



The Buzz

DPC COMMUNITY CENTER 50+
South Washington County Schools - January & February



Happy
New
Year!
2019

History of Forever ELVIS - The Spirit Lives!

Friday, March 1

Le Musique Room – St. Michael

No music industry icon has been imitated more than Elvis Aaron Presley. That is why Elvis Tribute Artist Art Kistler (Cottage Grove resident!) and the EP Boulevard Show Band present, "Forever Elvis... the Spirit Lives!" - a fun, classy, high-energy show featuring tasteful audience interaction and brings a modern style that catapults this classic entertainment genre to an entirely new level! You will have time before the show to catch lunch (on your own) or a snack in their concession/bar area (sandwiches, pizza, chicken wings, chicken fingers and more). Reservation Deadline: February 1. Trip includes: Transportation and show. Depart DPC Community Center at 11:20 AM.



Friends first and volunteers on the side, are Gerry and Roberta. They prepare for about six hours before teaching the scrapbooking card class.

Theses cards are beautiful and the class is full every session! THANKS, beautiful ladies!

Lunch on you own at LeMusique Room

SR0301 | Friday | March 1

Members \$59 | Non-Members \$64

Charlie and the Chocolate Factory

Thursday, March 7, 2019

Orpheum Theatre - Main Floor Seating

Songs from the original film, including "Pure Imagination," "The Candy Man" and "I've Got a Golden Ticket," alongside a toe-tapping and ear-tickling new score from the song-writers of Hairspray. Willy Wonka is opening his marvelous and mysterious chocolate factory...to a lucky few. That includes Charlie Bucket, whose bland life is about to sweeten with color and confection beyond his wildest dreams. He and four other golden ticket winners will embark on a mesmerizing joyride through a world of pure imagination. Get ready for Oompa-Loompas, incredible inventions, the great glass elevator and more, more, more at this everlasting showstopper! Departure time TBA.

Great seats and no steps to climb. No meal included.

SR0307 | Thursday | March 7

Members \$69 | Non-Members \$74

Travel Show - February 20
6 PM

Check it out! From coast to coast in the USA, Canada, new river Cruises, International Travel...pack your bags and go!

Excelsior History & Lafayette Club

Thursday, April 4, 2019

Tour the historic town of Excelsior. "The Grand Old Lady of the Lake" is set on a hilltop overlooking Lafayette Bay. Presidents entertained diplomatic missions, and the famous sampled its beauties and have sung its praises over the years. The original building with over 1,000 rooms was an elaborate creation of James J. Hill and served as a center of social life. There is a guided tour of this quaint village, on the shores of Lake Minnetonka, was the major port for steam boats in days gone by. Shop at the quaint unique stores along Water Street in downtown Excelsior. Lunch included at the Layayette Club. Bus leaves at 10AM.

SR0404 | Thursday | April 4

Members \$69.00 | Non-Members \$74

"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 un-tying 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

DPC Community Center Information

Please THANK our Advertisers!

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

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Defensive Driving Classes for 10% discount on your auto insurance

Phone1-888-234-1294 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

Become a member of the DPC Community Center serving
Cottage Grove, Newport, St. Paul Park and Woodbury.
MEMBERSHIP through December 2019.

Visit our website, www.cecool.com. \$12 a year, until December 31, 2018

After January 1, 2019 cost is \$15 per 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

Sharing Kindness - The Greatest Gift...



How can we be so fortunate to have over 100 volunteers at the DPC Community Center? I think it is because kindness is contagious. I have met so many wonderful people over the years, yet I am with each and every one of you!

I recently let people know about the need for boots for our youth that participate in Early Childhood Program in our building. Within 1/2 hour, I had nearly 20 people take a name of a child who needs a pair of boots for our cold Minnesota weather. The stitchery group donated dozens of hand-made scarves, mittens, and hats. THANKS so much. Warm feet, hands and heads make for warm hearts.

Our Center runs on volunteers...and Jane, of course. We have set up and take-down for all of our activities. People who are willing to give back and share their skills come early to make sure the rooms are ready for their friends. I thanked a gal the other day who had set up the whole room for Bunco. She said, "You don't have to thank me, I like to be part of it." It made me smile because she helps all the time and doesn't even realize how much it means to people who are not able to help. That, my friends, is selfless kindness from the heart.

As we once again, take our journey through the holidays, sometimes it is hard to remain cheerful when there seems like there is so much to do. I for one, LOVE the holidays, the craziness, the preparations and the gatherings. Some people, however, do not. Maybe they don't feel well, maybe they don't have family around or maybe the holidays remind them of time that was not pleasant. If you have a neighbor or family member that you know will be alone, maybe it is time to reach out and include them in your plans. A meal with you and yours could mean the world to someone who might otherwise throw a frozen meal in the microwave. I know I will make a call to reach out to someone who might otherwise be alone. Let me know how an act of selflessness and kindness warms your heart this holiday.

"We can make our community and world great again, by understanding, not judging and being respectful and showing kindness...**Happy New Year everyone!**

- 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 Rebecca to attend, 651-425-6650 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.

January 16 | Applebees | Cottage Grove

February 20 | Keys | Woodbury

March 20 | Carbones | Cottage Grove

April 17 | Chili's | Woodbury

May 15 | Tom Moy | Cottage Grove

3rd Wednesday of the Month

Meet at the restaurant at 1 PM

Computer Classes are Free - Register Early

DPC Community Center in partnership with the Washington County Library

Tuesday, January 8 - Device Help on your iPhone, iPad, Smartphone, tablet or laptop. Bring your questions to a qualified instructor.

Tuesday, February 12 - Learn about free apps that can be used as helpful tools, games with your grandkids and more. Class will be on apps that can be downloaded and used on iPhones, Android and Smartphones.

Tuesday, March 12 - Device Help on your iPhone, iPad, Smartphone, tablet or laptop. Bring your questions to a qualified instructor.

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.

Scrapbooking Card Classes Resources Available

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, January 16 and February 13 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.
Cost is \$7 per person.

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

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

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.



Music Jam is singing and dancing on Thursdays from 2:30 PM to 4:30 PM.

Treats donated by CUB Foods are included to enjoy in between songs.

Join us, put on your dancing shoes

These Adult Enrichment Courses are offered through Community Education
Register on-line at www.cecool.com or at the District Program Center.
Call Gretchen at 651-425-6605 for more information.

The Day After Retirement – Living a Purposeful Life

What will your life look like once you don't answer the call of the alarm clock? What can you do in advance to plan for a positive transition into retirement? Having a sense of purpose is an important key to satisfaction. Change is inevitable. How to put your arms around the changes inherent in retiring and grow is the focus of this class.

Wednesday, January 9th, 2019 from 6:30-8PM at Cottage Grove Middle School.

Estate Planning 101

This presentation will help provide you with an overview of what Estate Planning is, the tools required and strategies to help guide you on your journey. Particular topics addressed include: What is Estate Planning, Tools of Transfer, Estate Tax Fundamentals, Estate Planning Strategies and Gift Tax Fundamentals. Spouse or guest may attend at no additional charge.

Tuesday, January 22nd from 6-8PM at East Ridge High School.

Plan Your Perfect Move

Hear from local Realtor, Jill McNamee. She will help you understand home values, timing your move, market statistics and how realtors market your home. A Home Inspector will share tips on what to expect from a home inspection and how to prepare for it. Finally, wondering what to do with all of your treasures as you downsize? A move management company will share their expertise in a fun way to round out your day. Guaranteed to get you inspired and organized for your next step.

Tuesday, January 29th from 6:30-8PM at East Ridge High School.

Cybersecurity and Identity Theft

Protecting yourself from identity theft which is essential in today's world. Learn how your identity can be compromised, ways to protect your information and what you can do if you experience identity theft or identity fraud. Leave armed with the essentials needed to help keep your information more secure.

Thursday, February 7th from 7-8PM at East Ridge High School.

Staying Connected

Research says that good relationships are critical to healthy aging. How do you rebuild relationships that may not have been given much attention while you were working? Where do you look to develop new relationships and social communities? This class will discuss a variety of ways that retirees can stay socially connected, including seeking volunteer opportunities.

Tuesday, February 12th from 6:30-8:30PM at East Ridge High School.

What Happens if I Need a Nursing Home?

This class is a must for anyone who has a family member currently in a nursing home, or who may need a nursing home in the future. Can any assets be protected? (Yes, they can.) What is the difference between Medicare and Medicaid? (You'll learn them.) Are there any special benefits available to a veteran? (Yes, there are.) Gain crucial information you must have when your family finds itself headed for a nursing home. Get the info. you need now.

Tuesday, February 19th from 6-7:30PM at East Ridge High School.

These Adult Enrichment Courses are offered by Community Education
Register on-line at www.cecool.com or at the District Program Center.
Call Gretchen at 651-425-6605 for more information.



Travel Show - February 20

6 PM - call 651-425-6650

What are your TRAVEL DREAMS in 2019?

USA

Albuquerque Balloon Festival
America's Heritage: Philly, Gettsbury & Williamsburg
Canyonlands of the Southwest
New England Fall Foliage
New Orleans: The Big Easy
New Youk City : The Big Apple
Savannah, Charleston & Asheville
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! Highlights of Britian
NEW! Heart of Europe - Oberammergau (2020)
NEW! Iceland: Land of Fire & Ice
Iceland: In Search of Northern Lights
Ireland: The Emerald Isle



Rose Ross and her adorable singers put on a Thanksgiving History Presentation along with a few musical numbers. The audience was very impressed with the talents of the students from Armstrong Elementary.



DPC Community Center Activities



The "Lighten Up" group is gathered for their Holiday Party. They meet, share wellness and diet tips and have become fast friends over the years. Join them and lighten up!

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.

1st Monday of Month | 9:00 AM

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 | \$23 per session

By appointment only at 651-425-6650

Wonderful Volunteer Opportunities

Conversation Club is an opportunity to meet and learn about different cultures and help people from around the world to improve their English speaking skills. You can learn so much by chatting about everyday events and interesting sites to see. The group meets at the DPC Community Center from 6:30 PM to 7:30 PM.

January 29

February 26

March 26

April 30

June 5

Call Great Rivers ACCESS for more information - Adult College Career English Skills Services at 651-425-6634.

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.

2019

Jan 8	Only the Dead
Jan 22	Georgia: Novel of Georgia O'Keefe
Feb 12	Nothing Stays Buried
Feb 26	Little Fires Everywhere
Mar 12	Still Me



Vidor Sundstol
Dawn Clifton Tripp
P.J. Tracy
Celeste Ng
Jojo Moyes

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!



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.

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.

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.
- Pinochle:** 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.
- Pickleball:** 3:15 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 9:15 a.m.
- Euchre:** 9:30 a.m.
- "500" Cards:** 1:00 p.m.
- Pickleball:** 3:15 p.m. novice
- Pickleball:** 5:30 p.m.



Tim, who is a talented artist, donated over a dozen hand-knit scarves, mittens and hats to our families in need. Thanks Tim, for your generosity and for sharing your skills with the other stitchers at the DPC Community Center.



JANUARY Birthdays

- | | |
|-------------------------|------------------------|
| Shirlee Drenckhahn 1st | Susan Gore 17th |
| Cecile Cozad 2nd | Elaine Gisel 17th |
| Vern Doblak 4th | Mike Griffin 18th |
| Hildegard Henderson 4th | Susan Adler 23rd |
| Marilyn Krenik 5th | Cathy Corey 23rd |
| Marleen Axtmann 6th | Elizabeth McNeese 23rd |
| Cathy Miller 7th | Hjordis Starkson 23rd |
| Bud Schmidt 8th | Cynthia McKenna 24th |
| Chuck Orme 9th | Gene Hovde 25th |
| Helen Waidelich 9th | Raymond Klein 25th |
| Warren Samuelson 11th | Gail Biron 27th |
| Deb Schurmeier 14th | Joyce Pietsch 27th |
| Don Winberg 14th | Helen Howe 29th |
| Marvin Adler 15th | Peggy Nelson 30th |
| Kristin Meyer 16th | |

FEBRUARY Birthdays

- | | |
|---------------------|----------------------|
| Martha Wells 1st | Betty Gee 24th |
| Marion Roth 5th | Cheri Karnitz 25th |
| John Biron 8th | Marlene Muetzel 25th |
| Ruby Reed 10th | Burlin Jacobson 26th |
| Bev Darling 11th | Bev Hicks 28th |
| Dianne Lair 11th | Mary Sargent 28th |
| Jokay Huesmann 14th | Donna Marty 29th |
| Benora Krueger 22nd | |



DPC Community Center serving 50+

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

To your Health... Cardio, Balance & Strength

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. Cost is \$5 per session.

Tuesdays/Thursdays | 9:45 AM

Cost is \$5 per session

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

Pickleball is Back...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

Tai Chi - Improve Your Balance and Breathing

Using three major components; 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, relieve chronic pain, improve mental clarity and promote anti-aging.

Wednesdays | SR0109 | 3:00 PM

January 9, 16, 23 and 30

Cost \$20 per four sessions

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 | Starting January 14 - sign up early
24 sessions - MUST pre-register at 651-425-6650**