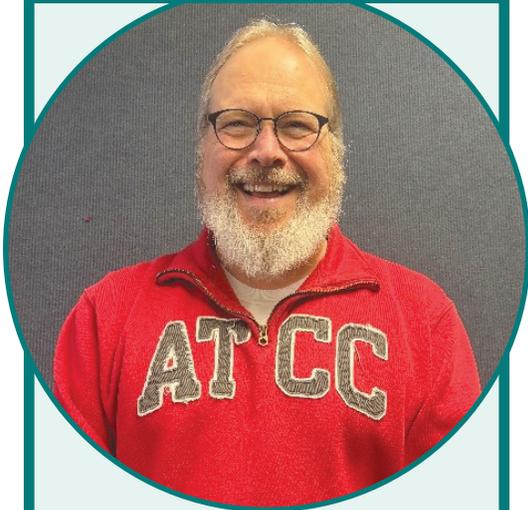


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older adults since 1984.

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VOLUNTEER SPOTLIGHT



Jeff Morse
Board Member, Volunteer

By Toni Tebben

Jeff Morse recently came back to the Senior Center. He previously served on the board for two years, resigning to care for his mother for the next three years. After his mom's passing a couple years ago, he struggled finding his place without caring for her. He still lives in the family home in Victoria Heights. He was elected back to the board for a three-year term at the annual meeting and is finding his place back at the Center.

He was born in Alexandria, lived in the Cities for eight years, and returned in 1969. He graduated from Jefferson High School in Alex in 1976. He was in the Navy for nine years as a sonar technician/supervisor spending sometimes up to three months underwater in a submarine. After his honorable discharge in 1993, he attended Alexandria Technical College in the IT technology/computer networking field. He worked for a short time, then the school called and asked if he would be willing to come back and teach in the program.

Morse continued on page 7

UPCOMING EVENTS

April Sunday Music Series



Band members L-R: Dave Nelson,
Jason Haugen, Lowell Anderson,
Marc Moen, Kyle Nelson

Good Company

Sunday, April 26 | 2 – 4 pm

Good Company is a group of local musicians from all walks of life. They play "down home/back porch/easy listening" selections that include country western, gospel, light rock, and bluegrass. You are sure to find a favorite amongst their varied repertoire! Light snacks & beverages available. Join us!

Thank you to our April Sunday Music sponsor: 

FIX-IT CLINIC

April 25 | 8:30 – 11:30 am

We all have items that don't work quite as well as we'd like such as lamps with loose switches, jewelry that needs a new clasp or maybe a bit of help with a button. Keep items out of the landfill, save money and get your items repaired at ENCORE!'s Fix-It Clinic.

Our Fix-It team will do their best to fix small appliances, jewelry and watches, repairing furniture, mending clothing, and more.



Spring Luncheon 2026!

Saturday, April 18
11:30 am, doors open at 11:00 am

The committee is so excited to announce the Spring Luncheon will have a stage production:

ENCORE! Stars Presents:

"The 1930s Homemaker Club"

written by Paulette Friday
We will have a lunch based off the 1930s era prepared by Chef Janet and crew; there will be opportunities to purchase \$5 grab bags and raffle tickets (3 tickets for \$10) for a wonderful selection of raffle items, along with a premier raffle (\$10 per ticket) that includes a package from Andria Theatre of the Executive Suite (\$300 value) for one of their productions!

Luncheon Ticket prices are \$30 for adults, \$10 for children. Purchase tickets at the Info Desk at ENCORE!

*Attendees may wear vintage clothing if they wish to portray this nostalgic era!

My Story

Don't miss this! My Story debuts on Tuesday, April 14, with **Maria Strasser**. Maria will share her childhood story about being a concentration camp survivor. Join us for this meaningful sharing of an important episode in her life.

Date: Tuesday, April 14
Time: 10:30 – 11:30 am
Topic: Maria Strasser – Concentration Camp Survivor

MESSAGE from SHELLI-KAE, Executive Director

With the help of Becky and our board of directors we announced our new name ENCORE! Center for Vibrant Aging to more than 100 business and organization leaders at Wake Up Alexandria on March 6. The announcement was received with loud applause and big smiles. Everyone enjoyed Janet & Ryan's egg bake, homemade granola, yogurt and fruit. Thank you to Scott Sonstgaard for

providing a Thrivent Action Card to reduce the costs of breakfast.

April is Volunteer Appreciation Month. I am very grateful for our hard working volunteer board of directors and our army of volunteers that make ENCORE! run smoothly. ENCORE! provides a tremendous service to older adults in our community and it is because of you, our valued volunteers.



"Wake-Up Alexandria" Chamber event at ENCORE!. Co-hosted with Walk to End Alzheimer's

PIE & COFFEE INFORMATION SERIES

Part 1, 2nd Thursday of each month, Thursday, April 9 at 1 pm Pie sponsored by: 

Reuse & Sustainability Initiatives

Join Arthur Pattengale and Abi Janzen of Pope/Douglas Solid Waste Management for this informative session which will focus on reuse and sustainability as well as recycling updates. Abi was a student

worker at Macalester's Sustainability Office, where she learned more about her passion for the environment. Her particular interests include: reuse, waste reduction, and environmental education.



Arthur Pattengale, PDSW



Abi Janzen, MN GreenCorp

Date: Thursday, April 9
Time: 1 pm
Register: Call 762-2087 by April 8 so we have enough pie for everyone!

Part 2, 4th Thursday of each month, Thursday, April 23 at 1 pm Pie sponsored by: 

Safety for Seniors: Know Your Neighborhood

We can hear the trains and see the storm clouds, but what about hazards that are not so obvious? What other risks are there in our neighborhoods? And what do we do when that bad day happens?

- Temporary evacuation points
- Personal preparedness

Participants will also receive a safety giveaway item.

Douglas County Emergency Manager Julie Anderson and Alexandria Fire Chief/City Emergency Manager Jeff Karrow will discuss:

- Gas leaks and how to respond
- Pipelines located in your neighborhood
- Evacuation procedures

Date: April 23
Time: 1 pm
Register: Call 762-2087 by April 22 so we have enough pie for everyone.



Julie Anderson, DC Emergency Manager

Mindful Dot Art: A Meditative Creative Experience

Slow down, breathe, and enjoy a peaceful creative session designed for all skill levels. Participants will create a dot art canvas while being gently guided through simple mindfulness and relaxation prompts. Soft spa music, calming scents, and a tranquil atmosphere will help encourage focus, presence, and stress relief. No art experience needed—just a willingness to relax and create.



Cami Richter, Moments Hospice

Dates: Fridays, April 10 & May 8
Time: 10:00 – 11:00 am
Cost: \$5 per class (includes all supplies)
Note: Participation is per class. You do not need to register for both.

FOOT CLINIC

Wed, Apr. 8 8:30 am–2:30 pm	Fri, Apr. 24 8:30 am–2:30 pm
Wed, May 6 8:30 am–2:30 pm	Fri, May 29 8:30 am–2:30 pm

Call the Center at 762-2087 to schedule your appointment. The fee is \$30, made payable to the nurse. If you must cancel, please let us know.

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MELT Method ~ NEW!

Join Nancy Hebert to learn about the MELT Method. This simple self-care treatment is focused on noticing tension in your body. We then use easy techniques on soft tissue (fascia) using soft small balls to promote connection, rebalancing, hydration and releasing of the fascia.



Nancy Hebert, MELT Method Instructor

The MELT Method helps with stress, tension, stiffness, and pain in joints. You will go home with a small ball and handouts.

Dates: Tuesday, April 7
Time: 10:00 – 11:30 am
Instructor: Nancy Hebert
Cost: \$15 for ASC members
 \$20 for nonmembers
Class size: 12 minimum; 15 max

Help Manage your Blood Pressure/Hypertension

This program is designed to improve hypertension self-management through small group educational sessions led by trained Health Coaches. Participants gain knowledge and tools to manage their blood pressure effectively.



Date: Wednesdays, April 8, 15 & 22 (No class Apr. 1)
Time: 10:00 – 11:30 am
Instructor: CSB/SJU nursing students trained as Health Coaches via Zoom
Onsite host: Jeff Morse
Cost: Free
Register: Call 762-2087 or stop by the Center

Gardening Road Show

with Robin Trott
Easy Potting: Make Your Own Seed Tapes



Robin Trott, U of M Extension Educator

Simplify your spring planting with this fun, hands-on workshop! Learn how to create biodegradable seed tapes for small seeds like carrots, radishes, and lettuce, perfect for neat rows and less bending in the garden. Learn why seed tapes make planting easier and more accessible, plus share tips for storing and using them when the soil is ready. A creative, practical way to prepare for a successful gardening season!

Date: Friday, April 24
Time: 10:00-11:00 am
Class size: 20
Cost: \$15 (includes supplies & take home item)
Instructor: Robin Trott, U of M Extension Educator
Register: Call 762-2087 by noon on April 23

MOVE & GROOVE

Join us for this low-impact cardio class set to fun music. The class involves doing various arm and leg movements while standing. Move & Groove improves mobility and heart health while elevating your mood and being gentle on joints.

Instructor: Jill Fugleberg
Dates: Fridays, April 24 and May 22
Time: 10:30 – 11:30 am
Cost: \$6 for ASC members
 \$7 for nonmembers

Sponsor of Health & Wellness activities



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. The therapist will use a variety of techniques to target the muscles in the neck, back and shoulders. Chair massages are a great way to reduce stress and tension, and it can also help to improve circulation and increase flexibility. Call 762-2087 to schedule a 25-minute chair massage for \$35.



Kristina Kramer, Certified Massage Therapist

Tues, April 14 9:00–11:00 am
Wed, April 22 9:00–11:00 am
Tues, May 12 9:00–11:00 am
Wed, May 20 12:30–2:30 pm
Tues, April 28 12:30–2:30 pm

Boomwhackers Class

Experience the joy of making music—no training required! Each participant will use a musical instrument called a **Boomwhacker** (provided) to contribute to a group rhythm, creating music together in a fun and supportive environment. This one-time class encourages creativity, dexterity, and connection, all while keeping things playful and pressure-free.

Instructor: Cami Richter, Moments Hospice
Date: Tues, April 28
Time: 10:00 – 11:00 am
Cost: \$1 member/\$2 nonmember
Register: Call 762-2087 or stop by the Center
Class Size: 8 people

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Connecting to Community



Alexandria Public Schools
Community Education

Spring and Summer classes are now open for registration! Check them out at <https://alexschools.arux.app> or call 320-762-3310.

Decoding the Past: Unraveling the Origins and Meaning of the Kensington Runestone

Thursday, April 2, 6:30-7:30 pm, \$14, Runestone Museum

In this presentation, we will explore the origins and meanings of the runes carved into the Kensington Runestone, with particular focus on those that are unique or controversial.

Design & Grow Your Own Tropical Oasis

Tuesday, Apr 14, 6:00-7:00 pm, \$13, Anderson Florist & Greenhouse.

This course focuses on the art of creating high-impact tropical displays using height layering, bold textures and colors to transform your patio or garden into a lush sanctuary.

Senior Housing Tour

Thursday, Apr 30, 8:30 am - 12:00 pm, \$5, Public Works: Conference Room.

Hosted by Douglas County Senior Services along with Social Services and Horizon Public Health, you will learn about some of the housing choices in the Alexandria area (senior apartments, 55+ housing communities and assisted living communities) and tour 2-3 sites.

MEDICARE Workshop

2nd Wednesday of each month at 3 pm April – September

Do you have questions about Medicare?

Join Corinna Douglas to learn about the basics of Medicare and to discuss your options. She will be at the Center the second Wednesday of every month through September at 3:00 pm.



Corinna Douglas, Medicare Advisor West Region

KXRA: Listen each morning to KXRA 1490 for our activities and we are on "Open Line", each 2nd Monday at 9:05.

— Special Events —

Volunteer Luncheon

Wednesday, April 29, 11-12:30

April is National Volunteer Appreciation Month; a time to recognize and show appreciation for all the volunteers that help to make ENCORE! ~ Center for Vibrant Aging the success that it is. There are people who volunteer for every event, activity and area of need at the Center, providing help and support every day of the week.

The board of directors and staff cordially invite all of our volunteers to a Volunteer Appreciation Luncheon on Wednesday, April 29th from 11:00-12:30. Please stop in or call 762-2087 to let us know you are attending by Friday, April 24. We look forward to seeing you at the luncheon and having the opportunity to thank you in person. You do make a difference!

ENCORE! Explorers

with
Toni Tebben



Come and enjoy a play at the Andria Theatre, with Seniors on Stage. The performance is titled, Who's Driving this Bus?. The performance is at 11am on April 10th. Rainbow Rider will pick us up at ENCORE! at 10:30 and return us back to the Center when the performance is done. The cost will be \$17. for the play and the bus ride. Please come and join us.

Date: Friday, April 10
Time: 10:30 am
Cost: \$17 (includes bus & theatre ticket)
Meet: ENCORE! (Alexandria Senior Center)
Register: Call 762-2087 by noon on Wednesday, April 8

CHAIR YOGA WITH JILL

Chair yoga is a great option for older adults because it improves flexibility, balance, relaxation and mental focus. This class includes stretches and yoga poses done while seated or standing. Both can be done with the support of a chair. Jill is a certified yoga, group exercise and active aging instructor.



Jill Fugleberg, Certified Yoga Instructor

Instructor: Jill Fugleberg
Dates: Tuesdays, April 14, 21, 28
Time: 1-2 pm
Cost: \$6 member \$7 non-member

— REFLECTIONS AND THANKS —



ENCORE! Explorers make inaugural trek to the Runestone Museum and Coppertrail

Thank You to

- Students from St. Mary's for the Valentine Cards
- Rosie Stoeck for donating funds from their "Class of 48" group in honor of Helen Glade
- JZ Fire Extinguisher Services, LLC for donating their services for our annual check up.
- Herbert Berg family for the new American flag. Thanks to George Weatherwax for installing it.

Let's give a BIG WELCOME to our new members!

Susan Arnquist, Candice Herzog, Jeff Lindoo, and Brenda Xeroteris

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Easter	6 9-3 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 5-6:30 Katy's Swing Band-DRW	7 9-10 Development Comm. Mtg-CR 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 10-11:30 MELT Method Class- MR 12-3 Bridge A- CR 1-2 Spring Luncheon Mtg- CR 1-2 Chair Yoga- MR 3:30-4:30 ENCORE Stars- DR	8 8-9:30 ASC Board Mtg- MR 8:30-2:30 Foot Care- CR 9-3 Billiards- PR 10-11:30 Hypertension Class- MR 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW 12:30-3 Bridge D- CR 2-5 BCBS Medicare- MR	9 MEATBALLS 9-3 Billiards- PR 9-12 Pinochle B- DRW 9:30-11:30 Golden K Mtg- MR 10:30-11:30 Golden K Exec Mtg-MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Recycling Updates- MR 1-4 Open Studio- LAS 3:30-4:30 ENCORE Stars- DR	10 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 10-11 Mindful Dot Art- CR 10-12 Cribbage A- DRW 10-12 Cribbage A- DRW 1-3 Cribbage B- DRW	11 8:30-12:30 AARP Driver Safety-MR 9:30-12:30 Whist C- DR KXRA Home & Garden Show 10 am - 5 pm
12 KXRA Home & Garden Show 11 am - 3 pm	13 9-3 Billiards- PR 9:05 ASC on Open Line 10-12 Beg. Bridge A- CR 10-12 Five Crowns- DRE 10:30-11:30 Marketing Mtg- MR 12:30-3 Samba A- DRE 12:30-4 Mens Bridge- CR 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR 5-6:30 Katy's Swing Band-DRW	14 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 9-11:30 Massage- CR 9-12 Mexican Train- DRE 10:30-11:30 "My Story"- MR (Maria S. 12-3 Bridge A- DRW 1-2 Spring Luncheon Mtg- CR 1-2 Chair Yoga- MR 3:30-5:30 ENCORE Stars Dr.Rehears 6-8 North Door Jam- DRW	15 Taxes Day 9-3 Billiards- PR 10-11 New Member Mtg- DR 10-11:30 Hypertension Class- MR 12:30-3:30 Mahjong- DRW 12:30-3:30 Bridge B- DRE 1-2:30 Card Bingo- MR	16 SWEET SOUR CHICKEN 9-3 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 1-2 Tech Time- MR 1-4 Open Studio- LAS	17 Luncheon Set-Up 10-12? 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- CR 9:30-12 Quilting- MR 10-12 Cribbage A- Lobby 12:30-3 Samba B- MR 1-3 Cribbage B- CR	18 9:30-12:30 Whist C- CANC 11:30-1:30 Spring Luncheon-DR
19	20 9-3 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 5-6:30 Katy's Swing Band-DRW	21 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 9:30-12 Bridge F- CR 12-3 Bridge A- CR 1-2 Chair Yoga- MR	22 8:30-9:30 ASC Exec Mtg- MR 9-3 Billiards- PR 10-11:30 Hypertension Class- MR 12:30-3 Bridge D- MR 12:30-3 Massage- CR 12:30-3:30 Mahjong- DRW 12:30-3:30 Bridge B- DRE	23 HAM & EGG BAKE 9-3 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 Safety for Seniors- MR 1-4 Open Studio- LAS	24 7:45-9:15 TOPS #775- MR 8:30-2:30 Foot Care- CR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 10-11 GRS: Easy Planting-DRW 10-12 Cribbage A- DRW 10:30-11:30 Move & Groove-MR 12:30-3 Samba B- DRE 1-3 Cribbage B- DRW	25 8:30-11:30 Fix-It Clinic 9:30-12:30 Whist C- DR
26 Sunday Music Good Company 2-4pm	27 9-3 Billiards- PR 10-11 Finance Mtg- 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 5-6:30 Katy's Swing Band-DRW	28 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 9-11:30 Massage- CR 9-12 Mexican Train- DRE 10-11 Boomwhackers Class- MR 12-3 Bridge A- CR 1-2 Chair Yoga- MR 6-8 North Door Jam- DRW	29 9-3 Billiards- PR 11-12 Volunteer Luncheon- DR 12:30-3:30 Mahjong- DRW 12:30-3:30 Bridge B- DRE	30 ROAST PORK 9-3 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	ROOM KEY Dining Room- DR Dining Room East- DRE Dining Room West- DRW Pool Room- PR Craft Room- CR	Meeting Room- MR Green Room- GR Lorsung Art Studio- LAS
Congregate Dining Each Thursday @ 11:30						
Notes						

— Keeping you “in the know...” —



Rainbow Rider Tickets – Now Available

FREE tickets to ride Rainbow Rider to ENCORE! and back home. This opportunity is made possible from a grant from the Medica Foundation. Rainbow Rider accommodates wheelchairs and walkers, just let them know ahead of time. Call **1-800-450-7770** to line up your ride, preferably at least one day in advance.

“I love having these free Rainbow Rider tickets. When it’s cold out, they pick me up at my door and the bus is always warm, and each driver has been kind. Now I don’t have to worry about where to park.”

- Sandi Desmarais, ENCORE! member

Get Your Cash Raffle Tickets!

Grand Prize: \$5,000;
2nd prize: \$2,500,
3rd prize: \$1,000,
4th & 5th prizes:
\$500, 6-10th prizes: \$100



We are excited about this new fundraiser. Let’s sell all 1,500 tickets! If you are interested in helping us sell tickets, stop by and talk with Shelli-Kae.

Buy your \$20 tickets at the front desk or from a board member/staff. Drawing will be on Tuesday, May 26, 2026, 5:30 pm at the Legacy of the Lakes Museum.

BIRTHDAY CLUB

Friday, April 10 at 1 o’clock

Let’s celebrate your birthday! We invite all members, whether it’s your birthday or not, to our April Birthday Party.

Join us for live music, cake, ice cream, penny bingo and more. Call by April 9 so we have enough cake for everyone! (Cake sponsored by RehabAuthority + volunteers).



– PARKING –

Monday, Tuesday, and Thursdays please park on the east side of Hawthorne. Also, check the north side of the building for parking spots.

Lorsung Art Studio

Open Studio –
Mon, Tues, Thurs & Fri 1-4 p.m.

Resident Artist Connie Gawthrop will be “in studio” during listed times. Stop in and see what she is working on.

Angel Fund

Our “Angel Fund” is for anyone that would like to join ENCORE! but may struggle to pay the membership fee. Please contact Shelli-Kae by stopping in her office or dropping a note in the Suggestion Box. We are accepting donations to keep the Angel Fund strong.



TECH TIME with Luke

Digital Resources:
A to Z Databases



Luke Elliott

For Part 2 of our Digital Resources series. Learn how to access information with our AtoZ databases. Things like World Foods, World Cultures, Maps, and The USA. Bring your own ipad, laptop or phone, if you would like. Luke is happy to trouble shoot your tech questions.

Date: Thursday, April 16
Time: 1 – 2 pm
Register: Call 762-2087
Instructor: Luke Elliott – Douglas County Outreach Coordinator

Tax Saving Idea!

Qualified Charitable Distribution QCD

- A QCD is a donation made directly to a qualified charity, instead of taking the money as a taxable IRA distribution and then donating it.
- It’s a way to satisfy your RMD (Required Minimum Distribution) while also supporting the ENCORE! Center
- The QCD must be made by the IRA trustee directly to ASC.
- QCD’s are available to taxpayers 70 ½ and older. The 2026 maximum amount that can be excluded from income is \$115,000.
- A charitable deduction cannot be claimed for any QCD not included in income.

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MONTHLY ACTIVITIES

Check calendar for dates & times
Everyone is welcome to play!

- Billiards
- Bingo
- Bridge A, B, & C
- Beginner Bridge A
- Men's Bridge (Closed)
- Bunco A (Closed)
- Bunco B
- Card Bingo
- Cribbage A & B
- 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

MARK YOUR CALENDAR

- April 10, 10:30 am**
ENCORE! Explorers: Seniors on Stage
- April 14, 10:30-11:30 am**
"My Story" with Maria Strasser
- April 15 10-11 am**
New Member Meeting
- April 18, 11:30 – 1:30 pm**
Spring Luncheon
- April 25, 8:30 – 11:30 am**
Fix-It Clinic
- April 26, 2 – 4 pm**
Music: Good Company
- May 19, 10:30 – 11:30 am**
"My Story" With Dick Bromley
- May 15 & 16**
Garage Sale



A NOTE FROM BECKY

Program Manager and
Volunteer Coordinator

ENCORE! is an organization powered by volunteers who give their time and talents to make our Center the hub for older adults. In 2025, we tracked 100+ volunteers who gave service of more than 7500 hours to make our programs, activities and events happen. While those are impressive numbers, we know they are much higher due to everything that happens outside of our walls. What does this mean? Many hundreds of hours more are spent crafting items at home for our Cornercopia Gift Shop; the prep/errands that go into getting ready for our fundraising events like Holiday Tables, Cash Raffle, and Spring Luncheon; and time spent at Expos and other community events. THANK YOU to all of our wonderful volunteers! We look forward to honoring you on Wed., April 29 at the annual volunteer lunch.

*"Alone we can do so little;
together we can do so much."*
- Helen Keller

Volunteer Opportunities

- **Designing posters**
- **Walking Club host(s)** June – August
- **Bargain Hunter** – help us find bargains and specials! We will put them in the newsletter for all our members to benefit from.

Morse from page 1

He had been a training officer in the Navy, so it just made sense. He thought he would try it out and he retired after teaching for 19 years.

Some of his favorite childhood memories are when he got his first big yellow Tonka truck and getting his first bike at age six. He had a great childhood playing outside in the neighborhood.

He volunteered at the food shelf for years and has also been a bell ringer for the Salvation Army. **Thank you for coming back to the Center, Jeff.**



AARP Driver Safety 4-hour Discount Classes

**Class Time: 8:30 am - 12:30 pm
Sat, April 11**

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.



And the winner is...ME! Shelli-Kae wins the beautiful quilt made by our very own CJ.

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To support active living for older adults through social, educational and creative connections.



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