



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER FEBRUARY 2021 NEWSLETTER

Historic Homes of MN

Doug Ohman is a Minnesota historian, story-teller, and professional photographer. Take a tour of some of Minnesota’s most elegant homes with Doug live via Zoom. Hear the stories and personalities that surround many of these historic treasures. “If the walls could talk” will become reality in this interesting photo presentation.

You can come to the center on Thursday, February 25 at 1:30 p.m. or we can email you the Zoom link so you can participate from home. Need help with Zoom? No problem, we can provide help through the senior center Tech Support Program.

Advance registration is required.

Tax Assistance Offered

AARP Tax Aide volunteers will be helping fill out tax forms for low to moderate-income persons. This free help will be available on Mondays, Tuesdays, and Thursdays from 10 a.m. to 2 p.m. starting February 16. Call the senior center to schedule an appointment and it is imperative that you bring all pertinent tax information with you and fill out in Intake Form in advance (pick up at center).

A trained volunteer will be at the center to scan your tax documents, return them to you and then securely send the information to other tax volunteers who will complete the returns. You will receive a phone call to come and pick up your tax return and sign for permission to efile.

Valentine Dinner/Party February 12

People age 55+ are invited to sign up to celebrate Valentine’s Day at the senior center. Dinner will be served at noon and features a club wrap, pasta salad, pickle, Valentine dessert, and bottle of water.

Door prizes will be given away after dinner, and then people can play Valentine Bingo for the chance to win cash prizes.

The cost is \$6 per person and as with all senior center events, you do have to sign up in advance.

Don’t miss the fun!!

Tasty Tuesdays are Back!

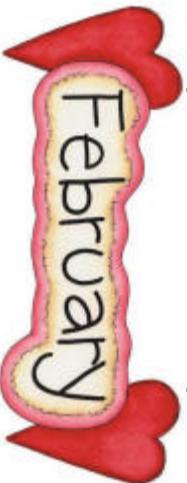
That’s right, those tasty meals are back! Meals will be safely served in the community center Mississippi Room on Tuesdays in February.

You do need to sign up at least one day in advance by 10 a.m. The cost is \$5 per meal and includes dessert and bottle of water. You can come and enjoy these tasty meals any time between 11:30 a.m. and noon:

- ⇒ Feb. 2—teriyaki chicken, fried rice, egg roll (catered by Chin Yuen)
- ⇒ Feb. 9—homemade hamburger vegetable soup, garden salad, dinner roll, crackers
- ⇒ Feb. 16—sloppy jo, beans, chips, pickle
- ⇒ Feb. 23—walking taco, fruit cup

See You on Tasty Tuesdays!

FEBRUARY ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Activities Subject to Change	1 8:30-3:30 Center Open 8:30 Ceramics 1:00 Movie Monday	2 8:30-3:30 Center Open 8-10 Pickleball 9:00 Tech Help 10:00 Yantzee 10-12 Pickleball 11:30 Tasty Tuesday	3 8:30-3:30 Center Open 8:30 Ceramics 9:00 Mindful Presence 11:00 Bible Study	4 8:30-3:30 Center Open 8-10 Pickleball 10-12 Pickleball 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program	5 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	
7	8 8:30-3:30 Center Open 8:30 Ceramics 1:00 Movie Monday 4:00 Board of Directors Meeting	9 8:30-3:30 Center Open 8-10 Pickleball 9:00 Tech Help 10:00 Yantzee 10-12 Pickleball 11:00 Blood Pressure 11:30 Tasty Tuesday	10 8:30-3:30 Center Open 8:30 Ceramics 9:00 Mindful Presence 9:30 Book Club 11:00 Bible Study 1:30 Caregiver Support Group	11 8:30-3:30 Center Open 8-10 Pickleball 10-12 Pickleball 10:30-12:30 Caregiver One on One 11:00 Bingo 12:00 HOME Program	12 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool 12:00 Valentine's Day Dinner/Party	
14	15 <i>President's Day</i> Senior Center Closed	16 8:30-3:30 Center Open 8-10 Pickleball 9:00 Tech Help 10:00 Yantzee 10:00 Tax Assistance 10-12 Pickleball 11:30 Tasty Tuesday	17 8:30-3:30 Center Open 8:30 Ceramics 9:00 Mindful Presence 11:00 Bible Study 1:30 Memory Café	18 8:30-3:30 Center Open 8-10 Pickleball 10-12 Pickleball 10:00 Tax Assistance 10:00 Travel Show 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program	19 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool 1:30 Zoom 101	20
21	22 8:30-3:30 Center Open 8:30 Ceramics 10:00 Tax Assistance 12:30 Legal Aid 1:00 Movie Monday	23 8:30-3:30 Center Open 8-10 Pickleball 9:00 Tech Help 10:00 Yantzee 10:00 Tax Assistance 10-12 Pickleball 11:30 Tasty Tuesday	24 8:30-3:30 Center Open 8:30 Ceramics 9:00 Mindful Presence 9:00 Driver's Class 11:00 Bible Study	25 8:30-3:30 Center Open 8-10 Pickleball 10-12 Pickleball 10:00 Tax Assistance 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program 1:30 Historic Homes Presentation	26 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	
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Zoom 101 with Joe!

Want to learn more about Zoom? Joe Kaul of our HOME Program/ Tech Support will guide you through an informative hour. He will discuss the basics and answer any questions that you might have.

Visit our website and get the link on the activities calendar or send an email to pam.loidolt@ci.monticello.mn.us and a link will be emailed to you. This session will be held on February 19 at 1:30 p.m.

Play Cards Using iPads

The senior center received 15 iPads that can be used to safely play card games with other people. A number of different games can be played, so round up a few friends, give us a call, and come to play. Not sure how to use the iPads? No worries, we can help you!

Is Travel in Your Future?

If so, be sure to mark your calendars and join us for a Zoom Travel Show on February 18. You can sign up to come to the center for the virtual session or we can email you the link so you can join in from home. It starts at 10 a.m.

Landmark Tours staff will discuss the changes to the travel industry, as well as talk about the group tours they have ready to book for the 2nd half of 2021 and moving into 2022.

Need help setting up Zoom? Just let us know—our HOME Program offers free Tech Support!

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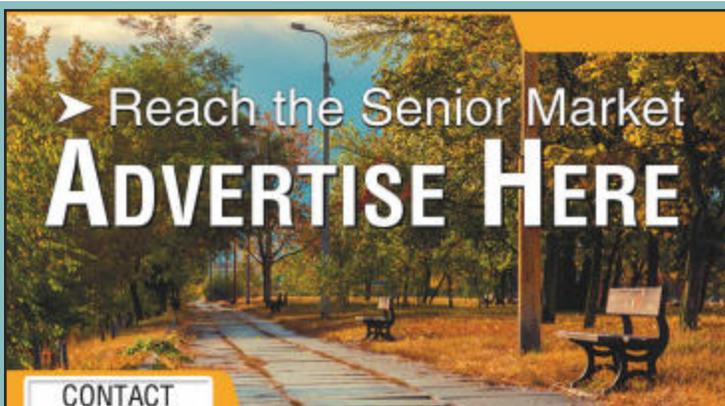
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Voluntary Membership

Please consider participating in the Monticello Senior Center 2021 Voluntary Membership drive. The dues are \$15 for an individual and \$25 for a household per calendar year and are tax deductible.

Membership is not required to take part in senior center activities. A Membership Form is included with this newsletter.

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.

River City Readers go Virtual

Because of safety restrictions, the River City Readers Story Theater Group videoed their stories so students are able to enjoy them virtually. Kids (and people of all ages) literally anywhere can now view these stories.

Check them out on the senior center's website, monticelloseniorcenter.org

Try the Trailblazer for Free!

Trailblazer Transit provides rides to people of all ages for just about any reason. Never used the Trailblazer and want to give it a try? Call the senior center to let us know you will stop by to pick up a couple free ride tokens.

Virtual Memory Café

A Virtual Memory Cafe experience is a safe and comfortable online place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others via Zoom. Each month features a fun project.

We want to extend an invitation for you and your loved one to be part of this amazing group. If you need help setting up Zoom or learning how to connect to a Zoom meeting, no worries – our HOME program is happy to help!

The meeting will begin at 1:30 p.m. on February 17. Please contact the senior center to register. If you're unable to attend virtually from your home, we will provide a safe, in-person option at the senior center. You can contact Pam for more info, 763-295-2000.

Blood Pressure Checks

***Tuesday, February 9**

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

***Call to reserve a spot**

Tech Help is Available

Need help with your smart-phone, tablet, computer or TV system? Want to join in on a Zoom meeting but not sure how?

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 her, you can call to schedule an appointment. Be sure to bring your equipment with you to your appointment. Mary can also connect with you over the phone.

Let's Help the MCC!!

Do you have a Medicare supplement? If so, you may qualify for a free membership to the Monticello Community Center. By checking in each day you visit the senior center your free membership helps fund the Community Center!

Please stop by the Community Center Guest Service counter to enroll and learn all the benefits of your free membership.

Thank you for your help!

Book Club...

The senior center Book Club meets monthly to discuss the book they read and to pick up the new one. The group will meet on Wednesday, February 10 at 9:30 a.m.

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, snow removal, etc. Staff take precautions to ensure safety.

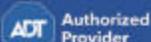
These services are available for both Monticello and Big Lake residents.

Contact Joe, HOME Program coordinator, at 763-416-7969 for more information. Joe is generally at our center on Thursdays in the afternoon and you can call him to make an appointment.

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Driver Class

People age 55+ completing a defensive driving class are eligible to receive a 10% auto insurance discount.

A four-hour refresher course for those who have previously completed an eight-hour course will be held on February 24 from 9 a.m. to 1 p.m.

Please mail or drop off \$20 (cash or check) to the senior center in advance and checks are payable to the Monticello Senior Center. Class size is limited, people must register in advance, and masks are required.

Caregiver Support Group

Caring for a family member, friend, neighbor? Helping to care for a loved one from afar? If so, be sure to check out the Caregiver Support Group that meets at the senior center on the 2nd Wednesday of each month (February 10) from 1:30-3 p.m.

This group provides both support and education and is intended for nonprofessional caregivers. Call the center at 763-295-2000 to reserve your spot.

*Play Pickleball in the MCC gym

*Tuesdays and Thursdays

*8-10 a.m. or 10 a.m.-noon

*SINGLES ONLY (unless in same household)

*Preregistration on MCC website required

MOVIE MONDAYS

Movies will be shown at 1 p.m. on the community center Mississippi Room big screen on February 1, 8 & 22.

It could be a new release or a classic movie. You can call the senior center on Monday mornings to find out which movie will be shown.

As with all senior center events, you do need to register in advance.

Monticello Senior Center Social Media...

monticelloseniorcenter.org

and

Like us on Facebook

Free Legal Aid February 22
Call to make an appointment

**THE SENIOR CENTER WILL BE
CLOSED ON FEBRUARY 15 IN
OBSERVANCE OF
PRESIDENT'S DAY**

We Strive to...

*Promote social connections
while practicing physical
distancing*

Senior Center Protocol...

If you are unable to attend an activity you signed up for, PLEASE call to cancel. Due to space limitations, we have turned people away and then there were no-shows...

- ⇒ Governor Walz's Stay Safe MN order currently allows for groups of up to 10 people in the senior center at one time.
- ⇒ Participants need to wear a mask in the center at all times. If you have one please bring it with you. If you do not have a mask we will provide one for you to keep.
- ⇒ Wellness checks will be given at the door (temperature & simple questions asked).
- ⇒ Participants should stay at least 6' apart and should wash their hands frequently.
- ⇒ Hand sanitizers are located throughout the center. *Please use them often.*
- ⇒ Advance registration will be required for all activities until further notice.
- ⇒ Drop-in participation will not be available while group numbers are limited.
- ⇒ No food or beverages will be served or shared in the senior center.
- ⇒ We will temporarily stop accepting donations of all items except money. 😊

Hope to see you back in our center soon!

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Activity Changes...

- 1) All activities will include properly spaced set ups and disinfecting for safety.
- 2) Equipment or supplies cannot be shared.
- 3) Pre-registration is required for all activities.
- 4) Activity plans are subject to change without notice.

February Activities:

Bible Study
Billiards
Bingo
Blood Pressure Checks
Book Club
Caregiver Support Group & 1:1 Support
Ceramics
Computer Use
Driver's Class
Historic Homes of MN Presentation
HOME Program
Legal Aid
Memory Café
Mindful Presence Workshop
Movie Mondays
Pickleball
Shuffleboard
Tasty Tuesdays
Tax Assistance
Tech Support
Travel Show
Valentine Dinner/Party
Women's Pool
Yahtzee
Zoom 101 With Joe!

Senior center hours will be limited for disinfecting purposes and are subject to change. Be sure to check the calendar for the activity schedule.

Senior Center Hours

8:30 a.m. to 3:30 p.m.

Monday through Friday