

SEPTEMBER 2022 – ACTIVITIES FOR 50+

Free activities: **GREEN**. Registration required: **Purple**. Off Site: **ORANGE**.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUG 29 No Senior Activities at the DPC	AUG 30 No Senior Activities at the DPC	AUG 31 No Senior Activities at the DPC	SEPT 1 Senior Membership Kickoff & Picnic 12-1:30 pm	SEPT 2 No Senior Activities at the DPC	SEPT 3 SoWashCo COMMUNITY EDUCATION Most activities are held at the District Program Center in Cottage Grove. Questions? Call 651-425-6650.
5 Labor Day – No Activities	6 Lighten Up 9-10 am Mahjong 9 am-12:30 pm Bridge (Women) 1-4 pm Arthritis Exercise 3:15-4:15 pm	7 Free Bread 9:15 am Dominoes 9:30 am-12 pm Cribbage 1-3 pm SAIL Fitness 3:15-4:15 pm	8 Men's Group 10:30-11:30 am Hand & Foot 12:30-4:00 pm Arthritis Exercise 3:15-4:15 pm	9 Monthly Police Presentation 11 a.m.-12 p.m. 500 Cards 1-3 pm	
12 Farkle 10-11:30 am Bingo 1-3 pm SAIL Fitness 3:15-4:15 pm Driver Discount 4-8 pm	13 Lighten Up 9-10 am Mahjong 9 am-12:30 pm Basic Computers 12:30-2:30 pm Book Club 1-2:30 pm Arthritis Exercise 3:15 - 4:15 pm	14 Dominoes 9:30 am-12 pm Monthly Potluck 12-1 pm Cribbage 1-3 pm Men's Bridge 1-4 pm SAIL Fitness 3:15-4:15 pm "Healthy" Ice Cream" and Walk 5:30-7 pm	15 Men's Group 10:30-11:30 am Hand & Foot 12:30-4 pm Basic Computers 12:30-2:30 pm Arthritis Exercise 3:15-4:15 pm	16 Bunco 10 a.m.-12:15 pm 500 Cards 1-3 pm	
19 Farkle 10-11:30 am Bingo 1-3 pm SAIL Fitness 3:15-4:15 pm Grief Group 6:30-8 pm	20 Lighten Up 9-10 am Mahjong 9 am-12:30 pm Basic Computers 12:30-2:30 pm Bridge (Women) 1-4 pm Arthritis Exercise 3:15 - 4:15 pm Diabetes Group 6:30-8:30 pm	21 Free Bread 9:15 am Dominoes 9:30 am-12 pm Cribbage 1-3 pm Documentary 3:15-5:15 pm SAIL Fitness 3:15-4:15 pm	22 Travel Show 10-11 am Men's Group 10:30-11:30 am Hand & Foot 12:30-4 pm Basic Computers 12:30-2:30 pm Arthritis Exercise 3:15-4:15 pm	23 500 Cards 1-3 pm	See backside and attached page for more details plus new classes and events!
26 Farkle 10-11:30 am Bingo 1-3 pm SAIL Fitness 3:15-4:15 pm	27 Lighten Up 9-10 am Mahjong 9 am-12:30 pm Basic Computers 12:30-2:30 pm Driver Discount 1-5 pm Arthritis Exercise 3:15 - 4:15 pm	28 Free Bread 9:15 am Dominoes 9:30 am-12 pm Cribbage 1-3 pm SAIL Fitness 3:15-4:15 pm Fall Color Walk & Free Box Dinner 5:30-7 pm	29 Men's Group 10:30-11:30 am Hand & Foot 12:30-4 pm Basic Computers 12:30-2:30 pm Arthritis Exercise 3:15-4:15 pm	30 Bunco 10 a.m.-12:15 p.m. 500 Cards 1-3 pm	

Free Activities

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

Afternoon fitness - seniors 55+ - SAIL Fitness meets Mon/Wed. from 3:15 - 4:15 p.m. in the District Program Center cafeteria and Arthritis Foundation Exercise Program (AFEP) meets pm Tue/Thur. from 3:15 - 4:15 p.m. in the District Program Center gym.

Bingo - Join us for this popular game! Match 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.

Bunco - This fast-paced game of dice is played in rounds. If you haven't yet played, we can teach you. Join the fun! Bunco will continue to meet on Thursday mornings in August.

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.

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.

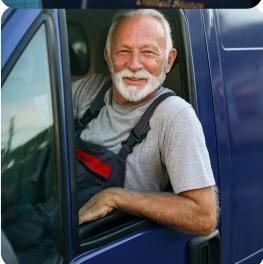
Men's Bridge - Are you an experienced Bridge player looking for a group of avid players to join? Start by calling Jerry Jensen at 651-459-8210. Group meets the 2nd Wednesday of the month.

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!

Scrabble - This fun board game will have you strategizing how to use your letters to build the longest words for the most points! Day and time will be set once we know who is interested.

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 continue meeting on Tuesday afternoons just for the summer.

Senior Membership Kickoff & Picnic!



Senior Membership Kickoff & Picnic (FREE)

Register to join us Thurs., Sept 1, from 12-1:30 p.m. to complete your 2022-2023 membership, enjoy lunch, and meet staff and seniors who volunteer. This FREE event includes lunch donated by SoWashCoCARES, Synergy Home Care, Landmark Tours, Nygard Fitness and FamilyMeans. Bring a friend who wasn't a member last year. If they sign up, you'll both get entered into a drawing!

Monthly Potlucks are Back! Please sign up ahead.

We'll have a signup sheet at the senior reception desk at the DPC or you can call us at 651-425-6650 to let us know what you are bringing. Please sign up to bring a main dish (outlets are available to plug in a crock pot), side dish, or dessert. Or be the person who provides plates, napkins and/or plasticware.

New - Documentary & Discussion Series Starting in Sept.

Do you like watching documentaries? Would you enjoy sharing your opinions and learning from others? Join us for a series of thought-provoking documentaries. Our September movie meets on Wed, Sept. 21 from 3:15-5:15 p.m. This documentary is a KARE 11 Original Titled **Love Them First** (Lessons from Lucy Laney Elementary in Mpls.) Please call 651-425-6650 to let us know that you would like to attend.

Two fun events with Cottage Grove Wellness 50+

- "Healthy Ice Cream & Walk - Wed, Sept. 14, 5:30-7 p.m.
- Fall Color Walk & Free Box Dinner - Wed, Sept. 28, 5:30-7 p.m.

Find more details and register [Eventbrite.com](https://www.eventbrite.com). Search Cottage Grove Wellness 50+.

Police Presentations: Local. Timely. Relevant.

Join us for a different topic each month. Meets on the 2nd Friday of the month at the District Program Center from 11-12 p.m. Please register for this free event.

Free Basic Computer Classes, Tu. & Th., Sept 13-Oct 27

Only 12 spots available. Taught by a licensed instructor. 13 sessions. Plan to attend every session! Meets at the District Program Center from 12:30pm-2:30pm. Register today.

Travel Show-Landmark Tours, Th, Sept. 22, 11-12 p.m.

Are you longing for new adventures? Find out what makes Landmark Tours one of the best. Meet at the District Program Center to see a helpful presentation and get your questions answered. Please register.

Driver Discount Program-Save 10% on auto insurance. (\$24)

Call for fall class dates held at the District Program Center in Cottage Grove.

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

Checking interest ... would you like to play Scrabble?!

Are you a word person? This fun board game will have you strategizing how to use your letters to build the longest words for the most points! Would you be interested in playing each week? If yes, please email Gretchen at GCarlson@sowashco.org. In addition, we would like to find a volunteer "Point Person" who would be willing to set up the game each week and welcome new players. Thanks!