



*“Reaching out
and still growing”*

MONTI SENIOR NEWS

MONTICELLO SENIOR CENTER JANUARY 2020 NEWSLETTER

Voluntary Membership Drive in Full Swing

The Monticello Senior Center has a Voluntary Membership. The dues are \$15 for an individual and \$25 for a household per calendar year. The senior center is a 501(c)(3) organization and all donations are tax deductible. *Membership is not required to participate in senior center events.*

A 2020 Membership Form is included with this newsletter. Please consider taking out a Voluntary Membership and support your senior center. A number of people have already paid their 2020 dues and we thank them.



Come to the senior center on Monday, January 27 to take part in the annual Chili Cook-off. Bring your chili in a crockpot hot and ready to eat. If you are a chili lover, but not a chili maker, you are also welcome to come and take part in this noon dinner. People attending will sample each chili and vote for the two they like best. There will be prizes for the 1st and 2nd place winners. Please contact the senior center in advance if you plan to bring chili.

Cornbread, crackers, chili toppings, beverages, and dessert will be served in addition to the chili. The cost is \$4 per person and those bringing chili do not pay. Please sign up for this dinner by January 24. Hope to see you on the 27th for a tasty meal and the chance to choose the best chili!

America's First Ladies

Travel back through time with Doug Ohman as he shares interesting stories, photographs and forgotten memories about many of America's best loved first ladies. In this first of three sessions, he will highlight Martha Washington (1789) thru Mary Todd Lincoln (1861).

Doug is a speaker, storyteller, and photographer. This free presentation will be held at 10:30 a.m. at the center on Friday, January 31. Please register in advance.

Please Join Us for Dinner

Four area restaurants provide high quality noon meals at the senior center Tuesday-Friday. Chin Yuen provides meals on Tuesdays, Russell's on the Lake on Wednesdays, VFW Post 8731 on Thursdays, and Cornerstone Café on Fridays. The restaurant owners and staff deserve our thanks! The meal cost is just \$4 and people age 55+ and spouse regardless of age are welcome to participate. People do have to sign up at least 1 business day in advance by 1 p.m. and pay for meals they order.

Come to the



There will be a potluck dinner at the center at noon on Wednesday, January 15 and people are asked to bring a dish of food to share. This is the day January birthdays and anniversaries will be recognized. Please contact the senior center if this is your special month and you plan to bring a cake or ice cream in addition to your potluck item. Accordion music will be played during dinner.

Dance January 23

Come to the senior dance at VFW Post 8731 on Thursday, January 23. Dick Szyplinski will be providing the music from 1-4 p.m. The \$7 admission charge includes a lunch served at 3 p.m.

Hope to see you at the dance!

Tax Assistance Begins in February

Low to moderate-income people of all ages can get their taxes prepared at the center on Tuesdays and Thursdays from February 4 thru April 14. This is a free service. Appointments are required and can be made starting January 2.

Be sure to bring with you to your appointment a copy of your last return, picture ID, proof of health insurance, Social Security card, W2's, 1099's, SSA-1099 forms and other income and/or tax documents for 2019 and rent receipts (CRP) for 2019 or property tax statements for 2019 and 2020.

Be sure to organize your information before your appointment.

Free Legal Aid—January 27
Appointments required.

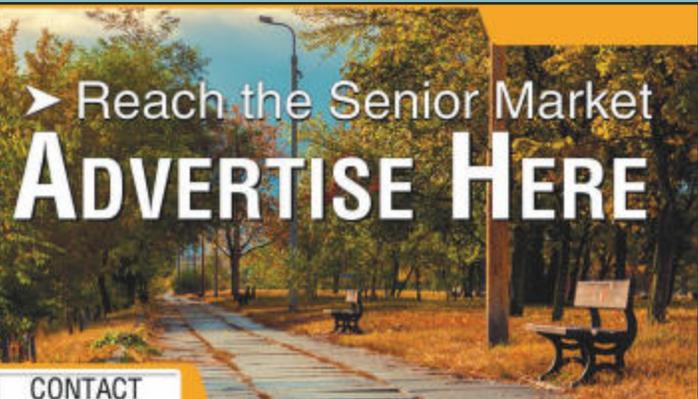


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JANUARY MENU

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 Senior Center Closed	2 Turkey Mashed Potatoes/Gravy Dressing Vegetable Dinner Roll	3 Chicken Alfredo Penne Vegetable Blend Dinner Roll
7 Chicken Mixed Vegetables House Egg Roll Fried Rice Fortune Cookie	8 Liver & Onions Baked Potato Green Beans Dinner Roll	9 Salisbury Steak Mashed Potatoes Gravy Vegetable Dinner Roll	10 Spaghetti Meatballs Caesar Salad Dinner Roll
14 Sweet & Sour Chicken House Egg Roll Fried Rice Fortune Cookie	15 Dinner Program Closed Potluck Today	16 Pork Roast Mashed Potatoes Gravy Vegetable Dinner Roll	17 Meatloaf Mashed Potatoes Vegetable Dinner Roll
21 Beef with Broccoli Chicken Wings Fried Rice Fortune Cookie	22 Lasagna Salad Breadstick	23 Hot Beef Sandwich Mashed Potatoes Gravy Vegetable	24 Chicken Breast Wild Rice Hot Dish Mixed Vegetables Dinner Roll
28 Chicken Chow Mein Veggie Egg Roll White Rice Fortune Cookie	29 Ham Mashed Potatoes Corn Dinner Roll	30 Turkey Mashed Potatoes/Gravy Dressing Vegetable Dinner Roll	31 Goulash Garden Salad Dinner Roll

Many thanks to the following restaurants for providing the meals: Chin Yuen, Cornerstone Café, 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 1 p.m. People must pay for all meals they order.

MONTICELLO SENIOR CENTER • 505 WALNUT STREET, SUITE 3 | MONTICELLO, MN 55362
(763) 295-2000 • HOURS MON-FRI 8AM-4:30PM | SAT 8AM-11AM



Senior Center 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, Jan. 3, 10, 17, 24 & 31 @ 1 p.m.

**Cribbage*—Tues., Jan. 7, 14, 21 & 28 @ 9:30 a.m.

**Bridge*—Monday, Jan. 13 & 27 @ 1 p.m.

*500—Wednesday, Jan. 15 @ 1 p.m.

The senior center will be closed
on Wednesday, January 1.
Happy New Year!!

Healthy Eating for Better Health

Healthy Eating for Better Health is a 4 week program (2 hours each week) for people who want to learn more about how nutrition and lifestyle changes can promote better health.

The class includes learning to read nutrition labels, cooking skills, new information about latest changes in the nutritional world, and even a grocery store tour! There is no charge for this class that will meet on Tuesdays, January 7-28 from 12:30-2:30 p.m.

Caregiver Support Group

*January 8 & 22, 1-2:30 p.m.

*Professionally facilitated

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SMART DRIVER COURSES

People age 55+ completing an AARP Smart Driver Course are eligible for a 10% auto insurance discount. The cost is \$17 for AARP members and \$22 for non-members and you must sign up and pay at the senior center in advance. ***Effective July 1, the course fee increases to \$22 for AARP members and \$27 for non-members.*** Included in this cost are the AARP class materials and a facility/host fee. AARP members should bring their membership card to class and everyone should bring his or her driver's license. Refunds will not be given for no-shows.

Those taking a Smart Driver class for the first time must take an eight-hour course. A refresher course must be taken every three years in order to be eligible to continue receiving the insurance discount.

4-Hour Refresher Courses

January 8 9 a.m.—1 p.m.
February 19 9 a.m.—1 p.m.
April 2 9 a.m.—1 p.m.
May 6 9 a.m.—1 p.m.
June 10 5:30—9:30 p.m.
July 22 9 a.m.—1 p.m.
August 26 9 a.m.—1 p.m.
September 23 9 a.m.—1 p.m.
November 4 9 a.m.—1 p.m.
December 9 9 a.m.—1 p.m.

8-Hour Courses

March 12 & 13 9 a.m.— 1 p.m.
October 20 & 22 5:30—9:30 p.m.

Sympathies to...

...the families of Lydia Wang and Linda Horne on their loss.

Pool News...

*Team Tournament-January 13
9:30 a.m. in Elk River

Silver Sneakers Open House

Come to the senior center on Wednesday, January 22 at 12:30 p.m. to learn more about Silver Sneakers classes and free MCC memberships. Silver Sneakers classes are comprised of balance, flexibility, strength, and cardiovascular conditioning especially designed for older adults.

Silver Sneakers Yoga classes use chairs for all participants and is also appropriate for all abilities. The open house will last 30 minutes and will offer a tour of the community center and the chance to register for your free membership. Please sign up at the senior center if you plan to attend.



Watch “Bernie the Dolphin 2” on the Big Screen

With the world-famous Bernie the Dolphin and his pod back home in their favorite cove, Kevin and Holly turn their attention to the newest dolphin in Marineland: Rascal. But when Winston Mills is released from prison with a plan for revenge, the kids must team up with Bernie to save the day once again.

You can watch, “Bernie the Dolphin 2” on Wednesday, January 30 at 1 p.m. This movie is rated G and was just released on DVD in mid-December. Freshly popped corn will be served.

Lunch Bunch

Monday, January 20, 11:30 a.m.
Applebee's

Parkinson Support Group
January 7, 1:30 p.m.

BOOK CLUB

The senior center Book Club meets every month to discuss the book they read and to pick up the new one. The group will meet on Saturday, January 11 at 9:30 a.m.

The group is facilitated by a retired teacher and new members are always welcome. If you like to read, please consider checking out the senior center Book Club.



Please like the Monticello Senior Center on Facebook

Plaque Donations Received

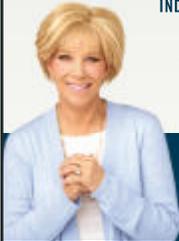
Two new nameplates have been added to the senior center Memorial & Gift Plaque reading, **Gift From Loren Heckmann** and **Gift From Jerome & Jan Zaruba**. People can donate \$100 or more in memory of or in honor of another person and have that name added to the plaque. Donations can also be made as a gift.

Program Provides Services

Do you need someone to clean your house, fix your faucet, or shovel snow? The HOME program provides these and many more services for Monticello and Buffalo residents age 60+. HOME services are provided on a sliding fee scale. You can talk to Program Coordinator Joe Kaul at the senior center Wednesdays from noon to 3 p.m. You can also call him at 763-416-7969.

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All trips depart from the west entrance of the Monticello Community Center. Please park in the west lot. Advance registration and payment is required for all trips.

Refunds will not be given past the payment deadline unless your spot can be filled.

St. Croix Casino Danbury

A trip to St. Croix Casino Danbury is scheduled for Monday, January 6. The bus ride is free and will depart the center at 8:30 a.m. and return at about 5 p.m.

Treasure Island Casino

You can ride the coach bus to Treasure Island Casino on Monday, February 3. The bus will depart the community center at 8:30 a.m. and return at about 3:45 p.m. There is a \$16 charge to ride the bus and those going will receive \$15 on their casino card and a \$3 off food coupon.

The Bikinis

A trip to the Bloomington Eagles Club to see the musical, "The Bikinis" will be held on Wednesday, February 19. A girl group from the Jersey Shore reunites to raise money for the good folks at Sandy Shores Mobile Home Beach Resort.

Reliving their heyday (They don't wear their bikinis anymore) from the summer of '64, these four inseparable friends, who won the Belmar Beach Talent Contest wearing just their bikinis, offer a nonstop celebration of song from their early days through the next two decades.

The trip includes a plentiful buffet dinner prior to the show. The cost of \$63 per person includes coach transportation, dinner, play, and escort. The bus will depart the center at 10:15 a.m. and return at about 4:45 p.m.

100 Years of Sinatra

Join Andrew Walesch and his big band at the Paramount Center for the Arts on March 3 as they take you through this journey in time and celebrate Frank Sinatra's legendary career. Enjoy lunch at Grizzly's prior to the show where you have your choice of chicken with smashed potatoes, cheeseburger with fries, or pork sandwich with wild rice soup. Meals will be served with soda or coffee.

The cost of \$57 includes coach transportation, lunch, show, and escort. The bus will depart the community center at 10:30 a.m. and return at about 4:15 p.m.

**Free Blood Pressure Checks
2nd Tuesday/month
(January 14)
12:30-1:30 p.m.**

Welcome to the Monticello Senior Center!

**505 Walnut Street, Suite 3
Monticello, MN 55362**

Phone: 763-295-2000

Fax: 763-271-7118

www.ci.monticello.mn.us

"For Residents"

Open Hours:

Monday-Friday
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Saturday
8—11 a.m.

Office Hours:

Monday-Friday
8 a.m.—4:30 p.m.

Director:

Pam Loidolt