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older adults since 1984.

414 Hawthorne Street
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320-762-2087
www.alexsrctr.org

ENCORE!

CENTER FOR VIBRANT AGING

November 2026
VOL. 50, NO 11

News

VOLUNTEER SPOTLIGHT



Brenda Xeroteris

By Toni Tebben

Brenda Xeroteris is new to ENCORE! and to the Alexandria community. Born in Canada, she grew up primarily in New England and Florida before spending most of her adult life in Roanoke, Virginia.

Brenda's love of working with people began when she was young, working at Willowbrook, a Victorian museum, where she enjoyed learning about the area's history and the stories behind its many artifacts. Professionally, she worked in human resources including for the Clerk of Circuit Court in Florida, the Commonwealth of Virginia, Department of Transportation and the Virginia Community College System. Brenda also did professional consulting work.

After losing her husband in 2024, followed by the passing of her mother-in-law three months later, Brenda found herself entering a new chapter of life. She has two sons, one in Florida and one in Minnesota, and is blessed with six grandchildren—two boys and four girls—ranging in age from 11 to 22.

Xeroteris continued on page 7

UPCOMING EVENTS

NOV. SUNDAY MUSIC SERIES



Kevin Pearson, Barb Madison and Kevin Klimek

Kevin Klimek & the Sideliners Sunday, Nov. 8 | 2 – 4 pm

Featuring Classic County and Variety, Kevin Klimek offers a rich musical history dating back to 1965. Kevin has shared stages with artists such as Buck Owens, Bill Haley's Comets, Aaron Tippin and more. The Sideliners draw only the best from their extensive repertoire of over 700 songs. Snacks are available.

A big **Thank You**
to our sponsor
Bell Bank



HOLIDAY TABLES & SING-ALONG

December 12 from 11 a.m.–1 p.m.

Tickets will be available starting Nov. 9; \$35 adults and \$10 for children 10 and under. This includes entertainment, lunch, games, silent auction and more.

Thank you
to our major
event sponsor



Corinna Douglas, BCBS Medicare Advisor
corinna.douglas@bluecrossmn.com | 320-227-8445

HOLIDAY CRAFT & BAKE SALE

December 9 from 8 am to 2 pm

Bake Sale - Search your recipe files and plan to treat yourself, family and friends to some "heritage" holiday goodies. If baking is not your thing, your financial donations are appreciated and help make this a successful event that supports our many programs and services. **Drop your goodies off by noon on Tuesday, Dec. 8 for Darby, Marv + friends to price.**

Craft Sale - We are looking for volunteers to craft items and/or work at this event.

Contact Becky to volunteer. Drop items off to Becky by Friday, Dec. 4.



HOLIDAY TABLES SILENT AUCTION

The committee is seeking donations of a gift basket or items to go into a basket to be auctioned off during the event. Suggested items include gift cards, tickets to plays or events, wine & cheese baskets, make a dinner for two, and/or special cookies. **Please drop off by Tuesday, Dec. 8.**

ENCORE! Explorers go to Aagard on Wed, Nov. 18.
See page 7 for details.

Next ENCORE! Explorers will see the "Birth of the Baby" collection by Cathy Johnson.
See page 2 for the details.



MESSAGE from SHELLI-KAE, Executive Director

Annual meeting. We had 27 people attend our annual meeting on October 1.

Here are a few highlights;
ENCORE! has 33 sponsors, 32 newsletter advertisers and has used 13 Thrivent Action Team cards (\$250 value each) to help defray costs of our events and programs. To find

out more about our sponsors, please go to the **Key Contributors** page on our website.

Scott Quitmeyer and Jan Mahoney were voted in for a three-year term to serve on our board. Scott currently serves as our vice president, and Jan is serving as our treasurer. I am grateful and excited to have both continuing to provide their talents towards the success of ENCORE! into the future.

The Douglas County Commissioners approved \$20,000 for ENCORE! for the 2027 budget. Please thank our commissioners when you see them including Tim Kalina, Jerry Rapp, Charlie Meyer, Jeff Way and Shane Schmidt.

"Birth of the Baby" Nativity Collection

by Cathy

ENCORE! Explorers will take you to the home of Cathy Johnson where you will view over 130 nativity scenes. Cathy has been collecting, curating and lovingly displaying these special scenes since 1963. Join us for this very special opportunity to see her "Birth of the Baby" collection. We will meet at ENCORE! and take Rainbow Rider there and back. Holiday treats will be provided.



Cathy Johnson,
Nativity Collector

Tour 1

Date: Tuesday, December 1

Meet at ENCORE!: 9:30 am

Return to ENCORE!: 11:00 am

Tour 2

Date: Wednesday, December 2

Meet at ENCORE!: 12:30 pm

Return to ENCORE!: 2:00 pm

Cost: Donations appreciated



PIE & COFFEE INFORMATION SERIES

VIVIE HOME HEALTH SERVICES

Staying in your home as long as possible is the goal for many. How can this be accomplished?

Join Ty Bentrup of Vivie for an informative session on Home Health services. He will cover what services are offered and for how long, requirements for beginning such services, what disciplines are involved, and payment options.



Ty Bentrup

Date: Nov. 19
Time: 1 pm
Register: Call 762-2087 by Nov. 18 so we have enough pie for everyone!
Presenter: Ty Bentrup, Vivie Home Health & Hospice Liaison

Pie sponsored by:

SANFORD
HEALTH



BIRTHDAY CLUB

Friday, November 13 at 1 o'clock



Let's celebrate your birthday! We invite all members, whether it's your birthday or not, to our November Birthday Party. Join us for live music, cake, ice cream, penny bingo and more. Call by November 12 so we have enough cake for everyone! (Cake sponsored by RehabAuthority + volunteers).

REHABAUTHORITY
• physical therapy •



PARADOCX CHRISTMAS SHOW + BIRTHDAY CLUB

Friday, Dec. 4 at 1 o'clock

Note: Penny Bingo will resume in January.

Memorial Gift

Please consider a donation in memory or honor of a loved one to ENCORE! Center for Vibrant Aging. Look for an envelope by the kiosk marked "In Loving Memory" for your gift and drop it off with the front desk. Thank you!

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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: Every Tuesday
Time: 1:30-2:30 pm
Cost: \$6 member
\$7 non-member

SUDOKU & SWEETS ~ New Program

Where conversation, laughter, and puzzle-solving come together in a welcoming atmosphere. Enjoy friendly company, brain-boosting challenges, and a tasty treat during this hour-long activity.

Date: November 10
(2nd Tues of the month)
Time: 1:00 pm
Partner: Senior Life Solutions/
Lake Region Healthcare

Our September Membership Drive was a big success!

- 32 New Members!
- 12 Referrals
- 41 Renewals
- 665 Total Members to date

Sponsor of Health & Wellness activities

SANFORD
HEALTH

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, Nov 10 9:00-11:00 am
Wed, Nov 18 12:30-2:30 pm
Tues, Dec 8 9:00-11:00 am

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: Thursday, November 12
Time: 10:30 - 11:30 am
Cost: \$6 member
\$7 non-member

Mindful Mandala

~ NEW

Week 1: Finding Your Center

- What is mindfulness/how to center yourself
- History of mandalas, and learning how to find the center point on a canvas



Week 2: Symmetry & Patterns

- Mindfulness focus: we repeat what we envision
- Choose simple patterns to repeat all the way around. Experiment to create your own pattern

Week 3: Colors & Meanings

- Mindfulness focus: finding and protecting "white space" or moments of silence in our day-to-day
- Experimenting how color affects our mood

Week 4: Shapes & Symbolism

- Introducing more complex shapes/patterns and historical symbolism within mandala art

Date: 4 Fridays in Feb 2027
Time: 10:00-11:00 am
Instructor: Cami Richter
Moments Hospice

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.



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Alexandria Pharmacy: 320-762-6840
Parkers Prairie Clinic: 218-338-4371

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Connecting to Community



Explore lifelong learning opportunities
in a variety of categories! Check them out
at <https://alexschools.arux.app> or
call 320-762-3310.

Discover the Joy of Acrylic Painting (Fall on the Lake)

Saturday, Nov. 14, 10:00 am-12:30 pm, \$42
includes supplies, Discovery Middle School.
Local artist Rachel Smith breaks down
the essentials of acrylic art supplies
and basic techniques so you can start
painting with confidence. You'll create
a beautiful **Fall on the Lake** canvas to
take home.

Introduction to Macrame

Wednesday, November 11, 6:00-8:30 pm,
\$39, Discovery Middle School.

This beginner-friendly class is the
perfect introduction to the art
of knotting. You'll learn a couple
essential macramé knots, explore
common materials, and create a
finished macrame plant hanger.

Craft Your Own Holiday Planter

Thursday, November 19, 3:00-4:30 pm or
Saturday, November 21, 10:00 - 11:30 am,
\$59, Miltons Greenhouse.

In this hands-on course, you'll create
a stunning holiday planter to bring
vibrant outdoor color and greenery to
your home. All materials are provided,
so just bring your creativity!

FOOT CLINIC

Wed, Nov 18 Wed, Dec 9
8:00 am-3:00 pm 8:00 am-3:00 pm

Wed, Jan 13 Wed, Feb 10
8:00 am-3:00 pm 8:00 am-3:00 pm

Wed, Mar 10
8:00 am-3:00 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.

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

— REFLECTIONS AND THANKS —

SPECIAL THANKS TO:

Our Fix-It Clinic team: George Weatherwax, Glenn Stroeing, Sandra Johnson,
Michelle Wencil, Barb Williams, Marlene Hansen, Don Semerad & Van Gooch!
47 items were fixed including jewelry, chairs, lamps, clothing, walker, leaf blower,
clock, watch, & a Ninja Blender.



Thank you to Roers Bakery and CUB Foods for free rolls throughout the year!

Let's give a **BIG WELCOME** to our **34 new members!**

Bernie Accola, Tara Bitzan, Jerry Boerboom, Dale and Monica Buchholz,
Jan and Merida Christensen, Dale and Lorna Erickson, Jill Fugleberg,
Kevin Gades, Ryan Goergen, Linda Halverson, Rhonda Hoeper, Denise Homstad,
Sandra Johnson, Robert Klegstad, Jerome Kostreba, Frank Lewis, Jennifer
Meyer, Francie and Ron Morton, Janet Nevalainen, Penny Oleson, Ed Pexsa,
Sandy Reddick, Wendy Schultz, Marie Slaughter, Nevin and Sandy Smith,
Cheryl Strand, Kim Thompson, Kelly Troe, Verna Winter

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving (end)	2 9-3 Billiards- PR 9:30-12 Bunko A- MR 10-12 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	3 7:30-8:30 Develop. Comm. Mtg-MR 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 1:30-2:30 Chair Yoga- MR	4 8:30-10 Transition Team Mtg- MR 9-3 Billiards- PR 12:30-3:30 Bridge B- DRE 9:30-12 Whist A- DRE 1:30-2:30 Card Bingo- MR	5 HAM & BEAN CASSOULET 9-3 Billiards- PR 9-11:30 Five Hundred- CR 9-12 Pinochle B- DRW 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-4 Open Studio- LAS	6 7:45-9:15 TOPS #775 9-3 Billiards- PR 9:30-11 Rummikub- DRE 9:30-12 Quilting- MR 10-12 Cribbage A- DRW 12:30-3 Samba B- DRE 1-3 Cribbage B- DRW	7 8:30-12:30 Whist C- DR AARP Driver Safety- MR
8 Sunday Music Kevin Klimek & the Sideliners 2-4 pm	9 9-3 Billiards- PR 9:05 ENCORE! on Open Line 10-12 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	10 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Massage- CR 9-12 Mexican Train- DRE 9:30-12 Whist A- DRE 1:30-2:30 Chair Yoga- MR 1-2 Sudoku & Sweets- CR 6-8 North Door Jam-DRW	11 Veterans Day 9-3 Billiards- PR 9:30-11:30 ENCORE! Board Mtg- MR 12:30-3 Bridge D- CR 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW	12 HAM & EGG BAKE 9-3 Billiards- PR 9-11:30 Five Hundred- CR 9-12 Pinochle B- DRW 10:30-11:30 Move & Groove- MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 4-3 Tips for Staying Healthy- MR 1-4 Open Studio- LAS	13 7:45-9:15 TOPS #775 9-3 Billiards- PR 9:30-11 Rummikub- DRE 10-12 Cribbage A- DRW 12:30-3 Samba B- DRE 1-3 Birthday Club- DR 1-3 Cribbage B- DRW	14 9:30-12:30 Whist C- DR
15	16 9-3 Billiards- PR 9:30-12 Bunko B- MR 10-12 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	17 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9-12 Bridge F- CR 9:30-12 Whist A- DRE 1:30-2:30 Chair Yoga- MR	18 8-3 Foot Care- CR 9-3 Billiards- PR 9-11 ENCORE! Explorers Aaqard-Lobby 12:30-2:30 Massage- Library 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW 1-2:30 Card Bingo- MR	19 CHICKEN 8:30-12:30 AARP Driver Safety- MR 9-11:30 Five Hundred- CR 9-3 Billiards- PR 9-12 Pinochle B- DRW 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-2 Tech Time- DRE 1-3 Vivie Home Health Care- MR 1-4 Open Studio- LAS 6-7:30 Ukelele Group- DR	20 7:45-9:15 TOPS #775 9-3 Billiards- PR 9:30-11 Rummikub- DRE 9:30-12 Quilting- MR 10-12 Cribbage A- DRW 12:30-3 Samba B- DRW 1-3 Cribbage B- DRW	21 9:30-12:30 Whist C- DR
22	23 9-3 Billiards- PR 10-12 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	24 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9-12 Mexican Train- DRE 9:30-12 Whist A- DRE 1:30-2:30 Chair Yoga- MR 6-8 North Door Jam-DRW	25 9-3 Billiards- PR 12:30-3 Bridge D- CR 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW	26 Thanksgiving CLOSED	27 CLOSED	28 9:30-12:30 Whist C- DR
29	30 9-3 Billiards- PR 10-12 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	ROOM KEY Dining Room- DR Dining Room East- DRE Dining Room West- DRW Pool Room- PR Craft Room- CR	Meeting Room- MR Green Room- CR Lorsung Art Studio- LAS	Congregate Dining Thursdays @ 11:30 am	LAS Open Studio Mon., Tues., Thurs., Fri. 1 - 4 pm	
		Notes				

TECH TIME with Luke

Drop In Tech Help

This month is Bring Your Own Device Day! Come with questions about your specific devices. We will try to spend between 5-10 minutes with each person and answer as many questions as we can.



Luke Elliott

Date: Thursday, Nov. 19
Time: 1 – 2 pm
Register: Call 762-2087
Bring: Your phone, iPad or laptop
Instructor: Luke Elliott – Outreach Coordinator/ DC Library

Annual Fall Fund Drive

Please look for our 2026 Fall Fund Drive letter coming your way this month. This is one of our biggest fundraisers that will help us to finish the year strong!

Rainbow Rider Tickets

Available until Dec. 31, 2026

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. 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



Coffee Station Sponsor for November

Thank You!



AARP Driver Safety 4-hour Discount Classes

Thurs, Nov 19 8:30 am-12:30 pm Sat, Dec 5 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.

MARK YOUR CALENDAR

November 18, 9-11 am
ENCORE! Explorers – Aagard

November 26-27,
CLOSED, Happy Thanksgiving!

December 1, 9:30 am
ENCORE! Explorers – Nativity Collection Tour

December 2, 12:30 pm
ENCORE! Explorers – Nativity Collection Tour

December 4, 1 pm
Birthday Club & ParaDocx Christmas Concert

December 9, 8 am-2 pm
Bake & Craft Sale

December 12, 11 am-1 pm
Holiday Table Luncheon

ENCORE! EMAIL Tips

If you have been having trouble receiving your ENCORE! Newsletter by email, please try these two things:

1. Re-subscribing to ENCORE! emails

If you previously unsubscribed from ENCORE! emails and would like to receive them again, please send an email to infodesk@alexsrctr.org stating: “I wish to receive email communications from ENCORE!”

2. Not Receiving ENCORE! emails?

If you are subscribed but are not receiving the Weekly Updates or Newsletters, please check your Spam or Junk folder.

To help prevent future ENCORE! emails from going to Spam or Junk, add the following email address to your Contacts or Address Book: noreplyENCORE@myseniorcenter.com



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

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.

At ENCORE!, Brenda volunteers on Mondays, collecting money for Bingo,

Welcome to ENCORE! and the Alexandria community, Brenda! We're glad you're here.

Date: Wednesday, Nov. 18
Location: Aagard Manufacturing
Time: Meet at ENCORE! by 8:45 am
(Transportation by
Rainbow Rider)
Tour begins at 9 am
Return to ENCORE! by 11 am
Cost: Free
Register: by Monday, Nov. 16, Noon

- Crafters to make items for our gift shop, Cornercopia



- A **QCD** (Qualified Charitable Distribution) 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!**.
- The **QCD** must be made by the **IRA trustee** directly to **ENCORE!**.
- **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.

- Betty Ebsen won the September Membership Drive basket of goodies.
- Cathy Johnson and Carol Strong collected and made \$405 from jewelry sales. Thank you for continuing to contribute your jewelry to ENCORE!

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Jeanie & Jean at October Birthday Club.

- ENCORE! 2026 BOARD & STAFF -

President - Kathy Eastlund • Vice President - Scott Quitmeyer • Secretary - Scott Sonstegard
Treasurer - Jan Mahoney • David Dilly • Jeff Morse • Kelsey Meehan • Tina Snell • Erika Johnson
Executive Director - Shelli-Kae Foster • Program Manager - Becky Christenson

MISSION STATEMENT

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



Please recycle your newsletter
when you are done with it.