



This Week in Engage October 4-17



Monday, October 5:

8:00 Oak Grove Walk: Meet at the Oak Grove Cemetery for a morning walk.

9:00 Silversneaker Yoga: Meet in the large fitness studio

9:30-11:00 C&C: Coffee and Crumbcake social hour! Chat with friends, stay up on the latest DLCCC news, and enjoy a cup of coffee and goodie on us.

11:00 Hand and Foot: Join fellow card players in the HAC for a lively game of Hand and Foot and win *Engage* dollars.

Tuesday, October 6:

10:00 Silversneaker Classic: Meet in the large fitness studio

1:00 Whittling: Join the Lakes Area Woodcarvers in the HAC

Wednesday, October 7:

9:00 Morning Walk: Meet in the DLCCC parking lot.

10:00 Silversneaker Yoga: Meet in the large fitness studio

11:00 Pinochle: Meet in the HAC for a few rounds with friends.

1:00 Fall Craft: Make a fun fall scarecrow for decorating or gifting. Please sign up at the front desk. Cost is: \$5 members/\$8 non-members. If you would like to make the craft in the comfort of your own home, a kit and directions can be purchased.



Thursday, October 8:

9:00 Walk Sucker Creek: Meet at the parking entrance for a nice fall walk

10:00 Coffee at LaBarista

10:00 Silversneaker Classic: Meet in the large fitness studio

1:00 Dominoes: Come and play Mexican Train Dominoes in the HAC

3:00 Bowling: Meet at Voyager Lanes for a game or two. Cost includes ball, shoes, and two games. Feel free to order a snack or early dinner off their new menu. Please sign up at DLCCC front desk. Cost is: \$12 members/\$15 non-members.

Friday, October 9:

8:00 Rockin' to the Oldies: Take a splash in the pool for some movin' and groovin' to your favorite 50's and 60's music.

11:00 Silversneaker Yoga: Meet in the large fitness studio

Monday, October 12:

8:00 Oak Grove Walk: Meet at the Oak Grove Cemetery for a morning walk.

9:00 Silversneaker Yoga: Meet in the large fitness studio

9:30-11:00 C&C: Coffee and Crumbcake social hour! Chat with friends, stay up on the latest DLCCC news, and enjoy a cup of coffee and goodie on us.

11:00 Hand and Foot: Join fellow card players in the HAC for a lively game of Hand and Foot and win *Engage* dollars.

Tuesday, October 13:

9:00 Hat Making: Learn how to use a loom to make a darling winter hat. *If you have a favorite yarn, please bring it.

10:00 Silversneaker Classic: Meet in the large fitness studio

11:30 Birthday Lunch: Meet at Pit 6/11 at 11:30 to celebrate all the October birthdays and all the birthdays that have been missed since March. (Due to Covid, we will no longer be at one large table. Tables will be spread apart with groups of 4-6 people.)

1:00 Whittling: Join the Lakes Area Woodcarvers in the HAC



Wednesday, October 14:

9:00 Morning Walk: Meet in the DLCCC parking lot.

10:00 Silversneaker Yoga: Meet in the large fitness studio

11:00 Pinochle: Meet in the HAC for a few rounds with friends.

Thursday, October 15:

9:30 Field Trip: Meet in the DLCCC parking lot to carpool to Fargo. Arrive at the Air Museum at 10:30. After exploring the museum, the group will head to Olive Garden for lunch, and then to the mall for some shopping. RSVP. Cost: \$8 member/\$12 non-member. Lunch and shopping costs on own.

10:00 Silversneaker Classic: Meet in the large fitness studio

Friday, October 16:

8:00 Rockin' to the Oldies: Take a splash in the pool for some movin' and groovin' to your favorite 50's and 60's music.

11:00 Silversneaker Yoga: Meet in the large fitness studio

Book Club:

Book Club currently meets on the last Thursday of the month at 1 pm. The next meeting is Thursday, October 29th, location HAC.

October Book: "Before We Were Yours" by Lisa Wingate

November Book: The Life We Bury by Allen Eskens

*Donations of new or almost new items are always welcome for our *Engage* pop up shop. Feel free to drop items off in Melia's office.

Local Happenings and Tidbits:

- Please register for all **Engage** events and activities at the front desk. They will take payments and reserve your spot. Spots for fitness classes can be reserved on line or by calling the front desk.
- Be sure to check out the new Fall Fitness Schedule for new/more Silversneaker and other fitness classes!
- The Holmes Theater is offering an array of art classes in the HAC during the Month of October. To learn more, go to DLCCC.org
- Thanks to some dedicated Engagers, we now have over a dozen pair of warm winter mittens sewn and ready to be donated. We have several bins of donated materials. If you would like to take some kits home to sew, please contact Melia.
- In the past the *Engage* program has teamed up with Olander Coach for some awesome stress-free trips. Due to Covid, the entire 2020 season was cancelled. Olander has now taken steps to ensure the safety of coach travel. They have installed new air filtration systems, an electrostatic disinfecting sprayer, hand sanitizers, and carry fewer people to ensure they are spread apart. The owner himself is willing to eat his entire lunch off the coach floor to prove how clean and sterile it is! We are in cahoots to plan some more events to break up winter, but need to hear from you first: 1. Would you feel comfortable boarding a coach again? 2. Where would you like to go/what would you like to do? 3. How much are you willing to pay for a local day trip without the hassle of driving? Please shoot Melia an email or text with your answers.
- Are you new to Medicare or wanting to explore different plan options? Open enrollment for Medicare is October 15-December 7. Our local expert, Sharon Notch, is willing to provide a class with helpful information and an opportunity to get all of your questions answered. If you have any interest in this, please reach out to Melia
- Do you have questions regarding senior care, housing, or anything related to seniors? There is a new gal in town, Ruth Haug, who is willing to answer all your questions and connect you to the needed resources. She can be reached at: 218-847-1385.
- **Engage** participant and longtime DLCCC member, Marion Dwyer, is now at home and on Hospice care. She has a pulmonary embolism and her son and grandson are staying with her. Cards are welcome: 209 Union Street, Detroit Lakes, MN 56501
- Wiseguys Car Club Show will be Sunday, October 4th from 6:00-8:00 pm at the Lakes Liquor Store Parking Lot (south end)
- Shady Hollow has extended their season to be open every weekend in September and October. There will be fall shopping & specials, pumpkins galore, food trucks, beer, cider & cocoa, local music, TV's & seating to watch the big game.



*HAC stands for Holmes Art Cellar, located in the lower level of the DLCCC

Blessings!

Melia

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