



KICK THE WINTER BLUES OVERNIGHTER

Thursday, April 17 - Friday, April 18

Feeling the winter blues? Brighten your spirits with a trip to St. Paul! Enjoy the Secret Warriors show at the History Theatre, a tour of the Swedish Institute Museum, coach bus travel, and a stay at the Drury Plaza Hotel—all fully guided! **Sign-up deadline:** March 10

QUESTIONS?

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



The Holmes Community Theatre presents...



A PULITZER PRIZE-WINNING PLAY BY BETH HENLEY

DIRECTED BY: Jim Davis

FEATURING LOCAL ACTORS: Madi Hagen,
Jenn Johnson, Greg Johnson, Mary Sundby,
Mercedes Jesness, Brian Ferdon

ADULTS \$18 • STUDENTS \$10

CRIMES of the HEART

Thursday, March 6 • 7pm

Friday, March 7 • 7pm

Saturday, March 8 • 2pm

Appropriate for ages 13+

Three adult sisters, who have experienced traumatic childhoods, are reunited when Babe, the youngest, unexpectedly gets into trouble. The play is about sisters, about love no matter what, and about laughing your butts off together even in the hardest of times.



**Celebrate Mardi Gras
at the Holmes!**

**TUESDAY, MARCH 4
7PM**

Experience the thrill of Mardi Gras! Allow yourself to be carried away to Bourbon Street with the enthralling performances of the Mardi Gras Kings. Brace yourself for a soulful blend of traditional New Orleans melodies!

ADULTS \$15 • STUDENTS \$10

HISTORIC HOLMES
THEATRE

Tickets at
DLCCC.org



Presents

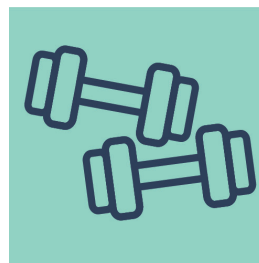
Pedal Punk

Friday, March 21 at 7pm

HISTORIC HOLMES
THEATRE

Tickets at DLCCC.org

Enter the world of Pedal Punk, a Steampunk inspired place where cycling is the way to escape the technology obsessed society. Experience the excitement, artistry, and thrill that occurs when a wacky bike shop mechanic interacts with cyclists and bikes.



LIFE'S BETTER
— when you

Engage@

DLCCC 50+

March 2025

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**

Spring is on the way, and we're ready for all the excitement this season brings!

Get ready for a month filled with fascinating speakers, hands-on learning, and plenty of fun. We're thrilled to welcome **published author Dana Chase** and **artisan Linda Sheryak**.

Also **Pastor Megan Clapp** will take us on a journey through Greece and Turkey in this month's **Passport series**.

Expand your knowledge with guest

presenter **Nancy Hebert**, who will share the benefits of **essential oils** for your health, and increase your knowledge with **practical health tips** from two expert presenters this month—**Dr. Wes Anderson** and **Dr. Trisa Hutchinson**—each offering their own unique session.

Don't forget to sign up for the **charcuterie board class** with **Brooke Wenzel** at La Barista, where you'll create and take home a beautiful (and delicious) appetizer board. And of course, there's plenty of fun and games ahead—so be sure to save the date for **Engage's 6th Birthday Party & Potluck!**

We can't wait to celebrate with you all—because *"Life is better when you ENGAGE!"*

♥ ♥ ♥ Teri Holehouse



218-844-4221 ext. 218



teri@dlccc.org



dlccc.org/engage

Engage in Being Active

Swim Aerobics

Rockin' to the Oldies
Fridays - 8:00am

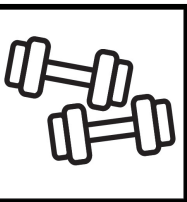
Meet at the DLCCC pool for this fun fitness class! Great for all levels of active adults! We will work all muscle groups, but also be easy on our joints working out in the water.

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

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.



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!

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**

Julie's Corner

Spring is Almost Here!

I can feel the excitement of warmer weather and sunshine—it is so rejuvenating! I'll be away for a couple of weeks this month, but rest assured, my classes will continue with substitute instructors, so everything will carry on as usual. As spring approaches, it's the perfect time to soak up some vitamin D, which we all need after the long winter months. Sunshine really lifts my spirit and energizes my body. I always look forward to seeing all my participants when I get back too. One thing I love doing while on vacation is yoga. It's so adaptable—you don't need much space or equipment! I've rolled out a bath towel on hotel floors and even used a chair for support.

Yoga is a wonderful way to keep your body and mind in balance, and it's something you can easily do wherever you are!

Benefits of Yoga:

Physical Benefits:		Mental Benefits:	
1. Improves Flexibility	4. Improves Posture	1. Reduces Stress	4. Promotes Relaxation
2. Builds Strength	5. Supports Joint Health	2. Enhances Focus	5. Enhances Clarity
3. Improves Balance		3. Eases Anxiety	6. Eases Depression

If you have been curious about yoga, spring is the perfect time to start fresh and try something new. Whether you are traveling or at home, a little yoga can make a big difference! Looking forward to seeing you in class soon! 🌞

Hearty Chicken Tortilla Soup

1 lb. chicken breast (or rotisserie chicken)	1 T. olive oil	1 onion, diced	2 cloves garlic
1 bell pepper, diced. (I use red pepper)	2 cups chicken broth	1 can black beans, drained and rinsed	1 can diced tomatoes (with green chiles for flavor)
1t. cumin	1t. chili powder	Salt and pepper to taste	Garnish: avocado, lime, and tortilla chips.



In a big pot, heat the olive oil over medium heat. Add the onion and bell pepper, sautéing until they are soft. Stir in the garlic, cook for a minute until it smells good. If you use raw chicken, add it to the pot and brown it on all sides, about 5 minutes, or shred leftover rotisserie chicken and add it later. Add chicken broth, black beans, diced tomatoes, cumin, chili powder, salt, and pepper. Let it simmer. Let the soup simmer for 20-25 minutes. If you use raw chicken, make sure it's 165°F inside. Once cooked, remove chicken, shred it, and return it to the pot. Adjust seasoning as needed. Garnish if desired.

Julie
Rezneck



218-844-4221 ext. 215



julier@dlccc.org

Engage in More

Passport: Turkey & Greece

Speaker: Megan Clapp

Thursday, March 20 @ 10:00am

Join Pastor Megan Clapp from Trinity Lutheran Church on an unforgettable journey through the historic sites of **Greece** and **Turkey**. Discover how culture shaped the early faith communities while experiencing the breathtaking beauty of these ancient landmarks. Highlights of the tour include the **Acropolis**, the stunning **Hanging Monasteries of Meteora**, and the historic cities of **Corinth and Ephesus**. This incredible opportunity is open to all—come be a part of the adventure!



Sign Up at the **Front Desk**

DLCCC Members **\$4** Non-Members **\$6**

March “Give-Back” Laker Carnival Volunteers Saturday, March 22

@ 10:45am - 12:30pm or 12:30pm - 2:15pm

Help volunteer at the **Laker Elementary Carnival** and help make it a fun-filled experience for the kids! Choose a game that interests you and enjoy helping the little ones have a blast. Simply sign up for your **preferred booth** and **time slot**, and Teri will take care of the rest.

Sign Up at the **Engage Table**

Jewelry 101 - Creating & Fixing

Speaker: Linda Sheryak

Thursday, March 6 @ 10:00am

Come and meet Linda Sheryak at the HAC as she shares a glimpse into her **jewelry-making process** and techniques, while showcasing some of her designs. Linda will also **provide tips** on keeping your jewelry in top shape and **offer advice** on minor repairs. Feel free to bring any pieces you have questions about!

Sign Up at the **Engage Table**

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!

- **Class 1 - 8:30 am**
- **Class 2 - 10:00 am**
- **Class 3 - 11:30 am**
- **Class 4 - 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

Engage in the Learning

Progressive Care Therapy:

Brain Health

Speaker: Dr. Trisa Hutchinson

Monday, March 10 @ 12:00pm

Take charge of your **cognitive health**! Dr. Trisa Hutchinson, Occupational Therapist, will guide you through practical strategies to support **memory, focus**, and overall **brain function**. Come learn about the ins and outs of **brain health** and ways to keep our minds healthy!

Sign Up at the **Engage Table**

Essential Oils

Speaker: Nancy Hebert

Monday, March 17 @ 12:30pm

Essential oils have many benefits and are a healthy alternative to perfumes and chemicals found in many products.

Join Nancy in the Holmes Ballroom to learn more and make yourself a **bath salt**. You will also get to take home a **body spray** with your preferred oil.

Sign Up at the **Front Desk**

DLCCC Members **\$7** Non-Members **\$10**

Tech Time with Teri

Wednesday, March 26 @ 11:00



Would you like assistance with technology? 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**

An Author's Journey:

How my family's terrifying story led to a fate we could have never imagined

Speaker: Dana Chase

Tuesday, March 4 @ 10:00am

Local author Dana Chase will share how intuition shapes her writing journey, from narrative nonfiction to her upcoming self-help and children's books. Bring your copy of *In Spite of Heroin*, available at **Bluebird Books** in Detroit Lakes, for signing! A Q&A will follow, offering insights into her experiences and advice for aspiring writers. Don't miss this inspiring event!

Sign Up at the **Engage Table**

“The Great Dictator”

Continued Discussion of Charlie Chaplin

Speaker: Dr. Roy Hammerling

Thursday, March 13 @ 10:00am

Dr. Roy Hammerling is returning to continue our fascinating exploration of **Charlie Chaplin's** incredible life and legacy. This time, we will be enjoying a special big-screen viewing of “**The Great Dictator**” in the comfort of the **Holmes Theater**.

Our first session in this series was a fantastic experience—you won't want to miss this next one! We look forward to seeing you there!

Sign Up at the **Engage Table**

- **Free-Will Donation** Event -

Lunch & Learn

Speaker: Dr. Wes Anderson

Tuesday, March 11 @ 11:00am

Dr. Wes Anderson will go over common causes of **head and neck pain** along with strategies on how to self-assess and treat yourself. He will also demonstrate ways he can help you with **manual therapy techniques** and **dry needling**. A light lunch will be provided at this event.

Sign Up at the **Engage Table**

Member Spotlight

Sharon Such

Sharon Such was born in Moorhead, MN, and grew up on the north side of town. As a teenager, she worked at Duane's House of Pizza, her brother's pizza shop. She attended Moorhead High School, graduating in 1963.

One fateful New Year's Eve in 1966, while preparing for a night out with her friends Brenda and Arlen Cummings, Sharon met Bob Such. Bob had been helping friends re-roof their house when he crossed paths with Sharon. Sharon invited him to join them for the evening, and that night sparked something special. Sharon and Bob later married in 1966, sharing more than 50 wonderful years together until Bob's passing in 2016.

In 1978, Sharon and Bob moved to Barnesville, where she spent 18 years driving a school bus for the district. She also dedicated 20 years as a nurse aide at Sanford in Fargo, caring for others with compassion. They raised three sons—Tim, who now lives in Florida; Tom, who remains nearby; and Troy, who resides in Otsego. Sharon is a proud grandmother to eight grandchildren, with the youngest turning 18 this past February.

After moving to their current home in June 2016, Sharon faced the heartbreaking loss of Bob just two months later. Despite the challenges, she has found joy in friendships and activities, including regular breakfast gatherings with Brenda and Arlen on Tuesdays and Sundays.

Sharon is an active member of Engage, where she enjoys the Early Bird Dinners and Birthday Luncheons, informative guest speakers, and Coach Trips to the Chanhassen Dinner Theatre—with a possible adventure to Wisconsin Dells in the future. Her favorite color is pink, and her go-to comfort food is pizza.

One of Sharon's biggest pet peeves? Drivers who pull out in front of her only to drive slowly!

At home, Sharon shares her space with Stripe, a 12-year-old cat she and Bob got together. While Stripe stayed with her, Tom adopted another cat, Player, whose shedding fit right in with his two golden retrievers!

We're so glad that Engage gets to be part of your beautiful story, Sharon!



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

! 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!

Cribbage

Tuesdays @ 1:00pm

Join us at the HAC on Tuesdays!

UPCOMING EVENT

Cribbage TOURNAMENT

Keep an eye out for a bracket-style tournament coming up in early April!

- **Deadline to Register:** Tuesday, March 25

Sign Up at the **Engage Table**

Hand & Foot TOURNAMENT

Friday, March 28

10:00am - 2:00pm

Engage is hosting its inaugural Hand & Foot Tournament! Play all four rounds, with scores tracked throughout the day. The highest score will be crowned the first-ever Hand & Foot Tournament Champion!

Tournament fees cover a catered lunch. No limit of participants as this is individual play, so sign up today!

Details:

- **Date:** Friday, March 28
- **Time:** 10:00 AM – 2:00 PM
- **Deadline to Register:** Friday, March 7

Sign Up at the **Front Desk**

DLCCC Members **\$10** Non-Members **\$12**

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!

BINGO - Wednesdays @ 12:00pm

We use our cool screen to project the numbers, making it easy and fun for everyone!
Birthday Lunch Week — Bingo will move to 12:30

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

Samba - Wednesdays @ 1:15pm

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

*Samba will move to 1:30 on the week of
Birthday Lunch.*

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!

Engage in Having Fun!

Early Bird Dinner

Monday, March 17 @ 4:45

Come eat a tasty meal with your friends!



American Legion

810 W Lake Dr #1
Detroit Lakes, MN

Sign Up at the **Engage Table**

March Birthday Lunch

Wednesday, March 19 @ 11:00am

Enjoy a delicious meal with friends at



15057 Co Hwy 11
Audubon, MN

Come join us to celebrate *March* birthdays!

Sign Up at the **Engage Table**

12 o'clock Trivia Time

Monday, March 24 @ 12:00pm

Come play an exciting hour of brain-teasing questions & multiple-choice answers, with several fun prizes up for grabs!

This month features four fun rounds:

1. ***It's Spring!***
2. ***St. Patty's Day***
3. ***March Through the Decades***, &
4. ***Name that Happy Tune***

\$1 for an hour of trivia!

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

Charcuterie Boards

Location: La Barista

Thursday, March 27 @ 10:00am

Join us at **La Barista** for a fun, hands-on charcuterie board class led by Brooke Wenzel. Each participant will build their own appetizer board (feeds 4-6 people) to take home! **Space is limited to 40 participants**, so be sure to reserve your spot soon!

Reservation Deadline: Tuesday, March 25

Sign Up at the **Front Desk**

DLCCC Members **\$25** Non-Members **\$30**

Engage in Being Social

Coffee & Crumb Cake (C&C)

Mondays - 9:30am - 10:30am

The best way to start the week!

Start your Monday mornings with good company! Come to the Holmes Art Cellar (HAC) for 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

LOCATION CHANGE

Monday, March 17

All Engage Events will be held *upstairs* in the **Holmes Ballroom**.

Switch up the scenery without missing out on your favorite Engage events!

Caring Cup

Navigating grief & loss through connection
2nd Wednesdays - 10:30-11:30am

Have you lost a loved one and find yourself needing support? Grief can be a difficult journey, but you don't have to walk it alone. Whether your loss was recent or many years ago, **this group is here for you**. We welcome anyone who is looking for comfort, understanding, and a safe space to share.

David-Donhower

609 US Hwy 10 E
Detroit Lakes, MN

**Complimentary
coffee is provided**

Open Group: Everyone is invited!
Registration not required

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

Book Club

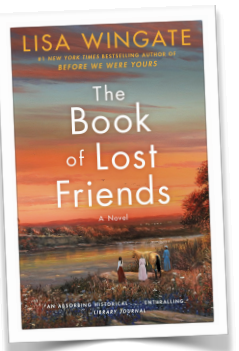
1:00pm

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

We meet at the **HAC** reading nook.
Last Month we read "*Go As A River*" by Shelley Read.

This month we're discussing **"The Book of Lost Friends"** by Lisa Wingate.

A dramatic historical novel of three young women searching for family amid the destruction of the post-Civil War South, and of a modern-day teacher who learns of their story and its vital connection to her students' lives.



Looking Ahead:

April: "*How the Light Gets In*" by Joyce Maynard

Sign-in in at the HAC in you participate.

HAPPY BIRTHDAY, ENGAGE!

Potluck & Party

Tuesday, March 18 @ 11:00am



We're celebrating six amazing years of Engage, and we're doing it with the joy and energy of a six-year-old! Join us for a fun-filled **potluck** party featuring **cake**, **games**, and **prizes** as we toast to the friendships and memories we've made over the years.

Come ready to laugh, play, and make even more unforgettable memories!

Sign Up at the **Engage Table**

March 2025



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

MON	TUES	WED	THURS	FRI
24	25	26	27	28
3 8:30 Walk the Track w/Teri 9:30 Coffee & Crumb Cake (C&C) Special Guest: Marci Hjelm 10:30 Hand & Foot Card Game	4 10:00 An Author’s Journey Speaker: Dana Chase 1:00 Cribbage 1:00 Wood Carving 1:30 Snowshoeing w/Teri	5 12:00 BINGO in the HAC 1:00 Snowshoeing w/Tracy 1:15 Samba Card Game 3:00 Writer’s Group Public Library	6 10:00 Jewelry Making/Fixing Speaker: Linda Sheryak 11:30 Whist Card Game 1:00 Mahjong Tile Game Guitar Lessons - All Day - (please see newsletter for times) 7:00 Crimes of the Heart	7 8:00 Swim Aerobics “Rockin’ to the Oldies” 11:10 Chair Yoga Fitness Studio
				Hand & Foot Tournament Sign-Up Deadline
10 8:30 Walk the Track w/Teri 9:30 Coffee & Crumb Cake (C&C) Come and Hear the Weekly Announcements! 10:30 Hand & Foot Card Game 12:00 Progressive Care Therapy Speaker: Trisa Hutchinson	11 11:00 Lunch & Learn Speaker: Dr. Wes Anderson 1:00 Cribbage 1:00 Wood Carving 1:30 Snowshoeing w/Teri	12 10:30-11:30 Coffee Cup David-Donehower 12:00 BINGO in the HAC 1:00 Snowshoeing w/Tracy 1:15 Samba Card Game	13 10:00 Film: “The Great Dictator” Speaker: Dr. Roy Hammerling 11:30 Whist Card Game 1:00 Mahjong Tile Game Guitar Lessons - All Day - (please see newsletter for times)	14 8:00 Swim Aerobics “Rockin’ to the Oldies” 11:10 Chair Yoga Fitness Studio
				March “Give Back” Sign-Up Deadline
17 8:30 Walk the Track w/Teri 9:30 LOCATION CHANGE Coffee & Crumb Cake (C&C) 10:30 Hand & Foot Card Game 12:30 Essential Oils Speaker: Nancy H. 4:45 Early Bird Dinner American Legion	18 11:00 Engage’s 6th Birthday Potluck Party!  1:00 Cribbage 1:00 Wood Carving 1:30 Snowshoeing w/Teri	19 11:00 Birthday Lunch Pit 611 12:30 BINGO in the HAC 1:00 Snowshoeing w/Tracy 1:30 Samba Card Game	20 10:00 Passport: Turkey & Greece Speaker: Megan Clapp 11:30 Whist Card Game 1:00 Mahjong Tile Game Guitar Lessons - All Day - 2:30 Songwriters’ Guild	21 8:00 Swim Aerobics “Rockin’ to the Oldies” 11:10 Chair Yoga Fitness Studio March “Give Back” — — — — —> Elementary Carnival Sat. 3/22
24 8:30 Walk the Track w/Teri 9:30 Coffee & Crumb Cake (C&C) 10:30 Hand & Foot Card Game 12:00 Trivia Time	25 1:00 Cribbage 1:00 Wood Carving 1:30 Snowshoeing w/Teri	26 11:00 Tech Time w/ Teri 12:00 BINGO in the HAC 1:15 Samba Card Game 1:00 Snowshoeing w/Tracy 5:00 Open Acoustic Jam Public Library	27 10:00 Charcuterie Boards 11:30 Whist Card Game 1:00 Mahjong Tile Game Guitar Lessons - All Day - (please see newsletter for times)	28 8:00 Swim Aerobics “Rockin’ to the Oldies” 10:00am - 2:00pm Hand & Foot Tournament 11:10 Chair Yoga Fitness Studio
31 1:00 Book Club “Book of Lost Friends”	Cribbage Tournament Sign-Up Deadline			

Event Code:

Holmes Art Cellar - HAC

Off-Site Activity

DLCCC / Theatre

Community Happening