



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER AUGUST 2020 NEWSLETTER

SENIOR CENTER TO OPEN AUGUST 3

Exciting news—the Monticello Senior Center Board of Directors made the decision to reopen the center on Monday, August 3! We have been busy planning for the reopening of our center with guidance from the city of Monticello, governor Walz, the CDC, and the MN Dept. of Health.

We can't wait to see you back!




We won't be able to go right back to “business as usual” and ask for you to be patient and understanding as we all adjust to the necessary changes.

Changes You Will See at Our Center...

- ⇒ Governor Walz's Stay Safe MN order currently allows for groups of up to 10 people in the senior center at one time.
- ⇒ Enter thru the main senior center door and exit thru Door #7 (by the ceramics room).
- ⇒ Participants need to wear a mask. If you have one please bring it with you. If you do not have a mask we will provide one for you to keep.
- ⇒ Wellness checks will be given at the door (temperature & simple questions asked).
- ⇒ We ask that each participant sign a waiver document (only necessary once).
- ⇒ A plexiglass buffer has been installed at the receptionist counter.
- ⇒ Participants should stay at least 6' apart and should wash their hands frequently.
- ⇒ Hand sanitizers are located throughout the center. *Please use them often.*
- ⇒ Advance registration will be required for all activities until further notice.
- ⇒ Drop-in participation will not be available while group numbers are limited.
- ⇒ No food or beverages will be served or shared in the senior center.
- ⇒ We will temporarily stop accepting donations of all items except excess produce (and money, of course)

Please read this newsletter carefully to become aware of when allowable activities are scheduled.

AUGUST ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 8:30-10:30 Socializing 8:30 Ceramics 11:00-1:00 Socializing 1:30-3:30 Socializing	4 8:30-10:30 Socializing 10:00 Parking Lot Bingo 11:00-1:00 Socializing 1:30-3:30 Socializing 1:30 Parkinson Support Group	5 8:30-10:30 Socializing 8:30 Ceramics 11:00 Bible Study 1:30-3:30 Socializing	6 8:30-10:30 Socializing 9:00 Bike Group 11:00 Bingo 11:00-1:00 Socializing 1:30-3:30 Socializing	7 8:30-10:30 Socializing 11:00-1:00 Socializing 1:30-3:30 Socializing	1/8
9 	10 8:30-10:30 Socializing 8:30 Ceramics 11:00-1:00 Socializing 1:30-3:30 Socializing 4:00 Board Meeting	11 8:30-10:30 Socializing 10:00 Parking Lot Bingo 11:00-1:00 Socializing 11:00-12:00 Blood Pressure Checks 1:30-3:30 Socializing	12 8:30 Ceramics 8:30-10:30 Socializing 11:00 Bible Study 1:30 Caregiver Support Group 1:30-3:30 Socializing	13 8:30-10:30 Socializing 9:00 Bike Group 9:30 Book Club 11:00 Bingo 11:00-1:00 Socializing 1:30-3:30 Socializing	14 8:30-10:30 Socializing 11:00-1:00 Socializing 1:30-3:30 Socializing	15
16	17 8:30-10:30 Socializing 8:30 Ceramics 11:00-1:00 Socializing 1:30 Movie Matinee 1:30-3:30 Socializing	18 8:30-10:30 Socializing 10:00 Parking Lot Bingo 11:00-1:00 Socializing 1:30-3:30 Socializing	19 8:30-10:30 Socializing 8:30 Ceramics 11:00 Bible Study 1:30-3:30 Socializing	20 8:30-10:30 Socializing 9:00 Bike Group 11:00 Bingo 11:00-1:00 Socializing 1:30-3:30 Socializing	21 8:30-10:30 Socializing 11:00-1:00 Socializing 1:30-3:30 Socializing	22
23 	24 8:30-10:30 Socializing 8:30 Ceramics 11:00-1:00 Socializing 12:30 Legal Aid 1:30-3:30 Socializing	25 8:30-10:30 Socializing 10:00 Parking Lot Bingo 11:00-1:00 Socializing 1:30-3:30 Socializing	26 8:30-10:30 Socializing 8:30 Ceramics 11:00 Bible Study 1:30 Caregiver Support Group 1:30-3:30 Socializing	27 8:30-10:30 Socializing 9:00 Bike Group 11:00 Bingo 11:00-1:00 Socializing 1:30-3:30 Socializing	28 8:30-10:30 Socializing 11:00-1:00 Socializing 1:30-3:30 Socializing	29
31	31 8:30-10:30 Socializing 8:30 Ceramics 11:00-1:00 Socializing 1:30-3:30 Socializing					

AARP Cancels Driver Classes

AARP made the decision to not sponsor any Smart Driver Courses until 2021. AARP is offering a 25% discount thru December 31st to those taking the online course. Go to www.aarpdriversafety.org and enter promo code DRIVINGSKILLS to get the discount.

Toenail Cutting Resumes

Good news! Wright County Public Health will assist older adults with toenail clipping at our center. The date had not yet been set when this newsletter was sent to the publisher. Call the senior center at 763-295-2000 the first week in August to find out when this service will be offered and then you can call Patty Larson at 763-682-7460 to make a required appointment. Please wear a mask. The cost is \$15.

Watch “Playing With Fire” on the Big Screen

When firefighter Jake Carson and his team rescue three siblings in the path of a wildfire, they quickly realize that no amount of training could have prepared them for their most challenging job yet – babysitting. While trying to locate the children’s parents, the firefighters have their lives, jobs and even their fire station turned upside down and learn that kids – much like fires – are wild and full of surprises. Hilarious and heartwarming, discover this must-see family comedy.


You can watch “Playing With Fire” on the community center big screen on Monday, August 17 1:30 p.m. Contact the center to reserve your spot.

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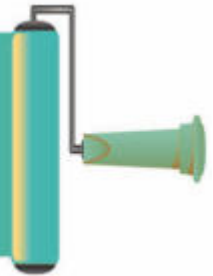
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We Are Here to Help...

Are you a caregiver who is feeling a bit overwhelmed? Do you just need to chat 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 can set up regular check in calls to help focus on you, the caregiver and your feelings during these challenging times that we are all dealing with.



SENIOR
COMMUNITY
SERVICES

HOME Program Provides Valuable Services

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, lawn mowing, painting, general yard work, etc. Our staff take precautions to ensure everyone is safe when providing services.

These services are available for Monticello and Big Lake residents.

Contact Joe, HOME Program coordinator, at 763-416-7969 for more information, or apply online today: <https://seniorcommunity.org/services/home-chores/#home-app-form>

Book Club

- *August 13, 9:30 a.m.
- *Books will be provided
- *Register in advance

Blood Pressure Checks

- *August 11, 11 a.m.-noon
- *Register in advance

Free Computer Use

- *During open hours
- *Register in advance

Senior Fitness Classes Resume

Fitness Classes for Seniors are back at the Monticello Community Center. Members may participate in classes by making a reservation online or by calling the community center at 763-295-2952954. Class schedule and requirement details at www.monticellocommunitycenter.com

If you are not yet a member, you can contact the MCC to get started. If you have a Medicare supplement you may be eligible for a free membership. Please contact MCC staff for more info. Email programs@ci.monticello.mn.us

Support Groups Resume
 The *Parkinson Support Group* will meet on Tuesday, August 4 at 1:30 p.m.

The *Caregiver Support Group* will meet on Wednesday, August 12 & 26 at 1:30 p.m. Both groups are professionally facilitated and offer support and education.

Register in advance for both groups.

Like to Ride Bike?

The senior center bike group meets to ride on a variety of trails on Thursday mornings. Call the senior center at 763-295-2000 if you would like to be added to the group email list to receive weekly ride info.

Monticello Senior Center

505 Walnut Street, Suite 3
 Monticello, MN 55362

Phone: 763-295-2000

www.ci.monticello.mn.us

Click on "City Services"

Open Hours:

Monday-Friday
 8:30 a.m.—3:30 p.m.

Director:

Pam Loidolt

Sympathies to...

...the families of Dick Kantor and Laurretta Orr on their loss.

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Tech Help is Available

Need help with your smart-phone, tablet, computer or TV system and don't want to call the grandkids? Our HOME Program now offers phone and in-home support to help you have a better experience with the technology in your home!

Contact Joe Kaul at 763-416-7969 or j.kaul@seniorcommunity.org for details. This is a free service!

Bible Study Group

A non-denominational Bible Study group meets at the center at 11 a.m. on Wednesdays. Be sure to call to register if you plan to attend.

Play indoor BINGO

- *Thursdays at 11 a.m.**
- *There is no charge to play**
- *Prizes to the winners**
- *Register in advance**

Legal Aid

- *August 24, 12:30-2 p.m.**
- *Appointments required**

Ceramics 2 Days/Week

People can come and participate in the ceramics activity on Mondays or Wednesdays. As with all senior center activities, you do have to register in advance.

Outdoor Pickleball An Option

Interested in playing outdoor Pickleball? The senior center has equipment that can be used. Call the center for more information at 763-295-2000.

Need a Mask?

The senior center has a supply of homemade masks. Talk to Pam if you need one.

Check out the senior center Facebook page and "like it." You will find senior center updates and links to many virtual programming opportunities.



Play Parking Lot Bingo!

- ⇒ Tuesdays at 10 a.m. thru the end of August—FREE!
- ⇒ Monticello Community Center west parking lot
- ⇒ People age 55+ can play
- ⇒ Limited to 20 cars—sign up in advance weekly, 763-295-2000
- ⇒ You should stay in your car and park in every other spot
- ⇒ Slider bingo cards will be provided (2 per player)
- ⇒ Numbers will be called using a portable PA system
- ⇒ Honk once to have a number repeated, twice to call BINGO
- ⇒ Prizes to the winners!! \$10 coverall prize!!
- ⇒ Will be cancelled if inclement weather—call the senior center that morning if questionable

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Activity Changes...

- 1) All activities will include properly spaced set ups for safety.
- 2) Equipment or supplies cannot be shared.
- 3) Pre-registration is required for all activities (no drop-ins).
- 4) Disinfecting will take place after each activity.
- 5) Activity plans are subject to change without notice.

These are the activities we will start with...

Bible Study
Bike Group
Bingo (indoor)
Blood Pressure Checks
Book Club
Caregiver Support Group
Ceramics
Computer Use
Foot Clinic (toenail cutting)
HOME Program
Legal Aid
Movie Matinee
Parking Lot Bingo
Parkinson Support Group
Pickleball (outdoor only)
Socializing (chance to visit with others)

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

Senior Center Hours

8:30 a.m. to 3:30 p.m.
Monday through Friday