



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER MARCH 2021 NEWSLETTER

MN From the Road *Arrowhead & Iron Range Tour*

Doug Ohman is a Minnesota historian, storyteller, and professional photographer. We will be showing one of Doug's pre-recorded presentations as he takes you on a virtual tour exploring sites along the Northshore of Lake Superior and the historic Iron Range.

You can watch this program on the community center big screen on Wednesday, March 24 at 1:30 p.m. Advance registration is required.

Come and enjoy Doug's beautiful pictures and tremendous knowledge in a safe environment! This and more of Doug's presentations can be accessed on the monticelloseniorcenter.org website (click on “Virtual Programs”).

Join us for Tasty Tuesdays

Meals will be safely served in the community center Mississippi Room on Tuesdays in March.

You do need to sign up at least one day in advance by 10 a.m. 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:

- ⇒ March 2—goulash, mixed vegetables, dinner roll
- ⇒ March 9—hot dog, baked beans, pickle
- ⇒ March 16—turkey, potatoes, gravy, vegetable, bread (catered by VFW Post 8731)
- ⇒ March 23—sloppy jo, chips, pickle
- ⇒ March 30—beef egg foo young, chicken wings, fried rice (catered by Chin Yuen)

See You on Tasty Tuesdays!

St. Patrick's Day Dinner and Party March 17

People age 55+ are invited to sign up to celebrate St. Patrick's Day at the senior center. Dinner (catered by Style Catering) will be served at noon and features a ham sandwich, coleslaw, pickle, St. Patrick's Day dessert, and bottle of water.

People can play bingo after dinner for the chance to win cash prizes.

The cost is \$6 per person and as with all senior center events, you do have to sign up in advance.

Don't miss the fun!!

Watch the River City Readers Perform

The River City Readers Story Theater group typically reads to over 2,200 elementary students in Monticello and surrounding communities every school year. With COVID restrictions, in person sessions are not possible this school year.

The group used the senior center iPads to record 7 of their stories for teachers to share with their students. We will be showing those stories on the community center big screen on Thursday, March 18 at 1:30 p.m. Call us if you want to attend. The stories can also be viewed on monticelloseniorcenter.org

MARCH ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Activities Subject to Change	1 8:30-3:30 Center Open 8:30 Ceramics 9:00 Tax Assistance 1:00 Movie Monday	2 8:30-3:30 Center Open 9-11 Pickleball 9:00 Tax Assistance 10:00 Yahrtzee 10:30 Tech Support 11:30 Tasty Tuesday	3 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study	4 8:30-3:30 Center Open 9-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program	5 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	6 
7 Daylight Saving Time Begins	8 8:30-3:30 Center Open 8:30 Ceramics 9:00 Tax Assistance 1:00 Movie Monday 4:00 Board of Directors Meeting	9 8:30-3:30 Open 9-11 Pickleball 9:00 Tax Assistance 10:00 Yahrtzee 10:30 Tech Support 11:00 Blood Pressure 11:30 Tasty Tuesday	10 8:30-3:30 Open 8:30 Ceramics 9:30 Book Club 11:00 Bible Study 1:30 Caregiver Support Group "Aids for Daily Living"	11 8:30-3:30 Open 9-11 Pickleball 9:00 Tax Assistance 10:30-12:30 Caregiver One on One 11:00 Bingo 12:00 HOME Program	12 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	13
14 Daylight Saving Time Begins	15 8:30-3:30 Center Open 8:30 Ceramics 9:00 Tax Assistance 1:00 Movie Monday	16 8:30-3:30 Center Open 9-11 Pickleball 9:00 Tax Assistance 10:00 Yahrtzee 10:30 Tech Support 11:30 Tasty Tuesday	17 8:30-3:30 Open 8:30 Ceramics 11:00 Bible Study 12:00 St. Patrick's Day Dinner & Party 1:30 Memory Café 1:30 Dementia Friends 7:00 Dementia Friends	18 8:30-3:30 Open 9-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program 1:30 River City Readers Stories	19 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool 1:30 Zoom 101	20 
21 	22 8:30-3:30 Center Open 8:30 Ceramics 9:00 Tax Assistance 12:30 Legal Aid 1:00 Movie Monday	23 8:30-3:30 Center Open 9-11 Pickleball 9:00 Tax Assistance 10:00 Yahrtzee 10:30 Tech Support 11:30 Tasty Tuesday	24 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:30 MN From the Road Presentation	25 8:30-3:30 Open 9-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program	26 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	27
28	29 8:30-3:30 Center Open 8:30 Ceramics 9:00 Tax Assistance 1:00 Movie Monday	30 8:30-3:30 Center Open 9-11 Pickleball 9:00 Tax Assistance 10:00 Yahrtzee 10:30 Tech Support 11:30 Tasty Tuesday	31 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study			

Zoom 101 with Joe!

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 and the link will be emailed to you. This session will be held on March 19 at 1:30 p.m.

Play Cards Using iPads

The senior center received 15 iPads that can be used to safely play card games with other people. A number of different games can be played, so round up a few friends, give us a call, and come to play. Not sure how to use the iPads? No worries, we can help you!

Tax Assistance Offered

Free tax assistance for low to moderate-income persons will be available on Mondays, Tuesdays, and Thursdays from 9 a.m. to 2 p.m. Call the senior center to schedule an appointment and it is imperative that you bring all pertinent tax information with you and fill out an Intake Form in advance (pick up at the senior center).

Your tax documents will be scanned during your appointment and returned to you. You will receive a phone call to come and pick up your tax return when completed and sign giving permission to efile.

Space is limited—sign up soon.

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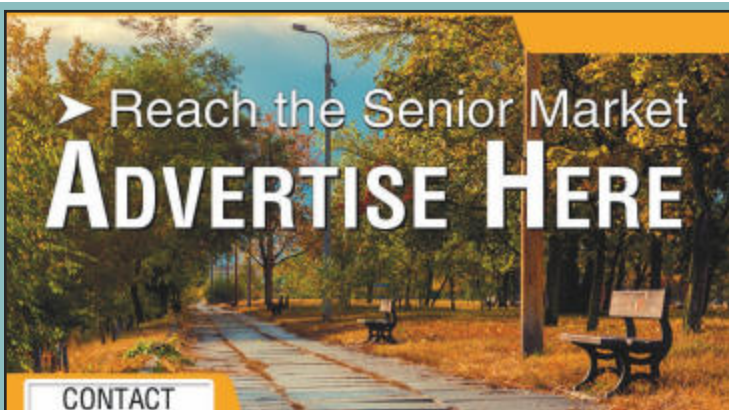
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Voluntary Membership

Please consider participating in the Monticello Senior Center 2021 Voluntary Membership drive. The dues are \$15 for an individual and \$25 for a household per calendar year and are tax deductible.

Membership is not required to take part in senior center activities. A Membership Form is included with this newsletter.

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.

Play



- ♦ **Tuesdays, 10 a.m.**
- ♦ **We will provide equipment to safely use**
- ♦ **Sign up in advance**

♦ ***Play Pickleball in the MCC gym**

♦ ***Tuesdays and Thursdays
*9-11 a.m.**

♦ ***Preregistration on the
MCC website is required**

Virtual Memory Café

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

We want to extend an invitation for you and your loved one to be part of this amazing group. If you need help setting up Zoom or learning how to connect to a Zoom meeting, no worries – our HOME program is happy to help!

The meeting will begin at 1:30 p.m. on March 17. Please contact the senior center to register. If you're unable to attend virtually from your home, we will provide a safe, in-person option at the senior center. You can contact Pam for more info, 763-295-2000.

Blood Pressure Checks

***Tuesday, March 9**

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

***Call to reserve a spot**

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. Be sure to bring your equipment with you to your appointment. Mary can also connect with you over the phone.

Let's Help the MCC!!

Do you have a Medicare supplement? If so, you may qualify for a free membership to the Monticello Community Center. By checking in each day you visit the senior center your free membership helps fund the Community Center!

Please stop by the Community Center Guest Service counter to enroll and learn all the benefits of your free membership.

Thank you for your help!

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, March 10 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, snow removal, etc. Staff take precautions to ensure safety.

These services are available for both Monticello and Big Lake residents.

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 Class

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 April 15 from 9 a.m. to 1 p.m.

Please mail or drop off \$20 (cash or check) to the senior center in advance and checks are payable to the Monticello Senior Center. Class size is limited, people must register in advance, and masks are required.

Caregiver Support Group Features Speaker

The Caregiver Support Group meeting on March 10 at 1:30 p.m. will feature a virtual speaker whose topic is, "Aids for Daily Living." Incontinence products, ways to help keep you and your loved one safe at home, adaptive equipment to make eating easier, and much more will be discussed.

Anyone who is interested in attending virtually can contact Becky Allard, our Support Group facilitator, at 952-746-4028 to register.

Becky is able to meet in person with caregivers before the speaker begins. Please reach out to Becky if you wish to meet with her.

MOVIE MONDAYS

Movies will be 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 shown.

As with all senior center events, you do need to register in advance.

Monticello Senior Center Social Media...

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

Free Legal Aid March 22
Call to make an appointment



Current Board of Directors Members:

*Front row, left to right: Marian Feather, Janet Bromberg, Paul Klein

*Back row, left to right: Laurie Bartlett, Ed Ellison, Jerry Crocker, Bob Mueller

*Not pictured: Ketzel Domke and Michele Hertwig

Free Bus Ride to Get COVID Vaccines

Trailblazer Transit will offer transportation at no cost for any rides related to a COVID-19 vaccination. Caretakers and children may also ride along at no cost. Customers will need to coordinate with their health care providers or the vaccination clinics to schedule their appointments for the vaccines and then contact Trailblazer to schedule the transportation.

Please call 1-888-743-3828 to ask questions and to schedule your transportation. The buses are clean, safe, and comfortable. Masks are required on the bus and physical distancing polices are in effect.

Free Rides to VA Clinics

Trailblazer Transit is providing rides for Wright County veterans to any VA Clinic (including St. Cloud). This addition of service was due to the pandemic, so it may be something that changes in the future. Veterans can call 1-888-743-3828 to arrange a ride.

Dementia Friends Training

- ◆ March 17, 1:30 p.m. or 7 p.m.
 - ◆ Held virtually
- ◆ Contact Pam at 763-295-2000 for the registration link

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Activity Changes...

- 1) All activities will include properly spaced set ups and disinfecting for safety.
- 2) Equipment or supplies cannot be shared.
- 3) Pre-registration is required for all activities.
- 4) Activity plans are subject to change without notice.

March Activities:

Bible Study
Billiards
Bingo
Blood Pressure Checks
Book Club
Caregiver Support Group & 1:1 Support
Ceramics
Computer Use
Dementia Friends Training
HOME Program
Legal Aid
Memory Café
Minnesota From the Road Presentation
Movie Mondays
Pickleball
River City Readers Stories
Shuffleboard
St. Patrick's Day Dinner & Party
Tasty Tuesdays
Tax Assistance
Tech Support
Women's Pool
Yahtzee
Zoom 101 With Joe!

Senior center hours will be limited for disinfecting purposes and are subject to change. Be sure to check the calendar for the activity schedule.

Senior Center Hours

8:30 a.m. to 3:30 p.m.

Monday through Friday

Phone Number: 763-295-2000