



MONTI SENIOR NEWS

“Reaching out
and still growing”

MONTICELLO SENIOR CENTER OCTOBER 2023 NEWSLETTER

Breakfast Fundraiser

Please come to the senior center breakfast fundraiser on Sunday, October 22. This all you can eat breakfast includes pancakes and toppings, scrambled eggs, ham, sausage, donuts, milk, juice, and coffee and will take place in the Monticello Community Center gym from 8 a.m. to noon.

The cost is \$10 in advance (\$11 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.

Come to the Halloween Party

Sign up in advance to join us for our Halloween Party on Tuesday, October 31. Dinner will be served at noon and features coconut shrimp, egg roll, fried rice, and Halloween dessert. The cost is \$6 per person and space is limited. Maybe you will win one of the prizes!

As an added treat, string musician Greg Byers will perform at noon. ***Sign up for this dinner only if you intend to stay for the entire 1 hour performance.***

Because this is a holiday meal, take out dinners cannot be ordered.

FREE!
age 55+



HAPPINESS CAN IMPROVE YOUR HEALTH!

Gain tips to help yourself and others "bounce back" from life's adversities. Lunch included.

THURSDAY, OCTOBER 5
10am-2pm



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Register Now:

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www.RSVPcentralmn.org

Co-hosted at Monticello Senior Center and presented by CentraCare Bounce Back Project

Heartland Lakes Tour

Ride along with Minnesota storyteller and professional photographer Doug Ohman into the heart of the great state of Minnesota. We will learn the stories behind many of the landmarks we associate with the state. Doug will make the trip feel like we are all together on a Minnesota vacation!

This interesting presentation will be given on Friday, October 20 at 10:30 a.m. Please sign up if you plan to attend.

Craft Sale & Sloppy Joe Lunch
Saturday, November 4

OCTOBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	3 7-11 Pickleball 8:30 Tech Support 9:00 Foot Clinic 9:30 Winery Trip 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	4 8:00 Ceramics 9:00 Mahjong 10:00 Bible Study 12:00 Dinner 1:00 500	5 7-11 Pickleball 10:00 Happiness in Action 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	6 8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	7 8 a.m.-Noon Center Open
8 	9 7-11 Pickleball 8:00 Casino Trip 8:00 Ceramics 9:00 Cribbage Tourn. 1:00 Bridge Tournament 1:00 Movie Monday 4:00 Board Meeting	10 7-11 Pickleball 10:30 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	11 8:00 Ceramics 9:00 Mahjong 9:00 Team Pool Tournament 9:30 Book Club 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament	12 7-11 Pickleball 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	13 8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	14 8 a.m.-Noon Center Open
15	16 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday 1:00 Hearing Screening	17 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	18 8:00 Ceramics 9:00 Driver's Class 9:00 Mahjong 10:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café	19 7-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	20 8:00 Ceramics 10:00 Women's Pool 10:30 Heartland Lakes Tour Presentation 12:00 Dinner 1:00 Euchre Tournament	21 8 a.m.-Noon Center Open
22 8 a.m.-noon Breakfast Fundraiser 	23 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	24 7-11 Pickleball 9:00 Foot Clinic 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	25 8:00 Ceramics 9:00 Mahjong 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament	26 7-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	27 8:00 Ceramics 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	28 8 a.m.-Noon Center Open
29	30 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday	31 7-11 Pickleball 10:30 Line Dancing 10:30 Choir 12:00 Halloween Dinner/Party 1:00 Hand and Foot 				

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 already completed an eight-hour course will be held on October 18, November 8, and December 6 from 9 a.m. to 1 p.m. Contact the center for 2024 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.

Hearing Screening

Staff from Affinity Hearing in St. Michael will be at our center on October 16 to conduct hearing screenings. Afternoon appointments are required for this free service and are made at the senior center. Hearing aid cleaning will also be provided.

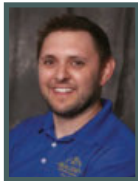
Team Pool Tournament

- ◆ Monticello Senior Center
- ◆ Wednesday, October 11, 9 a.m.
- ◆ Sign up in advance, \$4 fee

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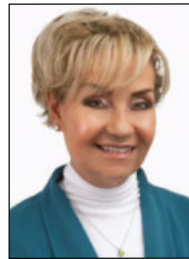
Blake Beaudry
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OCTOBER 2023 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
3 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	4 Tater Tot Hotdish Dinner Roll	5 Lasagna Breadstick	6 Chicken Alfredo Caesar Salad Dinner Roll
10 Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	11 Chicken and Gravy Over Mashed Potatoes Corn	12 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	13 Spaghetti Garden Salad Dinner Roll
17 Sesame Chicken Wontons Fried Rice Fortune Cookie	18 Scalloped Potatoes With Ham Salad Dinner Roll	19 Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	20 Chicken Breast Hotdish Garden Salad Dinner Roll
24 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	25 Spaghetti with Meat Sauce Salad Breadstick	26 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	27 Sloppy Joe Garden Salad Chips
31 Halloween Dinner Coconut Shrimp Egg Roll Fried Rice Fortune Cookie <i>*\$6 meal charge*</i>			

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

Book Club Meets Monthly

The senior center Book Club meets on Wednesday, October 11 at 9:30 a.m.

The book, *Beneath a Scarlet Sky*, by Mark Sullivan, will be discussed. Attendees will also pick up the next book the group will be reading. If you enjoy reading, try the Book Club.

Toenail Clipping

Wright County Public Health nurses will be at our center on Tuesday, October 3 & 24 to assist current clients age 60+ with toenail clipping.

Appointments are required and can be made by calling Patty Larson at 763-682-7460. There is a \$20 charge for this service. Please note that new clients cannot be accepted at this time.

Free Legal Aid

Monday, October 23

Appointments are required

*Please buy your October 22nd
Breakfast Fundraiser ticket*

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TRIPS

- *Advance registration and payment is required for all trips.**
- *Refunds will not be given after the registration deadline unless your spot can be filled.**

Carlos Creek Winery

The October 3 trip to Carlos Creek Winery in Alexandria may be full—please check if you are interested in this trip. The cost is \$79 and lunch will be at Pike and Pint Grill. You will receive a tour of the vineyards and production area. Be prepared to walk a mile or so through various inclines in terrain. After the tour, sample and purchase your favorite wines. The bus will depart the community center at 9:30 a.m. and return at about 4:15 p.m.

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, **October 9** with participants from the Crow River Senior Center.

The bus will depart the Monticello Community Center at 8 a.m. and return at approximately 4:15 p.m. There is a \$20 charge and those going will receive \$15 on their casino card to spend and \$5 off food.

Church Basement Ladies Christmas Away in the Basement

The trip to the Ames Center to see the Church Basement Ladies Christmas show, *Away in the Basement* on November 16 may be full and you can add your name to the waiting list. Lunch will be served prior to the 1 p.m. performance. The bus will depart the center at 9:45 a.m. and return at about 4:45 p.m. The cost is \$80.

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on Monday, November 6 with participants 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 to spend and \$5 off food.

Le Duc Mansion

You can enjoy a tour of the Le Duc Mansion in Hastings on Thursday, December 7. The mansion is decked out in Victoria style for the holiday season. This 15-room house stands as a rare monument of unaltered Gothic Revival architecture. The tour includes both the first and second floor and there is not an elevator. Those who want to go outside can visit the Carriage Barn and Simmons Shed which have additional exhibits on display.

Lunch will be in the parlor and includes chicken salad on a croissant, fruit salad, vegetable, dessert, water, tea, or coffee. Following lunch, you will go to the Alexis Bailly Vineyard to taste and purchase wine. The trip cost is \$82 and the coach bus will depart the community center at 8:30 a.m. and return at about 3:45 p.m.

Card Tournaments...

Senior center card tournaments are open to people age 55+. All games have a \$2 entry fee and prize money is paid to the tournament winners.

Advanced sign up for all tournaments is not required. See calendar for schedule.

Monticello Senior Center Social Media...

monticelloseniorcenter.org
and
Like us on Facebook

Tax-Aide Volunteers Needed

Tax-Aide offers free in-person tax assistance to low and moderate-income individuals at our center. Volunteers make a difference in their communities by helping taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned.

There are a variety of volunteer roles, including tax preparers, client facilitators, and those who can provide technical and management assistance. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-687-2277. AARP Foundation Tax-Aide is offered in coordination with the IRS.



Technology Support

Need help with your smartphone, tablet, laptop or other device? Schedule a **free** appointment with a digital handyperson who can help you:

- Virtually connect via Zoom or Facetime
- Find and use helpful device features
- Manage online security and safety
- Troubleshoot device settings or errors



Appointments are available the first and third Tuesdays each month.

Call the center to schedule.

A service provided as part of the HOME program and funded, in part, by Hennepin, Sherburne & Wright Counties. There is no fee for this service.

Last updated 05.2023

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The **HOME program** offers a variety of services including personal technology assistance, handyman services, home safety checks, housekeeping and lawn care/snow removal.

To learn more, call 763-416-7969 or email hometeam@seniorcommunity.org.



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.

612-804-0968
b.allard@seniorcommunity.org



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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 October 18 meeting will be held at the Crow River Senior Center in St. Michael from 1:30-2:30 p.m. Caregivers have the option to attend a concurrent caregiver support group. Please sign up if you plan to attend, 763-497-8900.

Blood Pressure Checks

***Tuesday, October 10**

***11 a.m. to noon**

***Everybody welcome!**

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