



Crosslake Area Senior Services, Inc.

Connecting Seniors to Services

SENIOR CONNECTIONS

Volume 9 | Spring 2023

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SENIOR DAYS & EXPO

Weekend of
APRIL 28-30, 2023

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



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

EXPO Keynote Speaker

DON SHELBY

as Mark Twain

A fun weekend is in store for our area Seniors as *Crosslake Cares* presents our second SENIOR DAYS, which incorporates our fourth SENIOR EXPO and includes events taking place throughout the weekend of April 29. Most of our events are free or discounted rates are offered. Kicking off the weekend are two **Senior PRESENTATIONS** on Friday, April 28. One is on technology and the other on travel, held at Crosslake Lutheran Church. Throughout the weekend area restaurants are offering **Senior RESTAURANT DISCOUNTS**.

On Friday night you are invited to enjoy a fun evening at **Senior NIGHT at the TRAIN MUSEUM** to see what is new at the ever growing museum with free beverages and treats. On Saturday, April 29 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 at **Café Cares**, and informative mini talks along with lots of exhibitors. Our keynote speaker is former news anchor Don Shelby in his role as Mark Twain. This year we are offering **two Senior PICKLEBALL** events! Then on Saturday evening there will be a fun time at the **Senior PROM** at Manhattan Beach Lodge, which includes a 3-course dinner. All weekend long you can get out the golf clubs to enjoy some discounted **Senior GOLF** and **MINI GOLF** at Crosswoods and Whistling Wolf.



SENIOR PROM

Come enjoy *An Evening in Paris* at the Prom! The event is being held at Manhattan Beach Lodge on Saturday, April 29. 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 Senior Prom a fun evening!

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 Days Timeline of Events

FRIDAY, APRIL 28

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
2:00 PM - 3:00 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 29

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
Don Shelby, Keynote Performer
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.
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.



ALL WEEKEND LONG

SENIOR RESTAURANT DISCOUNTS

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. (Please note day the discount is being offered.)

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.

SENIOR GOLF

Crosswoods Golf Course
35878 Co Rd 3, Crosslake
Discounted Prices
Details on page 3.

Senior Days Events and Details

FREE SENIOR EXPO

Saturday, April 29 at 8:30 AM - 1:00 PM

- Prizes and Giveaways
- Free coffee and pastries at *Café Cares*
- 50+ Exhibitors and Sponsors until Noon
- Keynote Performance by Don Shelby as Mark Twain
- 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 Miranda Foy, R.N., of Cuyuna Regional Medical Center will talk about “*Benefits of an Annual Wellness Visit*”. At 10:00 AM, Dr. Paul Rud, Orthopedic Surgeon of Essentia Health will talk on the topic of “*The Benefits of Exercise as You Grow Older*”.

At 11:00 AM, Kathy Krueger, Outreach Specialist from Senior LinkAge Line will talk on the topic of “*The Value of the Senior LinkAge Line*”. After the mini-talks there will be prize giveaways, and then Don Shelby will perform his reenactment of America’s best humorist and novelist, Mark Twain. Don has been performing as Mark Twain for over 25 years all over the country. Don is also considered the most honored and decorated local TV journalist in the country.



You can download flyers with full details for each event from our website!
www.CrosslakeCares.org

FREE SENIOR 3K WALK



Saturday, April 29 7:45 AM - 8:30 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 7:45 AM. We will meet in the parking lot and walk for about 45 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. Contact Donna Keiffer with questions at (218) 821-1158.

FREE SENIOR PRESENTATIONS



SENIOR TECHNOLOGY PRESENTATION

Friday, April 28 - 10:00 AM - 11:30 AM

Tremolo Communications’ presentation will be held at Crosslake Lutheran Church, 35960 Co. Rd. 66 in Crosslake. With the explosion of the “*Internet of Things*”, consumers have access to everything from smartphones to smart fridges. These interconnected devices may make life more convenient but they may also leave users more vulnerable to security issues. We will go over the basics of wi-fi and how to protect your information in a connected world. Bring your laptop, tablet or phone to get help afterwards. Contact Krystin Peterson with any questions at krystin@emilytel.com or (218) 763-8118.

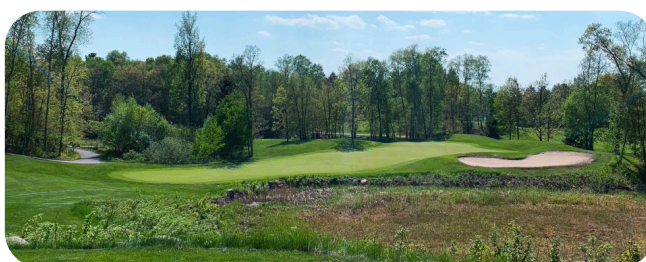


SENIOR TRAVEL PRESENTATION

Friday, April 28 - 2:00 PM - 3:00 PM

Presented by Sandy Anderson of Crosslake Cares and held at Crosslake Lutheran Church, 35960 Co. Rd. 66 in Crosslake. Discover the new “*Seniors Going Places*” Program. Starting in May we will offer tours and lunch to destinations within one hour of Crosslake. Then learn about customizing a trip for a group of friends. Contact Sandy with questions at mentor471@gmail.com.

SENIOR GOLF & MINI GOLF



Friday - Sunday, April 28 - 30

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.

TWO FREE SENIOR PICKLEBALL EVENTS



#1 Saturday, April 29- 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 30 - 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 NIGHT AT THE TRAIN MUSEUM



Friday, April 28 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 some refreshments and nutritious drinks provided by Patriot Lakes Nutrition. A \$5 donation is suggested. No reservation is needed!

SENIOR PROM



Saturday, April 29 5:30 PM - 10:00 PM

Senior Prom is being held at Manhattan Beach Lodge, and tickets are now on sale for \$29 each. See page 1 for full details.

Senior Restaurant 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 29 only
Andy's Bar & Grill
35453 Co Rd 3, Crosslake, MN
Coconut Coated Chicken with Vegetables. \$9.95.



SATURDAY, APRIL 29 only
The Wharf
12986 Co Rd 16, Crosslake, MN
1/2 Sandwich + Cup Soup or Salad
(Choice of Tuna Melt or Reuben). \$10.



SATURDAY, APRIL 29 only
Zorbaz
36215 Co Rd 66, Crosslake, MN
One Topping Pizza (feeds 2). \$10.



FRI, SAT & SUN, APRIL 28-30
Cedar Chest
33350 Co Rd 3, Crosslake, MN
1/4 Broasted Chicken, fries and coleslaw. \$10.00



FRI & SAT, APRIL 28-29
Crosslake Coffee
35522 Co Rd 66, Crosslake, MN
\$1 off any beverage.



FRI & SAT, APRIL 28-29
Dairy Queen
36404 Co Rd 66, Crosslake, MN
\$1 off any Blizzard.



FRI & SAT, APRIL 28-29
Lake Country Crafts & Cones
36084 Co Rd 66, Crosslake, MN
\$1 off any sandwich.



FRIDAY, APRIL 28 only
Manhattan Beach Lodge
39051 Co Rd 66, Crosslake, MN
Complimentary dessert with 2 dinner entrees.



FRI, SAT, & SUN, APRIL 28-30
Maucieri's Italian Bistro
34650 Co Rd 3, Crosslake, MN
Spaghetti or Fettuccine Alfredo and bread stick. \$8.95



SATURDAY, APRIL 29 only
Mission Tavern
13036 SW Horseshoe Lake Rd, Merrifield, MN
Tacos with chips and salsa. \$10.



FRI, SAT, & SUN, APRIL 28-30
Moonlite Bay
37627 Co Rd 66, Crosslake, MN
Cheeseburger with fries or tots. \$6.



SUNDAY, APRIL 30 only
Norway Ridge Supper Club
34757 Co Rd 39, Pequot Lakes, MN
Complimentary dessert with 2 dinner entrees



FRI & SAT, APRIL 28-29
Pine Peaks Restaurant
35654 Co Rd 66, Crosslake, MN
Soup and Salad Bar \$6.95.



FRI & SAT, APRIL 28-29
Red Pine Cookhouse
39910 MN 6, Emily, MN
Complimentary Egg Roll/Wonton.



FRI, SAT & SUN, APRIL 28-30
Riverside Inn Supper Club
35322 Co Rd 3, Crosslake, MN
Open-face Prime Rib Sandwich, mashed potatoes & gravy. \$10.95.



Thank you to our 2023 Expo Sponsors!

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Northern MN Railroad Heritage Assoc.
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Visit www.CrosslakeCares.org
for full details for
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