



The BUZZ

DPC COMMUNITY CENTER 50+

South Washington County Schools - September & October 2018



Church Basement Ladies - Ames Center "You Smell Barn!"

Learn how laughter is the best medicine for just about everything! This hilarious show is a new addition to the popular actors venue of Church Basement Ladies. From the basement to the barn, your beloved Church Basement Ladies are back and getting busy with life outside the kitchen. These sturdy women head to their farms, peel off their good girdles, and get on with their daily chores. In between picking eggs, milking cows, and dusting knickknacks, they congregate with some of the other lovable folks who inhabit this rural community: Earl, who delivers the mail up and down Rural Route One; Fergus, the hired man; and Tillie, who chronicles the action for the Fish County Weekly.

With plenty of crazy antics, loads of fresh laughs, and spanking new original songs, YOU SMELL BARN celebrates rural life in the 1950's. And, at the center of it all, are your favorite Church Basement Ladies. Whether you've seen several versions, or are new to the world of the basement, the 7th in the Church Basement Ladies series is a musical treat for all. Transportation and Lunch included. Bus leaves at 10:30 a.m.

Members: \$73, Non-Members: \$78
Thursday, November 8 | SR1108

Bentleyville Christmas Lights Black Bear Casino - Overnight

Learn the history and about the successful Bentleyville event. At 4:30 p.m. we will go to the Bayfront Festival Park to see the lights of Bentleyville. Visit the Cookie House for free cookies, hot chocolate and coffee, the Popcorn Igloo for a free bag of popcorn, grab a stick and roast a marshmallow, listen to holiday music and purchase that perfect gift. Please bring a non-perishable food item or an unwrapped toy for the non-profit organization. Dress warm for outside activity. Some walking is involved as you enjoy a stroll through the park.

Tour includes: Deluxe motorcoach, overnight at Black Bear Casino, \$5 free play and \$5 in Match Play, dinner at the top of the Raddison, Bentleyville Christmas Lights, Festival Park and Across County History Tour Manager.

**\$164.00 Double Room (per person),
\$184.00 Single Room**
November 29 & 30, 2018 - SR1129

Holiday Inn - Prelude to White Christmas Chanhassen Dinner Theatre



Experience and learn the history behind the #1 holiday musical hit. Holiday Inn, The new Irving Berlin musical tells the story of Jim, who leaves the bright lights of show business behind to settle down in his farmhouse in Connecticut. He quickly discovers life isn't the same without a bit of song and dance. Jim's luck takes a spectacular turn when he meets Linda, a spirited schoolteacher with talent to spare. Together they turn the farm-

house into a fabulous inn with dazzling performances to celebrate each holiday, from Thanksgiving to the Fourth of July. But when Jim's best friend Ted tries to lure Linda away to be his new dance partner in Hollywood, will Jim be able to salvage his latest chance at love?

Members: \$90.00, Non-Members: \$95.00
Wednesday, December 5, 2018 - SR1205

Bus will leave the DPC Community Center at 10:40 a.m. with an anticipated return time 4:30 p.m

**REGISTER online at www.cecool.com or
call us at 651-425-6650.**



Driver Improvement Program

SAVE 10% on Auto Insurance
Classes are held at the DPC Community Center. Cost is \$22 for a 4-hour course and just \$26 for an 8-hour course.

To register, call 1-888-234-1294.

DPC Community Center Information

Community Members

Please THANK our Advertisers!
Let's show our appreciation for their support in making this "BUZZ Newsletter" available.

Staff

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Receptionist

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

Defensive Driving Classes for 10% discount on your auto insurance

Phone1-888-234-1294 for dates/times

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 - SR2018 - Sign up now!

*Become a member of the DPC Community Center serving
Cottage Grove, Newport, St. Paul Park and Woodbury.
MEMBERSHIP through December 2018.*

*Visit our website, www.cecool.com. \$12 a year, only \$1 a month!
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

Forever Changed **A Child Gone Too Soon - NEW**

Join a group for parents and grandparents who are navigating the rocky road of grief following the loss of a child. Experience a place to gather where others understand. Each session includes a facilitated lesson, followed by time for small group discussion. Facilitator and Author Donna Mathiowetz will lead.

Wednesdays | 6:30 PM | SR0919 | 5 sessions

Cost is \$55 per person or \$85 per couple
Sept 19, Oct 17, Nov 14, Dec 19, Jan 16
call 651-425-6650 to register or go online:
cecool.com Course #SR0919



Funeral Pre-Planning Class Offered

Do your loved ones a favor and don't make them guess what you would have wanted after you are gone. Make sure that what you want is in writing. Learn what is needed to make your wishes come true.

Wednesday | September 26 | 6 PM
pre-register at 651-425-6650

Healthy Brain Class **You Can Make a Difference in Your Brain Health**

What you can do to maintain a healthy brain...

Learn strategies through nutrition and exercises to help ensure a healthier brain based on the four things you can do now for healthy brain fitness.

This is sure to be an engaging and educational, possibly life-altering event! There is no charge for this event. All are welcome.

The presenter, Carolyn Klaver, RN and Lyngblomsten's Community Dementia Care Specialist, has years of experience working with individuals who have early and mid-stage memory loss, their caregivers & trained volunteers who serve at The Gathering group respite. Carolyn will be able to answer questions on both sides of memory – healthy brain and memory loss. Even for those experiencing some memory loss, continuing to work on having a healthy brain is essential!

September 19 | Wednesday | 1 PM - 3 PM | FREE
Pre-register at 651-425-6650
online at cecool.com SR0919
Class held at Central Park in Woodbury,
Valley Creek Room B

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 Alzheimers 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 Rebecca to attend, 651-425-6651 to register.

2nd Wednesday of the Month | noon



Ladies Lunch Out...

Join this great group of gals to meet new friends or enjoy your own buddies. Please R.S.V.P. at 651-425-6650 to reserve your spot. The only cost is what you order plus tip.

September 19 | Perkins | Cottage Grove
October 17 | North Pole | Newport
November 21 | Super 99 Buffet | Woodbury
December 19 | Junction 70 | Cottage Grove
January 16 | Applebees | Cottage Grove

3rd Wednesday of the Month | 1 PM



Computer Classes are Free - Register Early

DPC Community Center in partnership with the Washington County Library

Device Help - Bring your laptop, cell phone, kindle or other electronic device and have your questions answered. September 11, November 13

Virtual Reality - What is everyone looking at? Come to class and experience it for yourself. October 9.

Streaming TV - Television over the Internet. Learn how to choose your channels and personalize your choices. December 11.

Classes held at 2:30 PM at the DPC Community Center at no cost.

All classes are held at the DPC Community Center. Call 651-425-6650 to save your spot.

NEW! Scrapbooking Card Classes

We are getting new equipment...check it out!

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, September 19 at 1:00 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. **Cost is \$5 per person.**

Pre-register at 651-425-6650. Sign up for Scrapbooking!

Need Card Makers for our 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.



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.

2018

Sept 11	Salem Falls	Jodi Piccolt
Sept 25	Furiously Happy: A Funny Book About Terrible Things	Jenny Lawson
Oct 9	Being Mortal	Atul Gawande
Oct 23	Vermillion Drift	William Kent Krueger
Nov 13	Salem's Cipher	Jess Lourey
Nov 27	A Terrible Country: From Russia With Love	Keith Gessen
Dec 11	A Deal of a Lifetime	Fredrik Backman
	The Most Wonderful Life	Fern Michaels

2019

Jan 8	Only the Dead	Vidor Sundstol
Jan 22	Georgia: Novel of Geogia O'Keefe	Dawn Clifton Tripp
Feb 12	Nothing Stays Buried	P.J. Tracy
Feb 26	Little Fires Everywhere	Celeste Ng
Mar 12	Still Me	Jojo Moyes
Mar 26	Varina	Charles Frazier
April 9	Safe from the Sea	Peter Gaye



Learn about places you have not seen! September 19, 2018 - 6 PM - 8 PM



**How do I travel without worries?
Where are the popular places to go?
What is the best mode of travel?
Do I have to travel alone?**

You have waited a long time to see the world! It is time to learn about some of the beautiful places on earth. Join the group and learn about tips and benefits of meeting other people who travel. What are you waiting for?

Call to sign up for this class at 651-425-6650.

DPC Community Center Activities



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 | 10:30 AM

Dominoes

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

Tuesdays | 1 PM

Wednesdays | 9:30 AM

Cribbage - Wednesday

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

Check out the Movement

Strengthening, cardio, yoga, balance, Tai Chi and more. Information on back page.

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 | 9:30 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.

1st Monday of Month | 9:00 AM

BINGO

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

Mondays | 1:30 PM

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. Do you want to learn? 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

Services offered at the DPC Community Center

Grief Group

If you are grieving and suffering from any loss, you are welcome to meet with this group.

September 3rd Monday | 6:30 PM

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

November 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. These appointments fill early, call in advance.

1st Tues & Fri of Month | \$23 per session

By appointment only at 651-425-6650



Bring out the Artist in You!

Tropical Falls Wet on Wet Oil Painting Class

Learn about the beauty and skills of oil painting and create this painting in just one day. Mix colors and create scenes with your personal touch. Instructor Judy Dombrock has been teaching for over 40 years, thrilling hundreds of students and turning beginner painters into artists!

All materials included.

**SR1024| \$50 per person
Wednesday, October 24
10AM – 2PM**



"BUZZ Coffee"

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!

Open 8:30 - 11 AM weekdays.

VOLUNTEER OPPORTUNITIES

Project GO -

Teach 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.

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

Clete, Kathy and Birdie join us at the DPC Community Center for lunch and activities on the 2nd Wednesday of the month..

Menu

Espresso Beverages & Iced Drinks

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

All Medium

Italian Soda- add any flavor below	1.50
Italian Cream Soda (with whipping cream)	1.75
Iced Vanilla Latte	2.00
Iced Turtle Mocha	2.25
Iced White Mocha:	2.00
Iced Americano	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:** 10:30 a.m.
- Bingo:** 1:30 p.m.
- Grief Group:** 1st & 3rd Monday, 6:30 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:** 1:00 p.m.
2nd & 4th Tue., 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.
- Yoga Sit & Stretch:** Tue. 9:45 a.m.
- Bridge:** Wed. 12:30 p.m.
- Cribbage:** 1:00 p.m.

Thursdays

- 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 9:30 a.m.
- Euchre:** 9:30 a.m.
- "500" Cards:** 1:00 p.m.



SEPTEMBER

OCTOBER

- Shinn, Jean 1st
- Warfield, Barbara 1st
- Monsour, Margo 3rd
- Schmitz, Don 3rd
- Beebe, Greg 4th
- Manship, Diane 6th
- Schmuki, PJ 8th
- Abrahamson, Sue 10th
- Allen, Jean 10th
- Hallis, Pat 10th
- Tiffany, Hal 10th
- Slaikeu, Marianne 14th
- Urbanski, Carol 14th
- Riva, Gaston 15th
- Star, Franklin 17th
- Vincent, Myrna 17th
- Maciej, Cecila 19th
- Solberg, Robert 20th
- McMullen, Betty 22nd
- Moravetz, Doris 23rd
- Timp, Margaret 24th
- Burdette, Elizabeth 26th
- Melo, Shirley 26th
- Ferguson, Mary 28th
- Wehling, MaryLou 29th
- Carpenter, Ingrid 30th
- Gebhard, Marjorie 30th

- Beck, Audrey 1st
- Buss, Katherine 1st
- Birkeland, Gerry 2nd
- George, Jim 3rd
- Schottmuller, Brenda 4th
- Urich, Lois 5th
- Durqand, Jan 7th
- Hensel, Shirley 7th
- Slininger, Terry 8th
- DuFrane, Pat 9th
- Lind, Paula 9th
- Samuelson, Jill 9th
- Burfeind, Jeanette 10th
- DuBois, Allen 11th
- VanOverbeke, Marlen 11th
- Herman, Leroy 12th
- Bromenschenkel, JoAnn 13th
- Bloedel, Corrie 15th
- Taylor, Ruth 19th
- Delke, Marian 21st
- Leonard, Nancy 21st
- Giampaolo, Dolores 25th
- St. Vincent, Mary 25th
- Dassow, Lucille 26th
- Tanner, Pat 27th
- Wolff, Bill 27th
- Knack, Ted 28th
- Yates, Mary 28th



DPC Community Center serving 50+

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South Washington County Schools
Community Education
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Cottage Grove, MN 55016
651-425-6650

To your Health... Stretch, Lift & Breathe!

Tai Chi - Check it Out! YOU CAN do this!

Using three major component; movement, meditation and deep breathing. Tai Chi is composed of slow, deliberate movements, which enhance physical health and emotional well-being. These exercises are proven to strengthen immune function, prevent illness, relieve chronic pain, improve mental clarity and promote anti-aging.

September 5, 12, 19, 26

Wednesdays | 2:30 PM - Cost \$20 for all four sessions -SR0801

Exercise Classes

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. Cost is \$5 per session.

Tuesdays/Thursdays | 9:45 AM

Cost is \$5 per session

Yoga Sit and Stretch

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




FOR YOUR RESIDENTIAL/COMMERCIAL NEEDS

651.983.4231 **ESR**

Lawn and Cleaning Services

Do you need help in and around your home?

- ESR (East Suburban Resources) introduces Clean
- n'Cut services to assist senior citizens safely main-
- tain their homes. The program has expanded
- service to residential and commercial properties
- in Ramsey and Washington Counties. The employ-
- ees are trained adults with disabilities who will be
- supervised and accompanied with a job coach. Call
- for an estimate, 651-983-4231. A sliding fee scale is
- available seniors (55+) living at 200% of the poverty
- level or below.