

August 2026

Chisago County

Senior Center News

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

A Big Thank-You to Barb Cuppett and Pam Schultz



We extend our sincere appreciation to **Barb and Pam** for their dedication to improving safety at the Chisago County Senior Center.

Working with **North Branch Building Inspector Richard Meyer** and **Fire Chief Pat Heinen**, they created a building floor plan, posted evacuation maps and emergency instructions at every exit, installed required safety signage, relocated one fire extinguisher, added a fourth fire extinguisher, and completed a room-by-room safety review to strengthen our emergency preparedness.

Fire Chief Pat Heinen praised Barb and Pam for their proactive efforts, noting that many organizations never take these important steps.

Their work may be behind the scenes, but it has made our Center safer for our members, volunteers, and guests. Their dedication is a wonderful example of neighbors caring for neighbors.

Thank you, Barb and Pam, for helping make our Senior Center a safer, more welcoming place for everyone!

Barb preferred not to be photographed

Upcoming Events

Craft Fair
55+ Driving Class
Dine & Discover
Blood Drive

Bingo



Every Thursday at 10 am.
The cost is \$0.25 per card,
with a two-card limit

Update!

Movie day is taking a quick break this month – but don't worry, it's coming back strong! Mark your calendars for September 8th, when we return with **Saving Mr. Banks**, starring Tom Hanks.



CONNECT WITH US

651-674-8658

<https://www.chisagosrcenter.org>

chisagocountyseiorcenter@gmail.com

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 for 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

We welcome all seniors aged 50 and over to drop in anytime and enjoy our warm, friendly activities—no reservations needed. Some games include a small \$1 participation fee, and you're welcome to bring your own drinks while enjoying free coffee from 8:00 AM to 1:00 PM each weekday morning. We're closed on major holidays, but we look forward to seeing you soon.

DONATIONS



A warm thank you to **Twyla Brandel** for her generous donation

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](#)

Family Pathway Food Shelf, by Appt, 651-674-8040, [Home - Family Pathways](#)

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



Fall Arts & Craft Fair

Handmade Artists & Crafters Wanted!

Saturday, October 24th 2026, 9 am - 3 pm

\$45 per space. All art & craft pieces must be handmade by the vendor.

Vendors will be accepted on a first-come, first-served basis. The registration form and information letter are on our website, www.chisagosrcenter.org

All vendor payments must be made only to the Senior Center



Join Us for this **FREE** Event!

Dine & Discover

Hosted by the Chisago Age Well Coalition
with the assistance of Title III Grant from the Central Minnesota Council on Aging as part of the Older Americans Act. August Sponsor: Meadows on Fairview.

Alzheimer's and Dementia: Diagnosis, Treatment, and Caregiver Support

For older adults and caregivers



Rebecca Lyman,
MD Family
Medicine
St. Croix
Health



John Boston,
LNHA, LALD
Administrator
Meadows on
Fairview



Lisa Lovering
Aging Services
Outreach
Family
Pathways

Thursday, Aug. 13, 2026

More than seven million Americans age 65 and older are living with Alzheimer's disease. One in three older adults dies with Alzheimer's or another dementia. Nearly 13 million Americans provide unpaid care for a family member or friend with dementia. Good news: The discovery of indicators, called biomarkers, has transformed diagnosis and helped identify dementia risk factors. New treatments slow the disease and allow those in early stages to maintain a more normal life. Our panel members will share current information on preventing, diagnosing, and treating Alzheimer's and dementia, and resources for caregivers. Questions welcome.

(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 Aug 7. Call 651-674-1025.

To register online: Register through North Branch Community Ed.
Click on QR code to go directly to registration page.



Come Travel with Me –

UPCOMING DAY TRIP & SAVE THE DATES

August 21st - A Second Helping,
Church Basement Ladies –
Plymouth Playhouse

October 20th - Pride & Prejudice -
Festival Theatre, St. Croix Falls

November 11th - Annie –
Chanhasen Dinner Theatres

December 16th - Christmas Show -
Seasons Dinner Theater

Worry Free Group Travel Opportunities

Carline Sargent

Email:

cometravelwme@gmail.com

Call 612-270-3403

RED CROSS BLOOD DRIVE

Thursday, August 13th 2026
From 9 am to 3 pm

Hosted at
Chisago County Senior Ctr
38790 6th Ave, North Branch

**Please call 1-800-RED-CROSS (1-800-733-2767)
or visit redcrossblood.org
and enter: North Branch to
schedule an appointment.**



**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:

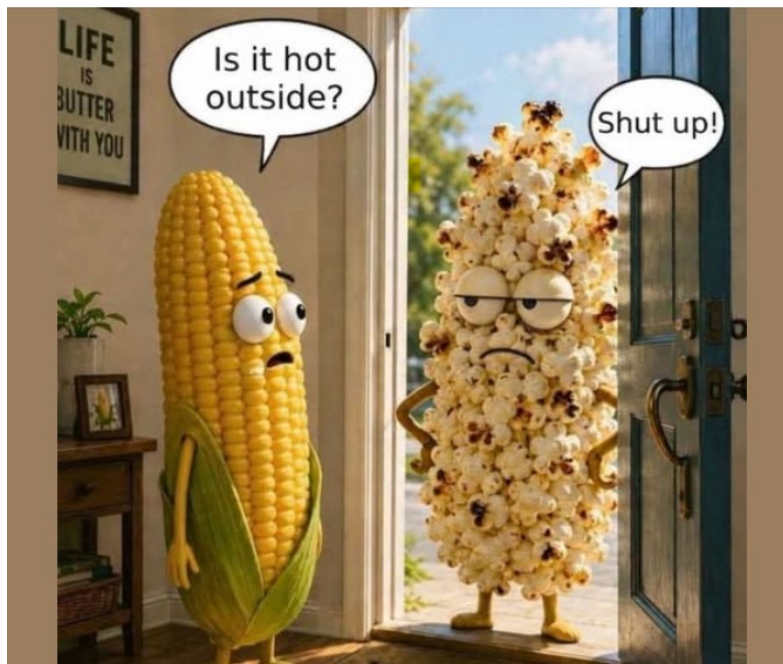
September 15th, 2026
November 17th, 2026
12 noon to 4:00 pm

Word Scramble

ADVENTURE

- | | | | |
|----------------|-------|----------------|-------|
| 1. TUESQ | _____ | 11. NERUTEV | _____ |
| 2. RKTE | _____ | 12. ECNROSIUX | _____ |
| 3. LROOXAPENTI | _____ | 13. SMOIISN | _____ |
| 4. PROLEXE | _____ | 14. VAEYOG | _____ |
| 5. THRLIL | _____ | 15. VYISODECR | _____ |
| 6. ISRK | _____ | 16. NENADIALRE | _____ |
| 7. PREOSPU | _____ | 17. LEHELAGNC | _____ |
| 8. NSAOPIS | _____ | 18. ACBCKAKP | _____ |
| 9. FSRIAA | _____ | 19. NRJEYOU | _____ |
| 10. SDSYOYE | _____ | 20. ATDSVEIYR | _____ |

Subscribe to our E-Newsletter at www.chisagosrcenter.org



*Grandpa went out for a walk,
and it started to rain. He didn't
bring an umbrella or a hat.
His clothes got soaked, but not
a hair on his head was wet.
How is this possible?*

The answer is found on page 6

Free



Ricoh Aficio MP 3010 Printer/Copier/Scanner

Pickup at the Senior Center, North Branch
You're welcome to stop by and test it before
buying. It's ready to go.

Call 651-674-8658
For more details

Join the Board of Directors

Qualifications

Applicants must be age 50+ and live in or near Chisago County. No board experience is necessary—just a desire to serve, connect with others, and make a meaningful difference in our community.



What We Do

Board members help shape the future of the Senior Center by providing leadership, sharing ideas, and supporting programs and events that strengthen our community.

Elections will be held on October 15, 2026
Chisago County Senior/Community Center



The poster features an oval photograph of four seniors in a room, each sitting in a chair and performing a seated arm stretch. The room has a wood-paneled wall and framed pictures of plants. Below the photo, the text 'Morning EXERCISE WITH CONNIE' is written in a mix of script and bold sans-serif fonts. A brown banner below that says 'Start your day with a good stretch'. A white box with a paperclip icon on the left and a pushpin icon on the right contains the text 'Every Monday, Wednesday and Friday at 10:30 AM'. At the bottom, it says 'Everyone is welcome' and 'www.chisagosrcenter.org'.

Morning
EXERCISE WITH CONNIE

Start your day with a good stretch

Every Monday, Wednesday
and Friday at 10:30 AM

Everyone is welcome
www.chisagosrcenter.org



Like and follow us on Facebook



Join us on the Nextdoor App

DONATIONS

Support Our Seniors

Your gift helps keep programs strong,
doors open, and seniors connected.

Every contribution helps.

Donate today:

- Online: www.chisagosrcenter.org
- In person at our front desk
- By mail: Chisago County Senior Ctr
38790 6th Ave, North Branch, MN
55056.

Thank you for your kindness and support.

Riddle Answer: Grandpa's bald

20. ADVERSITY
18. BACKPACK, 19. JOURNEY,
16. ADRENALINE, 17. CHALLENGE,
14. VOYAGE, 15. DISCOVERY,
12. EXCURSION, 13. MISSION,
10. ODYSSEY, 11. VENTURE,
7. PURPOSE, 8. PASSION, 9. SAFARI,
4. EXPLORE, 5. THRILL, 6. RISK,
1. QUEST, 2. TREK, 3. EXPLORATION,

THEME: ADVENTURE PUZZLE ANSWERS

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 10:30 Exercise 1:00 500 Cards	4 10:00 Dominos 11:15 Music - TBD	5 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	6 10:00 Bingo	7 10:30 Exercise 1:00 Cribbage	8
9 12:30 Pot Luck	10 10:30 Exercise 1:00 500 Cards	11 10:00 Dominos 11:15 Music on Wed. 1:30 No Movie Movies resume Sept 8th	12 10:30 Exercise 11:15 Music Wire & Wood 1:00 500 Cards	13 9:00 Dine & Discover 9:00 Blood Drive 10:00 Bingo	14 10:30 Exercise 1:00 Cribbage	15
16	17 10:30 Exercise 1:00 500 Cards	18 10:00 Dominos 11:15 Music - Dave Gourhan	19 10:30 Exercise 12:30 Dice Games 1:00 500 Cards Happy Feet	20 9:30 Board Mtg 10:00 Bingo	21 10:30 Exercise 1:00 Cribbage	22
23	24 10:30 Exercise 1:00 500 Cards	25 10:00 Dominos 11:15 Music - Kathy Coury	26 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	27 10:00 Bingo Happy Feet	28 10:30 Exercise 1:00 Cribbage	29
30	31 10:30 Exercise 1:00 500 Cards	August 2026				

Catholic Charities Senior Dining Menu

August 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
3 Chicken, Egg & Cheese Burrito Hashbrowns Fruit Cocktail Danish	4 Scalloped Potatoes & Ham California Normandy Watermelon Dinner Roll/Bun	5 Hamburger Steak w/ w/ Sauteed Onions Oven Roasted Potatoes Creamed Peas Bread	6 Pork Rib Patty Cheesy Potatoes Vegetable Normandy Cookie Bread	7 BBQ Chicken Coleslaw Green Beans Cake		
10 Salisbury Steak Egg Noodles Green Beans Bread	11 Soup Meat & Cheese on bun Spiced Apples Dessert	12 Tilapia Rice Zucchini Bread	13 Baked Pork Chop Whipped Potatoes w/ Gravy Mixed Vegetables Bread Cake	14 Spaghetti w/ Meat Sauce Noodles Broccoli Bread Dessert		
17 Sloppy Joe on a Bun 3 Bean Salad Lemon Bar	18 Chicken Alfredo Noodles Scandinavia Vegetables Cherry Dump Cake	19 Fried Chicken Sweet Potato Broccoli Brownie	20 Flatbread Chicken Pizza Fruit Cocktail Triangle Hashbrown	21 Baked Potato w/ cheese Diced Ham Broccoli Dessert Breadstick		
24 Tuna Noodle Casserole Peas Mandarin Oranges Dessert	25 Tator Tot Hotdish Peaches Garden Salad Cookie Bread	26 Beef & Bean Burrito Fiesta Rice Corn Cake	27 Country Fried Steak Sweet Potato Mash Broccoli Bread Cookie	28 Pork Chow Mein Rice Bread Pineapple		
31 Meatloaf Whipped Potatoes w/ Gravy Beets Cereal Bar Bun	 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.					

AUGUST





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only to the Senior Center

Sponsored by:

Chisago County Senior Center

38790 6th Ave, North Branch, MN 55056

651-674-8658



Chisago County Community Center

RENTAL SPACES



Spacious dining area with fully equipped kitchen



Activity Room



Conference Room

📞 651-674-8658

📍 38790 6TH AVE, NORTH BRANCH, MN

www.chisagosrcenter.org

Come Travel with Me Group Travel Opportunities:



Tropical Costa Rica



Spectacular Scandinavia



Canyon Country

Click on the trip link for more information.

2027 - Spectacular Scandinavia <https://gateway.gocollette.com/link/1383959>

2027 - Tropical Costa Rica <https://gateway.gocollette.com/link/1417016>

2027 – Canyon Country <https://groups.gocollette.com/en-US/link/1423091>



Come Travel With Me

Worry Free Group Travel Opportunities

Carline Sargent

email: cometravelwme@gmail.com

612-270-3403