



MONTICELLO SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER APRIL 2025 NEWSLETTER

MSC Volunteers are the HEART of Our Center!

Monticello Senior Center volunteers will be honored at the center on Wednesday, April 23. If you volunteered in any capacity for the center in 2024, we want you to attend and your spouse is welcome too! Invitations will be distributed. The noon dinner will be catered by American Legion Post 260 and will be followed by a short program, entertainment, and prize drawings. Please sign up for this event by April 18.

Monticello Senior Center Volunteers are the HEART of Our Center!

Breakfast Fundraiser

Please come to the senior center breakfast fundraiser on Sunday, April 27. This all you can eat breakfast includes pancakes, ham, scrambled eggs, sausage, donuts, milk, juice, and coffee. It will take place in the community center gym from 8 a.m. to noon.

The cost is \$9 in advance (\$10 at the door) for people age 13+, \$5 for kids ages 6-12, and kids age 5 and younger eat free. Tickets are available now in the senior center.

Volunteers are needed for the 8-10 a.m. and 10 a.m.-noon shifts. Please help us if you can.

Hearing Screening Offered

The Monticello Lions Club will conduct hearing screenings at the senior center on Thursday, April 17 from 1-3 p.m. and appointments are required. They will test each ear and suggest a referral if they detect a hearing loss issue. The cost is \$5, payable to the Lions.

State Parks of MN

Minnesotans love their state parks. Go on a visual vacation with a photographer. Doug Ohman has visited all 67 state parks and has photographs, stories, history, and personal adventures to share


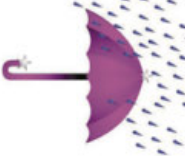



Doug will present this program at the center on Wednesday, April 30 at 10:30 a.m. Please sign up if you plan to attend.

Campaign for Better Hearing

This 10 a.m. session on Tuesday, April 15 will be about what it means to have healthy hearing. Discussion will include: why hearing is so important to our overall health; how to recognize when we have hearing trouble; what are the signs that may lead us to get a hearing test; what people can do to reduce their listening effort; what are the risks of hearing loss.

Please sign up if you plan to attend.

APRIL 2025 ACTIVITY CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|---|---|--|---|---|---|---|
|  | | 1 7-11 Pickleball 8:30 TECH Support 9:00 Tax Assistance 10:30 Line Dancing 12:00 Dinner 1:00 Hand and Foot | 2 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500 | 3 7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge | 4 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament | 5 8 a.m.-Noon Center Open | |
|  | 7 7-11 Pickleball 8:00 Casino Trip 9:00 Cribbage Tournament 9:00 Tax Assistance 1:00 Bridge 1:00 Movie Monday | 8 7-11 Pickleball 8:30 TECH Support 9:00 Tax Assistance 10:30 Line Dancing 11:00 Blood Pressure 12:00 Dinner 12:30 Handiwork Group 1:00 Hand and Foot | 9 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 1 10:00 Bible Study 12:00 Dinner 1:00 500 1:00 500 Tournament 1:00 Caregiver Class | 10 7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge | 11 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament | 12 8 a.m.-Noon Center Open | |
| 13 | 14 7-11 Pickleball 9:00 Cribbage Tournament 9:00 Tax Assistance 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting | 15 7-11 Pickleball 8:30 TECH Support 10:00 Better Hearing 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot | 16 8:00 Ceramics 9:00 Driver's Class 10:00 Bible Study 12:00 Dinner 1:00 500 1:00 Caregiver Class 1:30 Memory Café | 17 7-11 Pickleball 9:30 Book Club 2 10:30 Caregiver/Bingo 12:00 Dinner 1:00 Bridge 1:00 Reset Presentation 1-3 Hearing Screening | 18 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament | 19 8 a.m.-Noon Center Open | |
| 20 |  | 21 7-11 Pickleball 9:00 Cribbage Tournament 9:00 Bike Meeting 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday | 22 8:30 TECH Support 10:30 Line Dancing 10:30 Choir 1:00 Hand and Foot | 23 8:00 Ceramics 10:00 Bible Study 12:00 Volunteer Appreciation 1:00 500 1:00 Caregiver Class | 24 7-11 Pickleball 8:45 Art in Bloom Trip 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge | 25 10:00 Women's Pool 10:00 Senior Care Planning 12:00 Dinner 1:00 Euchre Tournament | 26 8 a.m.-Noon Center Open |
| 27 8 a.m.—Noon Breakfast Fundraiser  | 28 7-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday | 29 8:30 TECH Support 10:30 Line Dancing 10:30 Choir 1:00 Hand and Foot | 30 8:00 Ceramics 10:00 Bible Study 10:30 State Parks Presentation 12:00 Dinner 1:00 500 1:00 Caregiver Class |  | | | |

Reset, Refresh and Revitalize

Life's twists and turns don't come with instruction manuals, and let's face it, the older we get, the more we respond out of habit and less from insight! This light-hearted presentation offers a refreshing look at managing uncertainty and adapting with grace (and a dash of humor). Together, we'll tackle exercises to shake up habits, reset our thinking, and spark a sense of purpose — so happiness and vitality stick around no matter what!

This program, presented by Diane P. Lynch, will be offered free of charge on Thursday, April 17 at 1 p.m. Please sign up if you wish to attend.



Powerful Tools for Caregivers

This class will help caregivers take better care of themselves while caring for a friend or relative. The six-week class will be held on Wednesdays April 9 through May 14 from 1-3:30 p.m. at the Monticello Community Center and there is no charge. Respite is available. To register contact D-CAN at 320-640-6726 or Great River Faith in Action at 763-263-4277.

Volunteers are needed to display and/or demonstrate their hobbies at the Senior Hobby Day event on Monday, May 12. Talk to Pam for more details.

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APRIL 2025 MENU

| Tuesday Meals from Chin Yuen | Wednesday Meals from American Legion Post 260 | Thursday Meals from VFW Post 8731 | Friday Meals from Cornerstone Café |
|---|--|---|--|
| 1 No Dinner Today | 2 1/2 Chicken Bacon Ranch Wrap Fruit Cup Chips | 3 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll | 4 Spaghetti Garlic Toast |
| 8 Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie | 9 Cheesy Scalloped Potatoes & Ham Salad Dinner Roll | 10 Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll | 11 Grilled Chicken Fruit & Nut Salad Dinner Roll |
| 15 Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie | 16 Breaded Chicken Sandwich Jojos Coleslaw | 17 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable | 18 Tater Tot Hot Dish Dinner Roll Special K Bar |
| 22 Sesame Chicken Wontons Fried Rice Fortune Cookie | 23 Volunteer Appreciation Swedish Meatballs over Egg Noodles Salad Dinner Roll Dessert | 24 Lasagna Breadstick | 25 Bowl of Chicken Wild Rice Soup Salad Dinner Roll |
| 29 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie | 30 Hamburger Onion Rings Fruit Cup |  | |

Many thanks to the following restaurants for providing the meals: Chin Yuen, American Legion Post 260, VFW Post 8731, and Cornerstone Café. Menu is subject to change. Dinners are served at noon to persons age 55+ and spouse regardless of age. The meal cost is \$5. Meal reservations must be made at least one business day in advance by noon. People must pay for all meals they order.

MONTICELLO SENIOR CENTER • 505 WALNUT STREET, SUITE 3 | MONTICELLO, MN 55362
(763) 295-2000 • HOURS: MONDAY–FRIDAY 8 AM-4 PM; SATURDAYS 8 AM-NOON

Book Club News

Book Club 1 News

Current members of Book Club 1 will meet at the center on Wednesday, April 9 from 9:30-11 a.m. Group members will be discussing, *The Power and the Glory* by Graham Greene and *Florence Adler Swims Forever* by Rachael Beanland. They will also pick up the new book the group will be reading. Please note that this group is closed to new members. See article on the right for a new participation option.

Join the New Book Club

Book Club 2 will meet on Thursday, April 17 from 9:30-10:30 a.m. The group is facilitated by a retired English teacher. We use book kits from the Monticello branch of the Great River Regional Library. You do not need to sign up, just show up. Pick up your copy of the book at the meeting and return it the next session. Group members will be discussing, *The River* by Peter Heller on the 20th.

Blood Pressure Checks

*Tuesday, April 8, 11 a.m. to noon
*Everybody welcome!

Did you purchase your April 27th breakfast fundraiser ticket yet?

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***Advance registration and payment is required for all trips.
*Refunds will not be given after the registration deadline unless your spot can be filled.**

Treasure Island Casino

We are sharing a coach bus to Treasure Island Casino on Monday, April 7 with participants from the Crow River Senior Center. The bus will depart the Monticello Community Center at 8 a.m. and return at approximately 4 p.m. The charge is \$25 and those going will receive \$15 on their card and \$5 off food.

Art In Bloom

Share a coach bus on Thursday, April 24 to the Minneapolis Institute of Art to see “Art In Bloom.” This event showcases imaginative floral interpretations of selected works of art from MIA’s permanent collection, created by more than 100 commercial florists and individual artists. Guests are invited to experience the floral fragrance throughout the museum. Browse floral inspired merchandise in the Art In Bloom Pop-Up Shop. This is a self-guided experience throughout the campus. There is also a gift shop and Café. You will have time to explore the permanent exhibits which has grown from 800 works of art to more than 89,000 objects.

After exploring the museum you board the bus and have lunch at the Hen House Eatery in Minneapolis. You will be served a cup of soup that is made from scratch daily, a chicken salad sandwich, cookie, and non-alcoholic beverage.

The cost is \$73. The bus departs the community center at 8:45 a.m. and returns at 3:30 p.m.

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, May 5 with participants from the Rogers Senior Center. The bus will depart the Monticello Community Center at 8 a.m. and return at approximately 4 p.m. The charge is \$25 and those going will receive \$15 on their card and \$5 off food.

Exploring the Scandia Area with Doug Ohman

Doug Ohman, expert tour guide and speaker will teach you all about the Swedish immigration in Minnesota as you drive through Scandia and Washington County on Thursday, May 15. Along the way be sure to keep an eye out for barn quilts and statues of Dala horses. Doug has incorporated a variety of historic sites on this riding tour.

Possible stops will be made at Swedish farmsteads, churches, cemeteries, schools or museums. You will have a Swedish luncheon in the area and then will resume learning about this area from Doug. About Doug: He has done extensive research and has published multiple books about Minnesota. Passengers can purchase their own copy from Doug personally.

The cost is \$89. The bus departs the community center at 8:30 a.m. and returns at about 4:45 p.m.

Padelford Riverboat Lunch Cruise

Enjoy a 90-minute narrated sightseeing cruise along the Mississippi River on Wednesday, June 18. You will board one of the boats in the Padelford fleet operating from Harriet Island Regional Park in downtown St Paul. You will travel through the heavily wooded Mississippi National River and Recreation Area. Sights along the way include: the St. Paul High Bridge, Pigs Eye’s Cave, the Minnesota River mouth, Pike Island, and the timeless splendor of the mighty Mississippi River.

While on board you will feast upon pulled pork and chicken, potato salad, roll, cornbread, followed by cookies and coffee. There is a cash bar available for additional beverages. The cost is \$85. The bus will depart the community center at 9:45 a.m. and return about 4 p.m.

Sympathies to...

...the family and friends of Lois Hultberg on their loss.

Driver Classes

People age 55+ completing a defensive driving class can receive a 10% auto insurance discount. The class needs to be repeated every three years to continue the discount. Class cost is \$25.

All participants take a four-hour class and they are scheduled on, April 16, May 21, and June 25 from 9 a.m. to 1 p.m. Call for more class dates.

Drop off or mail payment, cash or check, to the center in advance. Refunds will not be given for no-shows.



One on One Technology Support

Bring your personal device (laptop, tablet, or smartphone) and connect with an experienced digital handyperson who can help you:

- Adjust settings for basic use, communication, online safety, and security
- Personalize your device for your needs and interests
- Find and use functions, services, and apps that will be most helpful to you

Call the center to schedule your **free** appointment.

A service provided as part of the HOME program and funded, in part, by Hennepin and Wright Counties, and the Minnesota Department of Human Services.

Last updated 12.2023

Help Plan This Year's Bike Rides
Meet at the center on Monday, April 21 at 9 a.m. to plan the May-September rides. Hope you can attend!

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To learn more, call 763-416-7969 or email hometeam@seniorcommunity.org.



If you're helping an older adult in your life, you are a **caregiver**. Licensed social worker **Becky Allard, LSW**, can help you get the support you need to sustain your ability to provide help and maintain your own life balance.

Make a **one-on-one appointment** for individualized support, guidance or advice.

Register for a **caregiver support group** held the 2nd Thursday of each month from 10:30 a.m. to noon.

Cost-share contribution suggested.

612-804-0968

b.allard@seniorcommunity.org



Try **CareNextion.org**, a free, secure, award-winning online platform (and mobile app) designed to streamline task coordination, communication, and connection among family members and friends helping to care for a loved one.

Memory Café

The Memory Café is a place where caregivers and their loved ones with memory loss can participate together. All supplies are provided for you.

The meeting will be held on Wednesday, April 16 at the Crow River Senior Center from 1:30-2:30 p.m. Caregivers have the option to attend a concurrent caregiver support group. Call 763-497-8900 if you plan to attend.

**Free Legal Aid
Monday, April 21
Appointments required**

Team Pool Tournament

- ♦ Monticello Senior Center
- ♦ Wednesday, April 9, 9 a.m.
- ♦ Sign up in advance, \$4 fee

Voluntary Membership Drive

Please consider participating in the Monticello Senior Center 2025 Voluntary Membership drive. The dues are \$15 for an individual and \$25 for a household per calendar year and are tax deductible.

Please note: Membership is not required to take part in senior center activities.

Handiwork Group

Bring your sewing, embroidery, crocheting, etc. project to the center on Tuesday, April 8 at 12:30 p.m. to socialize with others. There is no instructor, just people with projects.