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

December 2026
VOL. 50, NO 12

News

SERVICE PROVIDER SPOTLIGHT



Cheryl Kleven,
RN and Foot Care Specialist

By Toni Tebben

Cheryl Kleven started her nursing career as a candy striper, a nursing assistant, then attended nursing school, graduating in 1982. She is an RN, who worked in long-term care for 39 years at the Glenwood Retirement Village. Cheryl currently lives in Blaine. We are so lucky that she is willing to drive all the way to Alexandria to provide foot care to our members. Cheryl loves getting to know her clients. She enjoys coming back to the lakes area and she can also visit longtime friends when she is here.

She has two sons and 4 grandchildren. For fun Cheryl loves to travel, play bingo, Carbles with her family and she likes concerts and plays. For the last five years she has had a companion, Bella, her pet Cavapoo. She plays guitar and drove school bus for 25 years.

She has provided foot and toenail care services for the center for 15+ years, twice a month. She soaks your feet, trims the nails, buffs them

Kleven continued on page 7

UPCOMING EVENTS

DEC. SUNDAY MUSIC SERIES



B&B
Sunday, Dec. 6 | 2 – 4 pm
Musicians Rick Brix (vocals & guitar) and Joel Bartos (trumpet & piano) have played together nine years at venues including fairs and festivals, farmer's markets & community events. They play traditional, holiday, 50s/60's rock and country music. They may throw in a few jokes which makes for a great variety show. Donations appreciated. Popcorn and snacks available.

A big **Thank You** to our sponsor First Lutheran Church Endowment Fund

First Lutheran CHURCH
Where faith and life meet

HOLIDAY CRAFT & BAKE SALE

December 9 from 8 am to 2 pm

Holiday goodies, crafts & goodies galore. We will be serving cinnamon rolls for $2. So many beautiful gifts and a wide array of holiday treats will be ready for you to choose from so do your holiday shopping at ENCORE!.

Drop your goodies off by noon on Tuesday, Dec. 8 for Darby, Marv + friends to price.

Bring donated craft items to Becky.

HOLIDAY TABLES

Thank you for the donations we've received so far for the Holiday Tables Silent Auction. We could still use a few more baskets such as wine baskets. Please drop off by Dec. 4. Thank you!

"Birth of the Baby" Nativity Collection

by Cathy



Cathy Johnson, Nativity Collector

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.

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



MESSAGE from SHELLI-KAE, Executive Director



Our dining room and pool room refresh is well underway. This includes fresh paint, new window coverings, base boards and a few new items for the pool room.

Our fire alarm system was replaced in November to Technology Systems. The previous system failed its inspection, so this is a replacement we had to do. Fortunately, the Mardag Foundation Community Emergency Grant Program recognized our need and provided the funds to cover the cost of $12,000 to fully replace the system.

The Fall Fund Drive is off to a great start. Thank you to everyone that has contributed to date. If you haven't sent or dropped your gift off, please do so by December 31, 2026. This is one of our biggest fundraising events of the year. Funds raised will help cover new programming and our new dining room update. Thank you!

PIE & COFFEE INFORMATION SERIES

VIVIE WELLNESS IN MOTION



Alice Schmitz

Discover how taking small steps can lead to big improvements in your overall wellness. Topics will include: The 5 Dimensions of Wellness, Stabilizer Muscles & Mobility Muscles and Understanding and Practicing Balance.

Date: Dec. 10
Time: 1 pm
Register: Call 762-2087 by Dec. 9 so we have enough pie for everyone!
Presenter: Alice Schmitz, Vivie Wellness Center Manager

Pie sponsored by: Vivie

ParaDocx Christmas BIRTHDAY PARTY

Friday, December 4 at 1 o'clock

Let's celebrate Christmas with music, friends and holiday cheer. We invite everyone to our December Birthday Party and Christmas celebration. Join us for live music, cake, ice cream. Call by December 3 so we have enough cake for everyone! (Cake sponsored by RehabAuthority + volunteers).

REHABAUTHORITY • physical therapy •

FOOT CLINIC

Wed, Dec 9 **8:00 am–3:00 pm**	**Wed, Jan 13** **8:00 am–3:00 pm**
Thurs, Jan 14 **8:00 am–3:00 pm**	**Wed, Feb 10** **8:00 am–3:00 pm**
Thurs, Feb 11 **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.

SUE'S PICKS of the MONTH

Find these books in our library…

Broken Trail by Alan Geoffrion *(Western)*
Print Ritter and his nephew are taking horses to Wyoming to sell but outlaws and Indians change their plans. All the makings of a good old western.

Perfect Match by Fern Michaels *(Romance)*
Jake Masters takes over his sister's matchmaking service with the help of his assistant Gracie. Things take a turn when their clients become victims of theft. They must work together to save the business, but can they?

Honor Bond by D.J. Daniels *(Romance & Suspense)*
Ainsley Hamilton, the oldest daughter of a presidential candidate feels she is being followed. Can Sawyer Nash rescue her from a killer as the election draws closer?

Note from Sue: You can also find many puzzles to choose from.

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Chair Yoga with Jill



Jill Fugleberg, Certified Yoga Instructor

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.

Instructor:	Jill Fugleberg
Dates:	Every Tuesday
Time:	1:30-2:30 pm
Cost:	$6 member $7 non-member

SUDOKU & SWEETS & CHRISTMAS CRAFT!

This month, solve a puzzle and/or create a "quilted" Christmas card in a welcoming atmosphere. Enjoy friendly company, brain-boosting challenges, and a tasty treat during this hour-long activity.

Date:	December 8 (2nd Tues of the month)
Time:	1:00 pm
Partner:	Senior Life Solutions/ Lake Region Healthcare

Sponsor of Health & Wellness activities

SANFORD HEALTH

CHAIR MASSAGE with Kristina Kramer



Kristina Kramer, Certified Massage Therapist

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.

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, December 10
Time:	10:30 – 11:30 am
Cost:	$6 member $7 non-member

Mindful Mandala

~ NEW Class!



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: Practicing Perfection

- Mindfulness focus: Letting go of perfectionism
- Embrace the mandala as an ongoing practice of creativity rather than a perfect object to achieve

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

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Connecting to Community

Alexandria Public Schools
Community Education

*Look for **new classes** in our **Winter catalog** the week of December 8! Check them out at https://alexschools.arux.app or call 320-762-3310.*

*Enjoy these **online** classes from the comfort of your own home! Connect with the instructor while viewing the class on your laptop or portable laptop.*

Google Sheets for Awesome Beginners - Online
Tuesday, Dec. 1, 12:00-1:00 pm, $25.
Whether you want to manage your household budget or bring new skills to your workplace or volunteer work, Google Sheets is a valuable tool that will serve you for years to come. No prior experience is needed, just bring your enthusiasm and leave with skills you can put to work right away!

Holiday Cookie Workshop: Royal Icing & Bakery Black & White Cookies - Online
Friday, Dec. 4, 5:30-8:00 pm, $39.
Learn to decorate sugar cookies with royal icing and create iconic bakery-style Black & White cookies from scratch. Includes make-ahead sugar cookie recipes, simple decorating techniques, and a fun, festive experience for all skill levels..

Sweet & Savory Kolache: Czech Classics & Texas-Style Favorites - Online
Saturday, Dec.19, 4:00-6:30 pm, $46.
Create fruit-filled or sweetened cheese-filled pastries with crumble topping and savory gourmet sausage-cheese rolls, plus a simple honey mustard sauce. Perfect for brunch, holidays, or anytime baking.

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 —



Happy Birthday to Becky! On Oct. 30. Thank you for all you do for ENCORE!.

Thank you - Sunday Music hosts Don & Pauline Semerad & Mary Ellen Olson





ENCORE! Explorers at Aagard on November 18.



Comment from Kevin Klimek, *"I wanted to thank you for having us play at ENCORE! recently. It's one of my favorite gigs, and trust me, I've played several thousand gigs the past 61 years! The folks there love to dance and we enjoy that! Can't wait for the next one!"*

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

- Bill Brockberg
- Sue Duffey
- Lavilla Jibben
- Nancy & Terry Lien
- Jeannie Mahoney
- Jack Quitmeyer
- Jeanette Robertson
- Paddy Shelden
- Kathleen Skaalerud
- Matt & Nicole Warner
- Marlene Zellner

December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 **7:30-8:30 Develop. Comm. Mtg-MR** **9:30-11 ENCORE! Exp-Nativ. Tour** 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 1:30-2:30 Chair Yoga-MR	2 9-3 Billiards- PR **9-12 Sisters Cards- CR** **12:30-2 ENCORE! Exp-Nativ. Tour** 12:30-3:30 Bridge B-DRE 12:30-3:30 Mahjong- DRW **1-2:30 Card Bingo- MR**	3 CHILI **8-9 Holiday Tables Mtg- MR** 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	4 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- MR 1-3 Birthday Club- DR 1-3 Cribbage B-**CR**	5 **8:30-12:30** **AARP Driver Safety- MR** 9:30-12:30 Whist C- DR
6 **Sunday Music** **B & B** **(Rick Brix &** **Joel Bartos)**	7 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	8 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 Sudoku & Sweets- CR** 1:30-2:30 Chair Yoga-MR **6-8 North Door Jam- DRW**	9 **8am 2pm BAKE & CRAFT SALE** **8-3 Foot Care- CR** 9-3 Billiards- PR **9:30-11 ENCORE! Board Mtg- MR** **12:30-3 Bridge D- MR** 12:30-3:30 Bridge B-MR 12:30-3:30 Mahjong- DRW	10 MEAT LOAF 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 **1-3 Vivie Wellness in Motion- MR** 1-4 Open Studio- LAS	11 **HOLIDAY TABLES SETUP** **10 AM - 4 PM** 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- CR 10-12 Cribbage A- MR/CR? 12:30-3 Samba B- MR 1-3 Cribbage B- **CR**	12 **Holiday Tables** **11 am - 1 pm**
13	14 9-3 Billiards- PR **9:05 ENCORE! on Open Line** **9:15-12 Bunco B-MR** 10-12 Bridge A- CR 10-12 Five Crowns- DRE **10:30-11:30 Marketing Mtg- DR** 12:30-3 Samba A- DRE 12:30-4 Mens Bridge- CR 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR	15 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	16 9-3 Billiards- PR 12:30-3:30 Bridge B-DRE 12:30-3:30 Mahjong- DRW **1-2:30 Card Bingo- MR**	17 MEATBALLS 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 **1-2 Tech Time- MR** 1-4 Open Studio- LAS **6-7:30 Ukelele Group- MR**	18 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	19 9:30-12:30 Whist C- MR **Rental- DR** **12 -4 pm**
20	21 **December Solstice** 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	22 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**	23 9-3 Billiards- PR **12:30-3 Bridge D- CR** 12:30-3:30 Bridge B-DRE 12:30-3:30 Mahjong- DRW	24 **Christmas Eve** **CLOSED**	25 **Christmas Day** **CLOSED**	26 **Kwanzaa Begins** 9:30-12:30 Whist C - DR
27	28 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	29 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 1:30-2:30 Chair Yoga-MR	30 9-3 Billiards- PR 12:30-3:30 Bridge B-DRE 12:30-3:30 Mahjong- DRW	31 **New Year's Eve** **CLOSED**	**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**	**Congregate Dining** **Thursdays @ 11:30 am**	**Notes**				

— Keeping you "in the know..." —

HOLIDAY TABLES & SING-ALONG

December 12 from 11 a.m.–1 p.m.
An afternoon filled with entertainment, lunch, games, silent auction and more.

Thank you to our major event sponsor

BlueCross BlueShield Minnesota

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TECH TIME with Luke

Video Calling



Luke Elliott

Looking to connect with family out of town during the Holiday Season? Learn how to use various Video Calling Services like Facetime, Messenger, WhatsApp, and Google Meet.

Date:	Thursday, December 17
Time:	1 – 2 pm
Register:	Call 762-2087
Bring:	Your phone, iPad or laptop
Instructor:	Luke Elliott – Outreach Coordinator/ DC Library
Cost:	Free

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.

Rainbow Rider
Medica FOUNDATION

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.

Coffee Station Sponsor for December

Thank You!

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MARK YOUR CALENDAR

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

December 24-25, CLOSED
Happy Holidays!

December 31 & Jan. 1, CLOSED
Happy New Year!

AARP®

AARP Driver Safety 4-hour Discount Classes

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.

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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
- **Monday Bingo** is giving out gift cards once a month valued at $10 - $25
- **Join us for 500,** Thursdays 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.

Kleven from page 1

and applies lotion. She knows there is a need for this service in the senior population, and she is in high demand. Thank you, Cheryl, for providing this service. To schedule an appointment with Cheryl, just call the Center. The cost is $30 and is payable directly to Cheryl.

Tai Chi - *NEW Class!*

Give yourself the gift of improving joint health, ease pain, build balance & strength, reduce stress while enhancing your memory and uplifting your mood. Come to ENCORE! for an introduction to Tai Chi. We will be learning the 10 Form Yang Style which is composed of eight forms along with the opening and closing postures.



Amber Dauner, Tai Chi Instructor

This class is for all levels whether you have never done Tai Chi or have practiced for years and are looking for community and movement together. There will be options for both standing and seated. We can't wait to see you!

Date:	Jan. 7 & 21
Instructor:	Amber Dauner
Cost:	$6 member
	$7 non-member

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!

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.

Volunteer Opportunities

- Crafters to make items for our gift shop.

DID YOU KNOW...

- We will be closed for the holidays on Dec. 24 & 25 and Dec. 31 and Jan. 1.
- Bringing your own coffee mug makes a difference. Please be sure to bring your mug back once the dining room project is completed which should be Dec. 6.

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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.

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