

Activities for 50+ March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Most activities are at the District Program Center (DPC). Call 651-425-6650. Flip for more details about new activities *Please note we will be open during Spring Break this year.</p>				<p>1 Computer/Device help by appointment 9am-12pm DPC Bunco 10:00am-12:15pm DPC 500 Cards 1:00-3:00pm DPC</p>
<p>4</p> <p>Farkle 10:00-11:30am DPC Bingo 1:00-3:00pm DPC Sail Fitness 3:15-4:00pm (Grove Church) New: Line Dance Lessons 4:15-5:15pm (free, but registration required)</p>	<p>5</p> <p>Lighten Up 8:30-9:30am DPC Open Crafting 9:30-12pm DPC Chess Open Play 10:30-11:30am DPC Mah Jongg 9:00am-12:30pm DPC Women's Bridge 1:00-4:00pm DPC Arthritis Exercise 3:15-4:00pm DPC</p>	<p>6</p> <p>Dominoes 10:00am-12:00pm DPC Cribbage 1:00-3:00pm DPC Sail Fitness 3:15-4:00pm (Grove Church)</p>	<p>7 Men's Coffee & Convo 10:30-11:30am DPC Hand & Foot 12:30-4:00pm DPC 500 Cards 1:00-3:00pm DPC Arthritis Exercise 3:15-4:00pm DPC</p>	<p>8</p> <p>Bunco 10:00am-12:15pm DPC 500 Cards 1:00-3:00pm DPC</p>
<p>11</p> <p>Farkle 10:00-11:30am DPC Bingo 1:00-3:00pm DPC Sail Fitness 3:15-4:00pm (Grove Church) New: Introduction to Senior Housing 7-9pm DPC (registration required see back page for details)</p>	<p>12</p> <p>Lighten Up 8:30-9:30am DPC Open Crafting 9:30-12pm DPC Chess Open Play 10:30-11:30am DPC Mah Jongg 9:00am-12:30pm DPC Book Club 1:00-2:30pm Drivers Discount 1:00-5:00pm DPC Arthritis Exercise 3:15-4:15pm DPC</p>	<p>13</p> <p>Dominoes 10:00am-12:00pm DPC Monthly Potluck 12:00-1:00pm DPC Cribbage 1:00-3:00pm DPC Sail Fitness 3:15-4:00pm (Grove Church)</p>	<p>14 Men's Coffee & Convo 10:30-11:30am DPC Hand & Foot 12:30-4:00pm DPC Caregiver Support Group 12:30-1:45pm DPC 500 Cards 1:00-3:00pm DPC Arthritis Exercise 3:15-4:15pm DPC New: Essential Email Skills: Managing Email Workshop(Reg. Req) 5:00-6:30pm DPC</p>	<p>15</p> <p>Bunco 10:00am-12:15pm DPC 500 Cards 1:00-3:00pm DPC</p>
<p>18</p> <p>Farkle 10:00-11:30am DPC Bingo 1:00-3:00pm DPC Sail Fitness 3:15-4:00pm (Grove Church) Grief Care Group 6:30-8:00pm KOK</p>	<p>19</p> <p>Lighten Up 8:30-9:30am DPC Open Crafting 9:30-12pm DPC Chess Open Play 10:30-11:30am DPC Mah Jongg 9:00am-12:30pm DPC Women's Bridge 1:00-4:00pm DPC Arthritis Exercise 3:15-4:15pm DPC Diabetes Support 6:30-8pm DPC</p>	<p>20</p> <p>Dominoes 10:00am-12:00pm DPC Cribbage 1:00-3:00pm DPC Sail Fitness 3:15-4:00pm (Grove Church)</p>	<p>21</p> <p>Men's Coffee & Convo 10:30-11:30am DPC Hand & Foot 12:30-4:00pm DPC 500 Cards 1:00-3:00pm DPC Arthritis Exercise 3:15-4:15pm DPC</p>	<p>22</p> <p>Computer/Device help by appointment 9am-12pm DPC Bunco 10:00am-12:15pm DPC 500 Cards 1:00-3:00pm DPC</p>
<p>25</p> <p>Farkle 10:00-11:30am DPC Bingo 1:00-3:00pm DPC Sail Fitness 3:15-4:00pm (Grove Church)</p>	<p>26</p> <p>Lighten Up 8:30-9:30am DPC Open Crafting 9:30-12pm DPC Chess Open Play 10:30-11:30am DPC Mah Jongg 9:00am-12:30pm DPC Arthritis Exercise 3:15-4:15pm DPC</p>	<p>27</p> <p>Dominoes 10:00am-12:00pm DPC Cribbage 1:00-3:00pm DPC Sail Fitness 3:15-4:00pm (Grove Church)</p>	<p>28</p> <p>Men's Coffee & Convo 10:30-11:30am DPC Hand & Foot 12:30-4:00pm DPC 500 Cards 1:00-3:00pm DPC Arthritis Exercise 3:15-4:15pm DPC</p>	<p>29</p> <p>Closed for holiday</p>

Other March Adult 50+ Events:

Important Upcoming Trip Registration Deadlines

September 13-21, 2024, **International trip: Discover Norway's Fjords**. Registration deadline March 15th.
October 12-20 **International trip: Discover Ireland**. Registration deadline March 15th.
May 21-22 Overnight trip: **Ice Cream capital of the World/Iowa Browns Theater Show** deposit due March 15th.
April 24th Day trip: **Mystery Thrift Store Extravaganza & lunch** registration deadline April 12th.
May 9th Day trip: **The Fabulous Lipitones Theater show** registration deadline April 12th.

Monthly Support Groups

Daytime Caregiver Support Group: Thursday, March 14th (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, March 18th (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, March 19th (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

NEW Line Dance lessons Monday, March 4th 4:15-5:15pm (DPC) Free class for current members. Have fun with friends while learning a new dance. Advance registration required.

Device/Basic Computer Help: Need help learning how to navigate your smart phone, tablet or computer? Free 50-minute appointments are available between 9am-12pm March 1st and 22nd. Sign up at the 50+ welcome desk. Space is limited.

NEW Intro to Senior Housing: Monday, March 11th 7-9pm Explore many alternatives to single family living that offer a continuum of care ranging from independent living to assisted living. Registration cost is \$15. Register online or at the front desk.

Monthly Book club: Tuesday, March 12th. Meets on the second Tuesday of each month. See website or front desk for current book and schedule. March's book is the popular "Lessons in Chemistry".

Driver Discount Refresher Class: Tuesday, March 12th, 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.

Monthly Potluck: Wednesday, March 13th, 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.

NEW Essential Email Skills Workshop: Managing Emails Wednesday, March 14th (DPC) 5-6:30 p.m. Do you have email questions? We'll cover email basics on a computer or smartphone so you can leave more confident in how to manage your inbox, delete, search, attachments etc. Free workshop but registration is required.

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 cost is \$26 for a 40-minute appointment. Location is at The Grove Church (next to Aldi).

Calling all crafters or hobbyists: Join us Tuesday mornings anytime from 9:30 a.m. – 12 p.m. Bring your favorite craft. Need a craft to do? We have some card making supplies to support our member birthday cards program.