

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."

March 2017

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

Paula's Cozy Corner

Words to live by!

*This was written by a Gentleman
As he moved into a retirement
Home after losing his wife.*

*Old Age is like a bank account,
You withdraw in later life
What you have deposited
Along the way.*

*Every day is a gift and
As long as I can open my eyes,
I will focus on the new day
And all the happy memories that
I have built up during my life.*

*So, My advice to you
Is to Deposit
All the happiness you can in
Your Bank Account of Memories.*

Informational!

*Blood pressures have been taken here at
the Center for many, many years
By the AL Fire Department.*

*We do not have the participation now as
in the past and they will be discontinuing
the program as of March 1st.*

*Please join me in thanking them for all the
years they have taken their time to provide
the service for the Center.*



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

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

OVER NIGHT TRIP

Grand Casino Mille Lacs

April 25th and 26th

Registration is at 9:00 am Monday, March 13th

You will receive \$40.00 in Grand Play
Plus a \$10 food coupon per person.

We will be staying at the Grand Casino Hotel
which is attached to the Casino.

Check- in time begins at 4:00 pm and

Check- out time is 11:00 am.

Double Room \$65.00 per person

Single Room \$85.00

Non-Members will pay \$20.00 more

(We will need your Grand Casino Mille Lacs card number)

Depart: 8:00 am on the Tues. 25th

Leave the Casino at 1:30 pm on Wed. 26th

Return to Albert Lea approximately 5:30 pm

Payment is due on or before April 14th.

VALENTINE KING AND QUEEN

Were crowned on
Friday, February 10th

Congratulations to
King -Duane Peterson

And

Queen –Alberta Alderson

Driver Improvement Program

If you are 55 +

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

The next classes at the Center
will be on April 3rd

for the 4 hour refresher from
5:30 to 9:30,

then on May 8th & 9th

the 8 hour class

from 5:30 to 9:30 each night.

Call for appointment

1-888-234-1294



To Succeed in Life

You need 3 things

A Back Bone * A Wish Bone

And

A Funny Bone



Card Recycling

If you have or know of someone who may
have the following –Wedding cards,
Confirmation, Graduation, Valentine,
St. Patrick, Easter, Birthday, Thanksgiving
Please drop them off at the Center. Thanks

TAX AIDE SERVICE

Senior Resources

Is very Sorry to announce,
they will **NOT** be doing Taxes this year
due to lack of volunteers to prepare the Taxes.

The Center found out after
Our newsletter went to be printed.

BAD WEATHER POLICY!

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





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.

February Birthday

- Allan Martinson 3
- Eddie Hanson 26



Next month's party; Will be Friday, March 10th
 Birthday Parties Are held at 3:00 pm.
 If you have a Birthday in the current month and attend,

*Remembering
 Albert Lea Senior Center
 Thank You*



Donations

Don & Elaine Ehrich

Just a note; Aerobics of the Mind will exercise your brain and improve your memory. It's never too late to start learning and exploring new ways to improve your health. I'm hoping you will take time to engage in these exercises, it can be fun.

Red Hat Recipes

Danish Oatmeal Cookies

- ¼ C butter
- ¼ C margarine
- ½ C powdered sugar
- 1 tsp vanilla
- ¼ tsp salt
- ½ C quick oats
- ½ C chopped walnuts or pecans

Cream together butter, margarine & powdered sugar, add vanilla. Sift together flour & salt then stir into creamed mixture. Stir in oats & nuts. Drop tsp onto an ungreased cookie sheet. Bake for 20 min or until lightly brown. If desired, sift additional powdered sugar over partly cooled cookies.

**Red Hatters
 SCARLET SENIORS**



Let's all meet at Perkins and have a delightful lunch, great conversation, nice atmosphere ---- wearing you red and purple is fun for everyone. Come join us for lunch, it will be fun.

Date: Monday, March 13th Queen Mum
Time: 11.00 am Irene
Place: Perkins

**AEROBICS of the MIND
 BRAINSTORMING---**

Solving Real Life Problems

Often, we think of only a couple of ideas to solve a problem. Brainstorming presses us to come up with many possible solutions. Pick one or two of the following and brainstorm to your Heart's content.

- *What can you do when time after time the doctor keeps you waiting?
- *What can you do to stop worrying?
- *What can you do when you feel lonely?
- *We tend to celebrate fiftieth wedding anniversaries by having an open house or a dinner party for the family and friends. How else could we celebrate?

Sign up now

**Treasure Island Casino
Wed. March 22nd**

It's 50 plus Wed. you can swipe your card at the kiosk machine for \$5 up to \$50 in play, food coupon – Bingo coupon. You will receive a \$3 food coupon when getting off the bus. Bingo starts at 12:30 pm.

Payment is due on or before March 14th

Cost: \$15.00 M \$35.00 NM
Depart: 9:15 am
Return: 5:30 pm



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.

TRIP RESERVATIONS

Begin at 9:00 am
Monday, March 13th

Old Log Theater

The Savannah Sipping Society!
Wednesday, April 5th

Four unique single Southern women, escape the sameness of their routines. These middle-aged women bond & jump start their new lives.

They discover lasting friendships and realize it's never too late to make new old friends. It' delightful and laugh a minute comedy.

We will eat at the Old Country Buffet and then go to the play.

Cost: \$53.00 M \$73.00 NM
Depart: 9:30 am
Return: 5:30 pm

OVER NIGH TRIP

Grand Casino Mille Lacs
April 25th and 26th

Information is found on page 2
(If you have a card number, we will need it.)

Sign up starts on Monday, March 13th

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.

- Heart of Alaska July 14 – 21
- Alaska Tour & Cruise Aug 4 – 16
- Norway & Iceland Aug 10 - 20
- Mediterranean Cruise Aug 31-Sept 10
- New York & New England Cruise Sept 15 - 24
- Canadian Rockies Sept 22 – 30
- New York City Tour Nov. 8 – 12
- Cuba Cruise Nov 11 - 18
- Motor Coach Trips**
- National Parks May 12 – 22
- Mackinac & Door County July 9 – 15
- Girlfriend Get-Away in Galena, IL August 19 - 22
- Glacier & Yellowstone Sept
- Smoky Mountains Oct 9 - 16
- Branson Holiday Nov 16 - 20

March 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9 AM - YOGA</p> <p>1:30 pm Bingo</p> <p>3 pm Snack</p> <p>3:30 pm Skip-Bo</p>	<p>2</p> <p>8 am Toning Goldie's by Carol</p> <p>9 am Aerobics</p> <p>9:30 am Tops Group</p> <p>9:30-10:30 am B.P.</p> <p>10:45 Building Bones</p> <p>12:30 pm Bridge</p> <p>1:00 pm 500</p> <p>3:00 pm Snack</p>	<p>3</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo</p> <p>3:00 pm Snack</p> <p>3:30 pm Skip-Bo</p>	<p>4</p>
<p>6</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol</p> <p>10:45 Building Bone Close At Noon</p>	<p>7</p> <p>9 am Aerobics</p> <p>10 am Building Bones</p> <p>11 am Pheffer</p> <p>12 noon Quilting</p> <p>1:00 pm Crafts</p> <p>1:00 pm 500</p> <p>3:00 pm Snack</p> <p>3:00 pm Pheffer</p>	<p>8</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo</p> <p>3 pm Snack</p> <p>3:30 Skip-Bo</p> <p>3:30 pm Board Meeting</p>	<p>9</p> <p>8 am Toning Goldie's by Carol</p> <p>9 am Aerobics</p> <p>9:30 am Tops Group</p> <p>9:30-10:30 am B.P. Check</p> <p>10:45 Building Bones</p> <p>12:30 pm Bridge</p> <p>1:00 pm 500</p> <p>3:00 pm Snack</p>	<p>10</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo</p> <p><u>Birthday Party</u></p> <p>3:30 pm Skip-Bo</p>	<p>11</p> <p>Grape Vine Twist 7pm - 9 pm</p>
<p>13</p> <p><u>9 am Trip Reservation</u></p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol</p> <p>10:45 Building Bone Closes At Noon</p>	<p>14</p> <p>9 am Aerobics</p> <p>10am Building Bones</p> <p>11 am Pheffer</p> <p>1:00 pm Crafts</p> <p>12 noon Quilting</p> <p>1:00 pm 500</p> <p>3:00 pm Snack</p> <p>3:00 pm Pheffer</p>	<p>15</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo</p> <p>3 pm Snack</p> <p>3:30 pm Skip-Bo</p>	<p>16</p> <p>8 am Toning Goldie's</p> <p>9 am Aerobics</p> <p>9:30 am Tops Group</p> <p>9:30-10:30 am B.P. Check</p> <p>10:45 Building Bones</p> <p>12:30 pm Bridge</p> <p>1:00 pm 500</p> <p>3:00 pm Snack</p>	<p>17</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo</p> <p>3:00 pm Snack</p> <p>3:30 pm Skip-Bo</p>	<p>18</p>
<p>20</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol</p> <p>10:45 Building Bone Closes At Noon</p>	<p>21</p> <p>9 am Aerobics</p> <p>10 am Building Bones</p> <p>11 am Pheffer</p> <p>12 noon Quilting</p> <p>1:00 pm Crafts</p> <p>1:00 pm 500</p> <p>3:00 pm Snack</p> <p>3:00 pm Pheffer</p>	<p>22</p> <p><u>9:15 am TRIP</u></p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo</p> <p>3 pm Snack</p> <p>3:30 pm Skip-Bo</p>	<p>23</p> <p>8 am Toning Goldie's</p> <p>9 am Aerobics</p> <p>9:30 am Tops Group</p> <p>9:30-10:30 am B.P. Check</p> <p>10:45 Building Bones</p> <p>12:30 pm Bridge</p> <p>1:00 pm 500</p> <p>3:00 pm Snack</p>	<p>24</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo</p> <p>3:00 pm Snack</p> <p>3:30 pm Skip-Bo</p>	<p>25</p> <p>Grape Vine Twist 7pm - 9 pm</p>
<p>27</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol</p> <p>10:45 Building Bone Closes At Noon</p>	<p>28</p> <p>9 am Aerobics</p> <p><u>9:30 am Parkinson Meeting</u></p> <p>10am Building Bones</p> <p>11 am Pheffer</p> <p>12 noon Quilting</p> <p>1:00 pm Crafts</p> <p>1:00 pm 500</p> <p>3:00 pm Snack</p> <p>3:00 pm Pheffer</p>	<p>29</p> <p><u>8:30 Newsletter</u></p> <p>9 AM -YOGA</p> <p><u>1:30 pm Bingo</u></p> <p>3 pm Snack</p> <p>3:30 pm Skip-Bo</p>	<p>30</p> <p>8 am Toning Goldie's</p> <p>9 am Aerobics</p> <p>9:30 am Tops Group</p> <p>9:30-10:30 am B.P. Check</p> <p>10:45 Building Bones</p> <p>12:30 pm Bridge</p> <p>1:00 pm 500</p> <p>3:00 pm Snack</p>	<p>31</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo</p> <p>3:00 pm Snack</p> <p>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

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