

Detroit Lakes Public Library

Garden Talks

Companion Planting
with Master Gardener DMae Ceryes

Tuesday, September 1 at 12 PM



Detroit Lakes Public Library
Wednesday, September 2 at 6:00pm

Flamenco Guitar

GLADIUS



Lake Agassiz Regional Library

Saturday, September 12
10:00am - 3:00 pm

Craft Supply Swap



PERHAM

CELEBRATE AGING EXPO

9.16
9am-1pm

Presented By: *elevate*
YOUR HEALTH - YOUR WAY

Perham Area Community Center

FREE ADMISSION! CelebrateAgingExpo.com



Dan Brekke Band



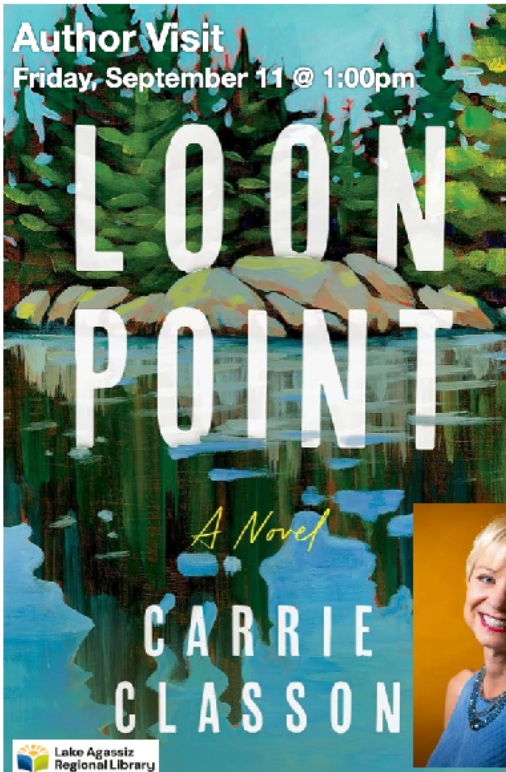
Historic Holmes Theatre
Saturday, September 26
@ 7:30pm Tickets: \$33

Author Visit
Friday, September 11 @ 1:00pm

LOON POINT

A Novel

CARRIE GLASSON




Waylon, Willie, and the Boys



September 2026

We're getting geared up for a fun-filled fall at Engage!

This September, we're soaking up the final days of warm weather with plenty of outdoor activities here at the lakes. Take a peek and find outdoor biking class (including a **bike field trip** down the Frazee Trail), **fall foliage walks** with friends, and a couple of final **kayak outings** before the season comes to a close!

We also have some wonderful tours planned, along with an **Engage Puzzle Race** and a fun game of **Bunco**. Looking to learn something new? Join us for engaging presentations on **salt float therapy**, **medication management**, a FREE **Lunch & Learn** on "Staying Active Safely", and how to create a **home herbal starter kit**.

And, of course, don't miss our monthly potluck! "**Hello, Harvest**" will be filled with delicious comfort food and followed by a fan-favorite, **Card Dump**.

September is also full of the regular favorites you know and love; games, fellowship, book club, and so much more.

We're ready to embrace all that this new season brings, and we hope you'll join us for a September filled with friendship, learning, playing, and fun!

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



(218) 844 4591



teri@dlccc.org



dlccc.org/engage

September 2026



Please note that some activities require pre-registration or a fee.

MON	TUES	WED	THURS	FRI
	1 10:00 - 12:00 Tech Time w/Teri 12:00 Companion Planting Public Library 12:30 Wood Carving 1:30 Fall Foliage Walk Ortenstone Gardens	2 8:00 Group Bike Ride 12:00 BINGO in the HAC 1:15 Samba Card Game 6:00 Gladius, Flamenco Guitar Public Library	3 10:00 TOUR: Bongard's Creamery 11:30 Swoop 1:00 Mahjong Tile Game Guitar Lessons	4 8:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge
7 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 - 4:00 Race The Lake Volunteer "Give Back" Opportunity	8 10:00 Salt Float Therapy Speaker: Stacy - ReLakes Massage 12:30 Wood Carving 1:00 Kayaking	9 10:00 D.L. Heartland Trailhead Detroit Lakes —> Frazee 12:00 BINGO in the HAC 1:15 Samba Card Game 4:45 Early Bird Dinner Perham Lakeside Golf Course	10 10:00 ENGAGE Puzzle Race 11:30 Swoop 1:00 Mahjong Tile Game Guitar Lessons & Songwriters' Guild	11 8:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Author Visit: Carrie Classon Public Library 1:00 Bridge
14 8:30 Walk at Oak Grove 9:30 Coffee & Conversation (C&C) Guest Speaker: Rotary Oktoberfest 10:15 Hand & Foot Card Game 2:00 America 250 Public Library	15 10:00 "Rollin' into Fall" Bunco 12:30 Wood Carving	16 9am - 1pm Perham Aging Expo Perham Area Community Center 11:00 Birthday Lunch Sapphire 12:30 BINGO in the HAC 1:30 Samba Card Game	17 11:00 Hello, Harvest Potluck 11:45 Card Dump 1:00 Mahjong Tile Game Guitar Lessons	18 8:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge 4:00 MN Libraries Read Together Public Library
21 8:30 Walk at Oak Grove 9:30 Coffee & Conversation (C&C) Guest Speaker: Deanna Sinclair - Blood Screening Medication Management Sign up for a individual time slot 10:15 Hand & Foot Card Game	22 11:00 Lunch & Learn: Speaker: Dr. Wes Anderson 12:30 Wood Carving 1:30 Fall Foliage Walk Sucker Creek	23 8:00 Group Bike Ride 12:00 BINGO in the HAC 1:15 Samba Card Game 2:00 Exploring Alternative Paths to Everyday Wellness Public Library	24 10:00 TOUR: Emmaus Crossroads 11:30 Swoop 1:00 Mahjong Tile Game 1:00 Kayaking Guitar Lessons	25 8:00 Swim Aerobics Rockin' to the Oldies 11:10 Chair Yoga Fitness Studio 1:00 Bridge Sat. Sept. 26 @ 7:30pm —> Dave Brekke Band - HHT
28 8:30 Walk at Oak Grove 9:30 Coffee & Conversation (C&C) Guest Speaker: Kathy Meagher - Bunco event 10:15 Hand & Foot Card Game 1:00 Book Club	29 12:30 Wood Carving 1:00 Home Herbal Starter Guide Speaker: Danika Leitheiser	30 8:00 Group Bike Ride 8:15 - 9:00 Scam Jam Breakfast 9:00 - 12:00 D.L. Scam Jam Midwest Bank Ballroom 12:00 BINGO in the HAC 1:15 Samba Card Game		

Engage in Having Fun!

Early Bird Dinner

Wednesday, September 9 @ 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!

2727 450th St,
Perham, MN

Sign Up at the **Engage Table**

September Birthday Lunch

Wednesday, September 16 @ 11:00am

Enjoy a delicious meal with friends at



705 US-10,
Detroit Lakes, MN

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

Come join us to celebrate *September* birthdays!

Sign Up at the **Engage Table**

TOUR: Bongard's Creamery

Thursday, September 3 @ 10:00am

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**

ENGAGE Puzzle Race

Thursday, September 10 @ 10:00am

Get ready for a little friendly competition at our **Engage Puzzle Race!** **Teams of two** will work together to complete the same **300-piece puzzle**, starting in **Mystery Mode** with no picture for the first 30 minutes of the challenge. We'll see who can 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**

TOUR: Emmaus Crossroads

Thursday, September 24 @ 10:00am

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**



"Rollin' into Fall" BUNCO

Tuesday, September 15 @ 10:00am

Get ready to roll the dice. Bunco is quick to learn and always full of fun! We'll need **at least 12 players** (we play 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 as we roll into fall with BUNCO!

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!

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 participate

Hello, Harvest Potluck

Thursday, September 17 @ 11:00am

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

Sign Up at the **Engage Table**

Detroit Lakes SCAM Jam

 **Midwest Bank Ballroom**

Wednesday, September 30

AARP Minnesota and the Better Business Bureau is hosting a morning of learning how to spot and **avoid today's scams**. Enjoy breakfast, connect with local fraud-fighting resources, and hear from expert speakers.

8:15am - 9:00am: Light Breakfast

9:00am - 12:00pm: Presentations & Mini-Expo

Sign Up at the **Engage Table**

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

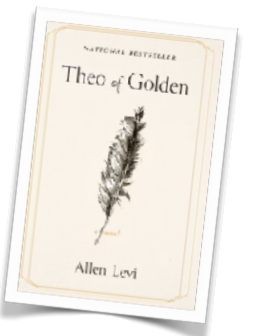
The last ***Monday*** of the month

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

Last month we read the book
Buckeye by Patrick Ryan.

This month, we will be enjoying
Theo of Golden by Allen Levi.

This quiet, uplifting novel is about an elderly, gentle stranger named Theo who arrives in a small Southern town and anonymously buys nearly 100 pencil portraits of local residents off a coffee shop wall to return them in person.



Looking Ahead:

October 26: *Good People* By: Patmeena Sabit

November 30: *Culpability* By: Bruce Holsinger

Sign-in at the HAC if you participate

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 Outdoor Walks

Oak Grove Cemetery
Mondays @ 8:30

515 US-59
Detroit Lakes, MN

Fall Foliage Walks
Tues., Sept. 1 @ 1:30
Ortenstone Gardens
1646 Randolph Rd

Tues., Sept. 22 @ 1:30
Sucker Creek
290 Ave

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 biking field trip!

Easy Riders Bike Field Trip
Wednesday, September 9 @ 10:00am

Meet at the local Heartland Trailhead and bike to Frazee! We’ll enjoy a relaxed bike ride, a visit to **The Monarch Coffee Shop**, and a short stop out to **Ortenstone Gardens**.

D.L. Heartland Trailhead
Detroit Lakes —> Frazee
(aprx. 20 miles round trip)

1330 US-10 E
Detroit Lakes, 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, Sept. 8
@ 1:00pm

Launch Site TBA

Thursday, Sept. 24
@ 1:00pm

Launch Site TBA

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, and 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.



Julie’s Corner

Do you wake up feeling like you didn't get a good night's sleep? Do you find yourself waking up in the middle of the night and then lying awake for hours? You're not alone. Many older adults struggle with getting the restful sleep they need. The **National Institute on Aging** recommends that older adults still get **7–9 hours of sleep each night**. Quality sleep is essential for maintaining physical health, mental sharpness, mood, and overall well-being. The good news is a few simple changes to your nightly routine can make a real difference:

Maintain a consistent sleep schedule by going to bed and waking up at the same time each day.	Plan a small healthy snack before bedtime. Slice of turkey with cheese rolled up. One of my favorites is a rice cake with almond butter on it.
Limit screen time from televisions, phones, and tablets at least an hour before bed. I turn my phone to silents at 9:00pm and it does not come back on until 6:00am.	Create a relaxing bedtime routine such as reading, gentle stretching, taking a nice warm bath, Sleepy Time Tea or listening to calming music.
Limit caffeine, especially in the afternoon and evening. Even Chocolate has a small amount of caffeine in it, and it can keep you awake.	Stay physically active during the day, which can help you fall asleep more easily at night.
Avoid large meals and alcohol close to bedtime.	Keep your bedroom cool, dark, and quiet.

Sheet Pan Porkchops with Apples

Ingredients:

4 bone-in pork chops (3/4 to 1 inch thick)	12 oz. brussels sprouts halves	1 lb. sweet potatoes (1-in. pieces)
2 medium red apples cored and sliced	1/2 t. sea salt	1/4 t. ground black pepper
	2 T. olive oil	

Seasoning Mix:

1 tablespoon brown sugar	1/2 teaspoon ground black pepper	1/2 teaspoon dried thyme
1 teaspoon garlic powder	2 teaspoons smoked paprika	1 teaspoon onion powder
1 teaspoon sea salt		1/2 teaspoon ground mustard

Preheat the oven to 425°F. In a small bowl, mix all the seasoning ingredients. Pat the pork chops dry and coat both sides evenly with the seasoning mix. Let them sit at room temperature for 20 to 30 minutes. Add the sweet potatoes and brussels sprouts to a large sheet pan. Drizzle with olive oil and season with salt and pepper. Toss to coat and spread into an even layer. Roast for 20 minutes. Remove the pan from the oven and add the pork chops and apples. Return to the oven and roast for another 13 to 18 minutes, or until the pork reaches an internal temperature of 140°F when checked with a thermometer. Broil for 1-2 minutes to add some more color to the pork and veggies. Remove from the oven and let the pork rest for a few minutes before serving.



Julie
Rezneck

(218) 844 4595

julier@dlccc.org

Member Spotlight

Joanne Davis

If you know Joanne Davis, you probably know she loves animals just about as much as people!! Striking up conversation with anyone and pretty much anywhere works for her. That warmth and genuine interest in others is one of the things that makes Joanne such a wonderful part of Engage.

Joanne was born in Cavalier ND, the youngest of 6 children. Her family moved to Fargo that year. Her mother was an RN and her Father an ASCS agent. After graduating from Shanely High School Joanne headed for Wahpeton to study nursing. Early on she realized nursing wasn't the right fit for her. What she discovered was that a career helping people in some other compacity would be a good path.

Joanne is happily married to her hubby, Rick, and is lucky enough to be blessed with a beautiful daughter, Ashley, her husband, and four wonderful grandchildren: Chase (13), Bode (11), and twins Sloane and Olive (7). There is nothing better than being a grandparent. Rick and Joanne also share their home with "Max" their 5 year old English springer.

Joanne and Rick started dating when Ashley was 8, and they married in 1994. Their first home together was on Eagle Lake, just outside of Frazee. With Joanne working in Audubon at TEAM Industries and Rick working in Battle Lake at that time, they did not have much time to get to know the neighbors. Then, one day, there was a knock on the door. It was Connie Schroeder welcoming them to the neighborhood. This solved their problem of meeting people. That day, Joanne had been busy tearing down an old sunroom. Connie immediately jumped in to help, making the sunroom demolition their first hangout. This was the start of many great friendships for Joanne, Rick, and Ashley around Eagle Lake. Today, Joanne and Rick reside on Maud Lake.

Joanne retired in 2021 after 34 years as TEAM's Benefits Manager. She managed TEAM's health, life and retirement benefits. The Ricke family (TEAM's owners) provided an amazing opportunity for Joanne to grow her career and provide an amazing retirement!

Connie Schroeder encouraged Joanne to come to C&C and join in the fun. Joanne said it was a good decision to join the group.

What does Joanne love most about Engage? "The companionship, laughter, and hearing stories about different lives lived," she says. She also enjoys cards, C&C potlucks, art, tours, and the opportunities to learn new things!



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!

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 Thursday, September 17 @ 11:45pm

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

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!

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 More

America 250

Speaker: Doug Ohman

Monday, September 14 @ 2:00pm

Enjoy a historic journey with **storyteller/historian**, Doug Ohman as he shares stories and photos that help tell the amazing tale of **America's birth and positive growth**.

Doug will focus on the men and women who were the visionaries for our great nation and state for 250 years. He will also highlight events that are uniquely American.

This Event Takes Place at the
Detroit Lakes Public Library



ENGAGE NAME TAGS

We will no longer be doing group orders. Name tags can now be ordered at any time. Engagers wanting their first name tag or if you need to replace yours, just call **Trophy House** at **218-846-9442**.

Let them know what you want on it, example **full name** or just **first name**, with or without **Engage logo**. You will be responsible for the pick up of your name tag.

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

September GIVE BACK

Race the Lake Station Volunteer
Monday, September 7 @ 1pm - 4pm

We are looking to "Give Back" to **Emmaus Crossroads** this month! Volunteers will be at 10 different stops throughout the race. At each stop, volunteers will **direct participants** and **verify that they've completed the previous challenge**. **Each stop needs 1-2 volunteers**.

Come be part of a fun afternoon supporting local youth!

Sign Up by **September 4** at the **Engage Table**

Exploring Alternative Paths To Everyday Wellness

Speakers: Nancy Hebert & Maddy Bowers

Tuesday, September 22 @ 2:00pm

Nancy Herbert and Maddy Bowers will explore **alternative paths to everyday wellness**, such as: sound baths, energy work, and temperature therapy. Sponsored by the Detroit Lakes Library Club.

This Event Takes Place at the
Detroit Lakes Public Library



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

Tech Time w/Teri

Tuesday, September 1 @ 10:00 - 12:00

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**

Salt Float Therapy

Stacy Morris - ReLakes Massage
Tuesday, September 8 @ 10:00am

Stacy Morris from ReLakes Massage will share the benefits of **salt float therapy**, including better sleep, pain relief, relaxation, endorphin release, and reduced stress and tension.

Even first-time floaters often leave feeling relaxed and refreshed! Come learn more about this unique therapy and discover how floating may help you feel your best!

Sign Up at the **Engage Table**

Medication Management

Sponsored by Lake Region Healthcare
Monday, September 14 - 10:00-2:00

Meet one-on-one with a pharmacist for a personalized review of your medications. Discuss proper use, potential interactions, dosages, therapeutic options, and possible cost savings.

A great opportunity to ask questions and make sure your medications are working safely for you!

Sign Up for a 1 hr time slot **Engage Table**



Lunch & Learn:

Stay Active Without Getting Hurt

Dr. Wes Anderson - Rehab Authority
Tuesday, September 22 @ 11:00am

Looking for ways to stay active while avoiding injury? Dr. Wes Anderson from **ReHab Authority** is offering a **FREE Lunch & Learn** packed with practical tips for keeping your body healthy and moving well.

Learn about injury prevention, load management, warm-ups, soreness vs. injury, and safely returning to activity. Come learn how to stay active while taking care of your body!

Sign Up at the **Engage Table**

Home Herbal Starter Guide

Instructor: Danika Leitheiser

Tuesday, September 29 @ 1:00pm

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**