

# Summer is here!

June 2022

## Tuesdays In The Park

June 7 - Aug. 30 at 7pm

Live music every Tuesday night at 7pm in the DL City Park Bandshell. Bring a blanket or chair to sit on. Freewill donations accepted.

June 7 – Lakes Area Community Concert Band

June 14 – Eric Reitan

June 21 – Blu Kanu

June 28 – Jan Severson

July 5 – Mike Hokanson

July 12 – Doc & the Scrubs

July 19 – Generation Gap 2.0

July 26 – Tim Eggebraaten

Aug. 2 – Ulen Centennial Band

Aug. 9 – Doc & the Scrubs

Aug. 16 – DeMasi Brothers

Aug. 23 – Larry Swenson

Aug. 30 – Lakes Area Community Concert Band

Come early for Picnic in the Park – a fundraiser for Fuller Center for Housing. Starts at 5:30pm



## Street Faire AT THE LAKES

Friday, June 3 • 10am - 7pm

Saturday, June 4 • 10am - 5pm

Downtown Detroit Lakes!

HISTORIC HOLMES  
THEATRE

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

**DLCCC**  
DETROIT LAKES COMMUNITY & CULTURAL CENTER



## ENGAGE EXTRA

### ENGAGE JUNE NEWSLETTER

We've been wishing and hoping and dreaming about it! Summer is FINALLY here! The ice is off the lakes, the trees are budding, and the grass is green! Summer in Detroit Lakes is a precious (and way too short) time of year! The docks are on the lakes and the boats are out. The golf clubs are polished and ready to hit some balls. The gardens have been planted and the seeds are sprouting.

Summer in Engage means the snowbirds are back. (Welcome Home!) It also means some of the regulars are gone, busy with families and lake activities.

Summer in Engage also means we are moving outdoors! As much as possible, we will be taking the Engage program outside. Check the calendar for new outdoor fitness opportunities like hikes, bike rides, lake swims, and kayaking adventures for both the novice and advanced athlete. There are opportunities to be with friends and enjoy the great outdoors with Bingo in the park, concerts, and the Street Fair. Food tastes best when accompanied with fresh air, like at food truck Fridays, the monthly birthday lunch, and an annual Salad luncheon at my home. Try something new this month, like National Selfie Day with a Scavenger Hunt. It will be sure to be a fun time filled with laughter while checking out local hot spots!

Have no fear, Engage will still have some great indoor events. C&C followed by a round of Hand and Foot are staples that will not change. Check the calendar for some great educational seminars coming in June, along with some new fitness opportunities.

Whether it be for fitness, social, or fun, try to get outside every day; it's good for the body and the soul!



Melia Stevenson

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



## Memorial Day

Due to the holiday, family graduation, and out of state company, and the kick off for the summer season, there will be **NO** scheduled activities with Engage on **Monday, May 30th, Memorial Day**. Enjoy a day off and spend some extra time remembering a loved one.

## Chanhassen Coach Trip

A few tidbit reminders if you are signed up for this trip:

- Park and load the coach at the lower mall parking lot across from Wells Fargo at **6:45 am on Wednesday, June 1st**.
- There are two coaches going and no assigned seats.
- Chanhassen is requiring all participants to show proof of vaccinations or a negative Covid test within 48 hours of the show. The easiest and most efficient way to process everybody is to take a picture and pull it up on your phone when entering the theatre.
- Masks are not required, but they are encouraged at Chanhassen when not eating.
- The coaches will stop in Clearwater on the way down and Little Falls on the way home for an opportunity to stretch legs and grab a bite to eat.
- The coach will be locked during the show. Feel free to bring comforts from home, ie: blanket, pillow, book, etc.
- The coaches have wifi and bathrooms.

# Footloose

## GO-ED

### (Go Outside Every Day)

Nicer weather is here, so the GO-ED program with Tracy and Melia is stepping it up to offer more outdoor fitness adventures.

**Tuesdays (starting May 31st) at 9:00 am:** Hiking at Detroit Mountain for approximately one hour. Enjoy the great outdoors with a brisk morning hike on the cross country ski trails.

**Wednesdays at 8:00 am:** Biking. Meet at the DLCCC with bike and water bottle for an hour to an hour and a half ride around Detroit Lakes.

**Every Other Thursdays at 9:00 am:** Kayaking on Detroit Lakes. Bring your kayak to the Pavilion and enjoy a morning paddle around Detroit Lake.

Sign ups for these events are on the DLCCC.org website under fitness classes.



## C&C

### (Crumcake and Coffee)

The HAC (Holmes Art Cellar) is the place to be on Monday mornings! Take a fitness class and then come down to end your morning with friends. Drop in on **Monday mornings anytime between 9:30-11:00 am** for free coffee and homemade goodies. Hear announcements about upcoming programs and events within Engage and our community. Socialize and make some new connections! Anyone age 50+ is welcome!

## A Few Tidbits

\***Please stay out of the kitchen.** The staff is diligently working to get hundreds of meals out for the Meals on Wheels program. If you have a kitchen need or question, see Melia first before interrupting the kitchen staff.

\*Please sign up for all events. Sign up for events with a fee at the front desk. All the other event sign up sheets are near the elevator behind the front desk. **Unless otherwise noted, event registration will close 24 hours prior to the event** to help with planning and preparation.

\*Help the front desk staff and please pay for events when you register.

\*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!



## Scams and Fraud Seminar

Joy Mickels, Attorney with the Moorhead Legal Services office,

will be presenting on how to guard yourself from clever scams and frauds. Sign up to reserve your spot. The seminar will be offered **Thursday, June 30th at 11:00 am in the HAC**. Handouts and other fun take-aways will be provided.



## The Justice Bus is Coming to Engage!

Legal Aid Justice Buses are hitting the road and making a big impact in rural communities. These retrofitted vans are mobile legal aid offices that travel to rural areas throughout northwest Minnesota to host civil legal aid clinics and outreach events, bringing with them the ability to meet an attorney in person or obtain legal information so clients can stay close to home.

The Justice Bus is one of the initiatives of the Reach Justice Minnesota Project. This project is a series of initiatives that leverage technology and emergency staffing to help protect Minnesotans' basic civil and human rights in the face of an unprecedented emergency and disaster. There is rising demand for civil legal aid all over Minnesota as a direct result of the public health and economic effects of the COVID-19 pandemic.

Justice Buses aim to increase access to legal resources to all Minnesotans!

Here is the link to learn more about the Justice Bus: <https://www.reachjustice.org/about>

**The Justice Bus will be available for Engagers after the Scams and Fraud presentation outside of the HAC on Thursday, June 30th at 11:00 am. It will also be returning for the whole morning on Monday, July 11th.** Come with your legal questions!

## Stay Connected

**DLCCC Engage Facebook Page:** Announcements are posted almost daily. This is the best go-to place for 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 just a touch of the button.

**Melia Stevenson:** Feel free to email me at [Melia@dlccc.org](mailto:Melia@dlccc.org) or call/text at 508-446-4410.



## Early Bird Supper

Check out Cormorant Pub's big new addition and great summer outdoor seating with an early supper on **Monday, June 6th at 5:00 pm.** Be sure and sign up to reserve a spot. Big groups take extra staffing!

## Concerts in the Park

Do you enjoy the great outdoors and quality live music? Do you like to be social and do things with friends, but find you are all alone? Grab your lawn chair and join Melia at the Bandshell for Tuesdays in the Park all summer long! (weather permitting)



## 10 Plus Club!

Are you a Silver Sneakers, Silver & Fit, Renew Active, One Pass or other Medicare Advantage member? Reminder, if you check in 10 or more times in a month, you are eligible for a \$5 gift card or a day pass! Stop by the bulletin board near the stairway to see if you made it. If you see a "yes" after your name, pop over to the front desk and claim your prize! (We keep lists for 6 months) (If you are signing in to Engage events and activities, we'll check you in).



## Walking with Melia

It started a month late due to Mother Nature's sense of humor, but we are finally walking outside again! Walk with friends **every Monday morning at 8:15 am!** Work your legs, mouth, and ears while walking and catching up on the latest news! Walking with Melia will meet at Oak Grove Cemetery, weather permitting. If the temperature is below freezing or raining, we will go back to walking on the track at the DLCCC.



## Rockin' to the Oldies

Jump into the pool **every Friday at 8:00 am** with Melia 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.



## Kayaking Adventure

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 Long Lake Park on Airport Park Road in Detroit Lakes on **Friday, June**

**3rd at 11:00 am.** Paddle around and enjoy nature. 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). Sign up to reserve your spot. Pack a sack lunch for a picnic. Not a kayaker? Join for just the picnic lunch at **noon.** Sign up to reserve a spot.



## Local Happenings

### Meals on Wheels/ Congregate Dining



The Meals on Wheels program is in need of a substitute cook to fill in for vacations and sick leave. Food License is not needed for substitutes, just a heart for preparing food for others.

The Congregate Dining is back! Enjoy a sit down meal served in the HAC at 11:30 am Monday– Friday, or order meals for take out. Please reserve your meal 24 hours in advance by stopping in the Nutritional Services Office between 9:00 am-noon or call: 218-847-5823.

### WHAT DO I DO WITH EXPIRED OR UNNEEDED MEDICATION?

### HOW I PROPERLY STORE MY MEDICATION?

Medications: Proper Storage & Disposal

**THURSDAY, JUNE 9 - 11 A.M.- 12 P.M.**

This event will be held virtually on Zoom.

Questions or to register contact Amy Dallmann From Dancing Sky Area Agency on Aging Phone: 218-745-9117 | Email: amy@nwrdc.org

## Give Back

The Engagers have been asked to work the Information Booth at the Street Faire on **Friday, June 3rd and Saturday, June 4th.** Our role in the Info Booth is simply to be greeters and visit with people as they pass by or stop. The booth is in the center of the street kitty corner from La Barista. It's a 10 x 10 tent with two tables and stools. At the info booth will be visitor info for Detroit Lakes from the Chamber as well as DLCCC handouts, etc. We will be asked questions like "where are the restrooms?", "how do I get to the lake?", "what are the hours of the Street Faire?", "where's a good restaurant in town?", etc. In essence we are ambassadors for the town. It's a fun little gig and the time slots are just for a couple of hours. Please sign up for a slot upstairs.

## Lake Swims

Lake swims are offered at Melia's home twice a month all summer long. These are perfect opportunities if training for endurance or if you are a spectator that would like to cheer on your favorite athlete. Lake swims start at **8:00 am.** Lifeguards will be kayaking alongside swimmers and a pontoon will be available for spectators. Summers in Detroit Lakes are all about lake fun!

**June dates: Saturdays the 11th and 25th**



## Passport



The Passport Around the World Program is going to Iran in June! The Potvins will be presenting on their trip to Iran in 2019. Come to learn about this fascinating country. See pictures, hear stories, and have a sweet taste of an Iranian treat.

Meet in the HAC on Thursday, June 23rd at 11:00 a.m.

Sign up at the front desk.

Cost: Members \$4/Non-members \$6

## 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. Come early for coffee and announcements.



**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.



**Bingo:** Grab lunch from a local food truck in the park and meander over to the Engage shelter to play a few rounds of Bingo while enjoying lunch every Friday at noon. Invite a friend!

\*Thursdays Lunch and Plays will resume in the fall.

## LGF Pontoon Rides and Fishing Trips

Twice a month all summer long the Engage group has the opportunity to go on free pontoon rides on Detroit Lakes, sponsored by the Let's Go Fishing organization. Sign up for a scenic and informative ride on **Thursday, June 9th at 12:30 pm** or a pontoon ride that includes a fishing option on **Thursday, June 16th at 10:00 am**. Both are free of charge. Both rides meet at the Big Detroit South Lake Access and are approximately 2 hours long.

Advanced sign up required.



## Give Back

The Becker County Museum is slated to take ownership of their new facility in October of 2022. However, to allow for hazardous material abatement of the existing facility, demolition, and to have the new parking lot completed before another winter arrives, they are vacating the facility now. The goal is to have all items out of the existing facility by the first part of June. They have made a dent, but have a long way to go. This is where the Engage program comes in! The museum has cases filled with precious trinkets that need to be moved. (They are not heavy.) The Engage program is going to help out at the museum at **12:00 pm on Monday, June 6th**.

\*If you cannot volunteer during the Engage time block, the museum would still love to have you come help whenever it works for you. Please contact Becky Mitchell at: 218-234-8844 or just stop in the museum.



## 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.

**June: A Fireproof Home for the Bride**

by Amy Scheibe

## 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 Tuesday, June 14th**. 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!

\*Carpooling is encouraged. Sign up at the front desk and note if help is needed for transporting your bike.



## Birthday Lunch

Meet at **Long Bridge** at **11:00 am on Wednesday, June 15th** to celebrate all the June birthdays. Not your birthday month? Come anyways for some great food and fellowship!



## National Selfie Day

Laugh, have fun, and document it all with a Selfie Scavenger Hunt for National Selfie Day on **Tuesday, June 21st**.

Meet in the HAC at **11:00 am** where we will be broken into teams and given a list of places to take selfies. Then we will meet back at the HAC, share pictures, and award prizes, while enjoying a light lunch.

Sign up at the front desk.

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

## Living Well in Your Home Seminar

Amy Dallman with Dancing Sky Area Agency on Aging will present "Living Well in Your Home" on **Thursday, June 23rd at 10:00 am in the HAC**. This presentation focuses on some quick resources for older adults that can be utilized by neighbors, friends, family, caregivers, professionals, or the older adults themselves just to get people started thinking about what they will need to live well in their home as they age. It will highlight basic info about in-home services and support options, options to pay for them, and where to get connected to resources.

This class is free of charge.

Sign up to ensure a personal copy of all the resources that will be provided.



**Dancing Sky**  
Area Agency on Aging



## Wood Carving

Whittlers meet **every Tuesday at 1:00 pm in the HAC**. Bring your project, enjoy some fellowship, and get some tips and feedback from other carvers.



## Cooking 101

Join Darlene Olsen for a class in "Some of her favorite things to do with cucumbers and pickles." Watch a demo and sample three different sides made with fresh cucumbers or pickles. The class will be in the **HAC on Friday, June 10th at 10:00**

**Cost: Members: \$2/Non-members: \$4**

\*Darlene has years of experience in the kitchen. She and her husband owned Main Street Café and she worked in the Audubon schools in food service for 15 years. She has enjoyed time in the kitchen since a young age.

## Pontoon Brigade

Last year a few Engagers offered up their time and vessels for a fun pontoon ride. There have been requests to make this event happen again. We are looking to do an evening happy hour ride. Are there any captains out there willing to team up with others to offer an event in July? Please contact Melia if you are graciously willing to meet up and take a crew on your pontoon.



## Twins Coach Trip

Registration is open for an intergenerational coach trip to see the Twins play against the Detroit Tigers on **Wednesday, August 3rd** for a matinee game. Sign up at the front desk or go to [DLCCC.org](http://DLCCC.org) and click on the Engage button.

## iRestore

The DLCCC is offering a new class with Diane McCormick called iRestore. It's a feel good, active recovery workout that combines breath work and self-massage. The holistic stretching helps minimize muscle soreness, relieve joint stiffness, and improves flexibility. iRestore is a class that works for all fitness levels!

The class is held in the **Wellness Studio Thursdays at 4:00 pm**. Feel free to bring your own foam rollers, but equipment will be provided. Space is limited. Sign up at [DLCCC.org](http://DLCCC.org). Bring water and appropriate clothing for a warm environment.

### iRESTORE

**Recover Better.**

**Move Better.**

**Feel Better.**



## Scholarships

## Annual Salad Luncheon

It's June and that means it's time for the fifth annual salad luncheon at Melia's home on Pearl Lake! Bring a favorite fruit, vegetable, or dessert salad to share on **Tuesday, June 28th at 11:30 am**.



**13428 Pearl Lake Drive, Detroit Lakes**



## Father's Day

Since the men did such a great job pampering all the women for Mother's Day, it's their turn to sit back and enjoy. Come hungry to C&C on **Monday, June 20th from 9:30 am– 10:30 am in the HAC**! All Engagers can enjoy a special breakfast, but the men will be served with extra love and receive a special treat.



## Engage Shirts

This project has been long in the making...the order forms for Engage shirts are now available. Please fill out the enclosed order form and return along with payment to the front desk by July 1st. Show off the program to everyone you meet when wearing the new Engage gear!

## Spotlighting

### Kathy Connolly

Kathy will be celebrating 19 years living in Detroit Lakes on Memorial weekend. She

will be celebrating 58 years of marriage to her husband in August. Together they have 5 kids, 16 grandkids, and 13 great grandchildren. In August Kathy will have the privilege of walking one of her granddaughters down the aisle on her wedding day. Kathy drove a school bus for special education for 23 years in West Saint Paul. Now that she's retired, she can enjoy her hobbies which include; crafting, crocheting, camping, gardening, bird watching in her backyard, and working out at the DLCCC. She especially enjoys her time in the pool! It's common to see Kathy in the pool for a full two hours working out her body and her voice. She loves chatting with friends while working out. She finds swimming great therapy for both her back and her mind. Although she struggles with back issues, Kathy loves to stay active and enjoys living life.

Kathy and her husband are snowbirds, but do not winter in the same place every year. They have spent the past winters in Arizona, Florida, Texas, and Alabama. She enjoys seeing new places every winter. Kathy's biggest dislike is when individuals act like they are better than others. Kathy's favorite activities with the Engage program are the coach trips, but she gets frustrated when other commitments get in the way of attending them.



Enjoy a chat with Kathy the next time you see her. You will be glad you did!

The Engage program has been blessed with some funds for scholarships. If you or someone you know would like to take an Engage Coach Trip, but cannot afford such luxuries, please come talk to Melia. There are some funds available to help with the cost.