



MONTI SENIOR NEWS

*"Reaching out
and still growing"*

MONTICELLO SENIOR CENTER OCTOBER 2022 NEWSLETTER

Come to the Halloween Party

*Come to the senior center for a scary
good time on Monday, October 31*

Halloween bingo games will be played beginning at 1 p.m. and prizes will be given to the winners. When the games are done, you can enjoy some tasty pie. There is no charge to attend and you are asked to sign up in advance.

Come in costume if you wish!

Breakfast Fundraiser

Please come to the senior center breakfast fundraiser on Sunday, October 23. This all you can eat breakfast includes pancakes and toppings, ham, sausage, donuts, milk, juice, and coffee and will take place in the Monticello Community Center gym from 8 a.m. to noon. Due to the egg shortage, scrambled eggs will not be served.

The cost is \$8 in advance (\$9 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 a.m.-noon shifts. Let us know if you can help.

Hidden in Plain View, Cemeteries of Minnesota

Walk along with historian Doug Ohman as he shares photographs of cemeteries and uncovers stories of the forgotten. Learn where the only Revolutionary War soldier to die in Minnesota is buried. Learn the difference between a cemetery and a graveyard and much more.

Doug will give this presentation, using his fascinating photographs, at the center on Monday, October 24 at 10:30 a.m. Please sign up if you plan to attend.

Back by Popular Demand: iPad 101

Interested in learning how to use an iPad or learn more about them? Wondering if an iPad is right for you? Here is your chance to find out more about using a tablet PC.

HOME Program coordinator Joe Kaul will walk you through the fundamental use of an iPad and more, and HOME Program volunteers will be on hand to help you with individual questions. You do NOT have to own an iPad or be a current HOME Program participant to join this class.

You will be provided with an iPad during the class, or you can bring your own if you have one. The class will be held on Friday, October 14 at 10 a.m. Space is limited, so sign up soon. There is no charge.

OCTOBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>3 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday</p>	<p>3 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday</p>	<p>4 8-11 Pickleball 8:30 Tech Support 9:30 Foot Clinic 10-15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot</p>	<p>5 8:00 Ceramics 12:00 Dinner 1:00 500</p>	<p>6 8-11 Pickleball 9:00 Driver's Class 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge</p>	<p>7 8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament</p>	<p>1/8 8 a.m.-Noon Center Open</p>
<p>9</p>  <p>10 8:00 Ceramics 8-11 Pickleball 8:30 Casino Trip 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting</p>	<p>10 8:00 Ceramics 8-11 Pickleball 8:30 Casino Trip 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting</p>	<p>11 8-11 Pickleball 8:30 Tech Support 10-15 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot</p>	<p>12 8:00 Ceramics 9:00 Team Pool Tournament 9-15 Orchard Trip 9:30 Book Club 12:00 Dinner 1:00 500 Tournament</p>	<p>13 8-11 Pickleball 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge</p>	<p>14 8:00 Ceramics 8:30 Pickleball 10:00 Women's Pool 10:00 iPad 101 Class 12:00 Dinner 1:00 Euchre Tournament</p>	<p>15 8 a.m.-Noon Center Open</p>
<p>16</p> <p>17 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday</p>	<p>17 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday</p>	<p>18 8-11 Pickleball 8:30 Tech Support 10-15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot</p>	<p>19 8:00 Ceramics 12:00 Dinner 1:00 500 1:30 Memory Café</p>	<p>20 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge</p>	<p>21 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament</p>	<p>22 8 a.m.-Noon Center Open</p>
<p>23 8 am-12 pm Breakfast Fundraiser</p> 	<p>24 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 10:30 <i>Cemetaries of Minnesota</i> 12:30 Legal Aid 1:00 Bridge</p>	<p>25 8-11 Pickleball 8:30 Tech Support 9:00 Foot Clinic 10-15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot</p>	<p>26 8:00 Ceramics 12:00 Dinner 1:00 500</p>	<p>27 8-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge</p>	<p>28 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament</p>	<p>29 8 a.m.-Noon Center Open</p>
<p>30</p>	<p>31 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Halloween Bingo Party</p> 					
						

2 Toenail Clipping Dates Scheduled

Wright County Public Health nurses will be at our center on Tuesdays, October 4 & 25 to assist people age 60+ with toenail clipping.

Appointments are required and can be made by calling Patty Larson at 763-682-7460.

There is a \$10 charge for this very beneficial service.

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.

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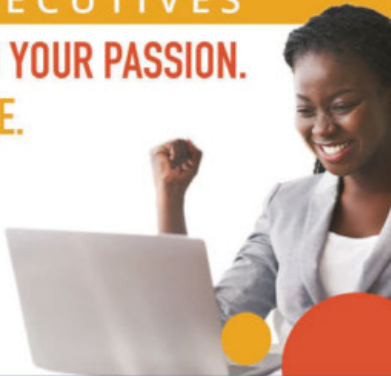


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OCTOBER 2022 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
4 Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie	5 Sloppy Joe Beans Chips	6 Lasagna Breadstick	7 French Dip Salad Tortilla Chips
11 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	12 Spaghetti Lettuce Salad Bread Stick	13 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	14 Tater Tot Hotdish Dinner Roll
18 Beef Mixed Vegetables Chicken Wings Fried Rice Fortune Cookie	19 Shrimp French Fries Coleslaw	20 Meatloaf Mashed potatoes Vegetable Dinner Roll	21 1/2 Chicken Ranch Wrap Chips Pickle
25 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	26 Tater Tot Hot Dish Coleslaw Dinner Roll	27 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	28 Chicken Wild Rice Soup Salad Dinner Roll

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

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 on Wednesday, October 19 from 1:30-2:30 p.m. If you wish to participate in person at the Crow River Senior Center, call 763-497-8900. If you wish to participate at the Monticello Senior Center via Zoom, call 763-295-2000.

**Craft Sale & Sloppy Joe Lunch
Saturday, November 5**

Book Club Meets Monthly

The senior center Book Club will meet on Wednesday, October 12 at 9:30 a.m.

They will be discussing *Kill Shot* by Vince Flynn. You can also pick up the next book the group will be reading.

Team Pool Tournament

- ◆ Monticello Senior Center
- ◆ Wednesday, October 12, 9 a.m.
- ◆ Sign up in advance, \$3 fee



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Treasure Island Casino

Ride the coach bus to Treasure Island Casino on Monday, October 10. The bus departs the community center at 8:30 a.m. and returns at about 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.

Orchard and Candy Store

Share a coach bus with Elk River seniors to Jordan, MN on Wednesday, October 12. First stop will be lunch at the Feed Mill Restaurant. Enjoy a club sandwich, soup of the day, and a beverage. Next stop will be the Minnesota Harvest Apple Orchard. With the orchard pass you can take the Wagon Ride Tour and visit the sunflower fields, corn maze, barnyard, and other exhibits. Take time to purchase baked goods, cider, apples, and a variety of apple products.

The final stop on the tour will be to Minnesota's Largest Candy Store. It is the bright yellow hangar-like building along highway 169. You can purchase candy, fruits, vegetables, and other specialty items.

The bus will depart the community center at 9:15 a.m. and return at about 4:45 p.m. The cost is \$68 per person. The deadline to register is past, however you can check to see if there are still openings.

Sympathies to...

...the family and friends of Pat Antony, Richard Hensel, Alice Ross, and Lowell Williamson on their loss.

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 if you wish. The cost is \$74 per person. The coach bus will depart the community center at 9:45 a.m. and will return at approximately 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.

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 October 6, November 16, and December 7 from 9 a.m. 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. 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.

Vendor tables still available for 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 (October 13) 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.

*Cribbage—Monday, Oct. 3, 10, 17, 24 & 31 @ 9 a.m.

*Euchre—Friday, Oct. 7, 14, 21 & 28 @ 1 p.m.

*500—Wednesday, Oct. 12 @ 1 p.m.

Blood Pressure Checks

***Tuesday, October 11, 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, October 24

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