

# Center for Active Living



## I love the heat!

I love July! There are holidays, my son’s birthday and in my case, vacations! Also you really know it is summer as the temperatures outside start to go up and the humidity makes your hair do funny things!

I had a very busy June with the Aging Conference in Duluth, where I learned many new things that I am hoping to utilize them here at the CAL, and also met many new people that I am hoping to work with in the future.

With my vacation this month I am asking for help in getting Debbie through those 10 days please. If you think about it check in on her make sure she is fine, and I am looking for people to “man the phones” during the times she is not here. Let me know if you are interested in helping us with this.

Happy Summer and may your air conditioners be working!

## Sit and Stitch

This group is still meeting every month on the second Tuesday here at 6:30pm.

Just come on down and visit and work on your projects with them.

## Contents

---

I love the heat	1
Sit and Stitch	1
International Festival	2
Fraud	2
Senior Citizen Award	2
Ghost Tour	3
Technology/Exercise	3
Active Aging Week	4



## International Festival

This year we will once again be hosting a Taste of Worthington in conjunction with the International Festival.

We will also be hosting the International Festival's Zumbathon right here at the CAL!

Come join in with the excitement of Zumba on Monday July 6<sup>th</sup> at 5:30pm. Come and join America Voss

and get your dance on. Let's show everyone the step you have learned in my class!

Then on July 10<sup>th</sup> at 6:00pm come and do a Tasting of treats, listen to the readings of a German Immigrant, and watch the Collaborative Children's Opera perform.

Hope to see you all here those days for the fun and food.

*We will be closed the afternoon of July 3<sup>rd</sup> and on July 4<sup>th</sup> in observance of the Independence Holiday.*

### Fraud – what you need to know

Mark it on your calendars we will be having an individual come in and educate and inform you on how to recognize when someone is trying to fraud you, what to do about it, and how to make sure that you do not get taken to the cleaners.

August 11<sup>th</sup>, at 9:00am

Cost: FREE – please

register for a head count

## Outstanding Senior Citizen Award

The Chamber of Commerce and the CAL are working together with the MN State Fair to present the Outstanding Senior Citizen Award this year at the Nobles County Fair.

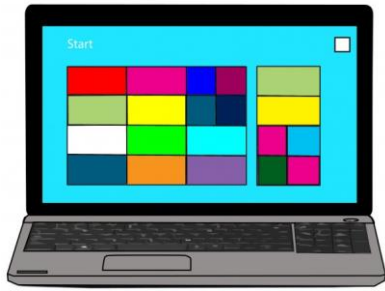
The winner will then go on to compete for Minnesota's Outstanding Senior Citizen at the State Fair on September 3<sup>rd</sup>, 2015.

Eligibility Criteria:

- Must be a Minnesota resident
- Volunteer service must be accomplished after reaching age 65
- Nominee must be age 70 by June 1, 2015
- Nominee must currently do a volunteer activity that is unpaid and demonstrates commitment to their local community

Nomination forms can be picked up at the CAL or at the Chamber office and must be returned to the Chamber office by August 7<sup>th</sup>, 2015.

Let's recognize those that still work for no pay in their retirement and show them we appreciate what they do for us and the community.



&



## August starts a busy season

With the coming of August we will be hosting a set of technology and exercise programs again! Look for more details to come soon and refer to our website for updates.

Computer classes:

- Beginning Computers – August 10<sup>th</sup> @ 1:30
- Intermediate Computers – September 14<sup>th</sup> @ 1:30
- iPad – August 12<sup>th</sup> @ 10:00
- Tablets – August 17<sup>th</sup> @ 10:00
- iPod/iTunes – September 2<sup>nd</sup> @ 1:30
- Facebook – August 20<sup>th</sup> @ 1:30
- Photo Editing – September 14<sup>th</sup> @ 10:00

Just to list a few of the dates, costs will vary per class. Number of classes per session and length of classes vary as well. Further details available in weeks!

Exercise classes:

- Zumba Gold – 6 weeks – August 13<sup>th</sup> @ 10:00
- Balance Class – 6 weeks – October 9<sup>th</sup> @ 9:00
- Tai Chi for Arthritis – Thursdays – 9:00am & 6:00pm
- Walk with Ease – 6 weeks – October 8<sup>th</sup> @ 1:00
- And more to come still working on the schedules!

Call to register, receive costs, and details 376-6457



## Ghost Tour!

August 22<sup>nd</sup>, 2015 we will be hosting a road trip to Pipestone to participate in their Walking Ghost Tour.

We will go up late afternoon to make an evening of it, we will enjoy supper at one of the local restaurant and possibly take part in another tour of a place of interest in the area.

Details to come next week! If interested call 376-6457 for more information and to register.

Cost: dependent on the 2<sup>nd</sup> tour arrangements, but will include supper, transportation and all tour costs.

This should be loads of scary fun! Space is limited reserve your spot today.

### Center for Active Living

---

211 11th ST  
507-376-6457  
caldirector@frontier.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)

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

## Active Aging Week

Mark your calendars we will be doing a week of celebrating again that we are no longer as young as we were once were!

I am actively planning all of the events and I am getting excited for it to be here.

This year's dates are:

**September 27<sup>th</sup> – October 3<sup>rd</sup>.**

Watch for all of the fun activities I have planned for that week to come soon!