

Take a break from WINTER!



Climb aboard the luxurious Olander Coach for two days of music, shopping, museum, dining, and fun in the Twin Cities!

Thursday, February 3 to Friday, February 4th

Depart at 7:00 am from lower mall parking lot

Price includes: Ticket to see Jersey Boys at Orpheum Theater (*masks and proof of vaccination are required for the Jersey Boys show*), event supper, hotel, one happy hour drink, b-fast, entrance fee for museum, luxurious coach transportation

On own expenses: Opportunities for shopping, souvenirs, extra meals

Deadline to sign up January 9th

Early Bird: Sign up by December 15th and save money!
\$210 members/\$240 non-member

Regular Cost: \$240 DLCCC member/\$275 non-member



**Register at the
Front Desk!**

Questions?

Contact Melia at 508-446-4110
or Melia@dlccc.org

ENGAGE EXTRA

ENGAGE JANUARY NEWSLETTER

BLESSED!

This is the absolute best word I have to describe how I feel.

I am blessed to plan fun and meaningful events, where I am allowed to be creative. I am grateful that I am not sitting at a desk all day or in the stress of corporate America. I have a job much like a camp counselor, where every day is different and filled with activity. Could there be anything more fun?

I am blessed to work in an environment that encourages healthy lifestyles, where both physical and mental health are promoted. I work at a place that understands that family comes first. The Center runs much like a family, where we all care for each other.

I am blessed to work with amazing, fun, and thoughtful seniors who show their appreciation in word and deed. These are people who have a zest for life and are never too old to try new things. I have the opportunity to get to know so many people thru the Engage program and my life is richer because of them.

I am blessed to work in a community who is willing to team up to provide experiences for Engagers. Multiple businesses team with us every month for dining experiences, field trips, and guest speakers on pertinent topics.

I am blessed with the outpouring of notes and gifts this Christmas. To all who contributed, thank you from the bottom of my heart. I treasure each and every one of you!

Melia Stevenson
DLCCC Engage Coordinator

Melia@DLCCC.org
508-446-4410





Walking with Melia

Melia will be up on the track **every Monday from 8:15-9:15 am.** Come and meet some new people or catch up with old friends while walking laps. The time flies when walking and chatting with others!



C&C (Crumcake and Coffee)

FREE COFFEE!!! Come downstairs to the HAC (Holmes Art Cellar) before or after working out for a cup of coffee and a goodie on us **every Monday from 9:30 am to noon.** Meet some new people and hear announcements about upcoming events.



Adapted Synchronized Swimming

The long awaited Water Lilies group is starting this month! Try something new in the pool! Instructor, Julie Reznecheck has helped choreograph a routine to be done in the pool. Work with noodles and others to make formations put to music. Be prepared to get wet, but no high leg kicks or underwater dolphins will be expected! Practices are the **first and third Tuesdays of the month at 9:30 am.**

Tuesday, January 4th

Tuesday, January 18th

EARLY BIRD SPECIAL



Early Bird Supper

Meet at **Hub 41 at 4:30 pm on Thursday, January 13th.** All appetizers are 1/2 off! Be sure to sign up at the front desk to give the Hub a heads up count.



Left Over Happy Hour

Are you getting ready to start your New Year's Diet? Clean out your Christmas cookies, pies, cheeseballs, and meatballs for a Happy Hour of all the holiday left overs. Take some time to relax after the busy season and have a glass of wine while visiting with friends.

Tuesday, January 4th at 3:30 pm in the HAC

Craft Make & Take/Make & Gift

Winter is here! It's snowman season! Come to the HAC to make Frosty's hat, a whimsical centerpiece. Make it to adorn your home or gift it to a shut in to bring some joy during the long cold winter. Drop in anytime **between 9:30 am-11:30 am on Thursday, January 6th.** Register at the front desk.

Cost: Members \$5/Non-members \$8



Rockin' to the Oldies

Jump into the pool **every Friday at 8:00 am** for a splashin' good time rockin' out to all your favorite oldies music. Sing along and forget it's a workout!

*Please remember to reserve a spot by logging on to DLCCC.org or stopping by the front desk.



Upcoming Events!



Theatre Shows!

Deuces Wild Duelling Pianos

Friday, Jan. 21 • 7:30pm



Tickets:
\$32 Adults &
\$16 Students

There are duelling piano shows...and then there is DEUCES WILD! This Las Vegas-style show of comedy and extensive audience participation features an unlikely and surprising mix of music and parodies that range from classic rock and country to rap and show tunes. Nobody does it like Dave and Ted!

Rumours & Dreams

The Music of Fleetwood Mac

Saturday, Feb. 19 • 7:30pm



Tickets:
\$32 Adults &
\$16 Students

Rumours and Dreams - The Music of Fleetwood Mac features Pamela McNeill, Mary Jane Alm and Jeff Engholm on lead vocals.

This show brings you some of the greatest hits from one of Rock and Roll's most popular and dynamic bands.

Events!

Holmes Acting Club for Adults

Thursdays Feb. 17 thru March 24
6:00 - 8:00pm



Adult
Acting
Club

\$100 per
person

Join Actor/Director Lorraine Bahr for Holmes Adult Acting Club, ages 17 & up. Meet once a week for 6 weeks, learning and practicing the Acting process, playing skill-building (and fun) Acting games, playing with Improv, developing rich characters, and rehearsing scenes from excellent plays.



The Lion in Winter A Traveling Play

Thursday, February 3 • 7:00pm

Tickets:
\$15 Adults &
Students are free

The story of King Henry II still resonates today. Sibling rivalry, adultery, and dungeons. The Lion in Winter is a modern-day classic. Comedic in tone, dramatic in action, this play tells the story of a family locked in a free-for-all of competing ambitions to inherit a kingdom.

HISTORIC HOLMES
THEATRE

DLCCC.org • 218-844-7469
806 Summit Ave., Detroit Lakes



Outdoor Adventure

Wednesday mornings are made for GOED (Go Outside Every Day) Meet every **Wednesday at 9:00 am** for a more advanced snowshoeing adventure with Tracy and Melia. Log in to DLCCC.org to reserve your spot and to confirm meeting location.



Gentle Nature Walk



Get some fresh air and enjoy the great outdoors **every Friday at 1:00 pm** with a gentle snowshoeing experience at Dunton Locks. Don't have snowshoes? No worries!

Check out a pair at the front desk to use. Bring water and dress for the weather. Snowshoeing will be @45 min– 1 hour long.

Passport



The Passport Around the World Program is going to Japan on Thursday, **January 13th at 11:00 am!** Come and listen to Judie Cherry in the HAC as she shares about her first hand experiences from when she and her husband lived there in 1956 and 1957. She will share a movie about living in Japan back then and compare it to what it would be like today. Taste some hot Sake, Miso soup, and a few other traditional Japanese snacks. Sign up at the front desk.

Cost: Members \$5/Non-members \$8

Technology Help



Did you get a new gadget or gadget for Christmas? Are you struggling with how to do a specific task on your phone, kindle, iPad, or other device? Two experts from Verizon are volunteering their time to save the day! Bring your device and questions on **Thursday, January 13th** for a hands on question and answer session. Drop in the HAC between **10:00 am to 11:00 am** to receive help.

Drumroll Please!

...and the winners for the first Engage Gingerbread House Competition are... **Angie Svenby, Kay Schiller, and Patty Teschner** from Gingerbread House #3. All three teams did a great job! The houses were each unique and beautiful!



Soup Luncheon



Baby, it's cold outside! Warm up with a savory soup potluck on **Wednesday, January 19th at 11:30 am in the HAC.** Bring your favorite crock of soup or bread to share.

New in January!

Pinochle

Meet in the HAC **every Wednesday at 9:00 am** for playing pinochle.

Give Back

January is a time of new beginnings and hope for the future. Engage is going to help out the Lakes Crisis and Resource Center this month to provide some new beginnings and hope to moms with young children. Join in the fun with a baby shower down in the HAC on **Tuesday, January 18th at 11:00 am**. We will have refreshments and the best ever baby shower activities! Although the cost is free to attend this event, it is requested that everyone bring items from the following list. Items can be brought in all month, up until the time of the shower. All items will be donated to the Crisis Center following the party. Your baby photo is also requested. Please drop it off to Melia by Monday, January 17th. It will be returned unharmed.

- *Baby monitors
- *kids shampoo/conditioner
- *baby wash
- *diapers
- *children's underwear
- *socks
- *toys
- *baby wipes
- *toothbrushes
- *baby lotion
- *pull-ups
- *clothing
- *shoes
- *jackets/sweatshirts



Global Belly Laugh Day



Monday, January 24th is Global Belly Laugh Day. Bring your best joke to Engage during C&C! Let's see if we can get some good belly laughs going! After all, laughter is the best medicine!



Birthday Lunch

Meet at **Shorewood Pub at 11:45 am on Monday, January 17th** for a group lunch celebrating all the January birthdays. Shorewood Pub is located at 1743 Long Bridge

Field Trip

The Engage group has been offered a tour of the local jail on **Thursday, January 20th at 1:00 pm**. Program Coordinator, Scott Kostaskaoh, will give Engage a personal tour. Come with questions and learn how Becker County tax dollars are used to keep residents safe.

Becker County Jail Mission Statement

It is the belief of Becker County that all persons incarcerated in the jail are capable of positive change.

By providing for the care, custody and control of inmates remanded to its facility, it is the mission of the Becker County Jail and the Becker County Sheriff's Office to maintain order and promote a healthy environment to protect and serve all individuals who live, work and recreate in Becker County.

In an effort to achieve this mission, in the most fiscally responsible manner possible, it is the goal of the Becker County Jail and the Becker County Sheriff's Office, to guide, teach and assist these inmates in preparation for their release as civil and productive citizens by dedicating themselves to treat the inmates with professionalism, respect, and fairness without regard to religion, color, sex or nationality, and to ultimately reduce recidivism.

Sign up at the front desk to secure your spot, as space is limited. The tour is free of charge.



Book Club

Book Club meets the **last Thursday of the month at 1:00 pm in HAC**. Be part of a lively conversation discussing the book of the month.

January: The Immortal Life of Henrietta Lacks by Rebecca Skloot

February: Wild by Cheryl Strayed

*Plan to spend more time at Book Club in February. Besides discussing the book, we will be watching the recent movie starring Reese Witherspoon and we will be having a guest speaker who was an actress in the movie.

March: The Sound of Gravel by Ruth Wariner

April: Last Orders by Graham Swift

May: An Invisible Thread

June: A Fireproof Home for the Bride by Amy Scheibe

Meals on Wheels

Congregate dining is back! Enjoy a nutritious lunch five days a week at **11:30 am** in the HAC. There is also a daily chef salad option. Please sign up 24 hours in advance for dine in meals. The nutrition center also delivers meals 5 days a week through the Meals on Wheels program. This is a valuable resource if you are recovering from surgery or have a hard time going out. Call: **218-847-5823** to register for meals today or to volunteer to help deliver meals to those in need. The Meals on Wheels program is currently in need of substitute delivery drivers, cooks, and bakers. Please see Deanne in the Meals on Wheels office if interested.



Winter

The Engage program follows the school schedule. If school is cancelled or has a delayed start, Engage activities are also cancelled. Stay safe!

Wish List for the HAC

- Solid Colored Plastic Table Cloths
- Coffee Syrups for the Coffee Bar
- microwave

Whittling



Woodcarvers Unite! Drop in woodcarving is **every Tuesday from 1:00-4:00 pm** in the HAC. Show off your carvings, get tips, and have fun whittling while chatting with other carvers.

A Few Tidbits

- *Please sign up for all events at the front desk. **Unless otherwise noted, event registration will close 24 hours prior to the event** to help with planning and preparation.
- *Activities listed on the monthly calendar in **BOLD** are specific Engage events. The others are local activities that may be of interest to people in Engage.
- *Check the **DLCCC Engage** Facebook page for frequent updates.
- *Remember, nobody is expected to do **everything**, but hopefully there is **something** for everybody! Although challenging, you may have to pick and choose, rather than showing up late for a timely activity.

Pop up Shop

The next Pop up Shop is scheduled for **Monday, January 10th from 9:30 am-12:00 pm in the HAC.** Come and spend your Engage dollars on new treasures!

**Donations of new or gently used items are always welcome to keep the shop open!*



Cooking 101

Nikki Larson from Doughing Crazy will be teaching a class in making homemade sourdough pretzels. Get her tries and true recipe, twist some dough, and of course eat a homemade yummy on **Thursday, January 20th at 10:00 am.**

Advanced registration is required.

Cost: Members \$5/Non-Members \$8

From the Kitchen of Barb Birznieks

Homemade Caramels

In a heavy saucepan combine **1 cup butter, 2 cups dark brown sugar, and 1 cup white Karo syrup.** Bring to a boil and add **1 can sweetened condensed milk.** Continue to boil to 248-250 degrees, stirring constantly. Add **1 tsp vanilla** when you take the mixture off the stove. Line a glass 9x13 pan with parchment paper or pour into a buttered glass pan. Refrigerate at least 2-3 hours to set. Before cutting, let the caramels come to room temperature. Wrap in wax paper.

Share with friends!

**Dark brown sugar is imperative for good flavor*

**For thicker caramels, use an 8x8 pan*



Spotlighting

Kim Sheldon



Kim and her husband, Steve, moved to the DL area in 2004. When Covid costs and outsourcing forced her into an early retirement, Kim quickly learned that she needed activities to keep her busy so she started water aerobics in the pool. One thing led to another and she learned about the Engage group. Kim likes participating in the water classes, Book Club, crafts, parties, games, and ALL the other activities. She especially loves the people and conversations with them.

Kim and her husband enjoy traveling and camping. Kim loves to read, enjoys painting, doing research, and is always up for trying new things. She volunteers at the Holmes Theatre and the library. Her biggest passion is family. She has been married for almost 44 years, has three grown kids, and eleven grandkids. Family is number one in her book.

Kim has a retirement plan. She enjoys research so much that someday she hopes to write a book after studying her genealogy.

Kim hates cottage cheese, anchovies and sushi...unless it's the tempura cooked kind. She enjoys using her research abilities to find new foods to sample.

The next time you see Kim, be sure to say hello. She would love to have a chat with you!

Movie Party

Join friends in the HAC on Wednesday, January 19th at 1:00 pm in the HAC to watch a light-hearted movie. **The Bucket List** is a 2007 American buddy adventure comedy-drama film directed and produced by Rob Reiner, and starring Jack Nicholson and Morgan Freeman. The main plot follows two terminally ill men on their road trip with a wish list of things to do before they "kick the bucket".



Cost to cover snacks:

Members \$2/Non-members \$4

Beading with Brenda



Make a gorgeous set of earrings for yourself or for that someone special in your life on **Wednesday, January 26th at 1:00 pm.**

Tools, materials, and hands on help provided. You choose the bead colors.

Preregister at the Front Desk, classes are limited

Cost: \$10 members/\$12 non-members

**Packets of previous classes (earrings and rings) will be for sale at class, for \$5 each while supplies last.*

Engage with Some Games



Hand and Foot: This fun and fast paced card game is offered **every Monday at 10:45 am** in the HAC.

Whist: Meet in the HAC **every Thursday at 10:00 am** to play this fun card game.

Pinochle: Meet in the HAC on every **Wednesday at 9:00 am** to play.



Mahjong: This fun and challenging tile game is on the calendar every week! Come down to the HAC at **1:00 pm on Thursday afternoons** to play.

Learn to Play Mahjong: Do you want to learn how to play one of the fastest growing games in the world? If you have an interest in lessons, sign up at the front desk. As soon as four people sign up, dates will be determined. Cost is \$10 for two one-hour lessons, and then you can integrate into the regular games.



Thursdays are made for Lunch and Play! Rotate between Bingo, Bunco, Dominoes, and Game of Choice. Games start **every Thursday at 11:30 am.** Bring a sack lunch or order from the Meals on Wheels program. Play and win Engage dollars!



** Don't know how to play these games? Don't worry! They are easy and we'll gladly teach you! Winners earn Engage dollars to spend in the Pop-up Shop.*