

Chisago County

Senior Center News

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

The Hidden Longevity Superpower Most Seniors Don't Know They Have

Many people think learning slows down with age — but research shows seniors have a *real advantage*: a brain built for deep focus, pattern recognition, and long-term memory. In some areas, older adults learn better than they did at 30.

Why Your Brain Improves with Age

- You tune out distractions
- New information sticks longer
- Experience helps new skills make sense
- Patience supports steady learning

Skills Seniors Often Learn Faster

Languages, music, crafts, technology basics, and strategy games like cribbage or chess. If you've mastered a new phone trick or card strategy, that's your brain working beautifully.

The Myth That Holds People Back

"I'm too old to learn." Not true — the brain keeps forming new connections well into our 90s. Learning protects memory and keeps the mind flexible.

This Month's Challenge

Learn one small new thing — a phone button, a recipe, a stretch, a new word, or a puzzle trick. The benefit is in the trying.

The Takeaway

You're not too old to learn. You're at the perfect age to learn deeply and meaningfully. Your brain still has surprises left.

Cribbage



Every Friday at 1 pm
\$1 to play, and the winners take it all.

Dice Games



Every Wednesday at 12:30.
Enjoy a wide Variety of fun,
easy-to-learn games.

Movie Day

Tuesday, September 8th



Saving Mr. Banks
Starring Tom Hanks



CONNECT WITH US
651-674-8658

<https://www.chisagosrcenter.org>
chisagocountyseniorcenter@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

DONATIONS



A warm and heartfelt thank you to **Loren and Jane Magnison** and to **Susan Gustafson** for their generous donations, given in memory of **Norma Verdon**.

And thank you to **LaVonne Johnson** for her generous donation from the Almelund Threshing Show. Her gift will support our coffee expenses here at the Senior Center, helping us keep the pot full and the conversations flowing.

RESOURCES

Food

Catholic Charities Senior Dining, Monday – Friday at 11:45, Call for reservations (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

Chisago County Community Center

Annual Fall

Arts & Craft Fair

Saturday, October 24th, 2026
38790 6th Ave, North Branch, MN
9 am - 3 pm

Shop Unique Handmade Goods! Browse fishing lures, stained glass, crocheted and quilted items, Christmas décor, kids' art kits, cards, florals, upcycled and handmade fashions, bird feeders, ceramics, 3D-printed pieces, diamond art, wearable art, and laser-engraved creations. A great mix of one-of-a-kind items from local makers.

RED CROSS BLOOD DRIVE

Tuesday, October 27th, 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.



PRECISION
DRIVING CENTER
A DIVISION OF ST. CLOUD STATE UNIVERSITY

55+ DRIVER
DISCOUNT
PROGRAM

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

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



FREE EVENT



2026 CHISAGO AGE WELL EXPO

"It's Never Too Late to Learn Something New!"

Friday, October 16th, 9:00 am - 1:00 pm

Chisago Lakes High School Performing Arts Center (PAC)

www.ChisagoAgeWell.org for more information

Come Travel with Me – **UPCOMING DAY TRIPS**

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

November 11th - Annie – Chanhassen Dinner Theatres

December 16th - Christmas Show - Seasons Dinner Theater

Carline Sargent Email: cometravelwme@gmail.com Call: 612-270-3403

Word Scramble

AMBITION

- | | | | |
|---------------|-------|-----------------|-------|
| 1. PAIOSIATNR | _____ | 11. SCECSSU | _____ |
| 2. OGAL | _____ | 12. TOIUSMBAI | _____ |
| 3. REDIV | _____ | 13. YECATTIN | _____ |
| 4. PSUEOPR | _____ | 14. IINVSO | _____ |
| 5. IDMTENERDE | _____ | 15. ISMNTASEHU | _____ |
| 6. IOMVONTTAI | _____ | 16. SGAOL | _____ |
| 7. OSPASNI | _____ | 17. IASM | _____ |
| 8. EIEDSR | _____ | 18. CFDEOSU | _____ |
| 9. RAEMD | _____ | 19. CEEERVPSERN | _____ |
| 10. EIACEHV | _____ | 20. ITIRVGNS | _____ |

Happy Feet Foot Care



Happy Feet Foot Care is at the Senior Center every 3rd Wednesday and 4th Thursday of each month, from 9:00 am to 3:00 pm.

To schedule an appointment, call **763-346-3390**.

Office Volunteers Needed!

Enjoy meeting people and staying organized? Join our friendly Senior Center office team!

Help welcome visitors, answer phones, organize paperwork, and support everyday tasks—just one weekday a week,

from 8:00 a.m. to 1:00 p.m.

It's a great way to stay involved and make a difference.

Stop in or call—we'd love to have you!

Contact us at: 651-674-8658 or

38790 6th Ave, North Branch, MN, or

chisagocountyseniorcenter@gmail.com

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



Like and follow us on Facebook



Join us on the Nextdoor App

Come Join Us!

There's always something happening at the Senior Center—games, music, movies, and more! Pick the activities you enjoy, meet up with friends, or just stop in and see what's going on.

No reservations or invitations needed—just walk in, join the fun, and make yourself at home!

Weekdays | 8:00 a.m. – 1:00 p.m.

PUZZLE ANSWERS
THEME: AMBITION
 1. ASPIRATION, 2. GOAL, 3. DRIVE, 4. PURPOSE, 5. DETERMINED, 6. MOTIVATION, 7. PASSION, 8. DESIRE, 9. DREAM, 10. ACHIEVE, 11. SUCCESS, 12. AMBITIOUS, 13. TENACITY, 14. VISION, 15. ENTHUSIASM, 16. GOALS, 17. AIMS, 18. FOCUSED, 19. PERSEVERANCE, 20. STRIVING

What do you call a fly without wings?

A walk.

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
		1 10:00 Dominos 11:15 Music - Jenni Thing	2 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	3 10:00 Bingo	4 10:30 Exercise 1:00 Cribbage	5
6	7 10:30 Exercise 1:00 500 Cards	8 10:00 Dominos 11:15 Music - Randy Luebesmier 1:30 Movie - Saving Mr Banks	9 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	10 10:00 Bingo	11 10:30 Exercise 1:00 Cribbage	12
13 12:30 Pot Luck	14 10:30 Exercise 1:00 500 Cards	15 10:00 Dominos 11:15 Music on Wed 12:00 Driving Class	16 10:30 Exercise 11:15 Music-Ukulele 12:30 Dice Games 1:00 500 Cards Happy Feet	17 9:30 Board Mtg 10:00 Bingo	18 10:30 Exercise 1:00 Cribbage	19
20	21 10:30 Exercise 1:00 500 Cards	22 10:00 Dominos 11:15 Music - Dennis Schaefer	23 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	24 10:00 Bingo Happy Feet	25 10:30 Exercise 1:00 Cribbage	26
27	28 10:30 Exercise 1:00 500 Cards	29 10:00 Dominos 11:15 Music - Johnson Brothers	30 10:30 Exercise 12:30 Dice Games 1:00 500 Cards	September		

Catholic Charities Senior Nutrition Menu

September 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
	1 Spaghetti w/ Meat Sauce Noodles Green Beans Peaches Bread Dessert	2 Baked Potato w/ cheese Diced Ham Broccoli Brownie Breadstick	3 Fried Chicken Sweet Potatoes Coleslaw Ice Cream Cup	4 Chicken Salad on a Croissant Fresh Fruit Kettle Chips Cake		
7  CLOSED	8 Hamburger Steak w/ w/ Sauteed Onions Noodles Beets Bread	9 Sliced Ham Scalloped Potatoes Green Beans Bread	10 Tilapia Rice Vegetable Normandy Bread	11 BBQ Pork Macaroni & Cheese Broccoli Cookie		
14 Chicken O'Brien Potatoes Carrots Bread	15 Stuffed Pepper Casserole Garden Salad Brownie Bread	16 Turkey Meatballs over Noodles Mixed Vegetables Pineapple Bread Jello	17 Egg & Hashbrown Bake Applesauce Broccoli Pastry	18 Chow Mein Rice Oriental Vegetables Mandarin Oranges Fortune Cookie		
21 BBQ Chicken Tator Tots 3 Bean Salad Bread Cookie	22 Porcupine Meatballs Half of a Baked Potato Peas Brownie	23 Soup Cold Cut Sandwich Banana	24 Chicken Ala King over 1 biscuit Pineapple Cookie	25 Salmon Patty on a bun Cucumber Salad Kettle Chips		
28 Beef Ravioli w/ Sauce Vegetable Normandy Bread Cereal Bar	29 Chicken Enchiladas Spanish Rice Black Beans Churros	30 Country Steak Whipped Potatoes w/ gravy Broccoli Bread Cookie	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.			





**Chisago County Community Center
Annual Fall**

Arts & Craft Fair!

***Saturday, October 24th 2026
38790 6th Ave, North Branch, MN
9 am - 3 pm***

Shop Unique Handmade Goods! Browse fishing lures, stained glass, crocheted and quilted items, Christmas décor, kids' art kits, cards, florals, upcycled and handmade fashions, bird feeders, ceramics, 3D-printed pieces, diamond art, wearable art, and laser-engraved creations. A great mix of one-of-a-kind items from local makers.



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