



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER OCTOBER 2021 NEWSLETTER

Come to the Halloween Party

Come to the senior center for a scary good time at the Halloween dinner and party on Friday, October 29. Snacks will be served prior to the noon dinner which features shepards pie, garden salad, dinner roll, and Halloween dessert. The cost is \$4 and people need to sign up by October 27.

Door prizes will be given away after dinner and you can play Halloween bingo for the chance to win even more prizes. Come in costume if you wish!

Breakfast Fundraiser

Please come to the senior center breakfast fundraiser on Sunday, October 24. This all you can eat breakfast includes pancakes, ham, scrambled eggs, sausage, milk, juice, and coffee. It will take place in the community center gym from 8 a.m. to noon.

The cost is \$7 in advance (\$8 at the door) for people age 13+, \$4 for kids ages 6-12, and kids 5 and younger eat free. Tickets are available now in the senior center.

Breakfast Volunteers Needed

Contact the senior center if you can help with the October 24th breakfast. There are many jobs to fill! You can sign up for either the 8—10 a.m. or 10 a.m.—noon shift.

Flu Shots at the Center

- ◆ Friday, October 1, 9-12:30
- ◆ Insurance companies will be billed, bring your card
 - ◆ Masks are required

Telephone Assistance Program and Lifeline Explained

Want to find out if you can save some money? Come to the senior center on Wednesday, October 27 at 10 a.m. to learn about two of the Public Utilities Commission’s telephone and internet assistance programs, TAP and Lifeline.

You will find out about the benefits these income-based programs can offer, learn how to sign up, and have the opportunity to ask questions! Please sign up if you intend to attend.

MARK YOUR CALENDARS

The senior center craft sale will be held from 9 a.m. to 3 p.m. on November 6. No Bake Sale this year.

**Cornerstone Café is back as a Dinner Program partner!
Check out the menu page.**

OCTOBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
					1 8:00 Ceramics 9:00-12:30 Flu Shots 10:00 Women's Pool 1:00 Euchre Tournament	2 8-11 a.m. Center Open
3	4 8:00 Ceramics 8-11 Pickleball 8:30 Casino Trip 9:00 Cribbage Tournament 12:30 Bridge 1:00 Movie Monday	5 8-11 Pickleball 9:30 Foot Clinic 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	6 8:00 Ceramics 11:00 Bible Study 12:00 Dinner 1:00 500	7 8-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	8 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	9 8-11 a.m. Center Open
10 	11 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tourney 12:30 Bridge Tourney 1:00 Movie Monday 4:00 Board Meeting	12 8-11 Pickleball 8:00 Northfield Trip 10:15 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	13 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	14 8-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	15 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	16 8-11 a.m. Center Open
17	18 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tournament 11:30 Lunch Bunch 12:30 Bridge 1:00 Movie Monday	19 8-11 Pickleball 9:00 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	20 8:00 Ceramics 10:00 Travel Show 11:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café	21 8-11 Pickleball 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	22 8:00 Ceramics 10:00 Women's Pool 12:00 Dinner 1:00 Euchre Tournament	23 8-11 a.m. Center Open
24 8-12 Breakfast Fundraiser	25 8:00 Ceramics 8-11 Pickleball 9:00 Cribbage Tourney 12:30 Legal Aid 12:30 Bridge Tournament 1:00 Movie Monday	26 8-11 Pickleball 9:00 Foot Clinic 9:00 Tech Support 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	27 8:00 Ceramics 10:00 Telephone Assistance Programs 11:00 Bible Study 12:00 Dinner 1:00 500	28 8-11 Pickleball 9:00 Driver's Class 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 1:00 Bridge	29 8:00 Ceramics 10:00 Women's Pool 12:00 Halloween Dinner & Party 1:00 Euchre Tournament	30 8-11 a.m. Center Open
31 						

Will You Win?

These items are on display in the senior center...

GREAT CHRISTMAS GIFTS!!

Dollhouse

Take a chance on a one-of-a-kind 3' x 3' handmade dollhouse. Chances are \$1 each. The drawing will be held on December 15.

Santa/Mrs. Claus & Afghan

Take a chance on an adorable Santa & Mrs. Claus decoration. Another lucky person will win a beautiful afghan with this drawing, which will take place after the Craft Sale on November 6. Chances are \$.50 each or 3/\$1.

2 Toenail Clipping Dates Scheduled

Wright County Public Health nurses will be at our center on October 5 and 26 to assist people age 60+ with toenail clipping. An additional day was added because of the high demand for this service in our area.

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

There is a \$15 charge for this very beneficial service.

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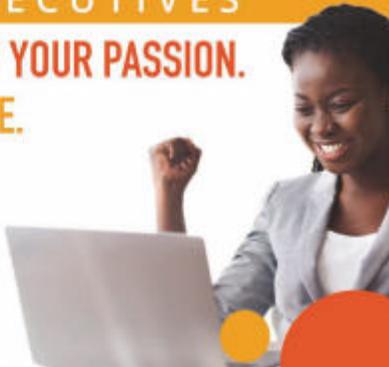
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OCTOBER 2021 MENU

Tuesday Meals from Chin Yuen	Wednesday Meals from Russell's on the Lake	Thursday Meals from VFW Post 8731	Friday Meals from Cornerstone Café
			1 No Dinner Today
5 Chicken Chow Mein Cream Cheese Wonton Fried Rice Fortune Cookie	6 Liver & Onions Baked Potato Green Beans Dinner Roll	7 Meatloaf Mashed Potatoes Vegetable Dinner Roll	8 Open Faced Hot Beef Sandwich Potatoes Green Beans Dinner Roll
12 Beef with Broccoli Egg Roll Fried Rice Fortune Cookie	13 Baked Chicken Mashed Potatoes Corn Dinner Roll	14 Spaghetti Breadstick	14 Tuna Salad Sandwich Garden Salad Chips
19 Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookie	20 Grilled Ham Steak Au Gratin Potatoes Glazed Carrots Dinner Roll	21 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	22 Spaghetti Meatballs Caesar Salad Dinner Roll
26 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	27 Spaghetti Meatballs Dinner Salad Breadstick	28 Hot Turkey Mashed Potatoes Vegetable Dinner Roll	29 <i>Halloween Party</i> Shepards Pie Garden Salad Dinner Roll Halloween Dessert

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.

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, October 13 at 9:30 a.m.

Memory Café

A Memory Café experience is a safe and comfortable event where caregivers and their loved ones with memory loss can participate in a creative activity while socializing with others. Each month features a fun project.

The meeting will begin at 1:30 p.m. on October 20. Please contact the senior center to register or for more information.

Funding for this program is supported, in part, by Hennepin County, Title III Grants from Trellis and CMCOA, and a Dementia Grant from the Minnesota Board on Aging.



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TRIPS, TRIPS, TRIPS

Treasure Island Casino-2 Trips

Ride the coach bus to Treasure Island Casino on Mondays, October 4 and/or November 1. The bus departs the community center at 8:30 a.m. and returns at about 3:45 p.m. There is an \$18 charge for each trip and those going will receive \$15 on their casino card and a \$3 off food coupon.

You must sign up for each trip separately.

Explore Northfield

A trip to Northfield is scheduled for October 12. The registration deadline was September 20 and you can contact the center to see if there is still room and for more details. The cost is \$71.

Branson Country Christmas

This trip to the Paramount Center for the Arts in St. Cloud on November 2 is full. You can add your name to the waiting list if you wish. The cost is \$65.

Travel Show

Whether you are new to the experience or a seasoned traveler, the exciting world of escorted travel awaits you. Come to the center on Wednesday, October 20 at 10 a.m. to learn about trips Landmark Tours has planned. Landmark Tours vacations are thoroughly planned and well-paced.

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

A Swedish Christmas

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

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 October 28, November 23, and December 16 from 9 a.m. to 1 p.m.

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.

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 October 18 is the China Buffet.

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.

*Euchre—Friday, Oct. 1, 8, 15, 22 & 29 @ 1 p.m.

*Cribbage—Monday, Oct. 4, 11, 18 & 25 @ 9 a.m.

*Bridge—Monday, Oct. 11 & 25 @ 12:30 p.m.

*500—Wednesday, Oct. 13 @ 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 (Oct. 13) 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, Oct. 12, 11 a.m. to noon
Stop on over!

Team Pool Tournament

- ♦ Wednesday, Oct. 13, 9 a.m.
- ♦ Monticello Senior Center
 - ♦ Sign up in advance
 - ♦ \$3 entry fee

Sympathies to...

...the family of Myron Nesdaal on their loss.

You can access the monthly newsletter by going to monticelloseniorcenter.org

It can also be emailed to you

Monticello Senior Center Welcomes You!

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