

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."

October 2017

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

Paula's Cozy Corner

***Change In Seasons and you know
what happens in the Fall....***

Flu Shots

*Freeborn Co. Public Health
Will be set up in mall area on
Wed. Oct. 4 from 10 am to 3 pm.*

ATTENTION

***Newsletter Committee
We will meet on Friday, Oct 27th***

Summer Picnic

*We had 135 members
join us at the party,
70 prizes were given away.
Gary Froiland had a wonderful
program for us, fun was had by all!*

Nominations

for the Board of Directors

*Board Members have a 3 year term,
they meet once a month & are
considered a working board.*

*This year we will be voting
for 3 new board members.*

*If you or you know of anyone who
would like to be more involved in the
Center and would be a good
candidate,*

please let us know.

*Nominees will be voted
on at the Christmas Party Dec. 15th .*

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 Wed. 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
\$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

SPECIAL EVENTS

Over 80's Party Wed. October 18th

Lunch is served at 11:30 am

For members 80 years of age and older.

**Menu: Roast Beef, potatoes, carrots,
Coffee and dessert.**

**Diamond Joe Casino
has graciously donated \$450.00 for lunch
to honor everyone at the party.**

(Reservations begin now and end on Fri, Oct. 13th)

You're all invited to stay and play bingo at 1:30 pm.

Driver Improvement Program

If you are 55+

This course will save you 10% on your auto insurance for 3 years.

The next class at the Center

**The 4 hour class
Mon Nov 13th**

**For the 8 hour class
Mon, Nov 27th & 28th
Call for appointment
1-888-234-1294**

VOLUNTEER LUNCH Was September 20th

We celebrated 27 of our leading members that go the extra mile for the Senior Center. Thank You.



500 TOURNAMENT

Tuesday, October 10th

It's \$5.00 per person, payment due with your reservation. You will need to sign up with your partner. Lunch will be served and is included in the registration fee.

There will be prizes and socialization.

Sign up now to be assured a table.

FREEBORN COUNTY FAIR 1930 to 1940

Let's have a movie day.

We are fortunate enough to have 3 DVD's borrowed to us from Duane Steele to show here at the Center.

There's a list of 26 movie clips of events and a list of people with the clips they are on.

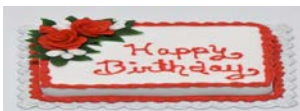
You will see 4H and

Farm Ag Activities from days gone by.

I watched parts of them and we have come a long way with farming since then.

The cars, clothing, farm equipment and men's hats are fun to see again.

**You can join us on Thus. Oct. 19th
1:30 pm in the Craft room.**



**Next month's party;
Will be
Friday Oct 13th**
Birthday Parties
Are held at 3:00 pm.
If you have a
Birthday in the current
month and attend,
you are asked to bring

cake to share, or pay \$4.00
, you will get your
Picture taken and bring a
friend to the
Birthday table.

September Birthday

- | | |
|---------------|--------|
| Betty Hanson | Aug 22 |
| JoAnn Carlsen | 6 |
| Carol Johnson | 14 |

Remembering
Albert Lea Senior Center
With Memorials
and Donations



DONATION

Don & Elaine Ehrich

Famous Quoted;

Thomas Edison once said:

"I have not failed, I've just found
10,000 ways that won't work"

Ayn Rand once said:

"The question isn't who is going
To let me;
It's who is going to stop me"

Red Hat Recipes

(Chocolate Zucchini Cake)

- | | |
|---------------|---------------------|
| ½ c oil | 1 tsp salt |
| 1/2c butter | 2 ½ c flour |
| 1 ¾ c sugar | 4 Tbsp cocoa |
| 2 eggs | ½ tsp baking powder |
| 1 tsp vanilla | 1 tsp soda |
| ½ c sour milk | 2 c zucchini |

Combine in order-pour into greased cake pan.
Mix ¼ c choc chips, ¼ c brown sugar, ¼ c nuts –
pour over batter & bake at 350 Approx. 30 to 40
minutes.

AEROBICS of the MIND

**Floor Plan
of Your Childhood Home**

**Draw a floor plan of the home
(or one of the homes) where you
lived as a child, indicating the
location of the doors and
windows. Sketch in the
furniture as you remember it.**

**When the floor plan is finished,
write a paragraph about some
memorable event that took place
in the house.**

**If you prefer, draw a floor plan of
the kitchen that you remember
best from your childhood.
Then, write a paragraph
about something that
happened in that kitchen.**

**Red Hatters
SCARLET SENIORS**



**Come join the group for great conversation and of
course special treats are very important. The gals
always do something fun when they have their
get together, be sure to come and see what it is.**

**Place: Monday, October 9th
Time: 9:30 am
Place: Senior Center**

Sign up now**Monkey Business at DayTrippers
Thursday, October 12th**

The fun-loving monks of St. Bernard's Monastery are in a jam. Abbot Costello and his four brethren have just learned their monastery could be turned into a Casino- unless the merry men in Brown can raise \$250,000 dollars by midnight or they are done for. Buffet lunch included.

Payment is due on or before Oct. 5th.

Cost: \$55.00 M \$75.00 NM

Depart: 10:00 am

Return: 5:30 pm

**Mystic Lake Casino
Wed., Oct. 25th**

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

Payment is due on or before Oct. 18th

Cost: \$20.00 M \$45.00 NM

Depart: 9:15 am

Return: 5:30 pm

4 Seasons Vacation

All these trips are available through 4 Seasons Vacation.



The Center will receive a credit if you sign up for these trips at the Senior Center.

Ask for a Brochure at the front desk.

Mexican Riviera Cruise Nov. 4 - 12

New York City Tour Nov. 8 - 12

Hawaiian Islands Tour & Cruise

Jan 9 -21 2018

Panama Canal Cruise March 23-April 9

Motor Coach Trips

Branson Holiday Nov 16 - 20

Christmas in Chicago Dec. 3 - 5

San Antonio Riverwalk Feb. 4 - 11, 2018

MN Twins Spring Training, Florida March 8 - 18

**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.

TRIP RESERVATIONS

Begin at 9:00 am

Monday, October 16th

**Gary Froiland's Museum
At his farm by Stewartville.**

Tuesday, November 7th

**Gary put on the show
at our Annual Picnic.**

First we will be going to Stewartville for lunch and then to the farm to spend time with Gary and all his treasures. He plans to entertain us as well.

Dress for the weather as we will be in and out of three buildings on the farm.

Payment is due on or before Oct 31st.

Cost: \$30.00 M \$50.00 NM

Depart: 9:45 am

Return: 4:45 pm





OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol 10:45 Building Bone</p> <p>Closes At Noon</p>	<p>3</p> <p>9 am Aerobics 10am Building Bones 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack</p>	<p>4</p> <p>9 AM -YOGA</p> <p>10am-3pm Flu Shots</p> <p>1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>5</p> <p>8 am Toning Goldie's 9 am Aerobics 9:30 am Tops Group 10:45 Building Bones 12:30 pm Bridge 1:00 pm 500 3:00 pm Snack</p>	<p>6</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>7</p>
<p>9</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol 9:30 am Red Hats 10:45 Building Bone</p> <p>Closes At Noon</p>	<p>10</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>11</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo 3 pm Snack 3:30 Skip-Bo 3:30 pm Board Meeting</p>	<p>12</p> <p>10:00 am TRIP</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>13</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo Birthdav Party 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>14</p> <p>Grape Vine Twist 7pm - 9 pm</p>
<p>16</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Trip Reservations 9am Toning Goldie's By Carol 10:45 Building Bone</p> <p>Closes At Noon</p>	<p>17</p> <p>9 am Aerobics 10am Building Bones 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack</p>	<p>18</p> <p>9 AM -YOGA</p> <p>11:30 am Over 80's Party</p> <p>1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>19</p> <p>8 am Toning Goldie's 9 am Aerobics 9:30 am Tops Group 10:45 Building Bones 12:30 pm Bridge 1:00 pm 500</p> <p>Movie 1:30 pm 3:00 pm Snack</p>	<p>20</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>21</p>
<p>23</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol 10:45 Building Bone</p> <p>Closes At Noon</p>	<p>24</p> <p>9 am Aerobics 9:30 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>25</p> <p>9:15 AM TRIP</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>26</p> <p>8 am Toning Goldie's 9 am Aerobics 9:30 am Tops Group 10:45 Building Bones 12:30 pm Bridge 1:00 pm 500 3:00 pm Snack</p>	<p>27</p> <p>8:30 Newsletter</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>28</p> <p>Grape Vine Twist 7pm - 9 pm</p>
<p>30</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol 10:45 Building Bone</p> <p>Closes At Noon</p>	<p>31</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>				

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

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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

Is available for lawn mowing services. 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