

# ALBERT LEA SENIOR CENTER NEWS



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

February 2019

## *Valentine King and Queen*

**Will be crowned Friday, February 8th at 1 p.m.**

The big event will take place before Bingo and they will reign over the events of the afternoon. Birthday and Valentine Party will start at 3 p.m.



## **Blood Pressure Screening, Answers to Medication Questions, Healthy Recipes**

Nursing Students from Minnesota State University will be here February 6th and February 13th at 11:30 a.m.

## **Chronic Pain Self-Management**

6 sessions - every Wednesday  
March 6-April 10 2019 from  
9 a.m. - 11 a.m.

**Registration Feb 27th at 9 a.m.**

Sponsored by Active Aging Programs, Catholic Charities of Southern MN

## **Energy Bills Difficult to Manage?**

Please join us for a FREE informational workshop that provides an opportunity to learn about **Minnesota Energy Resources** (your natural gas Utility) 4U2 program and residential energy efficiency rebates.

**Wednesday, February 13**

**3:30 p.m.** Albert Lea Senior Citizens Center, 1739 W Main St.

**5:30 p.m., City Council Chambers, 221 E. Clark St.**

This program can help residents improve the energy efficiency as well as the comfort and safety of their homes.

The program starts with an in-home audit to determine weatherization opportunities. Based on the audit results, available energy-saving improvements may include: Free installation of improvements, such as low-flow shower heads, kitchen and bathroom faucet aerators, and hot water pipe wrap, during your energy assessment. Insulation improvements, Heating system tune-up or replacement, if necessary. Water heating replacement, if necessary.

## **Coffee Rolls & Conversation With Bonnerup Funeral Services**

**February 6th at 10:30 a.m.**

We will be answering questions about final expenses, life insurance, cremation options, traditional services, death away from home.

## **March Upcoming Events Save the Date!**

Board Meeting - March 13th

Birthday Party - March 8th

Wild Rose Casino - March 19th



## **Mystic Lake Casino Trip Tuesday February 12th**

**\$15 in Play Credit - \$4 Food Coupon**

Payment is due on or before Feb 6th

**Cost: \$20 member \$25 non-member**

Depart: 8:45 a.m., Return 5 p.m.

**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 a.m. - Noon; Tuesday - Friday 8:30 a.m. - 4:30 p.m.**

# 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:** 2<sup>nd</sup> 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.

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## Birthday & Valentine's Party:



February's party will be Friday, February 8th 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!

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## Services at the Center

**Alzheimer's Support Group**

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

**Parkinson's Support Group**

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

**Hearing Aid Cleaning**

Free every Tuesday at Audibel

**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

**REMINDER:  
Renew Your  
Membership for 2019!**

**\$30/yr.**

## 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:**

Mon & Thurs at 10:45 am

**SAILS:**

Tues at 10 am & Fri at 9 am

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## January Birthdays

Marie Carlin 1

Chieko McKoskey 1

Stephanie Harmon 4

Doris Hansen 22

Carol Leschefske 22

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## Donations:

Donald and Elaine Ehrich

In Memory of Marlene Nordahl  
Given by Leverne & Elizabeth Skov

In Memory of Debra Beighley  
Given by Sharon Olson

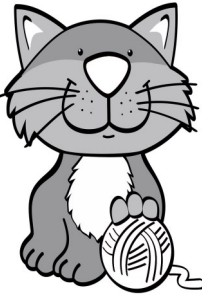
Given by Audrey Johannsen

Given by Glen & Leann Juveland

Given by Carol Johnson

In Memory of Corley Hendrickson  
Given by Carol Johnson

# February 2019

Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>Yarn Needed Please drop off at the Center</b></p>				<p><b>1</b></p> <p>9:00 SAIL 1:30 Bingo 3:30 Skip-Bo</p>	<p><b>2</b></p>
<p><b>4</b></p> <p>9:00 Toning Goldie's by Carol 10:45 Building Bones Close at Noon 12:30-4:30 Driver Safety Class</p>	<p><b>5</b></p> <p>9:00 Aerobics 10:00 SAIL Noon Quilting 1:00 Crafts <b>1:00 500</b> 3:00 Pheffer Board Meeting 3:30</p>	<p><b>6</b></p> <p>9:00 Yoga <b>10:30 Bonnerup Coffee, Rolls &amp; Conversation</b> Noon Quilting 1:30 Bingo 3:30 Skip-Bo</p>	<p><b>7</b></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><b>8</b></p> <p>9:00 SAIL 1:30 Bingo <b>3:00 Birthday Party Valentine's Party</b> 3:30 Skip-Bo</p>	<p><b>9</b></p> <p>Grapevine Twist 7 pm—9 pm</p>
<p><b>11</b></p> <p>9:00 Toning Goldie's by Carol 10:45 Building Bones <b>11:30 Red Hat meets at Perkins</b> Close at Noon</p>	<p><b>12</b></p> <p><b>Mystic Lake Casino</b> 9:00 Aerobics 10:00 SAIL Noon Quilting 1:00 Crafts 1:00 500 3:00 Pheffer</p>	<p><b>13</b></p> <p>9:00 Yoga Noon Quilting 1:30 Bingo 3:30 Skip-Bo <b>3:30 MN Energy Resources Presentation</b></p>	<p><b>14</b></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><b>15</b></p> <p>9:00 SAIL 1:30 Bingo 3:30 Skip-Bo</p>	<p><b>16</b></p>
<p><b>18</b></p> <p><b>CLOSED President's Day</b></p>	<p><b>19</b></p> <p>9:00 Aerobics 10:00 SAIL Noon Quilting 1:00 Crafts 1:00 500 3:00 Pheffer</p>	<p><b>20</b></p> <p>9:00 Yoga <b>9:30 Church Basement Ladies</b> Noon Quilting 1:30 Bingo 3:30 Skip-Bo</p>	<p><b>21</b></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><b>22</b></p> <p>9:00 SAIL 1:30 Bingo 3:30 Skip-Bo</p>	<p><b>23</b></p> <p>Grapevine Twist 7 pm– 9 pm</p>
<p><b>25</b></p> <p>9:00 Toning Goldie's by Carol 10:45 Building Bones Close at Noon</p>	<p><b>26</b></p> <p>9:00 Aerobics 9:30 Parkinsons 10:00 SAIL Noon Quilting 1:00 Crafts 1:00 500</p>	<p><b>27</b></p> <p>9:00 Yoga Noon Quilting 1:30 Bingo 3:30 Skip-Bo</p>	<p><b>28</b></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><b>Don't Forget!</b></p> <p>Our facility is available for rent. Ask at the desk or call 507-373-0704 for more information</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

### 500 Tournament Winners

**1st Place:** Marlys Steele & Veryl Schewe, Dick & Elaine Mucha

**2nd Place:** Doran Gray & Laverne Drache, Carol Williams & Myrth Uglund

**3rd Place:** Ethel Underland & Freida Johannsen, Alberta Alderson & Fran Herman

### Bad Weather Policy

The Senior Center follows the local school district's decision on closing due to weather.

If the AL Schools are closed or have a late start because of the weather then the Senior Center will also be closed or have a late start.

*The Church Basement Ladies*  
**in Rise Up, O Men**<sup>SM</sup>  
**February 20th**  
**\$67**  
*includes bus, lunch & show*  
**Ames Center**  
Burnsville, MN  
Bus Leaves Senior Center at 9:30 a.m.

## News from Senior Resources

314 South Broadway • 507-377-7433

To view the Senior Scene online,  
Visit the website at [SeniorResourcesFC.org](http://SeniorResourcesFC.org)

### Senior Resources Chore Service

Snow removal services are available.

Contractors have passed background checks and are insured. Pricing is affordable to seniors 60 & up.

Call Katelyn at 507-473-2718.

### Senior Resources Ride Services

Monday-Friday 8 am-4 pm. (\$9 donation suggested round trip in Albert Lea). Taxi vouchers are available for \$7.50 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  
Second Thursday - 2:00 pm at St. Johns  
on Fountain Lake.

For more information

Call Nancy at 507-377-7433.