

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



**Kathleen Linn, Board Member**

*By Toni Tebben*

Perhaps you have seen Kathleen Linn around the center. She will be going into her second year serving on the board of directors. She started a Bunco group, volunteered with the rummage sale, made lefse for the fair, sold raffle tickets and is on the spring luncheon committee. She is active at St. Mary's Church and volunteers for the Red Cross. At one point she and her husband, Virgil, were in a production at the Andria Theatre where she played Jimmy Stewart's mother in 'It's a Wonderful Life.' Did you know that she has also taken fencing lessons?

Kathleen grew up in Mpls, attending high school for pre-nursing. After school she worked for a dentist until 5:30, walked across the street to Fanny Farmer working until closing, then hopped on a bus for the half hour ride home. She then did her homework. City kids work just like farm kids! She went to the U of MN for a lab assistant and worked at Student Health Services on campus. She and Virgil have been married for 58 years and have two children,

**Linn** continued on page 7



ALEXANDRIA  
SENIOR CENTER  
Healthy, Active Living

March 2025  
VOL. 49, NO 03

News

## UPCOMING EVENTS

# March Sunday Music Series



### March 16: Mikko & Friends from 2-4 pm

Celebrate St. Patrick's Day with us! Join Mikko Cowdry and friends for an afternoon of Celtic classic and grand old sing-alongs from their years of playing Irish music festivals and jams from St. Paul to Fargo, Aberdeen to Halifax, and County Douglas to County Clare. Snacks and beverages available. Donations appreciated.



### March 30: Velvet Brass Band from 2-4 pm

Experience the Big Band sound from our very own local Velvet Brass Band. This band features swing, Latin, Old-time, Dixieland, ballads and even a bit of country. Bring your dance shoes or listen and visit with friends. Snacks and beverages available. Donations appreciated.

## 2nd Annual Waffle Feed

**Saturday, March 22  
from 9 am-12 pm**

Come out and support the Center and enjoy delicious Belgian waffles, special toppings, sausages and beverages.

Presales are \$9 per adult OR  
\$10 adult at the door.  
\$5 for children 10 and under.



Look to KXRA for weather related announcements. When School District 206 schools are closed, ASC is closed. If schools are two hours late, ASC will open at 11 am.

# MESSAGE from SHELLI-KAE, Executive Director



**New Facility Update**  
Work is happening behind the scenes to prepare for a capital campaign to build the expansion

at the YMCA. A video crew interviewed Dale Tvrdik, Carol Nordstrom and me.

A photography crew was at the Alexandria Senior Center and captured many of our members enjoying the Center. These images will be used for the various marketing materials that will be essential as we gear up for the capital campaign.



## FOOT CLINIC

<b>Wed, Mar 12</b> 8:30 am–3:00 pm	<b>Fri, Mar 21</b> 9:30 am–3:00 pm
<b>Wed, Apr 9</b> 8:30 am–2:30 pm	<b>Fri, Apr 25</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.

## PIE & COFFEE

**Information Series Part 1**  
2<sup>nd</sup> Thursday of each month-1 p.m.

Pie sponsored by:



**March 13: Hospice & Palliative Care**

Join us for a special presentation by Licia Heifort, Nurse Navigator with Vivie. Licia will share information about how to navigate hospice and palliative

care, when and how to seek services, the benefits provided, how services are paid for, how hospice and palliative care can support your family and available resources.

*Call 762-2087 to register by Mar. 12 so we have enough pies for everyone!*



Licia Heifort RN  
Nurse Navigator/Vivie

## PIE & COFFEE

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

Snacks sponsored by:



**March 27: Senior Companion Program**

Join Marci Hjelm to learn about “The Senior Companion” program. This unique program places volunteers in the homes of our seniors to do activities and tasks. The idea of the program is to do activities/tasks WITH your client,

not FOR your client, like “what a friend would do with a friend. This program is for those that are seeking a companion and for those interested in becoming a senior companion volunteer.

*Call 762-2087 to register by Mar. 26 so we have enough pie for everyone.*



Marci Hjelm,  
Lutheran Social Services of Minnesota



## LEAVE A LEGACY

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

## AARP Driver Safety Discount Classes



**4 hour Refresher Classes**

<b>Sat, Mar 1</b> 8:30 am–12:30 pm	<b>Tues, Mar 11</b> 5 pm–9 pm
<b>Sat, Mar 29</b> 8:30 am–12:30 pm	<b>Tues, Apr 8</b> 5 pm–9 pm
<b>Sat, Apr 26</b> 8:30 am–12:30 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. Kristen Lloyd will be the instructor for the winter classes

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vivie.org

**Bremer Bank**

## Mary Kay Pampering Party

Join us for March Magic Makeovers with Janice Jablonski.



Janice Jablonski

- Let's find your perfect match
- Swipe away dryness with hydrating skin care
- Color image – create your lovely look with customized colors



Janice Jablonski with Vivian after her makeover last year.

Date: March 5  
Time: 10–11:30 am  
Register: 762-2087  
Note: Limit of 6 participants

## Accessible Yoga with Nicole is back!

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



Nicole Warner, Certified Accessible Yoga Instructor

Dates: Wed, Apr. 2, 9, 16, 23, 30  
May 7, 14, 21 & 28  
Time: 10:30–11:30 a.m.  
Register: Call 762-2087  
Cost: \$6 for members; \$7 for nonmembers  
Note: Yoga mats available, or bring your own.

## 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: Apr. 28, May 19  
Time: 9:30–10:30 a.m.  
Register: Call 762-2087  
Instructor: Elizabeth Quillo U of M SNAP-Ed Educator & Health & Nutrition Programs

## Volunteer Opportunities

- Douglas County Fair – Heritage Foods coordinator(s)
- Historian
- Sunday Music snack hosts

## Matter of Balance -back by popular demand-



**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

Date: Wed, Mar. 5-Apr. 23  
Time: 1–3 pm (Snacks)  
Register: Call 762-2087 (required)  
Cost: Free



Instructor:  
Heidi Kienitz



Instructor:  
Jennifer Kramer

## 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.

Call 762-2087 to schedule a 20-minute chair massage for \$25.

**Tues, Mar 25**  
9–11:30 am

**Tues, Apr 1**  
9–11:30 am

**Wed, Apr 16**  
12:30–2:30 pm

**Tues, Apr 29**  
9–11:30 am

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## — Connecting to Community —



**Alexandria Public Schools**

**Community Education**

### Basic East Coast Swing for Couples

*Mondays, Mar 3-31, 6:15-7:30 pm, \$69/couple*

Have fun learning this basic dance step of the big band era. The popular East Coast swing dance is adaptable to 50's, country and popular music. This class is for adult beginners.

### Discover the World of Tea!

*Monday, Mar 10, 6:30-8:00 pm, \$33*

Join us for an exciting exploration of tea varieties, origins and preparations! Dive into fascinating facts about this ancient beverage, learn about its numerous health benefits and indulge in the tasting of 9 unique teas.

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

### Acrylic Painting for All (Spring Flowers)

*Saturday, Mar 22, 10:00 am-12:30 pm \$39*

Learn from professional local artist, Rachel Smith. This course is packed with information you need to know to start painting. You'll learn about acrylic art supplies, techniques, and then, put those skills to use for a final painting called Spring Flowers.

*Contact Alexandria Community Education at 320-762-3310, ext. 2, to register today! Go to [alexandria.ce.eleyo.com](http://alexandria.ce.eleyo.com) to see all that it has to offer.*

## Microgreens, Mega Benefits: Grow Your Own Nutritious Greens

Discover the power of microgreens in this hands-on workshop! These tiny, nutrient-packed greens are easy to grow year-round and add fresh flavor to any meal. Learn about their health benefits, ideal growing conditions and simple techniques for success.



*Robin Trott*

Whether you're a beginner or a seasoned gardener, this session will give you the knowledge and confidence to grow your own microgreens today!



Date & Time: Wed, Mar. 21, 10 am  
Location: Alexandria Senior Center  
Class Fee: \$10 payable at event  
Registration: Call Douglas County Ext. at 320-762-3890  
Class Limit: 30 participants

## — Reflections and Special Thank You —

### February Valentine's/Birthday Party



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

- Barbara Booth
- Leah Landwehr
- Lenus Vernlund
- Dorothy Dunn
- Jerri McGonigal
- Arthur Wells
- Karol Klug
- Lonny Siegel
- Gene and Pat Odegard

## MOBILE OPTICS

*Eyewear Repair Clinic*



– Do your glasses need repair, cleaning or adjustment? Michelle from Eye Associates will be here to adjust frames, replace nose pads, make small repairs and clean lenses.

Date: Thurs, Mar. 20, Fri, Apr, 18, Wed, May 21, Thurs, June 26  
Time: 11:30 am–1 pm  
Cost: Free

## Did you know...

- Our board minutes are posted in the lobby and on our website.
- If you have ideas for a new name for the Alexandria Senior Center (see Mary's article on page 7) please drop them in the Suggestion Box by Friday, March 14

# March 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	<b>Meeting Room- MR</b> Green Room- GR Lorsung Art Studio- LAS	<b>Congregate Dining</b> Each Thursday @ 11:30		<b>1</b> Ramadan begins 8:30-12:30 AARP Driver Safety- MR 9:30-12:30 Whist C- DR
<b>2</b>	<b>3</b> 9-12 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	<b>4</b> 9-12 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 9:30-11:30 Fusest Glass- LAS 12-3 Bridge A- CR 1-2:30 Spring Luncheon Mtg- MR	<b>5</b> Ash Wednesday 9-12 Billiards- PR 10-11:30 MK March Makeovers- CR 12:30-3:30 Mahjong- DRE 12:45-3:30 Bridge B- DRW 1-3 Matter of Balance- MR	<b>6</b> TATER TOT HOTDISH 9-12 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>7</b> 7-15-9:45 TOPS #775- MR 8:30-9:30 Transition Mtg- CR 9-12 Billiards- PR 9:30-11 Rummikub- DRE 9:30-12 Quilling- MR 10-12 Cribbage A- DRW 1-3 Cribbage B- DRW 12:30-3 Hand & Foot B- DRE	<b>8</b> 9:30-12:30 Whist C- DR
<b>9</b> Daylight Saving (begins)	<b>10</b> 9-12 Billiards- PR 9:05 ASC on Open Line 9-12 Craft Club- DRW 10-12 Beg. Bridge A- CR 10:30-11:30 Marketing Mtg- MR 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 5:30-7:30 Copper Class- LAS	<b>11</b> 9-12 Billiards- PR 9-11:30 Pinochle A- DRW 9-12 Massage- CR 9-12 Mexican Train- DRE 9:30-12 Whist A- DRE 12-3 Bridge A- DRW 5-9 AARP Driver Safety- MR 6-8 North Door Jam- DRW	<b>12</b> 9-12 Billiards- PR 8:30-3 Foot Care- CR 9:30-11:30 ASC Board Mtg- MR 12:30-3:30 Mahjong- DRE 12:45-3:30 Bridge B- DRW 1-3 Matter of Balance- DRW 1-5 BCBS Rentak- MR	<b>13</b> MEATLOAF 8-9 Golden K Exec Mtg- CR 9-12 Pinochle B- DRW 9-12 Billiards- PR 9:30-11:30 Golden K Mtg- MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Hospice/Palliative Care- MR 1-4 Open Studio- LAS	<b>14</b> 7-15-9:45 TOPS #775- MR 8:30-9:30 Branding Mtg- CR 9-12 Billiards- PR 9:30-11 Rummikub- DRE 10-12 Cribbage A- DRW 1-3 Birthday Club- DR 1-3 Cribbage B- CR 12:30-3 Hand & Foot B- MR	<b>15</b> 9:30-12:30 Whist C- DR
<b>16</b> <b>2-4 Mikko &amp; Friends</b>	<b>17</b> St. Patrick's Day 9-12 Billiards- PR 9:15-12 Bunco B- 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	<b>18</b> 9-12 Billiards- PR 9-11:30 Pinochle A- CR 9-12 Bridge F- DRW 9:30-12 Whist A- DRE 12-3 Bridge A- CR 1-2:30 Spring Luncheon Mtg- CR 1:30-3:30 VIPS- MR	<b>19</b> 9-12 Billiards- PR 12:30-3 Massage- CR 12:30-3:30 Mahjong- DRE 12:45-3:30 Bridge B- DRW 1-3 Matter of Balance- MR 6-9 Rock Cutting Class- LAS	<b>20</b> CHICKEN 9-12 Billiards- PR 9-12 Pinochle B- DRW 9:30-11:30 Golden K Mtg- MR 11:30-1 Eyewear Repair- DRE 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-2 Tech Time- MR 1-4 Open Studio- LAS	<b>21</b> 7-15-9:45 TOPS #775- MR 9-12 Billiards- PR 9:30-11 Rummikub- DRE 9:30-12 Quilling- MR 9:30-3 Foot Care- CR 10-12 Cribbage A- DRE 10-12 Microgreens Class- DRW 1-3 Cribbage B- DRW 12:30-3 Hand & Foot B- DRE	<b>22</b> 9-12 Lions Waffle Feed 9:30-12:30 Whist C- MR
<b>23</b>	<b>24</b> 9-12 Billiards- PR 9-12 Craft Club- DRW 10-11 Finance Meeting- 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 5:30-7:30 Copper Garden Art- LAS	<b>25</b> 9-12 Billiards- PR 9-11:30 Pinochle A- DRW 9-12 Massage- CR 9-12 Mexican Train- DRE 9:30-12 Whist A- DRE 12-3 Bridge A- DRW 6-8 North Door Jam- DRW	<b>26</b> 9-12 Billiards- PR 8:30-10 ASC Exec Board Mtg- CR 12:30-3:30 Mahjong- DRE 12:45-3:30 Bridge B- DRW 1-3 Matter of Balance- MR	<b>27</b> BEEF STEW 9-12 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 Sr. Companion Prog- MR 1-4 Open Studio- LAS	<b>28</b> 7-15-9:45 TOPS #775- MR 9-12 Billiards- PR 9:30-11 Rummikub- DRE 10-12 Cribbage A- DRW 1-3 Cribbage B- DRW 12:30-3 Hand & Foot B- DRE	<b>29</b> 8:30-12:30 AARP Driver Safety- MR 9:30-12:30 Whist C- DR
<b>30</b> <b>2-4 Velvet Brass</b>	<b>31</b> 9-12 Billiards- PR 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	<b>Notes</b>				

# Spring Style Show Luncheon

It's a Spring Style Show this year for our annual Spring Luncheon. 6th & Broadway will bring their expertise in color analysis and styles. You will see some of our members modeling! Tickets go on sale March 12. Cost is \$25 adults and \$10 for children 10 and under.



# TECH TIME

## Smartphone Basics

This month we will look at our Smartphones. Learn about Settings, Changing the Display, Home Screen Layout, and how to

Install (or Uninstall) an App. Bring your own smartphone or learn from the library's personal devices. Luke is happy to answer any of your computer questions.



Date: Thurs, Mar. 20  
 Time: 1-2 p.m.  
 Register: Call 762-2087  
 Instructor: Luke Elliott  
 Douglas County Librarian

# Rock Cutting & Polishing Class

Have you picked up any cool rocks this summer that you want to cut open? Sign up for this class! (rocks should be tennis ball size or smaller).

Date: Wed, March 19  
 Time: 6-9 p.m.  
 Instructor: Kyle Anderson  
 Cost: \$20 (pay at front desk prior)  
 Register: Call 762-2087 by Mar. 18

# Copper Metal Classes

Learn a new art skill! Join our 2 copper artists, Connie Gawthrop and Denise Strand in the Lorsung Art Studio.

## Copper Sun Catcher

Plan your design using displayed samples, measure and cut copper wire, shape the wire using pliers, then create a way to hang it. Bring or design something to hang inside your sun catcher or wall hanging.

Date & Time: March 10, 5:30-7:30 pm  
 Cost: \$15

## Copper Garden Art

Create a garden art stake to accent your potted plants or display in a vase inside your home. Plan your design using displayed samples, then texture and shape the copper into a flower or plant stake. The instructor will aid with brazing metals together and polishing your final piece.

Date & Time: March 24, 5:30-7:30 pm  
 Cost: \$15

# CRAFTERS CLUB!

2nd and 4th Mondays  
 Time: 9 a.m.-12 p.m.

Treats sponsored by: **SANFORD HEALTH**

# 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.

# FIX-IT Clinic is coming on May 3

Bring your small appliances, jewelry, watches, wood items, clothing to our Fix-It team.

Date & Time: May 3, 8:30-11:30 am

# Spring Garage Sale

May 16-17  
 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, new and gently used clothing and collectibles. No electronics. Please hold your donations until Monday, May 12.

Coffee Station Sponsor for March

*Thank You*

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*Spring/Summer Catalog*  
 Look for new classes starting February 24 online at alexandria.ce.elyo.com and the new Spring/Summer catalog in mailboxes starting March 10!  
  
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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
- 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

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!

## MARK YOUR CALENDARS

- Mar. 16** - Mikko & Friends 2–4 pm
- Mar. 22** - Lion's Waffle Feed 9 am–noon
- Mar. 30** - Velvet Brass 2–4 pm
- Apr. 12** - Spring Luncheon 11 am–1:30 pm
- April 16** - New Member meeting  
10:30–11:30 am
- April 30** - Volunteer Luncheon  
11:00–12:30 pm
- May 3** - Fix-It Clinic 8:30–11:30 am
- May 4** - Julie Lee Duo 2–4 pm
- May 16** - Garage Sale 8 am–4 pm
- May 17** - Garage Sale Day 2 8 am–noon

# PRESIDENT'S CORNER

Mary Nitti



Mary Nitti,  
board president

What does the name of our organization say about us? It should reflect who we are and what we are about. For years and across several boards the idea that we needed a name change has been discussed. We are more than just the Alexandria Senior Center, not to say that isn't an important part of who we are, but we represent much more than that. We are the hub for seniors throughout Douglas County and beyond. What we are about encompasses so many different things. Our name should reflect all the areas of services, events and activities that we provide for the community. As we move forward, no matter where the senior center is located or looks like, we need to rebrand (rename) our

organization so that it better fits the exciting opportunities that we have ahead of us. The board, along with other organizations and individuals in the community, will be forming a committee to find a name that will serve us well now and far into the future. We invite all our members to submit suggestions of what our future name could be and the reasons why you think it would be a good fit. Your input into this decision is a part of the process. You can submit your suggestions through the suggestion box located by the kiosk or by talking to Shelli-Kae, Becky or any board member. We look forward to enhancing the image we portray to the community as one of a vibrant and active place that welcomes seniors of all ages and abilities.

Linn from page 1

along with 4 grandchildren and 6 great grandchildren, all of which they greatly enjoy.

Some highlights of Kathleen's life include stopping a proposed landfill next to their property, helping to start a recycling center, living on Big Chip Lake, building a new home near the Geneva Golf Course, making lasting friends through Alexandria Newcomers and spending winters in Mesa, AZ.

Her favorite memories are when her two children were born, as well as Christmas memories. Her father loved to decorate and had to have the perfect tree; tinsel was put on one piece at a time. She and her father made a

pinecone tree together and she still puts it out every year. Her mother's cookies, poppyseed and walnut breads, perogies and lima bean soup were special. Kathleen - Thank you for volunteering for the board and helping to plan the future for the Center.

## BIRTHDAY CLUB



Friday, March 14 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 13 so we have enough cake for everyone! (Cake sponsored by ReHab Authority + volunteers)

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## - ALEXANDRIA SENIOR CENTER 2024 BOARD MEMBERS -

President - Mary Nitti • Vice President - Scott Quitmeyer • Secretary - Scott Sonstegard • Treasurer - Jan Mahoney  
David Dilly • Kathy Eastlund • Kathleen Linn • Deb Shea • Tina Snell  
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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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