

[illegible]

Activities for 50+ July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lighten Up Weight Support 8:30am-9:30am DPC Craft & Puzzle 9:00am-11:00am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Women's Bridge 1:00pm-4:00pm DPC Open Chess 1:00-2:00pm DPC Strength & Balance 2:45-3:30pm Grove Church	2 Walk Wednesday 9:00am-10:00am (offsite) Train Dominoes 9:30am-11:45am DPC Lunch Bunch 12:00-1:15pm (off-site) Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm Strength & Balance 3:15pm-4:00pm (All Saints)	3 Closed for Holiday (4th of July)	4 No Summer programs
7 No Adult Programs	8 No Adult Programs	9 No Adult Programs Bread @ Park Cafe	10 No Adult Programs Caregiver Support Group (off-site Park Grove Library)	11 No Summer programs
14 Coffee & Games 8:15am-10:45 DPC Bingo 1:00pm-3:00pm DPC Strength & Balance 3:15pm-4:00pm (All Saints)	15 Lighten Up Weight Support 8:30am-9:30am DPC Craft & Puzzle 9:00am-11:00am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Women's Bridge 1:00pm-4:00pm DPC Open Chess 1:00-2:00pm DPC Strength & Balance 2:45-3:30pm Grove Church	16 Walk Wednesday 9:00am-10:00am (offsite) Train Dominoes 9:30 am-11:45am DPC July Birthday Bash 12:00-1:00pm (advance registration required) DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm Strength & Balance 3:15pm-4:00pm (All Saints)	17 Craft & Puzzle 9:00-11:00am DPC Bunco 10:00am-12:00pm DPC New! St. Croix Pontoon Ride & Fishing (limited # & Members only) 10:00am-12:00pm (off-site) Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Courageously Continuing in Your Season 2:00-3:00pm DPC Strength & Balance 2:45-3:30pm Grove Church	18 No Summer programs 55+ Drivers Discount 1:00pm-5:00pm
21 Coffee & Games 8:15am-10:45 DPC Bingo 1:00pm-3:00pm DPC Strength & Balance 3:15pm-4:00pm (All Saints) Grief Care Group 6:30pm-8:00pm (KOK)	22 Lighten Up Weight Support 8:30am-9:30am DPC Craft & Puzzle 9:00am-11:00am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Open Chess 1:00-2:00pm DPC Strength & Balance 2:45-3:30pm Grove Church	23 Walk Wednesday 9:00am-10:00am (offsite) Train Dominoes 9:30am-11:45am DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm Strength & Balance 3:15pm-4:00pm (All Saints)	24 Craft & Puzzle 9:00-11:00am DPC Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Strength & Balance 2:45-3:30pm Grove Church	25 No Summer programs
28 Coffee & Games 8:15am-10:45 DPC Bingo 1:00pm-3:00pm DPC Strength & Balance 3:15pm-4:00pm (All Saints)	29 Lighten Up Weight Support 8:30am-9:30am DPC Craft & Puzzle 9:00am-11:00am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Open Chess 1:00-2:00pm DPC Strength & Balance 2:45-3:30pm Grove Church	30 Walk Wednesday 9:00am-10:00am (offsite) Train Dominoes 9:30am-11:45am DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm Strength & Balance 3:15pm-4:00pm (All Saints)	31 Craft & Puzzle 9:00-11:00am DPC Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Strength & Balance 2:45-3:30pm Grove Church	



Activities for 50+ August 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>August 18-31: Adult programs break while staff get ready for the new school year.</p> <p>Our adult 50+ programs will reopen on Tuesday, September 2nd for the new 2025-2026 Membership Year (A new form should be filled out each membership year. Forms will be available by August 1st)</p>				<p>1</p> <p>No Summer programs</p>
<p>4</p> <p>Coffee & Games 8:15-10:45am DPC</p> <p>Bingo 1:00-3:00pm DPC</p> <p>Strength & Balance 3:15-4:00pm (All Saints)</p>	<p>5 Lighten Up Weight Loss Support 8:30-9:30am DPC</p> <p>Mah Jongg 9:00am-12:00pm DPC</p> <p>Craft & Puzzle 9:00-11am DPC</p> <p>Women's Bridge 1:00-4:00pm DPC</p> <p>500 Cards 1:00-3:00pm DPC</p> <p>Open Chess 1:00-2:00pm DPC</p> <p>Strength & Balance 2:45-3:30pm (Grove Church CG)</p>	<p>6 Walk Wednesday 9:00-10:00am(off-site)</p> <p>Train Dominoes 9:30am-11:45am DPC</p> <p>Lunch Bunch 12:00-1:15pm (off-site)</p> <p>Cribbage 1:00-3:00pm DPC</p> <p>Mah Jongg 1:00pm-3:00pm DPC</p> <p>Strength & Balance 3:15-4:00pm (All Saints)</p>	<p>7 *St. Croix River Italian Lunch Cruise Day trip(off-site)</p> <p>Craft & Puzzle 9:00am-1100am DPC</p> <p>Bunco 10:00am-12:00pm DPC</p> <p>Hand & Foot 12:30-4:00pm DPC</p> <p>500 Cards 1:00-3:00pm DPC</p> <p>Courageously Continue in your Season 2:00-3:00pm DPC</p> <p>Strength & Balance 2:45-3:30pm (Grove Church CG)</p>	<p>8</p> <p>No Summer programs</p>
<p>11</p> <p>Coffee & Games 8:15-10:45am DPC</p> <p>Bingo 1:00-3:00pm DPC</p> <p>Strength & Balance 3:15-4:00pm (All Saints)</p>	<p>12 Lighten Up Weight Loss Support 8:30-9:30am DPC</p> <p>Mah Jongg 9:00am-12:00pm DPC</p> <p>Craft & Puzzle 9:00-11am DPC</p> <p>500 Cards 1:00-3:00pm DPC</p> <p>Book Club 1:30-3:00pm DPC</p> <p>Open Chess 1:00-2:00pm DPC</p> <p>Strength & Balance 2:45-3:30pm (Grove Church CG)</p>	<p>13 Walk Wednesday 9:00-10:00am(off-site)</p> <p>Train Dominoes 9:30am-11:45am DPC</p> <p>August Birthday Bash 12:00-1:00pm DPC</p> <p>Cribbage 1:00-3:00pm DPC</p> <p>Mah Jongg 1:00pm-3:00pm DPC</p> <p>Strength & Balance 3:15-4:00pm (All Saints)</p>	<p>14 Craft & Puzzle 9:00am-1100am DPC</p> <p>Bunco 10:00am-12:00pm DPC</p> <p>NEW! St. Croix Pontoon Ride (limited spots & mem. only) 10:00am-12:00pm (off-site)</p> <p>Caregiver Support 1:30-2:30pm DPC</p> <p>Hand & Foot 12:30-4:00pm DPC</p> <p>500 Cards 1:00-3:00pm DPC</p> <p>Strength & Balance 2:45-3:30pm (Grove Church CG)</p>	<p>15</p> <p>No Summer programs</p> <p>55+ Drivers Discount 9:00am-1:00pm</p>
<p>18</p> <p>No programs(prepare for new school/membership year)</p> <p>Grief Care Group 6:30-8:00pm (KOK Funeral Home)</p>	<p>19</p> <p>No programs(prepare for new school/membership year)</p>	<p>20</p> <p>No programs(prepare for new school/membership year)</p> <p>Walk Wednesday 9:00-10:00am(off-site)</p>	<p>21</p> <p>No programs(prepare for new school/membership year)</p>	<p>22</p> <p>No programs (prepare for new school/membership year)</p>
<p>25</p> <p>No programs(prepare for new school/membership year)</p>	<p>26</p> <p>No programs(prepare for new school/membership year)</p>	<p>27</p> <p>No programs(prepare for new school/membership year)</p> <p>Walk Wednesday 9:00-10:00am(off-site)</p>	<p>28</p> <p>No programs(prepare for new school/membership year)</p>	<p>29</p> <p>No programs (prepare for new school/membership year)</p>

Footcare: To schedule an appointment, call 651-425-6650. The member cost is \$29 for a 40-minute appointment. Location is at The Grove Church (next to Cottage Grove Aldi)



Other Summer Monthly Activities



Monthly Support Groups (Free for current members)

Daytime Caregiver Support Group: Thursday, June 12, July 10(off-site), August 14th (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. Call 651-425-6650 to register.

Courageously Continuing in Your Season: Courageously Continuing in Your Season: Meets monthly for the summer on Thursdays, June 5, July 17, and August 7 from 2 – 3 p.m. at the DPC. Join us for resources, connections and support. Facilitated by Deb Warnsholz.

Grief Care Group: Monday, June 16th, July 21st, August 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, June 18th; July 16th, No August (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

Free Bread Wednesday: Arrives approximately 9-9:30am (DPC) until it runs out.

Monthly Book club: Tuesday, June 10th, July 8th (Off-site), August 12th (DPC) Meets on the second Tuesday of each month. June's book is "Table for Two" by Amor Towles, July's book is "Eruption" by James Patterson & Michael Crichton. August's book is "The Women" by Kristin Hannah.

Driver Discount Refresher Classes: Choose between **Friday, June 13, July 18 (1:00-5:00pm), or August 15 (9:00am-1:00 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 Lunch & Learn-Home Safety & Aging in Place: Thursday, June 12th 11:15am-12:15pm (DPC)

Free for members but advance registration required. Certified Aging in Place Specialist, Cyndi Seiwert, and Nancy Burton, will share tips on home safety and effective home modifications. Discover how simple changes can create a safer home environment. Light lunch provided. Register online or call 651-425-6650 to register.

NEW Walk in the Park Wednesdays: Every Wednesday 9:00-10:00 a.m. May through August. 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 park locations. Get moving and meet some fun local people to enjoy walking with. Sponsored by Amy Dovenmuehle with Cardinal Wellness Coaching.

NEW St. Croix Pontoon rides. June 26 (no fishing), July 17(fishing), August 14(no fishing). Free for members. Limited to first ten members that sign up for each date. Limit one ride per member. Once you register, info on where to meet at the Miss. Yacht club will be provided. No license needed for the 7/17 trip. All life jackets and fishing supplies provided. Go to sowashco.ce.eleyo.com or call 651-425-6605 to register.

Monthly Lunch Bunch: Wednesdays: June 4th (Prestwick Golf Pub & Grill Woodbury) July 9th (Angelina's Kitchen Woodbury) August 6th (tentative River Oak's Eagle's Bar & Grill) Meet at the Restaurants. 12:00-1:15 p.m. to socialize and make new friends. Lunch cost is based on what you order. Sign up at or call the DPC welcome desk to reserve a space.

Monthly Birthday Bash: Join us for birthday lunches (DPC) Wednesday: June 11th, July 16th and August 6th 12:00-1:00pm. Enjoy a catered 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 are welcome to register also. \$10-member, \$12 non-member/guest. Reservation required for food count. **Deadline 12pm noon on Friday before event.** June's menu will be Tinnucci's Pulled Pork sandwich, July: Jerry's Fried chicken; August: Tinnucci's Shredded Beef Sandwich. Plus, sides and cake.