

The Center Piece

Rochester Senior Center • October 2011

Senior Center Mission: To enrich the lives of older adults

October Special Events

Portrait Sessions

Thursday, October 20th, 1-4 pm OR

Friday, October 21st, 10 am-Noon

Haven't had your photo taken in a while? Now is your chance! Great gift idea for family members.

A session consists of a portrait of either an individual or a couple. Four shots will be taken on a black background.

Call the Business Office for an appoint., 287-1404.

Cost: \$30 for CD of at least four portraits that can then be taken to any store to develop & print.

Pay at your appointment. Photographer: Wei Chen

Baubles, Bangles & Beads Lunch

Monday, October 24th, Lunch served at Noon, program begins at 12:30 pm.

Speaker: Sandy Erdmann

Come dressed in your finest beads, bracelets, & earrings! Have fun talking about vintage jewelry & how we share and care for these items. Bring a piece of unwanted jewelry, old or new, wrapped in a box to exchange as an act of friendship.

Cost: \$5.50/Members, \$7.50/Non-Members.

Menu: Chicken Salad on a bed of lettuce & dinner roll. RSVP/buy tickets by Oct. 20th.

Jewelry available for purchase 11 am-2 pm; affordable costume jewelry from major department stores priced \$4-\$7. Gift boxes available. Cash or check only.

Tea with Grandma and Alice in

Wonderland Saturday, October 29th, 1 pm

Something special ~ an afternoon tea for Grandmothers & Granddaughters! These generations share a special bond. Come enjoy the story of "Alice in Wonderland" and meet Alice as she serves tea. Special prizes: the grandmother with the most grandchildren, the most granddaughters present, the youngest granddaughters, and more. Bring a picture or dress like the White Rabbit, Alice, the Mad Hatter, the Cheshire Cat, the Queen of Hearts or the King of Hearts--any character in the book. Enjoy a few simple games & lots of good refreshments including cookies and tea.

4 years old & up. Cost: \$2/Person. General public welcome. RSVP to the Business Office, 287-1404, by 4 pm Wednesday, October 26th.

Save the Date - 11.08.11

10 am-3 pm Gift Shop Holiday Open House

8 am-1 pm Quilts, Treats & Sweets

Homemade quilts, baked goods, scarves, hats, greeting cards, doll clothes, baby gifts, items for your home, & more! Make a purchase to be eligible to win a free membership.

Bake Sale in the Dining Room.

Come & do some holiday shopping!

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

Roy Rogers: King of the Cowboys

Thursday, October 6th, 10 am

Presenter: Dale Blanshan

100 years ago November 5th, young Leonard Slye was born, destined to become the greatest cowboy star of them all. Roy Rogers thrilled generations of young and old, first as the lead singer of the Sons of the Pioneers, and later, with his movie and life sweetheart, Dale Evans, the Queen of the West, in those good old rock 'em, sock 'em westerns. Hero to the kids and behind the scenes to his own family, Roy never let us down. Cost: \$3/Members, \$5/Non-Members. RSVP and pay by 4 pm Tuesday, October 4th.

Pedestrian Safety

Tuesday, October 11th, 1 pm

Presenter: Gary Shannon, City of Rochester Traffic Engineer

A livable community is a high priority of Rochester, one that provides safe & convenient transportation choices to all citizens, whether it's by walking, bicycling, transit, or driving. Pedestrian safety improvements depend on an integrated approach that involves the 4 E's: Engineering, Enforcement, Education, and Emergency Services. Learn about the steps Rochester is taking to keep you safe. Free, general public welcome, no RSVP required.

Current Events

Thursday, October 13th, 11 am

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

Free, open to the public, no RSVP required.

Downsizing & Moving a Lifetime with Ease

Thursday, Oct. 13th, 10 am
Presenters: Kimberly & Brian Alwin, A Smooth Move

A fun & interactive presentation of 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. Free, general public welcome, no RSVP required.

Broadway Musical "Oklahoma"

Thursday, October 13th, 1 pm

Presenter: Frank McMail

Join Frank for a fun look at how the Broadway musical "Oklahoma" and the men who played in it changed the future of the American musical theater. Free will donation, general public welcome, no RSVP required.

Funeral & Cremation Advance Planning Seminar

Thursday, October 20th, 10 am

Presenter: Brenda Schultz, Funeral Planning Consultant

This year, give your family the gift of a lifetime. Learn about the 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 and Veterans Service Officer. All speakers will be available after the seminar for questions. Complimentary refreshments. Free, general public welcome. RSVP appreciated by 4 pm Tues., Oct. 18th.



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Never Stop Learning continued...

Tom's Experience with the Monitor and Merrimac

Wednesday, October 26th, 1 pm

Presenter: David Dunn

This presentation takes Tom, a character from the novel *Iron Thunder* by Avi tells his story as he became involved with the ship Monitor and its battle with the Merrimac.

While Tom is not real, much of history around this battle of the iron side ships is the actual story of this struggle.

Free will donation, general public welcome, no RSVP required.

Your Life - Your Story - Your

Legacy Thursday, October 27th, 10 am

Your life story & those of your ancestors shape the lives of your children & succeeding generations. These precious memories need to be preserved. Inspirational & informative, Jeff Baker, owner of Sagis, will provide ways to select, organize & preserve your stories, photos, family history & heirloom documents. Mr. Baker learned the rich value of legacy & began promoting storytelling during the 1990's while he & his wife worked in Ethiopia, a culture steeped in family bonds & oral communication.

This hour-long seminar presents a visual display with over 90 photographs, models & illustrations. It answers 6 baseline questions about assembling one's legacy & historical information, whether as a scrapbook, a video or hard-bound book.

Free, general public welcome, no RSVP required.

What Is Written Will Be

Remembered Fri., Oct. 28th, 9:30-11:30 am

Presenter: Mike Ransom

In this workshop, Mike will talk about the writing he does and why he enjoys it so much. He will provide tips to help you (1) begin a memoir you may be thinking of writing or (2) continue & complete some writing you may have already begun. Mike Ransom is a professional writer who specializes in memoir & personal profiles. He has written over a dozen memoirs and family histories for his clients. He has co-authored two books that are available online at Amazon.com - one a memoir titled *Step On A Crack*, and the other a book titled *Mom, Dad...Can We Talk?*, which he wrote for baby-boomers to help them do what's best for their aging parents.

Cost: \$8/Members, \$10/Non-Members

Booklet: additional \$5, available at the session.

RSVP and pay Business Office by Fri., Oct. 21st.

How to Communicate with your

Doctor Wednesday, October 26th, 11 am

Speaker: Karen Hanson, Community Service Manager, Home Instead Senior Care

Worried that you may not receive the best possible medical care because of challenges communicating with your healthcare providers? Know everything you need to know about medical release forms & advance medical directives? Want some helpful strategies so you & your children are more prepared for doctor's appointments?

This workshop will help you: Understand why it's important to have good communication with healthcare providers; Learn about legal forms & documents you & your children need to assure that medical wishes will be met; Gain helpful tips to follow before, during and after a visit with a healthcare provider.

Free and open to the public, no RSVP required.



Randy Vine



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Chad Sietsema

Financial & Legal

Estate Planning 101

Monday, October 10th, 10 am

Presenter: Lisa Pluto, Attorney

Estate planning deals with what will happen to your property & assets during your lifetime & after your death. The defining principals of a good estate plan are "I control my property while I am alive" and "My loved ones are provided for after I am gone". There are many important considerations when planning your estate...Who will make decisions for you if you are no longer able? Who will receive all of your worldly possessions & money when you are gone? If you have concerns about what will happen to you and your property in life and after death let us help you. No RSVP required, members only.

Protecting your Assets from the Nursing Home

Monday, October 24th, 10 am

Presenter: Lisa Pluto, Attorney

This workshop will cover the following concerns—How to Protect Your Assets From a Long-Term Care Stay; Rules & Laws Related to Medical Assistance; Powers of Attorney & Health Care Directives; Issues regarding Life Estates & Gifting; and Qualifying for Medical Assistance Benefits.

No RSVP required, members only.

Investment Perspective

Tuesday, October 25th, 9:30 am

Speaker: Joshua Bargfrede, Financial Advisor

This brief seminar discusses timely market topics and potential investment strategies.

No RSVP required, members only.

Dance with Us

Community Vintage Country & Western Music Dance

Friday, October 21st, 7 pm Free

Featuring live music by "Brother Music, Sister Rhythm"

Beverages available for purchase. Free will donation. Free popcorn. *COME OUT FOR A FUN EVENING OF ENTERTAINMENT.*

At Your Leisure

Breakfast Club

Tuesday, October 25th

Perkins, 1818 S. Broadway

Morning coffee, breakfast and friendship.

No reservations necessary!

Nintendo Wii

Bowling League: Tuesdays in October (4th, 11th, 18th, 25th) 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

Meets 2nd Thursday of each month

Thursday, October 13th, 9 am

Checking out the book *Girl with the Dragon Tattoo*

Free, Members only.

Historic Fiction Book Club

Meets 3rd Thursday of each month

Thursday, October 20th, 9 am

Checking out the book *Memoirs of a Geisha* by Arthur Golden

Free. Members only, limit 10. RSVP to Julie at 424-6407.



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Love Of The Arts

Crochet Tuesdays, 12:30-2:30 pm

Greeting Card Making & Scrapbooking

Wednesday, October 12th, 12:30 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. 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 & tools that we will all share; information provided on where you may purchase items of your own.

Kitchen Band

A unique band that uses common kitchen utensils to make "tasty tunes". 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.

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!

Art & Ceramics

Hand Built Pottery - Beginning Mon., Oct. 3rd, 9 am - Noon (6 classes)

Various methods of manipulating clay using a variety of found tools will be encouraged. The enthusiasm of the novice potter as well as the trained potter is the most important ingredient in making pots. We will cover hand building techniques of the pinch pot, slab pot & coil method. Opening a kiln is cause of excitement for the novice and the experienced.

Cost: \$47, members only. RSVP & pay Business Office by 4 pm October 3rd.

Jewelry Making - Beginning Wed., Oct. 5th, 9 am - Noon (6 classes)

Jewelry making is an energetic undertaking. Start out learning with copper & brass as they have many similarities to working with silver & gold but with less expense & work to incorporate more as we go along. Much of the material is scrap or found material. Glass, stone, clay, multiple metals & more is a part of jewelry making. An exciting media with room for many ideas. Basic tools will be shared & as one progresses they may wish to supplement with some of their own. Cost: \$47, members only. RSVP & pay Business Office by 4 pm October 3rd.

Painting Instruction from Pat Neville - Starting Fri., Oct. 7th, 9 am to Noon, 7 weeks.

Various types of painting accommodated.

Cost: \$36, members only. RSVP & pay Business Office by 4 pm October 3rd.

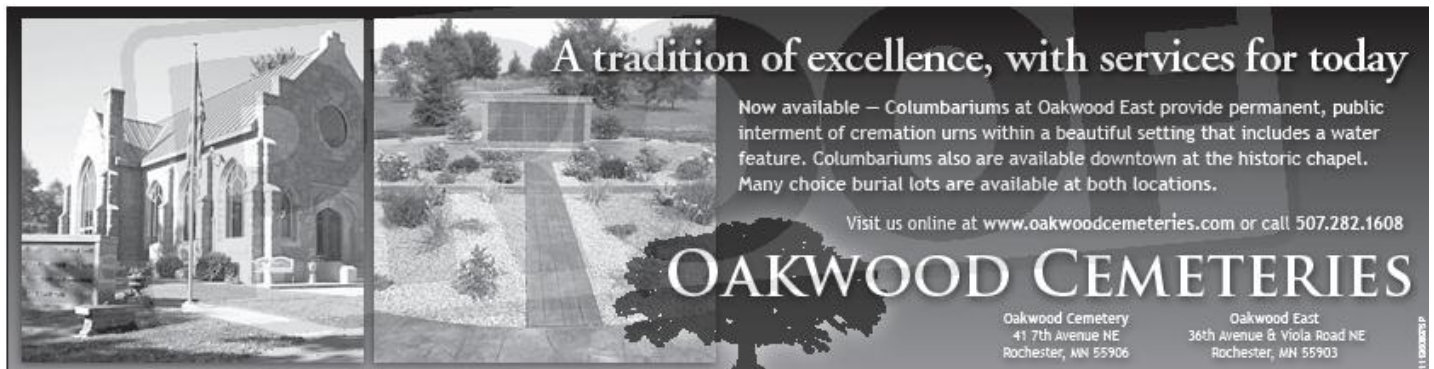
Fall/Halloween Card Making

Wednesday, October 19th, 1 pm

Make four beautiful cards using fun new techniques, two designs.

Meeting at VIP, 1300 Salem Rd. Limited Space.

Pay \$10 at event, RSVP to Business Office by 1 pm Friday, October 14th.



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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

Love of the Arts continued...

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

Tuesdays, Noon-4 pm, \$1
Thursdays, 9 am-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.

Young at Heart Singers

*"I don't sing because I'm happy. I'm happy
because I Sing."* - William Jones

Love to Sing? Join us! Wednesdays, 10-11 am
The regular practice season runs Sept.-May.
Call Becky at 289-6802 for more information
or to book a performance.

Healthy Living

Blood Pressure Check Clinic

Thursday, October 6th & Tuesday, October 18th
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.

Flu Shots **Thursday, October 6th, 1-3 pm**
Free to Medicare (Part B) participants, \$25 for all
others; conducted by Paramed Services, Inc.
Appointment times are priority, but walk-ins are
welcome. Register by calling the Business Office
at 287-1404. Pay at clinic.

Med City T'ai-Chi Ch'uan Club

Mondays, 6-7:30 pm
\$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.

**Alzheimer's Association Care
Consultations at the Senior Center**

Designed for care partners of someone with
Alzheimer's disease or related dementia. A
private meeting with Gerise Thompson,
Alzheimer's Association Regional Center Director,
to talk about questions & concerns, learn about
services & treatments, and make more informed
decisions about care. This service is available to
all area residents, need not reside in Olmsted
County & need not be a Senior Center member.
For a confidential appointment, please call the
Business Office at 287-1404.
There is no charge for the service, but donations
to the Alzheimer's Association are appreciated.

Silver Treads Square Dance Club

Tuesdays, 1-3 pm
Square dance attire and a partner are not
necessary. Singles are welcome. During lessons a
partner will be furnished. For demo dances or if
you have other questions, call Herman & Marilyn
Yates at 288-7929.

Ways to Keep Your Brain Healthy

Monday, October 3rd, 10 am
Presenter: Amy Stelpflug, Alzheimer's Care Unit
Director, Golden Living Center East
Overall description of dementia, signs &
symptoms. Learn ways to keep your brain
healthy and healthy snacks & games.
Free, general public welcome, no RSVP required.

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.

Healthy Living continued...

The Power and Blessings of Music

Friday, October 7th, 10 am

Presenter: Christina Ufer, Saint Jude Music Therapist

Learn how music can help you physically, emotionally & spiritually. Music can help with reducing pain, memory recall, guided imagery, & can help people with cognitive impairments/ brain injuries, etc.
Free, general public welcome, no RSVP required.

Living with COPD Fri., Oct. 14th, 10 am

Presenter: Golden Living Center

With the changing of the seasons, COPD & respiratory conditions often flare up & having enough energy to complete daily tasks can be an issue. This course will address energy conservation with respiratory & COPD conditions as well as some adaptive equipment that can make your life easier. Occupational Therapy will provide a demonstration of energy saving techniques that can help you in your daily routine. Free, open to the general public, no RSVP required.

Be Good to Your Back

Tuesday, October 18th, 10 am

Presenter: Heidi Madson, Physical Therapist

Learn about the back mechanics, how to prevent back injuries & how to care for your back using simple exercises. Question & answer session. Free, open to the general public, no RSVP required.

Weight Loss for Every Body Type

Program Overview Mon., Oct. 17th, 1 pm

Presenter: Susan Raye Thompson, DC

Everyone is unique & has complex systems. This weight loss class will give an overview of the major systems of the body & how they effect weight loss. The 14 systems are: brain, spine or nerves, large intestine, lungs, stomach, spleen & pancreas, heart, small intestine, bladder, kidney, sexual & circulatory, triple warmer, gall bladder & liver. Most programs focus on diet or exercise. This weight loss program is designed for the individual & how they can address their needs. It is encouraged to sign up with a friend or family support partner. \$10/person or \$15/married couple - pay at event.

Healthy Living--Exercise

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

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!

Mondays: \$2 for Members Only

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 & input from older adults resulting in the most effective fitness class offered. The program combines 3 key components of fitness: strength training, flexibility & cardiovascular conditioning. Work at your own pace, instructor provides individual attention, demonstrations, variations & modifications to the program so you can find a level that is a perfect fit for you. Casual atmosphere. Instructor: Deb Cannon

Arthritis Foundation Exercise ^{NEW}

Program Tuesdays & Thursdays, 9:30 am, Starting September 27th

Certified Instructor: Deb Cannon

Cost: \$2 for members, \$4 non-members

Results of this program are backed by research studies. In one study, individuals who attended the class for 4 months reduced their pain by 24% and increased confidence in their ability to continue activities by 22%.

Developed by physical therapists specifically for people with arthritis, this low-impact, joint-safe exercise program has been documented to help decrease arthritis pain & relieve stiffness while increasing flexibility & range of motion. Build stronger muscles & overall stamina through balance and endurance exercises.

Taught by Arthritis Foundation certified instructors who have completed in-depth training. A series of gentle movements & activities suitable for every fitness level can be done while sitting, standing or on the floor.

Cards & Games

All Groups Welcome New Players!

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.

500 Tournament: Thurs., Oct. 27th, 12:30 pm
Play will start promptly at 12:30 pm. Open to general public. Free, prizes awarded. Free parking north of building, first-come, first-serve. Optional: Lunch beforehand.

Billiards/Pool Room

Monday & Wednesday, 9 am-8 pm;
Tuesday, 12-4 pm; Thursday 9 am-4 pm;
Friday, 9 am-1 pm
Ladies Pool: Tuesdays, 9 am-Noon
\$2 to play all day! Members only.

Fall/Winter Pool League - Monday mornings
starting October 3rd. Sign up in the Pool Room if you are interested in participating ASAP! Awards & Pizza Party to follow in the Spring.

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

Hand & Foot Wednesdays, 12:30 pm
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.

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

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.

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 more info.

Euchre – Possible New Group

Are you interested in this fun game? Please contact Julie at 424-6407 to express interest.

Evening Cards or Evening Pool?

Interested in playing cards in the evening?
The Center's Dining Room is now available until 8 pm on Mondays and Wednesdays.
If you are interested in playing on either of these evenings please call Julie at 424-6407 or recreation@rsc-mn.org to express your interest.
Leaders for these evening card games will be needed. If you are interested in being a leader please call so that we can make these opportunities available as soon as possible.

The pool room is also open; if you are interested in evening pool league contact Julie.

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

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 to surf the internet during your visit to the Castle Café on Broadway.

Library/Lounge

Stop in and relax • Check out a book from our terrific library-lounge • Read the newspaper, daily delivery of Star Tribune & Post Bulletin • Large Screen TV • Puzzles

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. The weekly menus are available at the Center and online on our website, www.rochesterseniorcenter.org.

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, Cathy or Darla.





Flamingo BINGO



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

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.

Ladies Tea is currently looking for a Group Leader. If you are interested, please contact Julie at 424-6407.

October Birthday & Halloween Lunch Celebration

Monday, October 31st

Entertainment: Young at Heart Singers, 11:15-11:45 am; Meal served at Noon.

Menu: Scalloped Potatoes with Ham, Cole Slaw, Homemade Dinner Roll, Cake & Ice Cream

Ice Cream Sponsor: Kemps

Cost: \$4.50 per person

Please purchase tickets from the Business Office by 4 pm on Wednesday, October 26th.

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 party.

Semcac Senior Dining

To dine at one of the sites listed below, **reservations are required a minimum of 24 hours prior** to ensure they are prepared for you to dine. Call the appropriate phone number to make reservations. The suggested donation is \$3.50/60 yrs. & over and \$6.50/59 yrs. & 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 previous page for the Castle Café on Broadway hours and menu.

Driver Refresher

Instructor: Dave Ruzek; Call 287-1404 to Register.

Initial Class - 8 Hours

Tues./Wed., Nov. 15th & 16th, 5:30-9:30 pm

Two 4-hour sessions for drivers 55+ guarantees eligibility for 10% reduction on car insurance.

These two 4-hour sessions will provide a thorough view of skills used in our daily driving & help increase awareness of how to stay safe as senior drivers. Cost: \$20/Members, \$22/Non-Members.

Refresher Class - 4 Hours

In order to maintain the 10% discount, drivers 58+ who have completed the 8-hour class must take the refresher class every 3 years.

Cost: \$15/Members, \$18/Non-Members.

Wed., Oct. 12th, Noon-4 pm

Thurs., Nov. 10th, 9 am-1 pm

Fri., Dec. 2nd, 9 am-1 pm

Payment is due before first day of class. Parking is available in the Center Street Ramp, bring your ticket for validation to receive a reduced fee, or at metered parking around the Center.

To park in the Center's lot you must be a current member and have the parking access card.

Coffee with the Director

Monday, October 17th, 9:30 am

Join Sally Gallagher, Executive Director for coffee. This is your opportunity to share your ideas for improvement, discuss the Center and more. Or come just to visit.

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., Oct. 12th, 9-11 am OR Wed., Nov. 16th, 9-11 am

Open Computer Lab while classes are in session, Fridays, 9 am-Noon.

Computer Interest continued...

MyPC Series Open House (FREE!)

Thursday, October 20th, 9:15 am OR

Tuesday, November 22nd, 3 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 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.

Computer Fundamentals: 4 sessions, \$20

Mon/Wed, starting October 17th, 6:30 pm OR

Tue/Thu, starting October 18th, 12:30 pm OR

Mon/Wed, starting November 21st, 12:30 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 October 17th, 3:30 pm OR

Mon/Wed, starting November 21st, 9:30 am OR

Mon/Wed, starting November 21st, 6:30 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 October 17th, 9:30 am OR

Tue/Thu, starting October 18th, 6:30 pm OR

Mon/Wed, starting November 21st, 3: 30 pm

Learn ways to open programs & files, how to modify your desktop, the taskbar & Start menus for the way you want to work with your computer, how to use My Computer & Windows Explorer and how to maintain the health of your computer.

Introduction to the Internet: 4 sessions, \$20

Tue/Thu, starting November 1st, 12:30 pm OR

Mon/Wed, starting December 5th, 12:30 pm

Learn how to search/use the World Wide Web (Internet) and how to send & receive e-mails.

Digital Photo Imaging: 8 sessions, \$30

Mon/Wed, starting October 17th, 12:30 pm

Learn how to use Adobe Photoshop Elements, new ways to visually enhance & edit your photos, and how to create photo collages or slide shows.

Introduction to Word Processing: 8 sessions, \$30

Tue/Thu, starting October 18th, 3:30 pm OR

Tue/Thu, starting November 22nd, 9:30 am

Create & edit a document, change the format of a document, insert clip art in a document, and create a form letter.

Quicken (Financial Program): 8 sessions, \$30

Tue/Thu, starting November 22nd, 9:30 am

Learn step-by-step instructions of the main features of Quicken 2010 Premier. See your overall financial health, assess where you stand and put a plan in place to get where you want to go.

Trips and Travel

Plummer Building Tour by Dana Knaak

Wednesday, October 12th, 1 pm

The 1928 Mayo Clinic building was the physical manifestation of the early Mayo partners* desire to create the first integrated private group practice. Designed by the Ellerbe firm, when completed was the tallest in the state. The Plummer Building was listed on the U.S. National Register of Historic Places in 1969. Walking and stair climbing.

Free, members only, RSVP by 4 pm Oct. 10th. Meet in the front lobby.

*Dr. Will & Charlie Mayo, Dr. Stinchfield, Dr. Graham, Dr. Judd, Dr. Henry Plummer, Dr. Millet, & Dr. Balfour

Fall Foliage LaCrosse Queen Lunch

Cruise down the Mississippi

Monday, October 17th

Cost: \$59/Members, \$65/Non-members, includes transportation, 3 hour lunch cruise thru Lock & Dam, stop at Bauer's Apple Market. Leaving Senior Center at 9 am, Cub Foods at 9:15 am. Returning about 5 pm. RSVP & pay in the Business Office by Sept. 30th.

Trips & Travel continued...

Plummer House Tour Wed., Oct. 19th, 10 am Address: 1091 Plummer Lane SW
 In 1917 Dr. Henry S. Plummer & his wife Daisy began construction of "Quarry Hill" later to be known as the Plummer House. Dr. Plummer personally formulated the plans for the house which included many innovations that were far advanced for that day & age. In 1924 the 65 acre estate consisted of the house, greenhouse, water tower, garage & gazebo; today 11 acres remain & are maintained by the Rochester Park & Rec Dept. Join us for a 1-hour tour of the home; walking & stair climbing involved. Members only, \$5, RSVP & payment due Oct. 17th. Meet at front entrance.

Assisi Heights Tour Thurs., Oct. 20th, 9:30 am Tour Rochester's Assisi Heights Convent, a 3-story Italian Romanesque building, home to the sisters of St. Francis. The structure bears a striking resemblance to the Basilica of St. Francis of Assisi in Italy. The convent has a unique red tile roof, slate floors, a Romanesque ceiling, & beautiful hand-blown stained glass windows from Germany. Members only, donations accepted, RSVP by 10/19.

Art & Artists of the State Capitol & Cathedral of Saint Paul Mon., Oct. 24th
 Guided 90 minute morning tour to view our Capitols murals & paintings that are integral to the architecture of the capitol. Learn about the nationally acclaimed muralists who created them. Lunch on your own.

1 pm tour the Cathedral of Saint Paul, considered to be one of the most beautiful in America. The design is in the Beaux-Art style inspired by Renaissance cathedrals in France. The exterior is Minnesotan St. Cloud granite. Interior walls are American Travertine from Mankato, MN, & the interior columns are made of several types of marble. Topping the Cathedral is a 120-foot wide copper dome. A lantern on top of the dome brings the total height to 306' tall, base to top of the lantern. The interior space is no less impressive; watch for people visiting the cathedral for the first time, they tend to stop abruptly to stare at the stunning interior.

Leaving Sr. Ctr. at 8 am, Rec. Ctr. at 8:15 am. Returning around 4 pm. 15 passenger van, may be hard for seniors with limited mobility; this is not a walk-up into van. Cost: \$28/Members, \$32/Non-Members. RSVP & payment due by Nov. 1st.

Thank You

Monetary donations to the Center:

James Bruen, Fred & Judy Garske, Wayne Harris, Penny Ryno in memory of Jeraldne Schmidt's daughter, IBM Retiree Charitable Campaign, IBM Employee Donations, Scott Rieke, Dale & Barbara Richter for the SeniorNet Lab, Silver Treads Square Dance Club, Tax Donation, Lee & Shirley Graham in memory of Dorothy Crawford, Kathy Freeberg, Marge Gamm, Lois Holets, Norma Jurisson, Pauline Krieger for the SeniorNet Lab, Phyllis Maxwell, Bob & Connie Mayhew, Delphine Nelson, Noreen Skogen, Doris DeYoung, Clete & Norma Pollack in memory of Gen Molski, Mary, Ann, & Kathy Shaw in memory of Gen Molski, Mary Henderson in memory of Gen Molski, Lucinda Stockwell, John Sprenger, Richard & Isabel Smith, John Bakke, Winifred Pralle for computer help, Family of Don Savage in his memory, Curtis & Sandy Diercks in memory of Mary Schenewerk, Doris Toddie, June Vold in memory of Gen Molski, Irle & Marie Gusa for computer help, Kiyomi Takekawa for Tom Adams's computer help, Stewartville Pizza Ranch Fundraiser, Anonymous to recoup Quilters' theft at Thursdays on 1st, Quilting Group proceeds from Thursdays on 1st, Lee & Shirley Graham in memory of Helen McCullum, Sylvia Viken in memory of Sister Suzanne

Donations to the RSC Foundation:

Mr. & Mrs. I.J. Lewison in memory of Ruby Glabe

Item Donations to the Center:

Florence Miller, Dorothy Cooper, Anonymous, Mona Paige, Arlie & Phyllis Benike, Susan Evans, Izzi Long, Gladys Steffes, Carol Michaelson, Faye Sargent, Margie Kylo, Deanne Hrdlicka

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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!

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.

Medicare Part D

Open Enrollment Dates Changing - October 15th- December 7th

Medicare can be a confusing and frustrating program for many of us. There is so much information to know and so many plans to choose from, it can become overwhelming. If you are new to Medicare, want to review your current plan or need more information regarding the Medicare Part D Prescription Drug Program, the Senior LinkAge Line® will be at the Senior Center starting in mid-October. Call the Center's Business Office at 287-1404 to make an appointment. Free and confidential.

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.

Please Note:

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.

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

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 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.

Upcoming Events

Virtual Dementia Tour

Thursday, November 3rd, 9 am to Noon
Faciliator: Karen Hanson, Community Service Manager, Home Instead Senior Care

Civil War Letters from the Front

Thursday, November 3rd, 10 am

Sinking of the Edmund Fitzgerald

Thursday, November 3rd, 1 pm
Presenter: John Grabko, Local Historian

Who Killed the Roving Romeo of the Red Feather Ladies Luncheon

Monday, November 7th, 11:30 am

For the Love of Polka

Tuesday, November 8th, 10 am

A Brief History of the Early Days of the Mayo Clinic

Thursday, November 10th, 11 am

Vintage Hat Show

Saturday, November 19th, 2 pm
Presenter: Heather Edgington, Spring Grove

Group Updates

No Exercise October 18th

No Arthritis Exercise October 13th, November 8th, or November 10th



Foot & Ankle Clinic
Dr. Stephen Panetta

282.1053

- General Podiatry & Nail Care
- Diabetic Footcare & Diabetic Shoes
- Foot & Ankle Surgery

rochesterfootclinic.com

Volunteering – Thank You

Volunteer Recognition

Monday, October 10th

Free Bingo -- 1-3 pm (optional) Great fun with great prizes. Complimentary popcorn.

Bandana Singing Group 3:30-4:30 pm

Performing a wide variety of favorite songs from the 40's and later, including sentimental favorites, sing-a-longs, & patriotic songs.

Complimentary dessert and coffee will be served. Door prizes also awarded.

www.danperrybandana.com

Register by calling the Business Office, 287-1404, by Wednesday, Oct. 5th.

Retired Treasure Sale Volunteers Needed

If you are interested in helping with the event, let the Business Office know; 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. Flexible scheduling. If interested, contact the Rochester Convention & Visitors Bureau at 288-4331.

DFL Senior Caucus Meetings

Held at the Senior Center

October 5th, 1 pm, Clubroom 1 & 2

Held the first Wednesday of each month at 1 pm. Everyone is invited to attend. Friendly political discussion & information.

Lunch available before the meeting in the Senior Center's Castle Cafe on Broadway from 11 am to 12:30 pm. Many options available--sandwiches, salads, soups as well as lunch specials. Visit www.rochesterseniorcenter.org for pricing and specials.

Hope to see you there.

NOT A SENIOR CENTER SPONSORED ACTIVITY.

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
- 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, Darla Meyer cooks@rsc-mn.org
 Jason Iverson
- Senior Advocate**.....424-6409
 Vicki Lawrence, advocacy@rsc-mn.org
- Executive Director**424-6402
 Sally Gallagher, director@rsc-mn.org
- Executive Assistant**.....424-6401
 Stacie Baertsch, stacie@rsc-mn.org
- Foundation / Development Director** ...424-6406
 Dean Stenehjem, foundation@rsc-mn.org
- Maintenance / Facilities**.....287-1404
 Gary Boardman, Chad Wandler, Jim Schultz

Welcomes & Goodbyes

Welcome New Members!

Earl King, Naomi Munene, Deb Nusbaum,
 Janet Olson, Jan Rouillard, Diane Schneider,
 Mary Schwager, Sally Stucky, Linda Torgrimson,
 Joe Ziegler

Goodbye, Dear Friends

Don Savage

Membership News

September 2011 / Jan-Sept 2011:

- 4 / 114 Honorary Members (90+)
- 79 / 733 Membership Renewals

Membership Info.

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.

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. Metered 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.

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

Preview of Upcoming Activities & Events in November

Nov. 8th Gift Shop Holiday Open House (10am-3pm) and Quilts, Treats, & Sweets (8am-1pm)

Nov. 18th Thanksgiving/Birthday Lunch *Date TBD* New Member Lunch

Nov. 24th & 25th Center CLOSED for Thanksgiving Holiday

Rochester Senior Center

121 N. Broadway
Rochester, MN 55906

A Unit of The National Council on the Aging



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