

ALBERT LEA SENIOR CENTER NEWS



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

August 2019

Paddleboat Cruise on Harriet Island

Wednesday, August 21st

Members \$59 Non-Members \$64

Bus leaves at 9 a.m. Sign up by August 14th

Includes bus, lunch and cruise



Hop on one of our riverboats for a scenic luncheon!

Enjoy a buffet of BBQ chicken, pulled pork with buns, green chili cheddar corn bread, potato salad, seasonal fruit, cookies, iced tea, and coffee that is sure to leave you satisfied.



Thursday, August 29th

“Senior Day”

Bus Leaves at 7:45 a.m.

Cost \$35 member \$40 non-member

Includes bus & admission - Payment due by August 24th

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.

Birthday Party: August's party will be Friday, August 9th 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!

July Birthdays: Don Renchin 1st,
Kay Lester 15th, Gary Engelhart 16th

Donations:

Donald and Elaine Ehrich

In Memory of Betty Nelson given by
Gordy & Lou Nelson

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:

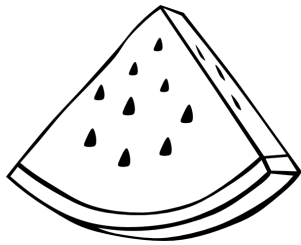
Tues at 10 am & Fri at 9 am

**Renew Your
Membership for 2019!
\$30/yr.**

September Upcoming Events

Save the Date!

Picnic



September 6

Treasure Island Casino



September 10

Arboretum



September 25

500 Tournament Winners:

1st Place: LeVern Drache & Doran Gray; Audrey
Drache & Carol Williams

2nd Place: Dick Mucha & Elaine Mucha; Duane Hatleli
and Eunice Hatleili

3rd Place: Jan Doyle & Gloria Kiethley; Sharon
Gardner & Doris Hansen

Next Tournament: October 8th

Defensive Driving Course



September 9 5:30-9:30 pm (4 Hour)

October 28 12:30-4:30 pm (4 Hour)

November 11 & 12 5:30-9:30 pm (8 Hour)

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

August 2019

Mon	Tue	Wed	Thu	Fri	Sat
<p>Rental Fees:</p> <p>Main Room & Kitchen \$30.00/hr.</p> <p>Craft Room \$20/hr.</p> <p>(Requires a \$50 deposit)</p>			<p>1</p> <p>9:00 Aerobics 9:30 TOPS 10:45 Building Bones 12:30 Bridge 1:00 500</p>	<p>2</p> <p>9:00 SAIL 1:30 Bingo 3:30 Skip-Bo</p>	<p>3</p>
<p>5</p> <p>9:00 Toning Goldie's by Carol 10:45 Building Bones Close at Noon</p>	<p>6</p> <p>9:00 Aerobics 10:00 SAIL Noon Quilting 1:00 Crafts 1:00 500 3:00 Pheffer</p>	<p>7</p> <p>9:00 Yoga Noon Quilting 1:30 Bingo 3:30 Skip-Bo</p>	<p>8</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>9</p> <p>9:00 SAIL 9:30 Parkinson's Board Meeting 1:30 Bingo 3:00 Birthday Party 3:30 Skip-Bo</p>	<p>10</p> <p>Grapevine Twist 7 pm– 9 pm</p>
<p>12</p> <p>9:00 Toning Goldie's by Carol 9:30 Red Hats "Share Your Crafts" 10:45 Building Bones Close at Noon</p>	<p>13</p> <p>8:15 Jackpot Junction 9:00 Aerobics 10:00 SAIL Noon Quilting 1:00 Crafts 1:00 500 3:00 Pheffer</p>	<p>14</p> <p>9:00 Yoga Noon Quilting 1:30 Bingo 3:30 Skip-Bo 3:30 Board Meeting</p>	<p>15</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>16</p> <p>9:00 SAIL 1:30 Bingo 3:30 Skip-Bo</p>	<p>17</p>
<p>19</p> <p>9:00 Toning Goldie's by Carol 10:45 Building Bones Close at Noon</p>	<p>20</p> <p>9:00 Aerobics 10:00 SAIL Noon Quilting 1:00 Crafts 1:00 500 3:00 Pheffer</p>	<p>21</p> <p>9:00 Paddle Boat Cruise 9:00 Yoga Noon Quilting 1:30 Bingo 3:30 Skip-Bo</p>	<p>22</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>23</p> <p>9:00 SAIL 1:30 Bingo 3:30 Skip-Bo</p>	<p>24</p> <p>Grapevine Twist 7 pm– 9 pm</p>
<p>26</p> <p>9:00 Toning Goldie's by Carol 10:45 Building Bones Close at Noon</p>	<p>27</p> <p>9:00 Aerobics 9:30 Parkinson's 10:00 SAIL Noon Quilting 1:00 Crafts 1:00 500 3:00 Pheffer</p>	<p>28</p> <p>9:00 Yoga Noon Quilting 1:30 Bingo 3:30 Skip-Bo</p>	<p>29</p> <p>7:45 MN State Fair 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>30</p> <p>9:00 SAIL 1:30 Bingo 3:30 Skip-Bo</p>	<p>31</p> <p>Grapevine Twist 7 pm– 9 pm</p>

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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



Tuesday, August 13th
\$20 member \$25 non-member

Bus leaves at 8:15 a.m.
\$15 Play Credit \$5 Food Coupon
Sign up by August 9th

Tai Ji Quan: Moving for Better Balance Classes

Fall classes start Sept 4th

Mondays and Wednesdays

1:30 to 2:30

24 sessions

No prior experience necessary

You'll learn:

- Balance skills
- Good body alignment
- Coordinated movements in a circular, flowing motion
- How to gain muscle strength & flexibility



Senior Resources

314 South Broadway • 507-377-7433