



# MONTI SENIOR NEWS

*"Reaching out  
and still growing"*

MONTICELLO SENIOR CENTER JUNE 2022 NEWSLETTER

## It's Picnic Time!

Please join us for a picnic at Ellison Park next to the beautiful Mississippi River on Monday, June 27.

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 prizes.

The cost is \$7 per person and we ask that you bring a check or exact payment when you come to the park. Space is limited, so sign up soon.

**See you at the picnic!**



## Build Your Own Sundae, Play Bingo

Join us for a delicious fun time at the center! You can build your own ice cream sundae and then play bingo for the chance to win prizes on Wednesday, June 29 starting at 1 p.m.

The cost is \$5 per person and you are asked to sign up in advance if you wish to take part in this enjoyable event.

## Free Property Tax Assistance

**\*Thursday, July 28**

**\*Appointments required**

**\*FREE service!**



## Coping and Resilience

Come to the senior center on Wednesday, June 29 at 10 a.m. and find out why the mechanisms of resilience play an important part in developing our strengths and support systems. Find out which coping skills you already possess and how they can help strengthen you and minimize stressful situations. Find out the benefits of resilience and coping strategies and what makes up the 7 Cs!

This program will be facilitated by Heartland Hospice Bereavement Coordinator, Haley Power. There is no charge and people are asked to sign up if they plan to attend.

# JUNE ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>5</b> 	<b>6</b> 7:30 Overnight Casino Trip 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 12:30 Bridge	<b>7</b> 8-11 Pickleball 8:30 Tech Support 9:30 Foot Clinic 10:15 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	<b>8</b> 8:00 Ceramics 9:00 Team Pool Tournament 12:00 Dinner 1:00 500 Tournament	<b>9</b> 8-11 Pickleball 9:00 Bike Group 10:30 Caregiver Support Group 10:30 Bingo 12:00 Dinner 1:00 Bridge	<b>10</b> 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	<b>11</b> 8 a.m.-Noon Center Open
<b>12</b>	<b>13</b> 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 11:00 Melody Hart Trip 12:30 Bridge 4:30 Board Meeting	<b>14</b> 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	<b>15</b> 8:00 Ceramics 9:00 Driver's Class 12:00 Dinner 1:00 500 1:30 Memory Café	<b>16</b> 8-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	<b>17</b> 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	<b>18</b> 8 a.m.-Noon Center Open
<b>19</b> 	<b>20</b> 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 12:30 Bridge	<b>21</b> 8-11 Pickleball 8:30 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	<b>22</b> 8:00 Ceramics 12:00 Dinner 1:00 500	<b>23</b> 8-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	<b>24</b> 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	<b>25</b> 8 a.m.-Noon Center Open
<b>26</b>	<b>27</b> 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 12:00 Picnic 12:30 Legal Aid 12:30 Bridge	<b>28</b> 8-11 Pickleball 8:30 Tech Support 9:00 Foot Clinic 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	<b>29</b> 8:00 Ceramics 10:00 Coping and Resilience 12:00 Dinner 1:00 500 1:00 Ice Cream Sundaes & Bingo	<b>30</b> 8-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge		

## 2 Toenail Clipping Dates Scheduled

Wright County Public Health nurses will be at our center on Tuesday, June 7 & 28 to assist people age 60+ with toenail clipping.

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

There is a \$10 charge for this very beneficial service.

## 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 June 15, July 7, August 10, and Sept. 8 from 9 a.m. to 1 p.m. Call the senior 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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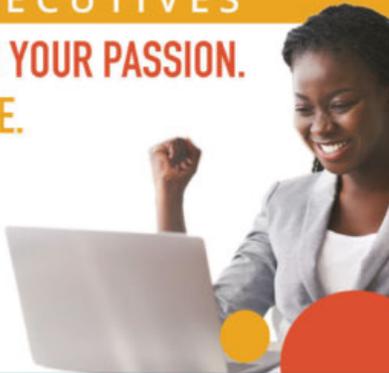
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## JUNE 2022 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from American Legion Post 260	Thursday Meals as designated below	Friday Meals from Cornerstone Café
	<b>1</b> Lasagna Lettuce Salad Dinner Roll	<b>2 (SENIOR CENTER)</b> Ham & Cheese Pasta Salad Fresh Fruit Cup Dinner Roll	<b>3</b> Shepard's Pie Salad Dinner Roll
<b>7</b> Sesame Chicken Egg Roll Fried Rice Fortune Cookie	<b>8</b> Spaghetti Meatballs Lettuce Salad Breadstick	<b>9 (STYLE CATERING)</b> Ranch Bacon Chicken Wrap Potato Salad Pickle Dessert	<b>10</b> Chicken Wild Rice Hot Dish Salad Dinner Roll
<b>14</b> Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	<b>15</b> Tater Tot Hot Dish Coleslaw Dinner Roll	<b>16 (SENIOR CENTER)</b> Goulash Mixed Vegetables Pickle Dinner Roll	<b>17</b> Pecan Crusted Chicken Potatoes Salad Dinner Roll
<b>21</b> Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	<b>22</b> Chicken Fettuccine Alfredo Lettuce Salad Dinner Roll	<b>23 (SENIOR CENTER)</b> Hot Dog Beans Chips Pickle	<b>24</b> 1/2 Egg Benedict Breakfast Potatoes
<b>28</b> Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	<b>29</b> Sausage Calzone Lettuce Salad	<b>30 (SENIOR CENTER)</b> Sloppy Joe Pasta Salad 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 \$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**

## Dinner Program Update

Tasty meals are served in the center at noon Tuesday—Friday. People age 55+ and spouse regardless of age are welcome and do need to sign up at least one business day in advance by noon. The meal cost is \$5 and people must pay for all they order.

Tuesday meals are provided by Chin Yuen, Wednesday meals by American Legion Post 260, Thursday meals by VFW Post 8731, and Friday meals by Cornerstone Café. Thank you Dinner Program partners!

*The VFW is still undergoing kitchen renovations, so will not be providing meals this month. Check out the menu page to see the June Thursday caterers.*

## Book Club Meets Monthly

The senior center Book Club will meet on Wednesday, June 1 at 9:30 a.m. They will be discussing *Liar, Temptress, Spy: Four Women Undercover in the Civil War* by Karen Abbott. You can also pick up the next book the group will be reading.

## 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, June 3, 10, 17 & 24 @ 1 p.m.
- \*Cribbage—Monday, June 6, 13, 20 & 27 @ 9 a.m.
- \*500—Wednesday, June 8 @ 1 p.m.



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## TRIPS

### 2 Treasure Island Casino Trips

You can ride the coach bus to Treasure Island Casino on Monday, July 11 and/or August 1. For each trip the bus will depart the community center at 8:30 a.m. and return at about 3:45 p.m. There is an \$20 bus ride charge for each trip and those going will receive \$15 on their casino card and a \$3 off food coupon. Please sign up and pay at least one week prior to the trip dates.

### The Melody Hart Family

This June 13th trip may be full and you can add your name to the waiting list if you wish. Prior to the 1:30 p.m. performance, you can enjoy the lunch buffet at Coyote Moon Grille. The buffet will include three hot entrees, potato, vegetable, soup, Caesar salad, fresh popovers, cookie & coffee station, and a non-alcoholic beverage.

The coach bus will depart the community center at 11 a.m. and return at about 4:15 p.m. The cost is \$68 per person.

### **Bike Group Rides Planned**

The River City Riders bike group met and came up with some really great trail rides for the 2022 season.

Stop by the center to pick up a list of the Thursday morning ride destinations if you are interested.

You can also be added to the group email list to receive details about each week's ride.

### Millner Vineyard Tour

Enjoy a fun filled day exploring the Millner Heritage Vineyard and Winery near Kingston, MN on Wednesday, July 20. The winery is European in style and designed and operated by the Millner Family. Weather permitting, you will ride a trolley pulled by a vintage tractor and ride between the vineyard rows for an up-close experience with the grapes. On the tour of the winery, you will see and hear the art of wine making from fresh grapes to completed wine in bottles. *Please note this a standing/walking tour in cool temperatures.*

After the tour you will get the opportunity to taste and smell the varying natures of each wine. Lunch will be served in the dining area of the winery and the menu will be a chicken entrée, potato, vegetable, bread, cookie, and coffee.

The bus will depart the community center at 10:30 a.m. and return at 3:30 p.m. The cost is \$78 and the deadline to register & pay is June 20.

### Riverboat Cruise

Head to Harriet Island on Wednesday, August 24 where you will board a Padelford Riverboat to enjoy a two-hour Picnic Lunch Cruise. As you take in the sites along the beautiful mighty Mississippi, you can indulge in a delicious meal featuring BBQ chicken, pulled pork with buns, green chili cheddar cornbread, potato salad, seasonal fruit, cookies, and coffee. The trip cost is \$70 per person.

The bus will depart the community center at 9:45 a.m. and return at about 3:45 p.m. The deadline to register is July 22.

*The senior center has iPads that people age 55+ can borrow. Talk to Pam for details.*

## Memory Café

Our June 15th Memory Café is a safe place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others. Talk to Pam for details.

## Farmers Market

The Monticello Farmers Market is open every Thursday, 3:30-7:00 p.m. in the Monticello library parking lot. Local vendors will offer a variety of fresh produce, canned goods, baked goods, meats, eggs, honey, maple syrup, plants, flowers, and more. Check it out!

## 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 Mary, you can call to schedule an appointment and there is no charge. Be sure to bring the equipment with you that you are having issues with to your appointment.

In home help is also available for a small fee.

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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 (June 9) 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, lawn care, 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.

**Free Legal Aid—Monday, June 27**  
Appointments required.

## Team Pool Tournament

- ◆ Monticello Senior Center
- ◆ Wednesday, June 8, 9 a.m.
  - ◆ Sign up in advance
  - ◆ \$3 entry fee

## Blood Pressure Checks

\*Tuesday, June 7 11 a.m. to noon

\*Everybody welcome!

## *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.

*Due to MCC room repairs, there will be no Movie Monday events in June.*

## 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.

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

Director:

Pam Loidolt