

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."

November 2016

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

Paula's Cozy Corner

(Happy Harvest Everyone)

Gift Certificates!

*They make a nice gift for the Holidays.
Certificates are available at the front desk
for Memberships, put money on
account for trips, yoga classes,
Toning Goldies by Carol or perhaps
a membership to the Senior Center.*

ARE YOU MOVING OR GOING SOUTH FOR THE WINTER?

*Please let us know your new address or
have us stop mailing your newsletter until
you get back. When an address is not
correct, the Center get the newsletter
returned to us and we have to pay
49 cents for the returned mail.*

FLU SHOTS

*We have good news,
Freeborn Co. Public Health
Shots will not be given in the Center,
but will be in the Mall area on
Monday, Nov. 7th
10 am till 3 pm
You will want to bring your
Medicare Card with you.*

Center is CLOSED

*Veterans' Day on Friday, Nov 11th
And CLOSED
Thanksgiving Friday, Nov 24th and 25th*

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

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

SCRABBLE: Wed & Fri at 3:20 pm

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

BLOOD PRESSURE CHECK: Every Thurs 9:30 to 10:30

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

Volunteer Luncheon

Wed. November 16th

Lunch is served at 11:30 am

If you are on the Board of Directors, help with crafts, donated prizes for the Picnic or Christmas Party, if you're a bingo caller or help with the newsletter, you are invited to the Volunteers lunch. Registration ends on Thursday, Nov 10.

We are serving chicken and need to know if you like white or dark meat.

We want you to know how much you are appreciated.

You must register at the front desk as we need to know how much food to order.

If your spouse is not a volunteer their meal will be \$5.00.

Save the date!

Christmas Party will be on Friday, December 16th

You will sign up on that day.

The Annual Meeting

starts at 12:30 and

the Party begins about 1:00.

More information in

Dec. Newsletter.

Nominations for the Board of Directors

Board Members have a 3 year term, meet once a month and is considered a working board. This year we will be voting for 2 new board members.

If 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.



BAD WEATHER POLICY!

The Center follows the local school district's decision on closing due to weather.

If the AL Schools closes or have a late start the Center will also be **CLOSED.**

Listen to KATE Radio for closings or late starts.

OVER 80'S PARTY

We served 105 very deserving folk who of course were over the age of 80.

Once again, we would like to thank Diamond Jo Casino

for their financial support

To honor this wonderful group.

(500 Tournament Winners)

1st Place; Ray Herringa–Alice Jacobson & LaVerne Drache-Doran Gray

2nd Place; Ethel Underland-Frieda Johannsen & Sharon Gardner-John Light

3rd Place; Dick & Elaine Mucha &-Lorraine Schaper & Gloria Kiethley



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.

Next month's party;
Will be
Friday, Nov 18th
 Birthday Parties
 Are held at 3:00 pm.
 If you have a
 birthday in the current
 month and attend,

October Birthday

Marie Hinkley	10
Don Harris	12
Nancy Houg	16
Irene Tandeski	25

*Remembering
 Albert Lea Senior Center
 Thank You*



In Memory of Wayne Miland
Given by
 LaVonne Kuechera

In Memory of Mildred Woodside
Given By
 Irene Tandeski

In Memory of Delphene Pence
Given by Marie Carlin

Donations
 Don & Elaine Ehrich

Red Hat Recipes

Peanut Butter Sheet Cake

¼ c cr. Peanut butter	2 c flour
1 c water	1 tsp salt
½ c butter	1 tsp baking soda
1 c sugar	2 eggs
1 c brown sugar	½ c butter milk
1 tsp vanilla	

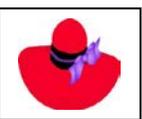
In med. Pot add peanut butter water & butter – bring to a boil, set aside. In bowl, mix sugar, Brown sugar, flour salt and baking soda, add peanut butter mixture, then add eggs, butter milk, vanilla to the mix. Grease jelly roll pan – bake at 375 20 23 min. Frosting; ¾ stick butter melted, 6 Tbsp buttermilk ½ c peanut butter, 3 ½ c powdered sugar & t Tbsp vanilla.

**Red Hatters
 SCARLET SENIORS**

It's Christmas in November.
Your group will be meeting at Trumble's Restaurant for great food, fun and conversation.
Lunch is on your own.

Date: Monday, November 14th
Time: 11:30 am
Place: Trumble's

**Queen Mum
 Irene**



AEROBICS OF THE MIND

REMEMBERING WHAT YOU SEE!

Find a picture in a magazine or newspaper that is filled with action. Now, consciously pay attention to everything that is portrayed, paying special attention to details. Take 3-4 minutes to observe the picture carefully. Now, cover the picture and ask yourself these questions:

- ~How many people are in the picture?
- ~How many animals or birds are in the picture?
- ~Are there buildings, cars or other vehicles?
- ~What are the people wearing?
- ~What are the people and animals doing?
- What is the picture trying to say to you?

Are you surprised by the details you missed or forgot? Try a second picture as a way of encouraging yourself to be more observant.

(Sign up now)

**Mystic Lake Casino
Tuesday, Nov.15th**

You will receive \$15.00 in play
and a \$5.00 food coupon.

Payment is due on or before Nov 8th

Cost: \$20.00 M \$40:00 NM
Depart: 9:15 am
Return 5:50 pm

Do you like small Casinos?

Mystic Lake Casino is large, but if you prefer
small, it's not a problem. Hop on their
shuttle bus (pick up is where our bus lets you
off) and go over to Little 6 Casino. They have
a restaurant and many machines & tables
games to play.

It's the size of Wild Rose Casino-
check it out.



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
in handicap area.

Thank You. **Payment for trips**

TRIP RESERVATIONS

Begin at 9:00 am

MONDAY, November 14th

**Plymouth Playhouse
Tuesday, December 13th**

“Greetings!”

**Guess Who's Coming to Christmas Dinner?
Day Trippers Theater.**

A Christmas family gathering is thrown into
chaos when Andy brings his Jewish fiancé
home for the holidays. A wise and witty
spirit works a miracle through Andy's
brother, giving a joyful message of the
Christmas spirit. Buffet is included.

Payment is due on or before Dec. 6th .

Cost: \$56.00 M \$76.00 NM
Depart: 10:00 am
Return: 5:30 pm

Remember that silence
is sometimes the best answer.

“Aging is not lost youth,
But a new stage of
Opportunity and strength”

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.

New York Nov 9 – 13, 2016

Freeborn Mower Caribbean Cruise

Jan 5 – 14, 2017

Hawaii Land & Cruise Jan 30 – Feb 12, 2017

San Antonio Riverwalk Feb 4 -11, 2017

MN Twins Spring Training in Florida

March 2-12, 2017

Panama Canal Cruise March 14 – 30 2017

Monuments of Washington D.C.

March 31-April 4, 2017

Southern Charm of Savannah & Charleston

March 31 – April 9, 2017

Heart of Alaske July 14 – 21 2017

Alaska Tour & Cruise Aug 4 – 16, 2017

Mediterranean Cruise Aug 30-Sept 10

Canadian Rockies Sept 22 - 30

NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9 am Aerobics</p> <p>10 am Building Bones</p> <p>11 am Pheffer 1:00 pm Crafts</p> <p>1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer</p>	<p>2</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo</p> <p>3 pm Snack 3:30 Skip-Bo 3:30 pm Scrabble</p>	<p>3</p> <p>8 am Toning Goldie's by Carol</p> <p>9 am Aerobics</p> <p>9:30 am Tops Group 9:30-10:30 am B.P. Check 10:45 Building Bones 12:30 pm Bridge 1:00 pm 500 3:00 pm Snack</p>	<p>4</p> <p>9 am Building Bone</p> <p>1:30 pm Bingo</p> <p>3:00 pm Snack 3:30 pm Skip-Bo 3:30 pm Scrabble</p>	<p>5</p>
<p>7</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol</p> <p>10 AM TO 3 PM FLU SHOT CLINIC</p> <p>10:45 am Bone Builders Center Closes At Noon</p>	<p>8</p> <p>9 am Aerobics</p> <p>10 am Building Bones 11 am Pheffer 1:00 pm Crafts</p> <p>1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer</p>	<p>9</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo</p> <p>3 pm Snack 3:30 Skip-Bo 3:30 pm Scrabble</p> <p>3:30 pm Board Meeting</p>	<p>10</p> <p>8 am Toning Goldie's by Carol</p> <p>9 am Aerobics</p> <p>9:30 am Tops Group 9:30-10:30 am B.P. Check 10:45 Building Bones 12:30 pm Bridge 1:00 pm 500 3:00 pm Snack</p>	<p>11</p>  <p>CLOSED</p>	
<p>14</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol</p> <p>9 AM Trip Reservations 10:45 am Bone Builders 11 ;30 am Red Hats</p> <p>Center Closes At Noon</p>	<p>15</p> <p>10:00 am TRIP</p> <p>9 am Aerobics</p> <p>10am Building Bones 11 am Pheffer 1:00 pm Crafts</p> <p>1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer</p>	<p>16</p> <p>9 AM -YOGA</p> <p>11:30 AM Volunteer Lunch</p> <p>1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>17</p> <p>8 am Toning Goldie's 9 am Aerobics</p> <p>9:30 am Tops Group 9:30-10:30 am B.P. Check 10:45 Building Bones 11 am Pheffer 12:30 pm Bridge 1:00 pm 500 3:00 pm Snack</p>	<p>18</p> <p>9 am Building Bone</p> <p>1:30 pm Bingo</p> <p>3 pm Birthday Party 3:00 pm Snack 3:30 pm Skip-Bo 3:30 pm Scrabble</p>	<p>19</p>
<p>21</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol</p> <p>10:45 am Bone Builders</p> <p>Center Closes At Noon</p>	<p>22</p> <p>9 am Aerobics</p> <p>9:30 am Parkinson Meeting</p> <p>10 am Building Bones</p> <p>11 am Pheffer 1:00 pm Crafts</p> <p>1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer</p>	<p>23</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo</p> <p>3 pm Snack 3:30 pm Skip-Bo 3:30 pm Scrabble</p>	<p>24</p>  <p>CLOSED</p>	<p>25</p> <p>THE CENTER IS CLOSED</p>	<p>26</p> <p>Grape Vine Twist 7pm - 9 pm</p>
<p>28</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol</p> <p>10:45 am Bone Builders</p> <p>Center Closes At Noon</p>	<p>29</p> <p>9 am Aerobics</p> <p>10am Building Bones 11 am Pheffer 1:00 pm Crafts</p> <p>1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer</p>	<p>30</p> <p>8:30 Newsletter</p> <p>9 AM -YOGA 1:30 pm Bingo</p> <p>3 pm Snack 3:30 pm Skip-Bo 3:30 pm Scrabble</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**

Return Service Requested

News from Senior Resources

New Address

(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

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