

SEPTEMBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
	4 Senior Center Closed	5 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	6 8:00 Ceramics 9:00 Mahjong 10:00 Bible Study 12:00 Dinner 1:00 500	7 7-11 Pickleball 9:00 Bike Group 9:45 Old Log Trip 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	8 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner Noon-1 Election 1:00 Annual Meeting 1:30 Euchre Tournament	9 8 a.m.-Noon Center Open
10 	11 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting	12 7-11 Pickleball 8:00 Casino Trip 10:30 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	13 8:00 Ceramics 9:00 Driver's Class 9:00 Mahjong 9:00 Team Pool Tournament 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament	14 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	15 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	16 8 a.m.-Noon Center Open
17	18 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tourrn. 10:30 Down the Mississippi in MN 1:00 Bridge Tourney 1:00 Movie Monday 1:00 Hearing Screening	19 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	20 8:00 Ceramics 9:00 Mahjong 9:30 Book Club 10:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café	21 7-11 Pickleball 9:00 Bike Group 10:00 Hospice 101 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	22 8:00 Ceramics 9-noon Flu Shots 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	23 8 a.m.-Noon Center Open
24 	25 7-11 Pickleball 8:00 Ceramics 9:00 Cribbage Tourney 12:00 Picnic 12:30 Legal Aid 1:00 Bridge 1:00 Movie Monday	26 7-11 Pickleball 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	27 8:00 Ceramics 9:00 Mahjong 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament	28 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	29 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	30 8 a.m.-Noon Center Open

Board of Directors Election

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

The election will be held from noon to 1 p.m. on September 8. Absentee ballots will be available for those unable to vote in person.

Annual Meeting Follows Election

The Monticello Senior Center Annual Meeting will be held on Friday, September 8 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.

Hearing Screening

Staff from Affinity Hearing in St. Michael will be at our center on the 3rd Monday of each month starting September 18 to conduct hearing screenings. Afternoon appointments are required for this free service and are made at the center. Hearing aid cleaning will also be provided.

Team Pool Tournament

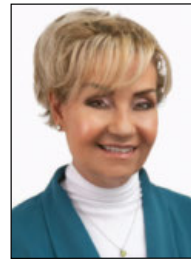
- ♦ Elk River Senior Activity Center
- ♦ Wednesday, September 13, 9 a.m.
- ♦ Sign up in advance, \$4 fee

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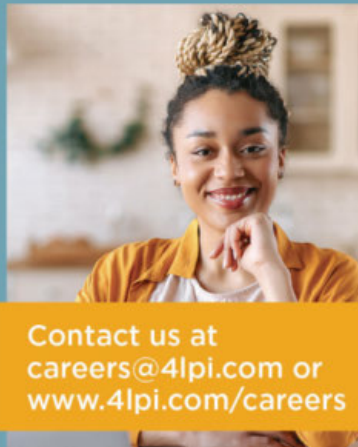
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SEPTEMBER 2023 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
			1 Tater Tot Hotdish Dinner Roll
5 Sweet & Sour Chicken Wontons Fried Rice Fortune Cookie	6 Chicken Pot Pie Salad	7 Lasagna Breadstick	8 Ranch Wrap Chips Pickle
12 Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	13 Scalloped Potatoes with Ham Salad	14 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	15 Sloppy Joe Chips Pickle
19 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	20 Lasagna Salad Breadstick	21 Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	22 Spaghetti Caesar Salad Dinner Roll
26 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	27 Ground Beef and Gravy over Mashed Potatoes Salad Dinner Roll	28 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	29 Chili Garden 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

Book Club Meets Monthly

The senior center Book Club meets on Wednesday, September 20 at 9:30 a.m.

The book, *Say You're One of Them*, by Uwem Akpan, will be discussed. Attendees will also pick up the next book the group will be reading. If you enjoy reading, try the Book Club.

Free Legal Aid
Monday, September 25
Appointments required

FREE!
age 55+



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THURSDAY, OCTOBER 5
10am-2pm



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

Million Dollar Quartet

The September 7 *Million Dollar Quartet* trip to the Old Log Theater may be full and you can add your name to the waiting list if you wish. Trip cost is \$80 and the bus will depart the center at 9:45 a.m. and return about 4:30 p.m.

St. Croix Casino

We will be sharing a coach bus to St. Croix Casino on Tuesday, September 12 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 \$30 charge and those going will have the opportunity to spin the wheel at the casino to win a minimum of \$10 in slot play.

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 2 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 \$3 off food.

Church Basement Ladies Christmas Away in the Basement

Share a bus with seniors from Elk River and head to the Ames Center to take in the Church Basement Ladies Christmas show, *Away in the Basement* on Thursday, November 16. This is a one day only show, and we were lucky enough to get tickets! The ladies are kicking off the national tour of their famous show, *Away in the Basement* and it is sure to get you in the holiday spirit and make you feel like a kid again!

Prior to the 1 p.m. performance, you can enjoy lunch right at Ames. The buffet will include chicken, mashed potatoes, gravy, dressing, coleslaw, green beans, rolls, and beverages. The bus will depart the center at 9:45 a.m. and return at about 4:45 p.m. The cost is \$80.

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.

**November 4th Craft Sale
Vendor Registration forms
available at the senior center**

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 13, October 18, November 8, and December 6 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.



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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www.seniorcommunity.org
ReimagineAging@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 September 20 meeting will be held at our center 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, 763-295-2000.

Blood Pressure Checks

***Tuesday, September 12**

***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