



*"Reaching out
and still growing"*

MONTI SENIOR NEWS

MONTICELLO SENIOR CENTER MAY 2025 NEWSLETTER

May is National Older Americans Month and the purpose is to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

Looking forward to seeing you at YOUR senior center!

Over 90's Party

People age 90+ will be honored at the senior center on Monday, May 19 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.

Senior Hobby Day

Everyone is invited to the annual Senior Hobby Day event on Monday, May 12 from 8:30 a.m. to 2 p.m. Literally 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 12th. Please sign up to help with this very enjoyable intergenerational event.

Meet & Greet Jay-Jay

Please come to the senior center on Tuesday, May 6 any time from 9-11 a.m. to meet and welcome the new senior center Director, Jay-Jay Tauzell. Refreshments will be available. Hope to see you then!

Hearing Screening Offered

The Monticello Lions Club will conduct hearing screenings at the senior center on Thursday, May 15 from 1-3 p.m. and appointments are required. They will test each ear and suggest a referral if they detect a hearing loss issue. The cost is \$5, payable to the Lions.

You're Invited to Celebrate a Milestone!

Senior Community Services and the Monticello Senior Center Board of Directors invite you to join us as we honor Pam Loidolt's Retirement after an incredible 33+ years of dedicated service as the Monticello Senior Center Director!

Date: Friday, May 30th

Time: 2:00 pm - 4:30 pm

Special Program: 3:00 pm

Where: MCC Mississippi Room

Come share your well-wishes and celebrate Pam's remarkable commitment to the community. We look forward to seeing you there!

MAY 2025 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4 5 7-11 Pickleball 8:00 Casino Trip 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	6 7-11 Pickleball 8:30 TECH Support 9-11 Meet & Greet Jay-Day 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	7 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500 1:00 Caregiver Class	8 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	1 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	2 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament 1:45 Exercise Tips For Beginners	3 8 a.m.-Noon Center Open
11 12 7-11 Pickleball 8:30-2 Hobby Day 9:00 Cribbage Tournament 1:00 Bridge 4:00 Board Meeting	13 7-11 Pickleball 8:30 TECH Support 10:30 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 12:30 Handiwork Group 1:00 Hand and Foot	14 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 1 10:00 Bible Study 12:00 Dinner 1:00 500 T tournament 1:00 Caregiver Class	15 7-11 Pickleball 8:30 Scandia Trip 9:00 Bike Group 9:30 Book Club 2 10:30 Caregiver/Bingo 12:00 Dinner 1:00 Bridge 1-3 Hearing Screening 5:30 SCS 75th Anniv.	16 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament 1:45 Senior Fitness Open House	17 8 a.m.-Noon Center Open	
18 19 7-11 Pickleball 9:00 Cribbage Tournament 12:00 Over 90's Party 1:00 Bridge	20 7-11 Pickleball 8:30 TECH Support 9:00 Litter Pick Up 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	21 8:00 Ceramics 9:00 Driver's Class 10:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café	22 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	23 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	24 8 a.m.-Noon Center Open	
25 26 Senior Center Closed 	27 7-11 Pickleball 8:30 TECH Support 10:30 Line Dancing 10:30 Choir 12:30 Legal Aid 1:00 Hand and Foot	28 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500	29 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	30 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament 2-4:30 Pam's Retirement Party	31 8 a.m.-Noon Center Open	

Senior Community Services

75th Anniversary Celebration

Thursday, May 15th
5:30pm - 9:30pm
Medina Entertainment Center

TAKE A GAMBLE ON US!

Tickets: seniorcommunity.org/75
or call 952-767-7882

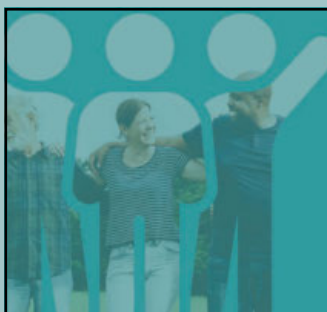


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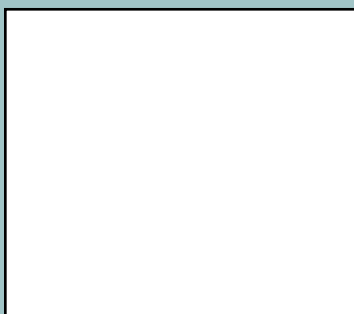
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MAY 2025 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
		1 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	2 Goulash Dinner Roll Special K Bar
6 Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie	7 Chicken Strips Jojos Fruit Cup	8 Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	9 BLT on Homemade Bread Tater Tots Pickle
13 Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie	14 Swedish Meatballs over Mashed Potatoes Corn Dinner Roll	15 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	16 Wild Rice Hotdish Dinner Roll
20 Sesame Chicken Wontons Fried Rice Fortune Cookie	21 Hamburger Onion Rings Pickle Spear	22 Lasagna Breadstick	23 Sloppy Joe French Fries Pickle
27 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	28 Penne Pasta Red Meat Sauce Salad Breadstick	29 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	30 2 Grilled Chicken Legs Potato 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 \$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

Book Club News

Book Club 1 News

Current members of Book Club 1 will meet at the community center on Wednesday, May 14 from 9:30-11 a.m. Group members will be discussing, *The Plague of Doves*, by Louise Erdrich. They will also pick up the new book the group will be reading. Please note that this group is closed to new members. See the article on the right for another participation option.

Join the New Book Club

Book Club 2 will meet on Thursday, May 15 from 9:30-11 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, *Icy Sparks*, by Gwyn Hyman Rubio on the 17th.

Blood Pressure Checks

*Tuesday, May 13, 11 a.m. to noon

*Everybody welcome!

FREE Property Tax Help

Thursday, July 24

Appointments are required

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Ben Allrich

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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 5 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.

Exploring the Scandia Area with Doug Ohman

This May 15th trip escorted by Minnesota historian Doug Ohman, may be full and you can add your name to the waiting list. The cost is \$89. The bus departs the community center at 8:30 a.m. and returns at about 4:45 p.m.

Treasure Island Casino

We are sharing a coach bus to Treasure Island Casino on Monday, June 2 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.

Padelford Riverboat Lunch Cruise

This sightseeing cruise along the Mississippi River on June 18 may be full and you can add your name to the waiting list. The cost is \$85. The bus will depart the community center at 9:45 a.m. and return about 4 p.m.



Chateau Winery

Enjoy a nice summer day in the St Croix Valley on Thursday, July 24. First stop will be for lunch at the Lowell Inn located in Stillwater. You will have an elegant lunch in their Garden Room and will be served: Chicken ala King- Tender pieces of chicken, mushrooms, red and green peppers in a sherry cream sauce served over a puff pastry shell, mashed potatoes, vegetable of the day, beverage and a dessert.

Next, you will go to the Chateau Winery nestled in the rolling hills of the St. Croix River Valley. You will be divided in 2 groups for a tour and a tasting. Afterwards you will have time to relax and enjoy this beautiful setting. You can visit the gift area and decide which wines you would like to purchase. The cost is \$88. The bus will depart the community center at 9:30 a.m. and return at about 5 p.m.

Free Legal Aid
Tuesday, May 27
Appointments required

Handiwork Group

Bring your sewing, embroidery, crocheting, etc. project to the center on Tuesday, May 13 at 12:30 p.m. to socialize with others. There is no instructor, just people with projects.

Team Pool Tournament

- ♦ Elk River Senior Activity Center
- ♦ Wednesday, May 14, 9 a.m.
- ♦ Sign up in advance, \$4 fee

The senior center will be closed
on Monday, May 26th in
observance of Memorial Day
****Don't forget to remember****

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 May 21, June 25, and July 23 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 consider participating in the senior center 2025 Voluntary Membership. Forms available in the senior center.

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 2025 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!

Litter Pick Up Volunteers Needed

*Tuesday, May 20, 9 a.m.

*Safety vests, gloves, bags provided

*Walk about one mile

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Call 763-416-7969 or email us at hometeam@seniorcommunity.org to learn more!

Technology Services

Have questions about technology? Our Technology Coaches are here to help!

In a community setting - Join a free tech clinic in Monticello every 1st and 3rd Tuesday. Call 763-295-2000 to register

In your home - Make an in-home appointment for a fee by calling 952-888-5530.



Caregiver Support

Becky Allard, LSW, is here to support you while you care for your loved one:

Make a **one-on-one appointment** for individualized support



Join a **caregiver support group** held the 2nd Thursday of each month from 10:30am-12:00pm

Contact Becky at 612-804-0968 or b.allard@seniorcommunity.org to register or learn more!

Memory Café

The Memory Café is a place where caregivers and their loved ones with memory loss can participate together. We are excited to welcome back the Wright County Master Gardeners to lead the activity.

The meeting will be held on Wednesday, May 21 at the Crow River Senior Center from 1:30-3 p.m. Caregivers have the option to attend a concurrent caregiver support group. Please call 763-497-8900 if you plan to attend.

Exercise Tips for Beginners

If you are wondering what type of exercise is best for you then join Donna Finnell, Personal Trainer, to learn about all the options at MCC that can improve your health and wellbeing! Free Seminar FRIDAY, MAY 2, 1:45 p.m. in the MCC Warehouse Room. Sign up at the Senior Center.

Beneficial to people of all ages!

Senior Fitness Open House

You may qualify for a free Silver Sneaker membership at the Monticello Community Center! Come to this Fitness Open House to get information, take a tour, and learn about all 13 weekly exercise classes at MCC. FRIDAY, MAY 16, 1:45 p.m. in the MCC Warehouse Room. Sign up at the Senior Center.

Monticello Senior Center

505 Walnut Street, Suite 3

Monticello, MN 55362

Phone: 763-295-2000

monticelloseniorcenter.org

Pam Loidolt, Director

Open Hours:

Monday-Friday, 8 a.m.- 4 p.m.

Saturday, 8 a.m. - Noon (office closed)