



MONTI SENIOR NEWS

*“Reaching out
and still growing”*

MONTICELLO SENIOR CENTER SEPTEMBER 2021 NEWSLETTER

Guided Autobiography Class

Write your memoir two pages at a time. You can build your life's story through 2-page writing assignments that explore rich life themes to prompt memories and reflection. The collaborative workshop setting of this eight-week course strengthens your writing and helps you find new meaning in significant life events.

The classes will be held on eight consecutive Fridays from 10 a.m. to noon starting October 1. The cost is \$75, payable to the instructor, Bill Marsella. Sign up by Sept. 24.

The Power of Volunteering

Join AmeriCorps Seniors RSVP staff at the center on Thursday, September 23 at 10 a.m. to learn how you can help your neighbors while improving your very own health and wellbeing.

Hear how local community members are safely involved in volunteer efforts and the benefits that come with helping others. You will also have the chance to further explore opportunities to get involved with RSVP staff that are best suited for you. Please sign up in advance.

Flu Shots at the Center

- ◆ **Friday, October 1, 9-12:30**
- ◆ **Insurance companies will be billed, bring your card**
- ◆ **Appointments not required**

IMPORTANT...

Many senior center activities will be suspended if a mask and/or physical distancing requirements are implemented. Contact the center for details if this happens.

Memory Café Open House

A 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. Our meetings are held on the 3rd Wednesday of each month (Sept. 15) from 1:30-2:30 p.m.

Want to learn more? Please attend the Memory Café Open House at the senior center on Friday, September 24 from 10 a.m. to noon. We will talk about the positive benefits of the Memory Café for both you and your loved one with memory loss. By attending you will also have the chance to win gift cards.

Board of Directors Election

All members of the Monticello Senior Center are encouraged to vote in the election to fill three Board of Directors positions. To be a member, people must be at least 55 years old and have participated in senior center activities a minimum of 12 times during the past year.

The election will be held from noon to 1 p.m. on Friday, September 10. Absentee ballots will be available for those unable to vote in person.

SEPTEMBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
			1	2	3	4
			8:00 Ceramics 11:00 Bible Study 12:00 Dinner 1:00 500	9-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 12:00 HOME Program 1:00 Bridge	8:00 Ceramics 10:00 Women's Pool 1:00 Euchre Tournament	8-11 a.m. Center Open
5	6	7	8	9	10	11
	 Senior Center Closed	9-11 Pickleball 9:00 Tech Support 10:00 Yaltzee 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 9:00 Team Pool Tourn. 9:30 Book Club 11:00 Bible Study 12:00 Dinner 1:00 500 1:30 Caregiver Group	9-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 12:00 HOME Program 1:00 Bridge	8:00 Ceramics 10:00 Women's Pool 12-1 Board Election 1:00 Annual Meeting 1:30 Euchre Tournament	8-11 a.m. Center Open
12	13	14	15	16	17	18
	8:00 Ceramics 8:30 Casino Trip 9-11 Pickleball 9:00 Cribbage Tourney 12:30 Bridge Tourney 1:00 Movie Monday 4:00 Board Meeting	9-11 Pickleball 9:00 Tech Support 10:00 Yaltzee 10:15 Line Dancing 10:30 Choir 11:00 Blood Pressure 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 11:00 Bible Study 12:00 Dinner 1:00 500 1:30 Memory Café	9-11 Pickleball 9:00 Bike Group 9:00 Driver's Class 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 12:00 HOME Program 1:00 Bridge	8:00 Ceramics 10:00 Women's Pool 12:00 Picnic 1:00 Euchre Tournament	8-11 a.m. Center Open
19	20	21	22	23	24	25
	8:00 Ceramics 9-11 Pickleball 9:00 Cribbage Tournament 11:30 Lunch Bunch 12:30 Bridge 1:00 Movie Monday	9-11 Pickleball 9:00 Tech Support 9:15 Arboretum Trip 10:00 Yaltzee 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 11:00 Bible Study 12:00 Dinner 1:00 500	9-11 Pickleball 9:00 Bike Group 10:00 Power of Vol. 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 12:00 HOME Program 1:00 Bridge	8:00 Ceramics 10-12 Memory Café Open House 10:00 Women's Pool 1:00 Euchre Tournament	8-11 a.m. Center Open
26	27	28	29	30		
	8:00 Ceramics 9-11 Pickleball 9:00 Cribbage Tourney 12:30 Legal Aid 12:30 Bridge Tournament 1:00 Movie Monday	9-11 Pickleball 9:00 Tech Support 10:00 Yaltzee 10:15 Line Dancing 10:30 Choir 12:00 Dinner 1:00 Hand and Foot	8:00 Ceramics 11:00 Bible Study 12:00 Dinner 1:00 500 <i>Photo Contest</i>	9-11 Pickleball 9:00 Bike Group 10:30 Caregiver 1:1 10:30 Bingo 12:00 Dinner 12:00 HOME Program 1:00 Bridge		

It's Picnic Time!

Please join us for a picnic at Ellison Park next to the beautiful Mississippi River on Friday, September 17. The cost is just \$6.

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 prizes.

Team Pool Tournament

- ◆ Wednesday, Sept. 8, 9 a.m.
- ◆ Elk River Senior Center
- ◆ Sign up in advance
- ◆ \$3 entry fee

Grandchild Photo Contest

Grandparents are invited to participate in the senior center Grandchild Photo Contest. Bring in a picture of your grandchild or great grandchild by September 22. The pictures will be displayed September 23-29 and the winners announced during dinner on the 29th.

Categories include, "What a Smile!," "Cute & Adorable," and "Sweet Kid." One photo per grandparent please.

Annual Meeting Follows Election

The Monticello Senior Center Annual Meeting will be held on Friday, September 10 at 1 p.m. Members of the senior center can come and vote and then stay for the meeting. Activity and financial reports will be given and election results will be announced.

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

SEPTEMBER 2021 MENU		
Tuesday Meals from Chin Yuen	Wednesday Meals from Russell's on the Lake	Thursday Meals from VFW Post 8731
	1 Liver & Onions Baked Potato Green Beans Dinner Roll	2 Hot Turkey Mashed Potatoes Vegetable Dinner Roll
7 Teriyaki Chicken Egg Roll Fried Rice Fortune Cookie	8 Baked Chicken Mashed Potatoes Corn Dinner Roll	9 Meatloaf Mashed Potatoes Vegetable Dinner Roll
14 Beef Egg Foo Young Cream Cheese Wonton Fried Rice Fortune Cookie	15 Grilled Ham Steak Au Gratin Potatoes Glazed Carrots Dinner Roll	16 Spaghetti Breadstick
21 Sesame Chicken Egg Roll Fried Rice Fortune Cookie	22 Spaghetti Meatballs Dinner Salad Breadstick	23 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable
28 Beef with Broccoli Egg Roll Fried Rice Fortune Cookie	29 Grilled Chicken Breast w/White Cream Sauce Mashed Potatoes Green Beans/Dinner Roll	30 Hot Turkey Mashed Potatoes Vegetable Dinner Roll

Many thanks to the following restaurants for providing the meals: Chin Yuen, Russell's on the Lake, and VFW Post 8731. 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, September 8 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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TRIPS, TRIPS, TRIPS

Treasure Island Casino-2 Trips

Ride the coach bus to Treasure Island Casino on Mondays, September 13 and/or October 4. 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

Share a bus with seniors from Elk River on October 12 as you travel to Northfield to learn all about this charming town located along the banks of the Cannon River. First stop will be at the Northfield Historical Society Museum where you can explore the exhibits and shop for souvenirs in the museum gift store. Lunch will be at the Ole Store Restaurant. You will be served a Swedish Meatball Luncheon which includes a beverage and a cookie.

After lunch a local guide will board the coach bus with you and give you a tour of the town and talk about the history of Northfield. The final stop will be to the Fireside Orchard and Garden Store where you may purchase jams, local cheeses, maple syrup, and other goodies.

The cost is \$71 per person. The coach bus departs the community center at 8 a.m. and returns at about 5:15 p.m. The registration deadline is September 20.

Branson Country Christmas

Share a bus with seniors from Elk River and head to the Paramount Center for the Arts in St. Cloud to take in the Branson Country Christmas show on November 2. Direct from Branson, this show features an all-star cast of Branson's top entertainers. This all-new show will include favorites from the last 25 years. The entire second half is a variety of Christmas music.

Prior to the 1:30 p.m. performance, you can enjoy the lunch buffet at Coyote Moon Grille. The buffet will include three hot entrees, potato, vegetable, soup, Caesar salad, fresh popovers, cookie & coffee station, and a non-alcoholic beverage. The coach bus will depart the community center at 11 a.m. and returns at about 4:15 p.m. The cost is \$65.



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 September 16, 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.

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

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 September 20 is Perkins. *Good food, good conversation!*

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, Sept. 3, 10, 17 & 24 @ 1 p.m.
- *Cribbage—Monday, Sept. 13, 20 & 27 @ 9 a.m.
- *Bridge—Monday, Sept. 13 & 27 @ 12:30 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.

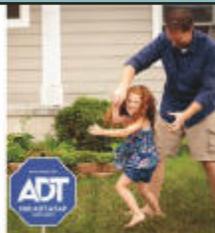
In home help is also available for a small fee.

The senior center will be closed on Labor Day, September 6.

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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 (Sept. 8) 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.

Happy Grandparents Day! September 12

Breakfast Fundraiser Planned

*Sunday, October 24

*Pancakes, scrambled eggs, sausage, ham, milk, juice, coffee

Tickets \$7 in advance, \$8 at the door

Free Legal Aid September 27 Call to make an appointment

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, Sept. 14, 11 a.m. to noon
Stop on over!

Bingo Time Changed

Bingo games will begin at 10:30 a.m. on Thursdays starting September 2. There is no charge to play and anyone age 55+ is welcome.

Sympathies to...

...the families of Bob Yarco and Vergie Putnam 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