



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER NOVEMBER 2021 NEWSLETTER

Craft Sale November 6

The senior center Craft Sale will be held on Saturday, November 6 in the community center Mississippi Room. Thousands of craft items will be available for purchase from 9 a.m. to 3 p.m. There will NOT be a bake sale associated with the Craft Sale. Please invite your family and friends to this senior center fundraiser.

Enjoy a Sloppy Joe

Sloppy joe lunches will be served in the senior center on Saturday, November 6. The cost is \$4 and includes a sloppy joe, chips, pickle, dessert, juice, and coffee. The food will be served throughout the Craft Sale.

Attention Veterans...

**The senior center will
NOT be sponsoring a
Veterans dinner this year.**

Thank you for your service!!

Memories of the Brave, Minnesota Medal of Honor recipients

Take a walk back throughout our nations history with historian Doug Ohman as he explains the story of the Medal of Honor and highlights many Minnesota soldiers who sacrificed so much to be honored with this medal.

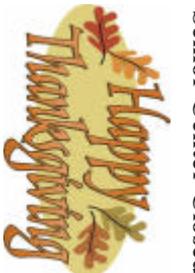
Doug is a speaker, storyteller, and photographer. This free presentation will be held at the center on Thursday, November 18 at 10:30 a.m. Please register in advance.

Christmas Band Concert

Very exciting news!! The Annandale Area Community Band will put on a Christmas concert in the Monticello Community Center Mississippi Room on Wednesday, December 1 at 7 p.m. Refreshments will be provided and everyone is welcome.

Spread the word!

NOVEMBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 Ceramics 8-11 Pickleball 8:30 Casino Trip 9:00 Cribbage Tournament 12:30 Bridge 1:00 Movie Monday	2 8-11 Pickleball 9:00 Tech Support 10:15 Line Dancing 10:30 Choir 11:00 Paramount Trip 12:00 Dinner 1:00 Hand and Foot	3 8:00 Ceramics 11:00 Bible Study 12:00 Dinner 1:00 500	4 8-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	5 8:00 Ceramics 10:00 Women's Pool 10:00 Autobiography Class 12:00 Dinner 1:00 Euchre Tournament	6 9 a.m.- 3 p.m. Craft Sale Sloppy Joe Lunch
	7 8 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage T ourney 12:30 Bridge Tournament 1:00 Movie Monday 4:00 Board Meeting	9 8-11 Pickleball 9:00 Tech Support 10:15 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	10 8:00 Ceramics 9:00 Team Pool Tourn. 9:30 Book Club 11:00 Bible Study 12:00 Dinner 1:00 500 Tournament 1:30 Caregiver Group	11 8-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner & Patriotic Songs 1:00 Bridge	12 8:00 Ceramics 10:00 Women's Pool 10:00 Autobiography Class 12:00 Dinner 1:00 Euchre Tournament	13 8-11 a.m. Center Open
14	15 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 11:30 Lunch Bunch 12:30 Bridge 1:00 Movie Monday	16 8-11 Pickleball 9:00 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot 1:00 Caregivers THRIVE Session	17 8:00 Ceramics 11:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café	18 8-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 10:30 <i>Memories of the</i> <i>Brave</i> presentation 12:00 Dinner 1:00 Bridge	19 8:00 Ceramics 10:00 Women's Pool 10:00 Auto. Class 12:00 Thanksgiving Dinner 1:00 Euchre Tournament	20 8-11 a.m. Center Open
21 	22 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage T ourney 12:30 Legal Aid 12:30 Bridge Tournament 1:00 Movie Monday	23 8-11 Pickleball 9:00 Driver's Class 9:00 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	24 8:00 Ceramics 11:00 Bible Study 12:00 Dinner 1:00 500	25 Senior Center Closed 	26 Senior Center Closed	27 8-11 a.m. Center Open
28	29 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage T ourney 12:30 Legal Aid 12:30 Bridge 1:00 Movie Monday	30 8-11 Pickleball 9:00 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot				

Just for Caregivers... Don't Just Survive the Holidays—THRIVE!

This presentation (geared specifically toward caregivers) will focus on preparing for the holidays, navigating family gatherings, and the next steps after the festivities conclude. We will explore topics such as emotions, family dynamics, roles, and expectations.

Becky Allard, LSW, Senior Community Services, will facilitate this session on Tuesday, November 16 at 1 p.m. Please register at the senior center in advance if you plan to attend.

Listen to Patriotic Songs

The River City Ramblers senior center choir will sing some patriotic songs during the noon meal on Thursday, November 11. You can sign up to join us for the \$4 spaghetti meal or you can just come and listen.

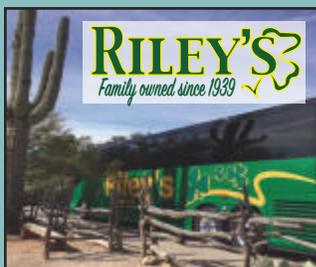
Thanksgiving Dinner

People age 55+ and spouse regardless of age are invited to the noon senior center Thanksgiving dinner catered by Cornerstone Café on Friday, November 19. This meal features turkey and all the fixins and the cost is just \$4. Space is limited, so sign up soon.

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NOVEMBER 2021 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from Russell's on the Lake	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
2 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	3 Baked Chicken Mashed Potatoes/Gravy Corn Dinner Roll	4 Meatloaf Mashed Potatoes Vegetable Dinner Roll	5 Chicken Alfredo Caesar Salad Dinner Roll
9 Beef Mixed Vegetables Chicken Wings Fried Rice Fortune Cookie	10 BBQ Ribs Baked Potato Green Beans Dinner Roll	11 Spaghetti Breadstick	12 Pancakes Sausage/Bacon Scrambled Eggs
16 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	17 Broiled Cod Baby Red Potatoes California Blend Veggies Dinner Roll	18 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	19 <i>Thanksgiving Dinner</i> Roast Turkey/Stuffing Mashed Potatoes/Gravy Green Beans Cranberries/Dinner Roll
23 Beef with Broccoli Egg Roll Fried Rice Fortune Cookie	24 Chicken Cordon Bleu Rice Glazed Carrots Dinner Roll	25 	26 Senior Center Closed
30 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie			

Many thanks to the following restaurants for providing the meals: Chin Yuen, Russell's on the Lake, 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 \$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 8 AM-4 PM; SATURDAYS 8-11 AM

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.

The senior center will be closed on Thursday and Friday, November 25 & 26
Happy Thanksgiving!

Memory Café

A Memory Café invites caregivers and their loved ones with memory loss to participate in a creative fun activity while socializing with others. The meeting will begin at 1:30 p.m. on Wednesday, November 17. Please contact the senior center to register or for more information.

Will You Win?

The items for 2 separate raffles are on display in the senior center...

3' x 3' Furnished Dollhouse

The drawing will be held on December 15.

Santa/Mrs. Claus & Afghan

The drawing will be held on November 6 .



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TRIPS, TRIPS, TRIPS

Treasure Island Casino

Ride the coach bus to Treasure Island Casino on Monday, November 1. The bus departs the community center at 8:30 a.m. and returns at about 4 p.m. There is an \$18 charge and those going will receive \$15 on their casino card and a \$3 off food coupon.

Mystic Lake Casino

Ride the coach bus to Mystic Lake Casino on Monday, December 6. The bus departs the community center at 8:30 a.m. and returns at about 3:15 p.m. There is an \$18 charge and those going will receive \$15 on their casino card and a \$4 off food coupon.

Tax-Aide Volunteers Needed

Volunteers are needed to help provide free tax assistance to low and moderate income persons. There are a variety of volunteer roles, including tax preparers, client facilitators, those who can provide technical and management assistance, and interpreters. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

To learn about the volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-687-2277. AARP Foundation Tax-Aide is offered in coordination with the IRS.

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, November 10 at 9:30 a.m. The Book Club is facilitated by a retired teacher and new members are always welcome.

A Swedish Christmas

Share a coach bus with seniors from Elk River and enjoy a fun trip on December 16 to learn more about the culture of Sweden and Scandinavia. First stop will be at Ingebretsen's Scandinavian Center where you can shop. The final stop will be at the American Swedish Institute.

Upon arrival you may spend time in the Bokhandel Gift Shop before lunch. The lunch menu will be a Smorgasbord buffet featuring cucumber dill salad, beet salad, rye bread and butter, mashed potatoes, Swedish meatballs, lingonberries, Chef's Choice Swedish dessert, coffee, and water. Following lunch, you will have a guided tour of The Turnblad Mansion which is decorated for the holiday season.

The cost is \$78 per person. The bus will depart the community center at 8 a.m. and return at about 3:30 p.m. Deadline: November 15.

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 November 23 and December 16 from 9 a.m. to 1 p.m. Call the center for 2022 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.

Like to Eat Out?

The senior center Lunch Bunch is back! Dine out with others at 11:30 a.m. on the 3rd Monday of each month at a local restaurant. The destination November 15 is VFW Post 8731.

Card Tournaments...

All tournaments are open to people age 55+ and you 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, Nov. 1, 8, 15, 22 & 29 @ 9 a.m.

*Euchre—Friday, Nov. 5, 12 & 19 @ 1 p.m.

*Bridge—Monday, Nov. 8 & 22 @ 12:30 p.m.

*500—Wednesday, Nov. 10 @ 1 p.m.

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. Mary can also connect with you over the phone.

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 2nd Wednesday of each month (Nov. 10) 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 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, yardwork, 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.

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.

Blood Pressure Checks

*Tuesday, Nov. 9, 11 a.m. to noon
Stop on over!

Team Pool Tournament

- ♦ Elk River Senior Activity Center
- ♦ Wednesday, Nov. 10, 9 a.m.
 - ♦ Sign up in advance
 - ♦ \$3 entry fee

Sympathies to...

...the family of Bob Kiefer on their loss.

Please note that all senior center activities are subject to change without notice and any current and future COVID requirements will be followed

Monticello Senior Center

505 Walnut Street, Suite 3

Monticello, MN 55362

Phone: 763-295-2000

Website:

monticelloseniorcenter.org

Open Hours:

Monday-Friday, 8 a.m.- 4 p.m.

Saturdays, 8-11 a.m. (office closed)

Director:

Pam Loidolt