



# MONTI SENIOR NEWS

*“Reaching out  
and still growing”*

MONTICELLO SENIOR CENTER FEBRUARY 2024 NEWSLETTER

## Name That Town

Journey throughout the state of Minnesota with photographer and storyteller Doug Ohman, as he explores towns and villages. This program focuses on the rich history of various locations and cities with fun and interesting stories relating to the town names.

Doug will present this very interesting program at the center on Wednesday, February 7 at 10:30 a.m. People are asked to sign up if they plan to attend.

## Senior Center Receives MN State Arts Board Grant!!

Thanks to Senior Community Services, the Monticello Senior Center will be able to offer a number of arts programs at little or no charge throughout 2024.

Plans are being made and details will be shared in the March senior center newsletter.

***Exciting News!!***

## Valentine Dinner & Party

Sign up in advance and join us for our Valentine's Day celebration on Wednesday, February 14. Dinner will be served at noon and features stuffed Italian shells, salad, garlic bread, and dessert. The cost is \$6 per person. Maybe you will win one of the prizes!

As an added treat, pianist George Maurer will perform during dinner. This program is made possible through a GRRL Legacy Grant.

*Sign up for this dinner only if you intend to stay for the entire 1 hour performance.*

Because this is a holiday meal, take out dinners cannot be ordered.

*The senior center will be closed on Monday, February 19 for Presidents Day*

## INCLEMENT WEATHER POLICY:

**IF THE MONTICELLO SCHOOLS ARE CLOSED OR HAVE EARLY RELEASE, THEN THE SENIOR CENTER WILL AS WELL. CHECK LOCAL NEWS AND RADIO CHANNELS FOR SCHOOL CLOSINGS. LATE STARTS WILL NOT IMPACT THE SENIOR CENTER.**

# FEBRUARY 2024 ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
				7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
8:00 Casino Trip 8:00 Ceramics 9:00 Cribbage Tournament 9:00 Tax Assistance 1:00 Bridge 1:00 Movie Monday	7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 9:00 Tax Assistance 1:00 Bridge 1:00 Movie Monday	7-11 Pickleball 8:30 Tech Support 9:00 Tax Assistance 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 10:00 Bible Study 10:30 Name That Town 12:00 Dinner 1:00 500	7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tourn. 9:00 Tax Assistance 1:00 Bridge Tourney 1:00 Movie Monday 1:00 Hearing Screening 4:00 Board Meeting	7-11 Pickleball 9:00 Tax Assistance 10:30 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 10:00 Bible Study 12:00 Valentine Dinner 1:00 500 Tournament	7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<i>Presidents Day</i> <b>Senior Center Closed</b>	7-11 Pickleball 8:30 Tech Support 9:00 Tax Assistance 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café	7-11 Pickleball 9:00 Driver's Class 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>		
	7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 9:00 Tax Assistance 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	7-11 Pickleball 7:30 The Jason Show Trip 9:00 Tax Assistance 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament	7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge		

## Book Club Meets Monthly

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

They will be discussing the book, *The Book of Lost Names* by Kristin Harmel. You can also pick up the next book the group will be reading. If you enjoy reading, check out the Book Club.

## Team Pool Tournament

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

## Free Tax Assistance

Low to moderate-income people of all ages can get their taxes prepared at the center free of charge on Mondays, Tuesdays, and Thursdays from February 1 thru April 11. Appointments are required.

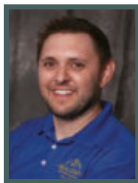
Be sure to bring with you to your appointment a copy of your last return, picture ID, Social Security card, W2's, 1099's, SSA-1099 forms, other income and/or tax documents for 2023, and rent receipts (CRP) for 2023 or property tax statements for 2023 and 2024.

*Be sure to organize your information before your appointment.*

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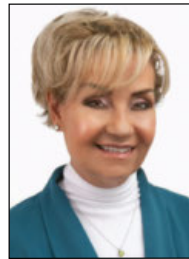
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## FEBRUARY 2024 MENU

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> Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	<b>2</b> Sloppy Joe Salad Chips
<b>6</b> Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	<b>7</b> Penne Noodles with Meat Sauce Salad Breadstick	<b>8</b> Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	<b>9</b> Chicken Breast Hotdish Salad Dinner Roll
<b>13</b> Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	<b>14 VALENTINE PARTY-\$6</b> Stuffed Italian Shells Salad Garlic Bread Brownie	<b>15</b> Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	<b>16</b> Chicken Wild Rice Soup Salad Dinner Roll
<b>20</b> Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie	<b>21</b> Scalloped Potatoes with Ham Salad Dinner Roll	<b>22</b> Lasagna Breadstick	<b>23</b> Chicken Alfredo Caesar Salad Dinner Roll
<b>37</b> Sesame Chicken Egg Roll Fried Rice Fortune Cookie	<b>28</b> Shredded Chicken over Mashed Potatoes Bread	<b>29</b> Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	

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

## Voluntary Membership

The Monticello Senior Center has a Voluntary Membership. The dues are \$15 for an individual and \$25 for a household per calendar year. The senior center is a 501(c)(3) organization and all donations are tax deductible. *Membership is not required to participate in senior center events.*

A 2024 Membership Form is included with this newsletter. Please consider taking out a Voluntary Membership and support your senior center. A number of people have already paid their 2024 voluntary dues and we thank them.

## 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.*

## Sympathies to...

...the family and friends of Roger Pribyl on their loss.

**Free Hearing Screening  
February 12th  
Appointments required**

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**\*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, February 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 4:15 p.m. There is a \$20 charge and those going will receive \$15 on their casino card to spend and \$5 off food.

### The Jason Show

Arrive at Fox 9 KMSP Broadcast Center in Eden Prairie on Tuesday, February 27 and be a part of the LIVE Studio Audience of The Jason Show. After the show, Jason is usually available for a group photo or to answer questions, but this is not always guaranteed. After the show have lunch at the Scoreboard in Minnetonka where you will be served the Special of the Day with a beverage. The last stop will be to The Pavak Broadcast Museum for a self-guided tour.

Please note: There are limited restrooms available to the public at the Jason Show. A valid ID is needed at check in to the Jason Show and everyone must go through a Security Screening. Consider wearing solid bright colors as those photograph the best. The studio is usually kept cooler so dress accordingly. The cost is \$85. The bus will depart the community center at 7:30 a.m. and return at about 4:15 p.m.

### Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, March 4 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 \$20 charge and those going will receive \$15 on their casino card to spend and \$5 off food.

### Sinatra—”My Way”

Share a bus on Tuesday, March 12 with seniors from Elk River and head to the Paramount Theater in St. Cloud to see Sinatra – “My Way” with Andrew Walesch and His Orchestra. Frank Sinatra has one of the most recognizable voices of all time. Join Andrew Walesch and his Big Band as they take you through Sinatra’s legendary recording career.

Prior to the show, enjoy a buffet lunch at Molitor’s Quarry Grill & Bar featuring chicken, mashed potatoes, gravy, dressing, coleslaw, green beans, dinner rolls, and beverages. The cost is \$83 per person. The coach bus will depart the community center at 10:30 a.m. and return at approximately 4:15 p.m.

### State Capitol & History Center

Enjoy a 45-minute guided tour of the MN State Capitol on Wednesday, April 10. You will receive an overview of Capitol history, art, architecture, and state government. After the tour you will have lunch at Degidio’s Restaurant and be served chicken parmesan over spaghetti, garlic bread, and a beverage.

The final stop will be to the History Center in St. Paul to spend time exploring on your own “The Life and Art of Charles M Schulz” exhibit. There will also be time for you to shop at the museum store. The cost is \$82 per person. The bus will depart the community center at 8 a.m. and return at about 4:15 p.m.



## 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 class will be held on February 22, March 20, and April 24 from 9 a.m. to 1 p.m. 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.



## 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

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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.

612-804-0968  
[b.allard@seniorcommunity.org](mailto:b.allard@seniorcommunity.org)



**CareNextion.org** is a free, online tool and app that helps caregivers coordinate and connect with others to support their older adult loved one.

## Blood Pressure Checks

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

**\*Everybody welcome!**

## 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 February 21 meeting will be held at 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.*

## Free Legal Aid

**Monday, February 26**

**Appointments required**

## Give a Little, Gain a Lot!

Be a part of the important services offered at the new Government Center in Buffalo by giving a little time. Opportunities include the main reception station, the License Center kiosk, and the work area in Health and Human Services. This volunteer opportunity is flexible, for a 2, 3 or 4 hour shift one or more weekdays. Benefits include mileage reimbursement, insurance coverage and more. The RSVP program from AmeriCorps Seniors can help you find the right fit for your time and interests! Contact Carole about these or other local opportunities. Office: 763-765-3036  
Cell: 763-635-4505, [rsvp.signup@ci.stcloud.mn.us](mailto:rsvp.signup@ci.stcloud.mn.us)