



Crosslake Area Senior Services, Inc.
Connecting Seniors to Services

SENIOR CONNECTIONS

Volume 6 | Spring 2022

www.CrosslakeCares.org

SENIOR DAYS & EXPO

**APRIL 29 - MAY 1
2022**

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



EXPO Keynote Speaker
DON SHELBY
Sponsored by Gracewin Living, Baxter, MN

- ✓ SENIOR PRESENTATIONS
- ✓ SENIOR 3K WALK
- ✓ SENIOR RESTAURANT DEALS
- ✓ SENIOR PROM
- ✓ SENIOR PICKELBALL
- ✓ SENIOR GOLF & MINIGOLF
- ✓ **SENIOR EXPO**
Saturday, April 30 - 8:30-1:00

A fun weekend is in store for our area Seniors as *Crosslake Cares* presents our first ever SENIOR DAYS, which incorporates our third SENIOR EXPO and includes events taking place throughout the weekend of April 30. Most of our events are free or discounted rates are offered.

Kicking off the weekend are two **Senior PRESENTATIONS** on Friday, April 29. One is on technology and the other on travel, held at Crosslake Lutheran Church. Throughout the weekend area restaurants are offering **Senior RESTAURANT DEALS**.

On Saturday, April 30 the day will begin with a **Senior 3K WALK** starting and ending at The Log Church. This will get you to the **Senior EXPO** starting at 8:30 AM. This year's Expo includes prizes and giveaways, free coffee and pastries, and informative mini talks along with lots of exhibitors. Our keynote speaker is former news anchor Don Shelby. In the afternoon you can learn all about **Senior PICKLEBALL** followed in the evening with a fun and glamorous time at the **Senior PROM** at Manhattan Beach Lodge, which includes a 3-course dinner. On Sunday, May 1 get out the golf clubs to enjoy some **Senior GOLF** and **MINI GOLF** at Crosswoods and Whistling Wolf.

Full details on all events can be found inside this publication, and on our website at www.CrosslakeCares.org, or our Facebook page at www.facebook.com/CrosslakeCares18.



SENIOR PROM

Come enjoy the Prom with music from our era and dance under the shimmering moon!

The event is being held at Manhattan Beach Lodge. Tickets are now on sale for \$29 each and includes a 3 course meal with dancing. The event begins at 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. Space is limited so call Manhattan Beach Lodge at (218) 692-

3381 to reserve your spot today! Bring your friends and have a great time. When calling, please let them know your choice of entree:

- Braised Beef Tips,
- Herb Roasted Chicken, or
- Baked Herb Cod

(Dinner includes appetizers, small salad, and dessert). Payment will be made at time of reservation. Decorations, dancing and a photo booth will make this a Senior Prom to remember.

Senior Days Timeline of Events

FRIDAY, APRIL 29

SENIOR TECHNOLOGY PRESENTATION

held at Crosslake Lutheran Church
35960 Co Rd 66, Crosslake
10:00 AM - 11:30 AM
Free Event
Details on page 3.

SENIOR TRAVEL PRESENTATION

held at Crosslake Lutheran Church
35960 Co Rd 66, Crosslake
Crosslake Lutheran Church
2:00 PM - 3:30 PM
Free Event
Details on page 3.

SATURDAY, APRIL 30

SENIOR 3K WALK

starts & ends at The Log Church
37218 Co Rd 66, Crosslake
8:00 AM - 8:50 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
Don Shelby, Keynote Speaker
Details on page 3.

SENIOR PICKLEBALL

Location dependent on weather:
Crosslake Community Center
OR Crosslake Community School.
1:30 PM - 4:30 PM
Free Event
Details on page 3.

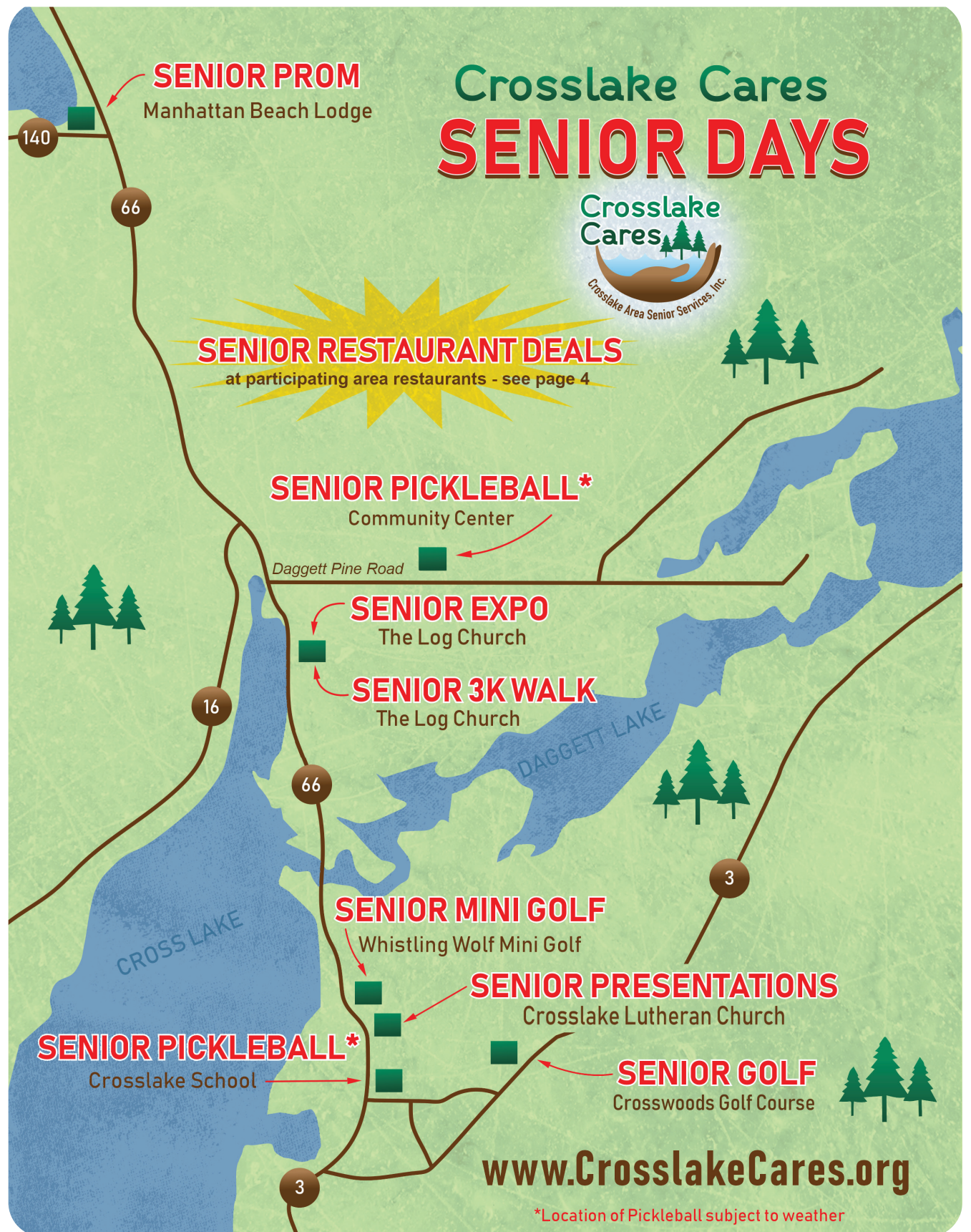
SENIOR PROM

Manhattan Beach Lodge
39051 Co Rd 66, Crosslake
5:30 PM – 10:00 PM
Tickets required in advance- \$29 ea.
Call Manhattan Beach Lodge
Dinner & Dancing included.
Details on page 1.

SUNDAY, MAY 1

SENIOR GOLF

Crosswoods Golf Course
35878 Co Rd 3, Crosslake
All Day
Discounted prices –
please pre-book Tee Time
Details on page 3.



SUNDAY, MAY 1

SENIOR GOLF CLINIC

Crosswoods Golf Course
35878 Co Rd 3, Crosslake
Tickets required - \$10 each
Details on page 3.

SENIOR MINI GOLF

Whistling Wolf Mini Golf
36006 Co Rd 66, Crosslake
11:00 AM – 5:00 PM
Discounted Price - \$8 each.
Details on page 3.

FRIDAY, APRIL 29

through SUNDAY, MAY 1

SENIOR RESTAURANT DEALS

Thank you to many of our area restaurants 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.

Senior Days Events and Details

FREE SENIOR PRESENTATIONS



SENIOR TECHNOLOGY PRESENTATION Friday, April 29 - 10:00 AM - 11:30 AM

To be held at Crosslake Lutheran Church, 35960 Co. Rd. 66 in Crosslake. Learn computer and internet basics from our knowledgeable Network Technicians, Justin Hanson and Dylan Raph. Learn what Wi-Fi is and how to protect your information while connected. Bring your laptop, tablet or phone if you have any questions afterwards that you need help with. Contact Krystin Peterson with any questions at krystin@emilytel.com or (218) 763-8118.



SENIOR TRAVEL PRESENTATION Friday, April 29 2:00 PM - 3:30 PM

Presented by Sandy Anderson of Crosslake Cares held at Crosslake Lutheran Church, 35960 Co. Rd. 66 in Crosslake. Come and discover the new "Seniors Going Places" Program. Starting on May 26, 2022 we will offer tours and lunch to destinations within one hour of Crosslake. Then learn about the great travel opportunities available domestically and abroad, including customizing a trip for a group of friends. Contact Sandy Anderson with any questions at mentor471@gmail.com or (651) 587-3821.

FREE SENIOR 3K WALK



Saturday, April 30 8:00 AM - 8:50 AM

Please join us for a simple, energetic walk especially designed for Seniors! We will start at The Log Church on County Route 66 at 8:00 AM (please arrive by 7:45 AM). We will meet in the parking lot and walk for about 50 minutes and arrive back at The Log Church in time for the Senior EXPO! Water 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. Tee shirts will be available! Contact Donna Keiffer with questions at (218) 821-1158 or Lori Thompson at (218) 764-2012.

FREE SENIOR EXPO

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

- Prizes and Giveaways
- Free coffee and pastries
- 50+ Exhibitors until Noon
- Don Shelby is Keynote Speaker
- Mini-Talks

We have three mini-talks at the Expo each lasting about 15 minutes, each with informative and interesting topics. The first talk is given by Dr. Peter Henry who will discuss "Proactive Healthcare As You Age" at 9:00 AM.



Don Shelby

Dr. Henry currently serves as Chief Medical Officer at St. Joseph's Hospital and Clinics and served as the Essentia Health System Chief Medical Officer from 1996-2022.

The second talk will be given by Dr. Lauren Hurt at 10:00 AM who will discuss "How to prevent, improve or slow the onset of fatigue, dizziness, and loss of strength and balance". Dr. Hurt is a Board Certified Specialist in Neurologic Physical Therapy and is owner and founder of It Matters Neurologic Rehabilitation.

The final talk is at 11:00 AM and presented by Senior Pastor Mark Holmen whose topic is "How to be a GRAND Grandparent in Today's Challenging Times". Pastor Holmen serves as the senior pastor of The Log Church in Crosslake and the Director for *Faith at Home Ministries*.

After the mini-talks there will be prize giveaways, and then Don Shelby will give his keynote address at 12:15 PM.

SENIOR PROM



Saturday, April 30 5:30 PM - 8:50 AM

Come enjoy music from our era and dance under the shimmer of the moon, and enjoy PROM! The event is being held at Manhattan Beach Lodge, and tickets are now on sale for \$29 each. This includes a 3 course meal with dancing after. The event begins at 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. See page 1 for full details.

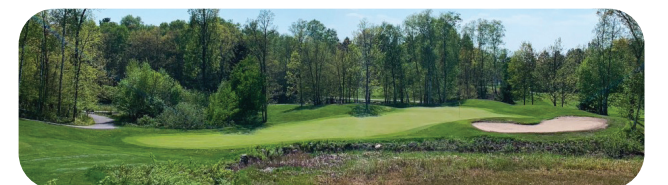
FREE SENIOR PICKLEBALL



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

Depending on the weather we will be using 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 of pickleball will be announced that morning at the EXPO and on the Crosslake Pickleball Facebook page. We will have demonstration games, opportunities to try your skills and even provide a chance to play a game or two! If you just want to watch that is fine too. Players will be available to explain the rules and scoring, and even how it got its' strange name. If you want to try it out, we will be all set to help you out. Demonstrations, instruction and play will begin at 1:30pm and go until 4:30pm. You can join us at any time during those times and stay as long as you would like. If you would like to give the game a try, please wear good court shoes for your safety. We will provide some paddles and balls, or you can bring your own. Please contact Peter or Pam Graves with questions at (612) 750-8062 or pjgraves1@gmail.com with questions.

SENIOR GOLF & MINI GOLF



Sunday, May 1, 2022

Crosswoods Golf Course, 35878 Co Rd 3 in Crosslake is offering a Special for seniors with 18 Holes with Cart for \$29 and 9 Holes with cart for \$22. An advanced tee time is recommended - call (218) 692-4653.

Sunday May 1 at 1:00 PM

Crosswoods Golf Course, 35878 Co Rd 3 in Crosslake is offering a **Short Game Golf Clinic** led by golf professionals Tim Trott & Savannah Smith. The price for the clinic is \$10. (Clinic will last approximately 1 hour and is limited to first 16 to sign up). Contact them at crosswoods@crosslake.net or (218) 820-0789 to register.

Sunday, May 1, 2022 11:00 AM to 5:00 PM

Whistling Wolf Mini Golf, 36006 Co Rd 66, Crosslake is having a special for seniors of \$8 a round. Call for details at (218) 692-4653.

SENIOR RESTAURANT DEALS

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.)*

FRIDAY, APRIL 29
Manhattan Beach Lodge
 39051 Co Rd 66, Crosslake, MN
Complimentary dessert with 2 dinner entrees




SATURDAY, APRIL 30
Andy's Bar & Grill
 35453 Co Rd 3, Crosslake, MN
Small Julie's Salad.
Coconut Coated Chicken with Vegetables. \$9.95.



SATURDAY, APRIL 30
Cedar Chest
 33350 Co Rd 3, Crosslake, MN
6-8 oz Walleye Fillet,
Choice of Potato and Salad. \$13.95.



SATURDAY, APRIL 30
Crosslake Coffee
 35522 Co Rd 66, Crosslake, MN
10% off Any Purchase.



SATURDAY, APRIL 30
Maucieri's Italian Bistro
 34650 Co Rd 3, Crosslake, MN
Spaghetti or Fettuccine Alfredo. \$8.95



SATURDAY, APRIL 30
Mission Tavern
 13036 SW Horseshoe Lake Rd, Merrifield, MN
Tacos with chips and salsa. \$10.




SATURDAY, APRIL 30
Moonlite Bay
 37627 Co Rd 66, Crosslake, MN
Cheeseburger with fries or tots. \$6.




SUNDAY, MAY 1
Norway Ridge
 34757 Co Rd 39, Pequot Lakes, MN
Complimentary dessert with 2 dinner entrees



SATURDAY, APRIL 30
The Wharf
 12986 Co Rd 16, Crosslake, MN
1/2 Sandwich + Cup Soup or Salad
(Choice of Tuna Melt or Reuben). \$10.



SATURDAY, APRIL 30
Zorbaz
 36215 Co Rd 66, Crosslake, MN
One Topping Pizza (feeds 2). \$10.




Thank you to our 2022 Expo Sponsors!

Platinum Sponsor
 Our Platinum Sponsor is Gracewin Living Cooperatives. They are sponsoring our Expo keynote speaker, Don Shelby.



GRACEWIN LIVING
 COOPERATIVES
 For more information on Gracewin Living Cooperatives in Baxter, Minnesota please contact them at (855) 472-2396 or info@gracewinliving.com

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Other Donors

Pastries at Expo: Reeds, Crosslake Coffee, Maucieri's, Crafts and Cones, and Immaculate Heart Church
 Financial Donations: Lions Club and Immaculate Heart Church
 Expo Banners: Crosslake Chamber
 Expo Program: Crosslake Presbyterian Church

Visit www.CrosslakeCares.org
 for full details for
SENIOR DAYS & EXPO