



Activities for Adult 50+ December 2024



* We recommend dressing in layers as our building adjusts to the new HVAC system.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Most activities are held at the District Program Center (DPC) 8400 E Point Douglas Rd S. Call 651-425-6650 with questions. Flip for more details about new activities and other monthly information.</p> <p>*All Saints Lutheran church for Mon/Wed. fitness address is: 8100 Belden Blvd Cottage Grove, MN 55016</p> <p>*The Grove Church for Tue/Thur fitness address is: 8600 90th St. S Cottage Grove, MN 55016</p>				
<p>2</p> <p>Farkle Dice Game 10:00am-11:30am DPC</p> <p>Bingo 1:00pm-3:00pm DPC</p> <p>Sail Fitness 3:15pm-4:00pm (All Saints)</p>	<p>3</p> <p>Lighten Up Weight Loss 8:30am-9:30am DPC</p> <p>Mah Jongg 9:00am-12:00pm DPC</p> <p>Craft & Puzzle 9:00am-11:00am DPC</p> <p>Women's Bridge 1:00pm-4:00pm DPC</p> <p>New Open Chess 1:00-2:00pm DPC</p> <p>Arthritis Exercise 2:30-3:15pm Grove Church</p>	<p>4</p> <p>Train Dominoes 9:45 am-11:45am DPC</p> <p>Community Potluck 12:00-1:00pm DPC</p> <p>Cribbage 1:00pm-3:00pm DPC</p> <p>Sail Fitness 3:15pm-4:00pm (All Saints)</p> <p>Drivers Discount 4:00pm-8:00pm DPC</p>	<p>5</p> <p>Craft & Puzzle 9:00-11:00am</p> <p>Hand & Foot 12:30pm-4:00pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p> <p>Arthritis Exercise 2:30-3:15pm Grove Church</p>	<p>6</p> <p>Bunco 10:00am-12:00pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p>
<p>9</p> <p>Farkle Dice Game 10:00am-11:30am DPC</p> <p>Bingo 1:00pm-3:00pm DPC</p> <p>Sail Fitness 3:15pm-4:00pm (All Saints)</p>	<p>10</p> <p>Lighten Up Weight Loss 8:30am-9:30am DPC</p> <p>Mah Jongg 9:00am-12:00pm DPC</p> <p>Craft & Puzzle 9:00am-11:00am DPC</p> <p>New Open Chess 1:00-2:00pm DPC</p> <p>Book Club 1:30pm-3:00pm DPC</p> <p>Arthritis Exercise 2:30-3:15pm Grove Church</p>	<p>11</p> <p>Train Dominoes 9:45 am-11:45am DPC</p> <p>Cribbage 1:00pm-3:00pm DPC</p> <p>Lunch Bunch 12:00pm-1:00pm (off-site)</p> <p>Sail Fitness 3:15pm-4:00pm (All Saints)</p>	<p>12</p> <p>Craft & Puzzle 9:00-11:00am</p> <p>New Lunch & Learn: Benefits of a Plant-Powered Life 11:15-12:15pm (DPC) Reg. Req.</p> <p>Hand & Foot 12:30am-4:00pm DPC</p> <p>Caregiver Support Group 1:30pm-2:30pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p> <p>Arthritis Exercise 2:30-3:15pm Grove Church</p>	<p>13</p> <p>Bunco 10:00am-12:00pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p>
<p>16</p> <p>Farkle Dice Game 10:00am-11:30am DPC</p> <p>Bingo 1:00pm-3:00pm DPC</p> <p>Sail Fitness 3:15pm-4:00pm (All Saints)</p> <p>Grief Care Group 6:30pm-8:00pm (KOK)</p>	<p>17</p> <p>Lighten Up Weight Loss 8:30am-9:30am DPC</p> <p>Mah Jongg 9:00am-12:00pm DPC</p> <p>Craft & Puzzle 9:00am-11:00am DPC</p> <p>New Open Chess 1:00-2:00pm DPC</p> <p>Women's Bridge 1:00pm-4:00pm DPC</p> <p>Arthritis Exercise 2:30-3:15pm Grove Church</p> <p>Diabetes Support 6:30pm-8:00pm DPC</p>	<p>18</p> <p>Train Dominoes 9:45 am-11:45am DPC</p> <p>Cribbage 1:00pm-3:00pm DPC</p> <p>December Birthday Bash Lunch 12-1pm (advance registration required) DPC</p> <p>Sail Fitness 3:15pm-4:00pm (All Saints)</p>	<p>19</p> <p>Craft & Puzzle 9:00-11:00am</p> <p>Hand & Foot 12:30pm-4:00pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p> <p>Arthritis Exercise 2:30-3:15pm Grove Church</p>	<p>20</p> <p>Bunco 10:00am-12:00pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p>

**December 23-January 3rd. Closed for
Holidays and Winter Break.**



See you on January 6th!

SoWashCo
COMMUNITY EDUCATION

December Adult 50+ Member Events:

Important Upcoming Day Trip Information & Deadlines

Visit our Community Ed website for upcoming available trips. The full list through June will be added soon.

December Chanhassen "White Christmas" Musical (Wait list only)

NEW February 6th Day trip "The Root Beer Lady" at the MN History Theatre show and Turkey Dinner at Keys Café Lunch. \$99/person. Bus leaves DPC at 9am and will return approximately 3pm. Story of the indomitable Dorothy Molter, the last legal non-Indigenous resident of the Boundary Waters. Register soon! Limited space.

April 2025 "Grease" Wednesday, April 16th very limited spots left. Register soon!

Monthly Support Groups

(Support groups free for registered 2024-2025 members Call 651-425-6650 to register.)

Lighten Up! Weight Loss Support Group: Meets every Tuesday at 8:30 a.m. (DPC)

Daytime Caregiver Support Group: Thursday, December 12th (DPC) Meets on the 2nd Thursday of each month from 1:30-2:30 p.m. Join other caregivers to receive encouragement, support and understanding. Facilitated by Jenny West through FamilyMeans.

Grief Care Group: Monday, December 16th (KOK Funeral Home) 6:30-8:00 p.m. Meets the third Monday of each month. Call 651-459-2875 for details. Facilitated by Donna Mathiowetz, aftercare coordinator, author, and inspirational speaker.

Diabetes Support Group 50+: Tuesday, December 17th (DPC) 6:30-8:00 p.m. Meets monthly on the 3rd Tuesday of the month. Spouses or support persons may also attend. Facilitated by Connie Allen, a certified diabetes educator and nurse. Spouses and support persons also invited.

Other Monthly Activities or Workshops

Craft and Puzzle: Tuesdays/Thursdays 9:00-11:00am (DPC) Come for a relaxed social time to meet other creative types. Bring your own knitting, needle craft or other craft project or work on one of our puzzles.

NEW Device Help by appointment or sign up to use a computer: Days and time vary. Need help learning the basics of how to use your smartphone, tablet or computer? Sign up at our member welcome desk to meet with one of our volunteers or to use a computer. Free for members. Not available for non-members.

NEW Chess Open Play: Tuesdays 1:00-2:00pm (DPC) Players of all levels welcome. Meets at District Program Center. We are looking to add a few more players to our chess club. They are happy to teach you how to play!

Footcare Appointments: Call 651-425-6650 to schedule. The member cost is \$29 for a 40-minute appointment. Non-member cost is \$39. Location is at The Grove Church (next to Cottage Grove Aldi). New Year appointments now open.

Monthly Community Potluck: Wednesday, December 4th 12-1 p.m. (DPC) Join us on the 1st Wednesday each month. Bring a store bought or homemade dish to share. Sign up at DPC or call the welcome desk to add your name.

Monthly Book club: Tuesday, December 10th (DPC) Meets on the second Tuesday of each month. See our website or front desk for future books and schedule. December's book is The Codebreaker's Secret by Sara Ackerman.

NEW Monthly Lunch Bunch: December 11th (Meet at Restaurant) Every second Wednesday meet for lunch 12:00-1:00 p.m. to socialize and make new friends. Lunch cost will be based on what you order. **December's spot will be the North Pole restaurant in Newport.** Sign up or call DPC welcome desk so we have approx. number of people for reservation.

NEW Lunch & Learn: Discover the Health Benefits of a Plant-Powered Lifestyle: Thursday, December 12th 11:15-12:15pm (DPC) Free for members but registration is required. Call or register at the welcome desk. Lunch included.

Driver Discount Refresher Class: Wednesday, December 4th, 4:00-8:00 p.m. (DPC) Save 10% on auto insurance for three years. No written or behind-the-wheel tests! To register, call St. Cloud State at 1-888-234-1294. Cost is \$24.00.

NEW Monthly Birthday Bash: Join us on the 3rd Wednesday each month. December 18th (DPC) Enjoy a fun lunch while celebrating everyone's birthday. Member's birthday month is free, but you still need to register at least one week in advance. Friends or family welcome to register also. Reservation required. **Deadline 12/11.** December will be Pot Roast, potatoes and salad from Tinucci's.

Free Bread Wednesdays: (DPC) Baked goods arrive at approximately 9 a.m. (until runs out). Please limit desserts to 1-2 items per person. Located in the adult programming area.