



MONTI SENIOR NEWS

*"Reaching out
and still growing"*

MONTICELLO SENIOR CENTER DECEMBER 2020 NEWSLETTER

The Lincoln Assassination: A Fragile Time

When John Wilkes Booth assassinated Abraham Lincoln, the Civil War was ending and emotions were high. Killing the President was just part of Booth's plan. Join us to explore this fragile time in our history and the plot that very nearly succeeded in toppling the government. Join us to hear that story on Tuesday, December 15 at 1 p.m.

The speaker, David Jones, has been giving historical presentations since 1996 and is extremely well-versed about the topics he presents.

David will be joining us via Zoom. You can come and watch the presentation on the community center big screen or we can email you the Zoom link so you can participate from your home.

Advance registration is required

Coffee Party Replaced

This year we don't need participants to donate coffee, but we have another idea. The senior center wasn't able to host any fundraisers in 2020 and as a result lost thousands of dollars. In lieu of donating coffee, please consider giving the center the money that you would have spent on the coffee. Thanks!

More Tasty Tuesdays!

The Tasty Tuesdays events held in November were so well-received that we decided to host a few more. Meals will be safely served in the community center Mississippi Room on the Tuesdays listed below.

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 a beverage. You can come to enjoy these tasty meals any time between 11:30 a.m. and noon:

- ⇒ Dec. 1—Goulash, mixed vegetables, dinner roll
- ⇒ Dec. 8—Lasagna, lettuce salad, garlic bread
- ⇒ Dec. 15—Sloppy jo, chips, pickle

See you on "Tasty Tuesdays!"

Christmas Dinner/Party

Sign up to join us for a Christmas dinner and party on Friday, December 18. Dinner will be served at noon, followed by accordion music. The cost is \$7 per person and space is limited.

The catered meal includes a ham sandwich, pasta salad, pickle, dessert, and beverage. Door prizes will be given away and everyone will receive a festive treat.

DECEMBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30-3:30 Center Open 9-11 Pickleball 9:00 Tech Help 10:00 Yahzee 11:30-12:00 Tasty Tuesday	2 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study	3 8:30-3:30 Center Open 9-11 Pickleball 10:30-12:30 Caregiver One on One 11:00 Bingo 12:00 HOME Program	4 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	5 
6	7 8:30-3:30 Center Open 8:30 Ceramics 9:30-11:30 Pickleball 1:00 Movie Monday	8 8:30-3:30 Open 9-11 Pickleball 9:00 Tech Help 10:00 Yahzee 11:00-12:00 Blood Pressure Checks 11:30-12:00 Tasty Tuesday	9 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:30 Caregiver Support Group	10 8:30-3:30 Center Open 9-11 Pickleball 9:00 Driver's Class 9:30 Book Club 10:30 Caregiver 1:1 11:00 Bingo 12:00 HOME Program	11 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool	12
	13 14 8:30-3:30 Center Open 8:30 Ceramics 9:30-11:30 Pickleball 1:00 Movie Monday 4:00 Board of Directors Meeting	15 8:30-3:30 Center Open 9-11 Pickleball 9:00 Tech Help 10:00 Yahzee 11:30-12:00 Tasty Tuesday 1:00 Lincoln Program	16 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study 1:30 Memory Café	17 8:30-3:30 Center Open 9-11 Pickleball 10:30-12:30 Caregiver One on One 11:00 Bingo 12:00 HOME Program	18 8:30-3:30 Center Open 8:30 Ceramics 10:00 Women's Pool 12:00 Christmas Dinner & Party	19
20	21 8:30-3:30 Center Open 8:30 Ceramics 9:30-11:30 Pickleball 1:00 Movie Monday	22 8:30-3:30 Center Open 9-11 Pickleball 9:00 Tech Help 10:00 Yahzee	23 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study	24 Senior Center Closed	25 <i>Merry Christmas!</i> Senior Center Closed 	26
27 	28 8:30-3:30 Center Open 8:30 Ceramics 9:30-11:30 Pickleball 12:30 Legal Aid	29 8:30-3:30 Center Open 9-11 Pickleball 9:00 Tech Help 10:00 Yahzee	30 8:30-3:30 Center Open 8:30 Ceramics 11:00 Bible Study	31 Senior Center Closed 		

Voluntary Membership

Please consider participating in the Monticello Senior Center 2021 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.

Play Shuffleboard at the Center

Call a friend and then call the senior center to let us know you want to come and play table shuffleboard. We own a beautiful 20-foot game and you can have loads of fun (safely, of course).

Tech Help 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?

A very tech-savvy volunteer will be at our center on Tuesday mornings to help people with technology issues and you can call to schedule an appointment. Be sure to bring your equipment with you.

The senior center will be closed December 24, 25 & 31
Merry Christmas and Happy New Year!

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Play Yahtzee at the Center

People can safely play Yahtzee in the senior center on Tuesdays at 10 a.m. Each person will sit at a table properly distanced from others and will have their own set of dice, cup, tray to shake the dice in, and score sheet.

The equipment will be sanitized after each game day. Please call the center in advance to reserve your spot.

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 1:1 caregiver support appointments on Thursday mornings at our center. Please call her to set up a time. If Thursday mornings do not work for you, please contact Becky to explore other options.

Try the Trailblazer for Free!

Trailblazer Transit provides rides to people of all ages for just about any reason. This Dial-A-Ride service is available throughout Wright, Sibley, and McLeod Counties plus some limited service into other neighboring cities.

Never used the Trailblazer and want to give it a try? Call the senior center to let us know you will stop by to pick up a couple free ride tokens.

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 together in a creative activity while socializing with others via Zoom. This month features a fun **Christmas** project.

We want to extend an invitation for you and your loved one to be part of this amazing group. If you need help setting up Zoom or learning how to connect to a Zoom meeting, no worries – our HOME program is happy to help!

The meeting will begin at 1:30 p.m. on December 16. Please contact the senior center to register. If you're unable to attend virtually from your home, we will provide a safe, in-person option at the senior center. You can contact Pam for more info, 763-295-2000.

Blood Pressure Checks

***Tuesday, December 8**

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

***Call to reserve a spot**

Medicare Part D Open Enrollment October 15th-December 7th

Reasons to contact Senior LinkAge Line® for assistance with comparing Medicare prescription drug plans for 2020:

- New plans may be available
- Some existing plans may not be available
- Plan premiums may change
- Plan formularies may change
- You may qualify for extra help with prescription drug costs



Contact the Senior LinkAge Line® for more information at 1-800-333-2433.

Funded in part by the MN Board on Aging and the local United Way.

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!

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 Thursday, December 10 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, snow removal, etc. Staff take precautions to ensure safety.

These services are available for both Monticello and Big Lake residents.

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 Scheduled

The senior center is partnering with the Minnesota Safety Council to provide driver's classes at our center. People age 55+ 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 December 10, January 19, and February 24 from 9 a.m. to 1 p.m.

Please mail or drop off \$20 (cash or check) to the senior center in advance and 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 (December 9) from 1:30-3 p.m.

This group provides both support and education and is intended for nonprofessional caregivers. Call the center at 763-295-2000 to reserve your spot.

MOVIE MONDAYS

Movies will be shown at 1 p.m. on the community center Mississippi Room big screen on December 7, 14 & 21.

This month we will be showing all **Christmas movies**. You can call the senior center on Monday mornings to find out which movie will be shown.

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

Free Legal Aid December 28
Call to make an appointment

Monticello Senior Center Social Media...

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

Foot Clinic Cancelled...

Wright County Public Health found it necessary to cancel the toenail clipping service this month.

We Strive to...

*Promote social connections
while practicing physical
distancing*

Senior Center Protocol...

If you are unable to attend an activity you signed up for, PLEASE call to cancel.

Due to space limitations, we have turned people away and then there were no-shows...

- ⇒ Governor Walz's Stay Safe MN order currently allows for groups of up to 10 people in the senior center at one time.
- ⇒ Participants need to wear a mask. If you have one please bring it with you. If you do not have a mask we will provide one for you to keep.
- ⇒ Wellness checks will be given at the door (temperature & simple questions asked).
- ⇒ We ask that each participant sign a waiver document (only necessary once).
- ⇒ Participants should stay at least 6' apart and should wash their hands frequently.
- ⇒ Hand sanitizers are located throughout the center. *Please use them often.*
- ⇒ Advance registration will be required for all activities until further notice.
- ⇒ Drop-in participation will not be available while group numbers are limited.
- ⇒ No food or beverages will be served or shared in the senior center.
- ⇒ We will temporarily stop accepting donations of all items except money 😊

Hope to see you back in our center soon!

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Activity Changes...

- 1) All activities will include properly spaced set ups for safety.
- 2) Equipment or supplies cannot be shared.
- 3) Pre-registration is required for all activities.
- 4) Disinfecting will take place after each activity.
- 5) Activity plans are subject to change without notice.

December Activities:

Bible Study
Billiards
Bingo
Blood Pressure Checks
Book Club
Caregiver Support Group & 1:1 Support
Ceramics
Christmas Party
Computer Use
Driver's Class
HOME Program
Legal Aid
Lincoln Presentation
Memory Café
Movie Mondays
Pickleball
Shuffleboard
Tasty Tuesdays
Tech Support
Women's Pool
Yahtzee

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