

# ENGAGE EXTRA

## ENGAGE OCTOBER NEWSLETTER

*Dear Engagers,*

*I'm not quite sure where the time has gone, but summer is over, and fall is in the air! If you are like me, this long-awaited season was way too short! There have been several requests for "One more:" One more bike ride, one more kayaking adventure, one more chance to be outside. I have added a few of these outdoor adventures in early October. If the weather holds, it will be lovely to be outside and see the fall colors. I hope you can join us for one of these outdoor events.*

*What a summer it's been! We came together to hike, bike, kayak, fish, and even go on a horseback ride. We lounged on pontoons, played bingo in the park, and explored neighboring communities. We used our time to give back to the community and bless others with our time and talents. We "traveled" to foreign lands and learned new skills. We filled several coaches for adventures on road trips. It was a great season to engage with Engage: to learn, grow and play physically, mentally, and socially!*

*October is filled with an array of new opportunities. The pool has been re-opened, and a new fall fitness schedule is available. This will be a great month to try something new, with continuing participation in your favorite tried and true activities.*

*There's something for everyone available with the Engage program and at the Center!*

*Blessings!*

**Melia Stevenson**

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



### C&C

#### (Crumcake and Coffee)



Are you new to the Center or wondering about the Engage program? The best place to start is to drop in the **HAC (Holmes Art Cellar) every Monday between 9:30-11:00 am** for coffee, goodies, fellowship, and announcements. Get connected with fellow Engagers on a more intimate level before or after a great workout at the Center.

### Walking with Melia



Start your week out with a walk with Melia and friends! Early fall is a beautiful time to get outside and enjoy the brilliant colors with a walk **every Monday morning at 8:15 am at Oak Grove Cemetery!** Work your legs, mouth, and ears while walking and catching up on the latest news! If the weather is poor, we will walk on the DLCCC track. Stay tuned with last minute information on the DLCCC Engage Facebook page.

### Pool Update

The pool project has been completed! The new surface is top notch! The pool is ready to have you jump in and go for a swim. Register online for classes or to reserve a lane for lap swim.

**Rockin' to the Oldies is back every Friday morning at 8:00 am.**

The locker rooms will continue to be under construction for a while. How wonderful to have newly refurbished facilities for our use!

### Kayaking Adventure

Kayaking with Engage has been a huge hit this summer. There have been requests for one more fall adventure. Mark your calendars for **Monday, October 3rd at 2:00 pm.** Meet at GoGo Rentals by the bowling alley. This event is perfect for brand new kayakers or avid ones. Bring your own kayak or borrow one from the Friendshuh fleet. Please sign up and we'll be able to accommodate your adventure supply needs.

**Cost:** A small donation to the Friendshuh Family for hauling and wear and tear on their kayaks.



### Craft Make and Take

Make a lovely three-candle fall centerpiece. **Drop in the HAC between 11:00 am- 12:00 pm on Tuesday, October 4th** to create an original design. Sign up so that supplies can be ready for you.



**Cost: Members \$8/Non-members \$10**

### Cooking 101

Cooking 101 is being hosted by Manna Co-op with Abby. She will be focusing on tofu and answering the following questions: What is tofu? What are its health benefits? What are some yummy ways that tofu can be easily incorporated into your diet? **Meet at Manna Co-op at 11:00 am on Wednesday, October 26th** for an informative and delicious class.

Space is limited, so be sure to sign up early!

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

# October 2022

## LONESTAR

10 #1 HITS INCLUDING "AMAZED"

SATURDAY, OCTOBER 1

AT 7:30 PM



30<sup>TH</sup> ANNIVERSARY TOUR!

ADULTS  
\$48

STUDENTS  
\$24

GET TICKETS NOW  
[www.dlccc.org](http://www.dlccc.org) | Call 218-844-SHOW



MATINEE:

John Denver  
Tribute

October 4  
2:00 PM

742126  
TICKETS:  
\$18 Adults  
\$9 Students  
742126

## WINGS OVER AMERICA A TRIBUTE TO PAUL McCARTNEY & WINGS



OCTOBER 15  
7:30 PM

Collective Unconscious  
presents this show  
based on the double live  
album "Wings Over  
America" from 1976.

Tickets:  
\$32 Adults  
\$16 Students

HISTORIC HOLMES  
THEATRE

## Open Call to Local Actors!



No experience needed!

Auditions will be held at the Holmes on Oct. 2nd, starting at 1:00 p.m. There are several adult roles (most with a very light "line load.") Plus two main adult roles (with significantly larger parts) for one woman and one man. Rehearsals will begin Saturday, Oct. 8th.

HISTORIC HOLMES  
THEATRE

GET TICKETS:  
[DLCCC.org](http://DLCCC.org) • 218-844-7469  
806 Summit Ave., Detroit Lakes

Register:  
[DLCCC.org](http://DLCCC.org)



## GO-ED

### (Go Outside Every Day)

Enjoy the great outdoors every Wednesday morning at 9:00 am. We will be biking as long as the weather holds, and then we will transition to hiking.

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

## A Second Look at the

### JFK Assassination and the Warren Report

Join Steven Carlson, former faculty member at M-State Detroit Lakes and Wadena Campuses to take you back to November 22, 1963: A day that you will never forget. This presentation will also discuss the members of the Warren Commission, their conclusions after a ten-month investigation, and the controversy that has surrounded the Warren Report ever since.

Meet in the HAC for a two-part series on Tuesdays October 11th and 18th from 10:00 am-12:00 pm to learn more about this historical event.

**Cost: Members: \$5, Non-members \$8  
(per session.)**



## Duluth Coach Trip

We are a short time away from the much anticipated Duluth trip! So far the weather is on schedule for some beautiful fall days and gorgeous colors. Olander Coach Service and I have been working hard to provide a hassle-free, fun trip for you!

Just a few tidbits:

- \*The trip is a three day trip: **October 5-7th: Wednesday, Thursday, and Friday.**
- \*Our group consists of 48 participants, the coach driver, and tour director ( Melia) for a total of 50 people.
- \*There are NO refunds available, but I do have a waitlist. If you have an emergency and can no longer attend, we may be able to find replacements for you.
- \*Park and load the coach at the lower mall parking lot across from Wells Fargo Bank. The doors to the coach will open at 7:30 am, with departure at 8:00 am.
- \*There are no assigned seats on the coach.
- \*The coach will be locked when we are not in it. Feel free to bring comforts from home: blanket, pillow, book, etc.
- \*The coach driver does his best to keep the temperature comfortable for all passengers. Feel free to bring a blanket or have layers to put on or take off for personal comfort.
- \*The coach has free wifi.
- \*The coach has a bathroom.
- \*Pack warm layers for the dinner cruise.
- \*There are detailed itineraries available at the front desk.

If you have any other questions or concerns, please reach out to me at 508-446-4410.

I'm looking forward to a great trip, and I hope you are too!



### Food for Thought "Arthritis, Strength, and Flexibility"

Kim from RehabAu-  
thority is coming back for another Food for  
Thought program on **Tuesday, October 25th at  
11:30 am**. Kim will be teaching about how  
physical therapy can help with arthritis,  
strength, and flexibility. Learn exercises to im-  
prove balance and coordination to achieve op-  
timal physical function.

### Heartland Trail Bike Ride

So far it's been a great fall. We are trying for one  
more bike ride in order to be outside and soak in  
all the fall color. **Meet at the Heartland Trail-  
head in Park Rapids at 10:00 am on Thursday,  
October 13th** for a ride to Dorsett and back.  
This ride is fairly flat and easy riding, @12 miles.  
Pack a water bottle, snack, and money for lunch  
out in Park Rapids after the ride.

\*Melia is willing to pick up your bike and  
transport it for you, just make a note when sign-  
ing up.



### 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.



**Mahjong:** This fun and challeng-  
ing 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 Mah-  
jong? 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 participants signed up.

### Full Moon Hike



Meet at **Dunton Locks at 7:30 pm on  
Monday, October 10th** for a full  
moon hike. Wear good walking shoes  
and bring a flashlight. Stick around  
after the hike for a treat. Be sure to  
sign up to reserve your spot.

### Wood Carving

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

# Medicare Open Enrollment

October 15th - December 7th



**Take a moment to check-up on your Medicare plan and  
ensure that it meets your current needs!**



800-333-2433

**Meet in the HAC at 11:00 am on Thursday, October 20th** to do a yearly checkup on Medicare  
plans with Lisa Stroschein. Learn about the 2023 changes to Medicare! There is a lot of new leg-  
islation that will be going into effect starting January 1st and continue for a few years. It is all  
good information to know.

### Pennies From Heaven

The theatre department has requested help from the Engage program.  
They are trying to finalize the laying of thousands of pennies to complete  
the ballroom remodel project. This is an easy and fun job. Individuals can  
donate as little as 10 minutes to help with this project and it can be done at  
any time. Your donation of time will bless the DLCCC and HHT for years to  
come! See Melia, Grace, or Rustin for a brief training .



### Local Happenings

The Library is hosting reporter and author, Joe Kimball, to tell the "Secrets of the Glensheen Mansion Murders" on **Saturday, October 15th at 1:30 pm.**

Fans of true crime will enjoy this presentation by Joe Kimball. He will give a first-hand account of Minnesota's most infamous murder case.

\*This may be of interest to Engagers who are signed up for the Duluth trip because a visit to the mansion is on the itinerary.

### Nutrition Services Center

The Nutrition Services Center cooks and delivers meals 5 days a week. Sign up to have your meals delivered to your residence or join others for lunch in the HAC weekdays at 11:30 am. Call 218-847-5823 24 hours in advance to reserve your meal.

The program is also in need of volunteer drivers to deliver meals. The Meals on Wheels program will accommodate your schedule with volunteering as little as one day a month or five days a week! Contact Deann at the number above to volunteer.

**Congregate Dining is trying to grow their program!**



**This coupon is good for one free meal at Senior Dining in the**

**HAC. Please make a reservation 24 hours before redeeming at: 218-847-5823.**

**This is for dining in only.**

**One coupon per person for a one-time trial.**



### Volunteers Needed!

The first ever Fast and Furriest 5K is coming to Detroit Lakes on **Saturday, October 8th from 7:30-11:30 am.** Volunteers are needed to help at registration and the finish line. If you are interested in helping out, please email Sallie at Sallie@dlccc.org.

### Melt



The new Melt class has been a huge hit, so Nancy Hebert is adding another session. This will be an eight week workshop on **Wednesdays at 11:00 am, starting October 12th.**

Melt is a self care technique using small balls and soft rollers that reconnects, rebalances, rehydrates, and releases fascia. The techniques are easy to learn. Melt prides itself in relieving pain from stuck stress. Less is more and the class stresses no pain during the exercises.

Register online or at the front desk. Registration fee includes 8 weeks of learning techniques and equipment. More questions?? Reach out to Nancy Hebert at Nancy@dlccc.org.

### Halloween Open House

Engage member, Jill Larson, loves Halloween and decorates her house to the nines for the holiday. Engagers are invited to take a tour on **Tuesday, October 25th at 1:00 pm.** There will be a scavenger hunt and themed treats. Come in costume if you dare! Sign up to reserve your spot.



\*Can you guess which Engagers will be dressed up as the Hocus Pocus characters?

### Spotlighting

### Sherry and Dennis "Cap" Capistran



Sherry and Cap have been together for 29 years (married for 14.)

They each came to the marriage with 4 children and now have 14 grandchildren and 14 great-grandchildren between them from their 8 kids. They met at a dance with "Beginning Experience" and still enjoy dancing together. Counted cross stitch is another hobby for Sherry. She makes lovely wall hangings and is even known to take home some blue ribbons and grand champions from the county fair! Cap enjoys tractor shows, reading, and crossword puzzles. Together they enjoy rides on small country roads. They sometimes go with another couple and then find themselves in a neighboring town where they stop for lunch. Cap is known with fellow Engagers as the "Chief Librarian." He likes to keep the books organized and rotated between facilities. As far as Engage goes, Cap enjoys participating in any of the games, coffee hour, and book club. Sherry is more of a homebody, but enjoys bingo in the park during the summer months. When asked what they like about the Engage program, they said they enjoy the comradery, good spirited people, and the way people accept each other with open arms. If you want to get on Cap's bad side, be apathetic. He does not like it when there is a clear solution to a problem and he sees the people in charge doing nothing about it. Sherry is a tree hugger and is easily riled when she sees animals, trees, and our environment not being taken care of properly. Meet Sherry and Cap!

ladies night out presented by Essentia Health

'22 Vendor Registration form

Holiday Inn, Detroit Lakes, MN  
Thursday, October 13 | 4-7:30pm

Please scan to aissendorf@leightonbroadcasting.com or return this form along with payment to:  
Leighton Broadcasting | PO Box 746 | Detroit Lakes, MN 56502-0746  
Ladies Night Out is a production of Leighton Broadcasting.  
For more information, call Almee at 218-847-5624 or 218-209-0453.

Vendors + Designer Purse Giveaways + Prizes + Live Music + Demos + Food & Drink Specials + More!

### John Denver Tribute

Dennis Warner and the D's will be at the Holmes Theatre for a matinee concert on **Tuesday, October 4th at 2:00 pm**. Dennis will share stories and John Denver's music in his own distinctive style.

Engage is invited to participate in a special meet and greet wine and cheese event prior to the concert. Meet in the **ballroom at 1:00 pm** for this up close and personal event. Please sign up to reserve your spot.

### Classic Movie

Get in the Halloween spirit with the funny classic movie **Hocus Pocus on Wednesday, October 26th at 1:00 pm in the HAC**. This iconic movie stars

Bette Midler, Sarah Jessica Parker, and Kathy Najimy. The movie is about a curious youngster who moves to Salem, where he struggles to fit in before awakening a trio of diabolical witches who were executed in the 17th century.

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

**(Cost to cover snacks.)**



### Buck Mills Tour

It's time to check out and support the new business in town! Buck Mills Brewery is opening their doors early for an exclusive

Engage event. Meet at **Buck Mills Brewery on Washington Avenue at 2:00 pm on Wednesday, October 12th**. Enjoy a tour, informational talk, and possibly a brewing demonstration. Your ticket price also includes a sampling of three drinks and snacks. (Additional drinks can be purchased on your own.)

**Cost: \$12 members/\$15 non-members**

### Nature Walks

Fall is a beautiful time of year in Detroit Lakes! Let's get outside and enjoy the fresh air and our beautiful surroundings.

**Meet at Mountain View Recreation Area at 1:00 pm on Friday, October 14th** for a nice moderate hike through the woods.

**Meet at the main entrance at Dunton Locks on Friday, October 28th at 1:00 pm** for a trail hike.

Both walks will be approximately one hour in length.



### 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 when you sign 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. 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.

Remember to sign in each time you attend an event.



### Early Bird Supper

Support local businesses and have some food, fun, and fellowship with great friends! Meet at **Curly's on Thursday, October 20th at 5:00 pm, or the DLCCC at 4:30 to carpool**. Curly's is located at 20762 County Highway 29 Detroit Lakes.

Please sign up so we can call ahead with a count.



### Birthday Lunch

Meet at the **Sunlite Bar and Grill at 11:00 am on Wednesday, October 19th** to celebrate all the birthdays of the month.

Sunlite is located at 21001 Co Hwy 21, Detroit Lakes.

Please sign up in advance

### Engage Shirts

It's so nice having us look like a group who belongs together! Orders are still being taken for Engage shirts. There are three styles available and prices range from \$20-37, depending on the style. Contact Melia if you would like to place an order.



### 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 as simple as the 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.



### Book Club

Book Club meets the **last Thursday of the month at 1:00 pm**. Be part of a lively conversation discussing the book of the month.

**October: Raft of Stars by Andrew J. Graff**

\*We will be voting on the titles for the next several months at the October book club meeting. If you have any suggestions or requests, please get them to Melia prior to the meeting.

### Trick-or-Treating

The Engage program is teaming up with Head Start Child Care in the **HAC on Monday, October 31st at 10:00 am** to provide a fun and safe Halloween. 24 little ghosts and goblins will be trick-or-treating in the HAC during C&C. Please bring individually wrapped candy or age appropriate trinkets for kids from birth to four years old. Make it fun and dress up, but please nothing too scary!