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(formerly Alexandria Senior Center)
a non-profit 501c3 serving
older adults since 1984.

414 Hawthorne Street
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320-762-2087
www.alexsrctr.org

ENCORE!

CENTER FOR VIBRANT AGING

August 2026
VOL. 50, NO 08

News

VOLUNTEER SPOTLIGHT



Eileen Niemeier,
ENCORE! Member

By Toni Tebben & Shelli-Kae Foster

Eileen Niemeier is a relatively new member of ENCORE! She was looking for a way to connect with people and decided this was the place!

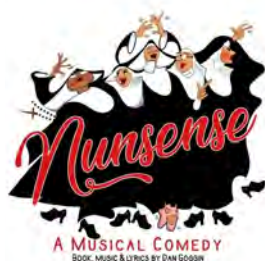
Eileen grew up on a farm in Herman, with three sisters and two brothers. She has been married for 48 years to Bradley. Their family, including two sons and two daughters, lived in Benson for over 40 years. She has six grandchildren with one more on the way. She attended school for fashion merchandising, legal secretary and preschool teaching throughout the years.

Eileen and Bradley started their married life in Alexandria and decided it would be a good decision to relocate right between where their children live, creating a central location for holidays and other stopovers. Alexandria offers lots of activities and entertainment for all ages and that's another reason they relocated here. Eileen has done many fun things in her life, admitting that

Niemeier continued on page 7

ENCORE! EXPLORERS Goes to Theatre L'Homme Dieu

Join us for the popular musical comedy **NUNSENSE**. Featuring star turns, tap and ballet dancing, an audience quiz, and comic surprises, this show has become an international phenomenon. With more than 5000 productions worldwide, it has been translated into 21 languages. We will get there early enough to enjoy the patio before the show. Beverages are on your own.



Date: Thursday, August 6
Time: Meet at ENCORE! by 12:15 pm
Show begins at 1:30 pm
Cost: \$40
Register: by Friday, July 31

**Sunday Music kicks
back up with ParaDocx
on Sept 13 & Julie Lee
on Sept. 27.**

**September ENCORE!
Explorers will go to
Alex Aviation at 10 am
on September 10.
Call to sign up. No fee.**

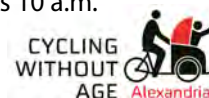


ENCORE! will be at the Fair in the Echo Press building August 19 – 22 from 12 – 6 pm. Call the front desk to sign up to help make heritage foods such as lefse, rommegrot, kolaches, kuchen, donuts ahead of time or to work during the Fair. Contact Eileen Niemeier for questions at 320-760-0366.

History Tour with Rachel Barduson & Cycling w/out Age

Join us for a downtown Alexandria historical tour with Rachel Barduson. What better way to travel back in time than from the seat of a trishaw with Cycling Without Age Alexandria. You will take a glimpse at Alexandria history on a mini tour that will launch from ENCORE!. The group will angle down Broadway and back with time to stop and hear stories that go along with landmarks, businesses and the residential "silk stocking" district. Then on to the Central Lakes Trail and City Park. Tours are planned for about 90 minutes with various stops along the way. *Wheelchairs welcome.*

Date: Wed., August 26
Time: 9:45 a.m.
Tour Begins 10 a.m.
Cost: \$5
Group Size: 7 people



MESSAGE from SHELLI-KAE, Executive Director



One of the greatest privileges I have as Executive Director is witnessing the connections that are made every day at ENCORE! Whether it's seeing new friendships begin over a

cup of coffee, volunteers sharing their time and talents, members discovering a new hobby, or laughter filling our gathering spaces, I am reminded that ENCORE! is much more than a senior center—it is a community where people belong.

If you know someone who could benefit from our programs, activities, and sense of community, I encourage you to invite them to join us. A personal invitation can make all the difference and help someone discover a place where they truly belong. In September we will be having a membership drive. Stay tuned for more details.

FOOT CLINIC

Wed, Aug 12
8:30 am–2:30 pm

Fri, Aug 28
8:30 am–2:30 pm

Wed, Sept 9
8:30 am–2:30 pm

Fri, Sept 25
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.

PIE & COFFEE INFORMATION SERIES

Part 1, 2nd Thursday of each month,
Thursday, August 13 at 1 pm

SENIOR LIVING COMMUNITIES



Wendy Pritchard,
Vivie

Wondering when it's time to consider senior living? Join Wendy Pritchard from Vivie to learn about senior living options, signs it may be time to make a move, and steps to help make the transition easier.

This session will help you and your family feel informed, confident, and prepared to explore your choices.

Date: August 13

Time: 1 pm

Register: Call 762-2087 by August 12 so we have enough pie for everyone!

Pie sponsored by: Vivie

Part 2, 4th Thursday of each month,
Thursday, August 27 at 1 pm

HOSPICE EDUCATION & MYTHS



Brianna Gjersvik,
Vivie, MO, OTR/L

Join us for Hospice 101 to learn about hospice care, ask questions, and explore volunteer opportunities. We'll debunk common myths, explain the volunteer process, and show how you can make a difference in our community.

Date: August 27

Time: 1 pm

Register: Call 762-2087 by August 26 so we have enough pie for everyone.

Pie sponsored by: SANFORD HEALTH

BIRTHDAY CLUB

Friday, August 14 at 1 o'clock

Let's celebrate your birthday! We invite all members, whether it's your birthday or not, to our August Birthday Party. Join us for live music, cake, ice cream, penny bingo and more. Call by August 13 so we have enough cake for everyone! (Cake sponsored by RehabAuthority + volunteers).

REHABAUTHORITY
• physical therapy •



Alzheimer's Walk

The Alzheimer's Association works to provide research, funding, and resources to those living with or taking care of those with Alzheimer's. We invite you to join us for the Alzheimer's Walk on Saturday, September 26th at the Douglas County Fairgrounds. Registration at 9 am with the ceremony starting at 10 am.

KXRA: Listen each morning to KXRA 1490 for our activities and we are on "Open Line", each 2nd Monday at 9:05.

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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, Aug 11 **Wed, Aug 19**
9:00–11:00 am **12:30–2:30 pm**
Tues, Sept 15 **Wed, Sept 23**
9:00–11:00 am **12:00–2:30 pm**

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, August 28
Time: 10:30 – 11:30 am
Cost: \$6 for ASC members
\$7 for nonmembers

Let's Go Fishing

We invite you to join us for two more opportunities to go 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. We welcome wheelchairs - let us know ahead of time.



Dates: **Wed, Aug 12**
 Lake Victoria
 at 2167 Hazel Hill Rd
 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 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.

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

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.

– PARKING –

If you see staff from St. Mary's this summer, thank them for not parking on the East side of Hawthorne Street this school year.



1408 3rd Avenue East, Alexandria, MN 56308 320-763-5555	Alexandria Broadway Clinic: 320-762-0399 Alexandria Pharmacy: 320-762-6840 Parkers Prairie Clinic: 218-338-4371	Alexandria A division of Forum Communications 1920 Turning Leaf Lane SW, Suite 12 Alexandria, MN 56308 320-763-3133 www.echopress.com	Call us for a free case consultation VELDEMOORE LIMITED ATTORNEYS AT LAW 1118 Broadway (320) 763-6561 Alexandria, MN 56308 Fax (320) 763-6564
BlueCross BlueShield Minnesota Corinna Douglas, BCBS Medicare Advisor corinna.douglas@bluecrossmn.com 320-227-8445	Anderson FUNERAL HOME AND CREMATORY ANDERSON'S ON BROADWAY ALEXANDRIA CREMATION SERVICE 320-763-5900 andersonfuneral.net	Alexandria SENIOR LIVING COMMUNITY INDEPENDENCE PLUS • ASSISTED LIVING MEMORY CARE • CARE SUITES vistaprairie.org/windmill-ponds 715 Victor St, Alexandria, MN 56308 • 320.759.2132	SALES • SERVICE • INSTALLATION Alexandria Refrigeration COMMERCIAL REFRIGERATION AIR CONDITIONING ICE MACHINES • STORE FIXTURES GREG SCHIELE 1580 DEERWOOD DRIVE 320-762-0585 ALEXANDRIA, MN 56308

Connecting to Community



Finish out the summer with cool classes through Alexandria Community Education! Check them out at <https://alexschools.arux.app> or call 320-762-3310.

Dog Obedience

Wednesdays starting August 7, 5:30-6:30 pm, \$75 for 5 sessions, Voyager Elementary School. This is a basic obedience course that will be held outdoors for dogs 12 weeks of age and older.

Wood Paddle Making

Thurs-Sat, August 6-8, 10:00 am-4:00 pm, \$75, Legacy of the Lakes Museum. Design and make your own canoe paddle from scratch. Over the course of 3 days, you will shape the paddle—the same way artisans have been making paddles for centuries. No previous woodworking skills required. All tools provided. Course led by Urban Boat Builders.

Watercolor Splash

Mondays and Wednesdays, August 17-26, 11:00 am-1:30 pm, \$59, Discovery Middle School. Do you have a painting started and not sure where to go next? Do you have ideas for a painting but need support/guidance for how to begin? This class is for students who have learned the very basic watercolor skills and are ready to take the next step in developing their own work and style.

MEDICARE Workshop

2nd Wednesday of each month at 3 pm August & September

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



Corinna Douglas,
Medicare Advisor
West Region

— REFLECTIONS AND THANKS —



ENCORE! Explorers visit Pope Douglas Solid Waste & Environmental Center on June 17



Don & Pauline Semerad – Thank you for being our table hosts at the Senior Expo!

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

- Sandra Johnson
- Geri Lewis
- Steven Longbotham
- Larry Nordby
- Shane & Vicki Schmidt
- Susanne Uhde



AARP Driver Safety 4-hour Discount Classes

Sat, Aug 8 8:30 am-12:30 pm Thurs, Aug 13 5-9 pm

Sat, Aug 26 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.

August 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. 's, Tues. 's, Thurs. 's, Fri. 's 1 - 4 pm	Congregate Dining Thursdays @ 11:30 am		1 9:30-12:30 Whist C- DR
2	3 9-3 Billiards- PR 9:30-12 Bunko A- MR 10-12 Beg 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 Katy's Swing Band- DRW	4 7:30-8:30 Develop. Comm. Mtg- MR 8:45-10 Transition Team Mtg- MR 9-11:30 Pinochle A- DRW 9-3 Billiards- PR 9:30-12 Whist A- DRE 12-3 Bridge A- CR 1-2 Chair Yoga- MR	5 9-3 Billiards- PR 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW 1-2:30 Card Bingo- MR	6 TURKEY 9-3 Billiards- PR 9-12 Pinochle B- DRW 9:30-11:30 Golden K Meeting- MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 12:45-3:00 ENCORE! Explorers to TLHD- Lobby 1-4 Open Studio- LAS	7 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	8 8:30am -12:30pm AARP Driver Safety- MR 9:30-12:30 Whist C- DR
9	10 9-3 Billiards- PR 9:05 ENCORE! on Open Line 10-12 Beg Bridge A- CR 10-12 Five Crowns- DRE 10:30-11:30 Marketing Meeting- MR 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 Katy's Swing Band- DRW	11 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 12-3 Bridge A- CR 1-2 Chair Yoga- MR 6-8 North Door Jam- DRW	12 8:30-2:30 Foot Care- CR 9-3 Billiards- PR 9:30-11 ENCORE! Board Mtg- MR 12:30-3 Bridge D- DRE 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW 1-3 LGF Pontoon Ride (Victory) 2-5 BCBS Medicare- MR	13 CHICKEN 9-3 Billiards- PR 9-12 Pinochle B- DRW 9:30-11:30 Golden K Meeting- MR 10:30-11:30 Golden K Exec Mtg- MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Vivie Alex Housing- MR 1-4 Open Studio- LAS 5-9 AARP Driver Safety- MR	14 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 Birthday Club- DR 1-3 Cribbage B- DRW	15 9:30-12:30 Whist C- DR
16	17 9-3 Billiards- PR 9:15-12 Bunko B- MR 10-12 Beg 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 Katy's Swing Band- DRW	18 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Bridge F- CR 9:30-12 Whist A- DRE 12-3 Bridge A- CR 1-2 Chair Yoga- MR	19 9-3 Billiards- PR 12:30-3 Massage- CR 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW 1-2:30 Card Bingo- MR 10 AM-6PM SENIOR DAY @ DC FAIR	20 GOULASH 9-3 Billiards- PR 9-12 Pinochle B- DRW 9:12 Sister's Cards- CR 9:30-11:30 Golden K Meeting- MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-2 Tech Time- MR 6-7:30 Ukelele Group- DR	21 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	22 9:30-12:30 Whist C- DR
23	24 9-3 Billiards- PR 10-12 Finance Mtg- MR 10-12 Beg 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 Katy's Swing Band- DRW	25 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9-12 Mexican Train- DRE 9:30-12 Whist A- DRE 12-3 Bridge A- CR 1-2 Chair Yoga- MR 6-8 North Door Jam- DRW	26 8:30-12:30 AARP Driver Safety- MR 9-3 Billiards- PR 10-12 Downtown History Tour- Lobby 12:30-3 Bridge D- CR 12:30-3:30 Mahjong- DRW 12:30-3:30 Bridge B- DRE	27 PORK 9-3 Billiards- PR 9-12 Pinochle B- DRW 9:30-11:30 Golden K Meeting- MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Hospice Education/Myths- MR- MR 1-4 Open Studio- LAS	28 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 12:30-3 Samba B- DRE 10:30-11:30 Move & Groove- MR 1-3 Cribbage B- DRW	29 9:30-12:30 Whist C- DR
30	31 9-3 Billiards- PR 10-12 Beg 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 Katy's Swing Band- DRW	Notes				

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

Freeing up Space/
Transferring
Photos

“Your phone’s memory is low. Click here to free up space.” Do you see this message a lot? This month we’ll learn how to delete unwanted apps and files from your phone. As well as moving pictures onto the cloud or external storage.

If you would like to move photos, please bring a laptop or external hard drive and your phone’s charging cable.

Date: Thursday, August 20
Time: 1 – 2 pm
Register: Call 762-2087
Instructor: Celeste Rapp,
Adult Services &
Reference Librarian



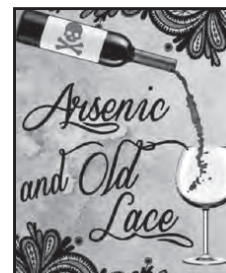
Celeste Rapp,
Adult Services &
Reference Librarian

ENCORE! Open House & Membership Drive

Grab a friend and come to our Open House on Friday, September 25 from 9 – 2. Free rolls and coffee in the morning and a free lunch from 11 – 1 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
Time: 9 am – 2 pm

BUS TRIP TO SEE ARSENIC AND OLD LACE



What do you do when your eccentric family has actual skeletons in 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.

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.
- We are accepting nominations for our 2027 board of directors. Ask at the front desk for an application.
- 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.
- Everyone has a story and we would like to hear your story as part of our “My Story” series. If you have a life story or episode you would like to share, or a friend that you know has a great story, let Shelli-Kae know.

Coffee Station Sponsor for August

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MONTHLY ACTIVITIES

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

- Billiards
 - Bingo
 - Bridge 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
- 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.

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.

MARK YOUR CALENDAR

August 6, 12:15 pm
ENCORE! Explorers
go to NUNSENSE

August 12, 1 – 3 pm
Pontoon Ride

August 14, 1 pm
Birthday Club

August 19-22,
Douglas County Fair

August 26, 10 – 11:30 am
Downtown History Tour

September 25, 9 am – 2 pm
Open House

October 1, 1 pm
Annual Meeting

Niemeier from page 1

she doesn't know what she wants to be when she grows up! She has done a lot with direct sales, Tupperware and Stampin' Up, was a legal secretary, worked at Alternative Senior Care, and ran a daycare for over 40 years in Benson.

Eileen likes to make greeting cards, quilts, and has a cottage license to bake. She has done a lot of traveling, with Washington, D.C. being her favorite trip.

Eileen is leading the Center's Heritage Foods booth at the Douglas County Fair this year. She encourages everyone to be involved. She volunteers at the front desk on Friday mornings so give the Center call or stop by on Friday mornings to sign up to help.

Eileen knows it benefits her and others to volunteer, as we all need interactions with people. She loves visiting one on one with others. Eileen also volunteers for Neighbor to Neighbor.

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!

Volunteer Opportunities

- Spring Luncheon Chair(s)
- **CarFit** is looking for volunteers to help with their event August 20 from 1-4 p.m. Contact Sophia Grabow 320-762-2973.

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KaLee Mohrman

Operating Director
Cornerstone Caregiving
324 Broadway St. Suite 216
Alexandria, MN 56308

(320) 335-0988

kmohrman@cornerstonecaregiving.com



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2017 AAA+ Awardee

2016 AAA+ Awardee

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