



MONTI SENIOR NEWS

“Reaching out and still growing”

MONTICELLO SENIOR CENTER JULY 2024 NEWSLETTER

Come to the Riverfest Block Party

People of all ages are invited to the Riverfest Block Party on Thursday, July 11. 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.

Prohibition: A Grand Misadventure

In 1920, the United States entered a period during which the manufacture, sale, and transportation of intoxicating liquors was banned. As it turned out, the US also entered a period of lawlessness and corruption. Rather than curing the ills of society, Prohibition is remembered for creating some of the worst possible results.

Come to the center on Wednesday, July 17 at 10 a.m. when historian David Jones will delve into the story. Please sign up to attend.

It's Picnic Time!

Please join us for a picnic at Ellison Park next to the beautiful Mississippi River on Monday, July 8.

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 \$10 per person and you are asked to pay in advance.

Duck Adoption Volunteers Needed

Volunteers are needed to help with Riverfest Duck Adoptions on Thursday, July 11 and Friday, July 12 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. Money raised helps fund Riverfest events.





Riverfest Bingo-Fun for All!

All are welcome to play bingo from 2-4:30 p.m. on Sunday, July 14 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.

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The senior center will be closed on Thursday, July 4th in observance of Independence Day.
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JULY 2024 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7-11 Pickleball 8:00 Casino Trip 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	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 Senior Center Closed 	5 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	6 8 a.m.-Noon Center Open
7 	8 7-11 Pickleball 9:00 Cribbage Tournament 12:00 Picnic 1:00 Bridge 4:00 Board Meeting	9 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 12:30 Handwork Group 1:00 Hand and Foot	10 8:00 Ceramics 9:00 Team Pool 9:30 Book Club 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament	11 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver Group 10:30 Bingo 11-1 Riverfest Block Party 12-8 Duck Adoptions 1:00 Bridge	12 10:00 Women's Pool 12:00 Dinner 12-8 Duck Adoptions 1:00 Euchre Tournament	13 8 a.m.-Noon Center Open
14 2-4:30 p.m. Riverfest Bingo	15 7-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday 1:00 Knitting Class	16 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 12:30 Mandala Stone Painting Class 1:00 Hand and Foot	17 7:30 New Ulm trip 8:00 Ceramics 10:00 Bible Study 10:00 Prohibition Presentation 12:00 Dinner 1:00 500 1:30 Memory Café	18 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	19 10:00 Women's Pool 12:00 Dinner 12:30 Ask a Master Gardener 1:00 Euchre Tournament	20 8 a.m.-Noon Center Open
21 	22 7-11 Pickleball 9:00 Cribbage Tournament 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	23 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	24 8:00 Ceramics 9:00 Driver's Class 10:00 Bible Study 10:00 River City Readers Meeting 12:00 Dinner 1:00 500	25 7-11 Pickleball 9:00 Bike Group 9:00 Property Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	26 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	27 8 a.m.-Noon Center Open
28	29 7-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	30 7-11 Pickleball 8:30 Tech Support 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			



FREE Art Class

This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

Mandala Stone Painting

Here is your opportunity to learn the meditative art of Mandala stone painting. No painting or artistic skill required! In this class format, you will be painting the mandala pattern that you will select from a variety of options. Paintings will be done on your choice of a 5x6 wood plaque (comes with a stand) or a hand casted 4-inch stone. You will learn dotting basics and leave class with the knowledge to make designs on various surfaces. Be sure to bring your reading glasses if needed.

Tuesday, July 16, 12:30-2:30 p.m. All supplies provided. Pick out your pattern prior to class (patterns available at the senior center). FREE!!



Ask a Master Gardener

Come to the center on Friday July 19 at 12:30 p.m. when a Master Gardener from the University of Minnesota Extension Volunteer program will be available to provide tips & resources to answer your gardening questions.

This month we will discuss why Pollinator gardens are so important. Please sign up if you plan to attend.

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**Chin Yuen will be unable to provide meals for the senior center in July.
The senior center will provide meals on Tuesdays instead.**

JULY 2024 MENU

Tuesday Meals from the Senior Center	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
2 Sloppy Jo Cole Slaw Chips Pickle	3 Chicken Salad Croissant Fruit Cup Chips	4 Senior Center Closed 	5 Club Sandwich Chips Pickle
9 Goulash Lettuce Salad Dinner Roll Pickle	10 Chicken Stuffing Casserole Salad Dinner Roll	11 Lasagna Breadstick	12 Tater Tot Hotdish Garden Salad
16 Walking Taco Fruit Cup Dessert	17 Scalloped Potatoes with Ham Salad Dinner Roll	18 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	19 Homemade Mac & Cheese Garlic Toast
23 Hotdog Potato Salad Chips Pickle	24 Tater Tot Hotdish Salad Dinner Roll	25 Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	26 Chicken Wild Rice Soup Dinner Roll Special K Bar
30 Ham & Cheese Pasta Salad Deviled Egg Dinner Roll	31 Penne Pasta/Red Sauce Meatballs Salad Breadstick		

Many thanks to the following restaurants for providing the meals: 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**

Knitting Class

- *Monday, July 15 at 1 p.m.
- *Needles & yarn provided
- *Sign up in advance

Book Club Meets Monthly

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

They will be discussing the book, *The Vanishing Half* by Brit Bennett. You can also pick up the next book the group will be reading. If you enjoy reading, check out the Book Club.

Bike Group Rides Planned

Stop by the center to pick up a list of the Thursday morning bike ride destinations. You can also be added to the group email list to receive details on each week's ride.

Join the Story Theater Group

Do you like to tell stories to children? Consider joining River City Readers. The Readers present short, scripted stories to children in area schools. Both men and women are invited to learn more about this fun opportunity on Wednesday, July 24 at 10 a.m. If you have questions, call Jacque Gordon at 763-295-4826.

Handiwork Group

Bring your sewing, embroidery, crocheting, etc. project to the center on Tuesday, July 9 at 12:30 p.m. to socialize with others. There is no instructor, just people with projects getting together.

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ben Allrich

ballrich@lpicommunities.com

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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 1 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. Cost is \$25 and those going will receive \$15 on their casino card and \$5 off food.

Schell's Brewery and New Ulm

The first stop on this July 17 trip to New Ulm will be at the Visitors Center where a local guide will step on the motor coach for a riding tour, concluding at the Glockenspiel Musical Tower where you will hear the bells chime.

You will walk a block (or can reload the bus) to have lunch at Veigel's Kaiserhoff Restaurant. Please indicate your menu choice at the time of registration (both include non-alcoholic beverage): 1) Landjaeger Old German Style Pork and Beef Smoked Sausage, hot German potato salad, sauerkraut, rye bread; 2) Beer Battered Cod Basket, french fries, cole slaw.

After lunch you will tour the August Schell's Brewery. You will be walking or standing for over an hour on this tour (collapsible wheelchairs, walkers, and canes will fit in the bus's luggage bays). You will have time to visit the museum and sample beers in the tap room. Following the tour, you may stroll through the gardens and the gift store before departing for home. The cost is \$89 and the bus will depart the community center at 7:30 a.m. and return at about 5:45 p.m.

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, August 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. Cost is \$25 and those going will receive \$15 on their casino card and \$5 off food.

Lake Minnetonka Charter Cruise

You can enjoy a leisurely 1.5-hour ride around Lake Minnetonka aboard an Al & Alma's charter boat on Monday, August 12. The coach bus will depart the community center at 9:45 a.m. and return at about 2:45 p.m.

The cost of \$60 per person includes coach transportation, boat cruise, and lunch on the boat (sandwich, salad, chips, dessert, coffee, or water). The lower level is air conditioned. People can be in the sun or in an enclosed area on the top level.

Minnesota State Fair

The August 29th trip to the Minnesota State Fair may be full and you can add your name to the waiting list. 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 \$40 per person, which includes fair admission.

Stockholm Pie and General Store

Explore Freedom Park in Prescott, Wisconsin on Tuesday, September 17. Take time to visit the Welcome and Heritage Center and view the art gallery and exhibits that highlight the history of the area. There is a nice walking path with some sculptures and spectacular views of the river.

Next stop will be to the Stockholm Pie Shop located in the beautiful historic Stockholm Opera Hall. Enjoy a special pot pie luncheon topped off with a slice of mouthwatering pie and a cup of amazingly good coffee. Please note that the group will be split up for lunch and some will have to walk up a flight of stairs and eat in the party rooms as the dining area is not large enough to accommodate all.

After lunch, go next door to the General Store filled with the best Wisconsin has to offer from cheese, gadgets, and books. The last stop will be in Red Wing at the Confectionary to purchase some ice cream and other delicious locally made chocolates and treats.

The cost is \$87. The bus will depart the community center at 8:30 a.m. and return at about 5:30 p.m.

Sympathies to...

The family of Don Swendsrud on their loss.

Driver Classes

People age 55+ completing a defensive driving class can receive a 10% auto insurance discount. The cost is \$25.

Effective July 1, 2024 8-hour classes will no longer be required. First-time participants can take a 4-hour class and they are scheduled on July 24, August 29, and September 25 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. 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

No Hearing Screening services offered until further notice.

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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.

Cost-share contribution suggested.

612-804-0968

b.allard@seniorcommunity.org



Try **CareNextion.org**, a free, secure, award-winning online platform (and mobile app) designed to streamline task coordination, communication, and connection among family members and friends helping to care for a loved one.

Free Legal Aid—Monday, July 22
Appointments required

Memory Café

The Memory Café is a safe and comfortable place where caregivers and their loved ones with memory loss can participate together. The café experience is free, and all supplies are provided for you.

The meeting will be held on Wednesday, July 17 at the 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 Property Tax Help
Thursday, July 25
Appointments are required

Team Pool Tournament

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

Blood Pressure Checks

***Tuesday, July 9, 11 a.m. to noon**
***Everybody welcome!**

Monticello Senior Center

505 Walnut Street, Suite 3

Monticello, MN 55362

Phone: 763-295-2000

Director—Pam Loidolt

Open Hours:

Monday-Friday, 8 a.m.- 4 p.m.

Saturday, 8 a.m. - Noon (office closed)