

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

September 2026
VOL. 50, NO 09

News

VOLUNTEER SPOTLIGHT



**Carol Strong,
2026 Outstanding Senior
in Douglas County**

By Toni Tebben

On Wednesday, August 19, Carol Strong was honored with the 2026 Outstanding Senior Award during Senior Day at the Douglas County Fair. Carol, who has nominated other awardees over the years, was recognized for her significant contributions to ENCORE! along with other volunteer activities.

Carol is a person with a heart to serve others; she especially has a heart for seniors. Back in 2012, when the future of the Senior Center was uncertain, she stepped in to bring it back to life. She felt strongly about the Center because of its impact on her mother's spirit of volunteerism. Using her strong financial skills and passion for older adults, she worked hard to raise funds and bring it back onto stable financial ground where it is today. She continued to support the Center by serving as treasurer, chairing and helping with a variety of fundraisers throughout the years and serving as interim Executive Director.

Strong continued on page 7

ENCORE! EXPLORERS Goes to Alex Aviation

Join ENCORE! Explorers to visit Alexandria Aviation, one of Minnesota's leading airports. During this exclusive tour we will learn how a local aviation business operates, explore aircraft and hangars, and hear from the professionals who keep aviation moving in our community. This is a unique opportunity to experience one of Alexandria's fascinating local businesses up close.



Date: Thursday, September 10
Time: Meet at ENCORE! by 9:30 am
(Transportation by Rainbow Rider)
Tour begins at 10 am
Cost: FREE
Register: by Tuesday, September 8

Stay tuned for the next ENCORE! Explorers. We are going to Luther Crest camp on Thursday, Oct. 15! Find out about the camp, have lunch, enjoy the fall colors and more.

ENCORE! Open House & Membership Drive

Grab a friend and come to our Open House. **Free rolls and coffee** in the morning and a **free lunch from 11:30 am – 12:30 pm.** New members will receive \$10 off the yearly membership fee on the day of the Open House. If you refer a friend anytime in September, you will receive a \$10 ENCORE! gift card.

Date: Friday, Sept. 25
Tours: 9 am – 2 pm
FREE pastries: 8:30 – 10 am
FREE lunch: 11:30 am – 12:30 pm

UPCOMING EVENTS

Sunday Music Series kicks back up with ParaDocx on Sept. 13

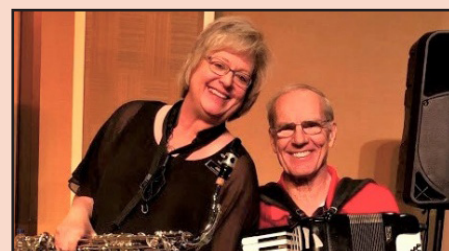


PARADOCX

Sunday, Sept. 13 | 2 – 4 pm

ParaDocx plays a combination of country music, pop, rock and the occasional blues number. A pair of retired doctors who now enjoy playing music together, join us for a fun afternoon! Snacks and beverages available.

A big **Thank You**
to our sponsor REA



JULIE LEE DUO

Sunday, Sept. 27 | 2 – 4 pm

Put on your dancing shoes and join us for some fun! Julie Lee and her husband, Hugo, provide entertainment for all ages. Julie Lee's music features old time waltz and polka, country music, rhumba, 40's & 50's foxtrots & swing. Julie has played all over the Midwest and around the country. Light snacks & beverages available.

A big **Thank You** to
our sponsor BCBS
of Minnesota/
Corinna Douglas



MESSAGE from SHELLI-KAE, Executive Director

September is National Senior Center Month. There are over 11,000 senior centers across the United States. The origins of Senior Centers in America can be traced back to the 1930s, during the Great Depression, when President Roosevelt began his New Deal program. This

program established community centers that offered recreational and educational activities to various age groups, including seniors.

The first formal Senior Center in the United States, The William Hodson Community Center, was established in 1943 in the Bronx, New York. Its founding was a response to the changing dynamics of an aging population. The center was designed to promote social interaction among older



adults and provide essential services such as health, food and counseling. Because the Hodson Community Center was so successful, it led to the creation of more senior centers across America. (excerpt from SeniorCenters.com)

Recently I received this comment, "I am not kidding when I said I couldn't stop looking at your website – honestly it is amazing and I wish there was an ENCORE! in every city in America!" Thank you to all our volunteers that make ENCORE! a great place to belong and find friendship.

PIE & COFFEE INFORMATION SERIES

Part 1, 2nd Thursday of each month,
Thursday, September 10 at 1 pm

VIRTUAL DEMENTIA TOUR "WALK IN THEIR SHOES"

This experience builds an understanding of what it is like to live with dementia. The Virtual Dementia Tour has two parts. The first part is simulating what Dementia does to the senses. Participants will be asked to do five basic/everyday tasks in a room set up for the Tour. The second part is a discussion on what you experienced while "walking in their shoes."

Please plan to stay for the full duration of the event or come back for the debriefing at 2:15. Enjoy pie, coffee, conversation and a life-changing experience. *This program is in partnership with Dancing Sky Area Agency on Aging.*

Date: Sept. 10

Time: 1 pm

Register: Call 762-2087 by Sept. 9
so we have enough pie for everyone!



Pie sponsored by: **Vivie**

Part 2, 4th Thursday of each month,
Thursday, September 24 at 1 pm

ESTATE PLANNING: YOUR LEGACY. YOUR WISHES THEIR FUTURE.

Join attorney Ellen Kappmeyer to plan today for the peace of mind you deserve tomorrow. Estate planning can help you: Learn about how to protect your assets and provide for your loved ones; ensure your wishes are honored; support the causes that matter to you; minimize stress and potential costs for your family. Plan with a purpose and leave a legacy.



Ellen Kappmeyer,
Thornton Law
Office

Date: Sept. 24

Time: 1 pm

Register: Call 762-2087 by Sept. 23 so we
have enough pie for everyone.

Pie sponsored by: **SANFORD**
HEALTH

BIRTHDAY CLUB

Friday, September 11 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 September 10 so we have enough cake for everyone! (Cake sponsored by RehabAuthority + volunteers).

REHABAUTHORITY
• physical therapy •

Annual Meeting

Oct. 1, 1 p.m.

Nominations are open for two board member positions. Please submit by September 23 to be on the ballot. Write-in candidates welcome on the day of the meeting.

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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: 2nd Tues of the month
starting September 8
Time: 1:00 pm first meeting
Partner: Senior Life Solutions/
Lake Region Healthcare
Lyndi Hudson, Office
Patient Coordinator

Let's Go Fishing

We invite you to join us for a 2-hour pontoon ride with Let's Go Fishing. Meet at the Center at 12:30 and we can carpool or meet at the launch site. Life jackets & water provided.



**LET'S GO
FISHING**
Alexandria
Lakes Area

Dates: Wed, Sept 16
Lake Le Homme Dieu
at Krueger's Creek
Carpool: 12:30 pm
Launch Site: 12:40 pm
Time: 1-3 pm
Register: Call 762-2087 five days
prior to the day of ride
(Limit of 11 participants).
Let us know at the time
of registration if you will
meet us at the launch site
or at ENCORE!. Wheelchairs
are welcome, let us know
at time of registration.

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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: Friday, Sept. 25
*Moving to 2nd & 4th Thursdays
in October. Same time.*

Time: 10:30 – 11:30 am
Cost: \$6 for ASC members
\$7 for nonmembers

Rainbow Rider Tickets

– Now Available

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.



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, Sept 15 9:00–11:00 am
Wed, Sept 23 12:00–2:30 pm
Tues, Oct 13 9:00–11:00 am
Wed, Oct 21 12:00–2:30 pm

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,
No yoga on Tuesday, Sept. 1
Time: 1-2 pm
Cost: \$6 member
\$7 non-member



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Parkers Prairie Clinic: 218-338-4371

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– Connecting to Community –



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Community Education

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

Beginner Wood Bowl Turning: 2-day Comprehensive Class

Saturday & Sunday, September 19-20,
9:00 am-4:00 pm, \$325 includes supplies,
Alexandria Area High School.

This two-day beginner class is a comprehensive introduction to bowl turning and no experience is necessary. We will focus on developing the basic skills needed to turn a simple wooden bowl from "green" unseasoned log wood.

Country Dance

Mondays, September 21-October 19,
7:00-8:15 pm, \$69 per couple,
Woodland Elementary School.
Kick up your heels, refine your skills and have fun learning country partner two-step dancing with turns and Texas waltz.

Senior Housing Tour

Wednesday, September 23, 8:30 am-Noon,
\$5, Public Works Conference Room.
Hosted by Douglas County Senior Services, Social Services and Horizon Public Health, you will learn about some of the choices in the Alexandria area (senior apartments, 55+ housing communities and assisted living communities). After a short informational session, we will board a school bus and visit 2-3 senior housing sites.



AARP Driver Safety 4-hour Discount Classes

Sat, Sept 12 8:30 am-12:30 pm Wed, Sept 16 8:30 am-12:30 pm

Wed, Oct 17 8:30 am-12:30 pm Thurs, Oct 29 5-9 pm

Sat, Nov 7 8:30 am-12:30 pm 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.

— REFLECTIONS AND THANKS —

Douglas County Fair Highlights



Thank you to our volunteers at the 2026 fair this year!

Sandy Bessingpas, Judy Peterson,
Marie Shelstad, MaraBeth Englund,
Karen Larsen, Carol Strong, Kathy Eastlund,
Paul Stennes, Pauline Semerad,
Mary Schmidt, Evie Johnson, Deb Kramer,
Bob Ritlinger, Vi Frisch, Jane Sirek,
Cheryl Doose, Lauren Ryding,
Ron & Cindy Moshier, Susan Pomrenke,
Mary Olson, Brenda Xeroteris, Terry Rode,
Gracie Lewis, Joan Piotrowski,
Scott & Angie Sonstegard, Ruth Illies,
Carla Lovaasin, Diane & Kyle Pearson.

Special **BIG THANK YOU** to Eileen Niemeier
for chairing this important fundraiser!

Thank you to **Gloria Odegard** for providing a Thrivent Team Action Card.

Thank you to **Elden's Fresh Foods** for 50 lbs. of flour.

Thank you to **Millerville Butter** for 13 lbs. of butter.

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

- Melissa & Tom Carroll
- Greg DeGier
- Dolloween Hauer
- Annette & Thomas Helder
- Joan Iverson
- Richard Jepson
- Kelsey Meehan
- Richard Thompson
- Ardell & Rhoda Waller



"The Dance of Resilience"
Book Talk with
Ember Reichgott Junge

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.
- You can host your coffee group here. Just let us know you are coming.

MEDICARE Workshop

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

Date: Wed, September 9
Time: 3 pm
Cost: FREE

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

September 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	1 7:30-8:30 Develop. Comm. Mtg-MR 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 1-2 Chair Yoga- MR	2 7:30-8:30 Develop. Comm. Mtg-MR 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 1-2 Chair Yoga- MR	3 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	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- DRE 1-3 Cribbage B- DRW	5 9:30-12:30 Whist C- DR	
6	7 Labor Day CLOSED	8 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 1-2 Sudoku & Sweets- CR 6-8 North Door Jam- DRW	9 8:30-2:20 Foot Care- CR 9-3 Billiards- PR 9:30-11 ENCORE! Board Meeting 12:30-3 Bridge D- DRE 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW 2-5 BCBS Medicare- MR	10 CALICO BEANS & BEEF 8-9:30 Holiday Tables Mtg- MR 9-3 Billiards- PR 9-12 Pinochle B- DRW 9:30-11:30 Golden K's- MR 10-12 ENCORE! Exp- Alex Aviation 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Dementia Tour- CR/MR 1-4 Open Studio- LAS	11 Patriot Day 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 10-12 Cribbage A- DRW 1-3 Birthday Club- DR 12:30-3 Samba B- MR 1-3 Cribbage B- CR	12 8:30-12:30 AARP Driver Safety-MR 9:30-12:30 Whist C- DR
13 Sunday Music ParaDocx 2-4 pm	14 9-3 Billiards- PR 9:05 ENCORE! on Open Line 9:30-12 Bunco A- MR 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 5-6:30 Katy's Swing Band- DRW	15 9-3 Billiards- PR 9-11:30 Massage- CR 9-11:30 Pinochle A- DRW 9:30-12 Bridge F- CR 9:30-12 Whist A- DRE 1-2 Chair Yoga- MR	16 8:30-12:30 AARP Driver Safety- MR 9-3 Billiards- PR 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW 1-2:30 Card Bingo- MR 1-3 LGF Pontoon Ride (LeHom)- MR	17 TACO SALAD 9-3 Billiards- PR 9-12 Pinochle B- DRW 9:30-11:30 Golden K's- MR 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	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- DR Rental 10:30 - 2:30
20	21 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 5-6:30 Katy's Swing Band- DRW	22 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9-12 Sister's Cards- CR 9-12 Mexican Train- DRE 9:30-12 Whist A- DRE 1-2 Chair Yoga- MR 6-8 North Door Jam- DRW	23 Autumnal equinox 9-3 Billiards- PR 10-11 Activity Director's Mtg- MR 12:30-2:30 Massage- CR 12:30-3 Bridge D- CR 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW	24 ROAST PORK 9-3 Billiards- PR 9-12 Pinochle B- DRW 9:30-11:30 Golden K's- MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Estate Planning- MR 1-4 Open Studio- LAS	25 OPEN HOUSE 9 AM - 2 PM 7:45-9:15 TOPS #775- MR 8:30-2:30 Foot Care- CR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 10-12 Cribbage A- DRW 10:30-11:30 Move & Groove- MR 12:30-3 Samba B- DRE 1-3 Cribbage B- DRW	26 9:30-12:30 Whist C- DR
27 Sunday Music Julie Lee Duo 2-4 pm	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 5-6:30 Katy's Swing Band- DRW	29 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 1-2 Chair Yoga- MR	30 9-3 Billiards- PR 12:30-3:30 Mahjong- DRW 12:30-3:30 Bridge B- DRE	Congregate Dining Thursdays @ 11:30 am	LAS Open Studio Mon., Tues., Thurs., Fri. 1 - 4 pm	
		Notes				

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

Fix-it Clinic

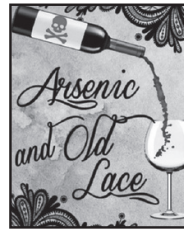
Saturday, Oct. 10 from 8:30-11:30 am

We all have items that don't work quite 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 at ENCORE!'s Fix It Clinic.

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

BUS TRIP TO ARSENIC AND OLD LACE

What do you do when your eccentric family has actual skeletons in the closet? This beloved screwball comedy set in 1940s Brooklyn will leave you laughing — and saying no to the elderberry wine!



Date: Sunday, October 25
Location: SideKick Theatre, Bloomington, MN
Register: Call 877-250-8857 (Hart Travel)
Cost: \$105 includes theatre ticket and lunch (please pay when registering with Jill)
Deadline to Register: September 11
Pick Up: 8 a.m. at Alexandria Slumberland in East parking lot

Note: You will receive a call for further details prior to the event.

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.

TECH TIME with Luke

Facebook Basics

How many different types of internet scams are there? Answer: TOO MANY! We're going to learn about the different types of scams, how to spot them, and ways to protect your information online.

Note: Bring your phone, iPad, or laptop.



Luke Elliott

Date: Thursday, Sept 17
Time: 1 – 2 pm
Register: Call 762-2087
Instructor: Luke Elliott – Douglas County Outreach Coordinator

MARK YOUR CALENDAR

September 9, 10 am – 12 pm
Downtown History Tour
September 10, 10 am – 12 pm
ENCORE! Explorers - Alex Aviation
September 13, 2 – 4 pm
ParaDocx
September 25, 9 am – 2 pm
Open House
September 27, 2 – 4 pm
Julie Lee
October 1, 1 pm
Annual Meeting
October 10, 8:30 – 11:30 am
Fix-It Clinic
October 15, 9 am – 2 pm
ENCORE! Explorers - Luther Crest

Coffee Station Sponsor for September

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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
- Card Bingo: 1st & 3rd Wed., 1-2:30 pm
- Monday Bingo is giving out gift cards once a month valued at \$10-25.
- 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.

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!

Holiday Bake Sale & Craft Sale – Dec. 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!



FOOT CLINIC

Wed, Sept 9
8:30 am–2:30 pm

Fri, Sept 25
8:30 am–2:30 pm

Fri, Oct 16
8:30 am–2:30 pm

Wed, Oct 28
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.

Strong from page 1

Carol and Kathryn LeBrasseur started the heritage food demonstrations at the Douglas County Fair and kept it going for seven years. Carol coordinated over 50 volunteers each year to make this effort possible.

Carol is an accomplished quilter and makes many unique items to be sold to help raise funds at the Center and other places. Carol is a master gardener and University of Minnesota Tree Advisor. She is an election judge and volunteers at St. Mary's Church. Carol is truly an Outstanding Senior in Douglas County!

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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Douglas County Outstanding Senior Award
goes to Carol Strong and Sally Roos

- ENCORE! 2026 BOARD & STAFF -

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MISSION STATEMENT

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



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