



Becker Area Senior Center Newsletter (BASC)

January 2017

Volume 15 Number 25

FROM THE DIRECTOR

BASC has again had another fun, energetic, socially active year. We are going into our fourth year of providing educational programs, much socializing, card playing and the exercise that we Seniors find so necessary. Thanks to everyone who volunteers, brings food and supplies, participates by coming to enjoy themselves and meet your neighbors. Without each of you we would not have an Area Senior Center in Becker.

Jerry & I look forward each Tuesday and Thursday to seeing our friends and sharing conversation and fun with each person. Our Center is known for how our participants are kind, considerate and compassionate to all. Keep up the good work.

Have you shared your ideas at our "TABLE OF KNOWLEDGE", come and see what thoughts you may want to take with you. If you would like BASC to provide a new program or activity in 2017, please let Pat T. or myself know. We are always looking for new ideas.

Wishing everyone a Blessed and Happy New Year!!

CHANGE IN DATE FOR JANUARY MONTHLY ENTERTAINMENT

Tuesday, January 10th will be a busy day at BASC: There will be the 500 Card Party; January Birthdays recognition; Chili lunch and "Jerry & Joyce" from Rollie's for entertainment. Join us for a full day of fun and activities!

VOLUNTEER

According to the NationalService.gov "Research demonstrates that volunteering leads to better health... those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer."

BASC OPPORTUNITIES

We are always happy to have extra volunteer help. If you can help in any of these ways we would be grateful!

- **Morning Volunteer Help:** If you are available during the hours of 8:30 am — 10:00 am during the week please contact Pat T.
- If you would like to use your computer skills, we could use your help in various ways, call Carol B.
- We would also like help for special events, i.e Becker Freedom Days, etc. If you are interested please come in or call Pat for more details.

SHERBURNE HISTORY CENTER NEWS

Life on the Edge is their semi-permanent exhibit featuring the history of Sherburne County. It won a National Award of Merit from the American Association of State and Local History.

Do you have something you think the History Center might be interested in? Please call the Sherburne History Center at 763-262-4433 during business hours and ask to speak to their curator. It is best to make an appointment before you visit to be sure that a staff member will be available to speak with you.

EXERCISE AT BASC

2017 – Resolve to be more fit, be strong, build muscle. Dr. Mitchell Elkind, professor of neurology and epidemiology at New York Presbyterian/ Columbia University, told CBS News "We found that people who exercise moderately or heavily had a reduced risk of memory loss and what we call executive function, equivalent to about 10 years," . We can do so by taking advantage of opportunities at BASC and the Becker Community Center.

Each Thursday at BASC 10:00am we provide one hour of Bone Builders, adding repetitions as we improve. This program uses weights and movement to improve balance and increase bone mass.

In January, on Tuesdays, we will again begin the "Senior Strong" chair video exercise program. This is a vigorous exercise program, all done while sitting in a chair.

BASC is also collaborating with Becker Community Center in starting an afternoon Senior Water Time. Last month Zach Tubbs spoke on Strokes & Brain Injuries & Falls and stressed the importance of staying strong as we age.

All exercise programs are geared for men and women!

JANUARY BIRTHDAYS:

G.G. Phillips, Bob N., Darlene F.,
Carol K., Janett V., JoAnne K.,
Don S., Alice N., Wayne S.



Happy
Birthday

DONATIONS - --THANK YOU ! !

\$ 650.00	ADAM MASKOWSKI
\$ 500.00	LIBERTY PAPER
\$ 249.00	PKG CORP OF AMERICA
\$ 180.00	MARLISS BOCK
\$ 75.00	CAROL KIEHN
\$ 50.00	JOANNE KRAFT
\$ 15.00	JOANNE LARSEN, plus various in-kind donations

Yarn, sewing materials, puzzles, books and many other in-kind donations by MANY GENEROUS PEOPLE. We apologize if we missed your name. Please contact us so we can recognize you in our next newsletter.

BASC WISH LIST

- Small paper plates
- Coffee
- Napkins
- Gift cards or cash donations for fruit & healthy snacks
- Sponsor a special program or musical entertainment.
- Be a Funding Partner

Have you considered a gift in Memory of a Loved One? Giving to a personal favorite charity is a wonderful way to honor their memory.

Becker Community Ed. is offering the following **Senior Driving Courses**. Receive a discount on your auto insurance after completion of class. Call 763-261-4506 to register

Defensive Driving Course - 8 Hour
8HOUR-W17A \$24
SAT., FEB. 4 & 11 8:00AM-12:00NOON

55 Plus Defensive Driving Course
4 Hour (refresher)
SESSION 1: 4 HOUR-W17A \$24
WEDNESDAY, FEBRUARY 1 1:00-5:00pm
OR
SESSION 2: 4 HOUR-W17B \$24
TUESDAY, APRIL 4 6:00-10:00pm

If you are 55+,
THIS IS YOUR INVITATION TO SERVE!



RSVP

Engage. Connect. Involve.

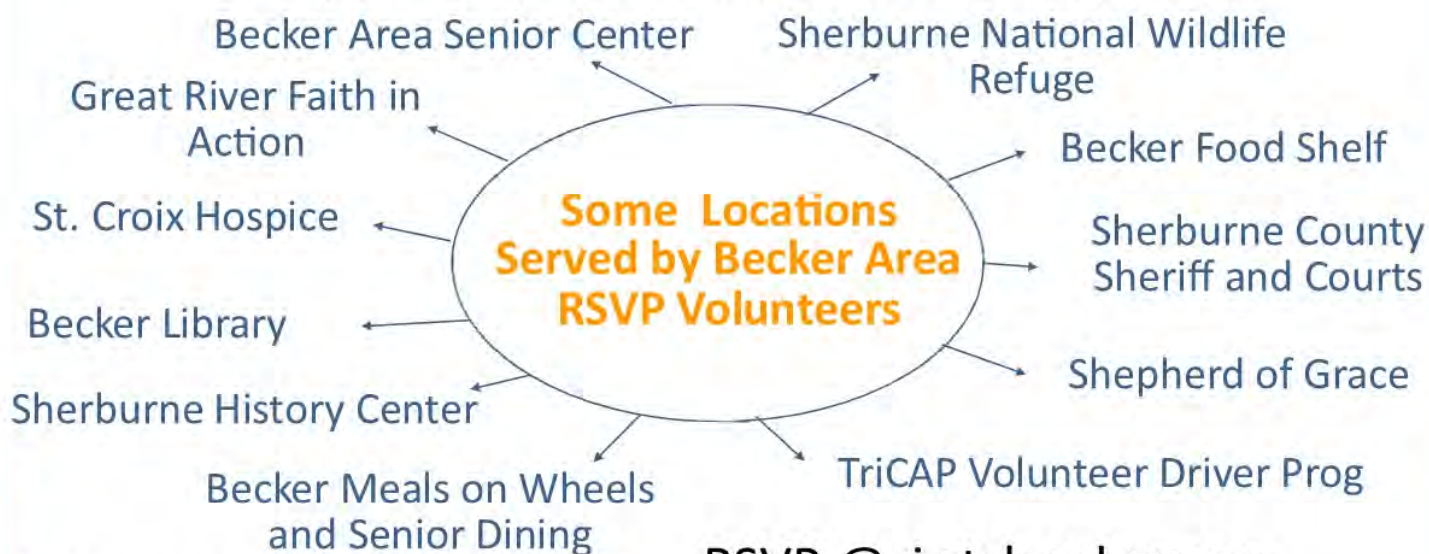
RSVP offers a variety of volunteer opportunities to those **55+** at nearly **200 local organizations**.

There are 45 active RSVP volunteers who reside in the Becker area; these volunteers served 5,650 hours in the past 12 months!

RSVP volunteers create their own flexible schedule and determine their level of commitment. RSVP service is covered by insurance and volunteers may request mileage reimbursement.

RSVP has many different volunteer positions available in the Sherburne County Area.

Explore which one will work best for you!



To learn more, contact RSVP:

RSVP @ci.stcloud.mn.us

763-635-4505 or 877-560-7787

For a full list of volunteer opportunities visit www.ci.stcloud.mn.us/RSVPMenu



JANUARY 2017

BECKER AREA SENIOR CENTER (BASC)

www.Beckerareaseniorcenter.org

OPEN TUESDAY & THURSDAY - 9:00AM – 2:00PM -- BECKER CITY HALL – ROOM 140

MON	TUESDAY	WEDNESDAY	THURSDAY	FRI
2 New Years Holiday observed 9:40 at BCC Silver Sneakers 4 PM Indoor walk club at BHS Field House track	3 9:00 Coffee, cards, conversation 11:00 Senior Strong exercise 12:00 Learn to crochet – yarn, hooks, patterns, help provided	4 12:30-2 Pickleball at BCC 2-3PM Bingo at McDonalds	5 9:00 AM-Coffee and Cards 10:00 AM Bone Builders 11:00AM Whittling with Tom 11:00AM Quilts, Sewing	6 9:40 at BCC Silver Sneakers
9 9:40 at BCC Silver Sneakers 4 PM Indoor walk club at BHS Field House track	10 9:00AM Coffee, rolls, conversation 9:15 AM- 500 Card Club with prizes 11:30 January Birthday Party and Monthly lunch- Chili & fixings 12:15 –Jerry & Joyce Band	11 12:30-2 PM Pickleball BCC 2-3PM Bingo at McDonalds	12 9:00 AM-Coffee and Cards 10:00 AM Bone Builders 11:00AM Whittling with Tom 11:15AM Game Day 12:15 Light lunch-Spkrs: Jan Energy Assistance, Dana Hinson & Barney, SNAP & Senior Dining	13 9:40 at BCC Silver Sneakers 10-12 Senior Social at BCC
16 9:40 at BCC Silver Sneakers 4 PM Indoor walk club at BHS Field House track	17 9:00AM Coffee, cards, conversation 10:00 Sewing for BASC Projects 11:00 Senior Strong Exercise 12:15 Lunch and Discuss Becker February “Celebrate Becker”	18 12:30-2PM Pickleball BCC 2-3PM Bingo at McDonalds 3:00PM BASC Board Meeting Becker Baptist-all welcome Note: Board Meeting new time	19 9:00 AM Activity Planning Mtg 9:00AM Coffee, cards, conversation 10:00AM Bone Builders 11:00 Whittling with Tom 11:00 AM - Do own craft: art, sew, etc and continue beginning crochet	20 9:40 at BCC Silver Sneakers
23 9:40 at BCC <u>Silver Sneakers</u> 4 PM Indoor walk club at BHS Field House track	24 9:00AM Coffee, Rolls, Conversation 11:00 Cribbage with 5 th Graders 12:15 Tracey Otto-BCC, Insurance incentives at BCC & beyond	25 12:30-2 PM Pickleball BCC 2-3:00 PM- Bingo at Becker McDonalds	26 9:00 AM-Coffee and Cards 10:00 AM-Bone Builders 11:00 AM -Whittling with Tom 12:15 Movie “The Long Run” & popcorn	27 9:40 at BCC Silver Sneakers
30 9:40 at BCC <u>Silver Sneakers</u> 4 PM Indoor walk club at BHS Field House track	31 9:00AM Coffee, rolls, talk 10:00 Work on Chamber event plan 11:00 Senior Strong Exercise 12:15 Create cards - Carol Kiehn			

BASC is closed when Becker Schools are closed for weather

email: BASC.Becker@gmail.com

BASC CELL PHONE: 763-528-0643

BASC Coordinator Carol Brunn

www.Beckerareaseniorcenter.org

Blood Pressure available whenever BASC open

Send activity/class opportunities to gepatto@copper.net