

Senior Center Day Trips:

Wed. Feb. 4 Mill Creek Inn supper outing Van leaves Delano at 4:30 p.m. Cost: \$10. Supper on your own.

Thu. Feb. 5 Julia Child: A Recipe for Life Exhibit & Our Home: Native MN-MN History Center Van departs Delano at 9:30 a.m. Cost: \$30.00 includes van fee & admission. Lunch on your own.

Tue. Feb. 10 Monticello Shopping Trip Van departs Delano at 9:00 a.m. Cost: \$10.00

Tue. Feb. 17 Café Zupas lunch outing Van leaves Delano at 10 a.m. Cost: \$10. Lunch on your own.

Fri. Feb. 20 Church of Cash-Le Musique Room-St. Michael Van departs Delano at 12 p.m. Cost: \$45.00 transportation & show.

Sun. Feb. 22 The Cake-Theatre in the Round. Van departs Delano at 12:30 p.m. Cost: \$40.00 includes transportation and show. There is no meal stop for this trip.

Wed. Mar. 4 Guys & Dolls-Chanhassen Dinner Theater Van departs Delano 10:15 a.m. Cost: \$100 includes transportation, show & meal.

Mon. Mar 9 The Local Irish Pub-St. Louis Park Van leaves Delano at 10 a.m. Cost: \$10. Lunch on your own.

Wed. Mar. 18 Kings 46 Wine Bar supper outing-Maple Lake Van leaves Delano at 4:30 p.m. Cost: \$10. Supper on your own.

Thu. Mar. 19 Hocokata Ti-Shakopee Mdewakanton Cultural Center Van departs Delano at 9 a.m. Cost: \$25.00 includes van fee & admission.

Sat. Mar. 21 Hindu Temple of MN Tour-Maple Grove Van departs Delano at 8:45 a.m. Cost: \$15 includes van fee and admission

Tue. Mar. 24 Rockford Road Plaza Shopping Trip Van departs Delano at 9:00 a.m. Cost: \$10.00

Thu. Mar. 26 St. John's Tour (Pottery & Organ)-Collegeville Van departs Delano at 8:15 a.m. Cost: TBD

Mon. Mar. 30 Treasure Island Casino Van departs Delano at 8:15 a.m. Cost: \$15

Tue. Apr. 7 Monticello Shopping Trip Van departs Delano at 9:00 a.m. Cost: \$10.00

Wed. Apr. 8 Mindekirken Norwegian Lutheran Church Tour & Norway House-Mpls. Van departs Delano at 10:15 a.m. Cost: \$25 includes transportation & admission

Thu. Apr 9 Tchaikovsky Symphony No 6-MN Orchestra Van departs Delano at 9:30 a.m. Cost: \$45.00 includes van fee & admission. Lunch on your own.

Sun. Apr. 12 Freddie: Break Free Ballet-Ordway Van departs Delano at 12:30 p.m. Cost \$60 includes van fee & admission. There is no meal stop for this trip

Thu. Apr. 16 B52 Burgers & Brew-Lakeville Van leaves Delano at 10:30 a.m. Cost: \$10. Lunch on your own.

Tue. Apr. 21 Mpls. Institute of Art Van departs Delano at 9 a.m. Cost: \$20 includes van fee & admission. Lunch on your own.

Mon. Apr. 27 Bacio Italian-Minnetonka Van leaves Delano at 10 a.m. Cost: \$10. Lunch on your own.



Left: Community members learn about seed preservation from Greg Reynolds.
Right: Annalisa Bragg teaches about the importance of breathwork.

Delano Senior Center will be closed **Monday, February 16** for Presidents' Day



The **Friends of the Delano Senior Center** is a 501(c)3 nonprofit that is organized to assist Delano Senior Center staff in the operation and promotion of the Delano Senior Center. All contributions to the Friends group go towards Senior Center programs and operations, as determined by the board members. Contributions are tax-deductible.

You can give in person or **ONLINE**, using a bank account or a credit card. You can make a one-time gift or set up recurring donations. Scan the QR Code, or visit <https://shorturl.at/bmpN1>



Delano Senior Center

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Delano, MN 55328

763-972-0574

www.delanomn.gov/265/senior-center

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Individual program participants:

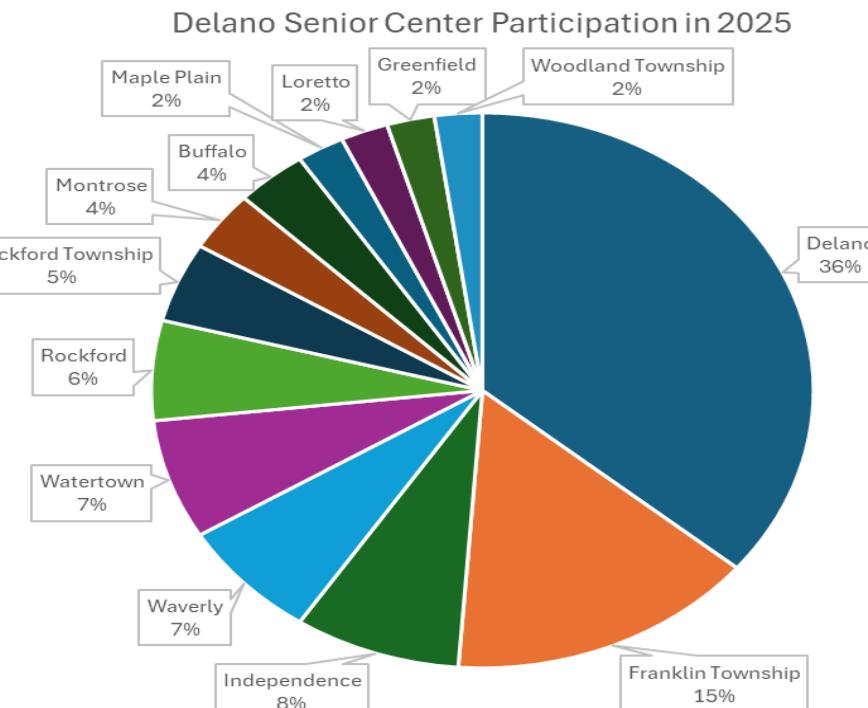
1,253!

(Note – each person only counts as “one” participant, regardless of whether they came to the senior center once during 2025, or if they participated weekly, or daily.)

Average age: 74

Female: 68%

Male: 32%



Note: This graph only shows the cities/townships in the immediate Delano area. Our doors are open to everyone, regardless of where they live!

We use these statistics for reporting and for sharing with our funding partners. Please “check in” at the computer every time you attend! Every little bit helps!



Welcome, Cavan!

My name is Cavan Kenney, and I'm looking forward to serving you all as the new Kitchen Manager here at the Delano Senior Center! I currently live 10 minutes away in Montrose with my wife Alex, and our two girls, Ophelia (3), and Wilhelmina (1). I've worked as a sous chef for One West Catering the last eight years serving churches in the area and wanted to start cooking a little closer to home! So far, I've felt incredibly welcome by everyone I've had the pleasure of meeting here at the Senior Center.



Thursday, Feb 26
8 a.m.-4:30 p.m.
Friday
8 a.m.-2 p.m

Dozens of gently used puzzles ranging from 300 pieces to 2,000 pieces. Some boxed sets. All puzzles priced to sell!

Not accepting puzzle donations for this sale



Participants from other programs/services, not included in these numbers:
-Waffle Breakfast (727)
-Old-Fashioned Christmas (2,000+)
-Fundraiser Sales
-Foot Clinics
-Wellness on Wheels program
-Phone calls/walk-in referrals



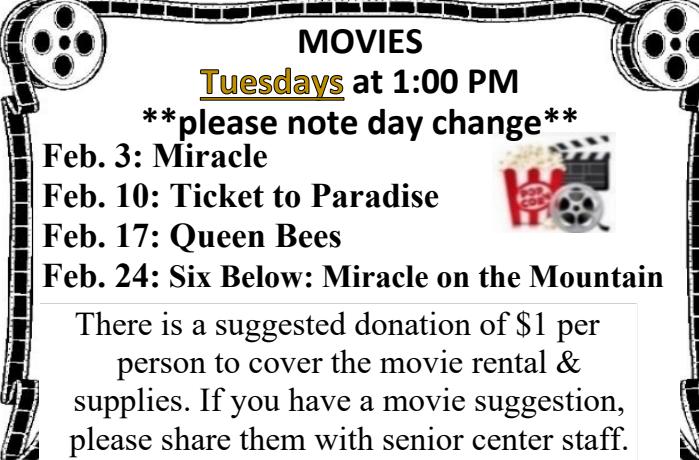
'150 & Counting'
a monthly 'history chat' series

Third Friday of each month

It is the year of Delano's Sesquicentennial, or in other words, its 150th Anniversary! To commemorate, join a member of Delano-Franklin Area Township Historical Society each month for a themed chat to learn more about the community we call home.

Schools: Friday, February 20th at 9:30 AM

Businesses: Friday, March 20th at 9:30 AM



First Thursday Fireside Chats

Our fireside chats feature a different public figure on the first Thursday of each month from 9–10 a.m. Seniors can ask questions and learn about a different aspect of community life.

Feb 5: Amy Johnson, AmeriCorps Seniors RSVP

Mar 5: Andrew Meuleners, Herald Journal



Previous guests Kate Raatz and Mayor Holly Schrapp. Have someone you would like to 'chat' with? Please share your idea with a staff member.

"Death Café" Event

Thursday, February 5 @ 1:00 p.m.
Facilitated by a "Death Doula"—Kate Raatz

Death Café has the goal to increase awareness of death with a view to helping people make the most of their finite lives. It has grown from an event in 2010 in London to discussions happening in 93 countries, with most of them meeting monthly. Death phobia holds us back from being prepared, and from enjoying what time one has. Talking about Death gives a person a chance to consider and make choices about how the End of Life goes for themselves and how to Enjoy the Present. Lastly, being Prepared is a gift to those who will make choices for you and for those you leave behind. *"I talked about death at the Death Café ...and it didn't kill me"*

The Senior Center recently received a grant from the **DELANO AREA COMMUNITY FOUNDATION** to help celebrate Delano's Sesquicentennial (150th anniversary)!

The senior center will be offering day trips throughout 2026 to historic sites in Minnesota.

Thanks to the grant, we can help offer many of these trips at a discounted rate for participants.

Upcoming trips include:

Thu. Feb. 5 Julia Child: A Recipe for Life Exhibit & Our Home: Native MN-MN History Center-St. Paul

Thu. Mar. 19 Hocokata Ti-Shakopee Mdewakanton Cultural Center-Prior Lake

Wed. Apr. 8 Mindekirken Norwegian Lutheran Church Tour & Norway House-Mpls.



Joy & Connection Classes:



Initiative Foundation

**\$5/class
Call to register
Tuesday, February 10
Herbal Tea Time
2:00 PM**

Gathering together for a cup of warm tea can calm the mind, lift the spirit, and bring us together in community. Nikki Nau, community herbalist, is hosting an herbal teatime. Come for tea and learn about which herbs support us.

Limit: 12 people

**Wednesday, February 18
The Power of Humming
10:30 AM**

Come discover how your voice is also your best medicine! We'll discuss the benefits of humming, hum together as a group, and have time for exploration and Q&A.

**Tuesday, March 10
Crop Art
2:00 PM**

Share in the celebration by creating crop art, seeds and grains forming unique pictures. A nod to our rural heritage and beautiful farm fields and the ancestors who worked them surrounding our community. Each attendee will leave with their own unique piece!

Limit: 20 people

**Monday, March 23
Singing Bowls Sound Bath
5:30 PM**

Come experience the resonance of singing bowls for yourself! The bowls are all tuned to specific tones and have a deep healing impact on our bodies. You may bring a yoga mat, blankets and pillows to recline comfortably, or sit in a chair to receive the benefits of sound healing

Oscars Party

Friday, March 13

11:00 Red Carpet | 11:30 Ceremonies | 12:00 Dinner



Dust off your bow ties and feather boas and join us for a star-studded, Hollywood-themed event to celebrate the Oscars and "best of" the Delano Senior Center!



Free Popcorn | Free Professional Photos

Sponsored by: **SALTERRA**
AT HANOVER

Honor your loved ones and bring a photo to be added to the Sweetheart Tree for the month of February. Bring a photo of a significant other, a family member, or even a pet! Photos can be in color or B&W and any size. Original photos will be returned to their owners



DRIVING CLASSES:

AARP Thu. Feb. 12 5 p.m. – 9 p.m.
Tue., Mar. 17 8 a.m. – 12 p.m.
Thu., Apr. 23 5 p.m. – 9 p.m.

Registration for these classes is through Delano Senior Center-763-972-0574



Precision Driving Center

Thu. Mar. 26 12:30 p.m. – 4:30 p.m.
Thu. July 21 12:30 p.m. – 4:30 p.m.

To register for these classes, please call 1-888-234-1294 or visit www.mnsafetycenter.org.
All classes held at Delano Senior Center



Ready Readers Book Club meets the 3rd Wednesday of the month at 10:30

Books available for checkout at the front desk

- Feb. 18** - *Beyond That, The Sea* by Laura Spence-Ash
- Mar. 18** - *The River We Remember* by William Kent Krueger
- Apr. 15** - *The Midnight Library* by Matt Haig



Calling all couples (and friends!)—Come test your knowledge of each other at the Delano Senior Center's

Not-So Newlywed Game!



**Friday, February 13th
10:30 AM**

Whether you've been together for decades or just a few years, it's your chance to show off your connection and have a blast! Sign up now and get ready for some laughs, surprises, and friendly competition.

Don't miss out—register today! Call: 763-972-0574

Not ready to be in the limelight? There is room for you in the audience!