



MONTICELLO SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER DECEMBER 2022 NEWSLETTER

Senior Center Christmas Dinner

We hope to see you at the center for a delicious Christmas dinner on Friday, December 16 at noon. This meal will be catered by the Cornerstone Café and includes ham, garlic mashed potatoes, corn, dinner roll, and Christmas dessert. The cost is \$5 per person and you must sign up in advance. Because space is limited and we want as many people as possible to enjoy the celebration in-house, take-out meals cannot be ordered for the 16th.

The River City Ramblers choir will sing a number of Christmas songs during dinner that will surely put us all in the Christmas spirit. Maybe you will even win a prize!

Annual Coffee Party

For a number of years, people have very generously donated cans of regular and decaf coffee to the senior center. This saves our center literally hundreds of dollars. Please bring a can of coffee (medium roast please) to the center on Wednesday, December 7 from 10-11 a.m. and stay for a donut and cup of steaming hot coffee.

Our goal is to exceed 120 cans of coffee and donations of coffee made any time in December will be counted in the total. Thank you for supporting your senior center.

Historic Churches of MN

Explore the history of many of the state’s oldest churches along with award winning photographer and author Doug Ohman. Through Doug’s photos and stories, you will “meet” many of the people that he has visited with in his quest of photographing these community treasures. Doug will add to the program by including some Christmas traditions and stories.

Doug will give this interesting presentation on Monday, December 19 at 10:30 a.m. People are asked to sign up if they plan to attend.

Christmas Band Concert

The Annandale Area Community Band will perform a Christmas concert at 7 p.m. on Wednesday, December 7. It will be held in the Monticello Community Center Mississippi Room and refreshments will be provided. Everyone is welcome.

Please spread the word!

Senior Community Services Mingle & Jingle Event

Join Senior Community Services and Thrivent to celebrate and raise funds for services provided to older adults in Wright County.

Stop by Nordic BrewPub, 530 Cedar St., on Tuesday, December 13 from 4 to 6 pm.

Your gift supports programming at the Monticello Senior Center and helps fund the HOME program, Technology Support, and Caregiver Services at our center.

Thrivent is providing food, and matching 50% of donations to Senior Community Services to a total match maximum of \$1,000. Thanks! *PAM*

DECEMBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4	5 8:00 Ceramics 8:30 Casino Trip 8-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	6 8-11 Pickleball 8:30 Tech Support 9:30 Foot Clinic 10-15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	7 8:00 Ceramics 10:00 Coffee Party 12:00 Dinner 1:00 500 7:00 Christmas Band Concert	8 8-11 Pickleball 10:00 Dinner Program Volunteer Meeting 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	9 8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	10 8 a.m.-Noon Center Open
11 	12 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting	13 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 10:30 Christmas Trip 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot 4-6 Mingle & Jingle	14 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 12:00 Dinner 1:00 500 Tournament	15 8-11 Pickleball 10:00 TV Streaming Class 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	16 8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 12:00 Christmas Dinner 1:00 Euchre Tournament	17 8 a.m.-Noon Center Open
18	19 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournie 10:30 Churches of Minnesota 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	20 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	21 8:00 Ceramics 12:00 Dinner 1:00 500 1:30 Memory Café	22 8-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	23 8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	24 Senior Center Closed 
25 Merry Christmas! 	26 8:00 Ceramics 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	27 8-11 Pickleball 8:30 Tech Support 9:00 Foot Clinic 10-15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	28 8:00 Ceramics 12:00 Dinner 1:00 500	29 8-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	30 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	31 Senior Center Closed 

To Stream or Not to Stream...

Back by popular demand: *To Stream or Not to Stream...* Thinking of "cutting the cord" on your cable or satellite service or wonder what everyone is talking about when they say, "Streaming TV"?

Sign up for a presentation HOME Program Coordinator Joe Kaul will facilitate at our center on Thursday, December 15 at 10 a.m. where we will talk about Smart TV's, Streaming TV services, cutting the cord, and other entertainment options that you may already have access to or want to explore.

Please sign up in advance if you plan to attend this free presentation.

2 Toenail Clipping Dates Scheduled

Wright County Public Health nurses will be at our center on Tuesdays, December 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 \$10 charge for this service. No one will be turned away due to inability to pay.

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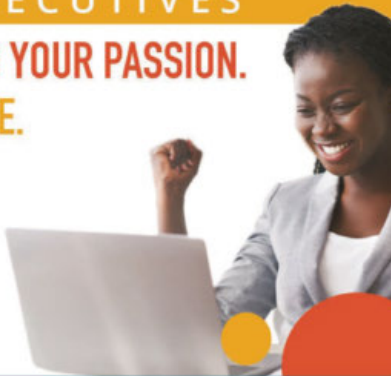


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DECEMBER 2022 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
		<p>1</p> <p>Lasagna Breadstick</p>	<p>2</p> <p>1/2 Egg Salad Sandwich Salad Chips Pickle</p>
<p>6</p> <p>Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie</p>	<p>7</p> <p>Cheeseburger French Fries Potato Salad</p>	<p>8</p> <p>Turkey Mashed Potatoes Gravy Vegetable Dinner Roll</p>	<p>9</p> <p>Tuna Hotdish Salad Dinner Roll</p>
<p>13</p> <p>Sesame Chicken Egg Roll Fried Rice Fortune Cookie</p>	<p>14</p> <p>Grilled Ham & Cheese Lettuce Salad Pickle</p>	<p>15</p> <p>Meatloaf Mashed potatoes Vegetable Dinner Roll</p>	<p>16 CHRISTMAS MEAL</p> <p>Ham Garlic Mashed Potatoes Corn Dinner Roll Dessert</p>
<p>20</p> <p>Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie</p>	<p>21</p> <p>Shrimp French Fries Coleslaw</p>	<p>22</p> <p>Hot Beef Sandwich Mashed Potatoes Gravy Vegetable</p>	<p>23</p> <p>1/2 Deli Sandwich Chicken Wild Rice Soup Pickle</p>
<p>27</p> <p>Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie</p>	<p>28</p> <p>Sloppy Joe Beans Potato Chips</p>	<p>29</p> <p>Lasagna Breadstick</p>	<p>30</p> <p>1/2 Wrap Chicken Wild Rice Soup Pickle</p>

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

2023 Voluntary Membership Drive Underway...

*\$15/person, \$25/household
*Membership is NOT required to participate in activities.

Christmas Cards for Sale

Only \$.10 each!

Large selection to choose from

The senior center will be closed on
Saturdays December 24 & 31
Merry Christmas! Happy New Year!

Book Club Meets Monthly

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

They will be discussing the book, *Less*, by Andrew Sean Greer. You can 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, December 14, 9 a.m.
- ◆ Sign up in advance, \$3 fee



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Treasure Island Casino

You can ride the coach bus to Treasure Island Casino on Monday, December 5. The bus will depart the Monticello Community Center at 8:30 a.m. and return at approximately 3:45 p.m. There is a \$20 charge and those going will receive \$15 on their casino card and \$3 off food.

An Andy & Bing Christmas

An Andy and Bing Christmas, taking place at the Paramount Theater on Tuesday, December 13, may be full and you can add your name to the waiting list if you wish. The cost is \$72 per person. The bus departs the community center at 10:30 a.m. and returns at about 4:30 p.m.

Treasure Island Casino

You can ride the coach bus to Treasure Island Casino on Monday, January 9. The bus will depart the Monticello Community Center at 8:30 a.m. and return at approximately 3:45 p.m. There is a \$20 charge and those going will receive \$15 on their casino card and \$3 off food.

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 December 21st meeting will be held at the Crow River Senior Center in St. Michael from 1:30-2:30 p.m. Please sign up if you plan to attend, 763-497-8900.

Summit Avenue Splendor

Enjoy a coach bus ride to St. Paul and drive along Summit Avenue with a tour guide on Thursday, January 19, 2023. You will receive a narrated tour about the history of the homes such as who may have lived there and unique information about their architectural style.

After the narrated tour you will be dropped off at James J Hill House for a guided tour of the 42-room mansion. Following the tour, board the bus to go eat at the popular neighborhood restaurant, Tavern on Grand. Your menu choices are a Walleye Basket or Chicken Basket. Please indicate your choice at the time of registration. Both are served with fries, coleslaw, and a beverage.

The cost is \$83 per person. The bus will depart the community center at 9:15 a.m. and return at about 4 p.m. The registration/payment deadline is December 19.

The Root Beer Lady

Enjoy a mid-morning performance of “The Root Beer Lady” at the History Theater in downtown St. Paul on Thursday, February 2. It is a story of the indomitable Dorothy Molter, the last legal non-indigenous resident of the Boundary Waters, presented by playwright and performer Kim Schultz.

Her solo performance reflects the beauty and hardships of Molter’s solitary yet satisfying life and pushes back against the premise that her time in the North Woods made her the “Loneliest Woman in America” as the *Saturday Evening Post* claimed in 1952. The performance is funny, smart and passionate and it is sure to delight all.

After the show you will have lunch at Keys Café featuring a turkey, mashed potatoes and gravy, stuffing, vegetable, cranberries, bread, beverage and dessert. The cost is \$85 per person. The bus departs the community center at 8:15 a.m. and returns at about 3:45 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 January 11 and February 15 from 9 a.m. to 1 p.m. Call for more 2023 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. Please note that refunds will not be given for no-shows.

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.

Dinner Program Volunteer Meeting

*Thursday, December 8, 10 a.m.

*All program volunteers invited

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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 (December 8) 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.

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, snow removal, 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.

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, Dec. 2, 9, 16, 23 & 30 @ 1 p.m.*

**Cribbage—Monday, Dec. 5, 12, 19 & 26 @ 9 a.m.*

**500—Wednesday, Dec. 14 @ 1 p.m.*

Blood Pressure Checks

***Tuesday, Dec. 13, 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.

Free Legal Aid

Monday, December 19

Appointments required

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