



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER APRIL 2021 NEWSLETTER

April is National Volunteer Month

The Monticello Senior Center could not exist without the help of our wonderful volunteers. April is National Volunteer Month, a time to recognize volunteers for the contributions they make to their communities.

Although we cannot celebrate this special time together in person this year, please realize that all you senior center volunteers are appreciated and needed more than you know.

Thanks, Volunteers!!

America's First Ladies

Doug Ohman is a Minnesota historian, storyteller, and professional photographer. We will be showing one of Doug's pre-recorded presentations as he takes you on a virtual tour traveling back through time. He will share interesting stories, photographs, and forgotten memories about many of America's best loved First Ladies.

You can watch this program on the community center big screen on Wednesday, April 28 at 1:30 p.m. Advance registration is required.

Come and enjoy Doug's beautiful pictures and tremendous knowledge in a safe environment! This and more of Doug's presentations can be accessed on the monticelloseniorcenter.org website (click on "Virtual Programs").

Join us for Tasty Tuesdays

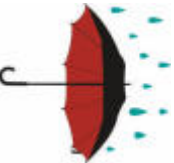
Meals will be safely served in the community center Mississippi Room on the Tuesdays in April listed below.

You do need to sign up at least one day in advance by 10 a.m. The cost is \$5 per meal and includes dessert and bottle of water. You can come and enjoy these tasty meals any time between 11:30 a.m. and noon:

- ⇒ April 6—sloppy jo, potato salad, pickle
- ⇒ April 13—meatloaf, mashed potatoes, gravy, salad, green beans, dinner roll (catered by Russell's on the Lake)
- ⇒ April 27—grilled cheeseburger, beans, chips, pickle

See You on Tasty Tuesdays!

APRIL ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Activities Subject to Change						
 4	5 8:30-3:30 Center Open 8:30 Ceramics 9-11 Pickleball 9:00 Tax Assistance 1:00 Movie Monday	6 8:30-3:30 Center Open 9-11 Pickleball 9:00 Tax Assistance 10:00 Yahrtzee 10:30 Tech Support 11:30 Tasty Tuesday	7 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study	8 8:30-3:30 Center Open 9-11 Pickleball 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program	9 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	10
11	12 8:30-3:30 Center Open 8:30 Ceramics 9-11 Pickleball 1:00 Movie Monday 4:00 Board of Directors Meeting	13 8:30-3:30 Center Open 9-11 Pickleball 10:00 Yahrtzee 10:30 Tech Support 11:00 Blood Pressure 11:30 Tasty Tuesday	14 8:30-3:30 Center Open 8:30 Ceramics 9:30 Book Club 11:00 Bible Study 1:30 Caregiver Support Group	15 8:30-3:30 Center Open 9-11 Pickleball 9:00 Driver's Class 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program	16 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	 17
18	19 8:30-3:30 Center Open 8:30 Ceramics 9-11 Pickleball 1:00 Movie Monday	20 8:30-3:30 Center Open 9-11 Pickleball 10:00 Yahrtzee 10:30 Tech Support 2:00 Dementia Friends 7:00 Dementia Friends	21 8:30-3:30 Center Open 8:30 Ceramics 10:00 National Banana Day Fun 11:00 Bible Study 1:30 Memory Café	22 8:30-3:30 Center Open 9-11 Pickleball 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program	23 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool 1:30 Zoom 101	24
 25	26 8:30-3:30 Center Open 8:30 Ceramics 9-11 Pickleball 12:30 Legal Aid 1:00 Movie Monday	27 8:30-3:30 Center Open 9-11 Pickleball 10:00 Yahrtzee 10:30 Tech Support 11:30 Tasty Tuesday	28 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:30 America's First Ladies Video	29 8:30-3:30 Center Open 9-11 Pickleball 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program	30 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	

Zoom 101 with Joe!

Want to learn more about Zoom? Joe Kaul of our HOME Program/Tech Support will guide you through an informative hour. He will discuss the basics and answer any questions that you might have.

Visit our website and get the link on the activities calendar or send an email to pam.loidolt@ci.monticello.mn.us and the link will be emailed to you. This session will be held on April 23 at 1:30 p.m.

The senior center is located within a public building and all MN facemask and distancing mandates will be followed.

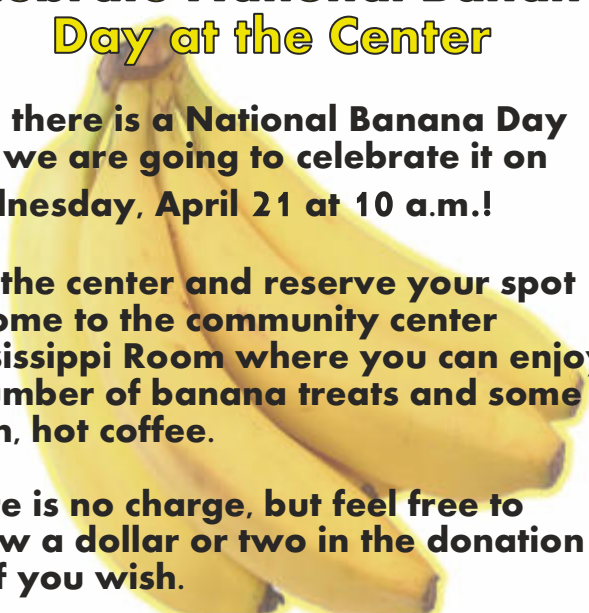
Celebrate National Banana Day at the Center

Yep, there is a National Banana Day and we are going to celebrate it on Wednesday, April 21 at 10 a.m.!

Call the center and reserve your spot to come to the community center Mississippi Room where you can enjoy a number of banana treats and some fresh, hot coffee.

There is no charge, but feel free to throw a dollar or two in the donation jar if you wish.

Happy National Banana Day!



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Voluntary Membership

Please consider participating in the Monticello Senior Center 2021 Voluntary Membership drive. The dues are \$15 for an individual and \$25 for a household per calendar year and are tax deductible.

Membership is not required to take part in senior center activities. Thanks goes out all of you who already paid your dues.

Help for Caregivers

Are you a caregiver who would like to converse with someone who understands? Help is available thru the senior center. Contact Becky Allard, LSW from Senior Community Services, 952-746-4028, b.allard@seniorcommunity.org

Becky is available for one on one caregiver support appointments on Thursday mornings at the center. Please call her to set up a time. If Thursday mornings do not work for you, please contact Becky to explore other options.

Play Bingo on Thursdays

People age 55+ can play bingo at the center every Thursday at 11 a.m. There is no charge and prizes, usually fruit, are given to the winners. Space is limited—call to reserve a spot.

Play Cards Using iPads

The senior center received 15 iPads that can be used to safely play card games with other people. A number of different games can be played, so round up a few friends, give us a call, and come to play. Not sure how to use the iPads? No worries, we can help you!

Virtual Memory Café

A Virtual Memory Cafe experience is a safe and comfortable online place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others via Zoom. Each month features a fun project.

We want to extend an invitation for you and your loved one to be part of this amazing group. If you need help setting up Zoom or learning how to connect to a Zoom meeting, no worries – our HOME program is happy to help!

The meeting will begin at 1:30 p.m. on April 21. Please contact the senior center to register. If you're unable to attend virtually from your home, we will provide a safe, in-person option at the senior center. You can contact Pam for more info, 763-295-2000.

Blood Pressure Checks

***Tuesday, April 13**

***11 a.m. to noon**

***Call to reserve a spot**

Tech Support is Available

Need help with your smart-phone, tablet, computer or TV system? Want to join in on a Zoom meeting but not sure how?

Mary, a very tech-savvy volunteer comes to our center on Tuesday mornings to help people with technology issues. If you would like to meet with her, you can call to schedule an appointment and there is no charge. Be sure to bring your equipment with you to your appointment. Mary can also connect with you over the phone.

In home help is also available for a small fee.

Let's Help the MCC!!

Do you have a Medicare supplement? If so, you may qualify for a free membership to the Monticello Community Center. By checking in each day you visit the senior center your free membership helps fund the Community Center!

Please stop by the Community Center Guest Service counter to enroll and learn all the benefits of your free membership.

Thank you for your help!

Book Club...

The senior center Book Club meets monthly to discuss the book they read and to pick up the new one. The group will meet on Wednesday, April 14 at 9:30 a.m.

HOME Program

The senior center's HOME Program can assist older adults with maintenance and cleaning both indoors and out. Help is available on a sliding fee scale with housekeeping, minor repair services, painting, yardwork, etc. All staff take precautions to ensure safety.

These services are available for residents in Monticello and several surrounding communities.

Contact Joe, HOME Program coordinator, at 763-416-7969 for more information. Joe is generally at our center on Thursdays in the afternoon and you can call him to make an appointment.



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Driver Classes

People age 55+ completing a defensive driving class are eligible to receive a 10% auto insurance discount.

Four-hour refresher courses for those who have previously completed an eight-hour course will be held on April 15 and May 27 from 9 a.m. to 1 p.m.

Please mail or drop off \$20 (cash or check) to the senior center in advance and checks are payable to the Monticello Senior Center. Class size is limited, people must register in advance, and masks are required.

Caregiver Support Group

Caring for a family member, friend, neighbor? Helping to care for a loved one from afar? If so, be sure to check out the Caregiver Support Group that meets at the senior center on the 2nd Wednesday of each month (April 14) from 1:30-3 p.m.

This group is facilitated by Licensed Social Worker Becky Allard, provides specialized support and education, and is intended for nonprofessional caregivers. Call the center at 763-295-2000 to reserve your spot.



MOVIE MONDAYS

Movies will be shown at 1 p.m. on the community center Mississippi Room big screen on Mondays.

It could be a new release or a classic movie. You can call the senior center on Monday mornings to find out which movie will be shown.

As with all senior center events, you do need to register in advance.

Monticello Senior Center Social Media...

⇒ monticelloseniorcenter.org
⇒ [Like us on Facebook](#)

Free Legal Aid April 26
Call to make an appointment

MAKE SOMEONE'S DAY!

You can help make this spring a little brighter for others. People in nursing homes and assisted living facilities have had a tough year and we are asking people to write positive, encouraging messages in greeting cards that we will deliver to people in those local facilities.

You can use store bought cards or make your own. Please drop them off at the senior center by April 23 and do not seal the envelopes (we will insert a treat).

Free Bus Ride to Get COVID Vaccines

Trailblazer Transit will offer transportation at no cost for any rides related to a COVID-19 vaccination. Caretakers and children may also ride along at no cost. Customers will need to coordinate with their health care providers or the vaccination clinics to schedule their appointments for the vaccines and then contact Trailblazer to schedule the transportation.

Please call 1-888-743-3828 to ask questions and to schedule your transportation. The buses are clean, safe, and comfortable. Masks are required on the bus and physical distancing polices are in effect.

Free Rides to VA Clinics

Trailblazer Transit is providing rides for Wright County veterans to any VA Clinic (including St. Cloud). This addition of service was due to the pandemic, so it may be something that changes in the future. Veterans can call 1-888-743-3828 to arrange a ride.

Dementia Friends Training

- ◆ Held virtually
- ◆ April 20, 2 p.m. and 7 p.m.
- ◆ Contact Pam at 763-295-2000 for the registration link

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Activity Protocol...

- 1) All activities will include properly spaced set ups and disinfecting for safety.
- 2) Equipment or supplies cannot be shared.
- 3) Pre-registration is required for all activities.
- 4) Activity plans are subject to change without notice.

April Activities:

America's First Ladies Video

Bible Study

Billiards

Bingo

Blood Pressure Checks

Book Club

Caregiver Support Group & 1:1 Support

Ceramics

Computer Use

Defensive Driving Class

Dementia Friends Training

HOME Program

Legal Aid

Memory Café

Movie Mondays

National Banana Day

Pickleball

Shuffleboard

Tasty Tuesdays

Tax Assistance

Tech Support

Women's Pool

Yahtzee

Zoom 101 With Joe!

Senior center hours will be limited for disinfecting purposes and are subject to change. Be sure to check the calendar for the activity schedule.

Senior Center Hours

8:30 a.m. to 3:30 p.m.

Monday through Friday

Phone Number: 763-295-2000