



Upcoming Events

Virtual Programming

Whitney Senior Center
Classes are offered on-line.

Living Well with Chronic Conditions
Living Well with Chronic Pain
Diabetes Prevention Program
Living Well with Diabetes
Aging Mastery

Stay Active & Independent for Life

To register, visit www.yourjuniper.org or
call 1-855-215-2174

Check out other virtual events that Whitney provides at <https://www.ci.stcloud.mn.us/93/Whitney-Senior-Center>

Feet First Clinic

Please note changes. You will need to call 320-746-9960 to make an appointment. We would like for you to also wear a mask during your appointment, if you are running a fever or not feeling well please stay home.

Holdingsford City Hall

1st Tues of the month starting at 9:00 a.m. to Noon,

Call for appointment

St. Stephen Hall

1st Wednesday of the even months.

1:00-3:00 pm.
Call for appointment

Weekly Lunch

Tuesdays in **Holdingsford** at City Hall **pick up or delivery only**. Please call to reserve your meal **by the Friday before**. 320-746-9960

St. Stephen, until we can start our congregate dining/card playing again, our meals will be coming from Holdingsford on Tuesdays. These can be **picked up in the St. Stephen Church parking lot, or delivered if needed**. Please call to reserve your meal by the Friday before. 320-746-9960

Suggested donation for all meals at both locations is \$5.00, but no one will be denied a meal based on ability to pay.

Pick up will be at

*Holdingsford City Hall at 12:15

*St. Stephen church parking lot 12:00

Changes for St. Stephen

Once we are able to have congregate dining and start playing cards again, our regular **weekly** Monday meal will be switched Back to Mondays due to conflict, either at Trobec's Bar, or The Rusty Nail.

The **monthly meal** for St. Stephen that is held at the St. Stephen parish hall will be moved to the **third Thursday of each month**. Suggested donation will be \$5.00 per meal.



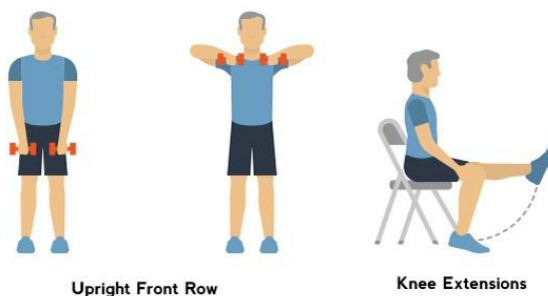
Lorene DeFord
Health and
Wellness
Coordinator

Many people have been inquiring...“ When are we going to be able to have our exercise classes again?” It still is a question that we are trying to get fully figured out ourselves. By the time you receive this newsletter I will have went to an online meeting where we as facilitators will have learned of some of our options. For now with social distancing and wearing of masks while indoors; we are trying to insure that when we do get more things back up and running that we keep the safety of all as our highest priority.

In the meantime.... Getting fresh air and some natural vitamin D is good for all, so plan on some walks outside whenever you are able. Do some light stretching and try a few of these exercises that are shown if you'd like. A couple of the exercises are good for the shoulders.



While seated, march in place, do seated jumping jacks, or knee extensions.



Upright Front Row

Knee Extensions

Remember, most importantly keep your muscles moving, if you don't use them you, you lose them... stay safe and well!

Senior Driver Class

Initial class will be in three parts. Aug, 25, and 26th 7-9 pm on zoom and Sept 1st face to face at Art in Motion in Holdingford from 5:30-9:30 pm **Refresher Class** will be face to face Sept 1 from 5:30 to 9:30 at Art in Motion . To register or for more info go to STSE.biz or call Joe Christensen at 320-746-2610

Volunteer Opportunities

- Someone to build brochure display racks for our office.
- Person to hang a large curtain rod.
- Person to hem curtains.
- Person to paint a magazine rack
- Volunteer to hang sign on the backside of our building.

Please let us know if we can help.

- Rides to appointments/shopping/errands
- Light housekeeping
- Someone to visit with
- Respite for caregivers
- Equipment rental
- Meals
- Lending Library/puzzles
- Info on other senior services available by calling Helping Hands Outreach 320-746-9960

Eligible for Medicare?

As a licensed agent. I can help you learn about

Medicare plans including: Medicare Part D

Medigap/Medicare supplement plans

Medicare Cost plans, Medicare Advantage plans

Call me today!



Ronald Scegura
Scegura Insurance Agency
39002 County Road 9
Avon, MN 56310
Tel. 320-746-2582

Our Wish list.....

Any extra garden produce
 All sizes of Ziploc bags (including snack size)
 Printer paper
 Clear packing tape
 Thank you cards.
 Individual to go meal containers (foam restaurant style to go boxes with dividers)

Any of these items can be dropped off at our office during office hours Mon-Thurs 8-4, Fri 8-2. We thank you for your generosity.

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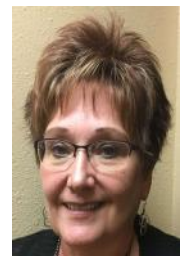
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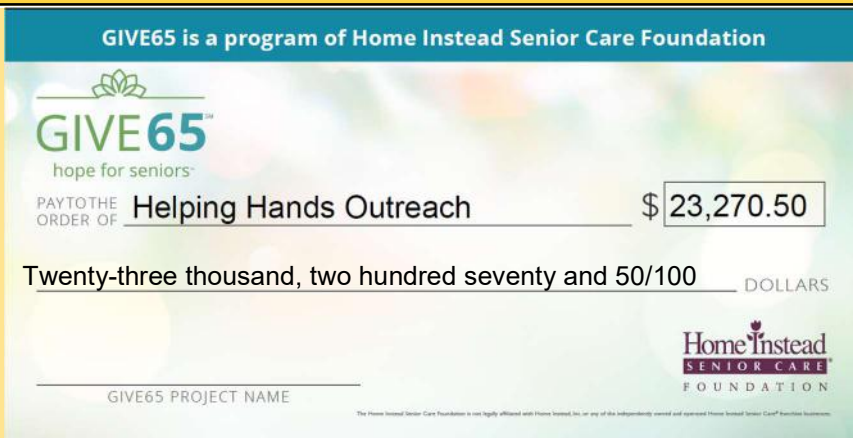
Stacie Supan

Program and Service Coordinator



Karen Skaj

St. Stephen Service Coordinator



Carol Lundquist
Executive Director

Thank you to everyone who supported us during Give65.

We raised \$17,770.50 from local donations and received \$5,500 in matching funds from the Home Instead Foundation.

- Cathy Adolph ♡ RoseMary Anderson ♡ Lois Angulski ♡ David & Rita Auer ♡ Patricia Becker ♡ Jacob & Rita Beckius
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In Memory of

Brenny Transportation in memory of Claude & Loretta Dullinger
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Leroy & Joan Dobis in memory of deceased parents
Ronald & Joan Frie in memory of our parents
Laurie Fuerstenberg in memory of Leo Fuerstenberg
Art Harlander in memory of Theresia Harlander
Art & Rene Harlander, Jr. in memory of Bieniek & Harlander families who passed away.
Carol Hlebain in memory of Stephen Hlebain from the entire Hlebain family
Kevin & Pam Johannes in memory of Leonard & Josephine Johannes
George & Donna Kierzek in memory of Amber Zapzalka
Gary & Jean Kierzek in memory of Tony Kierzek
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Darlene Kostreba in memory of Henry Kostreba
Jim & Janet Krych in memory of our parents
Ken Lemke in memory of Kathy Lemke
Lorraine Lentz in memory of Frederick (Fritz) Lentz
Elmer & Jennie Maciejewski in memory of Bill & Mike Maciejewski
Douglas & Susan Marstein in memory of Don May & Diane Scott
Millie May in memory of Donnie May & Diane Scott
Rose Means in memory of Michelle Marie
Terry & Christine Morgel in memory of Eddie & Violet Pintok
Donald & Jane Nienaber in memory of our parents Lucille & Charles Nienaber, Martha & Clarence Reichmann
Janie Novak Day in memory of family
Jerry & Elaine Omann in memory of Herman & Theres Sobania & Frank & Ludmella Omann
Peter & Barbara Omann in memory of Ben & Olivia Omann & Marvin & Marcy Traut
Marie Omann in memory of Cyrilla Skroch
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Rita Solarz in memory of Teddy Solarz
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Ed & Sharon Westrom in memory of Betty Erlander
Sharon Yurczyk in memory of Dennis Yurczyk

**Our office is now located at
531 Main Street Holdingford!**

When restrictions are lifted we will have
a variety of activities.



Lending Library

Books and Puzzles to check out



Monthly Supporters:

Joe & Sue Katzner
 George & Cheryl Kuklok
 Lloyd & Dorine Rausch
 Ron & Irene Schmidt
 John & Lisa Schmidt
 Kathy Schueler

In-Kind Contributions

Albany Home Bakery
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 Salvation Army
 Avon Food Shelf
 Ervin Bueckers
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 Ken & Jodi Bieniek
 Norbert Kollodge
 Mary Stich
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 Rose Means
 Ron & Mary Ritter
 Dorothy Slivnik
 Anonymous
 Jeanette Stodolka



Donations

Don & Rosanne Pflueger



Drop off your Teals Market receipts!

We continue to accept and benefit from your Teals Market receipts. We received more than \$1000.00 in 2019. Please save them and drop them off at our office. Thank you to Teals Market for your donation and to Linda Harren for coordinating this program.

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Helping Hands Outreach
"Our mission is to help create a healthy community where older adults and adults with disabilities want to live and be a vital part of the community."



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HOLDINGFORD AREA HISTORICAL SOCIETY

Accepting Donations and Area Historical Articles

Museum Hours by Appointment

Mike Odden 746-2991 * Herman Ebnet 746-2506 * Ernie Schmit 746-2603

Web info - HoldingfordAreaHistoricalSociety

We appreciate the support that we receive from the following foundations and agencies

