

COACH BUS TRIPS

2025



Go to the link for more details + registration:
<https://www.dlccc.org/register.html>
 *scroll down to **Engage Coach Trips***

No refunds.
 Registration can be transferred.



January

2025

Happy New Year!

I'm thrilled to kick off a brand-new year with all of you in Engage!

This January, we're focusing on health and wellness with a variety of events to start the year on a positive note. Don't miss our inspiring **meditation** sessions and **winter wellness** speakers.

Plus, embrace the season with our refreshing **snowshoe outings!**

Brighten up your winter with a fun **art project** that is sure to add a splash of color to these snowy days. For our first **Passport** event of the year, we'll explore the Galician region of northwestern Spain—an adventure you won't want to miss!

We're also excited to welcome **Sunbehm Services**, where you'll learn about the amazing resources available right here in our community.

Office Hours:

Many events offered through Engage take me off-site. Feel free to shoot me an email (teri@dlccc.org) or call my personal cell **701-351-0242** if you have questions during the day or about events!

I am available **Monday - Friday**
 from **8:00am-5:00pm**

As always, we're bringing back some crowd favorites: enjoy fun **trivia**, get **tech tips** from Teri, and participate in a meaningful **give-back** activity to support our local area.

Whether you're seeking physical, mental, or social enrichment, we have something for everyone.

*Life is better when you **Engage!***

Here's to a fantastic year ahead!

~ **Teri Holehouse**

Questions? Contact Teri at 218-844-4221 ex. 218 or teri@dlccc.org

Communication Center

Feedback from the Comment Box

Every few months, I'll be sharing feedback submitted to our community comment box. Since the submissions are anonymous, this is a great way to let everyone know their voices are being heard and to provide answers or responses where I can.

C: "I think we should have a **Hand & Foot** tournament!"

A: That's a fantastic idea! I'm exploring ways to incorporate it into 'March Madness' with a bracket-style elimination format, similar to the basketball tournament. Stay tuned for more details on this exciting future event. Thank you for sharing such a wonderful suggestion!

C: "Can the fun events ever be on a day different than **Tuesday?**"

A: This is interesting because I received similar feedback over the summer about too many fun events happening on Thursdays. 😊 It really comes down to timing, space, and availability. I'll do my best to space events out more in the future to better accommodate a wider range of schedules.

C: "I would like to learn **calligraphy.**"

A: That sounds amazing—I'd love to learn too! I've reached out to the Holmes Art Department and the Public Library to find someone willing to teach an affordable class. Hopefully, we'll have something lined up soon so we can create some beautiful Valentine's cards together!

C: "Suggestion: Do not have **Early Bird Dinner** on the same week as B-day lunch."

A: I completely agree! I do try to space those out as much as possible. However, when it comes to scheduling, I work with the restaurants to find dates that work best for hosting a large group. That said, I understand how much more enjoyable it is when these events are spread out, and I'll continue to keep that in mind!



701-351-0242



teri@dlccc.org



dlccc.org/engage

Engage in Being Active

Julie's Corner

Swim Aerobics
Rockin' to the Oldies
Fridays - 8:00am

Meet at the DLCCC pool for this fun fitness class! Great for all levels of active adults! We will work all muscle groups, but also be easy on our joints working out in the water.

Sign Up on the **DLCCC website** under **classes**

Snowshoe Outings
Tuesdays with Teri
1:30 @ Dunton Locks

Looking for a fun way to enjoy the winter landscape? Join Teri for a beginner-friendly snowshoe outing at Dunton Locks. Each groomed loop takes 25-30 minutes—do one or two, whatever works for you!

No class on Tuesday, Jan. 14

Weather Permitting - Teri will text you (if you're pre-signed up) or watch Facebook for updates!

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Wednesdays with Tracy
1:00 @ Mountain View

Looking for a longer, more **challenging** snowshoe adventure? Join Tracy's class at Mountain View! For details or to join the text-connect group, connect with Teri. She'll get you all set up!

Sign Up on the **DLCCC website** under **classes**

Chair Yoga
Fridays - 11:10am

Join us for a fun and energizing chair yoga class designed to improve flexibility, strength, and balance—all while sitting comfortably in your chair. Whether you're looking to stay active or just want to feel more at ease in your body, our class offers a welcoming and supportive environment for all ability levels. Come relax, stretch, and enjoy the benefits of yoga without having to get on the floor!

Sign Up on the **DLCCC website** under **classes**

Walk the Track with Teri
Mondays @ 8:30am

Start your day with some light exercise and friendly conversation! Join Teri for a 45-minute walk on the upstairs track at the Center before C & C. It's a wonderful way to get active and enjoy time with others—because walking with friends makes every step more enjoyable.

No group on Monday, Jan. 13

Sign in if you participated

The holidays are over now, and it's great that you're taking steps to care for yourself during the colder, darker months. ❄️

Vitamin D plays a crucial role in overall health, especially when sunlight exposure is limited. I take Vitamin D every single day and it has made such a difference in my life. While some foods like fatty fish (salmon, mackerel), egg yolks, and fortified products (milk, orange juice, cereals) contain Vitamin D, it's usually not enough to meet your daily needs, especially in the darker, colder months when sunlight exposure is limited. A supplement is often necessary to maintain optimal Vitamin D levels. Always check with your physician to ensure supplements fit your individual health plan, especially if you're taking medications. ☀️

Attached is a list of the benefits of Vitamin D!

- Vitamin D Benefits**
- **Supports Bone Health:** It aids in calcium absorption, which helps maintain strong bones and teeth.
 - **Boosts Immunity:** It enhances your immune system, helping your body fight infections.
 - **Improves Mood:** Low levels of Vitamin D have been linked to seasonal affective disorder (SAD) and feelings of fatigue.
 - **Promotes Muscle Function:** It helps maintain muscle strength and reduces the risk of falling as you age.
 - **Reduces Inflammation:** Vitamin D can help regulate inflammation, supporting overall health.
 - **Reduces the risk of developing diabetes:** Vitamin D helps prevent insulin insensitivity and improves the function of the beta cells in the pancreas to produce insulin.


Quick and Easy Overnight Oats
To keep you warm inside while cold outside!

Ingredients:

- 1/2 cup milk of any kind
- 1/2 cup rolled oats
- 1/2 cup toppings/mix-ins of choice
- 1-2 tsp honey/sugar/maple syrup

Instructions:

Measure 1/2 cup of any milk and 1/2 cup rolled oats into a glass jar or bowl. Stir in 1-2 tsp of sweetener (real maple syrup, honey or sugar). Mix all the ingredients well. Optional mix-ins can also be added and mixed in: vanilla, cinnamon, berries, nut butter, jam, chia seeds, chocolate chips, etc. Get creative for each person's preferences! Place in refrigerator covered or with lid on for 2 hours. Wait 9 hours, and it's ready to eat with a spoon!



Engage in Learning

Engage in More

Guitar Lessons

Thursday - multiple levels/times

You can ALWAYS learn something new! Such as...how to play guitar! Come to the HAC to learn! Our fantastic guitar instructor, Jerry Short, offers lessons at many different levels depending on skill. All level lessons are **free** of charge!

- **Level 4 - 8:30 am**
- **Level 3 - 10:00 am**
- **Level 2 - 11:30 am**
- **Level 1 - 1:15 pm**

Want more information on class placement?

Reach out to Jerry today!
gse5470@yahoo.com

Songwriter's Guild

Third Thursday @ 2:30pm

Here is an opportunity for those who love to write songs! Whether you're just beginning or have been writing for years - come to the HAC to share your original songs, and get creative feedback from others!

Contact Jerry Short for more information:
gse5470@yahoo.com

Boys & Girls Club Tour

Tuesday, January 28 @ 10:00 am



Join us for a special opportunity to tour the Boys & Girls Club, an incredible organization serving over 850 children in Becker and Otter Tail Counties. This remodeled facility, opened in 2019, features a preschool, teen center, and after-school programs designed to inspire and support young minds.

We'll kick off the morning at 10:00 AM with coffee, cookies, and a brief look into the history and mission of the Boys & Girls Club. Afterward, you'll enjoy a guided tour of the facility to see firsthand how this amazing space is making a difference in the lives of local kids!

Sign Up at the **Engage Table**

Tech Time with Teri

Wednesday, January 29 @ 11:00

Do you have questions about signing up for classes or events on our website? Or maybe you'd like assistance navigating other online tools? Bring your phone, tablet, or device as well as any questions you may have to the HAC, and Teri will be happy to help however she can!

Sign Up at the **Engage Table**
or **sign in** if you participate

Meditation

Speaker: Nancy Hebert

Monday, January 6 @ 12:30 pm

Nancy Hebert is leading a session on the powerful benefits of meditation and its role in enhancing your health and well-being. Explore **three easy-to-learn, effective meditation styles** that promote relaxation and focus.

Sign-up at the **Engage Table**

The Laker Cupboard

January "Give-Back"

Deadline: Wednesday, January 29

Drop-off: Thursday, January 30 @ 1:00pm

This month, we're coming together to support the **Laker Cupboard**, a vital resource housed at the high school that provides students across the district with essentials for school success. Let's help fill their shelves for winter!

Items currently needed:

- New bath towels & washcloths
- Body wash (for young men and women), brushes/combs, ponytails, and large hair clips
- Adult-sized waterproof mittens
- Warm winter boots (Women's sizes 6-9 and Men's sizes 8-11)

If you're able to donate, please bring items to the HAC by **Wednesday, January 29**.

Donations will be delivered on **Thursday, January 30, at 1:00 PM**.

Want to be part of the drop-off group? Reach out to Teri to join in!

Thank you for helping us make a difference in the lives of our students!

Passport: Spain

Speakers: Greg & Jenn Johnson

Wednesday, January 8 @ 10:00 am

Greg and Jenn Johnson will share about their incredible **100-mile hiking expedition** along the Camino Francés in the breathtaking Galician region of northwestern **Spain**.

Through their stories, you'll learn about their journey, the accommodations they selected (and why), and, most importantly, the remarkable people they encountered and the rich culture they experienced along the way.

Sign Up at the **Front Desk**

DLCCC Members \$4 Non-Members \$6

Winter Wellness

Speaker: Danika Leitheiser

Tuesday, January 21 @ 10:00am

Danika is returning to share tips on staying healthy through the winter months by using **natural herbs, tinctures, and remedies**.

Don't miss this opportunity to learn and explore her wonderful products from "The Cupboard," available for purchase. Whether you're a seasoned herbal enthusiast or just curious, this session is sure to meet your needs!

Sign-up at the **Engage Table**

Sunbehm Services

Speaker: Cory Behm

Wednesday, January 22 @ 11:00 pm

We welcome Cory Behm, the inspiring creator of **Sunbehm**, to share his passion for making life easier and more connected. From **maintenance** and **security checks** to **grocery delivery, chore assistance, tech support, and companionship visits**, Cory's services offer something for everyone.

Don't miss this opportunity to hear from a professional dedicated to improving daily living and community well-being!

Sign-up at the **Engage Table**

Member Spotlight

Harlan Huseby

Harlan Huseby was born in Fosston, MN, and grew up on a farm near Bagley, MN. His childhood was filled with farm chores like milking cows by hand, haying, fieldwork, sawing logs, and cutting firewood. During his last two years of high school, he worked in a shop at the Bagley newspaper office, took on hay bale hauling jobs for local farmers, and even did some car and truck driving for a small dealership. These jobs helped him earn money for his first car and the gas to keep it running.

In 1966, Harlan joined the Air Force and studied electronics. After moving to Fargo, he worked in TV and stereo repair and spent five years at the area's only shop rebuilding TV picture tubes, which were sold to local repair businesses. That job ended when the shop closed due to the owner's health issues.

Next, Harlan worked briefly in a wood shop at a boat manufacturing plant before spending 20 years in the audio/visual repair department at Northern School Supply. There, he repaired equipment for schools across Minnesota and North Dakota until the company was sold. Afterward, he transitioned to cabinet-making, first for Fargo schools and later at a custom cabinet shop in Audubon. He fondly remembers working with some truly great people in Audubon, crafting cabinets from real wood.

In 1980, Harlan's divorce left him with custody of his four teenage sons. Raising them tested his patience (and sanity!) on an hourly and daily basis—a test he says he's still recovering from to this day.



In 1988, Harlan married Eileen Bjorgan of Audubon, who he describes as "the best wife anyone could ask for." With this marriage, he gained three more children, bringing his total to six boys and one girl—and leaving his sanity at a solid zero. (Care to guess his favorite child? Of course, it's the one girl!)

Harlan retired to care for Eileen when she became ill. After her passing, he found comfort in his family, including four grandchildren who all work in the medical field. Perhaps all that insanity paid off!

Today, Harlan enjoys scroll saw projects, woodworking, and chatting with his cats every morning as they plan and plot their day together. He's also an active participant in Engage, where he values the opportunities for socializing and connection it provides.

Engage in Playing Games

YOU ARE ALWAYS WELCOME

You are encouraged to grab a friend and use the HAC!
Play games, do puzzles, enjoy your lunch, or grab a book and read!

Whist

Thursdays @ 11:30

Kick off the new year with a game of Whist! Let's gather to enjoy this classic trick-taking card game. Whether you're a seasoned player or new to the game, we'd love for you to join!

No Whist on Thursday, Jan. 23

Cribbage

Tuesdays @ 1:00 pm

Cribbage is back! Join us at the HAC on Tuesdays for this fun game with friends!

BINGO - Wednesdays @ 12:00pm

Join us for BINGO in the HAC!

We use our cool screen to project the numbers, making it easy and fun for everyone. With several prizes up for grabs, you could be one of our lucky winners!

Bingo will move to 12:30 on the week of Birthday Lunch.

Cost is \$1/card for an hour of play!

Hand & Foot - Mondays @ 10:30am

This fast-paced and team oriented game is always a huge hit! Stick around after C&C in the HAC to learn and play!

Mahjong - Thursdays @ 1:00pm

This is another game on the calendar every week! Come down to the HAC on Thursday afternoons to play. The DLCCC has quite a few Mahjong sets, so all you do is show up and play!

Are you interested in learning this fun and challenging game? **Sign up** for lessons at the **front desk**. For \$10, you will receive two lessons so you can join in weekly games!

There needs to be a minimum of 4 prospective learners for lessons to be scheduled

Samba - Wednesdays @ 1:15pm

This game has been described as Hand & Foot on steroids!

Come to the HAC and join in the fun!
Bingo will move to 1:30 on the week of Birthday Lunch.

Card Dump

Thursday, January 23 @ 12:00 pm

Make sure to stick around after our potluck for a lively game of Card Dump—which is always better with a big group! Whether you're a seasoned player or new to the game, you're guaranteed a great time filled with laughter and friendly competition.

To play, bring **9 quarters** and a **\$1 bill**. Each round features a pot for the winner, so the excitement builds as you play through each round to see who comes out on top. Win or lose, you're sure to enjoy an afternoon filled with smiles and good company!

Sign in at the **Engage Table**

Engage in **Having Fun!**

Early Bird Dinner

Monday, January 6 @ 4:45pm



815 Washington Ave,
Detroit Lakes, MN

Sign-up at the **Engage Table**

January Birthday Lunch

Wednesday, January 15 @ 11:00

Enjoy a delicious meal with friends at



15057 Co Hwy 11
Audubon, MN 56511

Come join us to celebrate *January* birthdays!

Sign Up at the **Engage Table**

Engage in **Being Social**

Coffee & Crumb Cake (C&C)

Mondays - 9:30am - 10:30am

The best way to start the week!

Join us on Monday mornings at the Holmes Art Cellar (HAC) to enjoy coffee, potluck treats, and fellowship!

Curious of what Engage is up to throughout the week? Come and hear the weekly announcements!

We look forward to seeing you!

Sign in at the HAC if you participated

Book Club

1:00pm

The last ***Monday*** of the month

We are excited for our first read of the year!
We meet at the **HAC** reading nook.

This month we will enjoy

"When She Returned"

by Lucinda Berry a psychological thriller about Kate Bennett, who reappears 11 years after being abducted by a cult. Her return

upends the lives of her husband and daughter, forcing them to confront

buried secrets and unravel the truth of her disappearance. With shifting perspectives and timelines, Berry delivers a suspenseful, emotionally charged story with a chilling twist.

Sign-in in at the HAC in you participate.



Vibrant Mandala Suncatchers

Tuesday, January 7 @ 10:00am

Brighten your home this winter with the beauty of handcrafted Mandala suncatchers! Join us for this creative workshop where you'll design stunning window clings that have a "stained glass effect" which will fill your space with vibrant, colorful light. Each participant will make and take home **three breathtaking suncatchers**—perfect for adding warmth and charm to your winter days. Don't miss this opportunity to craft something truly dazzling!

DLCCC Members \$3 Non-members \$5

Sign up at the **Front Desk**



Wood Carving

Tuesdays - 1:00pm

Is wood carving a passion of yours?
Maybe you're looking to try a new hobby?

The DLCCC wood carvers continue to meet in the HAC every Tuesday at 1:00pm. Join in any week to work alongside other talented carvers.

This is a great social opportunity, especially if you're looking for others to share a creative insight!

Sign in at the HAC if you participate

12 o'clock Trivia Time

Monday, January 20 @ 12:00pm



Join us at the **HAC** for a lively round of **"Twelve O'Clock" Trivia!** This is a thrilling hour packed with fun questions and multiple-choice answers. Whether you're aiming to win a prize or just in it for the thrill, you're sure to walk away with a brain full of fascinating new facts. Come test your knowledge and have a blast with friends!

Now Introducing Prizes for **top** and **lowest** scores! It's all about the FUN!

Sign Up at the **Engage Table**

or sign-In when you arrive

\$1 to participate - **Prizes Available**

Snowy Day Delight POTLUCK

Thursday, January 23 @ 11:00 am

Escape the winter chill and join us for a friendly potluck featuring warm, hearty dishes that are sure to hit the spot. Bring your **favorite comfort food** to share and enjoy a **relaxing meal with friends**, surrounded by good conversation and laughter.

After lunch, stick around for the fun and energy of **Card Dump**—a crowd-favorite game that's always a hit! It's the perfect way to bring a little **warmth and cheer** to a cold winter day.

We can't wait to see you there!

Sign-up at the **Engage Table**

January 2025



Please note that some activities require pre-registration or a fee. Check the newsletter for more information.

MON	TUES	WED	THURS	FRI
<p>30 8:30 Walk the Track w/Teri 9:30 Coffee & Crumb Cake (C&C) <i>Come and Hear the Weekly Announcements!</i> 10:30 Hand & Foot Card Game 1:00 Oak Crossing Bingo Give-Back</p>	<p>31 11:30 Lunch & Play (Cribbage) 1:00 Wood Carving 1:30 Snowshoeing w/Teri</p>	<p>1 <i>happy new year</i> 12:00 BINGO in the HAC 1:00 Snowshoeing w/Tracy 1:15 Samba Card Game</p>	<p>2 11:30 Whist Card Game 1:00 Mahjong Tile Game Guitar Lessons - All Day - (please see newsletter for times)</p>	<p>3 8:00 Swim Aerobics "Rockin' to the Oldies" 11:10 Chair Yoga Fitness Studio</p>
<p>6 8:30 Walk the Track w/Teri 9:30 Coffee & Crumb Cake (C&C) 10:30 Hand & Foot Card Game 12:30 Meditation with Nancy Hebert 4:45 Early Bird Dinner Roasted Pub & Eatery 815 Washington Ave</p>	<p>7 10:00 Mandala Suncatchers Art 1:00 Cribbage 1:00 Wood Carving 1:30 Snowshoeing w/Teri</p>	<p>8 10:00 Passport - Spain 12:00 BINGO in the HAC 1:00 Snowshoeing w/Tracy 1:15 Samba Card Game</p>	<p>9 11:30 Whist Card Game 1:00 Mahjong Tile Game Guitar Lessons - All Day - (please see newsletter for times)</p>	<p>10 8:00 Swim Aerobics "Rockin' to the Oldies" 11:10 Chair Yoga Fitness Studio</p>
<p>13 9:30 Coffee & Crumb Cake (C&C) <i>Come and Hear the Weekly Announcements!</i> 10:30 Hand & Foot Card Game</p>	<p>14 1:00 Cribbage 1:00 Wood Carving</p>	<p>15 11:00 Birthday Lunch Pit 611 - 15057 Co Hwy 11 Audubon, MN 56511 12:30 BINGO in the HAC 1:00 Snowshoeing w/Tracy 1:30 Samba Card Game</p>	<p>16 11:30 Whist Card Game 1:00 Mahjong Tile Game Guitar Lessons - All Day - (please see newsletter for times) 2:30 Songwriters' Guild</p>	<p>17 8:00 Swim Aerobics "Rockin' to the Oldies" 11:10 Chair Yoga Fitness Studio</p>
<p>20 8:30 Walk the Track w/Teri 9:30 Coffee & Crumb Cake (C&C) 10:30 Hand & Foot Card Game 12:00 Trivia Time</p>	<p>21 10:00 Winter Wellness w/Danica Leitheiser 1:00 Cribbage 1:00 Wood Carving 1:30 Snowshoeing w/Teri</p>	<p>22 11:00 Sunbehm Q & A 12:00 BINGO in the HAC 1:00 Snowshoeing w/Tracy 1:15 Samba Card Game 5:00 - Open Acoustic Jam Public Library</p>	<p>23 11:00 "Snowy Day Delight" Potluck 12:00 Card Dump 1:00 Mahjong Tile Game Guitar Lessons - All Day - (please see newsletter for times)</p>	<p>24 8:00 Swim Aerobics "Rockin' to the Oldies" 11:10 Chair Yoga Fitness Studio</p>
<p>27 8:30 Walk the Track w/Teri 9:30 Coffee & Crumb Cake (C&C) <i>Come and Hear the Weekly Announcements!</i> 10:30 Hand & Foot Card Game 1:00 Book Club "When She Returned"</p>	<p>28 10:00 Tour - Boys & Girls Club 1:00 Cribbage 1:00 Wood Carving 1:30 Snowshoeing w/Teri 2:00 Library Club Public Library</p>	<p>29 11:00 Tech Time w/Teri 12:00 BINGO in the HAC 1:00 Snowshoeing w/Tracy 1:15 Samba Card Game</p>	<p>30 11:30 Whist Card Game 1:00 Mahjong Tile Game 1:00 - Laker Cupboard Give-Back Drop Off Guitar Lessons - All Day - (please see newsletter for times)</p>	<p>31 8:00 Swim Aerobics "Rockin' to the Oldies" 11:10 Chair Yoga Fitness Studio</p>

Event Code:

- Holmes Art Celler - HAC
- Off-Site Activity
- DLCCC / Theater
- Community Happening