



Activities for Adult 50+ October 2024



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*All Saints Lutheran church for Mon/Wed. fitness address is: 8100 Belden Blvd Cottage Grove, MN 55016</p> <p>**We are working on a better time/location for T/TH Arthritis fitness</p>	<p>1 Lighten Up Weight Loss 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC Open Crafting 9:30am-11:45am DPC Women's Bridge 1:00pm-4:00pm DPC ** Arthritis Exercise 3:30pm-4:15pm DPC</p>	<p>2 Train Dominoes 9:45 am-11:45pm DPC Community Potluck 12:00-1:00pm DPC Cribbage 1:00pm-3:00pm DPC Sail Fitness 3:15pm-4:00pm (All Saints)</p>	<p>3 New Crochet & Knitting 9:00-11:00am Hand & Foot 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC ** Arthritis Exercise 3:30pm-4:15pm DPC</p>	<p>4 Bunco 10:00am-12:00pm DPC 500 Cards 1:00pm-3:00pm DPC</p>
<p>7 Farkle Dice Game 10:00am-11:30am DPC Bingo 1:00pm-3:00pm DPC Sail Fitness 3:15pm-4:00pm (All Saints)</p>	<p>8 Lighten Up Weight Loss 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC Open Crafting 9:30am-11:45am DPC Book Club 1:30pm-3:00pm DPC Arthritis Exercise Location/Time tbd</p>	<p>9 Train Dominoes 9:45 am-11:45pm DPC New Lunch Bunch 12:00pm-1:00pm (Off-site) Cribbage 1:00pm-3:00pm DPC Sail Fitness 3:15pm-4:00pm (All Saints)</p>	<p>10 New Crochet & Knitting 9:00-11:00am Hand & Foot 12:30pm-4:00pm DPC Caregiver Support Group 1:30pm-2:30pm DPC 500 Cards 1:00pm-3:00pm DPC Arthritis Exercise Location/Time tbd</p>	<p>11 Bunco 10:00am-12:00pm DPC 500 Cards 1:00pm-3:00pm DPC</p>
<p>14 Farkle Dice Game 10:00am-11:30am DPC New Landmark Tours Travel Show 11:30am-12:30pm DPC Bingo 1:00pm-3:00pm DPC Sail Fitness 3:15pm-4:00pm (All Saints)</p>	<p>15 Lighten Up Weight Loss 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC Open Crafting 9:30am-11:45am DPC Women's Bridge 1:00pm-4:00pm DPC Arthritis Exercise Location/Time tbd Diabetes Support 6:30pm-8pm DPC</p>	<p>16 Train Dominoes 9:45 am-11:45pm DPC Cribbage 1:00pm-3:00pm DPC New October Birthday Bash Lunch 12-1pm (advance registration required) Sail Fitness 3:15pm-4:00pm (All Saints)</p>	<p>17 New Crochet & Knitting 9:00-11:00am Hand & Foot 12:30am-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Arthritis Exercise Location/Time tbd</p>	<p>18 Bunco 10:00am-12:00pm DPC 500 Cards 1:00pm-3:00pm DPC</p>
<p>21 Farkle Dice Game 10:00am-11:30am DPC Bingo 1:00pm-3:00pm DPC Sail Fitness 3:15pm-4:00pm (All Saints) Grief Care Group 6:30pm-8:00pm (KOK)</p>	<p>22 Lighten Up Weight Loss 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC Open Crafting 9:30am-11:45am DPC Arthritis Exercise Location/Time tbd</p>	<p>23 Train Dominoes 9:45 am-11:45pm DPC Cribbage 1:00pm-3:00pm DPC Sail Fitness 3:15pm-4:00pm (All Saints) NEW! Essential Device Skills Workshop: SmartPhone Photos (Registration req.) 5:00pm-6:30pm DPC</p>	<p>24 New Crochet & Knitting 9:00-11:00am New Lunch & Learn: Basics of Islam(Reg. Req) 11:15am-12:15pm DPC Hand & Foot 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Arthritis Exercise Location/Time tbd</p>	<p>25 Bunco 10:00am-12:00pm DPC 500 Cards 1:00pm-3:00pm DPC</p>
<p>28 Farkle Dice Game 10:00am-11:30am DPC Bingo 1:00pm-3:00pm DPC Sail Fitness 3:15pm-4:00pm (All Saints)</p>	<p>29 Lighten Up Weight Loss 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC Open Crafting 9:30am-11:45am DPC Arthritis Exercise Location/Time tbd Drivers Discount 1:00pm-5:00pm DPC Free Line Dancing 6:15pm-7:00 pm(Greycloud)</p>	<p>30 Train Dominoes 9:45 am-11:45pm DPC Cribbage 1:00pm-3:00pm DPC Sail Fitness 3:15pm-4:00pm (All Saints)</p>	<p>31 New Crochet & Knitting 9:00-11:00am Hand & Foot 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Arthritis Exercise Location/Time tbd</p>	<p>SoWashCo COMMUNITY EDUCATION</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.

Important Upcoming Day Trip Information & Deadlines

Our popular trips have been booking up quickly! We are currently working on trips for 2025.

Branson Ozark Jubilee Country Christmas: November 7th. Join us on a luxury bus daytrip to Treasure Island casino for lunch and a show. An updated Branson show coming to you with new jokes and veteran's tribute. The registration deadline is October 4th. \$99/pp.

December Chanhassen "White Christmas" Musical (Wait list only) **April 2025 "Grease"** show is now open to register.

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, October 10th (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.

Diabetes Support Group 50+: Tuesday, October 15th (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.

Grief Care Group: Monday, October 21st (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.

Other Monthly Activities or Workshops

NEW Knitting & Crocheting: Thursdays 9:00-11:00am (DPC) Come with your own project and to socialize with other people working on yarn or needle point projects.

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).

Monthly Potluck: Wednesday, October 2nd 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, October 8th. (DPC) Meets on the second Tuesday of each month. See our website or front desk for future books and schedule. October's book is Macbeth by Jo Nesbo.

NEW Monthly Lunch Bunch: October 9th (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. October's spot will be Junction 70 (side room reserved). Sign up or call DPC welcome desk so we have approx. number of people for reservation.

NEW Landmark Tours Travel Show: Monday, October 14th 11:30am-12:30pm (DPC) Got a travel bug? Come get the newest Landmark tours catalog and hear all about the different trip vacation options for 2025.

NEW Monthly Birthday Bash: Join us on the 3rd Wednesday each month. October 16th (DPC) Enjoy a fun lunch while celebrating all the members with birthdays for that month. Member cost \$10/non-member \$12. Free for member's birthday month but you still need to register one week in advance. Friends or family welcome to register also. Reservation required. Deadline 10/9. Optional: Bring a fun photo, item or memory to share if it's your birthday month.

NEW Essential Device Skills: Smart Phone Photos: Wednesday, October 23rd 5-6:30pm (DPC) Have a smartphone but not sure how to take photos or how to share them? Then this is the workshop for you! Free for members, but registration is required. \$10 for non-members. Next month will be: Intro to computers (Nov. 20th 5-6:30pm).

NEW Basics of Islam – Lunch & Learn: Thursday, October 24, 11:15am-12:15pm (DPC) Are you curious about what Muslims believe and how it compares to Christianity? Come learn about the basic beliefs and practices of Islam while enjoying a delicious lunch! There will be time for discussion and Q&A.

NEW Free Line Dancing sample class: Tuesday, October 29th 6:15-7:00pm (Greycloud Elementary cafeteria).

Interested in line dancing lessons but not sure you will like it? Come for this free sample class with Deena to see if you like it. Love it? Give her 6-week paid class a try. Register at the Welcome desk.

Driver Discount Refresher Class: Tuesday, October 29th, 1:00-5:00 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.

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