



MONTICELLO SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER MARCH 2024 NEWSLETTER

The Lincoln Assassination: A Fragile Time

When John Wilkes Booth assassinated Abraham Lincoln, the Civil War was ending and emotions were high. Killing the President was just part of Booth’s plan.

Join us on Wednesday, March 27 at 10 a.m. to explore this fragile time in our history and the plot that nearly succeeded in toppling the government.

There is no charge for this event. Please sign up if you plan to attend.

Play Bingo, Eat Pie...

Come to the senior center on Monday, March 18 to play bingo. The games begin at 1 p.m. and prizes will be awarded to the winners.

After the games are over, you can enjoy delicious pie topped with ice cream.

There is no charge for this event. Please sign up if you plan to attend.

Please Mark Your Calendar...

Monticello Senior Center Breakfast Fundraiser

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

*Sunday, April 28 8 a.m.–noon

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

Wills & Trusts




Come to the center at 10 a.m. on Friday, March 22 to find out the differences between Wills and Trusts. You will learn how to pass your assets on to your heirs as efficiently as possible and how you can avoid probate without doing a trust. Elder Law attorney Jill Adkins is the presenter and you are asked to sign up in advance.

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. LATE STARTS WILL NOT IMPACT THE SENIOR CENTER.

MARCH 2024 ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	2 8 a.m.-Noon Center Open
3	4 7-11 Pickleball 8:00 Casino Trip 8:00 Ceramics 9:00 Cribbage Tournament 9:00 Tax Assistance 1:00 Bridge 1:00 Movie Monday	5 7-11 Pickleball 8:30 Tech Support 9:00 Tax Assistance 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	6 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500	7 7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	8 8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	9 8 a.m.-Noon Center Open
10	11 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tourn. 9:00 Tax Assistance 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting	12 7-11 Pickleball 9:00 Tax Assistance 10:30 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	13 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament	14 7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	15 8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	16 8 a.m.-Noon Center Open
	17	18 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tourn. 9:00 Tax Assistance 1:00 Bridge 1:00 Hearing Screening 1:00 Bingo & Pie	19 7-11 Pickleball 8:30 Tech Support 9:00 Tax Assistance 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	20 8:00 Ceramics 9:00 Driver's Class 10:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café	21 7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	22 8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 10:00 Wills & Trusts 12:00 Dinner 1:00 Euchre Tournament
	24	25 7-10 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 9:00 Tax Assistance 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	26 9:00 Tax Assistance 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	27 8:00 Ceramics 10:00 Bible Study 10:00 Lincoln Assassination 12:00 Dinner 1:00 500	28 7-10 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	29 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament
31 						30 8 a.m.-Noon Center Open

Book Club Meets Monthly

The senior center Book Club meets on Wednesday, March 13 at 9:30 a.m.

They will be discussing the book, *In the Unlikely Event*, by Judy Blume. You can also pick up the next book the group will be reading. If you enjoy reading, check out the Book Club.

Team Pool Tournament

- ◆ Elk River Senior Activity Center
- ◆ Wednesday, March 13, 9 a.m.
- ◆ Sign up in advance, \$4 fee

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 through April 11. 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, other income and/or tax documents for 2023, and rent receipts (CRP) for 2023 or property tax statements for 2023 and 2024.

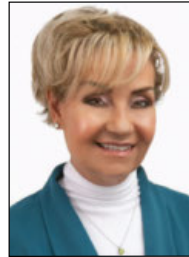
Be sure to organize your information before your appointment.

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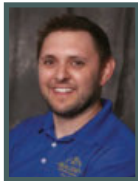
Laura Capes



Bradley McDonald

(320) 227-8444/TTY 711
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MARCH 2024 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 Chicken Alfredo Caesar Salad Dinner Roll
5 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	6 Soft Shell Tacos Refried Beans Rice	7 Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	8 Spaghetti Caesar Salad Dinner Roll
12 Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	13 Chili Mac Salad Dinner Roll	14 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	15 Goulash Garden Salad Dinner Roll
19 Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie	20 Broasted Chicken Mashed Potatoes Corn Salad	21 Lasagna Breadstick	22 Chicken Breast Hotdish Caesar Salad Dinner Roll
26 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	27 Cheesy Scalloped Potatoes Ham Green Beans Dinner Roll	28 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	29 Sloppy Joe Garden Salad Chips

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

Voluntary Membership

The Monticello Senior Center has a Voluntary Membership. The dues are \$15 for an individual and \$25 for a household per calendar year. The senior center is a 501(c)(3) organization and all donations are tax deductible. *Membership is not required to participate in senior center events.*

A 2024 Membership Form is included with this newsletter. Please consider taking out a Voluntary Membership and support your senior center.

Check out the senior center's Facebook page...

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 not required. See calendar for schedule.

Sympathies to...

...the family and friends of Don Kinnander on their loss.

Free Hearing Screening
March 18
Appointments required

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TRIPS

- *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 4 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. Cost is \$20 and those going will receive \$15 on their casino card and \$5 off food.

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, April 1 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. Cost is \$20 and those going will receive \$15 on their casino card and \$5 off food.

State Capitol & History Center

Enjoy a 45-minute guided tour of the MN State Capitol on Wednesday, April 10. You will receive an overview of Capitol history, art, architecture, and state government. After the tour you will have lunch at Degidio's Restaurant and be served chicken parmesan over spaghetti, garlic bread, and a beverage.

The final stop will be to the History Center in St. Paul to spend time exploring on your own "The Life and Art of Charles M Schulz" exhibit. There will also be time for you to shop at the museum store. The cost is \$82 per person. The bus will depart the community center at 8 a.m. and return at about 4:15 p.m.

Till Beth Due Us Part

The bus will head to Day Trippers Dinner Theatre (Plymouth Playhouse) on Wednesday, May 15 to take in the show, *Till Beth Due Us Part*.

This side-splitting romp about marriage and careers introduces us to the Haydens. They both work so they hire a highly motivated, gregarious Southerner named Beth to help around the house. Little do they know, Beth is after Suzannah's job. Throw in a couple wise-cracking best friends and a British boss lady, and you discover the hazards of hiring a personal assistant can be hilarious!

Lunch will be served prior to the performance and includes pulled pork with BBQ sauce, baked beans with bacon, creamy cole slaw, buttered sweet corn, house made kettle chips, chocolate chunk brownies, coffee, and iced tea. The cost is \$80 per person. The bus will depart the community center at 10:45 a.m. and return at approximately 4:45 p.m.

A variety of FREE art classes and programs will be held at the senior center this year starting in April.

Community Center News:

***If you have a Medicare supplement, you may be eligible for a free community center membership—use the pool, take fitness classes, use the gym & fitness area**

***Final indoor Farmers Market Saturday, March 9, 9 a.m.-noon. GREAT vendors!**

***Women of Today Craft Show Saturday, March 9, 9 a.m.-3 p.m. GREAT vendors!**

***Get out of the house! Use the walking track free of charge and meet some new people**

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 class will be held on March 20, April 24, and May 16 from 9 a.m. to 1 p.m. 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.



One on One Technology Support

Bring your personal device (laptop, tablet, or smartphone) and connect with an experienced digital handyperson who can help you:

- Adjust settings for basic use, communication, online safety, and security
- Personalize your device for your needs and interests
- Find and use functions, services, and apps that will be most helpful to you

Call the center to schedule your **free** appointment.

A service provided as part of the HOME program and funded, in part, by Hennepin and Wright Counties, and the Minnesota Department of Human Services.

Last updated 12.2023

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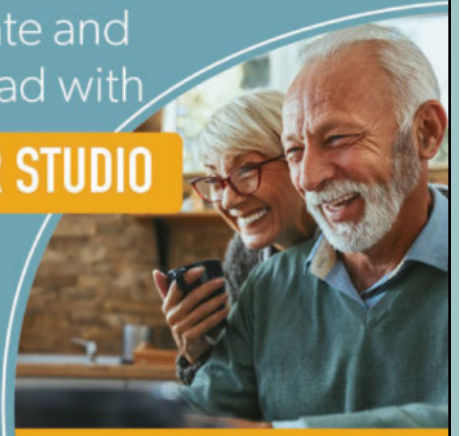
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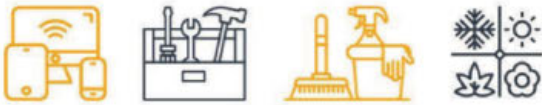
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**Empowering
People
as They Age**

The **HOME program** offers a variety of services including personal technology assistance, handyman services, home safety checks, housekeeping and lawn care/snow removal.



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



CareNextion.org is a free, online tool and app that helps caregivers coordinate and connect with others to support their older adult loved one.

Blood Pressure Checks

***Tuesday, March 12, 11 a.m. to noon**

***Everybody welcome!**

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 March 20 meeting will be held at Monticello Senior Center from 1:30-2:30 p.m. Caregivers have the option to attend a concurrent caregiver support group. Please sign up if you plan to attend, 763-295-2000.

**Free Legal Aid
Monday, March 25
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