



The Senior Scene



THE QUARTERLY NEWSLETTER OF
MAPLE GROVE 55 FORWARD

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NOW TELL ME, WHICH IS THE STONE THAT HOLDS UP THE BRIDGE?

As I prepared to write for this summer issue of the newsletter, I kept coming to how small the world is, and how interconnected we all are. Have you ever run into that coincidence, someone who had an weird connection to you? It amazes me how often I meet someone new who is related, works with, friends with, or has some connection to another area of my life.



I also think we are so interconnected in that all the actions I do mean nothing without shared actions around me. That is, there is no benefit in planning a program if no one participates. I can't make a great program without the support of great teachers, building staff, front-desk staff, good coffee, and finding the right time/place to pull it all together. Everyone has to do his/her job, show up on time, participate fully. If any one of those "stones" is not on his/her game, my program might only be good, not great, or even worse.

When I show a positive attitude, smile, appreciate others, it comes back to me, and hopefully brings some joy to those I interact with as well. Maybe that joy will bring some brightness to their lives, and we can then share it with someone else. With some luck and "stones" staying in place, this can happen again and again.

If you are a caregiver, you might experience this as well. Life can seem to be collapsing around you; but with the right supports in place, the right connections, the help of many a "bridge" can be built and some sort of normalcy felt again in your life. I see this in my life as a grandma; and as I witness I remember how fragile life was as a working mom. When vulnerable people need our

care, whether it is a child or adult, there are so many "stones" that make up that network: family, healthcare, caregivers, respite care, social workers, employers, etc.

We also need to work together to make the world a better place. I can't be a good driver, positive member of community, supporter of underprivileged unless you join me in that endeavor. I am a "stone" in the workings of the world, but I need a whole bunch of support around me to make it work. It is hard to stay out of our crazy politics, but I do wonder if our candidates have any comprehension of how important everyone is in making the world better for EVERYONE. The idea of common good and working together seems to be a fleeting thought for many these days.

This newsletter doesn't happen without a whole bunch of "stones" in place. From the many of you who contribute ideas and/or articles (we always need more) to the editors, proofreaders, printer, and postal carriers. A quality issue doesn't get to you if any "stone" is missing. So, help us to continue to make this a newsletter one that you can't wait to read. Share story ideas, or better yet, jot it down and give it to me. The editors will take it from there and try to make it work in a future edition.

As you enjoy your summer months, take time to see how everything you do is a part of other actions and reactions. Try to make your interactions positive, look for ways to keep those "stones" strong and in place, and appreciate that it takes many stones to make that "bridge."

Summer blessings, good wishes, and "sturdy bridges" to all of you!



...Kris

Crime Alert

NOT ALL THIEVES ARE STUPID

LONG - TERM PARKING: Someone parked in the long-term parking lot in San Jose, and a thief broke into the car. Using the information on the car's registration in the glove compartment, the thief drove the car to the owner's home in Pebble Beach and robbed it. Remember, if we are going to leave the car in long-term parking, we should NOT leave the registration/insurance cards nor your remote garage door opener in the car. This gives us something to think about with all our new electronic technology.

GPS: A thief broke into a car while the owners were at a football game. The car was parked on the green adjacent to the football stadium specially reserved for football fans.



Things stolen from the car included a garage door remote control, some money, and a GPS which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. Then they used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game and what time the game was scheduled to finish, so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents. Something to consider if you have a GPS — don't put your home address in it. Put a nearby address (like a store or gas station) so that you can still find your way home if you need to; but no one else would know where you live if your GPS were stolen.



CELL PHONES: This lady has now changed her habit of how she lists her names on her cell phone after her handbag was stolen. Her handbag containing her cell phone, credit card, wallet, etc. was stolen. Twenty minutes later when she called her hubby from a pay phone telling him what had happened, he said, "I received your text asking about our Pin

Number, and I replied a little while ago." When they rushed down to the bank, the bank staff informed them all the money was already withdrawn. The thief had actually used the stolen cell phone to text "hubby" in the contact list and obtained the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

Lesson Moral:

- Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc.
- When sensitive info is being asked through texts, CONFIRM by calling back.
- When you receive a text from friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be careful about going places to meet "family and friends" who text you.

PURSE IN THE GROCERY

CART SCAM: A lady went grocery shopping at a local mall and left her purse sitting in the children's seat of the cart while she reached something



off a shelf. Wait till you read the WHOLE story! Her wallet was stolen, and she reported it to the store personnel. After returning home, she received a phone call from the Mall Security to say that they had her wallet and that although there was no money in it, it did contain her personal papers. She immediately went to pick up her wallet and was informed by Mall Security that they had not called her. By the time she returned home again, her house had been broken into and burglarized. The thieves knew that by calling and saying they were Mall Security, they could lure her out of her house long enough for them to burglarize it.

...Contributed by Bob Beck

Not What We Expected

Song in His Heart

Have you ever thought how convenient it would be if we only had a glimpse into the future? What wise investments to make toward retirement, and how easy to decide on that sporty Mini Cooper Convertible or Lake Home up North, if only we were clairvoyant.



Sounds like Utopia, but if you gaze at the smile on this young man's face, you may reconsider being able to know the future.

Joseph Silva played guitar and sang Portuguese songs on a popular radio show in Fall River, Massachusetts. He had quite a following and basked in the attention. Music helped to bring balance to a stressful factory job during WWII, where time was of the essence and safety a moot point.

One day, there was an accident. His left hand was caught in a cutting machine and only his adrenaline-charged presence of mind helped him to pull it out before it reached the elbow. His act of bravery saved his life, but his days as a guitar-playing singer on the Azorean Hour on Sunday mornings, were over.

He was 34 years old, the father of five children with another on the way. Life, as he knew it, had changed overnight; and the smiling young man was smiling no more. He wasn't so sure about this next chapter of his life.

But you can't keep a "Silva" down for long, or so my father always said. Years of hard rehabilitation were in his future. The singing returned slowly, and the audience was now his ten children. I was fortunate enough to be one of them.

He taught me resilience. He said, "Life won't always be easy and bumps will come your way, but remember it's always easier when you keep a song in your heart."

...Contributed By Dolly (Silva) Bentson

12:30 a.m. Rude Awakening

I was home asleep when a soft, odd, intermittent alarm woke me. Smoke detector? I checked the house: no smoke, no fire. Carbon Monoxide detector? Neither detector lit up to indicate we had a problem.

I wandered, listened, and decided it was a bad battery and went back to bed. At 8:00 a nervous me went to the Government Center asking for the Maple Grove Fire Department.

The woman at the Information Desk said, "Wait a minute."

Two minutes later another woman came out, took my information, and said, "Wait a minute."

Three minutes later she told me a Maple Grove Fireman would call me sometime before 12:30. I was called at 9:15. At 10:00 two Maple Grove Firemen knocked on my door.

By 10:15 I knew our fire/smoke detectors and carbon monoxide detectors were all old and outdated.

They suggested what brand and models to buy and where to get them. I left immediately and was home by 11:15. I called the number they'd given me and told them I had everything. They knocked on my door at noon. Within a half-hour they'd removed my old alarms, installed three new fire alarms, two carbon monoxide detectors, and cleaned up by 12:30.

Folks, that's 4 1/2 hours from contact to completion.

The cost? Free of charge to Maple Grove Senior Citizens.

And they'll come back every year to change the batteries; all I have to do is call them. 763-494-6300.

In a time when so many are yelling, THE SKY IS FALLING, it's good to know the Maple Grove Fire Department has our back.

Thank you all. Now I can sleep at night.

...Contributed by Judy Granahan

Memory Prompts

Just Remember This...

I don't know about you, but my memory is not what it once was. I'm looking for little tricks now that will give my brain a jog when I need it. We can recall names, dates, facts, or figures by turning original information into an easy word, rhyme, image, song, acronym, or sentence. These can be stored in our brains as an easy reference for larger chunks of data.

Mnemonics (pronounced "ne-mon'-ics") can be any learning technique that assists the memory. It was developed in ancient Greece by scholars and orators to help remember long passages and speeches. Even medical school students use mnemonics (And those kids are young.) Many of us still remember memory joggers that we learned in elementary school.

In 1492, Columbus sailed the ocean blue and Thirty days hath September, April, June, and November...

Acrostics are a mnemonic where you create a memorable phrase or sentence where the first letter of each word stands for the things you're trying to remember. For example, the word *HOMES* helps us to recall the names of the Great Lakes - Huron, Ontario, Michigan, Erie, and Superior. If you want them in order of size, it's *Sam's Horse Must Eat Oats*.

Righty Tightly and *Lefty Loosey* has helped me out in many problematic situations, being the way that most screws, light bulbs, and bottles are opened and closed. And for how many years now have we had the opportunity to *Spring Forward and Fall Back*? We only use that memory aid twice a year, but it surely sticks in our memories.

Putting information to music is a major memory enhancer. That's how we learned our ABCs, and that's why we remember the lyrics of songs we first learned sixty or seventy years ago (especially Christmas Carols).

The mnemonics that we make up ourselves are often the most helpful.

To remember short lists, make up your own acro-

nym, using the first letter from each word that needs to be remembered. If you want to pick up bread, eggs, and dates you can use the word *BED* to keep that list in your head.

Visual imagery is also a great help in remembering names. When trying to remember the name of someone to whom you've just been introduced, you can imagine a pirate with a wooden leg for *Peggy* or a big grizzly bear for *Harry*. The husband of one of my friends is named Bob. When we were introduced, he told me that he was Bob *both ways*. That is now cemented in my memory.

Certainly *i before e* has saved me from spelling blunders, but it is limited. I will have to memorize the following mnemonic to round it out: *I before e except when you run a feisty heist on a weird neighbor*. Who knew there were so many exceptions to the rule?

As I started writing this article, I discovered that I could save a lot of time if I made up an acrostic for spelling *mnemonic*. I decided on *Many Nosey English Men Own Nice Iron Clubs*. I hope my brain is appreciating this because I'm having a lot of fun with it.

...Contributed by Virginia Hanson

It's a Secret

We sat together on the old park bench
watching people stroll by.

My dear old friend said,

"Look over there. I recognize that guy."

I turned and asked, "Who is he?"

"Why, that's, ah, . . . It's a secret," she said.

With that impish grin she gave me,

I knew the name had skipped from her head.

It was then I know so very well

I would often use that phrase

when I couldn't for the life of me remember,

when my brain was in a deep, deep haze.

...Contributed by Shirley Christianson

Health and You

Reducing High Cholesterol

If you have a high cholesterol level, you can probably reduce it significantly by some changes in your diet. When my doctor advised me that my cholesterol was high, he suggested taking a statin drug to reduce it. I said I would like to try some diet changes first.

So, at the age of 77, I eliminated cheeseburgers, French fries, ice cream, and other high cholesterol foods. I even switched from milk to soy milk. I also changed to oatmeal for part of my breakfast. My total cholesterol dropped from 186 to 113, and my LDL (bad cholesterol) dropped from 119 to 62. My doctor said, "That's very good. However, if you see your breasts getting larger, you may want to cut back on the soy milk." Needless to say, I immediately switched to skim milk.

You don't have to go to the extent that I did. A few diet changes can possibly lower your cholesterol. Prior to any changes in your diet, check with your doctor.

...Contributed By Roger Plumb

Exercise for Good Health

Exercise is very important for good health. It helps to prevent many diseases and increases longevity. People who don't exercise lose about 70 percent of their functional ability by age 90. Those who do exercise regularly lose about 30 percent of their functional ability by age 90. The least fit men and women involved in the study were nearly twice as likely to die of cardiovascular disease as their fit counterparts.

One of the simplest exercises is walking: outside in the summer and at the shopping mall, community center, or other indoor area in the winter. Thirty minutes of walking every other day will do wonders for your health. Start with a shorter time first, and gradually increase the time.

I was lucky that I started at the YMCA at an early age, so I developed the exercise habit early. I used to go jogging, but now at 87 I do thirty minutes on the treadmill at 2.8 mph every other day and light weights on alternate days.

A simple exercise program like this can help lower/maintain your cholesterol, keep your blood pressure in check, keep your muscles strong and limber, and provide for an overall health benefit.

Always check with your doctor prior to making any changes in your exercise program.

...Contributed by By Roger Plumb



Nordic Walking

We talk about getting more exercise, and sometimes our loved ones figure out that talk is all we do. My son was listening and gave me a pair of Nordic Walking poles for my birthday. I smiled and wished I'd never mentioned the Community Center's Nordic Walking Group. When the weather turned nice, I felt obligated to use my poles. At eight o'clock one Wednesday I went walking with them: and darn it, they are a great, fun, friendly group of people who talk and walk. Surprise! I barely knew I was exercising. You don't have walking poles? That's no excuse; the leader carries a supply of poles in the trunk of her car. Recently I learned from the group that in 1986 the census in Maple Grove was 5,000, and cars had to stop on Weaver Lake Road near where Interstate 94 is now and wait for the farmer's pigs to cross the road.

...Contributed by Judy Granahan



Book Club and More

More Ideas for Staying Young

Response to Things to Ponder from January, February, March issue of the Senior Scene.

Maintain friends older and younger than yourself. Older friends will need our help and younger friends help us when our older friends are gone. Simple equation.

So you forget. We worry about things we forget. Where are the keys? I forgot to go to the meeting. I can't remember the name of the individual. We must keep in mind that when we were young we forgot things also. Then, unlike now, we were invincible and didn't pay any mind to forgetting anything. Remember, we have more on our minds than when we were young. Given below is one way to deal with forgetfulness.

"I never worry. I never fret. If I can't remember,

I just forget."

Cultivate interests. Become active in a hobby. Join a book club. Knit or crochet scarves, caps, mittens, socks for church or community fund raisers. Join the Y or another health institute. They host activities such as Bingo, card games, walking, parties, etc. And call a friend or send a card.

Have a sense of humor. Last, but not least, maintain a keen sense of humor. This is essential, or you may be seen as a very unhappy person. Remember, a smile attracts.

Recognize Godwinks. In his book, When God Winks At You, Squire Rushnell assures us that your creator is never too busy for any of his children. (I hesitated at a green light when a semi sped through the red light. Her name popped into my head, and I called her. She was thinking of me. I was five minutes late for the meeting and came across a multiple car accident.) You might call it just plain luck, but Rushnell states that these are the godwinks that shape our lives. We only need to recognize and appreciate them when they happen. Read the book and know that God is always with you.

...Contributed by Shirley Christianson

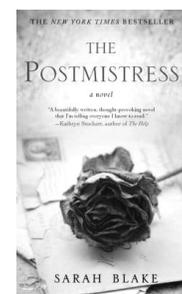


Book Club

Come join the Book Club which meets the first Wednesday from 9:30-11:30. Books are selected from the Book Kits offered by the Hennepin County Library. Copies are available from Kris in the Senior Center.

July: Choose an interesting Biography and share with the group.

August: Read The Postmistress by Sarah Blake (Hennepin County Library.)



In London covering the Blitz with Edward R. Murrow, Frankie Bard meets a Cape Cod doctor in a shelter and promises that she'll deliver a letter for him when she finally returns to the United States. Filled with stunning parallels to today's world, The Postmistress is a sweeping novel about the loss of innocence of two extraordinary women--and of two countries torn apart by war.

September: Share with the group one of your favorite Minnesota authors.

Another good read: Farm Boy by Michael Morpurgo.



For anyone who watched the movie War Horse, there is a magical sequel. Fifty years after Albert and Joey fought their way home from the battlefields of WWI, Albert's son tells his own grandson more about the brave horse and the daring risks his family took.

SPEEDING TICKET

A police officer stops a lady for speeding and asks her very nicely if he could see her license. She replied in a huff, "I wish you guys would get your act together. Just yesterday you take away my license, and then today you expect me to show it to you!"

Working Friends

eQuality For All

Those of you who are regulars around the community center, may have noticed, may have befriended, or at



least are aware that there are disabled individuals working at the Community Center who share their smiles as well as their work ethic with us every week day. We have a "crew" that works here in the community center, and we are also a gathering place for 2 other "crews. I would like to share a little bit with you about these wonderful workers/ associates.

All of the associates are receiving vocational training and learning community skills through their work with a company called eQuality – Pathways to Potential. "This community-based program assists adults with developmental disabilities with finding and maintaining competitive and contracted employment. eQuality challenges their associates to maximize their potential and actively explore life's opportunities." At the Maple Grove Community Center a crew of 8 associates and 1 job coach work Monday – Friday 9:00 – Noon cleaning tables, windows, restrooms, and floors. They help to make all the common areas enjoyable and clean each day. eQuality helps individuals find meaningful work and provides a safe, challenging, supportive location to do their work.

Another aspect of eQuality – Pathways to Potential is to provide opportunities to grow and develop as well as participate in community. After their lunch break, the associates at Maple Grove Community Center spend 2 hours on various fun and educational activities. They do art, learn about different topics, go to music lessons at McPhail, or take Environmental Education classes at the Nature Center. When weather allows, you might find them walking to the library or around the lake behind the Community Center. In the winter they shoot hoops or play games in the gym. A full day of work / fun.

eQuality serves many communities, and their associates work in a variety of jobs. Three community centers, a number of Lifetime Fitness Centers, hotels, fast food, businesses and even farming all are blessed with the work of these great teams of individuals. All the associates earn an income. eQuality is funded through a purchase of service contract with Hennepin County. It serves as an alternative to day services by being totally community based.

eQuality was founded in 1998 and serves over 100 associates with over 20 supervising staff members. Their mission states: eQuality – Pathways to Potential challenges individuals with developmental disabilities to maximize their potential and actively participate in life's opportunities by delivering community-based, individualized programs that encourages their growth. To learn more about eQuality – Pathways to Potential, visit their website at: www.equalityonline.org

Next time you are in the Community Center, let me suggest that you say Hi and introduce yourself. You'll make a friend and get a little "sunshine" added to your day.

...Kris Orluck

Advice From Some Paper Towels

If even one of these has meaning for you, the tree they came from is smiling.

- **Good moods are contagious.**
- **Sing a song of rainbows.**
- **Laughter is life's sunshine.**
- **Find the wonderful in today.**
- **Be beautiful, be yourself.**
- **Dare to live well.**
- **Peace is a journey, not a destination.**

More Dirt About the Gravel Pits

If you live in the City of Maple Grove or have visited the area, it is more than likely you have enjoyed area attractions which are situated on reclaimed gravel mines. Perhaps you have seen evidence of the current gravel mining operations which continue to play a vital role in the construction aggregate industry of the metro area.



The second part of our three-part series explores the history of sand and gravel mining activity in the Maple Grove area.

The Maple Grove Gravel Mining Area (GMA) has been a source of construction aggregate for the Hennepin County Area over 90 years. The GMA encompasses over 2100 acres of land generally south of 93rd Avenue, west of Trunk Highway 169, north of Interstate 694 and east of Interstate 94. Mining operations date to the late 1920's when Levi Dumas began mining on approximately 40 acres of land north of Elm Creek Boulevard and east of Zachary Lane. Dumas supplied gravel to what was then the Village of Maple Grove and also sold to private haulers who would pick up small loads of gravel, quite often with horses and a wagon. The Dumas mine also served as a source of materials for the Civilian Conservation Corps (CCC) during the 1930's, with most of the mining being accomplished by manual labor. Peak mining operations occurred in the 1960's and early 1970's as other sources closer to the development core of Hennepin County were either depleted or covered with urban development.

The first major operation in the Gravel Mining Area was Anderson Aggregates which mined the land north of County Road 109 and west of Zachary Lane. An additional major operation started in the 1950's when Barton Contracting opened a mine north of 85th Avenue and immediately began competing with the established Minneapolis gravel suppliers. In the early 1960's, C.S. McCrossan, Inc. began their operation near Elm Creek Boulevard. During peak mining, more

than half a dozen operators were actively mining the GMA in Maple Grove to support the development of the Minnesota Highway System.

Information for this article was modified from the City of Maple Grove, Gravel Mining Area Plan, November 4, 1985.

...Contributed by Christine Morrison

SUMMER HUMOR

I find it ironic that the colors red, white, and blue stand for freedom, until they're flashing behind you.

I changed my password to "incorrect," so whenever I forget it the computer will say, "Your password is incorrect."

If at first you don't succeed, skydiving is not for you.

Today a man knocked on my door and asked for a small donation towards the local swimming pool, so I gave him a glass of water.

Early On

Poppy Girl

The day I was born in 1943, I was signed up for the American Legion, where my mother and my father were very active. My dad was a World War I veteran, having served in France and Belgium in the Infantry. His job was to pick up dead bodies off the battle field. I attended many Memorial Day events and programs as a child, but I remember being a Poppy girl the most. Around Memorial Day or the opening of fishing season, I would go with my siblings to stand outside the local restaurant with a poppy can and poppies in my hand and hope it would not rain on my crepe paper Memorial Poppy. Donations were accepted for the Veterans. The American Legion Memorial Poppy was the only one I promoted, as our "sort of" rival organization was the VFW, which had many World War II veterans as members, with their Buddy Poppies. Both organizations raised money to help veterans in need.

Many years have passed. The last World War I (1917-1918) veteran died in 2011. My dad had died in 1987. Most of the World War II Veterans (1941-1946), the dads of my classmates, are deceased. My older brother was in the Korean War (1950-1955). My husband was in the Vietnam War (1961-1975). The longest war of all: the Persian Gulf+ Global War on Terrorism, 1990 to the present, still rages. And I, the Poppy Girl, no longer belong to the American Legion Auxiliary, nor do I stand on the street promoting the Memorial Poppy. I do gladly donate to either the Memorial or Buddy Poppy when I see VFW or American Legion member. Maybe I am still the "Poppy Girl!"

...Contributed by Pat Ruffing



No Electricity

In 1938, when I was eight years old, my father had Northern States Power Company install electric power to a pole and the buildings that needed power. My father hired an electrician to help install all the wiring to the lights, fixtures, switches, fuse boxes in the house, barn and chicken coop. My father helped him, showing him where to drill the holes in the wall, floor, and ceiling to install the wiring. They removed the wallboard on the stairs to put the wiring behind it. When everything was finished, my father nailed the mop-board back on.

Evening came, and we turned the light switch on. NO LIGHT upstairs! My father used a nail puller to pull out a nail near the wiring. That was the problem! The nail had hit the wire and burned out the fuse. Finally, we entered the new age of electricity!

...Contributed by Walt Schumacher

Man Walks in for Coffee

A man walks into a cafe with a shotgun in one hand and pulling a male buffalo with the other.

He says to the waiter:

"I want coffee." The waiter says, "Sure, Guy. Coming right up." He gets the man a tall mug of coffee.

He drinks the coffee down in one gulp, turns and blasts the buffalo with the shotgun, causing parts of the animal to splatter everywhere; and then he just walks out.

The next morning the same man returns. He has his shotgun in one hand, pulling another male buffalo with the other. He walks up to the counter and says to the waiter: "I want coffee."

The waiter says, "Whoa, there Fella!"

We're still cleaning up your mess from yesterday. What was all that about, anyway?"

The man smiles and proudly says, "Training for a position in the United States Congress. Come in, drink coffee, shoot the bull, leave the mess for others to clean up. Disappear for the rest of day."

Laugh A Little

A conversation between husband and wife.

Wife: Do you drink beer? **Hubby:** Yes.

Wife: How many beers a day? **Hubby:** About 3.

Wife: How much do you pay per beer? **Hubby:** \$5.00, including a tip.

Wife: And how long have you been drinking?

Hubby: You know, about 20 years.

Wife: So a beer costs \$5.00 and you have 3 beers a day, that's \$450.00 each month. One year, it's about \$5400.00 correct?

Red faced hubby: Correct.

Wife: 1 year \$5,400.00, times 20 years equals \$108,000.00 Correct?

Hubby: Correct

His wife smiles: If, instead of drinking so much beer and you put the money in a step-up interest savings account for the past 20 years, you could be out buying a Ferrari right now.

Hubby: Do you drink beer?

Wife: No.

Hubby: Where's your Ferrari?

A Man Tells His Sons

A father told his 3 sons when he sent them to the University, "It's my duty to provide you with the best possible education, and you do not owe me anything for that. However, I want you to appreciate it. As a token, please, each of you put \$1,000 into my coffin when I die."

And so it happened. His sons became a doctor, a lawyer, and a financial planner, each one very successful financially. When their father's time came and they saw their father in the coffin, they remembered his wish. First, the doctor put 10 \$100 bills on the chest of the deceased. Then, the financial planner also put \$1,000 there. Finally, it

was the heartbroken lawyer's turn. He dipped into his pocket, took out his checkbook, wrote a check for \$3,000, put it into his father's coffin, and took the \$2,000 cash. As one would expect, he later went on to become a member of Congress.

Perfect Eyesight

Arthur is 90 years old. He's played golf every day since his retirement 25 years ago.

One day he arrives home looking sad. "That's it," he tells his wife. "I'm giving up golf. My eyesight has become so bad that once I hit the ball, I couldn't see where it went."

His wife makes him a cup of tea and says, "Why don't you take my brother with you and give it one more try."

"That's no good," sighs Arthur, "your brother's a hundred and three. He can't help."

"He may be a hundred and three," says the wife, "but his eyesight is perfect."

So the next day Arthur heads off to the golf course with his brother-in-law. He tees up, takes a mighty swing and squints down the fairway.

He turns to the brother-in-law and says, "Did you see the ball?"

"Of course I did!" replied the brother-in-law. "I have perfect eyesight."

"Where did it go?" says Arthur.

"I don't remember."



...Contributed by Roger Plumb

The Past 20 Years, Part II

Senior Program Memories

In the fall of 1997 the Community Center opened. The newly formed Senior Program had been going for about a year. I had moved from my office at the City Hall, to a bedroom in Woodland Mounds, to a really cold office in the Ice Arena, and finally into our current “digs” inside Room 110 in the Community Center.

One of the first “executive” decisions I made was to take a space that was supposed to have a pool table in it and say, “Why do we need a pool table, when there are 3 down the hall in the Teen Center?” So when we first opened, it was just a small gathering area as part of our larger room. A few years later, I asked for a permanent wall to be put up, and we started a computer learning program. SeniorNet was a national program that we affiliated with, and taught classes. I was so thankful at the time for volunteers from Tiller Corp. who helped me get the computers installed and networked. I also had fabulous volunteers who learned with me how to teach classes and maintain computers. A couple of those initial volunteers are still with the program, teaching and coaching; but we have also added many others through the years. Thanks to these folks, we now have Windows 10, touchscreen computers for instruction; and we still teach everything from Intro to Computers to advanced classes in Excel, Photoshop, Google Chrome, Operating Systems and more.

Some of you may also remember that when we first moved into our current room, we had a service window from the kitchen. We would put coffee and cookies out there. Once we started adding more programs and needing more space, I asked for a room divider to be put in, so that we could actually have 3 things going on at one time in the Senior Room. That room divider had to be positioned in that kitchen window space, closing that off, and making for the current coffee service we have. It happens at least 3 or more times a week now that we have 3 programs happening simultaneously in the Senior Center. (And we likely have one or two going on down the hall in other meeting rooms too!)

Fitness classes are one of our most popular programs that are offered. Bev Wilson started us out with classes that first met at Woodland Mounds in their community-gathering space. Once we moved to the Community Center, those classes moved too, to the Gym. In the winter of 1998 the new pool opened up, and we started with water exercises. With the opening of Lifetime Fitness, we made an effort not to compete with them, so we moved all land fitness out of the Community Center to the park buildings. Lakeview Knolls hosted our aerobics class that Bev taught, and we added strengthening. Soon came Yoga, then Tai Chi. All the classes grew out of the park buildings, and my search for bigger space continued. We now are scattered around town: Four Seasons of Rush Creek host our Yoga class in their Community Room, Crosswinds United Methodist hosts our strengthening and chair yoga, Town Green and Lakeview Knolls continue to host our Tai Chi classes. Those in the pool are still here at the Community Center. We started as a one-day-a-week for an hour exercise program, and now hold 19 different hour-long programs each week. That doesn’t bring Pickleball into play at all! (more on Pickleball in a future article.)

In 2001, Brenda was hired to help me with the growing demands of the programs. She was hired for 20 hours a week to help with trips, the luncheon, and special events. She has become the “right arm” to my “left,” understanding all the dynamics of the program and helping in all facets to assure quality and strong events. We couldn’t do all we do without her help!

In the 19 years at the Community Center, we have seen physical changes in the building, growth in both number of programs and participants, expansion into the community and addition of staff. What memories of these 20 years do you have? Share some with Kris; there is more to write!

...Kris





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 Maple Grove Parks & Rec Dept
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Bits and Pieces

Saluting the Civil War Minnesota's Role

**A Presentation by
 Doug Ohman
 Author* Photographer* Storyteller**

**October 6, 2016 - 7 PM
 Maple Grove Council Chambers**

**Presented by the Maple Grove
 Historical Preservation Society
 And the Tiller Corporation
 FREE**

“Saluting the Civil War” is a commemoration of the first veterans from Minnesota.

Doug was inspired to do this presentation (which he does more than 150 times a year) when he worked on cemeteries in Minnesota project. He realized how many Civil War Soldiers graves there are in Minnesota. Our State's History goes back to the 1850s, and Soldiers from Minnesota are known for having played an important part at Gettysburg. At the time of the Civil War, Minnesota was fighting on two fronts – in the South and on the home front at war with Dakota Sioux.

Clown Prayer

Dear Lord,
 Help me to create more
 laughter than tears, dis-
 pense more happiness than
 gloom, spread more cheer
 than despair.

Never let me grow so big
 that I fail to see the wonder
 in the eyes of a child or the
 twinkle in the eyes of the
 aged. Never let me forget that I am a clown, that
 my work is to cheer people, make laughter, be
 happy, and to make others forget momentarily all
 the unpleasant things in their lives.

...Contributed by Iris Davis



Newsletter Committee: Kris Orluck, Judy Granahan, Marilyn Pederson, Marilyn Schroeder.

Thanks to These Contributors: Bob Beck, Dolly Silva Bentson, Shirley Christianson, Iris Davis, Virginia Hanson, Christina Morrison, Roger Plumb, Pat Ruffing, Walt Schumacher. Keep it coming!

The next Newsletter will be published in September. Please submit items for the next issue by August 1, 2016. Please send or bring your stories, jokes, tidbits to Kris. Rough drafts are welcome.