



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER MARCH 2023 NEWSLETTER

St. Patrick’s Day Dinner & Party

Sign up in advance for our noon St. Patrick’s Day dinner on Friday, March 17. Dinner will feature shepherd’s pie, garden salad, dinner roll, and dessert. The cost is \$5 per person. Refreshments will be served before dinner.

After dinner you can play bingo and prizes will be awarded to the winners.

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.

Please Come to Dinner

Four area restaurants provide high quality noon meals at the senior center Tuesday thru Friday. Chin Yuen provides meals on Tuesdays, American Legion Post 260 on Wednesdays, VFW Post 8731 on Thursdays, and Cornerstone Café on Fridays. The restaurant owners and staff deserve our thanks!

The meal cost is just \$5 and people age 55+ and spouse regardless of age are welcome to participate. People do have to sign up at least one business day in advance by noon and pay for meals they order.

Please Mark Your Calendar...

Monticello Senior Center

Breakfast Fundraiser

*Scrambled eggs, ham, pancakes, sausage, donuts, juice, milk, and coffee

*Sunday, April 23 8 a.m.—noon

*Tickets \$9 in advance (\$10 at the door)

Bible Study Group

A non-denominational Bible Study group will meet at the center on Wednesdays from 10-11:30 a.m. starting March 1.

The group will be led by Manuel Madrid, a Salvation Army Pastor of 41 years, and he will be correlating Bible history with world history.

Please bring a Bible to this class.

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.

MARCH ACTIVITY CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|--|
|  | | | | | | |
| 5 | 6 7-11 Pickleball 8:00 Ceramics 8:00 Casino Trip 9:00 Tax Assistance 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday | 7 7-11 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 8:00 Ceramics 9:00 Driver's Class 9:00 Team Pool Tournament 9:30 Book Club 10:00 Bible Study 12:00 Dinner 1:00 500 T tournament | 9 7-11 Pickleball 9:00 Tax Assistance 9:15 Irish History Trip 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge | 10 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament | 11 8 a.m.-Noon Center Open |
| 12 | 13 8:00 Ceramics 9:00 Cribbage Tourney 9:00 Tax Assistance 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting | 14 7-11 Pickleball 8:30 Tech Support 9:00 Tax Assistance 10:15 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot | 15 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café | 16 7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge | 17 8:00 Ceramics 10:00 Women's Pool 12:00 St. Patrick's Day Dinner 1:00 Euchre Tournament | 18 8 a.m.-Noon Center Open |
|  | 19 | 20 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 9:00 Tax Assistance 1:00 Bridge 1:00 Movie Monday | 21 7-11 Pickleball 8:30 Tech Support 9:00 Tax Assistance 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot | 22 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500 | 23 7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge | 24 8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament |
| 26 | 27 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 9:00 Tax Assistance 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday | 28 7-11 Pickleball 8:30 Tech Support 9:00 Tax Assistance 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot | 29 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500 | 30 7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge | 31 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament |  |
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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 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.

Senior Fitness Open House

The Senior Fitness open house on Wednesday, March 1 will feature information about the Community Center and fitness center tours. The Open House will be held from 9:30 a.m. to 10:15 a.m. You can then stay for the Senior Fitness class at 10:30-11:30 a.m. to check it out. Participants can also find out if their Medicare supplement includes a free membership to the Community Center.

Blood Pressure Checks

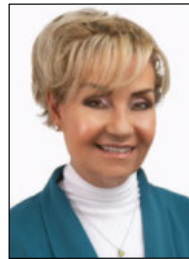
***Tuesday, March 14, 11 a.m. to noon**
***Everybody welcome!**

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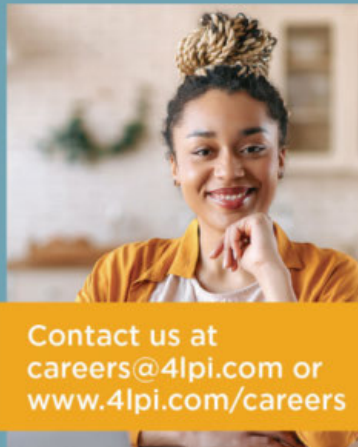
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MARCH 2023 MENU

| Tuesday Meals from Chin Yuen | Wednesday Meals from American Legion Post 260 | Thursday Meals from VFW Post 8731 | Friday Meals from Cornerstone Café |
|---|---|---|---|
|  | 1 Spaghetti Lettuce Salad Breadstick | 2 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll | 3 Chili Garden Salad Dinner Roll |
| 7 Sesame Chicken Egg Roll Fried Rice Fortune Cookie | 8 Chicken Caesar Wrap Potato Salad Pickle | 9 Meatloaf Mashed potatoes Vegetable Dinner Roll | 10 Tater Tot Hotdish Dinner Roll |
| 14 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie | 15 Chicken Fettuccine Alfredo Lettuce Salad Breadstick | 16 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable | 17 ST. PATRICK'S DINNER Shepherd's Pie Baked Beans Dinner Roll Dessert |
| 21 Beef Mixed Vegetables Chicken Wings Fried Rice Fortune Cookie | 22 Chicken Pot Pie Coleslaw Dinner Roll | 23 Lasagna Breadstick | 24 Spaghetti Caesar Salad Dinner Roll |
| 28 Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie | 29 Cheeseburger French Fries Coleslaw | 30 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll | 31 Goulash Garden 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

Free Legal Aid
Monday, March 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, March 8 at 9:30 a.m.

They will be discussing the book, *The Seed Keeper*, by Diane Wilson. 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

- ♦ Elk River Senior Activity Center
- ♦ Wednesday, March 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

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

This March 9th trip to St. Paul may be full and you can add your name to the waiting list.

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.

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, April 3 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.

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 the women work to protect their family reputations 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. Deadline—March 17.

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

Wabasha Street Caves

Explore the Wabasha Street Caves in St. Paul with a very knowledgeable tour guide on Wednesday, May 10. The Wabasha Street Caves are the only remaining restored Gangster Era site. The caves are carved into the hillside in a long abandoned mining venture from the 1800's. Later the caves were a mushroom farm, and then developed as a Restaurant Casino and gangster hotspot during the 1930's prohibition era.

Prior to the tour, you will have lunch onsite. The menu will be The Italian Mobster Buffet: Caesar salad, beef lasagna, penne pasta bake with chicken alfredo, fresh green beans, garlic bread sticks, and assorted cookies, bars and coffee.

The cost is \$75 per person and the deadline to register is April 10. The coach bus will depart the community center at 11:15 a.m. and return 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 March 8, April 19, and May 10 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 & Coaching

Need help with your smartphone, tablet, laptop or other device? Connect with an experienced digital handyperson, who visits the center each Tuesday and 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



Call the center to schedule your **free** appointment. Bring your device with you.

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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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Wright County Memory Café

The Memory Café offers different activities each month, providing a positive experience for older adults with memory loss (or other types of dementia) and their caregivers.

The Memory Café meets the **third Wednesday of each month at 1:30 p.m.** at either the **Crow River Senior Center** or the **Monticello Senior Center**.

Visit mnseniorcenters.org or call to learn more.



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