

The Center Piece

Rochester Senior Center • May 2011

Senior Center Mission: To enrich the lives of older adults

What's New?

New Member Joining Special Throughout May

Introduce friends & neighbors to the benefits of being a member of the Rochester Senior Center. In honor of Older Americans Month, new members can join for \$5 off all month. You're invited on Thursday, May 26th for a special tour of the Center, attend our Open House, and take in our special activities & programs.

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
- Musical Prayers
- Prayer of Gratitude
- Prayer of the Heart
- Prayer Testimonials

Entertainment: Anthony Cook

Menu: Breakfast Bake, Muffin, Fruit, Coffee

Purchase tickets from the Business Office by

April 28th. Cost: \$5/Ctr. Members, \$7/Non-Members

Older Americans Month - Day at the Senior Center -- Thursday, May 26th

Theme: Connecting the Community
Special Programs - 9 am: Rochester Public Library, 10 am: Elder Network, 11 am: Mayo Clinic, 1:30 pm: Family Service Rochester, 3 pm: Channel One

See page 14 for more info. on these programs.

Gift Shop Open House - 10 am-3 pm. Visit our NEW gift shop now located next to the Business Office. Shop for great gifts, handmade by Center members. Free cookies & lemonade.

Tours - Tours will be offered throughout the day by our Membership Committee. Learn about all the opportunities available at the Senior Center.

Castle Café on Broadway Open House - Come in & experience our NEW Castle Café, now open Monday-Friday for breakfast from 7:30-10 am & for lunch from 11 am-12:30 pm. No reservations needed. See page 9 for more information.

Open House Breakfast Special 8-10 am:

French Toast Bake, Fruit & Sausage for \$3.

Open House Lunch Special 11 am-12:30 pm:

Chicken Salad Plate: chicken salad on a bed of lettuce, fruit & roll for \$3.

11:30 am: Lea Dacy will be playing her electronic cello.

Open House Special: Free Coffee All Day

The Center will be closed Monday, May 30th for Memorial Day.

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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Never Stop Learning

Lena & Ole Olson come to MN -Back by Popular Demand Mon., May 9th, 1 pm
 Presenter: David Dunn

Minnesota is known as a state where many of Norwegian heritage live; it could make you wonder why they came here. This presentation uses a fictional couple who made the trip & tells what factors encouraged them to stay in Norway as well as the motivators that caused them to immigrate.

Donations appreciated, open to all ages & general public, no RSVP.

Mayo Buildings - The Stories Behind the Names Wednesday, May 11th, 1 pm

Speaker: Paul Koeller

You've driven by the Mayo Clinic buildings many times; you've probably even had appointments at the various buildings. You know the building names, but do you know the stories behind them? Join Paul as he shares photos of the various Mayo Clinic buildings & tells you about the people who helped make them possible.

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

Plummer Building Tour

Monday, May 23rd, 1 pm

Meet in Plummer Building Lobby, tour led by Dana Knaak. Walking involved, limited to 10 people. Senior Center Members only. Free. RSVP to Business office by 1 pm on May 20th.

***Current Events** Thurs., May 12th, 11 am and Thursday, June 2nd, 11 am

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

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

***Fire Safety** Friday, May 13th, 10 am

Speaker: Johannes Marsland

Hardly a day goes by without a news article or TV report concerning a tragic fire in our area; it's a subject that hits all of us close to home. Hear a fun, fast moving program on fire safety that will give you practical information about the fire problem. The program is centered around a 9 question quiz highlighting the correct answers & providing life saving education. Learn tips on preparing for a fire & how recent technological breakthroughs work to provide security & early warning in the event of a fire. Door prizes for those who do well on the quiz, come prepared.

Funeral & Cremation Advance

Planning Seminar Wed., May 18th, 7 pm

Presenter: Brenda Schultz, Funeral Planning Consultant.

This year, give your family the gift of a lifetime. Learn about types of services, cremation options, protecting funeral dollars from nursing homes & other creditors and how to avoid overspending. Professionals also in attendance: Funeral Director, Elder Care Attorney, Financial Advisor & Veterans Service Officer. All speakers available after the seminar for questions. Complimentary refreshments. Free, all ages & public welcome. RSVP appreciated by 4 pm, May 17th.

W.W. Mayo, 1863-1911

Monday, June 6th, 1 pm Speaker: Dana Knaak

A story woven around W.W. and Louise's influence on Will & Charlie and how that translates to the Mayo Clinic we see today. Learn the answers to "Why is Mayo Clinic in Rochester?" "Why did Will & Charlie become doctors?" The microscope story. W.W. the wanderer. "What were Will & Charlie doing during the tornado?"

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



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Special Events

Power Brunch Tues., May 10th, 10:30 am
Topic: On the Markets, our updated commentary on current economic conditions. This month's focus is **Waiting for the Large-Cap Revival**. Large-cap stocks have long lagged smaller issues, but we believe that will soon end.
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. May 17th, 10:30 am
Topic: New Law Wrap Up **Presenter:** Ron Seeger
 Monthly presentations hosted by local lawyers, judges, & law enforcement.
 Free to members only, no RSVP required.
 Sponsored by the Rochester Senior Center Foundation.

Wonderful Weight Loss that Works
 Thurs., May 19th, 1 pm or Fri., May 27th, 10 am
Speakers: Susan Raye Thompson, DC and Gary Kostelec, BSE
 Ever had trouble losing weight? Tried other diet plans with minimum success? We've found the answer using sublingual drops that effectively control appetite. The diet was put together in the 1950-60s w/20 years of research by Dr. A.T.W. Simeons, MD. While fat is converted into blood sugar & used as energy, research showed that the body needed additional proteins. He found that a 500 calorie high protein diet would help in the process of losing weight while using HCG to control appetite & convert fat for fuel. Join us for this informative session.
 \$3 to instructor day of program.
 RSVP to Business Office 1 day prior.

Rochester Male Chorus
 Free Spring Concert - Monday, May 9th, 7 pm
 In it's 81st year of entertaining SE MN, more than 30 men ranging from 20-something to octogenarians. Show tunes from Broadway to old favorites, patriotic medleys and more.
 Free, open to the public, no RSVP required.

Tea Time Pleasure
 Monday, May 16th, 1:30 pm
Sharing Friendship with a Cup of Tea
Speaker: Sandy Erdman, collector & weekly columnist for the Post Bulletin.
 Tea cups are moving from grandma's attic to modern kitchens w/open cupboards. Collectors & decorators who reminisce for things Victorian are snatching up these lovely heirlooms. Now is the time to develop a tradition of an afternoon tea. You'd be surprised as to where you can find a tea cup these days or even the value, since this is not your grandma's beverage taste anymore. Explore ideas to setting-up for tea time pleasure by bringing your own tea cup & we will share the history & memories. Sandy will be bringing some of the teacups from her extensive collection & will also give away a great tea cup gift.
 \$2 for members, \$4 for non-members. Please RSVP by 1 pm on May 13th.

Vintage Hat Show Sat., June 4th, 2 pm
Presenter: Heather Edgington, Spring Grove
Sponsor: Home Instead
 "Where did you get that Hat?" 1940-1952 Tiny Toppers, Doll Hats & Toy Hats start out this decade making a statement all on their own! We can't forget "Rosie the Riveter's" work wear - Coveralls & a Head Scarf. All ages & public invited, \$3/Members & \$5/non-members.
 Coffee, tea & cheesecake. RSVP/Pay by 6/1.



Randy Vine



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Chad Sietsema

Exploring Antique Treasures for Profit Thurs., June 2nd & 9th, 9:30-11:30am
Speaker: Sandy Erdman
What are the benefits of yard sales? Do your research to find out what your item is worth. Bring an item or photo to class, we will work on one item/category per person. Is it a profitable item or a piece for the thrift shop.
\$10/Members and \$15/Non-Members. RSVP/Pay Business Office by 1 pm May 31st.

Love Of The Arts

Greeting Card Making & Scrapbooking
Wednesday, May 11th, 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 & tools that all will share; info. 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.

Crochet Tuesdays, 12:30 - 2:30 pm
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 Classes
Mondays & Fridays 9 am to Noon; \$92/quarter.
Monday or Friday: \$46/quarter. Will prorate.
Supplies by artist.
No class May 22nd or June 27th.

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.

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, May 24th, 8:30 am
Perkins, 1818 S. Broadway
Morning coffee, breakfast and friendship.
No reservations necessary!

Nintendo Wii

Bowling League: Tuesdays in May (3rd, 10th, 17th, 24th) League play at 1 pm and 3 pm. Free for members. *No league May 31st.*

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

Book Club

Thursday, May 12th, 9 am
Discussing *Old Man and the Sea* by Ernest Hemingway
Checking out: *Sarah's Key* by Tatiana De Rosnay
The Book Club will not meet in July or August.

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:

May 21 st	Top Notchmen
Sept. 17 th	Zen Zen

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

Free Vintage Country & Western

Music Dance Friday, May 27th, 7 pm
Featuring live music by "Brother Music, Sister Rhythm". Beverages available for purchase, free popcorn, free will donation.

Rockin' 50's Dance Fri., June 17th, 7 pm
Featuring *The Dreamers*. \$10/person, or \$8 with Rochesterfest Button.
Soda, beer, wine available for purchase.
Free buttered popcorn. A Rochesterfest Event.
All are welcome, open to general public.

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, May 5th and Tuesday, May 17th
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.

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.

MyPC Series Open House --- FREE

Thursday, May 26th, 3-5 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, Tue/Thu, starting May 3rd at 6:30 pm OR

\$20, Tue/Thu, starting May 17th at 12:30 pm

Introduction to Computers: 8 sessions

\$30, Mon/Wed, starting May 2nd at 6:30 pm OR

\$30, Tue/Thu, starting May 3rd at 9:30 am

Introduction to Internet: 4 sessions

\$20, Tue/Thu, starting May 3rd at 12:30 pm

Digital Photo Imaging: 8 sessions

\$30, Mon/Wed, starting May 2nd at 12:30 pm

Exploring Windows 7: 8 sessions

\$30, Mon/Wed, starting May 2nd at 9:30 am

Introduction to Word Processing: 8 sessions

\$30, Mon/Wed, starting May 2nd at 3:30 pm

Trips and Travel

Diamond Jo Casino Wednesday, 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. 4-hour stay at casino. Will need Diamond Jo players card #, name & phone #. If you don't have a players card, will need full name, address, phone # and date of birth.

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

Historic Red Wing Day Trip

Wednesday, June 1st

Travel back in time & tour beautiful Red Wing on a 1800's Riverboat and a Victorian trolley.

Leaving Sr. Ctr. @ 10 am, Rec Ctr. @ 10:15 am.

Lunch on your own at historic St. James Hotel.

1 pm: 90 min. guided cruise on "Pearl of the Lake", a modern day replica of the riverboats that traveled the Mississippi River in the 1800's.

True to tradition, her only means of propulsion are the twin paddlewheels in the stern, her name emphasizes the historic significance shared by paddlewheel boats & the freshwater pearl industry on the upper Mississippi River.

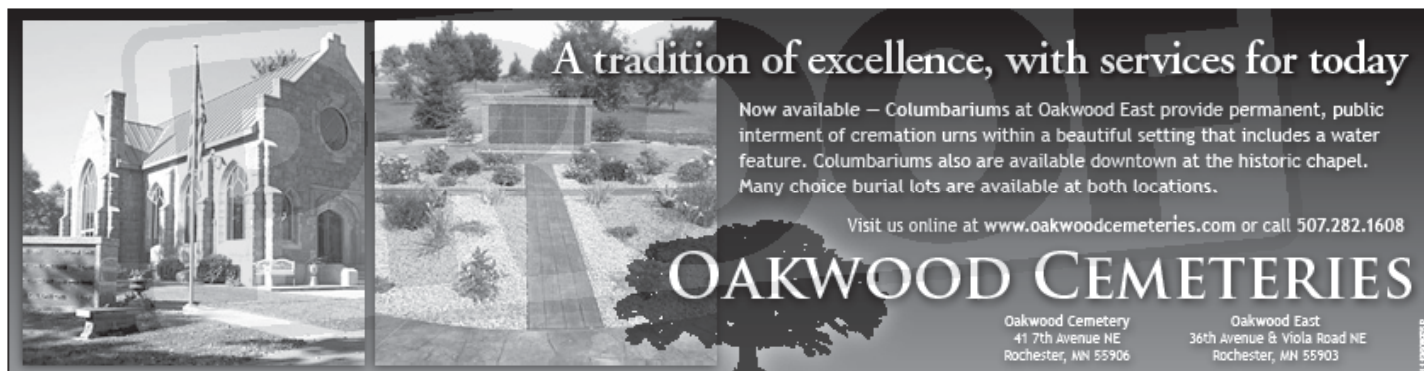
3 pm: Trolley Tour. Arriving back in Rochester approx. 5:30 pm. Cost: \$38/members, \$43/non-members, includes transportation, riverboat & trolley tours. RSVP/Pay by Wednesday, May 25th.

New Ulm, MN Friday, June 10th

\$42.50/person, includes: transportation, guided tour, lunch, Glockenspiel, Governor Lind's Home, Schell Brewery

German lunch: brat, German potato salad, sauerkraut, spaetzl, & coffee. Leaving Cub Foods @ 8 am or the Senior Center @ 8:15 am.

5 pm return. Sign up & pay by 4 pm June 1st.



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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

IBM Celebration of Service

June 15th at the Senior Center

- Movies and Guest Panel of IBMers
They Were There - documents the stories of IBMers accomplished products & achievements
100 x 100 - chronicles significant IBM inventions/accomplishments for their 100 yrs.
 - Lunchtime Music by IBMers (Lunch @Castle Café on Broadway available for purchase.)
 - Bookclub discussion of "The Worst Hard Time" by Timothy Egan. RSVP to Business Office if you want to participate, 287-1404.
 - Birdhouse Decorating - Volunteers will help with techniques. RSVP to Business Office if interested in this activity.
 - Tech Fair and Consultants - Get help with any tech question. Tips & favorite sites/tools will be demonstrated, informational sheets provided.
 - Wii & Card Games - Bowl, play tennis, or exercise with the Wii Fit.
 - Refreshments & Strolling Musicians available in the afternoon
- Community Handywork available throughout the summer - If you have some home projects you need assistance with, call Vicki at 424-6409. Projects may include window washing, painting, raking, yard/grounds cleanup, moving &/or discarding old appliances, etc.
Schedule of activities subject to change.

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.

Canasta Tuesdays, 10 am to Noon

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.

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/session. *Not meeting May 5th.*

Pinochle

Single Deck &/or Double Deck

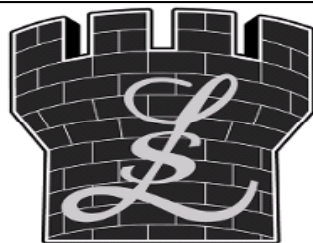
Mondays, 12:30-4 pm For more info., contact Sharon Henzel at 305-815-2516

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 Wednesday & Thursday, 1 pm;
Friday, 10:30 am, Fred Reed Hall
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.
Group will move outside when weather is nice.
Contact Jan at 287-6854.

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.

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.

Special Event Meals

May Birthday Lunch Celebration

Wednesday, May 11th, 10:45 am

May Flowers! Those attending with a birthday in May will receive a small gift.

Entertainment by JuBellante Handbell Group

Menu: Roast Beef, Potatoes, Carrots, Homemade Rolls, Cake and Ice Cream

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

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

New Programs in May

Monday Men's Group

Beginning May 9th, 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 Ladies Tea

Beginning May 10th, 9 am

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

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

Driver Refresher Class (4 hours)

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.* Instructor: Dave Ruzek

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

Act Now! This Is A Great Time To Make Your Move.



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Castle Café on Broadway

Continental Breakfast Bar Options Available 7:30 -10 am

Note: Enter the building through the side/north door of the Center

- 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 above
- You-Pick-Two Options - \$3



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

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.

Flamingo BINGO



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

Check out our website at
www.flamingo-bingo.com

Rochester Senior Center Foundation License # 36207

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zandrakessler@century21alpharealty.com

Director's Desk

Sally Gallagher
Executive Director



We Look a Bit Different Now and "It's ALL GOOD"

The room changes are now complete; the Dining Room looks terrific, the Library/Lounge space is so inviting, members are checking out books more than ever before, the new Castle Café on Broadway options have been a big hit, and the new Gift Shop looks remarkable. If you haven't visited the Center since mid-April you have to make a trip in to see it. Although these changes won't solve our "out of space" or parking problems, we hope that these changes can relieve a bit of the pressures we are experiencing.

Our goals with these changes were to allow us to better utilize the Dining Room space, increase visibility & sales of our Gift Shop, provide additional space for programming, reduce the amount of cancellations of current activities, and offer meal options requested by the membership, just to name a few.

This is what we are hearing about the changes: "We love the new feel in the Dining Room; We love the flexibility and the menu options in the Castle Café; Room 218 is a great meeting room; The new Gift Shop space looks amazing; I never knew you had so many books available to check out; We love the bright space in the Dining Room for reading the newspaper; It's great not having to make a reservation to come in to eat."

I'd like to thank everyone for their patience & understanding during these room transformations.

Welcome to our New Cooks Cathy & Cindy

Please join me in welcoming Cathy Ingham & Cindy McEachern. Cathy & Cindy are the new faces you will see in our kitchen. They are both very excited to join the staff here at the Senior Center and are excited to bring to you top quality meals from our Castle Café. Please do not hesitate to let them know what you are hoping to see on our menu. The only way we can improve is to hear feedback from you. Be sure to introduce yourself when you visit the Castle Café on Broadway.

Note—We are pleased to have Jason Iverson staying on as our dishwasher. Be sure to stop in and let him know how much we appreciate his service here at the Senior Center.

Are We In or Are We Out?

It astounds me that the Regional Community Center/Senior Center project which ranked 3rd in the ranking may be pulled from the Rochester Half-cent Sales Tax Extension proposal list. The House bill has removed the project; however in the Senate bill all the projects remain intact. I am sickened when I hear from seniors: "I'd utilize the Senior Center but it is so difficult to find a place to park; I wanted to attend that program but couldn't find a place to park so I went home". The aging demographics alone support the need for this project. A joint project like this, utilizing shared space and sharing of expenses is the most economical & smart thing we can do. The information coming from some individuals & groups hasn't been completely accurate. Each of the projects was fully analyzed & ranked by a committee of citizens appointed by the City Council & Mayor. This Sales Tax Committee reviewed the projects based on the need for our community. This isn't a "frosting" project. If you're aging, then supporting this project is a no brainer. It's a win-win for the entire community. Let our local representatives know how important this project is. Healthy aging is everybody's business. Aging "well" requires support, involvement, & advocacy. Your Senior Center is just that place. Help us to help you by supporting the need to have adequate facilities, programming & parking.

To hear more about what is happening on this topic, join me for coffee on Tuesday, May 24th at 9:15 am.

Cathy & Cindy - New Cooks for Castle Cafe



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, 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.

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.

Foundation Corner

Dean Stenehjem
Development / Foundation Director



You Are The Reason!

Most people I know receive some type of fundraising letter on a regular basis. Requests from the Salvation Army, Red Cross, Veterans, and political parties are common. It's not unusual to receive several of these requests during the course of the year.

One of the things that is consistent in many requests is a heartwarming personal interest story of how or why a person or family is receiving help from the charity, and what a big difference it is making in their life.

Here at the Senior Center we too are making a difference in people's lives. You may not see this happening as you go about your activities here, but it is happening, and it's happening largely because of you! Yes, you! One of the reasons the Center makes a difference is that members & participants are helping each other. There are countless times we hear of members checking in with other members to see how they are doing, giving rides to members, taking them to doctor appointments, going shopping with them, helping them in their home or with yard work. The list could go on, but the point is that what you are doing here is making a difference in people's lives. The relationships you've developed with other members helps them remain independent, active & healthy. The staff works to supply the mechanism for you to make this happen, & we too are able to make a difference by our actions & directions. But you all are the ones that are on the 'front lines' everyday helping each other. Thank you!

Don't forget that the Senior Center Foundation helps fund the Center each year. If you would like to contribute to the Foundation, contact me at 424-6404 or foundation@rsc-mn.org.

Coffee with the Director

Join Sally Gallagher on Tues., May 24th, at 9:15 am for coffee on the West end of the Dining Room. Bring your suggestions and questions.



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Thank You

Monetary donations to the Center:

Curt & Carol Johnson, Pat Cordie, LaVonne Crissman, Lydia Dingfelder, Diane Downer, Lee & Shirley Graham in memory of John Laivell, Neal Graham, Sue Greenberg, Alice Gronvold, Marilyn Haglund, Marion Heram, Mr. & Mrs. Lester Horntvedt, IBM Retiree Charitable Campaign, IBM Employee Donations, Phyllis Jacobs, Alpha Jensen, Nancy Kampmeier, Darlean Smith-Kapler, Kiwanis Club of Rochester Day Makers (proceeds from their annual Chili Feed), Mavin Mattson, Irene McKenney for SeniorNet Lab, William McNeil, Dr. George Morrow, The Saint Paul Foundation (matching gift for Dana Nelson), Marion Parkinson, Paul & Sondra Plager, Marie Pleming, Arlene Rohde, Penny Ryno in memory of Eline Knutson, Penny Ryno, Avis Skjeie, Glenice Smith, Marion Spohn, Janet Stenberg, Dr. & Mrs. J.L. Stewart in memory of Ed Comartin, Lucinda Stockwell, Don & Arlene Strelow, Don & Pearl Sukke in memory of Ed Comartin, Grace Swanson, Tax Service Donations, Lois Trost in memory of Ed Comartin, Corrine Welch, Myron & Marian Wilke, Young at Heart Singers in memory of Lenore Vanberg, Norma Zastrow

Item Donations to the Center:

Jean Nordly, Joanne Hebrink, Herb Erickson, Ray Lundquist, Dee Hrdlicka, Dave Moore

2011 Outstanding Senior Male & Female Volunteer

Nominations from Olmsted County residents are now being sought. Award presented & winners honored at Senior Day at the Olmsted County Fair Luncheon, Wednesday, July 27th. Pick up official nomination forms at the Business Office. Forms must be returned to the Center by June 15th.

Donations to the RSC Foundation:

Dick & Bev Hexum in memory of Mrs. G. Groteboer, Vivian Malcomson in memory of Ed Comartin, Lucinda Stockwell in memory of Lenore Vanberg, Helen Lovgren

Senior Center Advisory Council in memory of: Ed Comartin, Earl Potvin, Roberta Rahn, and Norbert Reichrath

THANK YOU!

We would like to thank everyone who helped us in putting on the Retired Treasure Sale. You all were so helpful, we never could have done it without all the great volunteers.

As you may have heard, this will be Chris's and my last year of heading the Retired Treasure Sale. We have had many wonderful years with all of you.

We also want to thank the volunteers that helped us with the Chicken Dinners over the years. So many gave their time and donations. We had many years of hard work and good times. We will miss getting together the 2nd Monday and Tuesday of the month with all of you. See you around the Center.

Love, Sis and Chris Christopherson

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

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.

May 6 th	Eastwood
May 13 th	Soldiers Field (back 9)
May 20 th	Northern Hills (back 9)
May 27 th	No Center Golf due to Holiday
June 3 rd	Hadley Creek Golf Learning Center

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

Educational Seminars

“DO YOU WANT MORE CONTROL OVER THE TAXES YOU PAY?”

Tax-Free Investing: It's Not What You Make, It's What You Keep

Tuesday, May 24th, 9:30 am

There are several strategies to help reduce your tax burden, choosing tax-advantaged investments is one of them. Learn about tax-advantaged investments & their features, tax-free investment returns vs. taxable investment returns, 3 ways to purchase municipal bonds, how tax-free investing can help you achieve your goals, & how you may be able to lower your taxes through tax-advantaged investments. Speaker: Josh Bargfrede, Financial Advisor with Edward Jones. Coffee and treats provided. Free to members only; no RSVP required. *This is the last seminar of a 4-Part Series.*

Please Note:

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).

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.



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GROUP LEADER MEETING

Thursday, May 19th, 9 am

Time to catch up on changes happening at the Center, hear your feedback and hear about future planning from Sally & Dean.

RSVP to the Business Office, 287-1404.

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.

Tax Assistance

FREE SUMMER TAX HELP

May 19th, June 2nd and 9th, 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, May 19th, June 2nd, June 9th, 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.

Golf Volunteers Needed

Million \$ Hole-In-One Shoot Out

June 21st-24th at Hadley Creek Golf Learning Center, 2441 Hadley Valley Rd. NE

Interested in volunteering for the largest Senior Center fundraiser? Contact Stacie at 424-6401 or stacie@rsc-mn.org.

Approx. 80 volunteers/day help make this a successful event. Help is needed in the following areas:

- Advance Sale Coupon Book Sellers - sell to area businesses/individuals prior to the event. The book sells for \$30 & will provide the buyer with 40 shots; at the event, the cost is \$1/ball.
- Registration Tent - sign up participants & collect money.
- Tee Box - count out balls & record measurements as needed.
- Green Team - measure distances from the hole, clear the green. Must have good mobility.

When you call in your volunteer availability, let us know what shifts you are able to work. The schedule will be developed soon. Times for each day are: Tues., Wed., Thurs., June 21-23, 11 am to 8 pm, Fri., June 24, 11 am to 5 pm with the Million \$ Shoot Out at 5:30 pm.

Note: volunteers need to be able to handle working in the sun and heat. We do provide refreshments & shade areas during your shift.

Rochester Morning Pride Lions Charity Golf Classic

Wednesday, July 13th, at Maple Valley Golf & Country Club, 8600 Maple Valley Rd. SE

\$75 per person, teams of 4 = \$300

18 holes of golf with cart, Outback Steakhouse dinner following play (at the course)

Volunteers are needed. Help w/registration or on the course collecting money for the Par 3 Contests. If you are interested in volunteering, please contact Stacie @ 424-6401.

Older Americans Month

Connecting the Community

Thursday, May 26th

Older adults bring inspiration & continuity to the fabric of our communities. Discover what you can do to help our community thrive, you will find you gain far more than you give.

10 am: I'm not a Caregiver - or Am I?

I'm just a wife, a son or a neighbor helping someone I care about. Yes, you are a caregiver. You need to make sure you are taking care of yourself as you take care of others.

Communicate effectively with family members, doctors & paid help; reduce any stress, guilt, anger or depression; relax & take care of yourself both physically & mentally. Elder Network has a variety of programs - Powerful Tools for Caregivers Class, Caregiver Support Groups, Caregiver Coaching, Respite Care & more - to help you help those you care about.

Presenter: Laurie Marreel, Executive Director

11 am: Volunteering: A Healthy Thing To Do

There are personal, physical & emotional benefits to helping others as a volunteer. People who spend time & energy helping others help our communities stay healthy & research shows volunteers stay healthier themselves. When adults, parents & grandparents model these behaviors & activities, it helps pass on those

values to the next generation. Saint Mary's Hospital Auxiliary has many volunteer opportunities giving you the chance to socialize with others & learn new skills. Learn how by doing good for others you may increase your life expectancy & protect yourself from some stresses of life. Presenter: Susan Webster Pronk, Coord., Auxiliary Volunteers, Saint Marys Hospital/Mayo Clinic

3:00 pm: Channel One Food Bank & Food Shelf
An overview of your local Food Shelf - what we do, services we offer, & volunteer opportunities.
Presenter: Maggie Parham, Development Associate and Volunteer Recruiter

Contact Us

CENTER HOURS ~

Mon-Thurs: 9 am to 4 pm, Fri: 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, Cathy Ingham, Cindy McEachern, Jason Iverson	
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. Political ads must include a disclaimer and be prepaid.

Welcomes & Goodbyes

Welcome New Members!

Richard Cecil, Glenn Chamberlin, Penny Flynn, James Hendricks, Mary Luhman-Johnson, Killer McCoy, Dorothy Molde, Lucille Root, Lenora Smith, Lori Toman, Darlene Weis, John Young

Goodbye, Dear Friends

Ed Comartin

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.

Preview of Events in June 2011

June 1st Historic Red Wing Day Trip

June 4th Vintage Hat Show, 2 pm

June 6th W.W. Mayo, 1 pm

June 11th New Ulm, MN Trip

June 17th Rockin' 50's Dance, 7 pm

June 17th-26th Rochesterfest

June 21st-24th Million \$ Hole-In-One Shoot Out, Tue.-Thur. 11 am-8 pm, Fri. 11 am-5 pm

Rochester Senior Center

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Rochester, MN 55906



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