



**Activities for 50+ July 2024**


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Armstrong Elementary (ARM) 8855 Inwood Ave S Cottage Grove, MN 55016</b> Call 651-425-6605 to register or stop at reception desk. See description page for more details and other monthly information.				
<b>1</b>  <b>Farkle</b> 10:00-11:30am ARM <b>Bingo</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM	<b>2</b>  <b>Lighten Up</b> 8:30-9:30am ARM <b>Mah Jongg</b> 9:00am-12:30pm ARM <b>Open Crafting</b> 9:30-12:00pm ARM <b>500 Cards</b> 1:00-3:00pm ARM <b>Chess</b> 1:00-2:00pm ARM <b>Women's Bridge</b> 1:00-4:00pm ARM <b>Arthritis Exercise</b> 3:00-3:45pm ARM	<b>3</b>  <b>NEW: Walk Wednesday</b> 9:00-10:00am (off-site) <b>Dominoes</b> 10:00am-12:00pm ARM <b>Cribbage</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM	<b>4</b>  <b>Closed for Holiday</b> <b>(4<sup>th</sup> of July)</b>	<b>5</b>  <b>No programs</b>
<b>8</b>  <b>Farkle</b> 10:00-11:30am ARM <b>Bingo</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM	<b>9</b>  <b>Lighten Up</b> 8:30-9:30am ARM <b>Mah Jongg</b> 9:00am-12:30pm ARM <b>Open Crafting</b> 9:30-12:00pm ARM <b>Book Club</b> 1:00-2:30pm <b>500 Cards</b> 1:00-3:00pm ARM <b>Chess</b> 1:00-2:00pm ARM <b>Arthritis Exercise</b> 3:00-3:45pm ARM	<b>10</b>  <b>NEW: Walk Wednesday</b> 9:00-10:00am (off-site) <b>Dominoes</b> 10:00am-12:00pm ARM <b>Cribbage</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM	<b>11</b>  <b>Bunco</b> 10:00am-12:15pm ARM <b>Men's Coffee &amp; Convo</b> 10:30-11:30am <b>NEW: Lunch &amp; Learn: Decluttering</b> 11:15am-12:15pm (Reg. Required) <b>Caregiver Support Group</b> 12:30-1:45pm <b>Hand &amp; Foot</b> 12:30-4:00pm ARM <b>500 Cards</b> 1:00-3:00pm ARM <b>Arthritis Exercise</b> 3:00-3:45pm ARM	<b>12</b>  <b>No programs</b>
<b>15</b>  <b>Farkle</b> 10:00-11:30am ARM <b>Bingo</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM <b>Grief Care Group</b> 6:30-8:00pm (KOK Funeral Home)	<b>16</b>  <b>Lighten Up</b> 8:30-9:30am ARM <b>Mah Jongg</b> 9:00am-12:30pm ARM <b>Open Crafting</b> 9:30-12pm ARM <b>Women's Bridge</b> 1:00-4:00pm ARM <b>500 Cards</b> 1:00-3:00pm ARM <b>Chess</b> 1:00-2:00pm ARM <b>Arthritis Exercise</b> 3:00-3:45pm ARM <b>Diabetes Support</b> 6:30-8:00pm ARM	<b>17</b>  <b>NEW: Walk Wednesday</b> 9:00-10:00am (off-site) <b>Dominoes</b> 10:00am-12:00pm ARM <b>Cribbage</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM	<b>18</b>  <b>Bunco</b> 10:00am-12:15pm ARM <b>Men's Coffee &amp; Convo</b> 10:30-11:30am <b>Hand &amp; Foot</b> 12:30-4:00pm ARM <b>500 Cards</b> 1:00-3:00pm ARM <b>Arthritis Exercise</b> 3:00-3:45pm ARM	<b>19</b>  <b>No programs</b>
<b>22</b>  <b>Farkle</b> 10:00-11:30am ARM <b>Bingo</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM	<b>23</b>  <b>Lighten Up</b> 8:30-9:30am ARM <b>Mah Jongg</b> 9:00am-12:30pm ARM <b>Open Crafting</b> 9:30-12:00pm ARM <b>500 Cards</b> 1:00-3:00pm ARM <b>Chess</b> 1:00-2:00pm ARM <b>Drivers Discount</b> 1:00-5:00pm ARM <b>Arthritis Exercise</b> 3:00-3:45pm ARM	<b>24</b>  <b>NEW: Walk Wednesday</b> 9:00-10:00am (off-site) <b>Dominoes</b> 10:00am-12:00pm ARM <b>Cribbage</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM	<b>25</b>  <b>Bunco</b> 10:00am-12:15pm ARM <b>Men's Coffee &amp; Convo</b> 10:30-11:30am <b>Hand &amp; Foot</b> 12:30-4:00pm ARM <b>500 Cards</b> 1:00-3:00pm ARM <b>Arthritis Exercise</b> 3:00-3:45pm ARM	<b>26</b>  <b>No programs</b>
<b>29</b>  <b>Farkle</b> 10:00-11:30am ARM <b>Bingo</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM	<b>30</b>  <b>Lighten Up</b> 8:30-9:30am ARM <b>Mah Jongg</b> 9:00am-12:30pm ARM <b>Open Crafting</b> 9:30-12pm ARM <b>500 Cards</b> 1:00-3:00pm ARM <b>Chess</b> 1:00-2:00pm ARM <b>Arthritis Exercise</b> 3:00-3:45pm ARM	<b>31</b>  <b>NEW: Walk Wednesday</b> 9:00-10:00am (off-site) <b>Dominoes</b> 10:00am-12:00pm ARM <b>Cribbage</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM	<b>See Description page for more monthly info.</b>  <div style="text-align: right;">  <p><b>SoWashCo</b> COMMUNITY EDUCATION</p> </div>	



# Activities for 50+ August 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Armstrong Elementary (ARM) 8855 Inwood Ave S Cottage Grove, MN 55016</b> Call 651-425-6650 to register or stop at reception desk. See description page for more details and other monthly information.				
August 19-31: Adult programs break while we move back into the District Program Center and get ready for the new school year.  <b>Our adult 50+ programs will reopen on Tuesday, September 3rd.</b> We thank you for your patience during this time of transition for our staff and facilities.			<b>1</b> <b>Bunco</b> 10:00am-12:15pm ARM <b>Men's Coffee &amp; Convo</b> 10:30-11:30am ARM <b>Hand &amp; Foot</b> 12:30-4:00pm ARM <b>500 Cards</b> 1:00-3:00pm ARM <b>Arthritis Exercise</b> 3:00-3:45pm ARM	<b>2</b>  <b>No programs</b>
<b>5</b>  <b>Farkle</b> 10:00-11:30am ARM <b>Bingo</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM	<b>6</b> <b>Lighten Up</b> 8:30-9:30am ARM <b>Mah Jongg</b> 9:00am-12:30pm ARM <b>Open Crafting</b> 9:30-12pm ARM <b>Women's Bridge</b> 1:00-4:00pm ARM <b>500 Cards</b> 1:00-3:00pm ARM <b>Chess Open Play</b> 1:00-2:00pm ARM <b>Arthritis Exercise</b> 3:00-3:45pm ARM	<b>7</b>  <b>Walk Wednesday</b> 9:00-10:00am <b>Dominoes</b> 10:00am-12:00pm ARM <b>Cribbage</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM	<b>8</b>  <b>Bunco</b> 10:00am-12:15pm ARM <b>Men's Coffee &amp; Convo</b> 10:30-11:30am ARM <b>Caregiver Support</b> 12:30-1:45pm ARM <b>Hand &amp; Foot</b> 12:30-4:00pm ARM <b>500 Cards</b> 1:00-3:00pm ARM <b>Arthritis Exercise</b> 3:00-3:45pm ARM	<b>9</b>  <b>No programs</b>
<b>12</b>  <b>Farkle</b> 10:00-11:30am ARM <b>Bingo</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM	<b>13</b> <b>Lighten Up</b> 8:30-9:30am ARM <b>Mah Jongg</b> 9:00am-12:30pm ARM <b>Open Crafting</b> 9:30-12pm ARM <b>Book Club</b> 1:00-2:30pm ARM <b>500 Cards</b> 1:00-3:00pm ARM <b>Chess Open Play</b> 1:00-2:00pm ARM <b>Arthritis Exercise</b> 3:00-3:45pm ARM	<b>14</b>  <b>Walk Wednesday</b> 9:00-10:00am(off-site) <b>Dominoes</b> 10:00am-12:00pm ARM <b>Cribbage</b> 1:00-3:00pm ARM <b>Sail Fitness</b> 3:00-3:45pm ARM	<b>15</b>  <b>Bunco</b> 10:00am-12:15pm ARM <b>Men's Coffee &amp; Convo</b> 10:30-11:30am ARM <b>Hand &amp; Foot</b> 12:30-4:00pm ARM <b>500 Cards</b> 1:00-3:00pm ARM <b>Arthritis Exercise</b> 3:00-3:45pm ARM	<b>16</b>  <b>No programs</b>
<b>19</b>  <b>No programs</b>  <b>Grief Care Group</b> 6:30-8:00pm (KOK Funeral Home)	<b>20</b>  <b>No programs</b>	<b>21</b>  <b>No programs</b>  <b>Walk Wednesday</b> 9:00-10:00am(off-site)	<b>22</b>  <b>No programs</b>	<b>23</b>  <b>No programs</b>
<b>26</b>  <b>No programs</b>	<b>27</b>  <b>No programs</b>	<b>28</b>  <b>No programs</b>  <b>Walk Wednesday</b> 9:00-10:00am(off-site)	<b>29</b>  <b>No programs</b>	<b>30</b>  <b>No programs</b>



# Other Summer Monthly Activities



## Monthly Support Groups

(Free for current members)

**Daytime Caregiver Support Group: Thursday, July 11<sup>th</sup>; August 8<sup>th</sup>.** Meets on the 2<sup>nd</sup> 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, June 17<sup>th</sup>, July 15<sup>th</sup>, August 19<sup>th</sup>** (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, June 18<sup>th</sup>; July 16<sup>th</sup>, No August** (ARM) 6:30–8:00 p.m. Meets monthly on the 3<sup>rd</sup> 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

**Free Bread Wednesdays:** Baked goods arrive at approximately 9 a.m. (until runs out). Please limit desserts to 1–2 items per person. \*Summer location will be at Basic Needs. 6990 80th St S #200, Cottage Grove, MN 55016

**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).

**Monthly Potluck:** Our monthly potluck will take a break for the summer. It will resume on the 2<sup>nd</sup> Wednesday of the month in September 12:00–1:00 p.m. at the District Program center.

**Monthly Book club: Tuesday, July 9<sup>th</sup>; August 13<sup>th</sup>** (ARM) Meets on the second Tuesday of each month. July's book is "The Secret Life of Sunflowers" by Marta Molnar. August's book is "The Book of Lost Friends" by Lisa Wingate.

**Driver Discount Refresher Class: Tuesday, July 23** 1:00–5:00 p.m. (ARM) 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 Lunch & Learn–The Challenge of Stuff & Our Version of The Antique Road Show: Thursday, June 27** 11:00–12:30 p.m. (ARM) Free for members but advance registration required. Is your garage, storage unit and/or attic full? It hard to sift through years of memories & possessions and many people don't know where to begin. Join Dan & Mary Tillman, Seniors Real Estate Specialists, as they partner with Old Is Knew LLC (Estate Sale Company) on tips of where to begin, what sells and what doesn't and the cost of an estate sale. Plus, we do our own version of **An Antique Road Show**. Bring an item or picture of something that you've been curious about the value. Eric Holseth, owner of Old Is Knew LLC, will be available to assess each item and give an estimated value.

**NEW Lunch & Learn–Emotional Ups & Downs of Decluttering: Thursday, July 11<sup>th</sup>** 11:15–12:15 p.m. (ARM) Free for members but advance registration required. Downsizing often requires people to let go of some of their possessions to fit their new lifestyle. This process can be emotionally exhausting. Sorting through sentimental items can surface mix feelings of guilt, sadness and anxiety. Join Dan & Mary Tillman, Senior Real Estate Specialists, as they talk about ways to simplify the process. Discover if you are a tosser or keeper and the benefits of both. Also learn how to create a Legacy Closet for some of your cherished treasures.

**NEW Walk in the Park Wednesdays: Every Wednesday 9:00–10:00 a.m. starting June 19<sup>th</sup>.** Free for members and their families. Join us for weekly nature hikes in a variety of beautiful spaces in the Woodbury and Cottage Grove areas. When you register, you will receive the list of dates and hike locations. Get moving and meet some fun local people to enjoy walking with. Sponsored by Amy Dovenmuehle with Cardinal Wellness Coaching.