

AUGUST 2022 – ACTIVITIES FOR 50+

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Farkle 10:00-11:30 am Bingo 1:00-3:00 pm SAIL Fitness 3:15-4:15 pm	2 Lighten Up 9:00-10:00 am Mahjong 9:00 am-12:30 pm 500 Cards 1:00-3:00 pm Bridge - Open 1-4 pm Arthritis Exercise 3:15 - 4:15 pm	3 Bread 9:15 am Dominoes 9:30 am-12:00 pm Cribbage 1:00-3:00 pm SAIL Fitness 3:15-4:15 pm	4 Bunco 10 a.m.-12:15 p.m. Men's Group 10:30-11:30 am Hand & Foot 12:30-4:00 pm Music Jam 2:00-4:00 pm Arthritis Exercise 3:15 - 4:15 pm	5	6 SoWashCo COMMUNITY EDUCATION Most activities are held at the District Program Center in Cottage Grove. Questions? Call 651-425-6650.
8 Farkle 10:00-11:30 am Bingo 1:00-3:00 pm SAIL Fitness 3:15-4:15 pm	9 Lighten Up 9:00-10:00 am Mahjong 9:00 am-12:30 pm Book Club 1:00-2:30 pm 500 Cards 1:00-3:00 pm Arthritis Exercise 3:15 - 4:15 pm	10 Bread 9:15 am Dominoes 9:30 am-12:00 pm Cribbage 1:00-3:00 pm SAIL Fitness 3:15-4:15 pm	11 Men's Group 10:30-11:30 am Hand & Foot 12:30-4:00 pm Music Jam 2:00-4:00 pm Arthritis Exercise 3:15 - 4:15 pm	12	
15 Farkle 10:00-11:30 am Bingo 1:00-3:00 pm SAIL Fitness 3:15-4:15 pm Grief Group 6:30-8:00 pm	16 Lighten Up 9:00-10:00 am Mahjong 9:00 am-12:30 pm 500 Cards 1:00-3:00 pm Bridge - Open 1-4 pm Arthritis Exercise 3:15 - 4:15 pm Diabetes Group District Service Ctr 6:30-8:00 pm	17 Bread 9:15 am Dominoes 9:30 am-12:00 pm Men's Bridge 12:30-3:30 pm Cribbage 1:00-3:00 pm SAIL Fitness 3:15-4:15 pm	18 Bunco 10 a.m.-12:15 p.m. Men's Group 10:30-11:30 am Hand & Foot 12:30-4:00 pm Music Jam 2:00 - 4:00 pm Arthritis Exercise 3:15 - 4:15 pm	19 Senior Membership Kickoff & Picnic Thursday, Sept. 1 12 - 1:30 p.m. District Program Center Free lunch included! (Registration required)	
22 No Senior Activities at the DPC	23 No Senior Activities at the DPC	24 No Senior Activities at the DPC	25 No Senior Activities at the DPC	26 No Senior Activities at the DPC	Flip this calendar over for details on our new classes and opportunities!
29 No Senior Activities at the DPC	30 No Senior Activities at the DPC	31 No Senior Activities at the DPC	SEPTEMBER 1 Senior Membership Kickoff & Picnic 12:00-1:30 pm	SEPTEMBER 2 No Senior Activities at the DPC	

What's New

Senior Membership Kickoff & Picnic

Senior
Membership
Kickoff
& Picnic

Join your
friends for
lunch.
It's on us!

Join us on Thursday, September 1, from 12:00-1:30 p.m. to complete your membership for 2022-2023, enjoy a picnic box lunch, and meet the staff and seniors who volunteer to oversee our weekly and monthly activities. Plus you'll have access to timely information from area organizations.

This FREE event will include lunch from SoWashCoCARES and Nygard Fitness along with music by our Music Jam musicians. Do you know of someone who could benefit from our program? Bring a friend who wasn't a member this past year. If they sign up, you'll both get entered into a drawing to win a prize!



Cottage Grove Wellness 50+ has a fun lineup of August activities!

Memoir Writing – Start Your Writing Life, Tuesday, August 16, 6–7:30 p.m., Contact the Park Grove Library for details.

Cottage Grove Wellness 50+ will have a table at St. Paul Park's Heritage Days. Please stop by our table to say hello on Saturday, August, 27.

Kayak Adventure (Box Dinner included) is planned for August 24th. FREE.

For details on these Cottage Grove Wellness 50+ activities, visit
[**https://www.meetup.com/Wellness50-TwinCities/**](https://www.meetup.com/Wellness50-TwinCities/)



Shinrin Yoku - Forest Bathing - Wednesday, August 3, 7–9 p.m., \$45

Join us on an immersive, meditative, and awe-inspiring Japanese forest bathing experience. Connect your senses to the healing beauty of green forested spaces. Walk will be held at Carver Lake Park in Woodbury. Light rain ok, but not thunderstorms. Photo courtesy of Motz Studios LLC.



Driver Discount Program - Thursday, August 11, 12:30-4:30 p.m. \$24.

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. Instructor Wanted: St. Cloud State is looking for a Driver Discount Instructor. Training and support are provided. Contact Larry Nadeau at lrnadeau@stcloudstate.edu or 320-308-1401.

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+ - **NEW LOCATION!** 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. Both classes will continue to meet in August at Cottage Grove Middle School. **August dates run August 1 - August 18, with no class on August 9 due to elections. No class August 22 - Sept. 1. Classes will resume after Labor Day on Tuesday, Sept. 6.**

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.

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. 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!

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.