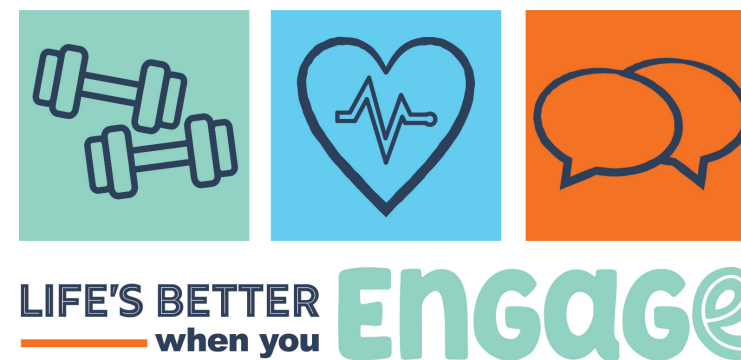




July 2026



Summer is in full swing, and there is no better place to enjoy it than right here in the Lakes Area! July is packed with opportunities to learn, explore, connect, and celebrate with friends. This month, we're heading to a **Minnesota Twins game**, welcoming some outstanding speakers, and offering plenty of chances to gather for games, conversation, and fellowship.

We're especially excited to celebrate a major milestone: **Engage's 7th Birthday!** Join us for our **Lucky 7s Vegas-themed potluck and party**, complete with games, prizes, laughter, and plenty of fun as we celebrate seven wonderful years of community and connection.

July also offers many ways to enjoy the beauty of summer. Get out on the water with a **pontoon ride** or **kayaking adventure**, or soak up the sunshine with a **walk** or **bike ride**. The longer days and warm weather provide the perfect backdrop for making memories and staying active together.

Thank you for being part of the Engage family. We look forward to sharing another incredible summer month with you!

♥ ♥ ♥ **Teri Holehouse**

Event Sign-up:

Ready to sign up for one of our exciting events? We've made it easy!

- **Stop by the DLCCC** and sign up at the Engage table.
- **Call the front desk** at (218) 844-4221 and ask to be added to the sign-up list.
- **Email Teri** with your name and the event you'd like to attend, and she'll take care of the rest.

If you have any questions, feel free to reach out during office hours for assistance.

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**



Schedule is subject to change:

June 2 – Lakes Area Community Concert Band
June 9 – Tribute Kings: Neil Diamond and Bob Seger Tributes
June 16 – Kyle Colby
June 23 – Ben Stoeck
June 30 – Blū Kanū
July 7 – Tim Eggebraaten
July 14 – Beachfront Big Band
July 21 – Small Change
July 28 – Lakes Area Chorale
Aug. 4 – Ulen Centennial Band
Aug. 11 – Justice for String Bean
Aug. 18 – Beachfront Big Band
Aug. 25 – Lakes Area Community Concert Band

Bring a lawn chair or blanket!

Free Will Donations accepted.



Most Thursdays 5-8pm in Detroit Lakes City Park

June 4 – Post Traumatic Funk Syndrome
June 11 – Sammie Jean Cohen
June 18 – Clayton Ryan Band
July 2 – Raised on Radio
July 9 – The Cropdusters
July 23 – Johnny Holm Band
August 13 – Chris Kroeze
August 20 – Hardwood Groove & Friends
August 27 – B2Wins
September 3 – Adessa & the Beat

Free to the Public!

In case of rain, events will be moved to Bucks Mill Brewing (824 Washington Avenue). Watch Facebook @HistoricHolmesTheatre for updates.

Bring your favorite lawn chair or blanket. Grab a bite & a brew! Food trucks & beer garden on-site.

In case of inclement weather, concerts will be canceled.

HISTORIC HOLMES
THEATRE



Project 412



HISTORIC HOLMES
THEATRE



(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.

Group Walk @ Oak Grove Mondays @ 8:30am

Meet us at Oak Grove for a refreshing outdoor group walk. These mornings are perfect for some movement and good company before C & C!

Sign in on-site if you participated.

Group Bike Ride Wednesdays @ 8:00am

Meet at the DLCCC front desk for a 60 to 90-minute, **intermediate-level** bike ride led by Teri. Expect 15–20 miles of heart-pumping fun for your legs and lungs! Looking for a **shorter route**? Join our biking text thread for pop-up classes with 8-10 mile routes! Text Teri to join - **701-351-0242**

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

Kayaking

The Friendshuh's are generously letting groups use their kayaking gear for these excursions. **Life jackets are mandatory** - and a DLCCC employee will be along with the group.

**Tuesday, July 14
@ 10:00am
Long Lake**

**Tuesday, July 28
@ 10:00am
South Shore Dr.**

Sign Up at the **Engage Table**

Silver Sneakers Chair Yoga Mondays & 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!

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

S.E.A.T Class Tuesdays @ 10:30am

Supported Exercise for Ageless Training
Designed for all ability levels, this class builds strength, balance, flexibility, and mental focus through functional movements.

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

Silver Sneakers Balance Wednesdays @ 9:30am

This class is designed to enhance balance, core strength, and joint stability. Participants will practice controlled movements that challenge coordination and improve reaction time.

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

Silver Sneakers Classic Thursdays @ 10:30am

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

As many of you know, I am a big believer in water aerobics and the benefits it has on our joints. I got started at the DLCCC after having minor knee surgery. My doctor recommended that I get into the water to help with recovery and improve my range of motion. Here I am 8 years later, now an instructor for Silver Sneakers and certified in Aqua Personal Training. The water has helped me so much that I have been able to put off a knee replacement for 3 years. If you haven't tried an aqua class yet, I encourage you to give it a try! Here are just a few benefits water exercise can have on our joints:

- Less stress and impact on the knees, hips, back, and joints.
- Improves flexibility and range of motion. Regular movement in the water can help reduce stiffness and improve everyday mobility.
- Strengthens muscles that support the joints.
- It helps reduce pain and stiffness. The gentle pressure of water can help improve circulation and decrease swelling in the joints and lower extremities.
- Improves balance and stability. Better balance helps reduce stress and strain on our joints during daily activities.
- Great for arthritis, joint replacements, osteoporosis, back pain, obesity and recovery from injuries.
- Provides a safe and effective full-body workout for all fitness levels.

The buoyancy of the water supports your body while the natural resistance helps build strength — all while being gentle on the joints. Many people find they can move easier and exercise longer in the water than they can on land. Come join us in the pool and experience the benefits for yourself!

Grilled Pineapple (To Die For!)

1 fresh pineapple, sliced into rings

2 Tbsp of brown sugar

1 tsp cinnamon



Mix brown sugar and cinnamon together. Sprinkle each pineapple ring with the cinnamon-sugar mixture. Grill pineapple slices 2–3 minutes per side, until caramelized. Serve warm and top with 1 scoop of ice cream. Garnish with toasted coconut for a refreshing summer dessert.

**Julie
Reznecheck**



(218) 844 4595



julier@dlccc.org

Engage in More

TOUR: Emmaus Crossroads Wednesday, July 8 @ 10:30am

Take a closer look at the meaningful work being done at Emmaus Crossroads. This guided tour of their facility will introduce participants to the organization's mission, programs, and the positive impact they have on individuals and families throughout our community.

18131 Old Pit Rd.
Detroit Lakes, MN

Sign Up at the **Engage Table**

TOUR: Bongards Creamery Tuesday, July 14 @ 1:00pm

Discover how premium cheese is made during a behind-the-scenes tour of Bongards Creamery in Perham. Participants will tour the cheese plant, sample a variety of delicious products, and finish the experience with time to shop over at the retail store.

Limited to 12 participants.
Please wear comfortable walking shoes.

110 3rd Ave NE,
Perham, MN

Sign Up at the **Engage Table**

Pontoon Rides

Dates Below - Docking @ Public Access west of Holiday Inn

We're thrilled the *Let's Go Fishing* organization is offering relaxing pontoon outings this summer! Each trip is limited to just **9 participants**, so be sure to sign up early to reserve your spot.

Sign Up at the **Engage Table**

Scheduled Summer Outings:

- Thursday, **July 9 @ 12:30pm**
- Thursday, **July 23 @ 12:30pm**
- Thursday, **Aug. 6 @ 10:00am**
- Tuesday, **Aug. 18 @ 10:00am**

Life jackets are required & provided

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

Home Herbal Starter Guide

Instructor: Danika Leitheiser
Monday, July 13 @ 12:15pm

Danika is back with another informative and practical session. Learn the basics of herbal health preparation and discover simple ways to incorporate herbs into your wellness routine at home. Whether you're new to herbal remedies or looking to expand your knowledge, you're sure to leave with useful tips and fresh ideas! This session is perfect for anyone interested in natural, everyday wellness.

Sign Up at the **Front Desk**

DLCCC Members **\$5** Non-Members **\$8**



Passport: Mongolia

Speaker: Teresa Fett
Thursday, July 16 @ 10:00am



Teresa Fett will share her unforgettable journey traveling with her daughter to Mongolia. From camping in the Sahara Desert to riding camelback across the dunes, this remarkable experience offers a rare glimpse into life and adventure across a vastly different part of the world. This is a truly unique story you won't want to miss, filled with insight, inspiration, and incredible travel memories! You will leave feeling inspired to explore the world and embrace new adventures!

Sign Up at the **Front Desk**

DLCCC Members **\$4** Non-Members **\$6**

Tech Time

Instructors: Teri & Rebecca
Thursday, July 30 @ 9:00am - 11:00am

Bring your phone, tablet, or other device along with any passwords to the HAC, and Teri will be available to provide hands-on assistance with any **online or tech questions** you may have. Rebecca Soukup from the DLCCC Front Desk will also be on-site to help members set up a **Gmail account**, recommended for alignment with the Center's new login system.

For a small \$1 fee, she can also assist with organizing a **password notebook**, whether you're starting fresh or updating an existing one. Please sign up for a time slot in advance to ensure we can assist everyone efficiently.

Sign Up at the **Engage Table**

Bring **\$1** for a password notebook to take home



Member Spotlight

Char Weldon

Char Weldon grew up in Detroit Lakes, Minnesota, though she was born on a farm in central Minnesota. When her father was injured in a deer hunting accident and could no longer farm, the family relocated to Detroit Lakes in search of new opportunities. Her parents purchased a bus line, allowing the family to begin a new chapter.

Some of Char's fondest childhood memories come from her first three years of school in a one-room country schoolhouse. The schoolhouse had a single classroom serving eight different grades, creating a unique learning environment she remembers as a precious part of her childhood. Growing up on a farm was also a special experience. She enjoyed helping care for the animals and being part of daily farm life, memories she still treasures today.

Char was a 1957 graduate of Detroit Lakes High School and married her high school sweetheart. The two shared 60 wonderful years of marriage before his passing in 2017. She is the middle child in a family of five girls and cherishes her close-knit family.

Char and her husband raised three children—one son and two daughters. Both daughters dedicated their careers to education and are now retired teachers, while their son worked in city government. Today, she is the proud grandmother of four grandchildren and nine great-grandchildren!

Throughout her life, Char has enjoyed many hobbies, including bowling, fishing, and camping. She also loves working on puzzles, reading, and playing cards. One of the things she appreciates most about retirement is the freedom from a daily schedule and the ability to enjoy each day as it comes.

Char especially enjoys spending time at Engage! She values the friendly people she meets there, the tours around the community, and the guest speakers who share stories and adventures from their lives.

Some of her favorite travel memories include taking a cruise through the Eastern Caribbean and enjoying camping trips to Canada and Alaska. When it comes to food, barbecue ribs and homemade cinnamon rolls are at the top of her list.

The best advice Char ever received came from her mother, who taught her to always forgive and give others another chance. A life lesson she enjoys sharing is the power of a friendly smile. As Char says, “A happy face is a content person.”

When asked about her bucket list, Char says she has pretty much done everything she has ever wanted to do! Looking ahead, she plans to stay as active as possible, spend time with her family, and continue enjoying the many activities and experiences that life has to offer.



Char with country singer Jim Reeves

Engage in Playing Games

YOU ARE ALWAYS WELCOME

You are encouraged to grab a friend, play a game, and use the HAC!

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!

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

CARD DUMP Tuesday, July 7 @ 10:00am

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 a game filled with good fun!

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

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

Mahjong - Thursdays @ 1:00pm

This is another game on the calendar every week! Come down to the HAC on Thursday afternoons to play. The DLCCC has quite a few Mahjong sets, so all you do is show up and play!

Are you interested in learning this fun and challenging game? **Sign up** for lessons at the **front desk**. For \$10, you will receive two lessons so you can join in weekly games!

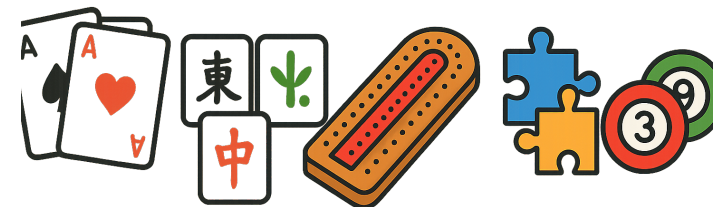
There needs to be a minimum of 4 prospective learners for lessons to be scheduled

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.

Bridge Fridays @ 1:00pm

This group is just getting started! If anyone is a “Bridge Wiz” we'd love to offer some lessons too! Connect with Teri if you are interested!



Engage in Having Fun!

Early Bird Dinner

Wednesday, July 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!

20762 Co Hwy 29
Rochert, MN

Sign Up at the **Engage Table**

July Birthday Lunch

Wednesday, July 15 @ 11:00am

Enjoy a delicious meal with friends at

Questions? Contact: **Gretchen Walther @ 218-841-8192**



2000 Long Bridge Rd.
Detroit Lakes, MN

Come join us to celebrate *July* birthdays!

Sign Up at the **Engage Table**

Coach Trip: MN Twins Thursday, July 9

We have **sold out** our bus to the Target Field
on Thursday, July 9 for a fun-filled Twins game
as they take on the Cleveland Guardians!

Located in section 105, with seats perfectly
shaded and sheltered, this day trip is sure to
be a great time. Go Twins!

12 o'clock Trivia Time Monday, July 20 @ 12:00pm

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

This month features four patriotic rounds:

1. American History 🖋️
2. America the Beautiful 🏞️
3. 50 Nifty United States 🌿
4. American Anthems 🎵

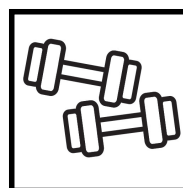
Sign Up at the **Engage Table**
\$1 for an hour of trivia!

Engage/Elevate Connections TOUR: Forum Communications Tuesday, July 28 @ 1:00pm

We're partnering with Elevate to create fun
opportunities to meet new friends and try
something new! Our first **partnered event** is
a **"Nosey Neighbor"** event hosted by
Elevate and open to participants from both
programs!

Go behind the scenes at **Forum
Communications** and discover how area
newspapers are brought to life! Join us for a
fun and informative tour where you'll learn
about the printing process, explore the
pressroom, and get an inside look at the
equipment and teamwork that keep the
presses running.

Sign Up at the **Engage Table**



Engage in Being Social

Coffee & Conversation (C&C) Mondays - 9:30am - 10:15am

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

ENGAGE 7th BDAY 🎲 Vegas Theme Potluck & Party Tuesday, July 21 @ 11:30am

Celebrate 7 amazing years of Engage with
a fun-filled **Lucky 7s Vegas-themed
birthday party!**

We'll kick off the celebration with a **potluck**
lunch at 11:30 a.m., followed by an
afternoon of **games**, prizes, and laughter
starting at 12:30 p.m..

The HAC will transform into the Vegas Strip
with exciting casino-style games, plenty of
chances to win prizes, and lots of
fellowship and fun.

Come celebrate our wonderful Engage
community and see if **luck be a lady
tonight!**

Sign Up at the **Engage Table**

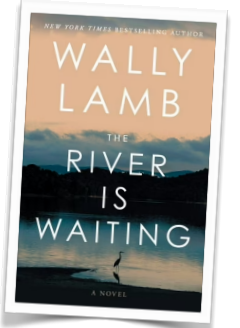
Book Club

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

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

Last month we enjoyed the book
The Extraordinary Life of Sam Hell
by Robert Dugoni.

This month we will read and
discuss *River is Waiting* by
Wally Lamb. This novel
explores themes of guilt, loss,
addiction, anger, blame,
forgiveness, bullying, choices,
and redemption.



Looking Ahead:

August 31: *Buckeye*

By: Patrick Ryan

September 28: *Theo of Golden*

By: Allen Levi

Sign-in in at the HAC in you participate.

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!

**Soap Carving with the Boys & Girls Club Kids
Tuesday, July 7 @ 12:30pm**

Our talented woodcarvers will be leading a special
intergenerational class with Boys & Girls Club
youth, introducing them to the art of relief carving
using bars of soap.

Sign-in in at the HAC in you participate.

July 2026



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

MON	TUES	WED	THURS	FRI
		18:00 Group Bike Ride 12:00 BINGO in the HAC 1:15 Samba Card Game	211:30 Swoop 1:00 Mahjong Tile Game Guitar Lessons 5:00 Trucks & Tunes	38:00 Swim Aerobics Rockin' to the Oldies 9:30 Coffee & Crafts Young At Art Studio 11:10 Chair Yoga Fitness Studio 1:00 Bridge
68:30 Walk at Oak Grove 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:15 Hand & Foot Card Game	710:00 Card Dump 12:30 Wood Carving Lesson w/Boys & Girls club kids 6:00 Tuesdays in the Park	88:00 Group Bike Ride 10:30 TOUR: Emmaus Crossroads 12:00 BINGO in the HAC 1:15 Samba Card Game	9MN TWINS GAME 11:30 Swoop 12:30 LGF Pontoon Outing 1:00 Mahjong Tile Game Guitar Lessons & Songwriters' Guild 5:00 Trucks & Tunes	105:00-9:00am Kegs & Eggs Kent Freeman Arena 8:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge
138:30 Walk at Oak Grove 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:15 Hand & Foot Card Game 12:15 Home Herbal Starter Guide Speaker: Danika Leitheiser	1410:00 Kayaking Long Lake 12:30 Wood Carving 1:00 TOUR: Bongards Creamery 12 Participant Limit 6:00 Tuesdays in the Park	158:00 Group Bike Ride 11:00 Birthday Lunch Long Bridge 12:30 BINGO in the HAC 1:30 Samba Card Game 6:30 Ice Cream Social	1610:00 Passport: Mongolia Camel Expeditions 11:30 Swoop 1:00 Mahjong Tile Game Guitar Lessons 4:00-9:00pm BINGO Kent Freeman Arena 1	178:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge 3:00-6:00pm D.L. Chalkfest Boys & Girls Club Open House
208:30 Walk at Oak Grove 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:15 Hand & Foot Card Game 12:00 Trivia Time	21ENGAGE - 7th Birthday Party 11:30 Potluck 12:30 VEGAS Party (Lucky 7s!) 6:00 Tuesdays in the Park 	228:00 Group Bike Ride 12:00 BINGO in the HAC 1:15 Samba Card Game 4:45 Early Bird Dinner The Fishbowl	2311:30 Swoop 12:30 LGF Pontoon Outing 1:00 Mahjong Tile Game Guitar Lessons 5:00 Trucks & Tunes	248:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge
278:30 Walk at Oak Grove 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:15 Hand & Foot Card Game 1:00 Book Club	2810:00 Kayaking South Shore Dr. 12:30 Wood Carving 1:00 TOUR: Forum Communications Elevate Partner Event 6:00 Tuesdays in the Park	298:00 Group Bike Ride 12:00 BINGO in the HAC 1:15 Samba Card Game	309:00 - 11:00 Tech Time w/Teri \$1 for Password Notebook 11:30 Swoop 1:00 Mahjong Tile Game Guitar Lessons	318:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge

Event Code:

Holmes Art Cellar

Off-Site Activity

DLCCC / Theatre

Coach Trip

Community Happening