



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER SEPTEMBER 2022 NEWSLETTER

Our Volunteers are Priceless!

Monticello Senior Center volunteers will be honored at the center on Monday, September 19. If you volunteered in any capacity for the center in 2019, 2020, or 2021 we want you to attend and your spouse is welcome too! The Swedish meatballs noon dinner will be provided by VFW Post 8731, followed by a short program, entertainment, and prize drawings. Please sign up for this event by September 14.

Monticello Senior Center Volunteers truly are Priceless!

Schoolhouse Memories

Travel back as historian Doug Ohman brings you to a time when all eight grades were in one classroom. Reminisce about school lunch, recess and of course, “the three R’s.” The stories and photographs will make you smile and laugh.

Doug will give this presentation at the center on Monday, September 19 at 10:30 a.m. Please sign up to attend.

Grandparents Day Dinner

All grandparents are invited to attend a Grandparents Day dinner and party on Thursday, September 15. A tasty turkey dinner will be served at noon, provided by VFW Post 8731. The cost is \$5 and space is limited. There will be prizes!

Musician Jeff Bianchi, who has performed nationwide, will play at noon. Please only sign up for this dinner if you intend to stay for Jeff’s entire one-hour performance.






JFK Assassination

Where were you when JFK was assassinated? After almost 60 years, this event still sparks discussion and controversy. Join us on Wednesday, September 28 at 10 a.m. for a balanced discussion, lead by historian David Jones, of this pivotal event of the 20th century. Please sign up to attend.

Flu Shots September 21

You can get your influenza and/or COVID vaccine at the senior center on Wednesday, September 21 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 and appointments are not required.

SEPTEMBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4	5 Senior Center Closed 	6 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	7 7:30 Overnight Casino Trip 8:00 Ceramics 12:00 Dinner 1:00 500	8 8-11 Pickleball 9:00 Bike Group 9:00 Driver's Class 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	9 8:00 Ceramics 10:00 Women's Pool 12-1 Board Election 12:00 Dinner 1:00 Annual Meeting 1:30 Euchre Tournament	10 8 a.m.-Noon Center Open
11 	12 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 12:00 Picnic 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting	13 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	14 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 12:00 Dinner 1:00 500 Tournament	15 8-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Grandparents Day Dinner/Party 1:00 Bridge	16 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	17 8 a.m.-Noon Center Open
18	19 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 10:30 <i>Schoolhouse Memories</i> 12:00 Volunteer Appreciation 1:00 Bridge	20 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	21 8:00 Ceramics 9-12 Flu Shots 12:00 Dinner 1:00 500 1:30 Memory Café	22 8-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	23 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	24 8 a.m.-Noon Center Open
25 	26 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	27 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	28 8:00 Ceramics 10:00 JFK Presentation 12:00 Dinner 1:00 500	29 8-11 Pickleball 9:00 Bike Group 9:00 Train Ride Trip 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	30 8:00 Ceramics 9:30 Autobiography Class 10:00 Women's Pool 1:00 Euchre Tournament	

It's Picnic Time!

Please join us for a picnic at Ellison Park next to the beautiful Mississippi River on Monday, September 12.

Contact the center to reserve your place. A delicious box lunch will be served at noon and then people can play bingo for the chance to win prizes.

The cost is \$7 per person and you are asked to pay in advance. Space is limited, so sign up soon.

See you at the picnic!

Guided Autobiography Class

Write your memoir 2 pages at a time. You can build your life's story through 2-page writing assignments that explore rich life themes to prompt memories and reflection. The collaborative workshop setting of this 8-week course strengthens your writing and helps you find new meaning in significant life events.

The classes will be held on 8 consecutive Fridays from 9:30-11:30 a.m. starting September 30. The cost is \$75, payable to the instructor, Bill Marsella. Please register by September 26.

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SEPTEMBER 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
		1 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	2 Sloppy Joe Salad Chips Pickle
6 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	7 Shrimp French Fries Cole Slaw	8 Lasagna Breadstick	9 Shephard's Pie Salad Dinner Roll
13 Beef Mixed Vegetables Chicken Wings Fried Rice Fortune Cookie	14 Chicken Caesar Wrap Coleslaw Chips	15 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	16 Meatloaf Mashed Potatoes Vegetable Dinner Roll
20 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	21 Chicken Pot Pie Lettuce Salad Dinner Roll	22 Meatloaf Mashed potatoes Vegetable Dinner Roll	23 Spaghetti Caesar Salad Dinner Roll
27 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	28 Lasagna Lettuce Salad Dinner Roll	29 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	30 1/2 Deli Sandwich Salad Chips

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

Board of Directors Election

Members of the Monticello Senior Center are encouraged to vote in the election to fill 3 Board of Directors positions.

The election will be held from noon to 1 p.m. on September 9. Absentee ballots will be available for those unable to vote in person.

Nominees are needed! The time commitment is minimal. Talk to Pam for details.

Annual Meeting Follows Election

The Monticello Senior Center Annual Meeting will be held on Friday, September 9 at 1 p.m. Members of the senior center can come and vote and then stay for the meeting. Activity and financial reports will be given and election results will be announced.

Book Club Meets Monthly

The senior center Book Club will meet on Wednesday, September 14 at 9:30 a.m.

They will be discussing *German Girl* by Armando Lucas Correa. You can also pick up the next book the group will be reading.

Mark Your Calendars...

Pancake Breakfast Fundraiser
Sunday, October 23
8 a.m.—Noon



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TRIPS →

Overnight Casino Trip

Depart the community center at 7:30 a.m. on Wednesday, September 7 to head to Jackpot Junction Casino for the night. Wednesdays are “Thrifty 50” days, and you could win prizes. You also will have the chance to play afternoon or evening bingo if you like.

The cost is \$92 per person double occupancy and \$112 single, payable to Across Country Tours. The cost includes coach transportation, hotel stay, and \$50 on your player’s card. The bus will return to the center on September 8 at about 3:45 p.m.

Osceola Train Ride

This September 29 ride on the vintage St Croix Valley Railway in Osceola, WI may be full. There is a waiting list. The cost is \$83.

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.

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, September 21 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.

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 and the deadline to register is September 12.

Church Basement Ladies-Plowin’ Thru

You can watch the Church Basement Ladies in *Plowin’ Thru* at the Ames Center on Wednesday, November 9. The year is 1975 and all your favorite characters are back. Come along as the ladies don their best polyester pantsuits and sing, dance, and laugh their way thru this hilarious and touching new musical.

Prior to the 1 p.m. show, you can enjoy a delicious dinner featuring Salisbury steak, au gratin potatoes, vegetables, salads, roll, cookies, and beverages. The cost is \$74 per person.

The coach bus will depart the community center at 9:45 a.m. and will return at about 4:30 p.m.

Team Pool Tournament

- ♦ Elk River Senior Activity Center
- ♦ Wednesday, Sept. 14, 9 a.m.
- ♦ Sign up in advance, \$3 fee

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 September 8, 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.

The senior center will be closed on Labor Day, September 5

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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 (September 8) 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.

**Euchre—Friday, Sept. 2, 9, 16, 23 & 30 @ 1 p.m.*

**Cribbage—Monday, Sept. 12, 19 & 26 @ 9 a.m.*

**500—Wednesday, Sept. 14 @ 1 p.m.*

Blood Pressure Checks

***Tuesday, Sept. 13, 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, September 26

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