



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER MARCH 2025 NEWSLETTER

St. Patrick’s Day Party

Come to the center on Monday, March 17 and celebrate St. Patrick’s Day. Bingo games will begin at 1 p.m. and prizes will be awarded to the winners.

After the games are over, tasty treats will be served.

There is no charge to take part in this holiday event. Please sign up if you plan to attend.

Spring Dinner & Party

Sign up in advance and join us for our 1st Day of Spring celebration on Thursday, March 20. Dinner will be served at noon and features hot beef sandwich, mashed potatoes, gravy, vegetable, and dessert (dessert provided by Willows Landing). The cost is \$6 per person.

As an added treat, Celtic music will be performed by a musician using an array of wind-powered instruments 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 special meal, take out dinners cannot be ordered.

Please Mark Your Calendar

Monticello Senior Center Breakfast Fundraiser

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

*Sunday, April 27 8 a.m. -noon

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

Blood Pressure Checks

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

*Everybody welcome!

Senior Care Planning... How to Fund Your Future Care Without Going Broke!

Everyone has a retirement plan, very few have a Care Funding Plan. Come to the center on Friday, March 28 at 10 a.m. to learn what you need to know. Please sign up if you plan to attend.

MARCH 2025 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 2	3 7-11 Pickleball 9:00 Cribbage Tournament 9:00 Tax Assistance 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting	4 7-11 Pickleball 8:30 TECH Support 9:00 Tax Assistance 10:30 Line Dancing 12:00 Dinner 1:00 Hand and Foot	5 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500	6 7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	7 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	1/8 8 a.m.-Noon Center Open
9	10 7-11 Pickleball 8:00 Casino Trip 9:00 Cribbage Tournament 9:00 Tax Assistance 1:00 Bridge	11 7-11 Pickleball 8:30 TECH Support 9:00 Tax Assistance 10:30 Line Dancing 11:00 Blood Pressure 12:00 Dinner 12:30 Handiwork Group 1:00 Hand and Foot	12 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 1 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament	13 7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	14 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	15 8 a.m.-Noon Center Open
 16	17 7-11 Pickleball 9:00 Cribbage Tournament 9:00 Tax Assistance 1:00 Bridge 1:00 St. Patrick's Day Party	18 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	19 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500	20 7-11 Pickleball 9:00 Tax Assistance 9:30 Book Club 2 9:45 <i>Road Again</i> Trip 10:30 Caregiver/Bingo 12:00 Spring Dinner 1:00 Bridge	21 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	22 8 a.m.-Noon Center Open
23	24 7-11 Pickleball 9:00 Cribbage Tournament 9:00 Tax Assistance 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	25 8:30 TECH Support 9:00 Tax Assistance 10:30 Line Dancing 10:30 Choir 1:00 Hand and Foot	26 8:00 Ceramics 9:00 Driver's Class 10:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café	27 7-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	28 10:00 Women's Pool 10:00 Senior Care Planning 12:00 Dinner 1:00 Euchre Tournament	29 8 a.m.-Noon Center Open
30 	31 7-11 Pickleball 9:00 Cribbage Tournament 9:00 Tax Assistance 1:00 Bridge 1:00 Movie Monday					

Book Club News

Book Club 1 News

Current members of Book Club 1 will meet at the center on Wednesday, March 12 from 9:30-11 a.m. Group members will be discussing, *The Trees* by Percival Everett and *Just for the Summer* by Abby Jimenez. They will also pick up the new book the group will be reading. Please note that this group is closed to new members. See article on the right for a new participation option.

Handiwork Group

Bring your sewing, embroidery, crocheting, etc. project to the center on Tuesday, March 11 at 12:30 p.m. to socialize with others. There is no instructor, just people with projects.

Join the New Book Club

Monticello Senior Center Book Club 2 will meet on Thursday, March 20 from 9:30-10:30 a.m. The group is facilitated by a retired English teacher. We use book kits from the Monticello branch of the Great River Regional Library. You do not need to sign up, just show up. Pick up your copy of the book at the meeting and return it the next session. Group members will be discussing, *The Song Poet* by Kao Kalia Yang on the 20th.

Each month, we'll talk about the book in an informal, casual discussion. You can participate, sit back and listen, or do both.

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MARCH 2025 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
4 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	5 Breaded Chicken Sandwich Chips Pickle	6 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	7 Shepards Pie Dinner Roll
11 Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie	12 Salisbury Steak Mashed Potatoes Corn Dinner Roll	13 Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	14 Homemade Chicken Pot Pie
18 Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie	19 Fish Sandwich Coleslaw Fruit Cup	20 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	21 Cauliflower Baked Ziti Treat
25 No Dinner Today	26 Spaghetti with Meat Sauce Salad Breadstick	27 Lasagna Breadstick	28 Beef Stroganoff 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 AM-NOON

INCLEMENT WEATHER POLICY

IF THE MONTICELLO SCHOOLS ARE CLOSED OR HAVE EARLY RELEASE DUE TO WEATHER CONDITIONS, THEN THE SENIOR CENTER WILL AS WELL. CHECK LOCAL NEWS AND RADIO CHANNELS FOR SCHOOL CLOSINGS. LATE SCHOOL STARTS WILL NOT IMPACT THE SENIOR CENTER.

Powerful Tools for Caregivers

- ◆ Six-week session
- ◆ Wednesdays, 1-3 p.m.
- ◆ April 9-May 14
- ◆ Details in April newsletter

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 14. Appointments are required.

Be sure to bring with you to your appointment a copy of your last return, picture ID, Social Security number, W2's, 1099's, SSA-1099 forms and other income and/or tax documents for 2024 and rent receipts (CRP) for 2024 or property tax statements for 2024 and 2025.

Be sure to organize your information before your appointment.

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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 10** with participants from the Rogers Senior Center. The bus will depart the Monticello Community Center at 8 a.m. and return at approximately 4 p.m. The charge is \$25 and those going will receive \$15 on their card and \$5 off food.

On The Road Again

The March 20th trip to the Sidekick Theater to see, “On The Road Again” may be full and you can add your name to the waiting list. The cost is \$82. The bus departs the community center at 9:45 a.m. and returns at about 4:30 p.m.

Art In Bloom

Share a coach bus on Thursday, April 24 to the Minneapolis Institute of Art to see “Art In Bloom.” This event showcases imaginative floral interpretations of selected works of art from MIA’s permanent collection, created by more than 100 commercial florists and individual artists. Guests are invited to experience the floral fragrance throughout the museum. Browse floral inspired merchandise in the Art In Bloom Pop-Up Shop. This is a self-guided experience throughout the campus. There is also a gift shop and Café. You will have time to explore the permanent exhibits which has grown from 800 works of art to more than 89,000 objects.

After exploring the museum you board the bus and have lunch at the Hen House Eatery in Minneapolis. You will be served a cup of soup that is made from scratch daily, a chicken salad sandwich, cookie, and non-alcoholic beverage.

The cost is \$73. The bus departs the community center at 8:45 a.m. and returns at 3:30 p.m.

Treasure Island Casino

We are sharing a coach bus to Treasure Island Casino on Monday, April 7 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 p.m. The charge is \$25 and those going will receive \$15 on their card and \$5 off food.

Exploring the Scandia Area with Doug Ohman

Doug Ohman, expert tour guide and speaker will teach you all about the Swedish immigration in Minnesota as you drive through Scandia and Washington County on Thursday, May 15. Along the way be sure to keep an eye out for barn quilts and statues of Dala horses. Doug has incorporated a variety of historic sites on this riding tour.

Possible stops will be made at Swedish farmsteads, churches, cemeteries, schools or museums. You will have a Swedish luncheon in the area and then will resume learning about this area from Doug. About Doug: He has done extensive research and has published multiple books about Minnesota. Passengers can purchase their own copy from Doug personally.

The cost is \$89. The bus departs the community center at 8:30 a.m. and returns at about 4:45 p.m.

Voluntary Membership Drive

Please consider participating in the Monticello Senior Center 2025 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.*

Sympathies to...

...the family and friends of Chris Grambart on their loss.

Driver Classes

People age 55+ completing a defensive driving class can receive a 10% auto insurance discount. The class needs to be repeated every three years to continue the discount. Class cost is \$25.

All participants take a four-hour class and they are scheduled on March 26, April 16, and May 21 from 9 a.m. to 1 p.m. Call for more class dates.

Drop off or mail payment, cash or check, to the center in advance. Refunds will not be given for no-shows.



Please like the Monticello Senior Center on Facebook



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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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.

Cost-share contribution suggested.

612-804-0968

b.allard@seniorcommunity.org



Try **CareNextion.org**, a free, secure, award-winning online platform (and mobile app) designed to streamline task coordination, communication, and connection among family members and friends helping to care for a loved one.

Memory Café

The Memory Café is a place where caregivers and their loved ones with memory loss can participate together. All supplies are provided for you.

The meeting will be held on Wednesday, March 26 at the Monticello Senior Center from 1:30-2:30 p.m. Caregivers have the option to attend a concurrent caregiver support group. Call 763-295-2000 if you plan to attend.

**Free Legal Aid
Monday, March 24
Appointments required**

Team Pool Tournament

- ♦ Elk River Senior Activity Center
- ♦ Wednesday, March 12, 9 a.m.
- ♦ Sign up in advance, \$4 fee

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