

BAYPORT SENIOR CENTER NEWS

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JUNE/JULY 2010

UP & AT IT!!!TAKE THE CHALLENGE

Once again, it's time for our summer wellness challenge for the St. Croix Valley. This easy program is for you to grow stronger, healthier, or loose weight. We are stepping up to active living and healthy eating. This is a community challenge for women and men. Here are the guidelines:

1) Anyone 50 years of age and older who lives in the St. Croix Valley is eligible to participate.

2) Participants must weigh in monthly. The initial, confidential weigh in is June 1, 2, and 3 and July 5th, 6th, and 7th from 9:30-11:30. August and September dates will be announced at a later date. You can choose to participate two or three months.

3) With every three pounds you lose and keep off till next weigh in, your name will be entered in a drawing. Grand prize is a \$50.00 gift certificate from Cub. 2nd Place is a certificate from Holiday Gas. Questions, call Sue, 275-8907.

We can loose weight little by little . Remember we all need to be real about who we are and what we can do, not who we were 5 years ago. Join us, this is an easy way to try. YA-HOO!! Sue Schultz, Program Manager

SEASONS OF NORWAY

TUESDAY, JUNE 29, 5:30 PM

BY CAROL HARTMAN

Carol returned from Norway in April. She was stranded in Bergen for 4 extra days. She of course was really delayed by the Iceland volcano ash. She has pictures from Oslo to the Russian border. Her photo album includes fjords, mountains, oceans, Bergen, and her travels. Come and join us. Please call 275-8907 if you are interested in coming. The evening will be fun.



HATS OFF!!

We did deliver 50 Mother's Day Bags to Valley Outreach. Thanks to all our friends who donated products and money. So many seniors helped. A special thanks to card makers: Mabel Zoldan and Janet Plaster. Eileen Bell, Carol Hartman, Phyllis O'Donnell and Chris Utecht filled the bags for delivery. The 4th graders from Andersen School decorated the bags. A special thanks to Kathy Palmer, Aerial Beauty Supply and Sally's of Stillwater. We gave 204 pounds of fun. Everyone likes to be remembered on Mother's Day.

Bayport Senior Center Events of Note

REMARKABLE TIME WITH KINDERGARTENERS FROM ANDERSEN SCHOOL TUESDAY JUNE 8TH, 1:00-2:20

We need 15 volunteers to teach the Andersen kindergarteners to tie knots. They will be making unique, colorful rag dolls to take home. We will also have a snack to share. If you have time, please call Sue, 275-8907. It is the same doll we made last year.

500/CARDS OF CHOICE

Cards will be played June 1st & 15th and July 6th & 20th at 12:30.

CHICKEN ON THE GRILL TUESDAY JUNE 15, 11:30 BY Al Bataglia



Is it ready yet? Fire Up the grill, we are going to have a barbecue. Al has graciously consented to sweat over the grill. Chicken is so versatile and absorbs different flavors, it makes it so easy to appreciate our meal. Menu will be : Chicken, potato salad, glazed carrots, and rhubarb cake for dessert. Cost is \$7.00. Please register with Sue if you are planning on coming, 275-8907, by 6/14.

BAM-SUMMER SWEET THURSDAY, JUNE 17, 9:30 AM By HEATHER OF BREAD ART

Heather is taking time from her busy summer schedule to make us a treat. Call with reservations by 6/16, 275-8907 and we will enjoy a summer delight together. Donation at the door. There will be no "BAM" in July.

HEALTH DAY WEDNESDAY, JUNE 9

Happy Feet will be here in June. Appointments are necessary. Call Sue 275-8907.

Blood Pressure Screening will also be available on the above date from 12:30-1:00.

RAG DOLLS TUESDAY, JUNE 22, 11:00-NOON ANDERSEN LIBRARY STORYTIME

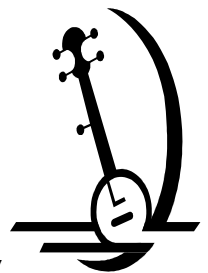


We invite children, ages 4-6 to make a rag doll at Andersen Library. Rag dolls are perfect for holding and you can take it everywhere, even digging in the garden. We have a strong affection for these unique dolls that don't break. Boys are welcome, we have blue jean fabric. The children will also learn to tie knots. Everything will be ready for you. Call Sue with questions at 275-8907. Hope to see you.

WOMEN & MEN'S WAFFLE BREAKFAST WITH CHIEF EASTMAN & MITCH BERG WEDNESDAY, JUNE 30, 8:30 Call with reservation

DANCING AT WITHROW THURSDAY, JUNE 24, 1-4 WITH JULIE LEE COST IS \$8.00 CALL SUE WITH QUESTIONS, WE WILL MEET AT THE CENTER

BRATS & BANJOS THURSDAY, JULY 22, 5-7:00 BRAT BARBECUE BANJO BANDITS & DEM' BONES EVERYONE IS INVITED



Come for the meal and stay for the music, or just join us for the great entertainment at 5:30. We serve the meal from 5-6. Cost is \$8.00. Menu is brats, potato salad, beans, dessert, and fruit. Call with reservation by 7/21 by noon at 275-8907. Jack Frost has played music for us the last 8 years. He is ready to play again. You will hear a unique sound on handmade ebony bones. It's a party!!!! Wear your dancing shoes.