



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER AUGUST 2025 NEWSLETTER

Doug Ohman Presentation Escape to the Lake- Cabins of Minnesota.

Wednesday, August 20 10:30

Enjoy a relaxing and scenic journey to the heart of Minnesota lake country. He will be showing some of the interesting and unique cabins. The pictures will bring back wonderful memories of spending time at your favorite getaway with special people, Doug will share stories, history and memories of this long standing Minnesota tradition.

It's Picnic Time!

Please join us for a picnic at Ellison Park next to the beautiful Mississippi River on Monday, August 18th at 12:00pm.

A delicious picnic lunch will be served at noon with bingo to follow for the chance to win prizes. Please sign up at the center by Monday, August 11th. The cost is \$10 per person and you are asked to pay in advance.

Lets Talk

Join a representatives from thryve and Wright County on Thursday, August 28th 9-10am at the Senior Center for a causal, friendly conversation about what services and resources matter most in our community. This is your chance to share ideas, give feedback and help shape what support looks like for older adults in our area. No presentation, no pressure. Just real conversation. Space is limited. Please sign up at the Senior Center by August 26th if you are interested in participating.

Grandparent & Child Bingo

Invite your grandchildren to play bingo at the center on Thursday, August 28. The games begin at 1p.m. Volante of Hanover will be suppling prizes for the winners. All kids will receive a prize before they leave and root beer floats will be served to everyone after bingo.

Please sign up in advance, indicating the number of kids you will be bringing There is no charge to attend. We hope to see you and your grandkids at this fun event.

Vendor Sign up

Women of Today Fall Craft Fair November 8th vendor sign up begins August 11th at 8a.m. Spots are limited. Please stop by to sign up or call 763-295-2000

**Nominees needed to serve on the
MSC Board of Directors.
Talk to Jay-Jay for details.**

Friendly reminder to sign your first & last name at the white table when you visit the Senior Center. Thank you!

AUGUST 2025 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
					1 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 9:00 Cribbage Tournament 1:00 Bridge	5 7-11 Pickleball 8:30 TECH Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	6 8:00 Ceramics 10:00 Bible Study 10:45 Church Basement Ladies 12:00 Dinner 1:00 500	7 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	8 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 Craft Vendor Sign up 9:00 Cribbage Tour 9:45 Boat Trip 1:00 Bridge 4:00 Board Meeting	12 7-11 Pickleball 8:30 TECH Support 10:30 Line Dancing 10:30 Choir 1:00 Blood Pressure 12:00 Dinner 12:30 Handi Group 1:00 Hand and Foot	13 8:00 Ceramics 9:00 Team Pool Monti 9:30 Book Club 1 Bible Study Cancelled 12:00 Dinner 1:00 500 Tournament 1:30 Memory Cafe	14 7-11 Pickleball 9:00 Bike Group 9:30 Book Club 2 10:30 Caregiver/1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	15 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	16 8 a.m.-Noon Center Open
17	18 7-11 Pickleball 9:00 Cribbage Tournament 12:00 Picnic/Bingo 1:00 Bridge	19 7-11 Pickleball 8:30 TECH Support 9:30 Home 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot 1:00 Writing Group	20 8:00 Ceramics Bible Study Cancelled 10:30 Doug Ohman 12:00 Dinner 1:00 500 1:30 Memory Cafe	21 7-11 Pickleball 9:00 Bike Group 9:30 Book Club 2 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	22 \ 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	23 8 a.m.-Noon Center Open
24 	25 7-11 Pickleball 9:00 Cribbage Tournament 12:30 Legal Aid 1:00 Bridge	26 7-11 Pickleball 8:30 TECH Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	27 8:00 Ceramics 9:00 Defensive Driving 10:00 Bible Study 12:00 Dinner 1:00 500	28 7-11 Pickleball/Bike 9:00 Lets Talk 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge 1:00 Grandparent Bingo	29 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	30 8 a.m.-Noon Center Open

Master Gardner is Returning in September!

A Wright County volunteer will be available on September 19th from 12:30-1:30 to answer your gardening questions and provide tips and resources for fall garden clean up. Please sign up at the Senior Center if you plan to attend.

Two Speakers, Ten Vendors
Thursday Sept 4th
9am-12pm

Join us for a morning of connecting & learning. Expert presenters and local service providers will come together to spark inspiration and offer exciting prize giveaways. At 9:30am Jill Adkins Attorney, will be presenting Estate Planning, Wills & Trusts. At 11am a Better Business Bureau representative will present Spot, Stop & Report Scams. Please sign up at the Senior Center if you plan to attend a presentation. Stop by anytime between 9-12pm to visit the vendors and enter to win giveaways.

Greif Group 8 Week Series
Every Tuesday Beginning Sept 9th
1:30-3:00

This 8 week series offers fellowship, grief education and support from others sharing similar experience. Facilitated by CentraCare Hospice. Registration is required and limited to 12 participants. Sign up at the Senior Center or call 763-295-2000.

Writers Group

Writers group will meet on Tuesday August 19th from 1-2:30. The assignment is to write about a situation you saw or were part of, from the viewpoint of the primary subject. Seniors with all levels of writing skills and expertise are welcome and encouraged to attend.

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AUGUST 2025 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cub Foods Deli
			1 Two Chicken Tenders JoJo Fries Potato Salad
5 Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie	6 1/2 Chicken Bacon Ranch wrap Chips Fruit Cup	7 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	8 Chicken Enchilada Mix Rice
12 Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie	13 Turkey Commercial over Mashed Potatoes Salad Roll	14 Lasagna Breadstick	15 Ham Sandwich Coleslaw Chips
19 Sesame Chicken Wontons Fried Rice Fortune Cookie	20 Fish Sandwich Chips Coleslaw	21 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	22 Penne Pasta Vegetable Garlic Bread
26 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	27 Chicken & Broccoli Alfredo Salad Breadstick	28 Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	29 Orange Chicken Chicken Fried Rice Egg Roll

Many thanks to the following restaurants for providing the meals: Chin Yuen, American Legion Post 260, VFW Post 8731, and Cub Foods Deli. 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

MN Foot Care Services

Lacey Leonard RN and certified foot care specialist will be here on Monday, September 8th from 8:30-1:30 to perform foot care services. Including nail trimming, corn and callus reduction and moisturizing of feet and lower legs. Appointments are 45 min to 1 hour. The cost of the service is 55.00 made payable to MN Footcare Services. Sign up at the Senior Center or if you have questions please call 763-710-1561.

Join the New Book Club

Book Club 2 will meet on Thursday, August 21st from 9:30-11 a.m. This group is facilitated by a retired English teacher. The group will be discussing, the book So Brave, young, handsome by Enger Leif. You do not need to sign up, just show up. You can pick up your copy of the book for August at the meeting and return it the next session.

Sympathies to...

Family and friends of
Gladys Bitzer, Denise Barger ,Barry Tolbert

Blood Pressure Checks

Tuesday August 12th, 11 a.m. to noon
No appointment needed

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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, August 4th 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.

Redhead Creamery

Tour the Redhead Creamery in Brooten Thursday September 25th. The Bus will depart at 10:00 a.m. and return at 4:00 p.m. Cost is \$88. You will learn how cheese is made and what a day in the life of a dairy cow is like. When touring the cow side of the farm you will meet the Jer-Lindy dairy calves and heifers, the pregnant mama cows, and the milking parlor where they are milked twice a day. Next you will tour the cheese plant, where you will get an overview of the entire cheese making process and sample some cheese. Lunch will be served on site: The JerLindy smash burger, deep fried cheese curds, pickle, beverage and ice cream. This tour involves a considerable amount of walking and standing. Wear comfortable shoes. The site is accessible so you may bring collapsible wheelchair, walker or cane. Deadline to register and pay is August 25th.

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, September 8th 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.

Lake Minnetonka Charter Cruise

You can enjoy a leisurely 1.5-hour ride around Lake Minnetonka aboard an Al & Alma's charter boat on Monday, August 11th. The coach bus will depart the community center at 9:45 a.m. and return at 2:45 p.m.

The cost of \$60 per person includes coach transportation, boat cruise, and lunch on the boat (sandwich, salad, chips, dessert, coffee, or water). There are several accommodations for a comfortable cruise. Air conditioned, outside shade or full sun. Deadline to register and pay is July 21st.

Osceola Train Ride & Lunch

Thursday October, 9 8:45-4:30p.m.

Cost is \$93 Enjoy a fall day riding the Osceola and St. Croix Railway. On this scenic ride you will travel high on the bluffs and enjoy the beautiful woodlands full of wildlife in the backwaters.

While onboard you will be served a box lunch which includes a turkey sandwich, chips, cookie, and a beverage. After the train ride you will stop at the Pine Tree Apple Orchard to shop. Each fall they have many different apple varieties to choose from as well as apple bakery products.

Deadline to register is September 8.

Landmark Tours will be here to present Travel Talk.

Thursday, Sept 25th 1p.m.

This is a great opportunity to learn about the group travel trips Landmark Tours offers.

Learn all about Beekeeping

Wednesday, September 17

10-11:00a.m

John Wieser will be here sharing his love for bee keeping. John has been keeping bees since 2010. He enjoys bringing his "ladies" to hobby and craft fairs as well as schools. Different plants yield honey with distinct color and flavor. Come ready to taste some of the honey that has been harvested this year. This is a free class. Please sign up at the Senior Center if you plan to attend.

Driver Classes

People age 55+ completing a defensive driving class can receive a 10% auto insurance discount. The cost is \$24.

Effective July 1, 2024 8-hour classes will no longer be required. First-time participants can take a 4-hour class and they are scheduled on August 27th, September 24 and October 22nd 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. Please note that refunds will not be given for no-shows.

Need a Notary?

Jay-Jay is a certified notary and is happy to offer notary services free of charge.

It's Never too Late to Begin Again by Julia Camerso Artist's Way Program for Retirees and other Creative Souls.

Friday Beginning September, 5 at 10am

This is a free 12 week course is for anyone who wishes to expand their creativity. For some this may mean retiring from formal work world, for others this may mean facing empty nesting or simply mean rejuvenating the creative spirit when suddenly branded a senior Citizen, Each week we will read the highlights of the chapter and discuss in class. The memoir will unfold over the entire 12 weeks, as you revisit your unique story one manageable section at a time. Please sign up at the Senior Center

Team Pool Tournament

Monticello Senior Center
Wednesday, August 13th 9 a.m.
Sign up in advance, \$4 fee

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HOME Program

Offering a variety of assistance with household chores like housekeeping, minor repairs, leaf raking, and more. Call 763-416-7969 or email hometeam@seniorcommunity.org to learn more!

Technology Services

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

Bring your device to a free tech support appointment every Tuesday morning.
Call or stop by to register

Or call 952-888-5530 for an in-home appointment.

Caregiver Support

Becky Allard, LSW, is here to support you as you care for your loved one.

Make a **one-on-one appointment** or join a **caregiver support group** on the 2nd Thursday of each month from 10:30-12:00.

Contact Becky at 612-804-0968 or b.allard@seniorcommunity.org.



Memory Café

The Memory Café offers a positive experience for older adults with memory loss and their caregiver. The meeting will be held on Wednesday, August 20th at the Monticello Senior Center from 1:30-3 p.m. Caregivers will have the opportunity to attend support group lead by Becky Allard LSW while their loved ones participate in fun small group activity. Please call 763-295-2000 if you plan to attend.



Reimagine Aging Conference

Learn about helpful technology products, trends, and information for seniors and their caregivers. Educational sessions include topics like artificial intelligence, fraud and scams, transportation, and more. September 25, 2025, 10am-3pm, Heritage Center of Brooklyn Center. \$10 for ages 60+ (includes lunch). Call 952-767-7882 to purchase your ticket.

Monticello Community Center Classes

Exercise Tip for Beginners– If you are wondering what type of exercise is best for you. Join Donna Finnell, Personal trainer on Monday Aug 11 1:45pm for a free seminar to learn how to improve your balance, strength and flexibility. Sign up at the Senior Center

Senior Fitness Open House– You may qualify for a FREE Silver Sneakers membership. Stop by the fitness open house at the community center on Thursday Aug 21 at 1:30pm and learn all about all 13 weekly senior fitness classes offered at MCC

Monticello Senior Center

505 Walnut Street, Suite 3
Monticello, MN 55362
Phone: 763-295-2000
monticelloseiorcenter.org
Jay-Jay Tazuell, Director

Open Hours:

Monday-Friday, 8 a.m.- 4 p.m.
Saturday, 8 a.m. - Noon (office closed)