



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER MAY 2021 NEWSLETTER

May is Older Americans Month

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others.

The 2021 OAM theme is, “Communities of Strength.” This year we celebrate the strength of older adults, with special emphasis on the power of connection and engagement in building strong communities. A great way to stay connected is by attending your senior center—hope to see you here real soon!



Celebrate National Apple Pie Day

Come ready to grab a fork and a napkin, and take part in National Apple Pie Day at the senior center! Talk about a holiday you can really sink your teeth into!

This delicious holiday celebration takes place at 1 p.m. on Thursday, May 13 in the community center Mississippi Room. You can enjoy a slice of pie, topped with ice cream, and served with piping hot coffee all for just \$3.

Advance registration is required and space is limited; sign up soon.

Join us for Tasty Tuesdays

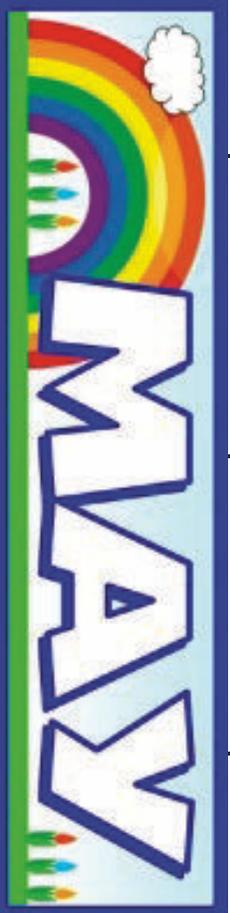
Tasty meals will be safely served in the community center Mississippi Room each Tuesday in May.

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:

- ⇒ May 4—sesame chicken, egg roll, fried rice (catered by Chin Yuen)
- ⇒ May 11—hot beef sandwich with mashed potatoes and gravy, vegetable (catered by VFW Post 8731)
- ⇒ May 18—sloppy jo, cole slaw, chips
- ⇒ May 25—hot dog, beans, pickle

See You on Tasty Tuesdays!

MAY ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 8:30-3:30 Center Open 8:30 Ceramics 9-11 Pickleball 1:00 Movie Monday	4 8:30-3:30 Center Open 9-11 Pickleball 10:00 Yahrzee 10:30 Tech Support 11:30 Tasty Tuesday	5 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:30 Wills & Trusts Presentation	6 8:30-3:30 Open 9:00 Bike Group 9-11 Pickleball 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program	7 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	1/8 
9 	10 8:30-3:30 Center Open 8:30 Ceramics 9-11 Pickleball 1:00 Movie Monday 4:00 Board of Directors Meeting	11 8:30-3:30 Center Open 9-11 Pickleball 10:00 Yahrzee 10:30 Tech Support 11:00 Blood Pressure Checks 11:30 Tasty Tuesday	12 8:30-3:30 Center Open 8:30 Ceramics 9:30 Book Club 11:00 Bible Study 1:30 Caregiver Support Group	13 8:30-3:30 Open 9:00 Bike Group 9-11 Pickleball 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program 1:00 National Apple Pie Day	14 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool 1:30 Zoom 101	15
16	17 8:30-3:30 Center Open 8:30 Ceramics 9-11 Pickleball 1:00 Movie Monday	18 8:30-3:30 Center Open 9-11 Pickleball 10:00 Yahrzee 10:30 Tech Support 11:30 Tasty Tuesday	19 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:30 Memory Café	20 8:30-3:30 Center Open 9:00 Bike Group 9-11 Pickleball 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program	21 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool 12:00 Picnic at Ellison Park	22 
23 	24 8:30-3:30 Center Open 8:30 Ceramics 9-11 Pickleball 12:30 Legal Aid 1:00 Movie Monday	25 8:30-3:30 Center Open 9-11 Pickleball 10:00 Yahrzee 10:30 Tech Support 11:30 Tasty Tuesday	26 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:30 They Chose MN Presentation	27 8:30-3:30 Open 9:00 Bike Group 9-11 Pickleball 9:00 Driver's Class 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program	28 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	29
30	31 Senior Center Closed 					

It's Picnic Time!

We hope you can join us for a picnic at Ellison Park next to the beautiful Mississippi River on Friday, May 21 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!

They Chose MN

Doug Ohman is a Minnesota historian, storyteller, and professional photographer. We will be showing one of Doug's pre-recorded presentations as he takes you on a virtual tour through the eyes of the immigrants. What drew them to the North Star state? Where did they settle? Doug will highlight stories and history from many of the immigrant groups that made this their home.

You can watch this program on the community center big screen on Wednesday, May 26 at 1:30 p.m. Advance registration is required.

Come and enjoy Doug's interesting pictures and tremendous knowledge in a safe environment! This and more of Doug's presentations can be accessed on the monticelloseniorcenter.org website (click on "Virtual Programs").

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Contact the senior center if you would like to come to the center to participate in the virtual Wills & Trusts session mentioned below



Wills, Trusts & Other Estate Planning Tools

Wednesday, May 5th from 1:30pm-3:30pm

Cost: FREE

What is the difference between a Will and a Trust? Which tools are right for you given your goals and intentions for your estate?

Attorney Elizabeth Michaelis, J.D., M.B.A. will review the key planning tools available to you, including Wills, Trusts, Powers of Attorney and Health Care Directives. Information will also be provided on probate avoidance and recent shifts in the laws that may impact your planning options and strategies.

To Register visit SeniorCommunity.org/EstatePlanning

This Virtual Event brought to you by the Senior Outreach & Caregiver Services program of Senior Community Services



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.

**Free Legal Aid May 24
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.

Zoom 101 Session

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 the link will be emailed to you. This session will be held on May 14 at 1:30 p.m.

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, May 12 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 Classes

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

Four-hour refresher courses for those who have previously completed an eight-hour course will be held on May 27 and June 24 from 9 a.m. to 1 p.m.

The cost is \$20 (cash or check). Please either drop payment off or mail it to the center in advance. 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 (May 12) 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.



MOVIE MONDAYS

Movies are shown at 1 p.m. on the community center Mississippi Room big screen on Mondays.

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.

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

Monticello Senior Center Social Media...

⇒ monticelloseniorcenter.org
⇒ [Like us on Facebook](#)

Bike Rides Planned

The River City Riders bike group has planned rides on Thursday mornings. You can pick up a list of destinations at the senior center and request to be on the group email list to get up to date ride details.

HAPPY BIKING!

Blood Pressure Checks

***Tuesday, May 11**

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

***Call to reserve a spot**

Be proactive with your health!

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!

The senior center is located within a public building and all MN facemask and distancing mandates will be followed.

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 in a creative activity while socializing with others via Zoom. Each month features a fun project.

The meeting will begin at 1:30 p.m. on May 19. Please contact the senior center to register or for more information. If you're unable to attend virtually from your home, we will provide a safe, in-person option at the senior center.

Funding for this program is thru a Minnesota Board on Aging Dementia Grant.

The senior center will be closed on May 31 in observance of Memorial Day.

Don't forget to remember!

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Activity Protocol...

- 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.

May Activities:

Apple Pie Day
Bible Study
Billiards
Bingo
Blood Pressure Checks
Book Club
Caregiver Support Group & 1:1 Support
Ceramics
Computer Use
Defensive Driving Class
HOME Program
Legal Aid
Memory Café
Movie Mondays
Pickleball
Picnic at Ellison Park
River City Riders Bike Group
Shuffleboard
Tasty Tuesdays
Tech Support
They Chose Minnesota Video
Wills & Trusts Presentation
Women's Pool
Yahtzee
Zoom 101

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

Phone Number: 763-295-2000