



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER JUNE 2023 NEWSLETTER



Bingo With Royal Ambassadors

The 2023 Royal Ambassador candidates and current Ambassadors will be at the senior center on Thursday, June 22 at 1 p.m. to play bingo with participants. People age 55+ are welcome to play and there is no charge. Cash prizes will be given to the winners and strawberry shortcake will be served after the games are played.

The Monticello Rotary funds this annual event and we thank them for their support. Please sign up if you plan to attend. This is a wonderful opportunity to meet the young ladies who wish to represent Monticello.

It's Picnic Time!

Please join us for a picnic at Ellison Park next to the beautiful Mississippi River on Monday, June 12.

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.

Alzheimer's: Effective Communication Strategies

Communication is more than just talking and listening — it's also about sending and receiving messages through attitude, tone of voice, and body language. As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect.

Join us on Wednesday, June 28 at 10 a.m. to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

Please sign up at the senior center in advance. This program will be facilitated by Alzheimer's Association staff and LSW Becky Allard.


Walk & Roll June 10

The senior center will be sponsoring a booth at Monticello's Walk & Roll event on Saturday, June 10 from 9-11 a.m. There is a new route this year, which begins behind the community center.

Invite your family and friends to participate! Get your Pathport checked at each booth and you could win a prize. You can stop at the senior center for more event information.

JUNE ACTIVITY CALENDAR

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	2 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	3 8 a.m.-Noon Center Open
4	5 8:00 Ceramics 8:00 Casino Trip 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	6 7-11 Pickleball 8:30 Tech Support 9:00 Foot Clinic 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	7 8:00 Ceramics 9:00 Driver's Class 10:00 Bible Study 12:00 Dinner 1:00 500	8 7-11 Pickleball 9:00 Bike Group 9:00 Mahjong Lessons 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	9 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	10 8 a.m.-Noon Center Open 9-11 a.m. Walk & Roll
11	12 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 12:00 Picnic 1:00 Bridge Tourney 1:00 Movie Monday 4:00 Board Meeting	13 7-11 Pickleball 10:30 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	14 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament	15 7-11 Pickleball 9:00 Bike Group 9:00 Mahjong Lessons 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	16 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	17 8 a.m.-Noon Center Open
18	19 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	20 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	21 8:00 Ceramics 9:30 Boat Trip 10:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café	22 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge 1:00 Bingo With Royal Ambassadors	23 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	24 8 a.m.-Noon Center Open
25	26 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 12:30 Legal Aid 1:00 Bridge	27 7-11 Pickleball 9:00 Foot Clinic 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	28 8:00 Ceramics 10:00 Bible Study 10:00 Alzheimer's Communication 12:00 Dinner 1:00 500	29 7-11 Pickleball 9:00 Bike Group 9:00 Mahjong Lessons 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 12-8 Duck Adoptions 1:00 Bridge	30 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 12-8 Duck Adoptions 1:00 Euchre Tournament	



FREE Property Tax Help
Thursday, July 27
Appointments are required

Interested in Mahjong?

A request has been made to add Mahjong as a regularly scheduled senior center activity. Already know how to play? Great! Want to learn? Come to the center on Thursdays, June 8, 15, & 29 to get some lessons from 9-11 a.m. Please sign up if you plan to attend. If there is enough interest, regular play will begin in July.

Toenail Clipping

Wright County Public Health nurses will be at our center on Tuesday, June 6 & 27 to assist people age 60+ with toenail clipping.

Appointments are required and can be made by calling Patty Larson at 763-682-7460.

There is a \$20 charge for this service.

Blood Pressure Checks

***Tuesday, June 13**

11 a.m. to noon

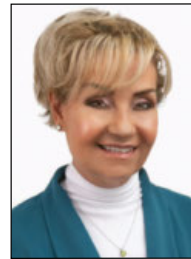
***Everybody welcome!**

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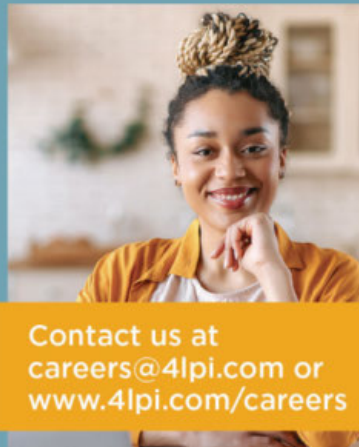
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JUNE 2023 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
		1 Meatloaf Mashed Potatoes Vegetable Dinner Roll	2 Ranch Wrap Chips Pickle
6 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	7 Tater Tot Hotdish Lettuce Salad Dinner Roll	8 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	9 Goulash Garden Salad Dinner Roll
13 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	14 Cheeseburger French Fries Pickle	15 Lasagna Breadstick	16 Tater Tot Hotdish Dinner Roll
20 Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	21 Spaghetti Lettuce Salad Breadstick	22 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	23 Chicken Alfredo Caesar Salad Dinner Roll
27 Sesame Chicken Wontons Fried Rice Fortune Cookie	28 Beef Stew Lettuce Salad Dinner Roll	29 Meatloaf Mashed Potatoes Vegetable Dinner Roll	30 Chicken Breast 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**

Duck Adoption Volunteers Needed

Volunteers are needed to help with Riverfest Duck Adoptions on Thursday, June 29 and Friday, June 30 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 the numerous Riverfest events.



Book Club Meets Monthly

The senior center Book Club meets on Wednesday, June 14 at 9:30 a.m.

The book, *Revival Season*, by Monica West, will be discussed. Participants will also pick up the next book the group will be reading. If you enjoy reading, please check out the Book Club.

Team Pool Tournament

- ♦ Monticello Senior Center
- ♦ Wednesday, June 14, 9 a.m.
- ♦ Sign up in advance, \$4 fee

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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.

Treasure Island Casino

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

Stillwater River Boats

This boat cruise on the St. Croix River, departing from Stillwater, on Wednesday, June 21 may be full and you can add your name to the waiting list. The coach bus will depart the community center at 9:30 a.m. and return at about 3:30 p.m. The cost is \$72 and includes transportation, river cruise, lunch, and escort.

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

Arrive at St. John's University on Wednesday, July 19 and meet your bible host for a presentation on The Saint John's Bible at the Alcuin Library. Visit the bible gallery to view 28 original pages of the Saint John's Bible and other exhibitions.

You will then walk one block to have lunch in the St. John's Refectory. The menu will be an all you care to eat with offering of entrees, salads, soups, desserts, and a beverage. After lunch, you will walk across the courtyard to the great Abbey Church and take an interesting and educational tour. Next you will board the bus and explore the Munsinger and Clemons Gardens on your own. This is a self-guided tour that will require a good amount of walking. Wear durable and comfortable footwear.

The cost is \$74 and the bus will depart the community center at 9 a.m. and return at 4:45 p.m.

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 14. The coach bus will depart the community center at 9:45 a.m. and return at about 2:45 p.m.

The cost of \$50 per person includes coach transportation, boat cruise, lunch on the boat (sandwich, salad, chips, dessert, coffee, or water), and escort.

The lower level is air conditioned, and people can be in the sun or in an enclosed area on the top level.

**Free Legal Aid
Monday, June 26
Appointments required**

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 June 7, July 19, and August 16 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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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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Memory Cafés



Join us with guest activity facilitators
Wright County Extension Master Gardeners.

There is **no fee** for this activity, but **registration is required**.
Call the Center to register.



Wednesday,
June 21
1:30 pm

Caregivers have the option to attend a **concurrent caregiver support group.**

This caregiver support group is funded under contract with the Central MN Council on Aging as part of the Older Americans Act Program.



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.



Current Board of Directors

Front row, left to right—Marian Feather, Paul Klein, Laurie Bartlett, Bernice Nathe
Back row, left to right—Bernie Horne, Jacque Gordon, Karen Hanson, Jerry Crocker, Michele Hertwig