



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER FEBRUARY 2023 NEWSLETTER

Heart of Farm Barns of Minnesota

Enjoy a rural journey exploring the greatest of all rural icons, the barn. From the early days of statehood through the era of agribusiness, our barns tell a story. This story will bring you back to the farm and explain the importance of our rural roots.

Professional photographer and historian Doug Ohman will present this very interesting program at the center on Monday, February 13 at 10:30 a.m. People are asked to sign up if they plan to attend.

Valentine Dinner & Party

Sign up in advance to join us for our Valentine's Day celebration on Tuesday, February 14. Dinner will be served at noon and features coconut shrimp, egg roll, fried rice, and pie topped with ice cream. The cost is \$5 per person. Maybe you will win one of the prizes!

As an added treat, musician David Malmberg will perform his “American Journey” program during dinner. This program is made possible through a GRRL Legacy Grant.

Sign up for this dinner only if you intend to stay for the entire 1 hour performance.

Because this is a holiday meal, take out dinners cannot be ordered.

Let's Talk Travel

Join us on Thursday, February 23 at 10 a.m. to learn about a number of extended tours with Landmark Tours. *You do not have to sign up to attend.* A local, family-owned tour operator, Landmark's inclusive packages feature round-trip airfare, quality accommodations in great locations, many enjoyable meal experiences, admission to all itinerary attractions, deluxe motorcoach transportation, and the services of a professional Tour Manager.

Upcoming travel opportunities include Taste of Italy, National Parks of the Southwest, New York City, Canadian Capitals, Yellowstone, Great Lakes Northern Shores, Cape Cod, Ireland, Best of Norway: Oslo to Bergen, Pacific Northwest Wonders, and more. Check it out!

INCLEMENT WEATHER POLICY:

IF THE MONTICELLO SCHOOLS ARE CLOSED OR HAVE EARLY RELEASE, THEN THE SENIOR CENTER WILL AS WELL. CHECK LOCAL NEWS AND RADIO CHANNELS FOR SCHOOL CLOSINGS.

FEBRUARY ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
			1	2	3	4
			8:00 Ceramics 12:00 Dinner 1:00 500	8-11 Pickleball 8:15 Root Beer Lady Trip 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
5	6	7	8	9	10	11
8-11 Pickleball 8:30 Casino Trip 9:00 Tax Assistance 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	8-11 Pickleball 9:00 Tax Assistance 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	8-11 Pickleball 8:30 Tech Support 9:00 Foot Clinic 9:00 Tax Assistance 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 12:00 Dinner 1:00 500 Tournament	8-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
12	13	14	15	16	17	18
	8-11 Pickleball 9:00 Cribbage Tourney 9:00 Tax Assistance 10:30 Barns of MN 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting	8-11 Pickleball 8:30 Tech Support 9:00 Tax Assistance 10:15 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Valentine Dinner 1:00 Hand and Foot	8:00 Ceramics 9:00 Driver's Class 12:00 Dinner 1:00 500 1:30 Memory Café	8-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
19	20	21	22	23	24	25
	President's Day Senior Center Closed	8-11 Pickleball 8:30 Tech Support 9:00 Tax Assistance 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 12:00 Dinner 1:00 500	8-11 Pickleball 9:00 Tax Assistance 10:00 Let's Talk Travel 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
26	27	28				
	8-11 Pickleball 8-11 Cribbage Tournament 9:00 Tax Assistance 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	8-11 Pickleball 8:30 Tech Support 9:00 Foot Clinic 9:00 Tax Assistance 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot				
						

Free Tax Assistance

Low to moderate-income people of all ages can get their taxes prepared at the center free of charge on Mondays, Tuesdays, and Thursdays from February 2 thru April 13. Appointments are required.

Be sure to bring with you to your appointment a copy of your last return, picture ID, Social Security card, W2's, 1099's, SSA-1099 forms and other income and/or tax documents for 2022 and rent receipts (CRP) for 2022 or property tax statements for 2022 and 2023.

Be sure to organize your information before your appointment.

2 Toenail Clipping Dates Scheduled

Wright County Public Health nurses will be at our center on February 7 & 28 to assist people age 60+ with toenail clipping. Two appointment dates are available because of the high demand for this service in our area.

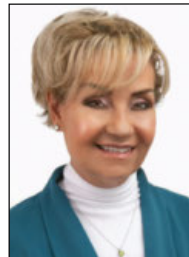
Appointments are required and can be made by calling Patty Larson at 763-682-7460. The cost is now \$20 per person, however no one will be denied service over inability to pay.

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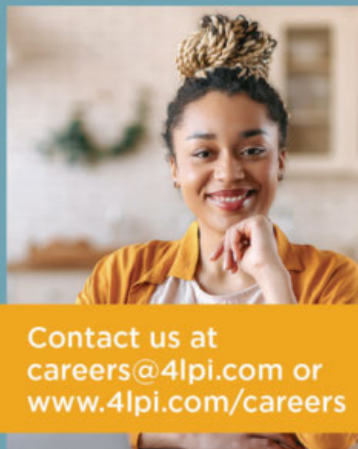
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FEBRUARY 2023 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
	1 Sloppy Joe Potato Salad Pickle	2 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	3 Chicken Alfredo Caesar Salad Dinner Roll
7 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	8 Spaghetti Lettuce Salad Breadstick	9 Meatloaf Mashed potatoes Vegetable Dinner Roll	10 Ranch Wrap Chips Pickle
14 Valentine Dinner Coconut Shrimp Egg Roll Fried Rice Pie & Ice Cream	15 Cheeseburger French Fries Pickle	16 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	17 Chicken Breast Hot Dish Salad Dinner Roll
21 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	22 Beef Stew Dinner Roll	23 Lasagna Breadstick	24 Chicken Alfredo Caesar Salad Dinner Roll
28 Teriyaki Chicken Wontons Fried Rice Fortune Cookie			

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, February 27
Appointments required

Voluntary Membership Drive

Please consider participating in the Monticello Senior Center 2023 Voluntary Membership drive. The dues are \$15 for an individual and \$25 for a household per calendar year and are tax deductible. A Membership Form is included with this newsletter.

Please note: *Membership is not required to take part in senior center activities.*

Book Club Meets Monthly

The senior center Book Club meets on Wednesday, February 8 at 9:30 a.m.

They will be discussing the book, *Book Woman of Troublesome Creek*, by Kim Michele Richardson. They 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, February 8, 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

You can ride the coach bus to Treasure Island Casino on Monday, February 6. 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 to spend and \$3 off food.

The Root Beer Lady

You can see if there is room to attend this 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.

After the show, lunch will be at Keys Café and features turkey, mashed potatoes and gravy, stuffing, vegetable, cranberries, bread, beverage and dessert. The cost is \$85 per person. The bus departs the MCC at 8:15 a.m. and returns at about 3:45 p.m.

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, March 6 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.

Irish History Tour

Enjoy a fun filled day in St. Paul on Thursday, March 9 learning about all things Irish! A costumed tour guide will board the motor coach and take you on a tour around St Paul. You will learn the answers to many questions regarding who really laid out the streets of St. Paul, how the Irish immigrants influenced the city's architecture, politics, religion, and more!

Following the tour, you will have lunch at O'Malley's Irish Pub in Woodbury. Your menu choices are: Homemade Shepherd's Pie or Fish and Chips. Please indicate your menu choice at the time of registration.

The cost is \$85 per person and includes coach transportation, tour, and lunch. The bus departs the community center at 9:15 a.m. and returns at about 4:15 p.m. The deadline to register and pay is February 13.

Incident at Our Lady of Perpetual Help

Take a trip back to 1973 with the Irish Catholic O'Shea family in the uproarious, "Incident at Our Lady of Perpetual Help." This boisterous and moving new memory play introduces us to young Linda, as she recalls a week she'll never forget. Linda's mother instructs her to tell her sister about the birds and the bees and things quickly snowball into a potential crisis after the conversation is overheard by the parish priest. Secrets are unintentionally revealed, and a quick-witted group of women realize what really matters as they work to protect their family reputation and each other.

You can take in this wild and tender comedy at the Sidekick Theater on Thursday, April 20. The bus will depart the community center at 9:45 a.m. and returns at about 4:30 p.m. The trip fee of \$75 includes coach transportation, show, lunch, and escort.

Enjoy lunch prior to the show featuring creamy chicken breast, roasted red potatoes, glazed carrots, coleslaw, dinner rolls, assorted dessert, coffee, and hot tea.

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 February 15, March 8, and April 19 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.

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.

The senior center will be closed on Monday, February 20 in observance of President's Day

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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 (February 9) 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 a growing number of surrounding communities. Contact Kelly Weber, at 763-416-7969 for more information.

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 February 15th meeting will be held at our center from 1:30-2:30 p.m. Please sign up if you plan to attend, 763-295-2000.

Blood Pressure Checks

***Tuesday, Feb. 14, 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.

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 no longer 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