NOVEMBER 2026

$30 ANNUAL MEMBERSHIP

SENIOR CONNECTION

Mower County Senior Center Newsletter

Tuesday, November 17 | 1:00

Call 507-433-2370 to register

Webinar: Medical Cannabis

Learn the latest about the safety and effectiveness of medical cannabis for chronic pain and get tips on how to talk to your doctor about this pain relief option.

Arthritis Foundation

GARAGE SALE
page 4

VITA VOLUNTEER INCOME TAX ASSISTANCE
page 3

MEDICARE EDUCATIONAL EVENT
page 3

Take home menu
page 6

SPOON & FORK
page 5

CARDIO DANCE
Move more. Feel brighter.

ACTIVITIES
pages 8-9

KEEPING OUR SENIOR CENTER STRONG

The Senior Center is more than a place to enjoy a meal or attend a program. It's a place to connect with friends, try something new, and find a helping hand when needed. We want to make sure these opportunities are here for years to come.

With rising costs and changes in funding, we'll be increasing membership fees to $40 in 2027 and $50 in 2028, effective at the time of your annual renewal. Food prices will also increase December 1, 2026, to help cover rising costs.

If the Senior Center has made a difference in your life, or the life of someone you know, please consider making a donation, if you're able. Every gift helps us continue serving older adults in our community.

Thank you for being part of our Senior Center family. It takes all of us to keep this place going, and I'm glad we're in it together!

From the Director's Desk by Joan Hanson

A Season of Gratitude

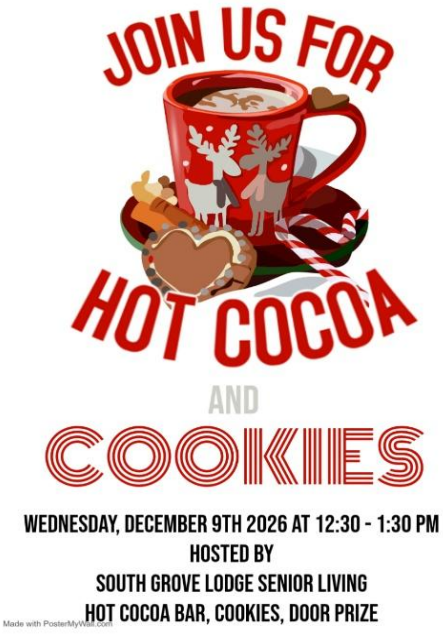
November always makes me slow down a little and think about the things I'm thankful for. When I think about the Mower County Senior Center, I realize how fortunate I am to be part of a place that brings so many people together. I'm proud of the programs we offer and the services we provide, but what I appreciate most is the people who make this Center such a special place.

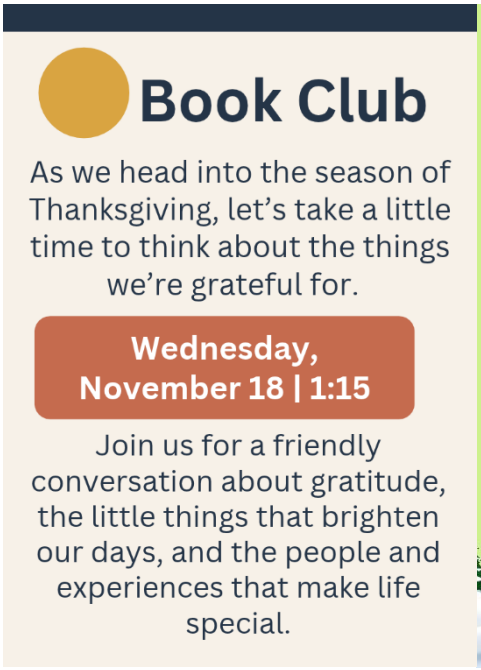
I'm especially thankful for you, our members! You are the heart of our Center. It's the friendly faces, conversations over coffee, laughter, friendships, and connections that make this place special. I love seeing our building full of people enjoying themselves and spending time together. That's what community is all about!

As we head into the season of giving, I hope you'll consider making a donation to the Mower County Senior Center, if you are able. Your support helps us continue offering the programs, activities, and services that bring people together and make a difference in the lives of older adults. Every donation, no matter the size, helps us keep our Center a welcoming place where people can stay active, build friendships, and feel connected. If the Senior Center has been a meaningful part of your life, I hope you'll consider giving a little something back this holiday season. We appreciate your generosity!

Thank you for being part of the Mower County Senior Center. I have much to be thankful for and having the opportunity to be part of this wonderful community is certainly one of them.

Wishing you a very happy Thanksgiving filled with good food, time with people you love, and plenty of reasons to be grateful!





Ask the Advocate by Melissa Groesbeck, BSW

Why do we have free medical equipment?

Medical equipment such as walkers, wheelchairs, shower chairs, and other mobility aids helps older adults move around more safely, maintain their independence, and stay engaged in their daily activities. These devices can also ease the burden on family caregivers and help reduce healthcare costs.

Why is this equipment available for free? Because everyone deserves the opportunity to live safely and with dignity, regardless of their financial circumstances. Providing access to medical equipment helps meet an important community need while allowing older adults to remain in the comfort of their own homes for as long as possible.

The Mower County Senior Center offers free medical equipment loans, including walkers, wheelchairs, shower chairs, and other mobility aids. Equipment is available to borrow at no cost, depending on availability.

Call the Mower County Senior Center at 507-433-8376 or stop by 400 3rd Ave. NE, Austin, MN, to ask about available equipment.

BLOOD PRESSURE CHECKS

Have your blood pressure checked every **Monday** between **9:00-10:00** at the Mower County Senior Center. Blood pressure checks are administered by **Our House Senior Living** and **Regency HealthCare.**

DEFENSIVE DRIVING CLASS

People age fifty-five and older completing a defensive driving class are eligible to receive an auto insurance discount.

We are taking reservations for classes on **Monday, November 9, 9:00-1:00,** and **Monday, January 11, 9:00-1:00.**

Please stop by the front desk or call **507-433-2370** to register. The fee for members is $20 and $25 for non-members.

FOOD SUPPORT

Are you in need of food support? Call or come down to the office to see if you qualify for the CSFP and/or SNAP food programs. CSFP is taking on new clients! The next CSFP pick up is **Monday, November 9,** from **9:30-11:30. Contact Melissa at 507-433-8376** for more information.

CARE COMPANION PROGRAM

Help make a difference by volunteering a few hours a week to visit with an older adult and give a caregiver a much needed break. **Call Melissa at 507-433-8376** for more information.

LONG TERM CARE/MEDICAL ASSISTANCE

Do you need help finding a place for a loved one? Do you need help filling out paperwork to qualify for long term care? If so, **call Melissa at 507-433-8376** for assistance. We can also help you with medical assistance applications and other available resources.

EXTRA HELP APPLICATION

Are you low income with high drug costs and premiums? Do you have a Part D penalty? If so, please **call Melissa at 507-433-8376** for assistance.

LENDING ROOM

Need medical supplies? From wheelchairs and walkers to shower chairs and more, we offer re-usable medical equipment at **no cost**. If you or someone you know could benefit, stop by the Senior Center or **call 507-433-2370** for more information.

MEDICARE

Are you turning 65 and need help looking at Medicare Plans? If so, **contact Melissa at 507-433-8376** to sign up for a new plan! **Open Enrollment is October 15-December 7 for 2027.**

CARING CALLERS

Are you living alone? Would you like someone to check in on you? One of our volunteers will call between 8:00 and 9:00 AM every weekday to see if you are safe. For more information, **contact Melissa at 507-433-8376.**

NOVEMBER DINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPOON & FORK **Lunch served 11:00-1:30** **Menu subject to change.**		**MENU PRICES** ***Soup*** Member $2.50 Non-Member $3.00 ***Sandwiches*** Member $1.50/$2.00 Non-member $2.00/$2.50	**MENU PRICES** ***Hot Meal (unless noted)*** Member $5.00 Non-member $5.50 ***Dessert*** Member $1.00 Non-member $1.50	
2 **Homemade Soup** **Sandwiches** **Dessert**	3 **CLOSED FOR ELECTION DAY**	4 **Homemade Soup** **Sandwiches** **Dessert** **Loaded Baked Potato**	5 **Homemade Soup** **Sandwiches** **Dessert** **Taco Tot Bowl** ***Take Home Meal***	6 **Homemade Soup** **Sandwiches** **Dessert** ***Take Home Meal***
9 **Homemade Soup** **Sandwiches** **Dessert**	10 **Homemade Soup** **Sandwiches** **Dessert** **Au Gratin Potatoes & Ham with Green Beans**	11 **CLOSED FOR VETERANS DAY**	12 **Homemade Soup** **Sandwiches** **Dessert** **Fried Chicken Nachos** ***Take Home Meal***	13 **Homemade Soup** **Sandwiches** **Dessert** **Sloppy Joes with Chips $5** ***Take Home Meal***
16 **Homemade Soup** **Sandwiches** **Dessert**	17 **Homemade Soup** **Sandwiches** **Dessert** **Mongolian Ground Beef Lo Mein**	18 **Homemade Soup** **Sandwiches** **Dessert** **Chicken Penne alla Vodka with Breadstick**	19 **Homemade Soup** **Sandwiches** **Dessert** **Hot Beef Sandwich with Tots** ***Take Home Meal***	20 **THANKSGIVING DINNER**
23 **Homemade Soup** **Sandwiches** **Dessert**	24 **Homemade Soup** **Sandwiches** **Dessert** **Chicken Parmesan Pasta with Garlic Toast**	25 **Homemade Soup** **Sandwiches** **Dessert** **Egg Roll in a Bowl**	26 **CLOSED FOR THANKSGIVING**	27 **CLOSED FOR THANKSGIVING**
30 **Homemade Soup** **Sandwiches** **Dessert**	1 **Homemade Soup** **Sandwiches** **Dessert** **Chicken Broccoli Rice with Roll**	2 **Homemade Soup** **Sandwiches** **Dessert** **Brat Boil**	3 **Homemade Soup** **Sandwiches** **Dessert** **Bloody Mary Beef Stew** ***Take Home Meal***	4 **Homemade Soup** **Sandwiches** **Dessert** ***Take Home Meal***

WELCOME NEW MEMBERS

Delores Boyer

Carol Carolan

Dan Carolan

Kay Ehret

Kimberly Felten

Jim Hahn

Marilyn Jensen

Greg Larson

Lynee Larson

Starlene Wisdom

IN MEMORY

Judy Ferguson

Leone Peterson

Barb Rofshus

MEMORIALS

In memory of **Judy Ferguson** given by Louise Klipfel.

In memory of **Judy Ferguson** given by MaryAnne and Jerry Wolesky.

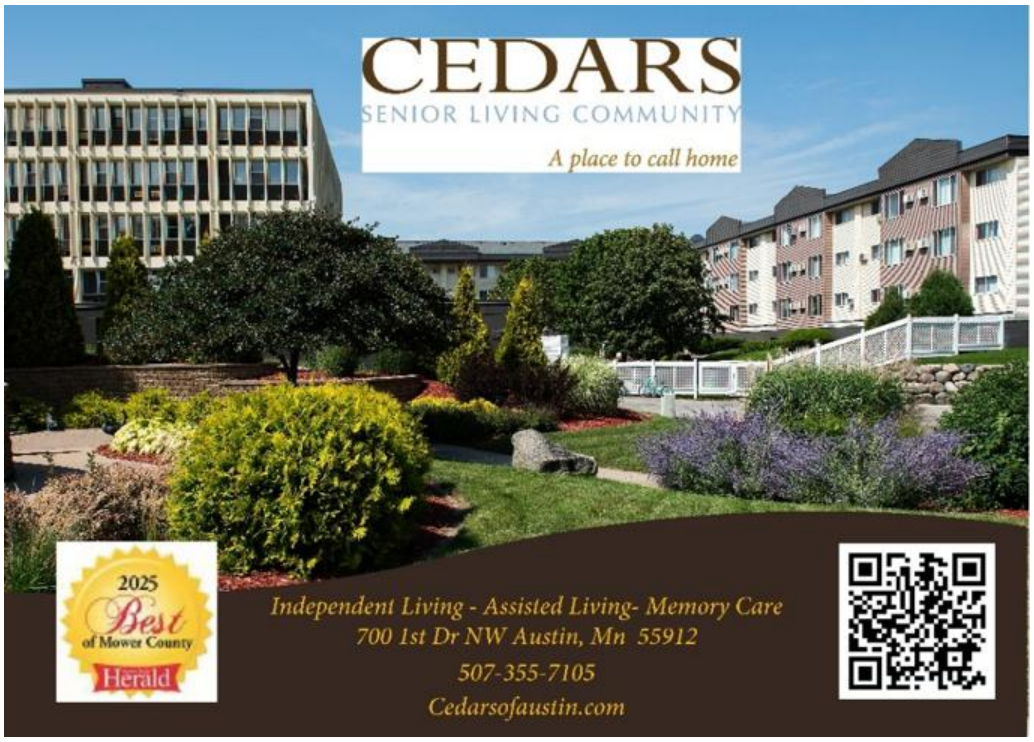
November Birthdays

2 Gayle Gullickson
2 Deb Kahlers
2 Vicky Sparks
3 Kay Krueger
3 Dave Solomonson
4 Ruth Freund
5 Charles Craig
5 Richard Flisrand
5 John LaVelle
6 Cindy Kramer
6 Jerry Stark
7 Jean Burke
7 Neil Hanson
7 Helen Swendiman
8 Lora Lee Bauer
8 Kathy Bottema
8 Susan Davis
8 Bradley Johnson
8 Roger Morrison
8 Pam Schmit
9 Janis Frid
9 Duane Hansen
10 Dwight Larson
11 Kristin Alan
12 Milly Burroughs
12 Pamela DeLeon
12 Alvin Eckmann
12 Douglas Kelly
12 Renee Njos
13 Mike Biedermann
13 Suzanne Franklin
14 Peter Dulitz
14 Janine Gale
15 Joy Blaser
16 Rhonda Devries
16 Jeanine Kellogg
16 Rick Nelson
17 Gail Minerich
18 Sharon Vlasaty
19 Joyce Anderson
19 Christine Henricks
20 Janice Andree
20 Susan Engler
20 Wanda Lenoch
21 Steve Droste
23 Phillip Dowd
23 Kathleen Jensen
23 Kathy Lange
23 Jackie Ness
24 Nancy Heimer
24 Craig Jones
24 Diane Sheedy
25 Toni Snickers
25 Daphne Wagner
27 Yonok Knutson
27 Harold Langton
27 Judith Mandt
27 Martha Rietsema
28 Steve Greenman
28 Rose Mary Kvam
28 Robin McEwen
28 Karen Mechaelsen
28 Patty Stevens
28 James Nelson
28 Cheryl VanPelt
29 Nancy Harder
29 LeRhee Mathison
29 David Sylte
30 Jackie Miller

Take Home Meals

Take Home Meals are available for **$5 purchase**. Call 507-433-2370 by 3:00 on Tuesday to place your order. Pick-up is Thursday and Friday from 10:00-2:00 unless otherwise noted.

November 5-6	Lasagna and Green Beans
November 12-13	Chicken Bacon Ranch Rice
November 19	Black Pepper Pulled Pork over Mashed Potatoes
December 3-4	BBQ Ribs and Buttered Pasta



Popcorn in November is in memory of Seth VanPelt.

Would you like to sponsor popcorn? Contact Teresa at 507-481-3332.

Evie's Travel by Evie and Jan Mohrfeld

The holidays are moving in quickly with two great trips to offer.

Nov. 10: ***Christmas on the Farm*** at Country Legends Barn Theater in Coloma, WI. This was last season's Mystery Trip. Enjoy a special dinner and high-energy family entertainment in a beautifully restored historic barn and silo. **Cost is** $155 per person, all-inclusive. Departure 7:30 a.m. Return approximately 7:00 p.m. This trip is not handicap accessible. We currently have four seats available. Call 507-438-3946.

December 13: Our **Annual Mystery Trip**. One of the most popular trips we sponsor each year. What can I share with you? It's a Mystery Trip…another all new destination. We depart at noon. Clue: it will be a one-time destination. Cost is $100. We have only 4 seats available.

This is a busy season for us. If you need to drop off a payment, feel comfortable sliding it under Evie's Travel office door.

As we soon will celebrate the Thanksgiving season, we want to say how grateful you and all the friendships made since Evie's Travel opened office here in 2007. Plus adding daughter, Jan, for extended travel. God bless you all real good. Remember to give us your e-mail or address and phone number.

EVIE'S TRAVEL

Located at Mower County Senior Center

Hours: Mon., Tues., Thurs. 9:30 to 12:15PM

Mailing address: P.O. Box 575, Austin MN 55912

www.eviestravel.com

Evie Mohrfeld: 507-438-3946

Barb Kasel: 507-438-2931

Jan Mohrfeld: 612-845-0799 or eviestravel.jan@gmail.com

Trips depart from south side of Wal-Mart. Loading begins 20 minutes prior to departure time.

NOVEMBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 S.A.I.L Balance & Strength 9:00 Bood Pressure Check 9:30 Ping Pong 10:00 Tai Chi 10:15 Line Dancing 11-1:30 Lunch 12:30 Movin' Stix 1:00 Mahjong	3 **CLOSED FOR ELECTION DAY**	4 8:30 Wood Carvers Club 9:30 Movin' Stix 10:00 Tai Chi 11-1:30 Lunch 11:30 Duplicate Bridge 12:00 Cards 500 12:30 Cardio Dance 1:00 Stitching Bees	5 8:15 SilverSneakers 9:00 Exercise w/ Evie's Friends 9:30 Mahjong 10:00 Arthritis Exercise **10:30 Caregivers Support Group** 11-1:30 Lunch 12:30 Cribbage 12:30 BINGO	6 9:00 S.A.I.L. Balance & Strength 9:30 Ping Pong 10:15 Line Dancing 11-1:30 Lunch 12:00 Cards 500 12:30 Bunco 12:30 Bridge 101
9 9:00 S.A.I.L Balance & Strength 9:00 Bood Pressure Check **9-1 Defensive Driving Class** **9:30-11:30: CSFP** 9:30 Ping Pong 10:00 Tai Chi 10:15 Line Dancing 11-1:30 Lunch 12:30 Movin' Stix 1:00 Mahjong	10 8:15 SilverSneakers 9:00 Exercise w/ Evie's Friends 9:15 Chair Yoga 10:00 Arthritis Exercise 11-1:30 Lunch 11:30 Duplicate Bridge 12:00 Cards 500 12:30 Chair Volleyball 1:00 Mahjong	11 **CLOSED FOR VETERANS DAY**	12 8:15 SilverSneakers 9:00 Exercise w/ Evie's Friends 9:30 Mahjong 10:00 Arthritis Exercise **10:00 Medicare Educational Event** 11-1:30 Lunch 12:30 Cribbage 12:30 Chair Volleyball 12:30 BINGO	13 **9:00-3:00 Garage Sale** **9:00 S.A.I.L. Balance & Strength canceled** 9:30 Ping Pong **10:15 Line Dancing canceled** 11-1:30 Lunch 12:00 Cards 500 12:30 Bunco 12:30 Bridge 101
16 9:00 S.A.I.L Balance & Strength 9:00 Bood Pressure Check 9:30 Ping Pong 10:00 Tai Chi 10:15 Line Dancing 11-1:30 Lunch 12:30 Movin' Stix 1:00 Mahjong	17 8:15 SilverSneakers 9:00 Exercise w/ Evie's Friends 9:15 Chair Yoga 10:00 Arthritis Exercise 11-1:30 Lunch 11:30 Duplicate Bridge 12:00 Cards 500 12:30 Chair Volleyball 1:00 Mahjong **1:00 Medical Cannabis**	18 8:30 Wood Carvers Club 9:30 Movin' Stix 10:00 Tai Chi 11-1:30 Lunch 11:30 Duplicate Bridge 12:00 Cards 500 12:30 Cardio Dance 1:00 Stitching Bees **1:15 Book Club**	19 8:15 SilverSneakers 9:00 Exercise w/ Evie's Friends 9:30 Mahjong 10:00 Arthritis Exercise **10:30 Caregivers Support Group** 11-1:30 Lunch 12:30 Cribbage 12:30 Chair Volleyball 12:30 BINGO	20 **9:00 S.A.I.L. Balance & Strength canceled** **9:30 Ping Pong canceled** **10:15 Line Dancing canceled** **11:30 Thanksgiving Dinner** 12:00 Cards 500 12:30 Bunco 12:30 Bridge 101

NOVEMBER ACTIVITIES

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30 9:00 S.A.I.L Balance & Strength 9:00 Bood Pressure Check 9:30 Ping Pong 10:00 Tai Chi 10:15 Line Dancing 11-1:30 Lunch 12:30 Movin' Stix 1:00 Mahjong	1 8:15 SilverSneakers 9:00 Exercise w/ Evie's Friends 9:15 Chair Yoga 10:00 Arthritis Exercise 11-1:30 Lunch 11:30 Duplicate Bridge 12:00 Cards 500 12:30 Chair Volleyball 1:00 Mahjong	2 8:30 Wood Carvers Club 9:30 Movin' Stix 10:00 Tai Chi 11-1:30 Lunch 11:30 Duplicate Bridge 12:00 Cards 500 12:30 Cardio Dance 1:00 Stitching Bees	3 8:15 SilverSneakers 9:00 Exercise w/ Evie's Friends 9:30 Mahjong 10:00 Arthritis Exercise 11-1:30 Lunch 12:30 Cribbage 12:30 Chair Volleyball 12:30 BINGO **12:30-1:30 Holiday Party**	4 9:00 S.A.I.L. Balance & Strength 9:30 Ping Pong 10:15 Line Dancing 11-1:30 Lunch 12:00 Cards 500 12:30 Bunco 12:30 Bridge 101

FREE help to do the things online that matter most to you

DigitalNavigatorOpen Door Hours (no appointment needed)
Tuesdays & Thursdays: 8:00 a.m. - 10:00 a.m.
Wednesdays & Fridays: 2:00 p.m. - 4:00 p.m. *more times and locations coming soon*

THE HORMEL FOUNDATION
DIGITAL NAVIGATOR
A partnership with Riverland Community College

Digital Navigators can help anyone in our community:

1. **Fill out online forms or make online health appointments**
   Set up and check email & use the internet safely
2. **Connect with family online or on a smartphone**
3. **plus MUCH MORE!**

If you have them, please bring: your device (phone, tablet, laptop), any usernames and passwords related to your question, and any documents needed for the website or account you need help with

No appointment needed, visit us for Open Door Hours at the Community Action Building:
105 1st St SE Austin, MN.
Check our website to find out about updates at: www.digitalnavigator.org
If you would like to make an appointment between 8:00 am - 4:30 pm Monday-Friday, you can email:
digitalnavigator@riverland.edu or call: 507-606-1787

Save the Date! Annual Meeting

Mark your calendars! Our Annual Meeting will be held in April 2027 and we hope you'll plan to join us. This is a great opportunity to hear updates, learn what's happening at the Senior Center, and celebrate all that we accomplish together. Watch for more details in the coming months.

Mower County Senior Center
400 3rd Ave NE
Austin, MN 55912

Phone: 507-433-2370
www.mowerseniorcenter,org

MOWER COUNTY SENIOR CENTER

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The Mower County Senior Center newsletter is published monthly to provide members information on programs and upcoming events at the Senior Center.

Mower County Seniors, Inc. is a nonprofit organization established for the benefit of persons age 55 and over.

The Mower County Senior Center is open Monday through Friday 8:00am to 4:00pm.

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