

414 Hawthorne Street
Alexandria, MN 56308
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www.alexsrctr.org
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ALEXANDRIA SENIOR CENTER

Healthy, Active Living

SEPTEMBER 2020
VOL. 29, NO. 9

News

DRIVE-THRU



SCANDINAVIAN MEATBALL DINNER SATURDAY, OCTOBER 10TH

The traditional Scandinavian Meatball dinner that was postponed last March has now been rescheduled for October 10th Noon – 3 PM. Because of COVID-19, we will be holding the dinner as a 100% DRIVE THRU ONLY. We will be honoring all previously-purchased tickets or you can still purchase one by calling the Center at 320-762-2087 and pick them up at the Center. You may purchase tickets from your car on the day of the event also. Adults are \$10 and Children 6 and under are \$5. Please call ahead 320-762-2087 to reserve your meal before October 8th.

The menu will include:

Mom Erickson's meatballs, creamy smashed baby red potatoes with gravy, honey-glazed carrots, dinner roll, dessert and a beverage.

We are most grateful to Henry's Foods, Lake Country Meats and Elden's Fresh Foods for their sponsorship of this event!



SENIOR CENTER OPENING SOON – OCT. 1ST

After being closed since March, the Alexandria Senior Center plans to again open its doors on October 1, 2020. In an effort to offer opportunities for you to meet in a safe, physically distanced environment, the Center is re-introducing experiences where a limited number of participants will be able to gather. In these events, there is no sharing of materials. Please bring your own supplies, wear a mask and do not bring food or beverages to share.

Hours of operation at the Center will be 9:00 AM – 3:00 PM, unless you are previously scheduled for something outside of those hours.

Calling for Reservations

It sounds silly, but visitors will need to call at least 24 hours before you visit the Center, so we can control the number of visitors in our building at one time. Reserving your spot for an event/activity is also important because numbers of participants for activities and events are limited, depending on the size of the room, in which they'll be meeting.

Registrations/reservations for activities listed in this newsletter for Senior Center members begins Monday, September 14 at 9:00 am. Non-member reservations/registrations opens September 21st. Registration/reservation requests may be

sent via email (info@alexsrctr.org).

Along with some of our regular gatherings of Senior Center groups, such as Quilt & Sew, Card Recycling, Billiards, and Bingo, Foot Care will also start up again in October. We have also added a few new gathering opportunities. See page 4 for some of the changes and additions to the planned activities.



BILLIARDS

We are excited to welcome back our billiards players. Following all social distancing and safety protocols, players must wear masks at all times, bring their own cue stick and chalk, and only one person may (touch) rack or retrieve the pool balls between sanitizing. Only two tables will be available for play at one time, leaving the middle table unused. The hours of availability to play Billiards are 9:00 am – Noon, Monday through Thursday. Please call at least 24 hours ahead of your visit.

- Continued on Page 4

ALEXANDRIA SENIOR CENTER 2020 BOARD MEMBERS

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Denise Strand • Jeff Morse • Carol Erickson • Vi Frisch • Jim Bjerknes
Executive Director - Nancy Haggemiller

MISSION STATEMENT

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

HOURS: Monday - Friday 9:00 am - 3:00 pm

SMARTPHONE TIPS

By Jeff Morse

A couple tips on using your smartphone. As always, if you have any questions about these or other operation questions regarding your smartphone, you can always call your provider and they can walk you through some of your phone's abilities.

Set up your voicemail box.

Most phones will have a button that directly dials your voicemail box for you. If you can't find this button, holding "1" on your keypad will dial your voicemail number. Follow the system's prompts to create your password, record your name announcement, and/or record your greeting.

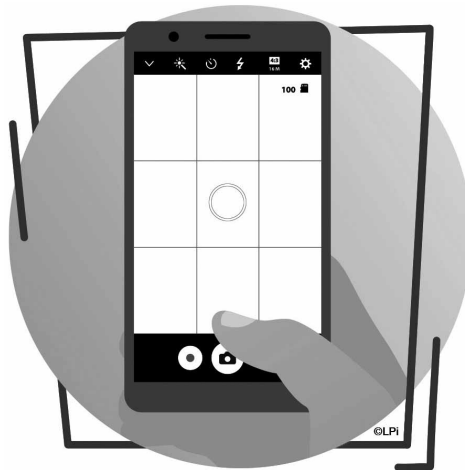
- If you don't want to record your own greeting, the system will use its own programmed greeting and personalize it using the name you recorded.

- You can change your password, name, and greeting anytime by dialing the voicemail number and following its menu prompts.

When you receive a voicemail, your smartphone will alert you or display a notification. Tap the voicemail number or hold "1" to access your mailbox. Input your password and listen to your messages. Follow the prompts to either callback the number, save the message or delete the message.

Learn how to download apps.

Most smartphones will have a set of applications already downloaded and one of them should be your operating system's app store. Tap on its icon and browse or search for apps you wish to use. You may need to set up an account to download apps. Your phone should prompt you to set up an account which



often asks for your personal information and payment options.

- iPhones use the App Store app and require users to set up an Apple ID.

- Androids use the Google Play app store.

- Some apps cost money. Make sure you have the correct payment information in your account. Be careful when allowing others to use your phone or your account to download apps. In most cases, a password is required to download any apps that cost money to protect you from unwanted purchases.

- Some apps have in-app purchases or options to buy more features to upgrade the app you downloaded.



**The earth has music for
those who listen.
- Shakesphere**



Driver Safety

CLASSES NOW AVAILABLE ONLINE

There will not be any 'in-person' AARP Driver Safety Classes held at the Alexandria Senior Center for the rest of 2020.

You may now take their online course to renew your car insurance discount by visiting www.aarpdriversafety.org. Use the promo code DRIVINGSKILLS for a 25% discount on the class. These classes are available through December 31, 2020.



We are thrilled to say that our volunteers for the information desk have been filled! We need more volunteers to help with the COVID mandates to open.

1. We are in need of volunteers to greet people and take their temperature plus ask a few questions that will be posted. If you have a friendly smile, we need you.

2. We also need volunteers to wipe down tables and chairs after an event. Please call Nancy at the center if you would be willing to help.

We are excited to open and see many of you again!



THINKING ABOUT STARTING A CLUB OR INTEREST GROUP?

Have you ever wished there was a group or club you could join with others with a common interest? Do you want help getting one started? Perhaps you'd like to form a group to gather at the Center, take the initiative and give Nancy a call at the Center. We'll try to help you make it happen.

Some ideas of interest groups/clubs include:

- Book Club
- Walking Group
- Biking Group
- Knitting Club
- Military/Veterans Group
- Travel Club
- Cooking/Baking Group
- Film/Movie Group
- Fitness Group

The amount of time or energy spent with a club is up to the individual, but these social groups are just a few ideas, and those participating can choose many levels of involvement. There are possibilities of many other interest groups/clubs you could form. Because of COVID-19 safety protocols, cards and some games are not available at the Center for now, but there are so many other possibilities for gathering safely.



FROM THE PRESIDENT

Well, we're getting excited to open the center and we want to start where we left off. Your meatball dinner committee is hard at work to make that happen. If you're called to help as a volunteer, please give wholeheartedly your consideration to this effort. I know I'll be there to help in any way I can. Be sure to locate your tickets for redemption at the dinner. Those without tickets may purchase at the reception desk through October 9 or you can purchase a ticket from your car on the day of the event. Please wear your mask on entry. I know it's a pain, but that's how we will stay open. You may notice our schedules of events are abbreviated somewhat, but that's mostly to accommodate cleaning and sanitizing crews to do their work. Some events will not go ahead as of yet.



Thank you,
Pres. Don

REST IN PEACE, TOM BUNDY

By Kathryn LeBrasseur

It was with deep sadness when we heard Tom Bundy passed away on Tuesday, August 11, 2020. He was 85 years old. Tom Bundy brightened our lives! Two events in his life greatly impacted the Senior Center. At one time he broke a hip and his mother taught him to embroider and cross stitch for something to do while recovering. This developed into a love of making quilt tops and Tom made many. He embroidered the tops and then the quilters from the Senior Center put them together and they were offered for sale in our store, Cornercopia. They didn't hang on the racks for very long. Generally they were sold upon just showing them! All the monies were donated to the Senior Center. They were a gift of love and they are loved by the recipients.

The second event was that during his two military careers he was stationed in

England for a while. He developed a real love of the Royal Family and loved to keep informed of their doings. Thus, every week he purchased the National Inquirer and the Globe to read all about them. He would then bring these publications to the lobby every Monday morning. Not many of us read the articles, but we would read the headlines and feign great fear about things like what if Harry or Charles really did what the headlines said. However, Tom had read them carefully and would explain in great detail what the "truth and scoop" was. He also cherished his collection of English commemorative coins. He didn't dine with us or hang around in the lobby with us, but he played a great game of pool each day! He was our friend! He suffered long and bravely at the end and we miss him!



Lorsung Art Studio

OCT 2020 CLASSES

Call the Senior Center at 320-762-2087 to register. Each class will have a 3 person limit.



Copper Doodles - \$25

Tuesday, October 6 - 6-8 pm

Instructor: Connie Gawthrop

Take a piece of copper wire, twist it all around, beat it with a hammer and voila! You will have something really cool for your neck, ears, windows, zipper pulls or whatever you wish! Use your imagination with guidance from the instructor. All materials and tools provided.

Make Your Own Earrings - \$25

Tuesday, October 13 6-8 pm

Instructor: Peg Churchwell

Join Peg in creating a pair of earrings using various metals by experimenting with texture and cold connection techniques - no soldering required. All materials provided.

Open Studio - \$5 per hour

Tuesday, October 20 6-8 pm

Stop into the Lorsung Art Studio to start or complete a project you are working on. It's a great time to use the studio equipment and visit with fellow artists. Space is limited so make sure you sign up ahead of time.

Rock Cutting & Polishing - \$25

Wednesday, October 28 6-9 pm

Instructor: Kyle Anderson

Shape and polish a stone into a wearable piece of jewelry or to display and admire! Demonstrations will be provided on how to use the trim saw and the grinding and polishing machine. Rocks will be provided by the instructor or bring your own.

- Continued from Page 1



BINGO is Back

Fun Bingo is back every Monday at 1:00 pm. It will be held in the Dining Room instead of the Meeting Room to help us accommodate a large group and still abide by the social distancing requirements. Participants will need to bring their own bingo daubers or purchase one at the Center. Participants will be limited to 25, so call in your reservation.

BUNCO

Bunco (also Bunko or Bonko) is a game generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A Bunco is achieved when a person rolls three-of-a-kind and all three numbers match the round number. If you'd like to try this game on October 15 at 1:00 PM, call ahead to reserve your spot. We will be limiting participation to 20 people. Participants will need to bring their own dice (3).

TRIVIA

Are you a trivia buff? We will be holding an afternoon of Trivia on Tuesday October 27, at 1:00 PM. Watch for more details in the October newsletter.

For your safety, limited areas of the building will be open. The first step in this process will be allowing only very small groups to use those limited areas. This will make ongoing cleaning efforts easier. We will be trying to use our largest rooms as much as possible for all gatherings at the Center. This is why we will not be offering everything at the same time, as each program requires thoughtful preparation in order to assure guidelines are being met. Please be patient with us as we carefully re-open in a manner that keeps your safety and health our top priority.

What will be different?

- Please wear a face covering and practice physical distancing while at the Center.
- Staff offices will be limited to one visitor and/or volunteer at a time.

- You will find a protective barrier at the reception desk.

- We will be using an infrared thermometer to check individuals' temperatures. No one will be admitted with a temperature of 100 degrees or over.

- There will be no coffee or food items available. We will have canned soda/pop and bottled water available for purchase. Visitors are asked to bring their own refreshment if they wish and please don't bring any food to share.

- Appointments/reservations can be made by members after September 14th and non-members after September 21st by calling 320-762-2087.

- We ask that you stay home if you are sick, don't feel well, or have been around someone who is positive for COVID-19.

- Visitors and Volunteers must enter and exit the building from the East (Hawthorne Street) doors. The North door will be closed to all but Meals on Wheels drivers and deliveries.




Please know that we will start slowly where not all activities will resume immediately but we will ramp-up the activities as we safely can. Please see the October newsletter for more detailed information of activities that will be available and procedures everyone will need to follow to keep everyone safe. Thank you for your understanding and cooperation. We are excited to see everyone again!



ITEMS NEEDED AT THE CENTER

Any donation of items would be appreciated.

- Clorox Wipes
- Face Masks – disposable or cloth
- Lysol Spray

October 2020						
Sun	Mon	Tue	Wed	Thu	Fri	
<div>Notes:</div> <div>9:00-Noon Table Pool Monday thru Thursday</div> <div>NSI/Meals on Wheels 320-762-4280</div> <div>Art Classes & Open Studio are to be registered by calling the Center</div> <div>Alexandria Senior Center Hours: Monday-Friday 9:00AM-3:00PM</div>						
4	5 9:00 Billiards 1:00 Fun Bingo 4:30 TOPS #36	6 9:00 Billiards 6:00 Copper Doodles (Art Studio)	7 9:00 Billiards	8 9:00 Billiards 10:00 Foot Care 	9 8:00 TOPS #775  8:30 Foot Care 1:00 Card Recycling and Stamping	10 Scandinavian Meatball Dinner Drive Thru Only Noon – 3:00 PM
11	12 9:00 Billiards 1:00 Fun Bingo 4:30 TOPS #36	13 9:00 Billiards 9:00 CCOA Meeting 6:00 Earrings (Art Studio)	14 9:00 Billiards 9:30 ASC Board Meeting	15 9:00 Billiards 1:00 BUNCO	16 8:00 TOPS #775 9:30 Quilt & Sew	17
18	19 9:00 Billiards 1:00 Fun Bingo 4:30 TOPS #36	20 9:00 Billiards 6:00 Open Studio (Art Studio)	21 9:00 Billiards	22 9:00 Billiards 10:00 Foot Care 	23 8:00 TOPS #775	24
25	26 9:00 Billiards 1:00 Fun Bingo 4:30 TOPS #36	27 9:00 Billiards 10:00 Exec Board Meeting 1:00 TRIVIA	28 9:00 Billiards 6:00 Rock Cutting (Art Studio)	29 9:00 Billiards	30 8:00 TOPS #775 9:30 Quilt & Sew	31

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FOOT CARE AT THE CENTER IS BACK!

You can call in after September 14th to book your next Foot Care appointment. Our practitioners will be back for Foot Care on Thursday, October 8 from 10:00 AM to 2:00 PM, Friday, October 9 from 8:30 AM to 1:00 PM and again on Thursday, October 22, from 10:00 AM to 2:00 PM. The cost is \$15, made payable directly to the nurse. Call ahead to schedule your appointment as they will fill up fast. The Foot Care practitioners will be back again for appointments in November.

DRIVE THRU ONLY

SCANDINAVIAN MEATBALL DINNER

ALEXANDRIA SENIOR CENTER
OCTOBER 10 | NOON-3PM

MEATBALLS, MASHED POTATOES AND GRAVY,
GLAZED CARROTS, DINNER ROLL, BEVERAGE AND DESSERT

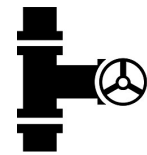
TICKETS: Still have your ticket? Great! All previously purchased tickets for the postponed March 21 Meatball Dinner will be honored.
ADULTS: \$10.00 CHILDREN (6 & under): \$5.00

You may purchase tickets from your car or in advance at the Center.
DRIVE THRU located at 414 Hawthorne Street, Alexandria
Reserve your meal by calling 320-762-2087 before October 8th

Thank You to our sponsors: Henry's Foods, Lake Country Meats
& Elden's Fresh Foods

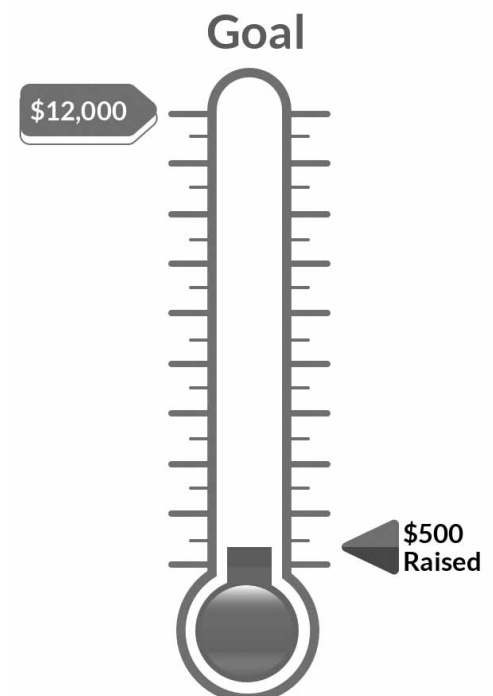
Benefit Event for Senior Center Services and Programs
TICKETS AVAILABLE AT: THE ALEXANDRIA SENIOR CENTER

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Hydration Donation Project Waterway Relief Fund

We are excited to announce that we have raised \$500.00 in just the last month for the Hydration Donation Project. Thank you to those that have already responded to our plea for donations to our relief fund to help the Senior Center pay for the extensive costs to repair and replace the water main and waterline for our building. Because the Center has been closed due to the COVID-19 pandemic since March 16, 2020, we have had to cancel all of our fundraising activities over the past 6 months. We are still responsible for our regular expenses throughout these months, however, we haven't received the income that we normally receive to keep things running. Your support to help us pay for this unexpected large expense will help us continue to move forward to our October 1st reopening date. One hundred percent of the donations are going directly to covering our costs of this huge project. Your gift of any amount will make a difference. You may send your donations to The Alexandria Senior Center, 414 Hawthorne Street, Alexandria, MN 56308 please tell us that the check is for the Hydration Donation Project or you may donate online at www.alexsrctr.org.





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