

ALBERT LEA SENIOR CENTER NEWS



Albert Lea Senior Center 1739 W Main St • Skyline Plaza, Albert Lea, MN 507-373-0704

July 2018

Meet Carol Marth, the New Senior Coordinator



I am thrilled to join the team as the Senior Center Coordinator. I even let out a bit of a scream upon being offered the position.

I love working with seniors because I'm always learning from them and I enjoy helping people. In fact, I'm familiar with many of the seniors in Freeborn County because I served as the Ride Service Manager at Senior Resources. I also worked for SEMCAC as the site manager for Meals on Wheels and Daily Dining in Alden, and with the Albert Lea HRA, where I helped people find funding to make home improvements. All of this is to say that I know our community well and believe that I can serve you not only by continuing to offer education and activities at the Center, but also to connect our members with other resources in the community.

My door is always open and I look forward to getting to know all of you.

Regards, Carol

Activities

POOL ROOM: 5 pool tables

BINGO: Every Wed. & Fri. at 1:30 pm

RED HAT SOCIETY

CRAFT & CARD RECYCLING: Tuesdays at 1 pm

QUILTING: Tues. & Wed. from 12 noon till 4:15 pm

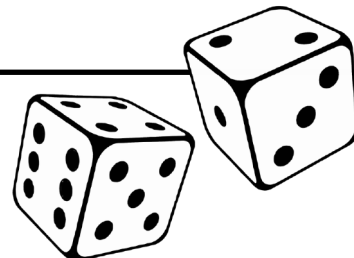
THE LOUNGE: Relax & visit with a friend, put a puzzle together, watch TV or use the computer

BIRTHDAY PARTY: 2nd Fri of every month

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.



Wild Rose Casino

Emmetsburg, IA

Tuesday, July 24th

\$10 Play credit, Half price buffet

Payment is due on or before July 17

Cost: \$15 member

\$20 non-member

Depart: 9:15 am, Return 5:30 pm

(If you have a handicap sticker, please do not park in our handicap spots)

Mission Statement: To coordinate and provide programs and services to enrich the lives and health of our seniors through educational, social and recreational activities.

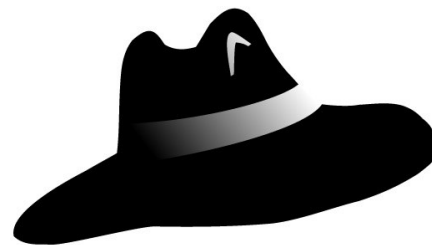
Hours: Monday 8 am - Noon; Tuesday - Friday 8:30 am - 4:30 p.m.

Birthday Party:



July's party will be Friday, July 13th at 3 pm.

If you have a birthday in the current month and attend, please bring a cake to share or \$4.00. Bring a friend!



Red Hat Society

Meets July 9th at 11 am
at Perkins - bring pennies!

Minnesota State Fair Trip

Thursday, August 30th • Bus leaves at 7:45 am

\$30 covers bus trip and entrance ticket. You must be on the bus at 3:30 pm to return home.

This trip is open to the general public. Payment is due on or before August 22nd.

Exercise

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 -
\$10 for 10 weeks.

BUILDING BONES:

2 classes –Tues at 10 am
& Fri at 9 am or Mon &
Thurs at 10:45 am

Services at the Center

Alzheimer's Support Group

Third Wednesday of the month at 10:30 a.m.

Parkinson's Support Group

Fourth Tuesday of the month at 9:30 a.m.

Hearing Aid Cleaning

Free every Tuesday at Audibel

Blood Pressure Check & Foot Clinic

First Friday of the month at 1:00 p.m.

Hearing Aid and Eyeglass Drop-off Center

Room Rentals

Call or stop by the office for more information

DVDs and Western books

Available for check-out

Recycled Greeting Cards for Sale

50 Cents each

Albert Lea Vacuum Center

15% off merchandise by showing your membership card

Memorials:

In memory of Dick
Waite given by Dean
and Kay Werner

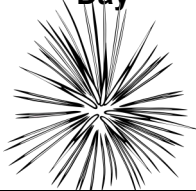
In memory of Dick
Waite given by
Eleanor Nolting

In memory of Vernon
Nelson, a serving cart,
given by Pearl Nelson

Donations:

Donald and Elaine
Ehrich

July 2018

Mon	Tue	Wed	Thu	Fri	Sat
<p>2</p> <p>9:00 Toning Goldie's by Carol 10:45 Building Bones Close at Noon</p>	<p>3</p> <p>9:00 Aerobics Noon Quilting 1:00 Crafts 1:00 500 2:00 Snack 3:00 Pheffer</p>	<p>4</p> <p>Closed for Independence Day</p> 	<p>5</p> <p>8:00 Toning Goldie's by Carol 9:00 Aerobics 9:30 TOPS 10:45 Building Bones 12:30 Bridge 1:00 500</p>	<p>6</p> <p>9:00 Building Bones 1:00 Foot Clinic Blood Pressure 1:30 Bingo 3:00 Snack 3:30 Skip-Bo</p>	<p>7</p>
<p>9</p> <p>9:00 Toning Goldie's by Carol 9:30 Red Hats 10:45 Building Bones Close at Noon</p>	<p>10</p> <p>9:00 Aerobics 10:00 Building Bones Noon Quilting 1:00 Crafts 1:00 500 Tournament 2:00 Snack</p>	<p>11</p> <p>9:00 Yoga Noon Quilting 1:30 Bingo 3:00 Snack 3:30 Skip-Bo 3:30 Board Meeting</p>	<p>12</p> <p>8:00 Toning Goldie's by Carol 9:00 Aerobics 9:30 TOPS 10:45 Building Bones 12:30 Bridge 1:00 500</p>	<p>13</p> <p>9:00 Building Bones 1:30 Bingo 3:00 Birthday Party 3:00 Snack 3:30 Skip-Bo</p>	<p>14</p> <p>Grapevine Twist 7 pm 9 pm</p>
<p>16</p> <p>8:00 Trip 9:00 Toning Goldie's by Carol 10:45 Building Bone Close at Noon</p>	<p>17</p> <p>Return from Trip 9:00 Aerobics 10:00 Building Bones Noon Quilting 1:00 Crafts 1:00 500 2:00 Snack 3:00 Pheffer</p>	<p>18</p> <p>9:00 Yoga 10:30 Alzheimer's Support Group Noon Quilting 1:30 Bingo 3:00 Snack 3:30 Skip-Bo</p>	<p>19</p> <p>8:00 Toning Goldie's by Carol 9:00 Aerobics 9:30 TOPS 10:45 Building Bones 12:30 Bridge 1:00 500 3:00 Snack</p>	<p>20</p> <p>9:00 Building Bones 1:30 Bingo 3:00 Snack 3:30 Skip-Bo</p>	<p>21</p>
<p>23</p> <p>9:00 am Trip 9:00 am Toning Goldie's by Carol 10:45 Building Bone Close at Noon</p>	<p>24</p> <p>Trip - Wild Rose Casino 9:00 Aerobics 9:00 Parkinson's Noon Quilting 1:00 Crafts 1:00 500 2:00 Snack</p>	<p>25</p> <p>9:00 Yoga Noon Quilting 1:30 Bingo 3:00 Snack 3:30 Skip-Bo</p>	<p>26</p> <p>8:00 Toning Goldie's by Carol 9:00 Aerobics 9:30 TOPS 10:45 Building Bones 12:30 Bridge 1:00 500</p>	<p>27</p> <p>9:00 Building Bones 1:30 Bingo 3:00 Snack 3:30 Skip-Bo</p>	<p>28</p> <p>Grapevine Twist 7 pm 9 pm</p>
<p>30</p> <p>9:00 Toning Goldie's by Carol 10:45 Building Bone Close at Noon</p>	<p>31</p> <p>9:00 Aerobics Noon Quilting 1:00 Crafts 1:00 500 2:00 Snack 3:00 Pheffer</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

Senior Center 50th Anniversary



*Thursday, July 12, 2018
Open House 10:00 - 2:00
Please join us for
cake and coffee to
celebrate!*

News from Senior Resources

314 South Broadway • 507-377-7433

To view the Senior Scene online,
Visit the website at **SeniorResourcesFC.org**

Senior Resources Chore Service

Lawn care services are now available.
Contractors have passed background checks and are insured. Pricing is affordable to seniors 60 & up. Call Lindsay at 377-7433.

Senior Resources Ride Services

Monday-Friday 8 am-4 pm. (\$9 donation suggested round trip in Albert Lea). Taxi vouchers are also available for \$7.00 each. Call Beth at 377-7433.

Information and Referral

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 of each month
2 sessions - 1:30 or 3:00 pm
Thorne Crest Apts. Boardroom
For more information
Call Nancy at 507-377-7433.