

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 2018

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

Paula's Cozy Corner

Happy Spring!

***It's a great time of the year,
Grass turns green, flowers pop up
and field work begins.***

It's a brand new beginning!

***As most of you know
I'm Retiring and my last day
will be April 30.***

***I'd like to thank everyone
for their support and kindness
these past 15 ½ years.***

***I want you all to know that
working here has been an honor
and privilege serving the wonderful
folks here in Albert Lea
and the surrounding area.***

***I'm sadden and excited
at the same time.***

***I will be starting a new adventure
in my life, not sure where it will
take me, but I'm excited to see
where it leads me.***

***You will all hold a special
place in my heart.***

**There's a retirement party being
planned for Friday, April 27th
from 1:00 to 4:00 pm
I hope to see you then.**

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: Tues. & Wed. 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

RENT A ROOM!

With our families getting bigger, it seems our house gets smaller. If you have an event or party coming up, remember the Senior Center for your Rental needs. It's a wonderful place to do your entertaining. Don't keep it a secret tell your friends. Call now to save Your Special Day.

A day without laughter is a day wasted.

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 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.

Payment is due on or before April 6th.

Sign up as soon as possible.



500 TOURNAMENT Tuesday, April 10th

It's \$5.00 per person, payment due with your reservation.
You will need to sign up with your partner.

Lunch will be served and is included in the registration fee.

There's prizes and socialization.
Sign up now to be assured a table.

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 8 hour class

Mon. May 7 & Tues. May 8th

5:30 – 9:30 pm both days.

The 4 hour refresher class

Monday, June 18th

12:30 till 4:30 pm

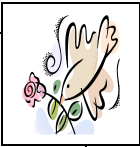
Call for appointment

1-888-234-1294



**Next month's party;
Will be
Friday, May 11th**
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.
April Birthday
Ralph Randall 27
Ardu Nimz 29



Remembering
Albert Lea Senior Center
With Memorials
and Donations

DONATION
Donald & Elaine Ehrich

Red Hat Recipe
Spicy Oatmeal Raisin Cookie
1 pkg Spice Cake mix ½ c oil
4 eggs ½ c raisins
1 c quick-cooking oats (not instant)

Grease baking sheet. Combine cake mix, eggs, oats
& oil. Mix on low speed until blended. Drop from
teaspoons onto baking sheet.
Bake at 350 for 7 to 9 minutes.

AEROBICS of the MIND
What is In Your Hand?
Look at your right hand.
Look at the palm and trace with
your finger the lines and furrows.
Feel the texture of your skin.
Is it soft, rough, dry, moist?
Feel the flesh that cushions the
bones. Feel the bones under
the skin and flesh.
Observe the veins on the back of
the hand. Check out your
fingernails. How would you
describe their shape?
Are there moons at the base
of the nails?

As you may know, there is a science
of reading palms.
If you are interested, try to get a
book about palm reading.
It will be a wonderful
brain exercise.

Red Hatters
SCARLET SENIORS

Great news, it's time to kick up our heels and head
out to Perkin's and enjoy great food, great
conversation and a free piece of pie. Sounds
wonderful and we hope to see you there.

Date: Monday, April 9th Queen Mum
Time: 11.00 am at the Center Irene



FRIENDSHIP
**IS THE ONLY CEMENT THAT WILL EVER HOLD THE
WORLD TOGETHER!**

FEELINGS
**ARE FRAGILE AND SHOUL BE
HANDLED WITH CARE.**

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

Over Night Trip

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

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

**Making one person smile
can change the world-
maybe not the whole world,
but their world.**



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 23rd**

**Treasure Island Casino
Wed. May 23rd**

You will receive a \$3.00 food coupon and then swipe your card at one of the Kiosk Machines to receive \$5.00 to \$50 on your card. Bingo starts at 12:30 and ends at 3:00 pm You will receive a \$5.00 coupon from the Kiosk if you're interested.

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

**I can't change the direction of the wind,
But I can adjust my sails
to always reach my destination.**



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

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon</p>	<p>3</p> <p>9 am Aerobics 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer</p>	<p>4</p> <p>9 AM -YOGA 12 noon Quilting 1:30 pm Bingo 3 pm Snack 3:30 Skip-Bo</p>	<p>5</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>6</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>7</p>
<p>9</p> <p>Pool Rooms open 8 am Mondays</p> <p>9:30 am Red Hats</p> <p>9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon</p>	<p>10</p> <p>9 am Aerobics 10 am Building Bones 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 Tournament 3:00 pm Snack 3:00 pm Pheffer</p>	<p>11</p> <p>9 AM -YOGA 12 noon Quilting 1:30 pm Bingo 3 pm Snack 3:30 Skip-Bo 3:30 pm Board Meeting</p>	<p>12</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>13</p> <p>9 am Building Bones 1:30 pm Bingo Birthday Party 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>14</p> <p>Grape Vine Twist 7pm - 9 pm</p>
<p>16</p> <p>8 am TRIP Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon</p>	<p>17</p> <p>Return from Trip 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>18</p> <p>9 AM -YOGA 10:30 Dementia Support Group 12 noon Quilting 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>19</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>20</p> <p>9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>21</p>
<p>23</p> <p>Pool Rooms open 8 am Mondays</p> <p>9 am TRIP Registration</p> <p>9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon</p>	<p>24</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>25</p> <p>8:30 Newsletter 9 AM -YOGA 12 noon Quilting 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>26</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>27</p> <p>9 am Building Bones RETIRMENT PARTY FOR PAULA From 1:00 to 4:00 pm NO Bingo</p>	<p>28</p> <p>Grape in Twist 7pm 9pm</p>
<p>30</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon</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

Page 6

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