



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER JANUARY 2021 NEWSLETTER

Saving History

Doug Ohman is a Minnesota historian, storyteller, and professional photographer. Travel with Doug live via Zoom as he chronicles lost history. With the use of a metal detector and camera, Doug has respectfully recovered and photographed artifacts that help us reconnect to our past. He will bring local history to life.

You can come to the center on Thursday, January 28 at 1:30 p.m. or we can email you the Zoom link so you can participate from home.

Advance registration is required.

Tax Assistance

Volunteers at AARP Tax Aide are working on a plan to try and do taxes this year. We don't have all the details yet. With all of the restrictions that COVID has brought for safety measures, they are working on a plan to safely come back to our center. Please know they are working on it and we will update you as soon as we can.

Watch for updates later in January on our website, monticelloseniorcenter.org, and in the *Monticello Times*.

Mindful Presence: Compassionate Care for Self and Others

Being fully present to those in our lives with whom we care for can be a challenge, especially in these stressful times. This new, six-week workshop focuses on two parts of the mindful presence process: personal stress management and compassionate care. Each week will explore an aspect of the Mindful Presence Model with hands on practices designed to manage stress and develop skills to be deeply compassionate to others in our lives.

This workshop will be offered free of charge by Dr. Steve Hoover, professor from SCSU on six consecutive Wednesdays from 9:00-10:30 a.m. starting January 20 via Zoom.

Contact the senior center to register. No computer? Talk to Pam about options.

Zoom 101 with Joe!

Want to learn more about Zoom? Joe Kaul of our HOME Program/ Tech Support will guide you through an informative hour. He will discuss the basics and answer any questions that you might have. Visit our website and get the link on the activities calendar or send an email to pam.loidolt@ci.monticello.mn.us and a link will be emailed to you. Class dates: January 15 and February 19 at 1:30 p.m.

Aging Mastery Program

Aging Mastery aims to help older people take key steps to improve their well-being, add stability to their lives, and strengthen their ties to the community. Take part in this program and learn about aging well thru actionable goals, sustainable behaviors, social engagement, and gratitude.

This program will be held on Tuesdays, January 19-March 30 from 10-11:30 a.m. via Zoom and there is no cost. Don't have a computer? Talk to Pam about options.

JANUARY ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					All Activities subject to change	1 <i>Happy New Year!</i> Senior Center Closed 	2
3	4 8:30-3:30 Center Open 8:30 Ceramics 9:30-11:30 Pickleball 1:00 Movie Monday	5 8:30-3:30 Open 9-11 Pickleball 9:00 Tech Help 10:00 Yahzee	6 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study	7 8:30-3:30 Open 9-11 Pickleball 10:30-12:30 Caregiver One on One 11:00 Bingo 12:00 HOME Program	8 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	9 	
10 	11 8:30-3:30 Center Open 8:30 Ceramics 9:30-11:30 Pickleball 1:00 Movie Monday 4:00 Board of Directors Meeting	12 8:30-3:30 Open 9-11 Pickleball 9:00 Tech Help 10:00 Yahzee 11:00 Blood Pressure	13 8:30-3:30 Center Open 8:30 Ceramics 9:30 Book Club 11:00 Bible Study 1:30 Caregiver Support Group	14 8:30-3:30 Open 9-11 Pickleball 10:30-12:30 Caregiver One on One 11:00 Bingo 12:00 HOME Program	15 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool 1:30 Zoom 101	16	
17	18 <i>Martin Luther King Jr. Day</i> Senior Center Closed	19 8:30-3:30 Open 9-11 Pickleball 9:00 Tech Help 10:00 Yahzee 10:00 Aging Mastery	20 8:30-3:30 Center Open 8:30 Ceramics 9:00 Mindful Presence 11:00 Bible Study 1:30 Memory Café	21 8:30-3:30 Center Open 9-11 Pickleball 10:30-12:30 Caregiver One on One 11:00 Bingo 12:00 HOME Program	22 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	23 	
24/31 	25 8:30-3:30 Center Open 8:30 Ceramics 9:30-11:30 Pickleball 12:30 Legal Aid 1:00 Movie Monday	26 8:30-3:30 Open 9-11 Pickleball 9:00 Tech Help 10:00 Yahzee 10:00 Aging Mastery	27 8:30-3:30 Center Open 8:30 Ceramics 9:00 Mindful Presence 9:00 Driver's Class 11:00 Bible Study	28 8:30-3:30 Open 9-11 Pickleball 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program 1:30 Saving History Presentation	29 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	30	

Voluntary Membership

Please consider participating in the Monticello Senior Center 2021 Voluntary Membership drive. The dues are \$15 for an individual and \$25 for a household per calendar year and are tax deductible.

Membership is not required to take part in senior center activities. A Membership Form is included with this newsletter.

Thanks those of you who have already paid the voluntary dues.

Exciting news!!!!!!! Center Receives 15 iPads!

Thru Allianz grant money received by Senior Community Services, the Monticello Senior Center received 15 iPads. The iPads can be used to safely play cards and other games in the center.

There is also a possibility that they iPads can be loaned to senior citizens for them to use in their homes.

Details are still being worked out and you can contact Pam at the center for more information.

Exciting news!!!!!!!

**Together, let's make
2021 great!**

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Play Yahtzee at the Center

People can safely play Yahtzee in the senior center on Tuesdays at 10 a.m. Each person will sit at a table properly distanced from others and will have their own set of dice, cup, tray to shake the dice in, and score sheet.

The equipment will be sanitized after each game day. Please call the center in advance to reserve your spot.

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 1:1 caregiver support appointments on Thursday mornings at our center. Please call her to set up a time. If Thursday mornings do not work for you, please contact Becky to explore other options.

Try the Trailblazer for Free!

Trailblazer Transit provides rides to people of all ages for just about any reason. This Dial-A-Ride service is available throughout Wright, Sibley, and McLeod Counties plus some limited service into other neighboring cities.

Never used the Trailblazer and want to give it a try? Call the senior center to let us know you will stop by to pick up a couple free ride tokens.

Virtual Memory Café

A Virtual Memory Cafe experience is a safe and comfortable online place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others via Zoom. Each month features a fun project.

We want to extend an invitation for you and your loved one to be part of this amazing group. If you need help setting up Zoom or learning how to connect to a Zoom meeting, no worries – our HOME program is happy to help!

The meeting will begin at 1:30 p.m. on January 20. Please contact the senior center to register. If you're unable to attend virtually from your home, we will provide a safe, in-person option at the senior center. You can contact Pam for more info, 763-295-2000.

Blood Pressure Checks

***Tuesday, January 12**

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

***Call to reserve a spot**

Tech Help 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. Be sure to bring your equipment with you to your appointment. Mary can also connect with you over the phone.

Let's Help the MCC!!

Do you have a Medicare supplement? If so, you may qualify for a free membership to the Monticello Community Center. By checking in each day you visit the senior center your free membership helps fund the Community Center!

Please stop by the Community Center Guest Service counter to enroll and learn all the benefits of your free membership.

Thank you for your help!

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, snow removal, etc. Staff take precautions to ensure safety.

These services are available for both Monticello and Big Lake residents.

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.

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, January 13 at 9:30 a.m.

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Driver Classes Scheduled

The senior center partnered with the Minnesota Safety Council to provide driver's classes. People age 55+ 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 January 27 and February 24 from 9 a.m. to 1 p.m.

Please mail or drop off \$20 (cash or check) to the senior center in advance and checks are payable to the Monticello Senior Center. Class size is limited, people must register in advance, and masks are required.

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 2nd Wednesday of each month (January 13) from 1:30-3 p.m.

This group provides both support and education and is intended for nonprofessional caregivers. Call the center at 763-295-2000 to reserve your spot.

**Free Legal Aid January 25
Call to make an appointment**

MOVIE MONDAYS

Movies will be shown at 1 p.m. on the community center Mississippi Room big screen on January 4, 11, and 25.

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 shown.

As with all senior center events, you do need to register in advance.

Monticello Senior Center Social Media...

monticelloseniorcenter.org
and
[Like us on Facebook](#)

**THE SENIOR CENTER WILL BE
CLOSED ON JANUARY 1
(NEW YEAR'S DAY)
AND JANUARY 18
(MARTIN LUTHER KING JR. DAY)**

We Strive to...

*Promote social connections
while practicing physical
distancing*

Senior Center Protocol...

If you are unable to attend an activity you signed up for, PLEASE call to cancel.

Due to space limitations, we have turned people away and then there were no-shows...

- ⇒Governor Walz's Stay Safe MN order currently allows for groups of up to 10 people in the senior center at one time.
- ⇒Participants need to wear a mask in the center at all times. If you have one please bring it with you. If you do not have a mask we will provide one for you to keep.
- ⇒Wellness checks will be given at the door (temperature & simple questions asked).
- ⇒We ask that each participant sign a waiver document (only necessary once).
- ⇒Participants should stay at least 6' apart and should wash their hands frequently.
- ⇒Hand sanitizers are located throughout the center. *Please use them often.*
- ⇒Advance registration will be required for all activities until further notice.
- ⇒Drop-in participation will not be available while group numbers are limited.
- ⇒No food or beverages will be served or shared in the senior center.
- ⇒We will temporarily stop accepting donations of all items except money 😊

Hope to see you back in our center soon!

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Activity Changes...

- 1) All activities will include properly spaced set ups and disinfecting for safety.
- 2) Equipment or supplies cannot be shared.
- 3) Pre-registration is required for all activities.
- 4) Activity plans are subject to change without notice.

January Activities:

Aging Mastery Program
Bible Study
Billiards
Bingo
Blood Pressure Checks
Book Club
Caregiver Support Group & 1:1 Support
Ceramics
Computer Use
Driver's Class
HOME Program
Legal Aid
Memory Café
Mindful Presence Workshop
Movie Mondays
Pickleball
Saving History Presentation
Shuffleboard
Tech Support
Women's Pool
Yahtzee
Zoom 101 With Joe!

Senior center hours will be limited for disinfecting purposes and are subject to change. Be sure to check the calendar for the activity schedule.

Senior Center Hours

8:30 a.m. to 3:30 p.m.

Monday through Friday

Phone Number: 763-295-2000