

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."

August 2017

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

Paula's Cozy Corner

***I'm hoping you will help
get the word out.***

***As of July 1 the year is ½ over and
memberships for new members
signing up will be \$15.00 from now till
the end of the year.***

***It's a good time to get involved
and join in on the many programs
and events at the Center.***

***I'm sure that most of you can
remember back when we had
fund raisers each year from Branson,
some of the best shows
we could have had the
good fortune to experience.***

***I have great news for you,
If you take a moment and check out special
events on page 2, you have the opportunity
to drive 8 miles to see one of the
top 3 Shows in Branson.***

***If interested, get your tickets soon as
the show will fill up fast.***

**Save the date- Annual Summer Picnic
Friday, August 25th
All the details are on page 2.**

Thought for the day!

***Minds are like parachutes
They only function when open.***



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

Page 2

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
Mon Sept 11th
Mon Nov 13th

For the 8 hour class
Monday, Nov 27th & 28th
Call for appointment
1-888-234-1294

ANNUAL SUMMER PICNIC

Friday, August 25

Lunch is served at 12 noon at the Senior Center
Reservations Begin Now.

Payment must accompany your reservation
(We will not be taking them over the phone.)

Cost is \$6.00 per person

We'll enjoy Sloppy Joe, potato salad and
baked beans and a cookie.

There are prizes and be entertained by
Gary Froiland is a man of many talents
from Stewartville, MN

Stop in & sign up for your spot.
Reservations for lunch end on Mon. Aug 21st

Life is like riding a bicycle –
in order to keep your balance you must keep moving!



500 Tournament Winners

- 1st –John Light & Sharon Gardner
 - 2nd –Bruce Biddick & Wayne Thorson
 - 3rd –Albert Alderson & Fran Herman
 - 4th –Doran Gray & Veryl Schewe
 - 5th –Norman & Barbara Seberson
- Way to go.....

Do you miss seeing Branson Shows?

We have an opportunity waiting for us only 8 miles away.

The Bretts Show straight from Branson

They have been in the top 3
of all Branson Shows for 6 years!

They will be performing at the
Alden-Conger High School Gym
On Saturday, September 9th.
At 7:00 pm

Reserved Seat is \$25.00
General Admission \$20.00

Tickets Available From: Alden Lion Members
Reserved Tickets: Call Eunice Newman 507-383-9956



**Next month's party;
Will be
Friday August 11th**
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.

July Birthday

- Jack Browman 11
- Kay Lester 15
- Marjorie Lau 16
- Gary Engelhart 16
- Betty Peterson 29
- Judy Thompson 31

Donations

Don & Elaine Ehrich



What is Building Bones?

It's an exercise program that
incorporates: strength training –
balance training – stretching – all in
one hour. Volunteer trainers lead
participant through these steps:

All specifically designed to prevent
or reverse bone loss.

Each session includes a brief
discussion about topics pertaining
to health, nutrition or exercise.

Red Hat Recipes

Pecan Coffee Cake

- 1 yellow cake mix 1 C water
- ½ C oil 1 egg
- 1 sm box instant coconut cream pudding

Mix together, pour ½ of the batter into a 9X13
pan. Topping; ½ c brown sugar, ½ c chopped
pecans – mix & sprinkle ½ on top of the batter,
then pour the rest of the batter on top, sprinkle
the rest of the topping mix and bake at 350 for 25
to 30 minutes. Drizzle powder sugar frosting.

**Red Hatters
SCARLET SENIORS**



The ladies have decided to have lunch at Perkins
Family Restaurant. No muss no fuss and you will
receive a FREE piece of pie (your choice).
Things can't get much better than that. We'll see
you there.

Date: Monday, August 14th
Time: 11:00 am
Place: Senior Center

Queen
Mum
Irene

AEROBICS of the MIND

Right Hand and Left Hand

You will need a piece of paper
and two pencils.

Pick up a pencil in each hand
and write your name with
both hands at once.

Now write your first name
with the left hand and your
last name with the right hand, both
at the same time.

This will give your brain a workout.

Now try holding the paper
against your forehead and
write your last name. Are you
surprised at the results?

Now try again,
standing in front of a mirror.

Sign up now**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

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, August 21st

**Looney Lutherans in
" Livin' La Vida Lutheran"
At Plymouth Playhouse
Thursday, Sept 14th**

We will be eating at the Golden Coral, north
of the Plymouth Playhouse.

We'll learn that all roads lead to hotdish
with Lutherans Beauty Tips and how you,
too, can be a Sexy Lutheran.

Payment is due on or before Sept 7th

Cost: \$46.00 M \$66.00 NM

Depart: 9:00 am

Return: 5:30 pm

Emmetsburg, Iowa-Tuesday, Sept 19th

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 Sept 12th

Cost: \$15.00 M \$35.00 NM

Depart: 9:15 am

Return: 5:30 pm

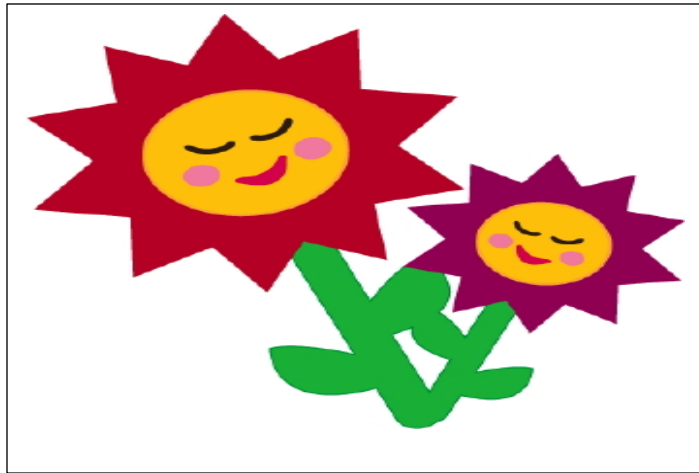
AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	9 am Aerobics 10am Building Bones 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack	9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo	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	9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo	
7	8	9	10	11	12
Pool Rooms open 8 am Mondays 9am Toning Goldie's By Carol 10:45 Building Bone Close At Noon	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	9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 Skip-Bo 3:30 pm Board Meeting	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	9 am Building Bones 1:30 pm Bingo Birthday Party 3:00 pm Snack 3:30 pm Skip-Bo	Grape Vine Twist 7pm - 9 pm
14	15	16	17	18	19
Pool Rooms open 8 am Mondays 9am Toning Goldie's By Carol 9:30 am Red Hats 10:45 Building Bone Closes At Noon	9 am Aerobics 10am Building Bones 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack	9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo	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	9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo	
21	22	23	24	25	26
9 am Trip Reservation 9:15 AM TRIP Pool Rooms open 8 am Mondays 9am Toning Goldie's By Carol 10:45 Building Bone Closes At Noon	9 am Aerobics 10 am Building Bones 9:30 Parkinson 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer	9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo	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	9 am Building Bones 11:30 am Lunch & Summer Picnic Must Register For lunch.	Grape Vine Twist 7pm - 9 pm
28	29	30	31		
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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

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