Activities for 50+ August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 24-September 4: Adult programs break before new membership year. **Our adult 50+ programs will reopen on Tuesday, September 8th for the new 2026-2027 Membership Year** (A new form should be filled out each membership year. Forms will be available by August 1st)				
3 **Coffee & Card Games** 8:30-10:45am **Card Stamping & Recycling** 9:00-11:00am **Bingo** 1:00-3:00pm DPC **Strength & Balance** 3:15-4:00pm (Grove Church)	**4** **Lighten Up Weight Loss Support** 8:30-9:30am DPC **Mah Jongg** 9:00am-12:00pm DPC **Strength & Balance** 10:30-11:30am (Zion/All Saints) **Women's Bridge** 1:00-4:00pm DPC **500 Cards** 1:00-3:00pm DPC	**5** **Train Dominoes** 9:30am-11:45am DPC **Lunch Bunch** 11:45-1:30pm (off-site) **Cribbage** 1:00-3:00pm DPC **Mah Jongg** 1:00pm-3:00pm DPC **Strength & Balance** 3:15-4:00pm (Grove Church)	**6** **Tai Chi** 8:30am-9:15am DPC **Craft and Chat** 9:30am-11:30am DPC **Bunco** 10:00am-12:00pm DPC **Strength & Balance** 10:30-11:30am (Zion/All Saints) **Hand & Foot** 12:30-4:00pm DPC **Courageously Continue in Your Season** 1:30-2:30pm DPC **500 Cards** 1:00-3:00pm DPC	**7** **No Summer programs**
10 **Coffee & Card Games** 8:30-10:45am **Bingo** 1:00-3:00pm DPC **Strength & Balance** 3:15-4:00pm (Grove Church)	**11** **Lighten Up Weight Loss Support** 8:30-9:30am DPC **Mah Jongg** 9:00am-12:00pm DPC **Strength & Balance** 10:30-11:30am (Zion/All Saints) **500 Cards** 1:00-3:00pm DPC **Book Club** 1:30-3:00pm DPC	**12** **Train Dominoes** 9:30am-11:45am DPC **Cribbage** 1:00-3:00pm DPC **Mah Jongg** 1:00pm-3:00pm DPC **Strength & Balance** 3:15-4:00pm (Grove Church)	**13** **Tai Chi** 8:30am-9:15am DPC **Craft & Chat** 9:30am-11:30am DPC **Bunco** 10:00am-12:00pm DPC **Strength & Balance** 10:30-11:30am (Zion/All Saints) **Caregiver Support** 1:30-2:30pm DPC **Hand & Foot** 12:30-4:00pm DPC **500 Cards** 1:00-3:00pm DPC	**14** **No Summer programs**
17 **Coffee & Card Games** 8:30-10:45am **Card Stamping & Recycling** 9:00am-11:00am **Bingo** 1:00-3:00pm DPC **Strength & Balance** 3:15-4:00pm (Grove Church) **Grief Care Group** 6:30-8:00pm (KOK Funeral Home)	**18** **Lighten Up Weight Loss Support** 8:30-9:30am DPC **Mah Jongg** 9:00am-12:00pm DPC **Strength & Balance** 10:30-11:30am (Zion/All Saints) **Women's Bridge** 1:00-4:00pm DPC **500 Cards** 1:00-3:00pm DPC	**19** **Train Dominoes** 9:30am-11:45am DPC **August Birthday Bash** 12:00-12:55pm DPC **Cribbage** 1:00-3:00pm DPC **Mah Jongg** 1:00pm-3:00pm DPC **Strength & Balance** 3:15-4:00pm (Grove Church)	**20** **Tai Chi** 8:30am-9:15am DPC **Craft and Chat** 9:30am-11:30am DPC **Bunco** 10:00am-12:00pm DPC **Strength & Balance** 10:30-11:30am (Zion/All Saints) **Hand & Foot** 12:30-4:00pm DPC **Courageously Continue in Your Season** 1:30-2:30pm DPC **500 Cards** 1:00-3:00pm DPC	**21** **No Summer programs**
24 **Closed No Adult Programs**	**25** **Closed No Adult Programs**	**26** **Closed No Adult Programs**	**27** **Closed No Adult Programs**	**28** **Closed No Adult Programs**
31 **Closed No Adult Programs**	**Sept. 1** **Closed No Adult Programs**	**Sept. 2** **Closed No Adult Programs**	**Sept. 3** **Closed No Adult Programs**	**Sept. 4** No programs- Center Reopens Tuesday, 9/7

Other Summer Monthly Activities

Monthly Support Groups **(Free for current Adult 50+ members)**

Daytime Caregiver Support Group: Thursday, June 11, July 19, August 13 (DPC)Meets on the 2nd Thursday of each month from 1:30-2:30 p.m. Join other caregivers caring for loved ones with dementia, Parkinson's and other chronic conditions to receive encouragement, support and understanding. Facilitated by Jenny West through FamilyMeans. Call 651-425-6650 to register.

Courageously Continuing in Your Season: Meets on Thursday June 4 & 18, July 2 & 16, August 6 & 20. Join us for resources, connections and support in your new season of life. Facilitated by Deb Warnsholz.

Grief Care Group: Monday, June 15, July 20, August 17 (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.

Living Well with Diabetes 50+: Tuesday, June 23; July 28 (DPC) Time Change! 2:00-3:00 p.m. Meets monthly on the 4th 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. Will be at Basic Needs when we are not open.

Craft & Chat and Cards for a Cause: Feeling creative? Bring your own project such as knitting, crocheting, painting, etc. to work on amongst friends. Meets most Thursdays 9:30-11:30am. We are also looking for people to help support our Cards for a Cause program that helps support our birthday program. We provide the materials and instruction. Stamping materials available as well. First and third Monday mornings during the summer and will be moving to Thursdays during craft & chat starting in September.

Monthly Book club: (DPC) Meets on the second Tuesday of each month. June's book is "Anxious People" by Fredrik Backman, July's book is "She Didn't See It Coming" by Shari Lapena, August's book is "Where Rivers Part" by Kao Kalia Yang.

Driver Discount Refresher Classes: (DPC) No summer classes. Next date is Friday, September 18th 8:30am-12:30pm. 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 Lunch Bunch: First Wednesdays: August 5 Southern Social Restaurant. Meet at the Restaurants. 11:45-1:30p.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) **August 19th 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. $12-member, $15 non-member/guest. Reservation required for food count. ***Deadline 12pm noon on Friday before event.*** August: Jerry's fried chick plus, sides and cake.