

Montevideo Area Sr. Citizens Program  
550 South 1st Street  
Montevideo MN 56265

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LABEL

ATTENTION: Penny BINGO will be held on Thursday, September 28th rather than Friday, September 29th.

**From Tracy:**

As summer comes to a close, the Center dives into its busy fall season! The Center becomes the hub of fundraisers, education programs, and social events along with Meander and Senior Expo.

A great program to participate in this fall is the Aging Mastery Program, which spans only six Monday evenings. It's a great way to meet local and area professionals while fostering new relationships, and there is an added bonus...there are catered light meals and an Ipad drawing!!! Call the Center (269-9375) or Community Ed (269-5026) for registration or information.

The August Birthday Party was a hit! An estimated 120-130 individuals came to watch the line dancers, visit friends, and have some tasty treats! It was great to see many different generations come together for the show and socialize over snacks here at the Center! Thanks to all of the Line Dancers, members, family, friends, and community members who participated in the Birthday Party!

The Center will be a busy place this fall with the Aging Mastery Program, Coffee with a Cop, Meander Arts Crawl, Friends of Eleanor Roosevelt Fundraiser, Senior Center Pie Social, Preschool Buddies, Potluck, Halloween Bingo, Birthday Parties, and Senior Expo events and programs!



**Coffee with a Cop:**

A Coffee with a Cop event will take place at the Montevideo Community Center on Wednesday, October 4th at 10am.

Community members are welcome to join Montevideo Police Officers in casual conversation over free coffee and cookies.

*Birthday Party will be held on Tuesday, September 26th and Tuesday, October 24th*  
**The Center will be closed for the following holidays: Monday, September 4th (Labor Day)**

**Book Club**

The Immortal Life of Henrietta Lacks by Rebecca Skloot is on the schedule for September. We will be discussing The Language of Flowers by Vanessa Diffenbaugh at the October book discussion. Please join us on September 20th and October 18th for discussions led by Dave Lauritsen! New members are always welcome!



**Please call Tracy if you are interested in volunteering for any of the following:**

- Rentals
- AARP Smart Driver Instructor
- Preschool Buddies
- Newsletter Help
- Leading Groups/Teaching Skills
- Event Help
- Baking Club

So you know you are aging, but are you aging well? **Aging Mastery** classes begin September 18th. The Montevideo Community Center and Montevideo Community Education are pleased to announce that we are the first in the area to offer an innovative new six-week health and wellness program to residents 55 and over. The Aging Mastery Program® (AMP) was developed by the National Council on Aging (NCOA) and has been successful at helping older adults build their own playbook for aging well.

AMP is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and others. Topics include fitness, healthy eating, sleep, finances, medication management, relationships, community engagement, and more. The Program offers participants the opportunity to learn skills needed to make the most out of their gift of time and longevity. Participating in the program is a great way to have stimulating conversations with others as well as local and area professionals.

**Dates: Mondays, Sept. 18 - Oct. 23 Time: 5:00-7:30 PM**  
**(Light meal served from 6:00-6:30 PM)**  
**Cost: \$30 Location: Montevideo Community Center**



*National Council on Aging*

**Call Tracy (269-9375) or Marie (269-5026) to register or for more information.**

### Preschool Buddies

Nancy and Amanda will be here along with their Preschool class! Join us for a festive Halloween-themed activity and snack! Date and Time is to be determined. Watch for more details!



### Potluck

There will be a potluck dinner at the Community/Senior Center on Thursday, September 14th at 5:00 PM. Hotdishes/Casseroles, sandwiches, appetizers, dips, deserts, etc. are all welcome. Feel free to let Tracy know what you would like to bring. Come alone or bring a friend; everyone is welcome! Coffee will be provided for a free will donation.

### SENIOR EXPO

Date: Wednesday, October 11, 2017

Time: Registration 9:00-9:30; Program 9:30-2:00

Where: Montevideo Community Center

Cost: \$12 for Seniors and Caregivers; \$25 for Professionals

(Fee includes speakers, entertainment, and noon meal)

\*Pre-Registration is required by October 2nd.

For more information, or to register, please contact the main Prairie Five office: 320-269-5678

Prairie Five Rides will be offering rides to the event from Benson, Canby, Granite Falls, and Ortonville. Call 877-757-4337 for reservations and pick up information.

**AARP Smart Driver Courses** Adults who are 55 years old or older are encouraged to take the Driver's Safety Program sponsored by AARP. Completion of the course entitles you to a 10% discount on your auto insurance. You must take an eight hour course before you are eligible for a four hour refresher course. **Pre-registration is required, call 269-9375.**

**\*\*For more information about online driver safety classes, go to [www.aarpdriversafety.org](http://www.aarpdriversafety.org)**

<b>4 Hour Refresher</b>	September 21st	5:15 PM
<b>4 Hour Refresher</b>	October 19th	1:00 PM
<b>4 Hour Refresher</b>	November 16th	5:15 PM

Classes fill up fast - call 269-9375 to register. All classes are held at the Montevideo Community Center. COST: The Safe Driving class is \$20.00, but for those who bring their AARP membership card, the rate is \$15.00. Please pay by check at the class.

## Pie Fundraiser

The Montevideo Area Senior Citizens Program will be holding a Pie Sale Fundraiser at the Montevideo Community Center on Saturday, September 23rd from 10:00am to 1:00pm. There will be whole pies and pies by the slice sold.

\*\*\*Watch for more details!\*\*\*

The Center has gotten many egg cartons! This fall we are hoping to add a pop of color to the center by making colorful egg carton flower garland to hang from the ceiling by the office. Help with cutting and painting the flowers is appreciated! A poster with details and example picture is posted on the office door.



## Halloween Bingo Party

Monday, October 30th

6:30 PM

(Food at 5:30 PM)

\$2.00 per card

Cards may be played all night

Prizes are donated by local businesses!

\*\*\*Must be 18 or older to play Bingo, so please bring proper identification!\*\*\*

For a complete list of the Center's activities, call or email Tracy (320-269-9375; commctr@gmail.com)

**Flying Geese Quilt Club** will be utilizing the Center for Meander Art Crawl on Thursday and Friday September 28th and 29th as well as the weekend Please note the following schedule changes:

### Thursday, September 28th Schedule:

9:00am: Line Dancing-Main Room  
10:00am: Chair Exercise-Main Room  
\*\*\*No Computer Help at 10:00am\*\*\*  
11:30am: Prairie Five Senior Dining-Main Room  
**12:45pm: Penny Bingo**-Main Room until 3pm

### Friday, September 29th Schedule:

8:30am: Breakfast Potluck-Conference Room  
9:00am: Morning Cards-Conference Room  
9:00am: Yoga-Activity Room  
10:00am: Chair Exercise-Activity Room  
11:30am: Senior Dining-Main Room  
12:00pm Afternoon Cards and Bridge-Activity and Conference Rooms (Billiards Room if needed)

### Friends of Eleanor Roosevelt Presents:

Sacagawea, Indian Princess, child bride and teen mom. She was the backbone of the Lewis and Clark expedition. She is the most honored woman in America. Come hear how her survival skills led the most important American expedition to the West and back home again.

**Date:** Saturday, November 4th

**Time:** Doors open at 2:30 PM

*Thank You Montevideo Community Line Dancers for performing your Oldies Show at the August Birthday Party!*

### Chair Exercise Schedule:

Tuesdays 10 AM: Video  
Thursdays 10 AM: Dr. Opdahl  
Fridays 10 AM: Video