



# MONTI SENIOR NEWS

*"Reaching out  
and still growing"*

MONTICELLO SENIOR CENTER OCTOBER 2020 NEWSLETTER



## Get Your Flu Shot

Influenza immunizations will be administered at the senior center on Friday, October 2 from 9 a.m. to 12:30 p.m. Both the regular and high dose vaccines will be available.

Medicare and other health insurance companies will be billed, so bring your insurance card.

***\*Appointments are required\****

## Is Travel in Your Future?

If so, be sure to mark your calendars and join us for a Zoom travel show on October 26. You can sign up to come to the center for the virtual session or we can email you the Zoom link so you can participate from home. It starts at 11:15 a.m.

Landmark Tours staff will discuss the changes to the travel industry, as well as talk about the group tours they have ready to book for the second half of 2021 & moving into 2022.

Need help setting up Zoom? No problem, just let us know—our HOME Program offers free basic Tech Support!

## Come Play Halloween Bingo

Come to the community center to play Halloween bingo on Friday, October 30. The games will begin at 1 p.m. and there is no charge to play. People age 55+ can play and do need to sign up in advance.

Cash prizes will be given to the game winners and everyone will receive a treat bag prior to leaving. Space is limited, so sign up soon.

## Virtual Memory Café

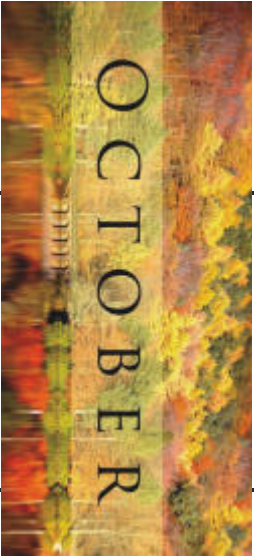




A Virtual Memory Cafe is a safe and comfortable online place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others via Zoom. The group will also provide an opportunity for mutual support and an exchange of information – all 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 meeting will begin at 1 p.m. on October 21. Please contact the senior center to register. If you're unable to attend virtually from your home, we will provide a safe, in-person option at the senior center.

Funding for this program is thru a Minnesota Board on Aging Dementia Grant.

# OCTOBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>4</b>	<b>5</b> 8:30-3:30 Center Open 8:30 Ceramics 1:00 Movie Monday	<b>6</b> 8:30-3:30 Center Open 9-11 Pickleball	<b>7</b> 8:30-3:30 Center Open 8:30 Ceramics 9:00 Litter Pick Up 11:00 Bible Study	<b>8</b> 8:30-3:30 Ctr. Open 9-11 Pickleball 9:30 Book Club 10:30 Caregiver 1-1 11:00 Bingo 12:00 HOME Program	<b>9</b> 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	<b>10</b> 
<b>11</b> 	<b>12</b> 8:30-3:30 Center Open 8:30 Ceramics 1:00 Movie Monday 4:00 Board of Directors Meeting	<b>13</b> 8:30-3:30 Center Open 9-11 Pickleball 9:00 Driver's Class 11:00-12:00 Blood Pressure Checks	<b>14</b> 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:30 Caregiver Support Group 2:00 Dementia Friends Training	<b>15</b> 8:30-3:30 Center Open 9-11 Pickleball 10:30-12:30 Caregiver One on One 11:00 Bingo 12:00 HOME Program	<b>16</b> 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	<b>17</b>
<b>18</b>	<b>19</b> 8:30-3:30 Center Open 8:30 Ceramics 1:00 Movie Monday	<b>20</b> 8:30-3:30 Center Open 9-11 Pickleball	<b>21</b> 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:00 Memory Café	<b>22</b> 8:30-3:30 Center Open 9-11 Pickleball 10:30-12:30 Caregiver One on One 11:00 Bingo 12:00 HOME Program	<b>23</b> 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	<b>24</b>
<b>25</b> 	<b>26</b> 8:30-3:30 Center Open 8:30 Ceramics 11:15 Travel Show 12:30 Legal Aid 1:00 Movie Monday	<b>27</b> 8:30-3:30 Center Open 9-11 Pickleball 9:30 Foot Clinic	<b>28</b> 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:30 Caregiver Support Group	<b>29</b> 8:30-3:30 Center Open 9-11 Pickleball 10:30-12:30 Caregiver One on One 11:00 Bingo 12:00 HOME Program	<b>30</b> 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool 1:00 Halloween Bingo	<b>31</b> 

## Nail Clipping Offered

People age 60+ can get their toenails cut at the senior center on Tuesday, October 27 by appointment only from 9:30 a.m. to 12:30 p.m. Call Patty Larson at 763-682-7460 to schedule your appointment.

This service is provided by Wright County Public Health and the cost is \$15. No one will be denied service due to inability to pay.

## Blood Pressure Checks

\*Tuesday, October 13, 11 a.m. to noon  
\*Call to reserve a spot

## 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, general yard work, 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

Most of us know someone with dementia. Do you want to become more knowledgeable about the disease? We would like to extend a free one hour of virtual education about dementia on October 14 at either 2 or 7 p.m. Please consider signing up to become a Dementia Friend - you can learn a lot in an hour.

The one-hour session is a face-to-face discussion led by a Dementia Friends Champion; it's not a formal training or education session. The session is informal and includes fun activities and interaction. 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. If you need help setting up Zoom, just let us know.

## *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](mailto:b.allard@seniorcommunity.org)

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



SENIOR  
COMMUNITY  
SERVICES

## Medicare Part D Open Enrollment October 15<sup>th</sup>-December 7<sup>th</sup>

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

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- 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, October 8 at 9:30 a.m.

## Indoor Pickleball Resumes

The MCC gym will be available for people age 55+ to play Pickleball on Tuesdays and Thursdays from 9-11 a.m. starting October 1. 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](http://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 Class 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.

A four-hour refresher course designed for those who have previously completed an eight-hour course will be held on Tuesday, October 13 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

- \*October 14 & 28, 1:30-3:00 p.m.
- \*Facilitated by LSW, Becky Allard
- \*Offers Support & Education
- \*Intended for informal caregivers
- \*No charge to attend

## We Strive to...

*Promote social connections  
while practicing physical  
distancing*

## Name Added to Plaque

A nameplate has been added to the senior center's Memorial & Gift Plaque, reading:

*In Memory of Richard / Dick Kantor*

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. Thanks go to the Kantor family for their memorial donation.

## Free Legal Aid October 26 Call to make an appointment

## MOVIE MONDAYS TO CONTINUE

We started showing movies on Mondays in September at 1 p.m. on the big screen in the community center Mississippi Room and will continue to do so in October.

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.



## Like us on Facebook

## Senior Center Protocol...

- ⇒ 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).
- ⇒ A plexiglass buffer has been installed at the receptionist counter.
- ⇒ 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 excess produce (and money, of course).

*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.

## October 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  
Flu Shots  
Foot Clinic (toenail clipping)  
Halloween Bingo  
HOME Program  
Legal Aid  
Litter Pick Up  
Memory Café  
Movie Mondays  
Pickleball  
Shuffleboard  
Tech Support  
Travel Show  
Women's Pool

*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**