



## Healthy Body ~ Healthy Budget class

Monday mornings 9:00-10:30am  
Sept 27, Oct. 4<sup>th</sup> and Oct. 11<sup>th</sup>

Grocery bills breaking the bank? Learn how to save money on groceries and eat healthy with this new class! This class is for anyone interested in saving money on groceries, adding whole grains to your meals, cooking tips, getting calcium –rich food and more! Taste great recipes and get great gifts...just for participating. Register with the United Way of Washington County-East by calling #439-3838  
*Sponsored by United Way of Washington County-East and the Emergency Foodshelf Network*

## Guest Speaker-Jennie Soine "TCM 101"

Tuesday, September 21<sup>st</sup> 10:00am

Come to learn about the ancient healing wisdom of Traditional Chinese Medicine(TCM) and how to implement it in your own life. Jennie Soine, licensed acupuncturist in MN and WI and a nationally certified herbalist, will facilitate this information session. Class will include discussion and demonstration of exercises to improve health. All ages welcome. Come with an open mind and loose fitting clothing. To plan accordingly, please call #439-7434 by Friday, September 17<sup>th</sup>. Bring a friend!

## Lunch Bunch

Monday, August 23<sup>rd</sup> and Monday, September 20<sup>th</sup>

Join us for a casual lunch out as we head to Lake Elmo on August 23<sup>rd</sup> to have some great home cooking at Gorman's Restaurant. In September we will be enjoying lunch at the Mai Tai Café, down the street from the Senior Center. Drivers are needed. Reservations limited to number of drivers. Please call #439-7434 by the Thursday prior if you will be attending. Thank you!

## Health Care Reform and It's Impact on Medicare Beneficiaries

Thursday, September 30<sup>th</sup> 9:30am

Come to hear how you will be affected by the new Health Care Reforms if you are a Medicare Beneficiary. A representative from Metropolitan Area Agency on Aging/Sr. LinkAge Line will share important information to get a better understanding on it's impact. Seating is limited. Sign-up by calling #439-7434. if you are unable to attend this session, more dates will be scheduled during the fall.

## Let's Go Fishing!

Monday, August 30<sup>th</sup> 10:00am

\*Meet by 9:30am at the Bayport Marina-  
200 5<sup>th</sup> Ave. So.

Together with friends from the Bayport Senior Center, we will launch from the Bayport Marina for a relaxing pontoon ride on the St.Croix River. Only a few spots are available for this trip, so sign-up soon! "Let's Go Fishing" Stillwater Area Chapter mission is to enrich the lives of seniors with "no cost" fishing and boating activities. Call #439-7434 to make your reservation today! Persons with disabilities are welcome to participate. Volunteers and handicapped accessibility is provided.



## Dancing at Withrow

Thursday, August 26<sup>th</sup> 1:00-4:00pm  
Meet at the Stillwater Sr.Center at  
12:30

Let's have some fun at the Withrow Ballroom dancing to the music of Julie Lee! Couples and singles are welcome to come for a great afternoon of dancing and/or watching others dance. Snacks can be purchased. Drivers will be needed for carpooling. Call for more information #439-7434.

Cost: \$8 at the door.

## You Be the Judge

Thursday, September 23<sup>rd</sup> 9:30am

It's back from the summer break! Come to discuss interesting court cases and mediation alternatives. Learn about state, local and national cases in the news. Facilitated by Bill Funari and Kim Dietz, Esq. To plan accordingly, please sign-up by calling #439-7434 by Wednesday, Sept. 22<sup>nd</sup>.



**Mexican Train Dominoes**Wednesday, Sept. 22<sup>nd</sup> 10:00am

Newcomers and "sages" are welcome to play this fun game. The more the merrier! Bring a friend!

**Senior Law Project**Wednesday, Sept. 1<sup>st</sup> 10:00am

\*Appointments needed



If you have a legal concern and would like to speak to a representative from the Senior Law project, sponsored by the So. MN. Regional Legal Services, Inc. for outreach services. You will be contacted by the agency prior to your appointment to be briefly questioned regarding the nature of your problem. To make an appt. call 651-224-7301, Monday-Friday 9am-12noon.

**Wise, Wonderful Women**

1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month  
10:30-12:00am

Talk about the daily experiences and lessons learned. Find support, wisdom, mentoring and encouragement. Reminisce and share of the past. Share information and laugh as we navigate the changes and challenges of later years. During the summer months, the group continues to meet in a casual manner. In September, Diana Ensign will return to facilitate the meetings.

For more information, call the Senior Center.

**Oil Painting Open Studio**

Wednesdays 9:00-12:00am

Six week session beginning Wed. Sept 8<sup>th</sup>

Join other oil painters in an open studio venue. Bring your own materials and enthusiasm for painting! Cost: \$5 per class. Limited space availability.

Call the Senior Center for more information #439-7434.

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**As promised...** Special greetings to  
Hazel Carlson!

**AARP Driver Safety Program**

Minnesota drivers that are 55 and over can become safer drivers and save money on car insurance by completing this course. The cost of the class is \$14 with a \$4 fee. Total cost is \$18. Pre-registration, accompanied by payment is required. Registration may be made in person or by mail at the Stillwater Senior Center. Call #439-7434 to register.

Refresher classes (4 hours) 12:00-4:00

Tuesday, September 14<sup>th</sup> orThursday, September 16<sup>th</sup>Tuesday, November 9<sup>th</sup> orThursday, November 11<sup>th</sup>

First Time class (8 hours) 12:00-4:00

Tuesday October 12<sup>th</sup> and Thursday, Oct. 14<sup>th</sup>

Refresher evening classes-

\*Minimum number of participants needed

Monday, September 13<sup>th</sup> 5:30-9:30pmTuesday, October 5<sup>th</sup> 5:30-9:30pmMonday, November 15<sup>th</sup> 5:30-9:30pm**Trips and Outings Information**

Newsletter and information on Valley and J&M Tours are available to pick up at the Bayport and Stillwater Senior Centers. Also feel free to call Sally Erickson at Valley Tours #439-6110 or Julie Ahlman at J& M Tours #426-2313 Monday-Thursday 1:00-5:00pm for trip and outing information!

*Go out and have some fun! Taking advantage of these outings and trips are wonderful opportunities to see new things, and meet new friends!*

**"Give a little~ Get a lot!" Update**

Many thanks to all who have been contributing to the "buck for the house" donation baskets. Your contributions have truly made a very necessary and positive impact for Community Thread and the Senior Centers. *We thank you for your support and appreciate your good neighbor response.*

**Upcoming Events**

- *Senior Safety Workshop* Friday, October 29<sup>th</sup> 9:30-11:45am
- *Health Care Reform Information Sessions-* presented Sandy Sobodka Thursday, Oct. 14<sup>th</sup>, Tuesday, October 19<sup>th</sup> & Thursday, Nov 4<sup>th</sup>