



# MONTI SENIOR NEWS

*“Reaching out  
and still growing”*

**MONTICELLO SENIOR CENTER OCTOBER 2024 NEWSLETTER**

## **Breakfast Fundraiser**

Please come to the senior center breakfast fundraiser on Sunday, October 27. 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 \$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 a.m.-noon shifts. Let us know if you can help.

## **Looking Back: MN 150 Years Ago**

Have you ever wondered what everyday life was like for the pioneers? Enjoy a nostalgic look back at life on the Minnesota frontier 150 years ago. Historian Doug Ohman will share images and stories of our state during it's early beginnings.

This interesting presentation will be given on Monday, October 14 at 10:30 a.m. Please sign up if you plan to attend.

## **Funeral & Cremation Pre-Planning**

Planning ahead is a selfless gift that you give to your family and friends. Prearranging your final plans can take away uncertainty about your wishes, eliminate potential disagreements and remove financial concerns. Decisions can be made with loved ones; there is more time to look at options, choices, and costs, and it eliminates the tendency to overspend. It is done with education and rational thought which leads to a peace of mind knowing that “everything has been taken care of.”

Please join us on Wednesday, October 9 at 2 p.m. for a one-hour presentation to learn more. There is no charge to attend and people are asked to sign up in advance.

## **Come to the Halloween Party**

People age 55+ can sign up in advance to join us for the Halloween Dinner and Party on Thursday, October 31. Dinner will be served at noon and features Swedish meatballs, potatoes, gravy, vegetable, dinner roll, and Halloween dessert. The cost is \$6 per person and space is limited.

Halloween Bingo will be played after dinner and maybe you will be a winner!

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

## **Craft Sale & Sloppy Joe Lunch Saturday, November 9**

## **Choir Concert & Pie**

**Sign up to come and hear the River City Ramblers choir sing at 1 p.m. on Thursday, October 17 and then stay for tasty pie topped with ice cream. There is no charge.**

# OCTOBER 2024 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500	7-11 Pickleball 9:30 Streetcar Trip 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	7-11 Pickleball 9:00 Cribbage Tournament 12:30 Ceramics Class 1:00 Bridge 1:00 Movie Monday 2:00 Caregiver Class	7-11 Pickleball 10:30 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:30 Dinner 12:30 Handiwork Group 1:00 Hand and Foot	8:00 Ceramics 9:00 Casino Trip 9:30 Team Pool Tourn 9:30 Book Club 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament 2:00 Funeral Planning	7-11 Pickleball 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	7-11 Pickleball 9:00 Cribbage Tourn. 10:30 MN 150 Years Ago Presentation 1:00 Bridge 1:00 Movie Matinee 2:00 Caregiver Class 4:00 Board Meeting	7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café	7-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge 1:00 Choir Concert & Pie	8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 12:30 Ask A Master Gardener 1:00 Euchre Tournament	8 a.m.-Noon Center Open
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	7-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday 1:00 Knitting Class 2:00 Caregiver Class	7-11 Pickleball 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 9:00 Driver's Class 10:00 Bible Study 12:00 Dinner 1:00 500	7-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	8:30-11 Pickleball 10:00 Women's Pool 10:00 AED Training 12:00 Dinner 1:00 Euchre Tournament	8 a.m.-Noon Center Open
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
8 a.m.-noon Breakfast Fundraiser 	7-11 Pickleball 9:00 Cribbage Tournament 10:00 Medical Assis. 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday 2:00 Caregiver Class	7-11 Pickleball 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot 4-7 Fundraiser at Nordic	8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500	7-8:30 Pickleball 10:30 Caregiver 1:1 10:30 Bingo <b>12:00 Halloween Dinner/Party</b> 1:00 Bridge		



## FREE Art Class

The class listed below left is 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!

Monday, November 4, 10 a.m.-12:30 p.m.  
This free class is for people age 55+. Sign up in the senior center. Class size is limited to 15 people, so sign up soon.

### AED Class

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.

In a one-hour, hands-on training at the center on Friday, October 25 at 10 a.m., we will help participants learn the skills necessary to help increase the survival rate in our community from 1 in 10, to 5 in 10. Please sign up if you plan to attend.

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## OCTOBER 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> Teriyaki Chicken Wontons Fried Rice Fortune Cookie	<b>2</b> Grilled Chicken Sandwich Potato Salad Pickle	<b>3</b>  Lasagna Breadstick	<b>4</b>  Chicken Enchilada Rice
<b>8</b> Beef Mixed Vegetables Egg Roll Fried Rice Fortune Cookie	<b>9</b> Goulash Salad Dinner Roll	<b>10</b> Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	<b>11</b> Corn Hotdish Salad Dinner Roll
<b>15</b> Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie	<b>16</b> Swedish Meatballs Egg Noodles Braised Cabbage Dinner Roll	<b>17</b> Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	<b>18</b> California Wrap Pasta Salad Pickle
<b>22</b> Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie	<b>23</b> Mandarin Chicken Wrap with raisins, almonds, mandarin Oranges, vinaigrette Coleslaw	<b>24</b> Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	<b>25</b> Deli Sandwich Tuna Salad Pickle
<b>29</b> Sesame Chicken Egg Roll Fried Rice Fortune Cookie	<b>30</b> Beef Stew Salad Dinner Roll	<b>31 HALLOWEEN—\$6</b> Swedish Meatballs Mashed Potatoes/Gravy Vegetable Dinner Roll Halloween Dessert	

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**

PHONE NUMBER: 763-295-2000

# GROWLERS, GRATITUDE & GIVING

Join Senior Community Services & Thrivent  
for an all-ages community night of drinks,  
free food, and charitable fundraising!

Tuesday, October 29  
4:00 p.m. - 7:00 p.m.



Nordic BrewPub  
530 Cedar St.  
Monticello, MN 55362



Hosted by:

**thrivent**<sup>®</sup>

All proceeds go towards serving more older adults and caregivers in our community. Thrivent is providing a 50% match to on all donations made up to \$2,000!

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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.**

### Overnight Casino Trip

You can ride the coach bus to Jackpot Junction Casino on Wednesday, October 9. The bus will depart the Monticello Community Center at 8 a.m. on October 9 and return at approximately 3:45 p.m. on October 10.

The cost is \$99 per person double occupancy and \$121 single. In addition to your hotel room, you will receive \$50 in slot play and a \$5 off food coupon.

### Excelsior Streetcar

This October 3 trip may be full and you can add your name to the waiting list. The cost is \$87. The bus departs the community center at 9:30 a.m. and returns at about 4:45 p.m.

### 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 may be full and you can add your name to the waiting list. The cost is \$90. The bus will depart the community center at 9:30 a.m. and returns at about 5:45 p.m.

## Book Club Meets Monthly

The senior center Book Club meets on Wednesday, October 9 at 9:30 a.m. They will be discussing the book, *Dear Mrs. Bird*, by A.J. Pearce.

### 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.

## How Medical Assistance Pays For the Nursing Home

Join Elder Law Attorney Jill Adkins as she gives a presentation about the rules to be eligible for Medical Assistance to pay for long-term care and how to protect assets.

This program will be held on Monday, October 28 at 10 a.m. Please sign up if you plan to attend.

### Team Pool Tournament

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

## Ask a Master Gardener

Come to the center on Friday October 18 at 12:30 when a Master Gardener from the University of Minnesota Extension Volunteer program will be available to provide tips & resources to answer your gardening questions. This month we will discuss fall planting and winter apple tree pruning. Please sign up if you plan to attend.

## 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 October 23, November 14, and December 12 from 9 a.m. to 1 p.m.

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

## Sympathies to...

...the family and friends of Marv Rydberg 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

[b.allard@seniorcommunity.org](mailto:b.allard@seniorcommunity.org)



Try **CareNextion.org**, a free, secure, award-winning online platform (and mobile app) designed to streamline task coordination, communication, and connection among family members and friends helping to care for a loved one.

## 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, October 16 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, Oct. 8, 11 a.m. to noon**  
**\*Everybody welcome!**

## Handiwork Group

Bring your sewing, embroidery, crocheting, etc. project to the center on Tuesday, October 8 at 12:30 p.m. to socialize with others. There is no instructor, just people with projects.

## Knitting Class

**\*Monday, October 21 at 1 p.m.**  
**\*Sign up in advance**

**Free Legal Aid—Monday, Oct. 28**  
**Appointments required**

## Monticello Senior Center

505 Walnut Street, Suite 3

Monticello, MN 55362

Phone: 763-295-2000

Director—Pam Loidolt

[monticelloseniorcenter.org](http://monticelloseniorcenter.org)

### Open Hours:

**Monday-Friday, 8 a.m.- 4 p.m.**

**Saturday, 8 a.m. - Noon (office closed)**