

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."

April 2017

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

Paula's Cozy Corner

Here's an Easter greeting just for you

***May this day bring more blessings
Than you could ever hold!
Have a Special Day.***

***Be sure to check out page 2
And get the scoop on all the
Special Events coming in April.***

(Knitters & Crochet)

***Your work is much appreciated.
Thanks you for your time and talent.
We received an abundance of Thanks
from organizations receiving scarves,
hats, mittens & gloves for these
Schools; Alden, Halverson,
Hawthorne, Sibley, Lakeview and
the Children's Center.***

***Also Thanks from
The Orthopedic & Sports Medicine
Team for the toe warmers and the
New Born Hats given to the
Baby Place at Mayo Clinic.***

***We have more yarn available at the
Center if you need some.***



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

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**

Card Recycling

If you have or know of someone who may have the following –
Used Wedding cards,
Conformation, Graduation,
Valentine,
St. Patrick, Easter, or
Thanksgiving cards.
The craft ladies at the Center would recycle them.
We sell the new recycled cards for 50 cents, everyone wins.
Please, drop the cards off at the Senior Center.
Thank You in advance.

OVER NIGHT TRIP Grand Casino Mille Lacs April 25th and 26th



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.

WILL CLINIC – Thursday, April 13th Starting at 9:00 am

For qualifying low income seniors in which volunteer attorneys will be on hand to help answer question, fill out the forms and have them notarized – at no cost to you.

All participants must meet income guidelines.

Call to see if you qualify and make your appointment today,
by calling 1-888-575-2954



500 TOURNEMENT

Tuesday, April 11th

It's 5.00 per person, payment due with reservation, lunch is included.

Sign up with a partner.

There's prizes & socialization.

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.

March Birthday

Next month's party; Will be Friday, April 14th Birthday Parties Are held at 3:00 pm. If you have a Birthday in the current month and attend,

- | | |
|-----------------|----|
| LaVonne Kuchera | 21 |
| Ralph Randall | 27 |
| Ardus Nimz | 29 |
| Becky Bluhm | 30 |

*Remembering
Albert Lea Senior Center
Thank You*



In Memory of Virginia Harms

- Given by**
Marie Carlin
Joan Wittmer
Bev Torgerson
Tena DeBoer

In Memory of Lavonne Olson

- Given by**
Marie Carlin

Donations

Don & Elaine Ehrich

Red Hat Recipes

Dump Coffee Cake

- | | |
|---------------------|----------------|
| 1 can apple pie mix | 1 tsp cinnamon |
| 2 c flour | 2 tsp soda |
| 2 c sugar | 1 tsp vanilla |
| 2 eggs | 1 c nuts |
| ½ cup oil | 1 tsp salt |

Mix all ingredients in a bowl, pour into a 13X9 pan. Mix & sprinkle 1 tsp cinnamon & ½ cup brown sugar on top. Bake 60 minutes at 325.

Topping-mix 1 ½ cups powdered sugar, 1 Tabs melted margarine, 1 tsp maple flavoring & 3 Tabs hot water – mix & drizzle over cake.

**Red Hatters
SCARLET SENIORS**



Come join us for lunch at Trumble's Restaurant. It's a great time to show off your red & purple, plus having a relaxing meal that you can enjoy with your friends.

**Date: Monday, April 10 Queen Mum
Time: 10.00 am Irene
Place: Trumble's Restaurant
Hostesses; Gloria Kiethley & Marian Ziebell**

**AEROBICS of the MIND
Fluent Thinking-Listing**

Challenging your memory to make long lists can be stimulating and fun. Use paper and pencil and write the lists. Work on your lists all day or perhaps for two days.

- *List as many birds as you an. Before beginning, guess the number of birds that you think you can list. Usually, we underestimate the number we can recall.
- *List as many trees as you can. Try for at least 35.
- *List all the animals that you can think of that walk on four legs.
- *List as many wildflowers as you can recall.

Check with family and friends to see what you have forgotten.

Sign up now**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's 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 NIGTH TRIP

Grand Casino Mille Lacs

April 25th and 26th

Information is found on page 2

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

**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, April 10th

Wild Rose

Emmetsburg, Iowa

Tuesday, May 16th

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 May 9th.

Cost: \$15.00 M \$35.00 NM

Depart: 9:15 am

Return: 5:30 pm

Sidekick Theatre –“ Unsung”

New Theatre in Minneapolis, MN

Thursday, May 25th

This rousing, touching and funny musical
centers around a trio of gifted backup
singers who become the heart and soul
behind the greatest hits of the 60 & 70.

It's an original story of love,
friendship and inspiration.

Lunch will be at the Old Country Buffet.

Payment is due on or before May 17th.

Cost: \$48.00 M \$68.00 NM

Depart: 9:30 am

Return: 5:30 pm

APRIL 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3 Pool Rooms open 8 am Mondays 9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon	4 9 am Aerobics 10 am Building Bones 11 am Pheffer 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer	5 9:30 am TRIP 9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 Skip-Bo	6 8 am Toning Goldie's by Carol 9 am Aerobics 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	7 9 am Building Bones 1:30 pm Bingo 3:30 pm Skip-Bo	8 Grape Vine Twist 7pm - 9 pm
10 Pool Rooms open 8 am Mondays 9:30 am Red Hats 9am Toning Goldie's By Carol 10:45 Building Bone Closes At Noon	11 9 am Aerobics 10am Building Bones 11 am Pheffer 1:00 pm Crafts 12 noon Quilting 1:00 pm 500 Tournament 3:00 pm Snack 3:00 pm Pheffer	12 9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo 3:30 pm Board Meeting	13 8 am Toning Goldie's 9-12 Will Clinic 9 am Aerobics 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	14 9 am Building Bones 1:30 pm Bingo Birthday Party 3:00 pm Snack 3:30 pm Skip-Bo	15
17 9 am Trip Reservation Pool Rooms open 8 am Mondays 9am Toning Goldie's By Carol 10:45 Building Bone Closes At Noon	18 9 am Aerobics 10 am Building Bones 11 am Pheffer 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer	19 9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo	20 8 am Toning Goldie's 9 am Aerobics 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	21 9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo	22 Grape Vine Twist 7pm - 9 pm
24 Pool Rooms open 8 am Mondays 9am Toning Goldie's By Carol 10:45 Building Bone Closes At Noon	25 8:00 am TRIP 9 am Aerobics 9:30 am Parkinson Meeting 10am Building Bones 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer	26 5:30 pm Trip Return 9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo	27 8:30 Newsletter 8 am Toning Goldie's 9 am Aerobics 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	28 9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo	29 Grape Vine Twist 7pm - 9 pm

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