

# Rogers Seniors May 2025 Newsletter

Our mission is to provide activities, education, programs and services for mature citizens which will support independence and quality of life.  
Volume 20: Issue 5—May 2025

## ROGERS SENIOR CENTER

### Hours:

Mon-Thu 9am-4pm  
Fri 9am-2:30pm

### Contact Information:

Volunteer Desk  
763-428-0600

### Coordinator:

Teresa Schmiedlin  
763-428-0939

### Locations:

Rogers Senior Center  
Temp located at the  
Rogers Community  
Rm  
21201 Memorial Dr

21st Century Bank  
Event Center  
12716 Main Street

### Mail:

City of Rogers  
22350 S Diamond Lake  
Rd, Rogers, MN 55374  
Attn: Seniors

### Website:



[www.rogersmn.gov](http://www.rogersmn.gov)

All events/meeting for  
Rogers Seniors will be  
held at the Community  
Room unless  
otherwise noted.

## TREASURE ISLAND CASINO TRIP

Monday May 5 | \$25 per person | 8:30am-3:45pm

Join us for an exciting day at Treasure Island Casino! For just \$25, you'll enjoy a fun-filled outing that includes a \$15 credit on your Members Card and a \$5 food coupon to savor some delicious bites. To register or for questions, please call 763-428-0600 or email [seniors@rogersmn.gov](mailto:seniors@rogersmn.gov). Payments can be made by check (payable to City of Rogers) or cash (please label with your name). Drop your payment in the black drop box by the Senior Center office. Don't miss out on the chance to win big and have a great time with friends!



## TRUNK SALE

### ROGERS COMMUNITY ROOM PARKING LOT!

Friday May 17th | 10:00am-2:00pm

Ready to declutter and make a few bucks? Join us for a community trunk sale! Sell your garage sale items straight from your car trunk, truck bed, or set up tables—it's your choice! We have 79 parking spaces available for just \$5 per space. **To reserve your spot:** Email Deb at [djn1963@comcast.net](mailto:djn1963@comcast.net) with your name, phone number, and number of spaces needed. Spots are limited, so don't wait!

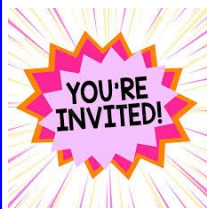
- Tell your friends, family, and neighbors—everyone is welcome to shop or sell!
  - Sellers can begin setting up at **9:00am**
  - Pay on-site and get your space assignment the day of the event
  - Food Truck: Jesse Jams Bowls & Burritos [www.jessejamsfood.com](http://www.jessejamsfood.com) will be present
- Whether you're selling or shopping, your participation is truly appreciated! *All proceeds help our Rogers Senior Board enhance our programs & activities for our 55+ community.* Contact **Cathy** at **612-483-9666** or email [cepeterston1015@outlook.com](mailto:cepeterston1015@outlook.com) with questions.

## YOU'RE INVITED!

Garden Center Shopping Fundraiser with the Rogers Seniors Board  
Sunday May 11 through Saturday May 17, 2025

Malmborg's Garden Center, 20045 County Road 81, Rogers, MN

Bring the form attached in the newsletter to any Malmborg's Garden Center location during the shopping week above and present it to the cashier. 10% of your pre-tax purchase will be donated to your group. See page 7 for the order form.



**SENIOR CENTER & CITY OFFICES CLOSED**

**Monday May 26 for Memorial Day**



# Events

## COMMUNITY CAFE

**Tuesdays through Thursdays | 9:00am**

Join us at the Community Café, a cozy space designed to bring people together over delicious coffee, tea, and pastries while connecting with others in our community. We look forward to seeing you there!

## CARD CLUB

**Mondays through Thursdays**

Card Club is offered Mondays-Thursdays. It is open to all! Interested in starting a new game? Call Teresa at 763-428-0600 (leave a message).

Mondays—11:00am—Mahjong

Tuesdays—12:45pm—Texas Canasta, Pinochle

Wednesdays—12:45pm—500, Cribbage, Texas Canasta

Thursdays—12:45pm—Texas Canasta

## TEXAS CANASTA—NEW PLAYERS WELCOME!

Love playing cards? Then you'll love Texas Canasta! Whether you're an experienced player or new to the game, it's easy to learn and lots of fun. We have friendly people ready to teach you the rules and help you get started. **When?**

- Tuesdays, Wednesdays, Thursdays
- 1:00-4:00pm

Join us right after the senior lunch and enjoy an afternoon of card games and great company. New players are always welcome—come for the fun and stay for the cards!

## BILLIARDS

**Tuesdays at 10am | Thursdays at 1pm**

Everyone welcome! These are designated times for the pool table to be used, although it is available to use anytime the Senior Center is open and there is no special program scheduled during that time.

## Ca\$h B-I-N-G-O!

**Monday May 12 | 1:00-3:00pm | Community Room**

Join us for Bingo! Cards are .25 per game with a limit of 6 cards per game. A variety of games are played with cash prizes. Bring your friends, enjoy some refreshments, and help us raise funds for the Rogers Seniors Friendship Group.

## JAMMERS

**Sunday May 4 | 1:00pm**

Join us the first Sunday of every month for a fun gathering with live music from local musicians, friendly company and potluck food buffet. Bring a food item to share; potluck begins at 4pm!

## 55+ DRIVER DISCOUNT PROGRAM

**Where are classes offered?** We offer in-person classes at 300+ sites throughout the state, as well as distance learning options you can do live in your own home; online courses at [www.driverdiscountonline.com](http://www.driverdiscountonline.com)



**How do I register or get more information?**

Contact the MN Hwy Safety & Research Center at 320-308-1400 or 1-888-234-1294. You may also visit [www.mnsafetycenter.org](http://www.mnsafetycenter.org). Sign up for a class at [www.driverdiscountprogram.com](http://www.driverdiscountprogram.com) today!

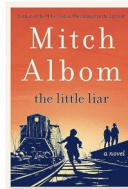
**Class scheduled at 21st Century Event Center**

#55677 | 4-Hour Program | May 12 | 12-4pm

## SENIORS BOOK CLUB

**Wednesday May 28 | 10:30am | Community Room**

Join us for an engaging discussion of *The Little Liar* by Mitch Albom. The Seniors Book Club meets on the fourth Wednesday of each month, and we invite all book lovers to join us! Refreshments will be provided. New members are always welcome to be part of the conversation! **Looking ahead:** June's book will be *The Briar Club* by Kate Quinn. We hope to see you there!



## RECYCLED CARD-MAKING

Interested in helping or have questions, please call Judy at 763-428-4530 and leave a message. You don't have to make cards to help. Organizing supplies, checking card racks, sorting cards, cutting paper, and punching also need to be done. Our recycled cards are sold at the Senior Center and Senior Dining. Drop off cards to be recycled at the Senior Center; **please don't cut apart**; it's easier to work with them whole.

# Events

## MOVEMENT CLASSES FOR HEALTHY AGING

*"A body in motion, stays in motion"*

**Instructor:** Kristie Walker, Just Breathing, LLC

**Registration:** Call 763-428-0600 and leave a message, or email [seniors@rogersmn.gov](mailto:seniors@rogersmn.gov). Payments & registration forms can be dropped in the box next to Teresa's office. Checks payable to *City of Rogers*.

**Who Can Join:** Everyone! Our movement-focused classes are beneficial for participants of all ages.

**What's Offered:** Enjoy 8 weeks of enriching classes featuring Tai Chi and Musical Moves, each designed to promote wellness and foster community connections. Healthy refreshments will be provided in every session!

**Location:** 21st Century Bank Event Center

**Schedule:** Mondays, Mar 31-May 19

Tai Chi: 9:00-9:45am

Musical Moves: 10:00-10:45am

**Why Attend:** Enhance your movement, strengthen your balance, forge new friendships, and most importantly, have fun!

**Cost:** \$56 for either Tai Chi or Musical Moves | \$88 for both classes

### Class Details:

#### Tai Chi for Arthritis & Fall Prevention | 9:00-9:45am

Experience the calming practice of Tai Chi, featuring gentle, flowing movements that promote healing and mindfulness. Participants will enjoy benefits such as:

- Improved posture and balance
- Enhanced range of motion and strength
- Increased confidence and mind-body integration

#### Brain Games | 9:45-9:55am

A quick 10-minute session between classes with engaging movement games that boost cognitive abilities and memory. This mini-class is free with purchase of either full-length class.

#### Musical Moves | 10:00-10:45am

This dynamic class blends elements of Dance Fitness and Chair Yoga. Led by Kristie, you'll engage in fun, functional movements to a variety of musical genres. Benefits include enhanced flexibility, coordination, and spinal health (whether seated or standing).

## WATER EXERCISES AT SUPER 8 IN ROGERS

Come join a fun group of ladies for 45-60 minutes of water exercise that your knees and joints will love! No swimming skills are needed—just do your own thing! Walk, jog, or move however feels best for you.

### Schedule:

- Monday, Wednesday Friday | 8:00-9:00am
- Cost is \$30/month

There's no instructor, so you can enjoy a relaxed, self-paced workout. Plus, the hot tub is available for you to unwind after your exercise session. Shower & towels are included!

## "ROGERS" STEP TO IT CHALLENGE 2025 EDITION MAY 1-28, 2025

Even though the official *Step to It Challenge* was canceled by Hennepin County this year, the fun doesn't stop in Rogers! We're inviting you to join our Rogers 55+ Step to It Challenge — a local version created just for our community. Lace up your walking shoes and get moving for a chance to win some exciting prizes!

**What's in it for you?** Participants will be entered into a drawing for:

- Twins Baseball Game Trip tickets
- Minnesota State Fair Trip

**How to Join:** Track your steps each day using a phone, pedometer, Fitbit, or any other device you like. It's all about staying active, having fun, and connecting with neighbors in a friendly step challenge! Let's keep Rogers moving — one step at a time! Questions?? Contact Teresa at [seniors@rogersmn.gov](mailto:seniors@rogersmn.gov) or text/leave a voicemail: 763-428-0939

## FOOT CARE CLINIC

### Thursday May 1 | 9:00am-2:30pm

Are your toes in need of some TLC? It's time to treat your feet! Schedule an appointment with NP Laura for professional foot care, including trimming, filing, and moisturizing to keep your feet happy and healthy. To register leave a message at 763-428-0600, or email [seniors@rogersmn.gov](mailto:seniors@rogersmn.gov). Don't wait—give your feet the care they deserve! Suggested donation \$30.



## Rogers 55+ Step to It Challenge - Step Log Sheet

Tracking Dates: May 1 - May 28, 2025

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date	Steps	Date	Steps
May 1		May 15	
May 2		May 16	
May 3		May 17	
May 4		May 18	
May 5		May 19	
May 6		May 20	
May 7		May 21	
May 8		May 22	
May 9		May 23	
May 10		May 24	
May 11		May 25	
May 12		May 26	
May 13		May 27	
May 14		May 28	

Total Steps for May: \_\_\_\_\_

Return completed log by **Friday, May 30** to the Rogers Senior Center office drop box, or by sending a photo of completed log to: [seniors@rogersmn.gov](mailto:seniors@rogersmn.gov)

# Events & Information

## THE GREAT MN WALK TOGETHER: STEPS FOR HEALTH & LONGEVITY

### Program Dates:

- Intro Session: May 7–28
- Session 1: June 4–July 9 (6 weeks)
- Session 2: July 16–August 20 (6 weeks)

**Time:** 9:00-10:30am

**Location:** 21st Century Bank Event Center, 12716 Main St

### Cost:

- \$30 for the Intro Session
- \$45 each for Session 1 or 2
- \$99 for all 3 sessions + a ticket to our State Fair Trip in August!

Walking speed is a powerful predictor of overall health and longevity — but how you walk matters, too. Join us for **The Great MN Walk Together**, a program designed to help you walk more comfortably, reduce pain, and build strength, all while enjoying regular breaks to recharge and socialize. **Looking for an end goal?** Use these sessions to build stamina and confidence to enjoy a day at the Minnesota State Fair in August!

### What to Expect:

**Intro Session: Walking Essentials**—Explore simple adjustments to your walking technique that promote joint health and longevity. Learn how small changes can make a big impact while connecting with fellow walkers.

**Session 1: Foot Detective**—Discover your foot type and practice stretches and exercises to improve gait, balance, and foot function — making every step feel easier and more natural.

**Session 2: Additional Tips & Tricks**—Build on what you've learned with new strategies for foot comfort and mobility. We'll address common foot issues like bunions and hammertoes, explore solutions, and practice techniques to relieve calf tightness for better walking.

### Why Join?

- Support joint health and maintain mobility
- Prevent foot pain and discomfort
- Boost your balance, strength, and confidence
- Connect with neighbors in a supportive, social environment
- Whether you're an avid walker or just getting started, **The Great Walk Together** is a welcoming space to learn, move, and invest in your long-term healthspan.

## CAREGIVER SUPPORT SERVICES

**Register for a caregiver support group held the 1st Monday of each month from 10:30am-12:00pm**

Licensed social worker Becky Allard offers support services to help caregivers sustain their ability to provide



help while maintaining their own life balance. One-on-one appointments for individualized support, guidance, or advice are also available on Mondays. Contact Becky at [b.allard@seniorcommunity.org](mailto:b.allard@seniorcommunity.org) or at 612

-804-0968. *CareNextion.org* is a free, online tool that helps caregivers coordinate and connect with others to support their older adult loved one.



## SENIOR CENTER INFORMATION:

- **Recycle Eyeglasses & Hearing Aids**—Drop off old eyeglasses & hearing aids. Cases not accepted.
- **Borrow a Walker, Wheelchair, Crutch or Cane**—We have a variety of these items to loan out.
- **Senior Center Computers**—We have 4 laptops to use during open hours. We also have Wi-Fi if you want to bring in your own laptop, tablet or device.
- **Crow River News**—The Crow River News is available at the Senior Center each week by Friday afternoon.
- **How to Obtain a Free Monthly Newsletter**...Pick up a copy at the Senior Center, City Hall, or Community Room (during Senior Dining or Jammers), or receive it by email or mail by calling 763-428-0939.



# Information

## GROCERY BUS

**Fridays | \$3.50 per person | 9:30a-noon**

The route is:

- 9:30a pickup at Heritage Place, 21255 John Milless Dr, Rogers.
- 9:45a pickup at Autumn Trails, 21845 129th Ave N, Rogers.
  - Friday, May 2: Walmart, Maple Grove
  - Friday, May 9: **No Bus**
  - Friday, May 16: Hy-Vee, Maple Grove
  - Friday, May 23: **No Bus**
  - Friday, May 30: Granite City Restaurant, Maple Grove
- 12:00pm approximate return

Call 763-428-0600 to register and leave a message with your name, phone #, and which location you live or by emailing [seniors@rogersmn.gov](mailto:seniors@rogersmn.gov). Payment can be brought day of ride in exact cash. Must be registered by 4pm the Wednesday prior to your selected ride date.

## SENIOR CORPORATION BOARD

**Monthly Meeting | Monday May 5 | 11:00am**

Are you passionate about improving the lives of seniors in our community? The Senior Board is looking for dedicated individuals to help shape programs, activities, and events that support and enhance the well-being of older adults. This is a fantastic opportunity to contribute your ideas, energy, and leadership to make a lasting impact.

### Why Join?

- Collaborate with fellow community members who share your passion
- Help plan exciting programs, events, and services for seniors
- Make a difference in the lives of your peers
- Gain valuable leadership and organizational experience

### Requirements:

- Open to all interested community members
- A desire to make a positive impact
- A commitment to attend monthly meetings and contribute to board activities

Take the first step in being part of something meaningful. Join the Senior Board today and help us create a vibrant and supportive community for all seniors!

## "IN FLANDERS FIELD"

**By John McCrae**

From 1914 to 1918, World War I took a greater human toll than any previous conflict, with some 8.5 million soldiers dead of battlefield injuries or disease. The Great War, as it was then known, also ravaged the landscape of Western Europe, where most of the fiercest fighting took place. From the devastated landscape of the battlefields, the red poppy would grow and, thanks to a famous poem, become a powerful symbol of remembrance of those who died in battle. Lieutenant Colonel John McCrae, a Canadian who served as a brigade surgeon for an Allied artillery unit, spotted a cluster of poppies shortly after the Second Battle of Ypres. Struck by the sight of bright red blooms on broken ground, McCrae wrote a poem, "In Flanders Field," in which he channeled the voice of the fallen soldiers buried under those hardy poppies. Ultimately the red poppy became a symbol of remembrance on Memorial Day.

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

*Information taken from <https://www.history.com/articles/world-war-i-poppy-remembrance-symbol-veterans-day>*





# SPRING FUNDRAISER

## YOU'RE INVITED!

for a Garden Center Shopping Fundraiser with

**Rogers Seniors**

**When:** Sunday, May 11 - Saturday, May 17, 2025

**Where:** 2456 125<sup>th</sup> Avenue NE, **Blaine**, MN 55449  
20045 County Road 81, **Rogers**, MN 55374

**How:** Bring this form to any Malmborg's Garden Center Location during the shopping week above and present it to the cashier. 10% of your pre-tax purchase will be donated to your group.

*Form must be presented at time of purchase. Please do not distribute shopper forms on the garden center premises. The purchase of gift cards does not apply to fundraiser sales totals.*

Thank you for choosing Malmborg's Garden Center to assist you in your fundraising efforts.

**fundraising**  
made easy

Sign-up for Malmborg's E-Newsletter to receive garden center updates & specials: (optional)

Name: \_\_\_\_\_

Email: \_\_\_\_\_

For Cashier Use  
Enter Sub-Total:

\$ \_\_\_\_\_

Print copy of receipt and staple to form.

[malmborgsinc.com](http://malmborgsinc.com)

(763) 428-2061

# Community Education

ARE YOUR GRANDCHILDREN VISITING YOU THIS SUMMER?

ARE THEY STAYING FOR A WEEK, OR MORE?

YOU ARE LOOKING FOR SOMETHING FUN AND ENGAGING FOR THEM TO DO?

ACTIVITIES SPECIFICALLY GEARED TOWARDS YOUTH THEIR AGE IN YOUR LOCAL COMMUNITY?



View the ISD 728 Community Education Summer Camps Brochure for a variety of weekly summer camps, classes and activities to keep your grandchildren engaged and meet new friends while they spend time with you!

Highlighted below is an amazing summer drama camp open to students in grades 2-12. They can experience being on the big stage, or if they prefer, being behind the scenes to make all the magic happen!

Not interested in drama? We have a wide variety of classes and camps including **visual arts, academics, enrichment, athletics, and recreation**. View all these local opportunities in our brochure here:

[ce.isd728.org/summercamps2025](https://ce.isd728.org/summercamps2025)

If you would like a paper copy of the brochure sent directly to your home, call the Community Education office at 763-241-3520.



**Looking for a fun, creative outlet for your grandchildren this summer?**  
Our Willy Wonka Theater Camps in Rogers are **open to students in Grades 2-12, even from out of town!** They'll rehearse, perform, and make sweet summer memories!

<b>Grades 2-4</b>	<b>Grades 5-7</b>	<b>Grades 8-12</b>
July 14-19   \$169	June 30-July 11   \$259	June 30-July 19   \$370

*Students in grades 5-12 also have the option to become a part of the Tech Crew!*



**REGISTER TODAY! Scan QR code, call 763.241.3520 or online at [www.728communityed.com](https://www.728communityed.com)**

ISD 728 Community Education | [www.728communityed.com](https://www.728communityed.com) | 763.241.3520



# Senior Dining Menu

Friendship, Food & Fun  
 Tuesday-Thursday  
 12:00 noon  
 Rogers Community Room

May



Tuesday	Wednesday	Thursday
		1 Brats Sauerkraut Homestyle Potato Salad Fresh Cut Fruit
6 <b>Cinco de Mayo Party</b> Taco Bar Diced Tomatoes & Onions, Shredded Lettuce & Cheddar Cheese Cilantro Lime Rice	7 Butter Garlic Chicken Seasoned Baby Reds Veggie	8 Seasoned Sliced Roast Pork Scalloped Potatoes Glazed Carrots
13 Stuffed Chicken Steamed Green Beans Spinach Salad	14 Ribs Mac & Cheese Coleslaw	15 Spaghetti Marinara Sauce Meatballs Caesar Salad
20 Baked Pollock Garlic Mashed Potatoes Steamed Veggies	21 Beef Stroganoff Noodles Buttered Peas Garden Salad	22 BBQ Pork w/Roll Smokey Baked Beans French Fries Creamy Cucumber Salad
27 <b>No Dining</b>	28 <b>Birthday Celebration</b> Pot Roast w/Gravy Mashed Potatoes Veggie	29 Beef & Broccoli Stir Fry Rice Fresh Cut Pineapple Fortune Cookie

## GENERAL SENIOR DINING INFORMATION

**When and Where**—Tuesdays through Thursdays at 12:00pm, Rogers Community Room (connected to the Fire Station)

**Cost and Payment**—\$7 per person, family and friends of all ages are welcome! Pay upon arrival by cash or check.

Please bring exact change or small bills. No-call, no-shows: After two missed reservations, you will be required to purchase a punch card.



**Reservations**—Please make your reservations for the entire week by the Friday before the week you plan to attend.

Leave a voicemail at 763-428-0600 with your name, phone #, number of diners, & dates, or email [seniors@rogersmn.gov](mailto:seniors@rogersmn.gov). You may also submit reservations for the entire month if it's more convenient.

**To-Go Meals**—Bring reusable containers labeled with your name if you plan to take a meal to-go.

**Cancellations**—Diners will be notified by 10am on the day of the meal if it is canceled due to weather, low registration, or other circumstances.

# May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> <b>Step to It Challenge Begins!</b> 9:00a Community Café 12:00p Senior Dining 12:45p Card Club	<b>2</b> 9:30a Grocery Bus 10:00a Free Bread Friday 4:00p Submit Dining Reservations	<b>3</b>
<b>4</b> 1:00p Jammers	<b>5</b> 9:00a Movement Classes @ EC 10:30a Caregiver Support @ EC 11:00a Senior Corp Board Meeting 11:00a Mahjong	<b>6</b> 9:00a Community Café 12:00p Senior Dining 12:45p Card Club	<b>7</b> 9:00a Walk @ EC 9:00a Community Café 12:00p Senior Dining 12:45p Card Club	<b>8</b> 9:00a Community Café 12:00p Senior Dining 12:45p Card Club	<b>9</b> 10:00a Free Bread Friday 4:00p Submit Dining Reservations	<b>10</b>
<b>11</b> <b>Malmberg's Sale Begins</b> 	<b>12</b> 9:00a Movement Classes @ EC 11:00a Mahjong	<b>13</b> 9:00a Community Café 12:00p Senior Dining 12:45p Card Club	<b>14</b> 9:00a Walk @ EC 9:00a Community Café 12:00p Senior Dining 12:45p Card Club	<b>15</b> 9:00a Community Café 12:00p Senior Dining 12:45p Card Club	<b>16</b> 9:30a Grocery Bus 10:00a Free Bread Friday 4:00p Submit Dining Reservations	<b>17</b> <b>Junk in the Trunk Fundraiser</b>
<b>18</b>	<b>19</b> 9:00a Movement Classes @ EC 11:00a Mahjong	<b>20</b> 9:00a Community Café 12:00p Senior Dining 12:45p Card Club	<b>21</b> 9:00a Walk @ EC 9:00a Community Café 12:00p Senior Dining 12:45p Card Club 1:00p Tech Clinic	<b>22</b> 9:00a Community Café 12:00p Senior Dining 12:45p Card Club	<b>23</b> 10:00a Free Bread Friday 4:00p Submit Dining Reservations	<b>24</b>
<b>25</b> 	<b>26</b> <b>Senior Center Closed</b>	<b>27</b> <b>No Dining Today</b> 9:00a Community Café 12:45p Card Club	<b>28</b> 9:00a Walk @ EC 9:00a Community Café 10:30a Book Club 12:00p Senior Dining 12:45p Card Club	<b>29</b> 9:00a Community Café 12:00p Senior Dining 12:45p Card Club	<b>30</b> 10:00a Free Bread Friday 4:00p Submit Dining Reservations	<b>31</b>