



# MONTI SENIOR NEWS

*"Reaching out  
and still growing"*

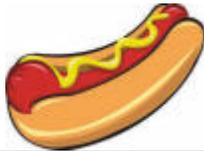
MONTICELLO SENIOR CENTER JULY 2021 NEWSLETTER

## Influential Women in American History, Part 1

Join photographer and historian Doug Ohman for Part 1 of "Influential Women in American History" on Thursday, July 15 at 10:30 a.m. He will be here in person!

Doug will highlight the lives of some amazing women that left a positive mark on our history. The talk will highlight approximately 15 women from Alice Paul to Elizabeth Cady Stanton. Doug will be sure to include some women whose stories have been lost by most Americans.

Please sign up in advance if you plan to attend.



## Come to the Riverfest Block Party

People of all ages are invited to the Riverfest Block Party on Thursday, July 8. Stop by the south side of the community center from 11 a.m. to 1 p.m. for a hotdog, chips, dessert, and soda. It's all free! This event is sponsored by the senior center, community center, city of Monticello, and Army National Guard.

*Part of the senior center's responsibility for the Block Party is to provide desserts and we need a lot! Please contact the senior center if you can bake bars or cookies for this fun community event.*

## Avoiding Financial Scams

Did you know that older Americans lose an estimated \$2.9 billion of their hard-earned money each year due to elder financial abuse?

Older Americans and vulnerable adults are targeted for fraud because they have traditional values and tend to be more trusting, even to strangers. Many are isolated socially and they desire company, making them more susceptible to undue influence and exploitation.

Attend a presentation at the center to learn tips to recognize, react to and report common financial scams to better ensure the financial safety of you and your loved ones. This program will be held on Wednesday, July 28 at 10 a.m. and will be facilitated by US Bank staff. Please sign up in advance at the center.

## Dinner Program to Resume

The senior center will begin serving noon meals Tuesday-Thursday starting July 6. The cost is \$4 per meal and people do need to sign up at least one day in advance by noon.

Many thanks to our restaurant partners! Chin Yuen—Tuesday meals, Russell's on the Lake—Wednesday meals, VFW Post 8731—Thursday meals, and Cornerstone Café—(Friday meals start in August).

### *Check out the menu page*

Volunteer food transporters are needed. Please talk to Pam for details.

# JULY ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<p>8:00 Ceramics</p> <p>9-11 Pickleball</p> <p>9:30 Cribbage Tournament</p> <p>1:00 Movie Monday</p> <p>1:00 Bridge</p>	<p>9-11 Pickleball</p> <p>10:00 Yachtzee</p> <p>10:30 Choir</p> <p>10:30 Tech Support</p> <p>12:00 Dinner</p> <p>1:00 Hand and Foot</p>	<p>8:00 Ceramics</p> <p>11:00 Bible Study</p> <p>12:00 Dinner</p> <p>1:00 500</p>	<p>9-11 Pickleball</p> <p>9:00 Bike Group</p> <p>10:30 Caregiver 1:1</p> <p>11:00 Bingo</p> <p>11-1 Block Party</p> <p>12:00 HOME Program</p> <p>1:00 Bridge</p>	<p>8:00 Ceramics</p> <p>10:00 Women's Pool</p> <p>1:00 Euchre Tournament</p>	<b>11</b>
<b>11</b>	<p>8:00 Ceramics</p> <p>9-11 Pickleball</p> <p>9:30 Cribbage Tournament</p> <p>1:00 Movie Monday</p> <p>1:00 Bridge Tourney</p> <p>4:00 Board Meeting</p>	<p>9-11 Pickleball</p> <p>10:00 Yachtzee</p> <p>10:30 Choir</p> <p>10:30 Tech Support</p> <p>11:00 Blood Pressure</p> <p>12:00 Dinner</p> <p>1:00 Hand and Foot</p>	<p>8:00 Ceramics</p> <p>9:30 Book Club</p> <p>11:00 Bible Study</p> <p>12:00 Dinner</p> <p>1:00 500</p> <p>1:30 Caregiver Support Group</p>	<p>9-11 Pickleball</p> <p>9:00 Bike Group</p> <p>10:30 Caregiver 1:1</p> <p>10:30 Influential Women</p> <p>11:00 Bingo</p> <p>12:00 Dinner</p> <p>12:00 HOME Program</p> <p>1:00 Bridge</p>	<p>8:00 Ceramics</p> <p>10:00 Women's Pool</p> <p>1:00 Euchre Tournament</p>	<b>12</b>
<b>18</b>	<p>8:00 Ceramics</p> <p>9-11 Pickleball</p> <p>9:30 Cribbage Tournament</p> <p>1:00 Movie Monday</p> <p>1:00 Bridge</p>	<p>9-11 Pickleball</p> <p>10:00 Yachtzee</p> <p>10:30 Choir</p> <p>10:30 Tech Support</p> <p>12:00 Dinner</p> <p>1:00 Hand and Foot</p>	<p>8:00 Ceramics</p> <p>11:00 Bible Study</p> <p>12:00 Dinner</p> <p>1:00 500</p> <p>1:30 Memory Café</p>	<p>9-11 Pickleball</p> <p>9:00 Bike Group</p> <p>10:30 Caregiver 1:1</p> <p>11:00 Bingo</p> <p>12:00 Dinner</p> <p>12:00 HOME Program</p> <p>1:00 Bridge</p>	<p>8:00 Ceramics</p> <p>10:00 Women's Pool</p> <p>12:00 Picnic at Ellison Park</p> <p>1:00 Euchre Tournament</p>	<b>13</b>
<b>25</b>	<p>8:00 Ceramics</p> <p>9-11 Pickleball</p> <p>9:30 Cribbage Tourney</p> <p>12:30 Legal Aid</p> <p>12:30 Ice Cream Day</p> <p>1:00 Bridge Tourney</p> <p>1:30 Movie Monday</p>	<p>9-11 Pickleball</p> <p>10:00 Yachtzee</p> <p>10:30 Choir</p> <p>10:30 Tech Support</p> <p>12:00 Dinner</p> <p>1:00 Hand and Foot</p>	<p>8:00 Ceramics</p> <p>10:00 Fraud Presentation</p> <p>11:00 Bible Study</p> <p>12:00 Dinner</p> <p>1:00 500</p>	<p>9-11 Pickleball</p> <p>9:00 Bike Group</p> <p>10:30 Caregiver 1:1</p> <p>11:00 Bingo</p> <p>12:00 Dinner</p> <p>12:00 HOME Program</p> <p>1:00 Bridge</p>	<p>8:00 Ceramics</p> <p>10:00 Women's Pool</p> <p>1:00 Euchre Tournament</p>	
<b>27</b>	<p>8:00 Ceramics</p> <p>9-11 Pickleball</p> <p>9:30 Cribbage Tourney</p> <p>12:30 Legal Aid</p> <p>12:30 Ice Cream Day</p> <p>1:00 Bridge Tourney</p> <p>1:30 Movie Monday</p>	<p>9-11 Pickleball</p> <p>10:00 Yachtzee</p> <p>10:30 Choir</p> <p>10:30 Tech Support</p> <p>12:00 Dinner</p> <p>1:00 Hand and Foot</p>	<p>8:00 Ceramics</p> <p>10:00 Fraud Presentation</p> <p>11:00 Bible Study</p> <p>12:00 Dinner</p> <p>1:00 500</p>	<p>9-11 Pickleball</p> <p>9:00 Bike Group</p> <p>10:30 Caregiver 1:1</p> <p>11:00 Bingo</p> <p>12:00 Dinner</p> <p>12:00 HOME Program</p> <p>1:00 Bridge</p>	<p>8:00 Ceramics</p> <p>10:00 Women's Pool</p> <p>1:00 Euchre Tournament</p>	<b>24</b>
	<p>8:00 Ceramics</p> <p>9-11 Pickleball</p> <p>9:30 Cribbage Tourney</p> <p>12:30 Legal Aid</p> <p>12:30 Ice Cream Day</p> <p>1:00 Bridge Tourney</p> <p>1:30 Movie Monday</p>	<p>9-11 Pickleball</p> <p>10:00 Yachtzee</p> <p>10:30 Choir</p> <p>10:30 Tech Support</p> <p>12:00 Dinner</p> <p>1:00 Hand and Foot</p>	<p>8:00 Ceramics</p> <p>10:00 Fraud Presentation</p> <p>11:00 Bible Study</p> <p>12:00 Dinner</p> <p>1:00 500</p>	<p>9-11 Pickleball</p> <p>9:00 Bike Group</p> <p>10:30 Caregiver 1:1</p> <p>11:00 Bingo</p> <p>12:00 Dinner</p> <p>12:00 HOME Program</p> <p>1:00 Bridge</p>	<p>8:00 Ceramics</p> <p>10:00 Women's Pool</p> <p>1:00 Euchre Tournament</p>	<b>31</b>

# It's Picnic Time!

We hope you can join us for a picnic at Ellison Park next to the beautiful Mississippi River on Friday, July 23 at noon.

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 cash prizes.

The cost is just \$6 per person and we ask that you bring a check or exact payment. Space is limited, so sign up soon.

*See you at the picnic!*

# National Ice Cream Month

I scream, you scream, we all scream for ice cream! July is National Ice Cream Month and you are invited to celebrate with others.

Come to the center on Monday, July 26 at 12:30 p.m. to build and enjoy your own ice cream sundae—we will have lots of delicious toppings!

The cost is \$2 per person and you are asked to sign up in advance so we know how many people to expect.

*Don't miss it!*

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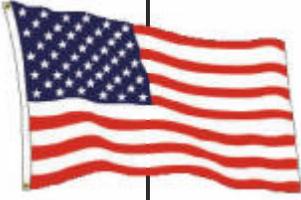
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## JULY 2021 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from Russell's on the Lake	Thursday Meals from VFW Post 8731
		<b>1</b>  <b>Dinner Program Closed</b>
<b>6</b> Sesame Chicken Veggie Egg Roll Fried Rice Fortune Cookie	<b>7</b> Club House on Croissant Pasta Salad Fresh Fruit	<b>8</b> <b>Dinner Program Closed Block Party Today, 11-1 Free Food!</b>  
<b>13</b> Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	<b>14</b> Pulled Pork Cheesy Hash Brown Bake Coleslaw Fresh Fruit	<b>15</b> Meatloaf Mashed Potatoes Vegetable Dinner Roll
<b>20</b> Teriyaki Chicken House Egg Roll Fried Rice Fortune Cookie	<b>21</b> Baked Chicken Mashed Potatoes Glazed Carrots Dinner Roll	<b>22</b>  Spaghetti Breadstick
<b>27</b> Beef Egg Foo Young Chicken Wings Fried Rice Fortune Cookie	<b>28</b> Liver & Onions Baked Potato Green Beans Dinner Roll	<b>29</b> Hot Beef Sandwich Mashed Potatoes Gravy Vegetable

Many thanks to the following restaurants for providing the meals: Chin Yuen, Russell's on the Lake, and VFW Post 8731. 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 8AM-4 PM (EFFECTIVE JULY 5)**

## 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.

## 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, July 14 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, yardwork, etc. All staff take precautions to ensure safety.

These services are available for residents in Monticello and several surrounding communities.

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 August 11 from 9 a.m. to 1 p.m. The cost is \$25. Call the center for future class dates.

Please either drop payment off (cash or check) or mail it to the center in advance. Checks are payable to the Monticello Senior Center. Class size is limited and people must register in advance.

## 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 2<sup>nd</sup> Wednesday of each month (July 14) from 1:30-3 p.m.

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 to reserve your spot.

## Blood Pressure Checks

\*Tuesday, July 13, 11 a.m. to noon  
*Stop on over!*

## MOVIE MONDAYS

Movies are shown at 1 p.m. on the community center Mississippi Room big screen most Mondays. Check the calendar page for showing dates.

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 playing.

*And fresh popcorn will be back!*

You can access the monthly newsletter by going to [monticelloseniorcenter.org](http://monticelloseniorcenter.org)

It can also be emailed to you

## Enjoy Singing?

If so, check out the senior center choir, the River City Ramblers. They will resume meeting at the center on Tuesdays from 10:30-11:30 a.m. starting July 6. New members with all singing experience levels are welcome!

## Card Tournaments Return

People age 55+ can sign up at least one day in advance to play in the senior center card tournaments. Each has a \$2 entry fee, with prize money going to the winners. See the calendar page for tournament times.

## Buy Books from the Library

You can browse for books to purchase on Thursdays during the Farmer's Market. Books will be on display outside the library starting at 3:30 p.m. Please note that the books will not be out if it is raining.

Proceeds raised will benefit our local library, so please show your support.

## Free Legal Aid July 26 Call to make an appointment

## Tech Support 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?

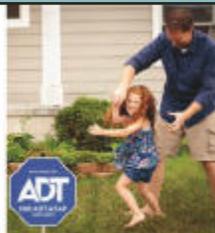
Mary, a very tech-savvy volunteer comes to our center on Tuesday mornings to help people with technology issues. If you would like to meet with her, you can call to schedule an appointment and there is no charge. Be sure to bring your equipment with you to your appointment. Mary can also connect with you over the phone.

In home help is also available for a small fee.

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## NEVER MISS A NEWSLETTER!

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## SENIOR COMMUNITY SERVICES MEMORY CAFÉ

Our 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. You can participate in person at the Monticello Senior Center.

Our meetings are held  
the 3rd Wednesday  
of each month  
1:30pm - 2:30pm



To Register Call  
**763-295-2000**

Questions? Call Becky Allard, LSW at 952-746-4028

This service is supported, in part, by Hennepin County, municipalities, Title III Grants from Trellis and CMCOA, a Dementia Grant from the Minnesota Board on Aging, and a Live Well at Home Grant from Minnesota Department of Human Services.



*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.*

### Monticello Senior Center Welcomes You!

505 Walnut Street, Suite 3  
Monticello, MN 55362

Phone: 763-295-2000

Website:

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

**Open Hours:**

Monday-Friday

8:00 a.m.—4:00 p.m.

(effective July 5)

**Director:**

**Pam Loidolt**



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