

## A Few Highlights from September...



## ENGAGE EXTRA

### ENGAGE OCTOBER NEWSLETTER

Engagers,

*As many of you know, I will be gone the first week of October to move my parents back to Arizona and to check off a bucket list item. Take a look at the calendar. There are still events happening almost every day in my absence, thanks to the wonderful individuals who offered to step in for me. Please give a little extra grace for the substitutes.*

*October is going to be a wonderful month! Fall is in the air! That means it's time for apples, pumpkins, colorful leaves, and Octoberfest!*

*Learn how to cook a traditional German dessert, visit a German restaurant as part of the Passport Around the World program, and participate in an Octoberfest Potluck Party. Tour an apple orchard and learn some apple trivia. Explore some of Detroit Lakes' great hiking paths while taking in the fall beauty.*

*Seasons change in nature. They also change in life. Every living thing has a beginning and an end. Learn from some experts about Hospice and End of Life planning.*

*Make a decorative fall pumpkin craft to gift or adorn your home. Try your hand at making jewelry to go with a favorite fall outfit.*

*Tour one of Detroit Lakes most successful businesses and enjoy a snack in their employee cafeteria at Lakeshirts.*

*Read on to learn of all the fun-filled events for Engage for the month of October.*

*Remember, I don't expect to see everyone at every event, but I do hope there is an event planned this month for everyone!*

**Melia Stevenson**  
DLCCC Engage Coordinator  
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### 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 people in Engage.

\*Check the **DLCCC Engage** Facebook page for frequent 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.

### Beading with Brenda

Have you ever wanted to make your own jewelry? Give it a try! There are two upcoming opportunities for you!



Make a gorgeous set of pearl earrings for yourself or for that someone special in your life on **Wednesday, September 29th at 1:00pm in the HAC.**

Then complete the set with a whimsical ring on **Wednesday, October 27th at 1:00 pm in the HAC.**



Each class is \$12 per person which includes materials. Tools provided.

Preregister at the Front Desk, classes are limited

### Pop up Shop

The next Pop up Shop is scheduled for **Monday, October 11th from 9:30-12:00 in the HAC.** Come and spend your Engage dollars on new treasures!

*\*Donations are always welcome to keep the shop open!*

### Maple Hills Orchard



Mark your calendar for a fun and educational field trip on **Wednesday, October 6th at 10:00 am.** Take a ride on the trolley, taste a few varieties of apples, learn some apple facts from expert and owner Gary, and take a nature walk on the beautiful grounds.

**\*Sign up at the front desk to reserve your spot!**  
Cost is \$8 members/\$10 non-member

### Walking Women



The fall crisp weather is delightful for a morning walk! Kick off your week with some friends at **Oak Grove Cemetery** every **Monday morning at 8:15 am** to walk on the beautiful paved path surrounded by giant oak trees.

After exercising head back to the Center for a cup of coffee during C&C in the HAC.

### C&C (Crumcake and Coffee)



Are you looking to find out more about the Engage program and ways to get involved? Drop in for coffee and a homemade goodie every **Monday between 9:30-11:00 am.** Meet some new people and hear announcement about upcoming events.



# Coming Soon to the Holmes Theatre!

### The Concordia Duo

Tuesday, October 5 • 7:00pm



The Concordia Duo is made up of Concordia College music professors Jay Hershberger on piano and Gregory Hamilton on the cello. They will perform Beethoven's Sonata in G minor and Rachmaninoff's Sonata in G minor.

Adults \$15 • Students \$7.50

### Steel Magnolias

October 28 & 29 • 7:30pm  
October 30 • 2:00pm



Performed by a local community theatre group! Steel Magnolias, a stage play by Robert Harling, is a comedy-drama about the bond among a group of Southern women in northwest Louisiana.

Adults \$15 • Students \$7.50

### Takin' It To The Limit

#### An Eagles Tribute

Friday, October 22 • 7:30pm



The Fabulous Armadillos and Collective Unconscious come together to recreate the magical songs of the Eagles. Hear all the hits and relive the sound of your turntable spinning those incredible albums!

Adults \$32 • Students \$16

### Annie Mack

Saturday, November 13 • 7:00pm



Presented by MN Music Coalition's Caravan du Nord, Annie Mack is a singer/songwriter who writes from the gut and demands your attention. Don't miss this powerhouse blues & soul singer.

Adults \$15 • Students \$7.50

### Art Classes!



**Botanical Folk Art Class**  
Tuesday, Oct. 12



**Metal Stamping 101**  
Tuesday, Oct. 19



**Barn Quilt Painting Kits**  
Take Home Kits!



**Wood Pallet Painting Kits**  
Take Home Kits!

HISTORIC HOLMES  
THEATRE

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



## Local Resources and Happenings



### Olander is Hiring!

Olander Bus is looking for a caring adult for a part-time or substitute driver role. They are looking for a kind, caring, and patient adult who is willing to be trained to drive a small bus. Training is provided, along with free coffee and goodies on each shift. The time commitment is @2 hours, but drivers are often done in less time. The wage is \$14.42 per hour and the time is 6:30 am-8:00ish, although the pay will always reflect two hours. If interested in learning more, please call Nathan Olander at: 701-306-1531

### Medication Management Project

Call 218-736-8199 for a free appointment with a pharmacist to discuss your medications.



### Branson

The Engage Branson trip was tabled this year, but another group is going and has room on their tour. If you are interested in a 5-star coach tour November 8-13th, please reach out to Melia for more information. (There is a possibility of an Engage Branson trip next fall.)

## Have you been orientated?

Interested in expanding your fitness routine upstairs?

Sign up to have Leslie show you how to use different cardio equipment, the weight machines and more!

Stop by and sign up at the front desk!

### 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 Monday at 1:30pm** to play this fun card game.

**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.



**Bingo:** This game is on the calendar monthly at **11:30 am in the HAC**. Bring a sack lunch or order from the Meals on Wheels program. Play and win Engage dollars! The next Bingo will be offered **Thursday, October 7th**.

**Bunco:** This luck of the dice game is offered the **last Thursday of the month at 11:30 am**. Mark your calendar for **Thursdays, September 30th and October 28th**. Bring a sack lunch at **11:00 am** for some extra fellowship.



**Mexican Train Dominoes:** This will be offered on **Thursday, October 21st at 11:30 am** in the HAC.

**Game of Choice:** The middle of the month, **Thursday, September 14th at 11:30 am** will be up to the attendees. Any of the above are options or a different board or party game.

\* *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.*



### Passport to Germany

Meet the German family who runs this quaint restaurant. Hear from the patriarch about Germany and his move to the United States. Meet the matriarch and learn about some of her family recipes. Indulge in a classic German meal of cheese spätzle and dark bread.

Meet at the DLCCC at **2:00** to carpool to Omas in Wadena at **10 Aldrich Ave SW**, or meet up with the group there at **3:00 pm on Wednesday, October 20th**.

Space is limited

Advance registration at the front desk is required. Cost : \$13 members/18 non-members

## 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 fall months, most weeks will be a hike. Check DLCCC.org for the weekly meeting place.



## Nature Walk

Fall in MN is gorgeous! Join friends for a gentle nature walk **every Friday at 1:00 pm**. Locations will vary, so check in with the DLCCC Engage FB page for latest announcements. Wear comfy walking shoes and bring water. The walk will be @1 hour long.



## Rockin' to the Oldies

Meet in 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.

## 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.



## Give Back

Our project for October is to support **Christmas Stockings for Soldiers**. Your help is needed in the following ways:

- **Donate:** COTTON (holiday and patriotic prints) material to be used for making stockings.
- **Donate:** plain red, white, and blue felt for the stocking cuffs.
- **Drop in** the HAC on **Tuesday, October 12th from 11:00-1:00 pm and/or Thursday, October 14th from 10:00-12:00 pm** to help cut out and sew stockings.

### • Donate:

Small Individually Packages Meals: TUNA, Lasagna, Beef-A-Roni Smaller package (8 oz or less)

Crew Socks, Mole Skin

Slim Jims/ Beef Jerky

Toothbrushes & Small Toothpastes

Small Candy, chocolate is great. Mini-candy bars Candy: Christmas/ Halloween

Chewing Gum

Granola/Fruit/Breakfast Bars

Cookies/Nuts/ Pretzels/Trail Mix ,less than 12 oz. size

Flavored drink mixes (Single Packets) Lemonade, teas, hot cocoa, coffee

Paperback Books (no romance novels)

Ramen Noodle Soup

Fruit roll-Ups/Gushers/Cracker Jacks

Lip balm, Razors , Toiletries & lotions (small sizes) , Baby Wipes , Foot powder, sun block

DVD Movies & Music CDs

Pocket games & puzzles, Pens

Hand/Foot Warmers/ Fly Swatters

Crossword, Sudoku Puzzles

Letters of Appreciation

No aerosol cans or bars of soap or hand sanitizer, please.

**Donate:** Money to help cover shipping costs.

## Craft Make and Take

Drop in the HAC anytime between **10:00-12:00 am on Tuesday, October 5th** to make these adorable pumpkin fall decorations. Make one pumpkin or a cluster. Decorate your home or gift them to a friend or care facility.

**Sign up at the front desk.**

**Cost: \$5.00 members/\$8 non-members**

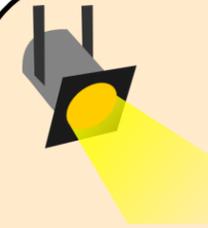


## Meals on Wheels

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.

## Spotlighting

### Holly Heisserer



Holly has lived in Detroit Lakes since shortly after marrying her college sweetheart, Ted. They met at Bemidji State in their early 20's and then made a life for themselves in Ted's home town. They have two kids: a boy and a girl, and two grandsons. Holly and Ted have been married for almost 45 years and will be celebrating their anniversary in Panama City Beach, where they winter every year. Holly enjoys quilting, singing, and playing both the piano and organ in her free time. She is a substitute organist at several local churches. Holly also enjoys travelling, especially when the travel has to do with anything historical. As far as Engage goes, Holly enjoys participating in the swimming classes, the walks at Oak Grove, the Passport programs, and making mittens. She loves that Engage has such a variety of programs offered, more than any other community she knows of. Engage gets her out to places she wouldn't normally go on her own. She would like to be at more events, but just doesn't have time to do it all. Holly is a type 1 diabetic. Although this disease is her cross to bear, she is honored to be a 50 year survivor and has the medal to prove it! She is honored to be a spokesperson and to share hope and encouragement with others struggling with diabetes. Monitoring her blood sugar and staying active helps her live a full and healthy life.





### Hospice Seminar

Join Sue Sorensen, Hospice Community Relations Specialist on **Wednesday, October 20th at 10:30 am in the HAC** for coffee and conversation about the importance of advance care planning with Hospice. Learn more about Hospice and palliative care and how each type of care can increase quality of life and align with an individual's goals.



### Birthday Lunch

Come out to Billy's Bar and Grill in Vergas at **11:45 am on Monday, October 18th** to celebrate all of the October birthdays! Billy's Bar and Grill is located at: 158 West Main Street in Vergas.

### From the Kitchen of:

Kathy

#### Chocolate Zucchini Cake

- 1/2 cup oil (I used canola)
- 1 1/2 cups sugar
- 2 teaspoons vanilla
- 1 large egg
- 1/2 cup milk
- 2 heaping cups peeled, shredded zucchini
- 2 cups flour
- 1/2 cup cocoa powder
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt

#### Directions:

1. Preheat oven to 350. Prepare a 9 x 13 baking dish by spraying with cooking spray.
2. In a large bowl whisk together oil, sugar, vanilla, egg, and milk. Fold in zucchini.
3. In a small bowl mix together flour, cocoa powder, baking soda, and salt.
4. Add to wet ingredients and mix until combined.
5. Pour into prepared pan, and bake 25-28 minutes, or until the cake begins to pull away from the sides of the pan.
6. Let cool completely before frosting.

### Octoberfest

Put on your lederhosen and roll out the barrel with Engage at the first ever Octoberfest Potluck Party! Cook up your favorite German dish for a potluck on **Wednesday, October 27th at 11:30 am in the HAC**. Be prepared for great food, fellowship, and fun! Reserve your spot by signing up at the front desk.

*(Contact Melia if you wish to come, but don't want to cook. There are other ways to contribute.)*



### 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.

**October:** The Giver of the Stars  
by Jojo Moyes

**November:** Ordinary Grace  
by William Kent Kreueger

**December:** Darius the Great is Not Okay  
by Adib Khorram

### Snowbirds



If you leave for a week or a full season, please stay in touch. Let us know when you'll be gone. Stay on top of the Engage happenings with the electronic version of the newsletter. Reach out to Melia if you desire to be a part of Book Club or other activity via Zoom. You are an important party of the Engage program and are missed when gone!

### Classic Movie Party

Get in the spirit of fall with a fun movie date on **Tuesday, October 12th at 1:00 pm in the HAC**. "Practical Magic" will delight you and get you ready for Halloween.

**Cost is \$2 to cover snacks.**

**Sign up at the front desk.**

### EARLY BIRD SPECIAL



### Early Bird Supper

Meet at Fireside at **4:30 pm on Monday, October 11th**. Burger baskets are \$10 and appetizers are on special during Happy Hour. The Fireside is located at 1462 East Shore Drive in DL. It's always more fun to dine with friends!

### Kuchen Class

Learn how to make a traditional German dessert with our own Hazel on **Thursday, October 21st at 10:30 am in the HAC**. She will demonstrate how to make three varieties of Kuchen. Of course taste testing will be involved! She will also share some of her German heritage and culture as the desserts are in the oven.

**Advanced sign up at the front desk is required.**

**Cost: \$4 members/\$6 non-members**

**\*Masks are required for this event!**



### Funeral Planning

Denise Fett, Advance Funeral Planner, will discuss how pre-planning your funeral helps ease the burden for you and your family. Come to the **HAC on Thursday, October 28th at 10:30 am** for a treat and some information.



### Lakeshirts Tour

Lakeshirts has invited the Engage group to come out for a tour on **Tuesday, October 19th at 2:30 pm**. The walking tour will take @ 1 hour and will give insight to the production from idea to shirt at this local, but global company. Snacks in the café will be provided at the end of the tour, along with a time for questions and answers.

\*The tour is free of charge, but advanced sign up at the front desk is required.



### Jam Making 101

Learn from expert gardener/canner, Mary Wosika. Enjoy a jam making demonstration with a tried and true recipe! She will share her personal tips and tricks for successfully making homemade jam. This event will take place in the HAC on **Monday, October 4th at 1:00 pm**.

**Cost is \$5 members/\$8 non-members**

**Advanced sign up at the front desk is required.**

Participants will be able to sample and go home with some jam.