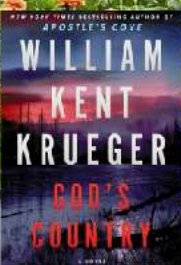


CRAZY DAZE
 Sale sale sale sale sale sale
IT'S SHOPPING TIME!
 sale sale sale sale sale sale
 % % % % %
AUGUST 5TH 7AM - 6PM
BIGGEST ONE DAY SALE OF THE YEAR
 DOWNTOWN DETROIT LAKES




CARNIVAL FUN FOR EVERYONE!
 Get ready for the **Becker County Fair**, July 29th – August 1st!
 The carnival opens at 1pm daily with exciting rides, family fun, and great memories all week long!




Bluebird Books presents:
William Kent Krueger
 meet and greet, book talk and author signing at
Ortenstone Gardens
 Friday, August 21st 3:00-4:30 p.m.
 Visit bluebirdbooks.store/events
 to pre-purchase the book and reserve your seat!

Artificial Intelligence, Unlocked
 with Author Jodell Teiken
 Sponsored by the Detroit Lakes Library Club
Tuesday, August 25 from 2-3 PM
 Detroit Lakes Public Library
 Lake Agassiz Regional Library

Tuesdays in the Park
 June 2 – August 25 • 6:00pm
 DL City Park Bandshell

Schedule is subject to change:

Aug. 4 – Ulen Centennial Band	Bring a lawn chair or blanket!
Aug. 11 – Justice for String Bean	
Aug. 18 – Beachfront Big Band	Free Will Donations accepted.
Aug. 25 – Lakes Area Community Concert Band	

In case of inclement weather, concerts will be canceled.

HISTORIC HOLMES THEATRE



Most Thursdays 5-8pm in Detroit Lakes City Park

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.

Project 412  HISTORIC HOLMES THEATRE



LIFE'S BETTER when you Engage

August 2026

Happy August, Engage!

Time sure flies when you're having fun! As summer begins to wind down, we've packed this month with plenty of opportunities to get out and enjoy the beauty of the lakes area. From **kayaking adventures** and **bike outings** to **field trips** and our **final two pontoon cruises** of the season, there's no shortage of ways to soak up these last days of summer.

We're also excited to welcome several **outstanding guest speakers** this month. Whether you're looking to learn something new, hear an inspiring story, or discover helpful resources, you won't want to miss these presentations.

One event I'm especially looking forward to is our **Photography Scavenger Hunt!** This year we're keeping the hunt right here on-site, making it easier and more accessible for everyone to participate. It's free, full of fun, and a wonderful way to get creative. Afterward, we'll enjoy a potluck lunch and wrap up the afternoon with one of our favorite monthly game, **Card Dump!**

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.
 You can also read Teri on her cell phone (701-351-0242)*

This month, a group of Engagers will also be heading out on our final coach trip of the season to the **Nome Schoolhouse** and **4E Winery**. This trip will be a wonderful way to close out another great summer of adventures!

Of course, you'll also find all of your regular favorites throughout the month, including cards, bingo, Mahjong, book club, exercise classes, and so much more. Take a look through this month's newsletter, mark your calendars, and get ready to **Engage!**

♥ ♥ ♥ **Teri Holehouse**



(218) 844 4591



teri@dlccc.org



dlccc.org/engage

August 2026



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

MON	TUES	WED	THURS	FRI
3 8:30 Walk at Oak Grove 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:15 Hand & Foot Card Game	4 10:00 Kayaking Field Trip Big Sugar Bush Lake 12:30 Wood Carving 6:00 Tuesdays in the Park	5 10:00 BIKE FIELD TRIP Park Rapids —> Dorset (20 miles) 11:00 Birthday Lunch Tito’s Shorewood Pub 12:30 BINGO in the HAC 1:30 Samba Card Game	6 10:00 LGF Pontoon Outing 11:30 Swoop 1:00 Mahjong Tile Game Guitar Lessons	7 8:00 Swim Aerobics w/Teri & Julie “Get Your Kicks in ’26” Country Pool Party 9:30 Coffee & Crafts Young At Art Studio 11:10 Chair Yoga Fitness Studio 1:00 Bridge
10 8:30 Walk at Oak Grove 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:15 Hand & Foot Card Game 12:00 - 2:00 Tech Time w/Teri	11 Crazy Daze - Downtown D.L. 10:00 Photography Scavenger Hunt 11:30 Potluck 12:30 Card Dump 12:30 Wood Carving 6:00 Tuesdays in the Park	12 8:00 Group Bike Ride 12:00 BINGO in the HAC 1:15 Samba Card Game 4:45 Early Bird Dinner Jack Pines Cookhouse	13 10:00 HOPE Presentation Speaker: Jason McCoy 11:30 Swoop 1:00 Mahjong Tile Game Guitar Lessons & Songwriters’ Guild 5:00 Trucks & Tunes	14 8:00 Swim Aerobics Rockin’ to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge
17 8:30 Walk at Oak Grove 9:30 Coffee & Conversation (C&C) Come and Hear the Weekly Announcements! 10:15 Hand & Foot Card Game 12:30 MAKE Wellness Speaker: Brittany Ullrich	18 Nome Schoolhouse & Winery 10:00 LGF Pontoon Outing 12:30 Wood Carving 6:00 Tuesdays in the Park	19 8:00 Group Bike Ride 10:00 Ironman Triathlete Speaker: Cami Eckhoff 12:00 BINGO in the HAC 1:15 Samba Card Game	20 10:00 Know Your Numbers: Understanding High Blood Pressure 11:30 Swoop 1:00 Mahjong Tile Game Guitar Lessons 5:00 Trucks & Tunes	21 8:00 Swim Aerobics Rockin’ to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge 3:00 Author Visit Ortenstone Gardens
24 8:30 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	25 10:00 Kayaking 12:30 Wood Carving 2:00 AI, Unlocked! Detroit Lakes Public Library 6:00 Tuesdays in the Park	26 9:00 BIKE FIELD TRIP Park Rapids —> Walker (60 miles) 12:00 BINGO in the HAC 1:15 Samba Card Game	27 10:00 Insurance 101 for 55+ Speaker: Nick Christenson 11:30 Swoop 1:00 Mahjong Tile Game Guitar Lessons 5:00 Trucks & Tunes	28 8:00 Swim Aerobics Rockin’ to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge
31 8:30 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				

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!

Also check out this month’s field biking field trips!

Easy Riders Trip

Wed. August 5 @ 10:00am

Heartland Trail
Park Rapids —> Dorset
(20 miles round trip)

303 Mill St.
Park Rapids, MN

Intermediate Ride

Wed. August 26 @ 9:00am

Heartland Trail
Park Rapids —> Walker
(60 miles round trip)

303 Mill St.
Park Rapids, MN

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.

Tuesday, August 4 @ 10:00am

Field Trip Outing

Big Sugar Bush Lake

LIMITED PARKING

Carpooling can be set up

A lead car will lead the group to our parking destination



Tuesday, August 25 @ 10:00am

Bucks Mill Launch

51383 Bucks Mill Rd.

Detroit Lakes, MN

Sign Up at the **Engage Table**

Silver Sneakers Chair Yoga

Mondays & Fridays - 11:10am

This chair yoga class is designed to improve flexibility, strength, and balance, all while sitting in your chair!

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

S.E.A.T Class

Tuesdays @ 10:30am

Supported Exercise for Ageless Training

This class builds strength, balance, flexibility, 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 weights, elastics, & a chair to support an 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! 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

Happy Hot August! August 15th is **National Relaxation Day**. I think we should carve out a portion of every day for time for yourself to relax and recharge. Relaxation is not a luxury; it’s an important part of staying healthy both physically and mentally. Take a little time for you this month.

Here are just a few ideas to help you relax and recharge.

Deep Breathing Exercises Slow, controlled breathing can calm the nervous system and reduce stress in just a few minutes.	Gentle Stretching or Yoga Improves flexibility, reduces muscle tension, and helps quiet the mind.	Nature Walks Spending time outdoors can lower stress levels and improve mood.
Journaling Writing down thoughts and gratitude can help clear the mind and reduce stress. One that I like to do, is my Bible Study.	Digital Detox Time Taking a break from phones, computers, and TV helps reduce mental overload.	Reading a Book Taking time to unplug and enjoy a good book can be very calming.
Warm Bath or Shower Warm water helps soothe sore muscles and encourages relaxation.	Meditation or Mindfulness Sitting quietly and focusing on the present moment can help reduce anxiety & improve focus.	Aromatherapy Scents like lavender, peppermint, or eucalyptus can create a calming atmosphere.

Remember, even a few minutes of relaxation each day can help **improve your mood, reduce stress, and recharge your body and mind.**

DIY - Self care SALT SCRUB

1 cup Salt	2 T. Avocado Oil	5-8 drops of your favorite Essential Oil	1/4 cup Coconut Oil	1 t. Dried herbs: lavender, rosemary, or mint
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Instructions:

1. In a glass bowl, combine the salt and dried herbs.
2. Add coconut oil and avocado oil (olive and almond oil are also good alternatives).
3. Mix well until the texture is an even, paste-like consistency.
4. Add 5-8 drops of your favorite essential oil.
5. Spoon the mixture into an airtight jar or container.
6. Use your salt scrub in the shower & gently massage it into your skin.
7. Rinse and follow with your favorite moisturizer.

Note: If you have sensitive skin, opt for a finer salt.



Engage in More

Tech Time w/Teri

**Monday, August 10
@ 12:00pm - 2:00pm**

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**

MAKE Wellness

Hosts: Brittany Ullrich &
Lindsay Bozovosky

Monday, August 17 @ 12:30pm

Learn about **MAKE Wellness** and how its science-backed wellness products may help support healthy aging, energy, recovery, hydration, and overall well-being.

Complimentary product samples will be available, along with information about the products and plenty of time to ask questions in a relaxed, no-pressure setting. Whether you're looking to stay active, feel your best, or simply learn something new!

Sign Up at the **Engage Table**

Pontoon Rides

FINAL Summer Dates - 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, **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 info below:

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

Engage in Learning

Ironman Triathlete

Speaker: Cami Eckoff

Wednesday, August 19 @ 10:00am

After six years of training and perseverance, **Cami Eckoff** achieved a lifelong dream by competing in the **2025 Ironman World Championship in Kona, Hawaii** - completing a remarkable 2.4-mile swim, 112-mile bike ride, and 26.2-mile marathon! Today, she's facing an even greater challenge, battling cancer with the same courage and determination.

Join us as Cami shares her inspiring story of **resilience, purpose, and finding strength** through life's unexpected challenges. Her message is sure to encourage anyone navigating obstacles or looking for inspiration.

Sign Up at the **Engage Table**

Know Your Numbers

Understanding High Blood Pressure

Becker County Public Health

Thursday, August 20 @ 10:00am

High blood pressure is often called the "silent killer" because it usually has no symptoms. Join **Vanessa Collmann, RN** from **Becker County Public Health** and **Dr. Benita Behm** from **Essentia Health Family Medicine Clinic** for an informative discussion about what your blood pressure numbers mean, why they matter, simple ways to lower your risk, and when to seek medical care.

Whether you're managing high blood pressure or looking to stay healthy, you'll leave with practical tips to support your heart health. Questions are welcome!

Sign Up at the **Engage Table**

H.O.P.E Presentation

Speaker: Jason McCoy

Thursday, August 13 @ 10:00am

What if one positive experience could change the course of someone's life? Join **Jason McCoy, MPH**, for an engaging and encouraging presentation introducing the science of HOPE (*Healthy Outcomes from Positive Experiences*).

You'll discover how positive experiences throughout life can **strengthen our brains, improve physical and mental health, build resilience**, and help us **better support** the people around us. Whether you're a parent, grandparent, neighbor, volunteer, or simply someone who wants to make a difference, you'll leave with practical ideas and a new perspective on the power of everyday connections.

Sign Up at the **Engage Table**

Insurance 101 for Adults 55+

Speaker: Nick Christensen

Thursday, August 27 @ 10:00am

State Farm Agent, Nick Christensen will share information on his **defensive driving course** for adults 55+, cover **essential insurance basics**, and provide an **introduction to Medicare**. The session will conclude with an interactive Q&A to help deepen understanding and provide clarity. This is a great opportunity to stay informed, ask questions, and make confident decisions about your coverage and safety.

Sign Up at the **Engage Table**

Member Spotlight

Carol Dretsch

Carol Dretsch (née Christensen, the Danish way of spelling it!) is a true Detroit Lakes girl, born and raised. She grew up right across the street from what is now the DLCCC, back when it was the junior high school. Her family owned Summit Grocery for about ten years, and Carol proudly graduated as a Laker in 1967.

Growing up, Carol spent nearly every summer day at the beach and countless evenings at the old Pavilion. It was there, during the 1960s, that she met her future husband, Tom. They were high school sweethearts and married in 1970. The Pavilion was also where Carol became a devoted fan of the local band The Ugliers. Her best friend dated Greg Paul, so they rarely missed a dance. As Carol says, "We were groupies!" Although it can be bittersweet watching Detroit Lakes change over the years (especially saying goodbye to the Pavilion). However, Carol loves seeing everything the community continues to add and offer.

After attending Moorhead State College and spending a couple of years in Fargo, Carol and Tom returned home to Detroit Lakes, where they raised their family. Carol worked as a paraprofessional at Roosevelt and Rossman Elementary Schools, served as president of the paraprofessionals' union, and later spent 12 years at Divine House, a job she truly loved.

After Tom passed away from cancer at just 50 years old, Carol raised their two children as a single mom. Today, both still live locally, and Carol shares her home with her daughter and their three cats.

Now retired for about 12 years, Carol enjoys quiet mornings, spending time with friends, and meeting weekly with a coffee group that has stayed together for over 40 years! She also enjoys reading, watching movies, trying new genres, and playing games, especially Yahtzee!

One of Carol's favorite vacations was a trip to Canada with her daughter, where they explored the sights, visited the casino, and made wonderful memories together. Around town, you'll often find Carol enjoying Sapphire, Pit 611, or Spanky's.

The best advice Carol lives by is simple: "*Pray. Hope. Don't worry.*" She says worrying never solves anything, and with time, it becomes easier to let go of the things you can't control.

We are so fortunate to have Carol as part of our Engage family. Whether she's at Monday morning coffee, a potluck, or a card game, she brings warmth, laughter, and kindness wherever she goes. Her favorite part of Engage is getting to know new people, and she has a wonderful way of making everyone feel welcome!



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, August 11 @ 12:30pm

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!

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!

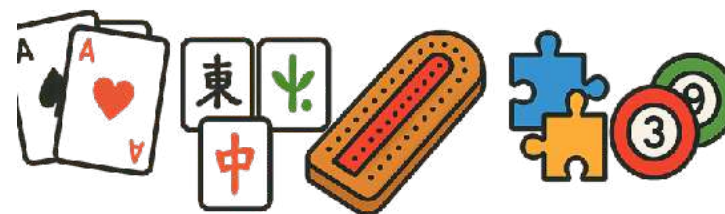
There needs to be a minimum of 4 prospective learners for lessons to be scheduled

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!

August Birthday Lunch

Wednesday, August 5 @ 11:00am

Enjoy a delicious meal with friends at

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



1743
Long Bridge Rd.
Detroit Lakes, MN

Come join us to celebrate *August* birthdays!

Sign Up at the **Engage Table**

Early Bird Dinner

Wednesday, August 12 @ 4:45

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!

53014 MN-34

Osage, MN

Sign Up at the **Engage Table**

NOME Schoolhouse & Winery Tour

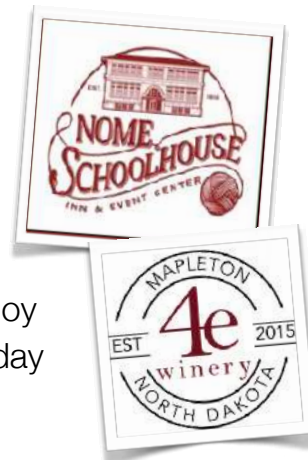
Tuesday, August 18

Our travelers are in for a wonderful day of history, creativity, and local flavor!

This sold-out coach trip includes a guided tour of the historic **Nome**

Schoolhouse, a catered lunch, and a hands-on felt needlework class.

The afternoon continues with a visit to **4e Winery**, where participants will enjoy a guided tour, a wine flight, and light snacks. We look forward to a fun-filled day of learning, crafting, and making memories together!



12 o'clock Trivia Time

Monday, August 24 @ 12:00pm

Come play an hour of trivia!

These events are filled with fun,
multiple-choice questions, and plenty of prizes!

This month features four rounds:

1. Dog Days of Summer ☀️
2. Back to School Nostalgia 📝
3. Which Came First? ❓
4. The Songs of Summer 🎵

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

\$1 for an hour of trivia!



Engage in Being Social

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.

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

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

Photography Scavenger Hunt



& Potluck Event

Tuesday, August 11

Scavenger Hunt @ 10:00 am

Potluck w/Photo slideshow @ 11:30 am

Card Dump @ 12:30 pm



Celebrate National Photography Month with this fun and creative event! Join us for a **Photography Scavenger Hunt** through the Holmes Art Cellar (HAC), Holmes Theater, and Becker County Museum. We'll meet at the HAC at 10:00 AM, where each participant will be assigned a different letter of the alphabet. You'll have **45 minutes** to explore the area, **taking photos of themes that begin with your assigned letter**.

As you complete your hunt, send your photos to Teri, then return to the HAC by 11:00 AM for judging, prizes, and plenty of laughs as we share everyone's creative finds. Afterward, stick around for a **potluck lunch** as we enjoy good food, great company, and our favorite photos from the morning.

Don't want to participate in the scavenger hunt? No problem! You're welcome to join us for the potluck. We'll wrap up the day with **Card Dump at 12:30 PM**. Bring your smartphone, your appetite, and your creativity. We can't wait to see what you capture!

Sign Up at the **Engage Table**

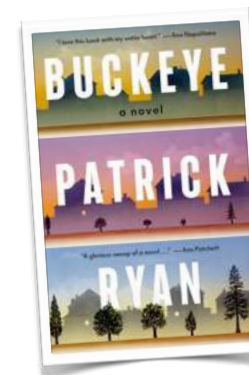
Book Club

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

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

Last month we enjoyed the book
River is Waiting by Wally Lamb.

This month, we will be reading *Buckeye* by Patrick Ryan. The book follows two couples from the fictional town of Bonhomie, Ohio from World War II to the end of the 20th century and the secrets which develop between them.



Looking Ahead:

September 28: *Theo of Golden* By: Allen Levi

October 26: *Good People* By: Patmeena Sabit

November 30: *Culpability* By: Bruce Holsinger

Sign-in in at the HAC in you participate.