



ENGAGE EXTRA

MAY 2024

Dear Engagers,

Thank you for the outpouring of texts, calls, and email messages over the past month! My birthday was full and rich thanks to the many birthday cards, wishes, and goodies from you. My decision to move to Arizona for my parents has been hard, but the hugs and messages have made my heart so full! The volunteers who have helped do projects at my home to get it ready to sell have been beyond helpful. Engagers, your generosity is overwhelming! I appreciate you more than you ever know!

Your next Engage Coordinator has been hired! I am so excited for both you (Engagers) and my replacement (Teri Holehouse). I know that Teri will be a great fit for the position, and I am confident that the community of Engage is ready to come alongside her to help in the transition and make her feel welcome in this new role she will be taking on.

I will be running all events like normal through May. In June, Teri will start integrating into the coordinator position. Stay tuned for details on that transition.

Blessings!
Melia Kerrins-Stevenson



(508) 446-4410



melia@dlccc.org



www.dlccc.org/engage



It's Nice To Meet You!



Above is a picture of my family.

My husband, Alex
My 10-year-old daughter, Telyn
My 7-year-old daughter, Demi
And my 3-year-old son, Paul

not pictured our dog, Max

I hope you get to meet them also!
(Well, maybe not Max...)

Hello, Engagers!

My name is Teri Holehouse and it is my greatest pleasure to introduce myself as your next program director.

I am amazed at the incredible program you have and I know my friend, Melia, is leaving some big shoes to fill!

I'm excited to learn alongside you what makes this program so special and to be a part of it's continued success!

I look forward to meeting you in person soon!

Sincerely,

Teri Holehouse

A Message from Peter Jacobson, CEO of the DLCCC

We are very pleased to let you know that Teri Holehouse has accepted our offer to become the new Engage Coordinator for the DLCCC. Teri is currently a teacher at Rossman Elementary in Detroit Lakes and will be completing the school year, and then beginning in her new role in June. Teri is replacing Melia Stevenson who will be stepping away from her role to relocate to Arizona. Melia will continue full time through the end of April and then reduce her hours beginning in May as she is in the process of selling her house and relocating. Teri and Melia will have some time together in May to assist the transition and assist Teri in orientating to her new role. We will be planning a celebration to thank Melia for her significant contributions in the coming weeks.

The Engage Program is a vital component of the DLCCC and impacts the lives of hundreds of people in our community. We are very grateful for the strong foundation that Melia has laid for this program including many dedicated Engage volunteers that will be invaluable in this transition. We are also very excited to have Teri join us in this new role and looking forward to working with her. Teri and her family have been active members of the DLCCC and she is excited to join the organization and help continue to grow and support the Engage program.

REMINDER: Checking In

Please remember to sign in for EVERY event you attend with Engage. Starting in May, the DLCCC will be introducing a new electronic way to sign in with a QR code. You'll just point your phone camera on the code and follow the prompts.

If you are not yet a member of the DLCCC, be sure to check at the front desk, as you may be qualified to receive a free membership through your insurance. If you are not a member of the DLCCC and wish to participate in Engage events, please purchase a punch card from the front desk. The cards end up being \$5 per visit, rather than the \$10 it costs to purchase a day pass each time. Only C&C, cards, and Bingo are events that are grandfathered in from the old Senior Center. They are free of charge and do not require a DLCCC membership, but still be sure to sign in if you attend them!

Invite friends and neighbors to check out our program through those free events!

If you have any questions about membership or signing in, please reach out to the front desk or to Melia.

Meet & Greet

Come to the HAC at 4:30PM on Tuesday, May 14th for a very special Happy Hour. Here everyone will have the opportunity to meet our new Engage Coordinator, Teri Holehouse. We'll have some refreshments while Teri and the Engage program get to learn about each other: Teri will share about herself, and Engagers will be able to relay what makes their program so neat.

REMINDER: May 9th & 27th

On Thursday, May 9th, there will be no Engage activities taking place onsite at the DLCCC. There will also be no events scheduled for Monday, May 27th, as that date is Memorial Day. Make a note of these updates, as we don't want you to trek to the DLCCC for nothing!

Purse Auction

Come to the HAC on Monday the 29th of April at 1:00PM to bid on donated purses (some brand new!) each containing valuable prizes—gift cards to a local businesses, flowers, or bottles of wine, etc.—that you won't want to miss out on. Starting bid will be only \$5.00, and refreshments will be provided! Sign up at the Engage table to secure your bidding paddle for this fun event.

C&C (Coffee & Crumb Cake)

Our longest tradition in Engage: Monday mornings in the HAC (Holmes Art Cellar in the lower level of the DLCCC)! We'd love to have you drop in on Mondays between 9:30AM-11:00AM to enjoy coffee, treats, community, and programming announcements. As always, we are so grateful to everyone who helps these gatherings continue through the bringing of treats to share or donations of funds.

Brown Bag Lunch w/ Tim Eggebratten

On Wednesday, May 8th, Engage is teaming up with the Becker County Museum for their Brown Bag Lunch Program. Bring your own packed lunch to the museum at 12:00PM where you'll be able to meet Tim Eggebratten. There he will be promoting his new book, and he will also be available for signing! Sign up in advance at the Engage table if you plan to join.

"I've Fallen, and I Can't Get Up!"

Hopefully this is a sentence you'll never have to say! To help prevent this predicament, Trinity, the DLCCC's personal trainer, and Julie Reznecheck of the Silver Sneakers program will be showing some different techniques on how to get back up by yourself or with another person if you have fallen. They will also discuss how to prevent falls from happening. This event, taking place on Wednesday the 8th at 1:30PM in the large fitness studio, will include live demos and participation as well as handouts. Sign up for this one in advance at the front desk, where you'll also pay the \$10 fee.

Food for Thought: RehabAuthority

Join us in the HAC on May 14th at 11:30 AM to learn more about how physical therapy can relate to Osteoarthritis (OA). The goal of physical therapy for OA is to reduce pain, improve joint function and improve the patient's physical condition, enabling the patient to gain sufficient mobility in activities of daily living. Dr. Wes Anderson, DPT, of RehabAuthority will be presenting this seminar for Engage, and lunch will be provided for all attendees. Advanced sign up at the Engage table is necessary.

Birthday Lunch

May's Birthday Lunch will be on Wednesday 15th at 11:05AM. Join at Sunlite Bar and Grill to dine with friends and celebrate this month's birthdays! Be sure to sign up in advance at the Engage table.

Angel of Remembrance

On Tuesday the 7th, we'll be learning the history behind the Angel of Remembrance statue at Essentia Hospital in Detroit Lakes from the actual designer and inspirator of the piece. If you're up for a nice spring walk, meet in the lobby of the Fitness side of the DLCCC at 10:30AM. Otherwise, meet right at the statue at 11:00AM. See firsthand how this angel brings hope to families who have been faced with great loss. Sign up in advance at the Engage table.



Pontoons, Fishing, & You

We're finally approaching that time of year! Join in the HAC at 11:00AM on Wednesday the 8th to learn all about the 'Let's Go Fishing' program in Detroit Lakes. Come learn the history behind LGF's pontoon rides and fishing excursions, and find out how you can participate in this wonderful program, whether that be as a passenger, first mate, or even captain! Sign up in advance at the Engage table.

Guitar Lessons

Feeling inspired after attending last month's concert? Jerry Short is continuing to host free guitar classes for different skill levels, as long as participants continue wanting to learn and practice. Level 4 lessons are offered in the HAC every Thursday at 8:30AM, after which Level 3 is offered at 10:00AM, and Level 2 follows at 11:30AM. Jerry has also just added a brand new beginner session each Thursday at 1:15PM. Interested in joining lessons but unsure where you fit in best? Reach out to Jerry (gse5470@yahoo.com) for more information and help with class placement!

Songwriters' Guild

Jerry Short is starting a new monthly event for anyone with experience or interest in songwriting. It will be an opportunity for songwriters to exchange ideas and share their inspirations and processes. This will also be an opportunity for songwriters to perform their original songs for feedback. Both those who have been writing for many years and beginners are welcome! Songwriters' Guild will be on the third Thursday of each month at 2:30PM in the HAC, so the first session will be on Thursday the 16th of this month. Reach out to Jerry directly if you have any questions.

Flowers, Vegetables, Shrubs, Oh My!

On Friday the 17th, meet at the picnic table outside of the HAC at 10:00AM. We'll be having a plant swap, so bring extras from your gardening or a monetary donation for the Engage program. Besides the plant swap, we'll have a Master Gardener on hand to answer all your gardening questions and help you find solutions to your own gardening trials, so come prepared with any questions you have. We will also play some games with prizes to give you some "flower power," so you'll be ready to get those garden gloves dirty! Sign up in advance at the Engage table.



Travel Tips Seminar

Are you planning a vacation this year? Are you due to take a trip to see your family? Join on Tuesday the 21st at 11:00AM to learn all about the best way to pack a suitcase, when you need a passport, and when to use cash v. card when traveling from seasoned travel agent Diane! Thanks to her time at More-4-Less Travel, she's a great resource for tried and true travel tips, and she's coming to share her expertise with us all! Diane will also be hosting a Q&A, so you can get all your personal travel questions answered and put your mind at ease before your next big trip. Sign up in advance at the Engage table.

Give Back: 'Trolls in DL' Lunch

Engage's give back project for May is to help with the Trolls in DL project! The workers/artists (approximately 30 of them) are in need of vegetarian lunches during their workdays outdoors building the Trolls. Engage is signed up to provide one of these lunches on Wednesday, May 22nd. We are in need of volunteers to cook the meal as well as people willing to sign up to help provide parts of the meal. Having these trolls hidden around DL will be a huge blessing to our community, and feeding the crew working on building the trolls will be a great blessing to them. For more information about DL's Troll Invasion, see the Artist Talk under 'Local Happenings' on page 8 of this newsletter. Please sign up to pitch in at the Engage table.

Early Bird Supper

Join fellow Engagers on Tuesday, May 7th, at 5:00PM to check out Al's Bar and Grill on Main Street in Audubon. Here we'll enjoy dining out together while patronizing a local business! Attendees must sign up in advance at the Engage table.

Passport Around the World: Egypt

Join in the HAC on Tuesday, May 28th at 10:00AM to listen in on this interesting talk from our very own Brenda Alfs. She'll be sharing all about the people, culture, and sites of Egypt that she encountered on her recent trip!

Sign up in advance and pay the \$4 for members / \$6 for nonmembers at the front desk.



Book Club

We get to have two book clubs this month, as April's was pushed to May 2nd! For that first one, simply choose any of Nathan Jorgenson's books to read and then come to book club in the HAC at 1:00PM. As usual, we'll discuss the books, but then we get to enjoy refreshments and meet the author in person! That's right, Nathan Jorgenson himself will be attending our book club to chat about his work and sign any copies you bring of his publications!

For May's book club, we'll be reading "I Must Betray You," by Ruta Sepetys. Meet in the HAC at 1:00PM on May 30th to discuss this historical thriller as a group.

Looking ahead:

June (27th): "Life We Bury," by Allen Eskens

July (25th): "Getaway Girls," by Dee MacDonald

Beautiful: The Carole King Musical Coach Trip

The deadline to sign up for the Engage coach trip to see Beautiful: The Carole King Musical at the Chanhassen Dinner Theatre is quickly approaching! We'll be going on Wednesday, June 5th; see page 10 for details. Anyone interested in attending must complete registration online by Wednesday, May 8th.

Give Back: May Day Make & Take

Happy May Day! Come to the HAC on Wednesday, May 1st at 11:00AM to decorate and fill a basket with goodies. Then your mission is to deliver this cheery May Day basket to a shut in, neighbor, or friend whose day could use a little brightening! Donations of individually wrapped candies, clementines, small lotions, etc., will be appreciated to help fill the baskets.

Sign up at the Engage table beforehand if you're planning to attend.

Clothing Drive

Bring any gently used clothing you're ready to part with to the HAC. We'll have a big bin there to fill and then send to First Lutheran Church for distribution (they especially need clothing in sizes L and XL).

Wood Carving

Are you a wood carver or do you have interest in learning? Or do you have a separate portable project you're working on? Meet in the HAC at 1:00PM every Tuesday to work alongside other talented makers. This is a great social opportunity, especially if you're looking for other opinions or help with your work!

Volunteer Opportunity: Reading

The DLCCC's childcare program is looking for people willing to read to littles! If you are interested, please sign up at the front desk of the DLCCC or chat with LaQuita (also at the front desk) to learn more information. The program is also in need of donations of children's books, so if you have any that your own grandkids have grown out of, this is a great opportunity to pass them on to the next generation of young readers. Book donations can be dropped off at the front desk.

E₁

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Hand & Foot

Come play every Monday at 10:30AM in the HAC. Fast-paced and team oriented, this card game is always a good time! Haven't played before? We'd love to teach you!

Lunch and Play

On Thursdays at 11:30AM, purchase a lunch from Meals on Wheels or pack your own to enjoy during some game play in the HAC! We play a range of cards, Dominoes, and board games.

A₁

Samba

This is one of Engage's newer card games, and it's like Hand & Foot on steroids! Come on into the HAC at 1:45PM on Wednesday afternoons to learn Samba and play with other Engagers who are happy to teach you!

Whist

Also on Thursdays at 11:30AM, join in for a round of Whist! This simple (but potentially strategic) game is a lot of fun and a great way to make new friends!

M₃

Mahjong

This fun and challenging tile game is on the calendar every week! Come down to the HAC at 1:00PM on Thursday afternoons to play. The DLCCC has just invested in a few more sets, so we have plenty of room for more players to join in!

There won't be Mahjong on Thursday the 9th of May, but we'll make it up on Friday the 10th in the HAC at 1:00PM as usual, so don't worry about missing out on that game time!

Are you interested in learning how to play Mahjong? Sign up at the front desk. \$10 will get you two lessons after which you can join weekly games. Lessons will be scheduled after 4 prospective learners sign up.

E₁

Cribbage

Come down to the HAC on Tuesdays at 1:00PM to play this game with Engagers.

S₁

Bingo

Bingo is finally moving back out to City Park for the summer starting Wednesday, May 29th! We meet in the shelter of the park closest to the sailboat statue and roundabout. Until then, keep joining in the HAC at 12:30PM every Wednesday. In honor of Older Americans Month and the kick off to our outdoor season, UCARE is sponsoring Bingo with fun treats and prizes. Cost is \$1/card for an hour of play. Come down early and enjoy lunch through Meals on Wheels at 11:30AM.



Swoop

Another one of our newer games in Engage, Swoop, will be taking place in the HAC on Thursdays the 2nd and the 30th of this month at 11:30AM. Come learn this fun and fast paced card game!

Reminder

You are always encouraged to grab a friend and use the HAC to play any game of choice, grab a book from the shelf and sit and read, or just sit and enjoy your lunch. This is your place!



April's SPAM Cook-Off Potluck



Kim Sheldon, SPAM Cook-Off Winner

ENGAGE IN BEING ACTIVE

GOED
(Go Outside Every Day)*
 We can finally enjoy this perk of warmer weather!
 Starting May 1st, every Wednesday morning at 9:00AM, GOED will now be going on bike rides! Meet at the DLCCC with your bike and be ready for an approximately 12 mile long intermediate ride as a group!
 Starting May 6th, every Monday will also have a GOED bike ride. Meet at the DLCCC by 2:00PM for a gentle afternoon ride around town.

Rockin' to the Oldies*
 You know where to find Melia every Friday at 8:00AM: dancing, singing, and rocking out to oldies music at water aerobics! Come check out the nice, newly repaired liner in the pool!

Walking with Melia
 We are finally moving outside this month! Dress for the ever-changing weather and meet at Oak Grove Cemetery on Monday mornings at 8:15AM for an invigorating morning walk among the lovely old oak trees. Join friends in conversation and walk at your pace. Afterwards, don't forget to head to the HAC for coffee and more conversation with Engagers!

Kayaking
 On Thursday, May 9th, we're finally getting out on the water! Pack a sack lunch and meet at Dead Shot Bay at 11:00AM (near Doug and Robin Friendshuh's home**) to put in kayaks and launch from there! After kayaking, we'll head back to the Friendshuh's home to eat lunch as a group. Not into kayaking? That doesn't mean you have to miss out! Pack your lunch and just join to eat and visit at 12:30PM! Then on Tuesday, May 28th, meet at the Voyager Lanes, the bowling alley on the lake, at 2:00PM to kayak over towards Dunton Locks as a group.
 Sign up in advance at the Engage table. When signing up, make a note concerning whether or not you need to borrow a kayak. The Friendshuh's are happy to haul and share their fleet. What a blessing! Just be prepared to give a free will donation to help the cost of wear and tear on their gear.
 These excursions are designed for both the beginner and seasoned kayaker. Life jackets are mandatory, and a certified lifeguard will be paddling alongside the group.
 **Location details will be on the sign up sheet.

*Sign up for these activities online at DLCCC.org. Simply navigate to the 'Fitness & Aquatics Classes' tab and follow the steps to register for the event of your choosing.



May Spotlight: Dee Cahlin

Dee is originally from Garvin, MN (where, fun fact, our own Joni Carr was also born). Thank you Garvin for these amazing ladies! They both (unbeknownst to each other) moved to Marshall and finally to Detroit Lakes, where they met in the Engage program. It's a small small world!

Dee has resided here in DL for almost 45 years now, during which she has been married to her wonderful husband Don. Dee has a daughter in Florida, a son in Bismark, 2 daughters in DL, and one son in Fargo. Between them, she has 9 grandchildren and 1 great grandchild. Dee considers raising her family to be her greatest accomplishment in life.

Dee's hobbies include playing cards, flower gardening, thrifting, doting on her grandkids, and making homemade donuts. She also used to be an avid bowler. Dee is proud of the work she did during her career in healthcare, particularly working with people with special needs. What drives Dee crazy? Chronically late people!

As far as Engage goes, Dee very much enjoys Monday mornings at C&C, and wishes everyone would join in on the fun. She also likes playing cards and can often be found in the HAC playing with friends at unofficial card playing times. Dee also enjoys the Cooking IOI programs and the informative seminars. She has not tried any of the overnight Engage coach trips yet because she is a snorer, and she's concerned that she would be a burden to her roommate.

Dee's life motto is to show respect to our youth before we expect them to show respect to us. She finds that most times, they rise to the occasion when given a chance to do so.

Thank you for sharing with us, Dee!

LOCAL HAPPENINGS

AARP Smart Driver Course

This 4-hour refresher course is being offered at the Detroit Lakes Public Library on Thursday, May 23rd from 12:30PM-4:30PM. Aside from the obvious safety incentives to attend this event, participation in this class could even save you money on your car insurance!

Call Bev at (701) 793-0102 to register.

Artist Talk: Thomas Dambo

Danish Artist Thomas Dambo, known for his trolls, will be giving a talk on Tuesday, May 21 at 7:00PM at the Holmes Theatre. Take advantage of this opportunity to meet Thomas, hear his story of creating the trolls, and learn more about his creative process. Here Thomas will also be selling and signing his books. This is your chance to get to know the artist before DL's Troll Invasion!

Senior Aging Expo

This annual event will be taking place on May 15th starting at 9:00AM at Holiday Inn. Drop in for the opportunity to win prizes while learning about some of many of the local resources for this demographic. Come check out the Senior Aging Expo before meeting the Engage crew for Birthday Lunch at Sunlite Bar and Grill!

JULIE'S CORNER

Spring has sprung and I am ready to start planting my flowers and vegetables. Nothing is more rewarding than watching your flowers bloom all summer and eating the veggies you grew in your garden. I don't have a very big vegetable garden, but I do spend a lot of time planting and watering my flowers throughout the summer, and they bring me great joy! Last year, they were the most beautiful they have ever been. This month, let's take a look at the benefits of gardening for both your mental and physical health!

Mental Health Benefits

- Reducing depression and anxiety symptoms
- Reducing stress and mood disturbance
- Reducing body mass index (BMI)
- Increasing quality of life
- Increasing sense of community, with gardening at a community garden
- Increasing physical activity levels
- Increasing cognitive function
- Improving focus and concentration

Physical Health Benefits

- Improving muscle strength and flexibility
- Reducing pain
- Increasing stamina
- Improving balance
- Burning as many calories as a workout in the gym
- Improving sleep quality and reducing fatigue

Start small! If you have never gardened before, or you live in an apartment, you can still start gardening, just on a smaller scale: a simple balcony garden or a few potted plants is how many garden enthusiasts first get started. If you have a lot on your plate right now, just 30 minutes a day or every other day is all that's required to start a gardening project.

Rhubarb Crisp Recipe

INGREDIENTS

For the rhubarb filling:

- 1 bunch (or 14 oz) rhubarb (washed, trimmed, and cut into chunks)
- juice of one lemon
- 3 apples (chopped)
- 1 Tbsp cinnamon
- 4 Tbsp maple syrup

For the crumble:

- 1 cup flour
- 1 tsp cinnamon
- 1 Tbsp maple syrup
- 3 Tbsp coconut oil
- 1 cup oatmeal

INSTRUCTIONS

- Preheat oven to 375°F
- Chop rhubarb into 1-inch pieces and place in a saucepan with apples, maple syrup, and lemon juice. Cook gently until rhubarb softens (approx. 15-20 minutes).
- In a medium bowl, mix ingredients for the oat crumble together, rubbing them together with your fingertips until a crumble mixture forms.
- Once the rhubarb mixture is ready, transfer to an oven proof dish and top with the oat mixture.
- Cook for 20 minutes or until golden brown.
- Let cool and serve! Enjoy!



Join us for a day trip to

Beautiful The Carole King Musical

at Chanhassen Dinner Theatre

leaving from
Detroit Lakes
& Perham

Join the fun on Wednesday, June 5!

The soundtrack of a generation inspired this BROADWAY SMASH HIT! For nearly six years, Beautiful: The Carole King Musical thrilled Broadway audiences with the inspiring true story of Carole King's remarkable journey from teenage songwriter to Rock & Roll Hall of Fame music legend. As a woman in the music industry, King broke barriers and became one of the most prolific songwriters of our time!

Trip Highlights

- ✓ Admission & Lunch at Beautiful: The Carole King Musical
- ✓ Luxury Minn-Dakota Coach Transportation
- ✓ Quick Dinner in Little Falls on the way home

PRICING

Early Bird Pricing (until Feb 19)

DLCCC/PACC Members \$140

Non-Members \$150

After February 19

DLCCC/PACC Members \$167

Non-Members \$175

No refunds. Processing fees apply.

Go to the link below for more
details + registration:

<https://elevateotc.events/bus-trips>

Contact Melia at 508-446-4410 or
melia@dlccc.org



Engage May Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
28 April 4:00 Holmes Theatre: Lakes Area Community Band	29 8:15 Walking w/Melia 9:30 C&C 10:30 Hand and Foot 1:00 Purse Auction 2:00 GOED Hike	30 11-3 Food Pantry Give Back 1:00 Cribbage 1:00 Crafty Connections/ Woodcarving	1 May 9:00 GOED Bike Ride 11:00 Make & Take Give Back 12:30 Bingo 1:45 Samba	2 8:30 Guitar Lessons Level 4 10:00 Guitar Lessons Level 3 11:30 Guitar Lessons Level 2 11:30 Swoop/Whist 1:00 Mahjong/Book Club 1:15 Guitar Lessons Level 1	3 8:00 Rockin' to the Oldies 7:30 Holmes Theatre: "I Am, He Said": Neil Diamond	4
5	6 8:15 Walking w/Melia 9:30 C&C 10:30 Hand and Foot 2:00 GOED Bike Ride	7 11:00 Angel of Hope 1:00 Cribbage 1:00 Woodcarving 5:00 Early Bird Supper	8 9:00 GOED Bike Ride 11:00 Pontoons, Fishing, & You 12:00 Museum Brown Bag Launch w/ Tim Eggebraaten 12:30 Bingo 1:30 I've Fallen & Can't Get Up 1:45 Samba	9 No Onsite Activities 11:00 Kayaking 12:30 Picnic Lunch	10 8:00 Rockin' to the Oldies 1:00 Mahjong Make up	11
12 Mother's Day	13 8:15 Walking w/Melia 9:30 C&C 10:30 Hand and Foot 2:00 GOED Bike Ride	14 11:30 Food for Thought 1:00 Cribbage 1:00 Woodcarving 4:30 Engage Coordinator Meet and Greet	15 Senior Aging Expo 9:00 GOED Bike Ride 11:00 Birthday Lunch 12:30 Bingo 1:45 Samba	16 8:30 Guitar Lessons Level 4 10:00 Guitar Lessons Level 3 11:30 Guitar Lessons Level 2 11:30 Lunch and Play/Whist 1:00 Mahjong 1:15 Guitar Lessons Level 1 2:30 Songwriter's Guild	17 8:00 Rockin' to the Oldies 10:00 Flowers, Vegetables, Shrubs, OH MY!	18
19	20 8:15 Walking w/Melia 9:30 C&C 10:30 Hand and Foot 2:00 GOED Bike Ride	21 11:00 Travel Tip Seminar 1:00 Cribbage 1:00 Woodcarving 7:00 Troll Talk	22 9:00 GOED Bike Ride 11:30 Give Back: Troll Lunch 12:30 Bingo 1:45 Samba	23 8:30 Guitar Lessons Level 4 10:00 Guitar Lessons Level 3 11:30 Guitar Lessons Level 2 11:30 Lunch and Play/Whist 1:00 Mahjong 1:15 Guitar Lessons Level 1	24 8:00 Rockin' to the Oldies	25
26	27 Memorial Day No Scheduled Activities	28 10:00 Passport to Egypt 1:00 Cribbage 1:00 Woodcarving 2:00 Kayaking	29 9:00 GOED Bike Ride 12:30 Bingo in the Park Sponsored by UCARE. 1:45 Samba	30 8:30 Guitar Lessons Level 4 10:00 Guitar Lessons Level 3 11:30 Guitar Lessons Level 2 11:30 Swoop/Whist 1:00 Mahjong/Book Club 1:15 Guitar Lessons Level 1	31 8:00 Rockin' to the Oldies	1 June