



Join us backstage for
Flight Notes!

SATURDAY, JANUARY 10
7:00pm



Savor a thoughtfully curated flight of hors d'oeuvres, paired perfectly with an exclusive, intimate live performance. Flight Notes is artists who bring in new, original music up close and personal. Your chance to give the gift of an exclusive, fully immersive, curated experience.

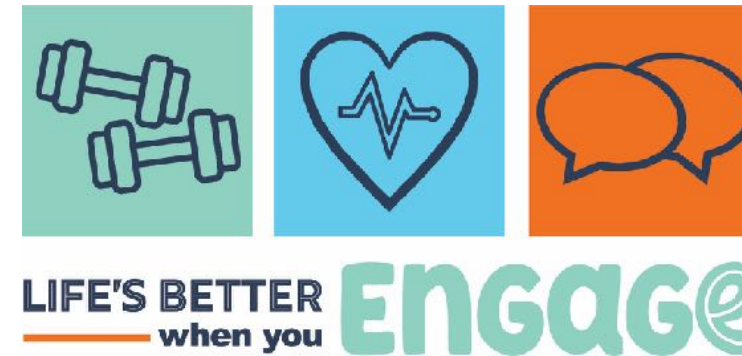
Shane Henry and Maggie McClure of the Husband-and-wife duo, *The Imaginaries*, bring Americana to the next level, with the fusion of blues, rock, and pop along with mesmerizing vocal harmonies and heartfelt singer-songwriter ballads.

Ticket: \$50/includes Hors d'oeuvres • Cash bar available



Buy now or at [DLCCC.org](https://dlccc.org)!

Limited tickets available!



January 2026

Happy New Year!

January at the **Holmes Art Cellar** is brimming with ways to stay warm, engaged, and inspired this winter! We're kicking off the month with a variety of events designed to spark creativity, connection, and fun. Cozy up with friends at our **"Comfy Cozy" Potluck**, where you can share your favorite comfort foods and enjoy great conversation in a relaxed, welcoming atmosphere.

For those eager to learn something new, we have an exciting lineup of speakers: Dr. Chris will share insights on **Chiropractic Care**, Danika will guide us through the world of **Herbal Adaptogens**, and we'll enjoy a special **Passport Presentation on Iceland**, transporting us to the land of fire and ice.

Art lovers and makers can dive into hands-on creativity with a variety of activities; from painting and pottery to woodcraft and more. Puzzle enthusiasts won't want to miss our **National Puzzle Day Competition**, where teamwork, strategy, and a little friendly rivalry come together for brain-boosting fun.

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**

If you're ready to embrace the outdoors, we'll be **snowshoeing** through the month of January, exploring winter trails and enjoying the crisp beauty of the season. Plus, favorites like **Trivia Time**, **Card Dump**, and **Book Club** are back, offering more chances to laugh, connect, and make new memories.

Whether you're seeking inspiration, relaxation, or just some good company, **ENGAGE** is the perfect place to make January a month to remember. Come join us, share in the fun, and create a little warmth this winter!

♥ ♥ ♥ **Teri Holehouse**



COME TO
MARGARITAVILLE
WITH THE BEST NEW
JIMMY BUFFETT
TRIBUTE SHOW!

Thursday, January 22 at 7:30pm

Parrothead Paradise conjures thoughts of warm ocean breezes, fruity mai-tais, and coconut-infused suntan lotion. The show incorporates 11 musicians and singers creating an ensemble that launches a tropical party.

The show invokes the "toes in the sand" tropical vibe Jimmy Buffett's infectious songs are known for. Hear all the classic tunes, including "Margaritaville," "Cheeseburger in Paradise," "Come Monday," "Fins," "Volcano," and more. The steel drums and female back-up singers create a soothing, ocean-like scene that is inviting to the casual listener as well as all Parrotheads."

Adults \$35 • Students \$18 - Holmes Theatre - [DLCCC.org](https://dlccc.org)



(218) 844 4591



teri@dlccc.org



dlccc.org/engage

Engage in Being Active

All participants in fitness classes must either have an **active membership** or purchase a **day pass**. Day passes can be easily obtained at the DLCCC front desk prior to class.

Walk the Track

Mondays @ 8:30am

Start your week with some light exercise and friendly conversation! Join friends for a walk on the upstairs track at the Center.

Snowshoeing with Teri

Tuesdays @ 1:00pm

Looking for a snowshoe adventure? Come explore with Teri's class at Mountain View! New to snowshoeing? No worries! We have all the gear you need to give it a try. Want more details or to join the text-connect group? Reach out to Teri and she'll get you all set up!

Mountain View Recreation Area

30199 Tower Rd,
Detroit Lakes, MN

Join us for a special guided snowshoe outing at **Tamarac Refuge** (35704 270 St. Rochert, MN) on **Tuesday, January 27 @ 10:00am**

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

Silver Sneakers Chair Yoga

Fridays - 11:10am

This fun and energizing chair yoga class is 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**

S.E.A.T Class

Tuesdays @ 10:30am

Supported Exercise for Ageless Training

A brand-new, chair-based fitness program featuring fun, performed choreography for a total-body, low-impact workout. Designed for all ability levels, this class builds strength, balance, flexibility, and mental focus through functional movement and social connection.

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

Silver Sneakers Classic

Thursdays @ 10:30am

Have fun and move to the music with exercises that improve strength, flexibility, balance, and coordination. This class uses hand-held weights, elastic tubing, and a chair to support a safe, effective workout for everyday living.

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

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**

Julie's Corner



A new year is the perfect time to focus on feeling your best—inside and out!

You don't need drastic resolutions or big changes to make a difference. Small, consistent steps can help you feel stronger, more balanced, and more energized as we move into 2026.

Here are a few ideas to help you bring in the New Year as a Healthy **YOU!**

Move a Little More - Even just a few extra minutes of movement each day can help improve flexibility, balance, and strength. If cold weather keeps you indoors, try gentle stretching, chair exercises, or water fitness classes. The water's natural resistance supports your joints while helping build muscle and confidence.

Start Lifting Weights - Start small, then work your way up. Stay consistent with lifting weight 3 days a week and watch how you get stronger every day.

Nourish Your Body - Start the day with a healthy breakfast, **stay hydrated**, and aim to include more colorful fruits and vegetables on your plate. Small swaps—like choosing water over soda or adding one extra veggie to dinner—add up over time.

Rest and Recharge - Quality sleep helps your body recover and keeps your mind sharp. Try to go to bed and wake up around the same time each day and avoid screens for an hour before bedtime.

Progress, Not Perfection - Every effort you make toward better health counts. Be kind to yourself, celebrate small victories, and focus on what makes you feel good—physically and emotionally.

Winter Fruit Salad

This is a wonderful salad in the winter when fresh fruit is not so plentiful.

1 large can of
Mandarin Oranges
(drained)

1 15.25oz can
Tropical Fruit
cocktail (drained)

1 can Pineapple
chucks (drained,
reserve juice)

1 small box of
Sugar Free Vanilla
Pudding

1 Container of
Sugar Free
Cool Whip Topping



Drain Oranges and Tropical Fruit. Drain pineapple (*keep the juice*). Mix pudding and reserved pineapple juice together until smooth. Add all the fruit and mix gently. Fold in the container of Sugar Free Cool Whip. Refrigerate for a couple of hours.

Julie
Rezneck



(218) 844 4595



julier@dlccc.org

Engage in More

TOUR: *New* MANNA Food Co-op Thursday, January 15 @ 10:00am

Take a guided tour of **Manna Food Co-op's** new Detroit Lakes location and explore their expanded space, including the updated retail area and shared commercial kitchen. Learn about their focus on natural and organic foods, local producers, and community wellness. Enjoy **samples** throughout the visit and stay for a **brief Q&A** with the Manna team.

Sign Up at the **Engage Table**



801 Washington Ave.
Detroit Lakes, MN

Creative Coloring

Artist: Cindy Caillier

Wednesday, January 21 @ 10:00am

Warm up with a cup of coffee, enjoy fresh cookies, and settle in for some lighthearted coloring time with friends.

We'll have a variety of fun pages to choose from, and to top it all off, Cindy will treat us to a cheerful piano sing-along to close out the morning!

Sign Up at the **Engage Table**

NATIONAL PUZZLE DAY Puzzle Competition

Thursday, January 29 @ 10:00am

Get ready for a little friendly competition at our **Engage Puzzle Race**! Teams of four will work together to complete the same **300-piece puzzle**, starting in *Mystery Mode* with no picture for the first half of the challenge. When the image is revealed, the race is on—see who can finish first or complete the most before time runs out! **Bring a small snack** to share and keep everyone fueled for the fun.

Sign Up at the **Engage Table**

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**

Want more information on class placement?
Reach out to Jerry today!
seniorstrummers@yahoo.com
218-849-2041

Songwriter's Guild Second Thursday @ 2:30pm

Love writing songs?

This group is a great place to share your original music & receive creative feedback from fellow songwriters. For meeting location contact Jerry Short.

Contact Jerry Short
for more information:
seniorstrummers@yahoo.com
218-849-2041

Engage in Learning

Chiropractic Care As We Age

Speaker: Dr. Chris Pischel

Tuesday, January 6 @ 10:00am

Discover how **chiropractic care** can play a meaningful role in staying active and comfortable throughout every stage of life.

Dr. Chris from **Strive Chiropractic** will explain how gentle adjustments and supportive therapies can ease arthritis-related pain, improve balance and mobility, and help reduce the risk of falls. This is a wonderful opportunity to learn and discover practical ways to feel your best at any age.

Sign Up at the **Engage Table**

Passport: Iceland



Speaker: Cindy Kelly

Tuesday, January 13 @ 11:00am

Cindy Kelly will be joining us to share highlights from her unforgettable trip to **Iceland**! Come learn about the country's stunning **landscapes**, the **unique foods** & snacks she discovered, and the **incredible culture and traditions** that make Iceland such a fascinating place to explore.

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

Tech Time w/Teri — Wednesday, January 14 @ 10:00am - 12:00pm

Do you have questions about signing up for classes or events on our website?

Or maybe you'd like assistance navigating other online tools/apps?

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 for a **time slot** at the **Engage Table**

Herbal Adaptogens

Speaker: Danika Leitheiser

Monday, January 19 @ 12:15pm

Discover how **herbal adaptogens** help your body respond to physical, emotional, and environmental stress in a more balanced way. Danika will guide you through several **key herbs**, their **unique energetics**, and **practical ways** they can best support your well-being.

Sign Up at the **Engage Table**

How Libraries Saved Civilization

Speaker: Dr. Roy Hammerling

Tuesday, January 27 @ 2:00pm

📍 Detroit Lakes Public Library

Join Dr. Roy Hammerling for an engaging exploration of how the written word, books, and **libraries shaped human civilization**, and why they remain essential today. Dr. Hammerling, a longtime Religion professor, author, lecturer, and pastor, brings decades of insight to this fascinating topic.

This free event is sponsored by the **Detroit Lakes Library Club** and open to all.

Refreshments will be served.

Member Spotlight

Patty & Ron Teschner

This month's spotlight members are familiar faces in the Engage program; they were some of the earliest supporters, joining at the very beginning in 2019.

Patty grew up in Elgin and Jamestown, ND as well as Lodi, CA. She attended junior high, high school and college in Fargo. She received her degree in Speech Language Pathology from NDSU. Ron grew up one state over, in Cudahy, WI and graduated from Carthage College in Kenosha, WI. He was a teacher, Navy Radar Intercept Officer and owned T&P Construction in Wahpeton, ND. These two have been married 53 years and have been blessed with a son Aaron and a 12 year old granddaughter Eliana. Oh, and they are big BISON fans. GO HERD!

So how did they end up in Detroit Lakes? After retirement they rented a cottage near Lake Melissa. They ended up buying the land and Ron built their vacation home which became their permanent home in 2019.

Some of the Engage events they like to participate in are, birthday lunches, early bird suppers, Potlucks and parties. Ron enjoys passport presentations and military appreciation speakers. Patty enjoys bookclub, games, trips, style shows, crafts, cards and Monday morning coffee! Patty also helps with Project 412 as a volunteer with the trolls and Ortenstone Gardens.



Patty's hobbies are sewing, crafts, Words with Friends and photography. Ron's hobbies include golfing, fishing and travel. His favorite vacation trip was a Caribou hunting trip to Alaska. Patty's favorite was traveling to Hawaii. Their favorite part of retirement is enjoying the flexible schedule that allows them to keep in touch with friends and family, especially enjoying their granddaughter's sports and music activities.

When asked what the best advice they've ever received? Patty's mom told her not to give up so easily. And when asked if they have any New Years resolutions going into 2026 their answer; healthy living and getting in shape. And what they may want to do this year that they've never done before? Their response: we'll have to see what Engage has to offer!

A big life lesson for the Teschners, make new friends and keep the old. One is silver, the other is gold! Well said Patty and Ron! We've enjoyed learning more about you and we're happy to be part of the "silver" group enjoying our new friendship with you two!

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!

Cribbage - Tuesdays @ 1:00pm

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

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!

Samba will be held at 1:30pm on the week of Birthday Lunch.

BINGO - Wednesdays @ 12:00pm

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 be held at 12:30pm on the week of Birthday Lunch.

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

CARD DUMP

Thursday, January 8 @ 11:50am

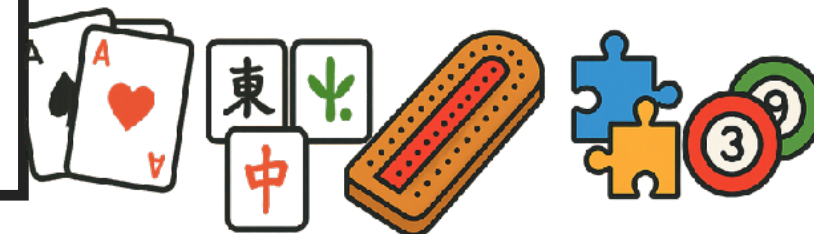
Come and give Card Dump a try! It's a fan favorite and is always better with a large group.

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 good fun!

Sign Up at the **Engage Table**

Lunch & Play Thursdays @ 11:30am

Join friends in the HAC on Thursday afternoons for a fun-filled time of **Swoop, Whist, Hand & Foot**, and other fun **games!** Come play, chat, and enjoy the company!



Engage in Having Fun!

Early Bird Dinner

Wednesday, January 14 @ 4:45pm

Come eat a tasty meal with your friends!
Questions? Contact: **Dee Cahlin @ 218-790-6251**



1743 Long Bridge Rd.
Detroit Lakes, MN

Sign Up at the **Engage Table**

January Birthday Lunch

Wednesday, January 28 @ 11:00am

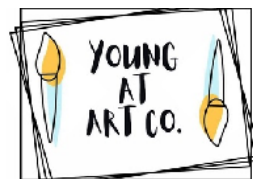
Enjoy a delicious meal with friends at



2000 Long Bridge Rd.
Detroit Lakes, MN

Come join us to celebrate *January* birthdays!

Sign Up at the **Engage Table**



Coffee & Crafts

Young At Art Studio

Wednesday, January 7 @ 9:00am

Unleash your creativity at **Young At Art Studio**! Whether it's pottery, painting on canvas, or working with wood, come explore whatever craft sparks your imagination. Enjoy coffee, conversation, and an inspiring space—perfect for friends to create together.

Sign Up at the **Engage Table**



12 o'clock Trivia Time

Monday, January 12 @ 12:00pm

Come play an hour of trivia—filled with fun, multiple-choice questions, and plenty of prizes!

This month features four fun rounds:

1. New Year Traditions Around the World
2. January Fun Facts
3. Famous Blizzards/Winter Weather Events
4. History & Culture in January

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

Snowman Bunco

Tuesday, January 20 @ 10:00am

Get ready to roll the dice for a morning filled with laughter, light-hearted competition, and winter-themed fun. Bunco is quick to learn and always full of smiles!

We'll need **at least 12 players** (in groups of four), so invite some friends and sign up soon! There's no cost to play.

Bring **a treat to share** and join us for a flurry of good times!

Sign Up at the **Engage Table**



Engage in Being Social

Coffee & Conversation (C&C)

Mondays - 9:30am - 10:30am

The best way to start the week!

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 - 12:30pm

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 12:30pm. 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!

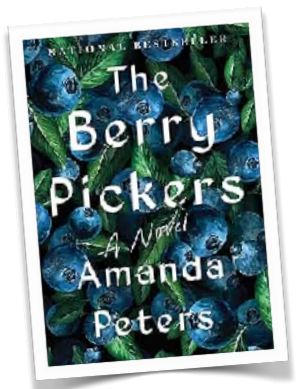
Sign in at the HAC if you participate

Book Club

Monday, January 26 @ 1:00pm

We meet at the HAC reading nook.

We're kicking off our **2025 Book Club** with the national bestseller ***The Berry Pickers*** by **Amanda Peters**!



This exquisitely moving novel weaves together unrelenting hope, unwavering love, and the enduring strength of family—even in the midst of grief and betrayal. It's a beautiful story to start the year, and we can't wait to dive into it together.

Looking Ahead:

February 23: *Upstairs at the White House*
By: J.B. West

March 30: *Everything is Tuberculosis*
By: John Green

Sign-in in at the HAC in you participate.



January 2026



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

MON		TUES		WED		THURS		FRI	
<div>happy new year</div>						1	11:30 Swoop/Whist 1:00 Mahjong Tile Game <i>Guitar Lessons</i>	2	8:00 Swim Aerobics w/Julie Reznecheck 11:10 Chair Yoga Fitness Studio
5	8:30 Walk the Track w/Friends 9:30 Coffee & Conversation (C&C) Guest: Trevor Janich - Emmaus Crossroads 10:30 Hand & Foot Card Game	6	10:00 Chiropractic Care Speaker: Dr. Chris Pischel 12:30 Wood Carving 1:00 Cribbage 1:00 Snowshoeing @ Mountain View	7	9:00 Coffee & Craft Time Young At Art Studio HAC Closed to FFA Group 12:00 BINGO @ Conference Room 1:15 Samba @ Conference Room	8	11:00 Comfy Cozy Potluck 11:50 Card Dump 1:00 Mahjong Tile Game <i>Guitar Lessons & Songwriters' Guild</i>	9	8:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio * 7:00 Imaginaries Saturday, January 10 @ Historic Holmes Theatre — — — >
12	8:30 Walk the Track w/Friends 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:30 Hand & Foot Card Game 12:00 Trivia Time	13	11:00 Passport: Iceland Speaker: Cindy Kelly 12:30 Wood Carving 1:00 Cribbage 1:00 Snowshoeing @ Mountain View	14	10:00 Tech Time w/Teri 12:00 BINGO in the HAC 1:15 Samba Card Game 4:45 Early Bird Dinner Shorewood Bar & Grill	15	10:00 MANNA Food Co-op Tour 11:30 Swoop/Whist 1:00 Mahjong Tile Game <i>Guitar Lessons</i>	16	8:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio * 7:00 Big Band Dessert Dance Saturday, January 17 @ Holmes Ballroom — — — >
19	8:30 Walk the Track w/Friends 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:30 Hand & Foot Card Game 12:15 Herbal Adaptogens Speaker: Danika Leitheiser	20	10:00 Snowman Bunco 12:30 Wood Carving 1:00 Cribbage 1:00 Snowshoeing @ Mountain View	21	10:00 Creative Coloring Artist: Cindy Caillier 12:00 BINGO in the HAC 1:15 Samba Card Game	22	11:30 Swoop/Whist 1:00 Mahjong Tile Game <i>Guitar Lessons</i> 7:30 Parrothead Paradise Historic Holmes Theatre	23	8:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio * 1:00 - 3:00 Puzzle Competition Saturday, January 24 @ Public Library — — — >
26	8:30 Walk the Track w/Friends 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:30 Hand & Foot Card Game 1:00 Book Club	27	10:00 Snowshoeing @ Tamarac Refuge 12:30 Wood Carving 1:00 Cribbage 2:00 How Libraries Saved Civilization - Dr. Hammerling @ Public Library	28	11:00 Birthday Luncheon Long Bridge Bar, Grill, & Marina 12:30 BINGO in the HAC 1:30 Samba Card Game	29	National Puzzle Day 10:00 Puzzle Team Competition 11:30 Swoop/Whist 1:00 Mahjong Tile Game <i>Guitar Lessons</i>	30	8:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio