



Activities for 50+ May 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Most activities are at the District Program Center –DPC 8400 East Point Douglas Rd S Cottage Grove, MN 55016</p> <p>Call 651-425-6650 to register for an activity or to become a member</p> <p>Flip for more details about new activities and other monthly information</p>		<p>1</p> <p>Dominoes 10:00am-12:00pm DPC</p> <p>Cribbage 1:00pm-3:00pm DPC</p> <p>Sail Fitness 3:15pm-4:00pm (Cottage Grove: Grove Church)</p>	<p>2</p> <p>Men's Coffee & Convo 10:30am-11:30am DPC</p> <p>Hand & Foot 12:30pm-4:00pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p> <p>Arthritis Exercise 3:15pm-4:00pm DPC</p>	<p>3</p> <p>Bunco 10:00am-12:15pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p>
<p>6</p> <p>Farkle 10:00am-11:30am DPC</p> <p>Bingo 1:00pm-3:00pm DPC</p> <p>Sail Fitness 3:15pm-4:00pm (Cottage Grove: Grove Church)</p>	<p>7</p> <p>Lighten Up 8:30am-9:30am DPC</p> <p>Mah Jongg 9:00am-12:30pm DPC</p> <p>Open Crafting 9:30am-12:00pm DPC</p> <p>Women's Bridge 1:00pm-4:00pm DPC</p> <p>Chess Open Play 1:00pm-2:00pm DPC</p> <p>Arthritis Exercise 3:15pm-4:00pm DPC</p>	<p>8</p> <p>Dominoes 10:00am-12:00pm DPC</p> <p>Monthly Potluck 12:00pm-1:00pm DPC</p> <p>Cribbage 1:00pm-3:00pm DPC</p> <p>Sail Fitness 3:15pm-4:00pm (Cottage Grove: Grove Church)</p>	<p>9</p> <p>Men's Coffee & Convo 10:30am-11:30am DPC</p> <p>Hand & Foot 12:30pm-4:00pm DPC</p> <p>Caregiver Support Group 12:30pm-1:45pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p> <p>Arthritis Exercise 3:15pm-4:00pm DPC</p>	<p>10</p> <p>Bunco 10:00am-12:15pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p> <p>*Registration deadline for the Barnyard Quilts Tour Daytrip</p>
<p>13</p> <p>Farkle 10:00am-11:30am DPC</p> <p>Bingo 1:00pm-3:00pm DPC</p> <p>Sail Fitness 3:15pm-4:00pm (Cottage Grove: Grove Church)</p>	<p>14</p> <p>Lighten Up 8:30am-9:30am DPC</p> <p>Mah Jongg 9:00am-12:30pm DPC</p> <p>Open Crafting 9:30am-12pm DPC</p> <p>Book Club 1:00pm-2:30pm</p> <p>Chess Open Play 1:00pm-2:00pm DPC</p> <p>Arthritis Exercise 3:15pm-4:00pm DPC</p>	<p>15</p> <p>Dominoes 10:00am-12:00pm DPC</p> <p>Cribbage 1:00pm-3:00pm DPC</p> <p>Sail Fitness 3:15pm-4:00pm (Cottage Grove: Grove Church)</p>	<p>16</p> <p>Men's Coffee & Convo 10:30am-11:30am DPC</p> <p>Hand & Foot 12:30am-4:00pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p> <p>Arthritis Exercise 3:15pm-4:00pm DPC</p>	<p>17</p> <p>Bunco 10:00am-12:15pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p> <p>NEW! Line Dance with Deena 3:30pm-4:30pm DPC</p>
<p>20</p> <p>Farkle 10:00am-11:30am DPC</p> <p>Bingo 1:00pm-3:00pm DPC</p> <p>Sail Fitness 3:15pm-4:00pm (Cottage Grove: Grove Church)</p> <p>Grief Care Group 6:30pm-8:00pm (KOK Funeral Home)</p>	<p>21</p> <p>Lighten Up 8:30am-9:30am DPC</p> <p>Mah Jongg 9:00am-12:30pm DPC</p> <p>Open Crafting 9:30am-12:00pm DPC</p> <p>Women's Bridge 1:00pm-4:00pm DPC</p> <p>Chess Open Play 1:00pm-2:00pm DPC</p> <p>Arthritis Exercise 3:15pm-4:00pm DPC</p> <p>Diabetes Support 6:30pm-8pm DPC</p>	<p>22</p> <p>Dominoes 10:00am-12:00pm DPC</p> <p>Cribbage 1:00pm-3:00pm DPC</p> <p>Sail Fitness 3:15pm-4:00pm (Cottage Grove: Grove Church)</p> <p>NEW! Essential Device Skills Workshop: Navigating the Internet Registration required 5:00pm-6:30pm (DPC)</p>	<p>23</p> <p>Men's Coffee & Convo 10:30am-11:30am DPC</p> <p>NEW! DARTS Elem. Pen Pal & Learning Buddies program 11:30am-12:15pm DPC</p> <p>Hand & Foot 12:30pm-4:00pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p> <p>Arthritis Exercise 3:15pm-4:00pm DPC</p> <p>Drivers Discount 4:00pm-8:00pm DPC</p>	<p>24</p> <p>Bunco 10:00am-12:15pm DPC</p> <p>500 Cards 1:00pm-3:00pm DPC</p> <p>*Deadline to register for the Carole King Chanhassen June 26th day trip</p>
<p>27</p> <p>Closed for Holiday (Memorial Day)</p>	<p>May 28 – June 16 The District Program Center will be closed while we temporarily move to Armstrong Elementary (just a couple blocks away from current location). Major work is being done on the District Program Center's HVAC systems this summer. Our adult programs will reopen on Monday, June 17th at Armstrong Elementary. We thank you for your patience during this time of transition for our staff and facilities.</p> <p>Most summer adult activities will be at Armstrong Elementary School (ARM) 8855 Inwood Ave S Cottage Grove, MN 55016</p>			

Our full adult summer programming calendar and information will be available by May 20th.

Important Upcoming Day Trip Registration Deadlines

Barnyard Quilts Tour of Carver County & lunch, registration deadline May 10th for May 31st Day trip. \$98/pp.

Chanhassen Dinner Theater: "Beautiful: the Carole King Musical", registration deadline May 27th for the June 26th show and lunch. \$113/pp.

Narrated Sightseeing Tour of Minneapolis and St. Paul landmarks & Bucca Di Beppo lunch, registration deadline June 14th for July 18th day trip. \$89/pp

St. Croix Pontoon Ride – Prescott/Hastings. Wednesday, July 17th. Free for members but space is limited and only available for the first 10 members that register. Not available for non-members.

Monthly Support Groups

(Free for current members)

Daytime Caregiver Support Group: Thursday, May 9th (DPC) Meets on the 2nd Thursday of each month from 12:30-1:45 p.m. Join other caregivers to receive encouragement, support and understanding. Facilitated by Jenny West through FamilyMeans. Call 651-425-6650 to register.

Grief Care Group: Monday, May 20th (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, May 21st (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

Monthly Potluck: Wednesday, May 8th, 12-1 p.m. (DPC) Join us on the 2nd Wednesday each month. Catch up with friends and meet some new! Bring a dish to share. Sign up at welcome desk.

Monthly Book club: Tuesday, May 14th. (DPC) Meets on the second Tuesday of each month. See our website or front desk for future books and schedule. May's book is "Enigma" by Robert Harris.

NEW Line Dance with Deena: Friday, May 17th, 3:30-4:30pm. Have fun with friends while learning a new dance from line dance instructor Deena! We'll meet in the main space adult programs area in DPC. Cost is free for members, but advance registration is required.

NEW Essential Device Skills: Navigating the Internet. Wednesday, May 22nd 5-6:30pm (DPC) Do you struggle with looking up information on the internet whether by computer or smartphone? Not sure what the difference between an email or website is? Then this is the workshop for you! The cost is free for members, but advance registration is required. \$10 for non-members.

Driver Discount Refresher Class: Thursday, May 23rd, 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.

NEW DARTS Pen Pal & Learning Buddies: Thursday, May 23rd, 11:45am-12:15pm (DPC). Learn about a fun volunteer opportunity to be a Pen Pal or learning buddy for an elementary student in our district as well as their transportation options for Seniors through the DARTS program. Register online or at reception desk.

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

Footcare: To schedule an appointment, call 651-425-6650. The member cost is \$26 for a 40-minute appointment. Location is at The Grove Church (next to Cottage Grove Aldi).

Calling all crafters or hobbyists: Join us Tuesday mornings anytime from 9:30 a.m. – 12 p.m. Bring your favorite craft to work on amongst friends. Need a craft to do? We have card making supplies.