

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



UPCOMING EVENTS



VOLUNTEER SPOTLIGHT

Meet Dr. Paul "Doc" Engebretson. Doc grew up in Lowry, MN. He is co-founder of Katy's Swing Band and has volunteered his musical talents by playing with the band for over 8 years.

Here is a bit about Doc's background; he earned his medical degree from the U of M and while doing his residency in California, he was recruited to go to the Vietnam War. There he worked in the emergency room taking care of casualties from the battlefield. After Doc got his OBGYN degree in 1968, he and his wife, Linda returned to Alexandria and they have been a part of this community ever since.

Some of Doc's favorite memories center on raising his family (5 children), playing music with Katy's Swing Band and Lord of Life Big Band in AZ and fishing. Doc stated, "For those who love music, having the chance to play with a band is invaluable as a musician."

SUNDAY MUSIC SERIES 2-4 PM



On Oct. 9 get your dancing shoes ready for Julie Lee & the White Rose Band. Julie Lee features many different styles of music, which can vary from old time waltz and polka, country music, rumba, 40's & 50's foxtrots & swing.



Join us on October 23 for the trio Lingonberry Jam with Ann, Gina & Ron. You will be entertained with old-time Scandinavian tunes!

ASC/YMCA LISTENING SESSIONS

We want to hear from you! Share your thoughts and ideas on the future of the Alexandria Senior Center and how it can best serve the community as we discuss a possible collaboration and co-habitation with the Alexandria Area YMCA.

Date: Oct. 11 at 9:30 a.m. & 1 p.m.

Location: YMCA

Date: Oct. 11 at 4:30 and Oct. 14 at 9:30 a.m.

Location: Alexandria Senior Center

IT'S THAT TIME AGAIN!



Flu shots and the COVID bivalent booster will be given from 12-1pm. Sign up by Oct. 12 by calling 762-2087. Note: Bring your insurance card.

BOOKS, PUZZLES & QUILT SALE



This fundraiser is being held October 6th from 1-6pm at the Center. Books and puzzles can be donated anytime before or at the sale. Handmade quilts on sale by mission quilters.

Come and enjoy a Dixieland Music Concert
featuring Doc Engebretson on clarinet!

OCTOBER 28; 1-2:30 P.M. AT THE CENTER

MESSAGE FROM SHELLI-KAE, EXECUTIVE DIRECTOR



Kathryn LeBrasseur invited me to be on Open Line with her Sept. 12. This was a great opportunity to lift up new fall programming and upcoming events. Thank you to KXRA for their daily announcements of our activities and continued support.

On other news, our Facility Advisory Committee met Sept. 14 and recommended putting together a joint task force with the YMCA to study the feasibility of our Center being a part of their expansion plans. Please join one of our listening sessions on Oct. 11 and 14th so we can hear your voice on this potential partnership.

PHOTO: Open Line with Patty Wicken, Mark Anthony, Shelli-Kae & Kathryn LeBrasseur



2ND THURSDAY PIE & COFFEE SERIES

Oct. 13: "Live Well in Your Home." Join Stephanie Aasness from Dancing Sky Area Agency on Aging as she gives a presentation on "Living Well in Your Home." The presentation is a way to get people to start thinking about what they will need to live well in their home as they age. It will highlight basic info about in-home services and where to get connected to resources. Following this presentation there will be education on The File, which is a summary record of financial information, investment & insurance, legal document and estate management. Call 762-2087 by Oct. 11 to sign up. TIME: 1PM.

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. Call 762-2087 by Nov. 8 to sign up. TIME: 1PM.

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

Monday, Oct. 3; 8:30 – 2:30 p.m.
Wednesday, Nov. 16; 8:30 to 2:30 p.m.
Wednesday, Nov. 30; 8:30 to noon

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, Oct. 11; 12:30 to 4:30 **Tuesday, Nov. 8; 8:30 - 12:30**
Saturday, Oct. 22; 8:30 to 12:30 **Saturday, Nov. 19; 8:30 - 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>"Making your Insurance Experience Better!"</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!

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! (Additional sessions starting in Nov-Dec)

Date: Wednesdays, Oct. 5 thru Oct. 26
 Time: 10:30 – 11:30 a.m.
 Instructor: Nicole Warner
 Cost: Member: \$6 per session;
 Non-member: \$7 per 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. Only one requirement for this class: A smile! (Additional sessions starting in Nov- Dec.)

Date: Thursdays, Oct. 6 thru Oct. 27
 Time: 10:00 – 11:00 a.m.
 Instructor: Nicole Warner
 Cost: Member: \$6 per session;
 Non-member: \$7 per session
 Register: Call 762-2087

NEW! COOKING CLASS - PLANT BASED MEALS -

In this unique class, instructor Nicole Warner, will demonstrate how to make plant-based foods like hummus, Vegan Mac-n-cheese, black bean brownies, roasted chickpeas, and more. This is a demonstration style class and a meal will be served. Nicole will answer questions, distribute recipes and can have gluten-free options available, if requested.

Date: October 25
 Time: 11 – 1:30 p.m.
 Cost: \$20/member
 \$25/non-member
 Call 762-2087 by Oct. 19

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



Alexandria Public Schools
 Community Education

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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IT'S TIME FOR BOARD NOMINATIONS

Please review the candidates then place your vote. Send in the enclosed postcard, drop it off at the Center or bring with you to the Annual Meeting on Nov. 17.

David J. Benson

I would like to serve on the board because I have been in Public Service for many years and would like to remain active in the community after I retire from the City Council. I believe I have good people skills, I have knowledge of Roberts Rules of Order and have the desire to continue with the goals of the Alexandria Senior Center. My past experience includes past Chairman of the Board, Alexandria City Councilman for 24 years, and business owner. I have a good feel for the operations of the Center as I can be found there playing pool most days.

Kathy Eastlund

I want to serve on the board because I value what the Senior Center does to keep our community vibrant. I do have a passion for seniors and was the Executive Director at Windmill Ponds for a number of years before coming on board fulltime with Anderson Funeral Home. I worked at Bethany on the Lake for ten years as the Executive Director. As I resigned just at my 9th year, the following year I was contracted to wrap up some of the capital campaign. I was the Capital Campaign Director for our 1.6 million dollar campaign. I have worked as a direct care provider for Woodcrest Assisted Living and Alternative Senior Care. I have been involved with Rotary, Chamber Ambassadors, Elder Network Board Chair, The Written Gift Board, and First Lutheran Church Endowment Committee. I have organized numerous events and have strong computer skills. I was born and raised in this wonderful community.

Kathleen Linn

I would like to serve on the board because it presents a new experience and challenge. I enjoy being with people and I think seniors are special and have so much knowledge to offer. The Center is a place of social interaction, recreation, and education. My involvement at the Center has been making lefse for at the fair, working the garage sale and starting a Bunco group. My past experience includes starting a recycling center in Loretto, MN and working in health care. I feel I am a kind, caring, reliable, appreciative and hard working person.

Mary Nitti

Because I enjoy working with seniors I have served on the board for 4 years and helped in many capacities including: member, treasurer and vice president. I help with data entry, Our Senior Center software, program scheduling, book club leader and bingo caller. I've chaired the volunteer appreciation luncheon and the COVID Procedure Committee. Also, I volunteered at the county fair, served on the finance committee and the facility advisory committee.

Skills that will assist the Center include bookkeeping, data entry and I will bring my past experience as a director at the Sauk Centre Senior Center to the Center.

John Shea

My mom, Joyce, was a front desk volunteer at the Center and that is one reason I want to serve on the board and I like to help the elderly in any way. I have worked in food service as MSU, Edgewood, and am currently working part-time in maintenance at Walmart. I've helped as a volunteer for Outdoor Activity Day, started a fundraiser in Mankato for mental health, raising \$3,500.

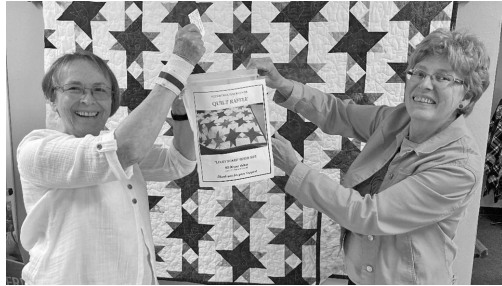
Christine (Tina) Snell

I want to serve on the ASC board because it is an important segment of life in Alexandria and I would like to help it grow and improve for all. Plus, since I am fairly new to the area, it's a great way to meet more people. My background includes being on the board of the Motely Food shelf, secretary of the Brainerd chapter of DAR, shopper/intake volunteer for the Douglas County Outreach Food Shelf, worked at a newspaper for 10 years and catering for the Marriot for 16 years. Currently I am helping out on the Marketing/Membership committee and proof the newsletter at the Center.

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Soles for Souls-Entry Way Running from Oct 3-Dec 5				
2	3 8:30-3 Foot Care-GR 9-Noon Billiards-PR 9:30-12 Bunco-CR 12:30-2 Big Band-DR 12:30-4 Mens Bridge-CR 1-3 Bingo -MR 3:30-4:30 TOPS #36-MR	4 9-11:30 Balance Class-MR 9-12 Billiards-PR 9:30-12 Whist A-DRE 12:15-3 Bridge A-CR 1-3 Hand & Foot-DRE	5 Yom Kippur 9-11 Walking Club 9-Noon Billiards-PR 9:30-Noon Whist B-DRE 10:30-11:30 Yoga Class-MR 12:30-3:30 Bridge B-DRW 12:30-3:30 Mahjong-DRE 1-3 500A-MR	6 9-Noon Billiards-PR 9:30-11:30 Golden K-MR 9:30-12 Pinochle-CR 10:00-11 Line Dancing-DR 12:30-3 Bridge C-DRW 1-6 Book Sale-MR 1-3 Scrabble-WR 1:30-3:30 Open Studio-LAS	7 8-9 TOPS #775-MR 8:30-3 Foot Care-CR 9-Noon Billiards-PR 9:15-Noon Quilting-MR 1-3 Hand & Foot B-DRE 1-3 Cribbage-DRW	8 9:30-12:30 Whist C-DR 1-4 Private Birthday Party-DR
9 Julie Lee & White Rose Band 2-4 pm	10 9-Noon Billiards-PR 12:30-2 Big Band-DR 12:30-4 Mens Bridge-CR 1-3 Bingo -MR 3:30-4:30 TOPS #36-MR	11 9-11:30 Balance Class-MR 9-11 CCOA Meeting-CR 9-Noon Billiards-PR 9-Noon Mexican Train-DRW 9:30-12 Whist A-DRE 12:15-3 Bridge A-CR 12:30-4:30 Driver Safety-MR 1-3 Hand & Foot A-DRE 6-8 N Door Jam-DR	12 8-9:30 ASC/YMCA Task Force-MR 9-Noon 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 1-3 Bridge E-CR 12:30-3:30 Mahjong-DRE	13 8-9 Golden K Bd Mtg-DR 9-Noon Billiards-PR 9:30-11:30 Golden K Mtg-MR 9:30-12 Pinochle-CR 10:00-11 Line Dancing-DR 12:30-3 Bridge C-DRW 1-2 Live Well Class-MR 1-3 Scrabble-WR 1:30-3:30 Open Studio-LAS	14 8-9 TOPS #775-MR 9-Noon Billiards-PR 1-3 Hand & Foot B-CR 1-3 Cribbage-WR 1-3 Birthday Club-DR 1-3:30 Slow Stitch-MR	15 9:30-12:30 Whist C-DR
16	17 9-Noon Billiards-PR 12:30-2 Big Band-DR 12:30-4 Mens Bridge-CR 1-3 Bingo-MR 3:30-4:30 TOPS #36-MR	18 9-11:30 Balance Class-MR 9-Noon Billiards-PR 9:30-Noon Bridge F-DRW 9:30-Noon Whist A-DREB 12:15-3 Bridge A-CR 1-3 Hand & Foot A-DRE 1:30-3:30 VIP-MR	19 9-Noon Billiards-PR 9:30-Noon Whist B-DRE 10:30-11:30 Yoga-MR 12-2 Flu/Covid Booster-MR 12:30-3:30 Bridge B-DRW 12:30-3:30 Mahjong-DRE	20 9-Noon Billiards-PR 9:30-11:30 Golden K Mtg-MR 9:30-12 Pinochle-CR 10:00-11 Line Dancing-DR 12:30-3 Bridge C-DRW 1-3 Scrabble-WR 1:30-3:30 Open Studio-LAS	21 8-9 TOPS #775-MR 9-Noon Billiards-PR 9:15-Noon Quilting-MR 1-3 Hand & Foot B-DRE 1-3 Cribbage-DRW	22 9:30-12:30 Whist C-DR 8:30-12:30 Driver Safety-MR
23 2-4 Lingonberry Jam-DR	24 9-Noon Billiards-PR 12:30-2 Big Band-DR 12:3-4 Mens Bridge CR 1-3 Bingo-MR 3:30-4:30 TOPS #36-MR	25 9-11:30 Balance Class-MR 9-Noon Billiards-PR 9-12 Mexican Train-DRW 9:30-12 Whist A-DREB 11-1:30 Cooking Class-DREA 12:15-3 Bridge A-CR 1-2:30 Book Club-MR 1-3 Hand & Foot A-DREB 6-8 N Door Jam-DR	26 8-9:30 ASC/YMCA Task Force-MR 9-Noon 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 1-3 Bridge E-CR 12:30-3:30 Mahjong-DRE	27 9-Noon Billiards-PR 9:30-11:30 Golden K Mtg-MR 9:30-12 Pinochle-CR 10:00-11 Line Dancing-DR 12:30-3 Bridge C-DRW 1-3 Scrabble-WR 1:30-3:30 Open Studio-LAS	28 8-9 TOPS #775-MR 9-Noon Billiards-PR 1-2 Dixieland Concert-DR 1-3 Hand & Foot B-MR 1-3 Cribbage-CR	29 9:30-12:30 Whist C-DR

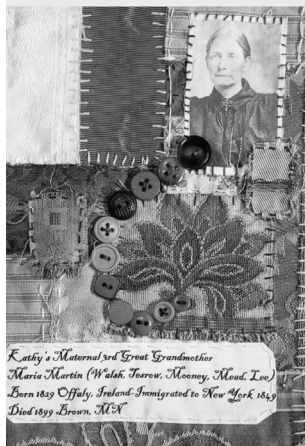
KEEPING YOU IN THE KNOW...



WE HAVE A WINNER...

The winner of our first Quilt Raffle is Julie Betterman. Congratulations, Julie! Joan Huseth and Carol Strong drew the winning ticket. Together they have teamed up to create this Lucky Stars quilt. If you are looking for a beautiful quilt to keep you warm this winter, you will want to take a chance on our newest quilt now on display in the lobby.

SLOW STITCH WORKSHOP



Join Kathy Fauth, an Evansville graduate, to learn about the fine art of slow stitch. This ancient craft uses needle, thread and fabric scraps to mindfully create a keepsake. Bring a favorite photo or image if you would like, otherwise Kathy will have items to choose from and a kit for each participant to jump start your own project. Additional supplies will be available for purchase.

Date: Friday, October 14
 Time: 1 o'clock
 Instructor: Kathy Fauth,
 Register: Call 762-2087 by Oct. 12

OCTOBER BIRTHDAY CLUB



We invite all members, whether it's your birthday or not, to our October Birthday Party. Join us for cake and penny bingo. October 14th at 1:00pm. Call by Oct. 12 to let us know you will be attending.

MARK YOUR CALENDAR!

- Oct 3: Soles for Souls Shoe Collection Starts!
- Nov. 17: Annual Meeting; 1 p.m.
- Dec. 3: Holiday Tables, Bake Sale & Silent Auction 11 a.m
- Dec. 22: Christmas Party with music by Roger Lee; 1 - 3

MOVIE THURSDAY

Grand Arbor invites all ASC members for Movie Thursday in October. Fellowship, entertainment & popcorn! Movie time is 2 p.m.

- Oct. 6: No movie
- Oct. 20: Pinocchio
- Oct. 13: Top Gun: Marverick
- Oct. 27: Beetlejuice

Lorsung 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.

LEAVE A LEGACY

Make the Alexandria Senior Center part of your legacy. Contribute to our Endowment Fund. Call the Center for details.

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MONTHLY CARDS & GAMES

Everyone Welcome!

Billiards	9:00	Mon - Fri
Katy's Swing Band	12:30	Monday
Bingo	1:00	Monday
Book Club	1:00	4th Tues.
Bridge A	11:00	Tuesday
B&C	12:30	Wed & Thurs
E	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

Are you interested in playing 500 or Spades? We have interested players, but need a few more! Call if you would like to play 320-762-2087.

PRESIDENT'S MESSAGE

The weather is cooler, days are shorter. Soon the colors will be showing their brilliance.

Are you interested in genealogy? My brother Don & I went to Clarinda Iowa where our grandparents grew up. Their parents emigrated from Germany. We met several third cousins, went to cemeteries, and checked out the local museum. I've been on Ancestry for several years. I've traced 6th great grandparents in Germany on dad's side. On my mothers, through her father, I've found my 10th great grandmother, Susanna Kennedy, born in Scotland. Fascinating to read names of ancestors.



On October 14th at 1 p.m. Kathy Fauth will share the adventures she has had, while researching a signature quilt after her mother's passing. Kathy will show how us the "Slow Stitching" book that honors her ancestors that she has traced into the 1700's ending in France! Kathy grew up in Evansville, her parents are Lyle & Marilyn Sanstead. Marilyn was an active member of the Evansville Senior club and is greatly missed.

If you have items to donate for the Holiday Tables Silent Auction in December, please bring them to the Center.

President Debbie Shea

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We want to thank everyone at Elden's for their support.



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MONDAY-FRIDAY
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- ALEXANDRIA SENIOR CENTER 2022 BOARD MEMBERS -

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