



Activities for 50+ September 2026

Most member activities held at the District Program Center (DPC) unless noted.

8400 East Pt Douglas Rd S Cottage Grove, MN 55016

\$ symbol indicates additional cost for activity.

Call the welcome desk at 651-425-6650 with questions. See description page for more details and other monthly information. Any updates to this schedule will be posted on our website and in our monthly email.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Closed for Cleaning	2 Closed for Cleaning Lunch Bunch \$ 11:45am-1:30pm (off-site)	3 Closed for Cleaning
7 Closed for Holiday (Labor Day)	8 Lighten Up Weight Loss Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Book Club 1:30pm-3:00pm DPC	9 Craft & Chat 9:00-11:30am DPC Cards for a Cause 9:00-11:30am DPC Train Dominoes 9:30 am-11:45am DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm DPC	10 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Caregiver Support Group 1:30-2:30pm DPC
14 Coffee & Cards 8:30am-10:30am Bingo 1:00pm-3:00pm DPC	15 Lighten Up Weight Loss Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC Bridge 1:00pm-4:00pm 500 1:00-3:00pm DPC	16 Craft & Chat 9:00-11:30am DPC Train Dominoes 9:30am-11:45am DPC Sept. Birthday Bash \$ 12:00pm-12:55pm (<u>advance registration required</u>) DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm DPC	17 ** No morning activities— district staff meeting ----- Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Courageously Continuing in Your Season 2:00pm-3:00pm DPC
21 Coffee & Cards 8:30am-10:30am Lunch & Learn (Reg. Req.) 11:00am-12:00pm DPC Bingo 1:00pm-3:00pm DPC Grief Care Group 6:30pm-8:00pm (KOK)	22 Lighten Up Weight Loss Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Living Well with Diabetes 2:00-3:00pm DPC	23 Craft & Chat 9:00-11:30am DPC Cards for a Cause 9:00-11:30am DPC Train Dominoes 9:30am-11:45am DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm	24 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC
28 Coffee & Cards 8:30am-10:30am Bingo 1:00pm-3:00pm DPC	29 Lighten Up Weight Loss Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC	30 Craft & Chat 9:00-11:30am DPC Train Dominoes 9:30am-11:45am DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm DPC	



Activities for 50+ October 2026



Monday	Tuesday	Wednesday	Thursday
Most member activities held at the District Program Center (DPC) unless noted. 8400 East Pt Douglas Rd S Cottage Grove, MN 55016 Call the welcome desk at 651-425-6650 with questions. See description page for more details and other monthly information. Any updates to this schedule will be posted on our website and in our monthly email. \$ symbol indicates additional cost for activity.			1 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Courageously Continuing in Your Season 2:00pm-3:00pm DPC
5 Coffee & Cards 8:30am-10:30am Bingo 1:00pm-3:00pm DPC	6 Lighten Up Weight Loss Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC Bridge 1:00pm-4:00pm 500 1:00-3:00pm DPC	7 Craft & Chat 9:00-11:30am DPC Lunch Bunch \$ 11:45am-1:30pm (off-site) Train Dominoes 9:30am-11:45am DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm DPC	8 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Caregiver Support Group 1:30-2:30pm DPC
12 Coffee & Cards 8:30am-10:30am Bingo 1:00pm-3:00pm DPC	13 Lighten Up Weight Loss Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Book Club 1:30pm-3:00pm DPC	14 Craft & Chat 9:00-11:30am DPC Cards for a Cause 9:00-11:30am DPC Train Dominoes 9:30am-11:45am DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm	15 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Courageously Continuing in Your Season 2:00pm-3:00pm DPC
19 Coffee & Cards 8:30am-10:30am Lunch & Learn (Reg. Req.) 11:00am-12:00pm DPC Bingo 1:00pm-3:00pm DPC Grief Care Group 6:30pm-8:00pm (KOK)	20 Lighten Up Weight Loss Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC Bridge 1:00pm-4:00pm 500 1:00-3:00pm DPC	21 Craft & Chat 9:00-11:30am DPC Train Dominoes 9:30am-11:45am DPC Oct. Birthday Bash \$ 12:00pm-12:55pm (<u>advance registration required</u>) DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm DPC	22 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC
26 Coffee & Cards 8:30am-10:30am Bingo 1:00pm-3:00pm DPC	27 Lighten Up Weight Loss Support 8:30am-9:30am DPC Mah Jongg 9:00am-11:45am DPC Living Well with Diabetes 2:00-3:00pm	28 Craft & Chat 9:00-11:30am DPC Cards for a Cause 9:00-11:30am DPC Train Dominoes 9:30am-11:45am DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm DPC	29 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC



Activities for 50+ November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Coffee & Cards 8:30am-10:30am Bingo 1:00pm-3:00pm DPC	3 Lighten Up Weight Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Bridge 1:00pm-4:00pm DPC	4 Craft & Chat 9:00-11:30am DPC Train Dominoes 9:30 am-11:45am DPC Lunch Bunch \$ 11:45am-1:30pm (off-site) Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm DPC	5 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Courageously Continuing in Your Season 2:00pm-3:00pm DPC
9 Coffee & Cards 8:30am-10:30am Bingo 1:00pm-3:00pm DPC	10 Lighten Up Weight Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Book Club 1:30pm-3:00pm DPC	11 Cards for a Cause 9:00-11:30am DPC Craft & Chat 9:00-11:30am DPC Train Dominoes 9:30am-11:45am DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm DPC	12 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Caregiver Support Group 1:30-2:30pm DPC
16 Coffee & Cards 8:30am-10:30am Bingo 1:00pm-3:00pm DPC Grief Care Group 6:30pm-8:00pm (KOK)	17 Lighten Up Weight Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Bridge 1:00pm-4:00pm DPC	18 Craft & Chat 9:00-11:30am DPC Train Dominoes 9:30am-11:45am DPC Nov. Birthday Bash \$ 12:00pm-1:00pm (<u>advance registration required</u>) DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm	19 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Courageously Continuing in Your Season 2:00pm-3:00pm DPC
23 Coffee & Cards 8:30-10:30am Lunch & Learn (Reg. Req.) 11:00am-12:00pm DPC Bingo 1:00pm-3:00pm DPC	24 Lighten Up Weight Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Living Well with Diabetes 2:00-3:00pm	25 Cards for a Cause 9:00-11:30am DPC Craft & Chat 9:00-11:30am DPC Train Dominoes 9:30am-11:45am DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm DPC	26 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC
30 Coffee & Cards 8:30-10:30am Bingo 1:00pm-3:00pm DPC	Most member activities held at the District Program Center (DPC) unless noted. 8400 East Pt Douglas Rd S Cottage Grove, MN 55016 Call the welcome desk at 651-425-6650 with questions. See description page for more details and other monthly information. Any updates to this schedule will be posted on our website and in our monthly email.		



Activities for 50+ December 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Lighten Up Weight Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Bridge 1:00pm-4:00pm DPC	2 Craft & Chat 9:00-11:30am DPC Train Dominoes 9:30 am-11:45am DPC Lunch Bunch \$ 11:45am-1:30pm (off-site) Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm DPC	3 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Courageously Continuing in Your Season 2:00pm-3:00pm DPC
7 Coffee & Cards 8:30am-10:30am Lunch & Learn (Reg. Req.) 11:00am-12:00pm DPC Bingo 1:00pm-3:00pm DPC	8 Lighten Up Weight Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Book Club 1:30pm-3:00pm DPC	9 Cards for a Cause 9:00-11:30am DPC Craft & Chat 9:00-11:30am DPC Train Dominoes 9:30am-11:45am DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm DPC	10 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Caregiver Support Group 1:30-2:30pm DPC
14 Coffee & Cards 8:30am-10:30am Bingo 1:00pm-3:00pm DPC Grief Care Group 6:30pm-8:00pm (KOK)	15 Lighten Up Weight Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Bridge 1:00pm-4:00pm DPC	16 Craft & Chat 9:00-11:30am DPC Train Dominoes 9:30am-11:45am DPC Dec. Birthday Bash \$ 12:00pm-1:00pm (<u>advance registration required</u>) DPC Cribbage 1:00pm-3:00pm DPC Mah Jongg 1:00pm-3:00pm	17 Bunco 10:00am-12:00pm DPC Hand & Foot Cards 12:30pm-4:00pm DPC 500 Cards 1:00pm-3:00pm DPC Courageously Continuing in Your Season 2:00pm-3:00pm DPC
21 Coffee & Cards 8:30am-10:30am Bingo 1:00pm-3:00pm DPC Grief Care Group 6:30pm-8:00pm (KOK)	22 Lighten Up Weight Support 8:30am-9:30am DPC Mah Jongg 9:00am-12:00pm DPC 500 1:00-3:00pm DPC Living Well with Diabetes 2:00-3:00pm	Adult Programs closed December 23, 2026-January 4, 2027, for Winter Break. See you the week of January 4th.	

Other Monthly Member Activity Info

Monthly Support Groups

Daytime Caregiver Support Group: (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 or register online.

Courageously Continuing in Your Season: Join us for resources, connections and support for whatever stage of life you are in. Facilitated by Deb Warnsholz. (DPC) Meets on the 1st/3rd Thursday of each month from 2:00-3:00pm.

Grief Care Group: (KOK Funeral Home) 6:30-8:00 p.m. Meets the third Monday of each month. Call 651-459-2875 for registration details. Facilitated by Donna Mathiowetz, aftercare coordinator, author, and speaker.

Living Well with Diabetes 50+: (DPC) 2:00-3:00 p.m. Meets monthly on the 4th Tuesday of the month. Facilitated by Connie Allen, a certified diabetes educator and nurse. Spouses and support persons also invited to participate.

Lighten Up Weight Loss Support Group: (DPC) 8:30-9:30 a.m. Meets every Tuesday morning.



Trips and Tours: See trips flyer for details. If a trip is full add yourself to the wait list and we will call you if there is a cancellation. New trip registration opening for December: Holiday lights drive through at Miracle at Big Rock and dinner at the Dalles Supper Club. Monday, December 14th 3:00-9:30pm \$110. Registration will open Tuesday, September 8th. Space is limited due to limited bus size. Watch for the January-June 2027 flyer to be available in early November.



Free Bread Wednesday: Arrives approximately 9-9:30am (DPC) until it runs out. Generously provided by Cub Foods. Additional free food located at Park Grove library (7900 Hemmingway Ave S) and Basic Needs (8476 E Pt Douglas Rd S).



Monthly Book Club: (DPC) Meets on the second Tuesday of each month 1:30-3:00pm. See monthly book list on our website or pick up a copy at the Adult 50+ welcome Desk.



Driver Discount Refresher Classes: (DPC) Save 10% on auto insurance for three years. No written or behind-the-wheel tests! For upcoming days and times and to register, call St. Cloud State at 1-888-234-1294.



Monthly Lunch & Learns (DPC)

Free for members but advance registration required. \$10 for non-members. Light lunch provided. Register online or call 651-425-6650 to register. Topics vary and will be listed on DPC poster or monthly email newsletter. Upcoming Dates: September 21st, October 19th, November 23rd, December 7th.



Monthly Lunch Bunch: (Off-site) Meet at a variety of restaurants from 11:45-1:30 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: Wednesdays at the DPC. Usually the third Wednesday of the month. 12-1 p.m. 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/guests. Reservation required for food count. **Deadline one week before each event.** Made possible in partnership with our monthly sponsors. Save the Date: September 16th, October 21st, November 18th, December 16th.



Volunteers: We love our volunteers and many programs are led by and would not be possible without them! If you are interested in getting involved in some way as a volunteer, talk to Susie or email sevansl@sowashco.org. Opportunities include welcome desk shift or sub, activity leader or co-leaders (talk to the volunteer desk if you want to be a leader for a new activity), Cards for a Cause makers, sub to pick up free bread from cub, set up/clean up for a weekly activity, birthday bash help, special event and more.

CARDS FOR A CAUSE VOLUNTEERS NEEDED



**2nd & 4th Wednesdays
at the District
Program Center**



9:00–11:30 AM

No experience necessary and all supplies provided. Cards go out to members on their birthdays and card sales help support the birthday program. Call or stop at the welcome desk for more information.

Save the Date!

Birthday Bashes

September 16th

October 21st

November 18th

December 16th

12:00 p.m. – 1:00 p.m.

\$12 for members. Free for members the month of your birthday.

Registration Deadline is one week before the event to order enough food.

Driver Discount Age 55+ Upcoming Courses

Location District Program Center:

Fridays 8:30 a.m.–12:30 p.m.

September 18th, November 20th, January 8th

Register by calling St. Cloud Driving Center 1-888-234-1294

Lunch Bunch Dates

September 2nd

October 7th

November 4th

December 2nd

January 6th

Restaurant varies by month. See monthly poster and register at the District Program Center.

New Member Coffee & Chat



An opportunity for new members to come and learn more about what we offer and meet some new friends! Please join us in welcoming new members to our Adult Programs and Activities! If you are a current member and would like to take part in meeting new people, please join us!

10:00–11:00 a.m. District Program Center

Friday, September 25

Friday, October 30.

Friday, December 11



Lunch & Learn Dates

September 21st

October 19th

November 23rd

December 7th

Sign up and poster at DPC with monthly topic. Free for members, \$10 for non-member. Light lunch provided. 11:00 a.m.–12:00 p.m. District Program Center.