

# Center for Active Living



## Fall is coming

Well the weather has been interesting this last month, we are reminded that Fall is on the way. With that we know then that Active Aging Week is also on the way. Make sure that everyone is looking forward to all of the activities that I have planned for that week! Some details are included and more information will be coming in an additional flyer.

I am sure that many of you are then thinking even further ahead as far as leaving for the winter. I am back to asking if you would like me to forward your newsletters to you to a different address for the winter just let me know.

Also if you prefer to get your newsletters via email I am starting that again as well. Just email me at [caldirector@frontier.com](mailto:caldirector@frontier.com)

and let me know and I will send them via email in a PDF.

## Flu Shot Clinic

September 16<sup>th</sup> from 8-10am Sterling Drug will be hosting a Flu Shot Clinic at the CAL. Make your plans now to get your shots right here for your convenience. Bring your insurance cards and money here to get this seasons shots taken care of!

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## Square Dance Lessons

Do you like to dance? Do you want to learn a fun activity that gets you up and moving and keeps you active?

Come out and give Square Dancing a try. We will be hosting the Turkey Trotters on October 12<sup>th</sup> at 6:30pm.

There will be a light meal

provided and then tins of fun music and dancing going on. Chuck and Jackie Moore will be calling the dance.

No prior experience needed, come and learn and give it a try, no partners needed, come as you are and have some fun.

*Try something new at least once a day to keep your mind and body healthy*

### Tai Chi & Zumba

We will be starting our next round of Zumba Gold classes on October 8<sup>th</sup> at 10:00am! This is low impact and some real fun. We take our time to learn the steps and just have fun.

We have continued to offer Tai-Chi at 6:00pm on Thursdays and starting October 8<sup>th</sup> we will also be offering it at 9:30am. This program has intentional moves that help reduce the side effects of Arthritis. Once you have the moves down we can meet to just go through them and you can continue to do them at home.

## Upcoming Computer Classes

As we progress through the season the classes we have offered so far have gone well! Here is the updated list of the classes we will be offering through September and into October.

Photo Editing – September 14<sup>th</sup> @ 10:00 – 2 hrs - \$8

Computer Fundamentals – Sept. 14<sup>th</sup> @ 1:30pm – 4 weeks –  
2hrs each week - \$15

Pinterest – Sept. 16<sup>th</sup> @ 1:30pm – 2 hrs - \$8

Movie Maker – Sept. 21<sup>st</sup> @ 10:00am – 2 hrs - \$8

Overview of Office 2013 – includes Word, Excel, & Power Point –  
September 28<sup>th</sup> @ 10:00am – 1 ½ hrs – 3 weeks - \$15

You-Tube – October 7<sup>th</sup> @ 1:30pm – 2 hrs - \$8

Word 2013 – October 12<sup>th</sup> @ 1:30pm – 3 weeks – 1 ½ hrs - \$12

Instagram – October 14<sup>th</sup> @ 1:30pm – 2 hrs - \$8

Call today to register for the classes, 376-6457. Computers will be supplied, come and stay on top of technology.



## Active Aging Week

Sunday – Sept 27<sup>th</sup> – come and run the Amazing Race

Monday – Sept 28<sup>th</sup> – we will be hosting a Mini Technology Conference – come and learn what is new and exciting as far as computers/laptops and smartphones. We will have iDeas Computers and Verizon coming in to talk and show us all the latest.

Tuesday – Sept 29<sup>th</sup> – Join us at Memorial Auditorium for the Groucho Show! CAL members get in for only \$10.00! This is an award winning national show that will give us a good laugh.

Wednesday – Sept 30<sup>th</sup> – we are going to block off the streets and take the nets outside! Come and join us as we play Pickleball in the streets. Never played before come and give it a try, lessons will be provided as well as a fun pick and play game rotation.

Thursday – Oct 1<sup>st</sup> – healthy living expo – come and learn about the new exercise programs that are available. We will be giving Zumba, Tai-Chi, Yoga, Balance, etc. a try all will have a mini session and an informational talk with it. Check out the new equipment and meet the Hy-Vee dietician.

Friday – Oct 2<sup>nd</sup> – come and join us as we take a Historical Walk. Together with the Historical Society we created the walk and now together with them we will be going on it.

Saturday – Oct 3<sup>rd</sup> – we are going to have a picnic/cookout here at the CAL and have our own version of a drive up! We will be grilling and eating here in the parking lot and at sundown we will be watching a movie outdoors right here.

Come and join the fun! Register today for all you want to participate in and stay active.



### German Ethnic Supper

Come and join us for the last of the supper club presentations for the season.

On October 20<sup>th</sup> at 6:00pm we will highlight Germany.

Come and listen to a presentation on the German culture, history, and traditions all while enjoying a traditional German meal.

Must have reservations in by October 16<sup>th</sup>.

Call 376-6457

Cost: \$20/members  
\$25/nonmembers

Price includes meal and presentation

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

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*You don't stop having fun when you get old.....you get old when you stop having fun*

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