



# MONTI SENIOR NEWS

“Reaching out  
and still growing”

MONTICELLO SENIOR CENTER FEBRUARY 2022 NEWSLETTER

## Looking Back: Minnesota 150 Years Ago

Enjoy a look back at life on the Minnesota frontier 150 years ago. Historian and storyteller Doug Ohman will share a most interesting story of our state, during it's early beginnings.

Doug is a speaker, storyteller, and photographer. This free presentation will take place in the center on Thursday, February 3 at 10:30 a.m. Please register in advance.

## Valentine Dinner & Party

Sign up in advance to join us for our Valentine's Day celebration on Monday, February 14. Dinner will be served at noon and features sloppy joes, baked beans, chips, pickles, and Valentine dessert. The cost is \$5 per person. Maybe you will win one of the many prizes!

As an added treat, musician Andrew Walesch will perform his “Best of the Great American Songbook” program during dinner. *Sign up for this dinner only if you intend to stay for the entire 1 hour performance.*

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

## Tax Assistance Offered

Low to moderate income persons can get help filing their tax forms. Contact the senior center to schedule an appointment, which will be offered on Mondays, Tuesdays, and Thursdays from February 1 thru April 12. There is no charge for this service and space is limited.

Please note: March and April appointments will not be scheduled until mid-February.

Masks will be required while meeting with the volunteer tax preparer.

## 2 Toenail Clipping Dates Scheduled

Wright County Public Health nurses will be at our center on February 1 & 22 to assist people age 60+ with toenail clipping. Two appointment dates are available because of the high demand for this service.

Appointments are required and can be made by calling Patty Larson at 763-682-7460.

## FEBRUARY ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<p><b>1</b> 8-11 Pickleball 9:00 Tax Assistance 9:00 Tech Support 9:30 Foot Clinic 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot</p>	<p><b>2</b> 8:00 Ceramics 11:00 Bible Study 12:00 Dinner 1:00 500</p>	<p><b>3</b> 8-11 Pickleball 9:00 Tax Assistance 10:30 <i>Minnesota 150 Years Ago</i> 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge</p>	<p><b>4</b> 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament</p>	<p><b>5</b> 8-11 a.m. Center Open</p>	
<b>6</b>	<p><b>7</b> 8:00 Ceramics 8-11 Pickleball 8:30 Casino Trip 9:00 Tax Assistance 9:00 Cribbage Tournament 12:30 Bridge 1:00 Movie Monday</p>	<p><b>8</b> 8-11 Pickleball 9:00 Tax Assistance 9:00 Tech Support 10:15 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot</p>	<p><b>9</b> 8:00 Ceramics 9:00 Team Pool Tournament 9:30 Book Club 11:00 Bible Study 12:00 Dinner 1:00 500 Tournament</p>	<p><b>10</b> 8-11 Pickleball 9:00 Tax Assistance 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge</p>	<p><b>11</b> 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament</p>	<p><b>12</b> 8-11 a.m. Center Open</p>	
<b>13</b>		<p><b>14</b> 8:00 Ceramics 8-11 Pickleball 9:00 Tax Assistance 9:00 Cribbage Tourney 12:00 Valentine Dinner 12:30 Bridge 1:00 Movie Monday 4:00 Board Meeting</p>	<p><b>15</b> 8-11 Pickleball 9:00 Tax Assistance 9:00 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot</p>	<p><b>16</b> 8:00 Ceramics 11:00 Bible Study 12:00 Dinner 1:00 500</p>	<p><b>17</b> 8-11 Pickleball 9:00 Tax Assistance 9:00 Driver's Class 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge</p>	<p><b>18</b> 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament</p>	<p><b>19</b> 8-11 a.m. Center Open</p>
<b>20</b>	<p><b>21</b> <b>President's Day</b> <b>Senior Center</b> <b>Closed</b></p>	<p><b>22</b> 8-11 Pickleball 9:00 Tax Assistance 9:00 Tech Support 9:00 Foot Clinic 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot</p>	<p><b>23</b> 8:00 Ceramics 11:00 Bible Study 12:00 Dinner 1:00 500 Tournament 1:30 Memory Cafe</p>	<p><b>24</b> 8-11 Pickleball 9:00 Tax Assistance 10:00 Science Museum 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge</p>	<p><b>25</b> 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament</p>	<p><b>26</b> 8-11 a.m. Center Open</p>	
<b>27</b>	<p><b>28</b> 8:00 Ceramics 8-11 Pickleball 9:00 Tax Assistance 9:00 Cribbage Tourney 12:30 Legal Aid 12:30 Bridge 1:00 Movie Monday</p>						



## Voluntary Membership Drive

Please consider participating in the Monticello Senior Center 2022 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.

## Book Club Meets Monthly

The senior center Book Club will meet on Wednesday, February 9 at 9:30 a.m. The group will discuss the last book they read and pick up the new one. Check it out—new members are always welcome.

## 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 February 17, March 16, April 7, and May 5 from 9 a.m. to 1 p.m. Call the center for additional 2022 class dates.

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. No refunds for no-shows.

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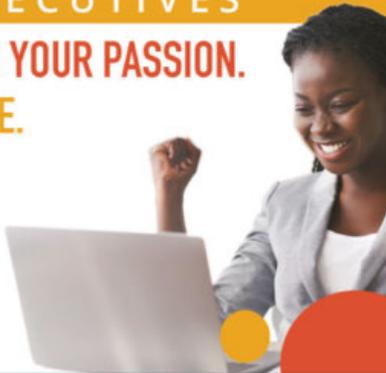
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## FEBRUARY 2022 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
<b>1</b> Sesame Chicken Egg Roll Fried Rice Fortune Cookie	<b>2</b> Ham and Potatoes Au Gratin Green Beans Dinner Roll	<b>3</b> Swedish Meatballs Mashed Potatoes/Gravy Vegetable Dinner Roll	<b>4</b> Chicken Enchiladas Salad
<b>8</b> Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	<b>9</b> Chicken Pot Pie Dinner Roll	<b>10</b> Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	<b>11</b> Tater Tot Hotdish Salad Dinner Roll
<b>15</b> Beef Egg Foo Young Chicken Wings Fried Rice Fortune Cookie	<b>16</b> Lasagna Dinner Roll	<b>27</b> Turkey Mashed Potatoes/Gravy Vegetable Dinner Roll	<b>18</b> Meatball Marinara Hoagie Salad
<b>22</b> Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	<b>23</b> Chicken Fettuccine Alfredo Breadstick	<b>24</b> Meatloaf Mashed Potatoes Vegetable Dinner Roll	<b>25</b> Sloppy Joe Tortilla Chips Pickle

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 \$4. 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 8-11 AM**

## 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](mailto: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.

The senior center will be closed on February 21

## Team Pool Tournament

- ♦ Monticello Senior Center
- ♦ Wednesday, February 9, 9 a.m.
  - ♦ Sign up in advance
  - ♦ \$3 entry fee

## 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, Feb. 4, 11, 18 & 25 @ 1 p.m.
- \**Cribbage*—Monday, Feb. 7, 14 & 28 @ 9 a.m.
- \**500*—Wednesday, Feb. 9 & 23 @ 1 p.m.



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 **TRIPS** 

**Mystic Lake Casino**

Ride the coach bus to Mystic Lake Casino on Monday, February 7. The bus departs the community center at 8:30 a.m. and returns at about 3:15 p.m. There is an \$18 charge and those going will receive \$15 on their casino card and a \$4 off food coupon.

**Science Museum/Omni Theater**

Enjoy a fun day in St Paul with seniors from Elk River on February 24. The coach bus will bring you to Degidios Italian Restaurant where you will be served Parmesan Crusted Chicken Breast served over spaghetti with classic tomato sauce and baked mozzarella. Garlic bread and a beverage is also included with your meal.

After lunch you will arrive at the Science Museum where you can visit the exhibits at your own pace. Choose from permanent exhibits such as Collector's Corner, Dinosaurs and Fossils Gallery, Human Body Gallery, Mississippi River Gallery, and much more!

Next you will see a show in the Omni Theater. Show titles have not yet been announced but will be announced on their website a few weeks prior to the trip date. Please note that there will be a significant amount of walking on this trip.

The bus will depart the community center at 10 a.m. and return at about 5:30 p.m. The cost is \$85 and the deadline to register is February 1.

**Church Basement Ladies  
20th Anniversary Tour**

This March 1 trip to the Paramount Center for the Arts in St. Cloud may be full. You can add your name to the waiting list if you wish. The bus will depart the community center at 11 a.m. and return at 4:15 p.m. The cost is \$68. Proof of COVID vaccine or negative test is required.

**Treasure Island Casino**

Ride the coach bus to Treasure Island Casino on Monday, March 7. The bus departs the community center at 8:30 a.m. and returns at about 3:45 p.m. There is an \$18 charge for the bus ride and those going will receive \$15 on their casino card and a \$3 off food coupon.

**St. Paul Sinners and Saints**

Arrive at the Landmark Center in St. Paul On April 6 and imagine that you're living in St. Paul's tumultuous era of prohibition and gangsters. The Gangster Tours are enhanced by humorous and lively costumed guides who adopt the personae of the infamous gangsters who resided in St. Paul during the 1930s, telling of their "lives as gangsters" and how the criminal justice system functioned during that era.

Then enjoy lunch at Kéy's Café where the menu includes luncheon portion turkey dinner with all the trimmings, beverage, and dessert.

Next there will be a guided tour of the St. Paul Cathedral. It is the 3<sup>rd</sup> largest completed church in the United States, and the 4<sup>th</sup> tallest. The interior is illuminated by 24 stained glass windows featuring angelic choirs. The building was added to the National Register of Historic Places in 1974. After the tour, visit the space at your own pace, and stop by gift Kiosks to purchase a memento of your visit.

The cost is \$84 per person. The bus will depart the community center at 8:30 a.m. and return at about 4 p.m. Deadline to register is March 6.

**Sympathies to...**

...the family of Bob Mueller on their loss.

# Memory Café

*Our Activity Hour 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.*

*These Memory Cafés are held on the 4th Wednesday of each month (February 23) 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.*

## 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 her, you can call to schedule an appointment and there is no charge. Be sure to bring your equipment with you to your appointment. Mary can also connect with you over the phone.

In home help is also available for a small fee.

**Free Legal Aid February 28.  
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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 2<sup>nd</sup> Thursday of each month (February 10) 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. Call the center at 763-295-2000 if you plan to attend.

## 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. 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.

*Please continue to wash your hands frequently and use hand sanitizer when in the senior center.*

*Keep in mind that barring any future mandates, people will not be required to wear masks in the center and they may not be vaccinated.*

## Blood Pressure Checks

\*Tuesday, Feb. 8 11 a.m. to noon

## Keep Active!

The Monticello Community Center can help you stay active this winter! Your Medicare supplement may cover the cost of a membership at MCC. MCC members can take advantage of fitness classes including Water Aerobics and SilverSneakers classes.

Members also have access to our pool, spas, indoor track, gymnasium, and a variety of cardio and strength equipment. If you have questions, contact program manager, Sara Cahill, at 763-271-7124.

Please note that all senior center activities are subject to change without notice and any current and future COVID requirements will be followed

## Monticello Senior Center

505 Walnut Street, Suite 3

Monticello, MN 55362

Phone: 763-295-2000

Website:

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

Open Hours:

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

Saturdays, 8-11 a.m. (office closed)

Director:

Pam Loidolt