



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER JANUARY 2022 NEWSLETTER

Looking Back: Minnesota 150 Years Ago

Enjoy a look back at life on the Minnesota frontier 150 years ago. Historian and storyteller Doug Ohman will share a most interesting story of our state, during it's early beginnings.

Doug is a speaker, storyteller, and photographer. This free presentation will take place in the center on Thursday, February 3 at 10:30 a.m. Please register in advance.

Tax Assistance Offered

Low to moderate income persons can get help filing their tax forms. Contact the senior center after January 5 to schedule an appointment, which will be offered on Tuesdays and Thursdays from February 1 thru April 12. There is no charge for this service and space is limited.

The AARP Tax Aide Program will establish COVID safety protocols to be followed and those details were not available at the time this newsletter went to print. Additional info will be available when you schedule your appointment.

Legacy Letter Writing

A Legacy Letter is a simple but profound letter that conveys your greatest treasures—your faith, life lessons, and values. A Legacy Letter can be a heartfelt gift for your loved ones today, or it can inform and accompany your last will and testament or health care directive.

You can learn how to write a Legacy Letter by attending a two-hour session at the center on Friday, January 21 starting at 9:30 a.m. The cost is \$25, payable that day to the instructor, Bill Marsella. You do need to sign up in advance.

Don't miss your chance to let your loved ones know what you want them to remember about your life.

Learn How to Play Shuffleboard

Shuffleboard provides physical exercise and is good for your health and mind. The senior center has a beautiful 20 foot Shuffleboard table that can be used most times the center is open. Not sure how to play? Come to the center on Tuesday, January 25 at 10 a.m. to learn the fundamentals. Please sign up in advance.

JANUARY ACTIVITY CALENDAR

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

Voluntary Membership Drive

Please consider participating in the Monticello Senior Center 2022 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.

Book Club Meets Monthly

The senior center Book Club will meet on Wednesday, January 12 at 9:30 a.m. The group will discuss the last book they read and pick up the new one. Check it out—new members are always welcome.

Enjoy Delicious Meals

Tasty meals are served in the center at noon Tuesday—Friday. People age 55+ and spouse regardless of age are welcome and do need to sign up at least one business day in advance by noon. The meal cost is \$4 and people must pay for the meals they order.

The senior center Dinner Program is only made possible because of partnerships with four local restaurants. Tuesday meals are provided by Chin Yuen, Wednesday meals by American Legion Post 260, Thursday meals by VFW Post 8731, and Friday meals by Cornerstone Café. Thank you restaurant owners and staff—you are appreciated!

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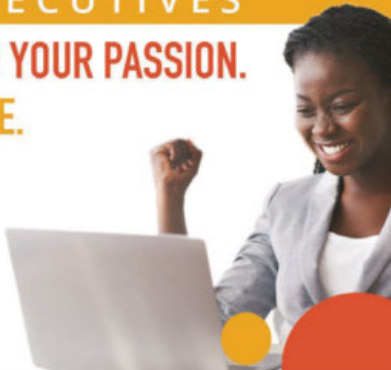
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JANUARY 2022 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
4 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	5 Chicken Caesar Wrap Coleslaw	6 Spaghetti Breadstick	7 Hot Beef Mashed Potatoes/Gravy Vegetable Dinner Roll
11 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	12 Beef Stew Dinner Roll	13 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	14 Gyro Greek Salad
18 Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	19 Sloppy Joe Potato Salad	20 Turkey Mashed Potatoes/Gravy Vegetable Dinner Roll	21 Chicken Wild Rice Soup 1/2 Deli Sandwich Chips
25 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	26 Chicken Fettuccine Alfredo Breadstick	27 Meatloaf Mashed Potatoes Vegetable Dinner Roll	28 Burger Fries Side Salad

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 \$4. 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 8-11 AM

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.

The senior center will
be closed on
January 1 & 17

Team Pool Tournament

- ♦ Elk River Senior Activity Center
- ♦ Wednesday, Jan. 12, 9 a.m.
 - ♦ Sign up in advance
 - ♦ \$3 entry fee

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. Cash prizes are awarded to the winners and all games have a \$2 entry fee.

- *Cribbage—Monday, Jan. 3, 10, 24 & 31 @ 9 a.m.
- *Euchre—Friday, Jan. 7, 14, 21 & 28 @ 1 p.m.
- *500—Wednesday, Jan. 12 & 26 @ 1 p.m.



A graphic with a blue and white color scheme. At the top, there's an illustration of a hand holding a red megaphone. Below it, the text "support our" is in a smaller font, and "ADVERTISERS" is in a large, bold, white font on a dark blue background. The background features stylized illustrations of a city street with buildings, cars, and people walking and riding a bicycle.



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TRIPS

Treasure Island Casino

Ride the coach bus to Treasure Island Casino on Monday, January 3. The bus departs the community center at 8:30 a.m. and returns at about 3:45 p.m. There is an \$18 charge for the bus ride and those going will receive \$15 on their casino card and a \$3 off food coupon.

Mystic Lake Casino

Ride the coach bus to Mystic Lake Casino on Monday, February 7. The bus departs the community center at 8:30 a.m. and returns at about 3:15 p.m. There is an \$18 charge and those going will receive \$15 on their casino card and a \$4 off food coupon.

Science Museum/Omni Theater

Enjoy a fun day in St Paul with seniors from Elk River on February 24. The coach bus will bring you to Degidios Italian Restaurant where you will be served Parmesan Crusted Chicken Breast served over spaghetti with classic tomato sauce and baked mozzarella. Garlic bread and a beverage is also included with your meal.

After lunch you will arrive at the Science Museum where you can visit the exhibits at your own pace. Choose from permanent exhibits such as Collector's Corner, Dinosaurs and Fossils Gallery, Human Body Gallery, Mississippi River Gallery, and much more!

Next you will see a show in the Omni Theater. Show titles have not yet been announced but will be announced on their website a few weeks prior to the trip date. Please note that there will be a significant amount of walking on this trip.

The bus will depart the community center at 10 a.m. and return at about 5:30 p.m. The cost is \$85 and the deadline to register is January 28.

Church Basement Ladies 20th Anniversary Tour

Share a bus with seniors from Elk River on March 1 and head to the Paramount Center for the Arts in St. Cloud to take in the Church Basement Ladies 20th Anniversary Tour. They are bringing this classic back to celebrate 20 years of laughter, toe-tapping music, and touching memories. This musical comedy shares the story of four church ladies as they solve the problems of a rural MN church in 1965.

Prior to the 1:30 p.m. performance, you can enjoy the lunch buffet at Coyote Moon Grille. The buffet will include three hot entrees, potato, vegetable, soup, Caesar salad, fresh popovers, cookie & coffee station, and a non-alcoholic beverage. The coach bus will depart the community center at 11 a.m. and return at about 4:15 p.m. The cost is \$68.



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 6, February 17, March 16, and April 7 from 9 a.m. to 1 p.m. Call the center for additional 2022 class 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. No refunds for no-shows.

Memory Café

Our Activity Hour 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.

These Memory Cafés are held on the 4th Wednesday of each month (January 26) from 1:30-2:30 p.m. If you wish to participate in person at the Crow River Senior Center, call 763-497-8900. If you wish to participate at the Monticello Senior Center via Zoom, call 763-295-2000.

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 her, you can call to schedule an appointment and there is no charge. Be sure to bring your equipment with you to your appointment. Mary can also connect with you over the phone.

In home help is also available for a small fee.

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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 (Jan. 13) 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. Call the center at 763-295-2000 if you plan to attend.

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 several surrounding communities. Contact Joe Kaul, HOME Program coordinator, at 763-416-7969 for more information.

Please continue to wash your hands frequently and use hand sanitizer when in the senior center.

Keep in mind that barring any future mandates, people will not be required to wear masks in the center and they may not be vaccinated.

Blood Pressure Checks

*Tuesday, Jan. 11 11 a.m. to noon

Keep Active!

The Monticello Community Center can help you stay active this winter! Your Medicare supplement may cover the cost of a membership at MCC. MCC members can take advantage of fitness classes including Water Aerobics and SilverSneakers classes.

Members also have access to our pool, spas, indoor track, gymnasium, and a variety of cardio and strength equipment. If you have questions, contact program manager, Sara Cahill, at 763-271-7124.

Please note that all senior center activities are subject to change without notice and any current and future COVID requirements will be followed

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.

Saturdays, 8-11 a.m. (office closed)

Director:

Pam Loidolt