

The Center Piece

Rochester Senior Center • March 2011

Senior Center Mission: To enrich the lives of older adults

What's New?

Fashion Show & Luncheon

Saturday, March 12th, Noon

Join us for the newest fashions from Bon Worth (www.bonworth.com) and the Dress Barn (www.dressbarn.com). A great intergenerational event for grandmas, moms, aunts, sisters, nieces, friends & neighbors.

\$10/person, \$8 if a Sr. Ctr. Member; RSVP/pay by Friday, March 4th.

Menu: Grilled Chicken, Feta Cheese, & Apple Slices on a bed of Spring Salad Mix, served w/Dried Cranberries, Glazed Walnuts, & Raspberry Vinaigrette, Homemade Parmesan Rolls and Turtle Cheesecake.

Outback Steakhouse Luncheon Fundraiser for SeniorNet

Tuesday, March 22nd, 11:30 am

1201 S. Broadway

Cost: \$11 each which includes Salad, Chicken and Ribs, Potato, Beverage, Cheesecake.

Advanced tickets are required and can be purchased from the Senior Center Business Office.

\$5 from each ticket sold will benefit the SeniorNet Computer Learning Center.

Retired Treasure Sale

Saturday, March 26th, 8 am to Noon

CASH ONLY accepted at sale

BBQ lunch with pie dessert will be available while you shop; and don't forget the bake sale! Come in and shop - kitchen items, furniture, tools, jewelry, books, antiques, pictures & more!

Please consider donating to the sale:

Do you have clutter to get rid of? Drop off your items at the Senior Center on Saturday, March 19th, or during the week of March 21st from 8 am to 4 pm (Mon-Thur) and 8 am to Noon on Friday, March 25th. No items will be accepted after Noon on Friday. Items can also be picked up at your home during drop-off week. For large quantities of items, to make arrangements for home pick-up or to have a staff person assist you, please call the Business Office at 287-1404.

Donations are appreciated and receipts are available upon request.

We do NOT accept shoes, clothing, computers, or large items.

Please consider baking for the sale:

See page 2 for donations needed for the bake sale.

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

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Please consider baking for the Retired Treasure Sale: The bake sale has been a popular addition to the sale. Volunteers are needed to donate baked items - cookies, bars, cupcakes, pies, candy & breads requested. Place on a sturdy plate, wrap with plastic wrap and label. Cookies & bars, 6-12 per plate. Pies are also needed for the BBQ lunch. Food items should be brought to the Center by 1 pm Friday, March 25th or early Saturday morning. Sign up with the Business Office or call Jan Gunlogson at 289-6056 for more information.

*Living with Chronic Conditions

Monday, March 14th, 1 pm

Speakers: Kate Amundson & Lori Christianson from the SE MN Area Agency on Aging
Learn more about chronic conditions, lasting 3 months or more, including diabetes, arthritis, anxiety, back pain & high blood pressure).
Learn the importance of exercise as you age.

*Funeral & Cremation Advance Planning Seminar

Thursday, March 17th, 10 am

This year, give your family the gift of a lifetime. Presented by Brenda Schultz, a Funeral Planning Consultant. Learn about the types of services, cremation options, protecting funeral dollars from nursing homes & other creditors and how to avoid overspending.

Professionals in these areas will also be in attendance: Funeral Director, Elder Care Attorney, Financial Advisor, Veterans Service Officer. All speakers will be available after seminar for questions.

Complimentary refreshments. RSVP by Wednesday, March 16th.

*Stalag Whitewater: Prisoner of War Camp at State Park, 1944-45

Monday, March 21st, 1 pm

Personal Account from Rick Musser

Did you know that Whitewater State Park was once home to German Prisoners of War? In fact, local legend has it that many German POWs actually requested to be placed there because of the scenic beauty and friendly people. Come to this dynamic presentation and learn more about the POWs who stayed in Minnesota.

* Open to all ages & the general public.
Free for Sr. Ctr. Members,
\$2 for Non-Members. No RSVP required.

Never Stop Learning

*Downsizing and Moving a Lifetime

Thursday, March 10th, 10 am

Kimberly & Brian Alwin, owners of A Smooth Move, Rochester's first Senior Move Managers, will share their insights on this critical phase of life. This informative, fun & interactive presentation will give practical tips in the difficult process of downsizing. While the task can seem overwhelming, Kimberly & Brian have successfully helped hundreds of families navigate this stressful time. This session will show you how to decide what to keep and what to do with the rest.

A Look at Dr. Henry S. Plummer

Friday, March 11th, 10 am

Presenter: David Dunn

Dr. William J. Mayo said, "Hiring Henry Plummer was my best day's work". Probably no one person outside of the Mayo Brothers themselves has made a bigger impact on the Mayo Clinic than Henry Plummer. This presentation explains how he got here and what he did to make such a major impact on this institution and the practice of medicine in general. Donations appreciated. Open to all ages & the general public. No RSVP required.



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Power Brunch Tues., March 8th, 10:30 am
Topic: On the Markets, our updated commentary on current economic conditions. This month's focus is Waiting for the "Quality Trade". This could be the year in which "moderate quality" stocks lead the market. Speaker: David Olson
Power Brunch covers current events in the world of Investment & Financial Management. Free to members only, no RSVP required.

It's the Law Tues. March 15th, 10:30 am
Topic: Real Estate Planning, a continuation of the Feb. Real Estate session.
Speaker: Paul Finseth
Monthly presentations hosted by local lawyers, judges, & law enforcement. Free to members only, no RSVP required. Sponsored by the Rochester Senior Center Foundation.

Medical Assistance & Long-Term Care Planning Thurs., March 24th, 10 am
Topics discussed:

- How to Protect your Assets from a Long-Term Care Stay
- Rules & Laws related to Medical Assistance
- Powers of Attorney and Health Care Directives
- Issues regarding Life Estates and Gifting
- Qualifying for Medical Assistance Benefits

Presenter: Attorney Lisa Pluto from Pluto Legal, PLLC. Lisa will be available to answer questions after the presentation.
Free for members, \$2 for Non-Members, All ages welcome, RSVP required by 4 pm Wed. Mar. 23rd.

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, March 9th, 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 Cooks Up Tasty

Tunes It's been almost 21 years and over 1,000 performances since this unique band first picked up some common kitchen utensils and started playing washboards, kazoos, tea pots, jugs and combs to make a lot of "tasty tunes"- lively & fun music, humorous skits, and a variety show. They perform in Rochester and out-of-town bringing smiles to many in 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, please 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 -11am, starting March 9th
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 -
Open Studio: Mondays and Fridays , 9 am to Noon
Bring your own supplies.

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.



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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.

At Your Leisure

Breakfast Club

Tuesday, March 22nd, 8:30 am

Brother's, 812 S. Broadway

Morning coffee, breakfast and friendship.

No reservations necessary!

Nintendo Wii

Bowling League: Tuesdays in March (1st, 8th, 15th, 22nd) League play at 1 pm and 3 pm.

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

Book Club

Thursday, March 10th, 9 am

Discussing *Second Opinion* by Michael Palmer

Checking out for April's discussion: *Around the World in 80 Days* by Jules Verne

May's discussion book: *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:

Mar. 12 th	Big Ben & Brian's Concertina
Apr. 16 th	Larry J
May 21 st	Top Notchmen

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.

Free Blood Pressure Check Clinic

Thursday, March 3rd and Tuesday, March 15th

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.

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., Mar. 23rd, 9-11 am

MyPC Series Open House --- FREE
Monday, March 28th, 3:30 - 5:30 pm.

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 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, Tue/Thu, starting March 8th at 12:30 pm
(call 288-0854 to register for this class) OR
\$20, Mon/Wed, starting April 11th at 9:30 am
Designed for those with no computer experience.

Introduction to Computers: 8 sessions
\$30, Mon/Wed, starting March 28th at 12:30 pm
OR
\$30, Tues/Thu, starting March 29th at 6:30 pm
Learn basic Windows 7 procedures and become familiar with features of WordPad 2007.

Introduction to Genealogy: 4 sessions
\$20, Tue/Thu, starting March 29th at 12:30 pm
Learn the FREE Legacy Family Tree program to create your own family file.

Introduction to the Internet: 4 sessions
\$20, Mon/Wed, starting March 28th at 9:30 am
Learn how to search the World Wide Web and how to send/receive email.

Exploring Windows 7: 8 sessions
\$30, Mon/Wed, starting March 28th at 6:30 pm
OR
\$30, Tue/Thu, starting March 29th at 3:30 pm
Learn basic components of Windows 7 Operating System .

Introduction to Quicken: 8 sessions
\$30, Tue/Thu, starting March 29th at 9:30 am
Step-by-step instructions designed to introduce you the main features of Quicken 2010 Premier. Purchase a copy of Quicken 2010 for \$10 more.

Introduction to Word Processing: 8 sessions
\$30, Tue/Thu, starting March 29th at 9:30 am
Learn what you can do with a word processing program.

Bad Weather Protocol

Bad weather may force closings & cancellations. If the weather looks uncertain, tune into your local radio station for information regarding the closing of the Rochester Senior Center. Local radio stations will be notified if we close.

The Senior Center follows the local school district's decision on closing; as soon as the Rochester Public School District closes, the Rochester Senior Center will close. If the Center is closed, ALL Center activities, programs and classes are canceled.

For weather related closings for the dining sites in Rochester & Eyota, please listen to your local radio station. The dining sites do not automatically close when the Center closes.



Flamingo BINGO

2828 East Frontage Road
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www.flamingo-bingo.com

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Job/Volunteer Openings

Seeking Substitute Volunteers

We are currently seeking volunteers to comprise a list of substitutes for our Gift Shop. This is a "fun" volunteer activity in a pleasant environment.

When our regular Gift Shop Volunteers are not able to come, it is most helpful to have a list of "substitutes" we can call to fill in. To come or not come when called, would be your choice. You would be oriented to the Gift Shop by Laurie, the Manager, or another experienced volunteer.

The responsibilities consist of:

- welcoming & assisting customers
- completing sales procedures
- make change
- have a readable handwriting
- have a welcoming smile

If this is something you would like to consider, please call Laurie at 289-2688 (home) or 424-6408 (Senior Center) for further information.

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.

Never Stop Learning cont.

Signs and Symptoms of Heart Attacks and Hypertension

Monday, March 28th, 10 am

Presenter: Kristin Ristau, OMC RN, Cardiology

What are the signs and symptoms of a heart attack? When is it time to go to the ER? We will discuss heart attack symptoms and when you should notify your doctor, go to the ER, etc.

Free for members, \$2 for non-members, all ages welcome; RSVP required by 1 pm Fri., Mar. 25th.

Group Updates for RJS Week

Friday, March 18th: no Pickleball; 500 moved to the Dining Room

Groups that will NOT meet the week of March 21st:

Canasta, Exercise, Round Dance Lessons, Pickleball, Bingo, Crochet, Ping Pong, ESL, Texas Hold 'Em, Silver Treads Square Dance Club, Quilting, 500, Wii Bowling, Knitting, Bible Study

Groups that will meet in the Dining Room the week of March 21st:

Pinochle, Dominos, Young at Heart Singers, Contract Bridge, Friday 500, SeniorNet Vol. Mtg.

No changes: Art, Ceramics, Woodcarving, Mah Jongg, Billiards, Library, Gift Shop

Support the Senior Center:

Donate items for us to sell on Ebay!

Collection Day: Tues., March 15th (before 4 pm)

Drop off: At Rochester Senior Center

•Items should have \$50 minimum current market value

•All donations are tax deductible!

Kids under 5
eat FREE!

Kiwanis Chili Feed

Benefiting the Rochester Senior Center

Adults: \$7

Kids: \$3

March 5th, 11 am - 7 pm
@ the Rochester Senior Center

Join us at our 19th Annual Chili Feed.

Open to the Public, tickets available at the Senior Center

Dining Information

St. Patrick's Day and March Birthday Celebration

Thursday, March 17th, 11:15 am

You're invited! Those attending with a birthday in March will receive a free candy bar.

Entertainment by the Petit Sisters

Sponsor: Lincare

Cost: \$4.00 for people 60 and over and \$6.50 for those under 60.

Please call the business office for luncheon reservations by 4 pm on Thursday, 10th.

*Menu: Roast Turkey,
Mashed Potatoes with
Gravy, Parselied Carrots,
Cake and Ice Cream*



Reservations

Please keep in mind that if you would like to dine with us either at the Senior Center or at one of our other 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 main luncheon menu costs \$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
Roch Senior Center	424-6400	11:45 am

To make a reservation for *special events with a meal*, call the Business Office at 287-1404, or the Dining Program Office at 424-6400.

Dining Menu

At the time of printing the March newsletter, the March dining menu was not ready. You can pick up a copy of the March menu at the site you dine at or at the Senior Center, or you can view it online as of March 1st at www.rochesterseniorcenter.org; on the home page click on dining menu.
Thanks for your understanding.


Castle Café

Soup/Sandwich/Salad Bar

(Available Only at the Senior Center)
Monday - Friday, 11 am to 12:30 pm

To find out the daily soup & sandwich option, call 424-6400 or visit us online at www.rochesterseniorcenter.org

Soup of the Day: Cup \$1.50 / Bowl \$2.00
Sandwich: Prices range from \$2.50 to \$4.50
Salad: 30¢ per ounce of salad




All-You-Can-Eat Chicken Dinner

Tuesday, March 8th, 6 pm

Doors open at 5 pm, Family style serving at 6 pm

Chicken, Biscuits & Gravy, Beans, Coleslaw, Cranberries, Beverage & Cookie

\$9 for adults, \$4 for children under 12. Public invited, no RSVP required.



Photos from Recent Events

Project Linus



Music by the Tea Pots at the December Birthday Dinner



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Direct: 507.252.6858

Cell: 507.261.6422

Zandra Kessler, GRI, REALTOR

zandrakessler@century21alpharealty.com

Direct: 507.289.3542

Cell: 507.696.0986

Director's Desk

Sally Gallagher
Executive Director



New Senior Center Design Input -

In February we held three meetings to solicit input on what was important to consider as we begin to plan and design a new Senior Center at the Recreation Center property. The following is what we've received to-date. If this list sparks a thought, idea or concern you'd like to share, feel free to email me at director@rsc-mn.org or call me at 424-6402.

Suggestions/Ideas/Priority Areas noted:

- Auditorium/theatre space with a stage that has comfortable & tiered seating for movies, speakers, entertainment & presentations. Utilize latest technology & assure it is upgradable, make sure there is a good acoustics/sound system so everyone can see screen & hear, etc.
- Special teaching kitchen for instruction & cooking classes, offer healthy cooking classes, provide instruction from dieticians, offer cooking classes especially for men,
- Café—with good coffee, snacks like yogurt, self-serve area, light dining options like soup & sandwiches, make this an inviting & relaxing space
- Covered parking area
- Drop-in Day Care for Adults with early dementia and/or Alzheimer's
- Woodworking Shop
- Craft area w/adequate lighting & storage space. Room for drawing/painting classes w/adequate storage.
- Salt Water Aerobics pool
- Lap pool
- Accessible & large elevators to accommodate several scooters at once
- Adequate transportation options for seniors without cars

Suggestions/Ideas/Priority Areas cont.:

- Bus to pick up seniors at the high-rises & other high senior concentration locations
- Adequate athletic facilities & exercise areas
- Multi-function meeting rooms/classrooms that are capable of being enlarged into larger classrooms/meeting space if needed
- Sufficient storage space for equipment like ping pong tables
- Bathrooms that accommodate all scooters, doors that are large enough to accommodate scooters
- External doors with electric eyes to open & close, not push button accessible doors.
- Have valet service for parking
- Large enough handicap parking spaces
- Curb-side bus stop, not on the street
- Separate senior only locker rooms

Concerns noted:

- Be sure there is separation of senior facility from other activities at the Rec. Center
- Senior Center needs to have a separate entry, although connected to the Rec. Center
- Don't drop anything currently being offered
- Over estimate on the number of restrooms needed
- Adequate parking, needs to be close enough
- Concerned that Rec. Center events will take up the parking spaces & there won't be adequate space for Senior Center users
- Will there be "seniors" only parking area
- Concerned about parking area during winter months...needs to be well-maintained, cleared of snow & ice
- Make sure restaurant/café is not built close to the pool area; keep smell of chlorine from food areas
- Make sure cost of new areas is affordable
- Concerned that new Senior Center is managed by current leaders to maintain focus on seniors; don't want the new Senior Center to get lost in the other Rec. Center programming & needs.
- Concerned about "senior" access to all areas within the Rec. Center. Be sure that seniors can access all areas without having to use the stairs.

Continued on next page

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OAKWOOD CEMETERIES

Oakwood Cemetery 41 7th Avenue NE Rochester, MN 55906	Oakwood East 36th Avenue & Viola Road NE Rochester, MN 55903
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Concerns cont.

- Concerned w/having seniors & young people together within the Rec. Center space. Worried that those who are younger & "rowdy" will knock seniors off balance.
- There is already inadequate parking at the Rec. Center when there are large events; managing utilization of space will need to be a priority to assure adequate parking.
- Concerned evening activities will not be accessible to bus-patrons.
- Concerned about security; areas of the shared Rec. Center/Senior Center where seniors could be targets of crime.
- Multi-purpose rooms don't work.
- Current Rec. Center users are worried current classes will be dropped when the Senior Center moves in.
- Concerned about the different needs of current users & incoming boomers; how do you handle all those needs?
- Concerned there will be a significant increase in cost to participate.
- Question the huge menu of options/services being considered. Are you trying to be too inclusive?

As work continues to proceed in the planning process, we will continue to keep you informed with updates in the newsletter. If you are interested in helping advance this effort, be sure to let us know.

THANK YOU

Thank you to Eastwood Bank for the donation of chairs to the Senior Center. You will see these chairs throughout the building in offices, entry areas, the dining room, etc.

Thank you to Pat Wade for all of the cookies in the library.

Focus Group

Senior Center Users - We'd Like to Hear from You!

Thursday, March 17th, 2 pm

As you know, the Rochester Senior Center is planning a new facility that will expand on the current programs the Center currently offers so that more people can benefit from its services. In order to help identify potential new programs and services, a group of students from Mayo Medical School will be holding two discussion sessions to get your opinions about the Senior Center and its future plans. The students will be having open conversations with small groups, no more than 6-8 people each, about a few key topics; in particular, additional programs focused on health. It is very important that we hear from you, because your insight will help us figure out which programs would be most beneficial to offer.

Please come to one of these sessions to share your opinions and participate in the discussion. If you have any other questions, please feel free to contact Megan at chock.megan@mayo.edu.

Thank you and we look forward to meeting with you!

Nora, Allyson, Daniel, Jennifer, Erin & Megan

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

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:

June Arnold in memory of Kathryn Selness, Wayne & Marilyn Bastian in memory of Kathryn Selness, Lee & Shirley Graham in memory of Phyllis Sanborn, IBM Retiree Charitable Campaign, Senior Center Kitchen Band in memory of Kathryn Selness and Dorothy Schultz, Wayne & Willie Knipschild in memory of Keith Phelps, Scott Rieke, Silver Treads Square Dance Club, Lawrence & Marilyn Tischer, Beatrice (June) Vold, Beverly Livesay, Tax Service Help, Rita Kiefer in memory of Helene Spiece Lambrose, Nancy Davis, Walter Stobaugh, Lucinda Stockwell, Lloyd Bartholomew, Eleanor Hartog in memory of Laura Long, IBM Employee Donations, Judith Kulas in memory of Jesse Bollman, Vivian Malcomson in appreciation for Vic Hartman's computer help, Joyce Maloy, Sandra & Francis Nelson, Joyce Richmond, Art Schmidt, Friends and Family in memory of Roberta Campbell, Clayton & Doris Stowe in memory of Kathryn Selness

Donations to the SOS Campaign:

Chris Batchelder, Jeff & Carolyn Piepho, James Sullivan, Doris Toddie, Mr. & Mrs. Alfred Bassi, Ethel Herrick, Jean Jensen, Mr. & Mrs. Richard Trusty

Item Donations to the Center:

Martha Kurth, Lucinda Stockwell, Chen Wei-Long, I.J. Lewison, Carol Richardson, Doris Anderson, Lois Rink, Mary Warren, Sharon Sandberg, Catherine McConnell, Sharon Henzel, Dee Hrdlicka, Donald Patterson, Florence Miller, Becky Maloney, Arlys Leitzen, Pam Snyder, Herb & Jerine Erickson, Art & Vernida Maley

Donations to the RSC Foundation:

Kathryn Rayburn, Lucinda Stockwell in memory of Richard Ilk, Senior Center Advisory Council in memory of: Lois Bartz, Peter Connelly, Josephine Eggers, Esther Hubbell, Dorothy Paulson, and Keith Phelps

Donations to Dining Program:

Dar Podein in memory of Kathryn Selness

Project Linus

On Thursday, February 10th, over 24 ladies stitched and sewed over 25 beautiful blankets for Project Linus. These blankets will provide love, a sense of security, warmth and comfort to children at the local Crisis Nursery. Project Linus has distributed over three million blankets to children in need since their inception in 1995. Volunteers logged over 120 hours on the 10th. Thanks to Mary Hanson for organizing this special event.

See page 9 for photos.

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 per person, \$20 if a Member of the Senior Center. Payment due by 1 pm April 15th. No refunds.

Entrance to exhibit is free, lunch is on your own.

Leaving the Rec Center at 10 am and the Senior Center at 10:15 am. Returning to Rochester by 5 pm.

Traveling via Coach Bus with Restroom, Rochester City Lines.

Elderberry Gift Shop

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

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

Educational Seminars

"SILENCE IS GOLDEN, BUT NOT WHEN IT COMES TO YOUR ESTATE."

Preparing Your Estate Plan

Tuesday, March 22nd, 9:30 am

A topic people tend to put off or ignore, but one of the most important things you can do. Doing so lets you take a giant step toward a secure future for yourself and generations to come. Learn about what to consider when creating your will, the benefits of trusts in estate planning, how to help reduce taxes on your estate, and how insurance can help protect your family.

Presenter: Josh Bargfrede, Financial Advisor with Edward Jones. Coffee & treats provided. Free to Members Only; no RSVP required.

This is the 2nd 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 **New**

Available 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.

Credit Cards to be Accepted **New**

The Rochester Senior Center will begin accepting credit cards for purchases. You can 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. We hope this new service will work well for you. Donations to the Senior Center and the Senior Center Foundation can also be made through your credit cards.

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.

Newsletter Available via Email

If you would like to receive *The Center Piece* monthly via email, please contact Stacie at executiveassistant@rochesterseniorcenter.org and we will add your name to our new 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.

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).

Tax Assistance

ATTENTION SENIORS! FREE HELP WITH TAX RETURNS Through April 15th

Free assistance in filling out federal and state tax forms will be available again this year for senior citizens with low-to-moderate incomes, beginning February 1st. 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 every Tuesday & Thursday (& selected Wednesdays), 1-4 pm, through April 15th. Appointments can be made by calling the Center at 287-1404 between 9 am and 4 pm, Monday through Thursday or Fridays 9 am to 1 pm.

In addition, days are scheduled at various high-rise apartments for building residents (Central Towers, Fontaine Towers, Gramercy Park, High Pointe, Meadowlakes, Northgate Plaza, Park Towers, Realife Cooperative and Shorewood). Arrangements can also be made for counselors to provide tax help in homes of those who are homebound by calling the Rochester Senior Center.

Advertising Rates

Small Ad, 3 ¾" x 2" = \$500/year
Large Ad, 7 ½" x 2" = \$1,000/year

Contact Stacie for more information at
424-6401 or stacie@rsc-mn.org

Please note that, in order for the tax counselors to help complete your tax forms at the time of your appointment, you should bring the following:

- Social Security (or ITIN) cards for everyone in your family
- Copies of your completed 2009 tax returns (last year's returns)
- Any tax information you have received in the mail regarding tax year 2010
- W-2 forms and other income/tip information (including welfare payments received)
- 1099 forms (eg, interest, dividends, social security, pension benefits, unemployment compensation)
- Statement of stock or mutual funds sold (including information regarding original cost)
- Receipts if itemizing deductions (taxes, medical/health insurance paid, charitable donations)
- Summary of amount spent on child care (plus child-care address & employer identification number)
- 2010 Certificate of Rent Paid (CRP) forms received from landlord
- Real estate tax statement for taxes payable in 2011 (property tax refund)

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.




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Raffle

2010-2011 Raffle Quilt - "Night and Day"

Raffle tickets for this queen sized (86" x 90") quilt will be sold through March 26th. The winner will be drawn at the Retired Treasure Sale. All ticket sale proceeds benefit the Senior Center. Purchase your raffle ticket from the Business Office for \$1 each.

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 Program424-6400
Linda Blanshan, Kay Ruyts, Harold Paulson

Senior Advocate.....424-6409
Vicki Lawrence

Executive Director424-6402
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.

Welcomes & Goodbyes

Welcome New Members!

Julie Burgess, Larry Frear, Brian Konkel

Goodbye, Dear Friends

Lois Bartz, Peter Connelly, Glenn Manbeck,
Helene Spiece Lambrose

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 April 2011

April 8 th What is written will be remembered	April 11 th Vital Medical PrePlanning, 1 pm
April 11 th Mystery Tea Party, 1 pm	April 12 th Chicken Dinner, 6 pm
April 13 th Olmsted Historic Sites: School Houses Old Cemeteries, Mills & More, 3 pm	April 20 th Birthday Lunch
April 22 nd Good Friday Brunch	April 26 th Focus on Fixed Income, 9:30 am
April 26 th Celebration of Life	

Rochester Senior Center

121 N. Broadway
Rochester, MN 55906



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