

Montevideo Area Sr. Citizens Program
550 South 1st Street
Montevideo MN 56265

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Return Service Requested

LABEL

If you would like a copy of the Prairie Five Senior Dining menus, feel free to pick one up at the Center!

||| The Montevideo Community/Senior Center will be closed for the following holidays: |||
||| • Good Friday: Friday, March 30th |||

It's Time to Renew Your Membership!!!

2018 Senior Citizen Renewing Membership Application

\$12.00/person

Return this form to: Montevideo Community Center
550 South 1st Street Montevideo, MN 56265

This information is important for our records

First and Last Name _____

Street, Apt. or Box# _____

City, State, Zip _____

Telephone number with area code _____

Cell phone number with area code _____

E-mail address (for activity updates only) _____

Birthdate (Month-day-year) _____

Are you willing to bring food to the birthday party when it's your birthday month? Yes ___ No ___ If yes, you will be contacted one week ahead of the party.

Emergency Contact _____ Phone _____

For office use:

Date _____ Amount paid _____ Cash/Check _____ Center Card number _____

From Tracy:

Although January and February seemed rather quiet, there has been much going on within the Center! Line Dancing picked up again, and chair exercise's popularity seems to increase. The Valentine's Day Luncheon went well, with 90 people in attendance.

Those who have stopped down may have noticed that some of our things have been moved. A Center member has been generous with her time and has helped organize and clean Center rooms and items, and it looks great! In order to keep the Center neat and organized, please remember to leave rooms clean and ready for groups that may follow. Any items left at the Center will be put into lost and found, but will be discarded if not claimed within a reasonable time frame.

2018 memberships are open and are \$12 per person, which averages to only \$1 per month. The membership fee is a great way to support the Montevideo Senior Citizens Program in its yearly endeavors. The program and its activities are funded solely on donations, which go toward rent, utilities, special events, activity supplies, decorations, cleaning supplies, field trips, kitchen appliances, appliance repairs, furniture, furniture repairs, newsletters, postage, newspaper subscription, and promotion. The Senior Program truly appreciates each donation received through the annual membership drive.

Book Club

Shutter Island by Dennis Lehane is on the schedule for March. We will be discussing The All Girl Filling Station's Last Reunion by Fannie Flag at the April book discussion. Please join us on March 21st and April 18th for discussions led by Dave Lauritsen! New members are always welcome!

PLEASE NOTE: Medicare Outreach is moving from every 4th Monday to every 1st Tuesday of the month 9am-11am.

Upcoming Dates:

- **Tuesday, March 6th**
- **Tuesday, April 3rd**

The Center is closed due to weather when the schools are closed. Announcements will also be made on KDMA.

MAMLN Spring Event: Tuesday, April 3rd from 1pm to 4:30pm at the Community Center. Theresa Klein, OTR/L & dementia consultant will be offering 2 presentations: *The Importance of Meaningful Activity for those with Dementia* and *How to Minimize Behaviors with Your Setting.* **Target Audience: Professionals, Family Caregivers, and General Public.** Certificates will be provided. During the presentation, there will be a creative expression activity (painting & singing/music) for those who might be attending with their caregivers. Class size for this creative activity is limited, so we encourage caregivers to register their loved one as soon as possible. Call Lori Petersen to register: 321-8268.

****Birthday Party will be held on Tuesday, March 27th and Tuesday, April 24th****

NOTICE:

There has been a change to the Prairie Five Senior Dining costs:

- Individuals 60+: \$4.50
- Individuals under 60: \$8.00
- Children under 12: \$4.00 for 1/2 portions

These cost changes will be implemented on March 1, 2018

Free Community Meals

Montevideo Community Meals has a mission to provide a welcoming place where people can gather and receive nourishment through food and fellowship.

Free Meals will be served at the Community Center on March 14th and April 10th from 5:30pm to 6:30pm. Our menu for March features mac n' cheez, sausage, glazed carrots, and more. In April, we will serve scalloped potatoes, smoked turkey, tossed salad, fruit, and bars. We hope you can join us.

AARP Smart Driver Courses Adults who are 55 years old or older are encouraged to take the Driver's Safety Program sponsored by AARP. Completion of the course entitles you to a 10% discount on your auto insurance. You must take an eight hour course before you are eligible for a four hour refresher course. **Pre-registration is required, call 269-9375.**

****For more information about online driver safety classes, go to www.aarpdriversafety.org**

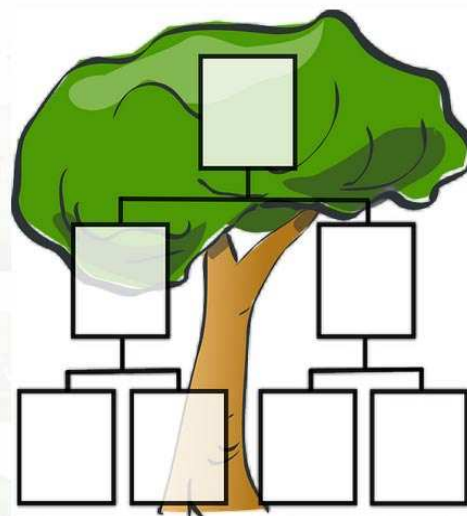
4 Hour Refresher	March 15th	1:00 PM
4 Hour Refresher	April 19th	5:15 PM

Classes fill up fast - call 269-9375 to register. All classes are held at the Montevideo Community Center. **COST:** The Safe Driving class is \$20.00, but for those who bring their AARP membership card, the rate is \$15.00. Please pay by check at the class.

Interested in learning more about your Family Tree?

Visit Mary Quick at the Montevideo Community Center and explore your genealogy!

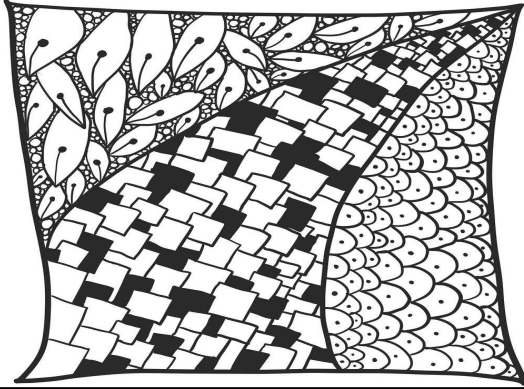
A widely popular website will be available to "test drive" on Thursdays 10am-4pm.



Potluck

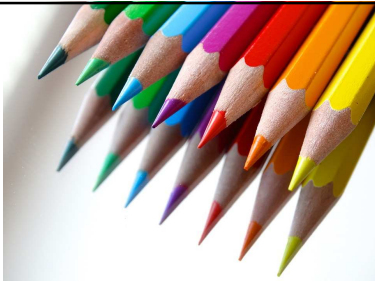
There will be a potluck dinner at the Community/Senior Center on Wednesday, April 25th at 5:00 PM. Hotdishes/casseroles, sandwiches, appetizers, dips, deserts, etc. are all welcome. Feel free to let Tracy know what you would like to bring. Coffee will be provided for a free will donation.

The Center's Main Room and Activity Room will be closed in the afternoon on Tuesday, April 3rd. The Computer Room will be open for cards, but members are asked to be respectful of events that are taking place in the Main Room and Activity Room. Coffee time will be served in the Computer Room.



Got Down Time?

There are adult coloring pages, colored pencils, and markers in the left drawer of the sofa table located next to the office. Help yourself, and feel free put your name on your work and leave it in the "Save for Later" folder to continue another time!



ZENTANGLE!

The Montevideo Community Center and Montevideo Public Library are partnering in holding a Zentangle doodling class! Please join us at the **Montevideo Community Center Activity Room** on **Tuesday, April 17th at 3pm** for doodling, snacks, and refreshments. The class is free and open to all ages and skill levels.

What is Zentangle? It is a way of drawing that uses simple dots, lines, and curves to create patterns, which are called "tangles". Each tangle is unplanned, which allows the individuals to focus on each stroke rather than an entire picture or goal.

Benefits include increased self-confidence, focus, creativity, and sense of well-being. Zentangle is a great method to reduce stress and anxiety, and boost mindfulness!

For more information or to sign up, please call Tracy at 269-9375 or Larissa at 269-6501.

Three engineers and three accountants were traveling by train to a conference. At the station, the three accountants each bought tickets and watched as the three engineers bought only one ticket. "How are three people going to travel on only one ticket?" asked an accountant. "Watch and you'll see", answered an engineer.

They all boarded the train. The accountants took their respective seats, but the three engineers all crammed into a rest room and closed the door behind them. Shortly after the train departed, the conductor came around collecting tickets. He knocked on the restroom door and said, "Ticket, please". The door opened just a crack and a single arm emerged with a ticket in hand. The conductor took it and moved on. The accountants saw this and agreed it was a quite clever idea.

So, after the conference, the accountants decide to copy the engineers on the return trip and save some money (being clever with money, and all that). When they got to the station, they bought a single ticket for the return trip. To their astonishment, the engineers didn't buy a ticket at all. "How are you going to ride without a ticket?" asked one perplexed accountant. "Watch and you'll see," answered an engineer. When they boarded the train, the three accountants crammed into a restroom and the three engineers crammed into another one nearby. The train departed. Shortly afterward, one of the engineers left his restroom and walked over to the restroom where the accountants were hiding. He knocked on the door and said, "Ticket, please".