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

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VOLUNTEER SPOTLIGHT



Kelsey Meehan,
ENCORE! New Board Member

By Toni Tebben

Kelsey Meehan believes in getting to know people at a deeper level — and in her role as Executive Director of Edgewood she can do just that every day. Edgewood is home to 59 residents in Assisted Living and Memory Care, and Kelsey feels strongly that her role is to truly know the residents and their families.

Even on one of the coldest days in January, Kelsey's warmth was unmistakable. Within minutes of meeting her, you feel as though you've known her for years.

Kelsey grew up in Kimball in a busy family with three children. Much of her childhood was centered around church and school, where she helped with various functions and events. She attended Concordia College in Moorhead. During her college years, she studied Italian and opera abroad — an experience she describes as unforgettable. She is also an accomplished flute player.

Meehan continued on page 7

UPCOMING EVENTS

May Sunday Music Series



Julie Lee Duo

Sunday, May 3 | 2 – 4 pm

Put on your dancing shoes and join us for some fun! Julie's music features old time waltz and polka, country music, rhumba and 40's & 50's foxtrots & swing. Julie has played all over the country. Snacks available.

Thank you to our sponsor:



Cobalt Canyon

Sunday, May 31 | 2 – 4 pm

This unique group combines acoustic guitar, drums, bass and vocal harmonies to bring classic & modern country, 60s and 70s rock and pop to ENCORE!. Come and enjoy! Snacks available.

Thank you to our sponsor:



Free ENCORE! Explorers Event

ENCORE! members, you are invited to the Legacy of The Lakes Museum on Tuesday, May 26, at 5:30 p.m. for a short presentation by the museum associate director, Kaci. Let her tell you their story and learn about the museum's history. The ENCORE! cash raffle drawing will be at 6:00 p.m. and then take a casual walk through one of Alexandria's treasures. Light refreshments will be provided. Bring your raffle ticket for free admission to the museum located at 205 3rd Ave W, Alexandria.



Date: Tuesday, May 26
Time: 5:30pm, drawing at 6 pm
Cost: FREE (includes admission to museum)
Location: Legacy of the Lakes Museum

Get Your Cash Raffle Tickets by Tuesday, May 26!

Grand Prize: \$5,000;
2nd prize: \$2,500,
3rd prize: \$1,000,
4th & 5th prizes: \$500, 6-10th prizes: \$100. Buy your \$20 tickets at the front desk or from a board member/staff. Drawing - May 26 at Legacy of the Lakes Museum at 5:30 pm.



Spring Garage Sale & Book Sale

Friday, May 15 | 7 am – 4 pm
Saturday, May 16 | 8 am – 1 pm

• Donations Needed

See page 7 for more information.

MESSAGE from SHELLI-KAE, Executive Director



What a great day we had with the **Lions Club Waffle Feed**. The Lions served up 216 plates of steaming delicious waffles. The net profit from the event was \$2,600, up \$900 from last year. We are so appreciative

of all of you that came out to support ENCORE!

My Story debuted with Maria Strasser on Tuesday, April 14. Maria shared her incredible story of living for 3 years in a concentration camp in Hungary, held captive by Russians and Serbians. She told us of hardships like eating pea soup for years and how precious a piece of

chocolate was to her then and she still loves chocolate today (but not pea soup!). Maria shared that although her mother suffered greatly, she was never bitter and kept a grateful attitude. Maria believes she got her strong positive outlook from her.

Thank you Maria for sharing your story and love for being a citizen of America.

PIE & COFFEE INFORMATION SERIES

Part 1, 2nd Thursday of each month, Thursday, May 14 at 1 pm

MEDICARE 101


Join Corinna for a presentation to discuss the basics of Medicare, individualized coverage options, and an overall clearer understanding of Medicare.

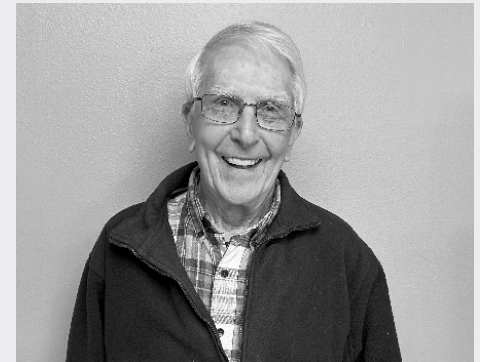


Presenter: Corinna Douglas, Blue Cross Blue Shield of MN

Bring your questions and appetite for pie!

Date: May 14
Time: 1 pm
Register: Call 762-2087 by May 13 so we have enough pie for everyone!

Pie sponsored by: 



My Story

Dick Bromley will share his story of travels in Europe and Australia. He also has some interesting stories about being a pilot. Join us!

Date: Tuesday, May 19
Time: 10:30 – 11:30 am
Topic: Travels with Dick Bromley

Part 2, 4th Thursday of each month, Thursday, May 28 at 1 pm

DECLUTTER & GET ORGANIZED


Seasons of life change, and our spaces need to change to meet us where we are. When it comes to downsizing or managing your current home, it's important to stay in control of what to keep and what to let go. For those



Presenter: Kelly Winter from Embrace Your Space

items that no longer serve a purpose, find meaningful ways to pass them on so they don't go to waste. Find the tremendous peace and freedom that decluttering, and organizing can bring you.

Date: May 28
Time: 1 pm
Register: Call 762-2087 by May 27 so we have enough pie for everyone.

Pie sponsored by: 

FOOT CLINIC

| | |
|--|--|
| Wed, May 6 8:30 am–2:30 pm | Fri, May 29 8:30 am–2:30 pm |
| Wed, June 10 8:30 am–2:30 pm | Fri, June 26 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.

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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

Mindful Dot Art: A Meditative Creative Experience

Slow down, breathe, and enjoy a peaceful creative session designed for all skill levels. Participants will create a dot art canvas while being gently guided through simple mindfulness and relaxation prompts. Soft spa music, calming scents, and a tranquil atmosphere will help encourage focus, presence, and stress relief. No art experience needed—just a willingness to relax and create.



Cami Richter,
Moments Hospice

Dates: Friday, May 8
Time: 10:00 – 11:00 am
Cost: \$5 (includes all supplies)

Sponsor of Health & Wellness activities

SANFORD
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Gardening Road Show

with Robin Trott
Plant for Pollinators: Create a Bee & Butterfly Haven

Celebrate Spring by turning your garden into a pollinator paradise! In this hands-on workshop, you'll learn why bees, butterflies, and birds are essential to healthy ecosystems and discover how to support them by planting native flowers and shrubs like coneflowers, milkweed, and bee balm. Then, add a creative touch with a fun craft, decorate garden markers or build a simple bee hotel. It's a perfect way to enjoy the outdoors, connect with nature, and help pollinators thrive!



Robin Trott, U of M
Extension Educator

Date: Friday, May 22
Time: 10:00-11:00 am
Class size: 20
Cost: \$15 (includes supplies & take home item)
Instructor: Robin Trott, U of M Extension Educator
Register: Call 762-2087 by noon on May 21

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, May 12 9:00–11:00 am
Wed, May 20 12:30–2:30 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, May 22,
2nd & 4th Fridays June – Aug.
Time: 10:30 – 11:30 am
Cost: \$6 for ASC members
\$7 for nonmembers

AARP Driver Safety – 4-hour Discount Classes



Sat, May 9
8:30 am-12:30 pm

Thurs, May 14
5-9 pm

Sat, June 27
8:30 am-12:30 pm

Thurs, July 30
5-9 pm

Wed, July 22
8:30 am-12:30 pm

Sat, Aug 8
8:30 am-12:30 pm

Wed, May 27
8:30 am-12:30 pm

Thurs, June 18
5-9 pm

Thurs, Aug 13
5-9 pm

Wed, 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.

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Connecting to Community



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Birds for a Feather... Drawing with Colored Pencils

Mondays, May 4-Jun 1, 6:30-8:00 pm, \$52, Discovery Middle School.

Take your drawings to a new level with color! Learn colored pencil techniques that create deep, luminous color. You will learn to achieve brilliant effects with colored pencils and then use these skills in a drawing(s) of your favorite backyard birds (or tropical birds).

Introduction to Macrame

Wed, May 13, 6:30-8:30 pm, \$39, Discovery Middle School (DMS).

This beginner-friendly class is the perfect introduction to the art of knotting. You'll learn a couple essential macramé knots, explore common materials, and create a finished macrame plant hanger you can take home and show off.

Transferring Property Across Generations

Tues, May 19, 5:30 am - 6:30 pm, \$9, Discovery Middle School (DMS).

This workshop will help attendees gain a basic understanding of how to identify and overcome transition obstacles, protect assets, and develop a strategy to smoothly transition to their cherished place to maintain family harmony.

MEDICARE Workshop

2nd Wednesday of each month at 3 pm May - September

Do you have questions about Medicare? Join Corinna Douglas to learn about the basics of Medicare and to discuss your options. She will be at the Center the second Wednesday of every month through September at 3:00 pm.

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

— Radio Theatre —



Radio Theatre presents "Ray & Iver and the case of the Tainted Turkey". Hear the story about how the East Side crew gets involved in selecting contestants for a national radio show that's coming to town!

Date: Friday, May 8
Time: 11 am - noon
Register: Call 762-2087
Cost: FREE



— REFLECTIONS AND THANKS —

2026 Lions Club Waffle Feed Highlights



Maria Strasser tells her story of surviving the hardships of living in a concentration camp for 3 years during the debut of "My Story" on April 14 to a crowd of 65 people.

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

Kerry Bailey, Deb & Wayne Carlson, Joyce Johnson, Orvin Krueger, and Ryan Odegard

— Keeping you “in the know...” —

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 – 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, just let them know ahead of time. 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 Desmarais, ENCORE! member

Coffee Station Sponsor for May
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BIRTHDAY CLUB 

Friday, May 8 at 1 o'clock
Let’s celebrate your birthday! We invite all members, whether it’s your birthday or not, to our May Birthday Party. Join us for live music, cake, ice cream, penny bingo and more. Call by May 7 so we have enough cake for everyone! (Cake sponsored by RehabAuthority + volunteers).



DOUGLAS COUNTY FAIR
ALEXANDRIA, MN

ENCORE! will be at the Douglas County Fair. Eileen Niemeier will be chairing the event. She is looking for help with making lefse and others to work at the Fair. Call the front desk to sign up starting July 6, 2026.

The Pillow Guy is coming on Wednesday, May 13 from 7 am – 3 pm

Get your pillows cleaned, deodorized, sanitized and fluffed. Note: crushed foam pillow can be cleaned. Polyester pillow can be recovered. New ticking of your choice. On the Spot cleaning. Returned same day. For sale: custom made new pillow and down comforters. No appointment is needed. Bring your pillows anytime between 7 am – 3pm to the mobile trailer on 5th avenue by the Center.

TECH TIME with Luke

Digital Resources: Digital Catalog and eBooks



Luke Elliott

In the final part of the Digital Resource series, we’re going to learn how to find eBooks through Libby, how to search our online catalog, and how to request an Inter-Library Loan item through MNLink.

Date: Thursday, May 21
Time: 1 – 2 pm
Register: Call 762-2087
Instructor: Luke Elliott – Douglas County Outreach Coordinator

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 ENCORE! Center
- The **QCD** must be made by the **IRA trustee** directly to **ASC**.
- **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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MONTHLY ACTIVITIES

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

- Billiards
 - Bingo
 - Bridge A, 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 has a new twist. Different games & more games. \$6/packet. Give it a try – Each Monday at 1 pm.

– PARKING –

Monday, Tuesday, and Thursdays please park on the east side of Hawthorne.

Also, check the north side of the building for parking spots.

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!

MARK YOUR CALENDAR

May 3, 2 – 4 pm

Julie Lee Duo

May 15 & 16, Friday 7 am–4 pm;

Saturday 8 am–1pm

Garage Sale

May 19 10:30-11:30 am

My Story with Dick Bromley

May 22, 10 – 11 am

Plant for Pollinators

May 25, Closed

Memorial Day

May 26, 5:30 pm

Cash Raffle Drawing at

Legacy of the Lakes Museum

May 31, 2 – 4 pm

Cobalt Canyon

Volunteer Opportunities

- Congregate Dining Host for June & July
- Walking Club host(s) June – August

Meehan from page 1

Her journey has taken her to Nebraska, Mankato, and even Maine, where she worked for a musical instrument company and sat on the Rangeley Friends of the Arts board where she helped to write grants among other duties. She met her husband in college, and together they have two young daughters. The family now calls Brandon home.

Travel has always been an important part of Kelsey's life. Growing up, her extended family often traveled together — complete with walkie-talkies in each

Please Donate to the ENCORE! Garage Sale & Volunteers NEEDED

Drop Items Off: May 11–14

from 9 am – 3 pm

Sale: Friday 7 am – 4 pm

Saturday 8 am– 1 pm

Spring Cleaning? We will take your unwanted items to sell at our Garage Sale to support the Center. Desired items are furniture, fishing gear, tools, toys, wall décor, garden art, household items, sporting goods, new and gently used clothing and collectibles. *No electronics or mattresses.* **Volunteers Needed Wed - Saturday. Stop by or 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.

vehicle to coordinate directions and breaks. Those experiences, along with close relationships with cousins across the country, sparked her lifelong love of travel and connection.

As a new board member, Kelsey is excited to invest her energy into initiatives that make a meaningful difference in the lives of others. She feels the board is a wonderful fit and looks forward to serving.

If you see Kelsey at the center, please take a moment to introduce yourself and help us warmly welcome her.

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MISSION STATEMENT

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



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