

Published by Alexandria Senior Center, a non-profit 501c3 serving older adults since 1984.

414 Hawthorne Street
Alexandria, MN 56308
320-762-2087
www.alexsrctr.org

VOLUNTEER SPOTLIGHT



Kathy Eastlund, Board Member

By Toni Tebben

Kathy Eastlund is a board member who also serves as the member-at-large on the executive committee. She is on the transition team and the capital campaign committee for the collaboration with the Alexandria YMCA. She values the opportunity to focus on helping the seniors in our community.

Kathy was born and raised in Alexandria, graduating from Jefferson High in 1976. She then attended Alexandria Technical College. She has worked in healthcare for 45 years in one capacity or another. She is currently the Advanced Funeral Planner at Anderson Funeral Home. She grew up as an only child, finding out later in life that she had a brother who was 11 years older than her. She took piano lessons for 12 years. She has 4 children and 15 grandchildren.

Some of her favorite memories are of becoming a grandparent and of spending her summers with her grandparents around the Alexandria lakes. Swimming and being with friends, she had those idyllic

Kathy continued on page 7



ALEXANDRIA
SENIOR CENTER
Healthy, Active Living

April 2025
VOL. 49, NO 04

News

UPCOMING EVENTS

Sunday Music Series



Sunday, April 27 from 2 – 4 pm

Sponsored by



Cobalt Canyon

This unique group enjoys combining acoustic guitar, drums, bass and vocal harmonies to bring classic & modern country as well as 60's and 70's rock and pop to the Alexandria Senior Center. Come and enjoy many familiar tunes to dance to and enjoy. Snacks will be available.



"Blossoms & Fashion" Style Show & Luncheon

Saturday, April 12, 11:30 am - 1:00 pm
Let's ring in Spring together. Our spring fundraiser is presented by the Senior Center in collaboration with 6th & Broadway Clothing & Décor. The event features a style show with 8 models, a wonderful lunch, lots of great Raffle items and \$5 grab bags! Tickets are on sale now! Stop at the Senior Center to purchase tickets: Adults \$25 and children (10 & under) \$10. We'd love to see you at our spring style show and luncheon!

Fix-it Clinic

May 3 from 8:30 – 11:30 am

We all have items that don't work quite as well as we'd like them such as lamps with loose switches, dulling knives, jewelry that needs a new clasp or maybe a bit of help with a button. Keep items out of the landfill, save money and get your items repaired at our Fix It Clinic.

Our Fix-It team will do their best to fix small appliances, jewelry and watches, repairing furniture, mending clothing, and more.



Volunteer Appreciation Luncheon Wednesday, April 30 from 11 am - 12:30 pm
details on page 7

MESSAGE from SHELLI-KAE, Executive Director



Have you noticed some new changes at the Senior Center lately? As we know we will be here for another 2- 3 years, we want to keep the facility well maintained and our volunteers and staff supported. Due to many companies moving their staff to work remotely we have been fortunate to get office furniture for Becky's office and CJ's "office" at very reduced prices. In fact, the new purple office chairs were \$15 each from Prime West!

We replaced the concentrate-type coffee machines with machines that use ground coffee. The machines are provided and maintained by Henry's Foods. ASC also purchases the coffee from Henry's. We have heard good comments that members and guests like the new coffee better and ground coffee is much less expensive than concentrate. Our monthly coffee sponsors help to defray the cost of the coffee and that is why we can have free coffee year-round. Drink up!

New Facility Update

A few things to consider related to the Alexandria Senior Center moving to the YMCA.

- The first step is for the capital campaign funds to be raised. Therefore, the move will be 2+ years in the future.
- ASC will remain an independent non-profit organization operating within the new space.
- ASC will lease from the YMCA. ASC funds will support operating costs and lease payments. So instead of ASC covering all the maintenance costs as we do now, we will be paying the lease and the YMCA will take care of maintenance, including lawncare, snow removal, cleaning, furnace filters, etc.
- The YMCA is covering the costs of the capital campaign. ASC staff and Board members are contributing through being involved in various committees to ensure the ASC voice is heard.

AARP Driver Safety 4 hour Discount Classes



4 hour Refresher Classes

Tues, April 8 5-9 pm Sat, April 26 8:30 am-12:30 pm

Thurs, May 8 5-9 pm Thurs, May 22 5-9 pm

Sat, June 7 8:30 am-12:30 pm Thurs, June 26 5-9 pm

Tues, July 22 5-9 pm

AARP brings you Driver Safety Discount classes at the Center. Participants will reduce their insurance by 10%. Call the Center to sign up at 762-2087. Pay \$25 (AARP members) or \$30 (non-AARP members) at the time of class.

PIE & COFFEE Information Series Part 1

2nd Thursday of each month-1 p.m.

Pie sponsored by:



April 10: Reduce, Reuse, Recycle Facts and Tips

Join us to learn about ways to be more earth friendly. Arthur provides an overview of recycling and organic

recycling in Pope and Douglas counties and recycling updates. He will have lots of great tips we can all do to live more of an earth-friendly lifestyle.



Arthur Pattengale,
Environmental
Assistant/Pope
Douglas Solid Waste

Call 762-2087 to register by April 9 so we have enough pie for everyone!

PIE & COFFEE Information Series Part 2

4th Thursday of each month-1 p.m.

Snacks sponsored by: SANFORD HEALTH

April 24: Debunking Hospice Myths

Come to this Hospice 101 presentation where you will learn all the details and be able to ask any questions you might have about hospice care. And

find out about volunteer opportunities within the community. We will provide information on the ways you can make a difference and the process of becoming a volunteer. We look forward to debunking hospice myths and answering all your questions.

Presenter



Call 762-2087 to register by April 23 so we have enough pie for everyone.

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Accessible Yoga with Nicole is back!

Join us for a rejuvenating yoga class. Accessible Yoga believes all people deserve equal access to yoga. Participants are welcome to be seated, stand with a chair or lying down on a mat. You CAN do yoga!



Nicole Warner,
Certified Accessible
Yoga Instructor

Dates: April 2,9,16,23 & 30
May 7, 14, 21 & 28
Time: 10:30–11:30 am
Register: Call 762-2087
Cost: \$6 for members;
\$7 for nonmembers
Note: Yoga mats available,
or bring your own

CHAIR MASSAGE with Kristina Kramer

A chair massage is a type of massage that is performed while the client is seated in a special chair. The therapist will use a variety of techniques to target the muscles in the neck, back and shoulders. Chair massage is a great way to reduce stress and tension and it can also help to improve circulation and increase flexibility.



Call 762-2087 to schedule a 20-minute chair massage for \$25.

Tues, April 1 9–11:30 am
Wed, April 16 12:30–2:30 pm
Tues, Apr 29 9–11:30 am
Tues, May 13 9–11:30 am
Wed, May 21 noon–2:30 pm

Herbs for Use and Delight: Growing and Enjoying Herbs in Your Garden.

Dive into the aromatic world of herbs and discover their endless culinary, medicinal and decorative possibilities.



Instructor:
Robin Trott

This workshop will teach you how to grow and care for various herbs, incorporate them into your garden design and harvest them for maximum flavor and utility. You'll also enjoy a hands-on herb planting activity, where you'll plant your own herbs

to take home. Perfect for gardeners of all levels, this session provides practical tips, creative ideas and inspiration to help you make the most of these versatile plants in your garden and home.

Date & Time: Fri, April 25, 10 am–12pm
Location: Alexandria Senior Center
Class Fee: \$15.00 payable at event
Registration: Call Douglas County Ext. at 320-762-3890
Class Limit: 30 participants

SENIORS EATING WELL



Seniors Eating Well is an educational program that teaches older adults over 50 about nutrition, physical activity and other aspects of healthy living. Learn from U of M Extension instructor Elizabeth Quillo about how to lead a healthy lifestyle.

Seniors Eating Well helps participants learn about several categories of healthy living:

- Cooking and food preparation
- Social relationships and fitness
- Diet, health maintenance and chronic disease prevention

Date: April 28, May 19
Time: 9:30–10:30 am
Register: Call 762-2087
Instructor: Elizabeth Quillo U of M SNAP-Ed Educator

Matter of Balance - New session -

You will learn to

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Increase strength and balance



Who Should Attend:

- Anyone who has fallen in the past and is concerned about falling again
- Anyone interested in improving balance, flexibility and strength

Day: Tuesdays
Date: May 6,13,20 & 27 and June 3,10,17 & 24
Time: 1–3 pm (includes a break w/snacks)
Register: Call 762-2087 (registration required)
Class size: Limit to 14 participants
Cost: FREE

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Connecting to Community



New classes for Spring and Summer available now! Go to alexandria.ce.eleyo.com to see all that we have to offer.

Writer's Workshop

Thursdays, Apr 3 & 10, 7:00-8:00 PM, \$39.00, Discovery Middle School

This fun and interactive writer's workshop series will help inspire those who have dreamt of writing but don't know where to start, are just getting started or have already written a book.

Spring Film Series

Mondays, Apr 7 & 21, May 5 & 19, 4:00 pm, \$15.00

This series enrolls you in the 4 Spring films at Grand Arbor. Foreign movies are typically shown on the 1st Monday of the month and Documentaries on the 3rd Monday. Stay after the movie for a discussion of the film led by a member of the film study group.

Estate Planning

Monday, Apr 21, 6:00-7:00 PM, \$9.00, Woodland Elementary School

Learn about Powers of Attorney, Health Care Directives, Wills, Trusts and related advanced planning tools. Understand what exposure your estate has to taxes, long term nursing care costs, other liabilities or expenses and how to minimize that exposure.

Contact Alexandria Community Education at 320-762-3310 to register today!

Interested in bowling?

From Denise Strand

A few members bowl and we are looking for interested women bowlers! Be a sub or join a team (bowling season is from September to end of April). The league bowls Tuesday mornings from 9:30-11:45 am. Call Garden Center Bowl at 320-763-6565 and ask for Susan.

Spring Garage Sale – May 16–17

Spring Cleaning? We will take your unwanted items to sell at our Garage Sale to support the Center. Desired items are furniture, fishing gear, tools, toys, wall décor, garden art, household items, new and gently used clothing and collectibles. No electronics. Please hold your donations until Monday, May 12.

– Reflections and Special Thank You –

Let's give a Big Welcome to our latest new members!

- Cheryl Jennissen
- Lori & Wayne Johnson
- Connie Cronen
- Audrey Gustafson
- Mike & Vicki Bump



Thank you to REA's Operation Round-Up!



Mikko & Friends – A great turn-out for Mikko, Doug & Annie to celebrate St. Patrick's Day on Sunday, March 16



April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fool's Day 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9-12 Massage- CR 9-30-12 Whist A- DRE 12-3 Bridge A- CR 1-2:30 Spring Luncheon Mtg-MR	2 9-3 Billiards- PR 10:30-11:30 Yoga- MR 12:30-3:30 Mahjong- DRE 12:45-3:30 Bridge B- DRW 1-3 Matter of Balance- MR	3 MEATBALLS 9-3 Billiards- PR 9:30-11:30 Golden K Mtg- MR 9-12 Pinochle B- DRW 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-4 Open Studio- LAS	4 7:45-9:15 TOPS #775 9-3 Billiards- PR 9:30-11 Rummikub- DRE 9:30-12 Quilling- MR 10-12 Cribbage A- DRW 12:30-3 Hand & Foot B- MR 1-3 Birthday Club- DR* 1-3 Cribbage B- CR	5 9:30-12:30 Whist C- DR	
6	7 9-3 Billiards- PR 9:30-12 Bunco A- MR 10-12 Beg. Bridge A- CR 10-12 Five Crowns- DRE 12:30-3 Samba A- DRE 12:30-4 Mens Bridge- CR 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR	8 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 9-12 Mexican Train- DRE 12-3 Bridge A- DRW 5-9 AARP Driver Safety- MR 1-4 Brush & Palette Class- LAS 6-8 North Door Jam- DRW	9 8:30-2:30 Foot Care- CR 9-3 Billiards- PR 9:30-11:30 ASC Board Mtg- DRW 10:30-11:30 Yoga- MR 11:15-12:30 Garage Sale Mtg-DRE 12:30-3:30 Mahjong- DRE 12:45-3:30 Bridge B- DRW 1-3 Matter of Balance- MR	10 ROAST PORK LOIN 8-9 Golden K Exec Mtg- CR 9-3 Billiards- PR 9:30-11:30 Golden K Mtg- MR 9-12 Pinochle B- DRW 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Reduce/Recycle- MR 1-4 Open Studio- LAS	11 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 10-12 Cribbage A- DRW 12:30-3 Hand & Foot B- CR 1-3 Spring Lunch. Setup- DR 1-3 Cribbage B- MR	12 11:30-1:00 Spring Luncheon- DR 9:30-12:30 Whist C-CANC
13	14 8:30-9:30 Transition Team Mtg-MR 9-3 Billiards- PR 9:05 ASC on Open Line 9-12 Craft Club- DRW 10-12 Beg. Bridge A- CR 10-12 Five Crowns- DRE 10:30-11:30 Marketing Mtg- MR 12:30-3 Samba A- DRE 12:30-4 Mens Bridge- CR 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR	15 Taxes Due 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Brush & Palette Class- LAS 9:30-12 Whist A- DRE 9:30-12 Bridge F- DRW 12-3 Bridge A- CR 1:30-3:30 VIPS- MR	16 9-3 Billiards- PR 10:30-11:30 New Member Mtg- DR 10:30-11:30 Yoga- MR 12:30-3 Massage- Library 12:30-3:30 Mahjong- DRE 12:45-3:30 Bridge B- DRW 1-3 Matter of Balance- CR 2-5 BCBS Rental- MR	17 EGG BAKE 9-3 Billiards- PR 9-12 Pinochle B- DRW 9:30-11:30 Golden K Mtg- MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-2 Tech Time- MR 1-4 Open Studio- LAS	18 Good Friday CLOSED 9:30-12:30 Whist C- DR	19
20 Easter	21 9-3 Billiards- PR 9:15-12 Bunco B- MR 10-12 Beg. Bridge A- CR 10-12 Five Crowns- DRE 12:30-3 Samba A- DRE 12:30-4 Mens Bridge- CR 1-3 Bingo- MR	22 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 9-12 Mexican Train- DRE 12-3 Bridge A- DRW 6-8 North Door Jam- DRW	23 Admin Assistant's Day 8:30-10 ASC Exec Bd Mtg- CR/MR? 9-12 Sister's Card Group- DR 9-3 Billiards- PR 10:30-11:30 Yoga- MR 12:45-3:30 Bridge B- DRW 1-3 Matter of Balance- MR	24 TURKEY/DRESSING 9-3 Billiards- PR 9-12 Pinochle B- DRW 9:30-11:30 Golden K Mtg- MR 11:30-1 Eyewear Repair- DR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Moments Hospice- MR 1-4 Open Studio- LAS	25 8:30-9:30 Branding Mtg- CR 7:45-9:15 TOPS #775- MR 9:30-11 Rummikub- DRE 9-3 Billiards- PR 10-12 Gardening w/Herbs- DRW 10-12 Cribbage A- DRW 12:30-3 Hand & Foot B- DRE 1-3 Cribbage B- DRW	26 8:30-12:30 AARP Driver Safety- MR 9:30-12:30 Whist C- CR 12:30-5 Rental- DR
27 Sunday Music 2-4 Cobalt Canyon	28 9-3 Billiards- PR 9-12 Craft Club- DRW 9:30-10:30 Sr.'s Eating Well-DR 10-12 Beg. Bridge A- CR 10-12 Five Crowns- DRE 12:30-3 Samba A- DRE 12:30-4 Mens Bridge- CR 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR	29 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9-12 Massage- CR 9:30-12 Whist A- DRE 12-3 Bridge A- CR	30 9-3 Billiards- PR 10:30-11:30 Yoga- MR 11-12:30 Volunteer Luncheon- DR 12:30-3:30 Mahjong- CR 12:45-3:30 Bridge B- MR	ROOM KEY Dining Room- DR Dining Room East- DRE Dining Room West- DRW Pool Room- PR Craft Room- CR Congregate Dining Each Thursday @ 11:30	Meeting Room- MR Green Room- GR Lorsung Art Studio- LAS	
	Notes					

BIRTHDAY CLUB



Friday, April 4 at 1 o'clock

We invite all members, whether it's your birthday or not, to our **April** Birthday Party. Join us for live music, cake, ice cream, penny bingo and more. Call by April 3 so we have enough cake for everyone! (Cake sponsored by ReHAB Authority + volunteers)



FOOT CLINIC

Wed, April 9 8:30 am–2:30 pm Wed, June 11 8:30 am–2:30 pm

Fri, June 27
8:30 am–2:30 pm

Call the Center at 320-762-2087 to schedule your appointment. The fee is \$25, made payable to the nurse. If you must cancel, please let us know.

Did you know...

- Gene Odegard donated the wonderful framed art piece in the pool room. Thanks Gene!
- Mark Morrissette replaced the baseboard heater, repaired the library desk and installed 3 new blinds. Thanks Mark!
- Glenn Stroeing repaired the hooks in the women's bathroom. Thanks Glenn!
- George Weatherwax donated a new American flag. Thanks George!
- Denise Strand cleaned up the Lorsung Art Studio. Thanks Denise!

TECH TIME

Learn About Your Smartphone Camera



We will look at all the different things your smartphone camera can do! Including taking pictures, videos, and scanning QR codes. Bring your phone with you. Luke is happy to answer all questions related to technology.

Date: Thurs, April 17
Time: 1–2 p.m.
Register: Call 762-2087
Instructor: Luke Elliott
Douglas County Librarian

MOBILE OPTICS at ASC

Eyewear Repair Clinic – Do your glasses need repair, cleaning or adjustment? Michelle from Eye Associates will be here to adjust frames, replace nose pads, make small repairs and clean lenses.
Dates: Thurs, April 24 and Wed, May 21
Time: 11:30 am – 1 pm
Cost: FREE

CRAFTERS CLUB!

2nd and 4th Mondays
Time: 9 a.m.–12 p.m.

Treats sponsored by:
SANFORD
HEALTH

Lorsung Art Studio

Open Studio – Mondays, Tuesdays, Thursdays & Fridays
1-4 p.m.

Resident Artist Connie Gawthrop will be “in studio” during listed times. Stop in and see what she is working on.

Tax Saving Idea! Qualified Charitable Distribution QCD



- A QCD is a donation made directly to a qualified charity, instead of taking the money as a taxable IRA distribution and then donating it.
- It's a way to satisfy your RMD (Required Minimum Distribution) while also supporting the Alexandria Senior Center (ASC).
- The QCD must be made by the IRA trustee directly to ASC.
- QCD's are available to taxpayers 70 ½ and older. 2025 maximum amount that can be excluded from income is \$108,000.

Coffee Station Sponsor for March

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Monthly Activities

Everyone is welcome to play!

- Billiards
- Bingo
- Bridge A, B, & C
- Beginner Bridge A
- Men's Bridge (Closed)
- Bunco A (Closed)
- Bunco B
- Craft Club
- Cribbage A & B
- Katy's Swing Band
- Mahjong
- Mexican Train (dominoes)
- Mission Quilters
- North Door Jam
- Pinochle A
- Pinochle B
- Rummikub
- Samba A & B
- Scrabble
- Whist A & C
- Five Crowns, Mondays 10-noon

• Cribbage anyone? We are adding another option for cribbage players. Play on Fridays from 10 am–12 pm or 1–3 pm. All levels welcome!

• Looking for scrabble players on Thursday afternoons from 12:30–3 pm. Join a fun group of men and women and challenge your word skills. Beginners welcome!

Kathy from page 1

childhood summers. Did you know that Kathy used to love to bow hunt and got a deer on her initial hunt?

Working with seniors has been Kathy's passion and she is honored to be able to continue to do this by being involved with the Alexandria Senior Center.

Thank you, Kathy!

PRESIDENT'S CORNER

Mary Nitti

April is the month that we take time to recognize the importance of our volunteers and to honor and thank them for their contributions. We operate with minimal staff and the volunteers fill the gaps by assisting with administrative tasks, event coordination and all of the programs and services we offer at the Senior Center. This allows our staff to more directly work completing operational tasks in addition to planning and implementing new programming and to ensure that current programming and services are working effectively. Our volunteers also bring their skills



Mary Nitti,
board president

from various fields such as marketing, finance, education, law and business which leads to better strategic planning and improved service and programming for the senior center. The volunteers help reduce the strain of a tight budget by providing free labor, allowing us to allocate our funds toward essential programs and services.

Volunteers are the backbone of the Senior Center. Their dedication, skills and generosity enable us to thrive. We would like to thank all of you for all that you do. You give us the opportunity to build a better world for the seniors in our community.

Volunteer Appreciation Luncheon

Wed, April 30 from 11 am - 12:30pm

April is National Volunteer Appreciation Month; a time to recognize and show appreciation for all the volunteers that help to make the Alexandria Senior Center the success that it is. There are people who volunteer for every event, activity and area of need at the center, providing help and support every day of the week.

The board of directors and the executive director along with the program manager cordially invite all our volunteers to a volunteer appreciation luncheon on Wednesday, April 30, from 11:00-12:30. We will be taking reservations for the luncheon through Wednesday, April 23. Call the Center or stop in and let the front desk volunteer know that you would like to attend.

We look forward to seeing you at the luncheon and having the opportunity to thank you in person. You do make a difference!

MARK YOUR CALENDARS

- Apr 12:** Spring Luncheon
11:30 am–1 pm
- April 16:** New Member meeting
10:30–11:30 am
- April 27:** Cobalt Canyon
2–4 pm
- April 30:** Volunteer Luncheon
11 am–12:30 pm
- May 3:** Fix-It Clinic
8:30–11:30 am
- May 4:** Julie Lee Duo
2–4 pm
- May 16:** Garage Sale
8 am–4 pm
- May 17:** Garage Sale day 2
8–noon



Volunteer Opportunities

- Douglas County Fair – Heritage Foods coordinator(s)
- Historian

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- Reminder -
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- ALEXANDRIA SENIOR CENTER 2025 BOARD MEMBERS -

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David Dilly • Kathy Eastlund • Kathleen Linn • Deb Shea • Tina Snell
Executive Director - Shelli-Kae Foster

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To support healthy, active living for people over 50 by providing social, educational, nutritional and informational services.



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