

Center for Active Living



Summer is here

Well as we get into the nice weather and the summertime groove of things are schedules are going to get busy. We want to do so much because there is so much to do this time of year. I know this month is crazy busy for me both at work and at home.

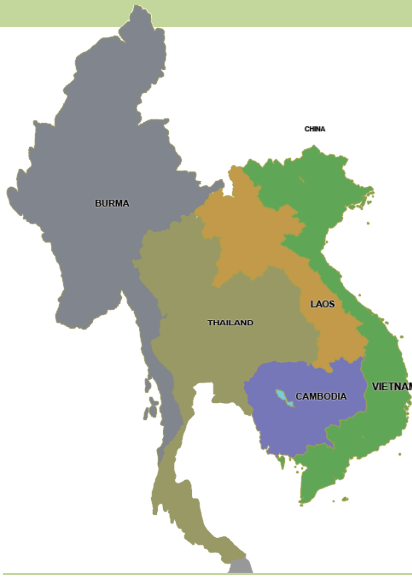
Here at work we have many programs that we are starting here in June as well as a Aging Conference that I will be attending in Duluth on the 15th & 16th of this month. At this conference I will be presenting my accomplishments and vision that I have for the CAL using the money I received from the DHS Grant. It will be nerve racking and exciting all at once. I am looking forward to networking with others in the field and learning about the other ideas that others are using.

I also want to remind everyone about the garden out front of the building. Thank you to Denny Sellberg for getting it ready, now it is time to plant it. We are in need of some vegetable plants and seeds and some volunteers to plant them. Please let me know if you're interested or have any supplies you would like to share.

Also make sure that you check out the new website! We have recently launched a new and improved site and would like some feedback. We are working on having online registration! Very exciting!

Contents

Summer is here	1
Supper Club	2
Facebook	2
Walk with Ease	2
Balance Class	2
Wine and Art Tour	3
PBS Screening	3
Better Choices, Better Life	4



Ethnic Supper Club

Come and join us on Thursday June 18th @ 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 MayLary Htoo, from the

Nobles County Collaborative, coming to present to us on Burma, and the Karen Culture.

Reservations are needed by June 15th. Call 376-6457

Cost: \$12 members or \$16 nonmembers

This will be a must see presentation as she is a fun loving and wonderfully passionate person!

The 2nd Tues. from 6-8pm a wonderful group of stitch happy people meet to share their talents, projects and socialize with other. Come and Join them for the next one on June 9th from 6-8pm.

Facebook

This class will be for those that want to learn a little more about what this trend is and how to use it.

We will go through setting up an account, creating a timeline, finding friends, security & communicating, games, apps, events, and how to delete an account.

This is a great way to stay connected with family that is far away, and business events and community happenings.

Mon. June 22nd @ 1:30pm

Cost is only \$5.00

Call to register 376-6457

More exercise classes

With the grant money and the weather being nice it is time to start talking about walking! We will be hosting a Walk with Ease Walking Program developed by the Arthritis Foundation.

This program will assist in developing an effective fitness program around walking. There are workbooks that each participant will receive and we will meet and go over the program each week and work through the workbook to develop your plan.

Thursday, June 4th @ 1:00pm, 6 weeks, Cost: \$5.00

Call to register 376-6457

We have also been working closely with Corey at the YMCA and he has helped us develop an exercise program that works strictly on balance. This will be a 6 week class that will do exercises that will help to maintain good balance and help to improve balance.

Balance is the one thing we do not think about losing as we get older until it is gone. Some of the simplest things can become difficult without proper balance. Register today to keep and strengthen your balance.

Wednesday, June 3rd @ 9:00am, 6 weeks, Cost: \$5.00



PBS Special Sneak Peek Screening

We have partnered with Pioneer Public Television in bring you a sneak peek viewing of the newest Masterpiece Show Poldark.

Almost 40 years ago Captain Ross Poldark galloped across the TV screen vexing villains and winning female hearts in one of MASTERPIECE's earliest hit series, *Poldark*. Now the gallant captain rides again, allowing a new generation to delight in the exploits of an unconventional romantic hero.

Aidan Turner (*The Hobbit*) stars as Ross Poldark, a redcoat who returns to Cornwall after the American Revolutionary War to discover that his father is dead, his lands are ruined, and his true love is about to marry his first cousin. Also starring is Eleanor Tomlinson as the fiery servant Demelza, a strong-willed miner's daughter who runs away from home and finds refuge in Poldark's enlightened household.

Poldark is based on a beloved series of novels by Winston Graham. The first, *Ross Poldark*, was published in 1945; the last, *Bella Poldark*, appeared in 2002, the year before Graham's death. All twelve are subtitled *A Novel of Cornwall* and trace the fortunes of a landed, mine-owning family in windswept Cornwall.

Join us for this sneak peek on June 11th @ 5:45pm.

Cost: FREE Register today! 376-6457

Snacks and refreshments will be provided for the viewing.



Wine and Art Tour

Come and join us for an afternoon of fun on Monday June 29nd, 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

Deadline for sign up is June 22nd.

Center for Active Living
211 11th ST
Worthington, MN 56187

Center for Active Living

211 11th ST
Worthington, MN 56187
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

Better Choices, Better Life

Come and join us for this 6 week workshop to teach you skills to manage your health while living with a chronic disease and make sure that you maintain the quality of life you wish to have.

This workshop would be good for anyone with diabetes, heart disease, arthritis, depression, lung disease, etc.

Topics will include: Relaxation skills, managing symptoms, emotional toll, problem-solving, goal setting, sleep and weight issues, and more.

Register today, call 295-5262 Cost: Free