



Crosslake Area Senior Services, Inc.

Connecting Seniors to Services

SENIOR CONNECTIONS

Volume 12 | Spring 2024

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SENIOR DAYS & EXPO

Exciting weekend
ahead for our Area Seniors!
APRIL 26-28, 2024

Read more inside or visit
CrosslakeCares.org
for full details!



- ✓ SENIOR PRESENTATIONS
- ✓ SENIOR TRAIN MUSEUM EVENT
- ✓ SENIOR 3K WALK
- ✓ SENIOR RESTAURANT DISCOUNTS
- ✓ SENIOR STORE DISCOUNTS
- ✓ SENIOR PROM
- ✓ SENIOR PICKLEBALL EVENTS
- ✓ SENIOR GOLF DISCOUNTS
- ✓ **SENIOR EXPO**

with EXPO Keynote Speaker

JOE SCHMIT

Sponsored by Cuyuna Regional Med. Center

Crosslake Cares is thrilled to present the third **SENIOR DAYS WEEKEND**, featuring our fifth **SENIOR EXPO** and the celebration of five years of *Crosslake Cares*. Join us for a series of events from April 26-April 28. Many of our events are complimentary or offered at discounted rates.

Kick-off Events on Friday, April 26:

SENIOR PRESENTATIONS covering topics

like senior technology, the National Loon Center, Senior Travel resources, and the Crosslake Historical Society all held at the Crosslake Lutheran Church. Friday evening, we will enjoy **SENIOR NIGHT AT THE TRAIN MUSEUM** where guests will receive tours and education on the model trains and ever-expanding museum as well as enjoying complimentary beverages and snacks.

Saturday, April 27:

Start your Saturday with a refreshing **SENIOR**

3K WALK, beginning and ending at The Log Church, leading you directly to the **SENIOR EXPO** which starts at 8:30 AM. This year's Expo offers prizes, giveaways, complimentary coffee and pastries at **Café Cares**, informative mini-talks and over 50

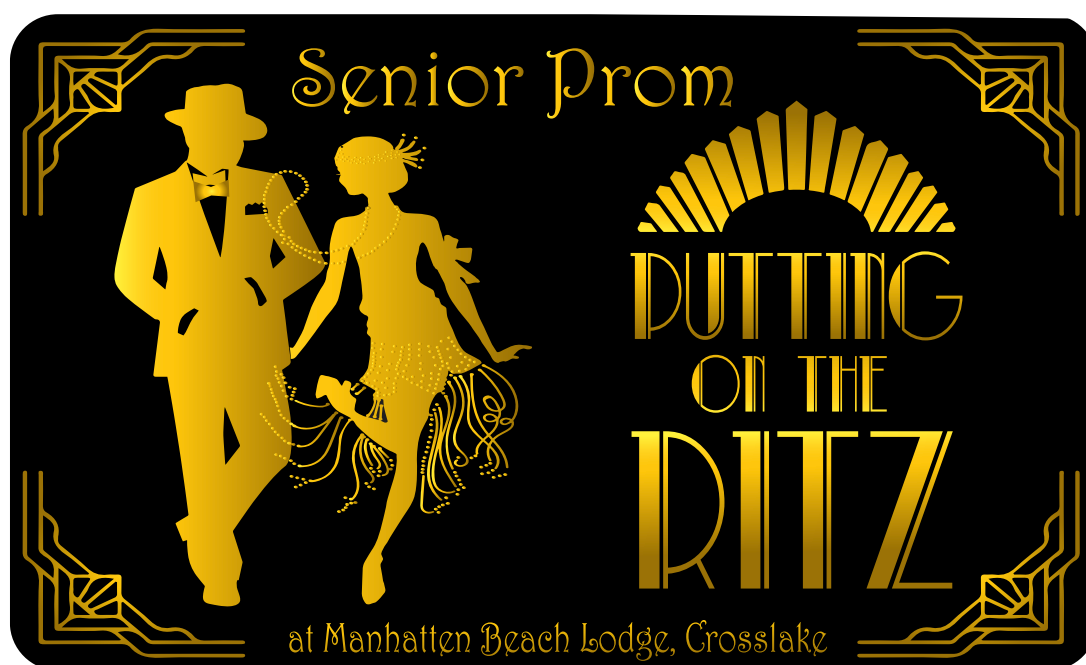
exhibitors. We are honored to have former sports newscaster, Joe Schmit, as this year's Keynote Speaker, sponsored by Cuyuna Regional Medical Center.

Proceeding the Expo, we will have two exciting **SENIOR PICKLEBALL** events on Saturday from 1:00-4:30 and also the same time on Sunday.

5:30 PM with a cash bar and complimentary appetizers. Dinner will be served from 6:30-8:00 PM, followed by dancing until 10:00 PM. Limited space is available, so make sure to reserve your spot today by calling Manhattan Beach Lodge at (218) 692-3381. Don't forget to specify your choice of entrée: Braised Beef Tips, Champagne Chicken, or sundried Tomato Basil Vegan Pasta. Payment is due at the time of reservation. Decorations, dancing, and a photo booth promise to make this Senior Prom a memorable evening.

Throughout the weekend, seniors can also enjoy special **SENIOR RESTAURANT DISCOUNTS** at various local restaurants and NEW this year, **SENIOR STORE DISCOUNTS** at retail spaces in Crosslake.

All weekend long you can get out the golf clubs and enjoy discounted **SENIOR GOLF** and **MINI GOLF** at Crosswoods Golf Course and Whistling Wolf Mini Golf in Crosslake.



Ending the day, dress in your finest black and gold to dance the night away as we 'put on the ritz' at the **SENIOR PROM**. The Saturday evening event at Manhattan Beach Lodge includes a 3-course dinner, and tickets are available for \$30 each. The night begins at

For more details, with downloadable flyers for each event, visit CrosslakeCares.org or check out our Facebook page at Facebook.com/CrosslakeCares18

Senior Days Timeline of Events

FRIDAY, APRIL 26

SENIOR TECHNOLOGY PRESENTATION

held at Crosslake Lutheran Church
35960 Co Rd 66, Crosslake
10:00 AM - 11:00 AM

Free Event Details on page 3.

SENIOR TRAVEL PRESENTATION

held at Crosslake Lutheran Church
35960 Co Rd 66, Crosslake
11:15 AM - 11:45 AM

Free Event Details on page 3.

NATIONAL LOON CENTER PRESENTATION

held at Crosslake Lutheran Church
35960 Co Rd 66, Crosslake
1:15 PM - 1:45 PM

Free Event Details on page 3.

HISTORICAL SOCIETY PRESENTATION

held at Crosslake Lutheran Church
35960 Co Rd 66, Crosslake
2:00 PM - 2:30 PM

Free Event Details on page 3.

SENIOR NIGHT AT THE TRAIN MUSEUM

Northern MN Railroad Heritage Association
36184 Co Rd 66, Crosslake
5:00 PM - 7:00 PM

Free Event (\$5 donation suggested)

Details on page 3.

SATURDAY, APRIL 27

SENIOR 3K WALK

starts and ends at The Log Church
37218 Co Rd 66, Crosslake
7:45 AM - 8:30 AM

Free Event Details on page 3.

SENIOR EXPO

held at The Log Church
37218 Co Rd 66, Crosslake
8:30 AM - 1:00 PM

Free Event - Free Refreshments

Joe Schmit, Keynote Speaker

Details on page 3.

SENIOR PROM

Manhattan Beach Lodge
39051 Co Rd 66, Crosslake
5:30 PM - 10:00 PM

Tickets required in advance- \$30 ea.

Dinner & Dancing included.

Details on page 1.

SATURDAY AND SUNDAY

TWO SENIOR PICKLEBALL EVENTS

Location dependent on weather:

Crosslake Community Center

OR Crosslake Community School.

1:30 PM - 4:30 PM both days

Free Events

Details on page 3.



*Location of Pickleball subject to weather

ALL WEEKEND LONG

SENIOR RESTAURANT DISCOUNTS & SENIOR STORE DISCOUNTS

Details on page 4.

Thank you to many of our area restaurants and stores for offering special items at discounts or offering special deals for Seniors. Take advantage of this great offer and support our local businesses. See page 4 for participating restaurants and the deals they are offering. (Please note day the restaurant discount is being offered.)

SENIOR MINI GOLF

Whistling Wolf Mini Golf
36006 Co Rd 66, Crosslake
11:00 AM - 5:00 PM

Discounted Price

Details on page 3.

SENIOR GOLF

Crosswoods Golf Course
35878 Co Rd 3, Crosslake

Discounted Prices

Details on page 3.

Senior Days Events and Details

FREE SENIOR PRESENTATIONS

Presentations are being held at Crosslake Lutheran Church, Cty. Rt. 66.

SENIOR TECHNOLOGY PRESENTATION

Friday, April 26, 10:00 AM - 11:00 AM

Navigating the Digital World:

A Beginner's Guide for Seniors.

This presentation seminar will discuss the basics of Wi-Fi and how to protect your information in a connected world. You'll learn how technology is helping seniors live independently and we will demonstrate how AI works. Presented by Tremolo Communications. Any questions, please contact info@tremolo.net or (218) 763-3000.



SENIOR TRAVEL PRESENTATION

Friday, April 26, 11:15 PM - 11:45 AM

The Senior Expo survey results indicate that seniors are interested in travel, so this presentation will feature information regarding local, U.S. and overseas travel opportunities. We will "surf" the web together to see some amazing trips and tours that are available, with those especially designed for seniors. Attendees will be provided with contact information for several different tour groups. Presented by Pamela Vaughan and Sandy Anderson, Board Members Crosslake Cares.

NATIONAL LOON CENTER PRESENTATION

Friday, April 26, 1:15 PM - 1:45 PM

Land of 12,000 Loons - Jon Mobeck, Executive Director of the National Loon Center, will share how the loon has captivated the hearts and minds of Minnesotans to



form an incomparable bond between a state's people and its wildlife.

HISTORICAL SOCIETY PRESENTATION

Friday, April 28, 2:00 PM - 2:30 PM

Presented by Priscilla Balmer, Vice President of Crosslake Area Historical Society. Come learn all about the historical village in downtown Crosslake, the facilities and their educational offerings.



SENIOR NIGHT AT THE TRAIN MUSEUM

Friday, April 26, 5:00 PM - 7:00 PM

Bring your family and friends to enjoy an evening at the Model Railroad Museum in Crosslake. Stroll around to see what is new at the ever-growing and detailed exhibits. Enjoy refreshments. A \$5 donation is suggested. No reservation is needed!



FREE SENIOR 3K WALK



Saturday, April 27, 7:45 AM - 8:30 AM

Please join us for an energetic walk especially for Seniors! Please meet in the parking lot at The Log Church at 7:30 AM, Cty. Route 66. We walk for about 45 minutes to arrive back at The Log Church in time for the Senior EXPO. Water and T-shirts will be provided and we will have a Police escort. A golf cart will accompany us during the walk. Please wear walking shoes and dress according to the weather. Contact Donna Keiffer with questions at (218) 821-1158.

FREE SENIOR EXPO

Saturday, April 27 at 8:30 AM - 1:00 PM

- Prizes and Giveaways
- Free coffee and pastries at *Café Cares*
- 50+ Exhibitors and Sponsors until Noon
- Keynote Speaker Joe Schmit
- Informative Mini-Talks

We have three mini-talks at the Expo each lasting about 15 minutes, each with informative and interesting topics. At 9:00 AM Jenna Pogorels, LICSW - Associate Director of Community Services, Alzheimer's Association will present "Introduction to Alzheimer's Disease and Dementia." At 10:00 AM Katelin Hohertz, LICSW, Executive Director at Home Instead will present "Stay Home. Stay Local." and at 11:00 AM Adam English, C.N.P., of Cuyuna Regional Medical Center will present "What Hurts? Head-to-Toe Comprehensive Orthopaedic Care."



After the mini-talks there will be prize giveaways, and Keynote speaker Joe Schmit will present his talk, *Silent Impact*. No matter what age you are, you can make a profound impact on your world. In Joe's presentation, you will be inspired to be more aware and intentional to lead a life of significance.

SENIOR PROM

Saturday, April 27, 5:30 PM - 10:00 PM

Senior Prom is being held at Manhattan Beach Lodge, and tickets are now on sale for \$30 each.

See page 1 for all the details!



TWO FREE SENIOR PICKLEBALL EVENTS



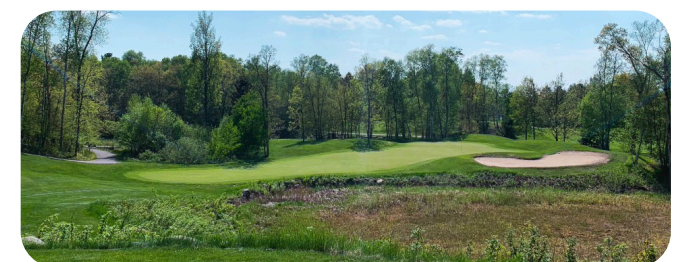
#1 Saturday, April 27 - 1:30 PM - 4:30 PM

Depending on the weather we will be either at the outdoor courts at the *Crosslake Community Center* (14126 Daggett Pine Road) OR indoor courts at the *Crosslake Community School* (35808 County Road 66). The location will be announced that morning at the EXPO and on the Crosslake Pickleball Facebook page. We will have demonstrations, teach the rules of the game and scoring, and you'll have opportunities to try your skills with a game or two! Paddles and balls can be provided.

#2 Sunday, April 28 - 1:30 PM - 4:30 PM

Sunday is a "get to know you" pickleball event to be held at the Community Center. We will play in rounds and you can play as much as you like. Come and enjoy the fun. Paddle and balls will be provided if you don't have your own. This is a fun fast way to play the game and meet a whole bunch of people. Contact Peter or Pam Graves with questions at (612) 750-8062 or pjgraves1@gmail.com.

SENIOR GOLF & MINI GOLF



Friday - Sunday, April 26 - 28

Crosswoods Golf and Whistling Wolf Mini Golf are offering specials for Seniors all weekend long. Crosswoods Golf is offering 18 holes with cart for \$29 or 9 holes with cart for \$22. An advanced tee time is recommended by calling (218) 692-4653. Whistling Wolf Mini golf is offering Seniors \$8 a round.

Senior Restaurant & Store Discounts

Thank you to these local area restaurants who are offering our Seniors great deals on the below listed specials! *(Please take note of the date they are being offered.)*

SATURDAY, APRIL 27 only
Andy's Bar & Grill
35453 Co Rd 3, Crosslake
Coconut Coated Chicken with Vegetables. \$9.95.



FRI, SAT & SUN, APRIL 26-28
Cedar Chest
33350 Co Rd 3, Crosslake
1/4 Broasted Chicken, fries and coleslaw. \$10.00



FRI & SAT, APRIL 26-27
Crosslake Coffee
35522 Co Rd 66, Crosslake
\$1 off any beverage.



FRI & SAT, APRIL 26-27
Dairy Queen
36404 Co Rd 66, Crosslake
\$1 off any Blizzard.



FRI & SAT, APRIL 26-27
Lake Country Crafts & Cones
36084 Co Rd 66, Crosslake
\$1 off any sandwich.



FRIDAY, APRIL 26 only
Manhattan Beach Lodge
39051 Co Rd 66, Crosslake
Complimentary dessert with 2 dinner entrees.



FRI, SAT, & SUN, APRIL 26-28
Maucieri's Italian Bistro
34650 Co Rd 3, Crosslake
Spaghetti or Fettuccine Alfredo and bread stick. \$8.95



SATURDAY, APRIL 27 only
Mission Tavern
13036 SW Horseshoe Lake Rd, Merrifield
Tacos with chips and salsa. \$10.



FRI, SAT, & SUN, APRIL 26-28
Moonlite Bay
37627 Co Rd 66, Crosslake
Cheeseburger with fries or tots. \$6.



SUNDAY, APRIL 28 only
Norway Ridge Supper Club
34757 Co Rd 39, Pequot Lakes
Complimentary dessert with 2 dinner entrees



FRI & SAT, APRIL 26-27
Patriot Lakes Nutrition, Town Square
35770 Allen Ave, Crosslake
\$2 off shakes and teas.



FRI & SAT, APRIL 26-27
Pine Peaks Restaurant
35654 Co Rd 66, Crosslake
Soup and Salad Bar \$6.95.



FRI, SAT, & SUN, APRIL 26-28
Rafferty's, Town Square
35770 Allen Ave, Crosslake
10% off all Salads and Sandwiches.



FRI & SAT, APRIL 26-27
Red Pine Cookhouse
39910 MN 6, Emily
Complimentary Egg Roll/ Wonton.



FRI, SAT & SUN, APRIL 26-28
Riverside Inn Supper Club
35322 Co Rd 3, Crosslake
Open-face Prime Rib Sandwich, mashed potatoes & gravy. \$10.95.



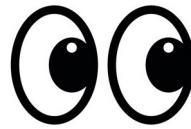
FRI & SAT, APRIL 26-27
WineDown, Town Square
35770 Allen Ave, Crosslake
\$1 off wine and beer



SATURDAY, APRIL 27 only
The Wharf, 12986 Co Rd 16, Crosslake
1/2 Sandwich + Cup Soup or Salad (Choice of Tuna Melt or Reuben). \$10.



SATURDAY, APRIL 27 only
Zorbaz, 36215 Co Rd 66, Crosslake
One Topping Pizza (feeds 2). \$10.



Look for this sign around town to find your Senior deals!



Thank you to these retailers who are offering our Seniors special weekend discounts!

(These retailers are located in Town Square, 35770 Allen Ave, Crosslake)



(These retailers are located along Cty. Route 66 in Crosslake)

Curious Belongings



Thank you to our 2024 Expo Sponsors & Exhibitors

PLATINUM SPONSOR

CRMC
CUYUNA REGIONAL MEDICAL CENTER

Gold Sponsors

- Aspire Insurance Services
- Blue Cross / Blue Shield
- Breen & Person, Ltd.
- Brenny Family Funeral Home
- Good Samaritan Society
- Harlan V. Johnson Ins. Agency
- Home Instead
- Home Services Hearing Aid, Inc.
- Medica
- Moments Hospice
- Tremolo Communications
- UR Country Doctor
- Whitefish Senior Living

Silver Sponsor

- Crosslake Ideal Lions
- Golden Horizons
- Knute Nelson
- North Central Medical Supply
- Simply Rustic Floral
- UCare
- WAPOA

Bronze Sponsors

- Alzheimer's Association
- Baywood Home Care
- Brainerd Community Action
- Brainerd Lakes Community Foundation
- Bridges of Hope
- Bridges to Home Health Care
- Camp Knutson
- Central MN Council on Aging
- Chris Cullen Real Estate Group
- Crisis Line & Referral Services
- Crosslake Historical Society
- Cuyuna Area Connections
- Edward Jones
- Essentia Health
- Gracewin Living Cooperative
- Lakes Area Unlimited Learning
- Lakes Area Memory Awareness Advocates
- MN Highway Safety Discount Program
- Northern MN Railroad Heritage Assoc.
- Paul Bunyan Scenic Byway
- Pequot Lakes Gym
- RG Insurance
- Rising Tides Wealth Management
- Riverwood Bank
- Town Square
- Select Therapy
- Whitefish Yacht Club