

Published by ENCORE!,  
(formerly 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



**Sally Roos**  
ENCORE! Volunteer

By Toni Tebben

Sally grew up on a farm in North Branch, attending the same one room schoolhouse that her parents and sister did. When she was in 5th grade, the school closed and she attended school in Cambridge. She met her husband Jerry when she was in 6th grade. They married in 1969 and were together for 54 years, before he passed away from Parkinson's disease.

Jerry worked at auto glass shops in St. Cloud while they owned a small farm in Kimball. Their son and daughter loved farm life. They moved to Alexandria in 1987 when they bought Interstate Auto Glass, with Sally helping in the office. Eventually their son bought the business, allowing for more travel time for Jerry and Sally. They loved Texas. Sally kept busy with chairing ladies' luncheons, arranging theme parties, and decorating. After Jerry's passing, some of her friends encouraged her to join the Senior Center. She says it was a good move for her, as she loves to socialize and develop friendships.

Roos continued on page 7

## UPCOMING EVENTS

### March Sunday Music Series



#### MIKKO & FRIENDS

Sunday, Mar. 15 | 2 – 4 pm

Celebrate St. Patrick's Day with us! Join Mikko Cowdery and friends for an afternoon of Celtic classics 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.

Thank you to  
our sponsor:



#### Gary Gylsen

Sunday, Mar. 29 | 2 – 4 pm

A founding member of Pure Country, Gary has the voice of an angel and offers vocal and guitar styling featuring classic country from the 50's & 60's. Gary's easy listening and gentle demeanor will provide you with an entertaining and inspiring afternoon, so bring your smiles and come and kick up your heels! Donations appreciated. Snacks and beverages available.

### Wake Up Alexandria

Friday, March 6

We are hosting Wake Up Alexandria on March 6 at 7:30 am. Come on out and help us announce our new name to the community! Light breakfast served.

### March Membership Drive

March 16 - 27

See p. 4 for more info.

### Spring Luncheon - ENCORE! Stars Presents "1930 Homemakers Club."

April 18

See p. 4 for more info.

## Waffle Feed

with the Alexandria Lions Club

Saturday, March 21  
from 9 am-12 pm

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

Presales are \$12 per adult OR  
\$15 adult at the door.  
Free for children 7 and under.



# MESSAGE from SHELLI-KAE, Executive Director



March is a big month for us. We are launching our new name, **ENCORE! ~ Center for Vibrant Aging.** We will have a new name and new opportunities, all while continuing to provide our robust

programming tailored to older adults.

The goal is to attract a wide range of older adults and create excitement for a new chapter in the 41-year history of the Center. So why ENCORE!? Former board member Kathleen Linn explains it well, "When you go to a concert, and it's the last song and you're enjoying it so much you don't want it to end, what do you do? You stand up,

clap your hands and say "encore" to keep it going. That is what we are doing here, keeping it going." ENCORE! is the Center for Vibrant Aging for people who want more.

The process took nearly one year. We gathered a group of community leaders, facilitated by Tara Bitzan from the Chamber, to help us answer some important questions including: Who is our target audience? What words best describe the Center of the future? Why should someone become a member? What do we want the community to feel when interacting with the Center? This exercise resulted in over 25 names for consideration. The top 3 names were presented to the board of directors to select from. The board voted unanimously for ENCORE! Center for Vibrant Aging.

ENCORE! signifies the culmination of a well-lived life, and the beginning of a new, vibrant chapter filled with possibility and promise. It represents the belief that age is not a limitation, but rather a stage where one's experiences, talents and passions can flourish and shine brightly.

ENCORE! positions us as a forward-thinking, welcoming hub dedicated to empowering individuals to live fully, actively, and vibrantly at every age.

Char, longtime member and front desk volunteer likes to say "ENCORE! ~ there is so much more."

## PIE & COFFEE INFORMATION SERIES

Part 1, 2nd Thursday of each month, Thursday, March 12 at 1 pm

### Over the Counter (OTC) MEDICATION SAFETY



Kelly Jones, RN,  
Program Director,  
Senior Life  
Solutions

Many common over-the-counter medicines can cause side effects or interact with prescriptions, especially as we age. Join us to learn how to read labels, avoid risky combinations, and use OTC medications safely to protect your health and independence.

Program Director of Senior Life Solutions, with experience supporting older adults in safe medication use and overall mental and physical wellness.

Presenter: Kelly Jones,  
Glacial Ridge Health

Date: March 12

Time: 1 pm

Register: Call 762-2087 by Mar. 11 so we have enough pie for everyone!

Pie sponsored by: 

This session is taught by Kelly Jones, a master's-prepared Registered Nurse and

Part 2, 4th Thursday of each month, Thursday, March 26 at 1 pm

### NUTRITION & AGING



Julie Miller,  
Sanford Health

Julie Miller will lead an engaging and informative session on how nutrition impacts health and well-being as we age. Drawing from her expertise in clinical dietetics and diabetes education, she will

vitality, preventing chronic disease, and improving quality of life through smart nutrition choices.

Presenter: Julie Miller, RDN, LD, CDCES

Date: March 26

Time: 1 pm

Register: Call 762-2087 by Mar. 25 so we have enough pie for everyone.

Pie sponsored by: 

explore practical strategies for maintaining

## MEDICARE Workshop

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

Do you have questions about Medicare? Join Corinna Douglas to learn about the basics of Medicare and to discuss your options.

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# — Health & Wellness —

## Help Manage your Blood Pressure/Hypertension

This 8-week 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, Mar. 4 – Apr. 22  
(No class Mar. 18 or 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 by noon, Tues, Feb. 17  
**Class limit:** 10 people

## ENCORE! Explorers with Toni Tebben

Join us on St. Patrick's Day as we kick off our new ENCORE! Explorers series. We'll climb aboard Rainbow Rider and get out on an adventure to discover two fun and fascinating stops in Alexandria: Runestone Museum and Copper Trail Brewery. We will tour the Runestone Museum and then walk across the street to Copper Trail Brewery for lunch and maybe some green beer.



**Date:** Tuesday, March 17  
**Time:** 10 am – 1 pm  
**Cost:** \$10 (includes bus & museum)  
Lunch & Beverages on your own at Copper Trail Brewery  
**Meet:** ENCORE! (ASC)  
**Register:** Call 762-2087 by noon, Friday, Mar. 13

## MOVE & GROOVE

Join us for a low-impact cardio class set to fun music. This class involves doing various arm and leg movements while standing (like Leslie Sansone's walking workouts).

**Instructor:** Jill Fugleberg  
**Dates:** Fridays, Mar. 13 & 27  
**Time:** 10:30 – 11:30 am  
**Register:** Call 762-2087  
**Cost:** \$6 for ASC members  
\$7 for nonmembers

## Gardening Road Show

with Robin Trott  
*Start Your Spring Garden Indoors: Cool-Season Crops*  
Get a head start on gardening season with this fun, hands-on workshop! Learn how to start seeds indoors for cool-weather favorites like lettuce, spinach, broccoli, and pansies. We'll cover simple techniques for planting and caring for seedlings, plus share a handy transplanting calendar tailored for Minnesota's spring. Perfect for gardeners eager to see green while the snow is still melting!



Robin Trott, U of M Extension Educator

**Date:** Friday, Mar. 27  
**Time:** 10 – 11 am  
**Class size:** 20  
**Cost:** \$15 (includes plants to take home)  
**Instructor:** Robin Trott, U of M Extension Educator  
**Register:** Call 762-2087 by noon on March 26

Thank you to our wellness sponsor



## 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, Mar. 10 9:00–11:00 am**  
**Tues, Mar. 24 9:00–11:00 am**  
**Tues, Apr. 22 9:00–11:00 am**  
**Wed, Mar. 18 12:30–2:30 pm**  
**Tues, Apr. 14 9:00–11:00 am**  
**Wed, Apr. 28 12:30–2:30 pm**

## 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

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# Connecting to Community



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

**Basic East Coast Swing for Couples**  
Mondays, Mar 9 - 30, 6:30-8:00 pm, \$69 per couple, Voyager Elementary School  
Voyager Elementary School. 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.

**Fruit Propagation: Turning Twigs to Trees**

Tues, Mar 24, 6:30-9:00 pm, \$45, Discovery Middle School  
Grafting methods will be presented and you will learn how to care for your grafted plants to turn them into fruitful trees. You will have the opportunity to graft three trees.

**Introduction to the Private Pilot's License**

Mondays, Mar 30 - May 18, 6:-8:00 pm, \$112, Discovery Middle School  
This ground school course will introduce you to weather, aerodynamics of flight, aircraft airworthiness, regulations for pilots and planes, and airspace. This is a great introduction to the ground portion of the private pilot certificate.

## Rainbow Rider Punch Cards - Now Available

The Alexandria Senior Center received a grant from the Medica Foundation for Rural Health. With this opportunity we will be able to provide our members with a punch card from Rainbow Rider to get to our Center. Rainbow Rider accommodates wheelchairs and walkers, just let them know ahead of time. To use Rainbow Rider, call **1-800-450-7770** to line up your ride, preferably at least one day in advance.



## — Special Events —

### Announcing a Membership Drive!

Members – encourage your friends and colleagues to join ENCORE! Center for Vibrant Aging. If they become members (and have never been a member in the past) the referring member will receive a \$10 voucher for Activity fees and/or Cornercopia gift store purchases. **This membership drive runs March 16-27, 2026.** Membership and referral forms are available at the Info Desk!

### Spring Luncheon 2026!

**April 18 – 11:30 am, doors open at 11 am**  
Tickets go on sale Monday, March 9! Tables fill fast, get your tickets soon!

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 for one of their productions!

**Luncheon Ticket prices are \$30 for adult, \$10 for children.** Purchase tickets at the Info Desk at ENCORE! Attendees may wear vintage clothing, if they wish to portray this nostalgic era!

### Coffee Time Chat

Join Terri Swensen to learn about Senior Life Solutions Support Groups. Groups meet 1- 3 times weekly and are designed to focus on helping seniors with grief, loss, coping, challenges with difficult situations and mental health concerns associated with aging.



Terri Swensen, Mental Health Program Director

Date: Thursday, March 19  
Time: 11 am  
Presenter: Terri Swensen, Mental Health Program Director  
Cost: Free + Coffee and treats will be provided

### 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 Alexandria Senior Center (**ASC**)
- The **QCD** must be made by the **IRA trustee** directly to **ASC**.
- **QCD's** are available to taxpayers 70 ½ and older. 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.

### AARP Driver Safety 4-hour Discount Classes

Class Time: 8:30 am - 12:30 pm

|               |               |
|---------------|---------------|
| Sat, March 7  | Sat, March 14 |
| Sat, March 28 | 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.

### Mary Kay Pampering

Join us for a Mary Kay Pamper Party. Try what's new + tired + true...for FREE! Janice Jablonski looks forward to helping you look and feel beautiful.



Janice Jablonski  
Mary Kay Consultant

Date: Wednesday, March 18  
Time: 10-11:30 am  
Cost: FREE  
Register: Call 762-2087  
Class Size: 6

# March 2026

| Sunday                                | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |  |
|---------------------------------------|---|---|---|--|---|--|--|
| 1                                     | 2<br>9-3 Billiards- PR<br><b>9:30-12 Bunco A- MR</b><br>10-12 Beg. Bridge A- CR<br>10-12 Five Crowns- DRE<br>12:30-3 Samba A- DRE<br>12:30-4 Mens Bridge- CR<br>1-3 Bingo- MR<br>3:30-4:30 TOPS #36- MR   | 3<br>9-3 Billiards- PR<br>9-11:30 Pinochle A- DRW<br>9:30-12 Whist A- DRE<br>12-3 Bridge A- CR<br><b>1-2 Chair Yoga- MR</b><br>1-3 Bingo- MR<br>3:30-4:30 TOPS #36- MR  | 4<br><b>8:30-10 Transition Team Mtg- CR</b><br>9-3 Billiards- PR<br><b>10-11:30 Hypertension Class- MR</b><br>12:30-3:30 Mahjong- DRW<br>12:30-3:30 Bridge B- DRE<br><b>1-2:30 Card Bingo- MR</b>   | 5<br>CHICKEN<br>9-3 Billiards- PR<br>9-12 Pinochle B- DRW<br>9:30-11:30 Golden K's Mtg- MR<br>12:30-3 Bridge C- DRW<br>12:30-3 Scrabble- CR<br>1-4 Open Studio- LAS  | 6<br>7:45-9:15 TOPS #775- MR<br>9-3 Billiards- PR<br>9:30-11 Rummikub- DRE<br><b>9:30-3:30 Foot Care- CR</b><br><b>9:30-12 Quilting- MR</b><br>10-12 Cribbage A- DRW<br>12:30-3 Samba B- DRE<br>1-3 Cribbage B- DRW<br><b>3-5 Billiards Lessons- PR</b>     | 7<br><b>8:30-12:30 AARP Driver Safety- MR</b><br>9:30-12:30 Whist C- DR  |  |
| 8 Daylight Saving (begin)             | 9<br>9-3 Billiards- PR<br><b>9:05 ASC on Open Line</b><br>10-12 Beg. Bridge A- CR<br>10-12 Five Crowns- DRE<br>12:30-3 Samba A- DRE<br><b>10:30-11:30 Marketing Mtg- MR</b><br>12:30-4 Mens Bridge- CR<br>1-3 Bingo- MR<br>3:30-4:30 TOPS #36- MR | 10<br>9-3 Billiards- PR<br><b>9-11:30 Massage- CR</b><br>9-11:30 Pinochle A- DRW<br><b>9-12 Mexican Train- DRE</b><br>9:30-12 Whist A- DRE<br>12-3 Bridge A- DRW<br><b>1-2 Spring Luncheon Mtg- CR</b><br><b>1-2 Chair Yoga- MR</b><br><b>6-8 North Door Jam- DRW</b>   | 11<br><b>8-9:30 ASC Board Mtg- MR</b><br>9-3 Billiards- PR<br><b>10-11:30 Hypertension Class- MR</b><br><b>12:30-3 Bridge D- CR</b><br>12:30-3:30 Mahjong- DRW<br>12:30-3:30 Bridge B- DRE<br><b>2-5 BCBS Medicare- MR</b>  | 12<br>MEATLOAF<br>9-3 Billiards- PR<br>9-12 Pinochle B- DRW<br>9:30-11:30 Golden K's Mtg- MR<br><b>10:30-11:30 Golden K's Exec Mtg- MR</b><br>12:30-3 Bridge C- DRW<br>12:30-3 Scrabble- CR<br><b>1-3 OTC Medication Safety- MR</b><br>1-4 Open Studio- LAS<br><b>3:30-4:30 ENCORE Stars- DR</b> | 13<br>7:45-9:15 TOPS #775- MR<br>9-3 Billiards- PR<br>9:30-11 Rummikub- DRE<br><b>10-11 Mindful Dot Art- CR</b><br>10-12 Cribbage A- DRW<br><b>10:30 Move &amp; Groove- MR</b><br>12:30-3 Samba B- MR<br><b>1-3 Birthday Club- DR</b><br>1-3 Cribbage B- CR | 14<br><b>8:30-12:30 AARP Driver Safety- MR</b><br>9:30-12:30 Whist C- DR |  |
| 15                                    | 16<br>9-3 Billiards- PR<br><b>9:15-12 Bunco B- MR</b><br>10-12 Beg. Bridge A- CR<br>10-12 Five Crowns- DRE<br>12:30-3 Samba A- DRE<br>12:30-4 Mens Bridge- CR<br>1-3 Bingo- MR<br>3:30-4:30 TOPS #36- MR  | 17 St. Patrick's Day<br>9-3 Billiards- PR<br>9-11:30 Pinochle A- DRW<br><b>9:30-12 Bridge F- CR</b><br>9:30-12 Whist A- DRE<br><b>10-2 ENCORE! Explorers- Lobby</b><br>12-3 Bridge A- CR<br><b>1-2 Chair Yoga- MR</b><br><b>3:30-4:30 ENCORE Stars- DR</b>  | 18<br>9-3 Billiards- PR<br><b>10-11:30 MK Pamper Party- CR</b><br>12:30-3:30 Mahjong- DRW<br><b>12:30-3 Massage- CR</b><br>12:30-3:30 Bridge B- DRE<br><b>1-2:30 Card Bingo- MR</b><br><b>3:30-4:30 ENCORE Stars- DR</b>  | 19<br>BEEF STEW<br>9-3 Billiards- PR<br>9-12 Pinochle B- DRW<br>9:30-11:30 Golden K's Mtg- MR<br><b>11-12 Senior Life Solutions- DRE</b><br>12:30-3 Bridge C- DRW<br>12:30-3 Scrabble- CR<br><b>1-2 Tech Time- MR</b><br>1-4 Open Studio- LAS  | 20 Vernal equinox<br>7:45-9:15 TOPS #775- MR<br>9-3 Billiards- PR<br>9:30-11 Rummikub- DRE<br><b>9:30-12 Quilting- MR</b><br>10-12 Cribbage A- DRW<br>12:30-3 Samba B- DRE<br>1-3 Cribbage B- DRW<br><b>3-5 Billiards Lessons- PR</b>                       | 21<br><b>9-12 Waffle Feed- DR</b><br>9:30-12:30 Whist C- MR              |  |
| 22                                    | 23<br>ANDRIA THEATRE PRACTICE 6:30<br>9-3 Billiards- PR<br><b>10-11 Finance Mtg- MR</b><br>10-12 Beg. Bridge A- CR<br>10-12 Five Crowns- DRE<br>12:30-3 Samba A- DRE<br>12:30-4 Mens Bridge- CR<br>1-3 Bingo- MR<br>3:30-4:30 TOPS #36- MR        | 24<br>ANDRIA THEATRE PRACTICE 6:30<br>9-3 Billiards- PR<br><b>9-11:30 Massage- CR</b><br>9-11:30 Pinochle A- DRW<br><b>9-12 Mexican Train- DRE</b><br>9:30-12 Whist A- DRE<br><b>1-2 Spring Luncheon Mtg- CR</b><br><b>1-2 Chair Yoga- MR</b><br>12-3 Bridge A- DRW<br><b>3:30-4:30 ENCORE Stars- DR</b><br><b>6-8 North-Door-Jam-DRW</b> | 25<br>ANDRIA THEATRE PRACTICE 6:30<br><b>8:30-10 ASC Exec Board Mtg- ?</b><br><b>8:30-2:30 Foot Care- CR</b><br>9-3 Billiards- PR<br><b>10-11:30 Hypertension Class- MR</b><br><b>12:30-3 Bridge D- CR</b><br>12:30-3:30 Mahjong- DRW<br>12:30-3:30 Bridge B- DRE | 26<br>MEAT BALLS<br>9-3 Billiards- PR<br>9-12 Pinochle B- DRW<br>9:30-11:30 Golden K's Mtg- MR<br>12:30-3 Bridge C- DRW<br>12:30-3 Scrabble- CR<br><b>1-3 Nutrition &amp; Aging- MR</b><br>1-4 Open Studio- LAS<br><b>3:30-4:30 ENCORE Stars- DR</b>   | 27<br>7:45-9:15 TOPS #775- MR<br>9-3 Billiards- PR<br>9:30-11 Rummikub- DRE<br><b>10-11 GRS: Cool Season Crops- DR</b><br>10-12 Cribbage A- DRW<br><b>10:30 Move &amp; Groove- MR</b><br>12:30-3 Samba B- DRE<br>1-3 Cribbage B- DRW                        | 28<br><b>8:30-12:30 AARP Driver Safety- MR</b><br>9:30-12:30 Whist C- DR |  |
| 29                                    | 30<br>ANDRIA THEATRE PRACTICE 6:30<br>9-3 Billiards- PR<br>10-12 Beg. Bridge A- CR<br>10-12 Five Crowns- DRE<br>12:30-3 Samba A- DRE<br>12:30-4 Mens Bridge- CR<br>1-3 Bingo- MR<br>3:30-4:30 TOPS #36- MR  | 31<br>ANDRIA THEATRE PRACTICE 6:30<br>9-3 Billiards- PR<br>9-11:30 Pinochle A- DRW<br>9:30-12 Whist A- DRE<br>12-3 Bridge A- DRW<br><b>1-2 Chair Yoga- MR</b><br><b>3:30-4:30 ENCORE Stars- DR</b>  | ANDRIA THEATRE PRACTICE 6:30  | ANDRIA THEATRE PRACTICE 6:30   | ANDRIA THEATRE PRACTICE 6:30  | ANDRIA THEATRE PRACTICE 6:30   |  |
| Sunday Music<br>Gary Gylsen<br>2-4 pm |   |   | Congregate Dining<br>Each Thursday @ 11:30  | ROOM KEY<br>Dining Room- DR<br>Dining Room East- DRE<br>Dining Room West- DRW<br>Pool Room- PR<br>Craft Room- CR   | Meeting Room- MR<br>Green Room- CR<br>Lorsung Art Studio- LAS   |  |  |
|                                       |   |   | Notes   |  |   |  |  |

— Keeping you “in the know...” —

## 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

## 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

Date: Fridays,  
March 13, April 10, May 8  
Time: 10 – 11 am  
Cost: \$5 per class  
(includes all supplies)  
Note: Participation is per class.  
You do not need to register for all 3.

## BIRTHDAY CLUB

Friday, March 13 at 1 o'clock

Let's celebrate your birthday! 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 12 so we have enough cake for everyone! (Cake sponsored by RehabAuthority + volunteers)



## MY STORY

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

## Memorial Gift

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

Coffee Station Sponsor for March

### Thank You!

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## Angel Fund

Our “Angel Fund” is for anyone that would like to join 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.

## 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 Fugleberg,  
Certified Yoga Instructor

Dates: Tuesdays, Mar. 3, 10, 17, 24, 31  
Time: 1 – 2 pm  
Register: Call 762-2087  
Cost: \$6 for ASC members  
\$7 for nonmembers

## FOOT CLINIC

|                                       |  |
|---------------------------------------|--|
| <b>Fri, Mar. 6</b><br>9:30 am–3:30 pm | <b>Wed, Mar. 25</b><br>8:30 am–2:30 pm |
| <b>Wed, Apr. 8</b><br>8:30 am–2:30 pm | <b>Fri, Apr. 24</b><br>8:30 am–2:30 pm |
| <b>Wed, May 6</b><br>8:30 am–2:30 pm  | <b>Fri, May 29</b><br>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.

### – PARKING –

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

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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
- 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, Mondays 10-noon
- Card Bingo: 1st & 3rd Wed., 1-2:30 pm
- Cribbage: Fridays from 10 am-12 pm and 1-3 pm. All welcome!
- 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!

# TECH TIME with Luke

## Digital Resources: Pronunciator and MyHeritage



Luke Elliott

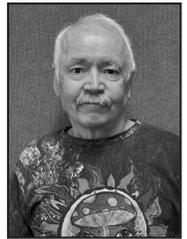
In part 1 of our Digital Resources series, we will be taking a look at two of the resources available for free through the Library website.

First up is Pronunciator, a language learning program, and MyHeritage, a genealogy research tool.

Date: Thursday, March 19  
 Time: 1 – 2 pm  
 Register: Call 762-2087  
 Instructor: Luke Elliott – Douglas County Outreach Coordinator

# Billiard Lessons with George

Learn the art of how to play pool. Learn how to hold the cue to strategizing your next shot, George will teach you the basics. Want a head start? George recommends watching Robert Byrnes' videos (Vol 1 & Vol 2) to get in the mindset prior to attending.



George Weatherwax, Billiards Instructor

Dates: Fridays, Mar. 6 & 20  
 Time: 3 – 5 pm  
 Instructor: George Weatherwax  
 Cost: Free

# Volunteer Opportunities

- **Volunteer Luncheon chairperson(s)** on Wednesday, April 29
- **Bargain Hunter** – help us find bargains and specials! We will put them in the newsletter for all our members to benefit from.
- **Designing posters**

# Did you Know?

- Our Spring Luncheon Committee is looking for "themed basket" donations for the raffle. Please bring to the Center and give to Becky by Friday, April 10.
- We accept jewelry of all kinds! Bring items to the Center and give them to Becky for Cathy Johnson to sort through. This is a valuable fundraiser for us.

Sally likes to play cards, cook, and take bus trips. She is active with New Horizons thru Anderson's Funeral Home. At the Center, she does the decorations of the lobby and dining room tables, keeps the 'free' table neat and occasionally bakes cakes for the birthday parties. Sally, we all enjoy the decorations!

## Roos from page 1

After the birth of her children, her favorite memories are of attending Disney World with her kids and grandkids. She has been there nine times and loves the rides. She has ten grandchildren, as well as nine great-grandchildren.

# MARK YOUR CALENDAR

- March 2**  
New Name Launch
- March 15**  
Mikko & Friends 2-4 pm
- March 16-31**  
Membership Drive
- March 21**  
Lions Waffle Feed 9 am-12 pm
- March 29**  
Gary Gylsen 2-4 pm
- April 18**  
Spring Luncheon 11:30 am-1:30 pm
- April 25**  
Fix-It Clinic 8:30-11:30 am
- May 15 & 16**  
Garage Sale



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to our new members!

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- Alcuin Marthaler
- Catherine Marthaler
- Steve Norris
- Audrey Quiggle
- Wayne Quiggle
- Deb Sidd

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