

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

ENCORE!

CENTER FOR VIBRANT AGING

October 2026
VOL. 50, NO 10

News

VOLUNTEER SPOTLIGHT



Bonnie Beseke

By Toni Tebben

Bonnie Beseke is a front desk volunteer on Friday afternoons. She also helps in the kitchen with Meals on Wheels on Monday and Friday mornings. In the past she has helped in the library and led a walking club. This spring she was a narrator in the play that was performed as part of the spring luncheon.

Bonnie grew up in Alexandria, graduating in 1964, and living most of her life in Alexandria. She has worked a lot in retail and was a cashier at Steinbring Chevrolet for nine years. She was married to her husband for almost 60 years before he passed away. They had four children, three now living, with nine grandchildren and six great-grandchildren. Bonnie and her husband loved camping and square dancing for 37 years all over the state.

When Bonnie was in school, her 4 best friends were all named Bonnie, 'talk about birds of a feather sticking together'. She has a new companion,

Beseke continued on page 7

UPCOMING EVENTS

ANNUAL MEETING

October 1, 1 p.m.

Meet your Board of Directors. Election of two board positions. Updates on ENCORE!. Offer your input to improve ENCORE! Write-in candidates welcome on the day of the meeting.

FIX-IT CLINIC

Saturday, Oct. 10 from 8:30 – 11:30 am

We all have items that don't work 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.

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

Call 762-2087 to register your item(s).
Registration not required, but helpful.

ENCORE! EXPLORERS

Fall is Calling at Luther Crest

Come for the Fall beauty. Stay for the fellowship. Leave with a little more camp in your heart.

Join us for a memorable Fall day filled with conversation, discovery, and the simple joys of being together. Start your morning with coffee and a snack, then explore the camp and enjoy making a craft. After a delicious lunch, we'll gather around the campfire for sweet treats and stories.

Date:	Thursday, October 15
Location:	Luther Crest Camp
Time:	Meet at ENCORE! by 9:30 am (Transportation by Rainbow Rider) Tour begins at 10 am
Cost:	\$20 for members; \$25 for non-members, (includes lunch & transportation)
Register:	by Monday, October 12, Noon

OCTOBER SUNDAY MUSIC SERIES



GARY GYLSSEN is back!

Sunday, Oct. 11 | 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 smile and come and kick up your heels! Donations appreciated. Snacks and beverages available. .

A big **Thank You**
to our sponsor
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TERRY NELSON BAND

Sunday, Oct. 25 | 2 – 4 pm

The Terry Nelson Band plays classic country, oldies rock and roll, and other popular music. The band has provided musical entertainment at local establishments for many years and enjoys playing music that makes people want to get up and dance, sing along, and celebrate! Light snacks & beverages available.

A big **Thank You**
to our sponsor
Bethany on the Lake


BETHANY
ON THE LAKE

MESSAGE from SHELLI-KAE, Executive Director

ENCORE! works to ensure older adults stay healthy, connected and able to make choices about their lives as we age. To demonstrate how ENCORE! is doing, Becky pulled together data from 2025. In 2025, ENCORE! served 15,245 older adults, a 13% increase from 13,500 in 2024. Our

members and guests participated in 456 programs, 1,576 activities, 24 healthcare services, and eight fundraising events, totaling 40,856 hours. We are on task to do this again in 2026!

We are seeking support from the City again this year for \$30,000. **Please reach out to your city council members to encourage them to help fund this important service to the City.** ENCORE! is vital to the quality of life for all Alexandria residents.



FOOT CLINIC

Fri, Oct 16
8:30 am–2:30 pm

Wed, Oct 28
8:30 am–2:30 pm

Wed, Nov 18
8:00 am–3:00 pm

Wed, Dec 9
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.

BIRTHDAY CLUB

Friday, October 9 at 1 o'clock

Let's celebrate your birthday! We invite all members, whether it's your birthday or not, to our September Birthday Party. Join us for live music, cake, ice cream, penny bingo and more. Call by October 8 so we have enough cake for everyone! (Cake sponsored by RehabAuthority + volunteers).

REHABAUTHORITY
• physical therapy •

PIE & COFFEE INFORMATION SERIES

2nd Thursday of each month

ADVANCE FUNERAL PLANNING

When a loved one dies, many decisions need to be made in a short amount of time. Kathy believes that putting final wishes in place provides peace of mind for you and those you love. Please join Kathy to learn more about:



Kathy Eastlund,
Advance Funeral
Planner

- Advance Funeral Planning
- Final Expense Fund
- Cremation Laws
- Death Away from Home

Date: Oct. 8
Time: 1 pm
Register: Call 762-2087 by Oct. 7
so we have enough pie for everyone!

Pie sponsored by: 

4th Thursday of each month

OBITUARY WRITING

Curt will provide expert insights on crafting a meaningful obituary. With decades of experience, he will guide us through creating a tribute that captures the essence of a person and provides a historical record for future generations. Learn the art of obituary writing and create lasting memories through the written word.



Curt Lind,
Lind Family Funeral
& Cremation



Date: Oct. 22
Time: 1 pm
Register: Call 762-2087 by Oct. 21 so
we have enough pie for everyone.

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— Health & Wellness —

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: 1-2 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: October 13
(2nd Tues of the month)
Time: 1:00 pm
Partner: Senior Life Solutions/
Lake Region Healthcare

Sponsor of Health &
Wellness activities

SANFORD
HEALTH

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, Oct. 8 & 22
Time: 10:30 – 11:30 am
Cost: \$6 member
\$7 non-member

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, Oct 13 **Wed, Oct 21**
9:00–11:00 am **12:30–2:00 pm**
Tues, Nov 10 **Wed, Nov 18**
9:00–11:00 am **12:00–2:30 pm**
Tues, Dec 8
9:00–11:00 am

Vaccinations Clinic

Vaccines help your body create protective antibodies—proteins that help it fight off infections. The Center for Disease Control states “by getting vaccinated, you can protect yourself and also avoid spreading preventable diseases to other people in your community.” Nurses from Alomere Health will administer the shots. Immunizations are available for all ages. We will offer both the influenza and covid-19 vaccines.



- Billed through each individual's health insurance
- Covid-19 will be the Moderna 2026-2027 monovalent (XFG) vaccine

Date: Wed, Oct. 21
Time: 12:30–3:30 pm
Call: 762-2087 by Oct. 14
Cost: No cost with insurance
Call Center for self-pay details

Bring: Insurance card (front and back) and photo ID

DID YOU KNOW...

- Every credit card transaction costs ENCORE! 3.5% on the total transaction and an additional 15 cents per transaction. Please use cash or check whenever possible.
- ENCORE! accepts 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.

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Connecting to Community



We have new Fall classes through Alexandria Community Education available now! Check them out at <https://alexschools.arux.app> or call 320-762-3310.

Discover the Joy of Acrylic Painting (Fall Tree)

Saturday, Oct. 17, 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 right away. You'll create a beautiful **Fall Tree** canvas to take home.

Piano Reading for Adults: From Stuck to Fluent

Monday, October 19, 5:00-6:00 pm, \$39, Discovery Middle School.

Learn how to move beyond slow, note-by-note decoding and begin recognizing patterns, making piano reading feel more natural and manageable.

Writer's Workshop

Thursdays, October 22 & 29, 7:00-8:00 pm, \$39, Discovery Middle School.

Spark your creativity and master the techniques for crafting engaging stories.

PREPARE for MEDICARE 2027

Do you want to know about all the changes to Medicare in 2027? Join Corinna Douglas to learn what Medicare will look like in the new year. This is a FREE workshop for anyone interested in Medicare. Come with questions and get in-person answers!



Corinna Douglas,
Medicare Advisor
West Region

Date: Wed, October 14
Time: 1 pm
Cost: FREE

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:

George Weatherwax for installing thermostat protectors and replacing a thermostat.

Ryan Odegard for replacing our furnace filters every 3 months.

Jeff Morse for installing our new check-in kiosk.

Bob Ritlinger for weeding.



ENCORE! Explorers at Alexandria Aviation on Sept. 10



Downtown History Tour on Sept. 9

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

- Marlin Anderson
- Susanne Anderson
- Cindy & Galen Beck
- Christina Hettig
- Larry Jepsen
- Katherine Ost
- Karen Pray
- Ellen Roers
- Gary Zacher

Thank you to ALL that volunteer year-round at ENCORE!

Aid Education Connection
Advocate Inspire Mentor Involvement
VOLUNTEER
Participation Assistance Impact
Awareness Service Helping Hand Community
Support Healthcare Time

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	LAS Open Studio Mon., Tues., Thurs., Fri. 1 - 4 pm		1 BURGERBUN 9-3 Billiards- PR 9-11:30 Five Hundred-CR NEW 9-12 Pinochle B- DRW 12:30-3 Bridge C- DRW 1-3 ENCORE! Annual Meeting- MR 12:30-3 Scrabble- CR 1-4 Open Studio- LAS	2 7:45-9:15 TOPS #775- MR 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	3 9:30-12:30 Whist C- DR
4	5 9-3 Billiards- PR 9:30-12 Bunco 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 5-6:30 Katv's Swing Band- DRW	6 7:30-8:30 Dev. Comm. Mtg--MR 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A-DRE 1-2 Chair Yoga- MR	7 8:30-10 Transition Team Mtg- MR 9-3 Billiards- PR 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW 1-2:30 Card Bingo- MR	8 CHICKEN & DUMPLINGS 8-9 Holiday Tables Mtg- MR 9-3 Billiards- PR 9-11:30 Five Hundred-CR NEW 9-12 Pinochle B- DRW 10:30-11:30 Move & Groove- MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Advance Funeral Planning- MR 1-4 Open Studio- LAS	9 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 10-12 Cribbage A- DRW 12:30-3 Samba B- MR 1-3 Birthday Club- DR 1-3 Cribbage B- CR	10 8:30-11:30 Fix-It Clinic- DR 9:30-12:30 Whist C- MR
11	12 Columbus Day 9-3 Billiards- PR 9:05 ENCORE! on Open Line 10-12 Bridge A- CR 10-12 Five Crowns- DRE 12:30-3 Samba A- DRE 10:30-11:30 Marketing Mtg- MR 12:30-4 Mens Bridge- CR 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR 5-6:30 Katv's Swing Band- DRW	13 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9-11:30 Massage- CR 9-12 Mexican Train- DRE 9:30-12 Whist A-DRE 1-2 Chair Yoga- MR 1-2 Sudoku & Sweets- CR 6-8 North Door Jam- DRW	14 9-3 Billiards- PR 9:30-11 ENCORE! Board Mtg-MR 12:30-3:30 Mahjong- DRW 12:30-3 Bridge D- CR 12:30-3:30 Bridge B- DRE 1-3 Medicare Workshop- MR	15 BEEF STRONGANOFF 9-3 Billiards- PR 9-11:30 Five Hundred-CR NEW 9-12 Pinochle B- DRW 9-2 ENCORE! Exp. Luthercrest-Lob 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-2 Tech Time- MR 1-4 Open Studio- LAS 6-7:30 Ukelele Group- DR	16 Boss's Day 7:45-9:15 TOPS #775- MR 8:30-2:30 Foot Care- CR 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	17 8:30-12:30 AARP Driver Safety-MR 9:30-12:30 Whist C- DR
18	19 9-3 Billiards- PR 9:15-12 Bunco 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 5-6:30 Katv's Swing Band- DRW	20 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9-12 Bridge F- CR 9:30-12 Whist A-DRE 1-2 Chair Yoga- MR	21 9-3 Billiards- PR 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW 12:30-2:30 Massage- CR 12:30-3:30 Immunization Clinic- DRW 1-2:30 Card Bingo- MR	22 MEATBALLS 9-3 Billiards- PR 9-11:30 Five Hundred-CR NEW 9-12 Pinochle B- DRW 10:30-11:30 Move & Groove- MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Obituary Writing- MR 1-4 Open Studio- LAS	23 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 10-12 Cribbage A- DRW 12:30-3 Samba B- DRE 1-3 Cribbage B- DRW	24 9:30-12:30 Whist C- DR
25	26 9-3 Billiards- PR 10-11 Finance Mtg- 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 5-6:30 Katv's Swing Band- DRW	27 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9-12 Mexican Train- DRE 9:30-12 Whist A-DRE 1-2 Chair Yoga- MR 6-8 North Door Jam- DRW	28 8:30-9:30 ENCORE! Exec Bd Mtg- MR 8:30-2:30 Foot Care- CR 9-3 Billiards- PR 12:30-3:30 Mahjong- DRW 12:30-3 Bridge D- MR 12:30-3:30 Bridge B- DRE	29 SWEET & SOUR CHICKEN 9-3 Billiards- PR 9-11:30 Five Hundred-CR NEW 9-12 Pinochle B- DRW 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 5-9 AARP Driver Safety- MR 1-4 Open Studio- LAS	30 7:45-9:15 TOPS #775- MR 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	31 Halloween 9:30-12:30 Whist C- DR
Arsenic & Old Lace Bus Trip w/Hart Travel		Notes	Congregate Dining Thursdays @ 11:30 am			

TECH TIME with Luke

Smart Phone Made Easy

This month is all about making Smart Phones easier to use. We will look at settings like, Text Size and Brightness, moving APP icons on your home screen and making use of the Voice Commands (hey Goole/Siri). Bring your own device, if you'd like. Questions welcome.



Luke Elliott

Date: Thursday, Oct. 15
Time: 1 – 2 pm
Register: Call 762-2087
Bring: Your phone, iPad or laptop
Instructor: Luke Elliott – Outreach Coordinator/ DC Library

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.

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 October

Thank You!



Live Love Local

Holiday Tables & Sing-along

Set for Saturday, Dec. 12, 11 – 1 pm.

Calling all table hosts! If you have decorated a table in the past or would like to give it try this year, give Shelli-Kae a call or stop by her office to sign up. A table host decorates the table and invites 7 guests to join them.

Holiday Tables Silent Auction

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 2, Special Cookies.

MARK YOUR CALENDAR

October 1, 1 pm
Annual Meeting
October 10, 8:30-11:30 am
Fix-It Clinic
October 15,
ENCORE! Explorers – Luther Crest Camp
October 21,
Vaccination Clinic
November 18, 9-11 am
ENCORE! Explorers – Aagard
December 9,
Bake & Craft Sale
December 12, 11 am-1 pm
Holiday Table Luncheon

DEVELOPMENT COMMITTEE

We are excited to tell you that a development committee has been established for ENCORE!. The responsibility of this group will be to fundraise and to elevate our presence in the community.

Currently, the committee consists of ENCORE's Executive Director, Board President and Treasurer along with 4 community members including Larry Ortloff, Lana Bergland, Kathy Pfeffer and Carl Kvale.

If you or anyone you know are interested in joining this committee, please let me know as we will be adding more members in the future. ~Shelli-Kae

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MONTHLY ACTIVITIES

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

- Billiards
- Bingo
- Bridge B & C
- 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
- 500
- Card Bingo: 1st & 3rd Wed., 1-2:30 pm
- Join us for 500 each Thursday starting on Oct. 1 from 9-11:30 am
- 3rd Monday Bunco Group is looking for players. Call the Center to sign up.

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.

Holiday Bake Sale & Craft Sale – December 9

It's time to start thinking about getting ready for our annual bake sale. This year, we are adding a craft sale to the event. We are looking for volunteers to craft items or work at this event and would love to have you involved. A list of desired items:

- Baby blankets, Bibs, Burp Cloths, & Changing Pads
- Embroidered Dish Towels (#1 Seller!)
- Dishcloths
- Hand crafted Greeting Cards (Holiday & Everyday)
- Seasonally Crafted Décor
- Aprons (Women & Men)
- Cosmetic/Tote Bags
- Potholders/Trivets
- Any other ideas you may have!

Please reach out to Becky or Cindy at 762-2087 with any questions. We welcome your donations at any time of the year and thank you for your time and talents!

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!

The next ENCORE! Explorers will be at Aagard Manufacturing on Wednesday, November 18 from 9 – 11 am.

Beseke from page 1

and they enjoy camping, listening to music and going out to eat.

One of the things she enjoys the most about volunteering at ENCORE! is being with and meeting new people. She knows how important it is to have companionship as we age. In her free time, she likes to play cards, and work in her flower gardens.

Volunteer Opportunities

- Spring Luncheon Chair(s)
- Crafters to make items for our gift shop, Cornercopia

Looking for a Tax Saving Idea that will also help ENCORE!?



- 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.

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MISSION STATEMENT

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



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