

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



Donna Meier

By Toni Tebben

Donna was born in Herman and spent most of her life in Dovray, Minnesota. Dovray is a small town in Southwest MN, about an hour from the Iowa border. The current population is 58, so it was definitely a small town. She migrated to Alex to be closer to family.

She is divorced and has two sons. She told me that her favorite memory is of giving birth to her first son, as she knew he was a gift from God.

For 12 years she drove buses and cabs in Northfield. She also managed a bakery in Tracy. In the 90's she went to truck driving school in Wisconsin, driving an 18-wheeler for 3 years. She drove from New York to California, hauling mostly industrial supplies.

Donna calls Bingo at the center and lives upstairs in the Town Square Apartments. She is always sharing her baked treats with members

Meier continued on page 6



# ALEXANDRIA SENIOR CENTER

Healthy, Active Living

March 2024  
VOL. 48, NO 3

News

## UPCOMING EVENTS

### Mark your calendar for 2 Sunday Music Series Events in March!



#### March 10: the Cline Connection from 2-4 pm

This popular band plays in a variety of venues throughout greater MN including Bricks Travel Center in Motley, historic Rock Tavern in Grey Eagle and more. This cousin duo, Tim & Cliff Cline play a variety of music from the 50s and 60s, classic country and ballads. Great entertainment and many dance tunes too. Snacks will be available.



Music Sponsored by



#### March 24: Mikko & Friends from 2-4 pm

Please join Mikko Cowdery, Doug Tatge and Anne O'Flynn for an afternoon of Celtic classic and grand old sing-along standards from their years of playing Irish music festivals and jams from St. Paul to Fargo, Aberdeen to Halifax, and County Douglas to County Clare. Celebrate Spring in style with Mikko & Friends...



Mikko, Doug, & Anne O'Flynn

## Waffle Feed

Saturday, March 23  
from 9 am-12 pm

Come to the Alexandria Senior Center for yummy Belgian Waffles, sausages and choice of beverages. We are partnering with the Alexandria Lions Club to bring this popular fundraiser to the Center. Presales are \$9 per adult and \$5 for children 10 and under. \$10 adult at the door. Bring the family!

### MENU

All-U-Can-Eat  
Belgian Waffles

Sausages

Special Toppings

Beverages



# MESSAGE from SHELLI-KAE, Executive Director



You all know that parking at the Center can be a challenge, to say the least. I am happy to tell you that the staff at Saint Mary's has agreed to not park on the east side of Hawthorne on Wednesdays and Thursdays. For a few years now their staff has dutifully not parked here to accommodate our robust Thursday programs. We are grateful they have added Wednesdays. In addition, if we

are having an event, they always are accommodating and leave these spots free for our guests. I am grateful for our good neighbors! Also, at 5th & Hawthorne the 30 minute parking has been changed to 3hr parking, freeing up those spaces for you to park while playing cards or going to an activity. Thank you for being persistent in trying to find parking spots, I know it is a challenge, but we are glad you are here!

## PIE & COFFEE

**Information Series Part 1**  
2nd Thursday of each month-1 p.m.

Pie sponsored by  
 **KNUTE NELSON**

**March 14: "Mental Wellbeing and Suicide Prevention"**

Come join Aaron as he talks about mental wellbeing and suicide prevention among the aging population. Learn about the prevalence of suicide within our



*Aaron Cadayong,*  
*Lakeland Mental Health Center*

save a life. Call 762-2087 to sign up so we have enough pie for everyone.

communities and current efforts to strengthen all affected. As a suicide prevention regional coordinator, Aaron has experience with training all ages on the signs of suicide and helpful tips on how to

## PIE & COFFEE

**Information Series Part 2**  
4th Thursday of each month-1 p.m.

Pie sponsored by **SANFORD HEALTH**

March 28: Navigating Hospice Care

Join us for a special presentation by Deb Hadley, Bereavement Manager at Knute Nelson, on how to navigate hospice care; when to seek services; what are the benefits provided; and how hospice supports your family. We will have the opportunity to

learn about a new community education resources called "Concierge" consultation service. This is a 1-1 consultation service, totally free and open to the public, for anyone who has questions about hospice and palliative care. Call 762-2087 to sign up so we have enough pie for everyone.

Presented in partnership with



*Deb Hadley*



MINNESOTA NETWORK OF  
HOSPICE & PALLIATIVE CARE

## FOOT CLINIC

**Fri, March 1**      **Wed, March 20**  
**9:30 a.m.–2:30 p.m.**      **8:30 a.m.–noon**

**Fri, April 12**      **Wed, April 20**  
**8:30 a.m.–2:30**      **9:30 a.m.–2:30 p.m.**

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

## TECH TIME

**March - Genealogy with MyHeritage**



Learn how to use the Library Database called MyHeritage. We will explore the Library Website, learn how to access MyHeritage, and learn how to use it to search public records to construct a family tree. Computers are available, but feel free to bring your own laptop, or iPad. Luke is always happy to answer questions. No cost.

Date:                      Tuesday, March 12  
Time:                     1–2 p.m.  
Register:                Call 762-2087  
Instructor:             Luke Elliott  
                                 Douglas County Librarian

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— Spring is in the Air... —

# Annual Spring Luncheon!

Come join us on **April 20th** for our 'Spring Garden Party'. This is a fundraiser for the Alexandria Senior Center featuring Robin Trott, U of MN Extension Director and Master Gardener as our speaker. We will have lunch prepared by chef Janet Baker, a silent auction and door prizes. Tickets go on sale March 4th for \$25. Doors will open at 11 am to get the silent auction bids going. Please get your tickets at the Center between 9:30 am and 3 pm.



## "Fix-it Clinic"

Are you someone who likes to repair watches, jewelry, small appliances, wood items, sewing, etc.? We are looking for people to share their skills in a pilot project we are calling the "Fix-it Clinic." Please call the Center at 762-2087 and leave your name and we will get back to you with more details. **Our first Fix-It Clinic is scheduled for Thursday, April 18 from 12-4 pm.**

## SHARE A MEAL TOGETHER

*Thursdays at 11:30 a.m.*

Join us for a great meal and conversation 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. Note: Thursday main course is included on our calendar.

## 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. Classes are held at the Center.

### 4 hour Refresher Classes

Tuesday, March 5 12:30 – 4:30  
 Tuesday, April 9 12:30 – 4:30  
 Saturday, April 27 8:30 – 12:30

## Spring Luncheon - Silent Auction Request

We are looking for creative donations for the Spring Luncheon silent auction. Items may be gift cards, gift baskets, crafts, wine, or anything unique you can come up with. Bring items to the Center by April 15, noting it is for the silent auction. Thank you!

## Spring Garage Sale

We are thinking spring and getting ready for our garage sale on May 17. You can get involved in planning for this annual fun and beneficial event! If your spring housecleaning uncovers long forgotten treasures, you may wish to donate them to benefit our Senior Center. Desired items are furniture, fishing gear, tools, toys, wall décor, garden art, household items, new and gently used clothing, collectibles, linens. No electronics. We often receive rare and unusual items that may be reserved for our silent auction later. Every item donated goes to benefit our Center programs and services or will be donated to other nonprofits.

If you enjoy working garage sales, plan on joining the team with sorting, pricing, sales support and packing up after the sale. Volunteers are asked to call 762-2087 or stop at the Center to let us know how you would like to help.

NOTE: Please hold your donations until the week of the sale. Thank you!



## BIRTHDAY CLUB

*Friday, March 8 at 1 o'clock*

We invite all members, whether it's your birthday or not, to our **March** Birthday Party. Join us for live music, cake, ice cream, penny bingo, and more. Call by March 7 so we have enough cake for everyone! (Cake sponsored by ReHab Authority + volunteers)

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 Alexandria Pharmacy: 320-762-6840  
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## — Connecting to Community —



**Alexandria Public Schools**

**Community Education**

*Alexandria Community Education is offering these classes in March and more!*

• **“Acrylic Painting for All”** - this class is for beginner painters or anyone who loves to paint! Supplies are included. March 2 from 10:00 AM-12:30 PM.

• The Runestone Museum invites you to come to their museum for the Hot Chocolate & History: **“Forgotten Skills: Timeless Practicalities for Every Generation”** on March 14 from 6:30-7:30 PM.

• **“Designing and Planting Effective Baskets and Planters”** - get a jump on Spring with this class at the Miltona Greenhouse on March 23 from 1:00-2:30 PM.

Contact Alexandria Community Education at 320-762-3310 ext. 2 to register today!

## Need Tax Help?

West Central Communities Action is scheduling appointments in 5 surrounding locations for low-income taxpayers: Alexandria, Glenwood, Elbow Lake, Morris and Wheaton. Call 218-685-7004 to schedule an appointment.



Call a friend and go to the matinee to support our “Seniors on Stage” at the Andria Theatre. Creamed Corn Queen on March 20 & 21 at 11 am. Stop by the Senior Center afterwards for coffee and a play discussion.

## — Reflections & Special Thanks —

Highlights from “Pamper You” day with Janice from Mary Kay

### Thank You

Thank you to our 2023 Annual Examination team for going through our financial records to ensure we are fiscally responsible. After careful review, the team signed off that we are in good standing. A special “thank you” to Carol Strong and Mary Nitti for organizing the team. Team members include Jerry Kostreba, Muriel Nelson, Diane Alveshere, Andrea Sonstegard, Scott Sonstegard and Toni Tebben.



Marlene Lorsung, Janice Jablonski/Mary Kay Consultant, Vivian Mattson

### Thank You

Thank you to Gary and Shirley Severson for sorting and counting our existing chairs to determine which ones we should keep and which ones to get rid of. There were 212 chairs to sort through!



Gloria Odegaard

# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ROOM KEY</b> Dining Room-DR Dining Rm East-DRE Dining Rm West-DRW Pool Room- PR Craft Room- CR	Meeting Room- MR Green Room- GR Window Room - WR Art Studio- LAS	Congregate Dining Each Thursday at 11:30				
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9-12 Billiards- PR 9:30-12 Bunco A- MR 10-12 Beg. Bridge A- CR 12:30-4 Mens Bridge- CR 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR	9-12 Billiards- PR 9:11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 12-3 Bridge A- CR 12:30-4:30 Driver Safety- MR 1-3 Hand & Foot A- DRE	9-12 Billiards- PR 9:11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 12:30-3:30 Bridge B- DRW 1-3 Euchre- CR	MEATLOAF 9-12 Billiards- PR 9:30-11:30 Golden K Mtg- MR 9:30-12 Pinochle B- DRE 12:30-3:30 Bridge C- DRW 12:30-3 Scrabble- CR 1:30-3:30 Open Studio- LAS	9-12 Billiards- PR 9:30-11:30 Golden K Mtg- MR 9:30-12 Pinochle B- DRE 12:30-3:30 Bridge C- DRW 1-3 Hand & Foot B- DRE 1:30-3:30 Competitive Bridge- DRW	8-9 TOPS #775- MR 9-12 Billiards- PR 9:30-11 Rummikub- DR 9:30-12 Quilling- MR 9:30-2:30 Foot Care- CR 1-3 Cribbage- CR 1-3 Hand & Foot B- DRE 1:30-3:30 Competitive Bridge- DRW	9:30-12:30 Whist C- DR
<b>10 Daylight Saving (begin)</b>	<b>11 Ramadan begins</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9-12 Billiards- PR 9:05 ASC @ Open Line 10-12 Beg. Bridge A- CR 10:30-11:30 Marketing Mtg- DR 12:30-4 Mens Bridge- CR 1-2:30 Spring Luncheon Mtg- DRW 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR	9-12 Billiards- PR 9:11:30 Pinochle A- DRW 9:12 Mexican Train- DRE 9:30-12 Whist A- DRE 12-3 Bridge A- CR 1-2 Tech Time- MR 1-3 Hand & Foot A- DRE 6-8 North Door Jam- DRW	9-12 Billiards- PR 9:30-11:30 ASC Board Mtg- CR 9:30-12 Whist B- DRE 12:30-3:30 Bridge B- DRW 12:30-3:30 Mahjong- DRE 1-3 Euchre- CR	CHICKEN 8-9 Golden K Exec Mtg- CR 9-12 Billiards- PR 9:30-11:30 Golden K Mtg- MR 9-12 Craft Club- DRW 9:30-12 Pinochle B- DRE 12:30-3:30 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Suicide Prevention- MR 1:30-3:30 Open Studio- LAS	8-9 TOPS #775- MR 9-12 Billiards- PR 9:30-11 Rummikub- DR 9:30-12 Quilling- MR 1-3 Cribbage- CR 1-3 Hand & Foot B- DRE 1:30-3:30 Competitive Bridge- DRW	8-9 TOPS #775- MR 9-12 Billiards- PR 9:30-11 Rummikub- DR 9:30-12 Quilling- MR 1-3 Cribbage- CR 1-3 Hand & Foot B- DRE 1:30-3:30 Competitive Bridge- DRW	9:30-12:30 Whist C- DR
<b>17 st. Patrick's Day</b>	<b>18</b>	<b>19</b>	<b>20 Vernal equinox</b>	<b>21</b>	<b>22</b>	<b>23</b>
	9-12 Billiards- PR 9:15- 12 Bunco B- MR 10-12 Beg. Bridge A- CR 12:30-4 Mens Bridge- CR 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR	9-12 Billiards- PR 9:11:30 Pinochle A- DRW 9:12 Bridge F- DRW 12-3 Bridge A- CR 9:30-12 Whist A- DRE 1-3 Hand & Foot A- DRE 1:30-3:30 VIPs- MR	8:30-12 Foot Care- CR 9-12 Billiards- PR 9:30-12 Whist B- DRE 12:30-3:30 Bridge B- DRW 12:30-3:30 Mahjong- DRE 1-3 Euchre- CR	MEAT BALLS 9-12 Billiards- PR 9:30-11:30 Golden K Mtg- MR 9:30-12 Pinochle B- DRE 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1:30-3:30 Open Studio- LAS	8-9 TOPS #775- MR 9-12 Billiards- PR 9:30-11 Rummikub- CR 1-3 Cribbage- CR 1-3 Hand & Foot B- DRE 1:30-3:30 Competitive Bridge- DRW	9-12 Lions Waffle Feed 9:30-12:30 Whist C- DR
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	9-12 Billiards- PR 10-11 Finance Meeting- CR 10-12 Beg. Bridge A- CR 12:30-4 Mens Bridge- CR 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR	9-12 Billiards- PR 9:11:30 Pinochle A- DRW 9:12 Mexican Train- DRE 9:30-12 Whist A- DRE 12-3 Bridge A- CR 1-3 Hand & Foot A- DRE 6-8 North Door Jam- DRW	8:30-10 ASC Exec Bd Mtg- CR 9-12 Billiards- PR 9:30-12 Whist B- DRE 12:30-3:30 Bridge B- DRW 12:30-3:30 Mahjong- DRE 1-3 Euchre- CR	PORK LOIN 9-12 Billiards- PR 9-12 Craft Club- DRW 9:30-11:30 Golden K Mtg- MR 9:30-12 Pinochle B- DRE 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Hospice Care- MR 1:30-3:30 Open Studio- LAS	8-9 TOPS #775- MR 9-12 Billiards- PR 9:30-11 Rummikub- DR 9:30-12 Quilling- MR 1-3 Cribbage- CR 1-3 Hand & Foot B- DRE 1:30-3:30 Competitive Bridge- DRW	9:30-12:30 Whist C- DR
<b>2-4 pm Mikko &amp; Friends</b>						
<b>31 Easter</b>						

Notes

— Keeping you “in the know...” —

# CRAFTERS UNITE!

Pie sponsored by  
**SANFORD**  
HEALTH

Days: 2nd and 4th Tuesdays  
Time: 9–12 p.m.

Join others who enjoy crafting! Whether you knit, crochet, sew, do diamond pictures, rubber stamping or color books – we'd like to gather to share stories, talents and enjoy pie. Bring your own craft & supplies. Drop in or stay the whole time.

## Did you know...

- You can designate the Alexandria Senior Center for your Thrivent Choice Dollars?
- Our rooms at the Center are available for rental. Members receive a 10% discount?
- You can loan out a library e-Reader at the Center?

### Meier from page 1

and visitors at the center. She was headed upstairs following the interview to frost Mocha bars, which she was sharing later that day. She loves being with people and sharing her baked goodies. Thank you, Donna – you are a treasure to our Center!

## Volunteer Opportunities



- Do you enjoy being in the kitchen? We are looking for individuals to become Food Safety Certified. This added help will enable us to use our commercial kitchen more often. Please inquire at the Center.
- We are coming up on our 40 year celebration on August 25. We are looking for help in going through some of our historical information and putting together a display. Please talk to Shelli-Kae if you are interested.

# LEAVE A LEGACY

Please consider contributing to our endowment fund to help support the Alexandria Senior Center for now and our next generation of older adults. Call Shelli-Kae at 762-2087 for more details.

# Lorsung Art Studio

## OPEN STUDIO

Thursdays, starting at 1:30 p.m.

Resident Artist Connie Gawthrop will be “in studio” during Mondays, Tuesdays and Thursdays from 1-3:30. Stop in and see what she is working on and what you might want to learn about.



*Thank You*

Coffee Station Sponsor  
for March

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# Monthly Activities

Everyone is welcome to play!

- 500 Club
- Billiards
- Bingo
- Bridge A, B, & C
- Beginner Bridge A
- Men's Bridge (Closed)
- Bunco A (Closed)
- Bunco B
- Competitive Bidding Bridge
- Cribbage
- Hand & Foot
- Mahjong
- Mexican Train (dominoes)
- Mission Quilters
- North Door Jam
- Pinochle A & B
- Rummikub
- Scrabble
- VIPs (Visually Impaired Persons)
- Whist A, B, and C

Call the Center (762-2087) to sign up. Check the calendar on page 5 for times. If interested in a game that is "closed", call the Center and leave your name and we will get you in when there is room.

## CARPOOL Challenge!

Carpooling is a great way to save on gas and save on parking spaces. Grab a friend and carpool to the Center. Stop by the front desk and we will give you a special chip clip/magnet.

# PRESIDENT'S MESSAGE

from Mary Nitti

Walking through the Senior Center and listening to the buzz of conversations and laughter going on throughout the building I realize how important socialization is for seniors. We provide this opportunity for our members and guests with a wide variety of programs and services. It is also vitally important to provide a safe environment. We have several policies and procedures in place to ensure that you have a safe and secure place to enjoy the activities you are participating in. The policies that pertain to daily use are posted on the bulletin board and address issues such as fire and storm procedures, service/therapy dog policy, code of conduct



Mary Nitti, board president

for members and guests who use the facility along with many other policies. Please feel free to ask for a copy of these policies or to direct any questions or concerns you may have to our executive director or program manager; they would be happy to discuss them with you. We also provide training in several areas relating to safety

to our volunteers who will help members and guests find a safe solution to emergency situations. We want you to know that your well-being is important to us and we will do our best to provide you with a worry-free, enjoyable experience at the senior center.

### MARK YOUR CALENDARS

- March 23** Waffle feed w/Alexandria Lions Club, 9-12 pm
- April 18** Fix-It Clinic, 12-4 pm
- April 20** Spring Garden Luncheon, 11:30-1:30
- May 17** Garage Sale, 7 am-5 pm
- May 18** Safety for Seniors w/DC Emergency Management
- June 13-15** Art deTour at ASC
- June 23** Senior Day at Brophy Park – proceeds go to ASC
- August 16** Heritage Square at Douglas County Fair
- August 25** ASC 40th Anniversary Street Dance

### Let's Play Euchre!

Join us Wednesdays 1 – 3 pm starting February 7.

Euchre is a trick-taking card game, part of the Whist family. Its origins can be traced all the way back to the 19th century. According to many historical sources, Euchre was once considered the USA national card game.

Bring an extra \$2 for the "kitty." If you want more information, call Donna at 320-815-2581.



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## - ALEXANDRIA SENIOR CENTER 2024 BOARD MEMBERS -

President - Mary Nitti • Vice President - Scott Quitmeyer • Secretary - Toni Tebben • Treasurer - Carol Strong  
David Dilly • Kathy Eastlund • Kathleen Linn • Tina Snell  
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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