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ALEXANDRIA  
SENIOR CENTER  
*Healthy, Active Living*

MAY 2021  
VOL. 31, NO. 4

News

## MAY IS OLDER AMERICANS MONTH "COMMUNITIES OF STRENGTH"

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is Communities of Strength, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

- Continued on Page 3

## WHAT IS THIS NEW "CHECK-IN" SYSTEM AT THE SENIOR CENTER?

### Welcome to Senior Space

Those of you that have visited the Center recently have experienced the new check-in system via a computerized kiosk that sits near the entrance in the lobby. The kiosk shows members a complete schedule of the activities and events planned at the Senior Center for that day. To sign in and register, they simply swipe their ID card. If they forgot their card or are a guest, they can also sign in by entering their name and phone number. If you are a member of the Senior Center and don't yet have an ID card, one can be assigned to you the next time you visit the Center.

The ASC members can quickly check in for one or multiple activities with just a few touches of the screen. They will be able to see that they are checked in with a green check mark and confirmation message.

The system keeps track of all who check-in each day, and keeps track of what activity they attended and even if they had volunteer hours. The information the kiosk collects is not only to help track for COVID-19 contact tracing, should that be necessary, but it compiles important information and numbers for the Center's staff to access at any time. This system also records volunteer hours that can be entered right at the kiosk. Volunteers can simply select the activity they volunteered for, enter the amount of time they spent volunteering and hit enter. The system captures all activity and our staff can access the information collected when they need the information to include in things like attendance reports or grant requests. After a member flashes their ID card, the system will identify them, and it can also produce a message on the screen to notify the member if their membership needs to be renewed. Senior Space's management software helps manage the data, memberships and events so staff can spend more time serving our members.



# ANOTHER SMARTPHONE TIDBITS CLASS IS SCHEDULED FOR MAY 28TH

The past Smartphone Tidbits classes have filled up so quickly, we added another class scheduled for 11:00 AM on Friday, May 28th. Please call ahead to reserve your spot for this FREE class.



This Project is funded with a grant from the Minnesota Department of Education using federal funding, Library Services and Technology Act.

## Smartphone Tidbits

May 28th  
11am-12:30pm

Bring your iPhones, Android phones, and other devices, and learn the best tricks, tips, and tweaks. Class size is limited. Registration is required.  
\*Limited number of ipads will be available if needed.



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## ALL GAVE SOME, SOME GAVE ALL



THE SENIOR CENTER WILL BE CLOSED MONDAY, MAY 31st, 2021 in remembrance of those who fought for our freedoms.



## COMPUTER COURSE

©LPI

## Learn to Stream

May 14th  
11am- 12:30pm

Take advantage of all the fun streaming services the Douglas County Library and others have to offer. In this program, participants will get an overview of what streaming is and how to watch movies, TV Shows, or even listen to music, through your tablet, smart phone, or TV. The class will be held in person with limited participants.

\*IPads will be available if needed.

This Project is funded with a grant from the Minnesota Department of Education using federal funding, Library Services and Technology Act.



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## LEARN TO STREAM

You see it almost everywhere! Stream this class, or stream the live game, or stream movies, music or shows.....what exactly is streaming and how do you do it? This is your chance to learn what it's all about and how to do it. Thanks to the Douglas County Library's project which is funded with a grant from the Minnesota Department of Education using federal funding, Library Services and Technology Act, this class will be taught at the Senior Center. Call the Center to reserve your spot for this FREE class call (320) 762-2087.



Friday, May 21<sup>st</sup>  
8:30-10:00 am

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- Continued from Page 1

This year, the Alexandria Senior Center will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future. Here are some ways to share and connect:

- Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

- Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.

- Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

- Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate!



COMMUNITIES OF STRENGTH: MAY 2021

## FROM THE PRESIDENT

Spring has Sprung! So many things to look forward to as the days are longer and temps warm up. Will you enjoy morning coffee on your deck? Throw in a fishing line? Enjoy a walk in the sunshine? Don't forget to stop in & say "hello" at the Center. Check out the new items at the Cornercopia! May also brings three Thursdays of music at the Center. Bob Pietrowski, Fred Walters & again, Donny Brang. It's a great way to spend the afternoon with good friends and awesome entertainment!!

Please take the time to remember those that fought for us and those that have gone before on Memorial Day weekend. It's a time to cherish the freedoms we have.

President Debbie Shea



## A HIDDEN GEM WITHIN THE SENIOR CENTER

by Denise Strand



Lorsung Art Studio is the Alexandria Senior Center's own studio devoted to the arts. The studio was initially funded through grants to set up the space, purchase equipment/tools and art supplies, arrange and provide affordable classes and demonstrations, as well as provide open studio space. The classes and studio space are open to the public and all you need to do is call the Senior Center to register for the classes that you see listed each month in the Center's newsletter.

We love our Artists! A core group of artists guide the studio class schedule and volunteer as instructors. They also volunteer to host the open studio times, keep the studio clean and supplies stocked, as needed.

We invite you to join a class or open studio and see our "hidden gem" of a studio! We are also interested in connecting with artists who would like to instruct a class - contact the Senior Center and you will be put in touch with one of our core group of artists to discuss your interests.

Check out the Lorsung Art Studio, invite a group of your friends to join a class! We look forward to seeing you there!



## NEXT FOOT CLINIC IS SCHEDULED FOR MAY 28TH

The next Foot Care Clinic is scheduled for Friday, May 28th between 8:30 AM and 2:30 PM. Please call the Center now to schedule your appointment as they are filling up fast. The \$25 fee, made payable to the nurse, will be collected at the appointment. If you have to cancel an appointment, please let us know as soon as possible.

# Lorsung Art Studio

## WHAT'S NEW FOR THIS SPRING?

### Take and Make – Spring Flower Pot

Customize a flower pot with paint and the word "Thrive". This "Take and Make" craft kit is available for the month of May (as supplies last). Call the Center at 320-762-2087 to reserve a kit or stop by and pick one up. The kits include supplies and instructions to finish the example pictured below. An example of the finished flower pot will be available for viewing at the Center.



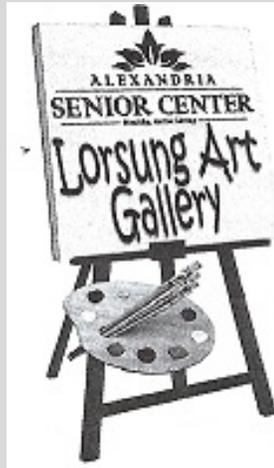
Here is a sample of the finished product. These kits are sponsored by the Douglas County Library and the Viking Library System. This project is funded in part or in whole with monies from Minnesota's Arts and Cultural Heritage fund.

### Art Studio – Open Studio

May 4, May 18, May 25

1:30 - 3:30 pm • \$5 per hour

Have you taken an art class at the Studio in the past? Is there a project you are working on and need some studio time to finish it? Register by calling the Center to attend an Open Studio time! Please register in advance by calling the Senior Center. We look forward to seeing you there!



### Art Studio – Make Your Own Earrings

May 11th 1:30 - 3:30 pm. \$25

Create a pair of earrings using various metals by experimenting with texture and cold connection techniques. To register, please call the Senior Center at 320-762-2087.



### Art Studio – Rock Cutting & Polishing

May 26th 6:00-8:00 pm. \$25

In this class you will learn how to cut and polish rocks into beautiful pieces using the lapidary equipment at the Lorsung Art Studio. Bring your own rocks or use the rocks the instructor will provide. To register, please call the Senior Center at 320-762-2087.



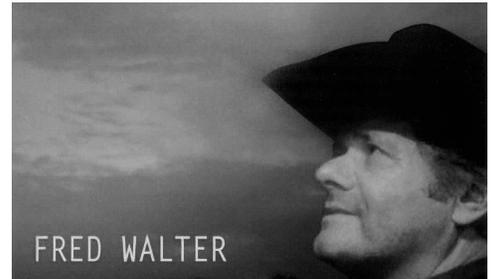
## THURSDAY AFTERNOON MUSIC AT THE CENTER

Join us at the Alexandria Senior Center for an afternoon of live music on most Thursdays in May. What a great way to relax and enjoy the great talents of our visiting musicians.

If you plan to attend specific activities at the Center, please call ahead to reserve your spot as seating is limited due to social distancing. All who enter must wear face masks and follow proper hand hygiene and social distancing. Protocols are in place and will be communicated to all prior to entering and posted throughout the building.



**Bob Piotrowski**  
Thursday, May 6  
2:00 – 3:30 pm



FRED WALTER

**Fred Walter**  
Thursday, May 13  
2:00 – 3:30 pm



**Donny Brang**  
Thursday, May 20  
2:00 – 3:30 pm

## May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> 9:00 Billiards 12:30 Big Band 1:00 Fun Bingo 3:30 TOPS #36	<b>4</b> 9:00 Billiards 11:00 Bridge 1:30 Open Studio	<b>5</b> 9:00 Billiards 12:30 Bridge	<b>6</b> 9:00 Billiards 12:30 Bridge 2:00 MUSIC Bob Piotrowski	<b>7</b> 8:00 TOPS #775 9:00 Billiards 9:30 Quilt & Sew 1:00 Hand & Foot	<b>8</b>
<b>9</b>	<b>10</b> 9:00 Billiards 12:30 Big Band 1:00 Fun Bingo 3:30 TOPS #36	<b>11</b> 9:00 Billiards 11:00 Bridge 1:30 Metalsmithing Class	<b>12</b> 9:00-Billiards 9:30 ASC Board Meeting 12:30 Bridge	<b>13</b> 9:00 Billiards 12:30 Bridge 2:00 MUSIC Fred Walter	<b>14</b> 8:00 TOPS #775 9:00 Billiards 11:00 Learn to Stream 1:00 Hand & Foot	<b>15</b>
<b>16</b>	<b>17</b> 9:00 Billiards 12:30 Big Band 1:00 Fun Bingo 3:30 TOPS #36	<b>18</b> 9:00 Billiards 11:00 Bridge 1:00 Book Club 1:30 Open Studio	<b>19</b> 9:00 Billiards 12:30 Bridge	<b>20</b> 9:00 Billiards 12:30 Bridge 2:00 MUSIC Donny Brang	<b>21</b> 8:00 TOPS #775 8:30 UCare Donuts/Coffee 9:00 Billiards 9:30 Quilt & Sew 1:00 Hand & Foot	<b>22</b>
<b>23</b>	<b>24</b> 9:00 Billiards 12:30 Big Band 1:00 Fun Bingo 3:30 TOPS #36	<b>25</b> 9:00 Billiards 11:00 Bridge 1:30 Open Studio	<b>26</b> 9:00 Billiards 10:00 Executive Brd Mtg 12:30 Bridge 6:00 Rock Cutting Class	<b>27</b> 9:00 Billiards 12:30 Bridge	<b>28</b> 8:00 TOPS #775 8:30 Foot Care 9:00 Billiards 11:00 Smartphone Tidbits 1:00 Hand & Foot	<b>29</b>
<b>30</b>	<b>31</b> <b>MEMORIAL DAY</b> <b>SENIOR CENTER</b> <b>CLOSED</b>					

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# Celebrate You - Free Virtual Aging Celebration Conference



## Date And Time

Thu, May 20, 2021

9:30 AM – 1:00 PM CDT



## TO REGISTER

[CLICK HERE](#)

OR GO TO

<http://bit.ly/celebrateyou2021>

eventbrite

## About this Free Event

Bringing together people who are aging gracefully to connect and learn virtually.

My name is Bob Koehler and in my professional life, I was an entrepreneur. I started my first company when I was 19 years old and moved on to start three more companies before reaching the ripe young age of 60. I live in Bloomington, MN where my wife and I raised three children.

In time I realized that the transition to retirement or, as I prefer to call it, post-career life can be a huge life adjustment. I decided that this was my new calling, preparing others for this great new journey of post-career life.

**Title of Workshop: "Finding Your Purpose"**



Jode Freyholtz-London is the founder and Executive Director of Wellness in the Woods (WITW), Minnesota's largest mental health consumer organization. Jode lives in Todd county Minnesota a few miles from where she grew up on a dairy farm.

Jode is an Advanced Level WRAP Facilitator, Emotional CPR trainer, Suicide prevention trainer, and public speaker across Minnesota. She was chosen as the Rural Health Hero of 2017 by the Rural Health Conference Committee.

**Title of Workshop: "Sharing a No-Guilt Cookie"**



**Also featured:**

**"Scam Proof Your Life" Jay Haapala, Associate Director AARP and "Live Healthy" Nicole Pomerence, Maslowski Wellness**



TCCA





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