

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."

May 2017

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

Paula's Cozy Corner

To All You Mom's

*Wishing you a day that's every
Bit as special as you!
Happy Mother's Day!*

May is National Older American's Month.

*It's a tradition dating back to 1963
to honor the legacies and ongoing
contributions of older Americans
and support them as they enter
the next stage in life.*

*Older Americans bring wisdom
And insight to our society.
I know this to be true because
Each and every one of you are a vital
structure to our community.
Thank you for all you have done.*

*For all the bus people
I'd like you to know I'm working on trips
for the summer and hope to have
some great destinations.
If you have any ideas, please let me know.*

The center is CLOSED on Monday, May 29th



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

INTERESTING CHANGES AT THE CENTER

1. **Room #3 –Main Dining Room next to the kitchen is being painted.**
2. **One of the pool tables has been refurbished and the other 4 will be done next year.**
3. **The pool table on the north end of the room was moved away from the wall to make for easier shots.**
4. **The Star Tribune has raised their price to \$430.00 per year, very few people are reading it any more so we are cancelling its delivery.**

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
Is on May 8th & 9th
the 8 hour class
from 5:30 to 9:30 each night.

**Call for appointment
1-888-234-1294**



Reminder of a few Great Programs at the Center

**The Senior Center
is a drop off Center for used
eye glasses and hearing aids.**

The Lions Club picks them up and gets them to people in need and they have the opportunity to benefit from these items.

**Parkinson's Support Group
Is the 4th Tues of every month.**

Open to the public for victims, families and all those interested or touched by Parkinson's disease are invited to attend these meetings.

The meeting is to provide an opportunity for those people suffering with Parkinson to exchange information and bring support to one another.

(Toning Goldie's By Carol)

This is a dance/fitness program (with music) designed for active older adults. It's so fun you won't realize you're working out.

Classes are every Monday at 9 am and Thursdays at 8 am.

Punch cards are \$25.00 for 10 classes. You can come once a week or twice a week, whatever works for you.

To profit from good advice requires more wisdom than to give it.



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.

April Birthday

- | | |
|-----------------|----|
| Paula Juveland | 1 |
| Harvey Brua | 24 |
| Rodney Jacobson | 28 |

Next month's party;
Will be
Friday, May 12th
 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



In Memory of
Luvonne Olson
Given by
 Bev Torgerson

Donations
 Don & Elaine Ehrich

Red Hat Recipes

Golden Bread

- | | |
|--------------------------------|-----------------------------|
| 1 pkg yellow cake mix | |
| 1 3 oz instant vanilla pudding | <u>Sugar mixture</u> |
| ¾ cup oil | ¼ cup sugar |
| ¾ cup water | ½ cup nuts |
| 4 eggs | 2 tsp cinnamon |
- Mix cake mix, pudding, oil, water together and add eggs one at a time and 1 tsp vanilla and beat for 8 minutes. Then grease and flour 2 loaf pans. Sugar mixture: Sugar, nuts, cinnamon. Put ½ batter in each pan-then ½ the sugar mixture-add remaining batter in each pan-then add remaining sugar mix. Bake at 350 for 40 minutes.

Red Hatters
SCARLET SENIORS



Your hostesses are making plans for the morning gathering. It's a great time to socialize and relax, come join in on the fun.

Date: Monday, May 8th **Queen Mum**
Time: 9:30 am **Irene**
Place: Senior Center
Hostesses; Fern Rockwell & Marie Carlin

AEROBICS of the MIND

Seven Things Game

Hold an ordinary object in your hand and use it to demonstrate seven different things that the object might be used for. For example, a rock might be a doorstop, a hammer, a paper weight, a lid, a marker in the yard, a stepping stone and a grinder for grain. Try objects such as: a fly swatter, a feather, a safety pin, a fork or spoon, a dollar bill. You will think of many other possibilities. Write down all the things that the object might be. The goal is to come up with seven, but often you will be able to think of additional ones. Let your imagination run wild.

Cherish your health:

If it is good, preserve it.
 If it is unstable, improve it.
 If it is beyond what you can improve, get help!

Sign up now
Old Log Theater
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"
Thurs. May 25th

This rousing, touching and funny musical centers around a trio of gifted backup singers. 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

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

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, May 22nd

Mystic Lake Casino - Thurs. June 15th

You will receive \$15.00 in play & \$5.00 food coupon. **Payment due before June 8th.**

Cost: \$20.00 M \$40.00 NM
 Depart: 9:15 am
 Return: 5:30 pm

If you prefer a small casino, hop on their shuttle bus & go over to Little 6 Casino. They have a restaurant, many machines plus tables games to play.

Old Log Theatre "Ghost"

Wed, June 21st

A young couple, whose connection takes a turn after Sam's untimely death.


They find themselves trapped between two worlds, Sam refuses to leave Molly learning she is in grave danger.

Sam turns to a psychic in hopes of saving & protecting Molly.

Lunch at the Old Country Buffet.

Payment due on or before June 14th

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol 10:45 Building Bone Closes At Noon</p>	<p>2</p> <p>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</p>	<p>3</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>4</p> <p>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</p>	<p>5</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>6</p>
<p>8</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol 9:30 am Red Hats 10:45 Building Bone Close At Noon</p>	<p>9</p> <p>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</p>	<p>10</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo 3 pm Snack 3:30 Skip-Bo 3:30 pm Board Meeting</p>	<p>11</p> <p>8 am Toning Goldie's by Carol 9 am Aerobics 9:30 am Tops 9:30-10:30 am B.P. Check 10:45 Building Bones 12:30 pm Bridge 1:00 pm 500 3:00 pm Snack</p>	<p>12</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo Birthday Party 3:30 pm Skip-Bo</p>	<p>13</p> <p>Grape Vine Twist 7pm - 9 pm</p>
<p>15</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol 10:45 Building Bone Closes At Noon</p>	<p>16</p> <p>9 am Aerobics 9:15 am TRIP 10am Building Bones 11 am Pheffer 1:00 pm Crafts 12 noon Quilting 1:00 pm 500 3:00 pm Snack</p>	<p>17</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>18</p> <p>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</p>	<p>19</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>20</p>
<p>22</p> <p>9 am Trip Reservation</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol 10:45 Building Bone Closes At Noon</p>	<p>23</p> <p>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</p>	<p>24</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>25</p> <p>9:30 am TRIP</p> <p>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</p>	<p>26</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>27</p> <p>Grape Vine Twist 7pm - 9 pm</p>
<p>28</p> <p>CENTER Is CLOSED</p> <div data-bbox="170 1827 365 1963" style="border: 1px solid black; padding: 5px; text-align: center;">  <p>memorial DAY</p> </div>	<p>29</p> <p>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</p>	<p>30</p> <p>8:30 Newsletter</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo</p>	<p>31</p> <p>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</p>		

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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

Is available for lawn mowing services. 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