



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER JANUARY 2024 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 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 dues and we thank them.

The Washington Monument

The 555-foot Washington Monument stands proudly in the center of the National Mall in Washington DC. Building the Monument involved disagreements about the design, political infighting, inability to raise money, and a 22-year interruption in the building phase. Join us as we explore this fascinating story.

Historian David Jones will give this presentation at the center at 10 a.m. on Friday, January 19 in the Mississippi Room. There is no charge to attend and people are asked to sign up in advance.



Come to the senior center on Monday, January 22 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 18. Hope to see you on the 22nd for a tasty meal and the chance to choose the best chili!

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.

JANUARY 2024 ACTIVITY CALENDAR

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

Book Club Meets Monthly

The senior center Book Club meets on Wednesday, January 10 at 9:30 a.m.

They will be discussing the book, *The Rose Code* by Kate Quinn. 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

- ◆ Elk River Senior Activity Center
- ◆ Wednesday, January 10, 9 a.m.
- ◆ Sign up in advance, \$4 fee

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 1 thru April 11. Appointments are required and can be made starting January 2.

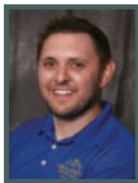
Be sure to bring with you to your appointment a copy of your last return, picture ID, Social Security card, W2's, 1099's, SSA-1099 forms and other income and/or tax documents for 2023 and rent receipts (CRP) for 2023 or property tax statements for 2023 and 2024.

Be sure to organize your information before your appointment.

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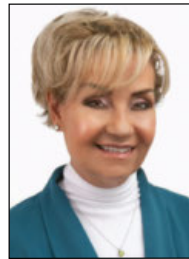
Blake Beaudry
Blake@BeaudryHometown.com
Text Me @ 763.299.6518
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JANUARY 2024 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
2 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	3 Beef or Chicken Taco Fixings Refried Beans Rice	4 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	5 Spaghetti Caesar Salad Dinner Roll
9 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	10 Cheesy Scalloped Potatoes and Ham Salad Dinner Roll	11 Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	12 Tater Tot Hotdish Dinner Roll
16 Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	17 Steak Fajita Wrap Jojos	18 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	19 Chicken Alfredo Caesar Salad Dinner Roll
23 Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie	24 1/4 Broasted Chicken Mashed Potatoes Corn Dinner Roll	25 Lasagna Breadstick	26 Goulash Garden Salad Dinner Roll
30 Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie	31 Tater Tot Hotdish Salad 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

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 meal cost is \$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.

The senior center will be closed on Mondays, January 1 and 15

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.

Great Fitness Classes for Seniors!

The Monticello Community Center has water aerobics, yoga, dance, and mobility & strength classes available. Check with guest services, as your Medicare supplement may cover the cost of a membership and entitle you to free classes!

There will be a Senior Fitness Open House on Wednesday, January 17 at 11 a.m. Come and get a tour of MCC and learn more about all the fitness opportunities.

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Ben Allrich

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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.**

Overnight Casino Trip

You can ride the coach bus to Jackpot Junction Casino on Wednesday, January 17. The bus will depart the Monticello Community Center at 8 a.m. on January 17 and return at approximately 3:45 p.m. on January 18.

The cost is \$99 per person double occupancy and \$121 single. In addition to your hotel room, you will receive \$50 in slot play and two \$5 off food coupons.

Winter Dance Party

The January 25 trip to the Paramount Theater to see, "Winter Dance Party" may be full but you can add your name to the waiting list. The trip cost is \$78 and includes coach transportation, show, and lunch. The bus will depart the community center at 10:30 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, 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 KMSB 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.

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.

Sympathies to...

...the family and friends of Bill Fair on their loss.

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 January 24, February 22, and March 20 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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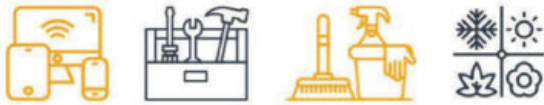


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The **HOME program** offers a variety of services including personal technology assistance, handyman services, home safety checks, housekeeping and lawn care/snow removal.



To learn more, call 763-416-7969 or email hometeam@seniorcommunity.org.



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



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, Jan. 9, 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 January 17 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, January 22
Appointments required**

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