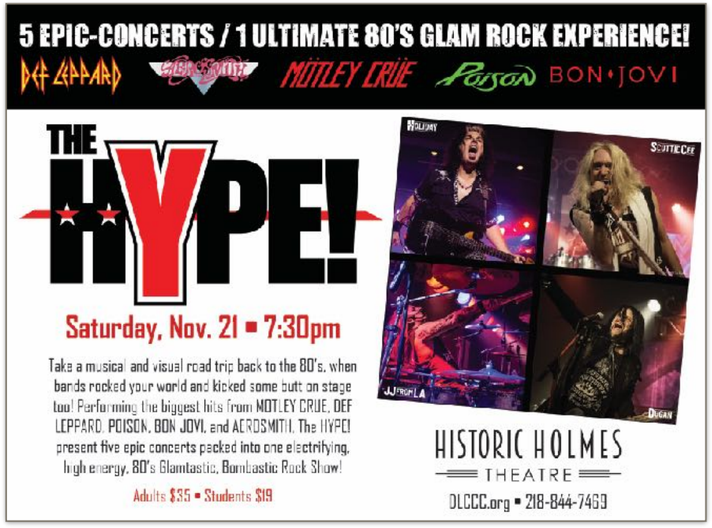

LIFE'S BETTER when you Engage

November 2026

November is going to be a month full of fun, creativity, and connection!

There's so much to look forward to this November! We will celebrate **Scandinavian heritage** with rosemaling, lefse-making, and a cozy potluck, enjoying hiking in the **great outdoors**, create festive **porch pots**, and, as always, learn something new! There's truly something for everyone to enjoy.

We'll explore history together with **documentarian Carl Oberholzer's** presentation of ***The Road to Little Rock***, keep moving with our fun and energetic **fitness classes,** and discover new ways to **support healthy aging** through nutrition, exercise, and stress management.

And don't forget two of our exciting community highlights; the **Holmes Art Show** and **Engage Bake Sale**! We'll need plenty of helping hands to prepare, package, and make everything shine. Whether you **volunteer** your time, **bake goodies** for the sale, or simply stop by to **shop**, your support makes a difference!

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**

From festive traditions and meaningful learning, to laughter and friendship, November is all about coming together and making wonderful memories.

Take a peek at the calendar, pick your favorites, and fill your Novemeber with fun!

♥ ♥ ♥ **Teri Holehouse**

(218) 844 4591 teri@dlccc.org dlccc.org/engage

November 2026

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

MON	TUES	WED	THURS	FRI
2 **8:30 Walk the Track** **9:30 Coffee & Conversation (C&C)** Come and Hear the Weekly Announcements! **10:15 Hand & Foot** Card Game	**3** **10:00 "The Road to Little Rock"** Documentary (Holmes Theatre) **10:30 Documentary Overview** Speaker: Carl Oberholzer **12:30 Wood Carving** **1:00 Cribbage** **1:00 Hiking** @ Mountain View	**4** **12:00 BINGO** in the HAC **1:15 Samba** Card Game **4:45 Early Bird Dinner** *VFW Club Detroit Lakes*	**5** **11:30 Swoop** **12:45 Nutrition As We Age (Week 1)** **1:00 Mahjong** Tile Game ***Guitar Lessons***	**6** **8:30 Swim Aerobics** Rockin' to the Oldies **11:10 Chair Yoga** Fitness Studio **1:00 Bridge** **3:00 Painted Windows —–>** D.L. Library - Sat. Nov. 7
9 **8:30 Walk the Track** **9:30 Coffee & Conversation (C&C)** Come and Hear the Weekly Announcements! **10:15 Hand & Foot** Card Game **12:15 Bake Sale Boxing Bash**	**10** **10:00 Grateful Greeting Cards** Artist: Maggie Peterson **12:30 Wood Carving** **1:00 Cribbage** **1:00 Hiking** @ Mountain View	**11** **10:00 Bake Sale Packaging Party** **12:00 BINGO** in the HAC **1:15 Samba** Card Game	**12** **11:30 Swoop** **12:45 Nutrition As We Age (Week 2)** **1:00 Mahjong** Tile Game ***Guitar Lessons & Songwriters' Guild*** **Holmes Art Show & Engage Bakes Sale** ~ Nov. 12, 13, & 14 —–>	**13** **8:30 Swim Aerobics** Rockin' to the Oldies **11:10 Chair Yoga** Fitness Studio **1:00 Bridge**
16 **8:30 Walk the Track** **9:30 Coffee & Conversation (C&C)** Come and Hear the Weekly Announcements! **10:15 Hand & Foot** Card Game **12:15 Festive Porch Pots**	**17** **9:30 Scandinavian Heritage Day** **11:00 Scandinavian Potluck** **11:50 Card Dump** **12:30 Wood Carving** **1:00 Cribbage** **1:00 Hiking** @ Mountain View	**18** **11:00 Birthday Lunch** *Sunlite Bar & Grill* **12:30 BINGO** in the HAC **1:30 Samba** Card Game **1:00-4:00 Christmas Tree Mosaics** **2:00 Paper Literacy Birds** D.L. Library	**19** **10:00 Movie Matinee** *"Smokey and the Bandit"* **11:30 Swoop** **1:00 Mahjong** Tile Game ***Guitar Lessons***	**20** **8:30 Swim Aerobics** Rockin' to the Oldies **11:10 Chair Yoga** Fitness Studio **1:00 Bridge** **7:30 "The Hype" —–>** Holmes Theatre - Sat. Nov. 21
23 **8:30 Walk the Track** **9:30 Coffee & Conversation (C&C)** Come and Hear the Weekly Announcements! **10:15 Hand & Foot** Card Game **12:00 Trivia Time**	**24** **10:00 Turkey Bunco** **12:30 Wood Carving** **1:00 Cribbage** **1:00 Hiking** @ Mountain View	**25** **9:00 - 11:00 Tech Time w/Teri** **12:00 BINGO** in the HAC **1:15 Samba** Card Game	**26** 	**27** **Salvation Army Bell Ringing** Central Market **8:30 Swim Aerobics** Rockin' to the Oldies **11:10 Chair Yoga** Fitness Studio **1:00 Bridge**
30 **8:30 Walk the Track** **9:30 Coffee & Conversation (C&C)** Come and Hear the Weekly Announcements! **10:15 Hand & Foot** Card Game **1:00 Book Club** **2:00 Holiday Open House** D.L. Library				

Event Code: Holmes Art Cellar | Off-Site Activity | DLCCC / Theatre | DL Public Library | Community Happening

Engage in Being **Active**

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

Walk the Track
Mondays @ 8:30am

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

Trail Hiking
Tuesdays @ 1:00pm

Grab your friends and hit the trails at **Mountain View Recreation Area**! Wear bright clothing, dress for the weather, bring water and comfy shoes. Come and enjoy a great day outdoors with us!

30199 Tower Rd, Detroit Lakes, MN

Sign in on-site if you participated.

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**

Water Aerobics
Check Days & Times Below

Get moving with energetic classes featuring catchy music, fun moves, **muscle strengthening**, **balance work**, and **low-impact cardio**, all while having TONS of FUN! Classes are held in the **shallow water**, and no swimming ability is required.

Monday: 8:30am – Silver Sneaker Splash
9:30am – Aqua Fusion

Tuesday: 8:30am – Silver Sneaker Splash
9:30am – Aqua Fusion

Wednesday: 8:00am – Aqua in Motion
6:00pm – Aqua Fusion

Thursday: 8:30am – Silver Sneaker Splash
9:30am – Aqua Fusion

Friday: 8:30am – Rockin' to the Oldies Aerobics

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

Julie's Corner

The holidays are a wonderful time of year filled with family, friends, celebrations, and, of course, lots of delicious food! But with all the extra activities and holiday treats, it can also be a challenging time for our health and wellness. It's easy to put our normal routines on hold during the holidays. We may exercise less, eat a little more, stay up later, and find ourselves feeling stressed or overwhelmed. The good news is you don't have to be perfect to stay healthy! Here are some helpful little tips to stay healthy over the holiday season.

Remember, the goal during the holidays doesn't have to be weight loss. Sometimes maintaining your weight and your healthy habits is a wonderful accomplishment!

- Keep moving. Even a 10–15-minute walk can help you feel better and burn some extra calories.
- Don't skip meals. Arriving at a holiday gathering overly hungry can make it much harder to make healthy choices. You bring the healthy choice for the party.
- Get enough sleep. A good night's sleep can help with energy, mood, appetite, and overall health.
- Enjoy your favorite foods. You don't need to avoid holiday treats—just practice moderation and savor every bite.
- Stay hydrated. Drink plenty of water throughout the day, especially when enjoying holiday beverages.
- Manage stress. Take time to slow down, breathe, and enjoy the people and moments that make the holidays special.

Heathy Sweet Potato Casserole

Ingredients:	
3 1/2 lb sweet potatoes	1/4 t. ground nutmeg
1/4 c. Maple syrup	1/8 t. ground ginger
1 large egg	1/2 t. salt
1 t. ground cinnamon	1 t. vanilla extract
1 T. coconut palm sugar	1/3 c. chopped pecans

Instructions: Preheat the oven to 400 degrees F. Place the sweet potatoes on a baking sheet and pierce each one 2 or 3 times with a fork. Bake for 50-60 minutes or until tender when pierced with a fork. Set aside to cool. Lower the heat of the oven to 350 degrees F. Spray an 8x8 pan with cooking spray. Scoop the sweet potato flesh out of the skin and place into a medium bowl. Discard the skins. Mash the potatoes until smooth. Add the maple syrup, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger, salt and vanilla. Whisk the mixture until smooth. Spread the sweet potato mixture into the prepared baking dish until evenly distributed. Mix the coconut sugar, pecans and the remaining 1/2 teaspoon of cinnamon in a bowl; sprinkle evenly over the potato mixture. Bake until hot and beginning to brown around the edges, about 40 to 45 minutes. Serve warm.

Julie Reznecheck (218) 844 4595 julier@dlccc.org

Engage in **More**

12 o'clock Trivia Time
Monday, November 23 @ 12:00pm

Put your knowledge to the test with an hour of themed trivia! Come ready for multiple-choice questions and lots of chances to win prizes! Learn something new and have a ton of fun!

This month features four fun rounds:

1. Historical Milestones
2. Image Round: Obsolete Objects
3. Festive Foods
4. Name that Tune: British Invasion

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

Community Give Back
Salvation Army Bell Ringing
Friday, November 27
Sign-up for a time slot

Sign up for a one-hour shift at **Central Market** to support the **Red Kettle Campaign**, helping local families in need. All supplies provided, just bring your holiday cheer!

This is our last Community Give Back of the 2026 year! We hope you're able to find time to give back to the incredible community that supports Engage.

Sign Up at the **Engage Table**

Porch Pots
Monday, November 16 @ 12:15pm

Bring the season to your doorstep! Bring your own pot to the HAC and create a beautiful seasonal arrangement with fresh **greens**, **birch wood**, red twig **dogwood,** and festive **ribbon**.
Must be able to transport your own pot.
One pot per person; limited to **12 participants.**

Sign Up at the **Front Desk**
DLCCC Members **$20** Non-Members **$25**

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**

"The Road to Little Rock" Documentary & Discussion
Speaker: Carl Oberholzer:
Tuesday, November 3
Movie at Holmes Theatre @ 10:00am
Discussion & Overview @ 10:30am

Documentarian and historian **Carl Oberholzer** presents his documentary ***The Road to Little Rock***, the courageous story of one judge and nine teenagers in 1957 during the American Civil Rights Movement. Carl will also discuss the film and its historical significance.
This event will be shown at the **Historic Holmes Theatre**.

Sign Up at the **Engage Table**

Nutrition As We Age
Instructor: Julie Reznecheck

Part One:
Balanced Nutrition for Healthy Aging
Thursday, November 5 @ 12:45pm

Part Two:
Healthy Lifestyle Choices for Optimal Aging
Thursday, November 12 @ 12:45pm

Want to age well and feel your best? Join Julie for this two-part series exploring the essentials of healthy aging! Day One focuses on **balanced nutrition**, while Day Two connects **nutrition, exercise, and stress management** to help you make informed choices for lifelong health. These classes build on each other, so attending both is encouraged! We've spread them across two weeks to allow plenty of time to explore this important material without feeling rushed!

Sign Up for each event day at the **Engage Table**

Scandinavian Heritage Day
Tuesday, November 17 @ 9:30am

Celebrate **Scandinavian traditions** with a day full of art, culture, and delicious food! Faith Berg and Deanna Sinclair will share Faith's beautiful **rosemaling artwork** and the history behind this traditional Scandinavian folk art. Then, multi-year lefse champion Janelle Erickson will walk us through the step-by-step process of **making lefse**, with samples of her award-winning lefse available to enjoy! Stick around afterward for a **potluck** and **card dump** event. Come for the culture, stay for the fun!

Sign Up at the **Engage Table**

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

Tech Time with Teri
Wednesday, November 25
@ 9:00am - 11:00am

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**

Engage in **THE ARTS**

HOLMES Art CELLAR

November Art Classes

Puppy Pinch Pots
with Jill Johnston

Saturday, November 14 • 11:30am – 12:30pm • $15/person

Adults and kids come together to make their very own pinch pot puppy. Learn the basics of working with clay and form a cute catch-all bowl with puppy personality. Work together and get creative as a family! Adults and children register individually.

Cardinals Oil Painting Workshop
with Val Voigt

Tuesday, November 17 • 9 AM – 4:30 PM • $72

Learn how to use oil paints with artist Val Voigt. All materials are included in the price; final painting is 16 X 20 inches. Wear your painting clothes!

GLASS- ON- GLASS MOSAIC TREES - 2 CLASSES!
with JoAnn McFarlin

Nov. 18 from 1-4pm or Nov. 19 from 10am-1pm • $72/person

Create two colorful glass-on-glass mosaic trees while learning the process from design to finish. Explore color, pattern and composition; practice safely cutting glass and learn proper adhesive applications. Complete your artwork by applying and cleaning grout for a polished finish. You will leave with two completed mosaic trees ready to hang.

Pre-Register for Classes!

dlccc.org/artcellar

dlccc.org/artcellar • 218-844-7469 • visualarts@dlccc.org

Engage in **Playing Games**

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!

Cribbage - Tuesdays @ 1:00pm

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

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!

Samba - Wednesdays @ 1:15pm

This game popular card game is an exciting variation of Canasta and belongs to the Rummy family.
Samba will be held at 1:30pm on the week of Birthday Lunch

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

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

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!

CARD DUMP
Tuesday, November 17 @ 11:50am

Come and give Card Dump a try!
It's a fan favorite and is always better with a large group.
To play, bring **9 quarters** and a **$1 bill**.
Each round features a pot for the winner, so the excitement builds as you play through each round to see who comes out on top.
Win or lose, you're sure to enjoy a game filled with good fun!

Sign Up at the **Engage Table**

Engage in **Having Fun!**

Early Bird Dinner

Wednesday, November 4 @ 4:45pm

Come eat a tasty meal with your friends!

Questions? Contact: **Dee Cahlin @ 218-790-6251**

MUST Pre-register 48 hours in advance *(Monday before)*

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

500 Washington Ave,
Detroit Lakes, MN

Sign Up at the **Engage Table**

November Birthday Lunch

Wednesday, November 18 @ 11:00am

Enjoy a delicious meal with friends at

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

MUST Pre-register 48 hours in advance *(Monday before)*

sunlite

21001 Co Hwy 21,
Detroit Lakes, MN

Come join us to celebrate *November* birthdays!

Sign Up at the **Engage Table**

Grateful Greeting Cards

Artist: Maggie Peterson

Tuesday, November 10 @ 10:00am

Celebrate being thankful with watercolor creativity at the Holmes Art Studio! Create **three** charming **Thanksgiving greeting cards** while following step-by-step guidance from our teaching artist, Maggie, as she introduces you to a variety of watercolor techniques. All materials are provided, so just bring your creativity and a grateful heart!

Sign Up at the **Front Desk**

DLCCC Members **$6** Non-Members **$10**

Turkey Bunco

Tuesday, November 24 @ 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 play TURKEY BUNCO!

Sign Up at the **Engage Table**

Movie Matinee: Smokey and the Bandit

Thursday, November 19 @ 10:00am

Enjoy a **FREE movie matinee** featuring the 1977 classic, Smokey and the Bandit! Get ready for plenty of laughs, high-speed chases, and good ol' Southern fun as the Bandit takes on a cross-country bootlegging adventure with a determined sheriff hot on his tail. Refreshments will be available for a free-will donation. Grab a seat, bring a friend, and enjoy this beloved comedy classic.

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

Scandinavian Potluck

Tuesday, November 17 @ 11:00am

Bring a dish to share and enjoy a Scandinavian-themed potluck featuring **lefse** from Janelle's class! We'll also try out the Scandinavian **Hygge** cards together for an afternoon of cozy fun, food, and fellowship.

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 and discussed the book *Good People* by Patmeena Sabit.

Our final book for 2026 is *Culpability by* Bruce Holsinger. *Culpability* crafts a story that asks urgent questions about how we live ethically with new technologies like AI and self-driving cars.

Sign-in in at the HAC in you participate.

Bake Sale Boxing Bash

Monday, November 9 @ 12:15pm

We need 8–10 helping hands to get ready for boxing up all the bake sale goodies! Help assemble boxes, cut ribbon, prep price tags, and put all the finishing touches together. Everything is ready to go, we just need YOU!

Sign Up at the **Engage Table**

Bake Sale Packaging Party

Wednesday, November 11 @ 10:00am

We need 8–10 helping hands to count, cut, and package all our bake sale goodies! Come lend a hand as we get everything prepped, packaged, and ready to go. Many hands make for light work and a sweeter day!

Sign Up at the **Engage Table**

Bake Sale Volunteers

During the ***Holmes Art Show***

November 12, 13, & 14

We need some extra hands to help make our **Bake Sale** a success. Whether you can assist with **setup**, work at the **bake sale table**, or help with **takedown**, we'd love your support!

Available days (2-hour time slots):

- Thursday, Nov. 12: 4:00 – 7:30 PM
- Friday, Nov. 13: 10:00 AM – 6:00 PM
- Saturday, Nov. 14: 10:00 AM – 4:00 PM

Please sign up for your
preferred day and **2-hour time slot.**

Sign Up at the **Engage Table**