



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER MAY 2023 NEWSLETTER

May is Older Americans Month and the purpose is to honor older Americans and celebrate their contributions to our communities and nation. Looking forward to seeing you at YOUR senior center!

Senior Hobby Day

Everyone is invited to the annual Senior Hobby Day event on Thursday, May 18 from 9:30 a.m. to 2 p.m. Hundreds of elementary students and their teachers will be attending throughout the day.

More people are needed to display and/or demonstrate their hobbies on the 18th. Please sign up to help with this very enjoyable intergenerational event. Lunch will be provided for the displayers.

Over 90's Party

People age 90+ will be honored at the senior center on Wednesday, May 17 beginning with a noon goulash dinner. Then the special guests will be introduced.

We hope many people can attend this event and help us honor our guests. The meal cost for those under age 90 is \$5 and there is no charge for people age 90+. Please sign up by May 15.

Understanding Alzheimer's





Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking, and behavior.

Join us on Wednesday, May 24 at 10 a.m. to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages and risk factors, current research and treatments available, and about key Alzheimer's Association resources.

Please sign up at the senior center in advance. This program will be facilitated by Alzheimer's Association staff and LSW Becky Allard.

* The senior center will be closed *
* on Monday, May 29th in *
* observance of Memorial Day. *
* **Don't forget to remember** *

MAY ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 Ceramics 8:00 Casino Trip 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	2 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	3 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500	4 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	5 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	6 8 a.m.-Noon Center Open
7	8 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tourney 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting	9 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	10 8:00 Ceramics 9:00 Driver's Class 9:00 Team Pool Tourna. 9:30 Book Club 10:00 Bible Study 11:15 Wabasha Trip 12:00 Dinner 1:00 500 Tournament	11 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	12 8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	13 8 a.m.-Noon Center Open
	14 15 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 1:00 Bridge	16 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	17 8:00 Ceramics 10:00 Bible Study 12:00 Over 90's Party 1:00 500 1:30 Memory Café	18 7-11 Pickleball 9:00 Bike Group 9:30-2 Hobby Day 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	19 8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	22 8 a.m.-Noon Center Open
21	22 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	23 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	24 8:00 Ceramics 10:00 Bible Study 10:00 Understanding Alzheimer's/Dementia 12:00 Dinner 1:00 500	25 7-11 Pickleball 9:00 Bike Group 9:00 Litter Pick-up 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	26 8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	27 8 a.m.-Noon Center Open
28	29 Senior Center Closed 	30 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	31 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500			

FREE Property Tax Help
Thursday, July 27
Appointments are required

Blood Pressure Checks

***Tuesday, May 9, 11 a.m. to noon**
***Everybody welcome!**

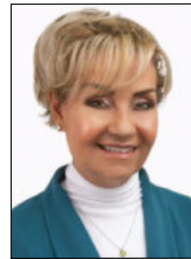


Bike Group Rides Planned

The senior center's River City Riders met and as a group came up with some really great trail rides for the 2023 season.

Stop by the center to pick up a list of the Thursday morning ride destinations if you are interested. You can also be added to the group email list to receive details on each week's ride. Great exercise, great fun... check it out!

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Laura Capes



Bradley McDonald

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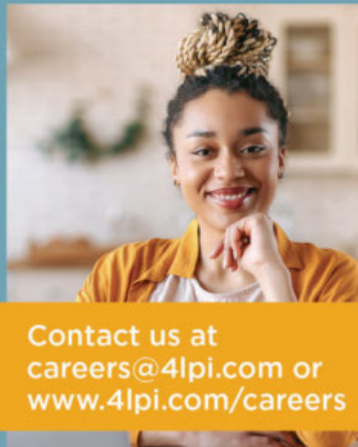
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MAY 2023 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
2 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	3 Tater Tot Hotdish Lettuce Salad Dinner Roll	4 Meatloaf Mashed potatoes Vegetable Dinner Roll	5 Spaghetti Caesar Salad Dinner Roll
9 Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	10 Sloppy Joe Potato Salad Chips	11 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	12 1/2 Deli Sandwich Chicken Wild Rice Soup Chips Pickle
16 Teriyaki Chicken Wontons Fried Rice Fortune Cookie	17 No Dinner Program Meal Today	18 Lasagna Breadstick	19 Hamburger French Fries Lettuce, Tomato, Pickles
23 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	24 Spaghetti Lettuce Salad Breadstick	25 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	26 Meatball Sub Mashed Potatoes Green Beans
30 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	31 Chicken Fettuccine Alfredo Lettuce 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, May 22
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. Thanks go to all of you who have already participated in this drive.

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, May 10 at 9:30 a.m.

The book, *The Guest List*, by Lucy Foley, will be discussed. Participants 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, May 10, 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, May 1 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.

Wabasha Street Caves

This May 10th trip to see the Wabasha Street Caves may be full and you can add your name to the waiting list if you wish.

The cost is \$75 per person and includes coach transportation, lunch, tour, and escort. The coach bus will depart the community center at 11:15 a.m. and return at about 3:45 p.m.

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, June 5 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.

Stillwater River Boats

You can enjoy a 2.5-hour private boat cruise on the scenic St. Croix River, departing from Stillwater, on Wednesday, June 21. There are enclosed and climate-controlled levels with patio viewing decks on top. A delicious buffet lunch will be served on the boat and includes hamburgers, grilled chicken, sandwich trimmings, potato salad, fresh seasonal fruit, baked beans, and cookie assortment.

The coach bus will depart the community center at 9:30 a.m. and return at about 3:30 p.m. The cost is \$72 and includes transportation, river cruise, lunch, and escort.

Munsinger Gardens and St. John's University

Arrive at St. John's University on Wednesday, July 19 and meet your bible host for a presentation on The Saint John's Bible at the Alcuin Library. Visit the bible gallery to view 28 original pages of the Saint John's Bible and other exhibitions.

You will then walk one block to have lunch in the St. John's Refectory. The menu will be an all you care to eat with offering of entrees, salads, soups, desserts, and a beverage. After lunch, you will walk across the courtyard to the great Abbey Church and take an interesting and educational tour. Next you will board the bus and explore the Munsinger and Clemons Gardens on your own. This is a self-guided tour that will require a good amount of walking. Wear durable and comfortable footwear.

The cost is \$74 and the bus will depart the community center at 9 a.m. and return at 4:45 p.m.

Litter Pick-up Volunteers Needed

Meet at the center on Thursday, May 25, 9 a.m.

Walk approximately one mile

Safety vests, gloves, garbage bags provided

Contact the senior center if you can help

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 May 10, June 7, and July 19 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



Caregiving is a group effort.
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www.seniorcommunity.org
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Memory Cafés



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but **registration is required**.
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St Michael, MN 55376
763-497-8900

Wednesday,
May 17
1:30 pm

Wednesday,
June 21
1:30 pm

Caregivers have the option to attend a
concurrent caregiver support group.

This caregiver support group is funded under contract with the Central MN Council on Aging as part of the Older Americans Act Program.



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.

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