

ENGAGE EXTRA

ENGAGE JULY NEWSLETTER

The Engage program was started @ 2 1/2 years ago to keep seniors active in body, mind, spirit, socially and relationally. The mission of the DLCCC is to provide quality opportunities to learn, grow, and play. As the Engage Coordinator, my heart is warmed when I see active seniors (YOU!) trying new things, overcoming fears, experiencing successes physically and mentally. June was full of those moments. Having people try out both kayaking and zip lining for the first time was awesome to witness!

I am also extremely touched by the sense of community within the Engage program and the care that members show for each other. It's been a rough season with back surgeries, knee replacements, broken arms, etc. The cards, meals, and visits that have been provided help with the healing process.

It's a pleasure to be a part of this group!

*Melia Stevenson
DLCCC Engage Coordinator
Melia@DLCCC.org
508-446-4410*



Annual Salad Luncheon

It's June and that means it's time for the fourth annual salad luncheon at Melia's home on Pearl Lake! Bring a favorite fruit, vegetable, or dessert salad to share on **Wednesday, June 30th at 11:30 am.**

13428 Pearl Lake Drive, Detroit Lakes

A Few Tidbits

*Activities listed on the monthly calendar in **BOLD** are specific Engage events. The others are local activities that may be of interest to Engagers.

*Check the **DLCCC Engage** Facebook page for updates.

*The calendar seems to get busier and fuller with each passing month. 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.

*Remember to sign up at the front desk to secure your spot and make needed payments.



Crumcake and Coffee (C&C)

Are you wondering about the best way to get involved in the Engage program? Would you like to know what's going on around town? Come down to the HAC on Monday mornings between 9:30 am-11:00 am to have a cup of coffee, socialize with others, and hear about all the upcoming events. The coffee and goodies are on us!



Early Bird Supper

Summer isn't complete without a Tuesday Night Pizza Party at DuCharmes! Take a scenic drive out to Dent to DuCharmes Corner Store at 39961 Co Hwy 41. Join the fun, food, and fellowship at **5:00 pm on Tuesday, July 6th** for an all you can eat pizza buffet. Be sure to save room for their famous soft serve ice cream! We can even be back in time to enjoy the Tuesday night concert in the park!



Walking Women

Meet at **Oak Grove Cemetery** for a brisk walk together every **Monday morning at 8:15 am**. It's a beautifully treed and shady area that is not buggy. After exercising head back to the Center for a cup of coffee during C&C in the HAC.

Pontoon Rides

There are **THREE** pontoon ride options for the month of July!

The first trip is **Thursday, July 1st at 1:00 pm**. This trip is sponsored by the non-profit, Let's Go Fishing. The ride will be on Big Detroit and last @2 hrs. Meet at the south access.

The second trip is scheduled for **Wednesday, July 14th at 1:00 pm**. Captain Keith Hochgraber will pick up passengers at J&K Marina on Big Detroit and take passengers on a scenic ride on Little Detroit and Muskrat Lakes. End the trip with a yummy ice cream treat at Hub 41.

(A donation to help cover expenses is appreciated.)

The third option is for a pontoon ride or a fishing trip with Let's Go Fishing. The boat leaves the Big Detroit South Access at **10:00 am on Tuesday, July 27th**. Enjoy @2 hours of fishing with all the gear and licensing provided.

***All trips require advance sign up at the front desk.**



Upcoming Engage Coach Trips:



The Olander coach is rolling in 2021! Sign up to reserve your spot today!

***Signing up is easier than ever! Go to the DLCCC.org website under Engage to sign up for coach trips, or the front desk.**

Wednesday, August 11th: MN Twins vs. Chicago White Sox. What better way to enjoy a Twins game than in person! Enjoy a hassle free day and make some memories with your kids and grandkids on this intergenerational event. Climb aboard the Olander premium coach at 6:30 am at the DLCCC, enjoy a quick coffee stop in Clearwater, and then arrive in plenty of time for a noon game against the Dodgers. The seats are in section 125 undercover for shade or rain protection. Cost is \$75 for members/\$90 for non-members if registered by July 1st. Tickets after July 1st are \$85/\$100. Registration deadline is July 20th with no refunds after that date. Trip includes coach and ticket to the game.

Friday, September 3rd: All things MN at the MN State Fair! Enjoy an intergenerational day exploring everything the state fair has to offer! The luxurious Olander coach will be leaving the DLCCC at 6:30 am with a quick coffee stop in Clearwater. The rest of the day will be free to take in shows, booths, and let's not forget all the food on a stick you can eat! The coach will return to the DLCCC at @10 pm. Register by August 1st and pay only \$55 for members/\$70 for non-members. Register after August 1st and tickets are \$65/\$80. No refunds after August 15th.

Wednesday, September 22nd: The classic "Music Man" musical is a must see on the live stage at the Chanhassen Dinner Theater! Coach leaves at 6:30 am from the DLCCC. Enjoy a quick stop in Clearwater for coffee and a world famous roll. Then arrive at the Chanhassen for a gourmet lunch and professional show. Return home in the evening after a quick stop for a snack or light meal Parkers Prairie. Register by August 25th. No Refunds after August 20th. Register by July 15th and pay the early bird price of \$95 members/\$115 non-members. After July 15th pay \$105/\$130.

Sadly, a press release came out announcing that the Hochfest is canceled for this year.

Olander Coach is offering other tours. They will give a discount to all Engage members. Log on to Olanderbus.com to learn more.

Coming Soon!

HISTORIC HOLMES
THEATRE

Music

THE HEARTSHAKERS A TOM PETTY EXPERIENCE



WEDNESDAY, JULY 14
7:30pm at the Holmes - \$30 ticket

The Heartshakers are Nashville's premier Tom Petty Tribute. They have brought their love of Tom Petty's music and put together the best tribute band that could be assembled!

Tuesdays In The Park Tuesday Nights at 7pm

Live music DL City Park Bandshell. Bring a blanket or chair to sit on. Freewill donations accepted.

- July 6 - Jan Severson
- July 13 - Doc & the Scrubs
- July 20 - Tim Eggebraaten
- July 27 - Generation Gap
- Aug. 3 - Ulen Centennial Band
- Aug. 10 - Doc & the Scrubs
- Aug. 17 - DeMasi Brothers
- Aug. 24 - Mark Fogelson
- Aug. 31 - Becker County Dixieland Authority



Come early for
Picnic in the Park
at 5:30pm

DL Noon Rotary's

Trucks AND Tunes Live Music AND Food Trucks

5-8pm in the DL City Park Bandshell
Freewill donations accepted

- July 1 - Cropdusters Country Bluegrass Blowout
- July 22 - Moody River Band
- July 29 - Matt Aakre
- Aug. 12 - Pat Lenertz Band
- Aug. 26 - Tim Eggebraaten & Friends



Art Classes



LEARN HOW TO PAINT A LANDSCAPE

Tuesday, Aug. 10
6 - 8pm

In this class, participants will learn how to paint an abstract landscape with acrylic paint on canvas. Each step is broken down into simple instruction so participants can use these techniques to create more paintings on their own.

Program Cost: \$40 • Ages: 14 to Adult
Instructor: Courtney Stanley



FLORAL WATERCOLOR

Wednesday, Aug. 18
9am - 4pm

SOME WATERCOLOR EXPERIENCE NECESSARY:
Bring your own supplies. Supply list available on our website or via email.

Program Cost: \$75 • Adult Class
Instructor: Grace Haverty - American Water Color Society Member



PAINT REALISTIC CITRUS FRUIT

Tuesday, Aug. 24
6 - 8pm

This class includes step-by-step lessons which will help participants easily understand the concepts of sketching, light, highlights, and shadows with watercolor paints. This class is for everyone and we will complete a beginner painting.

Program Cost: \$40 • Ages: 14 to Adult
Instructor: Courtney Stanley

Tickets, Registration & More Events

DLCCC.org • 218-844-7469

806 Summit Ave., Detroit Lakes



Bike Ride and Lunch

Let's ride! It's time to get outside and enjoy our beautiful surroundings and ride the Heartland Trail. Meet at the Trailhead in Park Rapids at **10:00 am on Thursday, July 8th**. Bike the wide, mostly flat, easy path to Dorsett, stop for a snack break, and bike back. Then have lunch at one of Park Rapid's quaint restaurants. Pack a water bottle and a snack. Remember to wear a helmet!



Rock Painting

Meet at the shelter in the park for a relaxing morning painting rocks.

on **Friday, July 9th at 10:30 am**. (Stick around afterwards for Food Truck Friday and a few rounds of Bingo!) Make different animals, fun designs, and thoughtful messages with the help of Patty Derouin. Rocks can be kept for personal use, or donate them for an upcoming walk around town where they will be strategically placed for others to find.

Outdoor Adventure

Tracy and Melia team up every **Wednesday morning at 8:00 am** to offer an outdoor adventure. These include hikes, walks, and bike rides for the more experienced athlete. During the summer months, most weeks will be a bike ride. Check DLCCC.org for the weekly meeting place.



Outdoor Events Punch Card

Are you NOT a member of the DLCCC, but enjoy attending bike rides, hikes, outdoor yoga, etc.? Your first class is complimentary, but after that there is a new punch card option. \$50 will get 10 punches to be used for an array outdoor classes. Stop at the front desk for more information and to purchase a punch card.

GOED: Go Outside Every Day!



Rockin' to the Oldies

Join Melia in the pool every **Friday at 8:00 am** for a splashin' good time rockin' out to all the top hits of the 50's and 60's! There will be no more waitlists and people turned away, but the administration still requests that everyone go online to reserve a spot. If help is needed signing in, please see the front desk.



Birthday Lunch

Meet at Hooligans at 17574 Co Hwy 6, Lake Park at **11:45 am on Monday, July 12th** to celebrate all the July birthdays.

Police Station Tour

Detroit Lakes Chief of Police, Steve Todd, is giving the Engage group a personal up close tour of the brand new police station on **Tuesday, July 13th at 10:00 am**. Sign up at the front desk to reserve a spot.



A Day with Engage in Park Rapids

***Depart DLCCC parking lot at 10:30 am on Thursday, July 22nd.**

***First stop is downtown Park Rapids for exploring and a light lunch on your own.**

***Next stop Jasper's Theater for a delightful family oriented theatrical production**

***Top off the day with a logging camp supper**

***Arrive back to DLCCC at @8:00 pm**

Cost: \$70 Members/\$85 non-members (price includes transportation, theater ticket, and all you can eat supper.)

Sign up at the DLCCC front desk to reserve your spot today!



Whittling

Do you enjoy woodworking and fellowship? Drop in **Tuesdays from 1:00-4:00 pm** in the HAC with your whittling project.



Spotlighting

Beve & Dave Melgaard

Beve and Dave were married November 20th forty and a half years ago. They've lived in DL for 10 years, have 2 kids, and 5 grandsons. They enjoy reading, music, swimming and water aerobics, playing instruments and singing. Beve loves treats with chocolate and coconut and Dave hates both cottage cheese and liver. As far as Engage goes, they both love to be involved for the fun activities, people, and exercise! Their motto in life is: "When number 2, you have to try harder!"



Beve and Dave are going to be sorely missed as they transition to living in Moorhead. Join us on **Monday, July 12th at 10:00 am during C&C for a formal farewell. Since they are moving to a brand new home, we are blessing them with a white elephant housewarming party. Clean out your unwanted kitchen gadgets and décor items and regift them for some fun laughs.*

Local Resources

Medication Management Project: Call 218-736-8199 for a free apt. with a pharmacist to discuss your meds

need help?
STORM Camp will be serving the Detroit Lakes area **Saturday, July 17th**

what is STORM?
STORM is a day-camp of youth in grades 7-12 and adults who can help do work you need done around your home.
STORM stands for Service To Others in Relational Ministry.

work we can do:
painting, demolition, cleaning, yard work, minor construction, (example: build ramps, stairs, etc.) & more!

to request help:
Visit: STORMCamp.org/request-help
OR
Contact: **Lisa or Jenny** at Detroit Lakes UMC (218) 234-2946

BECAUSE OF COVID-19, ALL JOBS MUST BE OUTDOOR JOBS THIS YEAR

STORM

Red Hawks Game Intergenerational Event

***Depart DLCCC parking lot at 5:30 pm on Thursday, July 15th.**

***Enjoy a home town Red Hawks game in section G**

***Return to DLCCC after the game**

Cost: \$30 Members/\$45 non-members (price includes transportation and ticket to the game)

***Sign up before July 1st and save \$5**



Meals on Wheels

The nutrition center cooks and delivers meals 5 days a week. 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.

Kayaking Adventure/Picnic Lunch

Are you an expert kayaker? Have you never tried it, but would like to? This adventure is for both the experienced and newbie kayaker! Meet at Dunton Locks on **Wednesday, July 21st at 10:30 am**. Sign up at the front desk. If you need a kayak, the Friendshuh family has you covered! They will haul and loan their kayaks for no charge. (A small donation/tip for gas is greatly appreciated.) If you have a kayak, but need help hauling it, contact Melia. Pack a sack lunch for a picnic break. If you are not into kayaking, join us for a picnic lunch at noon!



From the Kitchen of Henrietta Malchow:

Apple Bread

- 1 Cup Oil
- 2 Cups Sugar
- 4 Cups Apples Finely Chopped
- 3 Cups All Purpose Flour
- 1 Cup Chopped Walnuts
- 3 eggs
- 1 tsp vanilla
- 2 tsp cinnamon
- 1 tsp baking soda

Combine and set aside oil, eggs, sugar & vanilla---Sift flour, cinnamon, soda, add dry ingredients to oil mixture, gradually add apples and nuts. Pour into 2-3 loaf pans greased. Bake 70 minutes at 325 or until toothpick is clean.



Old Fashioned Picnic in the Park

Summer is the time for gathering outside with friends! Join CEO, Peter Jacobson, for an old fashioned summer picnic on **Wednesday, July 28th at 11:30 am** in the park. The DLCCC will provide the main dish and paper products. Please sign up at the front desk to bring a dish to share. Corn Hole, Ladder Golf, and other games will be available to play during this great time of fellowship.



Bunco Party

Back by popular demand and lots of requests! Come down to the HAC to play Bunco on **Thursday, July 29th at 11:30 am**. The event is free of charge. Bring a salty or sweet finger snack to share. Some ideas include, but are not limited to: pretzels, popcorn, M&M's, cookies, grapes, etc.

Laugh, socialize and win Engage dollars with the throw of the dice.

Morning Walk/Coffee Date

Meet at the DLCCC at **9:00 am on Tuesday, July 20th** for a brisk walk to the lake and around town. End with a special coffee drink on the deck of MiCartagena at 10:00 am. Not up for a walk? Feel free to join in the fun for just the coffee date! This coffee shop is only open during the summer season.

Thank You

Connie and Rick Otto would like to express their heart felt thanks for the cards, meals, and visits. It's been quite a journey since Connie's back surgery. They are grateful for the friends and support.



Book Club

Book Club meets the last Thursday of the month at 1:00 pm in the HAC.

Upcoming Books:

- July: The Girl Who Wrote in Silk by Kelli Estes
- August: Grandma Gatewood's Walk by Ben Montgomery
- September: The Aviator's Wife by Melanie Benjamin

The next Book Club Meeting is Thursday, July 29th at 1:00 pm in the HAC

**Two copies of The Book Woman of Troublesome Creek have not yet been returned. If you checked one out, please return it ASAP.*

Games



Hand and Foot

This fun and fast paced card game is offered **every Monday at 10:45 am** in the HAC. Don't know how to play? It's easy and we'll gladly teach you! Winners earn Engage dollars to spend in the Pop-up Shop.

Mahjong



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

Whist

New this month! Meet in the HAC **every Thursday at 1:00 pm** to play this fun card game.

Bingo

Bingo is offered **every Friday in the park at noon**. Support local businesses by getting a delicious lunch from a food truck and then come to the Engage shelter for some bingo. Cards are \$1.00 each. No advanced sign up is required. Bring a friend!