



MONTICELLO SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER OCTOBER 2025 NEWSLETTER

Breakfast Fundraiser

The Senior Center breakfast fundraiser on Sunday, October 26. This is an all you can eat breakfast including pancakes and toppings, scrambled eggs, ham, sausage, donuts, juice, and coffee and will take place in the Monticello Community Center gym from 8 a.m. to noon. The cost is \$9 in advance (\$10 at the door) for people age 13+, \$5 for kids ages 6-12, and kids 5 and younger eat free. Tickets are available now in the senior center.

Volunteers are needed for the 8-10 a.m. and 10-12 p.m. shifts. Let us know if you would like to help.

Halloween Party Bingo

Join us Friday, October 31 at 1:00 p.m. for a spooktacular afternoon of Halloween bingo! The Legacy of St. Michael is sponsoring the prizes, so you won't want to miss out. Dress up in costume for a chance at a special prize drawing! Stick around after the games for a sweet Halloween treat. Sign up at the Senior Center if you plan to attend. It's going to be a frightfully fun afternoon see you there!

T-shirt & Ball Cap Fundraiser You voted and the results are in!

Life is better at the Senior Center!

It's time to represent the Center. T-shirt and ballcap order forms are now available at the front desk. T-shirts are \$15 and a ballcap is \$20. The deadline to order by is October 20th. Payment is due at the time of ordering.

Free CPR & AED Training

October 20th 1-2:30 p.m.

Sudden Cardiac Arrest is a national public health crisis that affects 1,000 people a day and strikes all ages. Only 1 in 10 victims of SCA survive. Through training sessions and community awareness events, Heart Strong Monticello is dedicated to increasing the number of bystanders who will administer hands-only CPR and use an available AED in the critical minutes prior to the arrival of Emergency Medical Services.

On October 20th at 1:00 p.m. Heart Strong will be here to teach a 90 minute class with hands-on training at the center. Participants learn the skills necessary to help increase the survival rate in our community from 1 in 10, to 5 in 10. Sign up at the center if you plan to attend.

Flu shots

You can get your influenza vaccine at the Senior Center on Thursday, October 9th from 9 a.m. to noon. Be sure to bring your insurance card (Medicare or other) for billing purposes. Both high dose and regular flu vaccines will be available. No appointment necessary.

Mark your Calendars

The Monticello Senior Center
Craft Sale & Sloppy Joe fundraiser
Saturday, November 8th from 9-3:00 p.m.
If you would like to volunteer to help for this event please sign up at the center.

OCTOBER 2025 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>5</p>	<p>6</p> <p>7-11 Pickleball 8:00 Casino Trip 9:00 Cribbage 1:00 Bridge</p>	<p>7</p> <p>7-11 Pickleball 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot 1:30 Greif Group</p>	<p>8</p> <p>8:00 Ceramics 9:00 Team Pool at Monticello 9:30 Book Club 1 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament</p>	<p>9</p> <p>7-11 Pickleball 8:45 Train Trip 9:00 Flu Shots 9:00 Bike Group 10:30 Bingo 10:30 Support Group 12:00 Dinner 1:00 Bridge</p>	<p>10</p> <p>8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre</p>	<p>11</p> <p>8 a.m.-Noon Center Open</p>
<p>12</p> 	<p>13</p> <p>7-11 Pickleball 9:00 Cribbage 1:00 Bridge 1:00 TECH 4:00 Board Meeting</p>	<p>14</p> <p>7-11 Pickleball 10:30 Line Dancing 10:30 Choir 11-12 Blood Pressure 12:00 Dinner 1:00 Hand and Foot 1:00 TECH 1:30 Greif Group</p>	<p>15</p> <p>8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café at Crow River Senior Center</p>	<p>16</p> <p>7-11 Pickleball 9:00 Bike Group 9:30 Book Club 2 10:30 Caregiver/1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge 1:00 Hearing Screening</p>	<p>17</p> <p>8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 12:30 Master Gardener 1:00 Euchre</p>	<p>18</p> <p>8 a.m.-Noon Center Open</p>
<p>19</p>	<p>20</p> <p>7-11 Pickleball 9:00 Cribbage 1:00 Bridge 1:00 CPR/AED Training</p>	<p>21</p> <p>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 1:30 Greif Group</p>	<p>22</p> <p>8:00 Ceramics 9:00 Defensive Driving 10:00 Bible Study 12:00 Dinner 1:00 500</p>	<p>23</p> <p>7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge</p>	<p>24</p> <p>8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre</p>	<p>25</p> <p>8 a.m.-Noon Center Open</p>
<p>26</p> <p>8 a.m.-noon Breakfast Fundraiser</p> 	<p>27</p> <p>7-11 Pickleball 9:00 Cribbage 12:30 Legal Aid 1:00 Bridge 1:00 TECH 7:00 HS Choir & Band</p>	<p>28</p> <p>7-11 Pickleball 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 TECH Support 1:00 Hand and Foot 1:30 Greif Group</p>	<p>29</p> <p>8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500</p>	<p>30</p> <p>7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge</p>	<p>31</p> <p>8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre 1:00 Halloween Bingo</p>	

Writers Group

Writers group will meet on Tuesday, October 21st from 1-2:30. The assignment is to write a short story. Word count can be a couple hundred to five thousand words. It's very open ended. Seniors with all levels of writing skills are welcome to attend.

Ask a Master Gardener

On Friday October 17th at 12:30 p.m. a Master Gardener from the University of Minnesota Extension Volunteer program will be available to answer your gardening questions. This month we will discuss fall planting and winter apple tree pruning. Please sign up at the center 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 Trinita Homecare and Hospice. Take this Important step toward making your future

Hearing Screening

The Monticello Lions will be here on Thursday, October 16th from 1-3 p.m. to conduct hearing screening. The cost is \$5 Appointment is required sign up at the center.

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OCTOBER 2025 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Culvers
	1 Breaded Chicken Sandwich Chips Coleslaw	2 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	3 Cheeseburger with Lettuce, Pickle, Ketchup, Mustard French Fries Vanilla Custard
7 Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie	8 Penne Pasta with Meat Sauce Bread Stick Salad	9 Lasagna Breadstick	10 2 Chicken Tenders Side Salad w/Ranch Chocolate Custard
14 Sesame Chicken Wontons Fried Rice Fortune Cookie	15 Hamburger French Fries	16 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	17 Grilled Cheese Cup of Chili Vanilla Custard
21 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	22 Scalloped Potatoes with Ham Salad Roll	23 Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	24 Corn Dog French Fries Chocolate Custard
28 Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie	29 Hot Commercial Vegetable Roll	30 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	31 Cheeseburger with Lettuce, Pickle, Ketchup, Mustard French Fries Vanilla Custard

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 \$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

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

MN Foot Care Services

Lacey Leonard RN and certified foot care specialist will be here on Friday November 14 from 8:30-1:30 to preform foot care services. Including nail trimming, corn and callus reduction and moisturizing of feet and lower legs. Appointments are 45 min to 1 hour. The cost of the service is \$55 made payable to MN Foot-care Services. Sign up at the Senior Center.

Monticello High School Band & Choir Concert

Monday, October 27th 7p.m.

The Monticello High School is offering free admission to seniors and their guests that would like to attend the Monticello High School combined band & choir concert. Enjoy a night out and see the talent of the Monticello band & choir. Sign up at the Center for your free tickets.

Book Club 2 will meet on Thursday, October 16th at 9:30 a.m. The group will be discussing, the book; "The opposite of fate" by Alison McGhee. You do not need to sign up, just show up. You can pick up your copy of the book for the next month

We need lunch volunteers!

We have several volunteers flying south soon. We are looking for volunteers to help serve the noon meal. The shift is from 11-1:00 p.m. no more than twice a month. Duties include setting tables, serving lunch and clean up. Please see Jay-Jay if you are interested.

Blood Pressure Checks
Tuesday, October 14th
11 a.m. to noon
No appointment needed

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***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 for your understanding.**

We are currently looking for a 2nd chaperone for the monthly casino trips. Responsibilities include helping with the bingo game on the bus ride as well making sure everyone is on the bus when it departs the casino. Please contact Jay-Jay if you are interested. 763-295-2000

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, October 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.

Branson Country Christmas at Treasure Island in Red Wing

Get in the holiday spirit and attend this memorable day on Thursday, November 6 the bus will leave Monticello Community Center at 9:30 am and return at 5:45 pm. The cost is \$90 and includes a delicious lunch of turkey, mashed potatoes, gravy, dressing, corn, rolls, assorted bars, and coffee. After lunch the Branson Country Christmas show will begin. The show features an all star cast of Branson entertainers with world class talent. They will be honoring and paying tribute to our Veterans and the second half of the show is a variety of Christmas music. This show contains vocals, comedy, and instrumentals. Sign up at the Senior Center Deadline to sign up is Friday, September 26th.

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.

Osceola Train Ride & Lunch

Thursday October, 9 8:45-4:30p.m. Cost is \$93 Enjoy a fall day riding the Osceola and St. Croix Railway. On this scenic ride you will travel high on the bluffs and enjoy the beautiful woodlands full of wildlife in the backwaters. While onboard you will be served a box lunch which includes a turkey sandwich, chips, cookie, and a beverage. After the train ride you will stop at the Pine Tree Apple Orchard to shop. Each fall they have many different apple varieties to choose from as well as apple bakery products. Deadline to register is September 8.

Treasure Island Casino

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

Driver Classes

People age 55+ completing a defensive driving class can receive a 10% auto insurance discount. Classes are offered on October 22nd, 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, October 27th from 12:30-3:00. Appointments are required. Please sign up at the center or by calling 763-295-2000

TECH Support

**2nd and 4th Tuesday of every month
1:00-4:00 p.m.**

Senior Community Services provides Tech Support to seniors. If you are having issues with your laptop, cell phone, tablet or other technology equipment. This service is provided as part of the HOME program and funded, in part, by Hennepin and Wright Counties and the Minnesota Department of Human Services. Sign up at the center to schedule your appointment.

Team Pool Tournament

Monticello Senior Center
Wednesday, October 8th 9 a.m.
Sign up in advance, \$4 fee

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Call 763-416-7969 or email us at hometeam@seniorcommunity.org to learn more!

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, October 15 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 activity. Please call 763-295-2000 if you plan to attend. 

Monticello Community Center Classes

Silver Sneaker Open House

Thursday, October 23 at 1:30 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

New Fitness classes for Beginners at MCC

Check out our new scheduled tha includes chair and exercise class. This class is for beginners that want to strengthen and improve their overall health. Class meets Tuesday and Fridays at 1:00 p.m.

Interested in the pool?

Aqua therapy is every Monday and Thursday at 9:00 a.m. Join us!

Monticello Senior Center

505 Walnut Street, Suite 3
Monticello, MN 55362
Phone: 763-295-2000
monticelloseiorcenter.org
Jay-Jay Tausell, Director

Open Hours:

Monday-Friday, 8 a.m.- 4 p.m.
Saturday, 8 a.m. - Noon (office closed)