

This Week in Engage October 19-31

Monday, October 19:

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 20:

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

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

6:50 Movie: Laugh with friends while watching "War with Grandpa" at the WA Square Theater. Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back. The movie stars Robert De Niro and is @ 2 hrs 20 min. running time. Tickets are only \$10, which includes a small popcorn and drink. We'll be wearing masks, and sitting spread apart. Sign up and pay at the front desk prior to 5pm Tuesday.



Wednesday, October 21:



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

10:00-12:00 Mitten Making. We promised an opportunity once a month thru early December to come and make mittens for the Damien Christmas Tree Foundation. We need tracers, cutters, sewers, and cheerleaders! *This is a come and go as you are able event.

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

1:00 Pinochle: Meet in the HAC for a few rounds with friends.

Thursday, October 22:

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

4:30 Early Bird Dinner: This event is new to *Engage*! Once a month a different restaurant will be chosen to try out. Bring your spouse or a friend for an early supper and support local. This month is the American Legion. Their menu is small, but the value is great! Thursday is burger night. A burger basket and fries is \$4.25, cheese and onions can be added on for an additional \$.25 each.

Friday, October 23:

8:00 Water Aerobics: Work out while splashin' to your favorite oldies music

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

2:00 Passport Around the World: Pack your bags for an experience in China! Empathize with Deling Sparrow about her experiences growing up in China in a rural farmland due to a one-child policy in a family with 6 children. Learn about an important holiday in the Chinese culture and taste some Chinese cuisine. Hear how she made her way from Buddhism to Christianity. Advance sign up required. \$5 members/\$8 non-members.



Monday, October 26:

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

9:30-12:00 Engage Pop up Shop: Have you earned *Engage* dollars? Bring them to the HAC on Monday and have some fun using them to purchase treasures.

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 27:

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

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

Wednesday, October 28:

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

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

11:00-1:00 Drop in Make and Take Craft: Have you ever wondered what to do with your ice cream bucket after the ice cream is gone? Learn how to upcycle it into a darling basket to be used as a catch all or gift basket. Advance sign up required. Cost \$5 members/\$8 non-members. *Plain fabric and all other supplies will be provided. Feel free to bring a favorite patterned fabric.

1:00 Pinochle: Meet in the HAC for a few rounds with friends.



Thursday, October 29:

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

1:00 Book Club: Meet in the HAC for a lively discussion on "Before We Were Yours".

Friday, October 30:

8:00 Water Aerobics: Rockin' to the Oldies is going all Halloween! Wear your favorite costume, hat or headband and work out to fun and spooky Halloween music in the pool.

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

11:30 Octoberfest: Meet at Brygge's for lunch and a local brew bear.

Saturday, October 31:

12:30-4:30 Give Back: The Holmes Theater and Museum are putting on a city wide joint Halloween event that includes games and craft booths for children, live music, and a haunted house. The *Engage* group has been asked to provide a few game booths. We need volunteers to run the booths and donations of individually wrapped candy and trinkets for prizes. Sign up for a one, two, or four hour shift. Spread some joy to the little ghosts and goblins of our community! Sign-ups are at the front desk. Drop off donations in the *Engage* box outside of the Nutrition Center door.



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. There is an extra copy available in my office.

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

November Book: The Life We Bury by Allen Eskens *Please let me know if you would like to be part of an Amazon order to purchase a copy.

Rotating Book Shelf:

The rotating book shelf in the HAC has been a wonderful asset to our program, but it is currently overflowing with books. Please stop in and help yourself to any books of interest before some of them get donated.

Engage Pop Up Shop:

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.

Mahjong:

Thanks to the Beve Andrews memorial fund, a Mahjong set was purchased that will be kept in the HAC. Mahjong will be back on the schedule in November. If you are interested in lessons, please contact Melia.

Give Back:

Each month the *Engage* program finds ways to give back to the community. There are several ways to give back this month:

Mittens and Hats: We have an ongoing project of making mittens and hats for the Damien Christmas Tree. Join along in one of our making sessions, or take supplies home to make on your own.

Detroit Lakes Homeless Teens: There are currently over 15 homeless teens needing help in DL. Engage is collecting individually wrapped snacks, money, and \$5 gift cards. All supplies will be given to MState at the end of the month to be distributed to help these teens.

Halloween: The Museum and Holmes Theater are teaming up to provide a fun Halloween experience for all ages. Engage has been asked to help run a few booths for the young children from 1:00-4:00. Please sign up to take a shift or bring in some prizes.

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
- 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
- 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

** Construction will be starting on Monday for the new lobby. Please enter thru the main DLCCC doors, not the theater doors for events and working out.

Blessings!

Melia

DLCCC Engage Coordinator

Melia@DLCCC.org

508-446-4410