



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER AUGUST 2022 NEWSLETTER

Vanishing Landmarks

Explore the back roads and small towns and hear the stories and history of Minnesota through historic buildings that are quickly disappearing. Historian and storyteller Doug Ohman will share his experiences visiting many of these sites from Minnesota’s oldest Courthouse to the last Civil War recruiting station.

Doug will give this presentation at the center on Monday, August 29 at 10:30 a.m. Please sign up if you plan to attend.

Paying for the Nursing Home and Protecting Assets

Long-term care, whether it is assisted living, memory care or nursing home, is expensive. Many people lack sufficient assets to pay for years in a care setting. Come to a session on Thursday, August 4 at 10 a.m. that will focus on Medical Assistance which pays for long-term care if you are eligible, as well as strategies for protecting assets.

The presenter is Jill Adkins, an estate planning and elder law attorney for more than 30 years.

Please sign up at the senior center in advance if you plan to attend.

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

It's Picnic Time!

Please join us for a picnic at Ellison Park next to the beautiful Mississippi River on Monday, August 8.

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 \$7 per person and we ask that you bring a check or exact payment when you come to the park. Space is limited, so sign up soon.


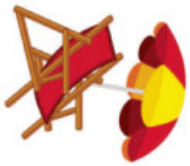

See you at the picnic!

Grandparent & Child Bingo

Invite your grandchildren to play bingo at the center on Wednesday, August 31. The games begin at 1 p.m. and prizes will be given to the winners. All the kids will receive a prize before they leave and root beer floats will be served to everyone after bingo.

Please sign up in advance, indicating the number of kids you will bring. There is no charge to attend and we hope to see you and your grandkids at this fun event.

AUGUST ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 Ceramics 8-11 Pickleball 8:30 Casino Trip 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	2 8-11 Pickleball 8:30 Tech Support 9:30 Foot Clinic 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	3 8:00 Ceramics 12:00 Dinner 1:00 500	4 8-11 Pickleball 9:00 Bike Group 10:00 Protecting Assets 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	5 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	6 8 a.m.-Noon Center Open
	7 8 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 12:00 Picnic 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting	9 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	10 8:00 Ceramics 9:00 Team Pool Tournament 9:00 Driver's Class 9:30 Book Club 12:00 Dinner 1:00 500 Tournament	11 8-11 Pickleball 9:00 Bike Group 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	12 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	13 8 a.m.-Noon Center Open
14	15 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge	16 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	17 8:00 Ceramics 12:00 Dinner 1:00 500	18 8-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	19 8:00 Ceramics 10:00 Women's Pool 1:00 Euchre Tournament	22 8 a.m.-Noon Center Open
21 	22 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	23 8-11 Pickleball 8:30 Tech Support 9:00 Foot Clinic 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	24 8:00 Ceramics 9:45 Riverboat Cruise Trip 12:00 Dinner 1:00 500	25 8-11 Pickleball 9:00 Bike Group 9:30 Legacy Letter Writing Class 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	26 8:00 Ceramics 10:00 Women's Pool 10:00 <i>To Stream or Not to Stream</i> 1:00 Euchre Tournament	27 8 a.m.-Noon Center Open
28	29 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 10:30 <i>Vanishing Landmarks</i> 1:00 Bridge 1:00 Movie Monday	30 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	31 8:00 Ceramics 12:00 Dinner 1:00 500 1:00 Grandparent & Child Bingo			

To Stream or Not to Stream...

Thinking of “cutting the cord” on your cable or satellite service or wonder what everyone is talking about when they say “Streaming TV”?

Sign up for a presentation HOME Program Coordinator Joe Kaul will facilitate at our center on Friday, August 26 at 10 a.m. where we will talk about Smart TV’s, Streaming TV services, cutting the cord, and other entertainment options that you may already have access to or want to explore.

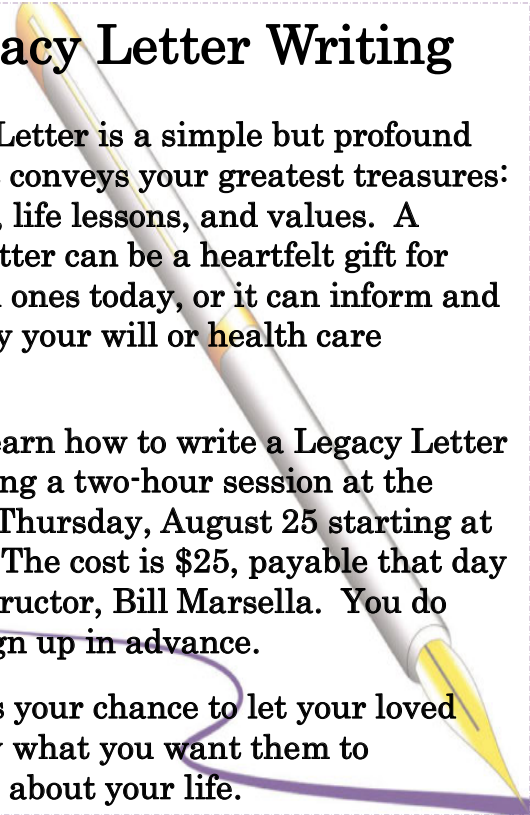
Space is limited, so reserve your spot today!

Legacy Letter Writing

A Legacy Letter is a simple but profound letter that conveys your greatest treasures: your faith, life lessons, and values. A Legacy Letter can be a heartfelt gift for your loved ones today, or it can inform and accompany your will or health care directive.

You can learn how to write a Legacy Letter by attending a two-hour session at the center on Thursday, August 25 starting at 9:30 a.m. The cost is \$25, payable that day to the instructor, Bill Marsella. You do need to sign up in advance.

Don’t miss your chance to let your loved ones know what you want them to remember about your life.



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AUGUST 2022 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
2 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	3 Tater Tot Hot Dish Coleslaw Dinner Roll	4 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	5 Tuna Hotdish Salad Dinner Roll
9 Beef Mixed Vegetables Chicken Wings Fried Rice Fortune Cookie	10 Grilled Chicken Sandwich Potato Salad	11 Lasagna Breadstick	12 1/2 Deli Sandwich Salad Chips
16 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	17 Reuben Lettuce Salad	18 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	19 No Dinner Today
23 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	24 Sloppy Joe Beans Chips	25 Meatloaf Mashed potatoes Vegetable Dinner Roll	26 No Dinner Today
30 Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie	31 Spaghetti Lettuce Salad Breadstick		

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-NOON

2 Toenail Clipping Dates Scheduled

Wright County Public Health nurses will be at our center on Tuesdays, August 2 and 23 to assist people age 60+ with toenail clipping.

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

There is a \$10 charge for this very beneficial service.

Book Club Meets Monthly

The senior center Book Club will meet on Wednesday, August 10 at 9:30 a.m.

They will be discussing *Patty Jane's House of Curl*, by Lorna Landvik. You can also pick up the next book the group will be reading.

Sympathies to...

...the family and friends of Jim Weisner on their loss.



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TRIPS

Treasure Island Casino Trip

You can ride the coach bus to Treasure Island Casino on Monday, August 1. The bus will depart the community center at 8:30 a.m. and return at about 3:45 p.m. There is an \$20 bus ride charge and those going will receive \$15 on their card and a \$3 off food coupon. Please sign up and pay at least 1 week prior to the trip date.

Riverboat Cruise

This August 24 two-hour Picnic Lunch Cruise on the Mississippi River may be full. You can add your name to the waiting list if you wish. The cost is \$70 per person and includes transportation, riverboat cruise, lunch, and escort.

Osceola Train Ride

Return to 1948 on the vintage St Croix Valley Railway in Osceola, Wisconsin on Thursday, September 29. You will be served a boxed lunch onboard which includes a turkey sandwich with lettuce and tomato, chips, cookie, and beverage.

The train ride will bring you through the bluffs and you will have beautiful views of the woodlands. You will cross the St. Croix River on a swing bridge that used to open to allow Steamboats to pass through. After the train ride the coach bus will bring you to Sprouting Out in Center City where you can shop for award winning cheese, bison products, and specialty gifts.

The cost is \$83 per person. The coach bus will depart the community center at 9 a.m. and return at about 3:30 p.m.

Team Pool Tournament

- ◆ Monticello Senior Center
- ◆ Wednesday, August 10, 9 a.m.
- ◆ Sign up in advance, \$3 fee

Overnight Casino Trip

Depart the community center at 7:30 a.m. on Wednesday, September 7 to head to Jackpot Junction Casino for the night. Wednesdays are "Thrifty 50" days, and you could win prizes. You also will have the chance to play afternoon or evening bingo if you like.

The cost is \$92 per person double occupancy and \$112 single, payable to Across Country Tours. The cost includes coach transportation, hotel stay, and \$50 on your player's card. The bus will return to the center on September 8 at approximately 3:45 p.m.

Orchard and Candy Store

Share a coach bus with Elk River seniors to Jordan, MN on Wednesday, October 12. First stop will be lunch at the Feed Mill Restaurant. Enjoy a club sandwich, soup of the day, and a beverage. Next stop will be the Minnesota Harvest Apple Orchard. With the orchard pass you can take the Wagon Ride Tour and visit the sunflower fields, corn maze, barnyard, and other exhibits. Take time to purchase baked goods, cider, apples, and a variety of apple products.

The final stop on the tour will be to Minnesota's Largest Candy Store. It is the bright yellow hangar-like building along highway 169. You can purchase candy, fruits, vegetables, and other specialty items.

The bus will depart the community center at 9:15 a.m. and return at about 4:45 p.m. The cost is \$68 per person and the deadline to register is September 12.

**November 5th Craft Sale
Vendor Registrations will be
accepted starting August 8.**

Driver Classes

People age 55+ completing a defensive driving class are eligible to receive a 10% auto insurance discount. The cost is \$25.

Four-hour refresher courses for those who have previously completed an eight-hour course will be held on August 10, September 8, October 6, November 16, and December 7 from 9 a.m. to 1 p.m.

Drop off or mail payment (cash or check) to the center in advance. Checks are payable to the Monticello Senior Center. Class size is limited and people must register in advance. Please note that refunds will not be given for no-shows.

Tech Support is Available

Need help with your smart-phone, tablet, computer or TV system?

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 Mary, you can call to schedule an appointment and there is no charge. Be sure to bring the equipment with you that you are having issues with to your appointment.

In home help is also available for a small fee.

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Caregiver Support Group

If you are caring for someone either close or from afar, be sure to check out the Caregiver Support Group that meets at the center on the 2nd Thursday of each month (August 11) from 10:30 a.m. to noon.

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 if you plan to attend.

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, lawn care, etc. All staff take precautions to ensure safety.

These services are available for residents in Monticello and several surrounding communities. Contact Joe Kaul, HOME Program coordinator, at 763-416-7969 for more information.

Card Tournaments...

All tournaments are open to people age 55+ and they 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.

*Cribbage—Monday, August 1, 8, 15, 22 & 29 @ 9 a.m.

*Euchre—Friday, August 5, 12, 19 & 26 @ 1 p.m.

*500—Wednesday, August 10 @ 1 p.m.

Blood Pressure Checks

***Tuesday, August 9, 11 a.m. to noon**

***Everybody welcome!**

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.

Free Legal Aid

Monday, August 22

Appointments required

Monticello Senior Center

505 Walnut Street, Suite 3

Monticello, MN 55362

Phone: 763-295-2000

Website:

monticelloseniorcenter.org

Open Hours:

Monday-Friday, 8 a.m.- 4 p.m.

Saturday, 8 a.m. - Noon (office closed)

Director:

Pam Loidolt