

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 2018

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

Paula's Cozy Corner

Congratulations

***to our new Valentine King & Queen
Crowned on Friday, Feb. 9th.***

King, Jack Browman

Queen, Marlys Steele

Senior Linkage Line Counselor

Chad Wojchik

March 8th 11:30 – 12:30

Bonnerup Funeral Home

***Will talk about the basics on how
Medicare works & basic options.***

Lunch & Learn & Door Prizes.

Must Register-

Call- 507-373-2461

Special Event

Jonny Bird

Man Of Many Hats

will be performing at the

Senior Center on Friday, March 23

Doors open at 6 pm

Show starts at 7:00 pm

***Tickets are \$10:00 in advance
and \$12:00 at the door.***

Tickets sold at Senior 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 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

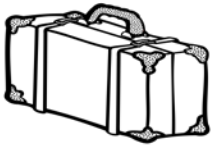
CARD GAMES

500: Played every Tues & Thursday 1 pm must register

BRIDGE: Played on Thursday at 12:30pm **to register**

Call Gerri at 373-1812 or Jean at 507-202-3732.

SPECIAL EVENTS



OVER NIGHT TRIP

Prairie's Edge Casino Resort
Granite Falls, MN

Monday & Tuesday, April 16 & 17th

You will receive \$40.00 in play on the 16th
and \$10.00 in play the morning of the 17th.

Cost: Double occupant- \$68.00 per person
Single occupant \$88.00

(Non- Members will pay an extra \$5.00)

Depart: 8:00 am on the 16th from the Center.

Leave for home at 2:30 pm on the 17th.
We will arrive in Albert Lea about 5:45 pm.

We will need your Casino Card Number,
Date of Birth and your address
on day of sign up.

Registration begins on Monday, March 19th.

VALENTINE KING & QUEEN

Were crowned on Feb. 9th

Congratulations

go out to

King

Jack Browman

And

Queen

Marlys Steele

Albert Lea

Vacuum Center Discount!

Frank has made a generous
offer of 15% off on everything
in the store, all you have to do
is show your 2018 Membership
Card to get your discount.

(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.

(Blood Pressure and Foot Care Clinic)

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

Stop for your free blood pressure reading.
Foot Care - 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.

Sponsored by Allied Health Services

The Senior Center is a drop off point
for eye glasses, hearing aids
& sun glasses.

We partnered with the Lions Club
a great project that helps many others.

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

Monday, April 9

5:30 till 9:30 pm

Call for appointment

1-888-234-1294



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

Birthday Parties
Are held at 3:00 pm.

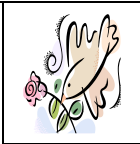
If you have a
Birthday in the current
month and attend,
Bring a cake to share
Or pay \$4.00.

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

February Birthday

Dick Mucka	10
Eddie Hanson	26

Remembering
Albert Lea Senior Center
With Memorials
and Donations



Memorials

**In Memory of Arlis Bachtle
Given by
Marie Carlin**

**In Memory of Gertrude Rietveld
Give by
Marie Carlin**

DONATION
Donald & Elaine Ehrich

Red Hat Recipe

ORANGE SHERBET SALAD

4 (3 oz.) pkg orange Jell-O 2 (11 oz.) mandarin
2 c boiling water oranges-drained
2 pt. orange sherbet 4 c Cool Whip

Dissolve Jello into water. Add sherbet and mix with
a wire mixer- chill, when it is partially set, add the
oranges and fold in the Cool Whip. Pour into a large
bowl. Chill and serve.

Red Hatters

SCARLET SENIORS

Bring your pennies, 10 per game – its fun and
entertaining. Don't hold back –bring a friend.

Date: Monday, March 12th Queen Mum
Time: 9:30 am at the Center Irene

Hostesses: Bev Torgerson & Bev Diercks



AEROBICS of the MIND

Really Seeing

Vision is by far the most important
sense. Some researchers estimate
that about 90% of the information
our brains receive comes through
the eyes. Yet, we often look but we
do not REALLY SEE. Looking is a
generalizing viewing; seeing is a
keen visual awareness.

List on a piece of paper every object
that you see around you, from the
largest item to the smallest detail.

Give yourself plenty of time,
looking carefully and listing as many
items as you possible can.

Remember to list every little thing
as well as larger things. You should
have a very long list.

Press yourself to add more and
more details as you begin to
REALLY SEE.

**Sign up in progress Stop in or
Call 373-0704 to Register.**

Wild Rose Casino –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

DayTrippers Theatre

“Drinking Habits” Wed. March 21st

It’s Boot-Legging Nuns in a fun–filled
Comedy. They make & sell wine to keep
the convent’s doors open. Buffet Lunch
included. Stop at Russel Stover’s.

Payment is due on or before March 14th.
Cost: \$56.00 M \$61.00 NM
Depart: 10:15 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.**

- 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

- 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, March 19th**

Over Night Trip

**To Prairies Edge Resort & Casino
Granite Falls, MN**

**Check out page 2
for all the information on this trip.**

Friendships

**They say it takes a minute
to find a special person;
An hour to appreciate them,
A day to love them;
But then an entire life time to forget them!**

**COURAGE
IS GRACE UNDER PRESSURE!**

March 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 1:00 pm 500 3:00 pm Snack</p>	<p>2</p> <p>9 am Building Bones <u>1 pm Foot Clinic</u> <u>Blood Pressure</u> 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 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 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 <u>9:30 am Red Hats</u> Goldie's By Carol 10:45 Building Bone Close At Noon</p>	<p>13</p> <p><u>9:15am TRIP</u> 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>Pool Rooms open 8 am Mondays <u>9 am TRIP</u> <u>Registration</u> 9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon</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><u>10:15 am TRIP</u> <u>10:30 Dementia</u> <u>Support Group</u> 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 <u>Doors open at 6</u> <u>pm</u> <u>Show Starts at</u> <u>7 pm</u></p>	<p>24</p> <p>Grape in Twist 7pm 9pm</p>
<p>26</p> <p>Pool Rooms open 8 am Mondays 9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon</p>	<p>27</p> <p>9 am Aerobics <u>9 am Parkinson</u> 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><u>8:30 Newsletter</u> 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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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