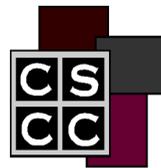




Active Times



Central Square
Community Center
South St. Paul

A bi-monthly newsletter for Older Adults January-February

Central Square Community Center
100 - 7th Avenue North
South St. Paul, MN 55075
651-366-6200 southstpaul.org

2017



AARP TAX INFO:

Appointments will be taken *AFTER* January 9th, we do fill up and have to turn people away each year so sign up early. Wednesday & Thursdays 8:00 a.m. to 1:00 p.m.

Volunteer income tax preparers will be doing tax returns free of charge. These tax counselors are trained to assist with BASIC tax forms and problems, therefore, Tax Assistance will be provided to seniors who are 55 years or older and who are low income. Tax service will be provided only for uncomplicated income and property taxes (including rent rebates).

Tax assistance guidelines are as follows:

Please bring the following items to your appointment:

- Your 2016 tax return.
- Your Social Security card & Photo ID
- Copies of your W-2's, 1099 Forms, and proof of other income received by you/your spouse.
- If you are a RENTER, bring your renter credit statement.
- If you are a HOMEOWNER, bring a copy of your 2015 property tax statement.

Our Senior Center is looking for one more member! Our meetings are held at 9:30 a.m. on the 3rd Wednesday of each month. If you are interested in becoming a member please contact us at: 651-366-6200 or inquire at the front desk.

2017 Membership Reminders!

Just a reminder, it is time to renew your yearly membership to the SSP Senior Center. We would like everyone to renew their dues in December and January to continue receiving the newsletter. The yearly fee to receive the newsletter is \$10.00 per person. To continue receiving the newsletter, you can mail your check in to: South St. Paul Senior Center, 100 - 7th Ave. No. South St. Paul, MN 55075. **Thank you in advance for your continuing membership - we appreciate it!**

Although winter and the cold temperatures comes as no surprise, winter can also bring hazards. If you are prepared for the hazards, you will more likely have a safe winter season.

IN THE HOME: The sad fact is that winter is a deadly time of year, in part because our traditions include the most common causes of home fires... cooking and candles. As reported by the State Fire Marshal's Office, in 2015, fires in our homes represented 77 percent of all structure fires and 60 percent of the total dollar loss. Cooking remains the leading cause of residential fires. Appliance, equipment and electrical malfunctions are tied as second leading cause and open flames is listed as the third leading cause of residential fires. In the hustle and bustle of the winter season, we sometimes forget to be cautious. Follow these safety tips and have a warm, safe and happy winter season.

FOR YOURSELF: Many people enjoy the outdoor winter activities which can expose you to winter hazards, but you can take steps to prepare for them.

- Wear appropriate outdoor clothing: preferably a wind-resistant coat; inner layers of light, warm clothing; mittens; hats; scarfs; and waterproof boots.
- If working outdoors, work slowly so as to not overexert yourself. Wear slip resistant shoes to avoid falls on icy surfaces. Carry a cell phone and/or inform a friend or relative of your plans if you are going to be outdoors for a long period of time.

BE SAFE THIS WINTER!



“RING OF KERRY” AT THE ST. CLOUD PARAMOUNT THEATRE

First stop will be out lunch at Coyote Moon Grille Restaurant, overlooking the Territory Golf Club. Menu: Lunch buffet with a couple of entrées, side dishes, salads, beverages and dessert. Then on to the theatre for the show. The phenomenal, exciting St. Paul Irish dancers, Ring of Kerry, are bursting with energy and music that captures the heart of listeners. Five engaging musicians sign and play several instruments. Sounds range from the thunder of the Irish bodhran drum to the sparkle of the hammered dulcimer; from the lilt and **rhythm of fiddle and guitar, to the haunting wails of flutes and pennywhistles. the band has developed a blend that is animated, ruggedly beautiful and fun.**



When: Friday, March 17th

Depart/Return: 9:15 am/5:15 pm from CSCC

Cost: \$74

Registration deadline: Thursday, February 2nd. ****NEW THIS YEAR** Fee is due in full at time of sign-up**



With the departure of our current Senior Coordinator the following events have been canceled:

Recipe Exchange-January 4th

Crockpot Prep Group-January 31st

Please see front desk for your refund. Thank you for understanding.

January 2017

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>2</p> <p>9:40 Yoga Stretch 10:40 Water Ex. 12:30 Cribbage 1:00 Penny Bingo</p>	<p>3</p> <p>9:00 Woodcarvers 9:35 SS Classic 10:40 Rec. Swim</p>	<p>4</p> <p>9:40 Yoga Stretch 10:40 Water Ex. 12:00 Cards</p>	<p>5</p> <p>9:35 SS Classic 10:40 Rec. Swim 12:00 Painting 12:30 Cribbage</p>	<p>6</p> <p>9:30 Sr. Circuit 10:40 Rec. Swim 10:40 Water Ex. 12:00 Cards</p>
<p>9</p> <p>9:40 Yoga Stretch 10:40 Water Ex. 12:30 Cribbage 5:30 Driver Safety</p>	<p>10</p> <p>9:00 Woodcarvers 9:35 SS Classic 10:40 Rec. Swim</p>	<p>11</p> <p>9:40 Yoga Stretch 10:40 Water Ex. 12:00 Cards 5:30 Driver Safety</p>	<p>12</p> <p>9:35 SS Classic 10:40 Rec. Swim 12:00 Painting 12:30 Cribbage 1:00 Movie Time</p>	<p>13</p> <p>9:30 Sr. Circuit 10:40 Rec. Swim 10:40 Water Ex. 12:00 Cards</p>
<p>16</p> <p>9:40 Yoga Stretch 10:40 Water Ex. 12:30 Cribbage 1:00 Penny Bingo</p>	<p>17</p> <p>9:00 Woodcarvers 9:35 SS Classic 1:00 Classic Movie</p>	<p>18</p> <p>9:00 Happy Feet 9:30 Board Meeting 9:40 Yoga Stretch 10:40 Water Ex. 12:00 Cards</p>	<p>19</p> <p>9:35 SS Classic 10:40 Rec. Swim 12:00 Painting 12:30 Cribbage</p>	<p>20</p> <p>9:00 Driver Safety 9:30 Sr. Circuit 10:40 Rec. Swim 10:40 Water Ex. 12:00 Cards</p>
<p>23</p> <p>9:40 Yoga Stretch 10:40 Water Ex. 12:30 Cribbage 5:30 Driver Safety</p>	<p>24</p> <p>9:00 Woodcarvers 9:35 SS Classic 10:40 Rec. Swim 4:00 Fare For All</p>	<p>25</p> <p>9:40 Yoga Stretch 10:40 Water Ex. 12:00 Cards</p>	<p>26</p> <p>9:35 SS Classic 10:40 Rec. Swim 12:00 Painting 12:30 Cribbage</p>	<p>27</p> <p>9:30 Sr. Circuit 10:40 Rec. Swim 10:40 Water Ex. 12:00 Cards</p>
<p>30</p> <p>9:40 Yoga Stretch 10:40 Water Ex. 12:30 Cribbage</p>	<p>31</p> <p>9:00 Woodcarvers 9:35 SS Classic 10:40 Rec. Swim 11:00 Senior Trip</p>	<p>Happy New Year!</p>		

February 2017

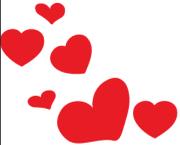
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1</p> <p>9:30 Yoga Stretch 10:30 Water Ex. 12:00 Cards</p>	<p>2</p> <p>9:35 SS Classic 10:40 Rec. Swim</p>	<p>3</p> <p>9:00 Driver Safety 9:30 Sr. Circuit 10:40 Rec. Swim 10:30 Water Ex. 12:00 Cards</p>
<p>6</p> <p>9:30 Yoga Stretch 10:40 Water Ex. 12:30 Cribbage 1:00 Penny Bingo</p>	<p>7</p> <p>9:00 Woodcarvers 9:35 SS Classic 10:40 Rec. Swim</p>	<p>8</p> <p>9:30 Yoga Stretch 10:40 Water Ex. 12:00 Cards</p>	<p>9</p> <p>9:35 SS Classic 10:40 Rec. Swim 1:00 Movie Time</p>	<p>10</p> <p>9:30 Sr. Circuit 10:40 Rec. Swim 10:30 Water Ex. 12:00 Cards</p>
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<p>27</p> <p>9:30 Yoga Stretch 10:40 Water Ex. 12:30 Cribbage</p>	<p>28</p> <p>9:00 Woodcarvers 9:35 SS Classic 10:40 Rec. Swim</p>	 <p><i>Happy Valentine's Day</i></p>		



FARE FOR ALL

TUESDAY, JANUARY 24TH & FEBRUARY 21ST FROM 4:00-6:00 P.M.

Central Square Community Center partners with the Emergency Foodshelf Network to sponsor this program allowing individuals to save up to 50% on monthly groceries by purchasing a variety of "express packages". Fare For All works hard to offer value, variety, quality and nutrition in our food packages. The exact contents of the packages change throughout the month. All are welcome to shop at these price savings events.

The December Hot buy: Holiday Packs for \$30 each. We have Pork and Pork-Free packages available at all sites this month!



Penny Bingo meets twice per month! Spend a FUN afternoon with us at the Senior Center playing Penny Bingo! So...what is Penny Bingo you ask? It's a **fast** paced, easy card game that everyone will enjoy. It's very casual play leaving plenty of time to socialize and laugh throughout the games.

Bring your pennies on....

Monday, Jan. 2nd & 16th Feb. 6th & 20th
Penny Bingo is held from 1:00-3:00 p.m.

AFTERNOON CARD PLAYING

Join us for an afternoon of friendly card playing at Central Square - we welcome newcomers!

Cribbage

Mondays 12:00 p.m.

Cards - 500* and Pinochle

Wednesdays & Fridays - 12:00 p.m.



WOODCARVERS GROUP

Woodcarvers meet on Tuesdays at 9:00 a.m. Newcomers are welcome to join this talented and skilled group. They will be able to help get you started or help with a project. If you are experienced at this art, please feel free to stop in anytime - Everyone is welcome!



No over-priced popcorn or long ticket lines!! Please join us for a new release movie at Central Square Community Center on the second Thursday of every month at 1:00 p.m.

For just \$1.00 you can watch a large screen movie, and enjoy ice cream, popcorn and other snacks too! See you at the movies!

Thursday, January 12th and February 9th

Movies are shown on a big screen and begin at 1:00 p.m. on the 3rd Tuesday of each month. Our classic movie **expert** Ken will give a short preview prior to each movie. Snacks, popcorn and refreshments are served. \$1.00 donation is appreciated.

January 17th: "Call Me Madam" (1953) This Technicolor movie is a stage musical featuring songs by Irving Berlin. Staring Ethel Merman, Donald O'Connor, Vera Ellen and George Sanders. Ethel Merman is appointed U.S. Ambassador to a small country in Europe. Donald O'Connor is her press secretary and George Sanders both meet the princess. Cultural expectations and romance soon become apparent and what happens next ???

Comedy, Irving Berlin songs and dancing bring this movie to life.

February 21st: "The Uninvited" (1944) Accompanying Valentine's Day, this is a love story, about ghosts, does this make any sense? Ray Milland and Ruth Hussey visit on Cornwall's rocky coast, find an abandoned house and buy it. While living there they hear eerie sounds coming from a locked room. What was this sounds? Is this house haunted? Probably not, but you will have to come to see the moxie for a yes or no answer. See you on the 21st. Remember, no charge for the answer.

LEGAL SERVICES



The Senior Law Project provides free legal services to senior citizens. Appointments will be scheduled as needed. Call 651-222-4731, Monday-Friday, 9:00-Noon to make an appointment .

DRIVER SAFETY PROGRAM

Drivers over 55 who complete this program may be entitled to a 10% discount on their auto insurance. To register, call the MHSRC toll free at **1-888-234-1294**. Confirmations are not sent. Bring your drivers license and a pen. You will pay at the time of your class. Walk-ins are welcome if the class has space.

4 Hour Refresher Courses

9:00 a.m.-1:00 p.m.

Friday, January 20th February 3rd

5:30-9:30 p.m.

Monday, January 23rd

8 Hour Courses (must attend both)

5:30-9:30 p.m.

Monday, January 9th **AND** 11th

SENIOR CLASSES

- WATER EXERCISE
- SENIOR CIRCUIT
- GENTLE ABS & BACK CLASS
- SENIOR STRETCH/YOGA
- SILVER SNEAKERS® CLASSIC
- RECREATIONAL SWIM

*Please check with the front desk or your instructor for classes days and times

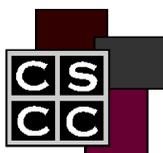
• **HAPPY FEET FOOT SERVICE**
Call for appt. 763-560-5136

JOIN US FOR "OUT TO LUNCH"

This is a fun time with good food and a great way to get out of the house. We will leave Central Square at 10:45 a.m. Register at the Senior Desk. Lunch is payable "on your own" at the restaurant. Space is limited!

Date and times to be announced.

Would you like to receive your newsletter via email? Send an email to syoung@sspmn.org with your contact information or call us at 651-366-6200.



South St. Paul Public Schools
Senior Program
100 - 7th Avenue North
South St. Paul, Minnesota 55075
Office hours: 9:00 a.m.-3:00 p.m.
651-366-6200

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