

Day Trips & Tours

“Guys and Dolls” Old Log Theatre

Depart: 10:45 a.m. Return: 4:30 p.m.

Set in Damon Runyon's mythical New York City, Guys and Dolls is an oddball romantic comedy. Guys and Dolls takes us from the heart of Times Square to the cafes of Havana, Cuba, and even into the sewers of New York City, but eventually everyone ends up right where they belong. Fee includes: transportation, lunch, tax, tip and show.

Reservation deadline: February 9.

Members: \$84, Non-Members: \$89

Wednesday, March 14, 2018 - SR0314

“Liverpool Legends” Sheldon Theatre

Depart: 9:45 a.m. Return: 4:30 p.m.

After enjoying a lunch at the St. James Hotel, we will arrive at the Sheldon Theatre. We will enjoy the “Liverpool Legends”, a complete Beatle experience. These four lads bring precise attention to every musical detail, costume change, vintage instruments and special effects. Liverpool Legends are four incredibly talented musicians and actors hand-picked by Louise Harrison, sister of the late George Harrison of The Beatles. Fee includes: transportation, lunch, tax, tip and show.

Reservation deadline: February 16.

Members: \$87, Non-Members: \$93

Friday, April 6, 2018 - SR0406

Shopping with Friends

Twin Cities Premium Outlet Eagan

Depart: 9:30 a.m. Return: 2:30 p.m.

This Premium Outlet Mall includes great deals on many name brand stores. We will travel together to Eagan and shop til we drop! You will have lunch on your own at the Food Court located at the mall. Fee includes: transportation.

Reservation deadline: May 4.

Members: \$35.00, Non-Members: \$40

Wednesday, May 16, 2018 - SR0516

Call 651-425-6650 for more information or registration.

“Newsies” at the Chanhassen

Depart: 10:40 a.m. Return: 5:30 p.m.

Chanhassen Dinner Theatres is thrilled to bring its audiences the exciting musical that took Broadway by storm, Disney's Newsies! With astounding choreography, unforgettable songs and inspirational storytelling, Newsies is a not-to-be-missed, high-energy show for all ages.

Inspired by the real-life Newsboys Strike of 1899 in New York City, Jack Kelly hawks the headlines day-in and day-out with countless other newsboys trying to save enough to make his dreams a reality. Don't miss this ultimate crowd-pleaser, a Minnesota Regional Premiere, nominated for 8 Tony Awards Including Best Musical! Fee includes: transportation, lunch, tax, tip and show.

Reservation deadline: June 15

Members: \$90, Non-Members: \$95

Wednesday, July 18, 2018 - SR0718



Bayfield Wisconsin Overnight

Depart: 7:45 a.m. Monday Return: 5:30 p.m. Tuesday

Enjoy a beautiful ride with stops for coffee and lunch on our way to Bayfield. We will have an afternoon cruise on the Superior Princess as we explore the Apostle Islands. We will be staying at the Legendary Waters Resort built on the shores of Lake Superior with an indoor pool. It is also located adjacent to the casino. We will have a private room to enjoy local entertainment for the evening. The next morning we will visit the Apostle Island National Lakeshore Visitor Center visit the LaChateau Boutin and stop at an apple orchard. We will enjoy lunch at the Old Rittenhouse Inn before heading back home.

Fee includes: transportation, luggage handling for 1 suitcase, coffee stop, breakfast, 2 lunches and a dinner, tax & tip. A \$100.00 deposit is due at registration. Full payment due July 16th.

Double: \$345 Single: \$420

Mon. & Tues. Sept. 17 & 18, 2018 - SR0917

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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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 Monseur, Sue Abrahamson, Mary St. Vincent.

Anyone 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 for 2018

*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

Ladies Lunch Out...

Join this great group of gals to meet new friends or enjoy your established friends along with a good meal. All of the restaurants are local so you can carpool or drive on your own. Please R.S.V.P. at 651-425-6650 to reserve your spot. The only cost is what you order plus tip.

March 21 | HyVee | Cottage Grove

April 18 | Key's | Woodbury

May 16 | Tom Moy | Cottage Grove

June 20 | Chili's | Woodbury

July 18 | Junction 70 | Cottage Grove

Wednesdays | 1 PM



It is Music Jam on Thursday's at the DPC Community Center from 2:30 - 4:30 PM.

Thanks to Ken Nelson, pictured far right, the equipment is set up and ready to go for those that want to play, sing, dance or just visit. Lots of fun awaits you, come in and meet some great people!



Computer Classes are Free - Register Early DPC Community Center in partnership with the Washington County Library

March 13 - 2:30 PM - Streaming TV:

Join staff from the Washington County Library to learn about Streaming TV. What is streaming TV, how is it different than Cable and Network TV? We will discuss the different devices and services available for streaming TV to your home. We will go over the costs involved and find a few free options as well. Which product is right for you?

April 10 - 2:30 PM E-mail for Everyone:

Set up and manage your e-mail account. Let's get your essential e-mail account set-up! Learn how to manage your inbox by creating super folders, read on your schedule, unsubscribe from junk mail.

May 8 - 2:30 PM Wi-Fi and You:

What is Wi-Fi and how does it work: an overview. Learn when and how to use wi-fi and when to use your data plan. Bring your device for help connecting to wi-fi.

June 12 - 2:30 PM STEM:

Science technology engineering and math. Just for fun we will explore a STEM kit designed for kids who are interested in science and math. Try out STEM activity in the safety of the Senior Center. Tell the grandkids all about it!

July 10 - 2:30 PM Virtual Reality (VR):

A new experience! Explore underwater scenes, step inside a painting, cross death-defying heights. Try the virtual reality authentic experience using Washington County Library VR equipment.

August 14 - 2:30 PM It's a Mystery!

Discover the best and newest books. Learn about popular Minnesota Mystery Authors. Book Talk about Mysteries of all kinds: Cozy, Hard-Boiled, Police Procedural, Thriller, Suspense, Capers and more. Get them all at Washington County Library!

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



This lovely group of ladies is from Loving Care Cottage and try to always be there when the tunes are at Music Jam on Thursdays from 2:30 - 4:30 p.m. CUB Food donates the treats and the coffee is always available. Join us!

**Need Card Makers for our Recycle Card Group
We are getting new equipment...check it out!**

Volunteer card makers are needed for this important fund-raising 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. Free.

Trip in Review - Mystery at Afton Inn

A Case of Who-Done-It and How-Did-They-Do-It?

We had some giggles and lots of clues on our Mystery Trip to the Afton House with a Murder puzzle. Some of the actors included the guests on the trip.



(l) Marlene danced with the colorful character, Katie, but didn't get much information or answers to help solve the mystery. (r) Cheerleader Muriel danced with quarterback Ed and really kicked up her heels at the sock hop!



(l) BeGossip, (aka) Jane, was one of the actors who had a questionable background, but she didn't do it. (above) Principal Cheater, (aka) Bob, was frisked and the Detective found the poisoned dart in his pocket. (r) Professor Fake (aka) Don, had the motive was in fact proven guilty of poisoning the DJ at the sock hop. He also won Best Actor





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 \$3 per session.

Tuesdays/Thursdays | 9:45 AM

Yoga Sit and Stretch

The goal is for your body to feel better, prevent injury, and increase range of motion. The cost is only \$3 per session. There is no charge for Humana or Silver Sneakers Flex Program participants. Bring your membership card.

Wednesdays | 9:45 AM

Pickleball Sessions - Mon. Wed. and Fri.

Mon. | 3:15 PM, Wed. | 5 PM Fri. 3:15 PM and 6 PM

Cost is \$3 per session

DPC Community Center Activities

Book Discussion Club...Reading is Knowledge & Fun!

There is always interesting discussion among the members of the book group. They choose the authors and titles for the year on topics that are current popular listings and most will be available at the public library.

2nd & 4th Tuesday | 1 PM

Mar 13 *A Man Called Ove* by Fredrik Backman

Mar 27 *Big Little Lies* by Liane Moriarty

Apr 10 *Still Life* by Louise Penny

Apr 24 *A Farewell to Arms* by Ernest Hemingway

May 8 *The Nightingale* by Kristin Hannah

June 12 *The House of Mirth* by Edith Wharton



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

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!

Fridays | 1st & 3rd Friday 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

Cribbage - NEW DAY - Tuesdays

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.

Tuesdays | 1 PM

BINGO

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

Mondays | 1:30 PM

Bridge is Wednesdays

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

Wednesday | 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 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

How Can I Tackle a Mystery Stain?

Act Fast. Soak washable fabric in cool water to keep the stain from setting. Apply a pretreater or rub in liquid laundry detergent and wash in warm water. Let the fabric air-dry before trying anything else, because if the stain did not vanish completely, heat from the dryer will set it. Make sure it is not rust before trying bleach because it will set rust stains. If more work is needed, try a round of grease-cutting pretreater again and wash with a little extra detergent.



Sometimes You Feel Bloating? What Can You do?



If you don't feel crampy, your puffiness is probably water weight, in which case, drink more water. A dehydrated body will hold on to water from food in an attempt to rehydrate, resulting in a bulgy midriff.

If your abdomen feels like it is full of trapped gas, eat more fibrous foods, such as most fruits and veggies and 100% whole grains like oatmeal or whole wheat bread. Fiber promotes healthy gut bacteria and its bulk moves things along. Stay away from processed foods which tend to contain too much salt. Finally, skip white bread, white rice and red meats.

Meals at the DPC Center!

New Lunch Options at the DPC Community Center!
 Salad Bar with Menu Choices made fresh!
 Serving at 12:15 PM - 12:45. Cost is \$4.
 Check out our menu and make your reservation at 651-425-6650.



NEW Winter Drinks
 Cinnamon Spiced Pumpkin Delight
 or
 Pumpkin Mocha Magic

"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 -

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,

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 |
| | | <u>All Medium</u> | |
| <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 | |

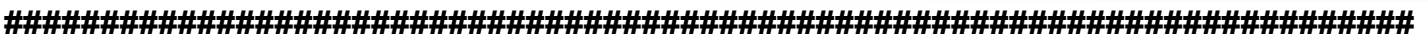
Flavors: Almond, *Caramel, Cherry, Cinnamon, Coconut Dark Chocolate, Hazelnut, Macadamia Nut, Peppermint, *Raspberry, *Vanilla, White Chocolate

*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.



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.

What is Going On?

Monday-Friday

SENIOR DINING: Mon.-Fri. Serving time is **12:15 PM - 12:45 PM**

Salad Bar Included Only \$4.

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.
- Pickleball:** 3:15 p.m. \$3 per session

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.
- Cribbage:** 1:00 p.m.
- Mexican Train Dominoes:** 1:00 p.m.
- Book Discussion:** 1:00 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.
- Pickleball:** 5 p.m. \$3 per session

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.
- Pickleball:** 3:15 p.m. (novice) 6 p.m. (regular play) \$3 per session

March Birthdays

| | |
|--------------------------|------------------|
| Mary Peterson | 3 rd |
| Margaret Fischer | 4 th |
| Mary Kock | 4 th |
| Marlene Hicks | 6 th |
| Ruth Pommerening | 8 th |
| Nancy Barlow | 9 th |
| Katherine Schroeder | 9 th |
| Don Bromenschenkel | 11 th |
| Reenie LePage | 11 th |
| Sheila Colbert | 12 th |
| Barbara Schaber | 13 th |
| Luella Schmitz | 13 th |
| Dee Hottman | 14 th |
| Francesca Vaala | 14 th |
| Patricia Kane | 16 th |
| Paul Paulsen | 17 th |
| Humberto Figueroa-Garcia | 19 th |
| Mary Strauss | 20 th |
| Nancy Moe | 21 st |
| Mary Wilbourn | 21 st |
| Star Cox | 22 nd |
| Betty Orme | 23 rd |
| Diane Frisk | 24 th |
| Rosemary Beard | 25 th |
| Don Pietsch | 28 th |
| Carmen Borg | 29 th |
| Karen Gemza | 30 th |



Happy Birthday Friends!

April Birthdays

| | |
|------------------|------------------|
| Julia Bild | 1 st |
| Carla Dubois | 2 nd |
| Nancy Kretchmer | 4 th |
| Sandra Nordmark | 4 th |
| Barb Peterson | 6 th |
| April Braucks | 7 th |
| Marge Whitehead | 8 th |
| Jean Smith | 10 th |
| Robertta Butek | 11 th |
| Bob Hansen | 12 th |
| Tim Meyer | 12 th |
| Linda Carlson | 14 th |
| Larry Tastad | 17 th |
| Shirley Williams | 17 th |
| Burnell Hanson | 18 th |
| Chris Bracher | 19 th |
| Marilyn Weaver | 19 th |
| Marlis Urdahl | 21 st |
| Jack Horner | 22 nd |
| Jean Schmitz | 25 th |
| Jacque Horner | 26 th |
| Russell Dilley | 28 th |
| Judy Bonnevier | 29 th |
| Linda Swanlund | 29 th |
| Pat Halter | 30 th |



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Tours - Let's See the World!

**Full brochures with prices and detailed information
is available at the DPC Community Center...**

Choose from the following adventures for 2018...

Savannah, Charleston, Asheville - April 2 - 8 & April 9 - 15
New York City - May 3 - 6 & September 13 - 16
San Juan Islands, Whales & Wildlife - June 29 - July 5
Yellowstone & Wildlife Safari - June 9 - 15
Nova Scotia & Maritimes - June 12 - 19 & September 24 - October 1
Canadian Rockies - July 19 - 25
Alaska: Land & Sea Adventure - August 19 - 31
Canyonlands of the Southwest - September 5 - 11
Historic Trains of Colorado - September 13 - 20
Autumn in New England - September 22 - 28 & October 7 - 13
Classic Autumn in New England - September 29 - October 5
Ireland: The Emerald Isle - September 30 - October 10 & October 12 - 22
Iceland - Land of Fire & Ice - September 25 - October 6 - 12 & October 24 - 30
Philly, Gettysburg, Williamsburg - October 17 - 23
Albuquerque Balloon Fiesta - October 10 - 15



**Landmark
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