

ALBERT LEA SENIOR CITIZEN CENTER NEWSLETTER

Mission Statement

"To coordinate and provide programs and services to enrich the lives and health of our senior's through educational, social and recreational activities."

January 2018

**Albert Lea Senior Center
1739 W Main, Albert Lea, MN 56007
(507) 373-0704**

Paula's Cozy Corner

*I'd like to give a huge Thank You to
Bev Torgerson, Sharon Gardner
and Mary Renchin for there
devotion and time spent on the
Board of Directors these past years.*

*Let's all give a warm welcome to our three
new Board Members, Ed Hanson,
Marian Ziebell and Marlys Steele for
their willingness to serve on the
Board for the next 3 years.*

*It's time.....to renew
Memberships
for the New Year (2018)
It's still \$30.00 and the year runs from
January 1 to December 31.
I'm hoping that all current Members
renewing their membership
will be able to have them
paid by January 19th
so they will continue
to receive their newsletter*

*Thursday Blood Pressure
Is back! From 9:30 to 10:30 am.
Automatic – just push the start button
and wait for your reading.*

MONTHLY ACTIVITIES

The Senior Center Hours are:

**Open Monday 8 am – 12 noon
Tuesday thru Friday 8:30 am to 4:30 pm.**

POOL ROOM: 5 pool tables

SNACKS: coffee 50 cents / snack 50 cents each

BINGO: Every Wed. & Fri. at 1:30 pm

RED HAT SOCIETY: Information on page 3

CRAFT & CARD RECYCLING: Tuesdays at 1 pm

QUILTING: Tuesday from 12 noon till 4:15 pm

COMPUTERS: Open for member usage.

THE LOUNGE: Relax & visit with a friend, put a puzzle
Together, watch TV or use the computer

DROP OFF CENTER: For eye glasses/hearing aids.

HEARING AID CLEANING: Free every Tues. at Audibel

AEROBICS: Every Tuesday & Thursday at 9 am

TONING GOLDIES BY CAROL: Every Monday
at 9 am Thursdays at 8 am – punch cards
are \$25.00 for 10 classes.

YOGA: Every Wed. at 9 am, sign up at office cost
Is \$10.00 for 10 weeks.

BUILDING BONE: 2 classes –Tues at 10 am
& Fri at 9 am or Mon & Thurs at 10:45 am

PARKINSON SUPPORT GROUP: 4th Tues. At 9:30 am

BIRTHDAY PARTY: 2nd Fri of every month- Page 3

RECYCLED GREETING CARDS: 50 Cents each

DVD MOVIES & WESTERN BOOKS: can be checked out

AL VACUUM CENTER: 15% off merchandise by
showing your membership card.

TRIP INFORMATION: See page 4.

ROOM RENTALS: Call or stop by the office.

NEWS FROM SENIOR RESOURCES: Page 6

CARD GAMES

500: Played every Tues & Thursday 1 pm must register

BRIDGE: Played on Thursday at 12:30pm must register

**Center is
CLOSED**

**Monday, January 1st
And Monday,
January 15th**



SPECIAL EVENTS

Making Thoughtful Decisions

Thursday, Jan. 25th
at 10:00 am

No one likes to think about death, let alone plan for it. In many families, discussing one's mortality is an extremely uncomfortable topic. By pre-planning your funeral, you relieve your family of having to make important financial decisions during a period of great stress and grief.

Presented by
Karla Tukua-Preplanning Specialist

Please register at the Office.

"Your Road to Better Health"

Wed Jan. 24th
at 10:15 am

Attendees will learn tips and benefits on six habits to improve & maintain their health with these six elements:
"Move, Eat Well, Sleep, Maintain, Relax and Discover"

Please register at the office.

Presented by Kathy Liedal

TRIP INFORMATION

Starting in January for all trips
Non-Members will be able to sign up and go
on a trip for an extra \$5.00
This will only apply on trips,
Any other activities at the Center
will require a membership Card.

Life Line Screening

Monday, February 12th
(At the Senior Center)

To register for your appointment and to receive a Special \$10 discount, please
CALL: 1-888-653-6450

Life Line Screening has partnered with over 100 hospitals across the country and has conducted 8 million screenings since 1993.

Package 1: Vascular Disease and Heart Rhythm
– 4 tests for only \$139.00.

Package 2: Add an Osteoporosis Screening for
only \$10 more – 5 tests for only \$149.00
It's a savings of \$181.00.

Pre-registration is required.

Annual Meeting and Christmas Party

Was held on Friday, Dec. 15th
We had 107 members join us for an afternoon
of music, prizes and socialization.



Driver Improvement Program

If you are 55+
This course will save you 10% on
your auto insurance for 3 years.
The next class will be,
The 4 hour refresher class
will be Monday, Feb 5th
from 12:30 till 4:30pm
Call for appointment
1-888-234-1294



**Next month's party;
Will be
Friday, January 12th**

Birthdays
Are held at 3:00 pm.

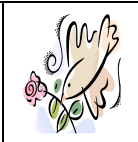
If you have a
Birthdays in the current
month and attend,
Bring a cake to share
Or pay \$4.00.

You will get your
Picture taken and bring a
friend to the
Birthday table.

December Birthday

Lois Janowitz	4
Bonnie Underbakke	16
Darlene Alberts	19
Doris Groff	29
Audrey Johannsen	30

Remembering
Albert Lea Senior Center
With Memorials
and Donations



Memorials

**In Memory of Eleanor Iverson
Given by Carol Johnson**

**In Memory of Don Worke
Given by
Bev Torgerson**

DONATION

Hanna's Heating & Air Conditioning
Don & Elaine Ehrich

Red Hat Recipe

Raspberry Oatmeal Bars

1 pkg. yellow cake mix 2 ½ C quick oats
¾ C butter or marg. melted
1 C raspberry preserves 1 T. water

Combine dry cake mix & oats, add butter
and mix until crumbly. Place half of the crumb
mixture into a greased 9 X 13 pan, press firmly
over bottom to make a crust.

Combine preserves & water, spread evenly
over crust. Sprinkle remaining crumb
mixture over preserves and pat lightly.

Bake 18 to 23 minutes or until top is light brown.

Some succeed because they are
destined to,
But most succeed because they are
determined to.

AEROBICS of the MIND

Pet Peeves

Everyone has pet peeves.
Here are some examples;
People who smack their gum,
people who phone you and
can't stop talking,
or the advertising on T.V.

On a piece of paper list one of
your pet peeves.

Now, list all the ideas you can
dream up as to how you might
reduce this irritation. Try for at
least 20 ideas.

Remember that in brainstorming,
you let the ideas flow and then
later go back and decide which
ideas might be useful.

*Aging is not
Lost youth,
But a new
Stage of
Opportunity
And Strength.*

Red Hatters

SCARLET SENIORS

There will not be
a get- to- gather in January.

**Queen Mum
Irene**



Sign up in progress
Stop in or Call

Mystic Lake Casino

Thursday, January 18th

You will receive \$15.00 in play
And a \$4.00 food coupon.

Payment is due on or before Jan 11th

Cost: \$20.00 M \$25.00 Non-Member
Depart: 9:30 am
Return: 5:30 am



Information for all trips.

If you sign up for a trip and later find you are unable to go, we ask that you call the Center as soon as possible to have your name taken off the trip list. If there's a waiting list we would call to fill the seat.

Trip Parking

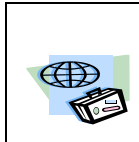
If you have a handicap sticker, please do not park next to the building when you're on a bus trip, we leave them open for people coming and going during the day.

Payment for trips

Please pay on or before the payment due date, if you can't get to the Center to make payment, you can always send it.

4 Seasons Vacation

All these trips are available through 4 Seasons Vacation.



Ask for a Brochure at the front desk.

If you are going to sign up for any of these TIRIPS, please tell them you saw it in the AL Senior Center Newsletter, then the Center will receive credit.

Panama Canal Cruise March 23-April 9
Monuments of Washington DC April 27-May 1
New Orleans & Baton Rouge May 10-15
Heart of Alaska July 12 – 19
Alaska Tour & Cruise Aug 3 – 15
Alaska Cruise Aug 8 – 15
Rhine River Cruise Aug 30 – Sept 9
Northern Rocky Mountain National Parks
Sept 5 – 17

Motor Coach Trips

San Antonio Riverwalk Feb. 4 – 11
MN Twins Spring Training, Florida March 15-25

Southern Charm of Savannah & Charleston
April 13 - 21

TRIP RESERVATIONS

BEGIN AT 9:00 am

Monday, January, 22nd

Jackpot Junction Casino

Morton, MN

Wed. February 21st


You will receive \$15.00 in play.

**Check the kiosk machine
after putting 25 points on your card
to see what you have earned.**

Payment is due on or before Feb. 14th

Cost: \$15.00 M \$20.00 NM
Depart: 8:45 am
Return: 5:30 pm

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>9 am Aerobics 10am Building Bones 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer</p>	<p>3</p> <p>9 AM –YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>4</p> <p>8am Toning Goldie's by Carol 9 am Aerobics 9:30 am Tops 10:45 Building Bones 12:30 pm Bridge 1:00 pm 500 3:00 pm Snack</p>	<p>5</p> <p>9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>6</p>
<p>8</p> <p>Pool Rooms open 8 am Mondays 9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon</p>	<p>9</p> <p>9 am Aerobics 10 am Building Bones 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 Tournament 3:00 pm Snack 3:00 pm Pheffer</p>	<p>10</p> <p>9 AM –YOGA 1:30 pm Bingo 3 pm Snack 3:30 Skip-Bo 3:30 pm Board Meeting</p>	<p>11</p> <p>8am Toning Goldie's by Carol 9 am Aerobics 9:30 am Tops 10:45 Building Bones 12:30 pm Bridge 1:00 pm 500 3:00 pm Snack</p>	<p>12</p> <p>9 am Building Bones 1:30 pm Bingo Birthday Party 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>13</p> <p>Grape Vine Twist 7pm - 9 pm</p>
<p>15</p> <p>CLOSED TO OBSERVE Martin Luther King Jr. Day</p>	<p>16</p> <p>9 am Aerobics 10am Building Bones 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer</p>	<p>17</p> <p>9 AM –YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>18</p> <p>9:30 am TRIP 8 am Toning Goldie's by Carol 9 am Aerobics 9:30 am Tops 10:45 Building Bones 12:30 pm Bridge 1:00 pm 500 3:00 pm Snack</p>	<p>19</p> <p>9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>20</p>
<p>22</p> <p>Pool Rooms open 8 am Mondays 9 am TRIP Reservations 9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon</p>	<p>23</p> <p>9 am Aerobics 9 am Parkinson 10 am Building Bones 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer</p>	<p>24</p> <p>10:15 am Road to Better Health 9 AM –YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>25</p> <p>10 am Decision Making 8 am Toning Goldie's by Carol 9 am Aerobics 9:30 am Tops 10:45 Building Bones 12:30 pm Bridge 1:00 pm 500 3:00 pm Snack</p>	<p>26</p> <p>9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>27</p> <p>Grape in Twist 7pm 9pm</p>
<p>29</p> <p>Pool Rooms open 8 am Mondays 9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon</p>	<p>30</p> <p>9 am Aerobics 10 am Building Bones 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer</p>	<p>31</p> <p>8:30 Newsletter 9 AM –YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>			

ALBERT LEA SENIOR CENTER
1739 WEST MAIN ST.
ALBERT LEA, MN 56007

NON-PROFIT ORG.
U.S. POSTAGE
ALBERT LEA, MN 56007
PERMIT NO. 339

Temp/Return Service Requested



News from Senior Resources
(314 South Broadway) 507-377-7433

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To view the Senior Scene online,
Visit the website at **SeniorResourcesFC.org**

Senior Resources Chore Service

Snow removal services are now available. Contractors have passed background checks and are insured. Pricing is affordable to seniors 60 & up. Call Amanda at 377-7433.

Taxi Vouchers for Albert Lea Taxi Rides one way.

They are \$7.00 each-purchase in our office or by mail. Use voucher anytime & when Ride Service is not available. For those age 60 or over. Call Carol at 377-7433.

Information and Referral (Call 377-7433)

Do you have questions about Medicare or Part D drug plans, housing, food assistance or services available to help you stay in your home longer-we can help! Call Amanda at 377-7433.

Caregivers Support Group

Meetings are the 3rd Thursday each month from 1:30 and 3:00 pm
Thorne Crest Apts. Rec Room
For more information
Call Nancy at 507-377-7433