



MONTICELLO SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER JULY 2023 NEWSLETTER

Come to the Riverfest Block Party

People of all ages are invited to the Riverfest Block Party on Thursday, July 13. Stop by the south side of the community center from 11 a.m. to 1 p.m. for a hotdog, chips, dessert, and soda. It's all free!

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.

It's Picnic Time!

Please join us for a picnic at Ellison Park next to the beautiful Mississippi River on Monday, July 17.

Contact the center to reserve your place. A delicious box lunch will be served at noon and then people can play bingo for the chance to win prizes.

The cost is \$8 per person and you are asked to pay in advance.

Can you get a free computer or tablet? See below...



TECHNOLOGY GIVEAWAY



Thanks to a grant from the *State of Minnesota Department of Human Services*, you may be able to get a free device.

Application Day

Wednesday, July 12 from 12:30 pm to 2 pm
Come to the center to complete an application.

Pick Up Day

Wednesday, July 26 from 12:30 pm to 2 pm
Come to the center to get your device including an initial setup and customization.

This opportunity is available to those age 60 and older with an individual monthly income at or below \$2,500 or a couple/household monthly income at or below \$3,300. Priority is given to those with a demonstrated need for a device.


Down the Mississippi in Minnesota—Part 1

Enjoy America's best-loved river with photographer Doug Ohman as he paddles down the Mississippi. This part of the journey will take you from Lake Itasca to Little Falls and Doug's photographs are beautiful!

This picturesque presentation will be given on Monday, July 24 at 10:30 a.m. Please sign up if you plan to attend.

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☆☆ The senior center will be closed on ☆☆☆
☆☆ Tuesday, July 4th in observance of ☆☆☆
☆☆ Independence Day. ☆☆☆
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JULY ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 	3 8:00 Ceramics 8:00 Casino Trip 9:00 Cribbage Tournament 1:00 Bridge	4 Senior Center Closed 	5 8:00 Ceramics 9:00 Mahjong 10:00 Bible Study 12:00 Dinner 1:00 500	6 7-11 Pickleball 9:00 Bike Group 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	1/8 8 a.m.-Noon Center Open
9	10 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 1:00 Bridge Tournament 1:00 Movie Monday 4:00 Board Meeting	11 7-11 Pickleball 10:30 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	12 8:00 Ceramics 9:00 Mahjong 9:00 Team Pool Tourn. 9:30 Book Club 10:00 Bible Study 12:00 Dinner 12:30 Tech. Giveaway 1:00 500 Tournament	13 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver Support Group 10:30 Bingo 11-1 Riverfest Block Party 1:00 Bridge	14 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	15 8 a.m.-Noon Center Open
16 2-5 Riverfest Bingo 	17 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 12:00 Picnic 1:00 Bridge 1:00 Movie Monday	18 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	19 8:00 Ceramics 9:00 Mahjong 9:00 Driver's Class 9:00 St. John's Trip 10:00 Bible Study 12:00 Dinner 1:00 500	20 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	21 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	22 8 a.m.-Noon Center Open
23	24 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tourney 10:30 Down the Mississippi in MN 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	25 7-11 Pickleball 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	26 8:00 Ceramics 9:00 Mahjong 10:00 Bible Study 12:00 Dinner 12:30 Tech. Giveaway 1:00 500 1:30 Memory Café	27 7-11 Pickleball 8:30 Prop. Tax Assis. 9:00 Bike Group 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 a.m.-Noon Center Open
30 	31 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday			1 		

Like to Play Mahjong?

As requested by those taking lessons in June, Mahjong will become a regularly scheduled senior center activity. This game will be played on Wednesdays at 9 a.m. starting July 5. If you like to play Mahjong, come on over Wednesday mornings.

Riverfest Bingo-Fun for All!

People of all ages can play bingo from 2-5 p.m. on Sunday, July 16. It will be held in the west community center parking lot. 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 1.5 hour shift.

FREE Property Tax Help

Thursday, July 27

Appointments are required

Blood Pressure Checks

*Tuesday, July 11

11 a.m. to noon

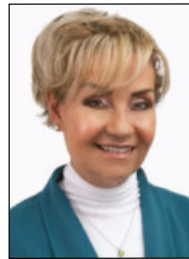
*Everybody welcome!

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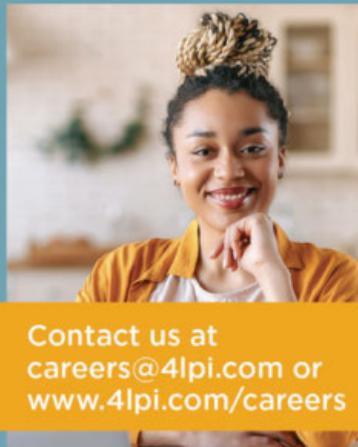
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MississippiShores.org

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JULY 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
4 Senior Center Closed 	5 French Dip Chips	6 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	7 Chicken Wild Rice Soup Garden Salad Dinner Roll
11 Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie	12 Tater Tot Hotdish Lettuce Salad Dinner Roll	13 No Dinner Program Meal Today	14 1/2 Sandwich Chips Pickle
18 Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	19 Goulash Lettuce Salad Dinner Roll	20 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	21 Sloppy Joe Chips Pickle
25 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	26 Scalloped Potatoes with Ham Lettuce Salad	27 Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	28 Spaghetti Caesar 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

Free Legal Aid
Monday, July 24
Appointments required

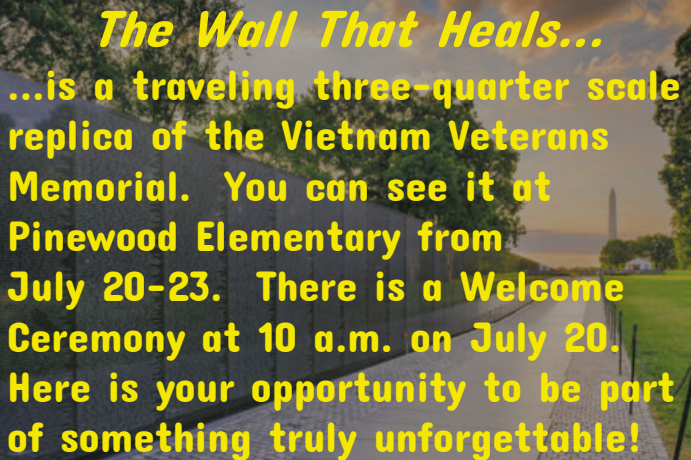
Book Club Meets Monthly

The senior center Book Club meets on Wednesday, July 12 at 9:30 a.m.

The book, *Educated: A Memoir*, by Tara Westover, will be discussed. Attendees will also pick up the next book the group will be reading. If you enjoy reading, check out the Book

Team Pool Tournament

- ◆ Elk River Senior Activity Center
- ◆ Wednesday, July 12, 9 a.m.
- ◆ Sign up in advance, \$4 fee



The Wall That Heals...
...is a traveling three-quarter scale replica of the Vietnam Veterans Memorial. You can see it at Pinewood Elementary from July 20-23. There is a Welcome Ceremony at 10 a.m. on July 20. Here is your opportunity to be part of something truly unforgettable!

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TRIPS

***Advance registration and payment is required for all trips.**

***Refunds will not be given after the registration deadline unless your spot can be filled.**

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, July 3 with participants from the Rogers 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 \$3 off food.

Munsinger Gardens and St. John's University

The registration deadline for this July 19th trip to St. John's University and Munsinger Gardens is past. You can see if there is still room to go. This trip includes St. John's tours, lunch, self-guided garden tours, and more. There is a significant amount of walking on this trip and the cost is \$74 per person. The bus will depart the community center at 9 a.m. and return at 4:45 p.m.

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, August 7 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 \$3 off food.

Lake Minnetonka Charter Cruise

This August 14 trip around Lake Minnetonka aboard an Al & Alma's charter boat may be full. You can add your name to the waiting list if you wish. The cost of \$50 per person includes coach transportation, boat cruise, and lunch on the boat.

Minnesota State Fair

We will be sharing a coach bus to the Minnesota State Fair with participants from the Crow River Senior Center on Thursday, August 31. The bus will depart our center at 8 a.m. and leave the fairgrounds for the trip home at 3:30 p.m. The trip cost is \$35 per person, which includes fair admission. Space is limited, so sign up soon.

Million Dollar Quartet

This *Million Dollar Quartet* musical captures the memorable day when four Rock n' Roll greats made music history. On December 4, 1956, a twist of fate brought together Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley at Sun Records' storefront studios in Memphis, TN. This was the only occasion the four legends-to-be played together, and it has come to be known as one of the greatest rock jam sessions of all time. All tickets for this September 7 trip are general admission.

Prior to this 1 p.m. show at the Old Log Theater, you can enjoy a delicious lunch on-site and choices include bone-out short rib with mashed potatoes, green beans, and au jus; chicken breast with roasted red potatoes, green beans, and a sherry cream sauce; vegetarian pasta made with house marinara, and fresh vegetables. Please indicate your meal choice with signing up for this trip. All meals include dinner rolls, dessert, and coffee. Bar service is available at your own cost.

Trip cost is \$80 and the bus will depart the center at 9:45 a.m. and return about 4:30 p.m.

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 19, August 9, and September 13 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.



Technology Support

Need help with your smartphone, tablet, laptop or other device? Schedule a **free** appointment with a digital handyperson who can help you:

- Virtually connect via Zoom or Facetime
- Find and use helpful device features
- Manage online security and safety
- Troubleshoot device settings or errors



Appointments are available the first and third Tuesdays each month.

Call the center to schedule.

A service provided as part of the HOME program and funded, in part, by Hennepin, Sherburne & Wright Counties. There is no fee for this service.

Last updated 05.2023

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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



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www.seniorcommunity.org
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952-541-1019

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 July 26th meeting will be held at our 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.

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.

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