



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER NOVEMBER 2022 NEWSLETTER

Craft Sale November 5

The senior center Craft Sale will be held on Saturday, November 5 in the community center Mississippi Room. Thousands of craft items will be available for purchase from 9 a.m. to 3 p.m. Please invite your family and friends to this senior center fundraiser.

Enjoy a Sloppy Joe

Sloppy joe lunches will be served in the senior center on Saturday, November 5. The cost is \$5 and includes a sloppy joe, chips, pickle, dessert, juice, and coffee. The food will be served at the Craft Sale beginning at 10 a.m.

Saluting the Civil War Minnesota’s Role

What role did Minnesota play in the Civil War? Learn how important Minnesota was to the Union cause. Hear the stories of those from Minnesota that served in this tragic but most interesting chapter in American history.

Historian Doug Ohman will give this presentation at the center on Monday, November 28 at 10:30 a.m. Please sign up to attend.

Veterans Invited to Dinner

Veterans and their significant others are invited to a dinner held in their honor on Friday, November 11 at noon. Spouses of deceased veterans are also invited. Lunch is free and people do not have to sign up in advance. There will be a short program, and performance by the River City Ramblers choir after dinner.

Medicare Open Enrollment

***Assistance offered in Buffalo**

***Call 1-800-333-2433 for appointment**





***Over the phone help also available**

Two Thanksgiving Dinners at the Center

Monticello Girl Scout Troop 16143 will provide a tasty Thanksgiving meal with all the trimmings for people age 55+. The meal will be held on Monday, November 21 at 6 p.m. in the senior center. There is no charge—sign up in the senior center in advance. This meal is limited to 30 people.

The Cornerstone Café will prepare a delicious meal on Friday, November 18 for people age 55+ that will be served at the center at noon. The meal includes turkey, potatoes, gravy, cranberries, dinner roll, and dessert. The cost is \$5 per person and people should sign up by November 16. Limited to 40 people.

NOVEMBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	2 8:00 Ceramics 12:00 Dinner 1:00 500	3 8-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	4 8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	5 9 a.m.-3 p.m. Craft Sale 10 a.m.-3 p.m. Sloppy Joe Lunch
6	7 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	8 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	9 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 9:45 Church Ladies Trip 12:00 Dinner 1:00 500 Tournament	10 8-11 Pickleball 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	11 8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 12:00 Veterans Dinner 1:00 Euchre Tournament	12 8 a.m.-Noon Center Open
	13 8-11 Pickleball 8:30 Casino Trip 9:00 Cribbage Tournie 10:30 Thrivel Session 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting	15 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	16 8:00 Ceramics 9:00 Driver's Class 12:00 Dinner 1:00 500 1:30 Memory Café	17 10:00 iPad 202 Class 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	18 8:00 Ceramics 10:00 Women's Pool 12:00 Thanksgiving Dinner 1:00 Euchre Tournament	19 8 a.m.-Noon Center Open
20	21 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday 6:00 Thanksgiving Dinner	22 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	23 8:00 Ceramics 12:00 Dinner 1:00 500	24 Senior Center Closed 	25 Senior Center Closed	26 8 a.m.-Noon Center Open
	27	28 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournie 10:30 Civil War Presentation 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	29 8-11 Pickleball 8:30 Tech Support 10:00 Protecting Your Assets 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	30 8:00 Ceramics 10:00 Statue of Liberty Presentation 12:00 Dinner 1:00 500		

Protecting Your Assets

Many people worry about losing their assets to the costs of long-term care and want to transfer assets to protect them.

You can attend a presentation on Tuesday, November 29 at 10 a.m. to learn the pros and cons of strategies, including gifts, to protect assets from future nursing home costs. Please sign up to attend.

Presenter Jill Adkins is an elder law and estate planning attorney with the Gries Lenhardt Allen law firm in St. Michael.

The senior center will be closed on Thursday and Friday, November 24 & 25
Happy Thanksgiving!

Statue of Liberty

The Statue of Liberty stands proudly in New York Harbor, but how did the Statue come to be? What does it symbolize?

Join us on Wednesday, November 30 at 10 a.m. for a compelling look at the idea, the construction, and the meaning behind one of the most recognizable symbols in the world. Please sign up to attend.

iPad 202 Class

Own an iPad but want to become a bit more savvy with it? HOME Program coordinator Joe Kaul will walk you through more advanced uses of an iPad, and HOME Program volunteers will be on hand to help you with your questions.

Be sure to bring your iPad to this class, which will be held on Thursday, November 17 at 10 a.m. Space is limited, and there is no charge.

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NOVEMBER 2022 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 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	2 Beef Stew Lettuce Salad Dinner Roll	3 Lasagna Breadstick	4 Shepards Pie Salad Dinner Roll
8 Teriyaki Chicken Wontons Fried Rice Fortune Cookie	9 Spaghetti Lettuce Salad Bread Stick	10 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	11 Veterans Day No Dinner Program Meal Today
15 Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	16 Chicken Pot Pie Potato Salad Dinner Roll	17 Meatloaf Mashed potatoes Vegetable Dinner Roll	18 THANKSGIVING MEAL Turkey Mashed Potatoes/Gravy Green Beans Cranberries/Dinner Roll Dessert
22 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	23 Lasagna Lettuce Salad Dinner Roll	24 Senior Center Closed	25 Senior Center Closed
29 Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie	30 Shrimp French Fries Coleslaw		

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-NOON

Holidays: Don't Just Survive... Thrive!

Does the thought of the approaching holiday season cause anxiety? This presentation will focus on steps caregivers can take before, during, and after the holidays. Licensed Social Worker Becky Allard will lead the group in exploring topics such as emotions, family dynamics, roles, and expectations.

This session will be held at the senior center on Monday, November 14 at 10:30 a.m. Please sign up if you plan to attend and there is no charge.

Book Club Meets Monthly

The senior center Book Club will meet on Wednesday, November 9 at 9:30 a.m.

They will be discussing *The 100-Year-Old Man Who Climbed Out the Window and Disappeared* by Jonas Jonasson. You can also pick up the next book the group will be reading.

Team Pool Tournament

- ♦ Elk River Senior Activity Center
- ♦ Wednesday, November 9, 9 a.m.
- ♦ Sign up in advance, \$3 fee



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Church Basement Ladies

Plowin' Thru

This November 9 trip to see the Church Basement Ladies in *Plowin' Thru* at the Ames Center on Wednesday, November 9 is full and you can add your name to the waiting list. The cost is \$74. The coach bus will depart the community center at 9:45 a.m. and will return at about 4:30 p.m.

Treasure Island Casino

We will be sharing a bus to Treasure Island Casino on Monday, November 14 with seniors from the Rogers Senior Center. The bus will depart the Monticello Community Center at **8 a.m.** and return at approximately 4:15 p.m. There is a \$20 charge and those going will receive \$15 on their casino card and a \$3 off food coupon.

An Andy & Bing Christmas

An Andy and Bing Christmas is a Christmas gala affair that is a throwback to the era of classic Christmas shows. This performance, taking place at the Paramount Theater on Tuesday, December 13, celebrates the perfect Christmas albums of Bing Crosby and Andy Williams supported by the 16-piece "Elegance Orchestra." Hear beloved Christmas songs performed and led by Super Bowl Champion, Ben Utecht, Twin Cities favorite Cate Fierro, and Minnesota Music and Midwest Music Hall of Fame Recipient, Mick Sterling.

Prior to the 1:30 p.m. performance, you can enjoy a lunch buffet at Molitor's Quarry Grill & Bar. The buffet will include baked chicken, mashed potatoes, dressing, gravy, green beans, coleslaw, cranberries, dinner rolls, and several non-alcoholic beverages.

The cost is \$72 per person. The bus departs the community center at 10:30 a.m. and returns at about 4:30 p.m.

Treasure Island Casino

You can ride the coach bus to Treasure Island Casino on Monday, December 5. The bus will depart the Monticello Community Center at 8:30 a.m. and return at approximately 3:45 p.m. There is a \$20 charge and those going will receive \$15 on their casino card and a \$3 off food coupon.

Summit Avenue Spendor

Enjoy a coach bus ride to St. Paul and drive along Summit Avenue with a tour guide on Thursday, January 19, 2023. You will receive a narrated tour about the history of the homes such as who may have lived there and unique information about their architectural style.

After the narrated tour you will be dropped off at James J Hill House for a guided tour of the 42-room mansion. Following the tour, board the bus to go eat at the popular neighborhood restaurant, Tavern on Grand. Your menu choices are a Walleye Basket or Chicken Basket. Please indicate your choice at the time of registration. Both are served with fries, coleslaw, and a beverage.

The cost is \$83 per person. The bus will depart the community center at 9:15 a.m. and return at about 4 p.m.

Memory Café

The Memory Café is a safe and comfortable place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others. The café experience is free, and all the supplies are provided for you.

The next meeting will be at the center on Wednesday, November 16 from 1:30-2:30 p.m. Please sign up if you plan to attend.

Driver Classes

People age 55+ completing a defensive driving class are eligible to receive a 10% auto insurance discount. The cost is \$25.

Four-hour refresher courses for those who have previously completed an eight-hour course will be held on November 16 and January 11 from 9 a.m. to 1 p.m. Call for more 2023 class dates.

Drop off or mail payment (cash or check) to the center in advance. Checks are payable to the Monticello Senior Center. Class size is limited and people must register in advance. Please note that refunds will not be given for no-shows.

Tech Support is Available

Need help with your smart-phone, tablet, computer or TV system? Mary, a very tech-savvy volunteer comes to our center on Tuesday mornings to help people with technology issues.

If you would like to meet with Mary, you can call to schedule an appointment and there is no charge. Be sure to bring the equipment with you that you are having issues with to your appointment. In home help is also available for a small fee.

See you at the November 5th Craft Sale!

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Caregiver Support Group

If you are caring for someone either close or from afar, be sure to check out the Caregiver Support Group that meets at the center on the 2nd Thursday of each month (November 10) from 10:30 a.m. to noon.

This group is facilitated by Licensed Social Worker Becky Allard, provides specialized support and education, and is intended for nonprofessional caregivers.

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, painting, lawn care, etc. All staff take precautions to ensure safety.

These services are available for residents in Monticello and several surrounding communities. Contact Joe Kaul, HOME Program coordinator, at 763-416-7969 for more information.

Card Tournaments...

All tournaments are open to people age 55+ and they must sign up to play in each at least one business day in advance. Cash prizes are awarded to the winners and all games have a \$2 entry fee.

**Euchre—Friday, Nov. 4, 11 & 18 @ 1 p.m.*

**Cribbage—Monday, Nov. 7, 14, 21 & 28 @ 9 a.m.*

**500—Wednesday, Nov. 9 @ 1 p.m.*

Blood Pressure Checks

***Tuesday, Nov. 8, 11 a.m. to noon**

***Everybody welcome!**

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

Free Legal Aid

Monday, November 28

Appointments required

Monticello Senior Center

505 Walnut Street, Suite 3

Monticello, MN 55362

Phone: 763-295-2000

Website:

monticelloseniorcenter.org

Open Hours:

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

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

Director:

Pam Loidolt