



MONTI SENIOR NEWS

*"Reaching out
and still growing"*

MONTICELLO SENIOR CENTER NOVEMBER 2020 NEWSLETTER

The U.S. Flag: Origins, Evolution, and Symbolism

The United States Flag is an important, perhaps, the most important, symbol of our identity and national pride. The history of the Flag reflects the history of our Nation itself. Join us to hear that story on Wednesday, November 11 (Veteran's Day) at 1 p.m.

The speaker, David Jones, has been giving historical presentations since 1996 and is extremely well-versed about the topics he presents.

David will be joining us via Zoom. You can come and watch the presentation on the community center big screen or we can email you the Zoom link so you can participate from your home.

****Advance registration is required****

Come to Tasty Tuesdays!

Meals will be served in the community center Mississippi Room each Tuesday in November. You do need to sign up at least one day in advance by 10 a.m. The cost is \$5 per meal and includes dessert and a beverage. You can come to enjoy these tasty meals any time between 11:30 a.m. and 12:30 p.m.:

- ⇒ Nov. 3-Walking taco, fresh fruit cup
- ⇒ Nov. 10-Sloppy joe, chips, pickle
- ⇒ Nov. 17-Turkey sandwich, potato salad, cranberries, pickle
- ⇒ Nov. 24-Hot dog, baked beans, chips, pickle

See you on "Tasty Tuesdays!"



Join us for Turkey Bingo

Call the center to sign up to play Turkey Bingo on Tuesday, November 17. The games will begin at 12:45 p.m. Cash prizes will be awarded to the winners of the regular games and a turkey to the coverall winner. Everyone will get a treat to take home.

If you plan to come, why not also sign up to join us for the Tasty Tuesday meal that day? It features a turkey sandwich meal provided by Style Catering.

Space is limited, so sign up soon.

Play Yahtzee at the Center

People can safely play Yahtzee in the senior center on Tuesdays at 10 a.m. starting in November. Each person will sit at a table properly distanced from others and will have their own set of dice, cup, tray to shake the dice in, and score sheet.

The dice, cup, and tray will be sanitized after each game day. Call the center in advance to reserve your spot.

NOVEMBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 8:30-3:30 Center Open 8:30 Ceramics 1:00 Movie Monday	3 GO VOTE! 8:30-3:30 Center Open 9-11 Pickleball 10:00 Yahrzee 11:30-12:30 Tasty Tuesday	4 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study	5 8:30-3:30 Center Open 9-11 Pickleball 10:30-12:30 Caregiver One on One 11:00 Bingo 12:00 HOME Program	6 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	7
8	9 8:30-3:30 Center Open 8:30 Ceramics 1:00 Movie Monday 2:00 Dementia Friends Training 4:00 Board of Directors Meeting	10 8:30-3:30 Center Open 9-11 Pickleball 10:00 Yahrzee 11:00-12:00 Blood Pressure Checks 11:30-12:30 Tasty Tuesday	11 Veteran's Day 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:00 U.S. Flag Presentation 1:30 Caregiver Support Group	12 8:30-3:30 Ctr. Open 9-11 Pickleball 9:30 Book Club 10:30 Caregiver One on One 11:00 Bingo 12:00 HOME Program	13 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	14 
15 	16 8:30-3:30 Center Open 8:30 Ceramics 1:00 Movie Monday	17 8:30-3:30 Center Open 9-11 Pickleball 10:00 Yahrzee 11:30-12:30 Tasty Tuesday 12:45 Turkey Bingo	18 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:30 Memory Café	19 8:30-3:30 Center Open 9-11 Pickleball 9:00 Driver's Class 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program	20 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	21
22	23 8:30-3:30 Center Open 8:30 Ceramics 12:30 Legal Aid 1:00 Movie Monday	24 8:30-3:30 Center Open 9-11 Pickleball 10:00 Yahrzee 11:30-12:30 Tasty Tuesday	25 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study	26 Happy Thanksgiving! Senior Center Closed 	27 Senior Center Closed	28
29	30 8:30-3:30 Center Open 8:30 Ceramics 1:00 Movie Monday					



The senior center will be closed November 26 & 27
Happy Thanksgiving!



It's still a work in progress, but...
Check out the new senior center website
monticelloseniorcenter.org

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 housekeeping, minor repair services, lawn mowing, painting, raking, snow shoveling, etc. Staff take precautions to ensure safety.

These services are available for both Monticello and Big Lake residents.

Contact Joe, HOME Program coordinator, at 763-416-7969 for more information. Joe is generally at our center on Thursdays in the afternoon and you can call him to make an appointment.

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Become a Dementia Friend

You can participate in a free one hour of virtual education about dementia on November 9 at either 2 or 7 p.m. Please consider signing up to become a Dementia Friend - you can learn a lot.

The one-hour session is led by a Dementia Friends Champion; it's not a formal training or education session. During the session you'll learn what dementia is and tips for communicating with people who have dementia.

We will email you the Zoom link so you can participate from home. Please contact Pam at the senior center to obtain the link to the very simple registration. You also have the option of watching the 2 p.m. session at the senior center.

Virtual Memory Café

A Virtual Memory Cafe experience 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 begin at 1:30 p.m. on November 18 (sign up by November 9) and December 16. 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. Contact Pam for more info, 763-295-2000.

Help for Caregivers

Are you a caregiver who would like to converse 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

Becky is available for 1:1 caregiver support appointments on Thursday mornings at our center. Please call her to set up a time. If Thursday mornings do not work for you, please contact Becky to explore other options.

Blood Pressure Checks

*Tuesday, November 10, 11 a.m. to noon
*Call to reserve a spot

Medicare Part D Open Enrollment October 15th-December 7th

Reasons to contact Senior LinkAge Line® for assistance with comparing Medicare prescription drug plans for 2020:

- New plans may be available
- Some existing plans may not be available
- Plan premiums may change
- Plan formularies may change
- You may qualify for extra help with prescription drug costs



Contact the
Senior LinkAge Line® for more
information at 1-800-333-2433.

Funded in part by the MN Board on Aging and the local United Way.



Tech Help is Available

Need help with your smart-phone, tablet, computer or TV system? Want to join in on a Zoom meeting but not sure how?

Our HOME Program offers both phone and in-home support to help you have a better experience with the technology in your home! Contact Joe at 763-416-7969 for details. This is a free service!

Book Club...

The senior center Book Club meets monthly to discuss the book they read and to pick up the new one. The group will meet on Thursday, November 12 at 9:30 a.m.

Play Indoor Pickleball

The MCC gym is available for people age 55+ to play Pickleball on Tuesdays and Thursdays from 9-11 a.m. The capacity in the gym is 20. Participants need to have a MCC membership and register in advance online (preferred) or by calling 763-295-2954.

All participants must review and follow MCC's COVID-19 procedures, found on www.monticellocommunitycenter.com Specific USAPA COVID-19 Return to Play Guidance on Safe Return to Play should be followed and copies are available in the senior center.

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Driver Classes Scheduled

The senior center is 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 for those who have previously completed an eight-hour course will be held on November 19 and December 10, both from 9 a.m. to 1 p.m.

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

Caregiver Support Group

Caring for a family member, friend, neighbor? Helping to care for a loved one from afar? If so, be sure to check out the Caregiver Support Group that meets at the senior center on the 2nd Wednesday of each month (November 11) from 1:30-3 p.m.

This group provides both support and education and is intended for nonprofessional caregivers. Call the center at 763-295-2000 to reserve your spot.

Name Added to Plaque

Thanks go to Cheryl Thelen for making a financial contribution to the center in memory of her mom. A nameplate has been added to the senior center's Memorial & Gift Plaque:

In Memory of Margaret Condon

People can donate \$100 or more in memory of or in honor of another person and have the name added to the plaque. Donations can also be made as a gift.

**Free Legal Aid November 23
Call to make an appointment**

MOVIE MONDAYS

Movies will be shown at 1 p.m. every Monday the senior center is open on the big screen in the community center Mississippi Room until further notice.

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.

If you own a DVD you think others may enjoy that we could borrow, please contact the senior center (G or PG ratings only).

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

We Strive to...

*Promote social connections
while practicing physical
distancing*

Senior Center Protocol...

If you are unable to attend an activity you signed up for, PLEASE call to cancel.

Due to space limitations, we have turned people away and then there were no-shows...

- ⇒ **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).**
- ⇒ **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 money 😊**

Hope to see you back in our center soon!

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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.

November Activities:

Bible Study
Billiards
Bingo
Blood Pressure Checks
Book Club
Caregiver Support Group & 1:1 Support
Ceramics
Computer Use
Dementia Friends Training
Driver's Class
HOME Program
Legal Aid
Memory Café
Movie Mondays
Pickleball
Shuffleboard
Tasty Tuesdays
Tech Support
Turkey Bingo
U.S. Flag Presentation
Women's Pool
Yahtzee

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

Senior Center Hours

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

Monday through Friday

Phone Number: 763-295-2000