

# JUNE 2022 – ACTIVITIES FOR 50+

Free activities: **GREEN**. Registration required: **BLUE**. Activities Off Site: **ORANGE**.

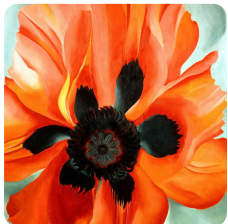
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 <b>Bread</b> 9:15 am <b>Dominoes</b> 9:30 am–12:00 pm <b>Basic Computers</b> 12:30–2:00 pm <b>Cribbage</b> 1:00–3:00 pm <b>SAIL Fitness</b> 3:15–4:15 pm	2 <b>Bunco</b> 9:30 am–12:00 pm <b>Men's Group</b> 10:30–11:30 am <b>Hand &amp; Foot</b> 12:30–4:00 pm <b>Music Jam</b> 2:00–4:00 pm <b>Arthritis Exercise</b> 3:15–4:15 pm	3 <b>500 Cards</b> 1:00–3:00 pm	4   <b>Most activities are held at the District Program Center in Cottage Grove. Questions? Call 651-425-6650.</b>
6 <b>Farkle</b> 10:00–11:30 am  <b>Bingo</b> 1:00–3:00 pm	7 <b>Lighten Up</b> 9:00–10:00 am <b>Mahjong</b> 9:00 am–12:30 pm <b>500 Cards</b> 1:00–3:00 pm <b>Bridge</b> 1:00–4:00 pm <b>Arthritis Exercise</b> 3:15 – 4:15 pm	8 <b>Bread</b> 9:15 am <b>Dominoes</b> 9:30 am–12:00 pm <b>Men's Bridge</b> 12:30–3:30 pm <b>Cribbage</b> 1:00–3:00 pm <b>SAIL Fitness</b> 3:15–4:15 pm	9 <b>Men's Group</b> 10:30–11:30 am  <b>Hand &amp; Foot</b> 12:30–4:00 pm <b>Music Jam</b> 2:00–4:00 pm <b>Arthritis Exercise</b> 3:15 – 4:15 pm	10	
13 <b>Farkle</b> 10:00–11:30 am <b>Bingo</b> 1:00–3:00 pm <b>SAIL Fitness</b> 3:15–4:15 pm <b>Paint Red Poppies</b> 5:30 – 8:30 pm <b>Grief Group</b> 6:30–8:00 pm <b>Fruit Pizza</b> 6:30 – 8:30 pm	14 <b>Lighten Up</b> 9:00–10:00 am <b>Mahjong</b> 9:00 am–12:30 pm <b>Book Club</b> 1:00–2:30 pm <b>500 Cards</b> 1:00–3:00 pm <b>Arthritis Exercise</b> 3:15 – 4:15 pm	15 <b>Bread</b> 9:15 am <b>Dominoes</b> 9:30 am–12:00 pm <b>Cribbage</b> 1:00–3:00 pm <b>SAIL Fitness</b> 3:15–4:15 pm <b>Diabetes Group</b> 6:30–8:00 pm	16 <b>Bunco</b> 10:00 am–12:15 pm <b>Men's Group</b> 10:30–11:30 am <b>Driver Discount</b> 12:30 – 4:30 pm <b>Hand &amp; Foot</b> 12:30–4:00 pm <b>Music Jam</b> 2:00 – 4:00 pm <b>Arthritis Exercise</b> 3:15 – 4:15 pm	17	21
20 <b>Farkle</b> 10:00–11:30 am <b>Bingo</b> 1:00–3:00 pm  <b>SAIL Fitness</b> 3:15–4:15 pm	21 <b>Lighten Up</b> 9:00–10:00 am <b>Mahjong</b> 9:00 am–12:30 pm <b>500 Cards</b> 1:00–3:00 pm <b>Bridge</b> 1:00–4:00 pm <b>Arthritis Exercise</b> 3:15 – 4:15 pm	22 <b>Bread</b> 9:15 am <b>Dominoes</b> 9:30 am–12:00 pm <b>Cribbage</b> 1:00–3:00 pm <b>SAIL Fitness</b> 3:15–4:15 pm	23 <b>Men's Group</b> 10:30–11:30 am  <b>Hand &amp; Foot</b> 12:30–4:00 pm <b>Music Jam</b> 2:00 – 4:00 pm <b>Arthritis Exercise</b> 3:15 – 4:15 pm	24	28 <b>Flip this calendar over for details on our new classes and opportunities!</b>
27 <b>Farkle</b> 10:00–11:30 am <b>Bingo</b> 1:00–3:00 pm <b>SAIL Fitness</b> 3:15–4:15 pm <b>iPhone Photos</b> 3:15 – 5:15 pm	28 <b>Lighten Up</b> 9:00–10:00 am <b>Mahjong</b> 9:00 am–12:30 pm <b>500 Cards</b> 1:00–3:00 pm <b>Arthritis Exercise</b> 3:15–4:15 pm	29 <b>Bread</b> 9:15 am <b>Dominoes</b> 9:30 am–12:00 pm <b>Soy Sauce Painting</b> 11:30 am–1 pm <b>Cribbage</b> 1:00–3:00 pm <b>SAIL Fitness</b> 3:15–4:15 pm	30 <b>Bunco</b> 10:00 am–12:15 pm <b>Men's Group</b> 10:30 – 11:30 am <b>Hand &amp; Foot</b> 12:30–4:00 pm <b>Music Jam</b> 2:00 – 4:00 pm <b>Arthritis Exercise</b> 3:15 – 4:15 pm	JUL 01	4 <b>new classes and opportunities!</b>

# Enrichment Classes – Daytime



## **Fruit Pizza and Cheesecake Desserts – Monday June 13, 6:30 – 8:30 p.m. \$39.**

Learn to make great summer desserts that your family and friends will love. Make a 12" fruit pizza and 6 individual fruit cheesecakes to take home. Fruit available may vary from photo, but there will be plenty of options to be creative. Plan to pay a supply fee of \$12 to instructor in class for food costs. **This class is part of our Adult Enrichment program. Registration is required. Please stop by Community Ed or register online at [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com)**



**Paint Georgia O'Keeffe's Red Poppy (All Levels Welcome!) – Monday June 13, 5:30 – 8:30 p.m.** Learn how to re-create your own rendition of Georgia O'Keeffe's famous Red Poppy. Learn how to set up the painting from beginning to end with step-by-step instructions. This will allow for you (no matter what your experience level) to create your very own masterpiece! That means absolute beginners are welcome! Discover the texture and strokes that truly make O'Keeffe's style unique and memorable. A 16" x 20" canvas, along with paint and brushes to use in class, will be provided. Please wear clothes that can get a little dirty or stained. This style of painting is messy ... but satisfying! **This class is part of our Adult Enrichment program. Registration is required. Please stop by Community Ed or register online at [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com)**



## **Alive/Driver Discount Program – Thursday June 16, 12:30 – 4:30 p.m. \$24.**

Save 10% on auto insurance for 3 years. There are no written or behind-the-wheel tests! To register, call St. Cloud State toll free at 1-888-234-1294.

**Instructor Wanted:** St. Cloud State is looking for a Driver Discount Instructor. All you need is a flexible schedule, excellent communication skills, the ability to use technology in presentations, and the desire to make a positive impact on MN motorists. Training and support are provided. Contact Larry Nadeau at the MN Hwy Safety & Research Center. [lnadeau@stcloudstate.edu](mailto:lnadeau@stcloudstate.edu) or 320-308-1401.



**iPhone App: Photos – Monday, June 27, 3:15 – 5:15 pm.** Discover the new features found in the Photos app on your iPhone with iOS 15. Learn ways to organize your photos, quickly find the ones you are looking for, share them with loved ones and perform basic edits right on your iPhone. Please bring your iPhone to class. **This class is part of our Adult Enrichment program. Registration is required. Please stop by Community Ed or register online at [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com)**



## **Soy Sauce Painting – Wednesday, June 29, 11:30 – 1:00 p.m. FREE**

Bring a bag lunch and join our ESL students! This special day includes an art demo by Li Sun, one of our dedicated cooking instructors. Watch as Li paints a unique piece of art using soy sauce! This dark soy sauce allows for artistic expressiveness, similar to ancient ink painting. Then we'll allow some fun conversation time for ESL students to practice their English with Seniors. **Register for this free class at Community Ed or online at [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com)**

## Free Activities

Questions? Contact us at 651-425-6650 or email Gretchen at [Gcarlson@sowashco.org](mailto:Gcarlson@sowashco.org).  
District Program Center, 8400 East Point Douglas Road S., Cottage Grove, MN 55016.

Afternoon fitness – seniors 55+ – SAIL Fitness is Mon/Wed. from 3:15 – 4:15 p.m. and Arthritis Foundation Exercise Program (AFEP) is Tue/Thur. from 3:15 – 4:15 p.m.

Bingo – Join us for this popular game! Match numbered squares to numbers called and you could win a B-I-N-G-O!

Book Club – Love to read? Want a place to discuss and share reactions with like-minded people? Join us on the second Tuesday of the month. Members choose authors and titles from a list of popular books.

Bridge – Whether you are a seasoned Bridge player or new to the game, feel free to join us! This group is open to new players and will teach anyone interested in learning how to play. This group meets on the 1st & 3rd Tuesday of the month. Beginners welcome!

Bunco – This fast-paced game of dice is played in rounds and known as the "famous social dice game". If you haven't yet played, we can teach you. Join the fun! Bunco will meet on Thursday mornings for the summer starting June 16. Time will change to 10:00 am–12:15 pm.

Cribbage – Meets Wednesdays from 1:00 – 3:00 p.m. for this traditional English and Scandinavian card game. Guaranteed 8 games of fun and changing partners to even the play and camaraderie!

Farkle – This crowd-pleasing dice game brings laughter and fun. Beginners welcome!

Grief Group – \*Meets monthly at Kok Funeral Home in Cottage Grove. If you have lost a loved one and could use support, please join us. Group provides speakers on a variety of topics, resources and a safe place to share.

Hand & Foot – If you enjoy Canasta or rummy, you'll want to check out Hand & Foot. Fellow players are available to show you how to play. Come and join us for an enjoyable way to connect with new friends.

Lighten Up – Each week we weigh in and discuss practical topics such as diet secrets and trends. This group is meeting off-site for the summer. If you're interested in details, email Gretchen at [Gcarlson@sowashco.org](mailto:Gcarlson@sowashco.org).

Mah Jongg – Join us for American Mah Jongg, a game of strategy and luck. We play for fun, not money, using tiles, racks, and a "Hands and Rules" card. New players welcome! Questions? Call Hjordes at 651-283-3989.

Men's Group – This informal group comes together on Thursday mornings from 10:30 – 11:30 a.m. simply for a cup of coffee, treats and conversation.

Men's Bridge – Are you an experienced Bridge player looking for a group of avid players to join? Start by calling Jerry Jensen at 651-459-8210. Group meets the 2nd Wednesday of the month.

Mexican Train Dominoes – Mexican Train is played with a standard set of Double Twelve dominoes. This fun game is filled with strategies and chances to win!

500 – This popular card game includes bidding and taking tricks. Join us for some card-playing fun! Games start promptly at 1:00 p.m. 500 will be meeting on Tuesday afternoons just for the summer.