

ALBERT LEA SENIOR CENTER NEWS

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

April 2019



WANNA PLAY?

**\$50 per person in Play Credit
Tuesday 1/2 Price Buffet**

Payment is due on or before April 18th

**Cost: \$54 per person shared room
\$74 single room
(non-member +\$5.00)**

Jackpot Junction Overnight Casino Trip

April 23-24

Depart: Tuesday 8:30 a.m.
Return Wednesday 5:30 p.m.



Living Well with Diabetes

**6 sessions - every
Wednesday May 22 to
June 26, 2019
from 10 a.m. - 12:30 p.m.**

Albert Lea Senior Center
1739 W. Main St.
Albert Lea, MN

Free

If you live with diabetes and you would like to improve your health and sense of well-being, this class is for you.

Participants make weekly action plans, share experiences and help each other solve problems as they carry out their self-management program. Family members, friends and partners are welcome.

For information or to register contact: 507-373-0704.
Or you can register online at www.yourjuniper.org

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: 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.

Birthday Party:



April's party will be Friday,
April 12th 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!

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

March Birthdays

Ralph Randall 27

Marilyn Wendt 30

Donations:

Donald and Elaine Ehrich

In Memory of Liz Hansen Given by
Marie Carlin

In Memory of Gwen Draayer Given
by Marie Carlin

In memory of JoAnne Carlson Given
by Carol Leschefske

May Upcoming Events Save the Date!

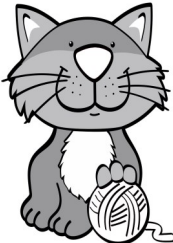
Board Meeting - May 8th

Birthday Party - May 10th

Treasure Island Casino - May 14th

Old Log Theater - May 22nd

April 2019

Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>9:00 Toning Goldie's by Carol 10:45 Building Bones Close at Noon</p>	<p>2</p> <p>9:00 Aerobics 10:00 SAIL Noon Quilting 1:00 Crafts 1:00 500 3:00 Pheffer</p>	<p>3</p> <p>9:00 Yoga Noon Quilting 1:30 Bingo 3:30 Skip-Bo</p>	<p>4</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 1:00 Open Knitting</p>	<p>5</p> <p>9:00 SAIL 1:30 Bingo 3:30 Skip-Bo</p>	<p>6</p>
<p>8</p> <p>9:00 Toning Goldie's by Carol 10:45 Building Bones 11:30 Red Hat Meet at Pizza Ranch Close at Noon 5:30-9:30 Defensive Driving</p>	<p>9</p> <p>9:00 Aerobics 10:00 SAIL Noon Quilting 1:00 Crafts 1:00 500 Tournament 3:00 Pheffer</p>	<p>10</p> <p>9:00 Yoga Noon Quilting 1:30 Bingo 3:30 Skip-Bo 3:30 Board Meeting</p>	<p>11</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 1:00 Open Knitting</p>	<p>12</p> <p>9:00 SAIL 1:30 Bingo 3:00 Birthday Party 3:30 Skip-Bo</p>	<p>13</p> <p>Grapevine Twist 7 pm—9 pm</p>
<p>15</p> <p>9:00 Toning Goldie's by Carol 10:45 Building Bones Close at Noon</p>	<p>16</p> <p>9:00 Aerobics 10:00 SAIL Noon Quilting 1:00 Crafts 1:00 500 3:00 Pheffer</p>	<p>17</p> <p>9:00 Yoga Noon Quilting 1:30 Bingo 3:30 Skip-Bo</p>	<p>18</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 1:00 Open Knitting</p>	<p>19</p> <p>9:00 SAIL 1:30 Bingo 3:30 Skip-Bo</p>	<p>20</p>
<p>22</p> <p>9:00 Toning Goldie's by Carol 10:45 Building Bones Close at Noon</p>	<p>23</p> <p>8:30 Jackpot Junction Trip 9:00 Aerobics 9:30 Parkinson's 10:00 SAIL Noon Quilting 1:00 Crafts 1:00 500</p>	<p>24</p> <p>9:00 Yoga Noon Quilting 1:30 Bingo 3:30 Skip-Bo 5:30 Return from Jackpot Junction</p>	<p>25</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 1:00 Open Knitting</p>	<p>26</p> <p>9:00 SAIL 1:30 Bingo 3:30 Skip-Bo</p>	<p>27</p> <p>Grapevine Twist 7 pm— 9 pm</p>
<p>29</p> <p>9:00 Toning Goldie's by Carol 10:45 Building Bones Close at Noon</p>	<p>30</p> <p>9:00 Aerobics 10:00 SAIL Noon Quilting 1:00 Crafts 1:00 500 3:00 Pheffer</p>	<div style="display: flex; align-items: center; justify-content: center;">  <div style="margin-left: 20px;"> <p>Yarn Needed Please drop off at the Center</p> </div> </div>			

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

Defensive Driving Course

April 8 5:30-9:30 pm (4 Hour)

May 6 & 7 5:30-9:30 pm (8 Hour)

May 13 12:30-4:30 pm (4 Hour)

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.

Old
Log
THEATRE



Tenderly
THE
ROSEMARY CLOONEY
MUSICAL



May 22nd • Bus, Lunch, Show \$73/member \$78/non-member

News from Senior Resources

314 South Broadway • 507-377-7433

Greetings from Senior Resources of Freeborn County! Our goal is to help seniors remain independent in their homes so they can live safe and productive lives in our community. Senior Resources has been in existence since 1980 and we are a 501(c)(3) non-profit agency, so donations are tax deductible. Our programs are operating steadily and we're always looking for ways to collaborate with other entities in order to work more efficiently. Like other non-profits, we have a shortage of volunteers. We could use a volunteer to do light office work including answering phones and setting up rides for seniors. Volunteer drivers are also needed, so if you'd like to drive 1 time per month, or 10 times per month we would love to talk to you - we do pay mileage! If you have any questions about Senior Resources please feel free to give me a call!

Jackie Hillman, Senior Resources of Freeborn County • 507-377-7433