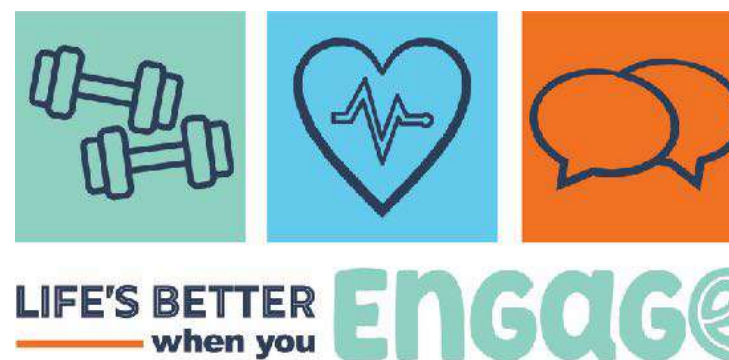


April 2026



Spring is here, and **Engage** is in full swing with many opportunities to get involved!

This month we're welcoming **several guest speakers** who will share helpful information and provide new opportunities to learn.

You can also relax and enjoy a spring **movie matinee** in the Historic Holmes Theatre, or take advantage of the warmer weather with our **hikes** out at Mountain View. If you're feeling **creative**, we have a couple of art activities planned to help you stretch your artistic side.

We're also heading out on two local tours that are sure to be both interesting and informative; one to **Buck Mills Brewing** and another to the new **Public Works building**.

Curious about the fitness machines upstairs? Be sure to check out Julie's **Fitness Machine Refresh** class to learn how to make the most of them.

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**

We'll wrap up the month with one of our favorite traditions: the annual **Spam Cook-Off and Potluck!** Whether you want to compete or simply come and taste the creations, it's always a blast!

And of course, you'll still find plenty of chances to connect with friends through cards, bingo, and trivia.

We look forward to enjoying the spring season with you!

♥♥♥ **Teri Holehouse**



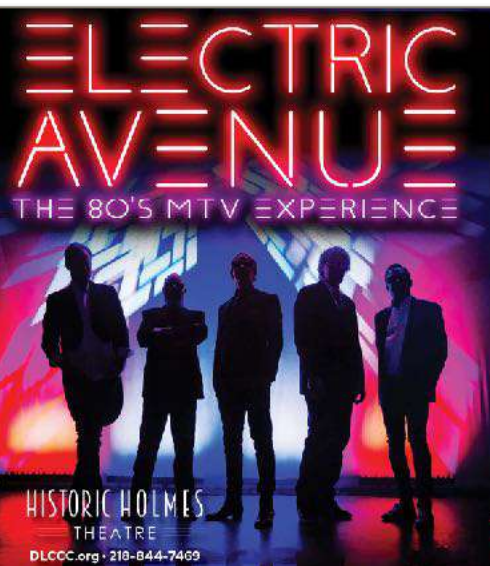
(218) 844 4591



teri@dlccc.org



dlccc.org/engage



**Saturday,
April 25
7:30pm**

It's like... totally rad. Are you ready to experience all the youthful energy and sonic celebration that was 1980s New Wave and Radio Pop?

Electric Avenue delivers the Best 80s music hits performed the way you remember them.

Adults \$38
Students \$19



Sunday, April 19 • 6:00pm

A non-stop energy packed urban circus complete with dancing, beat boxing, acrobatics, BMX biking and more!

This show has been seen by over one million people worldwide!

360 ALL-STARS entertains audiences of all ages!

Tickets:
Adults \$26
Students \$13

HISTORIC HOLMES
THEATRE
DLCCC.org • 218-844-7469



Lakes Area
Community
Concert Band

Spring
Concert

Sunday, April 12 at 4pm
Historic Holmes Theatre



Free Concert -
Free Will Donations Accepted!

Minnesota Twins Game!
Thursday, July 9 Sign Up by June 26!

Join us on a fun-filled trip to see the Twins take on the Cleveland Guardians!

TWINS vs GUARDIANS

EARLY BIRD PRICING UNTIL MAY 8!
DLCCC Members: \$120 | Non-Members: \$150

DLCCC

SATURDAY
MAY 2nd



The Fabulous Armadillos started in May of 2006! This is our 20th year together...and we've played 100's and 100's of songs in those 20 years.

We have kept track of the many **GREAT** moments in our history and will be bringing you many of those in our **CELEBRATION of 20 YEARS of FABULOUS ARMADILLOS**. Thank you for bringing us into your lives, it has been an amazing **TWO DECADES**, and we are honored to relive some of these songs and moments with you in a **CELEBRATION of 20 YEARS!**

Adults \$37 • Students \$18

HISTORIC HOLMES
THEATRE

DLCCC.org • 218-844-7469

Check out our calendar
for free events
happening at the

Lake Agassiz
Regional Library



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.

Julie's Corner

Strength training is one of the most important things we can do for our bodies as we age, especially after 50. As the years go by, we naturally lose muscle strength, balance, and bone density. **Strength training** helps slow that process and keeps us moving with confidence.

For beginners, strength training does not mean lifting heavy weights or pushing past your limits. It can be simple, safe movements using light weights, resistance bands, body weight, or even water resistance. The goal is to **build strength** gradually while **protecting joints** and **improving balance**.

Regular Strength Training Can Help:

Improve balance and reduce the risk of falls	Support joint health and reduce everyday aches
Increase energy and endurance	Make daily activities easier and more comfortable

No matter what your fitness levels are, it's never too late to start. Small and consistent steps lead to big improvements over time. Strength training helps you **stay active, independent**, and keeps you doing the **things you enjoy**—now and in the years ahead.

Sweet Potato and Ground Turkey Bake

1lb lean ground turkey	2 tbsp olive oil	3 cloves garlic, minced
1 medium onion, diced	1/2 tsp black pepper	1 tsp salt
2 cups fresh spinach	1 tsp cumin	1 tsp paprika
2 medium sweet potatoes, peeled and diced	1 cup shredded cheddar cheese	



Preheat oven to 400°F (200°C) and spray a baking dish with nonstick cooking spray. Toss diced sweet potatoes in olive oil, salt, and pepper; spread on a baking sheet. Roast sweet potatoes for about 20 minutes until tender. In a skillet, sauté onions and garlic in olive oil over medium heat until soft (about 5 minutes). Add ground turkey, season with paprika, cumin, salt, and pepper; cook until browned. In the prepared baking dish, layer half the roasted sweet potatoes, turkey mixture, and wilted spinach. Top with remaining sweet potatoes and sprinkle with cheddar cheese. Bake for 25-30 minutes until bubbly and golden brown.

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.

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**

Outdoors w/Teri: HIKING

Tuesdays, April 14 & 21 @ 1:00pm

Join Teri for a weekly outdoor adventure! Explore the beautiful trails of Mountain View on a weekly 60 to 90-minute hike, discovering the paths and enjoying the fresh air. This terrain will be trails instead of paved paths. Be sure to bring water and dress for the weather.

Mountain View Recreation Area

30199 Tower Rd,
Detroit Lakes, MN

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**

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**

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
Rezneck

 (218) 844 4595

 julier@dlccc.org

Engage in More

Tech Time w/Teri

Thursday, April 16
@ 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 20-min time slot at the Engage Table

TOUR: Bucks Mills Brewing

Tuesday, April 14 @ 10:00am

Get an inside look at Bucks Mill Brewing during this behind-the-scenes experience. Learn how the brewery got its start, hear about the journey of building the business, and enjoy a sample at the end of the tour. Guests are welcome to stay and socialize afterward!

824 Washington Ave
Detroit Lakes, MN



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

Movie Matinee

Historic Holmes Theater BIG SCREEN
Wednesday, April 8 @ 10:00am

Come and enjoy a free* showing of this beloved **musical film** following the Smith family in 1903–1904. Bring a friend, sit back, and enjoy a **nostalgic movie experience**. Coffee and refreshments will be provided.



Free-will donations are appreciated.

Sign Up at the Engage Table

TOUR: Public Works

Thursday, April 30 @ 10:00am

Take a guided tour of the new **Detroit Lakes Public Works Building** and see firsthand how this modern facility supports our community. Discover the equipment, innovation, and dedication that keep our city safe, clean, and efficient.

Sign Up at the Engage Table

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

Senior Strummers Recital

Thursday, May 21 @ 2:00pm

Engage in Learning

Blue Cross Blue Shield Q & A

Speaker: Brendan Flynn

Monday, April 6 @ 12:30pm

Gain valuable insight into Minnesota's evolving **healthcare landscape** with Brendan Flynn from **Blue Cross Blue Shield**. He will review key changes from the past year and highlight important trends to watch in the year ahead. Following the presentation and brief discussion, attendees can take part in **healthcare-themed trivia** and enjoy **prize giveaways**.

This is a great opportunity to learn, ask questions, and have a little fun along the way!

Sign Up at the Engage Table

Intro to Hypnotherapy

Instructor: Ralph Webber

Tuesday, April 7 @ 10:00am

Ralph Webber will present an introduction to **hypnotherapy**. Hypnotherapy is a **guided therapeutic technique** that uses hypnosis to help address mental and physical health concerns, change behaviors, and manage pain. Join us to learn more about this unique and fascinating approach to wellness.

Sign Up at the Engage Table



Lakes Home Solutions

Speaker: Rob Hendrickson

Monday, April 13 @ 12:30pm

Join Rob Hendrickson of **Lakes Home Solutions** for an informative session on improving home safety for individuals living with dementia. With over 20 years of experience as an Occupational Therapist and specialized training in dementia care, Rob will share **practical strategies** using alarms, emergency notification systems, Smart911, and community resources to help families create **supportive home environments** and **enhance quality of life**.

Sign Up at the Engage Table

Weight Machine Refresh

Instructor: Julie Reznecheck

Tuesday, April 14 @ 1:00pm

Julie will lead an informative class on how to properly and confidently use the **new weight machines** upstairs. Participants will receive **hands-on guidance**, learn **correct form**, and **gain helpful tips** to make the most of their workouts. This class is **limited to 8 participants** to allow for personalized instruction. If there is strong interest, an additional class will be offered in May.

Sign Up at the Engage Table



Lunch & Learn: Shoulder Health

Speaker: Dr. Wes Anderson

Tuesday, April 21 @ 11:00am

Dr. Wes Anderson returns for another informative Lunch & Learn! This session will focus on **shoulder health**, highlighting essential habits and practical strategies to keep your shoulders strong and pain-free. Learn how mobility exercises and smart daily practices can support long-term function and injury prevention.

Sign Up at the Engage Table

Member Spotlight

Patty Derouin

Patty grew up in Callaway and attended school there through sixth grade. She completed junior high at the Holmes School and later graduated from Detroit Lakes High School.

In 1978, Patty married her husband, Dan. Their story began at a softball tournament where Dan was playing. Patty had tagged along with a friend whose boyfriend was in the tournament and laughs when she says it was a bit of a "fluke," especially since she insists she's not really a sports person!

Together, Patty and Dan have four children, two daughters and two sons, and five grandchildren who keep life fun and full. Patty also enjoys spending time with her son's Vizsla hunting dog, Penny, whom she cares for four days a week. As she puts it, it's the best of both worlds: plenty of playtime without all the responsibility.

Over the years, Patty and Dan lived in several Minnesota communities including Red Lake Falls, East Grand Forks, Fergus Falls, and Hallock, where they spent 23 years. Dan served as the town's postmaster, while Patty worked as a nurse before later becoming a dental assistant. After Dan retired, they happily returned to Detroit Lakes.

Patty has many creative interests. She enjoys folk art painting, rosemary, felt needling, and in the summer she spends time caring for her beautiful flower gardens. She also loves cooking and baking, especially Scandinavian recipes that celebrate her heritage.

Patty is a member of Sons of Norway and enjoys staying connected to her Scandinavian roots. She also volunteers as an usher at the Holmes Theatre.

Travel is another passion for Patty. She and Dan have taken many bus trips and have visited places like Italy, Portugal, France, and Norway. They also enjoy spending summer time at area campgrounds in their new vintage-style camper. Some of her favorite trips include Norway, New Orleans, and a recent visit to Albuquerque and Santa Fe.

One of the best pieces of advice Patty has ever received is simple: Travel when you can, don't say no too quickly, and always be willing to try new things.

Through the Engage program, Patty especially enjoys Coffee & Conversation as a way to stay connected with others. She also loves the Passport Series and appreciates being able to pick and choose activities that match her interests.



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 @ 10:15am

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

Hand & Foot SINGLES TOURNAMENT

- **Tournament Date:** Thursday, May 7
- **Time:** 9:30 AM – 12:00 PM
- **Deadline to Register:** Friday, May 1

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.

Cribbage - Tuesdays @ 1:00pm

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

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!

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.

Mahjong - Thursdays @ 1:00pm

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!

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

CARD DUMP Tuesday, April 28 @ 12:00pm

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**

Engage in Having Fun!

Early Bird Dinner

Wednesday, April 22 @ 4:45pm

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



Bring \$1 and enter our raffle for a chance to get money off your meal!

21035 County Hwy 22,
Detroit Lakes, MN

Sign Up at the **Engage Table**

April Birthday Lunch

Wednesday, April 15 @ 11:00am

Enjoy a delicious meal with friends at



500 Washington Ave,
Detroit Lakes, MN

Come join us to celebrate *April* birthdays!

Sign Up at the **Engage Table**

April Give-Back

Becker County Food Pantry



Make a difference in our community by lending a hand at our beloved Food Bank!

Volunteers are needed every **Tuesday** and **Thursday** from **11:30 AM to 3:00 PM**. Help assist shoppers as they select items, stock shelves, or unload carts and vehicles (some lifting up to 40 lbs).

Your time and support truly make an impact!

Comfortable shoes are recommended.

Pick a day, sign up with a friend, and be part of something meaningful!

Sign Up at the **Engage Table**

Coffee & Conversation (C&C)

Mondays - 9:30am - 10:15am

Drop by the HAC for coffee, treats, and the latest updates on upcoming events.

We look forward to seeing you!

Sign in at the HAC if you participated

Wood Carving

Tuesdays - 12:30pm

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.

Sign in at the HAC if you participate

Flower Magnets Diamond Art

Thursday, April 2 @ 10:00am

Celebrate the season with a creative and relaxing hands-on activity!

Participants will create **two sparkling diamond art spring flower magnets** to brighten up any fridge, locker, or workspace. No experience is needed!

This project is **beginner-friendly** and fun for all skill levels. **All materials will be provided**, so just bring yourself and enjoy some creative time together.



Please pre-register at the **Front Desk**
DLCCC Members **\$6** Non-Members **\$10**

Limit 15 Participants



12 o'clock Trivia Time

Monday, April 20 @ 12:00pm

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

This month features four rounds:

1. Front Page News
2. Where in the World? 🗺️
3. The Price is Right!
4. Radio Days & Jukebox Hits 🎵

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

\$1 for an hour of trivia!

Creative Corner:

Zentangle Dangle Flower Pots

Artist: Cindy Caillier

Wednesday, April 22 @ 10:00am

Put your creativity to work as we decorate cute flower pots with Zentangle Dangles, perfect for spring planting season! Whether you joined us last month or are brand new, you'll be able to jump right in. These designs are fun, relaxing, and beginner-friendly.

Limit 12 Participants

Please pre-register at the **Front Desk**
DLCCC Members **\$6** Non-Members **\$10**

Engage in Being Social

SPAM Cook-Off & Potluck

Tuesday, April 28 @ 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.

👨‍🍳 **Cook-Off Competitors:** If you'd like to enter the competition, bring your SPAM-inspired 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**

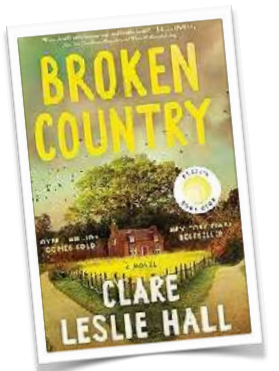
Book Club

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

We meet at the **HAC reading nook**.

Last month we read & discussed the book *Everything is Tuberculosis* by John Green.

In April, we will be reading *Broken Country* by Clare Leslie Hall. This mystery-romance is about Beth, who reenters her life after a violent incident involving her brother-in-law, forcing her to face long-buried secrets and difficult choices in her marriage.



Looking Ahead:

May 18: *The Measure*
By: Nikki Erlick

Date change due to Memorial Day.

Sign-in in at the HAC in you participate.

April 2026



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

MON	TUES	WED	THURS	FRI
		1 9:00 Coffee & Crafts Young At Art Studio 12:00 BINGO in the HAC 1:15 Samba Card Game	2 10:00 Flower Magnets Diamond Art 11:30 Swoop 1:00 Mahjong Tile Game <i>Guitar Lessons</i>	3 TBA Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio
6 8:30 Walk the Track w/Friends 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:15 Hand & Foot Card Game 12:30 Blue Cross Blue Shield Q & A Speaker: Brendan Flynn	7 10:00 Intro to Hypnotherapy Speaker: Ralph Webber 12:00 Garden Talks Detroit Lakes Public Library 12:30 Wood Carving 1:00 Cribbage	8 10:00 Movie Matinee "Meet Me in St. Louis" 12:00 BINGO in the HAC 1:15 Samba Card Game	9 11:30 Swoop 1:00 Mahjong Tile Game <i>Guitar Lessons & Songwriters' Guild</i> 5:30 Plein Air Painting Detroit Lakes Public Library	10 TBA Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio Sun. April 12 @ 4:00pm --> Community Band Spring Concert
13 8:30 Walk the Track w/Friends 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:15 Hand & Foot Card Game 12:30 Lakes Home Solutions Speaker: Rob Hendrickson	14 10:00 TOUR: Bucks Mills Brewing 12:30 Wood Carving 1:00 Fitness Machine Refresh Speaker: Julie Reznecheck 1:00 Cribbage 1:00 Hiking @ Mountain View	15 11:00 Birthday Lunch VFW Post 1676 12:30 BINGO in the HAC 1:30 Samba Card Game	16 10:00 Tech Time w/Teri 11:30 Swoop 1:00 Mahjong Tile Game <i>Guitar Lessons</i> 2:00 Ridin' The Skally Line Detroit Lakes Public Library	17 8:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio Sun. April 19 @ 6:00pm --> 360 All Stars
20 8:30 Walk the Track w/Friends 9:30 Coffee & Conversation (C&C) Guest: Phil Hansen - Becker Co. Road Report 10:15 Hand & Foot Card Game 12:00 Trivia Time	21 11:00 Lunch & Learn: Shoulder Health Speaker: Dr. Wes Anderson 12:30 Wood Carving 1:00 Cribbage 1:00 Hiking @ Mountain View	22 10:00 Creative Corner w/Cindy Topic: Zentangle Flower Pots 12:00 BINGO in the HAC 1:15 Samba Card Game 4:45 Early Bird Dinner Zoo on 22	23 11:30 Swoop 1:00 Mahjong Tile Game <i>Guitar Lessons</i> 6:00 Never Forgotten-Civil War Hero Detroit Lakes Public Library	24 8:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio Sat. April 25 @ 7:30pm --> Electric Avenue MTV Experience
27 8:30 Walk the Track w/Friends 9:30 Coffee & Conversation (C&C) Guest: Let's Go Fishing! 10:15 Hand & Foot Card Game 1:00 Book Club	28 11:00 SPAM Cook-Off & Potluck 12:00 Card Dump 12:30 Wood Carving 1:00 Cribbage 2:00 "Lone Dog Road" Author Visit Detroit Lakes Public Library	29 12:00 BINGO in the HAC 1:15 Samba Card Game	30 10:00 TOUR: Public Works Building 11:30 Swoop 1:00 Mahjong Tile Game <i>Guitar Lessons</i>	

Event Code:

Holmes Art Cellar

Off-Site Activity

DLCCC / Theatre/Museum

D. L. Public Library

Community Happening