



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER NOVEMBER 2025 NEWSLETTER

Craft Sale & Sloppy Joe Lunch Fundraiser

The Senior Center Craft Fair will be Saturday, November 8th in the Community Center Mississippi room from 9–3 p.m. Stop by the Senior Center and enjoy a delicious lunch of a sloppy joe, chips, pickle, dessert and water or juice for \$8 between 10-3 p.m. There will be raffle tickets for sale for a chance to win some great prizes donated by local businesses. We need volunteers to bring in sweets for the fundraiser lunch. Please sign up if you are willing to help.

Thanksgiving Bingo

Thursday, November 20th 1 p.m. Prizes sponsored by Moments Hospice. Space is limited. Please sign up at the center.

The Senior Center will be closed on
November 27th & 28th
Happy Thanksgiving!

Honoring Our Veterans

Join us as we honor our veterans! Veterans and their significant others are invited to enjoy a free lunch on Tuesday, November 11th at noon. There will be a short program and performance by the River City Ramblers following lunch. Please sign up at the center if you plan to attend.

Salute to Service

This November in honor of Veterans Day, we would like to recognize and celebrate the brave men and women who have served our country. If you are a veteran, please bring in a photo of yourself from your time in the service. We will make a copy of your photo and proudly display it for the month of November. Thank you for your service and sacrifice.

Two Thanksgiving Meals at the Center

Monticello Girl Scout Troop 16143 will provide a tasty Thanksgiving meal with all the trimmings on Monday, November 17th at 6 p.m. at the Senior Center. There is no charge for the meal. Space is limited. Please sign up at the Senior Center if you wish to attend.

Thursday, November 20th at Noon the VFW will be providing a delicious Thanksgiving meal (See menu page 4) The cost is \$7. Space is limited. Sign up at the center. Please note no take out meals. Bingo will follow. Prizes sponsored by Moments Hospice.

NOVEMBER 2025 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8 a.m.-Noon Center Open
	2 3-7-11 Pickleball 8:00 Casino Trip 9:00 Cribbage 10:00 Advanced Directives 1:00 Bridge 1:00 Autobiography	4 7-11 Pickleball 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	5 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament	6 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	7 8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 12:00 Silver Sneakers 1:00 Euchre 1:00 Group for Singles	8 Craft Fair 9-3 p.m. Sloppy Joe Fundraiser 10-3:00 p.m. 
9 	10 7-11 Pickleball 9:00 Cribbage 10:00 Autobiography Writing 1:00 Bridge 4:00 Board Meeting	11 7-11 Pickleball 10:30 Line Dancing 10:30 Choir 11-12 Blood Pressure 12:00 Veterans Lunch 1:00 Hand and Foot 1:00 TECH	12 8:00 Team Pool Elk River 9:30 Book Club 1 10:00 Bible Study 12:00 Dinner 1:00 500	13 7-11 Pickleball 9:00 Bike Group 10:30 Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	14 8:30 Pickleball 8:30 MN Foot Care 10:00 Women's Pool 12:00 Dinner 1:00 Euchre	15 8 a.m.-Noon Center Open
16	17 7-11 Pickleball 9:00 Cribbage 10:00 Autobiography Writing 1:00 Bridge 6:00 Girl Scout Thanks giving Dinner	18 7-11 Pickleball 9:30 HOME Program 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot 1:00 Writing Group 1:00 TECH	19 8:00 Ceramics 9:00 Defensive Driving 10:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café at Crow River	20 7-11 Pickleball 9:00 Bike Group 9:30 Book Club 2 10:30 Caregiver 1:1 10:30 Bingo 12:00 Thanksgiving Meal 1:00 Bingo 1:00 Bridge	21 8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre 1:00 Group for Singles 1:00 Discovering Creativity	22 8 a.m.-Noon Center Open
23 	24 7-11 Pickleball 9:00 Cribbage 10:00 Autobiography 12:30 Legal Aid 1:00 Bridge	25 7-11 Pickleball 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	26 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500	27 Happy Thanksgiving 	28 Center Closed 	29 8 a.m.-Noon Center Open
30						

Group for Singles

Being single can sometimes feel more isolating than liberating. While freedom has its advantages, it can also lead to routines that feel repetitive. Watching TV alone, scrolling endlessly on your smartphone, or filling the hours with chores. Too much solitude can gradually make life smaller and even dampen our spirit. This group is about changing that. It is about getting out, meeting new people. Instead of feeling like the “third wheel” or “babysitter” You will find yourself a part of like minded singles who want to enjoy life more. through group outings and fun activities. This group will be facilitated by Michael O’Donnell and will meet the 1st & 3rd Friday every month at the Center from 1:00-2:30 beginning Friday, November 7th. Please sign up if you plan to attend.

Advance Directives Education

Monday, November 3rd 10-11:00 a.m.

Join Megan Majsterski Lazere, LICSW, Hospice Social Work Manager & Notary, for an informative session on how to clarify your values, understand life sustaining treatment, complete a Health Care Directive, and choose a healthcare agent. You will learn about Thryve Powered by Guardian Angels, a local initiative supporting older adults in the community, and Triniti Homecare and Hospice. Sign up at the Senior Center if you wish to attend.

AARP Needs Volunteers

AARP is now recruiting volunteers for tax-aid which provides seniors that are low to moderate income with free in person tax preparation. There are a variety of volunteer roles needed To learn more call 1-888-687-2277

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NOVEMBER 2025 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Culvers
4 Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie	5 Swedish Meatballs Mashed Potatoes Roll Salad	6 Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	7 2 Chicken Tenders Side Salad w/Ranch Chocolate Custard
11 	12 Club Sandwich Chips Fruit Cup	13 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	14 Grilled Cheese Cup of Chili Vanilla Custard
18 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	19 Cheesy Scalloped Potatoes with Ham Roll Salad	20 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	21 Cheeseburger with Lettuce, Pickle, Ketchup, Mustard French fries Vanilla Custard
25 Sweet & Sour Chicken Fried Rice Wontons Fortune Cookie	26 Fish Basket Coleslaw Fries	27 Closed 	28 Closed 

Many thanks to the following restaurants for providing the meals: Chin Yuen, American Legion Post 260, VFW Post 8731, and Culvers. Menu is subject to change. Dinners are served at noon to persons age 55+ and spouse regardless of age. The meal cost is \$7 for dine in and \$8 for to go orders. 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

ADDRESS: 505 WALNUT STREET, SUITE 3, MONTICELLO, MN 55362

Discovering Creativity & Meaning at Midlife & Beyond.

This is a free 2 hour course on Friday, November 21st at 1 p.m. lead by Shawn Gillert. Creativity can mean many things photography, pottery, music, writing, art and crafts, etc. By opening your creativity it opens you up to expand your logical brain as well. Consider this time like an open creative studio. Bring what you are currently creating or what you would like to create. Bring all your needed supplies for what you want to work on to class while enjoying discussions about how to become more creative in life. If you cant think of anything to create come and listen and watch.

Book Club 2

Will meet on Thursday, Nov 20th at 9:30 a.m. The group will be discussing the book; "The Death of a Rainmaker: a Dust Bowl mystery" by Laurie Lowenstein. You do not need to sign up, just show up. You can pick up your copy of the book for the next month at the meeting.

Writers Group

Writers group will meet on Tuesday, November 18th from 1-2:30. The assignment is to write a story, any subject, from the first person narrative. Maximum length of 1500 words. Seniors with all levels of writing skills are welcome.

Sympathies go out to the family and friends of
John Halvorson and Tom Slypen

Blood Pressure Checks,
No appointment needed
Tuesday, November 11th
11 a.m. to noon

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Please Note

- * Advance registration and payment is required for all trips.
- *We kindly ask you to pay within 1 week of sign up.
- *Refunds will only be given if cancellation is before the deadline date or if the spot can filled. Thank you understanding.

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, November 3rd with 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.

A Sneak Peek at Our 2026 Trips!

I'm excited to share a *sneak peek* at some of the fun adventures being planned for 2026. Get ready for a year full of music, history, and a little wine along the way! We'll start the year with a rockin' trip to the Paramount Theater for an Elvis in Concert experience. We'll also explore the Irish influence in St. Paul, uncovering the stories, traditions, and charm of the city's Emerald Isle connections. History buffs will love stepping back in time with a Foley Mansion tour and a fascinating visit to the Wabasha Street Caves. When the weather warms up, we'll take to the water aboard the Vista Fleet Boat for a relaxing cruise. A trip to Carlos Creek Winery because a little wine tasting with friends is always a good idea! We will be going to the very popular Al & Alma boat tour as well as a few more trips added. More details will be announced soon, but for now, get ready for another great year of adventures with the Monticello Senior Center!

**A Christmas Carol Presented
by Sidekick Theatre at Ives Auditorium
Thursday, December 4th 2025
Cost \$87**

Sign up for a fresh look at the story Ebenezer Scrooge and the ghostly visits he receives one Christmas Eve. This magical production blends music, storytelling, humor and a joyous holiday spirit. The bus will leave Monticello Community Center at 10 am. You will enjoy a delicious buffet lunch of creamy chicken breast served with roasted red potatoes, glazed carrots, coleslaw, dinner rolls, assorted dessert, coffee and tea will be available. After lunch you will move to the theater to enjoy the show. Deadline to sign up is Friday, November 7th.

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, December 6th with 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.

If you have a suggestion on a trip you would love to see on the calendar please talk to Jay-Jay



Driver Classes

People age 55+ completing a defensive driving class can receive a 10% auto insurance discount. Classes are offered on November 19th and December 10th from 9 to 1 p.m.

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 are not given for no shows.

Free Legal Aid

will be here on Monday, November 24th from 12:30-3:00. Appointments are required. Please sign up at the center or by calling 763-295-2000

Vikings Fridays Are Here!

Let's have a little fun this fall and show our team spirit. Fridays are now Vikings Fridays at the Senior Center! Wear your purple and gold every Friday and help us cheer on our Minnesota Vikings. Whether it's a jersey, a scarf, or just a splash of color, let's fill the center with team pride. And if you're a Packers fan... We will still let you in, but you might have to sit in the visitor section.

SKOL! Vikings!

Team Pool Tournament

**Elk River Senior Center
Wednesday, November 12th 9 a.m.
Sign up in advance, \$4 fee**

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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 2nd and 4th Tuesday from 1-4pm. Call 763-295-2000 for an appointment - registration is required.

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 offers a positive experience for older adults with memory loss and their caregiver. The meeting will be held on Wednesday, November 19th at the Crow River Senior Center in St. Michael from 1:30-3 p.m. Caregivers will have the opportunity to attend support group led by Becky Allard LSW while their loved ones participate in fun small group



Monticello Community Center Classes

Silver Sneaker Open House

Friday, November 7th 12-1:00 p.m. Find out about all the fitness classes at MCC and if you are eligible for a free membership. Sign up at the Senior Center

Nutrition Tips For Seniors Free Seminar

This seminar is presented by Darcy Zeman and Donna Finnell, Senior Fitness Instructors at MCC. Get information on ways to eat for energy and better heart health. Recipes included too! Wednesday, November 12 from 12:30-1:30 p.m.

Chair Fitness for Beginners

Tuesdays and Friday from 1-1:45 p.m. in the Warehouse. This class is led by Donna Finnell and Darcy Zeman and is free to MCC members

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)