

The Active Living Center



<p>YMCA Family Community Picnic Monday August 14 5:00pm to 7:00pm (Located in the white tent behind the Y)</p> <p>Free meal, bounce houses, face painting, games and youth run. FREE and open to anyone of ALL ages.</p>	<p>Health Screening 2nd Monday of the Month August 14 8:30am-11:00am (Located in the ALC)</p> <p>Grand Itasca, ElderCircle, Hearing Associates, and Essentia Health all partner with the Active Living Center to host a monthly health screening. They will include blood pressure, cholesterol, blood sugar, height and weight checks, and memory screening. This is a free event open to everyone.</p>	<p>Pot Luck 2nd Friday of the Month August 11 10:00am-1:00pm (Located in the ALC)</p> <p>Bring a dish to share and enjoy games, entertainment, and great food. This month we will be playing Bingo at 10:00am, music by Tasca Country at 11:00am, and we will eat at 12:00pm.</p>
<p>Caregiver Support Group 1st Tuesday of the Month August 1 1:00pm-2:00pm (Located in Classroom A & B)</p> <p>Anyone who is a caregiver is encouraged to come. Open discussion to support each other in a confidential environment. Sponsored by ElderCircle.</p>	<p>Memory Loss Support Group 2nd Tuesday of the Month August 8 1:00pm-2:00pm (Located in Classroom A)</p> <p>Anyone who is a caregiver of someone suffering from memory loss, Dementia, or Alzheimer. Open discussion to support each other in a confidential environment. Sponsored by ElderCircle.</p>	<p>Birthdays Celebration 3rd Wednesday August 16 All Day (Located in the ALC)</p> <p>Come and meet others who share your Birthday month. We will have cake all day in celebration of everyone with September Birthdays.</p>
<p>Parkinson's Support Group 2nd Wednesday of the Month August 9 1:00pm-2:00pm (Located in Classroom A & B)</p> <p>Those who have Parkinson's and their caregivers are invited to come support each other. Educational opportunities are available a couple times a year. Sponsored by ElderCircle.</p>	<p>Book Club 2nd Monday of the Month August 14 12:00pm-1:00pm (Located in classroom B)</p> <p>Bring a bag lunch and come to the Bruce Bauer Book Club... We will meet and discuss a book monthly. You are always welcome to join at any time. Come with ideas that you think would be a good books to read in book club. Don't forget to bring a lunch.</p>	<p>Billiards Club Monday through Saturday 9:00am-12:00pm (Located in the ALC)</p> <p>Come play billiards! Come play Billiards Monday through Saturday every week 9am-12pm. All levels are invited to come join in.</p>
<p>Sig-A-Long Monday August 7 11:00am-12:00pm (Located in the ALC)</p> <p>Laurie Shephard will be here to sign hymns with us this month. There will be books to sing along with or just come and listen.</p>		<p>BINGO Fridays 10:00am-11:00am (Located in the ALC)</p> <p>Come join us for great fun every Friday in the Bruce Bauer Center. Bring a prize from home or \$1.00.</p>

<p>500 Cards Every Wednesday 12:00pm-3:00pm (Located in the ALC)</p> <p>Cribbage Every Monday & Friday 12:00pm-3:00pm (Located in the ALC)</p> <p>Bridge Every Tuesday 12:00pm-3:00pm (Located in the Active Living Center)</p> <p>A group of card players get together and play a variety of card games. All skill levels are invited and they are also willing to teach. Come join us to play some cards!!!!</p>	<p>Express Yourself Art Group Every Thursday 11:00am-2:00pm (Located in Youth Center)</p> <p>This group is for artist of any kind!! We have water color painters, oil painters, and people who do drawings. If you are an artist looking for a group to join or are wanting to start art please stop buy and check us out.</p>	<p>Bunco 1st and 2nd Wednesday 10:00am (August 2 & 9) 3rd Friday 10:00am (August 18) 2nd Friday 5:30pm (August 11) (Located in the ALC)</p> <p>Bunco is a dice game played with 2 or more players. Come join the fun.</p>
	<p>Dominoes/ Rummikub Group Every Tuesday 12:00pm-2:00pm (Located in the Active Living Center)</p> <p>Come play Spinner Dominoes or Rummikub. Spinner Dominoes is a shorter version of regular dominoes and also has the option to play Mexican train dominoes. Rummikub is a fast movie game or rummy played with tiles. Come join in the fun.</p>	

Active Living Center Day Trip "Grease"
Wednesday September 20, 2017
7:00am-10:00pm
Cost: \$125 Friend of the ALC
\$150 Community Members
Register: YMCA 218-327-1161 Or stop at the Y Membership Desk
***Pay at least \$50 at the time you register. Remainder must be paid two weeks prior.**
Must register by September 6.

Lunch at the amazing Chanhassen Dinner Theater. There will be a choice from salad to pasta to a cheese burger. Lunch will include fresh bread and butter and your choice of a soft drink or one basic cocktail. The play we will see is "Grease." Join Sandy, Danny and the rest of the Burger Palace Boys and Pink Ladies for an affectionate satire of high school life in the 1950's. Don't miss the unforgettable tunes. It's a high-octane rock 'n' roll party packed with explosive energy. On the way back home we will stop and have dinner at the Grand buffet for a smokehouse style meal, then we will have and have time to play. Bring your own fun money to play at the casino.

QUESTIONS PLEASE CONTACT
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Community Partner



United Way of 1000 Lakes