Activities for 50+ June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2	3Lighten Up Weight Support	4	5 Craft & Puzzle	6	
Coffee & Games	8:30am-9:30am DPC	New: Walk Wednesday	9:00-11:00am DPC		
8:15am-10:45 DPC	Craft & Puzzle	9:00am-10:00am (offsite)	Bunco		
Bingo	9:00am-11:00am DPC	Train Dominoes	10:00am-12:00pm DPC		
1:00pm-3:00pm DPC	Mah Jongg	9:30 am-11:45am DPC	Hand & Foot Cards		
Strength & Balance	9:00am-12:00pm DPC	Lunch Bunch	12:30pm-4:00pm DPC		
3:15pm-4:00pm (All Saints)	500	12:00-1:15pm (off-site)	500 Cards	No Summer programs	
3.15pm-4.00pm (All Sdints)	V.E.(E)				
	1:00-3:00pm DPC	Cribbage	1:00pm-3:00pm DPC		
	Women's Bridge	1:00pm-3:00pm DPC	Courageously Continuing in		
	1:00pm-4:00pm DPC	Mah Jongg	Your Season		
	Open Chess	1:00pm-3:00pm	2:00-3:00pm DPC		
	1:00-2:00pm DPC	Strength & Balance	Strength & Balance	1	
	Strength & Balance	3:15pm-4:00pm (All Saints)	2:45-3:30pm Grove Church		
	2:45-3:30pm Grove Church	*			
9	10 Lighten Up Weight Support	11	12 Craft & Puzzle	13	
Coffee & Games	8:30am-9:30am DPC	New: Walk Wednesday	9:00-11:00am DPC		
8:15am-10:45 DPC	Craft & Puzzle	9:00am-10:00am (offsite)	Bunco	1	
Bingo	9:00am-11:00am DPC	Train Dominoes	10:00am-12:00pm DPC	1	
1:00pm-3:00pm DPC	Mah Jongg	9:30 am-11:45am DPC	New: Lunch & Learn: Home Safety		
Strength & Balance	9:00am-12:00pm DPC	June Birthday Bash	& Aging in Place(reg. req.)	No Summer programs	
	500		11:15am-12:15pm	W 200	
3:15pm-4:00pm (All Saints)	(080007001	12:00-1:00pm (advance	Hand & Foot Cards	55+ Drivers Discount	
	1:00-3:00pm DPC	registration required) DPC	12:30pm-4:00pm DPC		
	Book Club	Cribbage	500 Cards	1:00-5:00pm DPC	
	1:30pm-3:00pm DPC	1:00pm-3:00pm DPC	1:00pm-3:00pm DPC		
	Open Chess	Mah Jongg	Caregiver Support Group		
	1:00-2:00pm DPC	1:00pm-3:00pm	1:30-2:30pm DPC		
	Strength & Balance	Strength & Balance	Strength & Balance		
	2:45-3:30pm Grove Church	3:15pm-4:00pm (All Saints)	2:45-3:30pm Grove Church		
16 Coffee & Games	17 Lighten Up Weight Support	18	19	20	
8:15am-10:45 DPC	8:30am-9:30am DPC	.0		20	
Bingo	Craft & Puzzle	New: Walk Wednesday			
1:00pm-3:00pm DPC	9:00am-11:00am DPC	9:00am-10:00am (offsite)			
Strength & Balance	Mah Jongg	Train Dominoes			
3:15pm-4:00pm (All Saints)	9:00am-12:00pm DPC	9:30am-11:45am DPC	Closed for Holiday	No Summer programs	
Grief Care Group	500	Cribbage		No summer programs	
6:30pm-8:00pm (KOK)	1:00-3:00pm DPC	1:00pm-3:00pm DPC	(Juneteenth)	1	
	Women's Bridge	Mah Jongg	500	1	
	1:00pm-4:00pm DPC	1:00pm-3:00pm			
	Open Chess	Strength & Balance		1	
	1:00-2:00pm DPC	3:15pm-4:00pm (All Saints)		1	
	Strength & Balance	dispiri sisopiri (Airodinis)			
	2:45-3:30pm Grove Church				
	Diabetes Support				
	6:30pm-8:00pm				
23	24Lighten Up Weight Support	25	26 Craft & Puzzle	27	
	8:30am-9:30am DPC		CONTROL AND PROFES		
Coffee & Games	Craft & Puzzle	New: Walk Wednesday	9:00-11:00am DPC		
8:15am-10:45 DPC	9:00am-11:00am DPC	9:00am-10:00am (offsite)	Bunco		
Bingo	Mah Jongg	Train Dominoes	10:00am-12:00pm DPC		
1:00pm-3:00pm DPC	9:00am-12:00pm DPC	9:30am-11:45am DPC	Hand & Foot Cards	(#)	
Strength & Balance	500	Cribbage	12:30pm-4:00pm DPC	No Cureros	
3:15pm-4:00pm (All Saints)	1:00-3:00pm DPC	1:00pm-3:00pm DPC	500 Cards	No Summer program	
	Book Club	Mah Jongg	1:00pm-3:00pm DPC		
	1:30pm-3:00pm DPC	1:00pm-3:00pm	New: St. Croix Pontoon Ride		
	Open Chess	Strength & Balance	(limited # & members only)		
	1:00-2:00pm DPC	3:15pm-4:00pm (All Saints)	1:00-3:00 (off-site)		
	Strength & Balance		Strength & Balance		
	2:45-3:30pm Grove Church		2:45-3:30pm Grove Church		
30 Coffee & Games		notivitios at the Dist!		Luniose noted	
8:15am-10:45 DPC	Most member activities at the District Program Center (DPC) unless noted.				
Bingo	Call 651-425-6650 with questions. See description page for more details and other				
1:00pm-3:00pm DPC	monthly information.				
Strength & Balance		monthly	miorridion.		
strength & Bulance	1				
3:15pm-4:00pm (All Saints)	1				

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	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)	Closed for Holiday (4 th of July)	No Summer programs
7	2:45-3:30pm Grove Church	9	10	11
, No Adult Programs	No Adult Programs	No Adult Programs Bread @ Park Cafe	No Adult Programs Caregiver Support Group (off-site Park Grove Library)	No Summer programs
Coffee & Games 8:15am-10:45 DPC	15 Lighten Up Weight Support 8:30am-9:30am DPC Craft & Puzzle	16 Walk Wednesday 9:00am-10:00am (offsite)	17 Craft & Puzzle 9:00-11:00am DPC Bunco	18
Bingo 1:00pm-3:00pm DPC Strength & Balance 3:15pm-4:00pm (All Saints)	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	9:30dm-10:00dm (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)	Bunco 10:00am-12:00pm DPC 1ew 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	No Summer programs 55+ Drivers Discoun 1:00pm-5:00pm
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	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)	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	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	



		Adg			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
August 18-31: A	Adult programs bred	ak while staff get	ready for the new	1	
	schoo	ol vear		No Summer	
school year.					
	Our adult 50+ pro	grams will reope	en		
on Tuesday, Se	eptember 2 nd for the	e new 2025-2026	Membership Year		
(A new form sh	ould be filled out ed		year. Forms will be		
	available b	y August 1st)			
Coffee & Games 8:15-10:45am DPC	5 Lighten Up Weight Loss Support 8:30-9:30am DPC Mah Jongg	6 Walk Wednesday 9:00-10:00am(off-site) Train Dominoes	7 *St. Croix River Italian Lunch Cruise Day trip(off-site) Craft & Puzzle	8	
Bingo	9:00am-12:00pm DPC	9:30am-11:45am DPC	9:00am-1100am DPC	No Summer	
1:00-3:00pm DPC	Craft & Puzzle 9:00-11am DPC	Lunch Bunch	Bunco	programs	
Strength & Balance	Women's Bridge	12:00-1:15pm (off-site)	10:00am-12:00pm DPC		
3:15-4:00pm (All Saints)	1:00-4:00pm DPC	Cribbage	Hand & Foot		
	500 Cards	1:00-3:00pm DPC	12:30-4:00pm DPC		
	1:00-3:00pm DPC	Mah Jongg	500 Cards		
	Open Chess 1:00-2:00pm DPC	1:00pm-3:00pm DPC	1:00-3:00pm DPC		
	Strength & Balance	Strength & Balance	Courageously Continue in		
	2:45-3:30pm (Grove Church CG)	3:15-4:00pm (All Saints)	your Season		
			2:00-3:00pm DPC		
			Strength & Balance		
			2:45-3:30pm (Grove Church CG)		
11	12 Lighten Up Weight Loss Support 8:30-9:30am DPC	13 Walk Wednesday	14 Craft & Puzzle	15	
Coffee & Games 8:15-10:45am DPC	Mah Jongg	9:00-10:00am(off-site)	9:00am-1100am DPC		
	9:00am-12:00pm DPC	Train Dominoes	Bunco	No Cumaman	
Bingo 1:00-3:00pm DPC	Craft & Puzzle	9:30am-11:45am DPC	10:00am-12:00pm DPC NEW: St. Croix Pontoon Ride	No Summer	
Strength & Balance	9:00-11am DPC	August Birthday Bash 12:00-1:00pm DPC	(Limited spots & mem. only)	programs	
3:15-4:00pm (All Saints)	500 Cards		10:00am-12:00pm (off-site)	EE L Drivere	
5.15-4.00pm (All Sulfits)	1:00-3:00pm DPC Book Club	Cribbage 1:00-3:00pm DPC	Caregiver Support	55+ Drivers	
	1:30-3:00pm DPC	Mah Jonga	1:30-2:30pm DPC	Discount	
	Open Chess	1:00pm-3:00pm DPC	Hand & Foot	9:00am-	
	1:00-2:00pm DPC	Strength & Balance	12:30-4:00pm DPC	1:00pm	
	Strength & Balance	3:15-4:00pm (All Saints)	500 Cards		
	2:45-3:30pm (Grove Church CG)	3.15-4.00pm (All Suints)	1:00-3:00pm DPC		
			Strength & Balance		
			2:45-3:30pm (Grove Church CG)		
18	19	20	21	22	
No programs(prep for new school/membership year)	No programs(prep for new school/membership year)	No programs(prep for new school/membership year)	No programs(prep for new school/membership year)	No programs (prep for new school/membership year)	
Grief Care Group		Walk Wednesday		''	
6:30-8:00pm (KOK Funeral Home)		9:00-10:00am(off-site)			
25	26	27	28	29	
No programs (prep for new school/membership year)	No programs(prep for new school/membership year)	No programs(prep for new school/membership year)	No programs(prep for new school/membership year)	No programs (prep for new school/membership	
		Walk Wednesday		year)	
		9:00-10:00am(off-site)			

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)

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: <u>Join us for birthday lunches</u> (DPC) Wednesday: <u>June 11th</u>, <u>July 16th</u> and <u>August 6th 12:00-1:00pm</u>. Enjoy a catered lunch while celebrating everyone's birthday. <u>Member's birthday month is free, but you still need to register</u> 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.