

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



Char Hanson

By Toni Tebben

As a volunteer at the Senior Center, Char is most often at the front desk. She is one of those smiling faces that greets you when you come in the door. She can answer questions, direct you to which room your event is in, give you a grand tour or renew your membership. She really likes interacting with people and admits that she needs it. She also volunteers at St. Mary's Church. She likes being tuned into people and their needs.

She grew up as the oldest of 8 children, graduating in Grand Forks. She lived all her life either in MN or ND. She graduated from UND with a degree in nursing, spending the next 45 years nursing in many different capacities. She spent 27 of those years as a public health nurse. She was married for 20 years until her husband passed away and she has 2 boys and 4 grandchildren. She moved to Alexandria in 2011, which was kind of a midpoint to her boys and their families in Fargo and St. Cloud.

One of her favorite memories was spending time with her grandmother

Char continued on page 7



May 2025  
VOL. 49, NO 05

## News

## UPCOMING EVENTS

# May is Older Americans Month

## Sunday Music Series



Sunday, May 4 from 2 – 4 pm



### Julie Lee Duo

Join us in welcoming Julie Lee and her husband Hugo back to the Center! Come to dance, listen to great music and enjoy an afternoon with friends. Julie Lee's music features old time waltz and polka, country music, rhumba and 40's & 50's foxtrots & swing. Snacks and beverages available.



## 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, 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, eye wear, mending clothing, sharpening knives and more.

## Spring Garage Sale & Book Sale

Friday, May 16 – 17, 8 am – 4 pm & Saturday, May 17, 8 am – noon

Please Donate to the ASC Garage Sale & Volunteers NEEDED  
Monday, May 12 – Thursday, May 15 from 9 am – 3 pm

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, sporting goods, new and gently

used clothing and collectibles.  
No electronics.

Please stop by or call to sign up to volunteer for Wed – Saturday shifts. Call 762-2087 to arrange for pick-up of large items.

# MESSAGE from SHELLI-KAE, Executive Director



Opportunities - the Alexandria Senior Center is full of them. I had the opportunity to be a model for the first time with my granddaughter Skye at the Spring Luncheon Style Show. I see opportunities for others regularly at the Senior Center: Volunteers sharing their skills at bookkeeping, marketing, putting together successful events, teaching a new game to others, sharing stories about themselves or their family, sharing cooking and baking skills. The Senior Center is full of ways to find purpose and unique opportunities. I know I am grateful for the many new and unique opportunities here that keep me engaged in and to feel a part of this special community.

## New Facility Update

Building Connections is the theme of the YMCA Capital Campaign. Together we have been making connections by working together such as our Spring Luncheon. Six students and an advisor from Alexandria Area Young Life helped by setting tables, serving and cleaning up. Coming up we have volunteers from ASC that will help with the Y's Healthy Kids Day (Duane & Lois Braun) and Young Life's Cupcake Mania (Bonnie Beseke & Kathy Damstrom) in May. We continue to look for ways to grow stronger together as we look to the future expansion at the Y.

## AARP Driver Safety 4-hour Discount Classes



### 4 hour Refresher Classes

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

Sat, Aug 9  
8:30 - 12:30 pm

Tues, Aug 26  
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  
May 8 at 1 p.m.

Pie sponsored by:



### Legal Aid 101



Join attorney Delaney Jacobson of Legal Services of Northwest MN to learn about how they can support you if you are facing civil legal issues and cannot afford a private attorney. Delaney will cover the basics of eligibility, the types of cases handled and how to access these services.



Delaney Jacobson,  
Legal Services of NW  
Minnesota

Call 762-2087 by May 7 so we have enough pie for everyone!

Part 2, 4th Thursday of each month  
May 22 at 1 p.m.

Pie sponsored by: **SANFORD**  
HEALTH

### Write Your Own Obituary

Join Curt Lind of Lind Family Funeral & Cremation to learn the art of obituary writing and create lasting memories through the written word. Curt makes this session fun and engaging while guiding us through creating a tribute that captures the essence of a person and provides a historical record for future generations.



Curt Lind, Co-owner,  
Lind Family Funeral &  
Cremation Services

Call 762-2087 by May 21 so we have enough pie for everyone!

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## — Health & Wellness —

### Accessible Yoga

with Nicole

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



Nicole Warner,  
Certified Accessible  
Yoga Instructor

Dates: 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

### Walking Club – New!

Let's get outside and exercise together this summer. Join host Bonnie Beseke each week to walk the Central Lakes Trail. All abilities welcome.

Day: Thursdays, starting  
June 5 - Aug 28  
Time: 10:00 – 11:00  
(length of walk may vary)  
Location: Big Ole Park  
Host: Bonnie Beseke  
Bring: Water, comfortable  
shoes and layers

### On The Road Gardening

— with Robin Trott —

#### Getting Started with Succulents

Join Robin for an engaging workshop where you'll learn the basics of growing and caring for succulents. This session covers everything from selecting the right varieties to understanding their



Instructor: Robin  
Trott, Douglas  
County Extension  
Educator

unique watering and light needs. You'll get hands-on experience with planting, propagating, and maintaining these resilient plants. Whether you're a beginner or looking to expand your succulent collection, this workshop provides practical tips and creative ideas to help your succulents thrive.

Perfect for plant enthusiasts of all levels!

Date & Time: Friday, May 9, 10 – 12 pm  
Location: Alexandria Senior Center  
Class Fee: \$15.00 payable at event  
Registration: Call 762-2087  
Class Limit: 30 participants

### Matter of Balance

- New session -



A Matter of Balance  
Workshop in partnership  
with West Central  
Communities in Action

#### 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 (required): Call 762-2087  
Class size: Limit to 14 participants  
Cost: FREE

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

### 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.



Kristina Kramer,  
Certified Massage  
Therapist

Tues, May 13 9–11:30 am      Wed, May 21 noon–2:30 pm  
Tues, June 10 9–11:30 am      Wed, June 18 12:30 pm–2:30 pm  
Wed, June 24 9–11:30 am



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Alexandria Broadway Clinic: 320-762-0399  
Alexandria Pharmacy: 320-762-6840  
Parkers Prairie Clinic: 218-338-4371



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# Connecting to Community



Take care of YOU this Spring!

## Yoga in the Gardens

Weds, May 7, 14, & 21, 5:15-6:00 PM,

\$28, Legacy of the Lakes Gardens

Yoga has so many health benefits for the mind, body and spirit... especially in the beautiful gardens at the Legacy of the Lakes Museum! Appropriate for all ages & fitness levels.

## Drawing for Calm

Saturdays, May 17, 31 & Jun 7, 10:30 -

11:15 am, \$39.00, DMS

Careful, repetitive drawing is one of the main ways to use art to slow down your mind and body when you feel anxious or upset. Learn ways to de-stress and find the place of "Flow." Each week a different exercise for finding calm will be presented.

## Rethink Your Drink

Tuesday, May 20, 5:00-6:00 PM,

\$33.00, DMS

What if improving your health was as simple as changing what's in your cup? Discover simple swaps, hidden ingredients to avoid, and delicious, healthier alternatives.

Contact Alexandria Community

Education at 320-762-3310 to register

today! Go to [alexandria.ce.eleyo.com](http://alexandria.ce.eleyo.com) to see all that we have to offer.

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

- Jim Augdahl
- Ronald Sczublewski
- Diane Martin
- Betty and Leonard Thiner
- Linda Namur

## MARK YOUR CALENDARS

**May 3:** Fix-It Clinic  
8:30 – 11:30 am

**May 4:** Julie Lee Duo  
2:00 – 4:00 pm

**May 16:** Garage Sale  
8:00 – 4:00 pm

**May 17:** Garage Sale Day 2  
8:00 – noon



## — Reflections and Special Thank You — Spring Lunch 2025 - Recap

WOW, what a hugely successful event! The 'Blossoms and Fashion' Style Show and Luncheon was so much fun! We changed the Spring Lunch features this year to include raffles, grab bags and a style show.



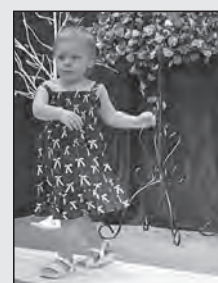
Runway Models

Who knows what we may do next year?? We raised over \$3,500 for the center, and if the smiles were any sign



of the day, we are very happy! We would like to say a big THANK YOU to 6th & Broadway and Lulie Kids for helping to make it a success. We had an amazing committee again this year consisting of Kathleen Linn, Becky Christenson, Shelli-Kae Foster, Lynette Dempsey, Carol Jensen (CJ), Sue Klein and Deb Sidd from our

community partner at 6th & Broadway. Deb made the models feel at ease through the color pop session and on the day of the event. CJ made us amazing posters, tickets, name tags and programs, as well as selling tickets and making seating charts. We have so many people to thank including local students who set up the tables, and committee



Skye, 2-yr old model



members *Volunteers Jean & CJ* who did all the decorating/ setting up the raffles. Lori Schmidt for playing piano, Pauline Semerad for serving punch, Dave Dilly, Scott Quitmeyer and Jan Mahoney for selling raffle tickets, the servers from Alexandria High School and Young Life, Randy Humbert, Tina Snell for supervising all the servers. And of course, Chef Janet & Ryan as well as all the kitchen help who served us a great lunch. There were also so many businesses that donated to our raffle items and Anderson Florist donated the pansies that decorated our tables and went home with lucky winners to await spring planting.

~Toni Tebben & Denise Strand,  
co-chairs



Clarence & Gerdie Wolf.  
Clarence pre-sold 130 tickets!



## Waffle a Big Success!



Our annual waffle feed with the Alexandria Lions Club was a big success! We raised \$1,800 by serving 265 waffles. A big Thank You to Clarence Wolf for selling 130 tickets to people and businesses throughout the community. And Thank You to the Newcomers Club and the other volunteers that made this event possible.



# May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>ROOM KEY</b> Dining Room- DR Dining Room East- DRE Dining Room West- DRW Pool Room- PR Craft Room- CR	Meeting Room- MR Green Room- GR Lorsung Art Studio- LAS	Congregate Dining Each Thursday @ 11:30	<b>1</b> BURGER MAC CASSEROLE 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 1-4 Open Studio- LAS	<b>2</b> 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 9:30-12 Quilting- MR 10-12 Cribbage A- DRW 12:30-3 Hand & Foot B-DRE 1-3 Cribbage B- DRW	<b>3</b> 8:30-11:30 Fix It Clinic- DR 9:30-12:30 Whist C- MR
<b>4</b> <b>Sunday Music</b> <b>2-4 Julie Lee Duo</b>	<b>5</b> Cinco de Mayo 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 5-6:30 Katy's Swing Band- DRW	<b>6</b> 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9-12 Sister's Card Group- MR 9:30-12 Whist A- DRE 12-3 Bridge A- CR 12:30-3 Samba B- DRE 1-3 Matter of Balance- MR	<b>7</b> 9-3 Billiards- PR 10:30-11:30 Yoga- MR 12:30-3:30 Mahjong- DRW 12:45-3:30 Bridge B-DRE	<b>8</b> CHOWDER DU JOUR 8-9 Golden K Exec Mtg- CR 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 1-3 Legal Aid 101- MR 1-4 Open Studio- LAS 5-9 AARP Driver Safety- MR	<b>9</b> 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 10-11 Branding Mtg- Offsite 10-12 Succulent Garden- DRW 10-12 Cribbage A- DRW 1-3 Birthday Club- DR 1-3 Cribbage B- CR 12:30-3 Hand & Foot B-MR	<b>10</b> 9:30-12:30 Whist C- DR
<b>11</b> Mother's Day	<b>12</b> 9-3 Billiards- PR 9:05 ASC on Open Line 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 5-6:30 Katy's Swing Band- DRW	<b>13</b> 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9-12 Mexican Train- DRE 9-12 Massage- CR 9:30-12 Whist A- DRE 12-3 Bridge A- DRW 12:30-3 Samba B- DRE 6-8 North Door Jam- DRW 1-3 Matter of Balance- MR	<b>14</b> 7-3 Carlson Pillow Service- MR 8:30-9:30 Transition Team Mtg- MR 9-3 Billiards- PR 9:30-11:30 ASC Board Mtg- CR 10:30-11:30 Yoga- MR 12:30-3 Bridge D- CR 12:30-3:30 Mahjong- DRW 12:45-3:30 Bridge B-DRE	<b>15</b> TACO SALAD 9-3 Billiards- PR 9-12 Pinochle B- CR 9:30-11:30 Golden K Mtg- MR 12:30-3 Bridge C-DRE? 12:30-3 Scrabble- CR 1-2 Tech Time- MR 1-4 Open Studio- LAS	<b>16</b> Garage Sale 8am-4pm 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- CR 9:30-12 Quilting- MR 10-12 Cribbage A-Lib./Lob. 12:30-3 Hand & Foot B-MR 1-3 Cribbage B-MR	<b>17</b> Garage Sale 8 am - Noon 9:30-12:30 Whist C- MR
<b>18</b>	<b>19</b> 9-3 Billiards- PR 9:15-12 Bunco B- MR 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 5-6:30 Katy's Swing Band- DRW	Ucure Treats - SN <b>20</b> 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 9:30-12 Bridge F- DRW 12-3 Bridge A- CR 12:30-3 Samba B- DRE 1-3 Matter of Balance- MR	<b>21</b> 9-3 Billiards- PR 10:30-11:30 Yoga- MR 12-3 Massage- CR 12:30-3:30 Mahjong- DRW 12:45-3:30 Bridge B-DRE 2-5 BCBS Rental- MR 6-9 Rock Cutting Class- LAS	<b>22</b> SAUSAGE GRAVY/BISCUIT 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 1-3 Obituary Writing- MR 1-4 Open Studio- LAS 5-9 AARP Driver Safety- MR	<b>23</b> 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-DRE 1-3 Cribbage B- DRW	<b>24</b> 9:30-12:30 Whist C- DR
<b>25</b>	<b>26</b> Memorial Day <b>CLOSED</b>	<b>27</b> 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9-12 Mexican Train- DRE 9:30-12 Whist A- DRE 12-3 Bridge A- DRW 12:30-3 Samba B- DRE 1-3 Matter of Balance- MR 6-8 North Door Jam- DRW	<b>28</b> 8:30-10 ASC Exec Bd Mtg- CR 9-3 Billiards- PR 10:30-11:30 Yoga- MR 9:30-12 Bridge D- CR 12:30-3:30 Mahjong- DRW 12:45-3:30 Bridge B-DRE	<b>29</b> BURGER/BUN 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 1-4 Open Studio- LAS	<b>30</b> 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 9:30-12 Quilting- MR 10-12 Cribbage A- DRW 12:30-3 Hand & Foot B-DRE 1-3 Cribbage B- DRW	<b>31</b> 9:30-12:30 Whist C- DR



## Let's Go Fishing



We invite you to join us for 4 opportunities to go for a 2-hour pontoon ride with Let's Go Fishing. Meet at the Center at 12:15 and we can carpool or meet at the launch site. Life jackets & water provided. Welcome wheelchairs - let us know ahead of time.

**Dates:** Wed, June 18 - Lake Victoria (meet at ASC or boat ramp at 2167 Hazel Hill Rd SE)  
 Wed, July 16 - Lake Le Homme Dieu (meet at ASC or Krueger's Creek)  
 Wed, Aug 27 - Lake Le Homme Dieu (meet at ASC or Krueger's Creek)  
 Wed, Sept 10 - Lake Victoria (meet at ASC or boat ramp at 2167 Hazel Hill Rd SE)

**Time:** 1 pm

**Register:** Call 762-2087 five days prior to day of ride (Limit of 11 participants)

**Summer Bus Trips** - Watch for more information in the June newsletter about an upcoming day bus trip. *Ahh, the places we may go, the things we may do and the people we may see!*

~ Toni Tebben

## TECH TIME with Luke

### Computer Basics

This month we will learn the basics of operating a computer. Laptops will be provided, or feel free to bring your own device! We will cover Powering On/Off, plugging in a mouse, connecting to the Internet, opening applications, and changing settings. This class will cover the basics of operating a computer and is meant for beginners.



Luke Elliott, Douglas County Library

**Date:** Thursday, May 15  
**Time:** 1 – 2 pm  
**Register:** Call 762-2087  
**Instructor:** Luke Elliott  
 Outreach Coordinator

## Pillow Cleaning with “The Pillow Guy”

- Pillows cleaned, deodorized, sanitized and fluffed
- Same day service
- New ticking of your choice



**Date:** May 14  
**Time:** 7am – 3 pm  
**Location:** Look for Carlson Pillow Cleaning truck on 5th Avenue  
**Cost:** \$14.95 - \$18.95

## FOOT CLINIC

<b>Wed, June 11</b> 8:30 am–2:30 pm	<b>Fri, June 27</b> 8:30 am–2:30 pm
<b>Fri, July 11</b> 8:30 am–2:30 pm	<b>Wed, July 30</b> 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.

## BIRTHDAY CLUB



**Friday, May 9 at 1 o'clock**

We invite all members, whether it's your birthday or not, to our **May Birthday Party**. Join us for live music, cake, ice cream, penny bingo and more. Call by May 8 so we have enough cake for everyone! (Cake sponsored by ReHAB Authority + volunteers)

**REHAB AUTHORITY**  
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## 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.

## 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.

Coffee Station Sponsor for May

*Thank You*



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**Tuesday Noon Bingo**  
 Lic#01110-01



**Elks Lodge #1685**  
 115 Fifteenth Ave W  
 Alexandria, MN 56308

## Wellness Classes For May!

Enjoy a wide selection of classes for this season, including many Wellness options. Go online at alexandria.ce.elya.com to see all of the options!



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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 now has 2 options to play:  
Fridays from 10- 12 pm or 1- 3 pm.  
All welcome!

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

## Card "Bingo"- New Game!

Try a new game called Card Bingo where you will play various card games with a caller. The plan is to play the 2nd & 4th Tuesday of each month from 10 – noon.

Date: Starting June 10 & 24, then  
play each 2nd and 4th  
Tuesday of each month  
Time: 10 am – noon

# PRESIDENT'S CORNER

Mary Nitti

Just recently I attended the Minnesota Association of Senior Services Conference. This organization is composed of senior centers throughout the state. This was an opportunity to share programming and events that are successful and what type of problems caused programs to fail. We discussed the challenges we face both within our senior centers and out in our communities. This was accomplished through several round table breakouts. I am pleased to say that Alexandria Senior Center offers more activities, events and programs than most of the other cities attending and we also compare favorably to the larger centers in attendance such as St. Cloud, Eden Prairie, and Edina.



Mary Nitti,  
Board President

There were workshops on substance use disorders in older adults, community challenges, sponsorships, and contributions and an interesting discussion on how to interact with the people who come to the senior center. How do we learn what their needs are and how we as an organization can meet those needs.

This was an excellent learning experience, and I was able to bring back information on new resources, program ideas and how to build even stronger programming through community support. That support is instrumental to providing affordable or free innovative activities and entertainment for our seniors. I recommend that we continue to send a delegate to this conference in future years.

## CRAFTERS CLUB!

Taking a summer break -  
see you in September.

Char from page 1

as her traveling partner when she was young. They would ride the train to visit relatives around the state. In her spare time, she likes to read and do jigsaw puzzles. Thank you for volunteering at the Center, Char!

## Volunteer Opportunities

- Pontoon ride host (meet participants at ASC, fill out paperwork, drive to site)
- ASC Historian

## 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.

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### MISSION STATEMENT

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



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