

Center for Active Living



Change of Season

Well the weather is changing, the leaves are turning, the flowers are fading, and the air is getting chilly. Fall is here. I love it the change of seasons and the anticipation of the holidays just around the corner.

Not to mention that this means hockey season is upon us.

Many of you are preparing to leave for the winter, some of you have already left, and the rest of us are getting ready to hunker down for the winter. Hopefully we have enough snow to make for a moist spring, but not a snow bound winter. Hopefully we are just cold enough to remind us that it is winter but not cold enough to force us to stay in.

Remember that if you wish to receive your newsletters at your winter address to give that to me and I will send it to you there. Also if you would rather receive the newsletter via email I can do that again as well. All I need you to do is send me an email; caldirector@frontier.com to let me know you prefer to get it that way.

Programming will be a little slack here for the next couple of months as we will all be busy with the holidays, but watch for what we do have going on, and what is coming up.

Happy Thanksgiving!

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Computer Classes

Don't forget the last few classes of the season. We will start up again in the spring with the next group of classes. If there are any classes that you think would be of interest or you would like to see taught let me know. We are starting to develop the programs for the spring/summer sessions

already and any input is welcome.

- Zinio – online magazines – Nov 4th @ 1:30
- Holiday Letters – learn a few tricks to develop your next family letter – Nov 11 & 18 @ 1:30

Vacations

Like all of you I am looking forward to some time off around the holidays.

If there is anyone that is interested in helping out at the CAL while I am off please let me know.

The work is easy, answer the phone and take messages is all I need. You can work all day or just a couple of hours. I will work with whatever you are willing to give me.

Days: November 23-25 and
December 21-23

Minnecanos

We are excited to partner with Culture Corner to bring this program to Worthington. This program was written by successful Twin Cities restaurateurs before turning the talents to theatre.

The performance will span over four generations in its spirited illumination of Mexican American History. It begins in the Mpls home of Diego Morales; he has lived here for 40 years. Here he uses the contents of an ancient trunk to ignite his great-granddaughter's interest in their rich cultural heritage.

We will meet the ghost of Herlinda (Diego's deceased wife). Ghosts in traditional Mexican culture are not scary, but rather pleasant, helpful, and even comforting. Ghosts are thought to be among us daily and become familiar and real to those who believe in them.

Since her death, Herlinda has frequently returned to the home she shared with Diego to keep an eye on him, offer advice and encouragement, and introduces us to their granddaughter Linda, and Linda's teenage daughter Jamie.

Linda and Jamie have come to help Diego move to a nursing home. Here Jamie finds a trunk of mementos. Diego uses them to take him back to an important moment in his life and shares it with us. Linda joins in with her memories, both good and bad of growing up Mexican in America.

It will end with Jamie's new found pride in being a Mexican American.

Cost: FREE

When: November 2nd @ 6:30 pm

Where: Fine Arts Theater at MN West



Still Alice Viewing

Approximately 42 million American are considered caregivers – caring for older parents, spouses or others to help them be where they want to be, living independently in their own home.

We are hosting an event to share resources and provide information to caregivers or those that someday may become a caregiver. To start the night we will serve hors d'oeuvres with chair massages by the MN West Massage students.

Then we will have a speaker from the Alzheimer's Association will be sharing valuable resources and information on the disease and how to care for those that are affected by it. Chris Dybeck, Deputy Sheriff from Nobles Co. will also be speaking on the new Project Lifesaver programs they are developing to assist families with a loved one with Alzheimer's.

A screening of Still Alice will then be shown in the theater. Still Alice stars Julianne Moore in her Academy Award winning portrayal of Alice Howland, a renowned linguistics professor who starts to forget words. When this mother of three grown children receives a diagnosis of early-onset Alzheimer's disease, Alice and her family find their binds thoroughly tested. Her struggles to stay connected to who she once was is frightening, heartbreaking, and inspiring.

Cost: \$5.00

When: November 5th 6:15pm

Where: MN West Fine Arts Theater

Call to register today 376-6457



Legal Services

Ray Beckel is a native of the Mankato area and a graduate of the University Of North Dakota School Of Law who has practiced with legal services for over 30 years.

He has spent most of that time serving the legal needs of low income elderly with problems such as Medicaid (also known as Medical Assistance and MA), Social Security, Unemployment, housing (both public and subsidized), consumer debt, individual rights and some family law issues.

He will be coming to the CAL to share some of his information and answer any questions that someone may have.

November 12 at 2:00 p.m.

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211 11th ST

Worthington, MN 56187

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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

Facebook:

www.facebook.com/centerforactiveliving

Twitter:

@wgtncal

Chamber Mixer

November 12th from 4:30-6:30pm we will be hosting the Chamber Monthly Member Mixer.

Any help you would like to give Debbie and me prior to the day would be great! We will be in need of tidying up the facility before and making snacks and refreshments for the event. Let me know if you are able to donate some time or food.