

SEPTEMBER 2024 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Senior Center Closed 	3 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	4 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500	5 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	6 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament 1:00 Fitness Friday	7 8 a.m.-Noon Center Open
8 	9 7-11 Pickleball 9:00 Cribbage Tournament 1:00 Bridge 1:00 Movie Monday 4:00 Board Meeting	10 7-11 Pickleball 8:00 Casino Trip 8:30 Tech Support 10:30 Line D./Choir 11:00 Blood Pressure 12:00 Dinner 12:30 Handiwork Group 1:00 Hand and Foot	11 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 10:00 Bible Study 12:00 Dinner 1:00 500 Tournament 1:00 Cardio Drumming	12 7-11 Pickleball 9:00 Bike Group 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	13 8:30-11 Pickleball 10:00 Women's Pool 11-1 Election 12:00 Dinner 1:00 Annual Meeting 1:00 Fitness Friday 1:30 Euchre Tournament	14 8 a.m.-Noon Center Open
15	16 7-11 Pickleball 9:00 Cribbage Tournament 12:00 Picnic 1:00 Bridge 1:00 Knitting Class	17 7-11 Pickleball 8:30 Tech Support 8:30 Stockholm trip 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	18 8:00 Ceramics 10:00 Bible Study 12:00 Dinner 1:00 500 1:00 Cardio Drumming 1:30 Memory Café	19 7-11 Pickleball 9:00 Bike Group 10:00 Berlin Olympics Presentation 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	20 8:30-11 Pickleball 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament 1:00 Fitness Friday	21 8 a.m.-Noon Center Open
22 	23 7-11 Pickleball 9:00 Cribbage Tournament 12:30 Legal Aid 12:30 Ceramics Class 1:00 Bridge 1:00 Movie Monday	24 7-11 Pickleball 8:30 Tech Support 10:30 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	25 8:00 Ceramics 9:00 Driver's Class 10:00 Bible Study 12:00 Dinner 1:00 500 1:00 Cardio Drumming	26 7-11 Pickleball 9:00 Bike Group 9-12 Flu Shots 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge 1:00 Let's Talk Travel	27 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 9:00 Cribbage Tournament 12:30 Ceramics Class 1:00 Bridge 1:00 Movie Monday 2:00 Caregiver Class					





FREE Art Classes

The two classes listed below left are 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.

Ceramic Pumpkin Class

Sign up for a 3-session ceramics class that will be held from 12:30-3 p.m. on Sept. 23, 30 & Oct. 7. Wear clothes you won't mind getting some dust or paint on. Learn to clean greenware, paint the piece, and come away with a beautiful pumpkin! All supplies provided. Class size, 6 people.

Cardio Drumming Classes

Cardio Drumming is a form of exercise that utilizes drumsticks to hit an exercise ball placed on a bucket while listening to upbeat music. It can be practiced by nearly all people and does not require drumming experience. Sign up for 1, 2, or all 3 classes—Sept. 11, 18 & 25; 1-1:45 p.m.

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 11 a.m. to 1 p.m. on September 13. 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 13 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.

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SEPTEMBER 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
3 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	4 Fish Sandwich Potato Wedges Cole Slaw	5 Lasagna Breadstick	6 Tater Tot Hotdish Dinner Roll Special K Bar
10 Chicken Chow Mein Wontons Fried Rice Fortune Cookie	11 Scalloped Potatoes and Ham Salad Dinner Roll	12 Turkey Mashed Potatoes Gravy Vegetable Dinner Roll	13 Spaghetti Caesar Salad Garlic Toast
17 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	18 Spaghetti Meatballs Salad Breadstick	19 Meatloaf Mashed Potatoes Gravy Vegetable Dinner Roll	20 French Dip Mashed Potatoes Special K Bar
24 Sesame Chicken Wontons Fried Rice Fortune Cookie	25 Chicken Caesar Wrap French Fries Fruit Cup	26 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	27 Bowl of 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 AM-NOON

Knitting Class

- *Monday, September 16 at 1 p.m.
- *Needles & yarn provided
- *Sign up in advance

Team Pool Tournament

- ♦ Elk River Senior Activity Center
- ♦ Wednesday, Sept. 11, 9 a.m.
- ♦ Sign up in advance, \$4 fee

Handiwork Group

Bring your sewing, embroidery, crocheting, etc. project to the center on Tuesday, September 10 at 12:30 p.m. to socialize with others. There is no instructor, just people with projects getting together.

Book Club Meets Monthly

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

They will be discussing the book, *The Gown: a Novel of the Royal Wedding* by Jennifer Robson. You can also pick up the next book the group will be reading.

Powerful Tools for Caregivers

This class will help caregivers take better care of themselves while caring for a friend or relative. The six-week class will be held on Mondays September 30—November 4 from 2-3:30 p.m. at the Monticello Community Center and there is no charge. Respite is available. To register contact D-CAN at 320-640-6726 or Great River Faith in Action at 763-263-4277.

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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.**

Treasure Island Casino

We will be sharing a coach bus to Treasure Island Casino on **Tuesday**, September 10 with participants from the Rogers Senior Center and the cost is \$25 per person. The bus will depart the Monticello Community Center at 8 a.m. and return at approximately 5:15 p.m. This will be a five-hour stay at the casino instead of four, as there is a prize drawing for cash at 3 p.m. and only those arriving by bus will be entered. Maybe one of our participants will win!

It is Bus Fest Day at the casino and those going will receive more than usual - \$20 on their casino card, \$5 off food, and a free drink coupon.

Stockholm Pie and General Store

This September 17th trip to Wisconsin may be full and you can add your name to the waiting list. The cost is \$87. The bus will depart the community center at 8:30 a.m. and return at about 5:30 p.m. You can get more trip details at the senior center.

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.

MCC to Offer Line Dancing...

- *Lessons**—Sept. 11 & 18, 6:45-8 p.m.
 - *Dance Party**—Sept. 25, 6:30-8:30 p.m.
- Visit MCC Guest Services Counter for more information and to sign up.

Excelsior Streetcar

Enjoy a nice lunch at Maynard's Restaurant on the shores of Lake Minnetonka on Thursday, October 3. You will be served a half sandwich, cup of soup, and a non-alcoholic beverage. After lunch, you take a trolley ride along a half-mile of track and stop at the car barn to view a photo gallery from the 1800's and see work in progress on a streetcar restoration.

After the trolley ride, an historian from the Excelsior Lake Minnetonka Historical Society will give a walking tour along the 3 blocks of Water Street in downtown Excelsior for those that are interested. There will be time to shop in downtown Excelsior and enjoy the quaint shops on Water Street. The motor coach can make some shuttle runs along Water Street.

The cost is \$87. The bus departs the community center at 9:30 a.m. and returns at about 4:45 p.m.

Branson Country Christmas

Arrive at the Treasure Island Event Center on Thursday, November 7 and enjoy lunch featuring turkey, mashed potatoes, gravy, dressing, corn, rolls, assorted bars, and coffee. After lunch you will see The Ozark Country Christmas Show which features an all-star cast of Branson entertainers for an all new Christmas Show. They will be honoring and paying tribute to our veterans and thanking them for their service.

The entire second half is a variety of Christmas music. This show features vocals, comedy, and instrumentals. World-class fiddler, Doofus Doolittle presents this unique brand of humor and some of the best fiddle and violin music ever. Enjoy his stories about some of the legendary artists he has performed with.

The cost is \$90. The bus will depart the community center at 9:30 a.m. and returns at about 5:45 p.m.

Memorial & Gift Plaque

Thanks go to Taffy Fair for making a financial contribution to the center in memory of her husband Bill. Bill's name will be engraved on a nameplate and added to the senior center Memorial & Gift Plaque. People can donate \$100 or more to the center in memory of or in honor of another person and have that person's name added to the plaque. Donations can also be made as a gift.

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 September 25, 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 Jim Eisele 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
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Call the center to schedule your **free** appointment.

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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



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, September 18 at the Monticello Senior Center from 1:30-2:30 p.m. Caregivers have the option to attend a concurrent caregiver support group.

Blood Pressure Checks

***Tuesday, Sept. 10, 11 a.m. to noon**

***Everybody welcome!**

Fitness on Fridays

Sign up for each class in the Senior Center. All free of charge and meet from 1-1:30 p.m.

***Senior Fitness Open House
September 6**

***Better Balance and Fall Prevention
September 13**

***Living Wellness, Nutrition Tips
September 20**

Free Legal Aid—Monday, Sept. 23
Appointments required

Monticello Senior Center

505 Walnut Street, Suite 3

Monticello, MN 55362

Phone: 763-295-2000

Director—Pam Loidolt

monticelloseniorcenter.org

Open Hours:

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

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