

PUBLISHED BY
ALEXANDRIA SENIOR CENTER

414 Hawthorne Street
Alexandria, MN 56308
320-762-2087
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ALEXANDRIA
SENIOR CENTER
Healthy, Active Living

DECEMBER 2022
VOL. 46, NO 19

News

UPCOMING EVENTS



VOLUNTEER
SPOTLIGHT

I would like you to meet Alyce Kartes. Alyce, who lives in an apartment upstairs, shows up every weekday morning to help assemble the meals that are delivered to more than 100 people in the community. She has done this for more than 4 years. She also helps Bob keep the Center's library organized.

Alyce grew up in Langdon, North Dakota. Her profession was as a Certified Nurse Assistant (CNA) and a Dietician's Assistant in the local school. She has 3 kids, 5 grand kids and 2 great grand kids.

Her favorite memory is of the family reunion in 1949, where all 14 siblings and their families were present and having a great time together.

When asked why she volunteers at the Center she commented, "It feels good to know that I'm part of the process of getting healthy meals out to our seniors." And she added, "I love keeping busy and being around other people." Thank you Alyce!

HOLIDAY KICK-OFF



December 3:
Holiday Tables, Bake Sale
& Silent Auction

Your Bake Sale donations will be accepted through Dec. 2. Bake Sale starts at 9 a.m. on Dec. 3, with luncheon starting at 11 a.m., and Bake Sale continuing until 4 p.m. or until all items are gone. Tickets for tables already sold out.

CORNERCOPIA



at Viking Mall
In December

Plan on saving some of your holiday shopping for Dec. 9-18, when our gift shop will be at Viking Mall, open daily from 10 a.m.-4 p.m. 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. Contact Carol Strong if you would like to volunteer at the Mall during this event. This is a super fun way to promote the Center and visit with friends and neighbors.

CAROLS
& COOKIES

December 13; 4:30 to 5:30

Come for Christmas carols performed by Girl Scout Troop 510 (5-6 year olds). Stay for the decorating of cookies together at the Center. Call 762-2087 by December 9 to sign up.

CHRISTMAS
PARTY



Thursday, December 22
at 1 p.m. with Roger Lee

Join us for a Christmas Party featuring Roger Lee. Roger plays a variety of music with a special emphasis on 70s and 80s country. Enjoy Christmas goodies, music and fellowship. Call the Center by Wednesday, Dec. 21 to sign up.

FREE Christmas Dinner

By Kathryn LeBasseur

Don't spend Christmas alone!
That is the theme of the annual free Christmas Dinner offered by First Congregational UCC in Alexandria. The church is located at the corner of 7th Ave. W. and Elm St. Serving will be from 11 a.m. to 1p.m. For takeout or transportation please call 320-763-3341. The traditional opportunity to dine with others inside has been reinstated this year. There is no charge for the holiday dinner, but donations are accepted.



MESSAGE from SHELLI-KAE, Executive Director



Merry Christmas to all our members and their families!

At this time I would like to recognize our local government supporters including the City of Alexandria; Douglas County Commissioners; and Alexandria, LaGrand, Lake Mary, and Hudson Townships. Their support along with our membership helps keep us going. Thank you to all of you!

TECH TIME FRIDAY



Meet Yeisa Frederickson, the new Reference & Adult Services Librarian at Douglas County Library. She will be offering a series of technology classes and individual

assistance called "Tech Time Friday" at the Center. You may bring your own computer, cell phone or other device, but it's not required. The first session will be a basic introduction to Windows designed for beginners who have little or no experience with computers. There will be time for trouble-shooting your specific questions.

Date: Dec. 9 and then each 2nd Friday with a different topic
 Time: 10 a.m.
 Cost: \$1 for members and \$2 for nonmembers

Register: Call 762-2087 by Dec. 8

PIE & COFFEE INFORMATION Series

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

• 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. Call by Dec. 6 to sign up.

• Jan. 12: "Written Gift" with Kathy Fischer. Your healthcare wishes and needs are unique and so should your health care directive. Kathy will talk with you about preparing your healthcare wishes in the event you are unable to communicate or make decisions. She will help you take steps toward completing your own directive, if you so choose. Call by Jan. 10 to sign up.

• Feb. 9: "Dementia Friends" with Stephanie Aasness/Dancing Sky.

Driver Safety Discount Classes



Minnesota 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:

4 hour Refresher Classes

Jan. 10, 2023	Noon-4 p.m.
Feb. 14, 2023	8 a.m.-Noon
March 14, 2023	8 a.m.-Noon

8 hour First Time classes

Jan. 27, 2023	Noon-4 p.m.
Jan. 28, 2023	Noon-4 p.m.
March 24, 2023	Noon-4 p.m.
March 25, 2023	Noon-4 p.m.

FOOT CLINIC

Wednesday Jan. 11 8:30 a.m.-2:30 p.m.	Wednesday Feb. 8 8:30 a.m.-noon
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Please 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.

COMBAT FINANCIAL FEARS

Bruce Workman will bring his financial expertise to the Center to help you combat financial fear with knowledge. He has found that seniors often do nothing related to their finances because they are afraid to do something wrong. Bruce will offer his advice on a variety of topics so bring your questions! Bruce is a retired financial planner and former radio host on WCCO's "Workman on Money" series.

Date: Tuesday, January 10
 Time: 10-11 a.m.
 Cost: \$5 for members and \$6 for nonmembers

Register: Call 762-2087 by noon on Jan. 9

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— Health & Wellness Activities —



ACCESSIBLE YOGA

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 and you CAN do yoga!

Date: Wednesdays; Dec. 7 & 14
Time: 10:30-11:30 a.m.

Instructor: Nicole Warner
Cost: Member: \$6 per session;
Non-member \$7/session
Register: Call 762-2087

Yoga mats available, or bring your own.



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; Dec. 1, 8 & 15
Time: 10-11 a.m.
Instructor: Nicole Warner
Cost: Member: \$6 per session;
Non-members \$7/session
Register: Call 762-2087 to sign up

SENIOR TRIVIA

MIXER (50s, 60s & 70s)



Alexandria Public Schools
Community Education

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, Dec. 5
Time: 9:30-11:30 a.m.
Location: Alexandria Senior Center
Cost: \$5
Register: Call 762-2087
by December 2

BIRTHDAY CLUB, *Friday, Dec. 9 at 1 o'clock*

We invite all members, whether it's your birthday or not, to our December Birthday Party. Join us for cake, ice cream, penny bingo and more. Call by Dec. 8 to let us know you will be there.

MARK YOUR CALENDARS

- Dec. 3 Holiday Tables, Bake Sale & Silent Auction
- Dec. 5 Soles for Souls shoe collection ends
- Dec. 22 Christmas Party with music by Roger Lee; 1 - 3
- Dec. 24-26, 30, 31 Alexandria Senior Center – CLOSED
- Jan. 1 & 2 Alexandria Senior Center – CLOSED

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— More Activities —

THURSDAY MOVIE DAY

at Grand Arbor Theatre

Grand Arbor invites all ASC members for Movie Thursday in December. Contact the front desk for movie listings. Movie time is 2 p.m.



2 NEW GAME GROUPS starting in 2023!

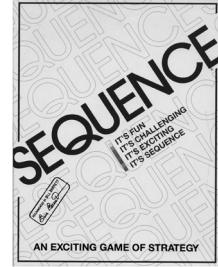
Rummikub

is a tile-based game combining elements of the card game rummy and mahjong. You are welcome to join whether you know how to play the game or just learning. League starts on Friday, Jan. 6 from 9:30-11 a.m.



Sequence

is a quick game to learn so everyone can play. Join us on the 1st and 3rd Friday of each month starting Jan. 20 at 1 p.m.



LEARN 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. Cost: \$20 for book; \$1 per session/members; \$2 per session/nonmembers Date: Mondays, Jan. 9 to Feb. 27 Time: 10 a.m.-12 p.m.

— REFLECTIONS from November —



Doc's Dixieland concert was a big hit!



Audrey Ley with Birthday Club balloons from Scott Quitmeyer.



Line dancers kicked up their heels each Thursday.

DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soles for Souls-Entry Way Ending Dec 5		Senior Center Gift Shop Viking Mall Dec. 9-18 10-4 Daily		1 9-12 Billiards-PR 9:30-11:30 Golden K-MR 9:30-12 Pinochle-DRE 10-11 Line Dancing-DR 12:30-3 Bridge C-DRW 1-3 Scrabble-DRE 1:30-3:30 Open Studio-LAS	2 8-9 TOPS #775-MR 9-12 No Billiards 9-3 Holiday Table Prep-DR 9-3 Bake Sale Prep-MR 9:15-12 Quilting-CR 1-3 Hand & Foot B-CR 1-3 Cribbage-WR	3 9-3 Bake Sale - MR 9-3 Holiday Luncheon-DR 9:30-12:30 Whist C-CR
4 1-5 Private Party	5 9-12 Billiards-PR 9:30-11:30 Trivia-MR 9:30-12 Bunco-CR 12:30-4 Men Bridge-CR 1-3 Bingo-MR 3:30-4:30 TOPS #36-MR	6 9-12 Billiards-PR 9:30-12 Whist A-DRE 12:15-3 Bridge A-CR 1-3 Hand & Foot-DRE 6-8 Chess Cafe-MR	7 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	8 8-9 Golden K Bd Mtg-DR 9-12 Billiards-PR 9:30-11:30 Golden K Mtg-MR 9:30-12 Pinochle-DRE 10-11 Line Dancing-DR 12:30-3 Bridge C-DRW 1-2:30 Balance Clinic-MR 1-3 Scrabble-DRE 1:30-3:30 Open Studio-LAS	9 11-12 TOPS #775-MR 9-12 Billiards-PR 1-3 Hand & Foot B-CR 1-3 Cribbage-WR 1-3 Birthday Club-DR	10 9:30-12:30 Whist C-DR 8:30-12:30 Drivers Safety-MR
11	12 9-12 Billiards-PR 12:30-4 Mens Bridge-CR 1-3 Bingo-MR 3:30-4:30 TOPS #36-MR	13 9-12 Billiards-PR 9-12 Mexican Train-DRW 9:30-12 Whist A-DRE 12:15-3 Bridge A-CR 1-3 Hand & Foot A-DRE 4:30-5:30 Carols-DR 6-8 N Door Jam-DR 6-8 Chess Cafe-MR	14 8-9:30 ASC/YMCA Task Force-MR 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	15 9-12 Billiards-PR 9:30-11:30 Golden K Mtg-MR 9:30-12 Pinochle-DRE 10-11 Line Dancing-DR 12:30-3 Bridge C-DRW 1-3 Scrabble-DRE 1:30-3:30 Open Studio-LAS	16 8-9 TOPS #775-MR 9-12 Billiards-PR 1-3 Hand & Foot B-DRE 1-3 Cribbage-DRW	17 9:30-12:30 Whist C-DR
18	19 9-12 Billiards-PR 12:30-4 Mens Bridge-CR 1-3 Bingo-MR 3:30-4:30 TOPS #36-MR	20 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 VIPS-MR	21 9-12 Billiards-PR 9:30-12 Whist B-DRE 9:30-12 Bridge F-DRW 12:30-3:30 Bridge B-DRW 12:30-3:30 Mahjong-DRE	22 9-12 Billiards-PR 9:30-11:30 Golden K Mtg-MR 9:30-12 Pinochle-DRE 12:30-3 Bridge C-CR 1-3 Scrabble-WR 1-3 Roger Lee Concert-DR 1:30-3:30 Open Studio-LAS	23 8-9 TOPS #775-MR 9-12 Billiards-PR 1-3 Hand & Foot B-DRE 1-3 Cribbage-DRW	24 Christmas Eve Closed 12-5 Nelson Party-DR
25 Christmas Day	26 CLOSED	27 9-12 Billiards-PR 9-12 Mexican Train-DRW 9:30-12 Whist A-DRE 12:15-3 Bridge A-CR 1-2:30 Book Club-MR 1-3 Hand & Foot A-DRE 6-8 N Door Jam-DR	28 9-12 Billiards-PR 9:30-12 Whist B-DRE 10-12 Exec Bd Mtg-CR 12:30-3:30 Bridge B-DRW 12:30-3:30 Mahjong-DRE 1-3 Bridge E-CR	29 9-12 Billiards-PR 9:30-11:30 Golden K Mtg-MR 9:30-12 Pinochle-DRE 12:30-3 Bridge C-DRW 1-3 Scrabble-DRE 1:30-3:30 Open Studio-LAS	30 CLOSED For Cleaning & waxing floors	31 New Year's Eve

— Keeping you “in the know...” —

ANNUAL APPEAL

Continues...

By Carol Strong, Treasurer

Our Annual Appeal continues throughout December. 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.

CONGREGATE DINING RETURNS

Congregate dining will start on Thursday, January 12, and be available each Thursday. Call Meals on Wheels at 762-4280 by Wednesday to reserve your meal. Suggested donation is \$4 for those 60 and over. For diners under 60 years of age, the cost is \$8.

Coffee Sponsor

WEST CENTRAL SANITATION

Lorsung Art Studio

Our “Collective” of artists will be in the Studio working on projects and invite you to stop in

OPEN STUDIO

Thursdays, starting at 1:30 p.m.

**Please note:
Alexandria Senior Center
will be closed
December 24-26, 30 & 31,
January 1 & 2.**

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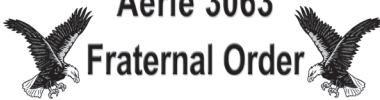
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Monthly Activities

Everyone is welcome to play!

Billiards

Monday-Friday 9:00

Bingo

Monday 1:00

Book Club

4th Tuesday 1:00

Bridge

A Tuesday 11:00

B&C Wed & Thurs 12:30

D 2nd & 4th Wed 1:00

F 3rd Tuesday 9:30

Men's Mon (closed) 12:30

Bunco

1st Mon (closed) 9:30

Cribbage

Friday 1:00

Hand & Foot

Tues & Fri. 1:00

MahJong

Wednesday 12:30

Mexican Train

2nd & 4th Tues 9:00

Mission Quilters

1st & 3rd Friday 9:30

North Door Jam

2nd & 4th Tues 6:00

Pinochle

Thursdays 9:30

**Rummikub

Fridays 9:30

Scrabble

Thursdays 1:00

**Sequence

1st & 3rd Friday 1:00

*VIPs

3rd Tuesday 1:30

Whist A, B&C

Tues, Wed, Sat 9:30

Note: *VIPs (Visually Impaired People)

** New activity

Call the Center (762-2087) to sign up

PRESIDENT'S MESSAGE

from Deb Shea

Brrrrrr..... As I write this, we have several inches of snow and cold temperatures!!

and wish them well in their health issues. We hope to see them back here!

Winter came fast! We should be used to it, as hardy Minnesotans, but it's always a wake up call! Just remember the coffee is always ready, and warm smiles & laughter is always found at the Alexandria Senior Center.



We also say good bye to Denise Strand and Carol Strong. We are sorry to see them off the board, but will continue to see them around. We value their expertise and knowledge and all the support they have given Shelli-Kae and the board.

Thank you to everyone who attended our annual meeting and to all that sent in or dropped off ballots.

Congratulations to the new board members, Mary Nitti, Kathy Eastlund, Dave Benson and Tina Snell!

Christmas is a time for families and memories. Decorating cookies, trees, singing carols, wrapping presents are a few. I hope your memories bring a smile to you, and new ones will be made.

We say goodbye to board members Carol Erickson, and Curt Funkhauser,



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December 24-26,
30 & 31,
January 1 & 2

- 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

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

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