

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."

September 2017

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

Paula's Cozy Corner

September is

National Senior Center Month!

The Center has been serving the Community for the past 49 years with the focal point being services and activities offered to the population it serves.

Thank You to the City of Albert Lea, for their continued financial support of the Albert Lea Senior Center.

We Need Your Help!

In May of 2014 the Center asked for donations of YARN to be used by our volunteers who make hats, gloves, scarves, lap robes, new born hats and toe warmers for people, these items are then given to local schools, nursing homes and the VA Hospital.

If you have a supply of yarn that you are no longer using or find you have more than you can use, please consider donating it to the AL Senior Center.

We would like to say Thank You To you in advance.

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



The Center is
CLOSED
Monday, September 4th
LABOR DAY

SPECIAL EVENTS

Semcac Senior Dining

If you're tired of eating alone and want a well-balanced meal, there is a solution. Semcac Senior Dining have noon meals Monday thru Friday at Senior Towers and Shady Oaks. You need to call the day before and have your name put on the list- It's that simple. Ask about the price. Call 373-7759

VOLUNTEER RECOGNITION

Wed. Sept. 20th

Diamond Joe Casino is sponsoring this event.

**Lunch is served at 11:30 am at the Senior Center
Reservations are required.**

If you are on the Board of Directors, help with crafts, if you donated prizes for the Picnic or Christmas Party, if you're a bingo caller or help with the newsletter, you are invited to the luncheon.

Registration ends on Friday, Sept 15th.

We are serving chicken and need to know if you want white or dark meat.

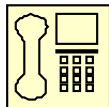
If your spouse is not a volunteer their meal will be \$5.00.

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**



There are worse things than getting a call for a wrong number at 4 am. It could be the right number.

FREEBORN COUNTY FAIR **1930 to 1940**

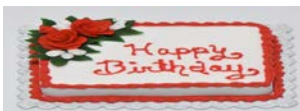
Let's have a movie day.

We are fortunate enough to have 3 DVD's borrowed to us from Duane Steele to show here at the Center.

There's a list of 26 movie clips of events and a list of people with the clips they are on. You will see 4H and Farm Ag Activities from days gone by.

I watched parts of them and we have come a long way with farming since then. The cars, clothing, farm equipment and men's hats are fun to see again.

**You can join us on Thus. Sept. 21st
1:30 pm in the Craft room.**



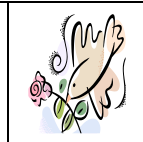
**Next month's party;
Will be
Friday Sept. 8th
Birthday Parties
Are held at 3:00 pm.
If you have a
Birthday in the current
month and attend,
you are asked to bring
cake to share, or pay
\$4.00 ,you will get your**

Picture taken and bring a friend to the Birthday table.

August Birthday

- Shirly Stundahl 1
- Bernette Anderson 4
- Fern Rockwell 5
- Marcia Stoneking 6
- Laura Brouwers 15
- LaVonne Olson 16
- Mary Renchin 18
- Sharon Olson 26
- Alice Randall 27
- Ray Hanson 27

*Remembering
Albert Lea Senior Center
With Memorials
and Donations*



KEEP LEARNING

Learn more about the computer, crafts, gardening, card games, table games or whatever.

Never let the brain idle, as it's been said;
"An idle mind is the devil's workshop"

**KEEP ONLY CHEERFUL FRIENDS,
THE GROUCHES
WILL PULL YOU DOWN.**

Red Hat Recipes

Microwave Coffee Cup Scramble

- 2 eggs
- 2 Tbsp. milk
- 2 Tbsp. shredded Cheddar Cheese

Coat 12 oz microwave safe mug with cooking spray,
Add eggs & milk, beat until blended.
Microwave on high 45 seconds-stir. Microwave until eggs are almost set, 30 to 45 seconds longer.
Top with cheese: season with salt & pepper.

AEROBICS of the MIND

(Drawing with Straight Lines)

Draw a picture using a ruler and a pencil and no more than 12 straight lines. The lines may be of any length that you choose but they must be straight.

Many drawings can come out of straight lines. A few possibilities are:

- Trees, roads, buildings,
- trucks, trains, furniture,
- animals or people.

Try drawing on different sizes of paper. Or, you could draw on a piece of wood or birch bark or-you name it.

Try your hand at two, three or more such drawings.

**Red Hatters
SCARLET SENIORS**



This month's get together will be right here at the Center, your hostess will put together some games and as always lots of conversation.

**Place: Monday, Aug 14th
Time: 9:30 am
Place: Senior Center
Hostess: Bev Torgerson**

Sign up now
Looney Lutherans in
“ Livin’ La Vida Lutheran”
At Plymouth Playhouse
Thursday, Sept 14th

We will be eating at the Golden Corral. 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

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.

New York & New England Cruise
Sept 15 - 24

FULL-Canadian Rockies Sept 22 – 30

Mexican Riviera Cruise Nov. 4 - 12

New York City Tour Nov. 8 – 12

Hawaiian Islands Tour & Cruise

Jan 9 -21 2018

Panama Canal Cruise March 23-April 9

Motor Coach Trips

Smoky Mountains Oct 23 -30

Branson Holiday Nov 16 – 20

Christmas in Chicago Dec. 3 – 5

San Antonio Riverwalk Feb. 4 – 11, 2018

MN Twins Spring Training, Florida March 8 - 18



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, September 18th

Monky Business at DayTrippers

Thursday, October 12th

The fun-loving monks of St. Bernard’s Monastery are in a jam. Abbot Costello and his four brethren have just learned their monastery could be turned into a Casino- unless the merry men in Brown can raise \$250,000 dollars by midnight or they are done for.

Buffet lunch included.

Cost: \$55.00 M \$75.00 NM

Depart: 10:00 am

Return: 5:30 pm

Mystic Lake Casino

Wed., Oct. 25th

You will receive \$15.00 in play and a \$4.00 food coupon.

Payment is due on or before Oct.18th

Cost: \$15.00 M \$35.00 NM


Depart: 9:15 am

Return: 5:30 pm

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SEPTEMBER 2017

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo	2
4 Center is CLOSED	5 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	6 9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 Skip-Bo	7 NO 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	8 9 am Building Bones 1:30 pm Bingo Birthday Party 3:00 pm Snack 3:30 pm Skip-Bo	9 Grape Vine Twist 7pm - 9 pm
LABOR DAY 					
11 Pool Rooms open 8 am Mondays 9am Toning Goldie's By Carol 9:30 am Red Hats 10:45 Building Bone Closes At Noon	12 9 am Aerobics 10am Building Bones 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack	13 9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo 3:30 pm Board Meeting	14 9:00 am TRIP 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	15 9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo	16
18 9 am Trip Reservation Pool Rooms open 8 am Mondays 9am Toning Goldie's By Carol 10:45 Building Bone Closes At Noon	19 9:15 AM TRIP 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	20 11:30 am Volunteer Party 9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo	21 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 1:30 pm Movie 3:00 pm Snack	22 9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo	23 Grape Vine Twist 7pm - 9 pm
25 Pool Rooms open 8 am Mondays 9am Toning Goldie's By Carol 10:45 Building Bone Closes At Noon	26 9 am Aerobics 9:30 Parkinson 10 am Building Bones 12 noon Quilting 1:00 pm Crafts 1:00 pm 500 3:00 pm Snack 3:00 pm Pheffer	27 8:30 Newsletter 9 AM -YOGA 1:30 pm Bingo 3 pm Snack 3:30 pm Skip-Bo	28 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	29 9 am Building Bones 1:30 pm Bingo 3:00 pm Snack 3:30 pm Skip-Bo	30 Grape Vine Twist 7pm - 9 pm

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