



# MONTI SENIOR NEWS

*“Reaching out  
and still growing”*

**MONTICELLO SENIOR CENTER AUGUST 2023 NEWSLETTER**

## **Tech & Tips for Caregivers**

Are you a caregiver? Licensed Social Worker Becky Allard will help you recognize who is a caregiver, discuss awareness of burnout, and ways to help make the caregiving journey smoother.

Please sign up to attend this session, which will be held on Wednesday, August 30 at 1 p.m. There is no charge.

## **Grandparent & Child Bingo**

Invite your grandchildren to play bingo at the center on Thursday, August 24. 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. We hope to see you and your grandkids at this fun event.

## **Dinner Program**

Meals are served at noon in the senior center Tuesday-Friday. The cost is just \$5. Sign up at least one day in advance by noon. Check out the menu page for details.

## **It's Picnic Time!**

Please join us for a picnic at Ellison Park next to the beautiful Mississippi River on Monday, August 21.

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 \$8 per person and you are asked to pay in advance.

## **Down the Mississippi in Minnesota—Part 2**

Enjoy America's best-loved river with photographer Doug Ohman as he paddles down the Mississippi. This part of the journey will take you from Little Falls to St. Paul and Doug's photographs are beautiful!

This picturesque presentation will be given on Monday, August 28 at 10:30 a.m. Please sign up if you plan to attend.

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

# AUGUST ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>7</b> 7-11 Pickleball 8:00 Ceramics 8:00 Casino Trip 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting	7-11 Pickleball 8:30 Tech Support 9:00 Foot Clinic 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 9:00 Mahjong 10:00 Bible Study 12:00 Dinner 1:00 500	7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	<b>7-11</b> Pickleball 8:00 Ceramics 8:00 Casino Trip 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting	7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 9:00 Driver's Class 9:00 Mahjong 9:00 Team Pool Tourn. 9:30 Book Club 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament	7-11 Pickleball 9:00 Bike Group 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	<b>7-11</b> Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 9:45 Boat Trip 1:00 Bridge Tournament	7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 9:00 Mahjong 10:00 Bible Study 12:00 Dinner 1:00 500	7-11 Pickleball 9:00 Bike Group 10:00 Picking a TCU 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	<b>7-11</b> Pickleball 8:00 Ceramics 9:00 Cribbage Tournery 12:00 Picnic 1:00 Bridge 1:00 Movie Monday	7-11 Pickleball 9:00 Foot Clinic 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 9:00 Mahjong 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament 1:30 Memory Café	<b>7-11</b> Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge 1:00 Grandparent & Child Bingo	8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
	<b>7-11</b> Pickleball 8:00 Ceramics 9:00 Cribbage Tournery 10:30 Down the Mississippi in MN 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	7-11 Pickleball 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 9:00 Mahjong 10:00 Bible Study 12:00 Dinner 1:00 500 1:00 Tech & Tips for Caregivers	<b>7-11</b> Pickleball 8:00 State Fair Trip 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge		

## Toenail Clipping

Wright County Public Health nurses will be at our center on Tuesday, August 1 & 22 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 \$20 charge for this service.

## Blood Pressure Checks

**\*Tuesday, August 8**

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

**\*Everybody welcome!**

## Picking Out a TCU

Please join us on Thursday, August 17 at 10 a.m. for an educational session on how to pick out a TCU (Transitional Care Unit). Leslie Williams from Hospice of the Midwest will help you understand the difference between a skilled environment stay vs a TCU stay.

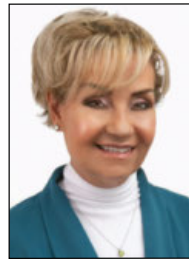
We will discuss what Medicare covers and what the 30 day window is for Medicare coverage. Leslie will help you understand the process on what to expect during a TCU stay. There will be a prize drawing and some fun snacks during the presentation.

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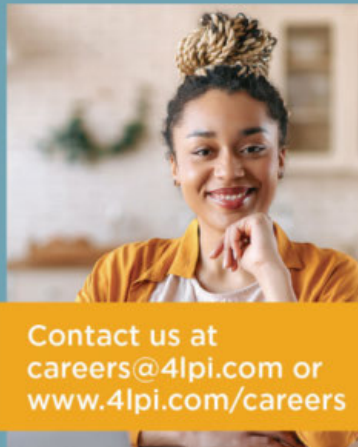
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## AUGUST 2023 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
<b>1</b> Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	<b>2</b> 1/2 Legion Club Wrap French Fries	<b>3</b> Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	<b>4</b> Chicken Alfredo Caesar Salad Dinner Roll
<b>8</b> Teriyaki Chicken Wontons Fried Rice Fortune Cookie	<b>9</b> Shredded Chicken & Gravy over Mashed Potatoes Salad Dinner Roll	<b>10</b> Lasagna Breadstick	<b>11</b> Goulash Garden Salad Dinner Roll
<b>15</b> Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	<b>16</b> Hamburger Onion Rings	<b>17</b> Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	<b>18</b> Ham & Turkey Sandwich Chips Pickle
<b>22</b> Sesame Chicken Egg Roll Fried Rice Fortune Cookie	<b>23</b> Spaghetti with Meat Sauce Salad Breadstick	<b>24</b> Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	<b>25</b> Chicken Wild Rice Soup Salad Dinner Roll
<b>29</b> Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	<b>30</b> Meatloaf Mashed Potatoes Corn Dinner Roll	<b>31</b> Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	

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**

Free Legal Aid  
Monday, August 28  
Appointments required

November 4th Craft Sale  
Vendor Registrations will be  
accepted starting August 14.

### Card Tournaments...

Senior center card tournaments are open to people age 55+. All games have a \$2 entry fee and prize money is paid to the tournament winners.  
*Advanced sign up for all tournaments is not required. See calendar for schedule.*

### Book Club Meets Monthly

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

The book, *Sold on a Monday*, by Kristina McMorris, will be discussed. Attendees will also pick up the next book the group will be reading. If you enjoy reading, try the Book Club.

### Team Pool Tournament

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

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## TRIPS →

**\*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 will be sharing a coach bus to Treasure Island Casino on Monday, August 7 with participants from the Crow River Senior Center.

The bus will depart the Monticello Community Center at 8 a.m. and return at about 4:15 p.m. There is a \$20 charge and those going will receive \$15 on their casino card to spend and \$3 off food.

### Lake Minnetonka Charter Cruise

This August 14 trip around Lake Minnetonka aboard an Al & Alma's charter boat may be full. You can add your name to the waiting list if you wish. The cost is \$50 and the bus will depart the community center at 9:45 a.m. and return at about 2:45 p.m.

### Minnesota State Fair

We will be sharing a coach bus to the Minnesota State Fair with participants from the Crow River Senior Center on Thursday, August 31.

The bus will depart the community center at 8 a.m. and leave the fairgrounds for the trip home at 3:30 p.m. The trip cost is \$35 per person, which includes fair admission.

### St. Croix Casino

We will be sharing a coach bus to St. Croix Casino on Tuesday, September 12 with participants from the Rogers Senior Center.

The bus will depart the Monticello Community Center at 8 a.m. and return at approximately 4:15 p.m. There is a \$30 charge and those going will have the opportunity to spin the wheel at the casino to win a minimum of \$10 in slot play.

### Million Dollar Quartet

The September 7 *Million Dollar Quartet* trip may be full and you can add your name to the waiting list if you wish. Trip cost is \$80 and the bus will depart the center at 9:45 a.m. and return about 4:30 p.m.

### Carlos Creek Winery

Enjoy a nice fall day in the Alexandria lakes area on Tuesday, October 3. Lunch will be at Pike and Pint Grill and you may choose from a walleye sandwich, fries, and a beverage or grilled chicken breast with bacon, lettuce, tomato and smoked gouda cheese served with coleslaw and a beverage. Please indicate your menu choice at the time of registration.

After lunch, you will take a short ride on the coach bus to Carlos Creek Winery. You will receive a tour of the vineyards and production area. Be prepared to walk a mile or so through various inclines in terrain. After the tour, sample and purchase your favorite wines.

The cost is \$79 per person. The bus will depart the community center at 9:30 a.m. and return at about 4:15 p.m. The deadline to register is August 28.

## 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 9, September 13, and October 18 from 9 a.m. to 1 p.m. You can call for more dates.

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.



## Technology Support

Need help with your smartphone, tablet, laptop or other device? Schedule a **free** appointment with a digital handyperson who can help you:

- Virtually connect via Zoom or Facetime
- Find and use helpful device features
- Manage online security and safety
- Troubleshoot device settings or errors



Appointments are available the first and third Tuesdays each month.

**Call the center to schedule.**

*A service provided as part of the HOME program and funded, in part, by Hennepin, Sherburne & Wright Counties. There is no fee for this service.*

Last updated 05.2023

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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.

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## Memory Café

*The 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.*

*The August 23 meeting will be held at our center from 1:30-2:30 p.m. Caregivers have the option to attend a concurrent caregiver support group. Please sign up if you plan to attend, 763-295-2000.*

## Sympathies to...

...the family and friends of Howard Giese on their loss.

## Monticello Senior Center

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.

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

Director:

Pam Loidolt