

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."

February 2018

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

Paula's Cozy Corner

*Please allow me to introduce your
Officer's & Board Members
For 2018;*

*President, Ed Hanson
V-President, Deb Beighley
Secretary, Lorraine Schaper
JoAnn Carlson, Allen Martinson,
Marlys Steele & Marian Ziebell.*

*Also joining us for our meetings are
Tanya Harms (Treasure)
Bob Furland (City Arena)
Vern Rasmussen (Mayor)*

*Thank you all for your dedication
To the Senior Center.*

Check out page 2

*We have two new programs,
Alzheimer/Dementia Support Group &
Blood Pressure and Foot Care Clinic
You will find all the info you need on page 2
If you have any question just give us a call.*

*Memberships are due for the
New Year (2018)*

*It's still \$30.00 and the year runs from
January 1 to December 31.*

(New comers can join anytime.)

Toning Goldies by Carol (Zumba)

*Mon. Feb. 12th the public is invited for a
free class-come join the group.*

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

TOENAILS CUT & BLOOD PRESSER: 1st Fri at 1:00 pm

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 cost is \$10 for 10 weeks.

BUILDING BONE: 2 classes –Tues at 10 am

& Fri at 9 am or Mon & Thurs at 10:45 am

ALZHIEMER SUPPORT GROUP: 3RD Wed. - 10:30 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



**The CENTER will be
CLOSED
Monday, Feb. 19th
Presidents Day**

SPECIAL EVENTS

NEW PROGRAMS

(Alzheimer's/ Dementia Support Group)

3rd Wednesday of the month at 10:30 am.

This will be a safe place for caregivers, family and friends of persons with Dementia including Alzheimer's to meet and develop a mutual support system.

Attendees will experience the following:

Have open discussions on caregiving challenges and the possible solutions

Have discussions on effective ways to cope and provide self-care

Share openly about our feelings, concerns, needs and wishes

Develop lasting friendships with others who understand

Learn about what resources are available

(Blood Pressure and Foot Care Clinic)

1st Friday of the month at 1:00 pm.

Stop for your free blood pressure reading.

Foot care is a very important part of up keeping our bodies to be as healthy and fit as possible.

They will look for any sores or pressure areas on your feet and provide you with nail trimming & skin care so your feet stay healthy.

Life Line Screening

Monday, February 12th

(At the Senior Center)

To register for your appointment and to receive a Special \$10 discount

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 Osteoporoses Screening for only \$10 more – 5 tests for only \$149.00
It's a savings of \$181.00.

Pre-registration is required.

Passion gives us the power to reach new heights!

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**

Also on Monday, April 9

5:30 till 9:30 pm

Call for appointment

1-888-234-1294



**Next month's party;
Will be
Friday, February 9th**

Birthday Parties
Are held at 3:00 pm.

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

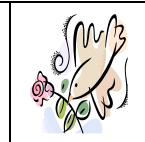
You will get your
Picture taken and bring a
friend to the
Birthday table.

Kitty Sandsmark Dec. 31

January Birthday

- Marie Carlin 1**
- Chieko McKosey 1**
- Stephanie Harmon 4**
- Duane Peterson 9**
- Esie Hacker 12**
- Carol Leschefske 22**

Remembering
Albert Lea Senior Center
With Memorials
and Donations



Memorials

**In Memory of David AG Nelson
Given by
Gordy & Lu Nelson**

DONATION

Donald & Elaine Ehrich

Red Hat Recipe

Cherry Mallow Dessert

- Crust;** 1 2/3 c graham cracker crumbs
3 T sugar 1/3 c margarine
- Middle layer;** 30 marshmallows
1/2 c milk 1 c cool whip
- Top layer;** 1 can cherry pie filling

Mix crust and pat in 9 inch pan- save a few crumbs
for the top. Melt marshmallows & milk
in microwave-pour over crust. Once cooled, add
cool whip. Spread with cherry pie filling and
sprinkle with remaining crumbs. Refrigerate.

The difference between
a mountain
and a molehill
is your perspective.



AEROBICS of the MIND

Brainstorming-New Uses

Brainstorming can be useful in
developing new uses for discarded
objects. Try one or both of these
challenges and go for at least 30
new uses for each.

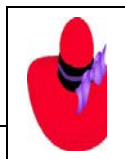
You have a sack full of empty
wooden spools in your closet that
you have saved for years, thinking
that someday you will do
something with them.

List as many new uses for these
spools as you can.

We recycle tin cans but they have
hundreds of uses. List as many uses
for these cans as you can, not
limiting yourself to one size.
You may use as many cans as you
wish. It's Ok to list crazy ideas and
the more the better.

Red Hatters

SCARLET SENIORS



Your hostesses are requesting a doll show-
If you would be so kind and bring your
Favorite doll and tell us why it's so special.

Date: Monday, Feb. 5th Queen Mum
Time: 9:30 am at the Center Irene
Hostesses: Marie Carlin & Adean Turner

Sign up in progress
Stop in or
Call 373-0704

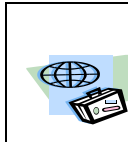
Jackpot Junction Casino
Morton, MN
Wed. February 21st

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

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

MN Twins Spring Training, Florida March 15-25
 Southern Charm of Savannah & Charleston
 April 13 – 21
 National Parks, Utah & Arizona May 11-21
 MN North Shore June 10 – 14
 Mackinac Island-Door County July 8-15



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, February 26th

DayTrippers Theatre

"Drinking Habits" Wed. March 21st

This play is about Boot-Legging Nuns
 in a fun-filled Comedy. They make & sell
 wine it to keep the convent's doors open.

Buffet Lunch included.

We'll stop at Russel Stover's coming home.

Payment is due on or before March 14th.

Cost: \$56.00 M \$61.00 NM
Depart: 10:15 am
Return: 5:30 pm

Wild Rose Casino –Emmetsburg, Iowa **Tuesday, March 13th**

You will receive \$10 in play & ½ price lunch
 at buffet if open or a \$5 coupon to be used
 at Perk for Lunch if buffet is closed.

Payment is due on or before March 6th.

Cost: \$15.00 M \$20.00 NM
Depart: 9:15 am
Return: 5:30 pm

FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>8am Toning Goldie's by Carol 9 am Aerobics 9:30 am Tops 10:45 Building Bones 12:30 pm Bridge</p> <p>1:00 pm 500 3:00 pm Snack</p>	<p>2</p> <p>9 am Building Bones 1 pm Foot Clinic Blood Pressure 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>3</p>
<p>5</p> <p>Pool Rooms open 8 am Mondays 9:30 am Red Hats 9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon</p>	<p>6</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>7</p> <p>9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 Skip-Bo</p>	<p>8</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>9</p> <p>9 am Building Bones 1:30 pm Bingo Birthday & Valentine Party 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>10</p> <p>Grape Vine Twist 7pm - 9 pm</p>
<p>12</p> <p>Pool Rooms open 8 am Mondays 9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon</p>	<p>13</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>14</p> <p>9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo 3:30 pm Board Meeting</p>	<p>15</p> <p>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>16</p> <p>9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>17</p>
<p>19</p> <p>CLOSED TO OBSERVE Presidents Day</p>	<p>20</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>21</p> <p>8:45 am TRIP 10:30 Dementia Support Group 9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>22</p> <p>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>23</p> <p>9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>24</p> <p>Grape in Twist 7pm 9pm</p>
<p>26</p> <p>Pool Rooms open 8 am Mondays 9 am TRIP Registration 9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon</p>	<p>27</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>28</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

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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

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