

# Engage January Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
31 DECEMBER	1 JANUARY New Year's Day DLCCC Closed	2 12:00 Cribbage 1:00 Crafty Connections/ Woodcarving 4:00 Leftovers Happy Hour	3 9:00 GOED Hike 12:30 Bingo 1:45 Samba	4 8:30 Guitar Lessons Level 3 10:00-12:00 Tech Support 10:00 Guitar Lessons Level 2 11:00 Trivia 11:30 Guitar Lessons Level 1 11:30 Lunch and Play/Whist 1:00 Mahjong	5 8:00 Rockin' to the Oldies 11:45 Give Back: Feed My Starving Children Field Trip	6
7	8 8:15 Walking w/ Melia 9:30 C&C 10:30 Hand and Foot 2:00 GOED Hike	9 12:00 Cribbage 1:00 Crafty Connections/ Woodcarving	10 9:00 GOED Hike 10:30 Passport to Namibia 12:30 Bingo 1:45 Samba 5:00 Early Bird Supper	11 9:00 Guitar Lessons Level 3 10:00 Guitar Lessons Level 2 11:30 Guitar Lessons Level 1 11:30 Lunch and Play/Whist 1:00 Mahjong	12 8:00 Rockin' to the Oldies	13
14	15 8:15 Walking w/ Melia 9:30 C&C 10:30 Hand and Foot 2:00 GOED Hike	16 10:00 Passport to Greece 12:00 Cribbage 1:00 Crafty Connections/ Woodcarving	17 9:00 GOED Hike 11:00 Birthday Lunch 12:30 Bingo 1:45 Samba 1:45 Classic Movie Party	18 9:00 Guitar Lessons Level 3 10:00 Guitar Lessons Level 2 11:30 Guitar Lessons Level 1 11:30 Lunch and Play/Whist 1:00 Mahjong 7:30 Holmes Theatre: Heartshakers, A Tom Petty Experience	19 8:00 Rockin' to the Oldies	20
21	22 8:15 Walking w/ Melia 9:30 C&C 10:30 Hand and Foot 2:00 GOED Hike	23 11:30 Winter Luncheon 12:00 Cribbage 1:00 Crafty Connections/ Woodcarving	24 9:00 GOED Hike 11:00 Cooking 101 12:30 Bingo 1:45 Samba	25 9:00 Guitar Lessons Level 3 10:00 Guitar Lessons Level 2 12:00 Food for Thought 11:30 Guitar Lessons Level 1 11:30 Lunch and Play/Whist 1:00 Mahjong/Book Club	26 8:00 Rockin' to the Oldies: Dance Party!	27
28	29 8:15 Walking w/ Melia 9:30 C&C 10:30 Hand and Foot 2:00 GOED Hike	30 12:00 Cribbage 1:00 Crafty Connections/ Woodcarving	31 9:00 GOED Hike 12:30 Bingo 1:45 Samba	1 February 9:00 Guitar Lessons Level 3 10:00 Guitar Lessons Level 2 11:30 Guitar Lessons Level 1 11:30 Lunch and Play/Whist 1:00 Mahjong	2 8:00 Rockin' to the Oldies	3



## ENGAGE EXTRA

JANUARY 2024

Oh Engagers, what a year!

Are you a numbers person? I spent some time crunching some year-end numbers to help put some things in perspective concerning the Engage program. Here's what I learned:

- 1) The Engage program continually offers over 60 events a month.
- 2) July and October were the two months we saw the most participation; 253 participants were logged for July and 243 for October.
- 3) Most Mondays have 50-60 participants at C&C.
- 4) There were over 196 opportunities to play games in the HAC in 2023, over 164 times to be outside for fitness, like hikes, bike rides, snowshoeing, and kayaking, over 45 educational seminars including Passport Around the Worlds and other guest speakers, 6 pontoon rides, 17 tours of local businesses and communities, 10 coach trips, over 43 opportunities to dine as a group through potlucks, Birthday Lunches, Early Bird Euppers, and Food for Thought programs, and over 20 opportunities to work together to give back to the community, just to name a few! I wonder how many cups of coffee were consumed by Engagers in 2023?

Are you tired just reading about all the things we've done in 2023? Wait until you see what's in store for 2024! As I often say, I don't expect everyone to do everything, but I do hope there is something in our Engage program for everyone!

Melia Stevenson



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[www.dlccc.org/engage](http://www.dlccc.org/engage)



## REMINDER

Engagers, note that the DLCCC will be closed for Christmas Day and New Years Day. This means no Engage on either the 25th of December or the 1st of January. Recurring weekday events will take place as normal for the week between the two holidays. Take the time to enjoy your start to the new year, and we'll see you on the 2nd!

## Leftovers Happy Hour

January 2nd is 'National Buffet Day,' so grab those half bottles of wine, partial pies, and any other (still good) holiday leftovers and bring them down to the HAC for 4:00PM happy hour! Kick off your new year with a fresh start: good company and a cleaned-out fridge!

## Early Bird Supper

No need to prep supper for January 10th! Engage will be dining out together at the VFW in Detroit Lakes. Meet there at 5:00PM and enjoy your burger basket or chicken strips basket with other members of our community! Sign up in advance at the Engage table.

## Give Back: Feed My Starving Children

On Friday, January 5th, our Engage program is being asked to donate some time to the Feed My Starving Children operation in the Fargodome! Our shift is from 1:00PM-4:00PM, during which we'll be packing meals composed of rice, soy, dried vegetables, and a nutritionally complete blend of vitamins and minerals that will be sent to children in need all around the globe. The organization has goals to make this year bigger than ever, and MinnDakota has generously agreed to donate the use of a coach so that this event is accessible for even more people of our program, with room for 55 volunteers! Plan to load the coach in the lower mall parking lot by 11:45AM to get back around 5:15PM. Please sign up at the Engage table to commit to donating your time to this impactful nonprofit.

## Fitness Classes from Nancy Hebert

Join Nancy in 2024 to take care of yourself in mind, body, and soul through her fitness classes at the DLCCC. You deserve it! In the new year, she is offering courses of beginner yoga, where you can learn the purpose (more than exercise) of yoga as well as simple and easy poses that EVERYBODY can do! Nancy will also be leading Mind/Body/Soul workshops that cover topics such as mindfulness, meditation, and breath work. Finally, be sure to check out Nancy's sound bath, which is relaxing, soothing, and peaceful. Register and pay for these classes at the front desk or online at DLCCC.org, through the 'Fitness & Aquatics Classes' tab.

## Tech Support

Did you receive a new electronic device for Christmas? Or maybe that dang phone is always giving you a hard time. It's time to give your grandkids a break! Bring your gadgets and coinciding questions down to the HAC on Thursday the 4th. Some kind Verizon employees will be around between 10:00AM-12:00PM to help with any tech issues you may be experiencing. This event is free of charge, so be sure to express your thanks to our helpers!



# Coming Soon

## February & March 2024

## HISTORIC HOLMES THEATRE

### Daddy's Little Sweetheart Dance

*A Night in Barbie's World!*

Friday, Feb. 9 • 6 - 9pm



A dream come true event for sweethearts (ages 2-12) and their dads, grandfathers, or special friends. Enjoy a Barbie themed night of music, dancing, food, and lots of fun!

Dads \$15 • Sweethearts \$10

### Mardi Gras Kings

Tuesday, Feb. 13 • 7pm



Experience the thrill of Mardi Gras in our historic theatre! Allow yourself to be carried away to Bourbon Street with the enthralling performances of the Mardi Gras Kings. Brace yourself for a soulful blend of traditional New Orleans melodies and contemporary repertoire.

Adults \$15 • Students \$7.50

### Fabulous Armadillos:

*Up North & Down Under*

Saturday, Feb. 17 • 7:30pm



The Fabulous Armadillos are tapping into all the great artists and groups from our neighbors to the North in Canada, eh! We are also crossing the international date line and going South for all the definitive music that emanated from Australia...blimey, mate!

Adults \$32 • Students \$16

### Fairy Tales on Ice:

*The Adventures of Peter Pan & Wendy*

Thursday, Feb. 29 • 7:30pm



Fairy tale stories come to life on ice on the Holmes stage - yes they're really skating on the stage! The incredible professional skaters and sensational music and storyline bring the room to life and draw the audience into the magic by fusing theater, music, and the art of figure skating.

Adults \$20 • Students \$10

### Malevo

Thursday, March 7 • 7:30pm



These America's Got Talent semi-finalists are a thrilling all-male group that specializes in Malambo - a traditional Argentine folk dance showcasing dexterity and high energy. Malevo takes Malambo beyond its limits with a modern, avant-garde, and transgressive approach.

Adults \$20 • Students \$10

### 3 Stars Born

Friday, March 22 • 7:30pm



Join Cate Fierro, a favorite in the Twin Cities music scene, along with Mick Sterling's 16-piece STARS ORCHESTRA and STARS DANCERS as they capture and perform the timeless songs sung by Garland, Streisand & Gaga in all three A STAR IS BORN films.

Adults \$30 • Students \$15

# DLCCC.org | 218-844-SHOW

826 Summit Ave., Detroit Lakes, MN





***The Heartshakers are Nashville's premier Tom Petty Tribute!***

The show is performed by some of the industry's first call musicians in the music business today! These musicians have performed with Carrie Underwood, LeAnn Rimes, Amy Grant, Peter Cetera, Little Big Town, SheDaisy and Ronnie Milsap.

They have brought their love of Tom Petty's music and put together the best tribute band that could be assembled! The Heartshakers deliver an experience you won't forget! Take a walk back in time reliving American Rock-and-Roll at it's finest.

HISTORIC HOLMES  
THEATRE

JAN. 18  
THURSDAY

SPONSORED BY  
MB MIDWEST BANK  
Banking your way.

7:30 PM | \$35 ADULTS | \$17.50 STUDENTS

**DLCCC.org | 218-844-SHOW**

826 Summit Ave., Detroit Lakes, MN

**Book Club**

Kicking off 2024 means book club is back on! Another great New Years resolution is to read more, and this is the best way to get the most out of your reads.

Engage book club meets to discuss on the last Thursday of each month, giving all of us plenty of time to complete each month's book on our own beforehand. This month it's the 25th at 1:00PM. The books for the first quarter of 2024 are as follows:

January: "Chasing Fireflies" by Charles Martin

February: "Murder on the Red River" by Marcie Rendon  
(We've reserved the Detroit Lakes Public Library's book club kit for this one already, so feel free to stop in there to borrow a copy!)

March: "Those Who Save Us" by Jenna Blum



**Birthday Lunch**

Join fellow Engagers at Long Bridge Bar & Grill on Detroit Lake for lunch on January 17th at 11:00AM. Plan to enjoy a delicious meal to acknowledge those of us with January birthdays, all while supporting a local business! Be sure to sign up in advance at the Engage table.



**Cooking 101: Julie**

Join us in the HAC for 11:00AM on Wednesday the 24th for a cooking lesson from Julie Reznecheck. Most everyone should know Julie by now, either through the Silver Sneakers program at the DLCCC or from 'Julie's Corner' in the Engage newsletter (see page 8 for an example)! She will be giving a lesson all about making healthy soup to keep up with your new year's goals. During this class, participants will be able to taste Julie's recipe and work as a group to create another large batch of Julie's soup. Be sure to bring your own container to take some home! Please sign up at the front desk of the DLCCC, where you can also pay the cost of \$5 for members or \$8 for nonmembers.

**C&C (Coffee & Crumb Cake)**

Even in a new year, nothing messes with C&C. Ask any Engager! Monday mornings in the HAC (Holmes Art Celler in the lower level of the DLCCC) are quintessential! You're invited to drop in every Monday between 9:30AM-11:00AM and enjoy coffee, treats, community, and programming announcements. As always, we are so grateful to everyone who helps these gatherings continue through the bringing of treats to share or donations of funds.

**Passport Around the World: Namibia**

Stop into the HAC on Wednesday the 10th to learn all about the country of Namibia! This country is home to the oldest desert on earth, as well as many amazing animals that have adapted to live in such a climate. Namibia is also the second least densely populated nation in the world. Join for this interesting and educational presentation at 10:30AM. Sign up in advance at the front desk. Cost is \$5 for members or \$8 for nonmembers.



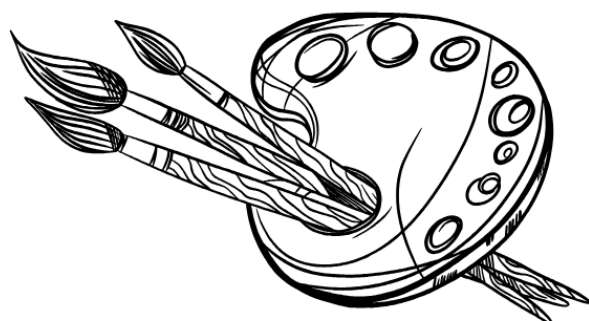
### A Note from Lillie's Lollipops

Some of you may remember when Lillie of Lillie's Lollipops stopped into the HAC during C&C last month. She was selling her goods as a fundraiser, and she has reached out to extend her thanks to our group for welcoming and supporting her!

"Thank you dearly and kindly for letting us come to present our fundraiser turned business. It is greatly appreciated! Sincerely, Lillie of Lillie's Lollipops"

### Wood Carving

Are you a wood carver or do you have interest in learning? Or do you have a separate portable project you're working on? Meet in the HAC at 1:00PM every Tuesday to work alongside other talented makers. This is a great social opportunity, especially if you're looking for other opinions or help with your work!



### Community Event: The Artist's Way

If you attended and enjoyed last month's "Creativity and Mental Health Seminar", or if you missed it and were curious for more info, this is your chance!

Based on the renowned book *The Artist's Way*, local creativity coach/writer/artist Dawn Duncan guides her classes to tap into their intrinsic creative gifts. Beyond an "arts and crafts" course, *The Artist's Way* is an unfolding spiritual path to creativity and opens new channels to personal expression, hobbies, and mental health improvement. All materials included. These classes are on Tuesdays for six weeks: January 9th, 16th, 23rd, 30th, and February 5th and 13th at Chapel House in Detroit Lakes.

Special offer: Engage members are eligible for a \$55 discount!

The deadline to register is January 1st, 2024. Call Dawn Duncan to register or for information: (970) 980-6399



### Rockin' to the Oldies: Dance Party

Does the long cold winter have you feeling down? There's nothing like a dance party in the pool to put you in that warm weather state of mind! Join in the pool of the DLCCC on Friday, January 26th at 8:00AM for a special edition of Melia's 'Rockin' to the Oldies' water aerobics class. Together, we'll have fun moving and grooving while reminiscing about dances and songs from times gone by. This hour long work out will be jam-packed with costumes, laughs, and funky moves!

Remember, fitness classes require signing up online at DLCCC.org. Simply navigate to the 'Fitness & Aquatics Classes' tab and follow the steps to register for this special class!

### Crafty Connections

Calling all crafty folk and artists! This event is a great way to intentionally carve out time for creativity in the new year! Bring whatever you're working on to the HAC for a time to work on your own hobby with company! Everyone sets up and cleans up their own space. Enjoy having the space to spread out and the community to collaborate with or work in parallel beside. These sessions continue taking place every Tuesday at 1:00PM and last 1-2 hours.

## JULIE'S CORNER

Happy New Year! I hope you had a wonderful holiday with family and friends. I can't believe how fast 2023 went!

### Trading Resolutions for Goals

Now that the holidays are over, some people like to set New Years resolutions. I am not a big fan of resolutions. I would much rather plan some healthy goals. I find resolutions to be negative, setting us up for failure. Instead, shift your mind to the positive through setting goals. For example, rather than having a resolution of "eating less junk food," maybe set a goal to "eat one piece of fruit everyday." Last year, I set my goal to read one book a month, which proved to be a big goal with how busy I am. Did I achieve it every month? No. But I didn't let that get me down!

At this time of year, so many people set broad goals, such as eating healthier and exercising more. Let's break it down to more manageable goals! Pick one or two things that you want to improve or change in your diet or exercise. Some ideas could be drinking eight glasses of water a day, trying a new healthy recipe once a week, or adding a vegetable or fruit to your daily meal plan. Break your resolution down into small achievable goals.

If exercising more is your resolution, again break it down into a more manageable goal. First, pick something you like to do. Do you like water aerobics? Try a Silver Sneakers splash class! You like to dance? Pick one of the dance exercise classes that is offered at the DLCCC!

If you need help with setting an exercise goal, please come and visit with me. We will find something that can work for you to improve yourself and your life in this new year! Remember, don't pick too many goals. Slow and steady wins the race.

### Broccoli Cauliflower Rice Chicken Casserole

Here is one healthy recipe that you might want to try in January. In the colder months, I'm always wanting comfort food to keep me warm, full and satisfied. Have you ever replaced rice for cauliflower rice?  $\frac{3}{4}$  cup of cauliflower rice is 25 calories and 1 gram of net carbs, while  $\frac{3}{4}$  cup white rice is 150 calories and 30 grams of net carbs. Let this recipe be your introduction to the world of cooking with cauliflower rice!

#### Ingredients

- 2 lb skinless boneless chicken breasts
- 1 Tbsp olive oil
- 2 x 10 oz bags frozen cauliflower rice (or 1 head of cauliflower, riced and cooked)
- 1 x 16 oz bag frozen broccoli cuts
- 2 large eggs, whisked
- 2 cups shredded mozzarella cheese
- 2 tsp kosher salt
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp unsalted butter, melted
- 1 cup shredded Italian blend cheese

#### Instructions

Preheat oven to 400°F. Spray a 3 qt baking dish with non-stick cooking spray or olive oil. Set it aside. Slice chicken breasts in half horizontally, lightly coat them in olive oil, and place on a baking sheet. Liberally season with salt and pepper and bake for 20 min. While the chicken is baking, heat the frozen cauliflower rice and broccoli according to package instructions, discarding any excess moisture. Remove chicken from oven and let cool for 5 min. Chop chicken into bite-sized pieces. In a large bowl, add cauliflower rice, broccoli, chicken, eggs, mozzarella cheese, salt, garlic powder, onion powder, and butter. Toss until fully combined. Transfer casserole mixture into the prepared baking dish and top with the remaining Italian blend cheese. Bake for 50 minutes, until the cheese on top has fully melted and started to brown slightly. Let cool for 10 min before serving.

One year ago, on January 6th, I retired from my career of 28 years. I guess that retirement thing didn't last long, because here I am working again, and I couldn't be happier! I have met such wonderful people on this inspiring journey teaching Silver Sneakers. I wish I could have done this 20 years ago. You all are so special to me! Thank you for the past six months; I look forward to many more years with all of you.



## January Spotlight: Patricia (Patty) Ann Walker

Engage's own Patty Walker has lived in the Frazee area for around ten years, but she actually grew up on a dairy farm on Toad Lake. By tenth grade, yes, tenth grade, Patty was staging to buy the farm from her dad. She even got to the point of taking out a loan to buy half of the cows, but she didn't quite see eye-to-eye with her dad, so she decided to go to college instead. In her words, to avoid becoming a "dumb farmer."

Initially, Patty was going to be a vet tech, but her fierce love for animals made seeing animals be euthanized unbearable. Her next plan was to pursue Equine Management, but that wasn't her perfect fit either.

Ultimately, Patty did buy the dairy farm from her dad as he transitioned into beef cows. They had a good partnership, with her dad supplying all of the feed. Patty owned 50 cows and 42 horses, until one day she saw a Lipizzan show.

That show changed Patty's life instantly; it was love at first sight for her! In six weeks time, she sold all of her horses, cows, and dogs, and officially ran away with the Lipizzan circus, with which Patty spent nine years traveling the world.

Now an Engager, Patty enjoys spending her time playing Hand and Foot in the HAC on Mondays and taking aquatic fitness classes. She also spends her free time house sitting and pet sitting, but wants to start doing more activities just for herself.

Stay tuned, as Patty will be giving a presentation on the Lippizan horses for Engage next month!

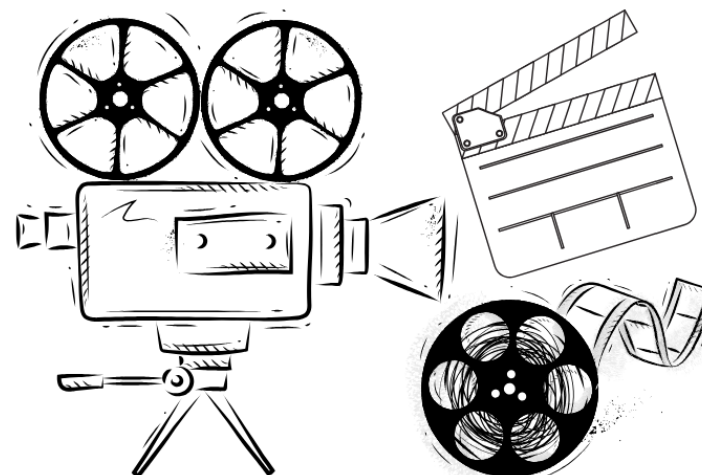


### Fundraising Follow-Up

Again, major thanks to everyone who contributed to our big Church Basement Ladies fundraiser in November! After the subtraction of expenses, we made \$2700 through the luncheon and \$3100 through the raffle! What a success! And what an inspiring reminder of what this community of ours is capable of!

### Classic Movie Party

Wednesday, Jan 17th, come on down to the HAC at 1:45 for an appreciation of classic media. We'll be watching the movie Paper Moon: 'When a 1930's con-man is approached by a young girl claiming to be his daughter, he takes her on the road with him. As they spend more time together, the girl picks up on his tricks and schemes, ultimately out-cunning the old pro himself.' Sign up at the front desk and pay the \$2 fee to cover the cost of snacks.



### FAQ: Finances

Where does money for the Engage program come from?

Much of the Engage budget comes from fundraising, like the Church Basement Luncheon and raffle. Funds also come from check-ins through insurance, from grants, and a small amount from the price on certain events.

How is the Engage money spent?

Money in the Engage budget is used for resources for the program. For example, Engage money was used to purchase the large speaker, Mahjong kits, playing cards, coffee supplies, art supplies, etc. Some of the money is used to supplement Melia's wages, and some of the money is used to supplement certain programs to help keep the costs more affordable.

Do you have a suggestion on how we should spend some money to enhance our Engage program? Please reach out to Melia and Peter! Your input is welcome!

### Guitar Lessons

Looking for a New Years resolution?

Learning a skill, such as playing the guitar or ukulele, is always a good option, and Jerry Short is continuing to host free sessions for different skill levels, as long as participants continue wanting to learn and practice. Level 3 lessons are offered in the HAC every Thursday at 9:00AM, after which, Level 2 is offered at 10:00AM, and Level 1 follows at 11:30AM. Interested in joining lessons but unsure where you fit in best? Reach out to Melia and she'll put you in contact with Jerry to figure out the best plan of action for you!

### Lion King Coach Trip

This big event is quickly approaching! On April 25th, Engage is going to see Lion King at the Orpheum! We'll board the MinnDakota coach at 7:00 in the morning, then head towards the cities, stopping at the Shoppes at Arbor Lakes for an early lunch before arriving at the theater for the 1:00PM matinee showing of this classic musical. On the way home, we'll stop in Little Falls to grab a bite in the evening. Reserve your spot by going to DLCCC.org, going to the "Register for a Program" tab, and then select "Engage Coach Trips" towards the bottom of the page. There you'll be able to add a seat on the coach to the Lion King Coach Trip to your cart and pay the cost of \$168 for members or \$205 for nonmembers plus a processing fee. Tickets for this trip are non-refundable. You don't want to miss this! There are already only a few tickets left with no chance of adding a second coach, so be able to get yours before they're gone!

### Winter Luncheon

On Tuesday the 23rd, join in the HAC at 11:30AM for a baked potato bar and salad bar lunch! Both bases will be provided (lettuce and baked potatoes), but we'll need involvement for the rest. Sign up at the Engage table to bring a topping to round out this meal!



# ENGAGE WITH GAMES

## Mahjong

This fun and challenging tile game is on the calendar every week! Come down to the HAC at 1:00PM on Thursday afternoons to play. The DLCCC has just invested in a few more sets, so we have plenty of room for more players to join in!

Are you interested in learning how to play Mahjong? Sign up at the front desk. \$10 will get you two lessons after which you can join weekly games. Lessons will be scheduled after 4 prospective learners sign up.

## Bingo

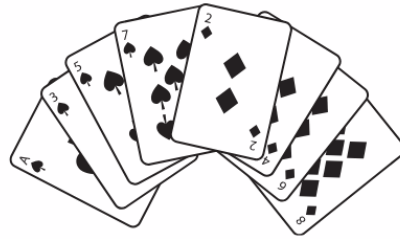
Join in the HAC at 12:30PM every Wednesday for Bingo. Cost is \$1/card for an hour of play. Come down early and enjoy lunch through Meals on Wheels at 11:30AM.

## Cribbage

Come down to the HAC at 12:00PM on Tuesdays to play with Engagers.

## Hand & Foot

Come play every Monday at 10:30AM in the HAC. Fast-paced and team oriented, this card game is always a good time! Haven't played before? We'd love to teach you!



## Whist

Also on Thursdays at 11:30AM, join in for a round of Whist! This simple (but potentially strategic) game is a lot of fun and a great way to make new friends!

## Lunch and Play

On Thursdays at 11:30AM, purchase a lunch from Meals on Wheels or pack your own to enjoy during some game play in the HAC! We play a range of cards, Dominoes, and board games.



## Other Games

Engagers are always invited to grab a friend and a game off the shelf and play in the HAC at their leisure!

## NEW! Samba

This card game is brand new to Engage. Come on into the HAC at 1:45PM on Wednesday afternoons to learn Samba and play with other Engagers!



## Engage Shirts

Order forms are available at the front desk for both short sleeve and long sleeve Engage shirts. If a t-shirt is what you prefer, come talk with Melia, as those were ordered in bulk. Share about the Engage program just by getting dressed in the morning!

## Food for Thought: Medical Care for Dementia

Join us on January 25th at 12:00PM in the HAC for a presentation centered around "Medical Care for Dementia," presented by Leah Hochstein, APRN, CNP, and medical provider with Sanford Health. Leah specializes in geriatric and internal medicine and sees patients in nursing homes, assisted living facilities, and other senior living environments. In addition to dementia, she treats a variety of complex medical conditions, including congestive heart failure, COPD, diabetes, kidney disease and more, making her a well-rounded resource. Leah is actually an executive board member of the MN Association of Geriatrics Inspired Clinicians. Refreshments will be provided. Sign up in advance at the Engage table. Space is limited, so be sure to reserve your spot!

## Trivia

January 4th is 'National Trivia Day,' and you know what that means! The Engage program will be celebrating at 11:00AM with our own session in the HAC. Bring some friends and come on down to really test that knowledge of yours! Sign up in advance at the Engage table.

# ENGAGE IN BEING ACTIVE

## GOED

### (Go Outside Every Day)\*

Every Monday, GOED will be meeting at Dunton Locks at 2:00PM to hike for an hour. Every Wednesday morning at 9:00AM, meet at Mountain View Recreation Area to join our 75-90 minute hike.

## Rockin' to the Oldies\*

You know where to find Melia every Friday at 8:00AM! Come combat the chilly weather in the pool area through dancing, sing, and rocking out in the pool to oldies music at water aerobics.

## Walking with Melia

Our Monday morning walks have officially been moved inside for the winter. Between 8:15AM-9:15AM, join on the upstairs track of the DLCCC to walk a few laps, catch up on the latest news, and rotate walking with different people.



\*Sign up for these activities online at DLCCC.org. Simply navigate to the 'Fitness & Aquatics Classes' tab and follow the steps to register for the event of your choosing.