COACH BUS TRIPS



Go to the link for more details + registration: https://www.dlccc.org/engage

Scroll down to Engage Coach Trips

No refunds.

Registration can be transferred.



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









\$34 · Students \$17

Friday, April 25

at 7:30pm

For fans of Fleetwood Mac or anyone who simply loves melodic rock 'n' roll, this remarkable show is n absolute must-see. Singer-songwriter Pamela McNeill has compiled a song list of Fleetwood fac's most well-loved songs delivered impeccably by a nine-piece ensemble of gifted musicians that s truly inspired. By the end of this show you're guaranteed to be on your feet.

Soak up hits including: "Rhiannon," "You Make Lovin' Fun," "Don't Stop Thinkin' About Tomorrow "Gypsy," "Tusk," "Little Lies," "Sara" and many more





2025

April is here, and with it comes sunshine, fresh blooms, and plenty of reasons to get together! As the season of renewal begins, we're embracing new ways to connect, give back, and celebrate the joys of spring.

This month, we have meaningful ways to support our community, including volunteer shifts at the Food Bank and a special Easter Egg event in collaboration with the D.A.C.

If you're looking for inspiration and creativity, don't miss our wonderful guest speakers and hands-on **creative classes**. And of course, no Engage month would be complete without a little friendly competition, fun games, and trivia!

Speaking of competition... the wait is over! Our 2nd Annual SPAM Cook-Off &

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 **8:30am-5:00pm**

Potluck Party is back! Whether you're crafting a culinary masterpiece or just coming to enjoy the feast, it's sure to be a deliciously good time. Stick around afterward for **Card Dump**, a fan-favorite game that's guaranteed to bring laughs.

So shake off the winter chill, step into the sunshine, and join us for a month full of friendship, fun, and fresh starts. See you soon!











218-844-4221 ext. 218





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

Outdoor Opportunities

Teri will be adding additional outdoor activities starting in May!

Wednesdays with Tracy 9:00am @ Dunton Locks

Start your Wednesday mornings with a refreshing 75-minute hike through the scenic trails of Dunton Locks.

Enjoy the beauty of spring, fresh air, and the perfect blend of challenge and enjoyment!

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.

Upcoming Class Options: Line Dancing

Love to Line Dance?

We've got some exciting opportunities for you at the Community Center!

This April, **Krissy** returns with her fun and energetic evening classes.

Then, in June, **Linda** will be offering a morning/early afternoon class option.

No matter your schedule, there's a time to dance, laugh, and enjoy the fun—come join us!

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

Julie's Corner

It's Time to Spring Clean Your Fitness Routine!

Are you getting bored with the same fitness routine that you do weekly? It's time to **spring clean our fitness routines** and shake things up! Whether you're aiming for better balance, strength, or relief from joint pain, switching things up can make all the difference!

The recipe below is *great* for **Easter**. My husband didn't even know that there wasn't any sugar in it. He loved it!!

Refresh Your Goals: Reassess your fitness goals. Are they still relevant? Set new short-term goals for motivation.

Declutter Your Workout Gear: Get rid of worn-out shoes, swimsuits or equipment. Clean water bottles, yoga mats and your gym bag. Invest in fresh gear that excites you to move. When was that last time you bought new tennis shoes. If it's been a few years, think about some new shoes with fresh soles and a nice arch. This sometimes helps relieve all those aches and pains just by having the proper shoes on your feet.

Switch up Your Routine: Try a new activity like a water class, Yoga or a SEAT class. Get outside for a walk or go for a hike. Set a goal of 30 min. Incorporate balance and strength exercises along with your cardio.

Hydrate and Clean up Nutrition: Increase water intake as the temps. get warmer. Swap out processed snacks for fresh fruit and veggies. Meal prep healthy, balanced meals for the week ahead.

One Bowl Carrot Cake Banana Bread

Cake Ingredients:

1 large egg 1/4 tsp salt	6 Tbsp maple syrup	1 tsp baking soda	1/4 tsp ground nutmeg
1/2 c. plain Greek yogurt	1 tsp vanilla extract	1 1/2 tsp ground cinnamon	1 1/4 c. whole wheat flour
3 medium-size, ripe bananas, mashed	3/4 cup Quick Oats	1/2 tsp ground ginger	1 c. shredded carrots

Frosting Ingredients:

4 oz low fat cream cheese						
1/3 c. powdered sugar						
1/2 tsp vanilla extract						

Preheat your oven to 350°F & lightly grease a 9 x 5 bread pan. In a large mixing bowl, lightly beat the egg just until the yolk breaks apart. Whisk in the yogurt, bananas, maple syrup, & vanilla, mix until smooth. Stir in the oats, baking soda, cinnamon, nutmeg, & salt. Spoon the flour & gently fold it in until just combined. Gently stir in the shredded carrots, taking care *not* to over mix. Pour the batter into the prepared loaf pan, spreading it out evenly. Bake for 40 – 50 minutes, or until a toothpick inserted into the center comes out clean. Remove the bread from the oven & let it cool in the pan for about 10 minutes before transferring it to a cooling rack to cool completely. Once the bread is cool, prepare the frosting by beating the cream cheese, sugar, & vanilla in a small bowl. Spread it on top of the cooled cake prior to slicing. Store the bread in a covered container in the fridge for up to 7 days or freeze it (unfrosted) for up to 3 months.

Julie Reznecheck



218-844-4221 ext. 215



julier@dlccc.org

Engage in More



TOUR: SJE Inc.

Tuesday, April 22 @ 9:30am

Join us for an exclusive guided tour of SJE Inc. in Detroit Lakes, MN! Discover how this industry leader designs and **manufactures** innovative water and wastewater control solutions. You'll get a behind-the-scenes look at their cutting-edge technology, learn about their history, and see firsthand how their skilled team brings these essential products to life! *Sign Up* at the Engage Table

UPCOMING EVENT FARGODOME Tour Thursday, May 15

This event is sponsored by Elevate in Perham. **Carpool options** are available! More information in the May Newsletter!

UPCOMING EVENT

Senior Strummers Guitar Recital

Thursday, May 1 @ 1:00pm

Come celebrate the hard work and dedication of our Senior Strummers at their 2nd Annual Guitar **Recital!** Over the past year, this talented group has been honing their skills, learning new songs, and growing together through the joy of music.

Join us for an afternoon of great tunes as we cheer on these amazing musicians and enjoy the progress they've made. Whether you're a music lover or just looking for an uplifting community event, this is one performance you won't want to miss!

Teacup Fairy Gardens

Artist: Emma Tomb

Tuesday, April 8 @ 10:00 - 11:30am

Transform a delicate teacup into a magical fairy garden with Emma Tomb! This enchanting workshop provides everything you need to craft a tiny, whimsical world. Let your creativity bloom in this delightful, hands-on class.



Sign Up at the Front Desk DLCCC Members \$10 Non-Members \$13

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

Preserving Memories

Speaker: Jenn Johnson

Monday, April 14 @ 12:00pm

Join us as Jenn shares the top five tips that Photo Managers use to organize and preserve your precious **photo** and **memory collections**. Whether you're dealing with boxes of old prints or a digital photo overload, you'll learn practical strategies to turn your memories into beautiful, meaningful stories.

You CAN go from boxes to beautiful stories!

Sign Up at the Engage Table

Tai Chi Chih

Speaker: Nancy Hebert Monday, April 7 @ 12:30pm

Nancy Hebert will lead you through a simple moving meditation called Tai Chi Chih. Created by Justin Stone in the 1970's in Albuquerque, New Mexico. The 19 movements and one pose have so many benefits. Just a few: Improved balance, mental focus, reduced stress and a sense of calm.

Sign Up at the Engage Table

Tech Time with Teri Wednesday, April 23 @ 11:00

Many events through Engage or classes at the DLCCC require an email address. Do you need help setting one up? Let Teri know, and she can help you get a basic email set up! 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!



Stroke Education

Speaker: Jordyn Wolff Thursday, April 10 @ 10:00am

Understanding strokes can make a difference in recognizing early signs, seeking treatment, and supporting recovery. This informative session, led by occupational therapy student Jordyn Wolff, will explore what a stroke is, its different types, long-term effects, and the vital role of occupational therapy in rehabilitation.

Come ready to learn and ask questions!

Sign Up at the Engage Table

April Trivia Time Monday, April 21 @ 12:00pm



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

This month features four fun rounds:

- 1. April Fools (Famous Pranks & Hoaxes) 2. Spring Sports
- 3. Easter Traditions Around the World,
 - 4. Spring Movie & Music

\$1 for an hour of trivia! *Sign Up* at the Engage Table or sign in if you participate.



Member Spotlight

Betty Jo & Wes Sorenson

Betty Jo and Wes Sorenson's story began with a childhood friendship sparked through a mutual friend. Their connection was strong from the start—so much so that young Wes, determined to see Betty Jo, once hitchhiked from Hawley to Dilworth while in fifth grade! By sixth grade, they were sweethearts, but as they grew, life took them in different directions.

Years later, after Betty Jo was tragically widowed, she reached out to old friends, including Wes. She called and asked, "Is this the Wes that was a drummer in the rock band *Hyperbolic Agnostic*?" He knew right then this must be someone special from his past.

That call led to a reunion, and by 1999, they were married. Between the two of them, they share five children and eight beloved grandchildren, including one who will be getting married later this year! Their grandchildren range in age from six to 22, with three of them graduating this spring.

During their dating years, they spent time in the Fargo-Moorhead area but soon sought a home by the lake, where they settled while commuting to Fargo—Wes working 39 years at Case Tractor Factory and Betty Jo spending 41 years at a CPA firm.



The couple finds great joy in being part of the *Engage* community, where they can meet new people, build friendships, and stay active. As Betty Jo puts it, "It keeps us from just sitting at home, twiddling our thumbs!" They also share a love for geocaching and will soon be leading an Engage adventure—so stay tuned for upcoming events this spring/summer!

Wes enjoys woodworking, but after a fire destroyed their shop last December, he's eager to rebuild and dive back into his craft.

Their shared pet peeve? People who don't use blinkers! As for favorite foods, Betty Jo loves stir-fry, Wes enjoys classic comfort foods like roast beef and mashed potatoes, and they both agree—chocolate is always a favorite!

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!

SWOOP - Thursdays @ 11:00am

Swoop is back by popular demand! Stop by the HAC to learn this fun and interactive game—it's a great way to connect with others!

Please note: There will be <u>no Swoop</u> on **Thursday, April 24** due to our Card Dump event.

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.

Cribbage Tournament Tuesdays @ 1:00pm

Our Annual Cribbage Tournament is underway this month! Find out who will take home the trophy (and bragging rights) this year!

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!

Card Dump Thursday, April 24 @ 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 Up at the Engage Table

Engage in **Having Fun!**

Early Bird Dinner Tuesday, April 8 @ 4:45pm

Come eat a tasty meal with your friends!



12668 Co. Hwy 5 Lake Park, MN

Sign Up at the Engage Table

Easter Egg Candy Craft Partnering with the D.A.C. Tuesday, April 15 @ 10:00am

Join us for a fun and creative crafting session in the HAC with our friends from the Becker County **Developmental** Achievement Center (D.A.C.)!

Together, we'll be making colorful **yarn** Easter eggs filled with candy. Each participant will create five surprise eggsperfect for festive décor or thoughtful gifts!



helping hands to ensure that everyone can fully enjoy this delightful "craftivity." Come share in the joy of creativity and connection!

prices to cover supplies

Sign Up at the Front Desk DLCCC Members \$5 Non-Members \$8

April Birthday Lunch

Wednesday, April 16 @ 11:00am Enjoy a delicious meal with friends at



25807 Co Hwy 22 Detroit Lakes, MN

Come join us to celebrate April birthdays!

Sign Up at the Engage Table

Basket Making

Artist: Dotz Johnson

Tuesday, April 29 @ 9:00am

Learn to weave an **adorable baske**t just in time for May Day! This **beginner-friendly class** moves at an easy pace, with extra time Wednesday morning for finishing touches (if



needed). Space is limited to six participants sign up soon!

Sign Up at the Front Desk DLCCC Members \$6 Non-Members \$8

April Give Back

Becker County Food Pantry Make a difference in our community by lending a hand at our beloved **Food Bank!** They need helping hands every **Tuesday** & **Thursday** from

11:30 AM - 3:00 PM. Assist customers as they

shop or help stock shelves—your support makes a big difference!

Comfortable shoes are recommended. Sign up and be part of something great!

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!

Kick off the week with connection and conversation! Enjoy coffee, delicious potluck treats, and great fellowship at the Holmes Art Cellar (HAC).

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

Sign in at the HAC if you participated

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

SPAM Cook-Off & Potluck

Thursday, April 24 @ 11:00am

Are you ready for a sizzling good time! Whether you're competing or just here to enjoy the feast, it's sure to be a fun and delicious event.

- Potluck Guests: Bring a dish to share and enjoy a variety of homemade favorites.
- **Sound Service :** Sound like to service the contract of the co enter the competition, bring your Spaminspired dish by 10:30 AM. Judging starts at 10:45 AM, with our special guest judges selecting the **Spam Champ** to be announced during the potluck at **11:15 AM**.
- Who will take home the title? Come and find out while enjoying the potluck!

Stick around after for a fun round of Card **Dump!** We can't wait to see you there!

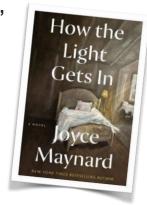
Sign Up at the Engage Table

Book Club 1:00pm The last *Monday* of the month

We meet at the **HAC** reading nook. Last Month we read "The Book of Lost Friends" by Lisa Wingate.

"How the Light Gets In"

by Joyce Maynard is this month's book. This novel follows Eleanor and her family over fifteen years (2010–2024), weaving their personal journey into the broader tapestry of American life. As they navigate the challenges



of a changing world, pivotal events climate change, the January 6th insurrection, and school violence—reshape their lives in profound wavs.

Looking Ahead:

May: "Lights on the Sea" by Miguel Reina

Sign-in in at the HAC in you participate.

April 2025



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

		OLCCC 50+		
MON	TUES	WED	THURS	FRI
31 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 1:00 Book Club	1 11:30 - 3:00 Food Bank Shift Give Back1:00 Cribbage (Tournament: round one)1:00 Wood Carving	2 12:00 BINGO in the HAC1:00 Outdoors w/Tracy1:15 Samba Card Game	 3 11:00 Swoop Card Game 11:30 - 3:00 Food Bank Shift Give Back 1:00 Mahjong Tile Game Guitar Lessons - All Day - (please see newsletter for times) 	4 8:00 Swim Aerobics "Rockin' to the Oldies" 11:10 Chair Yoga Fitness Studio
 7 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 12:30 Tai Chi Chih Speaker: Nancy Hebert 	8 10:00 Teacup Fairy Gardens Art Artist: Emma Tomb 11:30 - 3:00 Food Bank Shift Give Back 1:00 Cribbage (Tournament: round two) 1:00 Wood Carving 4:45 Early Bird Dinner Swanies Pub - Lake Park, MN	9 10:30-11:30 Caring Cup David-Donehower 12:00 BINGO in the HAC 1:00 Outdoors w/Tracy 1:15 Samba Card Game	10 10:00 Stroke Education Speaker: Jordyn Wolff 11:00 Swoop Card Game 11:30 - 3:00 Food Bank Shift Give Back 1:00 Mahjong Tile Game Guitar Lessons - All Day - (please see newsletter for times)	11 8:00 Swim Aerobics "Rockin' to the Oldies" 11:10 Chair Yoga Fitness Studio
 14 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 Preserving Memories Speaker: Jenn Johnson 	 15 10:00 Easter Egg Craft/Give-Back Partnering with Becker County D.A.C. 11:30 - 3:00 Food Bank Shift Give Back 1:00 Cribbage (Tournament: round three) 1:00 Wood Carving 	16 11:00 Birthday Lunch Bleachers Sports Bar & Pub 12:30 BINGO in the HAC 1:00 Outdoors w/Tracy 1:30 Samba Card Game	11:00 Swoop Card Game 11:30 - 3:00 Food Bank Shift Give Back 1:00 Mahjong Tile Game Guitar Lessons - All Day - (please see newsletter for times) 2:30 Songwriters' Guild	18 8:00 Swim Aerobics "Rockin' to the Oldies" 11:10 Chair Yoga Fitness Studio
21 Happy Easter Monday! 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 Trivia Time 28 8:30 Walk the Track w/Teri	 9:30 Tour: SJE Inc. 11:30 - 3:00 Food Bank Shift Give Back 1:00 Cribbage (Bracket Champion Showdown) 1:00 Wood Carving 9:00 Basket Making Art 	23 11:00 Tech Time w/Teri 12:00 BINGO in the HAC 1:00 Outdoors w/Tracy 1:15 Samba Card Game 30 12:00 BINGO in the HAC	24 11:00 SPAM Cook-Off & Potluck 11:30 - 3:00 Food Bank Shift Give Back 12:00 Card Dump *following Potluck* 1:00 Mahjong Tile Game Guitar Lessons - All Day - (please see newsletter for times)	25 8:00 Swim Aerobics "Rockin' to the Oldies" 11:10 Chair Yoga Fitness Studio
9:30 Coffee & Crumb Cake (C&C) Come and Hear the Weekly Announcements! 10:30 Hand & Foot Card Game 1:00 Book Club	Artist: Dotz Johnson 11:30 - 3:00 Food Bank Shift Give Back 1:00 Cribbage 1:00 Wood Carving	1:15 Samba Card Game 1:00 Outdoors w/Tracy		

Event Code:

Holmes Art Cellar - HAC

Off-Site Activity

DLCCC / Theatre

Community Happening