



# MONTI SENIOR NEWS

*“Reaching out  
and still growing”*

**MONTICELLO SENIOR CENTER AUGUST 2024 NEWSLETTER**

## Grandparent & Child Bingo

Invite your grandchildren to play bingo at the center on Thursday, August 15. 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.

## Choir Concert & Sundaes

The Monticello Senior Center River City Ramblers choir will perform a concert in the community center Mississippi Room on Thursday, August 22 at 1 p.m.

After the concert, people can enjoy a tasty ice cream sundae.

There is no charge and people age 55+ are welcome. Please sign up ahead of time. The ice cream sundaes will be provided by Willows Landing.

## It's Picnic Time!

Please join us for a picnic at Ellison Park next to the beautiful Mississippi River on Monday, August 19.

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 \$10 per person and you are asked to pay in advance.

## Saving History

Travel with historian Doug Ohman as he chronicles lost relics and history. With the use of simple tools, a metal detector and camera, Doug has respectfully recovered and photographed artifacts that help us reconnect to our past. He will share experiences, photos, stories, and actual relics that will bring local history to life.

Doug will give this presentation at 10:30 a.m. on Wednesday, August 21. Please sign up in advance if you wish to attend.

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

## Reimagine Aging Conference *Aging in a Digital World*

\*Friday, September 27, 7:30 a.m.-12:30 p.m.

\*Heritage Center, Brooklyn Center

\*[seniorcommunity.org.2024/RAC](http://seniorcommunity.org.2024/RAC)

\*Additional details at the senior center

# AUGUST 2024 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>4</b>	<b>5</b> 7-11 Pickleball 8:00 Casino Trip 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	<b>6</b> 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	<b>7</b> 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500	<b>8</b> 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	<b>9</b> 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	<b>10</b> 8 a.m.-Noon Center Open
<b>11</b> 	<b>12</b> 7-11 Pickleball 9:00 Cribbage Tournament 9:45 Boat Trip 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting	<b>13</b> 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 12:30 Handiwork Group 1:00 Hand and Foot	<b>14</b> 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament	<b>15</b> 7-11 Pickleball 9:00 Bike Group 10:00 Painting Class 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge 1:00 Grandchild Bingo	<b>16</b> 10:00 Women's Pool 12:00 Dinner 12:30 Ask a Master Gardener 1:00 Euchre Tournament	<b>17</b> 8 a.m.-Noon Center Open
<b>18</b>	<b>19</b> 7-11 Pickleball 9:00 Cribbage Tournament 12:00 Picnic 1:00 Bridge 1:00 Knitting Class	<b>20</b> 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	<b>21</b> 8:00 Ceramics 10:00 Bible Study 10:30 Saving History 12:00 Dinner 1:00 500 1:30 Memory Café	<b>22</b> 7-11 Pickleball 9:00 Bike Group 10:00 Painting Class 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge 1:00 Concert/Ice Cream	<b>23</b> 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	<b>24</b> 8 a.m.-Noon Center Open
<b>25</b> 	<b>26</b> 7-11 Pickleball 9:00 Cribbage Tournament 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	<b>27</b> 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	<b>28</b> 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500	<b>29</b> 7-11 Pickleball 8:00 State Fair Trip 9:00 Bike Group 9:00 Driver's Class 10:00 Painting Class 10:30 Bingo/Caregiver 12:00 Dinner 1:00 Bridge	<b>30</b> 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	<b>31</b> 8 a.m.-Noon Center Open



### FREE Art Class

This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

## Abstract Self-Portrait

People age 55+ can take a three-session art class free of charge. Participants will learn to establish their background and complete a self reflection worksheet to decide what to include in their art. A photo will be taken which will become the center point of the abstract art. Once the photo is applied, the self reflections are applied to the art.

The class will be held at MontiArts on August 15, 22 & 29 from 10-11:30 a.m. Finished Abstract Self-Portrait samples are at the center for you to view.



## Ask a Master Gardener

Come to the center on Friday, August 16 at 12:30 p.m. when a Master Gardener from the University of Minnesota Extension Volunteer program will be available to provide tips & resources to answer your gardening questions.

This month we will discuss harvesting your vegetable garden. Please sign up if you plan to attend.

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## AUGUST 2024 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> Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	<b>2</b> Grilled Cheese Tomato Soup Crackers
<b>6</b> Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	<b>7</b> BLT Wrap Fresh Fruit Chips	<b>8</b> Lasagna Breadstick	<b>9</b> Philly Sandwich Chips Pickle
<b>13</b> Chicken Chow Mein Wontons Fried Rice Fortune Cookie	<b>14</b> Cold Tuna Sandwich Fresh Fruit	<b>15</b> Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	<b>16</b> California Wrap Chips Special K Bar
<b>20</b> Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	<b>21</b> Penne Pasta with Meatballs Salad Bread Stick	<b>22</b> Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	<b>23</b> Chicken Alfredo Garlic Toast
<b>27</b> Sesame Chicken Wontons Fried Rice Fortune Cookie	<b>28</b> Meatloaf Mashed Potatoes Corn Dinner Roll	<b>29</b> Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	<b>30</b> Variety Sandwich Chips Pickle

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

### Knitting Class

- \*Monday, August 19 at 1 p.m.
- \*Needles & yarn provided
- \*Sign up in advance

### Team Pool Tournament

- ♦ Monticello Senior Center
- ♦ Wednesday, August 14, 9 a.m.
- ♦ Sign up in advance, \$4 fee

November 9th Craft Sale  
 Vendor Registrations will be  
 accepted starting August 12.  
 Each person must register  
 themselves.

### Book Club Meets Monthly

The senior center Book Club meets on  
 Wednesday, August 14 at 9:30 a.m.

They will be discussing the book, *The  
 Extraordinary Life of Sam Hell*, by Robert  
 Dugoni. You can also pick up the next  
 book the group will be reading. If you  
 enjoy reading, check out the Book Club.

### Handiwork Group

Bring your sewing, embroidery, crocheting,  
 etc. project to the center on Tuesday,  
 August 13 at 12:30 p.m. to socialize with  
 others. There is no instructor, just people  
 with projects getting together.

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Ben Allrich**

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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 5 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. Cost is \$25 and those going will receive \$15 on their casino card and \$5 off food.

### Lake Minnetonka Charter Cruise

The August 12th trip on Al & Alma's charter boat may be full and you can add your name to the waiting list. The coach bus will depart the community center at 9:45 a.m. and return at about 2:45 p.m. The trip cost is \$60 per person.

### Minnesota State Fair

The August 29th trip to the Minnesota State Fair may be full and you can add your name to the waiting list. The bus will depart our center at 8 a.m. and leave the fairgrounds for the trip home at 3:30 p.m. The trip cost is \$40 per person, which includes fair admission.

### Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on **Tuesday**, September 10 with participants from the Rogers Senior Center and the cost is \$25 per person. The bus will depart the Monticello Community Center at 8 a.m. and return at approximately 5:15 p.m. This will be a five-hour stay at the casino instead of four, as there is a prize drawing for cash at 3 p.m. and only those arriving by bus will be entered. Maybe one of our participants will win!

It is Bus Fest Day at the casino and those going will receive more than usual - \$20 on their casino card, \$5 off food, and a free drink coupon.

### Stockholm Pie and General Store

Explore Freedom Park in Prescott, Wisconsin on Tuesday, September 17. Take time to visit the Welcome and Heritage Center and view the art gallery and exhibits that highlight the history of the area. There is a nice walking path with some sculptures and spectacular views of the river.

Next stop will be to the Stockholm Pie Shop located in the beautiful historic Stockholm Opera Hall. Enjoy a special pot pie luncheon topped off with a slice of pie and a cup coffee. Please note that the group will be split up for lunch and some will have to walk up a flight of stairs and eat in the party rooms as the dining area is not large enough to accommodate all.

After lunch, go next door to the General Store filled with the best Wisconsin has to offer from cheese, gadgets, and books. The last stop will be in Red Wing at the Confectionary to purchase some ice cream and other delicious locally made chocolates and treats.

The cost is \$87. The bus will depart the community center at 8:30 a.m. and return at about 5:30 p.m.

### Excelsior Streetcar

Enjoy a nice lunch at Maynard's Restaurant on the shores of Lake Minnetonka on Thursday, October 3. You will be served a half sandwich, cup of soup, and a non-alcoholic beverage.

After lunch, you take a trolley ride along a half-mile of track and stop at the car barn to view a photo gallery from the 1800's and see work in progress on a streetcar restoration.

After the trolley ride, an historian from the Excelsior Lake Minnetonka Historical Society will give a walking tour along the 3 blocks of Water Street in downtown Excelsior for those that are interested. There will be time to shop in downtown Excelsior and enjoy the quaint shops on Water Street. The motor coach can make some shuttle runs along Water Street.

The bus departs the community center at 9:30 a.m. and returns at about 4:45 p.m. The cost of \$87 per person includes coach transportation, lunch, tours, and escort.

**Free Legal Aid—Monday, August 26**  
**Appointments required**

## Driver Classes

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

8-hour classes are no longer required. First-time participants can take a 4-hour class and they are scheduled on August 29, September 25, and October 23 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. Please note that 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

**No Hearing Screening services offered until further notice.**

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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.

*Cost-share contribution suggested.*

612-804-0968

[b.allard@seniorcommunity.org](mailto: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 safe and comfortable place where caregivers and their loved ones with memory loss can participate together. The café experience is free, and all supplies are provided for you.*

*The meeting will be held on Wednesday, August 21 at the Monticello Senior 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.*

## Blood Pressure Checks

**\*Tuesday, August 13, 11 a.m. to noon**

**\*Everybody welcome!**

### Is now the right time to consider volunteering?

Hospice volunteer opportunities are available in the Monticello area. Hospice volunteers offer patients: Support and Companionship\*Play Games/Cards Read\*Letter Writing and so much more!  
Interested? Reach out to a **Volunteer Specialist** today!



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## Monticello Senior Center

**505 Walnut Street, Suite 3**

**Monticello, MN 55362**

**Phone: 763-295-2000**

**Director—Pam Loidolt**

**Website:**

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

**Open Hours:**

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

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