

# Fridley Community Education SENIOR NEWSLETTER

A NEWSLETTER FOR THE FRIDLEY SENIOR PROGRAM

**Fridley Senior Program**  
**Fridley Community Center:**  
6085 7th Street NE, Fridley  
**Senior Office Main Line:**  
763-502-5150

**September 2021**

Supporting a Balanced and Well-Connected Life Through Active Aging



## FRIDLEY QUILTER AWARDED MN STATE FAIR BLUE RIBBON

Phyllis Ostrom had no idea the road she was on when a “friend” gave her a unique quilt pattern, but 2 years and 10,130 pieces later she has found herself with a Blue Ribbon at the Minnesota State Fair! The stunning quilt is made of all cotton, multicolored fabric cut in 1/2 inch pieces, backed in a cozy fleece, and was begun because Phyllis considered it to be a challenge. Her son posed the idea of entering the fair after claiming the quilt for his own. You can see it on display in the Senior Section of the Mn Fairgrounds.

Phyllis’s love for quilting was born out of sewing fashion for herself, and grew into a social network that has involved up to 5 quilting clubs at a time. She considers

the groups to be more than just fellow quilters, mentioning that the friendships that grow over the quilts they are stitching mean more to her than any of the over 200 quilts she has made in her lifetime.

Many of her quilts are named for the people she is making them for, but the name of this quilt-LORD HAVE MERCY- evolved during the tedious 2 year hand stitching process. The Fridley group she quilts with meets every Friday at 9 am in the Senior Center Room 116, and they are always welcoming new members with no quilting experience required. Join them for quilting fun, coffee and camaraderie anytime! Surprisingly, No one has asked Phyllis for the pattern, but she would be happy to share!



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## COVID CORNER:

### MASK REMINDER

We request that masks be worn in the hallways at FCC during childcare hours (6:30a-5:30p), but may be removed based on your comfort level once in your room. Childcare guidance still requires masks, as many age groups we serve are still unvaccinated.

## SENIOR TRIPS

Senior trips are in collaboration with Roseville, St Anthony, and New Brighton programs. Luxury coach transportation and an escort for each trip is included in the cost. Pick up for Fridley registrants is at the Senior Center - Door 10.

### **Franconia Sculpture Park Tour** - *Franconia Sculpture Park*

Cost \$84 | Class # 6561 | Tuesday, October 12 | 9:00am-2:00pm

Participate in an artist-led tour of the contemporary outdoor exhibition of over 100 works of art. The tour will provide an overview of the Park's mission and history and help you learn more about the artists and sculptures. We will get lunch at Mallards in Forest Lake on the way home.

Pick up at Fridley Senior Center at 9:00 am. 5 tickets available. Registration closes September 11.

### **The Music Man at Chanhassen Dinner Theater** - *Chanhassen Dinner Theater*

Cost \$90 | Class # 6562 | Wednesday, November 17 | 9:10am-5:00pm

Join us as head to Chanhassen Dinner Theater to see The Music Man. The citizens of river city have got trouble. That's a capital T. that rhymes with P and stands for "Professor" Harold Hill. He's a charming, fast-talking' traveling salesman who goes city to city starting youth marching bands. Hill promises to teach the kids and raises the money to purchase the instruments and uniforms. There's just one person who can't tell the difference between a trombone and a treble clef – Professor Hill. Everyone is simply enamored by Professor Hill, everyone except for the suspicious town librarian. Lunch will be served before the show begins and you will be able to select your entrée from the menu and a beverage of choice. Please bring spending money if you would like to purchase a dessert or an alcoholic beverage. Registration includes transportation in a motor coach, lunch and tickets to the show. Please note: some steps in the theater are required. Register by October 24.

## FARE FOR ALL

Fridley Senior Center, 10 am-noon on the following Fridays: Oct 29, Dec 17

Fare For All is a low-cost, mobile grocery purchase program. This program is community-supported and open to everyone. There are no qualifications to participate and no pre-registration. Please call 763-450-3860 to hear about the menus or visit <https://fareforall.the-foodgroupmn.org/pack-info>

## Fall Kickoff Event!

Join us on Thursday, September 16th!

Time: 1-3pm | Cost: Free

Join us for the Annual Senior Program Fall Kick-off and learn about all the exciting programs happening this year! We will have pie, ice cream, entertainment and FUN!!

Register by calling: 763-502-5150

### **MEMORIAL ANNOUNCEMENT - Celebration of Life for Helen Skoglund**

September 8th 2021 at First Lutheran Church in Columbia Heights

Masks are required even for vaccinated individuals; Cake and cookies will be served

*"As the family was limited to include people one year ago during the pandemic when Helen passed, they hope you will join them for this celebration of her life."*

## RESOURCES

### Senior Outreach Worker

Angie Sable is out outreach worker from Anoka County Community Action Program. She will be back in person at the Senior Center on the 2nd Monday of the month from 1:00 - 3:00. She can take phone appointments as well.

Get help filling out forms for a variety of programs (Energy Assistance, TAP, SNAP) or find programs that you qualify for to make life a little easier.

**Call Angie at 763-783-4741**

### Legal Aid for Seniors

The Senior Law Project provides a monthly outreach service for a free, one time, legal advice consultation for common legal issues facing older adults like debt- or creditor issues, nursing home and assisted living problems, healthcare issues including Medicare and Medicaid (MA). Appointments are on the first Tuesdays of the month between 1:00pm and 3:00pm. Call the Senior Center to set up a 30 minute phone appointment.



### Chores and More

Need help with yard work, snow removal, or cleaning your home? Call **Chores and More** at 763-783-4767 for more details on how they can help!

### Sign up to receive the Senior Newsletter at home!

The electronic version is free, or have it mailed monthly for a \$10 fee/year. Call 763-502-5150 to sign-up.



#### Helpful Contacts:

**Senior Program - 763-502-5150**  
**Senior Info Line - 763.783-4707**  
**Meals on Wheels - 763-236-3636**  
**ACCAP Outreach - 763-783-4741**  
**Store to Door - 651-642-1892**  
**Chores & More - 763-783-4767**

### Health Insurance Counseling

To get your questions answered or to schedule a free, individual appointment, please call the LINKAGE LINE at 1-800-333-2433.

The Health Insurance Counseling Program is made possible by Trellis (previously MAAA) and Anoka County and is not affiliated with any insurance company.



### Help At Your Door

Help at your door is a non-profit which provides grocery assistance and essential medical transportation for seniors. Once registered, it typically takes between 2-5 business days for your first delivery. The cost for delivery is \$15 plus the cost of groceries, though there is a sliding fee for individuals over 60 who meet income qualifications. To sign up for services, call 651-642-1892 or email at [information@helpatyourdoor.org](mailto:information@helpatyourdoor.org).





## CLASSES

### Defensive Driving Refresher

Renew your 10% three year car insurance discount by taking this state-approved four hour refresher course. There's no driving and no test.

Fridley Senior Center (in person)

6202A | Thursday September 23 | Time 12-4pm

6202B | Thursday October 21 | Time: 12-4pm

6202C | Thursday November 18 | Time: 12-4pm

6202D | Thursday December 16 | Time: 12-4pm

6202E \*evening\* | Thursday December 2 | Time 6-10pm\*

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### Wilderness Inquiry: Everglades National Park Online Only

6504 | Tuesday, October 12 | Time 2-3 pm-online | Cost: \$13

Alligators, manatees, and dolphins, oh my! Learn how the largest subtropical wilderness in the U.S. uses its varied ecosystems to provide habitat to the myriad of animals and more. Discover how mangroves, sawgrass marshes, pine flatwoods, and other ecosystems are intertwined as part of the freshwater flow from Lake Okeechobee. Join us for this jam-packed wildlife session-with experts from the park!

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### Beginning Needle Felting: Halloween style

6006 | Wed, September 2 | Time 5:30-8:30pm | Cost: \$45

Needle felting is a process of working with wool and a needle to create small sculptures. In this class, students will start with a cute little candy corn to learn (or refresh) using the wool and needles. We'll move on to creating 1-2 little ghosts. Students will be given enough materials to complete three items. No experience necessary. Also fun for those who have taken my previous classes. For ages 12+.

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### Hear for the Health of it! – FCC Room 109

6401 | Tuesday October 5 | Time: 10-11:30am | Cost: FREE

This interactive "Hear for the Health of it!" presentation will address the consequences of untreated hearing loss in older adults. Attendees will learn how to get an accurate diagnosis of hearing loss; explore no & low cost apps and devices; discover helpful communication strategies and much more!

### Introduction to Nordic Walking

FCC 109/ outside

6252

Friday, Sept. 17 & 24

Time: 10:30-11:30am

Cost: \$20

Why just walk when you can Nordic Walk? Learn about the benefits (cardio fitness, weight management, bone density, less pain, more confidence) and the specifics of the poles followed by instruction on basic technique and your first Nordic walk. The second week gives us time to work on our technique and begin to maximize the upper body workout with the poles. It's fun, it's easy to learn and it's a great activity to share with family and friends. This class is suitable for all levels of fitness, we won't ask you to walk further or faster than what is comfortable for you. Poles will be provided for use in class. Wear good walking shoes and come prepared to walk with more energy and less stress!



## ACTIVITIES

### BOOK CLUB

Fourth Tuesdays of the month | 10 - 11am  
FCC-Room 112

Members meet monthly to discuss selected books and authors.

Upcoming Books:

September 28 - The Silent Patient by Alex Michaelides

October 26 - The Library Book by Sue Orlean

November 23 - Anxious People by Fredrik Backman



### Gentle Stretch

Michael Ledman will lead this gentle yoga class for seniors. This class meets every Tuesday, 10-10:45am. \$5 to the instructor at the time of class. If you need more information, please call the Senior Center at 763-502-5150.

### Coffee Hour with Alaina: Fridays at 9:30, Room 112

Come in to get to know new friends or reconnect with ones you haven't seen in a while! Facilitated by our Community Center Social Worker, we will enjoy coffee and conversation. Alaina is also available by appointment to meet one-on-one or with groups to answer questions, talk through concerns, assist with navigating resources, and/or make referrals to outside agencies. Call 763-502-5121 for more info.

### HAPPY HIKERS

Mon, Tues, Wed, Thurs | 9 am | various locations (see calendar)

If you are looking for an opportunity to get more exercise, meet new friends and enjoy nature, then the Happy Hikers walking group would be a good fit for you! These are gentle, scenic walks and the trails have easy access. No need to sign-up, just meet in the designated parking lot and start! Please do not bring dogs. Most park trails are paved and they range in length from 1.5 to 3 miles. The trails loop around past parking lots so you can choose to leave any time. The parks are nearby and easy to find. We meet three times weekly, you choose how often you wish to participate. We gather in the parking lot and begin walking at 9:00 a.m.

For more information or directions, call volunteer leader Beverly at 763-571-7502.

### COFFEE, CARDS & CONVERSATIONS

All adults, age 55 and older, are invited to participate in any of our weekly/monthly card parties. There is no need to pre-register, just show up and join in the fun!

BRIDGE:

Mondays | 1-3:30 PM | FCC-114  
Beginner to advanced welcome,  
contact Rich 612-986-0088 or  
Donna 763-267-1611 for info

SOCIAL 500

Tuesdays | 9:30-11:30AM | FCC-114

CRIBBAGE

Fridays | 1-3:30 PM | FCC-114

HAND & FOOT

Last Wednesdays of the month  
1:00-3:30 PM | FCC-114

### Friends of Fridley Senior Program

A 501c3 charitable foundation has been established to support the long term needs of the Fridley Senior Program and low income seniors in our community.

Thanks to a generous donation from the Fridley Lions Club, a Lions Share was established to help low income seniors with remodeling needs so they can stay in their homes safely.

If you are interested in becoming a Friend to the Fridley Senior Program, please call 763-502-5142 or e-mail Christine.Haubach@fridley.k12.mn.us - any size gift is appreciated and is tax deductible - PLUS donating just got easier; go to our Give MN page [www.givemn.org](http://www.givemn.org)!

# VIDEO THEATER - August 2021



**Join us Tuesdays at 1pm for our Senior Movie showing!**

**NO Registration Required!**

## **September 7 | Dream Horse (2020) | Run Time: 1h 53m**

Dream Horse tells the inspiring true story of Dream Alliance, an unlikely race horse bred by small town bartender, Jan Vokes (Academy Award® nominee Toni Collette). With very little money and no experience, Jan convinces her neighbors to chip in their meager earnings to help raise Dream and compete with the racing elites.

## **September 14 | This is Where I Leave You (2014) | Run Time: 1h 43m**

Based on the 2009 novel of the same name by Jonathan Tropper, who also wrote the film's screenplay, This is Where I Leave You tells the story of four grown siblings who are forced to return to their childhood home in accordance with Jewish custom to sit shivah after their father passes away and live under the same roof for seven days, along with their over-sharing mother and an assortment of spouses, exes, and might-have beens. Brought together for the first time in years, the quarrelsome brood is in for a weeklong emotional duel.

## **September 21 | Wild Mountain Thyme (2020) | Run Time: 1h 42m**

John Patrick Shanley, who created the classic Moonstruck, brings his sweeping romantic vision to Ireland with Wild Mountain Thyme. The headstrong farmer Rosemary Muldoon (Emily Blunt) has her heart set on winning her neighbor Anthony Reilly's love. The problem is Anthony seems to have inherited a family curse, and remains oblivious to his beautiful admirer. Stung by his father Tony's plans to sell the family farm to his American nephew, Anthony is jolted into pursuing his dreams in this comedic, moving and wildly romantic tale.

## **September 28 | Trouble with the Curve(2012) | Run Time: 1h 51m**

Screen icon and multiple Academy Award winner Clint Eastwood returns in front of the camera once more for this heartfelt sports dramedy about an aging major league baseball scout on the cusp of retirement. Confronting his own mortality and his failing eyesight, he sets out on an unforgettable road trip to Atlanta to scout a hot high school batting prospect. Along the way, he tries to mend his troubled relationship with his alienated lawyer daughter Amy Adams). Directed by Eastwood's longtime producing partner, Robert Lorenz, this diamond in the rough dramedy represents another moving return to form for the legendary Eastwood.

## **October 5 | Queen Bees (2021) | Run Time: 1h 41m**

While her house undergoes repairs, fiercely independent senior Helen (Academy Award winner Ellen Burstyn) reluctantly moves into a nearby retirement community just temporarily. Once at Pine Grove Senior Community, she encounters feisty widows, cutthroat bridge tournaments and a group of bullying mean girls that reminds her of high school and has her yearning to go home. But somewhere between flower arranging and water aerobics Helen discovers that it's never too late to make new friends and perhaps even find a new love. A heartwarming and humorous look at life's second act, Queen Bees is inspired by a true story also starring James Caan, Ann-Margret, Jane Curtin, Christopher Lloyd and Loretta Devine.

# September 2021

Mon	Tues	Wed	Thurs	Fri	Sat
		1 9am: Happy Hikers Locke Park	2 9am: Happy Hikers LaBelle Park  10am: Bingo	3 9am: Friday Quilters 1pm: Cribbage	4
6 <b>CLOSED:</b> Labor Day  NO Happy Hikers today	7 9am: Happy Hikers Springbrook Nature Center 9am: Social 500 10am: gentle stretch 1pm: Senior Video	8 9am: Happy Hikers Silverview Park	9 9am: Happy Hikers Kordiak Park  10am: Bingo	10 9am: Friday Quilters  1pm: Cribbage	11
13 9am: Happy Hikers Kane Meadows  1pm: Bridge	14 9am: Happy Hikers Silverview Park 9am: Social 500 10am: gentle stretch 1pm: Senior Video	15 9am: Happy Hikers LaBelle Park	16 9am: Happy Hikers Lake Sullivan Park 10am: Bingo 1pm: FALL KICK-OFF 1pm: Snowflake Quilters	17 9am: Friday Quilters  1pm: Cribbage	18 10am: Northside Bag Ladies
20 9am: Happy Hikers Lakes of Radisson 1pm Bridge	21 9am: Happy Hikers Lake Sullivan Park 9am: Social 500 10am: gentle stretch 1pm: Senior Video	22 9am: Happy Hikers Kordiak Park  1pm: Hand & Foot	23 9am: Happy Hikers LaBelle Park 10am: Bingo 12pm-4pm: Defensive Driving Refresher	24 9am: Friday Quilters  1pm: Cribbage	25
27 9am: Happy Hikers Lochness Park 1pm Bridge	28 9am: Happy Hikers Springbrook Nature Center 9am: Social 500 10am: gentle stretch 10am: Book Club 1pm: Senior Video	29 9am: Happy Hikers Lake Sullivan	30 9am: Happy Hikers Kordiak Park 10am: Bingo		coming soon:  Mondays 7:30am: Campaign of Cheer Wednesdays 9am: Hardanger 1pm: 500



## Fridley High School Football Coach Justin Reese named Minnesota Coach of the Year

Congratulations to Fridley High School Head Football Coach Justin Reese, who has been named Minnesota High School Coach of the Year by the Minnesota Football Coaches Association (MFCA). The honorary award was presented during the Association's 55th Annual Football Hall of Fame Banquet held on August 13, 2021 in St. Louis Park. Reese is the first African American coach to win this award in Minnesota, and the fifth Class 4A coach to receive the honor.

Fridley High School Principal Patty Hand said this high honor recognizes Reese's hard work, dedication to his players and their families, and passion for football.

"We are so proud of Justin's work and the well-earned recognition from the Minnesota Football Coaches Association. He has an incredible ability to work with others, collaborate in effective ways when problem solving, and has a positive energy that he gives to students, staff, and families," said Hand.

As he accepted the Minnesota High School Coach of the Year award, Reese acknowledged and thanked Dan Roff, Fridley Public Schools Director of Activities and Athletics, John Swanson, a veteran Fridley coach, and the entire Fridley Tigers coaching team for their dedication to the team and the students they serve.



The City of Fridley proclaimed Wednesday, Dec. 16, 2020 as Fridley Tigers Football Team Appreciation Day to recognize the success of the Fridley High School football team after they earned the 2020 Section 4AAAA State Championship title

Reese began his coaching career at Fridley High School in 2007 as the assistant 9th grade basketball coach. He worked as varsity defensive back coach in 2010 and transitioned to defensive coordinator in 2012. Reese and his staff have been together under his leadership since 2015, when he was named the Head Football Coach of the Fridley Tigers. Since then, he has led the program to five state tournament appearances, one Twin City District Football Championship and



Fridley High School Football Coach Justin Reese with (l-r) Dan Roff, Activities and Athletics Director; Patty Hand, FHS Principal; Kelly McConville, ALC Principal

### Coach Reese's Recent Coaching Highlights:

- Minnesota Vikings 2019 Week 9 Gatorade Coach of the Week
- MCFA 2019 Section 4AAAA Coach of the Year
- KARE11 2020 Coach of the Year
- MCFA 2020 Section 4AAAA Coach of the Year
- MSHSL 2021 All-Star Assistant Coach
- MCFA 2020 Class 4A Coach of the Year
- MCFA 2020 State Coach of the Year
- MSHSL 2021 All-Star Assistant Coach
- 2020 Season record: Undefeated 7-0

*Continued on next page*



the Fridley Tigers Associated Press Class 4A State Championship title during the 2020 season. The Tigers finished the 2020 season with an undefeated record of 7-0. Prior to Reese taking the helm of the Fridley Football program in 2015, the Tigers had not been to a state championship since 1990, when they won the state champion title.

Activities and Athletics Director Dan Roff said that Justin was a great addition to the district community, and Fridley High School is incredibly proud of him and what he has accomplished. "He brought with him a group of committed educators to be part of his coaching staff and has rebuilt a strong football foundation. "He has a unique ability to build relationships and trust, which prepared Fridley football to compete at a higher level. This sense of confidence, combined with skillful athletes and player buy-in, created a culture of high expectations and commitment to excellence which has been integral to program success."

Reflecting on the award, Reese said there is a lot of time and dedication put into the football program, both on and off the field, directly or indirectly related to football. "There are only a handful of coaches in our division who have won this statewide award, so I am beyond grateful to be acknowledged by the MFCA," he said, adding that when you have passion, strength and determination, you can find success for your program and students. "This award is a direct reflection of one of my core values of helping our student athletes build character that will stay with them beyond the playing field," he said. "And I am deeply honored to have been selected to receive it."



Fridley High School Head Football Coach Justin Reese with (l-r): Assistant Coach Eric Anderson; Assistant Coach John Swanson; Activities and Athletics Director Dan Roff; Assistant Coach Blake Cook; Assistant Coach Dan Nalepka; and Assistant Coach Bryce Richter.

### Fridley Schools Foundation: Get Your Paws Moving Walk Fundraiser

The Fridley Schools Foundation is hosting its 5th annual Get Your Paws Moving Walk Fundraiser! The walk will be held on September 22, 2021 at the Fridley High School Football Stadium, 6000 West Moore Lake Drive, Fridley. Check-in will begin at 4:30 p.m.

With your registration this year, you will receive a pair of socks printed with the Fridley Foundation logo. In addition, another pair of plain socks will be donated to a local homeless shelter.

Registration fees are \$20 for an individual walker, \$50 for a family of 4, \$10 for additional family members, as well as an option for an additional donation. All proceeds benefit the students and staff members of Fridley Public Schools through student scholarships, teacher innovation grants and various district and school initiatives.

All participants can register online or by printing a form and mailing it. Visit [www.fridleyschoolsfoundation.org](http://www.fridleyschoolsfoundation.org) to find the link to register and printable form.

Payment can be made by sending a check to Fridley Schools Foundation or online. Registration will be complete when payment is received. Please make all checks payable to: Fridley Schools Foundation. Checks or cash can be mailed to Fridley Schools Foundation, 6000 W Moore Lake Drive, Fridley, MN 55432. Please include registration name(s) with payment.





Lifelong Learning: Opportunities for All Ages

## Fridley Senior Program

6085 7th Street NE

Fridley, MN 55432

Nonprofit Org.  
U.S. Postage

PAID

Twin Cities, MN  
Permit No. 2613

*Fridley Quilter takes Blue Ribbon at the State Fair! (See Story on Page 1)*



Congratulations Phyllis Ostrom! See her Blue Ribbon-winning quilt at the Minnesota State Fair!

