



MONTI SENIOR NEWS

“Reaching out
and still growing”

MONTICELLO SENIOR CENTER MARCH 2022 NEWSLETTER

Escape to the Lake, Cabins of Minnesota

Enjoy a relaxing and scenic journey to the heart of MN lake country. See some of the state's most interesting and unique cabins. The pictures will bring back wonderful memories of spending time at your favorite getaway with your favorite people. Photographer and historian Doug Ohman will share stories, history, and memories of this long-time Minnesota tradition.

This free presentation will take place at the center on Wednesday, March 30 at 10:30 a.m. Please register in advance.

St. Patrick's Day Dinner & Party

Sign up in advance for our noon St. Patrick's Day dinner on Thursday, March 17. Dinner will feature corned beef & cabbage, carrots, dinner roll, and dessert. The cost is \$5 per person.

Musician Andrew Walesch, who due to medical reasons was unable to join us in February, will perform his “Best of the Great American Songbook” program during dinner. Sign up for this dinner only if you intend to stay for the entire 1 hour performance.

Because this is a holiday meal and we want as many people as possible to enjoy this event in person, take out dinners cannot be ordered.

Tax Assistance Offered

Low to moderate income persons can get help filing their tax forms. Contact the senior center to schedule an appointment, which will be offered on Mondays, Tuesdays, and Thursdays thru April 12. There is no charge for this service and space is limited.

Be sure to bring with you to your appointment the completed intake papers you picked up from the center, your personal tax documents, photo ID, Social Security number documentation, blank check for direct deposit.




Masks will be required while meeting with the volunteer tax preparer.

Guided Autobiography Class

Write your memoir two pages at a time. You can build your life's story through 2-page writing assignments that explore rich life themes to prompt memories and reflection. The collaborative workshop setting of this eight-week course strengthens your writing and helps you find new meaning in significant life events.

The classes will be held on eight Fridays from 9:30 to 11:30 a.m. starting March 18. The cost is \$75, payable to the instructor, Bill Marsella. Sign up by March 14.

MARCH ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
6	7 8:00 Ceramics 8-11 Pickleball 8:30 Casino Trip 9:00 Tax Assistance 9:00 Cribbage Tournament 12:30 Bridge 1:00 Movie Monday	8 8-11 Pickleball 9:00 Tax Assistance 9:00 Tech Support 10:15 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	9 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 12:00 Dinner 1:00 500 Tournament	10 8-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	11 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	12 8-11 a.m. Center Open
13 Daylight Saving Time Begins	14 8:00 Ceramics 8-11 Pickleball 9:00 Tax Assistance 9:00 Cribbage Tourney 12:00 Valentine Dinner 12:30 Bridge 1:00 Movie Monday 4:00 Board Meeting	15 8-11 Pickleball 9:00 Tax Assistance 9:00 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	16 8:00 Ceramics 9:00 Driver's Class 12:00 Dinner 1:00 500	17 8-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 <i>St. Patrick's Day Dinner</i> 1:00 Bridge	18 8:00 Ceramics 9:30 Guided Autobiography Class 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	19 8-11 a.m. Center Open
20 	21 8:00 Ceramics 8-11 Pickleball 9:00 Tax Assistance 9:00 Cribbage Tourney 12:30 Bridge 1:00 Movie Monday	22 8-11 Pickleball 9:00 Tax Assistance 9:00 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	23 8:00 Ceramics 12:00 Dinner 1:00 500 1:30 Memory Cafe	24 8-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	25 8:00 Ceramics 9:30 Guided Autobiography Class 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	26 8-11 a.m. Center Open
27	28 8:00 Ceramics 8-11 Pickleball 9:00 Tax Assistance 9:00 Cribbage Tourney 12:30 Legal Aid 12:30 Bridge 1:00 Movie Monday	29 8-11 Pickleball 9:00 Tax Assistance 9:00 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	30 8:00 Ceramics 10:30 Cabins of MN Presentation 12:00 Dinner 1:00 500	31 8-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge		

Voluntary Membership Drive

Please consider participating in the Monticello Senior Center 2022 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.

Book Club Meets Monthly

The senior center Book Club will meet on Wednesday, March 9 at 9:30 a.m. They will be discussing *Where the Crawdads Sing* by Delia Owens and will pick up the new book. Check it out, new members are always welcome.

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 March 16, April 7, May 5, and June 15 from 9 a.m. to 1 p.m. Call the senior center for additional 2022 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. No refunds for no-shows.

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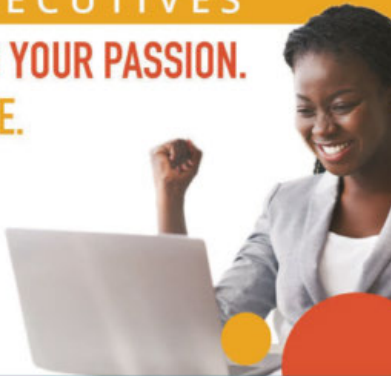
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MARCH 2022 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
1 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	2 Chicken Caesar Wrap Coleslaw	3 Swedish Meatballs Mashed Potatoes/Gravy Vegetable Dinner Roll	4 Chicken Wild Rice Hot Dish Vegetable Dinner Roll
8 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	9 Grilled Ham & Cheese Sandwich Vegetable Soup	10 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	11 Chili Salad Cornbread
15 Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	16 Grilled Chicken Salad Fresh Fruit Breadstick	17 <i>ST. PATRICK'S DAY</i> Corned Beef with Cabbage Carrots Dinner Roll Dessert	18 Chicken Alfredo Caesar Salad Dinner Roll
22 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	23 Beef Stroganoff Lettuce Salad Dinner Roll	24 Meatloaf Mashed Potatoes Vegetable Dinner Roll	25 Tuna Hot Dish Salad Dinner Roll
29 Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie	30 Sloppy Joe Potato Salad Chips	31 Swedish Meatballs Mashed Potatoes/Gravy Vegetable 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 \$4. 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 8-11 AM

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.

Please Mark Your Calendar...

- *Breakfast fundraiser, April 24
- *Pancakes, scrambled eggs, ham, sausage, beverages

Team Pool Tournament

- ♦ Elk River Senior Activity Center
- ♦ Wednesday, March 9, 9 a.m.
 - ♦ Sign up in advance
 - ♦ \$3 entry fee

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, March 4, 11, 18 & 25 @ 1 p.m.
- *Cribbage—Monday, March 7, 14, 21 & 28 @ 9 a.m.
- *500—Wednesday, March 9 @ 1 p.m.



A graphic with a blue and white color scheme. At the top, a hand holds a red megaphone. Below it, the text "support our" is in a smaller font, and "ADVERTISERS" is in large, bold, white letters on a dark blue background. The background features stylized illustrations of a city street with people walking, a car, and a cyclist.

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TRIPS

Treasure Island Casino

Ride the coach bus to Treasure Island Casino on Monday, March 7. The bus departs the community center at 8:30 a.m. and returns at about 3:45 p.m. There is an \$18 charge for the bus ride and those going will receive \$15 on their casino card and a \$3 off food coupon.

Mystic Lake Casino

You can ride the coach bus to Mystic Lake Casino on Monday, April 4. The bus departs the community center at 8:30 a.m. and returns at about 3:15 p.m. Due to increased bus rental costs, the casino trip charge has been raised to \$20. Those going will receive \$15 on their casino card and a \$4 off food coupon.

St. Paul Sinners and Saints

Arrive at the Landmark Center in St. Paul On April 6 for a Gangster Tour. These tours are enhanced by humorous and lively costumed guides who adopt the personae of the infamous gangsters who resided in St. Paul during the 1930s, telling of their “lives as gangsters” and how the criminal justice system functioned during that era. Then enjoy lunch at Kéy’s Café where the menu includes luncheon portion turkey dinner with all the trimmings, beverage, and dessert.

Next there will be a guided tour of the St. Paul Cathedral. It is the 3rd largest completed church in the United States, and the 4th tallest. The interior is illuminated by 24 stained glass windows featuring angelic choirs. The building was added to the National Register of Historic Places in 1974. After the tour, visit the space at your own pace, and stop by gift Kiosks to purchase a memento of your visit.

The cost is \$84 per person. The bus will depart the community center at 8:30 a.m. and return at about 4 p.m. **Deadline to register is March 6.**

Barn Quilt & Picturesque Farm Sites

Share a bus with seniors from Elk River on May 11 as you take a trip to Carver County to explore one of the largest open-air galleries in Minnesota amidst the beautiful countryside. A ride-along Quilt Barn Tour Guide will share with you the history of the quilts and the barns. On the route you will see impressive works such as: “Lone Star”- the Kramer Farm; “Fannies Fan”- The Granary; “Custom Block”- The Honebrink Farm; “Hopscotch”- The Drees Farm; “Triple Tulip”- The Willems Family Hollander Farm; “Floral Pattern”- The Sunny Hill Farm. You will have the opportunity to get off the bus and go inside a barn as well as shop for souvenirs, books, and gifts.

Enjoy a boxed lunch at the Outpost Barn Event Center, which is a unique space designed for people to enjoy the quiet serenity of rural Minnesota. Menu: croissant sandwich, pickle, chips, cookie, and bottled water.

The cost is \$74 per person and the deadline to register is April 11. The bus will depart the community center at 8 a.m. and return at 4 p.m.

Free Legal Services

People age 60+ can get free legal services at the center offered by the Senior Law Project on Monday, March 28. They can help with Social Security, family law matters, consumer and housing issues, Medicare, nursing home issues, Power of Attorney and Health Care Directives, Medical Assistance, and other public benefits programs. Appointments are required.

Please note that help cannot be provided for wills, criminal matters, estate planning, or real estate transactions.

Memory Café

Our Activity Hour 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.

These Memory Cafés are held on the 4th Wednesday of each month (March 23) from 1:30-2:30 p.m. If you wish to participate in person at the Crow River Senior Center, call 763-497-8900. If you wish to participate at the Monticello Senior Center via Zoom, call 763-295-2000.

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 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.

Daylight Saving Time begins on Sunday, March 13. Turn your clocks ahead one hour.

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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 (March 10) 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. Call the center at 763-295-2000 if you plan to attend.

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.

Please continue to wash your hands frequently and use hand sanitizer when in the senior center.

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

Blood Pressure Checks

*Tuesday, March 8, 11 a.m. to noon

Keep Active!

The Monticello Community Center can help you stay active this winter! Your Medicare supplement may cover the cost of a membership at MCC. MCC members can take advantage of fitness classes including Water Aerobics and SilverSneakers classes.

Members also have access to our pool, spas, indoor track, gymnasium, and a variety of cardio and strength equipment. If you have questions, contact program manager, Sara Cahill, at 763-271-7124.

Please note that all senior center activities are subject to change without notice and any current and future COVID requirements will be followed

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, 8-11 a.m. (office closed)

Director:

Pam Loidolt