

# Center for Active Living

## Let it Snow

Well the weather outside has not been too frightful so far. I am of those people who loves the snow and enjoys winter. Unless I have a big home project I do not like winter storms, but the occasional one does prove to be effective in getting certain things done.

We have all started or are about to start our busy holiday seasons. Every year we look forward to the craziness to start, we dread the start and the process, swear we are not going to do it again, and then start planning for next year. It seems it is a cycle that we want to get out of and just can't.

Please remember that we do have a website, which I am hoping to start maintaining and have updated regularly with all of our programs and events. Our newsletters are available via email upon request.

Social media is becoming more and more used and we are trying to get onboard down here as well. We have a Facebook page I would love for you all to visit and like, as well as a Twitter and Pinterest page. Again I do not go crazy with the postings and I am still in the process of building up the pages and getting my users engaged. Please check us out.

## Contents

---

Let it Snow	1
Newsletter	2
Holiday Hours	2
Things to do	2
Quilters	3
Sit & Stitch	3
Social Media	4



## Monthly Newsletters

Starting soon the monthly newsletters will be changing. I will be doing quarterly newsletters so they will be coming out with 3 months' worth of information at one time.

I am hoping that this will be a more organized way of planning out the events and programs that the members want to attend. This way if there are multiple dates for

things you can better plan ahead.

We will also be trying to incorporate some feature articles that complement some of the events and programs that we have going on.

If anyone has any ideas on sections that could or should be included or would like to assist with this please let me know.

### Holiday Hours

Please make note of the Holiday hours that the CAL will be closed.

As we will all miss spending time together we will be enjoying time with our families instead.

December 24 – closed at noon

December 25 – closed all day

December 31 – Closed at 2:00

January 1 – Closed all day

### Things to do

Just a few things that are going on around town that you may want to take part in.

December 3 & 4 – Old Fashioned Christmas at Pioneer Village

December 5, 12 & 19 – 10:30am - Story and Craft Time and time with Santa at The Lit'l Wizard

December 11 – 5:30-8:00pm – Holiday around the World at MN West Campus

December 13 – 3:00pm – ALBS Christmas Basket Concert at Memorial Auditorium

December 14 – 7:00pm – Festival of Music at the WHS Gymnasium

December 31 – 3<sup>rd</sup> annual New Year's Eve Party at the Worthington Event Center

December 31 – Jared Sherlock Magic Show at Memorial Auditorium



## Quilters

Speaking of stitching. We have had the RSVP Quilters group meeting at the CAL every Wednesday afternoon at 1:00pm.

This groups is made up of volunteers who love to quilt and provide a service for the community.

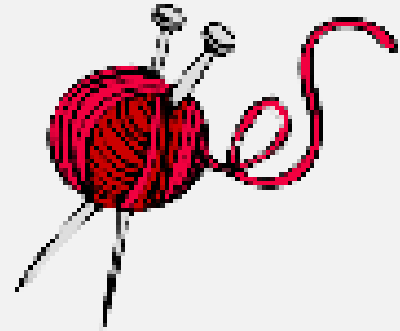
The beautiful quilts that they create are distributed throughout the community to those organization that are in need of supplies to assist the people they serve.

Some of these organizations that are benefited from these wonderful quilts are:

- Christmas baskets
- Church Mission Group
- Helping Hand Pregnancy Center
- Hospital Auxillary

If you are interested in helping this group come and join them Wednesday's at 1:00pm.

If you have any materials that you are interested in donating, they are also always looking for supplies. Material, batting, yarn, etc. is always welcome and can be dropped off in the office or brought right to them on Wednesdays.



## Sit and Stitch

This group continues to meet on the second Tuesday of every month from 6:30-8:30pm.

This is a group of people who love to do all different forms of stitching from crocheting and knitting to cross stitch and hardanger.

This is a social time to share and enjoy company and stitching.

If there is enough interest to expand this group to the daytime let me know and we can see what we can do.

4

Center for Active Living

211 11th ST

Worthington, MN 56187

Center for Active Living

211 11th ST  
Worthington, MN 56187  
507-376-6457

caldirector@fronteir.com

*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.com](http://www.centerforactiveliving.com)

Stay informed of the happenings around the Center for Active Living through different social media venues.

Here at the CAL we have a Facebook page:

[www.facebook.com/centerforactiveliving](http://www.facebook.com/centerforactiveliving)

We also have a twitter account follow us at: @wgtncal

We have a Pinterest page: Center for Active Living

Watch for our Instagram and You-tube accounts to be set up by the Spring of 2016.

Postings are not just the happenings around the CAL but also interesting and informative information that pertains to the community and members. Pass on the word, like or follow our accounts and stay informed.