

Chisago County

Senior Center News

Chisago County Community Center
38790 6th Avenue | North Branch, MN 55056 | 651-674-8658

Why Time Feels Like It's Speeding Up

Have you noticed that years seem to pass faster now than they once did?

This isn't your imagination — and it isn't memory loss. Scientists say time feels faster as we age because our brains record fewer new experiences. When life is full of firsts, time feels long. When life settles into routines, months and years feel compressed. But here's the surprising part.

The Hidden Advantage of Aging

While time feels quicker, perspective grows stronger.

Seniors are often better at:

- Seeing what truly matters
- Staying calm during challenges
- Letting go of unnecessary worry
- Appreciating simple moments

Younger people may have speed. But older adults have clarity.

Time Isn't Lost — It's Different

A quiet morning. A good conversation. A shared laugh. There may be fewer "firsts," but moments often feel richer and deeper.

Maybe the goal isn't to slow time down...

...but to experience it more fully.

Because the real gift isn't more time.

It's knowing how to use it.

Bingo



Every Thursday at 10 am
\$.25 per card, 2 card limit.

Puzzles and a Warm Cup of Coffee



Every Morning
Monday- Friday, 9 am – 1 pm

Exercise with Connie



Every Mon, Wed, and Fri
at 10:30 am
Designed for seniors
and led by seniors



ACTIVITIES

500 Card Game - Every Monday & Wednesday at 1:00 pm. The cost is \$1

Bingo - Every Thursday at 10 am. \$.25 per card, 2-card limit.

Cribbage – Every Friday at 1:00 pm. The cost is \$1.

Dice Games - Wednesdays at 12:30 — bring your dimes and enjoy a fresh dice game each week!

Domino's - Every Tuesday at 10 am. Come, even if you've never played, and we will teach you!

Exercise With Connie - Every Monday, Wednesday & Friday from 10:30 am to 11:30 am.

Happy Feet Foot Care - Appointments are available on the 3rd Wednesday and 4th Thursday of the month. Call 763-346-3390 for an appointment.

Live Music - Every Tuesday at 11:15 am. See the activities calendar to who is playing each week.

Movie Day - Every second Tuesday at 1:30 pm for a fun-filled movie afternoon—everything is free! Enjoy homemade popcorn and beverages. See our calendar for what's playing this month.

Pot Luck Sunday - Second Sunday at 12:30 pm. Bring a dish to share. Donations are welcome.

Puzzles – Mon-Fri at 9 am to 1 pm, where there's always a warm cup of coffee and good company.

Volunteer Opportunities - Call the Senior Center for information at 651-674-8658

Thank You for Your Donations

Scott & Kathy Bloomquist, as well as Laura Fiskum, both made generous donations to the Senior Center last year.

Correction: The January newsletter should have stated that, in December, a donation to the center was generously made by Linda Neuman in loving memory of her mother, Kathryn Gibson.

RESOURCES

Food

Catholic Charities Senior Dining, Monday – Friday at 11:45, Call for reservation (651)-674-1956

Fare For All, Trinity Lutheran Church, (763)-450-3860 [Fare For All Schedule - The Food Group](#)

Ruby's Pantry, Access Church, 2nd Saturday of the month at 9:30 am, [North Branch, MN](#)

Miscellaneous

Arrowhead Transit, 800-862-0175, option 13, [Arrowhead Transit](#)

Chisago Age Well Coalition, No phone #, <https://www.chisagoagewell.org/>

Family Pathways Aging Services, 651-674-8040, [Aging Services - Family Pathways](#)

Lakes & Pines, 320-679-1800, <https://www.lakesandpines.org/>

Mid-Minnesota Legal Aid, Senior Law Project, 1-888-360-2889 <http://www.mylegalaid.org>

Minnesota Aging Pathways, (651) 431-2500, <https://mn.gov/aging-pathways/>

Veterans Guide – Website: veteransguide.org, Email: outreach@veteransguide.org



Join Us for this **FREE** Event!

Dine & Discover

Hosted by Chisago Age Well Coalition
with the assistance of a Title III grant from the Central Minnesota Council on Aging as
part of the Older Americans Act

Self-Care as We Grow Older:

Practical Pointers for Food and Exercise

Thursday, February 12, 2026

What can we do to help ourselves stay strong and healthy as we grow older?

9:00 am – Chisago County Senior Center

12 noon – Zion Lutheran Church

3:30 pm – Rush City Community Center

Registration requested by Friday, Feb 6th.

Call 651-674-1025



Sarah Pramann, RDN,
LD Chisago County
Public Health



Dr. Carol Mueller-
Leavitt, DP, DPT
M Health Fairview

[\(5\) Facebook](#)



GET UP TO **10% OFF YOUR CAR INSURANCE**
FOR 3 YEARS!

To register for these or other classes in your
area, call: 320-308-1400 or 888-234-1294

You can also register online at

www.DriverDiscountProgram.com

4-Hour in-person classes at the Senior Center:

3/16/2026 from 12 noon to 4:00 pm

5/20/2026 from 12 noon to 4:00 pm



Happy Feet Foot Care



Happy Feet Schedule Update (March Only)

Please note that Happy Feet will have a
schedule change for March only.

The March 26 date has been canceled and
replaced with March 19. As a result,
Happy Feet will be on-site for two

consecutive days:

March 18 and March 19.

Presidents Corner

Greetings from the Chisago County Senior/Community Center

This will be my last writing as President of the Board. Our new President is Cathy Buda, who previously served two years as a director. I believe she intends to continue with this piece. I'm not going anywhere just yet—I will continue to serve on the board as a director.

I want to take a moment to thank all the board members, past and present, along with our office staff, who have helped me so very much in my role as Board President over the last four years. I have truly admired everyone's dedication and passion toward our common goal of continuing the success of the Chisago County Senior/Community Center.

It's amazing to me that this small nonprofit has been led entirely by volunteers since 2008. The center is, in my opinion, a bit of a hidden gem. It serves seniors and community members by providing a place to meet and a place to belong. I encourage you to check out our calendar of activities and join in some fun—coffee, cookies, and conversation are always happening at the center.

I look forward to continuing to serve as a board director alongside all of our dedicated volunteers.

Carol Gilquist



The Chisago Lakes Good Neighbors Club (a 501 (c) (3) nonprofit) hosts a wide variety of events throughout the year, including park and roadside cleanups, food drives, community outreach, partnerships with other nonprofits, and much more.

Learn more about us and about club membership in the video below!

[Volunteering & Membership](#)

Or Call 651-317-9111. Please leave a message if we are unable to get to the phone. We'll promptly return your call.

SAVE *the* DATE

Join us for our annual fundraiser

May 2nd, 2026

More details to come

Annual Lindström Park Board POLKA PARTY

**Saturday, Feb. 7, 2026
6pm – 9pm**

Lindström Community Center
13292 Sylvan Avenue
Lindström, MN 55045



SPONSORED BY:



Food for purchase by Deutschland Meats
Brats/Sauerkraut * Shredded Pork Sandwiches
Pretzels & Cheese * German Beer * Pop & Water



SEVEN COUNTY SENIOR FEDERATION

47 Park Street N, Suite 7, Mora, MN 55051

TAX-AID APPOINTMENTS

We coordinate the AARP Foundation and VITA tax services in east central Minnesota to better serve the local demand for no-fee filing of state and federal tax returns.

Phone: 320-679-4700

Email: taxes@7countyseniors.org

[Seven County Senior Federation - Taxes Contact Us](#)

Please note that the Senior Center is no longer offering tax assistance programs at our location.

* Volunteers Needed *

Catholic Charities Congregate Dining

Join us in making mealtimes special at the Chisago County Senior Center! Help with weekday lunch service: set and wash tables, prepare coffee, serve lunch, and assist with cleanup. Hours: 10:30 AM–12:30 PM, Monday through Friday.

Call 651-674-1956 or visit their website at [Dining Room Volunteer- North Branch](#) to learn more.

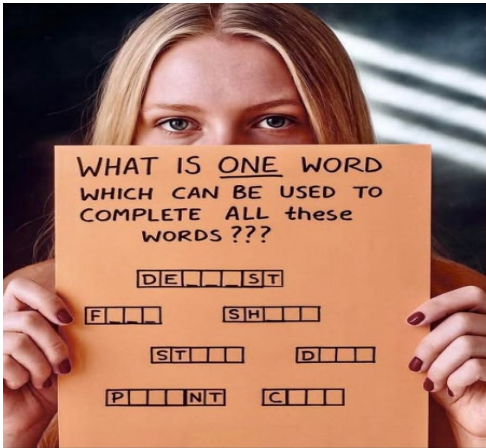
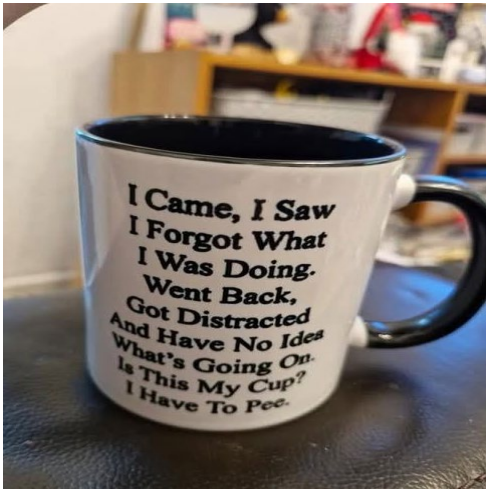
Your time and care bring joy and connection to the lives of our seniors!

Word Scramble

Hollywood Actors

- | | | | |
|---------------------|-------|----------------------|-------|
| 1. BLIRIOANILMSW | _____ | 11. ANOHNNEOWYSJD | _____ |
| 2. RMMOREFGANNEA | _____ | 12. GCNAHUAJKHM | _____ |
| 3. EELTANHOGISZDWNN | _____ | 13. JNYDOPENPH | _____ |
| 4. DSFHRNIOORRA | _____ | 14. HKNCOJSNOALCI | _____ |
| 5. KEEAVENRUSE | _____ | 15. IENSOELNAM | _____ |
| 6. NYRCENNAOES | _____ | 16. NRDOIBERTERO | _____ |
| 7. HSOMTNKA | _____ | 17. SOWETADNOCTLI | _____ |
| 8. OAULCSKJMLASNE | _____ | 18. DAOORRLOADIPIENC | _____ |
| 9. IBLUIECWLRS | _____ | 19. NODTATAMM | _____ |
| 10. NPNHHYTKOAOSNI | _____ | 20. ITADBPTR | _____ |

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Join us on the Nextdoor App

THEME: HOLLYWOOD ACTORS

PUZZLE ANSWERS:

1. ROBIN WILLIAMS, 2. MORGAN FREEMAN, 3. DENZEL WASHINGTON, 4. HARRISON FORD, 5. KEANU REEVES, 6. SEAN CONNERY, 7. TOM HANKS, 8. SAMUEL L JACKSON, 9. BRUCE WILLIS, 10. ANTHONY HOPKINS, 11. DWAYNE JOHNSON, 12. HUGH JACKMAN, 13. JOHNNY DEPP, 14. JACK NICHOLSON, 15. LIAM NEESON, 16. ROBERT DE NIRO, 17. CLINT EASTWOOD, 18. LEONARDO DICAPRIO, 19. MATT DAMON, 20. BRAD PITT

Mission Statement

" Our mission is to enrich the lives of Chisago County senior citizens & to support their individual lifestyles."

Board of Directors:

Cathy Buda, President
 Betty Anderson Schlipp, Vice President
 Terry Reyer, Secretary
 Todd Fisk, Treasurer
 Directors: Carol Gilquist, Barb Cuppett, Carol Stradinger, Connie Jaques, Henry Scott, Connie Kaiser, Marge Scheele, Pam Schultz, and Floyd Pinotti

Board Meeting every 3rd Thursday of the month at 9:30 am at the senior center

OPEN TO ALL!



Senior Center Activities

Office Hours are Monday - Friday 8 am to 1 pm

Website: www.chisagosrcenter.org Email: chisagocountyseniorcenter@gmail.com Phone 651-674-8658

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12:30 Pot Luck	2 10:30 Exercise 1:00 500 Cards	3 10:00 Dominos 11:15 Music - Kathy Coury	4 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	5 10:00 Bingo	6 10:30 Exercise 1:00 Cribbage	7
8	9 10:30 Exercise 1:00 500 Cards	10 10:00 Dominos 11:15 Music - Randy Luebesmie 1:30 Movie - The Boys in the Boat	11 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	12 9:00 Dine & Discover 10:00 Bingo	13 10:30 Exercise 1:00 Cribbage	14
15	16 10:30 Exercise 1:00 500 Cards	17 10:00 Dominos 11:15 Music - Solid Rock Quartet	18 10:30 Exercise 12:30 Dice Games 1:00 500 Cards Happy Feet	19 9:30 Board Mtg 10:00 Bingo	20 10:30 Exercise 1:00 Cribbage	21
22	23 10:30 Exercise 1:00 500 Cards	24 10:00 Dominos 11:15 Music - Johnson Brothers	25 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	26 10:00 Bingo Happy Feet	27 10:30 Exercise 1:00 Cribbage	28



February

*Chisago County Senior Center — Supporting our seniors
through community, connection, and daily activity.*

Catholic Charities Senior Dining Menu

February 2026

Lunch served at 11:45 a.m. at Chicago County Senior Center, North Branch - For reservations, please call 651-674-1956 before 8:00 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Polish Sausage Fried Onions & Peppers Half of a Baked Potato Vegetable Normandy Bread	3 Meatloaf Whipped Potatoes w/ Gravy Beets Rice Crispy Treat	4 Cheeseburger Sweet Potato Fries Pears Brownie	5 Bouja Half sandwich Fruit Cocktail Churro	6 BBQ Chicken Potatoes O'Brien Green Beans Sugar Cookie		
9 Salisbury Steak Paprika Potatoes Peas Bread Pie	10 Chicken Patty on bun Green Beans Sweet Potato Chocolate Pudding w/ Whipped Topping	11 Turkey Tetrazzini Cranberry Sauce Texas Toast	12 Flatbread Pizza (Sausage) Corn Brownie	13 Baked Pork Chop Whipped Potatoes w/ Gravy Mixed Vegetables Bread Cake		
16 Pork Tenderloin Cheesy Potatoes Vegetable Normandy Cookie Bread	17 Chicken Alfredo Noodles Scandinavia Vegetables Cake	18 Tilapia Rice Pilaf Broccoli Bread	19 Tator Tot Hotdish Mandarin Oranges Cookie Bread	20 Lasagna Roll Ups (meatless) Peas Peaches Cookie Bread		
23 Scalloped Potatoes & Ham California Normandy Fruit Salad Bread	24 Hamburger Stroganoff Noodles Peas Strawberries	25 Sausage, Egg & Cheese Burrito Hashbrowns Fruit Cocktail Danish	26 Western Chili Half Sandwich Mixed Fruit Cookie	27 Breaded Salmon Oven Roasted Potatoes Cream Peas Cake		
		Milk is served with every meal. Menu is subject to change. Dining/MOW closure announcements: WCMP FM 100.9 FM 106.5 AM 1350 Partially funded under contract with the Central Minnesota Council on Aging as part of the Older Americans Act and Administered by Catholic Charities of the Diocese of St. Cloud.				

Rental Spaces

Looking for a welcoming space to host your next gathering? The Chisago County Senior Center offers a variety of rental rooms in different sizes—perfect for meetings, celebrations, dinners, and more. Whether you're planning a cozy get-together or a lively event, our inviting spaces are open to the public and ready to make your occasion special.

Dining Room Rental

Capacity: Up to 120 guests

Features: A spacious dining area with access to a fully equipped kitchen, perfect for hosting events and gatherings.

Cost: \$150 per activity

Create memorable experiences in a comfortable and accommodating space!



Activity Room Rental

Capacity: Up to 60 guests

Features: A spacious and versatile open area with durable tile flooring, a convenient countertop, a microwave, a fridge, and a sink for added ease.

Cost: \$100 per activity

Perfect for gatherings, meetings, or celebrations!



Conference Room Rental

Capacity: Up to 20 guests

Features: Equipped with four 4' square tables and 20 chairs, providing a comfortable and functional setting.

Cost: \$50 per activity

Ideal for meetings, presentations, and small gatherings!



Reservation Process

Please call us at 651-674-8658 between 8:00 a.m. and 1:00 p.m., Monday through Friday, to inquire about rental availability.

Rental information can be found on our website under the “Rentals” tab.

Email Address chisagocountyseiorcenter@gmail.com

Physical Address 38790 6th Ave, North Branch, MN 55056



Join Us for this **FREE** Event!

Dine & Discover

Hosted by the Chisago Age Well Coalition

with the assistance of the Initiative Foundation and a Title III Grant
from the Central Minnesota Council on Aging as part of the Older Americans Act

Self-Care as We Grow Older: Practical Pointers for Food and Exercise

For older adults and caregivers



Sarah Pramann, RDN,
LD Chisago County
Public Health



Dr. Carol Mueller-
Leavitt, DP, DPT
M Health Fairview

Thursday, Feb. 12, 2026

What can we do to help ourselves stay strong and healthy as we grow older? Doctor of Physical Therapy Carol Mueller-Leavitt is dedicated to helping individuals build confidence in their bodies. She will provide practical ways to keep your body strong and flexible. Also speaking is Registered Dietician Nutritionist Sarah Pramann who believes in the healing power of food, and the benefits of whole foods and a plant-based diet. She will share simple, healthy meal ideas for older adults.

(Check-in begins 30 minutes before each session.)

9 am - Chisago County Senior Center, 38790 Sixth Ave., North Branch
Light breakfast served

12 noon - Zion Lutheran Church, 28005 Old Towne Rd., Chisago City
Light lunch served.

3:30 pm - Rush City Community Center, 720 W 14th St, Rush City
Afternoon appetizers served

Registration requested by Friday, Feb. 6. Call 651-674-1025.

To register online: Go to North Branch Community Education,
choose Senior Offerings, and scroll to Dine & Discover.



Come Travel with Me

Worry Free Group
Travel Opportunities
Carline Sargent
Email: cometravelwme@gmail.com
612-270-3403

Come Travel with Me Group Travel Opportunities:

2026 - Click on the trip link for more information.

Hawaiian Adventure - <https://groups.gocollette.com/en-US/link/1338058>

Greece Island Hopper

- <https://groups.gocollette.com/en-US/link/1315850>

Canadian Rockies - <https://groups.gocollette.com/en-US/link/1315916>

2027 - Click on the trip link for more information.

Spectacular Scandinavia - <https://gateway.gocollette.com/link/1383959>

Follow me on [Facebook](#)



Come Travel With Me

Worry Free Group
Travel Opportunities

Carline Sargent

email: cometravelwme@gmail.com

612-270-3403

ADULT/SENIOR DAY TRIP

FEBRUARY 25, 2026



Join us in the **LIVE AUDIENCE** at “The Jason Show”

A live entertaining daily talk show on channel 9, hosted by Jason Matheson (he also does the morning radio show – “Jason & Alexis”). After the show we will meet Jason for a brief Q&A.

DRESS TO IMPRESS!! YOU MAY APPEAR ON CAMERA (solid bright colors recommended).

Before heading home, we will stop at Original Pancake House for a delicious lunch!
(checkout their amazing menu at: www.ophmn.com).

COST: \$45.00 (The cost of your lunch is **NOT** included.)

COACH BUS TRANSPORTATION PICK-UP/DROP-OFF LOCATIONS & TIMES:

Princeton Walmart, 300 21st Ave N, Princeton – **DEPART PROMPTLY @ 7:00 AM**

Cambridge Senior Activity Center, 140 Buchanan St. N, Cambridge – **DEPART PROMPTLY @ 7:30 AM**

Cowboy Church Parking Lot, 17525 MN 65, Ham Lake - **DEPART PROMPTLY @ 8:00 AM**

PLEASE MAIL YOUR REGISTRATION FORM AND PAYMENT TO:

Come Travel with Me/Carline Sargent, 32914 Nacre Street NW, Princeton, MN 55371

Please make checks payable to: Come Travel with Me

Questions call: 612-270-3403

Jason Show – Fox 9 – Live, February 25, 2026 – Registration Form

First Name _____ Last Name _____

Phone # _____ Email Address _____

Of tickets _____ If more than one ticket, please list all names, phone #'s and email addresses of people going.

Pick-up/drop-off location (circle one): Princeton Cambridge Ham Lake