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The Senior Newsletter



### Allina Health Hospice/Grief Counseling

Mary Nelson. Call 320.484.9210.

### **Caregiver Support Groups**

Meets 10:00am every **3rd** Tuesday of the month Lutheran Social Services: 320.221.3737

Meets 2nd & 4th Tuesday of each month, virtually, 7pm-8:30pm Call 320.221.3747 to learn more about the virtual meetings

### Morning Out & Afternoon Adventures

Christ the King Lutheran Church Call 866.787.9802 Every Tuesday 11:30am– 3:30pm

### Evergreen Sr. Dining /Seniors 60+

Nutritious meals served daily Monday-Friday at 11:00am. <u>Contact Sr. Dining for current rates.</u> **115 Jefferson Street SE** (please use south door) Call for reservations day before- 320.587.6029.

### Kinship Care

Relatives as Parents Caring for Children. For Kinship Caregiver Group information contact: 320.286.4120—angela.smith@dc.k12.mn.us



Medicare, Part D, billing issues, transportation, Nutrition issues, Housing, Caregiver support, and Rx Connect. A representative can be reached at 800.333.2433– <u>mnraaa.org</u>

### Older Worker Program

Are you 55 or older and seeking work? Low-income seniors may qualify for **paid** job-training opportunities. Call 320.587.4740

Trailblazer Transit 320.864.1000

McLeod County Social Services 320.864.3144

<u>Meals on Wheels:</u> Call <u>320.484.4570</u> (local number) at Hutchinson Area Health Care to register for meals or for more information about the program. Volunteer Drivers **NEEDED** please call 320.587.6067. *Note*- *volunteer drivers, your phone numbers are recorded and you will be called back.* 

### Foot Care Clinic:

McLeod County Nursing Services Provides a Foot Care Clinic on the <u>LAST Tues, Wed, Thurs of each month.</u> This service is available to residents of McLeod County.

Fee is \$30 at the time of service. MUST Call 234.5656 for an appointment.



Please Note: If you have never attended a Foot Care Clinic, you will need to contact Public Health FIRST before making an appointment with us, 320.864.1375

# AARP Smart Driving Program

<u>Pre-Registration Required!</u> Fee is due **at time** of registration. **NO REFUNDS.** 

A <u>\$4</u> fee will be applied to any transfers. Transfers must be made at least one week prior to class.

AARP members \$23, non-members \$28 (includes a facility fee)

Cash or Check Payments ONLY



April 5th– Refresher May 3rd– Refresher June 7th– Refresher July 5th– Refresher August 2nd– Refresher September 6th– Refresher October 4th– Refresher	12-4pm 12-4pm 12-4pm 12-4pm 12-4pm 12-4pm
	12-4pm
December-	

Receive a discount on your auto insurance!

#### Community Book Read

# Book Club A

Wednesday, <u>April 12th</u> at 10:30am



"The Seed Keeper" By: Diane Wilson

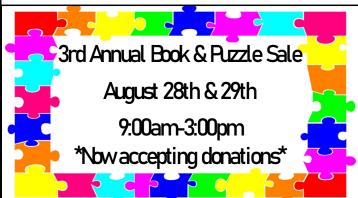
\*\*Contact the office if you are interested in joining this group– 320.234.5656.

Book Club B Wednesday, <u>April 26nd</u> at 10:30am

"Light on Snow" **By: Anita Shreve** 



Meetings will be held at <u>Green Castle</u> \*\*This group is currently <u>closed</u> to new members.



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Sr. Programming is open to all area seniors for Recreational and Educational purposes. NO soliciting.				
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<mark>Showe</mark> May F		
<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
9:15 SAIL 10:30 Bean Bags 1:00 Pinochle	9:15 Card Makers 9:15 Exercise to DVD 9:15 Sheephead 1:00 Pinochle 1:00 BINGO- sm room	9:15 SAIL 9:15 Texas Hold 'Em 11:30 Line Dancing VFW 12:00 AARP 1:00 Ping Pong	9:15 Pilates- sm room 12:30 Sheephead 1:00 500	9:15 NO Yoga 10:00 Knot Just Knitting 1:00 BINGO 1:00 500- sm room 1:00 Hutch Bowl
10 9:15 SAIL 10:00 Tour Registration 10:30 Bean Bags 1:00 Pinochle	119:15Card Makers9:15Exercise to DVD9:15Sheephead1:00Pinochle1:00BINGO- sm room	<u>12</u> 9:15 SAIL 9:15 Texas Hold 'Em 10:30 Book Club "A" 11:30 Line Dancing VFW Noon Bridge 1:00 Ping Pong	<u>13</u> 9:15 Pilates 12:30 Sheephead 1:00 500	<u>14</u> 9:15 Yoga 10:00 Knot Just Knitting 1:00 BINGO 1:00 500- sm room 1:00 Hutch Bowl
<u>17</u> 9:15 SAIL 10:30 Bean Bags 1:00 Pinochle	<u>18</u> 9:15 Card Makers 9:15 Exercise to DVD 9:15 Sheephead 1:00 Pinochle	19 9:15 SAIL 9:15 Texas Hold 'Em 10:30 Monthly Movie 11:30 Line Dancing VFW	<u>20</u> 9:15 Pilates 12:30 Sheephead 1:00 500	<u>21</u> 9:15 Yoga 10:00 Knot Just Knitting 1:00 BINGO 1:00 500- sm room
	1:00 BINGO- sm room	1:00 Monthly Movie 1:00 Ping Pong		1:00 Hutch Bowl
<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>
9:15 SAIL 10:00 Sr. Ad Board 10:30 Bean Bags 1:00 Pinochle	<ul> <li>9:00 Foot Clinic (call for apt)</li> <li>9:15 Card Makers</li> <li>9:15 Exercise to DVD</li> <li>9:15 Sheephead</li> <li>1:00 Pinochle</li> <li>1:00 BINGO- sm room</li> </ul>	<ul> <li>9:00 Foot Clinic (call for apt)</li> <li>9:15 SAIL- sm room</li> <li>9:15 Texas Hold 'Em</li> <li>10:30 Book Club "B" Green Castle</li> <li>11:30 Line Dancing VFW</li> <li>Noon Bridge</li> <li>1:00 Ping Pong</li> </ul>	9:00 Foot Clinic (call for apt) 9:15 Pilates- sm room 12:30 Sheephead 1:00 500	9:15 Yoga 10:00 Knot Just Knitting 1:00 BINGO 1:00 500- sm room 1:00 Hutch Bowl

## APRIL Recipe - Spring Puff Pastry Tart

1 whole sheet Puff Pastry-thawed, 4 oz cream cheese spread, 1/3C Pesto, 2/3C freshly shredded Parmesan Cheese, 1/3C sliced asparagus– 1" chunks, 1/3C frozen peas, 3 slices prosciutto– torn into pieces, Pepper to taste

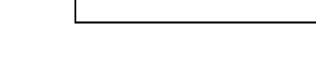
Preheat oven to 400°F. On a sheet of parchment paper, roll puff pastry out in a 10x15" rectangle. Wet the edges with water and fold over 3/4" of the pastry along each edge. Trim off a small amount along each outer edge.

Prick the inside of the puff pastry all over with a fork. Transfer pastry, parchment paper to a heavy baking sheet. Bake in preheated oven for 10-12 minutes, or until golden brown. Remove from oven. Spread the par-baked pastry with cream cheese and pesto. Top with shredded cheese, asparagus, peas, prosciutto and pepper to taste. Be careful adding salt as ingredients are all quite salty. Return to oven and bake until the pastry is cooked through and asparagus is tender-crisp, about 10-15 minutes. Remove from oven and allow to cool for 5 minutes before slicing and eating.



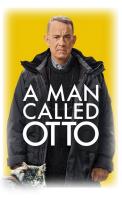
# The Senior Newsletter

**Hutchinson Senior Center 1005 Highway 15 South** Plaza 15 (320) 234-5656 Hutchinson, Minnesota 55350



# Monthly Movie "A Man Called Otto" PG-13 (2hr 5min)

### Wednesday, April 19th at 10am and 1pm



Based on the comical and moving #1 New York Times bestseller, A Man Called Otto tells the story of Otto Anderson, a grumpy widower who is very set in his ways. When a lively young family moves in next door, he meets his match in

guick-witted and very pregnant Marisol, leading to an unlikely friendship that will turn his world upside-down. Experience a funny, heartwarming story about how some families come from the most unexpected places. **Popcorn Served!** 

### Event Center/Sr. Programming Staff

Jenni Behrendt	Programmer
Chris Jensen	Setup/ Custodial

### Sr. Advisory Board 2023

Al Barkeim Randy Kandt Mike Becker Connie Dahl Dave Husfeldt Percy Rauch Rhonda Schwarze



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**Volunteer Tour Coordinator** Julie Jensen



#### Drop location to Recycle Sponsored by: The Hutchinson Lions Club The Hutchinson Senior Center will now be a drop location

to recycle the following items you may have: Eye Glasses, Hearing Aids & unused Hearing Aid Batteries

### Senior Center Mission Statement

The Mission of the Hutchison Senior Center is to provide a friendly and welcoming environment that promotes, supports and engages our local adults aged fifty-five years and older through weekly programming and volunteer civic participation. HUTCHINSON

If you have signs/symptoms of cold or flu- Stay home!

» NOTICE: INFORM THE OFFICE WITH ANY ADDRESS CHANGES! IF YOU DO NOT, YOU WILL NOT RECEIVE YOUR NEWSLETTER