



















# September

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.

As we ease into the beauty of autumn, September brings a full calendar of **Engage opportunities**: tours, lunch & learns, art workshops, informative sessions to spark learning, and plenty of social gatherings to connect with our community.

This month is also **Fall Prevention Month**. and we're hosting a valuable event focused on improving balance, building strength, and learning simple strategies to prevent falls at home and in daily life. You'll find all the details inside.

Beyond Engage, there's no shortage of fun around town! Our local library has an

incredible line-up of programs, and the month wraps up with our community's lively Oktoberfest hosted by the Noon Rotary. We'll also be hitting the road for Engage's Oktoberfest Spectacular trip to the Wisconsin Dells!

We're also excited to welcome new members this month! There's always room at the table, and we love seeing new faces at our events. Whether you join us for a hands-on class, stop in for cards or Bingo, or simply come by for coffee and conversation, your presence adds to the vibrancy of our group! Autumn is the perfect time to try something new, meet a neighbor, and soak up the beautiful days this season brings.

September is packed with ways to stay active, connect, and stay truly **ENGAGED**!





218-844-4221 ext. 218





dlccc.org/engage

# Engage in Being Active

#### **Swim Aerobics**

#### **Rockin' to the Oldies** Fridays - 8:00am

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

#### Kayaking

The Friendshuh's are generously letting groups use their kayaks for these excursions.

#### Life jackets are mandatory.

- Thursday, September 4 @ 1:00pm
  - Long Lake
- Thursday, September 18 @ 1:00pm
  - Bowling Alley

\*Sign Up\* at the Engage Table

\*A **free will donation** is asked if renting a kayak to cover wear & tear of equipment \*

#### **Fall Prevention Class**

Instructors: Julie Reznecheck & Trinity St. Germain

#### Tuesday, September 23 @ 1:00pm

Trinity and Julie are excited to offer a special class designed to help you stay confident and steady on your feet! Join Trinity and Julie for a fun, informative session focused on balance, **strength**, and simple strategies to help prevent falls at home and in daily life. Let's stay active and safe together—because confidence begins with stability!

Class will be held in the Large Fitness Studio

\*Sign Up\* at the Front Desk DLCCC Members \$10 Non-Members \$12

## **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

## **Group Bike Rides**

Wednesday mornings - 8:00am

Meet at the DLCCC front desk for a 90-minute. intermediate-level bike ride led by Teri.

Expect 15-20 miles of heart-pumping fun for your legs and lungs!

\*Class 9/3 will be the "Frazee Trail Field Trip" - see below\*

#### **HELMETS REQUIRED**

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

Easy Riders is a relaxed, pop-up biking class! We ride 8–10 miles at an easy pace over an hour. It's a great way to move, enjoy the outdoors, and ride together. **Text 701-351-0242** if you're interested in receiving texts about the next pop-up class!

# **Frazee Trail Field Trip**

#### Wednesday, September 3 @ 9:00am

Join Teri for a bike ride along the local section of the Heartland Trail to Frazee! Meet at the DLCCC at **9:00 a.m.** We'll enjoy a relaxed bike ride to Frazee, a visit to The Monarch Coffee **Shop**, a short stop out to **Ortenstone Gardens**, before we return to the DLCCC.

#### **HELMETS REQUIRED**

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

# Julie's Corner



### September is Fall Prevention Month \*



This month shines a spotlight on a serious yet often overlooked health concern: falls. As the leading cause of injury among older adults, falls can have lasting impacts, but the good news is, many are preventable with increased awareness and proactive care. Join Trinity and me for a Fall Prevention Class on Tuesday, **September 23rd** at **1:00 PM** in the large **fitness studio**. The fee is **\$10.00**.

With winter just around the corner, it's the perfect time to prepare and protect yourself. In this informative and interactive session, we'll cover:

- Practical strategies to **prevent falls**
- Techniques for **safely getting up** after a fall
- Balance-boosting exercises to **improve stability**

Let's work together to stay safe, confident, and on our feet this season. We look forward to seeing you there!

# **Tuscan Chicken and Spaghetti Squash**

1 med. spaghetti squash	1 shallot, minced	1 tsp. of butter, divided	4 cloves garlic, minced		
Salt & pepper (to taste)	1/2 cup heavy cream	1 tsp. Italian seasoning	1/2 cup skim milk		
1lb. boneless, skinless chicken, bite-sized pieces	1/3 cup grated Parmesan cheese	2 T. sun-dried tomatoes, drained & julienned	3 ounces baby spinach		

**Cook Spaghetti Squash**: Pierce the spaghetti squash with a knife and microwave until tender (8-12 minutes). Alternatively, roast the squash in the oven. Let cool.

Cook Chicken: Season chicken with salt, pepper, and Italian seasoning. Melt 1 tablespoon butter in a skillet over medium-high heat. Cook chicken until it is no longer pink. Remove chicken and set aside.

Sauté Aromatics: Add remaining butter, garlic, and shallot to the skillet. Cook until softened. Stir in sun-dried tomatoes.

Make Sauce: Pour in heavy cream and milk and cook until bubbly. Turn off heat and stir in Parmesan cheese and spinach. Return chicken to the pan.

Shred Squash: Cut cooled spaghetti squash half lengthwise, remove seeds, and shred the flesh with a fork.

Combine and Serve: Stir spagnetti squash into the cream sauce until well coated Garnish with fresh parsley and serve hot.

Fresh parsley, for garnish (optional)



Julie Reznecheck



218-844-4221 ext. 215



iulier@dlccc.org

# Engage in More

## **U-Pick Bouquets**

Blooming Acre Farm **Tuesday, September 2 @ 10:00am** 

Meet Engage at **Blooming Acre Farm** for a delightful "u-pick" experience! Stroll a short 300-ft path to their vibrant flower fields, enjoy the fresh air, & create your own bouquet. Tables & chairs will be available so you can arrange your flowers before heading home. Make a **small** arrangement for \$15 or a large one for \$30—cups, water, and tools are provided.



1708 110th St S. Glyndon, MN

\*Sign Up\* at the Engage Table

## **Clarity Wine Bar**

Tour, Sip & Snack

Thursday, September 11 @ 1:00pm

Discover Detroit Lakes' new cozy wine spot, **Clarity Wine Bar**! Founder Chelsey Malstrom will share the story behind this curated space where every glass tells a tale. Stay afterward to **sip** and **sample** from their menu (\*pay on-site), including non-alcoholic options, a small beer selection, and tasty bites.



1152 Washington Ave, Detroit Lakes, MN

\*Sign Up\* at the Engage Table

## **D.A.C.** Art Show & Reception

Wednesday, September 10 @ 2:00pm

All summer long, **Anna Lassonde** has partnered with the **Becker County Developmental Achievement Center** (D.A.C.), guiding participants each week as they explored new art techniques and styles. Now, their creations will be on display for the community to enjoy! Join us for a special reception to celebrate all they've learned!

Everyone is welcome to stop by the **Holmes Art Cellar**!

Want more information on class

placement?

Reach out to Jerry today!

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 are now holding classes off-site. 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

Third Thursday @ 2:30pm
Love writing songs?
This group is a great place to share year.

This group is a great place to share your original music & receive creative feedback from fellow songwriters.

For meeting location contact Jerry Short.

Songwriter's Guild

Contact Jerry Short for more information:

seniorstrummers@yahoo.com 218-849-2041

# Engage in Learning

# Passport: The Netherlands



#### Thursday, September 4 @ 10:00am

Step into the world of the Netherlands through Laura May's family experience living there. Hear stories about daily life in a country known for its stunning landscapes and rich history. Explore the breathtaking **Keukenhof**, often called the most beautiful spring garden in the world, and learn how the Dutch expanded their land by 65% through innovative **windmill engineering**. Discover the country's unique bike culture, where there are **more bicycles than people**, and get a glimpse into what makes life in the Netherlands so extraordinary.

\*Sign Up\* at the Front Desk
DLCCC Members \$4 Non-Members \$6

## Smart Meal Planning for Small Households

Alysia Podges' Art Studio

Thursday, September 18 @ 10:30am

Does cooking for one or two feel overwhelming? It's easy to fall back on quick meals that lack nutrients. Join **Alysia** 

**Podges** as she shares practical tips for **meal prepping** healthy, delicious dishes for **small households**. With her expertise and upbeat energy, you'll leave inspired and confident to create meals you'll truly enjoy!

14799 US-59 Detroit Lakes, MN

\*Sign Up\* at the Front Desk

DLCCC Members \$17 Non-Members \$20

# **Lunch & Learn: Beltone Hearing Specialist**

Speaker: Dana Fagerlie

#### Thursday, September 11 @ 11:30am

Join Dana Fagerlie, Hearing Instrument
Specialist, for a Lunch & Learn focused on
the benefits of Beltone services and
practical tips for those beginning to
experience hearing loss. Come enjoy a fun,
interactive session and leave with tools to
support your hearing health!

\*Sign Up\* at the Engage Table

# Lunch & Learn: Hips & Knee Joints

Speaker: Dr. Wes Anderson **Tuesday, September 23 @ 11:00am** 

Dr. Wes Anderson returns with another insightful session—this time focusing on hip and knee joint health. Whether you're managing joint pain or preparing for recovery from surgery, Dr. Wes offers practical tips and welcomes your questions.

\*Sign Up\* at the Engage Table

#### Tech Time w/Teri

Topic: How to use ChatGPT Monday, September 22 @ 12:00pm

ChatGPT is a free, easy-to-use tool that can help with countless tasks. Join Teri for a relaxed, **beginner-friendly session** and learn how to make the most of this handy resource. You'll leave feeling confident and ready to put it to use!

\*Sign Up\* at the Engage Table

# Engage Locally

#### **Garden Planning**

Location: Detroit Lakes Public Library Tuesday, September 02 @ 12:00pm

Maximize Your Garden's Potential: The Benefits of Using a **Garden Planner** with Jan Albanese.

#### **Craft Supply Swap**

Location: Detroit Lakes Public Library Saturday, September 13 @ 9:30 - 3:00

Calling all crafters!

Visit the Detroit Lakes Public Library to pick out

free craft supplies for your next project!

#### **Genealogy Work Session**

Location: Detroit Lakes Public Library Monday, September 29 @ 1:00pm

Did you know the library offers free access to **genealogy research** tools? Join us to get assistance navigating the library's resources.

Registration required.

#### **Robotics in Healthcare**

Location: Detroit Lakes Public Library Tuesday, September 23 @ 2:00pm

Join us to hear from local **healthcare staff** about how they use **robots** in their work.

Sponsored by Detroit Lakes Library Club.



#### **Detroit Lakes Public Library**

1000 Washington Ave. Detroit Lakes

(218) 847-2168

### **Norwegian Woodcarver**

Speaker: Jerry Ness

Location: Detroit Lakes Public Library

Tuesday, September 09 @ 6:00pm

Jerry Ness will bring along part of his collection of hand-carved Scandinavian figures and entertain audiences with the amusing stories behind them.

## **Vikings in the Attic**

Author Visit: Eric Dregni

Location: Detroit Lakes Public Library

Thursday, September 11 @ 2:00pm

Eric Dregni explores the quirky history, traditions, and tales of Scandinavia's Midwest colony. Discover the stories his grandparents never mentioned and see why Scandinavian Americans cherish these traditions so deeply.

### Rosemaling

Instructor: Dorothy Hoover

**Location:** Detroit Lakes Public Library

Saturday, September 27 @ 10:00am

Join Rosemaling Instructor Dorothy Hoover to create your own **hand-painted** 

**rosemaling piece**. This hands-on class lasts a couple of hours.

Registration required

# 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 @ 10:30am

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

#### Swoop - Thursdays @ 11:30am

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

**Thursday, September 11** will be on the 2nd floor of the theater in the conference room.

#### Samba - Wednesdays @ 1:15pm

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.

Wednesday, September 10 will be on the 2nd floor of the theater in the conference room.

#### 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\*







# K

#### 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**

#### Tuesday, September 16 @ 12:30 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!**

## **Maple Hills Orchard**

Orchard & Honey Bee Tour — Tuesday, September 30 @ 10:00am

Enjoy a scenic outdoor tour of this charming orchard! Learn about its history, take a hayride through the beautiful acreage, and sample some complimentary tastings. This year, we'll also take a more in-depth look at their honey bees and hives—a sweet highlight of the day. It's the perfect way to kick off the autumn season!



29355 130 St, Frazee, MN

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

## **September Birthday Lunch**

Wednesday, September 17 @ 11:00am Enjoy a delicious meal with friends at



25807 Co Hwy 22 Detroit Lakes, MN

Come join us to celebrate September birthdays!

\*Sign Up\* at the Engage Table

# **Watercolor Greeting Cards**

Make & Take

Artist: Val Voigt

#### Tuesday, September 9 @ 10:00am

Val Voigt will share tips and techniques for creating beautiful watercolor greeting cards, then guide you as you paint three of your own. With less time on demonstration and more time for you to create, you can use Val's

patterns or follow your own inspiration—either way, you'll leave with three unique cards ready to share or gift!

\*Sign Up\* at the Front Desk

DLCCC Members \$5 Non-Members \$8

### Early Bird Dinner

Wednesday, September 10 @ 4:45pm

Come eat a tasty meal with your friends!

Questions? Contact: Dee Cahlin @ 218-790-6251



ask about the burger special!

20762 Co Hwy 29 Rochert, MN

\*Sign Up\* at the Engage Table

# Monday, September 15 @ 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. September in History
- 2. Sports in September
- 3. Facts About Fall
- 4. September: Music & Movies

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

\$1 for an hour of trivia!

# 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

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 "Lessons in Chemisty
by Bonnie Garmus.

high-stakes thriller set 35,000 feet in the air. **Falling** by T.J. Newman unfolds aboard a domestic flight from Los Angeles to New York.

This months read is a



Looking Ahead

October 27: What Happened to the Bennets
By: Lisa Scottolini

**December 1:** Christmas Bells
By: Jennifer Chiaverini

Book Club will reconvene January 26, 2026

\*Sign-in\* in at the HAC in you participate.

# Hello, Harvest Potluck Tuesday, September 16 @ 11:30am

Celebrate the season at our **Hello, Harvest** potluck—a delicious way to gather with friends! Bring your favorite fall-inspired dish to share and enjoy a table full of hearty flavors, sweet treats, and seasonal surprises. It's the perfect opportunity to connect, swap recipes, and savor the best of autumn together. Come hungry, leave happy, and stay after the potluck for a fun round of **Card Dump**—always a fan favorite!

\*Sign Up\* at the Engage Table

# September 2025



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

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	MON		TUES		WED		THURS		FRI
1	8:30 Walk @ Oak Grove w/Teri 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:30 Hand & Foot Card Game  HAPPY  LABBR DAY	2	10:00 U-Pick Bouquets Blooming Acre Flower Farm  12:00 Garden Planning Public Library  1:00 Wood Carving	3	9:00 Frazee Trail Field Trip  12:00 BINGO in the HAC  1:15 Samba Card Game	4	10:00 Passport: Netherlands 11:30 Swoop Card Game 1:00 Mahjong Tile Game 1:00 Kayaking - Long Lake  Guitar Lessons	5	8:00 Swim Aerobics "Rockin' to the Oldies"  11:10 Chair Yoga Fitness Studio
8	8:30 Walk @ Oak Grove w/Teri 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:30 Hand & Foot Card Game	9	10:00 Watercolor Greeting Cards Make & Take  1:00 Wood Carving  6:00 Norwegian Woodcarver & Storyteller - Jerry Ness Public Library	10	8:00 Bike Ride w/Teri 12:00 BINGO in the HAC 1:15 Samba Conference Room 2:00 DAC Art Show & Reception 4:45 Early Bird Dinner The Fishbowl	11	11:30 Lunch & Learn: Hearing Loss Speaker: Dana Fagerlie - Beltone 11:30 Swoop Conference Room 1:00 Mahjong Tile Game 1:00 Clarity Wine Bar Tour, Sip & Snack Guitar Lessons	12	8:00 Swim Aerobics "Rockin' to the Oldies"  11:10 Chair Yoga Fitness Studio  Craft Swap Public Library Sat., September 13 — — >
15	8:30 Walk @ Oak Grove w/Teri 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:30 Hand & Foot Card Game 12:00 Trivia Time	16	11:30 Hello, Harvest Potluck 12:30 Card Dump 1:00 Wood Carving	17	8:00 Bike Ride w/Teri 11:00 Birthday Lunch Bleachers 12:30 BINGO in the HAC 1:30 Samba Card Game 3:00 Oktoberfest Info Meeting	18	10:30 Smart Meal Planning for Small Households Alysia's Art Studio 11:30 Swoop Card Game 1:00 Mahjong Tile Game 1:00 Kayaking - Bowling Alley Guitar Lessons & Songwriters'	19	8:00 Swim Aerobics "Rockin' to the Oldies"  11:10 Chair Yoga Fitness Studio  Oktoberfest Downtown D.L. Sat., September 20 — — >
22	8:30 Walk @ Oak Grove w/Teri 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:30 Hand & Foot Card Game 12:00 Tech Time w/Teri How to use ChatGPT	23	11:00 Lunch & Learn: Hips & Knees Speaker: Dr. Wes Anderson  1:00 Fall Prevention Class Instructors: Julie & Trinity  1:00 Wood Carving  2:00 Robotics in Healthcare Public Library		Coach Trip  12:00 BINGO in the HAC  1:15 Samba Card Game  5:00 Open Acoustic Jam  Public Library	<b>- O</b>	Oktoberfest: Wisconsin Dells (S 11:30 Swoop Card Game 1:00 Mahjong Tile Game Guitar Lessons	Sep	8:00 Swim Aerobics "Rockin' to the Oldies"  11:10 Chair Yoga Fitness Studio
29	8:30 Walk @ Oak Grove w/Teri 9:30 Coffee & Conversation (C&C) 10:30 Hand & Foot Card Game 1:00 Book Club 1:00 Genealogy Work Session Public Library	30	10:00 Maple Hills Orchard Honey Bee Tour  1:00 Wood Carving		•				

Event Code: Holmes Art Cellar Off-Site Activity DLCCC / Theatre Coach Trip Community Happening