

Activities for 50+ **April 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Farkle 10:00–11:30am DPC Bingo 1:00–3:00pm DPC Sail Fitness 3:15–4:00pm (Cottage Grove: Grove Church)	2 Lighten Up 8:30–9:30am DPC Mah Jongg 9:00am–12:30pm DPC Open Crafting 9:30–12pm DPC Chess Open Play 1:00–2:00pm DPC Women's Bridge 1:00–4:00pm DPC Arthritis Exercise 3:15–4:00pm DPC	3 Dominoes 10:00am–12:00pm DPC Cribbage 1:00–3:00pm DPC Sail Fitness 3:15–4:00pm (Cottage Grove: Grove Church)	4 Men's Coffee & Convo 10:30–11:30am DPC Hand & Foot 12:30–4:00pm DPC 500 Cards 1:00–3:00pm DPC Arthritis Exercise 3:15–4:00pm DPC	5 Bunco 10:00am–12:15pm DPC 500 Cards 1:00–3:00pm DPC
8 Farkle 10:00–11:30am DPC Bingo 1:00–3:00pm DPC Sail Fitness 3:15–4:00pm (Cottage Grove: Grove Church)	9 Lighten Up 8:30–9:30am DPC Mah Jongg 9:00am–12:30pm DPC Open Crafting 9:30–12pm DPC Chess Open Play 1:00–2:00pm DPC Book Club 1:00–2:30pm Arthritis Exercise 3:15–4:15pm DPC	10 Dominoes 10:00am–12:00pm DPC Monthly Potluck 12:00–1:00pm DPC Cribbage 1:00–3:00pm DPC Sail Fitness 3:15–4:00pm (Cottage Grove: Grove Church)	11 Men's Coffee & Convo 10:30–11:30am DPC Hand & Foot 12:30–4:00pm DPC Caregiver Support Group 12:30–1:45pm DPC 500 Cards 1:00–3:00pm DPC Arthritis Exercise 3:15–4:15pm DPC	12 Sign up Deadline for: Sidekick theater show & Mystery Thrift shop day trips! Bunco 10:00am–12:15pm DPC 500 Cards 1:00–3:00pm DPC
15 Farkle 10:00–11:30am DPC Bingo 1:00–3:00pm DPC Sail Fitness 3:15–4:00pm (Cottage Grove: Grove Church) Grief Care Group 6:30–8:00pm (KOK Funeral Home)	16 Lighten Up 8:30–9:30am DPC Mah Jongg 9:00am–12:30pm DPC Open Crafting 9:30–12pm DPC Chess Open Play 1:00–2:00pm DPC Women's Bridge 1:00–4:00pm DPC Arthritis Exercise 3:15–4:15pm DPC Diabetes Support 6:30–8pm DPC	17 Dominoes 10:00am–12:00pm DPC Cribbage 1:00–3:00pm DPC Sail Fitness 3:15–4:00pm (Cottage Grove: Grove Church) Landmark Tours Show 3:15–4:15pm (DPC) Essential Device Skills: Zoom 101 (Reg. Required) 5:00–6:30pm DPC	18 Men's Coffee & Convo 10:30–11:30am DPC Hand & Foot 12:30–4:00pm DPC 500 Cards 1:00–3:00pm DPC Arthritis Exercise 3:15–4:15pm DPC	19 Bunco 10:00am–12:15pm DPC 500 Cards 1:00–3:00pm DPC
22 Farkle 10:00–11:30am DPC Bingo 1:00–3:00pm DPC Sail Fitness 3:15–4:00pm (Cottage Grove: Grove Church)	23 Lighten Up 8:30–9:30am DPC Mah Jongg 9:00am–12:30pm DPC Open Crafting 9:30–12pm DPC Chess Open Play 1:00–2:00pm DPC Drivers Discount 1:00–5:00pm DPC Arthritis Exercise 3:15–4:15pm DPC	24 Dominoes 10:00am–12:00pm DPC Cribbage 1:00–3:00pm DPC Sail Fitness 3:15–4:00pm (Cottage Grove: Grove Church)	25 Men's Coffee & Convo 10:30–11:30am DPC Hand & Foot 12:30–4:00pm DPC 500 Cards 1:00–3:00pm DPC Arthritis Exercise 3:15–4:15pm DPC	26 Bunco 10:00am–12:15pm DPC 500 Cards 1:00–3:00pm DPC
29 Farkle 10:00–11:30am DPC Bingo 1:00–3:00pm DPC Sail Fitness 3:15–4:00pm (Cottage Grove: Grove Church)	30 Lighten Up 8:30–9:30am DPC Mah Jongg 9:00am–12:30pm DPC Open Crafting 9:30–12pm DPC Chess Open Play 1:00–2:00pm DPC Arthritis Exercise 3:15–4:15pm DPC	Most activities are at the District Program Center (DPC) 8400 East Point Douglas Rd S Cottage Grove, MN 55016 Call 651-425-6650 to register. Flip for more details about new activities and other monthly information		

Other April Adult 50+ Events:

Important Upcoming Day Trip Registration Deadlines

Mystery Thrift Store Extravaganza & lunch, registration deadline April 12th for April 24th day trip. Join us for a fun day of visiting three thrift stores and lunch. Limited spots left! \$45/pp.

Sidekick Theater: The Fabulous Lipitones show & lunch, registration deadline April 12th for May 9th Day trip. \$98/pp.

Barnyard Quilts Tour of Carver County & lunch, registration deadline May 10th for May 31st Day trip. \$98/pp.

Chanhassen Dinner Theater: "Beautiful: the Carole King Musical", registration deadline May 27th for the June 26th show and lunch. \$113/pp.

Monthly Support Groups

Daytime Caregiver Support Group: Thursday, April 11th (DPC) Meets on the 2nd Thursday of each month from 12:30–1:45 p.m. Join other caregivers to receive encouragement, support and understanding. Facilitated by Jenny West through FamilyMeans. Call 651-425-6650 to register.

Grief Care Group: Monday, April 15th (KOK Funeral Home) 6:30–8:00 p.m. Meets the third Monday of each month. Call 651-459-2875 for details. Facilitated by Donna Mathiowetz, aftercare coordinator, author and inspirational speaker.

Diabetes Support Group 50+: Tuesday, April 16th (DPC) 6:30–8:00 p.m. Meets monthly on the 3rd Tuesday of the month. Spouses or support persons may also attend. Facilitated by Connie Allen, a certified diabetes educator and nurse. Spouses and support persons also invited.

Other Monthly Activities or Workshops

Monthly Book club: Tuesday, April 9th. Meets on the second Tuesday of each month. See website or front desk for current book and schedule. April's book is "The Indigo Girl" by Natasha Boyd.

Monthly Potluck: Wednesday, April 10th, 12–1 p.m. (DPC) Join us on the 2nd Wednesday each month. Catch up with friends and meet some new! Bring a dish to share. Sign up at welcome desk.

Landmark Tours–Unforgettable Overnight Travel Experiences (Domestic & International) Wednesday, April 17th 3:15–4:15pm (DPC) Want to get away but don't want to have to plan? Come learn about the 2024 trips!

NEW Essential Device Skills: Zoom 101: Wednesday, April 17th 5–6:30pm (DPC) Learn the basics of using zoom (or other similar video conference/telehealth platforms) to be able to connect with people via video. Cost is free for adult 50+ members but advance registration required online or at reception desk.

Driver Discount Refresher Class: Tuesday, April 23rd, 1:00–5:00 p.m. (DPC) Save 10% on auto insurance for three years. No written or behind-the-wheel tests! To register, call St. Cloud State at 1-888-234-1294.

Free Bread Wednesdays: (DPC) Baked goods arrive at approximately 9 a.m. (until runs out). Please limit desserts to 1–2 items per person.

Footcare: To schedule an appointment, call 651-425-6650. The cost is \$26 for a 40-minute appointment. Location is at The Grove Church (next to Cottage Grove Aldi).

Calling all crafters or hobbyists: Join us Tuesday mornings anytime from 9:30 a.m. – 12 p.m. Bring your favorite craft to work on amongst friends. Need a craft to do? We have some card making supplies to support our member birthday card program.