

# MONTI SENIOR NEWS

"Reaching out and still growing"

MONTICELLO SENIOR CENTER APRIL 2020 NEWSLETTER

# Our Volunteers are Priceless!

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Monticello Senior Center volunteers will be honored at the center on Wednesday, April 22. The noon dinner will be catered by Russell's on the Lake, followed by a short program, entertainment, and prize drawings. Invitations will be handed/mailed out to everyone who volunteered for the center in 2019. If you do not receive an invitation and should have, talk to Pam. Please sign up for this event by April 20.

Monticello Senior Center Volunteers truly are Priceless!

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# Parkinson's Foundation Presentation

Does nutrition play a role in PD symptoms and progression? Come to the center at 11:30 a.m. on April 8 to hear a prerecorded talk that will describe diets that are associated with increased/decreased risk of developing PD and emerging evidence that nutrition plays a role after diagnosis. Many other nutritional topics in relation to PD will be addressed.

A complimentary lunch will be provided; there is no charge to attend. RSVP at 763-545-1272 or visit Parkinson.org/Monticello.

# Travel Show

Whether you are new to the experience or a seasoned world traveler, the exciting world of escorted travel awaits you. A Landmark Tours vacation is thoroughly planned, well-paced, and very inclusive. Join us on Wednesday, April 29 at 10 a.m. to learn about different types of travel. Can't make the show? Stop by the center to pick up a free catalog.

# Waffle Breakfast April 26

The senior center will be sponsoring a Dad's Belgian Waffles breakfast fundraiser on Sunday, April 26 from 8 a.m. to noon in the Monticello Community Center gym. Please contact the center if you can volunteer to help.

The breakfast includes waffles, strawberries, blueberries and a variety of other toppings, sausage, milk, juice, and coffee. The cost is \$7 for people age 13+ in advance (\$8 at the door), \$4 for kids ages 6-12, and kids under age 6 eat free.

# Easter Dinner April 8

Join us for a delicious Easter dinner on Wednesday, April 8 at noon. The ham dinner will be catered by Russell's on the Lake and the cost is \$5. Space is limited, so sign up early.

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		APRIL	APRIL ACTIVITY CALEND	_ENDAR		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Ceramics 10:00 Bible Study 10:00 Bowling 11:00 Bingo 12:00 Dinner 1:00 500	2 7:00 Pickleball 8:30 Tax Assistance 9:00 Driver's Class 12:00 Dinner 1:00 Bridge	3 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	4 8:00-11:00 a.m. Center Open
5	6 7:00 Inter./Advanced Pickleball 8:30 Casino Trip 12:30 Senior Fitness Open House 1:00 Bridge	7 7:00 Pickleball 9:30 Cribbage T/Taxes 10:30 Choir 12:00 Dinner 1:00 Hand & Foot 1:30 Parkinson Group 2:00 Line Dancing	8 9:00 Ceramics 10:00 Bible St/Bowling 11:00 Bingo 11:30 Parkinson Disease Program 12:00 Easter Dinner 1:00 500 1:00 Caregiver Meeting	9 7:00 Pickleball 8:30 Tax Assistance 8:30 Vikings Tour 12:00 Dinner 1:00 Bridge	10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8:00-11:00 a.m. Center Open 9:30 a.m. Book Club
12 Happy Easter	13 7:00 Inter./Advanced Pickleball 9:30 Team Pool Tournament 1:00 Bridge 4:30 Board Meeting	14 7:00 Pickleball 8:30 Tax Assistance 9:30 Cribbage Tourn. 10:30 Choir 12:00 Dinner 12:30 Blood Pressure 1:00 Hand & Foot 2:00 Line Dancing	15 9:00 Ceramics 10:00 Bible Study 10:00 Bowling 12:00 Birthday & Anniv. Potluck 1:00 500 Tournament	16 7:00 Pickleball 9:30 Bike Group Meeting 11:00 Bingo Bash 12:00 Dinner 1:00 Bridge	17 10:00 Women's Pool 12:00 Dinner 12:30 Q & A with Master Gardeners 1:00 Euchre Tournament	18 8:00-11:00 a.m. Center Open
19	20 7:00 Inter./Advanced Pickleball 11:30 Lunch Bunch 1:00 Bridge	7:00 Pickleball 7:00 Pickleball 9:30 Cribbage Tourn. 10:30 Choir 12:00 Dinner 1:00 Hand & Foot 2:00 Line Dancing	22 9:00 Ceramics 10:00 Bible Study 10:00 Bowling 12:00 Volunteer Appreciation 1:00 500 1:00 Caregiver Mtg.	23 7:00 Pickleball 12:00 Dinner 1:00 Bridge 1:00 Dance	24 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	25 8:00-11:00 a.m. Center Open
26 8:00-Noon Waffle Breakfast Fundraiser	27 7:00 Inter./Advanced Pickleball 1:00 Bridge	28 7:00 Pickleball 9:30 Cribbage Tourn. 9:30 Foot Clinic 10:30 Choir 12:00 Dinner 1:00 Hand & Foot 2:00 Line Dancing	29 9:00 Ceramics 10:00 Bible Study 10:00 Bowling 10:00 Travel Show 12:00 Dinner 1:00 500 1:00 Movie Matinee	30 7:00 Pickleball 12:00 Dinner 1:00 Bridge	MOLING AS INCOME.	SENSON SE

### **Foot Clinic This Month**

People age 60+ can get their toenails cut at the center on Tuesday, April 28 from 9:30-11:30 a.m. Sign in when you come to the center on the 28th. The cost is just \$15 for this very beneficial service, which is provided by Wright County Public Health.

### See You at the Dance

Dick Szyplinski will provide the music for the senior center dance held at VFW Post 8731 on April 23 from 1-4 p.m. The \$7 admission charge includes a lunch served at 3 p.m. If you enjoy old time music, please come to the dance.

Parkinson Support Group April 7, 1:30-3:00 p·m· Education, Support, Expert Facilitator

# **HOME Program Helps People Stay in Their Homes**

If you're 60 or over and live in Monticello or Big Lake, you qualify to get help around your home through our HOME Program!

Our workers have completed a background check, and we can offer discounted service rates based on income.

#### **HOME Services Include:**

Painting (indoor & outdoor)

Housekeeping (including shopping/errands) Handy-person tasks (general repairs)

Lawn cutting

Snow removal

Please contact Joe Kaul for questions about HOME Program services or opportunities to help seniors in our community: (763) 416-7969 or hometeam@seniorcommunity.org





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APRIL MENU					
Tuesday Meals from Chin Yuen	Wednesday Meals from Russell's on the Lake	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café		
April	Liver & Onions Baked Potato Green Beans Dinner Roll	Salisbury Steak Mashed Potatoes Gravy Vegetable Dinner Roll	Seasoned Tilapia Lemon Rice with Vegetables Dinner Roll		
7 Chicken Mixed Vegetables Veggie Egg Roll Fried Rice Fortune Cookie	8 Easter Dinner—\$5  Ham Mashed Potatoes/Gravy Corn Dinner Roll Easter Dessert	Pork Roast Mashed Potatoes Gravy Vegetable Dinner Roll	Vegetable Lasagna Garden Salad Dinner Roll		
Teriyaki Chicken House Egg Roll Fried Rice Fortune Cookie	Dinner Program Closed Potluck Today	Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	Chicken Wild Rice Soup Assorted Wraps Pickle		
Beef Egg Foo Young Chicken Wings Fried Rice Fortune Cookie	22 Volunteer Dinner Chicken Cordon Bleu Asiago Potatoes Glazed Carrots Dinner Roll Dessert	Turkey Mashed Potatoes/Gravy Dressing Vegetable Dinner Roll	24 Shepherd's Pie Garden Salad Dinner Roll		
28 Sesame Chicken Veggie Egg Roll Fried Rice Fortune Cookie	BBQ Ribs Roasted Baby Reds Garden Salad Dinner Roll	Salisbury Steak Mashed Potatoes Gravy Vegetable Dinner Roll			

Many thanks to the following restaurants for providing the meals: Chin Yuen, Cornerstone Café, Russell's on the Lake, and VFW Post 8731. Menu is subject to change. Dinners are served at noon to persons age 55+ and spouse regardless of age. The meal cost is \$4. Meal reservations must be made at least one business day in advance by 1 p.m. People must pay for all meals they order.

# Senior Center Card Tournaments...



All tournaments are open to people age 55+ and you must sign up to play in each at least one business day in advance. Cash prizes are awarded to the winners and all games have a \$2 entry fee.

\*Euchre—Friday, April 3, 10, 17 & 24 @ 1 p.m. \*Cribbage—Tues., April 7, 14, 21 & 28 @ 9:30 a.m. \*500—Wednesday, April 15 @ 1 p.m.

## **Hobby Day Volunteers Needed**

Volunteers are needed to display and/or demonstrate their hobbies during Senior Hobby Day on Friday, May 8. Over 500 elementary students will attend throughout the morning and afternoon. Please contact the center if you can help.

# Q & A With Master Gardeners

As it gets nicer outside, it's time to think about getting your garden and yard ready for the growing season. Come to the center on Friday, April 17 at 12:30 p.m. to meet with Master Gardeners and be sure to bring your questions. Please sign up if you plan to attend.

# **Potluck and Performance**

Bring your favorite dish of food to the senior center potluck on Wednesday, April 15. Dinner will be served at noon and April birthdays and anniversaries will be celebrated. Everyone is welcome to attend. The River City Readers Story Theater Group will perform after dinner.

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### **SMART DRIVER COURSES**

People age 55+ completing an AARP Smart Driver Course are eligible for a 10% auto insurance discount. The cost is \$17 for AARP members and \$22 for non-members and you must sign up and pay at the senior center in advance. Effective July 1, the course fee increases to \$22 for AARP members and \$27 for non-members. Included in this cost are the AARP class materials and a facility/host fee. AARP members should bring their membership card to class and everyone should bring his or her driver's license. Refunds will not be given for no-shows.

Those taking a Smart Driver class for the first time must take an eight-hour course. A refresher course must be taken every three years in order to be eligible to continue receiving the insurance discount.

#### 4-Hour Refresher Courses

April 2 9 a.m.—1 p.m.

May 6 9 a.m.—1 p.m.

June 10 5:30—9:30 p.m.

July 22 9 a.m.—1 p.m.

August 26 9 a.m.—1 p.m.

September 23 9 a.m.—1 p.m.

November 4 9 a.m.—1 p.m.

December 9 9 a.m.—1 p.m.

#### 8-Hour Course

October 20 & 22 5:30—9:30 p.m.

# Names Added to Plaque

Two new nameplates have been added to the senior center Memorial & Gift Plaque:

\*In Memory of Rod Christoffer

from Sandee Blanchet

\*In Memory of Linda Horne from her husband, Bernie

People can donate \$100 or more to the senior center in memory of or in honor of another person and have that name engraved on the plaque. Donations can also be made as a gift.

# Watch "Dolittle" on the Big Screen

Dr. John Dolittle (Robert Downey Jr.) spends his days as an ordinary veterinarian, attending to the health of all of England's creatures. One day, however, something unusual happens when he discovers that he can speak to the animals. The doctor and his rag-tag gang of furry friends then embark on an adventure when trouble is afoot in the streets of London.

You can watch, "Dolittle" on the community center big screen on Wednesday, April 29 at 1 p.m. This movie has an April 7 DVD release date and is rated PG. Freshly popped corn will be served.

### **Breakfast Ticket Pre-Sales**

There is a 300 plate minimum for Dad's Belgian Waffles. The best way to ensure that minimum will be met is with ticket pre-sales. Please stop by the center and pick up some tickets for the April 26 breakfast that you can sell to family and friends. Thank you!

Lunch Bunch Monday, April 20, 11:30 a.m. Pizza Ranch

# Pool News...

\*Team Tournament- April 13 9:30 a.m. in Monticello

# Book Club...

The senior center Book Club meets every month to discuss the book they read and to pick up the new one. The group will meet on Saturday, April 11 at 9:30 a.m. The Book Club is facilitated by a retired teacher and new members are welcome.

# Help Plan Bike Rides

If you like to bike ride, check out the River City Riders bicycle group. Interested people should meet at the center on Thursday, April 16 at 9:30 a.m. to plan this season's rides. They really have fun and get good exercise.

Free Blood Pressure Checks April 14, 12:30-1:30 p.m.

## Sympathies to...

...the families of Rod Christoffer and Bill Heitschmidt on their loss.

# **Caregiver Support Group**

\*April 8 & 22, 1-2:30 p.m.



**Board of Directors Members...** (starting with front row, left to right)

Marian Feather, Laurie Bartlett, Janet Bromberg, Paul Klein, Michele Hertwig, Ed Ellison, Dave Nelson, Bob Mueller, and Ketzel Domke.





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All trips depart from the west entrance of the Monticello Community Center. Please park in the west lot.

Advance registration and payment is required for all trips.

Refunds will not be given past the payment deadline unless your spot can be filled.

#### St. Croix Casino

A trip to the St. Croix Casino in Turtle Lake, WI is planned for Monday, April 6. The bus will depart the community center at 8:30 a.m. and return at about 5:15 p.m. The bus ride is free.

### **Overnight Casino Trip**

Depart the community center at 8 a.m. on Monday, May 4 for a four-hour stop at Prairie's Edge Casino. Then it's off to Jackpot Junction Casino for the night. Depart Jackpot for home on May 5 at 3 p.m.

The cost is \$60 per person double occupancy and \$80 for a single. There is an extra charge of \$15 if three people stay in a room. The cost includes coach transportation, \$10 at Prairie's Edge, \$50 at Jackpot Junction, hotel room, and escort. You do need to sign up and pay by April 22. Be sure to record the card numbers for both casinos when signing up for this trip.

#### Breaking Up Is Hard to Do

This May 6 trip to the Ives Auditorium may be full and you can add your name to the waiting list if you wish. The cost of \$65 includes coach transportation, lunch, show, and escort. The bus will depart the community center at 9:45 a.m. and return at about 4:45 p.m. The seating is general admission.

### Cold & Flu Season is upon us!

Please take the usual precautions of washing your hands when you're here, and we ask that you please stay home if you are feeling sick.

#### My Pillow Factory Tour/Candy Store

Take a guided tour of My Pillow Factory in Shakopee on June 16. You will see how the pillows are made from start to finish. After the tour you will have time to shop for pillows and other items. Lunch will be at Emma Krumbee's in Belle Plaine. Enjoy a carefully crafted meatloaf luncheon which is a true Emma's favorite. Included in the meal is a salad, homemade roll, potato, beverage, and a dessert. After lunch the bus will stop at Jim's Candy Store. You can purchase old fashioned candy, one of a kind items, fruits, vegetables, and many other specialty items.

The cost of \$62 includes coach transportation, tour, lunch, and escort. The bus will depart the center at 8:15 a.m. and return at about 4:30 p.m.

# **Senior Fitness Open House**

- April 6, 12:30-1:30 p.m.
- Entitled to a free MCC membership?
  - Free class demonstrations

# Welcome to the Monticello Senior Center!

505 Walnut Street, Suite 3 Monticello, MN 55362 Phone: 763-295-2000 www.ci.monticello.mn.us "For Residents"

#### **Open Hours:**

Monday-Friday 8 a.m.—4:30 p.m. Saturday 8—11 a.m.

#### **Office Hours:**

Monday-Friday 8 a.m.—4:30 p.m.

#### Director:

Pam Loidolt