

414 Hawthorne Street
Alexandria, MN 56308
320-762-2087
www.alexsrctr.org
info@alexsrctr.org

ENJOY OUR HERITAGE

WE WILL SEE YOU AT THE FAIR!

By Kathryn LeBrasseur

The Douglas County Fair is definitely on the calendar for August 17-21 and our Senior Center and a wide variety of senior groups in the County are going to be a part of it!! In fact, the Fair Board has created our own area to recognize our part in the history of the Fair. It is Heritage Square and it is in the center of all the wonderful features of county fairs throughout the years. And everything but what you eat is FREE! There is the Home Building featuring the crafts to view. The Master Gardeners demonstrations and displays in the Harold G. Johnson Building have no admission charge! You can view the 4H exhibits and animal barns and Wildlife buildings at no fee! You can enjoy the demonstrations by law enforcement. And you can find a seat in the shade and enjoy free wonderful music performed by groups of local seniors from 10:30 to 5:00 each day. When you arrive at the Fair take the free shuttle down to us. We will have benches in the shade to "set a spell" and enjoy the offerings of our Center. Once again we will be operating the Log Cabin. We will offer ethnic foods and small crafts and information regarding services for and by seniors. Representatives of senior services will be there to

- Continued on Page 3

BE PART OF HERITAGE FOODS & CRAFTS AT THE COUNTY FAIR

By Carol Strong



ASC Board Member Bob Ritlinger, Sandy Bessingpas and Shirley Jacobs volunteer to help make lefse and other ethnic foods at the Douglas County Fair.

Come join in the fun of planning and creating our heritage foods and crafts, as well as promoting senior services at our county fair.

A committee has begun planning and we welcome ideas, helpers and additional leaders in making this a successful fundraiser for the Center. Because of continuing concerns for health and safety, we plan to prepare our foods in our commercial kitchen here at the Center. This may allow us to prepare more "old favorites" in the comfort of our kitchen!

So here's the challenge to you. If you enjoy sharing and creating some of your family's favorite recipes, have craft ideas and like partnering with others, we would love to hear from you. And, yes, we will have teams for lefse, donuts, etc. Join crafters who are busy creating old and new favorites.

Call the Center at 320-762-2087 to join in the fun. Thank you!!!

SOMETHING NEW IS BREWING AT THE SENIOR CENTER



Although the Senior Center has had their new “on demand” coffee machine for over a year, it hasn’t been in use much because of the COVID-19 shutdowns during 2020 and part of 2021. Now

that the Senior Center has reopened and things are up and running at almost 100 percent, there is coffee available at the Center once again.

Due to the demise of the previous coffee maker, the Center reached out to Henry’s Foods of Alexandria seeking alternatives for coffee service at the Center. Henry’s Foods introduced us to coffee on demand. Now, the new coffee machine is hooked up and producing regular and decaffeinated coffee on demand – 24 hours per day, 7 days per week.

The convenience of having “on demand” coffee does come at a little higher cost per cup than the old fashioned brewing machine, so to help cover some of those extra costs there have been some local businesses that signed up to be a “sponsor” of our coffee station for a month at a time. Our seniors at the Center do not have to pay for their cup of coffee thanks to these local generous businesses.

Our Coffee Station Sponsor for the month of June is Elden’s Fresh Foods. We want to thank everyone at Elden’s for their kind contribution.

MECA HAD OVER 20 YEARS OF SERVICE TO THE COMMUNITY AND SENIOR CENTER

The Alexandria Senior Center has hosted MECA (Midwest Educational Computer Association) classes and meetings over the past few decades. What began as classes to help embrace all the new technology that came about in the 1990’s, continued to evolve with the changing technology over the past 20+ years.



The core group of MECA has decided to conclude the non-profit group as it was agreed they have outlived their original mission as an organization. Smartphones, watches, tablets, laptops of all kinds and other various devices have replaced the desktop computers that were the basis of MECA’s classes in the past. In order to cover topics pertinent to users of all of the different kinds of devices, MECA’s recent training has mostly involved lessons about staying safe from scams and malware. It is believed by the MECA group that people need training on their specific devices, which are vast in the varieties available. MECA can no longer provide training for all of these specific devices.

The non-profit has officially dissolved and they have donated their remaining funds, of over \$2,000, to the Alexandria Senior Center. The Senior Center would like to thank MECA for all their computer and technology support they’ve provided to the senior center members since 1995. Additional thanks to MECA’s longtime instructors, Len Kaimi and Allen Weddell, and more recent instructor, Jeff Morse. They have helped many people over the years. A great big thank you goes to Judy Olson, an original member of MECA, who has volunteered her time over all these years to keep the club active.

DRIVER SAFETY CLASSES ARE BACK AT THE SENIOR CENTER



Courses through the St. Cloud State University Driver Discount Program are coming to the Alexandria Senior Center. For those that are 55 years old and over, this course will save you 10% on your auto insurance for 3 years. There are no written or behind the wheel tests to complete. There is an 8-hour class for the first time students and a 4-hour refresher for the repeat student. To register for one of the upcoming courses, please call the number below or sign up online at www.mnsafetycenter.org.

4 Hr Refresher

June 7, 2021

8:00 AM to 12:00 PM

June 15, 2021

6:00 PM to 10:00 PM

8 Hr First Time

June 18, 2021

6:00 PM to 10:00 PM

June 19, 2021

8:00 AM to 12:00 PM

TOLL FREE

1-888-234-1294

1-320-308-1400



- Continued from Page 1

talk to you and answer questions.

Thursday is Senior Citizen Day! The Fair Board will be recognizing individuals from each community who illustrate the value we are to our communities. At 2:00 there will be a reception with cake, coffee and something healthy in their honor hosted by the County Committee on Aging and UCARE! Century Farm honorees will also be introduced.

The County Fair continues to be part of our heritage and our ability to feel pride in the efforts of our youth and to share and enjoy all areas of our life enhance the Fair! Bring your grandkids! You can admire their achievements and they can enjoy our heritage.



NEXT FOOT CLINIC IS SCHEDULED FOR JUNE 18TH

The next Foot Care Clinic is scheduled for Friday, June 18th 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.

THE SENIOR EXPO IS ON!

By Kathryn LeBrasseur

The Senior Expo, sponsored by Triad, the group made up of the Sheriff's Department, the Police Department, and the County Senior Program, is scheduled for Thursday, June 24 at 1:00 PM. Regrettably, the wonderful free lunch served by the "men in uniform" will not take place as the format has changed.

The theme this year is, "SCAMS and FRAUD". There will be a vital discussion from the experts on how to deal with what has become a daily nightmare in the mail, on the telephone and on our computers. The speakers will be led in the discussion by Mark Anthony of Kool TV.

The original broadcast will be on the 24th and due to the vital need for information on these topics, the program will be rebroadcasted on July 1st at 1:00 PM.

In Alexandria, you can watch Kool TV on channel 21.1. Kool TV can be accessed through many local cable TV providers. You may also stream Kool TV on Roku, Amazon Fire TV or online streaming through the Kool TV website.

SENIOR CENTER LIBRARY NEWS

By Bob Ritlinger (Library Executive Director)

Hi everyone. Marlene and I had another great winter in Venice, Florida. Arrived in Alex on May 6th. Found lots of shark teeth this winter so if you would like a shark tooth necklace for yourself or your grandkids, call me.

Once again, many thanks to Dianna Anderson for taking care of the library this past winter. Many books were donated over the winter. I have gone through all of them and you will find the new books on the tables in the library. Keep those books coming. Thank you. Thank you.

There are now approximately 1400 books in the library. That includes LARGE PRINT books, fiction, some non-fiction, westerns and trades.

NOTE: There are also many puzzles in the library that you are welcome to take. Puzzles do not need to be signed out.

I am always looking for used books in good condition. Bring your books in or call me and I will pick them up. Tell your friends. Books I can't use or are duplicates will be saved for our annual book sale. Stay tuned for the date of that sale.

Come on in...introduce yourself to a new author. You can sign out books just by filling out the sign-out sheet on the library table. It helps me if you can write in both book title and author. Try to return the books within 30 days and don't forget to note the date you return the book in the space provided on the sign-out sheet. There is also a 3-ring binder on the table that has a computer listing of all the books in the library in both author and title sequence.

Happy Reading



Lorsung Art Studio

JUNE CLASSES

Art Studio – Open Studio

Tuesday, June 8th - 1:30-3:30pm • \$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 Center to attend an Open Studio time! We look forward to seeing you there!

Art Studio – Metalsmithing:

Make Your Own Earrings

Tuesday, June 15th - 6:00 - 8:00 pm. \$25

Instructor: Peg Churchwell

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

Art Studio – Metalsmithing: Southwest Stamped Copper Bracelet or Keychain

Thursday, June 24th - 1:30 - 3:30 pm. \$25

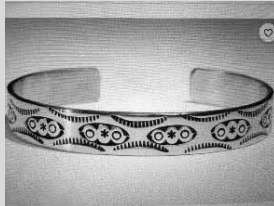
Instructor: Roxanne Koepsell

Create a bracelet or key chain using copper, stamping and texturing tools. You will learn to cut copper and the steps to your final result! The supplies and tools are all provided. To register, please call the Senior Center at 320-762-2087.

Art Studio – Rock Cutting & Polishing

June 30th 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.



SUNDAY MUSIC AT THE CENTER IN JUNE

Join us at the Alexandria Senior Center for an afternoon of live music on Sunday, June 6 at 2:00 pm when Tom Sellin and family will be entertaining everyone and then on Sunday, June 13 when Schjei Country will be playing at 2:00 PM. These are free events and everyone is welcome to attend.



Tom Sellin and Family
Sunday, June 6 @ 2:00pm



Schjei Country
Sunday, June 13 @ 2:00pm

TAKE AND MAKE - SUMMER COASTERS

Create a set of Summer-themed coasters using ceramic tiles



and paper napkins. This "Take and Make" craft kit is available for the month of June (or while supplies last). Call the Center at 320-762-2087 and reserve a free kit that you can stop in and pick up! The kits include supplies and instructions and a finished example will be available for you to look at when you pick up the kit.

The "Take and Make" kits are provided in collaboration with the Douglas County Library and Viking Library System. This Project is funded in part or in whole with monies from Minnesota's Arts and Cultural Heritage fund.

JULY 1ST & 4TH ON THE DOUGLAS COUNTY COURTHOUSE LAWN

Join the Alexandria Senior Center on Thursday, July 1, 2021 as they sponsor "Bad English", a band from Fargo, ND with American and British influences. Their song list spans decades and appeals to a wide variety of audiences.

The Senior Center's own "Katy's Swing Band" will be performing a special patriotic concert on Sunday, July 4 on the Douglas County Courthouse Lawn.

These concerts are free to the public and begin at 7:00 PM.

CARDS AND GAMES CURRENTLY OFFERED AT THE CENTER

Billards	Monday thru Friday at 9:00am
Bridge	A Tuesdays at 11:00am
	B Wednesdays at 12:30pm
	C Thursdays at 12:30pm
	D Every other Wednesday at 1:00pm (closed)
Whist	Wednesdays at 9:30am
Mahjong	Wednesdays at 1:00pm
Cribbage	Fridays at 12:00pm
Hand & Foot	Fridays at 1:00pm

ASC'S MARKETING COMMITTEE – IS HARD AT WORK

The ASC marketing committee consists of Chair, Toni Tebben, and members Denise Strand, Trudy Blanshan, and Nancy Haggemiller. We are tasked with keeping the community apprised of events and happenings at the Center. We put events on the LED boards around town, in the local paper, the Chamber of Commerce's calendar, local radio stations, Facebook and anywhere events can be posted. Our volunteer opportunities are posted on the United Way's website.

Our goals for the past year were to update the newsletter, design a new brochure for the Center, and do a survey of our membership, which we did get accomplished even during the Covid-19 pandemic. The brochures are used in relocation packets and are available at the Chamber of Commerce, and at the Center. Our website was redesigned to be more user-friendly during the past year as well.

When we started trying to improve our Facebook presence, we had 54 followers, we now have 221. If you haven't liked us on Facebook, please like and share us; Alexandria Senior Center.

If there is an event coming up at the center, please make the marketing committee aware of it so we can publicize the event. Please keep in mind that there are publishing deadlines.



FROM THE PRESIDENT

Welcome June, bringing summertime too. And welcome back to our snowbirds! Finally, we are fully open and back to business as usual....if there is such a thing. Whist is back as well as other card games. We look forward to seeing your smiling faces again as you try your hand in a game or two.

Gather your friends and come on in! We have two Sundays of music coming up. Tom Sellin and family on June 6th and then Schjei Country on the 13th.



President Debbie Shea

A FREE BALANCE, FALL AND DIZZINESS WORKSHOP JUNE 17TH AT THE CENTER

Big Stone Therapies will be providing a free Balance, Falls, and Dizziness Workshop on June 17th from 1:30-2:00 PM. This workshop will explain risk factors, tips, tricks, and insights to help maintain balance, how to manage your dizziness, and reduce your risks of falling. Cole Praus PT, DPT, cert-DN will also be able to answer any other questions regarding pain, mobility, or disability. Please call the Senior Center to reserve a spot if you plan on attending this workshop.



June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 Billiards 11:00 Bridge-A	2 9:00 Billiards 9:30 Whist 12:30 Bridge-B 1:00 Mahjong 1:00 Bridge-D (Closed)	3 9:00 Billiards 9:30 Golden K's 12:30 Bridge-C	4 8:00 TOPS #775 9:00 Billiards 9:30 Quilt & Sew 12:00 Cribbage 1:00 Hand & Foot	5
6 2:00 PM Tom Sellin & Family	7 8:00 Driver Safety Class 9:00 Billiards 12:30 Big Band 1:00 Fun Bingo 3:30 TOPS #36	8 9:00 Billiards 11:00 Bridge-A 1:30 Open Studio 6:00 North Door Jam	9 9:00 Billiards 9:30 Whist 9:30 ASC Board Mtg 12:30 Bridge-B 1:00 Mahjong	10 8:00 Golden K's Brd Mtg 9:00 Billiards 9:30 Golden K's 12:30 Bridge-C	11 8:00 TOPS #775 9:00 Billiards 12:00 Cribbage 1:00 Hand & Foot	12
13 2:00 PM Schjei Country	14 9:00 Billiards 12:30 Big Band 1:00 Fun Bingo 3:30 TOPS #36	15 9:00 Billiards 11:00 Bridge-A 1:00 Book Club 6:00 Driver Safety Class 6:00 Earrings Class	16 9:00 Billiards 9:30 Whist 12:30 Bridge-B 1:00 Mahjong 1:00 Bridge-D (Closed)	17 9:00 Billiards 9:30 Golden K's 12:30 Bridge-C 1:30 Balance Workshop	18 8:00 TOPS #775 8:30 Foot Care 9:00 Billiards 9:30 Quilt & Sew 12:00 Cribbage 1:00 Hand & Foot 6:00 Driver Safety Part 1	19 8:00 Driver Safety Part 2 Please call 1-888-234-1294 to register for Driver Safety Classes
20	21 9:00 Billiards 12:30 Big Band 1:00 Fun Bingo 3:30 TOPS #36	22 9:00 Billiards 11:00 Bridge-A 6:00 North Door Jam	23 9:00 Billiards 9:30 Whist 10:00 ASC Exec Cmte Mtg 12:30 Bridge-B 1:00 Mahjong	24 9:00 Billiards 9:30 Golden K's 12:30 Bridge-C 1:00 Senior Expo 1:30 Copper Bracelet Class	25 8:00 TOPS #775 9:00 Billiards 12:00 Cribbage 1:00 Hand & Foot	26
27	28 9:00 Billiards 12:30 Big Band 1:00 Fun Bingo 3:30 TOPS #36	29 9:00 Billiards 11:00 Bridge-A	30 9:00 Billiards 9:30 Whist 12:30 Bridge-B 1:00 Mahjong 1:00 Bridge-D (Closed) 6:00 Rock Cut/Polish Class	Participants need to pre-register for all Lorsung Art Studio classes by calling 320-762-2087	Meals on Wheels 320-762-4280	

• Please Support Our Local Sponsors •

RON'S WAREHOUSE SALES Hwy. 27 East, Box 454 Alexandria, MN 56308 320-763-5555	 LEGACY Hearing Centers <i>Connecting Generations With Conversations</i> HEARING AIDS, SERVICE, & TESTING 507 N Nokomis, Suite A, Alexandria John@LegacyHearingCenters.com (320)219-7744	Alexandria ECHO PRESS <i>Your Community News Source</i> www.echopress.com P.O. Box 549 • 225 Avenue East Alexandria, MN 56308	 VELDEMOORE LIMITED ATTORNEYS AT LAW 1118 Broadway (320) 763-6561 Alexandria, MN 56308 Fax (320) 763-6564
 ACE Hardware Downtown Alexandria The Helpful Hardware Folks	 Anderson Burial • Cremation • Monuments Phone: 320-763-5900 www.AndersonFuneral.net Serving the Alexandria area since 1872	 VIKING BANK 4277 Dakota St. Alexandria, MN 320-762-0236 www.VikingBankMN.com Member FDIC	 HENRY'S FOODS, INC. PROUD TO SUPPORT OUR SENIOR CENTER! WWW.HENRY'SFOODS.COM
 Elden's FRESH FOODS When Quality Counts, Count on Elden's! OPEN 7 DAYS A WEEK 6AM-10PM On the corner of 3rd & Nokomis, Alexandria • 763-3446 Like Us On Facebook VISA MasterCard DISCOVER AMERICAN EXPRESS Full Service Grocery Store / Bakery / Deli	Alexandria Runestone Aerie 3063   Fraternal Order of Eagles	Tuesday Noon Bingo Lic#01110-01  Elks Lodge #1685 115 Fifteenth Ave W Alexandria, MN 56308	SALES • SERVICE • INSTALLATION Alexandria Refrigeration COMMERCIAL REFRIGERATION AIR CONDITIONING ICE MACHINES STORE FIXTURES GREG SCHIELE 1580 DEERWOOD DRIVE 320-762-0585 ALEXANDRIA, MN 56308
 BETHANY ON THE LAKE — Senior Living Redefined — 320-762-1567	 State Farm Dwain Schuette Agent 1306 Broadway • Alexandria, MN Phone 320-763-3118 Fax 320-763-3757 dwain.schuette.b46m@statefarm.com	WEST CENTRAL SANITATION "Good Neighbors You've Come to Trust" (800) 246-7630 Proud to Serve the Alexandria Senior Center www.wcsanitation.com	Nationally Recognized, Regionally Preferred  HEARTLAND ORTHOPEDIC SPECIALISTS A Service of ALOMERE HEALTH 320.762.1144 HeartlandOrthopedics.com
ELLINGSON Plumbing, Heating, A/C & Electrical 24-HOUR SERVICE 320-762-8645 2510 S Broadway St Alexandria, MN 56308 www.ellingsons.com	 Fat Daddy's BAR & GRILL With 30 Different Tap Beer Selections & a Wide Variety of Menu Items Food Served : Sun - Thurs 11am to 10pm Fri & Sat 11am to 10pm 115 30th Ave East, Alexandria, MN 56308 320-763-6565 or 800-657-3294	 JOHNSON CHIROPRACTIC & SPORTS CLINIC MICHAEL D. JOHNSON, D.C. Chiropractic Physician 320-763-9499 503 Hawthorne St - Suite 105 Alexandria, MN 56308	"Your Local Service Specialist Since 1971"  Rudy's Electric, Inc. 614 Nokomis St • Alexandria, MN 56308 320-763-6216 RANDY NELSON office@rudyselectric.net RYAN NELSON "RUDY" NELSON (Retired)
V.F.W. Fort Chippewa 1102 3rd Ave E 320-763-9221  Pull Tabs OPEN TO THE PUBLIC BINGO Mon & Thurs 5:30pm Wed & Fri 6:00pm • Sat Noon	 AQUARIUS - 84, INC. • Plumbing • Mechanical • Hot Water Heat 214 6th Ave. East • Alexandria, MN 320-763-3636 • Fax 320 763-5960 Dennis W. (Buck) Moen - Owner	 PEMBERTON LAW www.pemlaw.com 320-759-3143 Attorney Nick Heydt 203 22nd Ave West • Alexandria, MN	 LIND FAMILY It's a name you can trust. Peter & Sari Lind Directors Curt & Barb Lind Owners/Directors
VANCE THOMPSON VISION Dr. Deborah Ristvedt 320-762-2166 VanceThompsonVision.com 1501 Hawthorne St. Alexandria, MN	 Larson Insurance <i>"Making your Insurance Experience Better!"</i> Alexandria - Fergus Falls 320-763-6916 www.larsoninsurance.com	Serving you in the Minnesota Senate Senator Bill Ingebrigtsen Capitol Office 95 University Avenue W. Minnesota Senate Bldg, Room 3207 St. Paul, MN 55155 CONTACT ME ANYTIME Phone: 651-297-8063 or Email: sen.bill.ingebrigtsen@senate.mn	SANFORD HEALTH Alexandria Broadway Clinic (320) 762-0399 Parkers Prairie Clinic (218) 338-4371
Express Care • 320.763.2899 Call for walk-in care  ALEXANDRIA CLINIC A Service of ALOMERE HEALTH	 Eye Associates OF ALEXANDRIA DR. J.R. ANDERSON • DR. J.D. HOVEN DR. M.K. HOVEN • DR. C.L. STOTESBERY DR. J.R. KRYDER 320-763-4321 1610 BROADWAY ST • ALEXANDRIA ACROSS FROM DOUGLAS COUNTY HOSPITAL WWW.EYEASSOCIATESOFALEX.COM	 KNUTE NELSON Your Senior Lifestyle Provider (320) 763-6653	 Bremer Bank



414 Hawthorne Street
Alexandria, MN 56308
320-762-2087
www.alexsrctr.org
info@alexsrctr.org

Senior Center Hours
Monday-Friday
8:30am - 4:30pm



- ALEXANDRIA SENIOR CENTER 2021 BOARD MEMBERS -

President - Deb Shea • Vice President - Mary Nitti • Treasurer - Carol Strong • Secretary - Toni Tebben
Denise Strand • Carol Erickson • Bob Ritlinger • Scott Quitmeyer • Carole Barlage
Executive Director - Nancy Haggenmiller

MISSION STATEMENT

To support healthy, active living for people over 50 by providing social, educational, nutritional and informational services.



Live Love Local

Open 7 Days a Week

707 3rd Ave East
Alexandria, MN 56308

(On the NW corner of 3rd & Nokomis)

Contact Us 320.763.3446 | eldens@rea-alp.com | eldens.com



Our **Coffee Station Sponsor**
for the month of June is
Elden's Fresh Foods.

We want to thank everyone
at Elden's for their kind
contribution.