

# 2024 COACH BUS TRIPS

leaving from  
Detroit Lakes  
& Perham



## MIMMESOTA TWINS VS PHILADELPHIA PHILLIES

**Wednesday, July 24**  
Enjoy a hassle-free day of enjoying the Twins with your family on this intergenerational bus trip! Seats are in section 105 under the awning for shade and rain protection.

**Early Bird Pricing (until April 4)** DLCCC/PACC Members \$90 | Non-Members \$100  
**After April 4** DLCCC/PACC Members \$115 | Non-Members \$125



## SENIOR DAY AT MIMMESOTA STATE FAIR

**Thursday, August 29**  
Enjoy an intergenerational day exploring everything the State Fair has to offer without any hassle. Take in shows, booths, and all the food on a stick you can eat!

**Early Bird Pricing (until May 9)** DLCCC/PACC Members \$70 | Non-Members \$80  
**After May 9** DLCCC/PACC Members \$85 | Non-Members \$95



## MIMMESOTA RENAISSANCE FAIR

**Friday, September 27**  
Embark upon a royal journey with us! This family-friendly trip invites the young to marvel and the elders to reminisce, creating lasting memories in the spirit of Renaissance celebration.

**Early Bird Pricing (until May 12)** DLCCC/PACC Members \$85 | Non-Members \$105  
**After May 12** DLCCC/PACC Members \$96 | Non-Members \$115

Questions? Contact Teri at 218-844-4221 ext. 218 or [teri@dlccc.org](mailto:teri@dlccc.org)



Go to the link for more details + registration:  
<https://elevateotc.events/bus-trips>

No refunds. Registration can be transferred.  
Processing fees apply.



elevate  
YOUR HEALTH • YOUR WAY

Emcees : Broken Strings Guitar Club

JUN 7	Post Traumatic Funk Syndrome
JUN 14	Michael Shynes Band
JUN 21	Martin Zellar
JUL 5	Mason Dixon Line
JUL 12	Kat Perkins
JUL 26	The 4 on the Floor
AUG 9	Pistol Whippin' Party Penguins
AUG 16	Chris Kroeze
AUG 23	Adessa & The Beat

[www.project412mn.org](http://www.project412mn.org) [www.musicinDL.com](http://www.musicinDL.com)

FRIDAYS DETROIT LAKES CITY PARK  
5:00 p.m. - 8:00 p.m.

Fun for Active Adults over 50

## July 2024

First off, I want to start by saying a **BIG thank you** for making my first month with Engage go so smoothly. I have been welcomed with such kindness, and I feel very grateful to get to work with you all!

I also want to give Hazel a **shout-out** for the beautiful flowers out back of the HAC. They sure brighten my morning arrival each day!

Melia would like to extend a **heart-felt** thank you to all who attended her farewell brunch or sent well-wishes from afar!

Our newsletter has a little different layout this month. I grouped similar activities together on a page. Think of it as your **"menu of fun"**! There are many fan-favorites, as well as some new activities to try!

The calendar will now be found in the **center** of the newsletter. It is now color-coded for easy understanding of where each event will take place.

### Wish List

- More syrups and creamers for coffee bar.
- BINGO prize donations (small prizes or consumables)

If you have any clarifying questions about the events or need help with how to sign-up, don't hesitate to reach out!  
I can't wait for another great month with **Engage!**

♥♥♥ Teri Holehouse

## Public Library

### Jump into a New Hobby

Saturday, July 6 @ 3:00-4:30pm

Did you know our **local library** offers a **FREE new hobby class** each month?

In July, library Brenda will be teaching a hands-on cupcake decorating class on Saturday, July 6 from 3:00 - 4:30pm.

If interested **register** on the **Lake Agassiz Regional Library website.**  
<https://larl.org/events>

Live Music Every Tuesday Night!

June 4 - August 27 • 7:00pm • DL City Park Bandshell

**Schedule is subject to change:**

June 4	Lakes Area Community Concert Band
June 11	The Tribute Kings present the greatest hits of Neil Diamond and Bob Seger
June 18	Blü Kanü Come early for DL ECFE activity!
June 25	Doc & the Scrubs
July 2	Dakota Big Band
July 9	Larry Swenson
July 16	Tony Oberto - Singer, Keyboards, One Man Band
July 23	Tim Eggebraaten
July 30	Jan Severson
Aug. 6	Ulen Centennial Band
Aug. 13	Doc & the Scrubs
Aug. 20	Mark Fogelson
Aug. 27	Lakes Area Community Concert Band

Local musicians and bands will perform in the beautiful Detroit Lakes Band Shell in the city park near the Pavilion. If it rains, concerts will be moved inside the Pavilion. This series is part of the Precision Printing Community Connections Series of the Historic Holmes Theatre.

Come early for **Picnic in the Park**  
• Starts at 5:30pm  
• Fundraiser for Fuller Center for Housing

Presented by:  
**HISTORIC HOLMES THEATRE**  
DLCCC.org • 218-844-7469

Freewill donations accepted

## 88th NORTHWEST WATER CARNIVAL

### Event Schedule - July 7th - 21st, 2024

**Detroit Lakes Jaycees Water Carnival Schedule as of May 28th, 2024**

Visit [www.dljaycees.com](http://www.dljaycees.com) for the most up to date schedule. For immediate updates follow "Northwest Water Carnival" and "Detroit Lakes Jaycees" on Facebook.  
Talk with any Jaycee about volunteering.

# Engage in Being Active

## Go Outside Every Day - GOED

### Bike Rides

**Mondays - 2:00pm**  
**Wednesdays - 8:00am**



There are also two different levels of bike rides offered weekly. Try both!

**Mondays:** Meet at the Front Desk at the DLCCC. We will enjoy a gentle bike for about 45 minutes. Routes will vary.

**Wednesday:** Meet at the Front desk of the DLCCC. Tracy Pechmann will lead us on a 90-minute intermediate level bike ride that gets our heart and legs pumping!

**\*Sign Up\*** on the **DLCCC website**

### Walking Outside

**Tuesdays & Thursdays**  
**8:30 - 9:30am**

*Socialize while being active!*

We now offer two weekly walks.

**Tuesdays:** meet at Oak Grove Cemetery. Take a beautiful walk, at your own pace, while socializing with other Engagers!

**Thursdays:** meet at Dunton Locks Park. You can meet down in the park parking lot for a longer walk, or meet part-way at the Hwy 59 lot for a shorter walk. We'll stay on the paved path for gentle terrain.

**\*Sign Up\*** at the **Engage Table**

# Julie's Corner

**Happy 4<sup>th</sup> of July!** I hope that you are celebrating with family and friends. This is my favorite holiday of the year. My kids and grandkids are all at my house. This grandma is very happy! We BBQ, boat and play yard games. It's also a holiday where I tend to overindulge in too many goodies. I included a **festive low-calorie recipe** this month (I do make it all year round though). Ice Cream is my #1 downfall, and this recipe hits my craving without all the fat and calories.

Summer is also a time of year when I don't go to bed very early, since it's so light outside. I have a hard time winding down. Here are a few ideas for a restful sleep:

- Disconnect from Tech one hour before bed. Get the house tidied up before bed. Helps you sleep better knowing you don't have a mess to wake up to.
- Take a shower or warm bath.
- Brain dump into a gratitude journal or meditate your gratitude for the day.
- Have some tea. No caffeine or alcohol before bed.
- Read a book.
- Stretches. I have added a few for you to try out on the edge of your bed.

### Bedtime Exercises

**Sitting on the edge of your bed.**

#### Cat Cow Pose-

Step 1 Take a deep inhale and on the exhale round your spine up towards the ceiling, pulling your belly button in towards your spine while dropping your head and tucking your chin in towards your chest. This is Cat pose. Step 2 Take another deep inhale and on the exhale lower your core and lift your head and tailbone up towards the ceiling. This is Cow pose. Continue flowing through Cat/Cow for ten breaths.

**Side Neck Stretches-** Ear to shoulder and hold for 5 seconds. Repeat each side.

**Leg Extension-** one leg bent, one leg straight. Hinge at waist and reach for the foot on the straight leg. Hold 8 seconds. Repeat 3 times. Repeat on the other leg.

**Breathing-** Taking a deep breath in and arms go over head, exhaling and arms come down. Repeat 2x

### Swim Aerobics - Rockin' to the Oldies

**Fridays - 8:00am**

Meet at the DLCCC pool for this fun fitness class that is great for all levels of active adults! We will work all muscle groups, but also be easy on our joints working out in the water.

**\*Sign Up\*** on the **DLCCC website**

### Kayaking

The Friendshuh's are generously letting groups use their kayaking gear for these excursions. Life jackets are mandatory - and a DLCCC employee will be along with the group.

**Thursday, July 11 @ 10:30am**

Join us at the Friendshuh's home (1852 Bridgeview Blvd) for kayaking or a pontoon ride. Bring a sack lunch and enjoy a picnic after all the fun!

**Thursday, July 25 @ 10:30am**

Join us for a lovely ride down Pelican River. We'll start at the Bowling Alley launch site, head down to Dunton locks, and back!

**\*Sign Up\*** at the **Engage Table**

\*A **free will donation** is asked if renting a kayak -, to cover wear & tear of equipment \*

### Berry Yogurt Bites

(1 serving, 55 calories)

#### Ingredients:

½ cup No sugar added Granola  
½ cup Fresh cut Strawberries, diced

1 cup Greek vanilla yogurt (High Protein)  
½ cup Blue Berries

#### Topping:

¼ cup No sugar added granola  
Mini Chocolate Chips

4 Strawberries  
12- 24 Blueberries

#### Instructions:

Line a 12-cup muffin pan with muffin liners.

In a bowl, combine Greek yogurt with diced strawberries and Blueberries. You can add some sweetener here for a sweeter bite.

Divide granola into lined muffin cups and cover with the mixture of yogurt. Top up with granola and sliced strawberries, 1-2 Blue Berries and ½ t. Mini-Chocolate Chips.

Put into a freezer for 2-4 hours. Pop out each bite with a spoon and enjoy slightly defrosted 2-4 minutes later.



**Julie**  
**Rezneck**



**218-844-4221 ext. 117**



**julie@dlccc.org**

# Engage in Learning

# Engage in More

## Guitar Lessons Thursday - multiple levels/times

You can ALWAYS learn something new!  
Such as...how to play guitar! Come to the HAC to learn!

Our fantastic guitar instructor, Jerry Short, offers lessons at many different levels depending on skill.



- Level 4 - 8:30 am
- Level 3 - 10:00 am
- Level 2 - 11:30 am
- Level 1 - 1:15 pm

Want more information on class placement?

Reach out to Jerry today!  
[gsa5470@yahoo.com](mailto:gsa5470@yahoo.com)

## Songwriter's Guild Third Thursday @ 2:30pm

Here is an opportunity for those who love to write songs! Whether you're just beginning or have been writing for years - come to the HAC to share your original songs, and get creative feedback from others!

Contact Jerry Short for more information:  
[gsa5470@yahoo.com](mailto:gsa5470@yahoo.com)

## Castaway Club Tour Tuesday, July 2nd @ 11:30am

Have you heard of the Young Life camp, Castaway Club? On beautiful Pelican Lake, this incredible camp provides middle school & high school kids with unforgettable experiences each summer! Want to see it in person? Meet out at **51709 Co Hwy 31** (back parking lot) and join us for a guided tour! (If you'd like to follow Teri out - meet out front of the DLCCC @ 11am)

**\*Sign Up\*** at the **Engage Table**

## Give-Back V.B.S. Set/Props Art Project Tuesday, July 9 @ 12:00pm

The Vineyard Church is hosting a SCUBA-themed Vacation Bible School (VBS) in August. They are in need of 10-15 coral pieces created for their set design.

Willing to help? All materials will be available in the HAC! Come have fun creating and helping give-back to this local church!

**\*Sign Up\*** in advance at the **Engage Table**



## Give-Back D.L. Post Office Friday, July 12 @ 9:45am

July has National Postal Worker Day! Let's show our local post office some love by preparing goodies & thank-you cards for a give-back drop-off.

You can choose if you want to donate baked goods, make a heartfelt card (that WE'LL deliver TO them for a change), be a part of the group drop-off, or all of the above!

**\*Sign Up\*** at the **Engage Table**

## Passport Around the World Shroyer Family - Angola, Africa Thursday, July 18 @ 10:30am

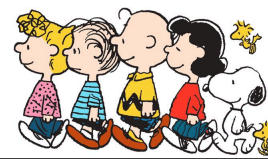
Join us in the HAC to hear from Beau and Jackie Shroyer. They and their five children have been serving through a mission group in Angola, Africa. They will share pictures, stories, and experiences from their time there!

**\*Sign Up\*** at the **Front Desk**  
DLCCC Members \$4 Non-Members \$6

## Art Lesson Tuesday, July 23 @ 11:30am

Join local art teacher Megan Klair as she teaches us how to turn ourselves into Charlie Brown Caricatures! Bring home a portrait of yourself from the Peanuts gang!

**\*Sign Up\*** at the **Front Desk**  
DLCCC Members \$8  
Non-Members \$12



## Art Lesson Friday, July 26 @ 12:00 - 2:00pm

Come make Cyanotype prints using the power of the sun! You can make images with plants, patterns, shapes, and even pictures! Please bring any items you might be interested in making into a cyanotype.

**\*Sign up\*** Online under the **Holmes Theater - Art Cellar**  
\$20/participant



## Americana Trivia Monday, July 8 @ 12:30pm

Meet in the HAC for some fun, patriotic-inspired trivia! We will have a mix of trivia that has made an impact on the history of America throughout different centuries!

Prizes available for top winners!



**\*Sign Up\*** at the **Engage Table**  
\$1 to participate

## Pontoon Rides Wednesday, July 10 @ 2:30pm Friday, July 19 @ 12:30pm

The "Let's Go Fishing" program is captaining a couple more outings in July! Each trip is approximately 1½ hours.

Meet at the South Shore public access to load & unload. Life jackets are required and will be provided. There are **9 spots** for each tour, so sign-up ASAP!

**\*Sign Up\*** at the **Engage Table**

# Member Spotlight

## Darlene Olson

Darlene Olson was born in Vergas, MN. She has two siblings, an older sister and younger brother. Her mother is 97 and resides in Sunnyside Care Center. Darlene has lived in Detroit Lakes for the last 50 years, with her stepchildren and her dear husband, Ole. Ole and Darlene owned and operated Main Street Restaurant about 30-years-ago. When Ole started to suffer from the effects of Parkinson's disease, they found new management. Darlene cared for Ole until his passing four years ago. Darlene still works part-time at Dental Associates, where she has worked over the past 19 years!

One of Darlene's passions is gardening. She said her flowers are her therapy! She loves all food, but isn't a fan of cilantro. Her biggest pet peeve is arrogance, or when people think they are better than others. When asked about her favorite part of the Engage program, she mentioned that she loves the freedom to pick and choose fun activities to fit into her schedule! Her favorites include water aerobics and the lunches/dinners with friends! Thanks for being part of Engage, Darlene!



# Engage in Playing Games

## YOU ARE ALWAYS WELCOME

You are encouraged to grab a friend and use the HAC! Play games, do puzzles, enjoy your lunch, or grab a book and read!

## Hand & Foot - Mondays @ 10:30am

This fast-paced and team oriented game is always a huge hit! Stick around after C&C in the HAC to learn and play!



## Swoop - Thursdays @ 11:30am

Due to popular demand, Swoop is stickin' around in July! Stop by the HAC to learn how to play and join in the fun!

## Samba - Wednesdays @ 1:30am

This game has been described as Hand & Foot on steroids! The more the merrier with this game! Come to the HAC and learn how to play!

## \*A NEW FAVORITE\* Card Dump! - Tuesday, July 16 @ 11:30am

This great game Melia taught us has become a fan favorite! It works better with a BIG GROUP. Stick around after our park picnic potluck and play! This game will be immediately following the picnic, weather permitting, in the park. And if the weather isn't working with us that day - we'll come up with a back-up plan of a place to eat & play!

To play, bring **9 quarters** and a **\$1 bill** - and be ready to have a ton of fun!

## BINGO - Wednesdays @ 12:00pm

Bingo is every Wednesday. And as long as the weather allows, we will meet at the city park in the shelter nearest to the sailboat statue.

Cost is \$1/card for an hour of play!

## Mahjong - Thursdays @ 1:00pm

This is another game on the calendar every week! Come down to the HAC on Thursday afternoons to play. The DLCCC has quite a few Mahjong sets, so all you do is show up and play!

Are you interested in learning this fun and challenging game? **Sign up** for lesson at the **front desk**. For \$10, you will receive two lessons so you can join in weekly games!

*\*There needs to be a minimum of 4 prospective learners for lessons to be scheduled\**



# Engage in Having Fun!



## National Sugar Cookie Day

Tuesday, July 9 @ 10:30

Do you have a sweet tooth?

Then this activity is for you!

We're celebrating the good ole sugar cookie!

Meet at the City Park shelter to decorate your very own sugar cookie with frosting, sprinkles, or however your heart desires.

Stay and enjoy your treat with friends!

**\*Sign Up\*** at the **Engage Table** so we can plan for supplies!

\*\$1 per cookie\*



## Early Bird Dinner

Tuesday, July 23 @ 4:45pm

The Gobbler Grub & Pub

108 East Main Ave, Frazee, MN

Can't decide what to make for dinner?

No problem!

Come eat a tasty meal with your friends at a cool new pub in Frazee;

**The Gobbler**

**\*Sign Up\*** in advance at the **Engage Table**

## July Birthday Lunch

Wednesday, July 17 @ 11:00am

Pit 611

Enjoy a delicious meal with friends at this friendly neighborhood bar and grill.

Come join us at **Pit 611** to celebrate July birthdays!

**\*Sign Up\*** in advance at the **Engage Table**

## COACH TRIP - Minnesota Twins vs Philadelphia Phillies

Wednesday, July 24

Take the hassle out of travel and let us take you out to the ball game!

Enjoy this intergenerational coach bus trip to Target Field to watch the Twins take on the Phillies. Seats are located in section 105 for shade or rain protection.



This trip is very close to capacity, so

**\*Sign up\*** online today!

DLCCC Members \$115 Non-Members \$125

Plus processing fee

# Engage in Being Social

## Coffee & Crumb Cake

(C&C)

Mondays - 9:30am - 11:00am

*The best way to start the week!*

Join us on Monday mornings at the Holmes Art Cellar (HAC) in the lower level of the DLCCC!

Come and enjoy coffee, potluck treats, and fellowship!

Curious of what Engage is up to throughout the week? Come and hear the weekly announcements!

Teri will also be available if you have any questions or need clarification on anything in the newsletter or calendar.

**We look forward to seeing you!**

**\*Sign in\*** at the HAC if you participated

## Wood Carving

Tuesdays - 1:00pm

Is wood carving a passion of yours? Maybe you're looking to try a new hobby? The DLCCC wood carvers continue to meet in the HAC every Tuesday at 1:00pm.

Join in any week to work alongside other talented carvers. This is a great social opportunity, especially if you're looking for others to share a creative insight!

**\*Sign in\*** at the HAC if you participated

## Book Club

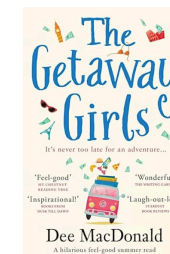
1:00pm

The last Thursday of the month

For June's book club, we read "Life We Bury" by Allen Esken.

We will meet at the **City Park Bandshell**

This month we will enjoy "**The Getaway Girls**" by Dee MacDonald, a hilarious feel-good summer read about second chances. Join us at the City Park on Thursday, July 25 to share your thoughts on the story.



Looking Ahead:

August 26th:

"Twenty Years Later" by Charlie Donlea

**\*Sign Up\*** at the **Engage Table**

## Picnic Potluck

Tuesday, July 16 - 11:30am

*Do you like food? We do too!*

Bring your favorite picnic food to share with other delicious potluck dishes! Bring a drink to enjoy. Paper products will be provided.



We will meet at the City Park Shelter closest to the sailboat statue.

\*weather permitting\*

**\*Sign-up\*** in advance at the **Engage Table**.

# July 2024



Please note that some activities require pre-registration or a fee. Check the newsletter for more information.

MON	TUES	WED	THURS	FRI
<b>9:30 Coffee &amp; Crumb Cake (C&amp;C)</b> <sup>1</sup> Come and Hear the Weekly Announcements! <b>10:30 Hand &amp; Foot Card Game</b> <b>2:00 Bike Ride - Gentle Level</b>	<b>8:30 Walk with Teri (Oak Grove)</b> <sup>2</sup> <b>11:30 Tour - Castaway Club</b> <b>1:00 Wood Carving</b>  <b>7:00 Tuesdays in the Park</b>	<b>8:00 Bike Ride - Intermediate Level</b> <sup>3</sup> <b>12:00 BINGO in the Park</b> <b>1:30 Samba Card Game</b>	<b>Independence Day!</b> <sup>4</sup>  <i>No Scheduled Activities</i> 	Enjoy your <b>Fourth of July</b> weekend! <sup>5</sup>  <i>No Scheduled Activities</i>  <b>5:00 Trucks &amp; Tunes</b>
<b>9:30 Coffee &amp; Crumb Cake (C&amp;C)</b> <sup>8</sup> Come and Hear the Weekly Announcements! <b>10:30 Hand &amp; Foot Card Game</b> <b>12:30 Americana Trivia</b> <b>2:00 Bike Ride - Gentle Level</b>	<b>8:30 Walk with Teri (Oak Grove)</b> <sup>9</sup> <b>10:30 National Sugar Cookie Day</b> Come decorate a cookie at the city park! <b>12:00 Give Back - VBS Art Activity</b> <b>1:00 Wood Carving</b> <b>7:00 Tuesdays in the Park</b>	<b>8:00 Bike Ride - Intermediate Level</b> <sup>10</sup> <b>12:00 BINGO in the Park</b> <b>1:30 Samba Card Game</b> <b>2:30 "Let's Go Fishing" Pontoon Ride</b> Meet at South Shore Public Access  <b>4:00 DL Cruise Night</b>	<b>8:30 Walk with Teri (Dunton Locks)</b> <sup>11</sup> <b>10:30 Kayaking/Pontoon/Lunch</b> See newsletter for info on this fun event! <b>11:30 Swoop Card Game</b> <b>1:00 Mahjong Tile Game</b> <b>Guitar Lessons - All Day -</b> (please see newsletter for times)	<b>8:00 Swim Aerobics</b> <sup>12</sup> "Rockin' to the Oldies"  <b>9:45 Give Back</b> U.S. Postal Workers Appreciation  <b>5:00 Trucks &amp; Tunes</b>
<b>9:30 Coffee &amp; Crumb Cake (C&amp;C)</b> <sup>15</sup> Come and Hear the Weekly Announcements! <b>10:30 Hand &amp; Foot Card Game</b> <b>2:00 Bike Ride - Gentle Level</b>  <b>8:00pm Trivia at the Pavilion</b>	<b>8:30 Walk with Teri (Oak Grove)</b> <sup>16</sup> <b>11:30 Picnic Potluck</b> Bring a dish to share at the city park! <b>12:30 Card Dump in the park!</b> <b>1:00 Wood Carving</b> <b>7:00 Tuesdays in the Park</b>	<b>8:00 Bike Ride - Intermediate Level</b> <sup>17</sup> <b>11:00 Birthday Lunch - Pit611</b> <b>12:00 BINGO in the Park</b> <b>1:30 Samba Card Game</b>  <b>6:00 Ice Cream Social - City Park</b> <b>7:00 Water Fights - City Park</b>	<b>8:30 Walk with Teri (Dunton Locks)</b> <sup>18</sup> <b>10:30 Passport Around the World</b> Shroyer Family - Angola, Africa <b>11:30 Dominoes Tile Game</b> <b>1:00 Mahjong Tile Game</b> <b>Guitar Lessons - All Day -</b> <b>2:30 Songwriters' Guild</b>	<b>8:00 Swim Aerobics</b> <sup>19</sup> "Rockin' to the Oldies"  <b>12:30 "Let's Go Fishing" Pontoon Ride</b> Meet at South Shore Public Access
<b>9:30 Coffee &amp; Crumb Cake (C&amp;C)</b> <sup>22</sup> Come and Hear the Weekly Announcements! <b>10:30 Hand &amp; Foot Card Game</b> <b>2:00 Bike Ride - Gentle Level</b>	<b>8:30 Walk with Teri (Oak Grove)</b> <sup>23</sup> <b>11:30 Art Activity - Megan Klair</b> <b>1:00 Wood Carving</b> <b>4:45 Early Bird Dinner</b> The Gobbler Grub & Pub in Frazee <b>7:00 Tuesdays in the Park</b>	<b>8:00 COACH TRIP</b> <sup>24</sup> Minnesota Twins vs Philadelphia Phillies  <b>8:00 Bike Ride - Intermediate Level</b> <b>12:00 BINGO in the Park</b> <b>1:30 Samba Card Game</b>	<b>8:30 Walk with Teri (Dunton Locks)</b> <sup>25</sup> <b>10:30 Kayaking</b> <b>11:30 Swoop Card Game</b> <b>12:30 Book Club - "Twenty Years Later"</b> <b>1:00 Mahjong Tile Game</b> <b>Guitar Lessons - All Day -</b> (please see newsletter for times)	<b>8:00 Swim Aerobics</b> <sup>26</sup> "Rockin' to the Oldies"  <b>12:00 - 2:00 Cyanotype Art</b> Holmes Theater Art Class  <b>5:00 Trucks &amp; Tunes</b>
<b>9:30 Coffee &amp; Crumb Cake (C&amp;C)</b> <sup>29</sup> Come and Hear the Weekly Announcements! <b>10:30 Hand &amp; Foot Card Game</b> <b>2:00 Bike Ride - Gentle Level</b>	<b>8:30 Walk with Teri (Oak Grove)</b> <sup>30</sup> <b>1:00 Wood Carving</b>  <b>7:00 Tuesdays in the Park</b>			

**Event Code:**
Holmes Art Celler - HAC
City Park
Off-Site Activity
DLCCC
Community Happening
Coach Trip