



# The Buzz

**DPC COMMUNITY CENTER 50+**

**South Washington County Schools - May & June 2019**



## **“Red Herring” Sidekick Theatre & Museum Wednesday, May 8, 2019**

It's 1952: American's on the verge of the H-bomb, Eisenhower's on the campaign trail and Sen. Joe McCarthy's daughter just got engaged to a Soviet spy. A sharp-eyed look at love and tying and untying and retying the knot. Tour the historic Masonic Museum and Library on the 2nd floor. Six galleries showcase the history of Masonry in Minnesota. Bus leaves at 10:45AM.

**SR0508 | Wednesday | May 8**

**Members \$71.00 | Non-Members \$76.00**

## **“Mama Mia” Chanhassen Dinner Theatre Wednesday, June 26, 2019**

One mom. One daughter. Three possible dads. And a trip down the aisle you'll never forget. ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago. The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show. A large cast, non-stop laughs and explosive dance numbers combine to make *Mama Mia!* a guaranteed smash hit.

Bus leaves at 10:40 AM

**SR0626 | Wednesday | June 26, 2019**

**Members \$90.00 | Non-Members \$95.00**

## **Trolley Tour of Rochester Wednesday, July 17, 2019**

Board a vintage trolley for a narrated tour of Rochester. The open-air vehicles give you an up close view of public parks, gardens and private homes. After the tour we will travel to Mantorville. Have lunch at the historic Hubbell House. Choose from Roast Beef or Hubble Baked Chicken served with salad, starch, vegetable, rolls, butter, beverage and sherbert. Must indicate entree choice at time of registration. After lunch we will visit a couple privately owned stores. Bus leaves at 8:00 AM

**SR0718 | Wednesday, July 17**

**Members \$73.00 | Non-Members \$78.00**



## **St. Croix Winery Tour**

**Thursday, September 26, 2019**

Visit the St. Croix Winery Store in Stillwater. Purchase award-winning local wines, grown and vinted in the orchard. Aamodt's Apple Farm is adjacent. You can shop in their nostalgic apple barn. Lunch will be the Lowell Inn. The menu will be Chicken ala King, mashed potatoes, vegetable, beverage and small dessert. Our next stop will be Northern Vineyards. You can purchase wines and other special gifts. Our final stop will be at the Chateau St. Croix Winery near St. Croix Falls. Tour the winery production area and barrel room before having the opportunity to purchase their wines. Bus leaves at 9:45 AM

**SR0926 | Thursday | September 26, 2019**

**Members \$75.00 | Non-Members \$80.00**

## **Discover Austin**

**Thursday, August 22, 2019**

Discover the many attractions in Austin, Minnesota. We will visit the infamous Spam Museum, have a city tour, visit a historic home for lunch and a tour and visit a wind farm. Learn the technology behind the science of wind farms. Mower County wind farm is the largest wind generator in North America. Its 43 turbines are capable to generating enough power for 33,000 homes. There will be walking involved in this trip.

More details will be forthcoming.

# DPC Community Center Information

Please **THANK** our Advertisers!

*Let's show our appreciation for their support in making this "BUZZ Newsletter" available.*

**Jane Goers, DPC Community Center Coordinator**

Phone 651-425-6651  
E-mail .....jgoers@sowashco.org

**Receptionist**

Phone..... 651-425-6650  
Web site.....www.sowashco.org

**Defensive Driving Classes-10% discount on auto insurance**

Phone .....1-888-234-1294 for dates/times



## Community Members

CEAC Representative: Mary St. Vincent

Members: Jeanette Burfeind, Betty Orme, Hjordes Starkson, Gail Biron, Pat Burdorf, Lorena Kime, Margo Monsour, Sue Abrahamson, Mary St. Vincent.

Anyone is welcome to join this group for discussions and ideas on new programming. Please let Rebecca know or give her a call at 651-425-6651.

### Senior Service Needs?

#### Where Do You Start? Senior LinkAge Line

Trained staff and volunteers can connect you to resources such as: help in managing your health care, resources for seniors with disabilities, low cost legal assistance, support for caregivers, meals-on-wheels, etc.

**1-800-333-2433**

## DPC MEMBERSHIP - SR2019 - Sign up now for 2019

*Membership is suggested for all participants who use the DPC Community Center serving Cottage Grove, Newport, St. Paul Park and Woodbury.*

*MEMBERSHIP through December 2019. A membership card for sign-in will be provided.*

**Visit our website, [www.cecool.com](http://www.cecool.com). \$15 a year.**

*Members receive discounts on day trips, newsletter mailed to your home and special invitations to events.*

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

Birthdate \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Doctor/Clinic \_\_\_\_\_

**Mail to: Community Education - DPC Community Center  
8400 E Point Douglas Road • Cottage Grove, MN 55016  
Phone: (651) 425-6650 ~ Fax: (651) 425-6620 ~ [www.cecool.com](http://www.cecool.com)**

# It's a Wonderful Life...on to Retirement!



I have a variety of emotions on writing about 32 years in Senior Services and moving on to the next exciting chapter in my life. I have enjoyed every day that I have worked, well not every minute of every day, but yes, 97% of the time. Sometimes, things did not go as planned or mistakes were made, but for the most part I felt rewarded and very blessed at the end of day.

Over the years, the people I have met at the DPC Community Center and the wonderful staff at Community Education have been among the finest people in the world! Do I think that is an exaggeration? No, I do not. There are people who think they are more important than the volunteers and staff I know, but as a licensed professional, I know...they are not. (I have a food manager license!)

The people I know are kind, ambitious, loving, caring and most of all, FABULOUS. Just ask Jane! I want to thank each and everyone who has touched my life and made it better. I know that you know who you are...yes, it's YOU!

I am extremely excited to spend as much time as I can with the people you see in the picture. (And my kids, family and friends too.) My husband Doug, (the cute tall one), (l-r) Ellie, Shae, Cadan, Karson and Kyler are the ones that I can talk into an adventure at the drop of a hat. We plan on traveling in the plane and RV for beginners and swim and fish up North when it gets warm. We will have sleepovers and treasure hunts and tell each other deep secrets. Of course, when I pass out ice cream before breakfast or buy a speciality coffee...they will tell "Nobody." That means if I am acting like a Gramma who intentionally spoils her grandbabies, they promise me they will not tell the parents. HA!

Jane will be your new contact person. She is FABULOUS, help her with your kind, continued support! Ask her if she misses me...  
See you later alligators, Love YOU!- Rebecca Kropelnicki

# BUZZ Cafe' is Dementia Friendly

Beginning last May, there has been a new community forming at the DPC Community Center. People who have been living with Dementia or Alzheimer's Disease along with their caregivers are welcome to join this fun-loving group.

Starting at noon, we meet for a light lunch and beverage. We enjoy conversation and entertain any new ideas people want to share.

After lunch, there is movement or physical activity that gets our bodies and minds active. We have tried bean bag toss, Tai Chi, balloon toss and bowled with the Wii game.

Next comes an activity to keep us in conversation and stimulate the creative side. We had a piano sing-a-long, made greeting cards, planted flowers and trees and made a soft pillow. We take our time, help one another and enjoy every minute. Last, but always best, dessert is served before we set the next date.

Please call for reservations, space is limited. Caregiver must remain for the entire event. Cost is \$4 to cover the lunch. You must call Jane to attend, 651-425-6650 to register.

**2nd Wednesday of the Month | noon**



## BYOFF

*"Everybody brings their best dish to pass and the food is fantastic," says Kathy.*

*Pictured r-l: Marlene Hicks, Bev Hicks, Gail Biron, Cathy Miller, Pat DuFrane, Jerry Scherbel and John Biron.*

We have replaced the Ladies Lunch out with a new idea. Bring Your Own Favorite Food (BYOFF) to our monthly potluck for not just the ladies...for everyone.

The fourth Wednesday of each month everyone is invited to participate in a potluck luncheon. Sign up at 651-425-6650 to let us know what you will be bringing.

**May 22**

**June 26**

**July 24**

**August 28**

**4th Wednesday of the Month | 11:30AM  
BYOFF**

## Computer Classes are Free - Register Early

DPC Community Center in partnership with the Washington County Library

Knowledgeable staff from the Washington County library come to DPC Community Center to share their vast knowledge on various technology topics. Topics for May and June are:

**Tuesday, May 14** - Device help on your iPhone., smartphone, tablet or laptop. Bring your device and questions for help.

**Tuesday, June 11** - Summer Reads: Getting free eBooks from the library.

If there are other subjects you would like covered, please let us know.

**Classes held at 3:00 PM at no cost, however, registration is requested at 651-425-6650.**

**All classes are held at the DPC Community Center.**

**OR** Call the Cottage Grove Library for a free one-hour help session on phones, computers, tablets or other technology at 651-459-2040.

## Card Classes

Learn how to create those beautiful cards you see in the stores for \$5-7 each. There are layers, choices of colors and stamps for you to choose from. We are creating a new group of interested takers for Wednesday, April 17, May 15 and June 19 at 1 PM to learn how to make layered, stamped cards. Roberta and Gerry are willing to share their talents and show you how. All materials and equipment is supplied.

Come and check out this class. Make and take 5 cards. Pre-register at 651-425-6650. Sign up!

**Cost is \$7 per person.**

## Need Card Makers Recycle Card Group

Volunteer card makers are needed for this important fundraising project. They meet on the first Monday of the month from 9:30 AM to 11:30 AM. There are trained card makers here that are willing to show you how to put together these fun cards. We supply all the materials.

**1st Monday of the Month | 9:30 AM**

## Resources Available

**Notary Public** - Jane is a not only fabulous, she is also a notary and able to offer this service free to Senior Center Members. Please call 651-425-6652 for an appointment.

**Senior Law Project** - Please call the screening line at Southern Minnesota Regional Legal Services at 651-222-4731. Monday - Friday, 9:00 a.m. - noon or 1:00 - 3:00 p.m.

**Transit Link** - Rides to the Center are available by appointment only. Call Transit Link at 651-602-5465.

**Senior Resource Directory** - This resource directory is available FREE of charge at the Center.

### Equipment Loan Program -

The following items may be borrowed from the Center on short term basis at no fee:  
wheelchair, cane, walker.

Call 651-425-6650 for availability.





*Frank was one of the first and most enthusiastic members to use the new kiosk. If you have any questions ask Frank, Jane or the receptionist.*

We recently installed a kiosk. The kiosk will eventually replace the sign-in/out sheets. We are currently in testing mode with the kiosk, during the testing phase you will need to do both the sign-in/out sheets and the kiosk.

All members will receive a card or fob to sign-in. Members hold their cards to the scanner, all activities for the day will appear on the screen. Tap the screen for the activity/activities with which you are participating and click done. The system will track the number of people and hours for each activity. This information will be used for mandatory state reporting.

If you are a member and have not received your card/fob, please see receptionist. Cards have been made for a majority of members.

If you need assistance with the kiosk please see receptionist, Frank or Jane.

The kiosk is provided by Liturgical Press. The same company that prints our newsletters.

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Giggles:

Today at the bank an elderly guy asked me check his balance.

So I pushed him over.

## Little known facts about the State of Minnesota:

Surprisingly, Minneapolis has the most golfers per capita than any other United States city.

In 1912 the first Better Business Bureau was founded in Minneapolis.

Minnesota has an astounding 90,000 miles of shoreline.

Rice cakes were invented here.

Minnesota baseball commentator Halsey Hall was the first to say "Holy Cow" during a baseball broadcast.

Minnesota inventions include scotch and masking tape, Wheaties, Bisquick, HMOs, bundt pan, Aveta beauty products and Green Giant vegetables.

Minnesota is home to the oldest continuously running theater (Old Log Theater) and the largest dinner theater (Chanhassan Dinner Theater) in the country.

The Mall of America in Bloomington is the size of 78 football fields --- 9.5 million square feet.

The original name of the settlement that became St. Paul was Pig's Eye. Named for the French-Canadian whiskey trader, Pierre "Pig's Eye" Parrant.

The climate-controlled Metrodome is the only facility in the country to host a Super Bowl, a World Series and a NCAA Final Four Basketball Championship.

The first open heart surgery and the first bone marrow transplant in the United States were done at the University of Minnesota.

The stapler was invented in Spring Valley, Minnesota.

The first Automatic Pop-up toaster was marketed in June 1926 by McGraw Electric Co. in Minneapolis under the name Toastmaster. The retail price was \$13.50.

Polaris Industries of Roseau invented the snowmobile.

Tonka Trucks were developed and are continued to be manufactured in Minnetonka.

In 1919, a Minneapolis factory turned out the nations first armored cars.

# Where Do You Want To Go?

## USA

Albuquerque Balloon Festival  
America's Heritage: Philly, Gettysburg & Williamsburg  
Canyonlands of the Southwest  
New England Fall Foliage  
New Orleans: The Big Easy  
New York City : The Big Apple  
Tournament of Roses Parade  
Yellowstone & The Grand Tetons

## Cruises

Alaska: Land & Sea  
Islands of Hawaii - 4-Island Cruise & Tour

**NEW!** Danube River Cruise

**NEW!** Rhine River Cruise

## Canada

Nova Scotia & Maritime Provinces

## International

**NEW!** Costa Rica: Tropical Adventure

**NEW!** Heart of Europe - Oberammergau (2020)

**NEW!** Iceland: Land of Fire & Ice

Iceland: In Search of Northern Lights

Ireland: The Emerald Isle

Trips are offered through Landmark Tours  
Please contact Landmark Tours at 612-230-2040



*Thanks to all the tax volunteers for all their hard work and dedication. The **donate** nearly 2,000 hours of time each and every year...That is dedication.*

It's been a busy tax season at the DPC Community Center. This year the volunteers prepared assisted over 1,000 individuals with their tax returns plus an additional 400 for their property/renters refund. All these individuals are volunteers and are trained through AARP. This is a wonderful, free service where these volunteers give up their Wednesdays and Thursdays February through April to offer this service.

It is wonderful exposure for our center and BUZZ Coffee. We heard many great comments about how nice and welcoming our center is. Many of the people became members.

# DPC Community Center Activities



*Andrew from the Washington County Library was incredibly knowledgeable on the 3-D print system. Free computer classes are offered at the DPC on the 2nd Tuesday of the month.*

## Lighten UP! Diet Secrets What a Bargain!

Group meets every Tuesday to weigh in and share the latest diet secrets and trends. No need to register, just come to lighten up! Cost is \$. 30 per session or \$1 per month.

**Tuesdays | 9 AM**

## Hand & Foot

If you enjoy Canasta, you will want to check this out. Teachers are available to show you how to play.

**Thursdays | 12:30 PM**

## Euchre

A favorite among card games, the same color Jacks are the high cards. Plays a little like '500' but with less cards and a faster pace.

**Fridays | 9:30 AM**

## Farkle Dice Game

A fun dice game that you can enjoy and learn easily! Come and shake! There are teachers and a lucky roll can make you the next winner!

**Mondays | 10:15 AM | NEW TIME**

## Dominoes

Come and learn Mexican Train from our volunteer instructors. Social fun and great conversations.

**Tuesdays | 1 PM**

**Wednesdays | 9:30 AM**

## Pinochle

Pinochle is still one of the country's most popular card games. The basic game of Pinochle is Two-Handed Pinochle, which is derived from the European game Bezique. Cost is \$.50 per session.

**Tuesdays | 9:30 AM**

## Bunco - Super Fun Dice Game

This dice game comes with lots of laughs and great way to meet new people. It is easy to learn and there are plenty of people to teach you.

Great desserts too!

**1st & 3rd Friday of the month | 9:15 a.m.**

## Stitchin' & Laughing

What is your craft? Bring it along and enjoy this fun group who learns from one another by sharing craft secrets.

**Wednesdays & Thursdays | 9:00 AM**

## '500' Cards

Played as a round robin card game, this is a social event that brings your neighbors together. Check it out! Cost is only \$.50 per player.

**Fridays | 1 PM**

## Recycle Greeting Cards

There are donated cards that are recycled and made new by this creative group. We are always looking for more help.

## Bridge

Do you love this challenging game? The name of the game is Party Bridge.

**Wednesdays | 12:30 PM**

## Mah-Jongg

Mah-Jongg, a popular game and a wonderful BRAIN exercise, has been attributed as an activity that helps to prevent memory loss symptoms. There is always a teacher on site.

**Tuesdays | 12:30 PM**

## Music Jam

Bring an instrument, come to dance or enjoy listening with your friends. \$1 suggested donation.

**Thursdays | 2:30 PM**

## Cribbage

This board and card game stays interesting because it is the luck of the deal along with some skill. You can join the challenge as an amateur or as a seasoned player.

**Wednesdays | 1 PM**

## BINGO

Come and try your luck! The cost is \$.10 a card or three for \$.25.

**Mondays | 1:30 PM**

## Services at the Center

### Grief Group

If you are grieving and suffering from any loss, you are welcome to meet with this group on the 1st & 3rd Monday of the month.

**1st & 3rd Monday | 6:30 PM**

### Diabetes Group Discussion

Join other seniors who are coping with and learning new information about living with Diabetes.

**3rd Tuesday | 6:30 PM**

### Foot Care by Ginny

Ginny is a registered nurse who specializes in foot care.

**1st Tues & Fri of Month**

**3rd Thursday | \$23 per session**

By appointment only at 651-425-6650

# FREE Computer Classes held at the Library

TOPICS INCLUDE: • Computer Basics for Beginners • Microsoft Excel Basics • Microsoft Word Basics • Navigating the Internet and Filling Out Online Forms • Parent Portal, Schoology and ISD 833 Websites • Setting Up and Using Email • Smartphone Use.

WHERE: Park Grove Library – Large Meeting Room 7900 Hemingway Ave So.  
Cottage Grove, MN 55016 651-459-2040

WHEN: Monday Evening from 6-8 PM throughout the summer



Interested participants can find more information and register by visiting or calling the library.

## Book Club

Are you interested in reading? Join our book discussion group on the **2nd and 4th Tuesday of the month at 1 PM**. Read what you like and choose the books that interest you and join the discussion.

May 14	Call Me American: A Memoir
May 28	Sing, Unburied, Sing
June 11	Conan Doyle for the Defense:
June 25	A Rule Against Murder
July 9	The Gift of Anger
July 23	The Infamous Harry Hayward
August 13	I Know Why the Caged Bird Sings
August 27	Manhattan Beach



Abdi Nor Iftin
Jesmyn Ward
Margalit Fox
Louise Penny
Arun Ganndi
Shawn Peters
Maya Angelou
Jennifer Egan

# Driver Improvement Program

**SAVE 10% on Auto Insurance**

The DPC Community Center is partnering with Minnesota Highway Safety and Research Center / AAA to offer driver improvement courses for mature drivers. As with all driver improvement courses sanctioned by the State Department of Public Safety, drivers over 55 may be entitled to a 10% discount on their auto insurance.

An eight-hour course is initially required, followed by a four-hour refresher class every three years.

A limited number of walk-in registrations will be accepted at the discretion of the instructor. To register and dates of classes, call 1-888-234-1294.



**"BUZZ Coffee" now selling gift cards...buy for your friends and family!**

The coffee is delicious! Join your neighbors for a cup or two. Get the local BUZZ and either warm up or cool down with our iced drinks. The prices are fabulous!

## VOLUNTEER OPPORTUNITIES

### Project GO -

#### Teaching Hand-Sewing to Students

Project GO (Grandparents Organized) is a fun, intergenerational volunteer opportunity. Volunteers meet 3rd graders in the elementary schools to teach them how to hand-stitch a t-shirt into a fluffy pillow. For more info, call Jane at 651-425-6652.

### Do you have Too Much Stuff?

#### Time to Downsize...Donate to Stone Soup!

Here is a good community resource for you! Stone Soup Thrift shop is looking for gently used clothing, shoes, boots, mittens, scarves, household items and small furniture. Call 651-458-9786 for more information. Are you interested in volunteering? Opportunities have flexible hours.

### Gathering - Woodbury Baptist

Join the volunteers in your neighborhood who enjoy making a difference in the lives of people experiencing early to mid-stage memory loss. Coordinated by Lyngblomsten, this group offers a day of respite to the caregivers of people with memory loss. The group meets on the 2nd & 4th Tuesday. To learn more, contact Betsy Hoffman at 651-414-5291.

# Menu



## Espresso Beverages & Iced Drinks

	<i>Small</i>	<i>Medium</i>	<i>Large</i>
<i>Mocha</i>	1.50	2.00	2.50
<i>White Mocha</i>	1.50	2.00	2.50
<i>Turtle Mocha</i>	1.75	2.25	3.00
<i>Latte'</i>	1.25	1.75	2.25
<i>Cappuccino</i>	1.25	1.75	2.25
<i>Mint Mocha</i>	1.75	2.25	2.75
<i>Chai Tea Latte</i>	1.75	2.50	3.00
<i>Hot Chocolate</i>	1.75	2.50	3.00
<i>Americano</i>	1.00	1.25	1.50
<i>Coffee of the Day</i>	.75	1.00	1.25

### All Medium

<i>Italian Soda- add any flavor below</i>	1.50
<i>Italian Cream Soda (with whipping cream)</i>	1.75
<i>Iced Vanilla Latte</i>	2.00
<i>Iced Turtle Mocha</i>	2.25
<i>Iced White Mocha:</i>	2.00
<i>Iced Americano</i>	1.25

**Flavors:** Almond, \*Caramel, Cherry, Cinnamon, Coconut Dark Chocolate, Hazelnut, Macadamia Nut, Peppermint, \*Raspberry, \*Vanilla, White Chocolate.

\*Sugar Free options available.

Add a flavor or whipping cream to any beverage for \$.25 small, \$.50 medium, \$.75 large  
Most available in decaf.

**Tiny Footprint Coffee** - Roastery 7 Beans

**WE LOVE COFFEE TOO.**

# Happening Here...

## **Mondays**

- Recycle Cards:** 1st Monday, 9:30 a.m.
- Farkle:** 10:15 a.m.
- Bingo:** 1:30 p.m.
- Grief Group:** 1st & 3rd Monday, 6:30 p.m.
- Pickleball:** 3:15 p.m.

## **Tuesdays**

- Ginny's Foot Care:** First Tue. & Fri.  
(must pre-register)
- Lighten Up:** 9:00 a.m.
- Pinocle:** 9:30 a.m.
- Exercise Classes:**  
Tue. & Thu., 9:45 a.m.
- Mah-Jongg:** 12:30 p.m.
- Mexican Train Dominoes:** 1:00 p.m.
- Book Discussion:** 2nd & 4th Tues, 1:00 p.m.
- Diabetes Group:** 3rd Tue., 6:30 p.m.

## **Wednesdays**

- Bowling:** 9:00 a.m.  
at Park Grove Lanes, St. Paul Park
- Craft Group:** 9:00 a.m.
- Dominoes:** 9:30 a.m.
- BYOFF - Potluck -** 4th Wed, 11:00 - 12:30 p.m.
- Yoga Sit & Stretch:** 9:45 a.m.
- Bridge:** Wed. 12:30 p.m.
- Cribbage:** 1:00 p.m.
- Card Making:** 3rd Wed: 1:00 p.m.
- Pickleball:** 3:15 p.m.

## **Thursdays**

- Footcare:** 4th Thur: 9:00 a.m.
- Craft Group:** 9:00 a.m.
- Exercise Classes:**  
Tue. & Thu., 9:45 a.m.
- Hand & Foot:** 12:30 p.m.
- Music Jam:** 2:30 p.m.

## **Fridays**

- Bunco:** 1st & 3rd Fri. at 9:15 a.m.
- Euchre:** 9:30 a.m.
- "500" Cards:** 1:00 p.m.
- Pickleball:** 3:15 p.m. novice

## **NEW>>>NEW>>>NEW** **Massage**

Coming in May is an exciting new service. Christine Jones, Licensed Massage Technician, Certified Massage Technician and Certified Shiatsu Therapist, will be here once a month offering chair massage. She will be offering 15 minute massages for \$18 or half hour massages for \$36.

Christine has been offering massage for many years at the Hastings Senior Center and comes highly recommended. We are in the process of finalizing the plans and more information will be coming.

Call now for you massage spot. Contact the receptionist to make an appointment 651-425-6650.



### **MAY Birthdays**

Kristin Marlatt	1st	Robin Burns	22nd
Bob Johnson	3rd	Bob Halter	23rd
Cyndie Medin	3rd	Dorothy Young	23rd
Donna Alston	4th	Jerry Jensen	25th
Nancy Buss	4th	Susan Beebe	28th
Dorene Fincel	5th	Ruby Stratton	28th
Mary Voss	5th	Bob Hensel	29th
Eloise Kyle	6th	Linda Johnston	30th
Irene Horstman	9th	Frances Ratzlaff	30th
Pat Dunbar	21st	Maxine Vanek	30th
Bonnie Matter	31st		

### **JUNE Birthdays**

Jean Koecher	2nd	Gary Tonne	18th
Linda Kokes	3rd	Maureen Borer	19th
Marion Herman	4th	Gary Zenner	19th
Cecelia Knack	7th	Paris Myckleby	20th
Nancy Ehlert	9th	Sandy McMonigal	22nd
Lorraine Dahlstrom	11th	Karen Pollock	22nd
Jim Pate	13th	Linda Spies	22nd
Don Davis	14th	Judy McNulty	23rd
Pat Burdorf	16th	Carolyn Bennett	24th
John Schneider	16th	Dennis Winkler	24th
Kathy Joyce	18th	Rosemarie Ventrone	25th



# DPC Community Center serving 50+

Non-Profit Org.  
U.S. Postage Paid  
Permit No. 12  
Cottage Grove, MN  
55016-3324

South Washington County Schools  
Community Education  
8400 E Point Douglas Road  
Cottage Grove, MN 55016  
651-425-6650

## To your Health... Cardio, Balance & Strength



### **Yoga Sit and Stretch - Flexibility and Breathing**

The goal is for your body to feel better, prevent injury, and increase range of motion. The cost is only \$5 per session. There is no charge for Humana or Silver Sneakers Flex Program participants. Bring your membership card.

**Wednesdays | 9:45 AM**

**Cost is \$5 per session**

### **Indoor Pickleball - grab your tennis and come!**

Sweeping the nation as a Boomers sport and a great workout, join your friends at the DPC Community Center. Play is only \$3 per session. There is a novice practice on Fridays for beginners. Nets, balls and rackets are available.

**Mondays | 3:15 PM - 5:15 PM**

**Wednesdays | 3:15 PM - 5:15 PM**

**(novice) Fridays | 3:15 PM - 5:15, (regular play) 5:30 PM - 7:30 PM**

**Cost is \$3 per session**

### **Exercise Classes for Overall Wellness**

YMCA instructors are here on Tuesdays and Thursdays. Get stronger while strengthening muscles and increasing flexibility to feel better. Strengthening muscles with weights is essential for bone density and everyday tasks.

**Tuesdays/Thursdays | 9:45 AM**

**Cost is \$5 per session**

### **Fit & Strong - RSVP Sponsorship - Free**

Using hand and leg weights, therabands and music, it all comes together. Fit & Strong! includes 60 minutes of exercise and 30 minutes of group discussion. This program offers exercise/behavior change program for older adults with lower extremity osteoarthritis. Benefits will help you: Manage arthritis, Exercise safely, Decrease joint pain & stiffness, Improve daily function, Reduce anxiety & depression.

**Mondays & Fridays | Ongoing | 11:30 AM - 12:30 PM**

**24 sessions - MUST pre-register at 651-425-6650**