

Published by Alexandria Senior Center, a non-profit 501c3 serving older adults since 1984.

414 Hawthorne Street
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www.alexsrctr.org

VOLUNTEER SPOTLIGHT



Lori Schmidt, ASC Volunteer

By Toni Tebben

Lori Schmidt is another proud Alexandria native. She grew up in Victoria Heights, enjoying an idyllic childhood filled with swinging, swimming, and playing outside until dark. A 1986 graduate of Jefferson High School, Lori went on to attend St. Cloud State University before spending several years living in Texas. When the pandemic hit in 2020, she decided it was time to return to the place she's always loved - Alexandria.

Lori recently returned from visiting her two sons who live in Seattle and also enjoys visiting her daughter in Chicago. Music has always been a big part of her life—she's been a piano teacher for over 20 years and currently teaches more than 70 students. She offers lessons before and after school, as well as virtual sessions with students from all over the country.

Recently engaged, Lori is excited to spend time as a blended family doing some of her favorite things: boating, traveling, and relaxing around the bonfire. She also admits

Schmidt continued on page 7



ALEXANDRIA SENIOR CENTER

Healthy, Active Living

January 2026
VOL. 50, NO 01

News

UPCOMING EVENTS

January Sunday Music Series



Ray & Kayla Noble

The Nobles

Sunday, January 11 | 2 – 4 pm

The Nobles are husband and wife musicians playing acoustic covers of popular tunes from a variety of genres and eras. The Nobles are both classically trained music educators who put their own unique folksy spin on popular tunes from then and now. Snacks available.



Kevin Klimek & the Sideliners Sunday, January 25 | 2 – 4 pm

Back by Popular Demand!

Featuring Classic Country 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 available.

Cash Raffle Fundraiser

\$20 per ticket.

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

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

Listen to KXRA for Weather related announcements. If schools are closed due to unsafe weather conditions, ASC is also closed.

Parking at ASC

Monday, Tuesdays and Thursdays please park on the east side of Hawthorne if there is not room to park in the parking lot. St. Mary's staff have graciously agreed to leave these spots open for us.

MESSAGE from SHELLI-KAE, Executive Director



We had a big turnout in support of the Alexandria Senior Center at the December 8, 2025

Truth & Taxation public hearing. Nearly 30 people attended with 12 advocates giving compelling stories of why the senior

center is important to them. As you run into council representatives in the community, please continue to show your support for the Senior Center. Thank you!

Here are some results from our fourth quarter fundraising. The bake sale raised \$1,733 and the Holiday Tables event raised \$ 5,289.64 for a grand total of \$7,022.64. WOW! Becky and Cindy will

report on the Viking Mall Holiday Gift shop results in January.

Our Fall Fund Drive is nearly at its goal of \$25,000. If you haven't contributed, please consider a donation. Thank You to all that have donated. A letter goes to each donor so if you did not get a letter, please let me know.

PIE & COFFEE INFORMATION SERIES

Part 1, 2nd Thursday of each month, Thursday, January 8 at 1 p.m.

Cornerstone Home Care Services



KaLee Mohrman, Operating Director

Join KaLee to find out about Cornerstone Caregiving's non-medical home care services. She will explain how we support seniors and adults in remaining safe, independent, and comfortable in their homes.

understanding of how Cornerstone Caregiving can **enhance safety, reduce caregiver burden, and support clients in staying in their homes as long as possible**, while delivering compassionate, consistent, and personalized care.

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



The goal is to equip you with a complete

Pie sponsored by: **Vivie**

Part 2, 4th Thursday of each month, Thursday, January 22 at 1 pm

Why Your Primary Care Provider is Key to Your Heart Health!

Apart from providing routine care like annual vaccines and wellness checks, your primary care provider (PCP) can also be your first line of defense against serious illnesses, such as heart disease. By diagnosing conditions that can lead to cardiovascular diseases early, such as high blood pressure, high cholesterol, diabetes and obesity, your PCP can help prevent heart disease. Join Dr. Bruce Evink

from Sanford Health to discuss Heart Health prior to American Heart month.

Presenter: Dr. Bruce Evink
Date: January 22
Time: 1-2 pm
Register: Call 762-2087 to register by Jan. 21 so we have enough pie for everyone.

Pie sponsored by: **SANFORD HEALTH**

AARP Driver Safety 4-hour Discount Classes



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

Sat, Jan 10 Sat, Jan 24
Sat, Feb 7 Sat, Feb 21
Sat, March 7 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.



FOOT CLINIC

Wed, Jan. 7 Fri, Jan. 23
8:30 am-2:30 pm 8:30 am-2:30 pm
Wed, Feb. 11 Fri, Feb. 27
8:30 am-2:30 pm 8:30 am-2:30 pm
Fri, Mar. 6
9:30 am-3:30 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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Chair Yoga with Jill

Meet Jill Fugleberg. Jill loves yoga because it improves flexibility, balance, relaxation and mental focus. Chair yoga includes seated and standing exercises, but both can be done with the support of a chair. Participants will not need to get down on the floor. Jill looks forward to meeting new people and practicing wellness together. Jill is a certified yoga instructor and piano teacher who also has over 20 years of experience in the mental health field.



Jill Fugleberg,
Certified Yoga
Instructor

Dates: Tuesdays, January-February
Time: 1 – 2 pm
Register: Call 762-2087
Cost: \$6 for ASC members
\$7 for nonmembers

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.

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

Wildflower Seedball Workshop

Craft, create, and prepare for a colorful spring garden!
Beat the winter blues with a fun, hands-on activity! In this workshop, you'll discover the beauty of Minnesota native wildflowers and how they help pollinators thrive. Then, roll up your sleeves and make your own eco-friendly seed balls, perfect for planting in spring for vibrant blooms and a pollinator-friendly garden.



Robin Trott, U of M
Extension Educator

Date: Friday, Jan. 16
Time: 10 – 11 am
Class size: 20
Cost: \$20
Instructor: Robin Trott, U of M Extension Educator
Register: Call 762-2087 by noon on Jan. 14

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, Jan. 13
9:00–11:00 am

Wed, Jan. 21
12:30–2:30 pm

MOVE & GROOVE ~ NEW CLASS ~

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: 2nd & 4th Fridays,
Jan. 9 & 23; Feb. 13 & 27
Time: 10:30 – 11:30 am
Register: Call 762-2087
Cost: \$6 for ASC members
\$7 for nonmembers

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.

Program Goals:

- Increase knowledge about hypertension self-management
- Boost readiness to make lifestyle changes
- Promote behavior changes in nutrition, physical activity, stress, tobacco use, and medication management

Date: Wednesdays,
Feb. 18 – Apr. 22
(No class Mar. 18 or Apr. 1)
Time: 9:30 – 11 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

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Connecting to Community



We have classes to support your New Year's resolutions! Check them out at alexandria.ce.eleyo.com or call 320-762-3310.

Hot Chocolate & History: "The First Centennial in Alexandria and Douglas County"
 Thursday, Jan 15, 6:30-7:30 pm, \$14, Douglas County Historical Society
 On the eve of the 250th anniversary of the founding of the United States, join DCHS as we explore how that first centennial was celebrated locally more than a century ago.

Caregivers: Finding Your Oasis
 Monday, Jan 19, 6:00-8:30 pm, \$30, Grand Arbor
 This supportive, rejuvenating class is designed specifically for caregivers seeking relief from daily pressure. Learn six practical and easy techniques for managing stress, including mindfulness and breathing exercises.

EAT Your Way to Wellness: 10 Simple Swaps to Improve your Nutrition
 Tuesday, Jan 20, 5:00-6:00 pm, \$32, Discovery Middle School
 In this fun and interactive class, you'll discover 10 easy, practical swaps you can make at the grocery store to boost your health without breaking the bank (or your sanity!).



BIRTHDAY CLUB

Friday, January 9 at 1 o'clock

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



— Reflections and Thanks —

Holiday Table Award Winners



Most Unique.
 Table Host: Khande Hauser

2025 Bake Sale team with Chair Darby Lowe, raised \$1,733! Thank you, team, and all that baked yummy goods to sell. It was a big success.



Honorable Mention.
 Table Host: Nicole Warner



Crew making lefse for 2026 bake sale.



Silent Auction Chairs
 Pauline Semerad & Denise Strand (not pictured) and helpers Jeanie and Pat.



Thank you to our Holiday Tables Committee!
 Lori Schmidt, Becky Christenson, Carol Jensen (CJ), Tina Snell, Paddy Sheldon, Renae Hills, Shelli-Kae Foster & Kathy Fischer (not pictured)

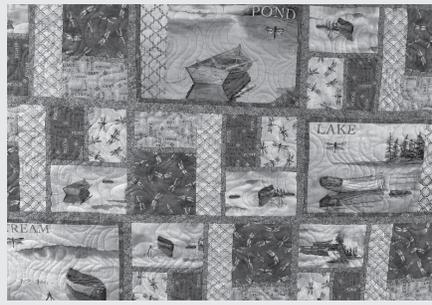
Let's give a **BIG WELCOME** to our new members!

- Sherrie Brink
- Betty Ebsen
- Solveig Elton
- Brenda & Rick Schoenrock

**Look for
ENCORE! Explorer's
and “Out & About”
Series to start in
March!**

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.



Quilt Raffle

This beautiful “Lake Side” quilt could be yours. Buy your raffle tickets at the Alexandria Senior Center for \$5 a ticket. Only a few tickets left!

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.

Lorsung Art Studio

**Open Studio – Mondays,
Tuesdays, Thursdays & Fridays
1-4 p.m.**

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

CRAFTER'S CLUB

2nd & 4th Wednesdays
Time: 9-11:30 am,
Bring any project you are working
on and visit with other crafters.

Rainbow Rider Punch Cards

– available in January

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. By mid-January we should have the punch cards available at the front desk. Rainbow Rider accommodates wheelchairs and walkers, just let them know ahead of time. To use Rainbow Rider, you will need to call **1-800-450-7770** to line up your ride, preferably at least 1 day in advance.



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Monthly Activities

Everyone is welcome to play!

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

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!

Volunteer Opportunities

- Use the walk behind scrubber to clean floors once a month Jan. – March
- **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?

We would like to hear your story. We are starting a new series highlighting interesting episodes or events in your life. "My Story" will debut on Tuesday, April 7. Let Shelli-Kae know your story topic and we will put together a few good stories to showcase.

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. Kathy recently brought in a donation of \$700 from jewelry!

VIPS (Visually Impaired Persons) has suspended their 3rd Tuesday of the month meetings at ASC until further notice. Please reach out to Trish Hinrichs at 320-808-3630 if you have any questions or need assistance. Thank you.

Schmidt from page 1

she can easily fall down the rabbit hole by browsing online recipes!

At the Center, Lori generously volunteers her time by sharing her musical talents at events such as Birthday Club, the spring luncheon, and Holiday Tables. She especially enjoys giving her students opportunities to perform and showcase their skills—it's a wonderful experience for them and a joy for everyone listening. Thank you, Lori, for filling our community with music and joy!

TECH TIME with Luke

Digital Executors and Legacy Contacts



Luke Elliott

This month we'll learn about Digital Executors – People you can designate in a Will* to have control over Online Accounts. And how to add Legacy Contacts – People who will be able to access your Data and Devices. Luke will provide information to better understand what Digital Executor and Legacy Contacts are, but he cannot give legal advice.

You are welcome to bring your own laptop, iPhone or iPad. Luke will also trouble shoot your tech questions. *This class is not Legal Advice

Date: Thursday, January 15
Time: 1 – 2 pm
Register: Call 762-2087
Instructor: Luke Elliott – Douglas County Outreach Coordinator

MARK YOUR CALENDAR

Jan. 11

The Nobles 2–4 pm

Jan. 15

Tech Time 1–2 pm

Jan. 16

Wildflower Seedballs 10–11 am

Jan. 25

Kevin Klimek & Sideliners 2–4 pm



Looking for ways to connect with other people and the youth in our community? Come visit the Golden K's each Thursday from 9:30 - 11:00 am.

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Holiday Tables Grand Prize.
Table Hosts: Cheryl Christenson and
Becky Christenson

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