

SENIOR TIMES

The mission of the Anoka Senior Center is to enhance the lives of older adults by offering a variety of activities and programs in a non-discriminatory manner while creating a friendly, warm and welcoming environment.

Issue #263

February, 2026



Diamond Tours and Anoka Senior Center present:
Mount Rushmore, the Badlands & Black Hills of South Dakota
May 17 (Sunday) thru May 23, 2026 (Saturday)

Cost \$869 pp based on double; single add \$229

Trip includes: RT motorcoach transportation, 6 nights lodging (4 consecutive in So. Dakota), 10 meals, Mount Rushmore, Crazy Horse, Custer State Park, Unique Journey Museum, guided tour of Deadwood, Badlands, Borglum Center and more. Flyers and registration sheets available.

FACILITY HOURS:

We are open
Monday thru Friday
8:00 am—4:00 pm.

We serve a nutritious,
hot meal Tuesday
through Friday at 11:45.
Reservations required.

The Anoka Senior
Center is located 6
blocks south of Main
Street on 6th Avenue.
We are in a stucco
building at the
intersection of 6th
and Washington.

Coffee is always available
before noon.
Stop in and visit!



Coming attractions:

***For all April trips—sign up starts on Monday, Feb. 2.
Sign-ups only accepted that day & after—not before.***

- April 9 Bingo & lunch at CR VFW \$5.00 + lunch & bingo
- April 13 LeMusique Room—*Elvis* Cost \$40.00 + lunch
- April 14 Lunch Bunch—*Elvis* Cost \$30.00 lunch incl.
- April 15 Chanhassen *Guys & Dolls* Cost \$84.00 lunch incl.
- April 30 Masonic—*Birthday Candles* Cost \$56.00 lunch incl.

Grand American and Anoka Senior Center present:
Mexican Riviera Cruise aboard Princess Discovery

November 5-14, 2026 10 days/9 nights

Cost \$2,875 per person double occupancy - inside cabin
Balcony cabins only slightly more!

Your cost includes: roundtrip airfare to Los Angeles,
2 pre-nights with tours, 7 night cruise, all port charges,
taxes etc., all transportation in California.

Plus beverage package on board, internet on board and
prepaid gratuities to crew. A great deal!

Flyers available at the Senior Center.



Card games, dice, and more....



Bridge ~ Every Thursday at noon.
Ends around 3:00.
Call the Senior Center for more info.

500 ~ Every Monday from 12:30 — 3:00 pm.

New card enthusiasts always welcomed!

Hand & Foot /Triple Play ~ Played the 2nd and 3rd Friday of each month from 12:30—3:30.

Cribbage ~ Every Wednesday from 1:00—3:30 pm.

Writing Club

Once a month, on the 3rd Tuesday at 12:45, a small group of ladies meet with a passion for writing and telling stories. They would love to have you join them. Cancelled for December. They are always open to new idea's.

Fitness

Exercise every Tuesday and Friday.
Class starts at 11:00 a.m. and is approx. 50 minutes long.
This is a nice mixture of stretching and cardio.

February dates:

February 3, 6, 10, 13, 17, 20, 24, 27

Knitting

Monday morning at 10 a.m.
a group of ladies assemble here with their latest knitting or craft project.
Come and join them!



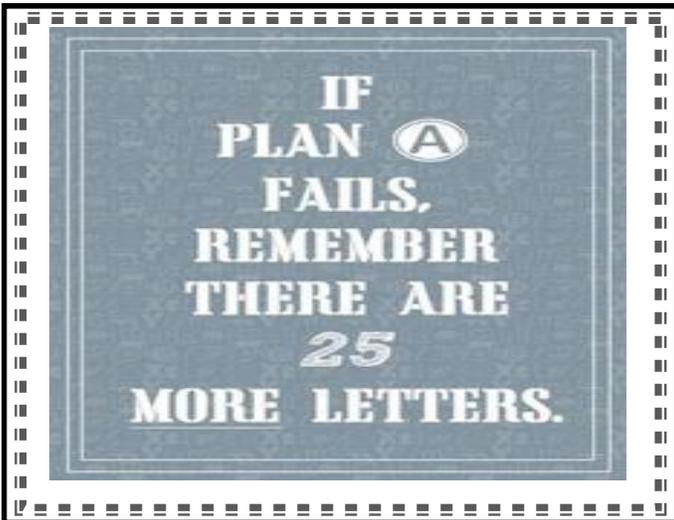
Only wimps let a rodent decide if it's spring or not.



In the event of inclement weather, please call in before venturing out. We generally follow the school closures...but not always.

Call the Senior Center at 763-576-4661 in the morning and if we are closed, there will be a message of closure on the phone.





*Our monthly newsletter will be assembled on **Wed. February 18** this month.*

Thank you to all our great volunteers who give their time and talent every month!

FOOT CARE



Call the Senior Center at 763-576-4661 to schedule your appointment.

Our foot care nurse is Laura Newton, owner of Holistic Foot and Nail Care.

She comes generally the first Saturday of each month. Her appointments start at 8 a.m. and are scheduled every 20 minutes throughout the day.

She will evaluate your feet for problems, trim your nails, and follow up with a foot and leg massage.

Cost is \$35.00 ~ payable at your appointment.

Do not trim your nails before you come.

Appointments are limited. Call early.

WEEKLY GROCERY SHOPPING TRIPS

When the bus is available, we will provide transportation to Cub Foods/Aldi every Tuesday & Thursday morning at 9:15.

Every Wednesday at approx. 12:45, we will travel to the Walmart in Andover for shopping. Please call 576-4661 by noon at least one day prior to sign up for grocery shopping. Space is limited. \$2.00 charge—payable to the driver.



Bread & Baked Goods

We have free, donated bread & baked goods from area grocers delivered Thursday mornings.

Please limit the amount you take.

First come, first served.

Donations encouraged for our volunteer drivers.

55+ Driver Discount Program

If you are 55+ this course will save you 10% on your auto insurance for 3 years!
No written or behind the wheel tests. Come and spend a fun afternoon with Dave from Precision Driving Center.

Tuesday, February 24

Cost \$24.00 1:00—5:00

You must register for this class by calling #1-888-234-1294.

Activity Highlights for February

- 3 Bingo following lunch
- 6 ACBC trip (changed for this month only)
- 10 Lunch Bunch—leaving at 9:45
- 16 CLOSED for President's Day
- 17 Jason Show trip—leave at 8 a.m.
- 20 LeMusique Room trip—leave at 10:15
- 26 VFW bingo & lunch—leave at 11:15



Senior Dining

**T—F ~ Approx. 11:45 a.m.
Donation \$5.00.**



Come and enjoy a good meal at a great value!

Please call (763) 427-6646 one week in advance (before noon) to reserve your meal.

Be sure to request transportation if needed.

If you are signed up for lunch and are sick, call us before 10 a.m. and we can pack your lunch to go. Our driver can deliver your lunch to your door for a small fee.

Menu Highlights for February

- 3Tu *Roast pork in sauce, mashed potatoes
- 4W Philly cheesesteak, pasta, corn
- 5Th Chicken chow mein, rice
- 6F Crabbed stuff pollock, rice pilaf
- 10Tu Popcorn chicken, mashed potatoes
- 11W Glazed ham, au gratin potatoes
- 12Th Chicken Kiev, rice pilaf
- 13F Chili, baked potato, coleslaw
- 17Tu Goulash, carrots, mandarin oranges
- 18W Chicken fajita omelet, cheesy hashbrowns
- 19Th Tuscan meatballs, noodles, veggies
- 20F Lemon pepper tilapia, rice pilaf
- 24Tu Scalloped potatoes w/ham, green beans
- 25W **Roast beef, mashed potatoes, gravy
- 26Th Shepherd's pie, broccoli, applesauce
- 27F Baked pollock in lemon dill, potatoes

*Bingo following lunch

**Birthday meal with cake & ice cream

All meals are served with dessert and milk/coffee.

Full menu's available at the dining desk.



Call 763-576-4661
to sign-up for trips

ADVENTURE SEEKERS

The Jason Show

Studio audience

Tuesday, Feb. 17

Cost \$10.00—trans—*due Jan 30*

Join us as we travel down to the KMSP/WFTC
Broadcast Center to view the **Jason Show**.

We will be members of the audience.
Only small purses allowed. No logo's or hats.

After the show, we will make a stop at
Culvers—extra cost.

Leaving Anoka at **8 a.m.**
Returning approx. 2:00 p.m.

Bingo & lunch at VFW in Coon Rapids

Thurs. Feb. 25 & Thurs. April 9

Cost \$5.00—trans—*due 1 week prior*

Lunch & bingo extra.

Bingo is approx. \$15 for all games.

Great lunch specials.

Leaving ASC at **11:15 a.m.**

Lakeshore Players presents:

The Importance of Being Earnest

Saturday, March 14

Cost \$40.00—*due March 1*

Includes trans and show (lunch extra)

Lunch first—location TBD

Then we'll travel to White Bear Lake to
see this delightful play.

The play starts at 2:00 p.m.

Leaving Anoka at **11 a.m.**

Returning approx. 5 p.m.

LeMusique Room presents:

Church of Cash

Friday, Feb. 20

Cost \$38.00—*due Feb. 6—lunch extra*

Lunch is first at Rockwoods in Otsego.
Then it's a short drive to the theater for
the 1:00 show.

Doors open at 12:30.

Called the "Best Johnny Cash
Show Ever".

Leaving Anoka at **10:15 a.m.**

Returning approx. 4 p.m.

Lunch Bunch presents:

The Stringman

Tuesday, February 10

Cost \$30.00—*due Jan. 27*

Cost includes lunch, show, & transportation

If it has strings, Paul probably plays it!
He will present a program of traditional
Celtic, American, and original music.

Leaving Anoka at **9:45 a.m.**

Lunch/show starts at 10:30 a.m.

Returning approx. 1:30.

Landscape Arboretum

Spring Flower Show

Wednesday, March 4

Cost \$25.00—*due March 1*

Enjoy an early taste of Spring!
Lunch at Houlihan's following. Leaving Anoka
at **10 a.m.** Returning approx. 3 p.m.

Anoka Senior Center
1500 6th Avenue
Anoka, MN 55303

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RETURN SERVICE REQUESTED

Happy Birthday to all of you born in February



CITY OF ANOKA
**SENIOR
CENTER**

763-576-4661 General information (Melissa)

763-427-6646 VOA dining (Lisa)

Anoka Senior Center Staff Members:

Program Coordinator:

Melissa Werra

Van Drivers:

Denny Reihe

Steve Pratt

Dan Messman

Cindy Pipenhagen

Volunteers of America Staff

Member: Lisa

Public Services Administrator:

Lisa LaCasse



The Senior Center will be closed
on:

Monday, February 16

in honor of President's Day.

Have a safe and happy holiday!