



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER JANUARY 2023 NEWSLETTER

Voluntary Membership Drive in Full Swing

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 2023 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 2023 dues and we thank them.

Heart of Farm Barns of Minnesota

Enjoy a rural journey exploring the greatest of all rural icons, the barn. From the early days of statehood through the era of agribusiness, our barns tell a story. This story will bring you back to the farm and explain the importance of our rural roots.

Mark your calendar now so you don't miss this very interesting presentation Doug will be giving on Monday, February 13 at 10:30 a.m. People are asked to sign up if they plan to attend.



Come to the senior center on Monday, January 23 to take part in the Chili Cook-off. Bring your chili in a crockpot hot and ready to eat. If you are a chili lover, but not a chili maker, you are also welcome to come and take part in this noon dinner. People attending will sample each chili and vote for the 2 they like best. There will be prizes for the 1st and 2nd place winners. Please contact the senior center in advance if you plan to bring chili.

Cornbread, crackers, chili toppings, beverages, and dessert will be served with the chili. The cost is \$5 per person and those bringing chili do not pay. Please sign up for this dinner by January 19. Hope to see you on the 23rd for a tasty meal and the chance to choose the best chili!

Please Join Us for Dinner

Four area restaurants provide tasty noon meals at the senior center Tuesday-Friday. Chin Yuen provides meals on Tuesdays, American Legion Post 260 on Wednesdays, VFW Post 8731 on Thursdays, and Cornerstone Café on Fridays. The restaurant owners and staff deserve our thanks! The meal cost is just \$5 and people age 55+ and spouse regardless of age are welcome to participate. People do have to sign up at least 1 business day in advance by noon and pay for meals they order.

JANUARY ACTIVITY CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|--|---|
| 1  | 2 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday | 3 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot | 4 8:00 Ceramics 12:00 Dinner 1:00 500 | 5 8-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge | 6 8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament | 7 8 a.m.-Noon Center Open |
| 8 | 9 8:00 Ceramics 8-11 Pickleball 8:30 Casino Trip 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting | 10 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 | 11 8:00 Ceramics 9:00 Driver's Class 9:00 Team Pool Tournament 9:30 Book Club 12:00 Dinner 1:00 500 | 12 8-11 Pickleball 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge | 13 8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament | 14 8 a.m.-Noon Center Open |
| 15  | 16 Martin Luther King, Jr. Day Senior Center Closed | 17 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot | 18 8:00 Ceramics 12:00 Dinner 1:00 500 1:30 Memory Café | 19 8-11 Pickleball 9:15 Splendor Trip 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge | 20 8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament | 21 8 a.m.-Noon Center Open |
| 22 | 23 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournney 12:00 Chili Cook-Off 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday | 24 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot | 25 8:00 Ceramics 12:00 Dinner 1:00 500 | 26 8-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge | 27 8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament | 28 8 a.m.-Noon Center Open |
| 29  | 30 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday | 31 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot | | | | |



Tax Assistance Begins in February

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 2 thru April 13. Appointments are required and can be made starting January 3.

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 and other income and/or tax documents for 2022 and rent receipts (CRP) for 2022 or property tax statements for 2022 and 2023.

Be sure to organize your information before your appointment.

Book Club Meets Monthly

The senior center Book Club meets on Wednesday, January 11 at 9:30 a.m.

They will be discussing the book, *At the Wolf's Table*, by Rosella Postorino. You can also pick up the next book the group will be reading. If you enjoy reading, please check out the Book Club.

Team Pool Tournament

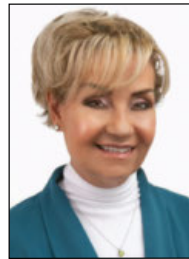
- ◆ Elk River Senior Activity Center
- ◆ Wednesday, January 11, 9 a.m.
- ◆ Sign up in advance, \$4 fee

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JANUARY 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 |
|---|--|--|---|
| 3 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie | 4 Spaghetti Lettuce Salad Breadstick | 5 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll | 6 French Dip Salad Chips |
| 10 Sesame Chicken Egg Roll Fried Rice Fortune Cookie | 11 Lasagna Lettuce Salad Breadstick | 12 Meatloaf Mashed potatoes Vegetable Dinner Roll | 13 Tater Tot Hotdish Dinner Roll |
| 17 Beef & Broccoli Chicken Wings Fried Rice Fortune Cookie | 18 Chicken Fettuccine Alfredo Lettuce Salad Breadstick | 19 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable | 20 Spaghetti Caesar Salad Dinner Roll |
| 24 Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie | 25 Cheeseburger French Fries Coleslaw | 26 Lasagna Breadstick | 27 Chicken Wild Rice Soup Salad Dinner Roll |
| 31 Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie |  | | |

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, January 23
Appointments required
Help not provided for wills

Free MCC Membership?

Do you have a Medicare Supplement plan? If so, you may qualify for a free membership to the Monticello Community Center! A membership helps you stay active and healthy and includes use of all the Community Center amenities and classes. Just stop by the MCC Guest Service counter for more information.

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 project this meeting will be painting snowflake suncatchers. Beautiful keepsakes for your family!

The January 18th meeting will be held at our center from 1:30-2:30 p.m. Please sign up if you plan to attend, 763-295-2000.

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Treasure Island Casino

You can ride the coach bus to Treasure Island Casino on Monday, January 9. The bus will depart the Monticello Community Center at 8:30 a.m. and return at approximately 3:45 p.m. There is a \$20 charge and those going will receive \$15 on their casino card and \$3 off food.

Summit Avenue Splendor

Enjoy a coach bus ride to St. Paul and drive along Summit Avenue with a tour guide on Thursday, January 19, 2023. You will receive a narrated tour about the history of the homes such as who may have lived there and unique information about their architectural style.

After the narrated tour you will be dropped off at James J Hill House for a guided tour of the 42-room mansion. Following the tour, board the bus to go eat at the popular neighborhood restaurant, Tavern on Grand. Your menu choices are a Walleye Basket or Chicken Basket. Please indicate your choice at the time of registration. Both are served with fries, coleslaw, and a beverage.

The cost is \$83 per person. The bus will depart the community center at 9:15 a.m. and return at about 4 p.m. The registration/payment deadline is December 19.

Treasure Island Casino

You can ride the coach bus to Treasure Island Casino on Monday, February 6. The bus will depart the Monticello Community Center at 8:30 a.m. and return at approximately 3:45 p.m. There is a \$20 charge and those going will receive \$15 on their casino card and \$3 off food.

The Root Beer Lady

Enjoy a mid-morning performance of “The Root Beer Lady” at the History Theater in downtown St. Paul on Thursday, February 2. It is a story of the indomitable Dorothy Molter, the last legal non-indigenous resident of the Boundary Waters, presented by playwright and performer Kim Schultz.

Her solo performance reflects the beauty and hardships of Molter’s solitary yet satisfying life and pushes back against the premise that her time in the North Woods made her the “Loneliest Woman in America” as the *Saturday Evening Post* claimed in 1952. The performance is funny, smart and passionate and it is sure to delight all.

After the show you will have lunch at Keys Café featuring a turkey, mashed potatoes and gravy, stuffing, vegetable, cranberries, bread, beverage and dessert. The cost is \$85 per person. The bus departs the community center at 8:15 a.m. and returns at about 3:45 p.m. Register ASAP if you are interested in going on this trip.

Irish History Tour

Enjoy a fun filled day in St. Paul on Thursday, March 9 learning about all things Irish! A costumed tour guide will board the motor coach and take you on a tour around St Paul. You will learn the answers to many questions regarding who really laid out the streets of St. Paul, how the Irish immigrants influenced the city’s architecture, politics, religion, and more!

Following the tour, you will have lunch at O’Malley’s Irish Pub in Woodbury. Your menu choices are: Homemade Shepherd’s Pie or Fish and Chips. Please indicate your menu choice at the time of registration.

The cost is \$85 per person and includes coach transportation, tour, and lunch. The bus departs the community center at 9:15 a.m. and returns at about 4:15 p.m. The deadline to register and pay is February 13.

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 January 11, February 15, and March 8 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.

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.

The senior center will be closed on Monday, January 16 in observance of Martin Luther King, Jr. Day

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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 (January 12) 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.

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. All staff take precautions to ensure safety.

These services are available for residents in Monticello and a growing number of surrounding communities. Contact Kelly Weber, 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. *Advanced sign up for euchre is no longer required.* Cash prizes are awarded to the winners and all games have a \$2 entry fee.

*Cribbage—Monday, Jan. 2, 9, 16, 23 & 30 @ 9 a.m.

*Euchre—Friday, Jan. 6, 13, 20 & 27 @ 1 p.m.

*500—Wednesday, Jan. 11 @ 1 p.m.

Blood Pressure Checks

***Tuesday, Jan. 10, 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.



Please like the Monticello Senior Center on Facebook

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