

Published by ENCORE!,
(formerly Alexandria Senior Center)
a non-profit 501c3 serving
older adults since 1984.

414 Hawthorne Street
Alexandria, MN 56308
320-762-2087
www.alexsrctr.org



VOLUNTEER SPOTLIGHT



Erika Johnson,
ENCORE! New Board Member

By Toni Tebben

Erika Johnson became a board member of ENCORE! in January for a three-year term. She calls Bingo once a month and as a newer master gardener, has helped clean up the north flower gardens by the Center. She enjoys interaction with our members when she volunteers.

She was born in Iowa, moving to Minnetonka when she was 14. She graduated from there, then attended UMD for college and the U of MN Medical School. She did her residency in obstetrics and gynecology. She practiced in the Cities, and moved to Alexandria in 2003, at the encouragement of her twin sister who also practiced here. She retired from Alexandria Clinic in 2020. When asked how many babies she delivered, she thinks 6000 total in her 37 years of practicing. WOW, that's a lot of babies.

In retirement she loves to spend time outdoors in the Boundary Waters of northern Minnesota. Her 91-year-old

Johnson continued on page 7

UPCOMING EVENTS

ENCORE! Explorers

What happens to my garbage and recycling? This month's ENCORE! Explorers excursion will answer that question as we go to Pope/Douglas Waste Management and Environmental Center. We will tour the plant and see where our waste goes and what is done with it. Please join us and learn about another business in our community. **Free compost starter kit** available with tour.

- Date: Wednesday, June 17
- Time: Meet at ENCORE! 9:45 a.m. Return by 11:30 a.m.
- Cost: FREE
- Location: Pope Douglas Waste Management
- Register: Call 762-2087 or stop by ENCORE! by June 15



What better way to travel back in time than from the seat of a trishaw with Cycling Without Age Alexandria. You will take a glimpse at Alexandria history on a mini tour that will launch from ENCORE!. The group will angle down Broadway and back with time to stop and hear stories that go along with landmarks, businesses, the residential "silk stocking" district. Then on to the Central Lakes Trail and City Park. Throw in a few tidbits about area tourism and how the lakes were named before

Sunday Music Series
will start back up on
Sept. 13 with ParaDocx
and **Sept. 27 with Julie Lee.**

Senior Expo

Reduce your risk of being lured into a financial scam. This year the keynote speaker is Bill Raker from AARP on frauds & scams. Experts share important tips, vendors have giveaways, and free lunch is served by law enforcement.



- Date: Wednesday, June 17
- Time: Doors Open: 8:30 am
- Event Time: 9 am – 12:30 pm
- Cost: FREE
- Location: St. Mary's School, 420 Irving Street
- Pre-Register: Call 762-3047

History Tour with Rachel Barduson & Cycling w/out Age

heading back to the Center. Tours are planned for about 90 minutes with various stops along the way.

- Date: Wed., June 24, July 29 & August 26
- Time: Meet at ENCORE! 9:45 a.m. Tour Begins 10 a.m.
- Cost: \$5
- Group Size: 8 people



MESSAGE from
SHELLI-KAE,
Executive Director



"Nobody needs to be alone," commented Jane, an ENCORE! member. Our purpose at ENCORE! is to empower healthy minds and bodies so that everyone has a place to belong.

Having over 20 card and board games, 25 programs and activities, special events and new opportunities coming up, ENCORE! has something to offer a variety of people. I am glad you are a member of ENCORE! and encourage you to encourage your friends to join!

Becky celebrates three years of being our Program Manager! Because of her dedication to bringing new and engaging programs to our Center, our participation is up 65% since she started. Becky manages our daily calendar, recruits and coordinates our volunteers, manages our Cornercopia Gift Shop with Cindy, keeps the facility looking good and so much more. Thank you Becky!

PIE & COFFEE INFORMATION SERIES

Part 1, 2nd Thursday of each month, Thursday, June 11 at 1 pm

STAYING SAFE & INDEPENDENT ON THE ROAD

Join Sophia and Brian for an engaging traffic safety presentation focused on helping older adults stay safe, confident, and independent while driving, walking, and navigating today's roads. Topics include distracted driving, medication awareness, pedestrian safety, winter driving, and interactive activities designed to support safe travel for all.



Sophie Grabow,
Horizon Public Health
TZD Douglas County



Sgt Brian Kakac,
Alex Police Dept
TZD Douglas County



Pie sponsored by:



Date: June 11
Time: 1 pm
Register: Call 762-2087 by June 10 so we have enough pie for everyone!

Part 2, 4th Thursday of each month, Thursday, June 25 at 1 pm

INTRODUCTION TO DEATH DOULAS

Learn about the growing role of death doulas and how they provide comfort, presence and advocacy during life's final journey. This session explores how doulas support patients and families through emotional and spiritual care, meaningful vigil planning, and holistic



Presenter: Cami Richter,
Moments Hospice

relaxation practices. You'll also learn about Moments Hospice's death doula training program and how doulas work alongside the care team to help ensure patients' wishes are honored.

Date: June 25
Time: 1 pm
Register: Call 762-2087 by June 24 so we have enough pie for everyone.

Pie sponsored by: **SANFORD HEALTH**

 **FOOT CLINIC**

Wed, June 10 **Fri, June 26**
8:30 am-2:30 pm **8:30 am-2:30 pm**

Fri, July 10 **Wed, July 29**
8:30 am-2:30 pm **8:30 am-2:30 pm**

Call the Center at 762-2087 to schedule your appointment. The fee is \$30, made payable to the nurse. If you must cancel, please let us know.

AARP Driver Safety – 4-hour Discount Classes



Thurs, July 30
5-9 pm

Thurs, June 18
5-9 pm

Sat, Aug 8
8:30 am-12:30 pm

Sat, June 27
8:30 am-12:30 pm

Thurs, Aug 13
5-9 pm

Wed, July 22
8:30 am-12:30 pm

Wed, Aug 26
8:30 am-12:30 pm

AARP brings you Driver Safety Discount classes at the Center. Participants will reduce their insurance by 10%. Call the Center to sign up at 762-2087. Pay \$25 (AARP members) or \$30 (non-AARP members) at the time of class.

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CHAIR YOGA WITH JILL

Chair yoga is a great option for older adults because it improves flexibility, balance, relaxation and mental focus. This class includes stretches and yoga poses done while seated or standing. Both can be done with the support of a chair. Jill is a certified yoga, group exercise and active aging instructor.



Jill Fugleberg,
Certified Yoga
Instructor

Instructor: Jill Fugleberg
Dates: Every Tuesday
Time: 1-2 pm
Cost: \$6 member
\$7 non-member

MEDICARE Workshop

2nd Wednesday of each month
at 3 pm June – September

Do you have questions about Medicare? Join Corinna Douglas to learn about the basics of Medicare and to discuss your options. She will be at the Center the second Wednesday of every month through September at 3:00 pm.



Corinna Douglas,
Medicare Advisor
West Region

Sponsor of Health & Wellness activities

SANFORD
HEALTH

CHAIR MASSAGE with Kristina Kramer

A chair massage is a type of massage that is performed while the client is seated in a special chair. The therapist will use a variety of techniques to target the muscles in the neck, back and shoulders. Chair massages are a great way to reduce stress and tension, and it can also help to improve circulation and increase flexibility. Call 762-2087 to schedule a 25-minute chair massage for \$35.



Kristina Kramer,
Certified Massage
Therapist

Tues, June 9 9:00–11:00 am
Wed, June 17 12:30–2:30 pm

MOVE & GROOVE

Join us for this low-impact cardio class set to fun music. The class involves doing various arm and leg movements while standing. *Move & Groove* improves mobility and heart health while elevating your mood and being gentle on joints.

Instructor: Jill Fugleberg
Dates: Friday, June 26,
4th Fridays July – Aug.
Time: 10:30 – 11:30 am
Cost: \$6 for ASC members
\$7 for nonmembers

Let's Go Fishing

We invite you to join us for four opportunities to go for a 2-hour pontoon ride with Let's Go Fishing. Meet at the Center at 12:30 and we can carpool or meet at the launch site. Life jackets & water provided. We welcome wheelchairs - let us know ahead of time.



Dates: Wed, June 17
Lake Geneva
at 2250 Geneva Rd NE
Wed, July 15
Lake Le Homme Dieu
at Krueger's Creek
Wed, Aug 12
Lake Victoria
at 2167 Hazel Hill Rd
Wed, Sept 16
Lake Le Homme Dieu
at Krueger's Creek

Carpool: 12:30 pm
Launch Site: 12:40 pm
Time: 1-3 pm
Register: Call 762-2087 five days prior to day of ride (Limit of 11 participants). Let us know at the time of registration if you will meet us at the launch site or at ENCORE!.

Wheelchairs welcome, let us know at time of registration.

HAPPY

Father's Day

JUNE 21, 2026

KXRA: Listen each morning to KXRA 1490 for our activities and we are on "Open Line", each 2nd Monday at 9:05.

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Connecting to Community



Enjoy fresh ideas for lifelong learning through Alexandria Community Education! Check them out at <https://alexschools.arux.app> or call 320-762-3310.

Cut, Snip, Arrange & Glue: Let's Collage

Tuesdays, Jun 9-30, 5:30-7:00 pm, \$56, Discovery Middle School (DMS). This class is an opportunity to explore and learn the dynamic of designing and making collages. Each week you will create at least one collage following a weekly demonstration.

History Tour on Lake Le Homme Dieu

Thursday, Jun 11, 3-4:30 pm, FREE, Lake Le Homme Dieu. Board a "Let's Go Fishing" pontoon and enjoy the ride as we revisit Lake Le Homme Dieu history highlights and trivia. You'll have a "front-row seat" as we cruise the pristine waves and water; sharing how the lakes have influenced the area's recreational industry, business growth and personal lake-shore life.

Beginning Pickleball

Tuesday, Jun 16, 5:30 am - 6:30 pm, \$15, Discovery Middle School (DMS). This beginner clinic will cover the basics—how to play, the rules, and simple court etiquette..

Lakes Area Hearts of Service Festival

Discover Ways to Volunteer. Celebrate Those Who Do. ENCORE! will have a table at this event. Come out and see all the volunteer opportunities in our community.

Date: Tuesday, June 9
Time: 11:30 am – 1:30 pm
Location: Douglas County Fairgrounds

ENJOY

- Fresh local food
- Live music from The Healers
- Games & Activities for all ages
- Volunteer opportunities for all passions.

— REFLECTIONS AND THANKS —

2026 Spring Luncheon Highlights



Our 2026 Spring Luncheon celebrated the coming of spring with 138 guests. A great meal was prepared by Janet and Ryan and served by students from Alexandria Area High School and Tina Snell. Thanks to so many volunteers that helped to make the event a success: Scott Quitmeyer, Randy Humbert and our incredible committee chaired by Toni Tebben and Denise Strand. Committee members include Lynette Dempsy, Sue Klein, Kathleen Linn, Deb Sidd, Becky Christenson and Shelli-Kae Foster. The event raised \$4,800!

Garage Sale



Garage Sale chairs: Brenda Maher, Tina Snell & Mary Hoff



Bob Ritlinger (Executive Librarian)



A big **THANK YOU** to Jingle Bells for their donation of \$2,000



Carol Navratil, Pauline Semerad & Cathy Johnson (Chair)

Thank you to our team of volunteers for another successful garage sale. Garage Sale Committee chairs include Brenda Maher, Mary Hoff and Tina Snell. Cathy Johnson chairs jewelry sales and Bob Ritlinger is the chair of the book sale. Thanks to Gene Odegard for putting up and taking down signs and to Becky and Pat Augdahl-Boehmer for providing lunch for our volunteers. All the volunteers who helped organize and price items and sold items during the sale were incredible. Thank you to Sheila Olson for the Thrivent Action Card. **Together we raised \$4,000!**

Let's give a **BIG WELCOME** to our new members!

- JoAnn Fridgen
- Darla Harstad
- John Helgeson
- Daniel & Jane Holmquist
- Sherry Lillehaugen
- Jennie Strickland
- Ben Zacher

June 2026

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1 9-3 Billiards- PR 9:30-12 Bunco A- MR 10-12 Beg. Bridge A- CR 10-12 Five Crowns- DRE 12:30-3 Samba A- DRE 12:30-4 Mens Bridge- CR 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR 5-6:30 Katy's Swing Band- DRW	2 7:30-8:30 Develop. Comm. Mtg.-MR 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 10-11:30 Technology Meeting- CR 1-2:30 Card Bingo- MR 12-3 Bridge A- CR 1-2 Chair Yoga- MR	3 8:30-10 Transition Team Mtg- MR 9-3 Billiards- PR 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW 1-2:30 Card Bingo- MR	4 CHICKEN ALFREDO 9-3 Billiards- PR 9:30-11:30 Golden K Mtg- MR 9-12 Pinochle B- DRW 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-4 Open Studio- LAS	5 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 9:30-12 Quilting- MR 10-12 Cribbage A- DRW 12:30-3 Samba B- DRE 1-3 Cribbage B- DRW	6 9:30-12:30 Whist C- DR						
8 9-3 Billiards- PR 9:05 ASC on Open Line 10-12 Beg. Bridge A- CR 10-12 Five Crowns- DRE 12:30-3 Samba A- DRE 10:30-11:30 Marketing Mtg.- MR 12:30-4 Mens Bridge- CR 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR 5-6:30 Katy's Swing Band- DRW	9 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 9-11:30 Massage- CR 9-12 Mexican Train- DRE 12-3 Bridge A- DRW 1-2 Chair Yoga- MR 6-8 North Door Jam- DRW	10 8:30-2:30 Foot Care- CR 9-3 Billiards- PR 9:30-11 Board Mtg- MR 12:30-3 Bridge D- DRE 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW 2-5 BCBS Medicare- MR	11 CHICKEN 9-3 Billiards- PR 9-12 Pinochle B- DRW 9:30-11:30 Golden K Mtg- MR 10:30-11:30 Golden K Exec Mtg- MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Safe Driving for Seniors- MR 1-4 Open Studio- LAS	12 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 10-12 Cribbage A- CR 12:30-3 Samba B- MR 1-3 Birthday Club- DR 1-3 Cribbage B- CR	13 9:30-12:30 Whist C- DR						
15 9-3 Billiards- PR 9:15-12 Bunco B- MR 10-12 Beg. Bridge A- CR 10-12 Five Crowns- DRE 12:30-3 Samba A- DRE 12:30-4 Mens Bridge- CR 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR 5-6:30 Katy's Swing Band- DRW	16 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 9:30-12 Bridge F- CR 12-3 Bridge A- CR 1-2 Chair Yoga- MR	17 9-3 Billiards- PR 10-12 ENCORE! Explorers to PDSW- Lobby 12:30-3 Massage- CR 12:30-3:30 Bridge B- DRE 12:30-3:30 Mahjong- DRW 1-2:30 Card Bingo- MR 1-3 LGF Pontoon Ride(Gen.)- Lobby	18 POLISH SAUSAGE 9-3 Billiards- PR 9-12 Pinochle B- DRW 9:30-11:30 Golden K Mtg- MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-2 Tech Time- MR 1-4 Open Studio- LAS 5-9 AARP Driver Safety- MR	19 Juneteenth 7:45-9:15 TOPS #775- MR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 9:30-12 Quilting- MR 10-12 Cribbage A- DRW 12:30-3 Samba B- DRE 1-3 Cribbage B- DRW	20 9:30-12:30 Whist C- DR Rental 12-4						
22 9-3 Billiards- PR 10-12 Beg. Bridge A- CR 10-12 Five Crowns- DRE 12:30-3 Samba A- DRE 12:30-4 Mens Bridge- CR 1-3 Bingo- MR 3:30-4:30 TOPS #36- MR 5-6:30 Katy's Swing Band- DRW	23 9-3 Billiards- PR 9-11:30 Pinochle A- DRW 9:30-12 Whist A- DRE 9-12 Mexican Train- DRE 12-3 Bridge A- DRW 1-2 Chair Yoga- MR 6-8 North Door Jam- DRW	24 8:30-10 ASC Exec Bd Mtg- MR 9-3 Billiards- PR 10-12 DT History Tour(CWAA)- Lobby 12:30-3 Bridge D- CR 12:30-3:30 Mahjong- DRW 12:30-3:30 Bridge B- DRE	25 PORK LOIN 9-3 Billiards- PR 9-12 Pinochle B- DRW 9:30-11:30 Golden K Mtg- MR 12:30-3 Bridge C- DRW 12:30-3 Scrabble- CR 1-3 Intro to Death Doulas- MR 1-4 Open Studio- LAS	26 7:45-9:15 TOPS #775- MR 8:30-2:30 Foot Care- CR 9-3 Billiards- PR 9:30-11 Rummikub- DRE 10:30-11:30 Moove & Groove- M 10-12 Cribbage A- DRW 12:30-3 Samba B- DRE 1-3 Cribbage B- DRW	27 8:30am -12:30pm AARP Driver Safety-MR 9:30-12:30 Whist C- DR						
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Notes					PRINTED 5/11/26						

MONTHLY ACTIVITIES

Check calendar for dates & times
Everyone is welcome to play!

- Billiards
 - Bingo
 - Bridge A, B, & C
 - Beginner Bridge A
 - Men's Bridge (Closed)
 - Bunco A (Closed)
 - Bunco B
 - Card Bingo
 - Cribbage A & B
 - Katy's Swing Band
 - Mahjong
 - Mexican Train (dominoes)
 - Mission Quilters
 - North Door Jam
 - Pinochle A
 - Pinochle B
 - Rummikub
 - Samba A & B
 - Scrabble
 - Whist A & C
 - Five Crowns
- Card Bingo: 1st & 3rd Wed., 1-2:30 pm
- Monday Bingo has a new twist. Different games & more games. \$6/packet. Give it a try – Each Monday at 1 pm.

Memorial Gift

Please consider a donation in memory or honor of a loved one to ENCORE! Center for Vibrant Aging. Look for an envelope by the kiosk marked "In Loving Memory" for your gift and drop it off with the front desk. Thank you!

Did you know

- ENCORE! is sponsoring Blue English on June 4 at 7 pm (Courthouse) for the Concert on the Lawn series.
- Your volunteer hours count! We track volunteer hours to provide this data to our funders. Please check in at the kiosk under 'Volunteer' with your hours on site and doing projects at home.
- We accept jewelry of all kinds! Bring items to the Center and give them to Becky for Cathy Johnson to sort through. This is a valuable fundraiser for us.

MARK YOUR CALENDAR

June 4, 7 pm
Blue English – Summer Concert Series on the courthouse lawn

June 17, 9:45 am
ENCORE! Explorers visit PDSW

June 24, 10 am
Downtown History Tour with CWWA and Rachel Barduson

August 19-22,
Douglas County Fair

Johnson from page 1

mother lives with her, as does her son, Spencer. She loves traveling, and has visited Nepal, Spain and Europe. She enjoys the arts and likes to cook, read, garden and play cards. She says she is an 'open book' with a sweet tooth.

She feels it is important to feel the sun every day and breathe fresh air!

Volunteer Opportunities

- Designing posters
- Finance Committee Member
- Spring Luncheon Chair(s)

A NOTE FROM BECKY

Program Manager and Volunteer Coordinator

Spring has been BUSY at ENCORE! Between debuting new programs such as "My Story" and wrapping up our Cash Raffle Fundraiser, we have had many opportunities to keep our members engaged. Summer features its own unique programs like "Downtown History Tours" with **Cycling Without Age Alexandria (CWWA)** as well as pontoon rides on area lakes with **Let's Go Fishing**. Mark your calendars and call our Front Desk to enjoy these summer excursions. I am so grateful for our many community partners who join with ENCORE! to create our relevant and vibrant programming!

(NOTE: We are still looking for a walking club host(s). Check with me if interested)

Angel Fund

Our "Angel Fund" is for anyone that would like to join ENCORE! but may struggle to pay the membership fee. Please contact Shelli-Kae by stopping in her office or dropping a note in the Suggestion Box. We are accepting donations to keep the Angel Fund strong.

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— Keeping you “in the know...” —

BIRTHDAY CLUB 

Friday, June 12 at 1 o'clock

Let's celebrate your birthday! We invite all members, whether it's your birthday or not, to our June Birthday Party. Join us for live music, cake, ice cream, penny bingo and more. Call by June 11 so we have enough cake for everyone! (Cake sponsored by RehabAuthority + volunteers).



Rainbow Rider Tickets
- Now Available

FREE tickets to ride Rainbow Rider to ENCORE! and back home. This opportunity is made possible from a grant from the Medica Foundation. Rainbow Rider accommodates wheelchairs and walkers, just let them know ahead of time. Call **1-800-450-7770** to line up your ride, preferably at least one day in advance.

"I love having these free Rainbow Rider tickets. When it's cold out, they pick me up at my door and the bus is always warm, and each driver has been kind. Now I don't have to worry about where to park. I think more people should know about the free Rainbow Rider tickets available at ENCORE!"

- Sandi Desmarais, ENCORE! member



ENCORE! will be at the Douglas County Fair. Eileen Niemeier will be chairing the event. She is looking for help with making lefse, Rommegrot, Kolaches, cake donuts, etc. And she needs helpers at the fair. Call the front desk to sign up starting July 6, 2026.

Lorsung Art Studio

Open Studio –
Mon, Tues, Thurs & Fri
1-4 p.m.

Resident Artist Connie Gawthrop will be “in studio” during listed times. Stop in and see what she is working on.

– **PARKING** –

If you see staff from St. Mary's this summer, thank them for not parking on the East side of Hawthorne Street this school year.

Coffee Station Sponsor for June

Thank You!



TECH TIME with Luke

Type of Scams

How many different types of internet scams are there? Answer: TOO MANY! We're going to learn about the different types of scams, how to spot them, and ways to protect your information online.



Luke Elliott

Date: Thursday, June 18
Time: 1 – 2 pm
Register: Call 762-2087
Instructor: Luke Elliott – Douglas County Outreach Coordinator

Tax Saving Idea!
Qualified Charitable Distribution QCD

- A **QCD** is a donation made directly to a qualified charity, instead of taking the money as a taxable **IRA** distribution and then donating it.
- It's a way to satisfy your **RMD** (Required Minimum Distribution) while also supporting the ENCORE! Center
- The **QCD** must be made by the **IRA trustee** directly to **ASC**.
- **QCD's** are available to taxpayers 70 ½ and older. The 2026 maximum amount that can be excluded from income is \$115,000.
- A charitable deduction cannot be claimed for any **QCD** not included in income.

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RETURN SERVICE REQUESTED



ENCORE! Stars presented "1930s Homemakers Club" at the 2026 Spring Luncheon and our Volunteer luncheon. Actresses include:
L-R Front row: Sue Klein, Irene Pratt, Vi Frisch, Carol (CJ) Jensen. Back row: Lynette Dempsey, Paulette Friday, Deb Trumm and Bonnie Beseke


- ENCORE! 2026 BOARD & STAFF -

President - Kathy Eastlund • Vice President - Scott Quitmeyer • Secretary - Scott Sonstegard
Treasurer - Jan Mahoney • David Dilly • Jeff Morse • Kelsey Meehan • Tina Snell • Erika Johnson
Executive Director - Shelli-Kae Foster • Program Manager - Becky Christenson

MISSION STATEMENT

To support active living for older adults through social, educational and creative connections.



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