



# MONTI SENIOR NEWS

*“Reaching out  
and still growing”*

**MONTICELLO SENIOR CENTER JUNE 2021 NEWSLETTER**

## **Exciting News for the Senior Center!**

Governor Walz's recent Executive Order states, effective May 28 all capacity and physical distancing limitations will end. What does that mean for the senior center? It means that we can resume the card games that so many people enjoy playing!

The senior center Board of Directors decided that card playing will be allowed in the center starting June 1st. Tournaments will not yet be scheduled, but you can come in to play for fun. Check the calendar page for specific designated game days and times. See the last page for additional protocol and activity information.

## **Toenail Clipping Available**

More great news!! Wright County Public Health nurses will be at our center on **Wednesday, June 23** to assist people age 60+ with toenail cutting. Call Shelley at 763-238-7465 to schedule an appointment. There is a \$15 charge for this service.

## **Join us for Tasty Tuesdays**


Tasty meals will be served in the community center Mississippi Room on the Tuesdays listed below.

You do need to sign up at least one day in advance by 10 a.m.—space is limited, so sign up soon. The cost is \$5 per meal and includes dessert and bottle of water. You can come and enjoy these tasty meals any time between 11:30 a.m. and noon:

- ⇒ June 1—pork roast, mashed potatoes, gravy, vegetable, dinner roll  
(catered by VFW Post 8731)
- ⇒ June 22—meatloaf, mashed potatoes, vegetable, dinner roll  
(catered by Russell's on the Lake)
- ⇒ June 29—sloppy jo, potato salad, chips

*See You on Tasty Tuesdays!*

## JUNE ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9-11 Pickleball 10:00 Yahzee 10:30 Tech Support 11:30 Tasty Tuesday 1:00 Hand and Foot	<b>2</b> 8:30 Ceramics 11:00 Bible Study 1:00 500	<b>3</b> 9-11 Pickleball 10:00 Bike Group 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program 1:00 Bridge	<b>4</b> 8:30 Ceramics 10:00 Women's Pool 1:00 Euchre	<b>5</b>
<b>6</b>	<b>7</b> 8:30 Ceramics 9-11 Pickleball 9:30 Cribbage 1:00 Movie Monday 1:00 Bridge	<b>8</b> 9-11 Pickleball 10:00 Yahzee 10:30 Tech Support 11:00 Blood Pressure Checks 1:00 Hand and Foot	<b>9</b> 8:30 Ceramics 9:30 Book Club 11:00 Bible Study 1:00 500 1:30 Caregiver Support Group	<b>10</b> 9-11 Pickleball 10:00 Bike Group 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program 1:00 Bridge	<b>11</b> 8:30 Ceramics 10:00 Women's Pool 1:00 Euchre	<b>12</b> 
<b>13</b>	<b>14</b> 8:30 Ceramics 9-11 Pickleball 9:30 Cribbage 1:00 Movie Monday 1:00 Bridge 4:00 Board Meeting	<b>15</b> 9-11 Pickleball 10:00 Yahzee 10:30 Tech Support 1:00 Hand and Foot	<b>16</b> 8:30 Ceramics 11:00 Bible Study 1:00 500 1:30 Memory Café	<b>17</b> 9-11 Pickleball 10:00 Bike Group 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program 1:00 Bridge 1:00 Strawberry Day	<b>18</b> 8:30 Ceramics 10:00 Women's Pool 1:00 Euchre 1:30 Zoom 101	<b>19</b>
<b>20</b>	 <b>21</b> 8:30 Ceramics 9-11 Pickleball 9:30 Cribbage 1:00 Movie Monday 1:00 Bridge	<b>22</b> 9-11 Pickleball 10:00 Yahzee 10:30 Tech Support 11:30 Tasty Tuesday 1:00 Hand and Foot	<b>23</b> 8:30 Ceramics 8:45 Foot Clinic 11:00 Bible Study 1:00 500	<b>24</b> 9-11 Pickleball 9:00 Driver's Class 10:00 Bike Group 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program 1:00 Bridge 1:00 Dementia Friends	<b>25</b> 8:30 Ceramics 10:00 Women's Pool 12:00 Picnic at Elhson Park 1:00 Euchre	<b>26</b>
<b>27</b>	<b>28</b> 8:30 Ceramics 9-11 Pickleball 9:30 Cribbage 12:30 Legal Aid 1:00 Movie Monday 1:00 Bridge	<b>29</b> 9-11 Pickleball 10:00 Yahzee 10:30 Tech Support 11:30 Tasty Tuesday 1:00 Hand and Foot	<b>30</b> 8:30 Ceramics 11:00 Bible Study 1:00 500			



# It's Picnic Time!

We hope you can join us for a picnic at Ellison Park next to the beautiful Mississippi River on Friday, June 25 at noon.

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 cash prizes.

The cost is just \$6 per person and we ask that you bring a check or exact payment. Space is limited, so sign up soon.

*See you at the picnic!*

# June is National Strawberry Month

Join us on Thursday, June 17 as we celebrate National Strawberry Month. We will serve strawberry shortcake and coffee in the community center Mississippi Room at 1 p.m. on the 17th. The cost is \$3 per person.

After enjoying that refreshing treat, people can play bingo for the chance to win prizes.

Advance registration is required and space is limited, so sign up soon.

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**The Senior Law Project of Mid-Minnesota Legal Aid provides free legal help with a Health Care Directive and/or Power of Attorney for persons age 60 and over.**

*Read the two articles below for more information.*

*Contact the senior center to schedule an appointment.*

## **Health Care Directive**

A Health Care Directive is the tool that allows you to appoint someone, called a health care agent, to make medical decisions for you if the doctor says you are not able to make the decisions for yourself. You can also write down instructions for your health care agent and medical providers to follow.

Your health care agent will be in charge of decisions about your health care and can talk to your medical providers, review your medical records, and decide where you get your medical care.

## **Power of Attorney**

A Power of Attorney is the tool that gives someone else the same rights you have to manage your money and property. The Power of Attorney gives these powers to the person as soon as the document is signed and notarized, not only if you become sick or incapacitated.

You can decide which powers the person should have to help you with your money and property. You can also revoke the Power of Attorney if necessary.

## *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](mailto: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.

## **Greeting Cards for Sale**

June 1st, the greeting cards will be back out for people to look thru and purchase. We have LOTS of cards appropriate for LOTS of occasions. The cost is \$.50 per card or 3/\$1.

## **Tech Support is Available**

Need help with your smart-phone, tablet, computer or TV system? Want to join in on a Zoom meeting but not sure how?

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.

**Free Legal Aid June 28  
Call to make an appointment**



## Zoom 101 Session

Want to learn more about Zoom? Joe Kaul of our HOME Program/Tech Support will guide you through an informative hour. He will discuss the basics and answer any questions that you might have.

Visit our website and get the link on the activities calendar or send an email to [pam.loidolt@ci.monticello.mn.us](mailto:pam.loidolt@ci.monticello.mn.us) and the link will be emailed to you. This session will be held on June 18 at 1:30 p.m.

## Book Club...

The senior center Book Club meets monthly to discuss the book they read and to pick up the new one. The group will meet on Wednesday, June 9 at 9:30 a.m.

## 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, yardwork, etc. All staff take precautions to ensure safety.

These services are available for residents in Monticello and several surrounding communities.

Contact Joe, HOME Program coordinator, at 763-416-7969 for more information. Joe is generally at our center on Thursdays in the afternoon and you can call him to make an appointment.



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## Driver Classes

People age 55+ completing a defensive driving class are eligible to receive a 10% auto insurance discount.

A four-hour refresher course for those who have previously completed an eight-hour course will be held on June 24 (cost \$20) from 9 a.m. to 1 p.m. Call the center for future class dates.

Please either drop payment off (cash or check) or mail it to the center in advance. Checks are payable to the Monticello Senior Center. Class size is limited and people must register in advance.

## Caregiver Support Group

Caring for a family member, friend, neighbor? Helping to care for a loved one from afar? If so, be sure to check out the Caregiver Support Group that meets at the senior center on the 2<sup>nd</sup> Wednesday of each month (June 9) from 1:30-3 p.m.

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 to reserve your spot.

**HAPPY  
FATHERS DAY**

## MOVIE MONDAYS

Movies are shown at 1 p.m. on the community center Mississippi Room big screen on Mondays.

It could be a new release or a classic movie. You can call the senior center on Monday mornings to find out which movie will be playing.

*See you at the movies!*

## Monticello Senior Center Social Media...

⇒ [monticelloseniorcenter.org](http://monticelloseniorcenter.org)  
⇒ [Like us on Facebook](#)

## Bike Rides Planned

The River City Riders bike group meets on Thursday mornings. You can pick up a list of destinations at the senior center and request to be on the group email list to get up to date ride details.

**HAPPY BIKING!**

## Blood Pressure Checks

**\*Tuesday, June 8**

**\*11 a.m. to noon**

**\*Call to reserve a spot**

***Be proactive with your health!***



## Dementia Friends Training

Want to learn some tips for communicating with people who have dementia? You can become a Dementia Friend by attending an in person one hour session at the center. You can learn a lot!

This program will begin at 1 p.m. on Thursday, June 24. The presenters are Becky Allard, LSW and Bob Anderson, MSW, LISW. Please contact the senior center in advance to register.

This service is supported, in part, by a Dementia Grant from the Minnesota Board on Aging.



## Memory Café

A Memory Cafe experience is a safe and comfortable event where caregivers and their loved ones with memory loss can participate in a creative activity while socializing with others. Each month features a fun project.

The meeting will begin at 1:30 p.m. on June 16. Please contact the senior center to register or for more information. If you're unable to attend in person, you can join in virtually from your home.

Funding for this program is thru a Minnesota Board on Aging Dementia Grant.

*The HOME Program needs people to mow lawns—good pay!*

*Contact Joe if interested, 763-416-7969*

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# Additional Activities will be Added Soon

We all want to “get back to normal” - at the senior center too!

But we also need to do so safely and with care. Heeding recommendations from the CDC, MN Dept. of Health, city of Monticello, and Senior Community Services, the MSC Board of Directors will evaluate and decide which activities will be added to the schedule when. The calendar page reflects which will be offered at the center in June.

As we know, things can change so please keep in mind the activity schedule is subject to change without notice.

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

**Hand sanitizers are located throughout the center—please use them and wash your hands frequently.**

## Books are back!

Stop on over in June and browse thru the bookcase at the senior center. Feel free to take a couple books home with you.

Have extra books at home? Bring them in to share with others.



## Welcome to the Monticello Senior Center

505 Walnut Street, Suite 3

Monticello, MN 55362

Phone: 763-295-2000

Website:

[monticelloseniorcenter.org](http://monticelloseniorcenter.org)

Open Hours:

Monday-Friday

8:30 a.m.—3:30 p.m.

Director:

Pam Loidolt