

COACH BUS TRIPS

2025

leaving from
Detroit Lakes
& Perham



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

Go to the link for more details + registration:
<https://www.dlccc.org/engage>
*scroll down to **Bus Trips** & click **Register Now***
No refunds. Registration can be transferred.



Tuesdays in the Park

Every Tuesday Night!

June 3 - Aug. 26

7:00pm • DL City Park Bandshell

Performances:

8/15 @ 6:30 pm
8/16 @ 10:30 am



Adapted by
Michael McGill

MISSOULA
CHILDREN'S
THEATRE

Music and Lyrics by
Michael McGill



THURSDAYS FROM 5-8PM IN THE
DETROIT LAKES CITY PARK!



LIFE'S BETTER **Engage**
when you

August 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 - Thursday**
from **8:30am-4:00pm** and
Fridays 8:00am-12:30pm

August is here, and it is bringing a full calendar of fun, learning, and connection. Whether you are eager to try something new, meet new people, or just enjoy a change of pace, we have something for you!

We are offering a couple of **Lunch and Learn** sessions this month, where you can enjoy a good meal while learning from inspiring speakers on a variety of topics. These are always a favorite and a great way to spend time with others while expanding your knowledge.

Our creative opportunities are also in full swing. In celebration of **National Photography Day**, we will be hosting a unique and playful photography scavenger hunt. It is the perfect

excuse to explore Detroit Lakes with fresh eyes. In addition, we have lined up a variety of hands-on classes where you can create, relax, and have a little fun.

For those looking to get out and about, our **local tours** and **day trips** offer great experiences without going far. They are a wonderful chance to see something new and enjoy time with fellow Engage participants.

And of course, we continue to offer a variety of **wellness classes** and **guest speakers** to keep your mind and body active. From helpful tips to new skills, there is always something to take away. Engage is your place to connect, grow, and enjoy life!

We hope you will join us for one or many of the opportunities happening this month.

♥ ♥ ♥ 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**

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. Come relax, stretch, and enjoy the benefits of yoga without having to get on the floor!

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

Simple Weight Machines

Presenter: Julie Reznecheck

Tuesday, August 5 @ 1:00pm

Curious about the upstairs weight machines? You're not alone—they can seem intimidating at first! Join Julie for a **fun, hands-on demo** to learn how to use them **safely** and **effectively**. You'll leave feeling confident, informed, and ready to elevate your workouts. Plus, you'll pick up tips to help make strength training part of your regular routine!

— Limited to 6 participants —

Sign Up at the **Engage Table**

Country Pool Party

with Julie & Teri

Friday, August 8 @ 8:00am

Kick off We Fest weekend with Julie & Teri at our **Country-themed Pool Party**! Enjoy country hits from across the decades, water games, a fun workout, and even a ride down the slide. It's sure to be a *yee-haw* good time!

Sign Up at the **Engage Table**

Kayaking Outings

*Kayaking will continue next month - watch for the **September calendar** for times & locations*



Bike Field Trip

Wednesday, August 13

Leave **DLCCC** parking lot @ **8:00 am**

Depart from **Park Rapids - Heartland Trailhead** @ **9:00 am**

Teri & Tracy are leading an intermediate-level ride on the Heartland Trail from **Park Rapids to Walker and back**—nearly 60 miles round trip! We'll hit the trail from the Park Rapids trailhead at 9:00 a.m. sharp, enjoy scenic stretches, and break for lunch in Walker before returning. Carpoolers can meet at the DLCCC parking lot by 8:00 a.m.

This ride is perfect for those who are comfortable with longer distances and a steady pace.

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



Julie's Corner

Going to the State Fair can be so much fun with new and exciting things to see. Navigating food at the State Fair can be overwhelming but also exciting! Here are some tips to make sure you hit all the best eating places without getting lost or too full too fast:

1. Plan Ahead - Check out the State Fair food map. Many fairs list their food vendors online ahead of time. Make a list of must-try foods versus "if I have room" options. Look up any new or unique foods being introduced that year.	5. Try Something Wild- State Fairs are known for crazy food inventions—look for something bizarre like: Pickle-flavored soft serve, Bacon-wrapped deep-fried foods, or Donut burgers
2. Pace Yourself- Don't eat everything at once spread it out throughout the day. Stay hydrated, especially if it's hot.	6. Consider Dietary Restrictions- Many fairs now offer vegetarian, vegan, gluten-free, and allergy-friendly options. Check food listings or ask vendors about ingredients.
3. Share Food with Someone. Portions can be large and loaded with calories. Sharing also gives you the opportunity to try different foods.	7. Don't Forget Drinks- These add up on Calories. Empty calories. Drink Water!! Lemonade, fresh-squeezed juice, and slushies are fair staples and are around 120 calories for 1, 8oz. cup. Most Fair cups are 24 oz. If not more. So, you do the math.
4. Go for the Classics- Most fairs have signature foods like: Corn dogs, Fried cheese curds, Funnel cakes, Deep-fried everything (Oreos, butter, etc.), Turkey legs and Cotton candy.	8.Eat before you enter the gates. Curb your hunger with a snack or meal. This will also save you money by buying expensive Fair food.

So, you don't want to go to the Fair, but you want the great food that is served at the Fair. Here is a **recipe** that will satisfy your hunger for a drumstick.

Huli Huli Chicken			
4–5 lbs. chicken drumsticks	1 Tbsp garlic paste	½ C. packed brown sugar	3 Tbsps apple cider vinegar
½ C. ketchup	½ tsp cumin	½ cup light soy sauce	½ tsp coarse black pepper
½ C. canned pineapple juice	½ teaspoon paprika	1 Tbsp ginger paste	

Rinse the chicken legs and pat dry. In a mixing bowl or gallon-size Ziploc bag, combine all marinade ingredients except for the chicken; mix well. Set aside ½ cup of marinade for later use. Add chicken to the remaining marinade; mix until coated. Cover and refrigerate for at least 4 hours or overnight. Preheat grill to medium-high heat (400°F) and oil grates. Grill chicken for about 10 minutes on each side until cooked through (internal temperature should reach 165°F). Grill pineapple rings alongside chicken until golden brown. Brush reserved marinade over cooked chicken before serving.



Engage in More

Diamond Art Bookmarks Wednesday, August 6 @ 10:00 am

Try your hand at the relaxing (and addicting!) craft of **diamond art**! In this easy, no-pressure class, you'll create a **shimmering, sparkly bookmark**.

No experience needed—this **beginner-friendly** project is perfect for all creative ability levels!

All supplies are provided, and you'll leave with a sparkling creation of your own!

- Class Limit: 12 participants -

Sign Up at the **Front Desk**

DLCCC Members **\$4** Non-Members **\$7**

D.L. High School Tour

Wednesday, August 20 @ 10:00 am

Come along for a guided tour of Detroit Lakes High School! Highlights include the **Laker Cupboard**, a student-run resource for classmates in need, and the exciting 2019 building updates—featuring the **Lakeshirts Fieldhouse**. Whether you're an alum or community member, come see what's new!

Sign Up at the **Engage Table**

Mabel's Mercantile Tour

Sip, Sample & Shop

Thursday, August 21 @ 9:30 am

Take a trip to **Mabel's Mercantile** in Lake Park, MN—a charming little shop filled with homemade goods, local treasures, gifts, and seasonal finds.

Enjoy tasty samples, explore unique items, and soak in the cozy, small-town charm. Come ready to browse, sip, and shop!

**240 Co. Hwy 11
Audubon, MN**

Sign Up at the **Engage Table**

Pontoon Outings

Thursdays @ 12:30 this summer!

Docking locations TBA

We're thrilled to partner with the *Let's Go Fishing* organization to offer relaxing pontoon outings this summer! Each trip is limited to just **9 participants**, so be sure to sign up early to reserve your spot. *Life jackets are required* for all participants.

Scheduled August Outings:

- Thursday, **August 7**
- Thursday, **August 21**

Songwriter's Guild

Third Thursday @ 2:30pm

Love writing songs? Whether you're just starting out or have been crafting lyrics for years, this group is a great place to share your original music & receive creative feedback from fellow songwriters. We'll be meeting off-site when the group resumes this fall.

Contact Jerry Short
for more information:

seniorstrummers@yahoo.com
218-849-2041

Senior Strummers Guitar Lessons

*** Every Thursday ***

It's never too late to learn something new—like how to play guitar! The Senior Strummers program continues to grow and will begin holding classes off-site starting **August 7**.

Classes remain on Thursdays, with times based on skill level. Lessons are free, with just a small membership fee.

Come strum along with us—we'd love to have you! 🎸

- **Class 1 - 9:00 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!
seniorstrummers@yahoo.com
218-849-2041

Engage in Learning

Thrifty Gardening

Speaker: DMae Ceryes

Tuesday, August 5 @ 12:00 pm

The **Detroit Lakes Public Library** hosts **"Garden Talks"** monthly.

August's topic: **Thrifty Gardening**

Learn creative, low-cost tips for building and maintaining your garden using everyday items and budget-friendly tools.

CLASS LOCATED AT PUBLIC LIBRARY

Overdose Response 101

Speaker: Vanessa Collmann

Becker County Public Health

Thursday, August 14 @ 10:00 am

Learn about how to recognize an **opioid overdose** and **how to respond with naloxone** (NARCAN®), a life saving medication that can reverse an opioid overdose.

Presentation will include information about the good Samaritan law, who is allowed to carry and administer naloxone, and where you can get naloxone for free. Handouts and **naloxone kits** will be provided.

Sign Up at the **Engage Table**

Mixed Media Collage

Artist: Cally Nundahl

Saturday, August 23 @ 3:00 pm

Try out a new hobby at your library! Join Cally Nundahl as she introduces the **Art of Mixed Media**, where you can create a beautiful canvas with a variety of materials.

Registration required: (218-847-2168)

CLASS LOCATED AT PUBLIC LIBRARY

Lunch & Learn:

Pre-Planning Essentials

Advance Funeral Planner: Denise Fett
Monday, August 11 @ 12:00 pm

Join **Advance Funeral Planner Denise Fett** for an informative presentation on the importance of planning & funding your final wishes. Learn how pre-planning can ease emotional and financial stress for your loved ones—it's a meaningful gift of love. Enjoy a complimentary lunch at the **Holmes Art Cellar** sponsored by **David-Donhower** and **West-Kjos** Funeral Homes and Cremation Services.

To help us plan lunch, please **RSVP by August 6**.

Sign Up at the **Engage Table**

Lunch & Learn:

Big Beautiful Bill

Speaker: Alex Holehouse

Tuesday, August 26 @ 11:30 am

Enjoy a catered lunch while gaining a clear, practical look at the newly signed "One Big Beautiful Bill Act." We'll explore **how the new tax law could impact retirees**—highlighting key changes, new deductions for seniors, and smart planning tips that may affect your income, healthcare, and legacy.

Sign Up at the **Engage Table**

MN Author Visit

Author: Marjorie Mathison Hance

Tuesday, August 26 @ 2:00 pm

Meet **MN author** Marjorie Mathison Hance, writer of the **North Lakes Murder** Mystery Series, inspired by her time on Pelican Lake. Enjoy live music by Sandy Sprafka & Connie Wood.

Sponsored by: **DL Library Club**

CLASS LOCATED AT PUBLIC LIBRARY

Member Spotlight

Lisa Myers

Meet Lisa! A fairly new face to Engage is Lisa Myers. Lisa grew up in Moorhead, the only girl, in the middle of three brothers. She graduated from Moorhead High in 1978. Lisa has been married to her husband Kelly for 42 years and they've lived their entire married life in Ada, Minnesota.

Lisa was employed by K-Mart for 10 years and worked in Moorhead, Fargo and Jamestown, ND. Her favorite employment though, is working at their car dealership, Kelly's Chrysler Center in Ada for over 36 years.

Lisa and Kelly are parents to Erica and Elliot and are loving being grandparents to three! When asked about her favorite trip they've taken, Lisa says it has to be when they went to Japan to visit their son when he was stationed there in the Navy. Lisa has many hobbies, she enjoys scrapbooking, photography, walking, diamond art, golfing, baking sour dough bread, and reading. An important part of her daily life is her faith.

One life experience that has taught Lisa the biggest lesson is having her children. She says they have taught her patience and she loves seeing them grow up and becoming amazing adults.

Lisa says the best thing about retirement is having no schedule. When asked where we would find her on a day when she has nothing on her calendar, she thought she would most likely be outside at the lake reading a book or out on a walk.

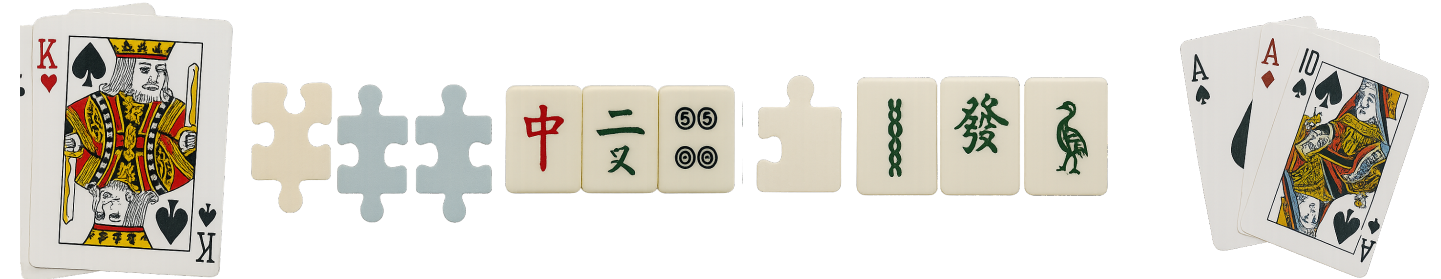
Inquiring how she found out about Engage, Lisa said she just Googled Things To Do in DL. She quickly joined in and now enjoys C&C, Bingo, Make & Take events, card dump and the special speakers. Lisa, we're very glad you did that Google search and for those Engagers that haven't met Lisa, be sure to stop her next time you see her, introduce yourself and welcome her to the gang!



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!



Hand & Foot

Mondays @ 10:30 am

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 @ 12:00 pm

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!

Samba

Wednesdays @ 1:15 pm

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

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

Mahjong

Thursdays @ 1:00 pm

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

Swoop

Thursdays @ 11:30 am

Swoop has a **new time!**

Stop by the HAC to learn this easy, fun and interactive game—it's a great way to connect with others.

Engage in Having Fun!

Early Bird Dinner

Wednesday, August 20 @ 4:45pm

Come eat a tasty meal with your friends!



30389 Co Hwy 35
Ponsford, MN 56575

Sign Up at the **Engage Table**

August Birthday Lunch

Wednesday, August 13 @ 11:00am

Enjoy a delicious meal with friends at



2000 Long Bridge Rd,
Detroit Lakes, MN 56501

Come join us to celebrate *August* birthdays!

Sign Up at the **Engage Table**

12 o'clock Trivia Time

Monday, August 18 @ 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. **August in History**
2. **Puzzle Brainteasers**
3. **State Fair Fun**
4. **Hollywood Hits (Name that Tune)**

Sign Up at the **Engage Table**
\$1 for an hour of trivia!

Phone Photography Class

Alysia Podges' Art Studio

Tuesday, August 12 @ 11:00 am

Learn how to capture stunning photos with just your phone! This beginner-friendly class will cover **iPhone & Android** camera settings, posing tips, creative angles, and basic **photography techniques!** Perfect for anyone wanting to up their photo game.

No fancy camera required! **14799 US-59**
Detroit Lakes, MN

Sign Up at the **Front Desk**

DLCCC Members **\$12** Non-Members **\$15**

COACH TRIP - MN STATE FAIR

Thursday, August 28

We have a few spots left for our trip to the Minnesota State Fair! Join us for a hassle-free day at the Fair—filled with entertainment, exhibits, and all the food-on-a-stick you can eat! Relax and ride in comfort while we take care of all the details.

PRICING: DLCCC/PACC Members: \$96.14 — **Non-Members:** \$117.51

Registration Deadline: August 11 Reserve your spot today!



Engage in Being Social

Coffee & Conversation (C&C)

Mondays - 9:30am - 10:30am

The best way to start the week!

Stay connected with Engage! Drop by Monday mornings at HAC for coffee, treats, and the latest updates on upcoming events.

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

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

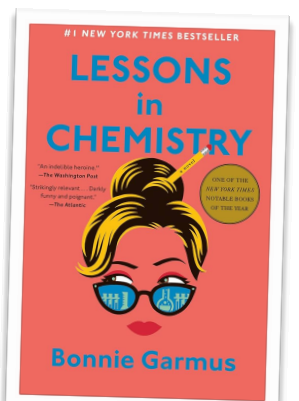
Engage Book Club

1:00pm

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

We meet at the **HAC** reading nook.
Last Month we read *"The Wedding People"* by Alison Espach.

This month we will enjoy **"Lessons in Chemistry"** by Bonnie Garmus. It tells the story of Elizabeth Zott, who becomes a beloved cooking show host in 1960s Southern California after being fired as a chemist four years earlier.



Looking Ahead

September: "Falling" by TJ Newman

Sign-in in at the HAC in you participate.

Photography Scavenger Hunt & Potluck

Tuesday, August 19

Scavenger Hunt @ 10:00 am

Potluck @ Photo slideshow @ 11:30 am

Celebrate **National Photography Day** with a fun and creative twist! Join us for a **Photography Scavenger Hunt** around Detroit Lakes. We'll meet at the HAC at 10:00 AM and break into teams of 3–4 people. Each team will be assigned a different letter of the alphabet and will have **45 minutes** to explore the area, snapping photos of things, places, or people that start with their assigned letter.

Send photos to Teri as you go, then meet back at the HAC by 11:00 AM for **judging and prizes**. We'll finish with a **potluck lunch** to share photos and stories. Feel free to join just the potluck—no scavenger hunt needed!

Bring your phone, appetite, and creativity—we can't wait to see you what you capture! 📸

Sign Up at the **Engage Table**

August 2025



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

MON	TUES	WED	THURS	FRI
			<div>Guitar Lessons - every Thursday</div> <div>Check Newsletter for location & times</div> <div></div>	<div>18:00 Swim Aerobics</div> <div>“Rockin’ to the Oldies”</div> <div>10:00 Miles of Smiles</div> <div>Pelican Landing</div> <div>11:10 Chair Yoga</div> <div>Fitness Studio</div>
<div>418:30 Walk @ Oak Grove w/Teri</div> <div>9:30 Coffee & Conversation (C&C)</div> <div>Come and Hear the Weekly Announcements!</div> <div>10:30 Hand & Foot Card Game</div>	<div>512:00 Thrifty Gardening</div> <div>Public Library</div> <div>1:00 Simple Weight Machines</div> <div>1:00 Wood Carving</div> <div>7:00 - Tuesdays in the Park</div>	<div>68:00 Bike Ride w/Tracy</div> <div>10:00 Diamond Art Bookmarks</div> <div>12:00 BINGO in the HAC</div> <div>1:15 Samba Card Game</div>	<div>711:30 Swoop Card Game</div> <div>12:30 - Pontoon Outing</div> <div>1:00 Mahjong Tile Game</div> <div>5:00 - Trucks & Tunes</div>	<div>818:00 Swim Aerobics</div> <div>“Country Pool Party” w/Julie & Teri</div> <div>11:10 Chair Yoga</div> <div>Fitness Studio</div>
<div>1118:30 Walk @ Oak Grove w/Teri</div> <div>9:30 Coffee & Conversation (C&C)</div> <div>Come and Hear the Weekly Announcements!</div> <div>10:30 Hand & Foot Card Game</div> <div>12:00 Lunch & Learn:</div> <div>Pre-planning Essentials</div>	<div>1211:00 Phone Photography Class</div> <div>Alysia’s Art Studio</div> <div>1:00 Wood Carving</div> <div>7:00 - Tuesdays in the Park</div>	<div>138:00 Biking Field Trip & Lunch Outing</div> <div>(9:00 departure - Park Rapids —> Walker)</div> <div>11:00 Birthday Lunch</div> <div>Long Bridge Bar, Grill & Marina</div> <div>12:30 BINGO in the HAC</div> <div>1:30 Samba Card Game</div>	<div>1410:00 Overdose Response 101</div> <div>11:30 Swoop Card Game</div> <div>1:00 Mahjong Tile Game</div> <div>5:00 - Trucks & Tunes</div>	<div>1518:00 Swim Aerobics</div> <div>“Rockin’ to the Oldies”</div> <div>11:10 Chair Yoga</div> <div>Fitness Studio</div>
<div>1818:30 Walk @ Oak Grove w/Teri</div> <div>9:30 Coffee & Conversation(C&C)</div> <div>Come and Hear the Weekly Announcements!</div> <div>10:30 Hand & Foot Card Game</div> <div>12:00 Trivia Time</div>	<div>19NATIONAL PHOTOGRAPHY DAY</div> <div>10:00 Photo Scavenger Hunt</div> <div>11:30 Potluck</div> <div>1:00 Wood Carving</div> <div>7:00 - Tuesdays in the Park</div>	<div>208:00 Bike Ride w/Teri</div> <div>10:00 D.L. High School Tour</div> <div>12:00 BINGO in the HAC</div> <div>1:15 Samba Card Game</div> <div>4:45 Early Bird Dinner</div> <div>Ice Cracking Lodge</div>	<div>219:30 Mabel’s Mercantile Tour</div> <div>Sip, Sample, & Shop</div> <div>11:30 Swoop Card Game</div> <div>12:30 - Pontoon Outing</div> <div>1:00 Mahjong</div> <div>2:30 - Songwriters’ Guild</div> <div>5:00 - Trucks & Tunes</div>	<div>2218:00 Swim Aerobics</div> <div>“Rockin’ to the Oldies”</div> <div>11:10 Chair Yoga</div> <div>Fitness Studio</div> <div>Saturday, August 23 — — —></div> <div>3:00 Mixed Media Class</div> <div>Public Library</div>
<div>2518:30 Walk @ Oak Grove w/Teri</div> <div>9:30 Coffee & Conversation (C&C)</div> <div>10:30 Hand & Foot Card Game</div> <div>1:00 Book Club</div>	<div>2611:30 - Lunch & Learn:</div> <div>Big Beautiful Bill Q &A</div> <div>1:00 Wood Carving</div> <div>2:00 MN Author Visit</div> <div>Public Library</div> <div>7:00 - Tuesdays in the Park</div>	<div>278:00 Bike Ride w/Teri</div> <div>10:30 Sleep & Energy</div> <div>12:00 BINGO at the City Park</div> <div>1:15 Samba Card Game</div> <div>5:00 - Open Acoustic Jam</div>	<div>28MN State Fair Coach Trip</div> <div>11:30 Swoop Card Game</div> <div>1:00 Mahjong Tile Game</div> <div>5:00 - Trucks & Tunes</div>	<div>2918:00 Swim Aerobics</div> <div>“Rockin’ to the Oldies”</div> <div>11:10 Chair Yoga</div> <div>Fitness Studio</div>

Event Code:

Holmes Art Cellar

Off-Site Activity

DLCCC / Theatre

Coach Trip

City Park

Community Happening