

MAPLE PLAIN

MONTHLY NEWSLETTER

February 2017

MAPLE PLAIN CITY COUNCIL

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Letter from the Mayor

Greetings Neighbors and Happy New Year!

It has been a very busy and exciting January in our great town. On January 3, 2017, there was an inauguration ceremony and reception. Along with Staff, community members, returning Councilmember Mike DeLuca, and myself, we officially welcomed our newest Councilmembers to the team: Dominic Broda and John Fay. We are fortunate to have them on city council. They bring a fresh perspective, new ideas, and different areas of expertise. I was also sworn in on January 3 as your Mayor. Thank you for allowing me to serve in this capacity; it is not a role I take lightly and I consider it a great honor to represent you and be your voice.

Continuing the celebrations, on January 9 we held a recognition ceremony for outgoing Councilmembers Dave Eisinger, Justin McCoy, and Mayor Jerry Young. On behalf of the residents and staff, we are grateful to Dave, Justin, and Jerry for their years of service and commitment to Maple Plain. They were presented each with a plaque and a personalized street sign as a commemorative for their dedication.

As we begin the New Year it brings with it resolutions and opportunities. I encourage you to think specifically about our city and your role in it; maybe you serve on a commission, volunteer to take care of the ice rink at Rainbow, pick up garbage as you walk on city streets, or serve as a West Hennepin Police Reserve. If you are already serving the city, I want to thank you for your commitment, time, and energy - "many hands make light work." Maybe at this time you have not made a pledge to serve our city, and I would ask you to consider what you are passionate about, find a means to implement your passions, and get involved in the community. There are numerous opportunities to serve right here in Maple Plain. Some opportunities include the Parks Commission, the Planning Commission, the EDA (Economic Development Authority), Maple Plain City Council, the Maple Plain Fire Department, the Historical Museum committee, the Lion's Club, the American Legion or Auxiliary, spending time with the residents at Haven Homes, delivering meals on wheels, mentoring for the Spark's program, and more. I encourage you to get involved, be invested, and make a positive change in our city. It will make a difference in your life and in your neighbor's life. Maple Plain is truly a community-orientated city; what does your role in that look like this year? For more information about most of these opportunities, please see the website, contact city hall or myself for more information. I believe that together we can and will accomplish so much more than one group or one person can do all alone.

I look forward to seeing you around town and hearing about what opportunities you are participating in to help make our city great place to live, work, shop and play. Wishing you all a happy and safe 2017!

Sincerely,
Mayor Julie Maas-Kusske



Mon.	Tue.	Wed.	Thu.	Fri.
		1 8:45 US Bank Stadium Trip 9:15 Chair Yoga 11:20-11:40 Exercise 1:00 Cribbage	2 <i>Groundhog Day</i> 9 – 12 Knitters & crocheters 9 – 10 <i>First Thursday Fireside Chat</i> with Loretto mayor Kent Koch 10:30 Writers' Group 1:00 Movie: <i>Away From Her</i> 5:30 AARP 4 hour driving refresher	3 11:20-11:40 Exercise 12:40 Bingo
6 9:00 Buffalo shopping trip 11:15 Bingo 1:00 Legal Aid available by appointment	7 10:30 Ridgeview Advance Care Planning Class 11:30 Eyeglass adjustment/small repair 12-2 B/P Clinic 1:00 Farkel	8 9:15 Chair Yoga 11:00 Historian David Jones presents "The Lincoln Assassination: A Fragile Time" 11:20-11:40 Exercise 1:00 Cards-500	9 8:30 "The Highwaymen" play at the History Theater 9 – 12 Knitters & crocheters 1:00 Movie: <i>Hell or High Water</i>	10 11:20-11:40 Exercise 12:40 Bingo
13 9:15 Eden Prairie Shopping Center trip 11:15 Bingo 12:00 Celebrate February Birthdays 1:00-2:00 NAPS Pickup 1:00 Bridge	14 11:00 Choir Performance – Valentine's Day 12-2 B/P Clinic 1:00 Mexican Train 2:00-6:00 Wright County WOW Wellness Clinic	15 9:15 Chair Yoga 10:30 Ready Readers Book Club <i>The Residence: Inside the Private World of the White House</i> by Kate Anderson Brower 11:20-11:40 Exercise 12:00 Grade 3 visits for lunch 1:00 Cribbage 1:00 Alzheimer's & Dementia Caregivers Support Group	16 8:45 Minneapolis Institute of Arts Tour 9 – 12 Knitters & crocheters 10:30 Writers' Group 1:00 Movie: <i>I'll See You In My Dreams</i> 1:00 Parkinson's Support Group	17 11:20-11:40 Exercise 12:40 Bingo 18 9:00 a.m. Community Cribbage Tournament!
20 Closed – Presidents' Day Holiday	21 10:00 Choir Practice 12:00-2:00 B/P Clinic 1:00 Farkel	22 9:15 Chair Yoga 10:15 Lunch Around the World-French cuisine at St. Genevieve 11:20-11:40 Exercise 1:00 Cards-500	23 9 – 12 Knitters & crocheters 1:00 Movie: <i>Florence Foster Jenkins</i> 6:30 <i>Redefining Home</i> – senior housing presentation	24 11:20-11:40 Exercise 12:40 Bingo
27 11:15 Bingo 1:00 Bridge	28 10:00 Choir Practice 11:00 Lutfisk Luncheon w/music by Lowell Schubert PLEASE RSVP 12:00-2:00 B/P Clinic 1:00 Mexican Train			

Delano Senior Center Event Highlight

Redefining Home:

Creative Housing for Active Adults and Families

Thursday, Feb. 23—6:30—8:30 p.m.

Delano Senior Center

Most housing options rarely meet our needs for privacy and community. Socially isolated individuals frequently experience greater stress than people who live with others. Frequent, positive social interactions are thought to contribute to increased happiness, life satisfaction, and longevity. Learn how families and single adults are creatively re-defining home to better meet their needs for affordability, companionship, care, and community.

"Cohousing" communities are designed by the residents themselves to assure both privacy and community. Residents own and enjoy a fully functioning private home, plus extensive commonly owned facilities including community kitchens, dining facilities, etc. More than 160 cohousing communities exist in the U.S. today.

Notes from the Delano Senior Center:



Thanks to a generous grant from Delano Area Community Foundation, Delano Senior Center will now have fresh fruit and veggies available to snack on for those joining us throughout the day.

Delano

AREA COMMUNITY FOUNDATION



Menu
 Lutfisk
 Swedish meatballs
 Parslied potatoes
 Country Trio Vegetables
 Chocolate Mousse

Lutfisk Dinner at the Delano Senior Center

Tuesday, February 28

11:00 entertainment by

Lowell Schubert & Nancy Buckentin

12:00 lutfisk dinner

\$10/person

(\$4.00-congregate donation, \$6.00 program & extras)

Please RSVP by
 February 24 ~ space is
 limited

Call Delano Senior Center at 763-972-0574 for reservations

February 2017

Catholic Charities Senior Dining Menu

Delano Senior Center
 763-972-0574

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 30 Porcupine Meatballs Parslied Potatoes Cream Peas Wheat Bread Oatmeal Raisin Cookie	January 31 Oven Roasted Chicken Whipped Potatoes w/Gravy Dilled Carrots Wheat Dinner Roll Pineapple	1 Lasagna Green Beans Lettuce Salad Garlic Breadstick Pie	2 Liver & Onions or Hamburger Patty w/Gravy Whipped Potatoes w/Gravy Mixed Vegetables Wheat Bread Applecrisp	3 Chicken & Dressing Casserole Seasoned Corn Cucumber/Onion Salad Wheat Dinner Roll Pumpkin Pie Square
6 Goulash Seven Layer Salad Cauliflower Wheat Bread Sliced Peaches	7 Swiss Steak Onion Roasted Potatoes Beets Wheat Dinner Roll Frosted White Cake	8 Fried Chicken Whipped Potatoes w/Gravy Wax Beans Wheat Bread Coconut Pineapple Bar	9 Roast Beef w/Horseradish Whipped Potatoes w/Gravy Peas and Carrots Wheat Dinner Roll Butterscotch Chip Cookie	10 Breaded Fish Rosemary Roasted Potatoes Broccoli Normandy Wheat Bread Peanut Butter Bar
13 Chicken Tetrazzini Sweet Potatoes Mandarin Almond Salad Wheat Dinner Roll Vanilla Pudding w/ Bananas	Happy Valentine's Day Parmesan Chicken Baked Potato w/Sour Cream Green Bean Casserole Dinner Roll Strawberry Shortcake	15 Beef Tips in Gravy Egg Noodles Cucumber Salad/Marinated Lettuce Salad Warm Fruit Compote	16 Roast Turkey Whipped Potatoes w/Gravy Country Trio Vegetables Wheat Bread Mandarin Orange Cake	17 Oven Roasted Chicken Whipped Potatoes w/Gravy Cinnamon Carrots Dinner Roll Brownie
20 Closed for Presidents' Day 	21 Hot Roast Pork Sandwich Whipped Potatoes w/Gravy Squash Krispie Bar	22 Meatloaf Scalloped Potatoes Corn Wheat Bread Old Fashioned Trifle	23 BBQ Chicken Potato Salad Carrots Wheat Bread Lemon Chiffon	24 Lemon Pepper Fish Baked Potato w/Sour Cream Steamed Broccoli Wheat Bread Mixed Fruit
27 Tator Tot Casserole Cucumber/Onion Salad Wheat Dinner Roll Banana Tapioca Pudding	28 Lutfisk Swedish Meatballs Parslied Potatoes Country Trio Vegetables Chocolate Mousse	1% milk is served with every meal. Menu is subject to change. Suggested contribution for persons 60+ and volunteers is \$7.75 - \$4.00. No Registered Guest 60+ is denied a meal based on their ability to pay. Guests under 60 pay \$7.75. Partially funded under contract with the Central Minnesota Council on Aging as part of the Older Americans Act Program and Administered by Catholic Charities of the Diocese of St. Cloud.		

Frozen Meals are available for Saturday & Sunday



Heart Safe AED Training

Sponsored by:

West Hennepin Chamber of Commerce and Heart Safe Committee



The purpose of Heart Safe is to make Maple Plain and Independence a safer place to live, work and play by being prepared to reduce the number of deaths and disabilities associated with Sudden Cardiac Arrest. North Memorial Hospital launched Heart Safe Communities as an effort to prevent death from Sudden Cardiac Arrest (SAC) by placing Automatic External Defibrillators (AEDs) where people live, work and play. The program helps communities, organizations and businesses by having AEDs located throughout the city.

You too can be a bystander prepared to help save a life.

The Chamber of Commerce is hosting an AED Training session at the **Independence City Hall**. There is no fee for this training and will be no more than 1 ½ hours. At this training you will learn CPR and the use of the AED. Lunch will be served to those who have ordered for \$5 each. Please RSVP by Monday, February 6, 2017. Please feel welcome to bring your own lunch.

Businesses are encouraged to send employees to this training and we also encourage those of you who have already had training to join us for a refresher.

Training Day

Where: Independence City Hall

1920 County Road 90, Independence, MN 55359

When: Tuesday, February 14, 2017

Time: 11:15a.m. - Check-in and Lunch (if ordered)

11:30a.m - 1:00p.m. - Training

RSVP

- Julie at 763-479-6010 | email: jmkfpc@gmail.com
- Carol at 612-759-9908 | email: cheswickcarol@gmail.com

Please leave your name and names of others attending with you, address, email, phone number and business name. Please RSVP by Mon., Feb. 6

You are invited to join WeCAN for an omelet breakfast at the Mound American Legion on **Sunday, February 12, from 9 a.m. to noon**. The build-your-own omelets will be cooked by the Sons of the American Legion. The cost is \$10.00 per ticket, which includes an omelet, hash browns, bacon, sausage, biscuits & gravy, milk, juice, and coffee.

Tickets are available at WeCAN, and will also be sold at the door. The event will include a Valentine's Day themed silent auction.

Proceeds will benefit WeCAN. Please call WeCAN at 952-472-0742 with any questions.

Join us for an

Omelet Breakfast

to support WeCAN

Sunday, February 12th

9am-noon

At the Mound American Legion



**Delicious breakfast
Silent auction
Raffle
Kids' activities**

**Tickets are \$10 and available at the door
or in advance by calling WeCAN (952) 472-0742**

