



# Delano Senior Center

234 2nd St. N. PO Box 462  
763-972-0574

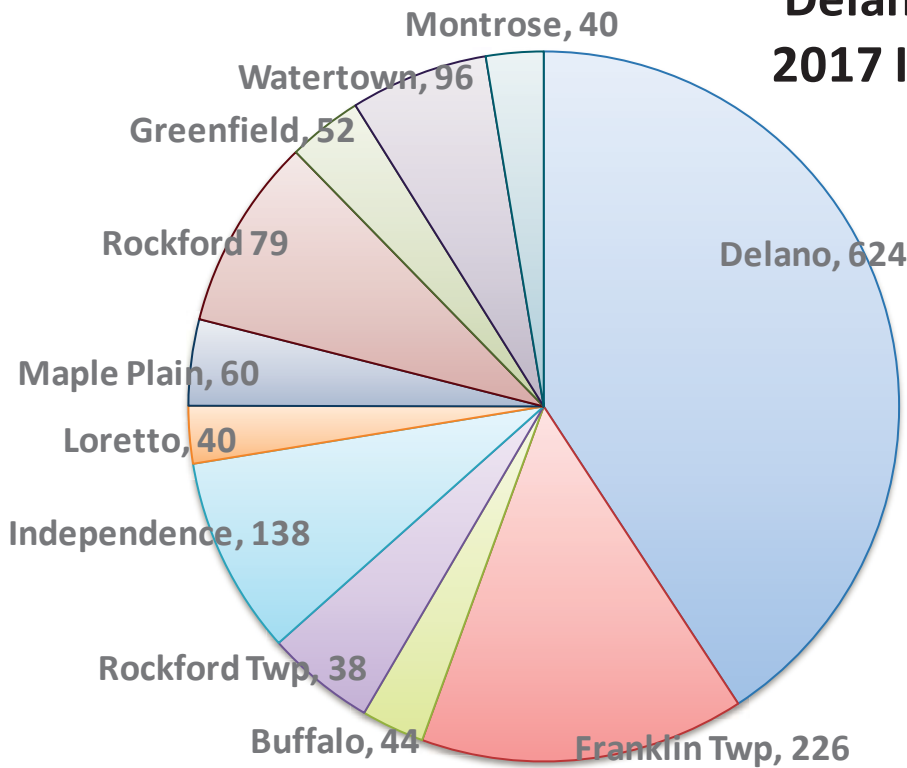
www.delanoseniorcenter.com



February 2018

# Who's using the Senior Center?

## Delano Area Senior Center 2017 Individual Participants



**Demographics:**  
 Female: 58%  
 Male: 42%  
 Average age: 72

- Most popular activities:**
1. Senior Dining
  2. Coffee Hour
  3. Volunteering
  4. Games (cards, dominoes, bingo)
  5. Chair Yoga

**Book & Puzzle Sale**

**Thur. May 3**  
8 a.m.-4:30 p.m. &  
**Fri. May 4**  
8 a.m. - 2 p.m.

Please bring donations beginning April 23

**Thursday, March 8**  
**11 a.m.**



## Charles Lindbergh: Triumph, Tragedy, and Controversy

In 1927, Charles Lindbergh became the first pilot to fly solo from New York to Paris. This feat made him one of the biggest celebrities of his time. However, his life following the flight was filled with tragedy and controversy. Join us to explore the complicated life of a complex man.

Presented by historian David Jones

## **The Road to Character** book discussion.

With wisdom, humor, curiosity and sharp insights that have brought millions of readers to his New York Times column and his previous bestsellers, David Brooks has consistently illuminated our daily lives in surprising and original ways. Responding to what he calls the culture of the Big Me, which emphasizes external success, Brooks challenges us, and himself to re-balance the scales between our "resumé virtues"-achieving wealth, fame, and status- and our "eulogy virtues," those that exist at the core of our being: kindness, bravery, honesty, or faithfulness, focusing on what kind of relationships we have formed.

Blending psychology, politics, spirituality, and confessional, *The Road to Character* provides an opportunity for us to rethink our priorities, and strive to build rich inner lives marked by humility and moral depth. The discussion will be facilitated by Ted May, Nick Neaton, and Diane Johnson.

### **Discussion Schedule:**

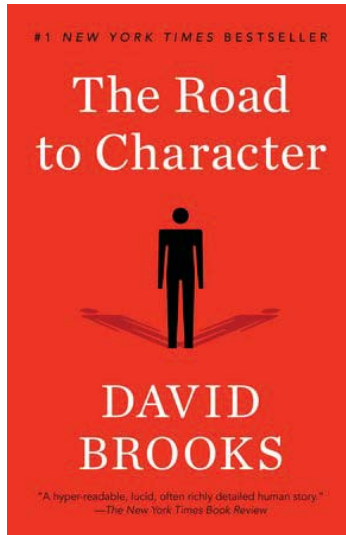
**Monday, March 5: Chapters 1-5**

**Monday, March 19: Chapters 6-10**

**7 p.m.-8:30 p.m.**

**Delano Senior Center**

Registration not required, but helpful for planning



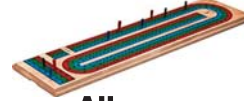
## **Delano Senior Center**

### **Community**

# **Cribbage Tournament**

## **Saturday, March 10**

### **9:00 a.m.**



**All ages are invited to join our community cribbage tournament**

**\$5.00 entry fee**

**Cash prizes for 1st, 2nd, & 3rd, and youth.**

**RSVP's encouraged - walk-ins OK.**

**For more information, contact**

**Delano Senior Center at 763-972-0574**



**The Legacy of Delano** Q&A with The Legacy of Delano staff:  
*...because the journey matters*

**Thursday, Feb. 8 11 a.m. - noon**

Do you have questions about assisted living? Here's an opportunity to chat with staff members from The Legacy, which offers assisted living and memory care services in Delano.

Questions might include:

- When am I ready to transition to assisted living?
- Can I maintain independence in assisted living?
- Can I afford assisted living?
- How is assisted living different from a nursing home?
- Do I need memory care services?



Jed Angell from the Delano Verizon store provides free tech help on the second Thursday of each month from 10 - 11



**Don't forget to move your clocks ahead one hour on Sunday, March 11**



# **Paint\*Paper\*Scissors**

**Make & Take Art Events**

**YOU can paint! Yes, YOU!**

**Friday, February 16, 10:00 am**

Paint, Paper, Scissors is a mobile art studio.

We provide the instruction and all the materials needed.

No experience necessary.

\$25/per person



"Winter Cardinal" Painting

**Sign up at the senior center-763-972-0574**

## MOVIE GROUP

Movies shown at 1:00 on Tuesdays  
(unless otherwise noted)



### Upcoming Movies

Feb. 13 Viceroy's House  
Feb. 20 The Hollars  
Feb. 27 Victoria & Abdul  
Mar. 6 The Glass Castle  
Mar. 13 The Last Word  
Mar. 20 If I Were You  
Mar. 27 Moonstruck  
Other titles to be announced



Delano Senior Center welcomes "Coborn's refugees" for coffee while the grocery store is under construction.



## Lutefisk Dinner at the Delano Senior Center

**Tuesday, February 27**

11:00 entertainment by Bill Mann 12:00 lutefisk dinner

\$10/person

(\$4.00-congregate donation, \$6.00 program & extras)

**Please RSVP by  
February 20 ~ space is limited**

Call Delano Senior Center at 763-972-0574 for reservations

### Menu

Lutefisk  
Swedish meatballs  
Lefse  
Parslied potatoes  
Country trio vegetables  
Chocolate mousse



## Games & other fun

**Choir:** 10:00 every Monday

**Golf-card game:** 1:00 every Monday

**Bingo!** Mondays at 11:15 & Fridays at 12:40

**Bridge:** 1:00 every 2nd & 4th Monday

**Movie Club:** 1:00 every Tuesday

**Farkel:** 1:00 every 1st and 3rd Tuesday

**Mexican Train:** 1:00 every 2nd and 4th Tuesday

**Mahjong:** 1:00 every Wednesday

**Cribbage:** 1:00 every 1st & 3rd Wednesday

**Cards-500:** 1:00 every 2nd & 4th Wednesday

**Knitting/Crocheting:** 9:00 Thursdays

**Storytheater:** practices as needed

## Health & Education

**Legal Aid:** available by appointment every 1st Monday of the month

**Eyeglass small repair & adjustment:** 11:30 1st Tuesday of the month

**Blood Pressure Clinic:** 12:00-2:00 p.m. every Tuesday

**Wright County WOW Wellness Clinic:** 2:00 p.m.-6:00 p.m. every 2nd Tuesday of the month

**Exercise** 11:20-11:40 every Wednesday & Friday

**Chair Yoga** 9:15 every Wednesday

**Book Club** 10:30 3rd Wednesday of the month

**Alzheimer's & Dementia Caregivers Support Group** 1:00 p.m. 3rd Wednesday of the month

**60+ and Healthy Foot Clinic** provided by Wright County Public Health: 4th Thursday of odd-numbered months

**Walking Club** 1:00 p.m. every 1st & 3rd Thursday

**Parkinson's Support Group** 1:00 p.m. 3rd Thursday of the month

**Writers' Group** 10:30 a.m. 1st & 3rd Thursdays of the month



Fresh fruit and vegetables available to snack on throughout the day thanks to a generous grant from Delano Area Community Foundation!



# Out & About...

Wed. Feb. 7: 9:15 a.m.. IKEA shopping trip  
Thur. Feb. 15: 9:00 a.m. Southtown shopping trip & Red Lobster lunch outing  
Wed. Feb. 21: 11:00 a.m. Minneapolis City Hall & Courthouse tour  
Thur. Mar. 1: 11:30 a.m. *Drinking Habits* play at Daytrippers Theatre-Bloomington  
Sat. Mar. 3: 12:15 p.m. Hennepin Overland Railway Historical Society trip  
Wed. Mar. 7: 10:15 a.m. Lunch Around the World: Korean BBQ at Gogi Bros. House  
Wed. Mar. 14: 11:15 a.m. *Guys and Dolls* musical at Old Log Theatre  
Thur. Mar. 15: 7:30 a.m. Grand Casino-Hinckley trip  
Thur. Mar. 22: 9:45 a.m. Rockford Day trip-Ames-Florida Stork House and more  
Thur. Mar. 29: 9:15 Eden Prairie shopping  
Thur. Apr. 5: 8:45 a.m. *Dance Til You Drop* at the History Theatre  
Wed. Apr. 11: 9:15 Monticello shopping trip  
Tue. Apr. 24: 7:30 a.m. Turtle Lake Casino  
Wed. Apr. 25: 11:30 a.m. *Guess Who's Coming to Dinner?* at the Guthrie Theater

**Questions and/or registration:**

**763-972-0574 or [senior@delano.mn.us](mailto:senior@delano.mn.us)**



## Verizon Tech Help – 2nd Thursday of the month, 10:00-11:00.



How do I transfer pictures from my phone to my computer?

Why does my phone do this? Can my iPad “talk” to my phone?

Staff from Verizon will be here to assist you with common questions about your gadgets.

Bring your gadgets and sit one-on-one with Jed Angell, manager of Delano Verizon.

**Thank you to Delano Verizon for this free service.**



# In-House Fun...

Thur. Feb. 8: 11:00 a.m.-Noon Q&A with The Legacy of Delano staff  
Thur. Feb. 8: 12:45 p.m. “Minnesota from the Road” with photographer Doug Ohman.  
Tues. Feb. 13: 1:00 p.m. Dining Site volunteer training  
Fri. Feb. 16: 10:00 a.m. “Paint, Paper, Scissors” make and take art event.  
Tue. Feb. 27: Lutefisk dinner. 11:00 a.m. Music by Bill Mann, 12:00 Lutefisk dinner. RSVP’s required.  
Wed. Feb. 28: 11:00 a.m. “Mysterious Creatures of Minnesota” with author Chad Lewis  
Thur. Mar. 8: 11:00 a.m. *Charles Lindbergh: Triumph, Tragedy, and Controversy* presentation by David Jones  
Sat. Mar. 10: 9:00 a.m. Cribbage tournament  
Tue. Mar. 13: Two Buck Tuesday co-sponsored by Legacy of Delano. 11:00 a.m. Music with Lyndon Peterson.  
Wed. Apr. 18: 9:00 a.m.-Noon-Author/Appraiser Mark Moran and the History of Your Objects. In this unique event, author and appraiser Mark Moran, who has written over 25 books on antiques and collectibles and has appeared on the PBS “Antiques Roadshow” program, will help to evaluate your items and learn more about the history of you own personal objects. Limit one object per person, limit 40 items. Please register for a time slot by calling the Delano Library at 763-972-3467. Additional guests are welcome to attend to listen and observe.  
Thur. & Fri. May 3 & 4: Book & Puzzle Sale. Thursday 8 a.m.-4:30 p.m., Friday 8 a.m.-2 p.m.  
Wed. May 16: Volunteer Recognition-details to be announced

**Questions and registration: 763-972-0574 or [senior@delano.mn.us](mailto:senior@delano.mn.us)**

**Thank you to the following individuals & organizations who made recent donations to the Delano Senior Center:**

Raylene Erickson

Grace Swenson

Guenther/Swanson Family

Lorraine Borchardt

All other donations, large & small!

Irene Psyk

Steve & Judy Crosby

Frank & Marlene Muckenhirn

Joyce Koch

Delano GFWC

Barb Ingersoll

Linda Schmidt

Joan Kittok

