



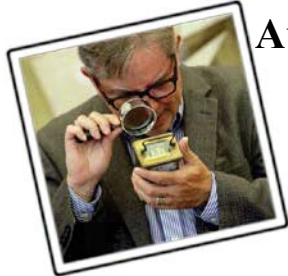
**Long-term care insurance:
What do you need to know?**
**Wed., April 4
11:00 a.m.**

Join LaRhae Knatterud from the Minnesota Department of Human Services who will explain long-term care options for all ages. LaRhae will take your questions and provide unbiased information about long-term care insurance.



Friday, March 30
Senior Dining closed for Good Friday,
Senior Center open 8 a.m.-Noon

"How old would you be if you didn't know how old you was?"
Satchel Paige



Author/Appraiser Mark Moran and the History of Your Objects

**Wednesday, April 18
9:00 am – Noon**



In this unique event, author and appraiser Mark Moran, who has written over 25 books on antiques and collectibles and has appeared on the PBS "Antiques Roadshow" program, will help to evaluate your items and learn more about the history of your own personal objects. Limit one object per person, limit 40 items

Please register for a time slot by calling the Delano Library at 763-972-3467.

Additional guests are welcome to attend to listen and observe. This event will be held at the Delano Senior Center.

A Legacy event.

- LEGAL AID HELP -1st Monday of every month 1:00 Call for appointment 763-972-0574**
- EYEGLOSS SMALL REPAIR & ADJUSTMENT – 1st Tuesday of every month at 11:30**
- BLOOD PRESSURE CLINIC – Tuesdays from 12:00-2:00**
- Wright County WOW Wellness Clinic – Every 2nd Tuesday of the month from 2:00-6:00 p.m.**
- 60+ & Healthy Foot Clinic – 4th Thursday of every odd numbered month from 9:30-11:30**
- NAPS pickup – Every 2nd Monday of the month from 1:00-2:00**
- CHAIR YOGA – 9:15 am every Wednesday. Suggested donation- \$3-\$5 per class**
- EXERCISE – Wed & Fri from 11:20-11:40**
- CHOIR – practice 10:00 Mondays**
- BINGO—11:15 Monday & 12:40 Friday**
- “500” CARDS – 2nd & 4th Wednesday at 1:00**
- BRIDGE—2nd & 4th Monday at 1:00**
- CRIBBAGE – 1st & 3rd Wednesday at 1:00**
- MOVIE – 1:00 every Tuesday**
- BOOK CLUB – 3rd Wednesday of the month at 10:30**
- WRITERS’ GROUP –1st & 3rd Thursday at 10:30**
- KNITTING/CROCHETING GROUP – 9:00 every Thursday**
- FARKEL – 1:00 every 1st & 3rd Tuesday**
- BIRTHDAYS CELEBRATED – 2nd Monday of each month at 12:00**
- ALZHEIMER/DEMENTIA SUPPORT GROUP – 3RD Wednesday at 1:00 (unless otherwise noted)**
- PARKINSON’S SUPPORT GROUP – 3rd Thursday at 1:00 (unless otherwise noted)**



Wednesday Yoga class

The Road to Character book discussion.

With wisdom, humor, curiosity and sharp insights that have brought millions of readers to his New York Times column and his previous bestsellers, David Brooks has consistently illuminated our daily lives in surprising and original ways. Responding to what he calls the culture of the Big Me, which emphasizes external success, Brooks challenges us, and himself to re-balance the scales between our “resumé virtues”-achieving wealth, fame, and status– and our “eulogy virtues,” those that exist at the core of our being: kindness, bravery, honesty, or faithfulness, focusing on what kind of relationships we have formed. Blending psychology, politics, spirituality, and confessional, *The Road to Character* provides an opportunity for us to rethink our priorities, and strive to build rich inner lives marked by humility and moral depth.

The discussion will be facilitated by Ted May, Nick Neaton, and Diane Johnson.

Discussion Schedule:

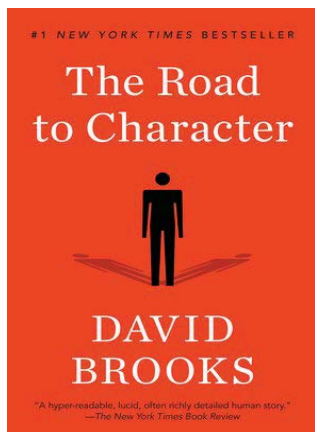
Monday, March 5: Chapters 1-5

Monday, March 19: Chapters 6-10

7 p.m.-8:30 p.m.

Delano Senior Center

Registration not required, but helpful for planning



Delano Senior Center

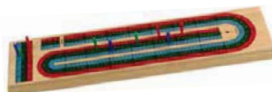
Community

Cribbage Tournament



Saturday, March 10

9:00 a.m.



All ages are invited to join our
community cribbage tournament

\$5.00 entry fee

Cash prizes for 1st, 2nd, & 3rd, and youth

RSVP's encouraged - walk-ins OK.

For more information, contact Delano
Senior Center at 763-972-0574

Book & Puzzle Sale



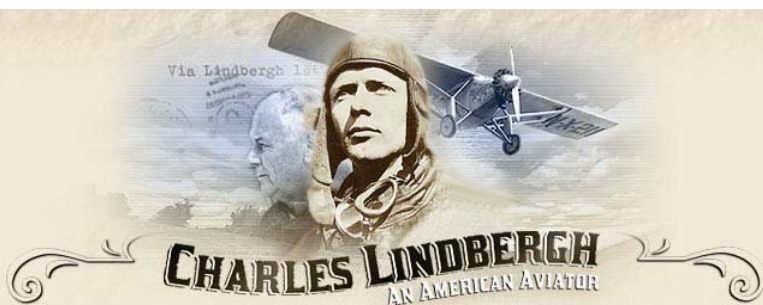
Thurs. May 3

8 a.m.-4:30 p.m. &

Fri. May 4

8 a.m.-2 p.m.

Please bring donations beginning April 23



David Jones presents

Thursday, March 8 11 a.m.

Charles Lindbergh: Triumph, Tragedy, and Controversy

In 1927, Charles Lindbergh became the first pilot to fly solo from New York to Paris. This feat made him one of the biggest celebrities of his time. However, his life following the flight was filled with tragedy and controversy. Join us to explore the complicated life of a complex man.

2 Buck Tuesday

Co-sponsored by The Legacy of Delano

**12:00 Enjoy lunch at the Delano Senior
Center for a cost of \$2.00!!**

**11:00 Musical entertainment
provided by "One-Man Band"
Lyndon Peterson**



Delano Senior Center



~Delano Senior Center ~

Find us at www.delanoseniorcenter.com