

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



UPCOMING EVENTS



VOLUNTEER SPOTLIGHT

Ever wonder how all those beautiful items at our Cornercopia Gift Shop get there and priced? Well, meet our gift shop manager, Pauline Semerad. Pauline and Don, her husband of 58 years, moved to Alexandria 7 years ago. While travelling along I-94 to visit their kids, they always stopped in Alexandria and found it to be a very friendly place and decided this is where they would retire. After getting settled into their life in Alex, the first place they joined was the Alexandria Senior Center. She has found a community to easily make new friends and to get involved with the community. Pauline commented, "I just love being here. I like keeping busy and making things people enjoy using or giving to others as a gift."

Pauline points out that the Shop is not a one-person operation, it takes numerous people to make it successful. "We have a lot of talented members here and that adds to the variety of the Shop." Pauline also volunteers her time by serving pop, popcorn or cake at our events and she chairs our silent auction fundraisers. Thank you Pauline for your gift of time and talents!

JOIN US IN LAUNCHING THE SPIRIT OF THE HOLIDAYS!



We are thrilled to host our traditional Holiday Tables event on December 3! The Alexandria Area High School Carolers will be here to put us in the musical mood of the season. At 12:15 Janet Baker's gourmet lunch will be served featuring her holiday soup and festive dessert. Curt Lind will again be our MC to lead us in the fun and assist Deb Shea with the games.

Contact Pauline Semerad or Carol Strong if you have items to donate for the silent auction. Contact Darby Lowe to donate

your baked goods for the CHRISTMAS BAKE SALE.

The Bake Sale starts at 9 a.m. and at 11 a.m. for Holiday Tables viewing and voting. We will need lots of Elves, Servers and Hostesses to accomplish all of this! Sign up at the front desk. If you have Thrivent Action Dollars please let us know. We will put them to good use. For more info or to reserve a ticket call 320-762-2087 or stop by the front desk. Tickets are \$20.00 a piece.

HOLIDAY SWING REVIEW

Thanksgiving dinner is over. The company has left. It's time to relax and be entertained. Andria Theatre and Katy's Swing Band are hosting an afternoon of wonderful Christmas music performed by the talented musicians of our area. Plan to join us to complete the season of Thankfulness while embracing the music of Christ's Birth! The time is 2:00 pm Sunday, November 27 at the Andria Theatre for FREE!



LIGHT UP ALEXANDRIA PARADE

ASC member Vinnie Wogan is getting his 1940 Chevy "Rat Rod" ready to be in the first ever Light Up Alexandria parade representing the Alexandria Senior Center. If you want to ride along or walk alongside and hand out candy, sign up by Nov. 23 by calling the Center. The parade is November 25 at 6:00pm. Join us!



MARK YOUR CALENDARS!

- | | |
|----------|--|
| Nov. 17: | Annual Meeting; 1 p.m. |
| Nov. 25: | Lights On Broadway Parade; 6 p.m. |
| Dec. 3: | Holiday Tables, Bake Sale & Silent Auction |
| Dec. 22: | Christmas Party with music by Roger Lee; 1 - 3 |

MESSAGE FROM SHELLI-KAE, EXECUTIVE DIRECTOR



We have formed an ASC/YMCA task force. With their guidance we are evaluating the opportunity to partner with the YMCA as they look to expand in 2024. We gathered valuable input from the 4 town hall meetings held in October. To learn more, a compiled list of comments from the meetings are available at the Center. One thing I learned is that Douglas County is gearing up for a “silver tsunami,” which means the 65+ population will be the highest portion of our population in the next 10 years. Stop in anytime to discuss the future of our Center with me. I welcome your input.



2ND THURSDAY PIE & COFFEE SERIES

Nov. 10: “Dementia Friends” with Stephanie Aasness/Dancing Sky. Come join Stephanie Aasness from Dancing Sky Area Agency on Aging to learn how to be a Dementia Friend. You become a Dementia Friend by attending a one-hour information session to learn the five key messages about dementia, what it’s like to live with the disease and how to turn your understanding into action that supports people living with dementia. This session is informal and includes fun activities and interaction. Call 762-2087 by Nov. 8 to sign up.

Dec. 8: “Balance Clinic” with Dr. Travis Beniak (PT, DPT) with RehabAuthority. Physical Therapists believe the most effective approach for increasing balance and prevention of falls is regular multicomponent exercise; a combination of balance and strength training. Learn more about maintaining your healthy, independent living by joining us for Pie and Coffee on Dec. 8. Call by Dec. 6 to sign up.

MAKING MEDICARE EASY



Jackie Henry, a Medicare broker invites you to join her to learn about Minnesota’s Medicare Advantage, Medicare Supplements, and prescription drug plans. She will be available to answer your questions on Nov. 2 and 16 from 9:30 to 2:30 along with special presentations on Medica and UCare at the times listed below. Jackie is a Certified Financial Planner of 36 years with strong knowledge of Medicare. Any questions, call Jackie at 507-317-8820.

- Nov. 2: 10-11 a.m. - Medica
1 – 2 p.m. - UCare
- Nov. 16: 10- 11 a.m & 1 – 2 p.m. - Medica

FOOT CLINIC

- Wednesday, Nov. 16; 8:30 to 2:30 p.m.
- Wednesday, Nov. 30; 8:30 to noon
- Friday, Dec. 30; 8:30 to 2:30 p.m.

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

DRIVER SAFETY DISCOUNT CLASSES

Highway Safety & Research Center is holding classes at the Center for the 55+ Driver Discount Program. To register call 888-234-1294 or 320-308-1400. Note: leave a message if there is no answer. Dates for Driver Safety classes:

- Tuesday, Nov. 8; 8:30 - 12:30
- Saturday, Nov. 19; 8:30 - 12:30
- Saturday, Dec. 10; 8:30 to 12:30

<p>VANCE THOMPSON VISION</p> <p>Dr. Deborah Ristvedt 320-762-2166 VanceThompsonVision.com 2600 Jefferson St. Alexandria, MN</p>	<p>Larson Insurance</p> <p><i>"Making your Insurance Experience Better!"</i></p> <p>Alexandria - Fergus Falls 320-763-6916 www.larsoninsurance.com</p>	<p>Ameriprise Financial</p>	<p>Garden Center LANES</p> <p>34 Lanes - Arcade Golf Simulator - U.S. Axe Throwing</p>
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HEALTH & WELLNESS ACTIVITIES



ACCESSIBLE YOGA!

New Session!

Accessible Yoga believes that all people—regardless of ability or background—deserve equal access to yoga. An Accessible Yoga class is for anyone—you can participate seated in a chair, standing with a chair, lying down on a mat, seated in a wheelchair or... Everyone is welcome.

Date: Wednesdays - Nov. 9, 30 & 23; Dec. 7 & 14
 Time: 10:30 – 11:30 a.m.
 Instructor: Nicole Warner
 Member: \$6 per session or \$25 for 5
 Non-member: \$7 per session or \$30 for 5
 Register: Call 762-2087

Yoga mats available, or bring your own.



Line Dancing

New Session!

Line dancing is a group dance in which the dancers stand side-by-side in one or more lines as they perform a series of dance moves in unison to a set song—mostly Country music. Each one hour class session we will learn one line dance and at the end of class we will go over the line dances we have learned in previous sessions. Our final class session will be a line dance party! This class is for all ages and can be modified if you use a walker or remain seated in a chair.

Date: Thursdays - Nov. 10 & 17; Dec. 1, 8 & 15
 Time: 10:00 – 11:00 a.m.
 Instructor: Nicole Warner
 Member: \$6 per session or \$25/for 5
 Non-member: \$7 per session or \$30 for 5
 Register: Call 762-2087



Alexandria Public Schools

Community Education

SENIOR TRIVIA MIXER (50S, 60S & 70S)

Join Alexandria Community Education in collaboration with Alexandria Senior Center for the 1st annual Alexandria Senior Trivia Mixer! The questions will be from the 50's, 60's and 70's! If you are from the Baby Boomers generation and think you know everything this will be a great way to show off your knowledge. Prizes will be awarded.

Date: Monday, December 5
 Time: 9:30 – 11:30 a.m.
 Location: Alexandria Senior Center
 Cost: \$5
 Register: Call 762-2087 by December

SENIOR SPELLING BEE

Alexandria Community Education in collaboration with Alexandria Senior Center will host the 1st annual Alexandria Senior Spelling Bee! If you were in spelling bees as a child, or if you like to do crossword puzzles or word games, this event is for you. A great opportunity for "spellowship". Anyone over 50 is welcome to enter. Pre-registration required.

Date: Thursday, Nov. 3
 Time: 1 – 3 p.m.
 Cost: \$5
 Location: Alexandria Senior Center
 Register: Call 762-2087 by Nov. 1

CHESS CAFÉ

The Chess Café is a place where you can come to enjoy a game of chess. All are welcome. Every level. Instructor Sean Foster.

Dates: Tuesdays, Nov. 1 – 29
 Time: 6– 8 p.m.
 Location: Alex Senior Center
 Cost: \$5 per session or \$20 for all 7 sessions

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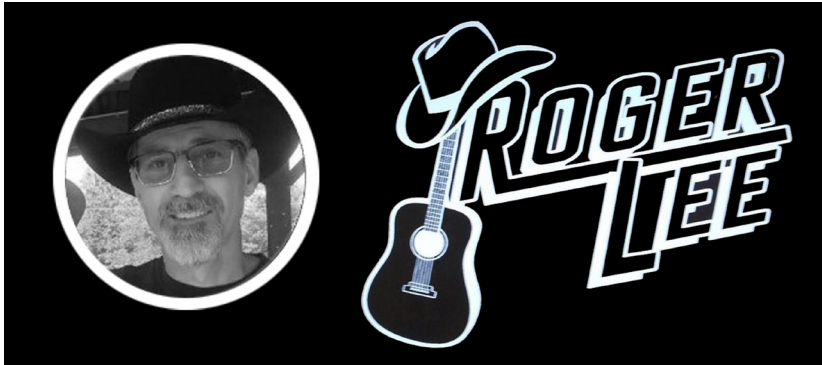
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MORE ACTIVITIES AT THE CENTER



CHRISTMAS PARTY DECEMBER 22

Join us on Dec. 22 at 1 p.m. for a good ole fashion Christmas Party featuring Roger Lee. Roger plays a variety of 70s and 80s country music. Enjoy Christmas goodies, fellowship and music!

VOLUNTEER OPPORTUNITIES:

- Second Thursday Pie Host
- Front desk volunteers
- Bingo caller, Mondays at 1 p.m.
- Sunday Music Host



LEARN HOW TO PLAY BRIDGE

Did you ever want to join a bridge club, but didn't feel you were ready? Join Mary Nitti as she instructs beginners on how to play bridge. This 8 week session is for beginners.

Date: Mondays, Jan. 9 to Feb. 27
Time: 10 – 12 p.m.



NOVEMBER BIRTHDAY CLUB

Friday, November 11 at 1 o'clock.
We invite all members, whether it's your birthday or not, to our November Birthday Party. Join us for cake, ice cream and penny bingo. Call by noon on Nov. 9 to let us know you will be there.

JOIN OUR BOOK CLUB!

By Mary Nitti, Chair

Do you enjoy reading and discussing the books you have read? The senior center has a book club that meets on the 4th Tuesday of the month at 1:00 p.m. in the meeting room. We select our books from a list of book club kits at the library and include both fiction and non-fiction with a different focus each month. Our books have provided lively discussions that include light hearted material, murder mysteries, life experiences of a person with Alzheimer's and many other topics. If you are interested in joining or would like more information please call the senior center at 320-762-2087.



CORNERCOPIA AT VIKING MALL IN DECEMBER

Plan on saving some of your holiday shopping for December 9-18, when our gift shop will be at Viking Mall. We will be offering many uniquely crafted items ready for your gift giving. Our talented elves have been busy creating handcrafted items for all ages. If you are an early shopper, you can shop at the Center any Monday thru Friday starting today.

Because we will be at the mall for several days, Pauline Semerad, our Cornercopia gift shop chairperson is inviting volunteers to help for a few hours during the ten days. Call the Center at 320-762-2087 to let us know when you are available. This is a super fun way to promote the Center and visit with friends and neighbors.

CAPTIONCALL SERVICE SEMINAR

If you struggle to hear a phone conversation, this may be of interest to you. Learn about the CaptionCall Service and how it can help you communicate more effectively on your phone. Available for home and iPhone and Android devices. On-site testing will be available. This service is free.

Date: Monday, Nov. 14
Time: 10 a.m.

Cost: Free
Representative: Paul Kerr

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soles for Souls-Entry Wa Running from Oct 3-Dec November 25, 2022	1 9-10:30 CCOA-MR 9-12 Billiards-PR 9:30-12 Whist A-DREB 12:15-3 Bridge A-CR 1-3 Hand & Foot-DRE 6-8 Chess Cafe-MR	2 9-12 Billiards-PR 9-2:30 Medicare Ins-MR 9:30-12 Whist B-DRE 12:30-3:30 Bridge B-DRW 12:30-3:30 Mahjong-DRE	3 9-12 Billiards-PR 9:30-11:30 Golden K-MR 10-11 Line Dance-DR 12:30-3 Bridge C-DRW 1-3 Sr. Spelling Bee-MR 1-3 Scrabble-WR 1:30-3:30 Open Studio-LAS	4 8-9 TOPS #775-MR 9-12 Billiards-PR 9:15-12 Quilting-MR 1-3 Hand & Foot B-DRE 1-3 Cribbage-DRW	5 9:30-12:30 Whist C-DR	
6 Daylight Saving	7 9-12 Billiards-PR Bunco 9:30-12-CR 9:45-11:45 Marketing Mtg-M 12:30-4 Mens Bridge-CR 1-3 Bingo-MR 3:30-4:30 TOPS #36-MR 5-6:30 Big Band-DR	8 8:30-12:30 Driver Safety-MR 9-12 Mexican Train-DRW 9:30-12 Whist A-DRE 12:15-3 Bridge A-CR 1-3 Hand & Foot A-DRE 6-8 N Door Jam-DR 6-8 Chess Cafe-MR	9 8-9:30 ASC/YMCA Task Force-M 9-12 Billiards-PR 9:30-12 SC Bd Mtg-CR 9:30-12 Whist B-DRE 10:30-11:30 Yoga-MR 12:30-3:30 Bridge B-DRW 12:30-3:30 Mahjong-DRE 1-3 Bridge E-CR	10 8-9 Golden K Bd Mtg-DR 9-12 Billiards-PR 9:30-11:30 Golden K Mtg-MR 10-11 Line Dance-DR 12:30-3 Bridge C-DRW 1-2:15 Dementia Friends-MR 1-3 Scrabble-WR 1:30-3:30 Open Studio-LAS	11 <i>Veterans Day</i> 9-12 Billiards-PR 1-3 Hand & Foot B-DRE 1-3 Cribbage-DRW 1-3 Birthday Club-DR	12 9:30-12:30 Whist C-DR
13	14 9-12 Billiards-PR 10-11 Caption Call-MR 12:30-4 Mens Bridge-CR 1-3 Bingo-MR 3:30-4:3- TOPS #36-MR 5-6:30 Big Band-DR	15 9-12 Billiards-PR 9-30:12 Bridge F-DRW 9:30-12 Whist A-DRE 12:15-3 Bridge A-CR 1-3 Hand & Foot A-DRE 1:30-3:30 VIP-MR 6-8 Chess Cafe-MR	16 8:30-3 Foot Care-CR 9-12 Billiards-PR 9-2:30 Medicare Ins-MR 9:30-12 Whist B-DRE 12:30-3:30 Bridge B-DRW 12:30-3:30 Mahjong-DRE	17 9-12 Billiards-PR 9:30-11:30 Golden K Mtg-MR 10-11 Line Dance-DR 12:30-3:33 Bridge C-DRW 1-3 Scrabble-WR 1-3 Annual Meeting-MR 1:30-3:30 Open Studio-LAS	18 8-9 TOPS #775-MR 9-12 Billiards-PR 9:15-12 Quilting-MR 1-3 Hand & Foot B-DRE 1-3 Cribbage-DRW	19 9:30-12:30 Whist C-DR 8:30-12:30 Driver Safety-M
20	21 9-12 Billiards-PR 12:30-4 Mens Bridge-CR 1-3 Bingo-MR 3:30-4:30 TOPS #36-MR 5-6:30 Big Band-DR	22 9-12 Billiards-PR 9-12 Mexican Train-DRW 9:30-12 Whist A-DREB 12:15-3 Bridge A-CR 1-2:30 Book Club-MR 1-3 Hand & Foot A-DRE 6-8 N Door Jam-DR 6-8 Chess Cafe-MR	23 8-9:30 ASC/YMCA Task Force-M 9-12 Billiards-PR 9:30-12 Whist B-DRE 10-12 Exec Bd Mtg-CR 10:30-11:30 Yoga-MR 12:30-3:30 Bridge B-DRW 12:30-3:30 Mahjong-DRE 1-3 Bridge E-CR	24 Thanksgiving Closed	25 6:00 PM Light up Broadway Parade Closed	26 9:30-12:30 Whist C-DR
27	28 9-12 Billiards-PR 12:30-4 Mens Bridge-CR 1-3 Bingo-MR 3:30-4:30 TOPS #36-MR 5-6:30 Big Band-DR	29 9-12 Billiards-PR 9:30-12 Whist A-DREB 12:30-3 Bridge A-CR 1-3 Hand & Foot A-DRE 4-6 Chess Cafe-MR	30 8:3-12 Foot Care-CR 9-12 Billiards-PR 9:30-12 Whist B-DRE 10:30-11:30 Yoga-MR 12:30-3:30 Bridge B-DRW 12:30-3:30 Mahjong-DRE			

KEEPING YOU IN THE KNOW...



ANNUAL MEETING NOV. 17TH

Thursday, November 17 is the date for our annual meeting. It starts at 1pm, and that is also when we vote on new board members. Ballots were sent out in the October newsletter. You can bring them into the center at any time before the meeting or mail them in too. Let's have a big showing at our annual meeting this year!! Snow is not allowed that day!

ANNUAL APPEAL BEGINS!

By Carol Strong, Treasurer
Our Annual Appeal letter has gone out to you, our members and friends. Many of you have already generously responded. We thank you!

This annual request is vital to our ongoing operations. Also, it gives us the means to expand our services and programs. Because of your support this past year, we have grown our activities and programs to give you more opportunities to socialize and maintain an active, healthy life style.

With the gifts you make to the Center, we can continue to serve our ever growing community. Thank you for your gifts of time, talent and treasures.



Heidi Bruns, First Western Bank

**Thank you to
First Western
Bank for
providing
bingo callers!**



- SOLES FOR SOULS -

Bring your used shoes to the Center from Oct. 3 through December 5. Drop box is right outside the front door.

**PLEASE NOTE: WILL BE
CLOSED THANKSGIVING &
THE DAY AFTER (NOV. 24 & 25)**

Lersung Art Studio

Our "Collective" of artists will be in the Studio working on projects and invite you to stop in on Thursdays, starting at 1:30 p.m.

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MONTHLY CARDS & GAMES

Everyone Welcome!

Billiards	9:00	Mon - Fri
Katy's Swing Band	5:30	Monday
Bingo	1:00	Monday
Book Club	1:00	4th Tues.
Bridge A	11:00	Tuesday
B&C	12:30	Wed & Thurs
D	1:00	2nd & 4th Wed
F	9:30	3rd Tuesday
Men's	12:30	Mon (closed)
Bunco	9:30	1st Mon (closed)
Cribbage	1:00	Friday
Hand & Foot	1:00	Tues & Fri.
MahJong	12:30	Wednesday
Mexican Train	9:00	2nd & 4th Tues
Mission Quilters	9:30	1st & 3rd Friday
North Door Jam	6:00	2nd & 4th Tues
Pinochle	9:30	Thursdays
Scrabble	1:00	Thursdays
*VIPs	1:30	3rd Tuesday
Whist A, B & C	9:30	Tues, Wed, Sat

Note: *VIPs (Visually Impaired People)

Call the Center (762-2087) to sign up.

PRESIDENT'S MESSAGE

Thanksgiving is a time to be with families and friends as we look back on the year and count our many blessings. Here at the center, we are thankful for every one of you. Each day there are over 60 people that walk through our doors. Often times there are 100 people!! We have grown so much this past year. The need for a place to gather and socialize is so evident. As we add more active programs such as line dancing or yoga, we see numbers grow and grow. Thank you to all that came to one of the town hall meetings. Your support as we further talk with the YMCA was an overwhelming "Go for it"!



The Slow Stitch workshop was a hit. If anyone is interested in slow stitching together, let me know.

President Debbie Shea



Our Coffee Station Sponsor
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We want to thank the
Lind Family for their support.

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RETURN SERVICE REQUESTED

**CLOSED FOR
THANKSGIVING
NOVEMBER 24 & 25**

- ALEXANDRIA SENIOR CENTER 2022 BOARD MEMBERS -

President - Deb Shea • Vice President - Scott Quitmeyer • Treasurer - Carol Strong • Secretary • Toni Tebben
Denise Strand • Mary Nitti • Carole Barlage • David Dilly • Curt Funkhouser
Executive Director - Shelli-Kae Foster

MISSION STATEMENT

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