

Have you fallen in the past year? How many times have you fallen in the past year? Are you afraid of falling? Having a major fall can change one's life forever. It could mean giving up living a full independent life. Attend this presentation to learn the many ways you can stay FALL FREE and continue to Live Your Life active and healthy.

Dr. Eva Norman, Physical Therapist and owner of Live Your Life, will also be available to screen your balance and determine your risk of falling. Visit Live Your Life's website to learn more about them:

<http://www.liveyourlifept.com/>

Handcrafted Saddles at the Senior Center with Mike Bray

Friday, July 14 ~ 11:30 a.m.

In 1999, Mike Bray began his leather artistry work after renovating his family's barn into a studio where he could follow his dreams of creating art while staying connected to his love for the rural lifestyle. Mike will bring three saddles: Military: tribute to the troops; Cancer: recognizing cancer victims and survivors; police: honoring police officers. He'll talk about the saddles and people can take photos with them.



85-Plus Party



Wednesday, August 16

Music by Bill Mann: 11 a.m.

Meal: 12 p.m.

All diners who are 85 years old and wiser receive a complimentary meal!

Sponsored by State Bank of Delano

Reservations requested. Call Delano Senior Center at 763-972-0574

Live music with Jim Wendolek
Tuesday, July 25
11:15 a.m.

Old time and country western music



Two-Buck Tuesday

Tuesday, August 8

12:00 Enjoy lunch at the Delano Senior Center for a cost of \$2.00!!
11:00 Musical entertainment
Co-sponsored by Estates of Delano.
Reservations recommended

Games & other fun

Choir: is on summer break

Golf-card game: 1:00 every Monday

Bingo! Mondays at 11:15 & Fridays at 12:40

Bridge: 1:00 every 2nd & 4th Monday

Movie Club: 1:00 every Tuesday

Farkel: 1:00 every 1st and 3rd Tuesday

Mexican Train: 1:00 every 2nd and 4th Tuesday

Mahjong: 1:00 every Wednesday

Cribbage: 1:00 every 1st & 3rd Wednesday

Cards-500: 1:00 every 2nd & 4th Wednesday

Knitting/Crocheting: 9:00 Thursdays

Storytheater: practices as needed



Tai Chi is sometimes called "moving meditation." This ancient form of movement helps improve balance by moving your body slowly, gently, and precisely, while breathing deeply. This form of tai chi can be done standing or sitting and is suitable for people of all ages and abilities.

Tuesdays ~ 9:00-10:00 a.m.
starting September 5 at Delano Senior Center
\$3-\$5 suggested contribution

Haven't been to the Senior Center for a while? Here's what's new:

Wright County WOW Wellness Clinic providing a broad range of health services.
2pm-6pm every 2nd Tuesday of the month

Mahjong tile game: every Wednesday at 1:00

Golf card game
Every Monday at 1:00

Alzheimer's & Dementia Caregivers support group meets at 1:00 the 3rd Wednesday of the month

60+ and Healthy foot clinic
Provides foot care for senior citizens
9:30-11:30 every 4th Thursday of odd numbered months

Walking Club
1st & 3rd Thursday. Explore different neighborhoods on foot

Come check it out!



MOVIE GROUP

Movies shown at 1:00 on Tuesdays (unless otherwise noted)



Health & Education

- Legal Aid:** available by appointment every 1st Monday of the month
- Eyeglass small repair & adjustment:** 11:30 1st Tuesday of the month
- Blood Pressure Clinic:** 12:00-2:00 p.m. every Tuesday
- Wright County WOW Wellness Clinic:** 2:00 p.m.-6:00 p.m. every 2nd Tuesday of the month
- Exercise** 11:20-11:40 every Wednesday & Friday
- Chair Yoga** 9:15 every Wednesday
- Book Club** 10:30 3rd Wednesday of the month
- Alzheimer's & Dementia Caregivers Support Group** 1:00 p.m. 3rd Wednesday of the month
- 60+ and Healthy Foot Clinic** provided by Wright County Public Health: 4th Thursday of odd-numbered months
- Walking Club** 1:00 p.m. every 1st & 3rd Thursday
- Parkinson's Support Group** 1:00 p.m. 3rd Thursday of the month
- Writers' Group** 10:30 a.m. 1st & 3rd Thursdays of the month