

Center for Active Living



Fall has arrived

Soon the leaves will be changing, the air will get crisper, and the farmers are in full swing in the fields.

Many of you will be getting ready to head to south for the winter soon. Hopefully everyone travels safe and has a wonderful time. If you wish to have newsletters forwarded to another address let me know and I will get that arranged for you.

We have just finished up Active Aging Week, I do hope that all of you were able to partake in at least one thing that I had scheduled for the week. As always I try and come up with a little bit of something for everyone. I am starting to collect ideas for next year already so make sure that you let me know any ideas that you have. This also goes for any ideas on programs that you have for the rest of the year as well.

I have been again working on another grant that will provide for some funding to do some fun activities that are geared for Dementia awareness and caregivers of those with the disease. Look for more information to come down the road on this. If this comes through I will be very excited for these activities.

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Live Lively -



Square Dance

Square Dancing

The Turkey Trotters Square Dance Club will host a square-dance party at 6:00pm on October 12 here at the CAL. We will begin with a light meal, deliciously prepared by the Turkey Trotter cooks and then introduce everyone attending to square dancing.

Square dancing is an activity that is enjoyable, taking the dancer's mind away from some of the stress of

everyday activities. The American Heart Association has also endorsed square dancing for its physical benefits.

Dancers need only to know how to walk and recognize the difference between the right from the left. All are welcome – singles and couples.

Check your calendars and join the Turkeys on October 12th.

Try something new today! You never know you may like it

Flu Clinic

Stay ahead of the game and get your flu shots this season!

Missed it the first time we will have Sterling Drug back on October 13th from 1pm-3pm.

Bring you insurance cards and they will bill your insurance.

Don't take a chance get the shot.

Computer Classes

We have had lots of great participation on all of the classes we have offered so far this year. The new curriculum that we purchased has been wonderful to work with.

Don't forget the next upcoming classes:

You-tube – what it is and how to use– Oct 7th @ 1:30pm Cost: \$8

Word 2013 – get the fundamentals of this program and learn how to maximize the benefits. Oct. 12, 19, 26 @ 1:30 – Cost: \$12

Instagram – learn what it is and how to use it – Oct. 14th @ 1:30pm - Cost: \$8

Twitter – learn what it is and how to use it – Oct 21st @ 1:30 Cost: \$8

OverDrive – must have a valid library card with you, learn how to set up the app and start checking out ebooks – Oct 28th @ 1:30 Cost: \$8

Zinio – Must have a valid library card with you, learn how to set up the app and start reading online magazines – Nov 4th @ 1:30 Cost: \$8

Holiday Letters – learn how to use Word 2013 to create a fun holiday letter to share. Nov 11, 18 @ 1:30 Cost: \$12

Skype – learn how to set up and use this program and stay connected with family and friends – Nov 16 @ 1:30 Cost: \$8



Fitness Classes

It is time to start the next round of fitness classes. Come and give one or two a try and get your move on!

Tai-Chi for Arthritis – Oct. 8th – 6wks – 9:30am or 6:00pm

Zumba Gold – Oct. 8th – 6wks – 10:00am

Balance Class – Oct. 9th – 6wks – 9:00am

Flex & Stretch – Oct. 16th – 6wks – 10:00am

Walk with Ease – Oct. 8th – 6wks – 1:00pm – here we will have class time where we will learn how to develop a walking plan and then we will do some walking.

Cost for all of the above listed classes is \$8 for members and \$12 for nonmembers.

Call to register today!

Beginning Pickleball playing time

Starting now we have reserved Wednesday's from 9-11 for beginners. All players during this time will be those that consider themselves beginners, or those willing to work with and teach beginners.

Want to learn how to play or are just starting to play and want to make sure that you are playing with the same level of skills as you come down on Wednesday form 9-11.



German Supper Club

We will be hosting another Ethnic Supper Club again on Oct. 20th @ 6:00pm. Here we will be featuring the German Culture.

We will have a German Exchange Student from Augustana College. She is working towards her degree there that will include a minor in German doing the presentation.

Come and enjoy the food and presentation! Trust me there will be more than Brats and Kraut, but no Ale.

Cost: \$10 for members
\$15 for nonmembers

Center for Active Living

211 11th St

Worthington, MN 56187

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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

Facebook:

www.facebook.com/centerforactiveliving

Twitter:

@wgtncal

Powerful Tools for Caregivers

Do you care for your parents, spouse, or other family member?

This program is designed to assist you in finding the resources you need to care for them effectively.

We will also show you how to make sure that you are caring for yourself during the process. Many of us do not pay attention to ourselves or put it off while we are caring for our loved ones.

Sign up today for this program to assist you in learning what is available out there for you, and how to care for yourself in the process.

October 6th @ 5:00-6:30pm – 6 weeks