



*“Reaching out  
and still growing”*

# MONTI SENIOR NEWS

MONTICELLO SENIOR CENTER SEPTEMBER 2020 NEWSLETTER



## Join Us for Dog Day Thursdays

Join us for dogs every Thursday in September, hot dogs, that is! The meal will include a hotdog, bag of chips, pickle, ice cream cup, and bottle of water—the cost is only \$4! Meals will be served from 11:30 a.m.-12:30 p.m.

The hot dogs will be grilled and the meals served in the patio area outside the Mississippi Room. You can eat outside, in the Mississippi Room, OR pick up your meal curbside to take with you. Eating areas will be set to adhere to the 6 foot physical distancing rule, so numbers are limited.

You do need to contact the senior center to reserve your meal by 1 p.m. the Wednesday before you wish to eat. **PLEASE BRING A CHECK OR EXACT PAYMENT OF \$4 WITH YOU WHEN YOU COME TO EAT.**

Hope you can join us for Dog Day Thursdays!

## Picnic in the Park

The past 3 picnics we have held at Ellison Park next to the beautiful Mississippi River have been so well-received that we scheduled 1 more!

Contact the center to reserve your place at the September 11 picnic. A delicious box lunch will be served at noon and then people can play bingo for the chance to win prizes.

The cost is just \$5 per person and we ask that you bring a check or exact payment. There is a 25 person limit, so sign up soon. See you at the picnic!

## MOVIE MONDAYS

Movies will be shown Mondays in September at 1 p.m. on the big screen in the community center Mississippi Room.

The movie may be a new release or a memorable classic. You can call the senior center on Monday mornings to find out which movie will be shown.

As with all senior center events, you do need to register in advance.

## SEPTEMBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 8:30-3:30 Center Open 1:30 Parkinson Support Group	<b>2</b> 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study	<b>3</b> 9:00 Bike Group 8:30-3:30 Center Open 10:30-12:30 Caregiver One on One 11:00 Bingo 11:30-12:30 Dog Day 12:00 HOME Program	<b>4</b> 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	<b>5</b>
<b>6</b>	<b>7</b> Senior Center Closed 	<b>8</b> 8:30-3:30 Center Open 11:00-12:00 Blood Pressure Checks	<b>9</b> 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:30 Caregiver Support Group	<b>10</b> 9:00 Bike Group 8:30-3:30 Center Open 9:30 Book Club 10:30 Caregiver 1:1 11:00 Bingo 11:30-12:30 Dog Day 12:00 HOME Program	<b>11</b> 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool 12:00 Picnic at Ellison Park	
	<b>13</b> <b>14</b> 8:30-3:30 Center Open 8:30 Ceramics 1:00 Movie Monday 4:00 Board of Directors Meeting	<b>15</b> 8:30-3:30 Center Open 10:00 Poker Walk	<b>16</b> 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study	<b>17</b> 9:00 Bike Group 8:30-3:30 Center Open 10:30-12:30 Caregiver One on One 11:00 Bingo 11:30-12:30 Dog Day 12:00 HOME Program	<b>18</b> 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	<b>19</b>
<b>20</b>	<b>21</b> 8:30-3:30 Center Open 8:30 Ceramics 12:30 Legal Aid 1:00 Movie Monday	<b>22</b> 8:30-3:30 Center Open 9:00 Driver's Class	<b>23</b> 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:30 Caregiver Support Group	<b>24</b> 9:00 Bike Group 8:30-3:30 Center Open 10:30-12:30 Caregiver One on One 11:00 Bingo 11:30-12:30 Dog Day 12:00 HOME Program	<b>25</b> 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool 12:00-1:00 Election 1:00 Annual Meeting	<b>26</b>
<b>27</b>	<b>28</b> 8:30-3:30 Center Open 8:30 Ceramics 12:30 Legal Aid 1:00 Movie Monday	<b>29</b> 8:30-3:30 Center Open	<b>30</b> 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:00 Memory Café			

## Board of Directors Election

All members of the Monticello Senior Center are encouraged to vote in the election to fill three Board of Directors positions. To be a member, people must be at least 55 years old and have participated in senior center activities a minimum of 12 times during the past year.

The election will be held in the community center Mississippi Room from noon to 1 p.m. on Friday, September 25. Absentee ballots will be available for those unable to vote in person.

## Flu shots

- \*October 2, 9 a.m.—12:30 p.m.
- \*Bring health insurance card
- \*More details in Oct. newsletter

## Board Nominees Needed

Nominees are needed to fill 3 seats on the Monticello Senior Center Board of Directors. These are three-year terms, which begin January 1, 2021. The election will take place on September 25. Nominees need to turn in a Letter of Intent by September 16, and those letters are available at the center.

## Annual Meeting Follows Election

The Monticello Senior Center Annual Meeting will be held on Friday, September 25 at 1 p.m. in the Mississippi Room.


Activity and financial reports will be given and election results announced. Physical distancing protocol will be followed for the safety of all.

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## *Help for Caregivers*

Are you a caregiver who would like to chat with someone who understands? Help is available thru the senior center. Contact Becky Allard, LSW from Senior Community Services, 952-746-4028, [b.allard@seniorcommunity.org](mailto:b.allard@seniorcommunity.org)

Becky is available for 1:1 caregiver support appointments on Thursday mornings. Please call her to set up a time. If the designated appointment hours do not work for your schedule, please contact Becky to explore other options!



SENIOR  
COMMUNITY  
SERVICES

## HOME Program

The senior center's HOME Program can assist older adults with maintenance and cleaning both indoors and out. Help is available on a sliding fee scale with house-keeping, minor repair services, lawn mowing, painting, general yard work, etc. Staff take precautions to ensure safety.

These services are available for Monticello and Big Lake residents.

Contact Joe, HOME Program coordinator, at 763-416-7969 for more information, or apply online today: <https://seniorcommunity.org/services/home-chores/#home-app-form>

## Driver Classes Scheduled

The senior center will be partnering with the Minnesota Safety Council to provide driver's classes at our center. People age 55+ are eligible to receive a 10% auto insurance discount.

Four-hour refresher courses designed for those who have previously completed an eight-hour course will be held on Tuesdays, September 22 and October 13, both from 9 a.m. to 1 p.m.

Please mail \$20 (cash or check) to the senior center in advance. Checks are payable to the senior center. Class size is limited, people must register in advance, and masks are required.

*The senior center will be closed on September 7, Labor Day*

## Virtual Memory Cafés Planned

A Virtual Memory Cafe is a safe and comfortable online place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others via Zoom. The group will also provide an opportunity for mutual support and an exchange of information – all without leaving home!

We want to extend an invitation for you and your loved one to be part of this amazing group. If you need help setting up Zoom or learning how to connect to a Zoom meeting, no worries – our HOME program is happy to help!

The meetings will be on September 30 at 1 pm and October 21 at 1 pm. Please contact the senior center to register for either or both. If you're unable to attend virtually from your home, we will provide a safe, in-person option at the senior center.

Funding for these programs is thru a Minnesota Board on Aging Dementia Grant.

**Support Groups to Meet**  
 The *Parkinson Support Group* will meet on Tuesday, September 1 at 1:30 p.m.

The *Caregiver Support Group* will meet on Wednesday, Sept. 9 & 23 at 1:30 p.m. Both groups are professionally facilitated and offer support and education.

Register in advance for both groups.

## Like to Ride Bike?

The senior center bike group meets to ride on a variety of trails on Thursday mornings. Call the senior center at 763-295-2000 if you would like to be added to the group email list to receive weekly ride info.

## Monticello Senior Center

505 Walnut Street, Suite 3  
 Monticello, MN 55362

Phone: 763-295-2000

[www.ci.monticello.mn.us](http://www.ci.monticello.mn.us)

Click on "City Services"

### Open Hours:

Monday-Friday  
 8:30 a.m.—3:30 p.m.

### Director:

Pam Loidolt

## Sympathies to...

...the families of Bob Jackson and Don Lee on their loss.

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## Tech Help is Available

Need help with your smart-phone, tablet, computer or TV system and don't want to call the grandkids? Our HOME Program now offers phone and in-home support to help you have a better experience with the technology in your home!

Contact Joe Kaul at 763-416-7969 or [j.kaul@seniorcommunity.org](mailto:j.kaul@seniorcommunity.org) for details. This is a free service!

## Bible Study Group

A non-denominational Bible Study group meets at the center at 11 a.m. on Wednesdays. Be sure to call to register if you plan to attend.

## Play indoor BINGO

- \*Thursdays at 11 a.m.
- \*There is no charge to play
- \*Prizes to the winners
- \*Register in advance

## Legal Aid

- \*September 28, 12:30-2 p.m.
- \*Appointments required

## Poker Walk!

Will you get the best poker hand? People age 55+ can join in on the first ever senior center Poker Walk on September 15 at 10 a.m. The Poker Walk consists of 5 Poker Stations in the community center west parking lot. Begin at the registration table where you will receive your first card. Participants visit each Poker Station once to create a 5-card poker hand.

Once your hand is completed, take your cards to the Judge's station where your hand will be recorded. Enjoy a snack while we wait to see who gets a prize for the best hand. Space is limited, so sign up soon!

FUN! FUN! FUN!

## Book Club

- \*September 10, 9:30 a.m.
- \*Books will be provided
- \*Register in advance

## Blood Pressure Checks

- \*Sept. 8, 11 a.m.-noon
- \*Register in advance

## Need a Mask?

The senior center has a supply of homemade masks. Talk to Pam if you need one.

## Senior Center Protocol...

- ⇒ Governor Walz's Stay Safe MN order currently allows for groups of up to 10 people in the senior center at one time.
- ⇒ Participants need to wear a mask. If you have one please bring it with you. If you do not have a mask we will provide one for you to keep.
- ⇒ Wellness checks will be given at the door (temperature & simple questions asked).
- ⇒ We ask that each participant sign a waiver document (only necessary once).
- ⇒ A plexiglass buffer has been installed at the receptionist counter.
- ⇒ Participants should stay at least 6' apart and should wash their hands frequently.
- ⇒ Hand sanitizers are located throughout the center. *Please use them often.*
- ⇒ Advance registration will be required for all activities until further notice.
- ⇒ Drop-in participation will not be available while group numbers are limited.
- ⇒ No food or beverages will be served or shared in the senior center.
- ⇒ We will temporarily stop accepting donations of all items except excess produce (and money, of course)

***It has been great seeing people back in our center!***

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<p><b>Mississippi Shores</b> Senior Living Community 1213 Hart Blvd., Monticello, MN</p> <p><b>763-295-0787</b> <a href="http://MississippiShores.org">MississippiShores.org</a></p> <p>Equal housing opportunity All faiths welcome.</p> 	 <p><b>Pullman Place</b></p> <p><i>A 55+ Cooperative Community</i></p> <p>17155 Quincy St NW Elk River, MN 55330</p> <p><b>Call for a tour!</b> <b>763.633.0999</b></p> <p>Monday-Friday 9am-3pm</p> <p><a href="http://www.pullmanplace.org">www.pullmanplace.org</a></p> <p><i>It's not real estate, it's a lifestyle!</i></p>	
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## Activity Changes...

- 1) All activities will include properly spaced set ups for safety.
- 2) Equipment or supplies cannot be shared.
- 3) Pre-registration is required for all activities (no drop-ins).
- 4) Disinfecting will take place after each activity.
- 5) Activity plans are subject to change without notice.

## September Activities:

Bible Study  
Bike Group  
Billiards  
Bingo (indoor)  
Blood Pressure Checks  
Book Club  
Caregiver Support Group & 1:1 Support  
Ceramics  
Computer Use  
Dog Day Thursdays  
Driver's Class  
Election & Annual Meeting  
HOME Program  
Legal Aid  
Memory Café  
Movie Mondays  
Parkinson Support Group  
Pickleball (outdoor only)  
Picnic at Ellison Park  
Poker Walk  
Shuffleboard  
Women's Pool

*Senior center hours will be limited for disinfecting purposes and are subject to change. Be sure to check out the calendar for the schedule.*

## Senior Center Hours

**8:30 a.m. to 3:30 p.m.**

**Monday through Friday**