

ENGAGE EXTRA

ENGAGE JANUARY NEWSLETTER

Dear Engagers,

December was a very busy but wonderful month. Besides the busyness of the season, we live in Minnesota and had to deal with blizzards and weather that put a hiccup in some of our plans. Yet, we were able to squeeze just about everything in. We had events that were fun for us, like our Christmas party. We had events with others in mind, like caroling at Pelican Landing and the Christmas stations for the Head Start kiddos. We learned how to paint in the traditional Norwegian style and make cool ornaments by just folding paper. We learned the art of charcuterie boards and how to make roses out of salami. We spread cheer by riding in the parade and making/delivering mini Christmas trees. We shared about some traditions and family stories thru Tupperware, and we had an adventure on a carriage ride. We took in the beauty of the area while getting exercise at Dunton Locks and Mountain View. Just reflecting on it all makes me tired. But, it also makes my heart full to know that together we had opportunities to learn, grow, play, give back, and engage with each other. It was another great month!

Many thanks for the generous gifts and thoughtful notes for Christmas! I am touched by both the monetary group gift and the individual cards, wreaths, potholders, Irish Cream, and gift cards. I appreciate each and every one of you and enjoy doing life with you!

December is soon coming to a close, as is 2022. This has me reflecting on the past year and the past three and a half years of the Engage program. We've grown by leaps and bounds. We've added many new activities. We've gone to more places and experienced new things. But at the same time, a lot remains the same. We have kept some of the initial re-accruing activities, like the Monday morning C&C, a time to be social and connect with each other over a cup of coffee. We've stayed consistent in our care for each other and in giving back to the community. We change. We grow. But our mission to engage in body, mind, spirit, and socially while learning, growing, and playing stays the same. I can't wait to see what 2023 has in store! How about you?

I always love to hear from you! Please reach out to me with questions, comments, ideas, and suggestions.

Melia Stevenson

Melia@dlccc.org

508-446-4410





Walking with Melia

Melia will be on the **track at the DLCCC from 8:15-9:15 am every Monday morning.** Walk a few laps together and catch up on the latest happenings. Then rotate and walk a few laps with a new friend before going downstairs for a cup of coffee.



Mocktails

Bring your favorite martini glass to the **HAC on Thursday, January 5th at 10:00 am.** Make and taste some mocktails and go home with recipes to help support an alcohol free month in January.

*"Dry January" is a month when many people voluntarily stop drinking alcohol after the excesses of December and start the new year on a sober, clearer, more refreshed and healthy note.

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



C&C

(Crumcake and Coffee)

Join fellow Engagers in the **HAC (Holmes Art Cellar) Monday mornings** for coffee, goodies, and announcements. Drop in anytime between **9:30 am and 11:00 am**, before or after a workout. It's a time of fellowship and a great introduction to the Engage program.

Boys and Girls Club Tour

One of the best outreach places in Detroit Lakes is the Boys and Girls Club! They service hundreds of kids throughout the year with a safe place to be, a homework club, a fun afterschool program, and now a brand new preschool. Take a guided tour to see the new facility and learn all about their programs on **Monday, January 16th at 1:00 pm.** Engage will also be supporting the Boys and Girls Club for the month of January with the Give Back program.

***This activity is free of charge. Please sign up to reserve your spot. Meet in the DLCCC lobby at 12:40 pm if interested in carpooling.**



Left Over Happy Hour

Bring your half bottles of wine, partially eaten cheese balls, and Christmas treats to the **HAC on Monday, January 2nd at 4:00 pm** for a left over happy hour. Toast to the new year with fellow

Engagers. Share some stories and laughs about 2022 and goals for 2023.

Give Back



The Engage program is collecting school supplies for the Boys and Girls Club of Detroit Lakes. They are in need of replenishing school supply items. Please drop your donations off in the HAC by January 16th. They will be donated at the tour as a blessing from Engage.

Items being collected include:

crayons, markers, glue sticks, popsicle sticks, tooth picks, pencils, tissues



Bunco Party

Does the long winter have you feeling down? It's time to brighten the mood with a lighthearted dice game filled with laughter and fun! Come down to the HAC on **Thursday, January 26th at**

11:30 am for a Bunco party!

***Bring a sweet or salty snack to share.**



M State Foundation and Alumni

M State Foundation and Alumni is the 501C3 non-profit that supports the M State Detroit Lakes, Moorhead, and Wadena campuses. They are building their alumni association to enhance M State community engagement, and would appreciate *anyone* who wants to get involved. Please send them your information to be added to their mailing list to stay up to date with mentoring opportunities with students, meetings, and events.

Shannon Britten

Shannon Britten

Tubing



It's taken three years to find a week-day opening before dark. Now we are praying for good weather for a fun afternoon of tubing at **Detroit Mountain on Friday, January 13th from 1:00-2:30 pm!** Dress in your warm winter gear and the mountain will provide the rest! Glide down the mountain individually or as part of a chain of tubes and then let the magic carpet do the work of taking you back to the top to do it again!

Cost: Members: \$15/Non-members \$20

Sign up at the DLCCC front desk and complete waiver form.

Soup Potluck

Warm up this January with some homemade soups for lunch on **Tuesday, January 10th at 11:30 am in the HAC.** Sign up to bring your favorite pot of soup or homemade bread. The soup will be food for your belly and the fellowship food for your soul during the long, cold winter. Stick around after lunch for the Old Fashioned Sing-Along.



Mind/Body/Soul Connection Workshops

What: Classes will help you be physically, mentally and spiritually healthy

When: Thursdays, 10:45-11:25 AM

Jan. 10th-Meditation: This class will talk about the ins and outs of meditation, types, length and benefits will be discusses.

January 24th-Breath work: this class will discuss the different types of breath work, how to do it and the benefits.

February 14th-Sound Healing: This class will discuss what is sound healing, how does it work and you will get to experience a Sound Healing session.

Where: Wellness Studio (max of 15 students)

Cost: \$15 a class or \$35 for all three

Instructor: Nancy Hebert

Note: Please come dressed in comfortable clothes that you can move in and bring a mat and water with you to class.

Register online @ dlccc.org



CENTER
OF DETROIT LAKES
FITNESS & AQUATICS



Old Fashioned Sing-Along

Talented musician, Barry Schroder, is offering his time to lead an old fashioned sing-along. Meet in the HAC on **Tuesday, January 10th at 1:00 pm.** Bring your favorite song request or choose one from his song books. He has a large repertoire of songs from the 1930's through the 1970's including patriotic, gospel, folk, and more.

Barry Schroder

Cooking 101

Winter is the best time of the year to warm up with some delicious and hearty soups. Join Angie and Laurie on **Thursday, January 12th at 10:00 am in the HAC** as they teach two favorite soup recipes: Beer Cheese and Potato. Learn some tips, get their tried and true recipes, and sample both soups. Gain confidence in recreating these soups for feasting at home or sharing at potlucks.

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



Tech Help

Were you gifted with a new phone, iPad, or other device for Christmas? Are you struggling with the learning curve? Bring your device and questions to the HAC on **Thursday, January 19th.** Tech experts will be on hand from **10:00 am – noon** to answer questions and help navigate tech issues. This is a free drop-in service.

Birthday Lunch



The January birthday lunch will take place at **Long Bridge on Wednesday, January 18th at 11:00 am.** Come out for great food and fellowship as we honor all of our Engagers born in December and January!

Nature Walks

It's snowshoeing season! Bundle up and get outside to enjoy the fresh air and natural beauty that Minnesota has to offer! Meet up with others who love the outdoors on **Thursday afternoons at 1:00 pm** for a gentle hike/snowshoeing adventure. **Meet at Dunton Locks.** Need snowshoes? The DLCCC has you covered! Just check out a pair at the front desk!



Rockin' to the Oldies

Sign up to have a rockin' great time working out in the pool with Melia **every Friday at 8:00 am.** Enjoy oldies music, dance, and movement in the water with a great group of people. The pool is where fun AND exercise meet!



GO-ED

(Go Outside Every Day)

Enjoy the great outdoors **every Wednesday morning at 9:00 am with an intermediate hike at Mountain View Recreation Area.** The 90 minute hike/snowshoeing will take you over the hills and through the woods, along the lake and over the river in some scenic territory. Sign-ups for these events are on the DLCCC.org website under fitness classes.

***There will be a bonus snowshoeing event on Saturday, January 13th at 9:00 am at Mountain View.**

Wacky Water Olympics



Take a break from winter and do something totally different! Meet at the **pool at 9:30 am on Tuesday, January 17th.** We'll play some wacky and sure to make you smile team water games.

This event is free of charge. Please sign up for planning purposes.

*Going fully underwater is not required.

Introduction to Guitar



Have you ever thought about learning how to play the guitar but were too busy with work, raising kids, etc? Visit some of those goals and dreams in the new year.

Jerry Short from Senior Moments Music is volunteering his time on **Thursday, January 26th at 10:00 am in the HAC** for a free Introduction to Guitar Class. Bring a guitar if you have one, or use one of his to learn a few of the basics and fundamentals of guitar playing in this hour long class. If you like it and want to continue learning, Jerry is willing to work with you free of charge.

Please sign up to reserve a spot.

Engage with Games



Hand and Foot: This lively card game is offered **every Monday at 10:45 am** in the HAC. Come early for coffee and announcements during C&C.



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.

*Are you interested in learning how to play Mahjong? Sign up at the front desk. \$10 will get you two lessons and then you can integrate into weekly games. Lesson dates will be scheduled after there are 4 prospective learners signed up.



Bingo: Bingo is back on **Wednesdays at 12:30 pm in the HAC.** Eat lunch with the Meals on Wheels program or bring a sack lunch and then play with your Engage friends. **Cost is \$1 per card** for an hour of play.



Lunch and Play: Meet in the HAC **Thursdays at 11:30 am.** Pack a sack lunch or order from the Meals on Wheels Program. Rotate between card games, board games, bingo, bunco, and dominos for a fun time with friends.

Whist: Meet in the HAC to play **Thursdays at 11:30 am.**

Registering for Events

Please remember to sign up for events 24 hours prior to attending. This GREATLY helps with planning! If it is a paid event, please pay at the front desk when signing up. Often those events have to be paid in full before the event itself, so having an accurate count is essential. If you sign up for an event, please show up or cancel in advance. Sometimes activities have limited space available. Signing up and not showing up prevents others from attending.

Sign up for paid events at the front desk and free events at the Engage table located between the stairs and elevator.

Also, remember to sign in each time you attend an event. This helps with funding to keep the Engage program going!

Stay Connected

DLCCC Engage Facebook Page: Announcements are posted almost daily. This is the best place for all happenings and last minute changes.

DLCCC.org website: Check this for the monthly Engage calendar and fitness classes. Reserving a spot in a class is as simple as the click of a button.

Melia Stevenson: Feel free to email me at Melia@dlccc.org or call/text during business hours at 508-446-4410.

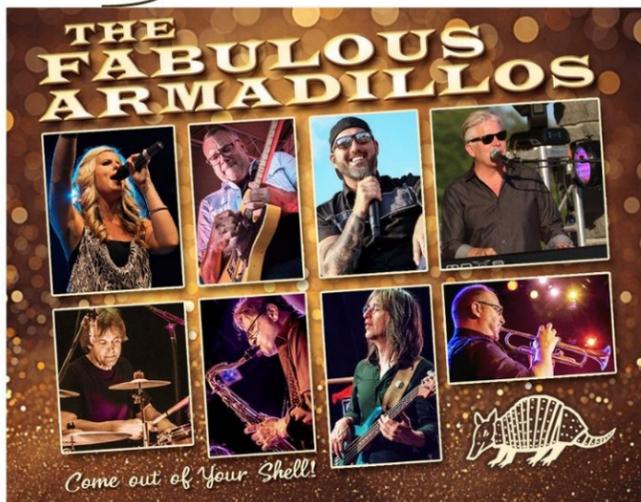


Full-ish Moon Snowshoeing

Meet at **Dunton Locks (weather permitting) at 7:00 pm on Tuesday, January 10th** for an evening and almost full moon hike. Be sure to dress for the elements!

HAPPY NEW YEAR!

January 2023



Fabulous Armadillos Party Band

January 9th, 7:30 PM
Adults \$30 | Students \$15

A Fabulous Armadillos "Party Band" show is just that... a party! The band showcases its eight members vocally & instrumentally in a very wide genre of music from the 60s to Today. Featuring a very wide genre of music from Country to Hard Rock, One Hit Wonders to Motown and ABBA to Zeppelin.



The Latehomecomer

January 24, 7 PM
Adults \$10 | Students 5

Literature for life is bringing this book to the stage! *Born in the Ban Vinai Refugee camp in Thailand, Kao Kalia arrives in the US when she is six. The story follows her journey from a quiet student struggling to speak English while facing racial discrimination, to a self-empowered woman claiming her voice to tell the untold story of her people.*



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



Craft Make and Take

January and fresh snow go hand in hand. Let's learn how to make some beautiful fresh snowflakes of our own! **Sign up** to learn how to make unique and beautiful snowflakes using the art of quilling in the **HAC on Thursday, January 19th at 10:00 am.**

Quilling is the art of rolled, shaped, and glued paper. It's a medium that allows anyone: young, old, beginner, expert to explore different textures and techniques. Best of all, it's surprisingly easy to learn! Once you get the hang of the basics, you'll be off on your quilling journey.



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



Food for Thought

Physical therapist, Kim Anderson, is returning to offer a Food for Thought seminar/lunch on neck and shoulder pain on **Wednesday, January 25th at 11:00 am in the HAC.** Learn about real solutions for eliminating pain that doesn't involve surgery, injections, or pain medications. Restoring normal function without pain is a realistic goal!

Kim will discuss how musculoskeletal disorders are diagnosed in physical therapy, highlighting the difference between neck vs. shoulder pain, dysfunction vs. derangement, centralization vs. peripheralization of symptoms, and pain patterns. Kim will review the effects of posture on neck and shoulder pain, provide a simple self-evaluation, and discuss treatment options as well.

This class is free of charge.
At least 24 hour advanced sign up for the seminar and lunch is mandatory



Spotlighting

Terry and Bonnie Tolk

Terry has been coming to the DLCCC to work out for longer than he can remember.

Bonnie has just been joining him the last few years. Terry used to enjoy the pool, but now they both enjoy walking the track on a regular basis and sometimes using some of the machines. Bonnie and Terry met through a mutual friend when in school in Pipestone, MN. They have been married for 50 years and have two daughters, and two grandsons. Besides coming to the Center, Bonnie likes to stay active with walking outside when the weather permits. She also enjoys some sewing and attending Bible studies at the Methodist church. She finds she often spends her free time nudging Terry to get out and do more activities. He has become a bit of a homebody the past few years, although he enjoys his time at the Center and with activities through the church. The couple has fond memories of the winters they used to spend in Texas, but these days they stay pretty close to home. When asked about their dislikes, Bonnie commented that she hates the mess Terry makes when he makes the coffee in the mornings. Terry said that since he gave up smoking and drinking nothing much riles him up anymore. Terry is grateful for his beautiful wife who has stuck by his side and drives him to where he needs to go. If you ever want to meet this fun couple, head up to the track and chances are, you will see them walking a few laps!





Cribbage Lessons

Our very own CEO, Peter Jacobson, is offering cribbage lessons on **Tuesday, January 10th at 10:00**

am in the HAC. Learn how to play the card game or brush up on your skills. Then stay tuned. The DLCCC will be kicking off its first annual intergenerational cribbage tournament soon!

*If you have an extra cribbage board to use during the lesson, please bring it along.

Intergenerational Cribbage Tournament

As we all know, winters in Minnesota can be very long. We also know the young learn from the older and visa versa. The DLCCC is kicking off its first ever (hopefully annual) cribbage tournament! Sign up to play and get paired up with a fellow DLCCC member, employee, or maybe even our CEO, Peter Jacobson. Learn something new about your partner as you play cards and compete to be the Center's Cribbage Champion!

Wood Carving

Are you a wood carver or do you have interest in learning? Meet in the **HAC at 1:00 pm every Tuesday** to work alongside some other talented and creative carvers.

Early Bird Supper



Meet at the **VFW at 500 N Washington Ave at 5:00 pm on Wednesday, January 11th.**

Burger baskets with fries are \$7.00 and \$8.00 with cheese. Please sign up so we can give the restaurant a heads up.

National Cheese Lover's Day

Friday, January 20th is National Cheese Lover's Day. To celebrate, Engage is going on a field trip to Bongaards Creamery in Perham! Sign up to attend this informative tour of a local creamery at **2:00 pm**. Learn about the cheese making process, see the vats, taste a variety of delicious cheeses, and get all your cheese questions answered. Then, walk across the street to the Bongaards retail store.

The creamery is located at **110 3rd Ave NE, Perham.**

Meet in the DLCCC lobby at **1:15 pm** for carpooling.

*Participants are required to wear long pants and closed toed shoes for this tour.



Book Club



The Engage program is teaming up with the Holmes Theatre for Book Club in January. Meet author Kao Kaia and discuss her book "The Latehomecomer" in the **HAC on Tuesday, January 24th at 2:00 pm.** Then come back at **7:00 pm** to the Holmes Theatre for Kao's full presentation.

*Please note the date change from typical book club meetings. Sign ups for this event are with Jody in the theatre department. Engage members are being gifted half price tickets for the show.

Cost: Members \$5/Non-members \$10

February: After Anny by Lisa Scottonline

