



# MONTI SENIOR NEWS

*“Reaching out  
and still growing”*

**MONTICELLO SENIOR CENTER NOVEMBER 2024 NEWSLETTER**

## Craft Sale November 9

The senior center Craft Sale will be held on Saturday, November 9 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 9. The cost is \$6 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.

### Apollo: Why We Went to the Moon

July of 1969 will be remembered for centuries to come as the first time that mankind ventured beyond the earth's boundaries and explored a new world. There were many forces, political, social, and fiscal, at work that led us to the moon.

Join historian David Jones at the center on Wednesday, November 20 at 10 a.m. for a non-technical discussion about mankind's greatest technological achievement. Please sign up if you plan to attend.

### Veterans Invited to Dinner

Veterans and their significant others are invited to a dinner held in their honor on Monday, 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 a performance by the River City Ramblers choir after dinner.

The senior center will be closed:

\*Thursday and Friday, November 28 & 29

*Happy Thanksgiving!*






## Two Thanksgiving Dinners at the Center



VFW Post 8731 will prepare a delicious Thanksgiving meal for the senior center on Thursday, November 21 (see the menu on page 4). People age 55+ can sign up for this noon meal and the cost is \$6 per person. This dinner is limited to 40 people and take out meals cannot be ordered.

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 18 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 50 people.

# NOVEMBER 2024 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
	<b>3</b> 4 7-11 Pickleball 8:00 Casino Trip 9:00 Cribbage Tournament 1:00 Bridge 10:00 Fall Gourd Class 1:00 Movie Monday 2:00 Caregiver Class	<b>5</b> 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	<b>6</b> 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500	<b>7</b> 7-11 Pickleball 9:30 Branson Country Christmas Trip 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	<b>8</b> 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament 1:00 Friday Fitness	<b>9</b> 9 a.m.-3 p.m. Craft Sale 10 a.m.-3 p.m. Sloppy Joe Lunch
<b>10</b> 	<b>11</b> 7-11 Pickleball 9:00 Cribbage Tournament 12:00 Veterans Dinner 1:00 Bridge 4:00 Board Meeting	<b>12</b> 7-11 Pickleball 10:30 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 12:30 Handiwork Group 1:00 Hand and Foot	<b>13</b> 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament	<b>14</b> 7-11 Pickleball 9:00 Drivers Class 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	<b>15</b> 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament 1:00 Friday Fitness	<b>16</b> 8 a.m.-Noon Center Open 8 a.m.-Noon Center Open
<b>17</b>	<b>18</b> 7-11 Pickleball 9:00 Cribbage Tourn. 10:00 Pumpkin Class 12:30 Ceramics Class 1:00 Bridge 1:00 Movie Monday 1:00 Knitting Class 6:00 Thanksgiving Meal	<b>19</b> 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	<b>20</b> 8:00 Ceramics 10:00 Bible Study 10:00 Apollo Session 12:00 Dinner 12:30 Mandala Stone Painting Class 1:00 500 1:30 Memory Café	<b>21</b> 7-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Thanksgiving Dinner 1:00 Bridge	<b>22</b> 8:30-11 Pickleball 10:00 Women's Pool 10:00 Acupuncture Presentation 12:00 Dinner 1:00 Euchre Tournament	<b>23</b> 8 a.m.-Noon Center Open
<b>24</b>	<b>25</b> 7-11 Pickleball 9:00 Cribbage Tournament 12:30 Ceramics Class 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	<b>26</b> 7-11 Pickleball 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	<b>27</b> 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500	<b>28</b> Senior Center Closed 	<b>29</b> Senior Center Closed	<b>30</b> 8 a.m.-Noon Center Open

## Healing Power of Acupuncture

Through this engaging 10 a.m. session on Friday, November 22, participants will learn how acupuncture works, its effectiveness in relieving neuropathy symptoms and other conditions, and how it can improve overall health and well-being. Practical ways to incorporate acupuncture into daily life for lasting relief and improved vitality will be discussed. Please sign up in advance and be sure to bring your questions.

## Book Club Meets Monthly

The senior center Book Club meets on Wednesday, November 13 at 9:30 a.m. They will be discussing 2 books: *Recursion*, by Blake Crouch and *The Only Woman in the Room* by Marie Benedict. They will also pick up the new book the group will be reading.



## Driver Classes

People age 55+ completing a defensive driving class can receive a 10% auto insurance discount. The class needs to be repeated every three years to continue the discount. Class cost is \$25.

All participants take a four-hour class and they are scheduled on November 14 and December 12 from 9 a.m. to 1 p.m. Call for 2025 class dates.

Drop off or mail payment (cash or check) to the center in advance. Please note that refunds will not be given for no-shows.

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## NOVEMBER 2024 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
			<b>1</b> Open Faced Turkey Sandwich Potato Vegetable
<b>5</b> Beef Mixed Vegetables Egg Roll Fried Rice Fortune Cookie	<b>6</b> Scalloped Potatoes with Ham Salad Dinner Roll	<b>7</b> Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	<b>8</b> Tuna Melt Pasta Salad Pickle
<b>12</b> Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie	<b>13</b> Chicken Wrap Chips	<b>14</b> Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	<b>15</b> Wild Rice Hotdish Salad Dinner Roll
<b>19</b> Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie	<b>20</b> Tater Tot Hotdish Salad Dinner Roll	<b>21 Thanksgiving Meal-\$6</b> Turkey Mashed Potatoes/Gravy Vegetable Dinner Roll Dessert	<b>22</b> Spaghetti Salad Dinner Roll
<b>26</b> Sesame Chicken Egg Roll Fried Rice Fortune Cookie	<b>27</b> Penne Pasta Red Sauce Salad Breadstick	<b>28</b> 	<b>29</b> Senior Center Closed

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 AM-NOON**

**Treasure Island Casino**

We will be sharing a coach bus to Treasure Island Casino on Monday, November 4 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. There is a \$25 charge and those going will receive \$15 on their casino card to spend and \$5 off food.

**Branson Country Christmas**

This November 7 show is full. The bus departs the center at 9:30 a.m. and returns at 5:45 p.m.

**Treasure Island Casino**

We will be sharing a coach bus to Treasure Island Casino on Monday, December 2 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. There is a \$25 charge and those going will receive \$15 on their casino card to spend and \$5 off food.



**Old Fashioned Holiday Bazaar**

The first stop on this Friday, December 6 trip will be at the Westminster Presbyterian Church where you will receive a tour that includes the Sanctuary, Chapel, Gallery, and the Creche Collection. Next stop will be to the St. Paul Hotel where you will be served a light lunch at the St. Paul Grill. The menu is a grilled chicken breast sandwich with bacon, swiss and cheddar with Sririarch Mayo, fries, coffee or tea.

Following lunch you will walk across the street to the Landmark Center for the Old Fashioned Holiday Bazaar. The Bazaar features quality handcrafted items including jewelry, wreaths, paintings, woven and wearable art, handmade lotions, soaps, and more!

The cost is \$78. The bus departs the community center at 8:45 a.m. and returns at about 3:45 p.m.

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Ben Allrich**

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## FREE Art Classes

The four classes listed below are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

### Colored Pencil Class—*Fall Gourds*

Draw a beautiful fall gourd still-life in colored pencil on tan-toned paper. You will be guided step-by-step to learn about the practice of drawing through close observation. Shape, tone, pattern, texture, and drawing basics will be instructed. Watch live demonstrations, experiment with a variety of materials, practice, and have fun!

This free class is for people age 55+ and will be held from 10 a.m.-12:30 p.m. on Monday, November 4. Sign up in the senior center. Class size is limited to 15 people.

### Acrylic Painting Class—*Pumpkin*

Paint a pumpkin patch landscape in acrylic paint on a 12"x16" stretched canvas. You will be guided step-by-step to learn about the practice of painting through close observation. Shape, pattern, texture, contrast, and painting basics will be instructed. Watch live demonstrations, experiment with a variety of materials, practice, and have fun!

This free class is for people age 55+ and will be held from 10 a.m.-12:30 p.m. on Monday, November 18. Sign up in the senior center. Class size is limited to 15 people.

### Team Pool Tournament

- ♦ Elk River Senior Activity Center
- ♦ Wednesday, Nov. 13, 9 a.m.
- ♦ Sign up in advance, \$4 fee

### Ceramics Class—*Christmas Tree*

Learn to clean greenware, paint the piece, and come away with a beautiful Christmas tree. Lights and all! Wear clothes you won't mind getting some dust or paint on.

This free class is for people age 55+ and will be held from 12:30-3 p.m. on Mondays, November 18, 25, and December 2. All supplies provided. Sign up in the senior center. Class size is limited to 6 people.

New Ceramics participants will have priority to get in this class. People who participated in the class held in April or September can put their name on the waiting list.

### Mandala Stone Painting Class

Here is your opportunity to learn the meditative art of Mandala stone painting. No painting or artistic skill required! In this class format, you will be painting the mandala pattern that you will select from a variety of options. Paintings will be done on your choice of a 5x6 wood plaque (comes with a stand) or a hand casted 4-inch stone. Be sure to bring your reading glasses.

This free class is for people age 55+ and will be held on Wednesday, November 20 from 12:30-2:30 p.m. All supplies provided. Pick out your pattern prior to class (patterns available at the senior center).

New Mandala Stone Painting participants will have priority to get in this class. People who participated in the class held in August can put their name on the waiting list.

## Tax-Aide Volunteers Needed

Tax-Aide offers free in-person tax preparation to low and moderate-income people nationwide. Volunteers are needed and there are a variety of roles to fill. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

To learn about volunteer opportunities, visit [aarpfoundation.org/taxaidevolunteer](http://aarpfoundation.org/taxaidevolunteer) or call 1-888-687-2277. AARP Tax-Aide is offered in coordination with the IRS.

## Sympathies to...

...the family and friends of Byron Hoglund and Mable Moses on their loss.



## One on One Technology Support

Bring your personal device (laptop, tablet, or smartphone) and connect with an experienced digital handyperson who can help you:

- Adjust settings for basic use, communication, online safety, and security
- Personalize your device for your needs and interests
- Find and use functions, services, and apps that will be most helpful to you

Call the center to schedule your **free** appointment.

*A service provided as part of the HOME program and funded, in part, by Hennepin and Wright Counties, and the Minnesota Department of Human Services.*

Last updated 12.2023

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If you're helping an older adult in your life, you are a **caregiver**. Licensed social worker **Becky Allard, LSW**, can help you get the support you need to sustain your ability to provide help and maintain your own life balance.

Make a **one-on-one appointment** for individualized support, guidance or advice.

Register for a **caregiver support group** held the 2nd Thursday of each month from 10:30 a.m. to noon.

*Cost-share contribution suggested.*

612-804-0968

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## Memory Café

*The Memory Café is a place where caregivers and their loved ones with memory loss can participate together. All supplies are provided for you.*

*The meeting will be held on Wednesday, November 20 at the Crow River Senior Center from 1:30-2:30 p.m. Caregivers have the option to attend a concurrent caregiver support group. Call 763-497-8900 if you plan to attend.*

## Blood Pressure Checks

**\*Tuesday, Nov. 12, 11 a.m. to noon**  
**\*Everybody welcome!**

## Handiwork Group

Bring your sewing, embroidery, crocheting, etc. project to the center on Tuesday, November 12 at 12:30 p.m. to socialize with others. There is no instructor, just people with projects.

## Knitting Class

**\*Monday, November 18 at 1 p.m.**  
**\*Sign up in advance**

**Free Legal Aid—Monday, Nov. 25**  
**Appointments required**

## Friday Fitness

*Sign up for each class in the Senior Center. All free of charge and meet from 1-2 p.m.*

**\*Silver Sneaker Open House**  
**November 1**

**\*Introductory Fitness Class**  
**November 8**

**\*Better Balance and Flexibility**  
**November 15**