



Newsletter

Spring has sprung

I don't know about everyone else but I have been enjoying these wonderful spring days that we have had! I am also very excited about the upcoming programing season we are going to have.

I am always looking for ideas and I do hope that there is at least one thing in here that you are interested in!

With spring here we also have the garden out front that we will need to have tended to as well. I have someone that will till it up again, thank you Denny, but we will need people to gather up seeds and plants and get them in. Please keep this in mind when you are planning your own, and pick up an extra plant or packet for us. I am not going to set a date for planting as we can never predict for sure when we can get it done, however anyone that wants to plant something if the dirt has been worked feel free to get it planted.

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Jewelry Making Class

Back by popular demand we will be having another jewelry making class.

Jackie from Pizzazz Jewelry will be coming to walk you through some simple tips to making some pretty costume jewelry that you can enjoy.

She will be hosting 2 different dates this year.

April 21st @ 10:00am and
May 19th @ 10:00am.

Must register in advance to accommodate for supplies, call 376-6457

Cost: \$5.00 members

\$8.00 non-members

Mahjong lessons

Do you want to learn how to play this mind engaging game that is all the rage?

Come on Monday April 27 @ 1:00pm for step by step lessons and to give it a try. Game boards will be supplied and fun will be had by all.

There is no cost for these lessons, but registration is required since space will be limited. Call 376-6457

Computer Classes

We will be again hosting some very beginner computer classes. These classes will be 4 weeks long, once a week.

The first session will be for the very beginners. This would be the person who does not know anything or very minimal about the computer. This would be for those people who likely do not own a computer themselves but want to learn or have only just gotten a computer and do not know what to do with it at all.

With our recent grant funds we have purchased curriculum specific for those learning after the age of 50. There will be worksheets and step by step guides to follow along.

These classes will start April 13th @ 1:30pm

Cost: \$10.00 for members, \$15.00 for non-members

Registration is a must, call 376-6457

We have computers here for all participants, if you choose to use your own computer it must be checked out ahead of time to make sure the needed programs are installed.



Zumba Gold

Have you ever wanted to try Zumba and thought no way can I keep up. Well then Zumba Gold is for you! This is the senior friendly or low impact version of Zumba.

We have set up an introductory 6 week session starting on Wednesday May 6th @ 10:00am.

We are going to take the first four weeks to learn the 4 major steps one at time.

May 6th – Salsa steps

May 13th – Merengue steps

May 20th – Cumbia steps

May 27th – Flamenco

June 3rd – Tango/Belly Dance

June 10th we are going to review and give them all a try in one workout.

Remember this is a lower impact version and not quite as intense as a regular Zumba class.

Cost: \$5.00 members, \$8.00 nonmembers

Call 376-6457 to register

Put Pain in Its Place

This is an educational program that was developed by the Arthritis Foundation to bring awareness of arthritis to the public. It is designed for anyone with arthritis, especially osteoarthritis.

The program is meant to inform you about arthritis and pain management so that you feel empowered to make key decisions regarding your health. You will be introduced to self-management techniques and safe exercised that are specific to people with arthritis.

Date: Thursday May 14th @ 1:00pm

Cost: Free

Reservation are requested, call 376-6457



Wine and Art Tour

Come and join us for an afternoon of fun on Monday June 22nd, leaving at 11:30.

We will be going to the Wilde Prairie Winery in Brandon, SD. Here we will tour the vineyard and processing, taste the wine, enjoy some lunch and paint a pair of wine glasses to bring home.

Space is limited call today 376-6457

Cost: \$38 members or \$42 nonmembers

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Center for Active Living

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*You don't stop having fun when
you grow old.....you grow old
when you stop having fun*

Find us on the Web:
www.centerforactiveliving.webs.com

Ethnic Supper Club

Come and join us on Thursday May 28th @ 6:00pm for the next supper club.

At these events each person is served a full traditional meal from the country we are featuring along with a presentation highlighting the country, traditions, beliefs, and culture.

This month we are pleased to announce that we will have Linda Lund, Director at Nobles County Collaborative, coming to present to us on India.

Reservations are needed by May 22nd. Call 376-6457

Cost: \$12 members or \$16 nonmembers

Thursday June 18th @ 6:00pm we will have MayLary Htoo presenting on the Karen Culture.