

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."

July 2017

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

Paula's Cozy Corner

It's that time of year!

Starting on July 1st

NEW Members can

Purchase Senior Center Memberships

For half price only \$15.00.

The membership would run from

Now till the end of the year.

If you have family and friends

Who are not Members

At this time, please

Encourage them to come out

and join in the fun.

Mark your calendars,

*The Senior Center Summer Picnic
Will be held on Friday, August 25th*

*With lunch, prizes, entertainment
and lots of socialization.*

You will find more details

in next month's newsletter.

Attention Newsletter Committee

We will meet at 8:30 am on Tues. July 25th.

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



*Let us not forget the
Men and Women
Who have served
Our nation
So we can enjoy
The freedom of
Our Great Country*

*Center is CLOSED
Tuesday, July 4th*

SPECIAL EVENTS

Page 2



500 TOURNAMENT Tuesday, July 11th

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 will be prizes and socialization.
Sign up now to be assured a table.

Join the Craft Ladies

1:00 pm every Tuesday in
the Craft Room.

We have ladies who
embroider towels and
some who prefer making
greeting cards, You can
do what interests you.

The Center has all the
supplies,
The only thing we're
missing is YOU.

CELEBRATIONS

There are exactly
as many special occasions in life
as we choose to celebrate.

Rhubarb is still welcome

Thank you to all who have brought in rhubarb,
if any of you still have some to share the
Center will put it to good use.

Come to an OPEN HOUSE to learn about The New Reverse Mortgage: A True Retirement Tool.

Tuesday, July 18th
1pm to 3 pm

You are welcome to ask any questions
you may have and visit with Tami to learn
more about the program.

This event is put on by Mortgage Planner
Tami LaCanne,
Fairway, Management Corporation

Open to the public.

Driver Improvement Program

If you are 55+
This course will save you 10% on
your auto insurance for 3 years.

The next class at the Center

The 4 hour class
Monday, Sept 11th
Monday, Nov 13th
For the 8 hour class
Monday, Nov 27th & 28th

Call for appointment
1-888-234-1294



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

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.

June Birthday

No Birthdays
were celebrated
at the Center this Month.

**In Memory of Gladys Reese
Given by**

Marie Carlin

In Memory of Gwen Lee

Given by

Irene Tandeski

Margaret Hagen

Marie Carlin

In Memory of Barb Jensen

Given by

Roger & Mary Jensen

In Memory of Ray Harringa

Given by

Margaret Hagen

Donations

Don & Elaine Ehrich



Red Hat Recipes

Rhubarb Coffee Cake

- | | |
|-------------------|-------------------|
| 1 ½ C brown sugar | 2 ½ C flour |
| 1 egg | 1 tsp salt |
| 2/3 C oil | 1 tsp baking soda |
| 1 C buttermilk | 2 C diced rhubarb |
| 1 tsp vanilla | ½ C chopped nuts |

Topping; ½ C sugar, 1 tsp butter and
½ tsp cinnamon.

Mix together sugar, egg, oil, buttermilk and vanilla
– Add flour, salt, soda, fold in diced rhubarb &
nuts. Add topping. Bake 350 for 50 minutes.

**Red Hatters
SCARLET SENIORS**



Your hostesses are planning a morning of fun with
games , lunch and lots of socialization for your
entertainment. The more the merrier – so bring a
friend to join in on the get-to-gather.

Date: Monday, July 10th Queen Mum
Time: 9:30 am Irene
Place: Senior Center
Hostesses; Maxine Hanson and Marjorie Lou

**AEROBICS of the MIND
Draw a Tea Cup**

Sketching an object is an excellent
way to sharpen the visual sense.

If you sometimes say, "I can't
draw a straight line" take courage
because this is easy. Set a tea cup
in front of you. Observe it
carefully. The purpose of this

exercise is not to see how well you
can duplicate the image of the tea
cup but to sharpen your ability to
see. The goal is to draw what you
see, but more importantly, to learn
to REALLY SEE

what you are looking at.

Modern artists don't draw exactly
as it looks to us.

Draw your own version of a tea
cup. Your brain cells are happy for
your efforts.

Sign up now
Minneapolis Queen

Wed. July 19th

We will Board at Bohemian Flats Park in Minneapolis for a 1 ½ hour cruise, a Riverfront Cruises including the Upper St. Anthony Falls & Lock. We will enjoy a Chefs Luncheon Special on board. Plus we will be stopping at Russell Stover's on the way home.

Payment is due on or before July 12th.

Cost: \$52.00 M \$72.00 NM

Depart: 9:45 am

Return: 5:00 pm

Jack Pot Junction Casino

Wed. July 26th

You will receive \$15 in play on your card & visit the kiosk for any promotions.

Payment is due on or before July 19th.

Cost: \$15.00 M \$35.00

Depart: 8:15 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.

Alaska Tour & Cruise Aug 4 – 16

FULL-Norway & Iceland Aug 10 - 20

Mediterranean Cruise Aug 31-Sept 10

New York & New England Cruise

Sept 15 - 24

FULL-Canadian Rockies Sept 22 – 30

New York City Tour Nov. 8 – 12

Motor Coach Trips

Girlfriend Get-Away in Galena, IL

August 19 - 22

Smoky Mountains Oct 23 -30

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, July 24th

Treasure Island Casino

Monday, August 21st

You will receive 10 free pull tabs and a \$3.00 food coupon.

Payment is due on or before Aug. 11th.

Cost: \$15.00 M \$35.00 NM

Depart: 9:15 am

Return: 5:30 pm

MN State Fair, Thursday, August 31st

Price covers bus trip and ticket to get into the Fair. You must be on the bus at 3:30 pm to head for home.

This trip is open to the general public

Payment due on or before Aug.23rd

Cost: \$30.00 M

Depart: 7:45 am

Return: 5:30 pm

JULY 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</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>4</p> <p>CLOSED To Celebrate The 4th of July</p>	<p>5</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo</p> <p>3 pm Snack 3:30 pm Skip-Bo</p>	<p>6</p> <p>8 am Toning Goldie's 9 am Aerobics 9:30 am Tops Group 10:45 Building Bones 12:30 pm Bridge 1:00 pm 500 3:00 pm Snack</p>	<p>7</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo</p> <p>3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>8</p> <p>Grape Vine Twist 7pm - 9 pm</p>
<p>10</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>11</p> <p>9 am Aerobics 10 am Building Bones 11 am Pheffer 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 Tournament 3:00 pm Snack 3:00 pm Pheffer</p>	<p>12</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo</p> <p>3 pm Snack 3:30 Skip-Bo 3:30 pm Board Meeting</p>	<p>13</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>14</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo Birthday Party 3:30 pm Skip-Bo</p>	<p>15</p>
<p>17</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>18</p> <p>9 am Aerobics 10am Building Bones 11 am Pheffer 1:00 pm Crafts 12 noon Quilting 1:00 pm 500 3:00 pm Snack</p>	<p>19</p> <p>9:45 AM TRIP</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo</p> <p>3 pm Snack 3:30 pm Skip-Bo</p>	<p>20</p> <p>8 am Toning Goldie's 9 am Aerobics 9:30 am Tops Group 10:45 Building Bones 12:30 pm Bridge 1:00 pm 500 3:00 pm Snack</p>	<p>21</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo</p> <p>3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>22</p> <p>Grape Vine Twist 7pm - 9 pm</p>
<p>24</p> <p>Pool Rooms open 8 am Mondays</p> <p>9 am Trip Reservation 9am Toning Goldie's By Carol 10:45 Building Bone Closes At Noon</p>	<p>25</p> <p>8:30 Newsletter</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>26</p> <p>8:15 AM TRIP</p> <p>9 AM -YOGA</p> <p>1:30 pm Bingo</p> <p>3 pm Snack 3:30 pm Skip-Bo</p>	<p>27</p> <p>8 am Toning Goldie's 9 am Aerobics 9:30 am Tops Group 10:45 Building Bones 12:30 pm Bridge 1:00 pm 500 3:00 pm Snack</p>	<p>28</p> <p>9 am Building Bones</p> <p>1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo</p>	<p>29</p> <p>Grape Vine Twist 7pm - 9 pm</p>
<p>31</p> <p>Pool Rooms open 8 am Mondays</p> <p>9am Toning Goldie's By Carol 10:45 Building Bone Closes At Noon</p>					

ALBERT LEA SENIOR CENTER
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

Page 6

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