



# MONTI SENIOR NEWS

*"Reaching out  
and still growing"*

**MONTICELLO SENIOR CENTER AUGUST 2021 NEWSLETTER**

## **Influential Women in American History, Part 2**

Join photographer and historian Doug Ohman for Part 2 of "Influential Women in American History" at 10:30 a.m. on Thursday, August 26. He will be at the center in person!

Doug will highlight the lives of some amazing women that left a positive mark on our history. The talk will highlight approximately 15 women from Alice Paul to Elizabeth Cady Stanton. Doug will be sure to include some women whose stories have been lost by most Americans.

Please sign up in advance if you plan to attend.

## **Avoiding Financial Scams**

If you missed this presentation in July, here is another chance for you to learn how to better protect yourself or your loved ones from scams.

Did you know that older Americans lose an estimated \$2.9 billion of their hard-earned money each year due to elder financial abuse?

Attend a presentation at the center to learn tips to recognize, react to and report common financial scams to better ensure the financial safety of you and your loved ones.

This program will be held on Wednesday, August 25 at 10 a.m. and will be facilitated by U.S. Bank staff. Please sign up in advance at the center if you plan to attend.

## **2 Toenail Clipping Dates Scheduled**

Wright County Public Health nurses will be at our center on August 3 and 24 to assist people age 60+ with toenail clipping. An additional day was added because of the high demand for this service in our area.

Appointments are required and can be made by calling Patty Larson at 763-682-7460

There is a \$15 charge for this very beneficial service.

## **Now Serving Noon Meals**

The senior center serves noon meals Tuesday-Thursday. The cost is \$4 per meal and people do need to sign up at least one day in advance by noon. Meals can be ordered "to go."

*Check out the menu page*







Volunteer food transporters are needed.  
Please talk to Pam for details.

## **Free Property Tax Assistance**

*\*Thursday, August 5*

*\*Appointments required*

# AUGUST ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b> 2</p> <p>8:00 Ceramics 9-11 Pickleball 9:30 Cribbage Tournament 1:00 Movie Monday 1:00 Bridge</p>	<p><b>3</b> 9:00 Pickleball/Tech 9:30 Foot Clinic 10:00 Yatzee 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot</p>	<p><b>4</b></p> <p>8:00 Ceramics 11:00 Bible Study 12:00 Dinner 1:00 500</p>	<p><b>5</b> 8:30 Prop. Tax Help 9:00 Pickleball/Biking 10:30 Caregiver 1:1 11:00 Bingo 12:00 Dinner 12:00 HOME Program 1:00 Bridge</p>	<p><b>6</b></p> <p>8:00 Ceramics 10:00 Women's Pool 1:00 Euchre Tournament</p>	<p><b>7</b></p> <p>8-11 a.m. Center Open</p>
	<p><b>8</b> <b>9</b></p> <p>8:00 Ceramics 9-11 Pickleball 9:30 Cribbage Tournament 1:00 Movie Monday 1:00 Bridge Tourney 4:00 Board Meeting</p>	<p><b>10</b></p> <p>9-11 Pickleball 9:00 Tech Support 10:00 Yatzee 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot</p>	<p><b>11</b></p> <p>8:00 Ceramics 9:00 Driver's Class 9:30 Book Club 11:00 Bible Study 12:00 Dinner 1:00 500 1:30 Caregiver Group</p>	<p><b>12</b> 9-11 Pickleball</p> <p>9:00 Bike Group 10:00 Poker Walk 10:30 Caregiver 1:1 11:00 Bingo 12:00 Dinner 12:00 HOME Program 1:00 Bridge</p>	<p><b>13</b></p> <p>8:00 Ceramics 10:00 Women's Pool 12:00 Picnic at Ellison Park 1:00 Euchre Tournament</p>	<p><b>14</b></p> <p>8-11 a.m. Center Open</p>
	<p><b>15</b> <b>16</b></p> <p>8:00 Ceramics 9-11 Pickleball 9:30 Cribbage Tournament 1:00 Movie Monday 1:00 Bridge</p>	<p><b>17</b> 9-11 Pickleball</p> <p>9:00 Tech Support 10:00 Yatzee 10:15 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot</p>	<p><b>18</b></p> <p>8:00 Ceramics 11:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café</p>	<p><b>19</b> 9-11 Pickleball</p> <p>9:00 Bike Group 10:30 Caregiver 1:1 11:00 Bingo 12:00 Dinner 12:00 HOME Program 1:00 Bridge</p>	<p><b>20</b></p> <p>8:00 Ceramics 10:00 Women's Pool 1:00 Euchre Tournament</p>	<p><b>21</b></p> <p>8-11 a.m. Center Open</p>
	<p><b>22</b> <b>23</b></p> <p>8:00 Ceramics 9-11 Pickleball 9:30 Cribbage Tourney 12:30 Legal Aid 1:00 Movie Monday 1:00 Bridge Tourney</p>	<p><b>24</b> 9-11 Pickleball</p> <p>9:00 Foot Clinic 9:00 Tech Support 10:00 Yatzee 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot</p>	<p><b>25</b></p> <p>8:00 Ceramics 10:00 Fraud Presentation 11:00 Bible Study 12:00 Dinner 1:00 500</p>	<p><b>26</b> 9-11 Pickleball</p> <p>9:00 Bike Group 10:30 Caregiver 1:1 10:30 Influential Women 11:00 Bingo 12:00 Dinner 12:00 HOME Program 1:00 Bridge</p>	<p><b>27</b></p> <p>8:00 Ceramics 10:00 Women's Pool 1:00 Euchre Tournament</p>	<p><b>28</b></p> <p>8-11 a.m. Center Open</p>
	<p><b>29</b> <b>30</b></p> <p>8:00 Ceramics 9-11 Pickleball 9:30 Cribbage Tournament 1:00 Movie Monday 1:00 Bridge</p>	<p><b>31</b> 9-11 Pickleball</p> <p>9:00 Tech Support 10:00 Yatzee 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot</p>				

# It's Picnic Time!

Please join us for a picnic at Ellison Park next to the beautiful Mississippi River on Friday, August 13.

Contact the center to reserve your place. A delicious box lunch will be served at noon and then people can play bingo for the chance to win prizes.

The cost is just \$6 per person and we ask that you bring a check or exact payment. Space is limited, so sign up soon.

*See you at the picnic!*

## Poker Walk!

Will you get the best poker hand? People age 55+ can join in the senior center Poker Walk on Thursday, August 12 at 10 a.m. Participants will walk the designated loop in the community center west parking lot 5 times and stop at the Poker Station each time to create a 5-card poker hand.

Each person's completed poker hand will be recorded and they can enjoy a snack while we wait to see who gets a prize for the best hand. Please sign up in advance.

Nominees needed to serve on the MSC Board of Directors. Talk to Pam for details.

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## AUGUST 2021 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from Russell's on the Lake	Thursday Meals from VFW Post 8731
<b>3</b> Beef & Mixed Veggies Chicken Wings Fried Rice Fortune Cookie	<b>4</b> Chicken Cordon Bleu Garlic Mashed Potatoes Green Beans Dinner Roll	<b>5</b> Hot Turkey Mashed Potatoes Vegetable Dinner Roll
<b>10</b> Sesame Chicken Egg Roll Fried Rice Fortune Cookie	<b>11</b> BBQ Ribs Au Gratin Potatoes Corn Dinner Roll	<b>12</b> Meatloaf Mashed Potatoes Vegetable Dinner Roll
<b>17</b> Chicken Chow Mein Cream Cheese Wonton Fried Rice Fortune Cookie	<b>18</b> Pork Chop Mashed Potatoes Glazed Carrots Dinner Roll	<b>19</b> Spaghetti Breadstick
<b>24</b> Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	<b>25</b> Lasagna Garden Salad Bread Stick	<b>26</b> Hot Beef Sandwich Mashed Potatoes Gravy Vegetable
<b>31</b> Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie		

Many thanks to the following restaurants for providing the meals: Chin Yuen, 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 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 8-11 AM**

## 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](mailto: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.

## 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, August 11 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 August 11 and September 16 from 9 a.m. to 1 p.m. The cost is \$25.

Please either drop payment off (cash or check) or mail it to the center in advance. Checks are payable to the Monticello Senior Center. Class size is limited and people must register in advance.

## TRIPS, TRIPS, TRIPS

### Treasure Island Casino

Ride the coach bus to Treasure Island Casino on Monday, September 13. The bus departs the community center at 8:30 a.m. and returns at about 3:45 p.m. There is an \$18 charge to ride the bus and those going will receive \$15 on their casino card and a \$3 off food coupon. Sign up by September 7.

### MN Landscape Arboretum

Share a bus with Elk River seniors and enjoy a beautiful day at the MN Landscape Arboretum. Enjoy a casual lunch when you arrive which features a sandwich, chips, fruit, cookie and beverage. After lunch you may explore the gardens at your own pace and shop the gift store.

The group will gather back together for a guided tram tour of the gardens and woodlands. After the tram ride, you will have additional time to spend on the grounds.

This trip will be held Tuesday, September 21. The bus will depart the community center at 9:15 a.m. and return at 5 p.m. The cost is \$78 and you need to sign up and pay by August 16.

## 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 2<sup>nd</sup> Wednesday of each month (August 11) 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.

## Blood Pressure Checks

\*Tuesday, August 17, 11 a.m. to noon  
*Stop on over!*

## MOVIE MONDAYS

Movies are shown at 1 p.m. on the community center Mississippi Room big screen most Mondays. Check the calendar page for showing dates.

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 playing.

*Fresh popcorn will be served!*

## Line Dancing Offered

Line dancing for beginners is offered at the community center on Tuesdays from 10:15-11:45 a.m. You do not have to sign up in advance and the classes are held in the Warehouse room.

There is a suggested donation of \$5 per person per class time, payable to the instructor directly.

November 6th Craft Sale  
Vendor Registrations will be  
accepted starting  
August 9.

## 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.

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## SENIOR COMMUNITY SERVICES MEMORY CAFÉ

Our Memory Café is a safe and comfortable place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others. The café experience is free, and all the supplies are provided for you. You can participate in person at the Monticello Senior Center.



Our meetings are held  
the 3rd Wednesday  
of each month  
1:30pm – 2:30pm



To Register Call  
**763-295-2000**

Questions? Call Becky Allard, LSW at 952-746-4028

This service is supported, in part, by Hennepin County, municipalities, Title III Grants from Trellis and CMCOA, a Dementia Grant from the Minnesota Board on Aging, and a Live Well at Home Grant from Minnesota Department of Human Services.



### **Breakfast Fundraiser Planned**

**\*Sunday, October 24**

**\*Pancakes, scrambled eggs,  
sausage, ham, milk, juice, coffee**

***PLEASE MARK YOUR CALENDAR!***

**Free Legal Aid August 23  
Call to make an appointment**

*Please continue to wash your hands  
frequently and use hand sanitizer  
when in the senior center.*

*Keep in mind that barring any  
future mandates, people will not be  
required to wear masks in the center  
and they may not be vaccinated.*

**You can access the monthly  
newsletter by going to  
[monticelloseniorcenter.org](http://monticelloseniorcenter.org)  
It can also be emailed to you**

### **Monticello Senior Center Welcomes You!**

**505 Walnut Street, Suite 3  
Monticello, MN 55362**

**Phone: 763-295-2000**

**Website:**

**[monticelloseniorcenter.org](http://monticelloseniorcenter.org)**

**Open Hours:**

**Monday-Friday, 8 a.m.—4 p.m.  
Saturdays, 8-11 a.m. (office closed)**

**Director:**

**Pam Loidolt**