



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER JULY 2022 NEWSLETTER

Going to Work

The New Deal in Minnesota

The 1930's were interesting times in our nation's history. The creation of economic programs to respond to the Great Depression had just taken place. Explore the legacy footprint that remains from the WPA, PWA, CCC, NYA, and the VCC in Minnesota.

Historian Doug Ohman will give this presentation at the center on Monday, July 18 at 10:30 a.m. Sign up if you plan to attend.

Mount Rushmore: Carving of an Icon

Today, more than 2 million people each year visit Mount Rushmore in the Black Hills of SD. Fourteen years, four hundred workers, 450,000 tons of rock, and nearly one million dollars led to the carving of this icon.

The story is even more interesting and will be told by historical presenter David Jones at the center on Thursday, July 21 at 10 a.m. Please sign up if you plan to attend.

Come to the Riverfest Block Party

People of all ages are invited to the Riverfest Block Party on Thursday, July 14. Stop by the south side of the community center from 11 a.m. to 1 p.m. for a corndog, chips, dessert, and soda. It's all free! This event is sponsored by the senior center, community center, city of Monticello, and Army National Guard.

Part of the senior center's responsibility for the Block Party is to provide desserts and we need a lot! Please contact the center if you can bake bars or cookies for this fun community event.

Over 90's Party

People age 90+ will be honored at the center on Monday, July 25 beginning with a noon dinner. Then the special guests will be introduced. We hope many people sign up for this event and help honor our guests. The meal cost for those under age 90 is \$5 and there is no charge for people age 90+. The meal includes goulash, vegetable, dinner roll, and dessert.

iPad Learning Event





Interested in learning how to use an iPad or learn more about them? Wondering if an iPad is right for you? Here is your chance to find out more about using a tablet PC, as we are happy to announce that we will have our very own Tech Talk based on using the Apple iPad!

Our HOME Program coordinator Joe Kaul will walk you through the fundamental use of an iPad and more, and HOME Program volunteers will be on hand to help you with individual questions. You do NOT have to own an iPad or be a current HOME Program participant to join this class.

We will provide you with an iPad during the class, or you can bring your own if you have one.

Class time and date is Wednesday July 27th at 10 a.m. Contact the senior center to make a reservation for this FREE class. Space is limited, so be sure to sign up early!

JULY ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3	4 Senior Center Closed	5 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	6 8:00 Ceramics 12:00 Dinner 1:00 500	7 8-11 Pickleball 9:00 Bike Group 9:00 Driver's Class 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 12-8 Duck Adoptions 1:00 Bridge	8 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament 2-8 Duck Adoptions	9 8 a.m.-Noon Center Open
10 	11 8:00 Ceramics 8-11 Pickleball 8:30 Casino Trip 9:00 Cribbage Tournament 12:30 Bridge 1:00 Movie Monday 4:00 Board Meeting	12 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	13 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 12:00 Dinner 1:00 500 Tournament	14 8-11 Pickleball 9:00 Bike Group 10:30 Caregiver Support Group 10:30 Bingo 11-1 Riverfest Block Party 1:00 Bridge	15 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	16 8 a.m.-Noon Center Open
17 2-4:30 p.m. Riverfest Bingo Ellison Park	18 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 10:30 <i>Going to Work</i> Presentation 12:30 Bridge 1:00 Movie Monday	19 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	20 8:00 Ceramics 12:00 Dinner 1:00 500	21 8-11 Pickleball 9:00 Bike Group 10:00 <i>Mt. Rushmore</i> Presentation 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	22 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	23 8 a.m.-Noon Center Open
24/31 	25 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 12:00 Over 90's Party 12:30 Legal Aid 12:30 Bridge	26 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	27 8:00 Ceramics 10:00 iPad Class 12:00 Dinner 1:00 500	28 8-11 Pickleball 8:30 Property Tax Assistance 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	29 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	30 8 a.m.-Noon Center Open

Paying for the Nursing Home and Protecting Assets

Long-term care, whether it is assisted living, memory care or nursing home, is expensive. Many people lack sufficient assets to pay for years in a care setting. Come to a session on Thursday, August 4 at 10 a.m. that will focus on Medical Assistance which pays for long-term care if you are eligible, as well as strategies for protecting assets.

The presenter is Jill Adkins, an estate planning and elder law attorney for more than 30 years.

Please sign up at the senior center in advance if you plan to attend.

Riverfest Bingo-Fun for All!

People of all ages can go to Ellison Park on Sunday, July 17 to play bingo from 2-4:30 p.m. The cost is \$.25 per card per game and the winner of each game is paid \$5. If there are multiple winners, the money is split. All money raised goes toward paying the numerous Riverfest expenses.

Senior center volunteers run this bingo event and we need your help. Please contact the center if you can volunteer for a 1 hour and 15 minute shift.

Free Property Tax Assistance

*Thursday, July 28

*Appointments required

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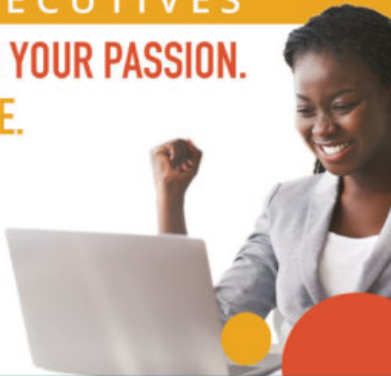
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JULY 2022 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
			1 1/2 Chicken Ranch Wrap Chicken Wild Rice Soup Chips Pickle
5 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	6 Grilled Chicken Salad Fresh Fruit Breadstick	7 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	8 BBQ Ribs Baked Beans Potato Salad Dinner Roll
12 Beef Chow Mein Chicken Wings Fried Rice Fortune Cookie	13 Chicken Pot Pie Lettuce Salad Dinner Roll	14 Lasagna Breadstick	15 French Dip Salad Tortilla Chips
19 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	20 Sloppy Joe Potato Salad Chips	21 Turkey Mashed Potatoes Gravy Vegetable Bread	22 Gyro Greek Salad
26 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	27 Spaghetti Lettuce Salad Breadstick	28 Meatloaf Mashed potatoes Vegetable Dinner Roll	29 1/2 Deli Sandwich Chicken Wild Rice Soup Salad Chips Pickle

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

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 July 7, August 10, September 8, and October 6 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.

Book Club Meets Monthly

The senior center Book Club will meet on Wednesday, July 13 at 9:30 a.m. They will be discussing *City of Thieves* by David Benioff. You can also pick up the next book the group will be reading.

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.

*Euchre—Friday, July 1, 8, 15, 22 & 29 @ 1 p.m.

*Cribbage—Monday, July 11, 18 & 25 @ 9 a.m.

*500—Wednesday, July 13 @ 1 p.m.



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TRIPS

2 Treasure Island Casino Trips

You can ride the coach bus to Treasure Island Casino on Monday, July 11 and/or August 1. For each trip the bus will depart the community center at 8:30 a.m. and return at about 3:45 p.m. There is an \$20 bus ride charge for each trip and those going will receive \$15 on their casino card and a \$3 off food coupon. Please sign up and pay at least one week prior to the trip dates.

Riverboat Cruise

Head to Harriet Island on Wednesday, August 24 where you will board a Padelford Riverboat to enjoy a two-hour Picnic Lunch Cruise. As you take in the sites along the beautiful mighty Mississippi, you can indulge in a delicious meal featuring BBQ chicken, pulled pork with buns, green chili cheddar cornbread, potato salad, seasonal fruit, cookies, and coffee. The trip cost is \$70 per person.

The bus will depart the community center at 9:45 a.m. and return at about 3:45 p.m. The deadline to register is July 22.

Overnight Casino Trip

Depart the community center at 7:30 a.m. on Wednesday, September 7 to head to Jackpot Junction Casino for the night. Wednesdays are "Thrifty 50" days, and you could win prizes. You also will have the chance to play afternoon or evening bingo if you like.

The cost is \$92 per person double occupancy and \$112 single, payable to Across Country Tours. The cost includes coach transportation, hotel stay, and \$50 on your player's card. The bus will return to the center on September 8 at approximately 3:45 p.m.

Osceola Train Ride

Return to 1948 on the vintage St Croix Valley Railway in Osceola, Wisconsin on Thursday, September 29. You will be served a boxed lunch onboard which includes a turkey sandwich with lettuce and tomato, chips, cookie, and beverage.

The train ride will bring you through the bluffs and you will have beautiful views of the woodlands. You will cross the St. Croix River on a swing bridge that used to open to allow Steamboats to pass through. After the train ride the coach bus will bring you to Sprouting Out in Center City where you can shop for award winning cheese, bison products, and specialty gifts.

The cost is \$83 per person. The coach bus will depart the community center at 9 a.m. and return at about 3:30 p.m.

Bike Group Rides Planned

You can stop by the senior center to pick up a list of the River City Riders bike group destinations. They ride on Thursday mornings. You can also be added to the group email list to receive details about each week's ride.

Duck Adoption Volunteers Needed

Volunteers are needed to help with Riverfest Duck Adoptions on Thursday and Friday, July 7 & 8 at Hi-Way Liquors. There are a number of two-hour shifts you can sign up for. Please contact the senior center if you can help.

Delicious Meals Served

*Tuesday-Friday at noon

*Sign up at least 1 day in advance

*Only \$5

*Check out the menu page

Farmers Market

The Monticello Farmers Market is open every Thursday, 3:30-7:00 p.m. in the Monticello library parking lot. Local vendors will offer a variety of fresh produce, canned goods, baked goods, meats, eggs, honey, maple syrup, plants, flowers, and more. Check it out!

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.

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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 (July 14) 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, lawn care, 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.

Team Pool Tournament

- ♦ Elk River Senior Activity Center
- ♦ Wednesday, July 13, 9 a.m.
 - ♦ Sign up in advance
 - ♦ \$3 entry fee

Free Legal Aid—Monday, July 25
Appointments required.

Blood Pressure Checks

***Tuesday, July 12 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.

★ The senior center will be closed ★
★ on Monday, July 4 in observance ★
★ of Independence Day ★

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