

Center for Active Living

JUST WANTED TO FILL YOU IN

We have had a few additions since the last newsletter went out, and I didn't want anyone to miss out on any of the opportunities that we have coming up.

BETTER LIVING WITH BETTER CHOICES

This is a 6 week program that offers self management training for those that are dealing with a chronic disease, live with someone who has one, or care for someone that has one. Topics such as; managing pain and symptoms, healthy eating, relaxation, exercise, and effective communication skills will all be discussed.

This is an evidence based proven effective program. To register call 376-6457

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COMO ZOO DEALINE

Don't forget the deal-
ine to register for the
Como Zoo Trip is Fri-
day March 18th @
3:00pm.

Don't miss out on
this day of flowers
and animals.

Bus will leave from
the CAL at 7am and
return at 7:30pm.

Cost is only \$65

SANFORD CANCER CENTER

Representatives from
the Sanford cancer cen-
ter will be at the CAL to
present on the services
available right here at
the local Cancer Center.

April 5th at 10:00am we
will have the presenta-
tion at the CAL.

They will be available
for questions about the
services, doctors and
other programs that are
offered through Sanford
Cancer Center.

Call today to register
376-6457

STRAW BALE GARDENING

Together with the Nobles County Library will be
hosting a book signing and presentation by the
author of:

Straw Bale Gardening

Come and meet the author, learn about a new gar-
dening trend and have an opportunity to learn
about his books.

April 7th at 7pm right here at the CAL. Call today
to register by calling 376-6457 for the opportunity
to meet the author and learn something fun to give
a try this summer.



THRIVENT

Come and hear all about some savvy social security planning. For years we have been hearing that Social Security is going broke, just in time for you to collect. Your current choices greatly impact your total lifetime benefits. Recent legislation means some Social Security strategies will expire on April 30, 2016.

Join local representatives for a free session on Social Security options for those in or nearing retirement, including timely updates on the new law. They will cover the basics and reveal strategies for maximizing your benefits.

To reserve a place for you and your guests call 877-793-7377, email Cecilia.reviard@thrivent.com, or call the CAL at 376-6457.

Refreshments and light hors d'oeuvres will be served.

HATHA YOGA

Register today for the next session of yoga. All levels of experience are welcome.

Register today by calling the CAL 376-6457 or email

caldirector@frontier.com

Saturdays @ 9:00am

March 26, April 2, 9, 23, 30, May 7, 14, 21

Also watch for other exercise classes to start up.



March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Baskets
6	7	8	9 Tai Chi 9am	10	11	12
13 Daylight savings	14	15	16 Tai Chi 9am	17 ST Pat's Day	18 Zoo Deadline	19 Baskets
20	21	22	23 Tai Chi 9am	24	25 Special Hours	26 Yoga
27	28	29	30 Tai Chi 9am	31 Thrivent presentation 3pm or 6pm		

April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Better choices, better life 1pm	2 Woman's Expo Yoga/Baskets
3	4 Beginner computer 1:30	5 Cancer center 10am	6 Tai Chi 9am	7 Zumba 5pm Book sign 7pm	8 Better choices, better life 1pm	9 Yoga
10	11 Beginner computer 1:30	12 Zumba 9am	13 Zoo Trip Tai Chi 9am	14 Zumba 5pm	15 Better choices, better life 1pm	16 Baskets
17	18 Beginner computer 1:30	19 Zumba 9am	20 Tai Chi 9am	21 Zumba 5pm Eye Doctors lunch	22 Better choices, better life 1pm	23 Yoga
24	25 Beginner computer 1:30	26 Zumba 9am	27 Tai Chi 9am	28 Zumba 5pm	29 Better choices, better life 1pm	30 Yoga Baskets

May 2016

Sun Mon Tue Wed Thu Fri Sat

1	2 Fundamentals 1:30	3 Zumba 9am Movie: caring for mom & dad 5:30	4 Tai Chi 9am Balance 10am	5 Zumba 5pm	6 Better choices, better life 1pm	7 Yoga
8	9 Fundamentals 1:30	10 Zumba 9am Sit & stitch 6:30	11 Tai Chi 9am Balance 10am	12 Zumba 5pm Virtual Dementia Event 3-8pm	13	14 Yoga Baskets
15	16 Fundamentals 1:30 Instagram 10am	17 Zumba 9am Powerful tools 5:30pm	18 Tai Chi 9am Balance 10am	19 Zumba 5pm	20	21 Yoga
22	23 Fundamentals 1:30 Twitter 10am	24 Zumba 9am Powerful tools 5:30pm	25 Tai Chi 9am Balance 10am	26	27	28 Yoga Baskets
29	30 closed	31 Powerful tools 5:30pm				

Center for Active Living
211 11th ST
Worthington, MN 56187
507-376-6457

AVERA EYE DOCTORS

Come for a \$2.00 lunch on April 21st and enjoy a presentation from two of the doctors from the Avera Eye Clinic.

Dr Wally will be explaining the eye disease Glaucoma. The signs and symptoms, treatments, and dangers of this disease.

Dr Lezlee will be explaining the eye disease Macular Degeneration. The signs and symptoms, treatments, and dangers of this disease.

Register today for a delicious lunch for only \$2.00 and here valuable information about common eye diseases that could afflict all of us.

Call today 376-6457
