

The Center Piece

Rochester Senior Center • July 2011

Senior Center Mission: *To enrich the lives of older adults*

July Special Events

8th Annual Charity Golf Classic

Wednesday, July 13th

Maple Valley Golf & Country Club

10:30 am: Registration Begins

Noon: Shot-gun Start



\$75 per person, team of 4 = \$300; includes 18 holes of golf, cart, and an Outback Steakhouse steak dinner.

Space still available; call 286-8510 for more information.

Sponsored by the Rochester Morning Pride Lions, event proceeds benefit the Senior Center.

Castle Quilters: Christmas in July

Thursday, July 14th

Thursdays on First & 3rd

11 am - 8:30 pm

Featuring one-of-a-kind gifts for the Christmas season. Table runners, quilts, aprons, etc.

The Castle Quilters also take consignment/custom quilt orders, made for any special occasion: Anniversary, Birthday, Wedding, etc. Call 289-8318 for more information.

July Birthday Lunch Celebration - Ole & Lena - Don't Ya Know!

Thursday, July 14th, 11:30 am

Those attending with a birthday in July will receive a small gift.

Join Dave Dunn for fun Ole and Lena Jokes. Ole and Lena are Norwegian, their friends Sven and his wife are Swedish. These jokes are an outgrowth of an immigrant experience. Language mistakes are a frequent source of Ole and Lena joke material. Turning the mistakes and misunderstandings into jokes enabled people to jest about their American immigrant experience. One reason that the Ole and Lena jokes have endured and thrive is that they are quaint and well-meaning. Humor of this sort may help us to maintain a sense of perspective. Bring your Norwegian friends!

Menu: California Burger OR Brat, Potato Salad, Calico Beans, Cake and Ice Cream

Ice Cream Sponsor: Kemps

Cost: \$4.50 per person

Please purchase tickets from the Business Office by 4 pm on Thursday, July 7th.

The Senior Center will be CLOSED Monday, July 4th. Have a happy and safe 4th!

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

507.287.1404 - www.rochesterseniorcenter.org

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

CASTLE CAFÉ ON BROADWAY ~ Monday-Friday: 7:30-10 am • 11 am-12:30 pm

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Special Events

Herring Garden Tour

Wednesday, July 13th, 10 am to Noon
Tour Mary & Vince Herring's extensive gardens, ponds and grotto.

Address: 5500 Hwy 63 South. Look for the 10 American Flags, the entrance is between 2 pillars. You are encouraged to carpool.

Muffins and coffee complimentary. Senior Center Members are invited to bring one guest. Free. Please RSVP to Business Office, 287-1404, by Monday, July 11th.

500 Tournament

Thursday, July 21st

Play will begin at 1 pm. Free and open to all ages and the general public. Free parking in lot north of the Center, first come, first served.

Optional: Lunch prior at the Castle Café on Broadway, lower level of the Senior Center.

Thursdays on 1st and 3rd

Thursdays, 11 am-8:30 pm, through Sept. 1st
A weekly outdoor market of over 100 food, arts & crafts vendors, and live entertainment. Enjoy the outdoors with friends and family!

The Center will have a booth this year!

- July 14th: Quilters
- August 4th: Senior Center Artists
- August 11th: Quilters and the Gift Shop
- August 18th: Gift Shop
- August 25th: Senior Center Artists
- September 1st: Senior Center Artists

Our booth location will be on 1st Ave. SW, near Wells Fargo Bank. Hope to see you there!

Never Stop Learning

King Tut: the Golden King and the Great Pharaoh

Thursday, July 7th, 10 am
"Everywhere the glint of gold!" was the description of archaeologist Howard Carter, as he peered into the darkness of the tomb of King Tutankhamen, the first person to do so in over 3,000 years. Politics & principle, professional rivalry & personalities clashed in the glare of gold & the dust of history. Explore the tomb & its mysteries through the eyes of Carter & his photographer; supplement the nearly century-old story of the unearthing of the tomb with the latest discoveries about King Tutankhamen, his tomb, & his death.

RSVP by Wednesday, July 6th.

Cost: \$3 for members & \$5 for non-Members.

Current Events

Thursday, July 7th, 11 am

Thursday, August 11th, 11 am

Learn and discuss current local issues with Mark Bilderback, City Council 4th Ward and Barry Skolnick, local activist.

Free, open to the general public, no RSVP required.

Power Brunch

Tues., July 12th, 10:30 am

Topic: Municipal Bonds: Strong Sentiments Battle Stubborn Outflows.

Speakers: David Olson & Andrea Rutten
Power Brunch covers current events in the world of Investment & Financial Management. Free to members only, no RSVP required.



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Never Stop Learning Continued...

Visit the King Tut Exhibit at the MN Science Museum

Tuesday, July 12th
Experience the riches of royal life in Egypt more than 3,000 years ago in Tutankhamun: The Golden King & the Great Pharaohs.

Discover more than 100 authentic artifacts illuminating the lives of great rulers buried in the Valley of the Kings, including the most famous of them all—King Tut. See the golden sandals that adorned the feet of his mummy & the canopic jar that held his internal organs. Learn about Tut's ancestors who defined the 18th Dynasty & the pharaohs' function in Egyptian society & religion. Explore the fascinating story behind Howard Carter's discovery of King Tut's tomb in 1922 & the newest scientific discoveries that provide insight into the Boy King's unexpected death.

Leaving Senior Center at 9 am, Rec Center at 9:15 am; returning by 5 pm. 15 passenger van, may be hard for some seniors to get in/out; standing & walking at Museum. Limited space.

RSVP/Pay by July 8th; \$55 for members, \$60 non-members includes Museum, Exhibit (w/private guide, Dale Blanshan) & Omnitheater. Lunch on your own at Museum.

Hospice

Thursday, July 14th, 10 am

Presenter: Lois Ylvisaker, St. Jude Hospice
An overview of the basics of hospice and common misconceptions about hospice care. This course is designed for anyone who needs more education on the services hospice can provide. Free, all ages welcome and no RSVP required.

It's the Law *will resume in September.*

Foot Care

Thursday, July 21st, 10 am

Summer is here. Are you enjoying outdoor activities, such as golfing and walking?

To help you enjoy more of what you love to do, Dr. Lai and Dr. Jones from the Rochester Clinic will present tips on foot care. They will answer common questions, such as how to take care of feet, how to select socks and shoes, what to do with diabetes, and what services are covered by Medicare. www.RochesterClinic.com.

Free and open to all ages and general public. Please RSVP two days prior, July 19th by 4 pm, to our Business Office, 287-1404.

Ways to Keep Your Brain Healthy

Thursday, July 28th, 10 am

Presenter: Amy Stelpflug, Alzheimer's Care Unit Director, Golden Living Center Rochester East

Overall description of dementia, signs and symptoms. Learn ways to keep your brain healthy and healthy snacks & games. Free, all ages welcome and no RSVP required.

Monday Men's Group

Mondays, 9 am
Discuss/learn about current events and other interesting topics. Light breakfast & coffee available for purchase. No RSVP required, public invited, all ages.

July 11th: Greg Martin, Rochester Fire Chief; Topic: Overview of the Fire Department & Current Trends

July 18th: Steve Lequve, Airport Manager; Topic: The Rochester International Airport: Present & Future Needs

July 25th: Dan Litzinger, Manager of the Rochester Honkers



Randy Vine



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Chad Sietsema

Love Of The Arts

Fiddlers & Company

Thurs., June 30th, 11:30 am -- Free Lunch Entertainment! 12-14 violinists performing a variety of classical & fiddling music.

Greeting Card Making & Scrapbooking

Wednesday, July 13th, 1 pm
2nd Wednesday of each month

Have fun & meet new friends. Get important projects done while sharing ideas; get questions answered & inspire one another to complete cards, layouts and gifts from the heart. Come for all or part of the scheduled time. The first half hour will be devoted to a "Make and Take" item that one of the members will instruct. All levels of experience are welcome - whether you are a beginner or advanced. If this is a new experience for you, it is not necessary to come with supplies as a table will be set up with materials and tools that we will all share; information provided on where you may purchase items of your own.

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, a variety show. Performing in Rochester & out-of-town bringing smiles to many nursing homes, skilled senior facilities, schools, graduations & private parties.

Looking for fun & committed gals to join this close and supportive group. For more info., contact Doris Stowe, 288-3110.

Quilting Mondays, 9 am-Noon

Contact Mary Hanson at 289-8318 for info.

Pins and Needles Tuesdays, 12:30-3 pm
Bring in sewing projects & enjoy working with friends.

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

Art & Ceramics

Art Classes - July & August, 8 Classes
With instruction from Pat Neville
Fridays, 9 am to Noon; Cost: \$32/person
Supplies provided by artist. *No class July 1st.*

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

Tuesdays, Noon to 4 pm, \$1
Thursdays, 9 am to 4 pm; \$4/½ day or \$6/all day
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.

Groups Not Meeting in July or August:

Crochet Tuesdays, 12:30-2:30 pm

Knitting Fridays, 11 am-1 pm

Young at Heart Singers

Wednesdays, 10-11 am

The regular practice season runs Sept.-May.
Call Becky at 289-6802 for more info. or to book a performance.

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.



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At Your Leisure

Breakfast Club

Tuesday, July 26th, 8:30 am
Canadian Honker, 1203 2nd St. SW
Morning coffee, breakfast and friendship.
No reservations necessary!

Nintendo Wii

Bowling League: Tuesdays in July (5th, 12th, 19th, 26th) League play at 1 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

The Book Club will not meet in July or August.
The next meeting will be Thursday, September 8th at 9 am.

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.

SAVE THE DATE:

Celebrate Summer Square Dance

Tuesday, August 30th, 7-9:30 pm

Healthy Living

Blood Pressure Check Clinic

Thursday, July 7th and Tuesday, July 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
For more info., contact 289-1795.

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.

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.



Woodcarving, Tuesdays, 9 am to Noon

Computer Interest

All classes are 2 hours long & 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., Aug. 3rd, 9-11 am

Computer Fundamentals: 4 sessions
\$20, Tue/Thu, starting August 9th at 12:30 pm OR
\$20, Tue/Thu, starting August 9th at 6:30 pm
Designed for those with no computer experience. Become comfortable with a keyboard & mouse; learn about hardware, software, Windows 7 desktop and documents.

Introduction to Computers: 8 sessions
\$30, Mon/Wed, starting August 8th at 3:30 pm
Learn about basic Windows 7 procedures & become familiar with some features of WordPad 2007. Edit a letter & add a picture; create & modify database and spreadsheet documents; correspond by email; learn Internet skills.

Exploring Windows 7: 8 sessions
\$30, Mon/Wed, starting August 8th at 9:30 am
Learn various ways to open programs & files, modify your desktop, taskbar & Start menus, use the My Computer window & Windows Explorer, & how to maintain the health of your computer.

MyPC Series Open House (FREE!)
Wednesday, August 10th, 9:30-11:30 am
This Open House will introduce you to four, 3 hour workshops:

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

See what each workshop covers & have a chance to try out some of the functions. Sign up for any of the workshops that you're interested in.

Trips and Travel

Historic Lanesboro & Amish Tour Monday, August 8th

Arriving at 10 am, board a Trolley for a 1 hour narrated tour to visit the historical residential district, business & agricultural community as well as the state fish hatchery. Back in town, lunch is at the Pedal Pusher Café. (*Lunch is on your own, not included in cost.*) Then depart on a 3 hour narrated Amish Tour to experience a unique Christian community life-style as we step back in time. Visit/observe the largest Old Order Amish Community in MN. Travel to the Amish farms located between Lanesboro, Canton, & Harmony. Browse & purchase Amish crafts, baskets, quilts, furniture, canned/baked items (jellies, bread, rolls, & sweets) & fresh garden produce in season. Lastly, visit Austin's Mohair Goat Farm & Gift Shop (non-Amish stop).

Leaving Senior Center at 8:30 am, Rec. Center at 8:45 am; returning around 5:30 pm.

15 passenger van, may be hard for some seniors to get in/out. Limited space.

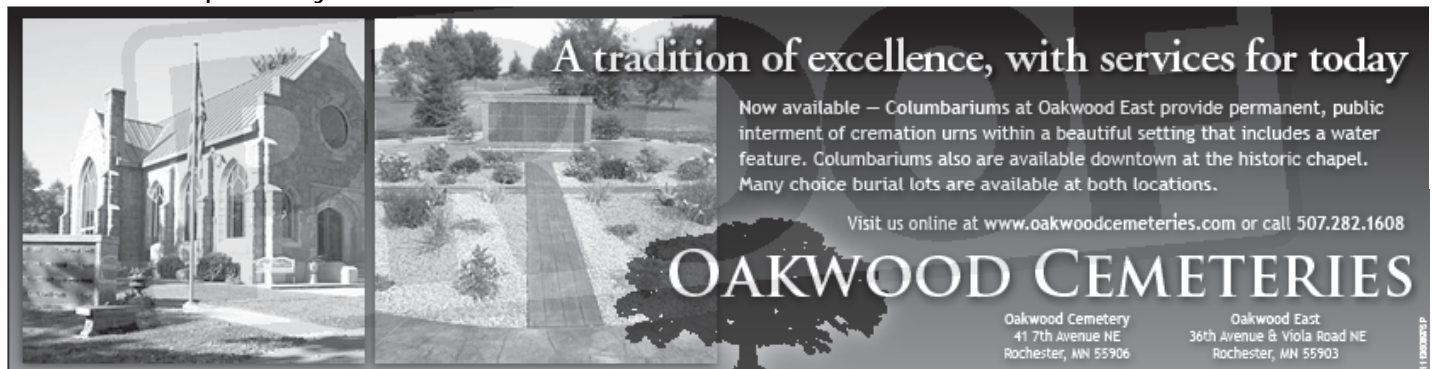
Cost: Members \$46, Non-Members \$50. RSVP and payment due by August 1st.

MN State Fair Thursday, September 1st

The sights, sounds, food & daily parade; the MN State Fair is one of the nation's largest and best-attended. So much to see, do & experience!

Leaving the lower parking lot of the Rec. Center at 8 am; returning around 5 pm. *Stopping in Pine Island for pick up at 8:20 am.* Please call 287-1404 to sign up by Aug. 26th. Discounted admission on your own at gate--\$7 65+.

Cost: \$26 members, \$30 non-members, includes Heartland Tours deluxe motor coach transportation.



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41 7th Avenue NE
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Rochester, MN 55903

Driver Improvement

Driver Refresher Class (4 hours)

Instructor: Dave Ruzek

Class 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. Up-to-date information provided 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 due before class.*

Parking available in the Center St. Ramp (bring your ticket for validation to receive a reduced fee) & metered parking around the Center. To use the Center's lot, users must be a current member & have a parking access card.

Upcoming Classes:

Wednesday, July 13th, 9 am to 1 pm

Monday, July 25th, Noon to 4 pm

Monday, August 8th, Noon to 4 pm

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.

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

Looking for more players! ←

Hand & Foot

Wednesdays, 12:30 pm **NEW**

Contact Jackie Schacht at 208-9095 for more info.

Mah Jongg Thursdays, 9:30-11:30 am

Ping Pong

Tuesdays & Thursdays, 9-10:30 am

\$2 suggested fee/session.

Looking for more players! ←

Pinochle

Single Deck &/or Double Deck

Mondays, 12:30-4 pm

Double Deck Wednesdays, 12:30-4 pm

For more info., contact John Noonan at 288-3913

Texas Hold-Em Tuesdays, 1:30 pm

Play in our weekly tournament! \$2.

Pickleball

Monday, Wednesday, Friday, 9 am, Cooke Park on 7th St. NW Pickleball uses a ball similar to a wiffle ball, paddles similar to large ping-pong paddles, and the court is about the size of a badminton court. Wear comfortable clothing & tennis shoes. Contact Jan at 287-6854 for info.

2011 Golf Season

Every Friday, tee time 7:30 am

No RSVP necessary

Green Fee: \$15 (includes tax)

Cart Rental Fee: \$14 (per time)

See the Center's Business Office for complete schedule.

July 1st

July 8th

July 15th

July 22nd

July 29th

August 5th

No Center Golf due to holiday

Hadley Creek Golf Learning Center

Eastwood

Soldiers Field (back 9)

Northern Hills (back 9)

Hadley Creek Golf Learning Center

Note: When meals follow or precede golfing, it is at an additional cost to the golfer.

Semcac Senior Dining

Reservations

To dine at one of the Semcac 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 to make reservations. The suggested donation is \$3.50 for those 60 years of age & over and \$6.50 for those 59 years of age & 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 no longer a Semcac Senior Dining site at the Senior Center.

See next page for the Castle Café on Broadway hours and menu, now open on the lower level of the Senior Center.

Senior Day at the Fair Luncheon

Wednesday, July 27th in the Beer Garden, Olmsted County Fairgrounds

Menu: Roast Pork with Mashed Potatoes & Gravy, Vegetable, Cookie, and a Beverage

Cost: \$3.50 per person --- Pay at the door

10 am: Doors Open

11:30 am: Lunch is served

Noon: Program & Door Prizes

Entertainment will be in the tent south of the Beer Garden. Those attending the Senior Luncheon are invited to stop in to listen, rest your feet, get out of the sun, or just visit.

11 am-12:30 pm: The Accordion Band

12:30-2 pm: Les Fields & the Turkey River All-Stars

Parking will be \$2 between the hours of 10 am & 3 pm for seniors age 65 and over.

Handicap parking is available off 3rd Avenue SE, near the 1421 Building.

RSVP to 507-282-9862, calls accepted between the hours of 10 am and 2 pm July 18-22 only.

Please respect the times to call.

Special Events with Food

Tuesday Ladies Tea Tuesdays, 9 am

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

Cost: \$2/person, members only. No RSVP required.

Please note: Call in your reservation & pay over the phone w/your credit card, you can then pick up your tickets the day of the special event (birthday parties, lunch & learn, etc.).

While enjoying continental breakfast or lunch, watch the news, read the paper, check out one of your favorite authors, or work on the community puzzle.



LOST AND FOUND

Please check the lost and found located by the Reception Desk on the 2nd floor for items you may have left at the Center.



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

Check out
www.flamingo-bingo.com
for the monthly Calendar!

Rochester Senior Center Foundation
License # 36207

Castle Café on Broadway

Continental Breakfast Bar Available 7:30-10 am

- Oatmeal - \$1.50
- Cereal - \$1.50 (large bowl w/milk)
- Bagels -\$1
- Toast - 75¢
- Muffins - 85¢ for 2 small or 1 large
- Waffles - \$1.50
- Fruit - 75¢ or as listed
- Yogurt - \$1
- Pastries - Selection and price varies
- Beverages -
 - Coffee - 75¢ bottomless cup/meal
 - Juice - 75¢
 - Milk - 50¢
 - Tea - 75¢



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.

Wi-Fi Available

Feel free to bring in your laptop or use one of our 3 laptops available for you to surf the internet during your visit to the Castle Café on Broadway.

Lunch Options

Available 11 am-12:30 pm

No Reservations*

- Soup: Small bowl - \$1.75, Large bowl - \$2.25
- Sandwich of the Day - \$2.75
- Small/Side Salad - \$1.50, Large Salad - \$2
- Add-ons available for additional charge
- Special of the Day - \$4.50
 - Comes with two sides such as salad, vegetable, potatoes, rice, roll, etc.
- Dessert: Cookies, Bars, & more. Prices will be posted.
- Beverages - same as prices on the left
- You-Pick-Two Options - \$3
 - ½ Sandwich & Small Salad
 - ½ Sandwich & Cup of Soup
 - Small Salad & Cup of Soup

**Reservations requested for Special Event Meals will be noted (Birthday Parties, etc.).*

NOTE: A monthly menu is not being prepared in advance at this time. In order to adjust our menus to your suggestions, we are preparing our menu week to week. The weekly menus are available at the Center and online on our website, www.rochesterseniorcenter.org.

A sample of some of the items we've featured include Homemade Pizza, Liver & Onions, Meatloaf, Lasagna, Chicken Divan, and Taco Salad. If there is something you'd like the cooks to try, feel free to talk to Linda, Cindy M. or Cathy.

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Director's Desk

Sally Gallagher
Executive Director



Celebrating 50 Years - September 1961-2011

Planning has begun for the week of September 18th to celebrate 50 years of incorporation for Senior Citizens Services, Inc. What began as a small group of seniors interested in meeting a couple days a week for organized activities has grown into an accredited senior center providing a variety of programs and services 5 days a week for 5,000 individuals annually. What a great accomplishment!

A planning committee chaired by Board Member and Quilting Leader Mary Hanson, has planned the following events to take place in September during the week of the 18th:

Pledge 50: A fundraising event anyone can participate in. Whether you want to find 50 friends to donate \$50 each, cycle 50 miles or run a .50 marathon for pledges, or make a 50 block wall hanging, the only request is you raise a minimum of \$50 for the Senior Center. If you would like to participate in Pledge 50, please call the Business Office at 287-1404 to sign up. The Pledge Partners, those participants raising the minimum \$50, will enjoy lunch together on Friday, September 23rd.

Monday Madness: A variety of tournaments will take place (Pool, Poker, Bingo, Cards). Sign up to participate in the tournament by Noon on September 9th.

Open House: 10 am to 7:30 pm on Tuesday, September 20th.

Special Programs during the week: 50 Years of Change (speaker Paul Koeller) and the History of the Senior Center (speaker Dave Dunn).

Community Leaders Breakfast: 7:30 am on Wednesday, September 21st.

TO REGISTER CALL 507-287-1404

50th Anniversary Party: 5 pm on Wednesday, September 21st. Have you been married for 50 years or more? Join us to commemorate the hills and valleys that you have conquered together. Allow a glimpse into the future and a look back into the past, especially to your wedding day. Invite your family and friends to attend with you.

Talent Show: 7 pm on Thursday, September 22nd. Have a special talent to share? Let's put on a show and show off! Singing, poetry, dancing, comedy and more, all performed by local seniors. Contact Julie Gran, Recreation Director, at 424-6407 or recreation@rsc-mn.org for more information.

We'll end the week on Saturday, September 24th with our big celebration, **Growing Forward for chAnGE**. The event will kick off with Happy Hour at 6 pm, Dinner at 7 pm, there will be a short program with a Dance to end the evening from 9-11 pm.

If any of you have photos taken at the Senior Center over the last 50 years that you would like to share, please bring in to the Center. We will scan the photos and return the originals back to you.

Do you want to share your story about what the Senior Center means to you? We will be putting together a video sharing your stories. National Senior Center Month takes place during the month of September as well and this year's theme is *It Happens at My Senior Center. My Life. My Time. My Way*. How has the Center made a difference in your life?

Coffee with the Director will be cancelled for the summer months; look for them to return in the fall. However, if you'd like to meet me for coffee some morning to discuss a specific area or issue give me a call.

Foundation Corner

Dean Stenehjelm
Development / Foundation Director



Four Options to Give

The Senior Center has been an important part of the lives of so many people in our community throughout our long-time history in Rochester. It is natural that many of these people choose to designate the Rochester Senior Center Foundation for **memorial gifts** to honor friends and family. These special gifts work to benefit our community as a tribute to a loved one. To make a Memorial Gift please contact me or stop by the Business Office at the Senior Center. Honor your loved one today, and let their memory live on through our community.

The **Senior Legacy Society** was founded to allow donors to make long term gifts through our Rochester Senior Center Foundation. This provides for the future of the Senior Center and our local community. The Senior Center has 50 years of history responding to the needs of the senior population, and we must continue to provide relevant community building into the next century. To join the Senior Legacy Society one needs to name the Foundation in their will, or make a substantial gift to the Foundation. Gift options can include bequests, naming our Senior Center Foundation as an insurance beneficiary, charitable trust, and outright gifts (see article from last month for some more specific details).

We believe every senior deserves the opportunity to experience our programs, regardless of financial difficulties they might be facing. Donations to the **Caring Fund** allow the Senior Center to provide membership and program assistance to older adults who might not otherwise be able to afford to pay for our services. With your help, no senior will be denied the benefits of a Senior Center membership based on financial limitations.

Senior Center programs and activities do more than provide an opportunity to have fun; they develop relationships with others where there

may be loneliness; they provide nutritious meals to stay healthy; and they enable seniors to get the right advice for life's problems. These programs and experiences help our seniors remain active, healthy and independent. Through our annual **Support our Seniors Campaign**, people just like you come together to make their community stronger. Our commitment is to make programs and services available to everyone. We ask that you give generously so that older adults in our community can share the Senior Center experience.

For more information on how you can support the Rochester Senior Center through a bequest or gift; or if you need information about wills, contact me at (507)424-6406 or foundation@rsc-mn.org

Volunteer Openings

Retired Treasure Sale Volunteers Needed

We've heard over the years of individuals willing to help coordinate this great Kick-Off-to-the-Garage-Sale-Season sale; now is your time to come forward. If you are interested in leading this event which is typically held in late March/early April, please contact Julie at 424-6407 or recreation@rsc-mn.org. A small "application form" will be required.

We also want to hear from you if you are interested in helping with the event; volunteers will be scheduled after the first of the year. Collection of items for the 2012 sale has already begun; looking forward to another great year!

Community Host Program

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

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.

Thank You

Monetary donations to the Center:

Family of Allen Larson, Lucinda Stockwell, IBM Employee Contributions, Bob & Marie Mesarchik (for Tom Adams's computer help), Herb & Jerine Erickson (in memory of Al Larson), Downtown Kiwanis Club, Maxine Langdon, Judith Mellinger, Verna Peterson, Shirley Rossi, Lee & Shirley Graham (in memory of Don Connolly, Lois Jeglum & Al Larson), Judith Schulz, Darlene Riess, Audrey Folkert (for Vic Hartman's computer help), Fred & Judy Garske, Dorothy Gores (in memory of Ed Comartin), Paul & Vera Green (for Pool Room), Annette Harrison (for Quilting Group in memory of Fran Ludowese), IBM Retiree Charitable Campaign, Family of Casper Egger, Scott Reike

Donations to the RSC Foundation:

Senior Center Advisory Council in memory of: Casper Egger, Elmer Hanken, Al Larson, Merlyn Lenox, Lois Jeglum

Item Donations to the Center:

Irene Krolak, Carol Lovelace, Lucinda Stockwell, Glenn Patterson, Borge Christensen, Dee Hrdlicka, Cindy Burt, Bonnie Burke

Thank you Kemps for the donation of ice cream for our monthly birthday parties!

Elderberry Gift Shop

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

Monday - Thursday: 9:30 am - 3:30 pm
Friday: 9:30 am - 12:30 pm

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

Attention all Medicare Beneficiaries!

Medicare *Open enrollment Dates* are earlier this fall.

The annual open enrollment period begins October 15th and ends December 7th this year and forward. This is the time to compare Medicare health & drug plans. If you choose to change and enroll, the new plan would take effect January 1st, 2012.

Where to look for information -

- 2012 Medicare and You Handbook - mailed to all Medicare beneficiaries in September
- www.medicare.gov website
- 1-800-633-4227 Medicare's toll-free number operating 24/7

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.

Credit Cards Now Accepted

Use your MasterCard, VISA, or Discover cards at the Business Office to pay for most things for which you would normally have to use cash or checks. Donations to the Senior Center and the Senior Center Foundation can also be made through your credit cards.

Newsletter Available via Email

If you would like to receive *The Center Piece* monthly via email, please contact Stacie at stacie@rsc-mn.org & your name will be added to our distribution list.

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.

Weekly Email

Want the latest information? Join our Friday email list. Provide your email address to the Business Office, info@rsc-mn.org. Many free tickets & fast-approaching event information is sent via email. Once your address is added to our database, you will receive emails of weekly events, as well as notification of any free tickets the Center receives & cannot distribute at an event.

Wi-Fi Available

Bring in your laptop, or use one of ours, in the Library/Lounge area from 7:30 am-4 pm, Monday-Thursday and Fridays 7:30 am-1 pm.

Plants for Sale

Purchase beautiful starting plants on the second floor near the Business Office. Plants are priced as marked.

Questions---Call Mary Shaw at 282-1388.



Have you visited the newly remodeled gift shop yet? Stop in to the 2nd floor, next to the Business Office to check out all the great handmade gifts - towels, baby items, stained glass clocks & lamps, jewelry, cards, & more!

Please Note:

The Center's Crochet Group is in need of yarn. Please drop off your donation in the Business Office. Thank you!

Books for Sale Stop by the lower level of the Center to purchase a new book!

City Lines Bus Tickets

Purchase your Rochester City Lines bus tickets at the Center. Seniors (over age 65 w/a Medicare or Zips Card), students (under age 18) & disabled individuals (w/either a Medicare or Zips card) can purchase 10 rides for \$8.

Cab Coupons

Cab coupon books are 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).



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Tax Assistance

FREE SUMMER TAX HELP

July 21st & 28th

Free assistance in filling out MN property tax/rent refund forms available for senior citizens w/low-to-moderate incomes.

If your income is low, it is important to prepare a tax return even if you do not owe taxes. 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% and at least \$100 since last year).

If you did not file an income tax form earlier this year, an appointment can be scheduled (ask for a longer appointment).

Trained counselors in the Tax-Aide Program of the American Association of Retired Persons will be available at the Center on Thursdays, July 21st and July 28th, from 1 to 4 pm.

Appointments can be made by calling 287-1404 between 9 am & 4 pm, Mon-Thurs or 9 am & 1 pm Friday.

Some volunteer translators are available in other languages on request. Questions? Call 287-1404, a tax counselor will get back to you.

SAVE THE DATE!!!

Volunteer Recognition

Monday, October 10th

Optional: Free Bingo -- 1-3 pm

Bandana Singing Group performing a wide variety of favorite songs from the 40's, sentimental favorites, sing-a-longs, & patriotic songs-- 3:30-4:30 pm

August Upcoming Events

Fundraiser at the Pizza Ranch

Wednesday, August 17th, 4:30-8 pm

1580 2nd Ave. NW, Stewartville

Delicious food and family fun!

The Mile-Long™ Buffet, The Pizza Lover's Pizza®, The Country's Best Chicken® and Cactus Bread® Dessert Pizza

Journey for Freedom

Thursday, August 25th, 10 am

Presentation & Author Signing: Peter Vodenka

In 1982, in the middle of a cold, rainy night, we ran for our lives across the border from Communist Yugoslavia to western Austria while being chased by guards with automatic weapons. My family & I spent ten years planning our escape from Communist Czechoslovakia. Following our successful escape, we spent 3 months in a refugee camp in Austria applying for entry into America. The process included interviews with the US Consul, interrogations, & medical examinations. Then, we were notified that the First Lutheran Church in Beach, ND wanted to sponsor our family, and made our dreams come true. We were FREE to enter the United States of America!

I feel strongly that Americans need to be reminded how lucky they are to be FREE since I know what it is like to live under an oppressive government. From the dream of a teenage boy longing for freedom in a small foreign country years ago - to living free in America and calling the American flag OUR flag and the Star Spangled Banner OUR anthem. This is the ultimate version of an American dream. The story combines all the basic components: hope, life threatening danger, children, the struggle for freedom, a new beginning, and success.

"It's a story of courage, determination, and a willingness to risk everything for freedom. Inspiring and compelling." Al Horner, Author: *Get a Grip & Not Me*

Donations appreciated, free and open to the general public, all ages. No RSVP required.



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- Foot & Ankle Surgery

rochesterfootclinic.com

Contact Us

CENTER HOURS ~

Mon-Thurs: 9 am to 4 pm, Fri: 9 am to 1 pm

- Business Office..... 287-1404
 Cindy Sogla, administrator@rsc-mn.org
 Linda Blanshan, info@rsc-mn.org / [café@rsc-mn.org](mailto:cafe@rsc-mn.org)
- Program Director..... 424-6407
 Julie Gran, recreation@rsc-mn.org
- Volunteer Opportunities.....424-6408
 Rogene Fox, volunteer@rsc-mn.org
- Castle Café on Broadway.....424-6400
 Cathy Ingham, Cindy McEachern, cooks@rsc-mn.org
 Jason Iverson
- Senior Advocate.....424-6409
 Vicki Lawrence, advocacy@rsc-mn.org
- Executive Director424-6402
 Sally Gallagher, director@rsc-mn.org
- Executive Assistant.....424-6401
 Stacie Baertsch, stacie@rsc-mn.org
- Foundation / Development Director ...424-6406
 Dean Stenhjem, foundation@rsc-mn.org
- Maintenance.....287-1404
 Josh Ryan, maintenance@rsc-mn.org

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.

On-going participation in recreational programs requires membership to the Center. You can attend an activity 5 times as a non-member & pay \$2 per activity, 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. Those with a disability parking permit may park at public parking meters without feeding the meters; or in non-metered passenger spaces without regard to time limits unless posted separately.

Welcomes & Goodbyes

Welcome New Members!

Bill Allie, Robin Caldwell, Ed & Sandy Carlon, Amelia Connelly, Kathy Kidd, Michael & Sandra Martin, Gene McPherson, Morris & Jeanie Melhouse, Dolores Nelson, Gene & Sharon Nolan, Diane Steverson, John & Barbara Taylor, Lois Ylvisaker, Kathleen Zahradnik

Goodbye, Dear Friends

Elmer Hanken, Lois Jeglum, Al Larson, Merlyn Lenox

Membership News

January - May 2011:

- 115 Honorary Members (90+)
- 451 Membership Renewals

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. Political ads must include a disclaimer and be prepaid.

Preview of Events in August 2011

Aug. 3rd SeniorNet Registration

Aug. 17th Fundraiser at Pizza Ranch

TBD Birthday Party

Aug. 30th Summer Square Dance

Rochester Senior Center

121 N. Broadway
Rochester, MN 55906



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