



# MONTI SENIOR NEWS

*“Reaching out  
and still growing”*

**MONTICELLO SENIOR CENTER MAY 2022 NEWSLETTER**

*May is Older Americans Month and the purpose is to honor older Americans and celebrate their contributions to our communities and nation. Looking forward to seeing you at YOUR senior center!*

## **Wills & Trusts**

**Come to the center at 10 a.m. on Wednesday, May 25 to find out the differences between Wills and Trusts. You will learn how to pass your assets to your heirs as efficiently as possible and how you can avoid probate without doing a Trust. Elder Law attorney Jill Adkins is the presenter and you are asked to sign up in advance.**

## *State Parks of Minnesota*

Go on a visual vacation with photographer Doug Ohman. He will be at the center on Monday, May 23 at 10:30 a.m. to talk about Minnesota's state parks. Doug has visited all 67 parks and has photos, stories, history, and personal adventures to share.

This program has two main themes: the history of the oldest state parks, and the incredible recreational opportunities just waiting to be explored.

*\*Please sign up if you plan to attend\**

## **Funeral & Cremation Planning**

Come to a free session at the center that will certainly take some burden off your family. Jackie Novisky is a Certified Pre-Planning Consultant with Peterson-Grimsmo Funeral Chapel and will lead this informational session about funeral and cremation pre-planning at 10 a.m. on Wednesday, May 18.

Jackie educates people with compassion on a very difficult subject. She will discuss options as well as cost of funeral and cremation planning. Please sign up if you plan to attend.

## **Dinner Program Meal Cost To Increase**

At their April meeting, the MSC Board of Directors voted to increase the Dinner Program meal charge to \$5 effective May 3. Board members also voted to increase the payment the senior center makes to the restaurant partners from \$5 to \$6 per meal. The loyalty of our Dinner Program partners is appreciated!

## MAY ACTIVITY CALENDAR

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday                                |
|--|--|---|--|--|---|---|
| <b>1</b>   | <b>2</b><br>8:00 Ceramics<br>8-11 Pickleball<br>8:30 Casino Trip<br>9:00 Cribbage<br>Tournament<br>12:30 Bridge<br>1:00 Movie Monday                     | <b>3</b><br>8-11 Pickleball<br>9:00 Tech Support<br>10:15 Line Dancing<br>10:30 Choir<br>12:00 Dinner<br>1:00 Hand and Foot     | <b>4</b><br>8:00 Ceramics<br>8-11 Pickleball<br>12:00 Dinner<br>1:00 500   | <b>5</b><br>8-11 Pickleball<br>9:00 Bike Group<br>9:00 Driver's Class<br>10:30 Caregiver 1:1<br>10:30 Bingo<br>12:00 Dinner<br>1:00 Bridge | <b>6</b><br>8:00 Ceramics<br>9:30 Guided<br>Autobiography Class<br>10:00 Women's Pool<br>12:00 Dinner<br>1:00 Euchre<br>Tournament  | <b>7</b><br>8 a.m.-Noon<br>Center Open  |
| <b>8</b><br> | <b>9</b><br>8:00 Ceramics<br>8-11 Pickleball<br>9:00 Cribbage<br>Tournament<br>12:30 Bridge<br>1:00 Movie Monday<br>4:00 Board Meeting                   | <b>10</b><br>8-11 Pickleball<br>10:15 Line Dancing<br>10:30 Choir<br>11:00 Blood Pressure<br>12:00 Dinner<br>1:00 Hand and Foot | <b>11</b><br>8:00 Ceramics<br>8-11 Pickleball<br>9:00 Team Pool<br>Tournament<br>9:30 Book Club<br>12:00 Dinner<br>1:00 500 Tournament | <b>12</b><br>8-11 Pickleball<br>9:00 Bike Group<br>10:30 Caregiver<br>Support Group<br>10:30 Bingo<br>12:00 Dinner<br>1:00 Bridge          | <b>13</b><br>8:00 Ceramics<br>9:30 Guided<br>Autobiography Class<br>10:00 Women's Pool<br>12:00 Dinner<br>1:00 Euchre<br>Tournament | <b>14</b><br>8 a.m.-Noon<br>Center Open |
| <b>15</b>  | <b>16</b><br>8:00 Ceramics<br>8-11 Pickleball<br>9:00 Cribbage<br>Tournament<br>12:30 Bridge<br>1:00 Movie Monday  | <b>17</b><br>8-11 Pickleball<br>10:15 Line Dancing<br>10:30 Choir<br>12:00 Dinner<br>1:00 Hand and Foot                         | <b>18</b><br>8:00 Ceramics<br>8-11 Pickleball<br>10:00 Pre-planning<br>Your Funeral<br>12:00 Dinner<br>1:00 500<br>1:30 Memory Café    | <b>19</b><br>8-11 Pickleball<br>9:00 Bike Group<br>10:30 Caregiver 1:1<br>10:30 Bingo<br>12:00 Dinner<br>1:00 Bridge                       | <b>20</b><br>8:00 Ceramics<br>10:00 Women's Pool<br>12:00 Dinner<br>1:00 Euchre<br>Tournament                                       | <b>21</b><br>8 a.m.-Noon<br>Center Open |
| <b>22</b><br> | <b>23</b> 8:00 Ceramics<br>8-11 Pickleball<br>9:00 Cribbage<br>10:30 State Parks of<br>Minnesota<br>12:30 Legal Aid<br>12:30 Bridge<br>1:00 Movie Monday | <b>24</b><br>8-11 Pickleball<br>10:15 Line Dancing<br>10:30 Choir<br>12:00 Dinner<br>1:00 Hand and Foot                         | <b>25</b><br>8:00 Ceramics<br>8-11 Pickleball<br>10:00 Wills & Trusts<br>12:00 Dinner<br>1:00 500                                      | <b>26</b><br>8-11 Pickleball<br>9:00 Bike Group<br>10:30 Caregiver 1:1<br>10:30 Bingo<br>12:00 Dinner<br>1:00 Bridge                       | <b>27</b><br>8:00 Ceramics<br>10:00 Women's Pool<br>12:00 Dinner<br>1:00 Euchre<br>Tournament                                       | <b>28</b><br>8 a.m.-Noon<br>Center Open |
| <b>29</b>  | <b>30</b><br><br>Senior Center Closed                                    | <b>31</b><br>7-10 Pickleball<br>10:15 Line Dancing<br>10:30 Choir<br>12:00 Dinner<br>1:00 Hand and Foot                         |   |  |   |   |

## 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 on each week's ride.



## 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 May 5, June 15, July 7, and August 10 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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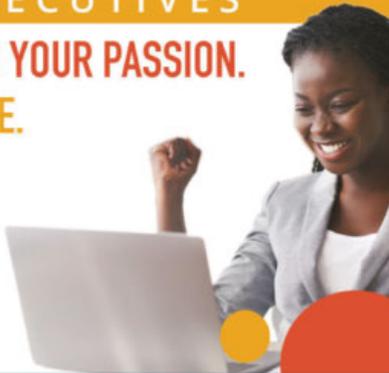
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## MAY 2022 MENU

| Tuesday Meals from<br>Chin Yuen  | Wednesday Meals from<br>American Legion<br>Post 260                        | Thursday Meals as<br>designated below   | Friday Meals from<br>Cornerstone Café   |
|--|--|---|---|
| <b>3</b><br>Sesame Chicken<br>Egg Roll<br>Fried Rice<br>Fortune Cookie           | <b>4</b><br>Chicken Pot Pie<br>Lettuce Salad<br>Dinner Roll                | <b>5 (SENIOR CENTER)</b><br>Hot Dog<br>Beans<br>Chips<br>Pickle                         | <b>6</b><br>1/2 Deli Sandwich<br>Chicken Wild Rice Soup<br>Salad                  |
| <b>10</b><br>Teriyaki Chicken<br>Egg Roll<br>Fried Rice<br>Fortune Cookie        | <b>11</b><br>Sloppy Joe<br>Potato Salad<br>Chips                           | <b>12 (STYLE CATERING)</b><br>Ham & Turkey<br>Sandwich<br>Coleslaw<br>Pickle<br>Dessert | <b>13</b><br>Ham<br>Cheesy Potatoes<br>Green Beans<br>Dinner Roll                 |
| <b>17</b><br>Beef with Broccoli<br>Chicken Wings<br>Fried Rice<br>Fortune Cookie | <b>18</b><br>Chicken Fettuccine<br>Alfredo<br>Lettuce Salad<br>Dinner Roll | <b>19 (SENIOR CENTER)</b><br>Hot Dog<br>Beans<br>Chips<br>Pickle                        | <b>20</b><br>Hot Beef<br>Mashed Potatoes<br>Salad<br>Dinner Roll                  |
| <b>24</b><br>Chicken Chow Mein<br>Egg Roll<br>Fried Rice<br>Fortune Cookie       | <b>25</b><br>Ham & Au Gratin<br>Potatoes<br>Corn<br>Dinner Roll            | <b>26 (SENIOR CENTER)</b><br>Sloppy Joe<br>Pasta Salad<br>Chips<br>Pickle               | <b>27</b><br>Baked Homemade<br>Mac & Cheese<br>with Bacon<br>Salad<br>Dinner Roll |
| <b>31</b><br>Teriyaki Chicken<br>Egg Roll<br>Fried Rice<br>Fortune Cookie        |  |     |   |

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 will be undergoing kitchen renovations in May, so will not be providing meals this month. Check out the menu page to see the May Thursday caterers.

## Book Club Meets Monthly

The senior center Book Club will meet on Wednesday, May 11 at 9:30 a.m. They will be discussing *Finding Dorothy* by Elizabeth Letts and will pick up the new book. Check it out, new members are always welcome.

## 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.

\*Cribbage—Monday, May 2, 9, 16 & 23 @ 9 a.m.

\*Euchre—Friday, May 6, 13, 20 & 27 @ 1 p.m.

\*500—Wednesday, May 11 @ 1 p.m.



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## 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 3rd Wednesday of each month (May 18) 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.

In home help is also available for a small fee.

*Please note that Tech Support at the senior center will not be available from May 10-31*

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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 (May 12) 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, May 23**  
Appointments required.

The senior center is now open on Saturdays from 8 a.m. to noon. Stop on over for a cup of coffee, to work on the community puzzle, read the newspaper, play a game of pool, or just visit with friends. *The office is closed on Saturdays.*

## Blood Pressure Checks

**\*Tuesday, May 10, 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.

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

## 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