

The Center Piece

Rochester Senior Center • April 2011

Senior Center Mission: To enrich the lives of older adults

What's New?

Things Are Changing...

- Library/Lounge moves to the Dining Room
- Dining Room transformed into a casual space
- Gift Shop Moves

NEW...April 11th NEW Café MEAL OPTIONS—

- Continental Breakfast Bar OPENS (M-F) 7:30 -10 am
- NEW Castle Café on Broadway Dining—NO MORE RESERVATIONS/No more signing in—STOP IN ANYTIME between 11 am -12:30 pm for a variety of lunch time entrees, including soup, salads and sandwiches.

Note—Donation based program is no longer offered at the Senior Center. See page 9 for all the details.

Note—Library/Lounge & Gift Shop CLOSED April 4th-8th and NO MEALS available April 1st-8th.

Celebration of Life

Tuesday, April 26th, 9:30 am

Recognizing Senior Center members 90 years and older! A Celebration where stories are told and laughter rings out; a loving tribute to honor their experiences and the difference they have made. Life is too short to leave kind words unsaid.

Entertainment by the Young at Heart Singers.

Menu: Breakfast Bake, Muffin, Fruit, Coffee

Purchase tickets from the Business Office by April 19th. Cost: \$5 Lunch is complimentary to members age 90 & over as part of this special occasion.

14th Annual Prayer Breakfast

Thursday, May 5th, 9 am

In honor of the 60th Observance of the National Day of Prayer

Rejoice & pray as a united nation, reflect & learn about different methods of prayer:

Using Scripture to Guide our Prayer: Bill Price,

Executive Pastor, Autumn Ridge Church,
Musical Prayers: Karna Hagen, Pastor, Gloria Dei Lutheran Church,

Prayer of Gratitude: Sister Martha Ann McGinnis, Catholic Sister of St. Francis,

Prayer of the Heart: Father Mark Munoz, Pastor, Greek Orthodox Church,

Prayer Testimonials: Kay Meyers and Doris Meyers, Senior Center Members

Entertainment: Anthony Cook

Menu: Breakfast Bake, Muffin, Fruit, Coffee
Purchase tickets from the Business Office by April 28th. Cost: \$6 for Sr. Ctr. Members, \$7 for Non-Members

Member Annual Meeting

Wednesday, April 27th, 1:30 pm, Clubrooms

2010 Accomplishments & Financials will be reported. Fellowship, Dessert and Coffee to follow program.

Register by calling the Business Office at 287-1404 by 1 pm, Friday, April 22nd.

Rochester Senior Center – 121 N. Broadway – Rochester, MN 55906

507.287.1404 – www.rochesterseniorcenter.org

CENTER HOURS ~ Monday–Thursday: 9 am – 4 pm • Fridays: 9 am – 1 pm

Inside This Issue

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14 – Tax Assistance

Never Stop Learning

** Open to all ages & the general public. Free. No RSVP required.*

*Advance Directives

Thursday, April 7th, 10 am

Speaker: Kim Otte, Mayo Attorney

In recognition of National Healthcare Decisions Day, we will host a seminar on advance care planning related to healthcare decisions.

What kind of medical care would you want if you were too ill or hurt to express your wishes?

Advance directives are legal documents that allow you to convey decisions about end-of-life care ahead of time. They provide a way to communicate your wishes to family, friends and health care professionals, and to avoid confusion later on.

There will be an opportunity to complete a MN Health Care Directive and to ask questions.

Kim will also be available to assist with forms.

What is Written will be

Remembered Fri., Apr. 8th, 9:30-11:30 am

Presenter: Mike Ransom

In this workshop, Mike will talk about the writing he does and why he enjoys it so much. He will provide tips to help you (1) begin a memoir you may be thinking of writing or (2) continue & complete some writing you have already begun.

\$8 for members; \$10 non-members

Booklet: additional \$5, available at the session. RSVP/Pay Business Office by Wed., 4/6.

For a bio on Mike, please see page 12.

Can you Hear? Thursday, April 28th, 10 am

Speaker: Stacey Dimond, Au.D., OMC

Informational session on the basics of how we hear, what hearing loss is, and the benefits & realistic expectations of hearing aids.

Donations appreciated, all ages & general public welcome.

RSVP required by Wednesday, April 27th, at Noon.

*Vital Medical Preplanning

Monday, April 11th, 1 pm

The topics discussed will be:

- Preplanning w/Powers of Attorney (POA) and Health Care Directives (HCD)
- Estate Planning: definition of a good plan
- Guardianship/Conservatorship
- Ways to avoid Guardianship/Conservatorship

Attorney, Lisa K. Pluto from Pluto Legal, PLLC will be presenting and will be available to answer questions after the presentation. Refreshments will be served.

Olmsted Historic Sites: School Houses, Old Cemeteries, Mills & More

Wednesday, April 13th, 3 pm

Presenter: Bob Douglas, Geography Professor at Gustavus, was asked by the Olmsted Planning Department to do a survey of remaining historic sites in Olmsted County. He will present some of what he found in pictures and maps.

Free for members, \$2 for Non-Members, all ages welcome. No RSVP required.

President James Buchanan

Monday, April 18th, 1 pm

Speaker: David Dunn

Did you ever wonder about James Buchanan?

~ Where did he come from? ~ How did he get elected to the highest government office in this country? ~ What were the highs and lows of his administration? ~ How would you evaluate his Presidency?

These questions & more will be answered in this session. Donations appreciated, all ages & general public welcome. No RSVP required.



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Power Brunch Tues., April 12th, 10:30 am
Topic: On the Markets, our updated commentary on current economic conditions. This month's focus is **Stick with Stocks**. Nearly two years into this bull cycle, companies are still reporting strong profits and valuation remains attractive. Speakers: David Olson & Andrea Rutten
Power Brunch covers current events in the world of Investment & Financial Management. Free to members only, no RSVP required.

It's the Law Tues. April 19th, 10:30 am
Topic: The Legislative Session...Does it Affect You?
Monthly presentations hosted by local lawyers, judges, & law enforcement. Free to members only, no RSVP required. Sponsored by the Rochester Senior Center Foundation.

Titanic Lunch & Learn
Tuesday, April 12th, 11:30 am
Speaker: Dale Blanshan
April 15, 2012, is the 100th anniversary of the sinking of the great ship Titanic, on her maiden voyage from England to the US. Over 1,500 passengers lost their lives when the great ocean liner went down, amid stories of tragedy, heroism, & narrow escape. In 1985 the wreck of the Titanic was discovered, lying 2 1/2 miles below the surface of the Atlantic. New pictures tell the grim tale. Purchase tickets from the Business Office by Tuesday, April 5th. Cost: \$6 for Sr. Ctr. Member, \$8 for Non-Members. Menu: Sandwich, Chips, Cookie, Coffee

Billiards/Pool Room
Monday, Wednesday & Thursday 9 am-4 pm
Tuesday, 12-4 pm; Friday, 9 am-1 pm
Ladies Pool: Tuesdays, 9 am-12 pm
\$2 to play all day! Members only.

Bingo Mondays, 1:30-3:30 pm
\$1 per card. Pick-Your-Own cards 25¢ each. Sixteen games are played.

Canasta Tuesdays, 10 am to Noon

Cribbage Wednesdays & Fridays, 9-11 am

Contract Bridge Wednesdays, 12:30-4 pm
For info, contact Dick Boutelle at 282-5504 or Herb Erickson at 289-8550.

Dominos Wednesdays, 1-4 pm

Mah Jongg Thursdays, 9:30-11:30 am
This ancient Chinese game never gets old. Beginners welcome. If interested please call Karen Reilly at 282-0392.

Ping Pong
Tuesdays & Thursdays, 9-10:30 am
\$2 suggested fee per session.

Pinochle Mondays, 12:30-4 pm
For more info., contact Sharon Henzel at 305-815-2516

Texas Hold-Em Tuesdays, 1:30 pm
Play in our weekly tournament! \$2.

Give Pickleball a Try!!
Wednesday & Thursday, 1 pm;
Friday, 10:30 am, Fred Reed Hall, 3rd Floor
Pickleball uses a ball similar to a wiffle ball & paddles similar to large ping-pong paddles. The court is about the size of a badminton court. Wear comfortable clothing & tennis shoes.

Cards & Games

500 Cards Thursdays, 12:30-4 pm,
Fridays, 9 am - Noon
For Thurs. session, contact Dick Boutelle at 282-5504 for info. For Fri. session, contact Dorothy Beasley at 271-1746.



Randy Vine



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Chad Sietsema

Love Of The Arts

Greeting Card Making & Scrapbooking

Wednesday, April 13th, 12:30 -3 pm
2nd Wednesday of each month Have fun, meet new friends; get projects done while sharing ideas; get questions answered & inspire one another to complete cards, layouts & gifts from the heart. Come for all or part of the scheduled time. The 1st 30 min. is devoted to a *Make & Take* item, instructed by a member. All levels of experience are welcome. New to scrapbooking? No need to come with supplies, a table will be set up with materials and tools that all will share; info. provided on where you may purchase items of your own.

Crochet Tuesdays, 12:30 - 2:30 pm

Kitchen Band

A unique band using common kitchen utensils , washboards, kazoos, tea pots, jugs and combs to make "tasty tunes"- lively & fun music, humorous skits, and a variety show. They perform in Rochester and out-of-town bringing smiles to many nursing homes and skilled senior facilities, schools, graduations and private parties.

The Kitchen Band is looking for fun & committed gals to join their close and supportive group.

For more info or to join the group, contact Doris Stowe at 288-3110.

Knitting Fridays, 11 am-1 pm

Quilting Mondays, 9 am-Noon
Contact Mary Hanson at 289-8318 for info.

Woodcarving Tuesdays, 9 am-Noon
Bring projects and enjoy working with friends!

Young at Heart Singers
Wednesdays, 10 -11 am
Men and women are welcome to join this fun-loving group. The regular practice season runs September through May. Call Becky at 289-6802 for more info or to book a performance.

Art & Ceramics
Art - April, May, June - 23 Classes with instruction from Molly Althoff
Mondays & Fridays 9 am to Noon; \$92/quarter. Supplies by artist.
Monday or Friday: \$46/quarter.
No class April 22nd, May 22nd or June 27th.

Ceramics -
Open Studio - No Instructor
Open to all members, no RSVP required.

Thursdays, 9 am to 4 pm
\$4 for ½ day or \$6 for all day

Tuesdays, Noon to 4 pm, \$1

Firing(s): 20% of piece

Glaze, Paint, Stains: Flat charge per piece

1"-5" tall: 50¢, 5"-10" tall: \$1

Over 10" tall: \$2

Pay Ceramics Bookkeeper at end of each month.
Optional: Group Trip to Minnie's the 1st Thursday of the month at 1 pm to buy greenware.

Original Art Work Sale
by the Rochester Senior Center Artists
Saturday, April 16th, 1-8 pm
Bostrom Terrace, 1680 Eastwood Rd., SE
Free Admission. For more information, contact Mary Lou at 507-288-4603



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At Your Leisure

Breakfast Club

Tuesday, April 26th, 8:30 am
 Grandma's Kitchen, 1514 N. Broadway
 Morning coffee, breakfast and friendship.
 No reservations necessary!

Nintendo Wii

Bowling League: Tuesdays in April (5th, 12th, 19th, 26th) League play at 1 pm and 3 pm. Free for members.

You can also use the Wii or Wii Fit on your own. To reserve a time, call Julie at 424-6407.

Book Club

Thursday, April 14th, 9 am
 Discussing *Thousand Splendid Suns* by Khaled Hosseini

Checking out: *Old Man and the Sea* by Ernest Hemingway

Dance With Us

Silver Treads Square Dance Club

Tuesdays, 1-3 pm
 Square dance attire and a partner are not necessary. Singles will be paired with a partner. Contact Charles Bysheim at 281-4455 or Pam Snyder at 281-2547 to schedule a dance demo or for more information.

Saturday Night Dances

7-11 pm
 \$8 admission, open to the public, no alcohol. Soda \$1, Coffee 25¢

Upcoming Dances:

Apr. 16 th	Larry J
May 21 st	Top Notchmen
Sept. 17 th	Zen Zen

No Saturday Night Dances are scheduled for June, July or August

Healthy Living

Exercise

Ready....Set....Start.... 9:30-10:30 am
 Train with light weights, increase your range of movement & help prevent falls, experience improvements in walking and breathing!

Wednesdays & Fridays: U-Care Enhance Fitness Exercise Program - Free for U-Care Members, \$2 for Non-U-Care Participants

The U-Care Enhance Fitness Exercise Program is based on scientific research and input from older adults resulting in the most effective fitness class ever offered. The program combines three key components of fitness: strength training, flexibility and cardiovascular conditioning.

Work at your own pace, instructor provides individual attention, demonstrations, variations and modifications to the program so you can find a level that is a perfect fit for you. Casual atmosphere. Instructor: Deb Cannon

Mondays: 9:30-10:30 am, \$2 for Members Only

**Please check with your physician before starting any type of exercise program.

The group notes enthusiastically that they come to keep moving, stay healthy and most of all have fun and socialize.

Blood Pressure Check Clinic

Thursday, April 7th and Tuesday, April 19th
 Comfort Home Health Care will be at the Center on the 1st Thursday and 3rd Tuesday of each month from 12:45 to 1:15 pm. No RSVP required, general public invited. Free.

Med City T'ai-Chi Ch'uan Club

Mondays, 6-7:30 pm, Fred Reed Hall
 \$25/month, \$15/month if a Sr. Ctr. Member

Foot Care Clinic

1st, 2nd, & 3rd Thursdays, 12-3:30 pm
 4th Thursday, 9 am-12:30 pm Kay Plotner, RN
 Wednesdays, 9-11:30 am Judy Dahl, LPN
 Appointments required. Cost: \$20 per visit.
 Foot care consists of trimming nails and addressing other foot problems such as corns, calluses, and ingrown nails.

Computer Interest

All classes are 2 hours long and meet as indicated. Detailed descriptions of each class are available online. Register by mail, by phone (424-6413) or online. Class fees can be paid at the first class.

Walk-In Registration: Wed., April 27th, 9-11 am

MyPC Series Open House --- FREE
Monday, April 25th, 12:30 - 2:30 pm.
This Open House will introduce you to four, 3 hour workshops.

1. Connecting with Friends & Family
2. Creative Photo Slideshows
3. Digital Photo Editing
4. Getting started with Windows 7

You'll see what each workshop covers & have a chance to try out some of the functions covered in each workshop. After the Open House, sign up for any of the workshops or register at the walk-in registration, by mail, online or phone.

Computer Fundamentals: 4 sessions
\$20, Mon/Wed, starting April 11th at 9:30 am
Designed for those with no computer experience. Become comfortable with the keyboard and mouse, learn about hardware, software, Windows 7 desktop and documents.

Spirit & Soul

Ladies Bible Study

Wednesdays, 9:30 am

For more info, please contact Chris Quick at 288-5962 or Kay Meyers at 289-0145.

Trips and Travel

Art in Bloom - Minneapolis

Institute of Arts Thursday, April 28th
Join us for this four day festival of fresh floral arrangements and fine art, presented by the Friends of the Institute. This spring celebration highlights the talents of more than 150 floral artists, whose work will be on view next to the works of art that inspired them. Experience the floral fragrance throughout the museum, enjoy a lecture or demonstration and browse in the Art in Bloom Shop.

Cost: \$25/person, \$20 if a member of the Center. Payment due by 1 pm April 15th. No refunds. Entrance to exhibit is free, lunch on your own.

Leaving the Rec Center at 10 am & the Senior Center at 10:15 am. Returning by 5 pm.

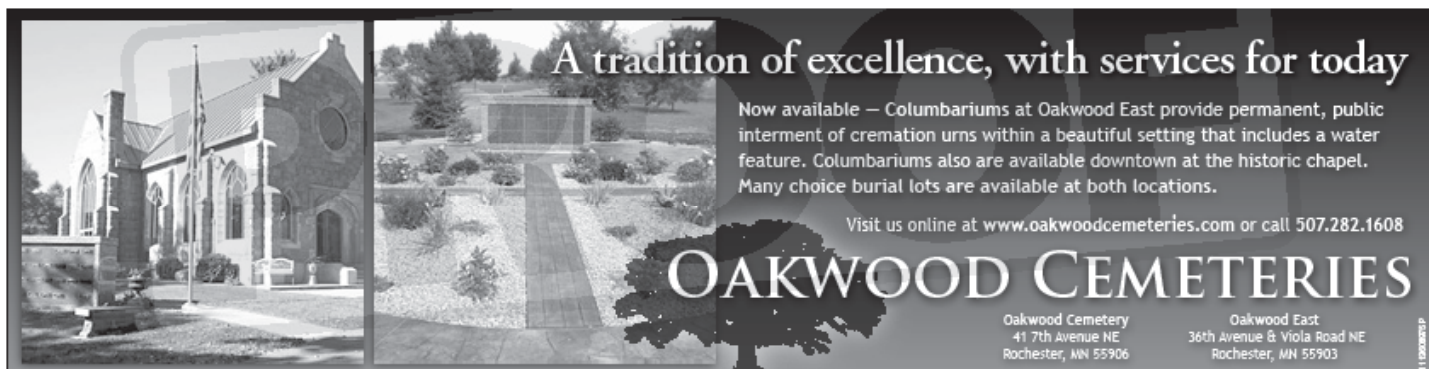
Traveling via coach bus with restroom, Rochester City Lines.

Feeling Lucky? Win a MILLION at Diamond Jo Casino!

Tuesday, May 18th
Cost: \$15/person. Receive \$10 on players card and free lunch buffet. RSVP and pay Business Office by 4 pm on May 11th. No refunds.

Trip stops in Stewartville & Austin for pick-up. Four hour stay at casino. Will need Diamond Jo players card #, name & phone #. If you don't have the players card, will need full name, address, phone # and date of birth.

Leaving Cub Foods at 8:30 am, returning at 4:30 pm.



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Oakwood East
36th Avenue & Viola Road NE
Rochester, MN 55903

Director's Desk

Sally Gallagher
Executive Director



Dining Room & Castle Cafe Transformed...

Library/Lounge moves to the Dining Room...

Gift Shop Moves...

That's right! We are transforming the Dining Room into a more useable space in order to better serve the growing needs of our membership and to help with our programming demands.

On Monday, April 11th the Dining Room will have a new look and feel as the space becomes a more casual and inviting setting for reading the newspaper, grabbing a cup of coffee, watching the Today Show or CNN, checking out a book to read, getting a healthy meal, playing a game of cards or just visiting with friends. The books and book shelves from the current library will be located in the Dining Room and Wi-Fi will also be available. You are welcome to bring in your own laptop while you enjoy our new casual space or you can check out a laptop from us.

The Castle Café options have expanded and been altered to meet the changing meal preferences of our membership.

New...a Continental Breakfast Bar, beginning April 11th.

The lunch meal options at the Senior Center will also be changing effective April 11th. No more reservations, no more signing in or filling out paperwork to enjoy a meal at the Castle Café on Broadway. Come in anytime between 11 am -12:30 pm for a lunch time meal. Look for lighter & healthier entrees.

See Page 9 for more details for the Continental Breakfast and the expanded Lunch options.

The Senior Center is no longer able to offer the donation-based program as in the past. Semcac is now managing and offering the "congregate"

donation-based meal program within Olmsted County. See page 8 for more information.

As we make these changes you will see some additions to the programming opportunities at the Senior Center as well. See page 8 for info. about the Monday Men's Group & for Ladies Tuesday's Tea.

The Gift shop is moving into the "old" Library/Lounge space. Check out our new and improved Gift Shop on the 11th. Moving the gift shop will open up a new room for programming. Several groups will be moving into this room to allow for more quiet & private space enabling participants to better hear program speakers.

Some groups will be moving. As we make these changes some groups and activities will be moving from their current meeting space. We will try our best to let you know by informing your group leader of these changes before they happen. These changes will begin to happen in April and will continue into May. As a rule, all the card playing groups such as pinochle, 500, bridge, etc... will be moving to the West end of the Dining Room to open up the Clubrooms for other programming needs. The East end of the Dining Room will remain open at all times for casual stopping in, for checking out library books, and reading the newspaper.

Why all the Change?

In order to accommodate the growing program needs we have (until we can get into a new center) changes are being made to better utilize our current space. We believe these changes will help us accomplish several goals: better utilization of the Dining Room, increase visibility & sales in our Gift Shop, provide additional space for programming, reduce the amount of cancellations of current activities, provide a more quiet and private space for programming, and provide more flexibility for meal service. These are a few of the main reasons for the changes being made. We ask for your patience, understanding, flexibility and support as we make these changes to better serve you our members and participants.



Semcac Senior Dining

Reservations

Please keep in mind that if you would like to dine at one of the sites listed below, reservations are required a minimum of 24 hours prior to ensure that we are prepared for you to dine. Please call the appropriate phone number (listed below) to make reservations. The suggested donation is \$3.50 for those 60 years of age and over and \$6.50 for those 59 years of age and under.

Central Towers	529-4139	11:30 am
Eyota	545-2970	11:30 am
Fontaine Towers	529-4614	11:30 am
High Pointe	424-1858	11:30 am
Kenosha Dr. Apts.	206-5168	11:30 am
Northgate Plaza	287-7152	11:30 am
Park Towers	287-7868	11:30 am
Peace Church	287-7153	11:30 am

There is not a senior dining site at the Senior Center as of April 1st.

Special Event Meals

April Showers Birthday Celebration

Wednesday, April 13th, 10:30 am

You're invited to *think spring!* April Showers bring May Flowers! Those attending with a birthday in April will receive a small gift.

Entertainment by Linda Theisen

Menu: Chicken Divan, Cake & Ice Cream

Cost: \$5 for Sr. Ctr. Members, \$7 for Non-Members

Please purchase tickets from the Business Office by 4 pm on Wednesday, April 6th.



Check out our website at

www.flamingo-bingo.com

2828 East Frontage Road
Hwy 52 North
Rochester, MN 55901
507-282-0988

Rochester Senior Center Foundation License # 36207

Good Friday Brunch

Friday, April 22nd, 10 am

Menu: French Toast Bake, Sausage, Fruit, Orange Juice

Cost: \$5 for Sr. Ctr. Members, \$7 for Non-Members

Purchase tickets from the Business Office by 4 pm on Thursday, April 14th.

To make a reservation for *special events with a meal*, call the Business Office at 287-1404.

New Programs in May

Monday Men's Group Beginning in May, 9 am. Discuss and learn about current events and issues with local leaders.

May 9th: Meet & Greet with Sheriff Dave Mueller

May 16th: Meet & Greet with Mayor Ardell Brede

May 23rd: Jerry Williams, Topic - Sales Tax Referendum

Will not meet on Memorial Day.

Light breakfast & coffee available for purchase.

Tuesday Tea Beginning May 9th, 9 am

Start the day with pleasant conversation, proper tea and delicious scones with Devonshire cream.

Cost: \$2/person. No RSVP Required.

Driver Refresher Class (4 hours)

This class is for drivers 58 years old & older who have previously completed a state approved 8 hour class. In order to maintain the 10% insurance discount this 4 hour class must be taken every 3 years. Class will provide up-to-date information on a variety of topics that are pertinent to keeping senior drivers safe on our roadways. Cost: \$15 for current Sr. Ctr.

Members, \$18 for non-members. Stop by the Business Office or call 287-1404 to register.

Payment is due before class. Parking is available in the Center Street Ramp (bring your ticket for validation to receive a reduced fee) & metered parking is around the Center.

To use the Center's parking lot, users must be a current member & have a parking access card.

Upcoming Classes:

Wednesday, May 18th, Noon to 4 pm,

Wednesday, June 8th, 9 am to 1 pm

Monday, June 20th, Noon to 4pm

Castle Café on Broadway

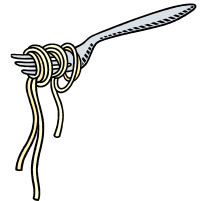
Breakfast Options Available 7:30 -10 am

- Oatmeal
- Cereal
- Bagels
- Toast
- Muffins
- Waffles
- Fruit
- Yogurt
- Pastries
- Beverages - Coffee, Juice, Milk



Special of the Day** for the Week of April 11th \$4.50/meal

- Monday - Italian Chicken
- Tuesday - Spaghetti with Meat Sauce
- Wednesday - Chicken Divan
- Thursday - Pork Roast
- Friday - Battered Fish



**Special of the Day will include two side items

At the time of printing the April newsletter, the menu for the rest of April was not finalized. Feel free to pick up a copy of the menu when you stop at the Center in April.

Lunch Options Available 11 am - 12:30 pm

- Soup
- Sandwich
- Small or Large Salad Plates
- Special of the Day
with a Side Item (salad, vegetable, potatoes, rice, etc.)

- Dessert
- Beverages - Coffee, Juice, Milk
- You-Pick-Two Options

- ½ Sandwich & Small Salad
- ½ Sandwich & Cup of Soup
- Small Salad & Cup of Soup



Bring in a Group!

Call one week in advance to reserve Quiche , Egg Bake, or other Breakfast Bake items for your morning group. Pricing will vary based on request.

To make arrangements, call 287-1404.



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Job/Volunteer Openings

Volunteers Needed for Community Host Program

The mission of the Rochester Community Host program is to welcome visitors, answer questions, provide assistance and inform & encourage visitors to get out and experience Rochester & SE MN. Volunteers are stationed at various locations throughout the downtown skyway & subway system, Mon-Fri.

Each volunteer will be required to attend a general orientation session at the Rochester Convention & Visitors Bureau (RCVB). Flexible scheduling.

If interested, please contact the RCVB at 288-4331.

Senior Advocate Here to Help!

The Senior Center's Senior Advocate is available to anyone 60 years old or older to answer questions and solve problems on:

- Medicare
- Supplemental Insurance
- In-Home Help
- Financial Help
- Financial Power of Attorney
- Advance Directives
- And Much More!

The Senior Advocate is available to answer any questions you may have. Common concerns involve Medicare Part D, eligibility for financial assistance, Power of Attorney, Health Care Advance Directives, and access to local senior resources.

Call 507-424-6409 or stop by Vicki's office on the 2nd floor.

Support the Senior Center:

Donate items for us to sell on Ebay!

Collection Day: Friday, April 15th (before 1 pm)

Drop off: At Rochester Senior Center

- Items should have \$50 minimum current market value
- All donations are tax deductible!

Special Events

Live Big and Laugh Often - All Chapter Red Hat Luncheon

Thursday, April 7th, 11:30 am at Willow Creek Golf Course

Calling Purple Sage, Castle Queens, and Strawberry Jam Red Hatters!

Laughter is an instant vacation. ~ Milton Berle

Menu: Salad, Lasagna, Italian Vegetables, Dessert & Coffee

Comedy by the Chamber Toastmasters Club

Cost: \$15/person

Purchase tickets from the Business Office by Friday, April 1st, 1 pm.

Mystery Tea Party Mon., Apr. 11th, 1 pm

Warm up with some tea and solve a fun mystery!

The Case of the Crazy Quilt Caper: Grandma Nellie's quilt has been stolen from the Quantum Quilt shop, where it was on display. It will, no doubt, be the winner of the \$100,000 prize offered by the Quackelberger Longarm Quilting Machine Company.

Did someone steal Grandma's quilt so their quilt would win the contest? All the guests are suspects! Characters include, Grandma Nellie, Quillinda, Quaint Quilter Molly, Quirky Quilter Betsy, Quiet Quilter Alice, Quicker Quilter Trish, Queezy Quilter Louise, and Quitter

Please RSVP to Business Office by April 1st, 1pm.

Members are free, \$2 for Non Members.

Healing Oils of the Bible

Thursday, April 21st, 10 am

Presenter: A 1st Choice Wellness-Susan Raye's, Inc.

Experience the 12 healing oils of the bible including Frankincense, Myrrh & Cedar wood.

Learn about the oils & how they were used to prepare Jesus in the tomb and before Resurrection. Learn which oils have scientific

research & aid in the healing of respiratory, muscle, arthritis, pain, swelling, urinary, intestinal health & other areas related to the aging process. Sample the aromatherapy of these oils, learn about diffusing, drinking, massaging bathing & other applications.

RSVP to Business Office by April 20th, 4 pm.

Pay \$3 to presenter, day of event.

Upcoming Events

IBM Celebration of Service

June 15th

Activities IBM Volunteers will provide and participate in at the Senior Center:

- Arts & crafts - make cards/stationary (handmade or computer) & more
- Book club - join in an IBM lead book club discussion
- Cerebral Celebration - IBM computers efforts on Alzheimer's & brain function. Fun with "Watson".
- Entertainment:
 - Movies - IBM's history & products
 - Guest panel & speakers
 - Singers & sing-alongs
 - Play cards or Wii games!
- Tech Fair & consultants - Tech tips & support on TVs, VCRs, DVDs, cameras, websites & online activities, & software.

Refreshments will be provided!

Lunch at the Castle Café on Broadway will be available for purchase.

If you have some home projects you need assistance with, call Vicki at 424-6409.

5th Annual *A Litter Bit Better!*

Thursday, April 21st, 1 pm

Join us to clean up the streets around the Center & Civic Center Drive. Interested in participating in this annual community-wide event? Register by calling the Business Office at 287-1404. Invite your friends & family to help!

Dress comfortably in clothes/shoes appropriate for April weather. The Senior Center will provide water, gloves, and bright orange vests.

If you'd like to purchase *A Litter Bit Better* T-shirt, contact Allison at 328-2440; the cost is \$12/shirt & proceeds will be used for future ALBB programming efforts.

More Convenience

Paying for Programs & Giving to the Senior Center Just Got Easier!

You are now able to use your credit/debit cards for payment of memberships & programs, and making contributions to the Senior Center and/or the Foundation.

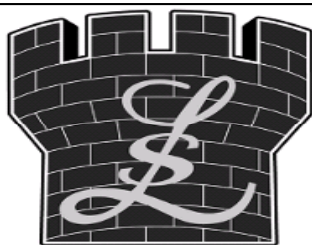
We realize that many people are using credit/debit cards more for everyday purposes. Many also have cards that accumulate miles/points that they use for discounts on purchases or airline tickets.

Now you can use your VISA, MasterCard, or Discover at the Senior Center for anything that you would normally pay for with cash/check. There are safety measures in place through our processing company to ensure that your credit card number is secure. If you pay with your card in person your number is not saved or stored by the company or Senior Center. In fact it is not even printed on the receipt. We are also able to take your payment over the phone. In this case we will hold on to your number until the charge goes through, and then we destroy the number.

You can also make a contribution to the Center or the Foundation using your card. We will make sure that the funds will get to the program you designate.

There is an easy way to contribute to the Center or Foundation online. There is a "Donate Now" button at the bottom of the home page: www.rochesterseniorcenter.org, scroll down to the bottom of the page to the "Donate Now" button. You will be able to designate where your contribution should go.

Senior Legacy Society is an organization of friends of the Rochester Senior Center committed to helping ensure the long-term financial



SENIOR LEGACY
Rochester Senior Center Foundation

viability of the Senior Center through bequests and other estate gifts. Please contact 424-6406 for more info.

Thank You

Monetary donations to the Center:

Tax Service Donations, Dee Hrdlicka (for Vic Hartman's computer help), Mr. & Mrs. Harold Mellem (for computer help), Helen Moe (for Vic Hartman's computer help), Mr. & Mrs. Cyril Griebenow, IBM Retiree Charitable Campaign, IBM Employee Donations, Alpha Jensen, Mr. & Mrs. Lawrence Segar (for Kiwanis Chili Feed Support), Laurie Pearson, Ruth Pexton, Dean Stenehjelm, Susan Collins, Hilda Kidd, Lois Leuth, Arlene Schlake, Book Club, Laurie Pearson (in memory of Lenore Vanberg), Lee & Shirley Graham (in memory of Mary Jane Gentling), Dr. & Mrs. Paul Green (for the Pool Room), Gladys Stephan, Dorry Swenson (for Tom Adams's computer help), Susan Haessly, Marie Maher, SeniorNet Computer Lab, Esther Johnson Estate, LaVonne Baier, Wayne Chilson, Rochester Morning Pride Lions Club (in memory of Orville Bruske), Mr. & Mrs. Santo Russo (in memory of Orville Bruske), Norma Silker (in memory of Loretta Schillo), Vivian Malcomson (in memory of Florence Burgardt, Dorothy Schultz, & Loretta Schillo), Mr. & Mrs. Leonard Jorgenson (in appreciation for Tom Adams's computer help), Russell Ewert, Lucinda Stockwell, Lawrence & Marilyn Tischer, Lorraine Groth

Item Donations to the Center:

Jean David, Gene Harnack, Lucinda Stockwell, Dee Hrdlicka, Carolyn McDonald, Steve Hanson, Verna Moran, Grace Wallace, Harold Geerdes, Sharon Knutson, Richard Garmers, June Vold, Jim Bruen, Annette Harrison

Donations to the RSC Foundation:

Kenzie Phelps in memory of Keith Phelps

Senior Center Advisory Council in memory of: Glenn Manbeck, Elinor Meyer, and Helene Speice

In memory of Kathryn Selness: her cousins- Wilnora Arnold, J. Barto Arnold, Kathryn Arnold, Julie Arnold, Jessica Arnold

Mike Ransom Bio:

Mike is a professional writer specializing in memoir & personal profile. He has written over a dozen memoirs & family histories for his clients. He has co-authored two books that are available online at Amazon.com - one a memoir titled *Step On A Crack*, & the other a book titled *Mom, Dad...Can We Talk?*, which he wrote for baby-boomers to help them do what's best for their aging parents. Mike has been a frequent contributor to Red-Wing-based magazine *Generations of Today*, and has self-published a book called *The Best That I Can Do - Volume 1* that includes a compilation of his articles that have appeared in the magazine. Mike was born in Clear Lake, IA, and graduated from Iowa State University in Ames. He lives in Rochester with his wife Jeanine. Their son, Ben, lives in St. Paul. For more about Mike & his writings, visit his website at www.mikeransom.com.

Cellular Recycler Now Takes More Than Cell Phones! Drop off items at the Center.

The Rochester Senior Center is now accepting additional old working or non-working items:

- ~ Old game systems (Play Station, X-Box, Nintendo, etc.)
- ~ iPods, all models
- ~ Laptops
- ~ Digital Cameras
- ~ Cell Phones & Accessories

Your donations sent to Cellular Recycler = money for the Senior Center

Looking for a Licensed Kitchen to Rent?

Contact Sally at 287-1404 for more information

Elderberry Gift Shop

121 N. Broadway
Rochester, MN 55906
(507) 424-6412

Mon - Thurs: 9:30 am - 3:30 pm

Gift Shop will be closed the week of April 4th.

Educational Seminars

"TAKING AN INTEREST IN BONDS MAY HELP PROVIDE INTEREST FOR YOUR FUTURE."

Focus on Fixed Income

Tuesday, April 26th, 9:30 am

Owning investments that may provide you with a regular income can be a smart decision. That's why it's a good idea to learn how fixed-income investments such as bonds may help you reach your financial goals. Learn about bond characteristics and features, the relationship between interest rates and bond prices, tax advantage of municipal bonds and how bonds may help you weather fluctuating markets. Speaker: Josh Bargfrede, Financial Advisor with Edward Jones. Coffee and treats provided. Free to members only; no RSVP required

This is the 3rd of a 4-Part Series. Seminars will continue on the 4th Tuesday of each month at 9:30 am through May 24th.

Please Note:

City Lines Bus Tickets

Stop by the Center to purchase your bus tickets for Rochester City Lines. Seniors (over age 65 with a Medicare or Zips Card), students (under age 18) and disabled individuals (with either a Medicare or Zips card) can purchase 10 rides for \$8.

Cab Coupons

Many senior citizens want to come to the Center for activities but do not have transportation, do not drive in the winter, or do not drive at night. You, or someone you know, may be one of them. The Center has cab coupon books available for sale in the Business Office. These books are worth \$20, but the Center is able to sell them to seniors for \$15 (a 25% discount).

Books for Sale

Stop by the Center to purchase a new book! Between the Business Office and the Library is a bookshelf of books for sale. *Location of books for sale may move in mid-April.*

Newsletter Available via Email

If you would like to receive *The Center Piece* monthly via email, please contact Stacie at stacie@rsc-mn.org and your name will be added to our distribution list. Also indicate if you want to be taken off the list of those who receive the printed copy of the newsletter.

Monthly Activities Calendar & Weekly Email


If you would like the monthly activity calendar sent to your home or a weekly email of upcoming events at the Center, please call the Business Office at 287-1404.

Many free tickets and fast-approaching event information is sent via email. Once your email address is added to our database, you will receive emails of weekly events**, as well as notification of any free tickets the Senior Center receives and cannot distribute at an event as a prize.

**The Center rarely cancels programs, however, speakers cancel or there are room conflicts. Want the latest information? Join our Friday email list. Provide your email address to the Business Office, 287-1404. If you are already receiving these notices and wish not to, let us know.

Parking

Parking in the Center's Parking Lot is on a first-come first-served basis. Purchasing the parking card does NOT guarantee space in the lot. If you can't find an open space in the lot, you need to find other parking in either the nearby Center St. parking ramp or at meters along the street. Parking in areas marked for staff, areas that block crosswalks, and other non-parking spots may result in cars being towed at the owners' expense.

 282.1053	Foot & Ankle Clinic Dr. Stephen Panetta
	<ul style="list-style-type: none"> • General Podiatry & Nail Care • Diabetic Footcare & Diabetic Shoes • Foot & Ankle Surgery
rochesterfootclinic.com	

Tax Assistance

ATTENTION SENIORS! FREE HELP WITH TAX RETURNS

Free assistance in filling out federal and state tax forms will be available again this year for senior citizens with low-to-moderate incomes. This includes the property tax refund for which either homeowners or renters with low income may qualify even if they are not required to file an income tax return.

Trained counselors in the Tax-Aide Program of the American Association of Retired Persons will be available in the Rochester Senior Center Tuesday & Thursday, 1-4 pm, through April 14th. Appointments can be made by calling the Center at 287-1404 between 9 am-4 pm, Mon.- Thurs. or Fri. 9 am to 1 pm.

If your income is low, it is important to prepare a tax return even if you do not owe taxes. If you earned wages, you may qualify for earned income credit. Also, if you are a renter, you may qualify for a property tax refund if your household income is less than \$53,540 (if a homeowner, less than \$99,240, or an increase of over 12% & at least \$100 since last year).

Questions? Call 287-1404 and an AARP tax counselor will get back to you. Some volunteer translators are available in other languages on request. Ask when you call.

Coffee with the Director

Join me on Thursday, April 21st at 9am for coffee on the West end of the Dining Room. Bring your suggestions and questions.

<p>Financially secure living for active, independent seniors!</p>	 <p>Gramercy Park COOPERATIVE Of Rochester</p>	<p>Secured Building Underground Parking Guest Suites Professional Management</p> 
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<p>www.gramercyparkcooperative.com</p>		

Save the Dates!

20th Annual Million \$ Hole-In-One Shoot Out

June 21st-24th at Hadley Creek Golf Learning Center
11am-8pm, Tuesday, Wednesday & Thursday
11am-5pm, Friday
Championship Shoot Out, Fri., June 24th, 5:30pm
\$300 cash awarded to qualifying session winner

Advance Coupon Books now available at the Business Office, \$30 for 40 shots

Rochester Morning Pride Lions Charity Golf Classic

Wednesday, July 13th, at Maple Valley Golf & Country Club
Noon: Shotgun start

\$75/person, \$300 for team of 4
Outback Steakhouse meal following play

Where Did All the Chicken Go?

Yes, we are sad to report that the monthly Chicken Dinners ended in March. However, we hope they are not gone for good. With all the changes happening in the Dining Room the decision was made to end them in March. We would like to say a big thank-you to all the very dedicated volunteers who helped make the Chicken Dinners a tremendous success. The monthly chicken dinners were introduced in 1994 after a suggestion by Jack Lampman. To not leave anyone's name out we are not going to list the complete list of volunteers who have all helped over the years, however the following individuals served as key volunteers: Chris & Sis Christopherson, Jack Lampman & his late wife Ann, Wayne Bastian, Jan Gunlogson, Judy McCabe, Darlean Kapler-Smith, Clete Pollack, Bert Mullenbach, and Cathy Streiff. We hope to design a way to bring them back in the fall in some way, so watch the monthly newsletter for more information.

Welcomes & Goodbyes

Welcome New Members!

Arla Bernard, Stephen & Shari Brumm, Barbara Butturff, Ernest Everett, Clare Hanson, John & Diane Menning, Kirk Peterson, Ruth Pexton, Larry Schmoll, Shirley & Harlan Aakre, Alfred & Colleen Hodges, Ruth Krueger, Edward & Linda Manthei, Ronald Soderstrom, Charles Karver, Brian Hultz, Aggie Schmidt

Goodbye, Dear Friends

Elinor Meyer, Earl Potvin, Roberta Rahn, Norbert Reichrath

Contact Us

CENTER HOURS ~
Monday-Thursday: 9 am to 4 pm
Friday: 9 am to 1 pm

- Business Office**..... 287-1404
Cindy Sogla, Janet Ofstie, Elaine Strand
- Program Director**..... 424-6407
Julie Gran
- Volunteer Opportunities**.....424-6408
Rogene Fox
- Dining Program**424-6400
Linda Blanshan
- Senior Advocate**.....424-6409
Vicki Lawrence
- Executive Director**424-6402
Sally Gallagher
- Executive Assistant**.....424-6401
Stacie Baertsch
- Foundation / Development Director** ...424-6406
Dean Stenehjem
- Maintenance**.....287-1404
Josh Ryan

Policy Statement: Due to our non-profit status & postal regulations dealing with newspaper mailings, we cannot accept most advertisements for insurance, credit cards, travel or tours. All political ads must include a disclaimer and be prepaid.

Membership

Membership Information

2011 Annual Membership Fee

Age 62 & Older: \$40/year
Age 90 & Older: Honorary Membership

Supporting Participants:

Age 50-61: \$45/year
Age 49 & Younger: \$60/year

Reduced and complimentary memberships are available for anyone in need.

Just a reminder that on-going participation in recreational programs requires membership to the Center. You can attend an activity 5 times as a non-member and pay \$2 per activity, but after that we ask that you join as a member of the Center.

Parking Information

We have a parking lot located across the street from the Center. Parking access cards may only be purchased by Members of the Center and Associate Members age 50+ for \$7, PLUS the annual parking fee.

Annual Parking Fee: \$35

The annual fee is prorated. The parking lot is on a first-come, first-serve basis. Parking is also available in the Center Street Ramp (across from Michael's Restaurant). Bring your parking ticket to the Center's Business Office for validation and receive a discount. Meter parking on the street is also available.

Preview of Events in May 2011 – OLDER AMERICANS MONTH

- | | |
|--|---|
| May 5 th Prayer Breakfast, 9 am | May 9 th Rochester Male Chorus, 7 pm |
| May 16 th Tea Time Pleasure, 1:30 pm | May 24 th Tax-Free Investing, 9:30 am |
| May 26 th Health Literacy, 10 am | May 26 th Older Americans Month/B-day Brunch |
| May 27 th Vintage Country & Western Dance, 7 pm | |
| May 30 th CLOSED for Memorial Day | GOLF will start May 6 th , 7:30 am Tee Time |

Rochester Senior Center

121 N. Broadway
Rochester, MN 55906



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NEED HELP WITH MOBILITY PRODUCTS?

Med City Mobility is a *full service* mobility company specializing in a large range of products and services



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- Walkers
- Lift Chairs
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- *AND all the services you need!*

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Located on Highway 14 East.

Look for the big red scooter!

