

RAMBLING RIVER CENTER THE RIVER

September/October 2025

Thank You Minnwest

Party on the Minnwest Patio

You're Invited: Celebrate the New Minnwest Patio! Thanks to an incredibly generous \$50,000 donation from Minnwest, we're excited to unveil our brand-new patio and patio furniture, and we want you to help us break it in! Join us for a Party on the Patio! Enjoy brats with all the fixings plus music, games and prizes Let's come together to celebrate this amazing addition to our space and show our appreciation to Minnwest for their support. Don't miss out on the fun!



| Day | Date | Time | Deadline | Cost |
|-----|----------|-------|----------|------|
| F | Sept. 26 | 12 pm | Sept. 24 | \$15 |

Annual Breakfast and Silent Auction

The Annual Breakfast and Silent Auction are Rambling River Center's biggest fundraisers of the year. If you'd like to donate a basket for the silent auction, or you are interested in volunteering contact the center at 651-280-6970. On the menu: egg bake, fruit, cinnamon roll, juice and coffee.

| Day | Date | Time | Cost |
|-----|---------|---|------|
| Sa | Oct. 11 | Breakfast 8:30-10:30 am Silent Auction closes 11 am | \$15 |



Rambling River Center

325 Oak St., Farmington, MN 55024
7:30 am – 3:30 pm • M-F

Membership \$41 Annually
Financial Support Grants \$25 Annually
Non Member Programs Pass \$6
Non Member use of McKnight Fitness Ctr \$10

Contact Information

651-280-6970

Recreation Supervisor

Missie Kohlbeck

MKohlbeck@FarmingtonMN.Gov

Recreation Program Assistant

Stacey Popp

SPopp@FarmingtonMN.Gov

RRC Advisory Board Members

Rachel Edwards • Mary Garlets
Pat Hennen • Judy Janke • Pennie Page
Blanche Reichert • Jeff Spillman

CAP - Meals on Wheels • 612-940-9590
Transit Link Rides • 651-602-5465
Senior Linkage Line • 1-800-333-2433
Veteran's Linkage Line • 1-888-546-5838

"Committed to providing quality programs and services, while encouraging the involvement of adults over age 50 in the Farmington Community."

TRIPS & TOURS

Thrilling Thursdays

RRC Van

Thrilling Thursdays (previously Tasty Tuesdays) are short trips to restaurants in surrounding communities using the van. Fee is for the van only. Meals are on your own.

Cost: \$8 m, \$18 nm

Deadline: Friday prior to each trip

Van will pick up in front of RRC

| | | |
|----------|---|----------|
| Sept. 4 | Current Restaurant, Afton | 10:30 am |
| Sept. 18 | Charlies on Prior' Prior Lake | 10:30 am |
| Oct. 2 | Reed's Landing Brewing Co. Reed's Landing | 10:30 am |
| Oct. 16 | Mississippi Pub, Inver Grove Heights | 10:30 am |
| Nov. 6 | Rancho Loco, Cannon Falls | 10:30 am |
| Nov. 20 | Fish Tale New Prague | 10:30 am |

Red Barn Pizza ★★★

Motorcoach

Their 10-acre farm is yours to explore; visit the horses & chickens, have a local brew, play some games or check out our pesticide-free gardens, where we grow tomatoes, peppers, onions, basil and other seasonal veggies to top the pizzas. Our dough is made in-house and is vegan. Music by Zander. Pizza and drinks are on your own.

| Day | Date | Time | Deadline | Cost |
|-----|----------|----------------|----------|----------------|
| W | Sept. 17 | 3:30 pm - 7 pm | Sept. 12 | \$8 m, \$18 nm |

Activity Level Scale

This scale is an approximate guide of the activity and physical ability required for a class or a trip.

- ★ = Passive
- ★★ = Active
- ★★★ = Vigorous

Fall Fun ★★

RRC Van

We will visit the Frontenac Hills Orchard, lunch at Kelly's on the river in Red Wing.

| Day | Date | Time | Deadline | Cost |
|-----|--------|----------------|----------|----------------|
| W | Oct. 1 | 9:30 am - 4 pm | Sept. 26 | \$8 m, \$18 nm |



St. Paul Ghosts and Gables Haunted

Tour ★★

Motorcoach

Victorian ghost guide through historic Saint Paul to hear thrilling tales of haunting. Designed to give you a bit of a tingle, a shiver or a laugh while learning some interesting history of our capital city. Lunch will be at the St. Paul Grill in the St. Paul Hotel.

| Day | Date | Time | Deadline | Cost |
|-----|---------|-------------------|----------|------------------|
| Tu | Oct. 14 | 9:45 am - 3:15 pm | Sept. 15 | \$92 m, \$102 nm |

Halloween Havoc Tour ★★

RRC Van

We will be creating a tour of houses with awesome Halloween displays. After driving by and viewing the displays we will stop for dinner on your own at Newts.

| Day | Date | Time | Deadline | Cost |
|-----|---------|----------|----------|----------------|
| W | Oct. 22 | 5 - 8 pm | Oct. 20 | \$8 m, \$18 nm |

Fall Migration Tour ★★★

Motorcoach

Jim Nissen, Wildlife Tour Interpreter, will lead our tour. We will view species of waterfowl, raptors and shorebirds moving from their northern summer nesting areas to warmer southern wintering grounds. Spectacular tundra swans, majestic eagles, ducks and geese use this migration corridor. Stops along the route will extend into the La Crosse area. Bring your binoculars. Lunch will be at Blue Moon Restaurant in Onalaska, WI. Lunch includes soup, sandwich, homemade potato chips, and cookie. Other stops include L.A.R.K. Toy Factory, and the Onalaska Upper Mississippi River National Fish & Wildlife Refuge Visitor Center.

| Day | Date | Time | Deadline | Cost |
|-----|---------|-------------|----------|--------------------|
| M | Nov. 10 | 8 am - 6 pm | Oct. 12 | \$103 m , \$113 nm |



"A Christmas Carol" at the Guthrie Theater ★

Motorcoach

A miserly and miserable man, Ebenezer Scrooge greets each Christmas with "Bah! Humbug!" until he is visited one Christmas Eve by the Ghosts of Christmas Past, Christmas Present and Christmas Future. In Charles Dickens' beloved classic, the three spirits show Scrooge happy memories from his past, difficult realities from the present and a grim future should he continue his closed-hearted ways. Throughout his journey, Scrooge is forced to reckon with the man he has become and contemplate the man he could be — but only if his restless night leads to a change of heart by morning.

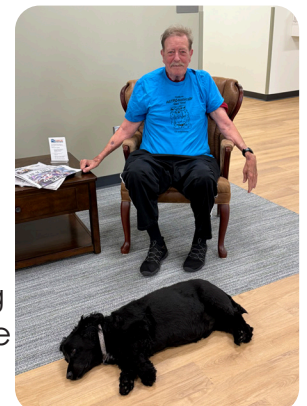
| Day | Date | Time | Deadline | Cost |
|-----|--------|--------------------|----------|-------------------|
| Th | Dec. 4 | 11:30 am - 4:15 pm | Oct. 1 | \$97 m , \$107 nm |



After postponing our trip due to high water, we had a beautiful day for the annual kayaking trip at Welch Mill. If you have an idea for a trip let us know!

Rambling River Center Merchandise

We've got t-shirts, long sleeves, crew necks, and hooded sweatshirts from Towns Sports available in navy, orange, and light blue! Prices vary depending on the product and size. The order will be submitted on Monday, Sept. 8, so be sure to get your order in ASAP. Thank you for supporting the Rambling River Center.



Also available are the Astro-nomical t-shirts. These only come in blue and are \$12. Supplies are limited pick yours up today.

HEALTHY LIVING



Fall Prevention

Dakota Co. Public Health

Did you know most falls can be avoided? Did you know you can reduce your risk of falls with light exercise? Understand the importance of fall prevention and learn tips on how to stay safe in your home.

| Instructor: Jess Luce | | | |
|-----------------------|---------|------|----------------|
| Day | Date | Time | Cost |
| Th | Sept. 4 | 1 pm | Free m, \$6 nm |

Driver's Safety

Precision Driving Center

Complete this course to get a 10% discount in your auto insurance premiums! Taught as a presentation from a certified instructor, you'll discuss challenges we face as drivers, new road designs, vehicle technology, and updates on current laws. Best of all, there are no written or behind the wheel tests! Certificate will be provided at the end of class.

Participants must take 4-hour course to initially earn the discount and then repeat the 4-hour class every three years to maintain the discount. Call 1-888-234-1294 to register. Must have 14 registered to hold class.

| Day | Date | Time | Cost |
|-----|----------|--------|------|
| F | Sept. 12 | 1-5 pm | \$24 |
| M | Oct. 20 | 1-5 pm | \$24 |

Free Member Fitness Classes

| Day | Class | Time | Instructor |
|------|--|----------|---------------------|
| M/Th | Core 2nd M each month no instructor | 10 am | Jeff Spillman |
| M | Walk/Bike/Ski no class 2nd M each month | 11 am | Jeff Spillman |
| Tu/F | SAIL | 9 am | Mary Garlets |
| W | Chair Yoga | 10:15 am | Stacey Popp |
| W | Move with Mary | 11:30 am | Mary Garlets |
| W | Cardio Strength | 1 pm | Stacey Popp |
| Th | Sit & Get Fit | 9 am | RRC Volunteer |
| Th | Meditation | 11 am | Beth Abkes-Moore |

The Foot Nurse

Mobile Foot Care By Registered Nurses

They will trim toenails, manage fungal nails, reduce corn/callus, and provide diabetic foot care. Call them to schedule your appointment at 651-829-3944.

| Day | Date | Time | Cost |
|------------------------|---------|--------------------------|-------------------|
| 2nd Tu of the month | Ongoing | Varies by appointment | \$60 m \$65 nm |

Why Sail?

SAIL = Stay Active and Independent for Life

SAIL was developed as a result of the Washington State Department of Health's Senior Falls and Prevention Staff and funded by the Centers for Disease Control and Prevention. It Works - You will be stronger. It's Fun - You will make new friends. It's Safe- Instructors are trained RSVP and VOA Wellness Leaders



Meditation

We will discuss the benefits of meditation and how to practice it. Then we will go into a 20-30 minute meditation together. Peace can be amplified with more people, so join us for your health and wellness.

| Instructor: Beth Abkes-Moore | | | |
|------------------------------|---------|-------|----------------|
| Day | Date | Time | Cost |
| Th | Ongoing | 11 am | Free m, \$6 nm |

Biking Club

Biking participants must have a bike and helmet. We will meet at the RRC green space on the west side of building each Monday to discuss location.

| Instructor: Jeff Spillman | | | |
|--|---------|-------|----------------|
| Various Trails call 651-280-6970 for weekly location | | | |
| Day | Date | Time | Cost |
| M | Ongoing | 11 am | Free m, \$6 nm |



The biking club, who also walk or cross-country ski, has been on some rides with awesome views. This photo is from Spring Lake Reserve.

Yoga

The beauty of yoga practice - whether it's your first time or your 20th year, you always start with what you have and nothing more. Room will vary.

| Instructor: Jessica Christenson | | | |
|---------------------------------|---------------------|------|-----------------|
| Day | Date | Time | Cost |
| W | Sept. 3, 10, 17, 24 | 5 pm | \$28 m, \$38 nm |
| W | Oct. 1, 8, 15, 22 | 5 pm | \$28 m, \$38 nm |

| Instructor: Stacey Popp | | | |
|-------------------------|---------|------|---------------|
| Day | Date | Time | Drop In Cost |
| F | Ongoing | 1 pm | \$5 m, \$8 nm |

Sit & Get Fit

Chair exercises are beneficial to build strength, improve, flexibility and enhance mobility while providing a stable base support.

| Instructor: RRC Volunteer Instructors | | | |
|---------------------------------------|---------|------|----------------|
| Day | Date | Time | Cost |
| Th | Ongoing | 9 am | Free m, \$6 nm |



Zumba Gold

Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. The Zumba Gold Live it Up! System is the total-body wellness program that feels like a party while it revitalizes your mind and body. No dance experience is necessary.

| Instructor: RRC Volunteer Instructors | | |
|---------------------------------------|-------|---------------|
| Day | Time | Cost |
| M | 11 am | \$5 m, \$8 nm |

PROGRAMS

Much at Lunch • Longhorn Luncheon

Enjoy a chili, corn bread, veggies and dessert from Pizza Man. Listen to the sounds of Americana and maybe even a line dance or two. Music from "Will & The Drifter".

| Day | Date | Time | Deadline | Cost |
|-----|--------|-------|----------|------|
| W | Oct. 1 | 12 pm | Sept. 26 | \$15 |

Check the calendar for regularly scheduled activities like cards and coffee.

Uber/Lyft Ridesharing Class

Ridesharing is much easier than you may think! Rideshare services include Lyft and Uber. You can use them when you don't want to drive or can't, we'll show you how. It is helpful to have a smartphone with an internet connection to participate. Register by Oct. 1 to get your FREE \$50 LYFT Code.

| Instructor: Dakota Co. Public Health | | | | |
|--------------------------------------|--------|------|----------|----------------|
| Day | Date | Time | Deadline | Cost |
| Th | Oct. 9 | 1 pm | Oct. 1 | Free m, \$6 nm |

Book Club

Love to read and chat about great stories? Come join our book club! We meet monthly to discuss books, share ideas, and enjoy each other's company. Everyone is welcome bring a friend!

| Free m, \$6 nm | | | | |
|----------------|----------|------|---------------------------------------|--|
| Day | Date | Time | Book | |
| W | Sept. 17 | 2 pm | "The Black Echo" by Michael Connelley | |
| W | Oct. 15 | 2 pm | "Daughters of the Lake" by Wendy Webb | |



Fused Glass

Make a beautiful suncatcher out of fused glass. No glass cutting is involved. Panels are 2x6" or 4x4", class takes 60-90 minutes. Maximum of 10 students. All the supplies are included in the fee.



| Instructor: Cindy Plash, Glassy Gal | | | | |
|-------------------------------------|---------|-------|----------|-----------------|
| Day | Date | Time | Deadline | Cost |
| Tu | Sept. 9 | 10 am | Sept. 5 | \$22 m, \$28 nm |



"Stained Glass" Cardinal

This beautiful cardinal looks like stained glass but is made from paper on an acrylic sheet. We will use the Cricket machine to create our cardinals.

| Instructor: Laurie Brausen | | | | |
|----------------------------|--------|------|----------|----------------|
| Day | Date | Time | Deadline | Cost |
| W | Oct. 8 | 1 pm | Oct. 3 | \$6 m, \$12 nm |

Last chance for raffle tickets, buy yours today! Your \$52 ticket has 56 chances to win. 52 - \$100 prizes, 4 - \$250 prizes

Mahjong

Calling all those who want to play or learn to play Mahjong! Mahjong is a tile-based game that originated in China in the 19th century. It is a game of skill, strategy, and luck, and has become popular worldwide. The game involves matching tiles to form sets and sequences.

| Day | Date | Time | Cost |
|-----|---------|------|----------------|
| W | Ongoing | 9 am | Free m, \$6 nm |



Bingo

At The Legacy of Farmington

The Legacy has invited us to play Bingo with them. We will follow the same format. Enjoy some treats and meet some new friends.

| Day | Date | Time | Cost |
|--|----------|----------|------|
| The Legacy of Farm, 22300 Denmark Ave. | | | |
| F | Sept. 12 | 10:30 am | \$24 |

Dum Ditties Dulcimer Concert

Enjoy the beautiful sounds of the dulcimer! The Dum Ditties will offer a free concert here at the RRC.

| Day | Date | Time | Cost |
|-----|----------|------|------|
| M | Sept. 22 | 1 pm | Free |



Women's Coffee

Join this group of friendly women for a cup of coffee and lots of fun discussion!

| Day | Date | Time | Where | Cost |
|-----|---------|-------|-------|----------------|
| Tu | Ongoing | 11 am | RRC | Free m, \$6 nm |

Metro Dining Cards will be here soon, they make great gifts. Check with the desk for availability.

Thursdays with a Movie

This is a great event to invite your friends to, all the movies are free.

| Rambling River Center, 325 Oak St. | | |
|------------------------------------|--|------|
| Date | Movie | Time |
| Sept. 18 | "The Family Plan" Dan Morgan (Mark Wahlberg) is many things: a devoted husband, a loving father, a care salesman. He's also a former assassin. When his past catches up to his present, he's forced to take his unsuspecting family on a road trip like no other. | 1 pm |
| Oct. 16 | "Greyhound" In a thrilling WWII story inspired by actual events, Captain Ernest Krauser (Tom Hanks) leads an international convoy of 37 ships on a treacherous mission across the Atlantic to deliver soldiers and supplies to Allied forces. | 1 pm |

Mexican Train Dominos

Let's Play Mexican Train Dominoes! This is a game played with a set of double-six dominoes. The main objective is to be the first player to play all your dominoes or have the fewest points remaining at the end.

| Day | Date | Time | Cost |
|-----|---------|------|----------------|
| W | Ongoing | 2 pm | Free m, \$6 nm |

SEPTEMBER CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| 1 CLOSED | 2 9:00 SAIL 11:00 Women's Coffee 1:00 Woodcarvers | 3 9:00 Day Old Bread 9:00 Coffee Guys 9:00 MahJong 10:00 Coloring 10:15 Chair Yoga 11:30 Move with Mary 1:00 Cardio 2:00 Mexican Train 5:00 Yoga | 4 9:00 Sit & Get Fit 10:00 Pinochle 10:00 Core 10:30 Current Restaurant 11:00 Mediation 1:00 Fall Prevention | 5 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga Deadline for Fused Glass Sun Catcher Class |
| 8 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Zumba Gold 11:00 Walk/Bike/Ski 12:00 Recycled Cards 12:30 Dulcimers | 9 7:30 The Foot Nurse 9:00 SAIL 10:00 Fussed Glass Sun Catchers 11:00 Women's Coffee 1:00 Woodcarvers | 10 9:00 Day Old Bread 9:00 Coffee Guys 9:00 MahJong 10:00 Coloring 10:15 Chair Yoga 11:30 Move with Mary 1:00 Cardio 2:00 Mexican Train 5:00 Yoga | 11 9:00 Sit & Get Fit 10:00 Pinochle 10:00 Core 11:00 Mediation 7:00 Model Railroad Club | 12 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 10:00 Embroidery 10:30 Bingo @ Legacy Club 1:00 Yoga 1:00 Driver Safety Deadline to order Red Barn Pizza |
| 15 9:00 Day Old Bread 9:00 Coffee Guys 9:30 Advisory Board Meeting 10:00 Core 11:00 Zumba Gold 12:00 Recycled Cards 12:30 Dulcimers Deadline for Ghosts & Gables Tour | 16 9:00 SAIL 11:00 Women's Coffee 1:00 Woodcarvers 3:00 Open Door | 17 9:00 Day Old Bread 9:00 Coffee Guys 9:00 MahJong 10:00 Coloring 10:15 Chair Yoga 11:30 Move with Mary 1:00 Cardio 2:00 Book Club 2:00 Mexican Train 3:30 Red Barn Pizza 5:00 Yoga | 18 9:00 Sit & Get Fit 10:00 Pinochle 10:00 Core 10:30 Charlies on Prior 11:00 Mediation 1:00 Movie "The Family Plan" | 19 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga |
| 22 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Zumba Gold 11:00 Walk/Bike/Ski 12:00 Recycled Cards 1:00 Dum Ditties Dulcimer Concert | 23 9:00 SAIL 11:00 Women's Coffee 1:00 Woodcarvers | 24 9:00 Day Old Bread 9:00 Coffee Guys 9:00 MahJong 10:00 Coloring 10:15 Chair Yoga 11:30 Move with Mary 1:00 Cardio 2:00 Mexican Train 5:00 Yoga | 25 8:45 Scandia with Doug Ohman 9:00 Sit & Get Fit 10:00 Pinochle 10:00 Core 11:00 Mediation | 26 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 10:30 Bingo 12:00 Party on the Patio 1:00 Yoga Deadline for Fall Fun Tour and Longhorn Luncheon |
| 29 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Zumba Gold 11:00 Walk/Bike/Ski 12:00 Recycled Cards 12:30 Dulcimers | 30 9:00 SAIL 11:00 Women's Coffee 10:00 Embroidery 1:00 Woodcarvers | | | |

OCTOBER CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| | | 1 9:00 Day Old Bread 9:00 Coffee Guys 9:00 MahJong 9:30 Fall Fun Tour 10:00 Coloring 10:15 Chair Yoga 11:30 Move with Mary 12:00 Longhorn Luncheon 1:00 Cardio 2:00 Mexican Train 5:00 Yoga Deadline for "A Christmas Carol" @ the Guthrie | 2 9:00 Sit & Get Fit 10:00 Pinochle 10:00 Core 10:30 Reed's Landing Brewing Co. 11:00 Mediation | 3 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga Deadline for "Stained Glass" Cardinal |
| 6 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Bike/Ski 11:00 Zumba Gold 12:00 Recycled Cards 12:30 Dulcimers | 7 9:00 SAIL 11:00 Women's Coffee 1:00 Woodcarvers | 8 9:00 Day Old Bread 9:00 Coffee Guys 9:00 MahJong 10:00 Coloring 10:15 Chair Yoga 10:15 Move with Mary 11:30 Cardio 1:00 "Stained Glass" Cardinal 2:00 Mexican Train 5:00 Yoga | 9 9:00 Sit & Get Fit 10:00 Pinochle 10:00 Core 11:00 Mediation 1:00 Rideshare Class 7:00 Model Railroad Club | 10 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga |
| 13 9:00 Day Old Bread 9:00 Coffee Guys 9:30 Advisory Board Meeting 10:00 Core 11:00 Walk/Bike/Ski 11:00 Zumba Gold 12:00 Recycled Cards 12:30 Dulcimers Deadline for Fall Migration Tour | 14 7:30 The Foot Nurse 9:00 SAIL 9:45 St. Paul Ghost and Gables 11:00 Women's Coffee 1:00 Woodcarvers | 15 9:00 Day Old Bread 9:00 Coffee Guys 9:00 MahJong 10:00 Coloring 10:00 Ribbon Cutting Celebration 11:30 Move with Mary 1:00 Cardio 2:00 Mexican Train 5:00 Yoga | 16 9:00 Sit & Get Fit 10:00 Pinochle 10:00 Core 10:30 Mississippi Pub 11:00 Mediation 1:00 Movie "Greyhound" | 17 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga |
| 20 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Bike/Ski 11:00 Zumba Gold 12:00 Recycled Cards 12:30 Dulcimers 1:00 Drivers Training Deadline for Halloween Havac Tour | 21 9:00 SAIL 11:00 Women's Coffee 1:00 Woodcarvers 3:00 Open Door | 22 9:00 Day Old Bread 9:00 Coffee Guys 9:00 MahJong 10:00 Coloring 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 2:00 Book Club 2:00 Mexican Train 5:00 Yoga 5:00 Halloween Havoc Tour | 23 9:00 Sit & Get Fit 10:00 Pinochle 10:00 Core 11:00 Mediation | 24 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga 5:30 Halloween Walk |
| 27 9:00 Day Old Bread 9:00 Coffee Guys 10:00 Core 11:00 Walk/Bike/Ski 11:00 Zumba Gold 12:00 Recycled Cards 12:30 Dulcimers | 28 9:00 SAIL 11:00 Women's Coffee 10:00 Embroidery 1:00 Woodcarvers | 29 9:00 Day Old Bread 9:00 Coffee Guys 9:00 MahJong 10:00 Coloring 10:00 Newsletter Mailing Prep 11:30 Move with Mary 1:00 Cardio 1:00 Coloring 2:00 Mexican Train | 30 9:00 Sit & Get Fit 10:00 Pinochle 10:00 Core 11:00 Mediation | 31 9:00 Coffee Guys 9:00 SAIL 10:00 Cribbage 10:30 Bingo 1:00 Yoga |

NEED TO KNOW



Grand Re-opening and Ribbon Cutting

We truly appreciate your support. If you missed the event—no worries! You're always welcome to stop by during our open hours. And don't forget to bring a friend! Special thanks to Mayor Hoyt, Congresswoman Angie Craig, Advisory Board Chair Mary Garlets and Parks and Recreation Director Kellee Omlid for their comments. Senator Tina Smith couldn't make it but her staff, Saolia Tucker read her comments. You can read them below.

A Note from Senator Tina Smith

Dear friends,

Congratulations on the Grand Reopening of the Rambling River Center. I wish I could be with there with you all to celebrate the start of an exciting new chapter. This space has been a cornerstone for connections and learning.

I was proud to join Sen. Klobuchar and Rep. Craig in securing federal funding to equip the Center to continue its mission of serving residents of all ages. The Rambling River Center is more than just a building; it reflects the spirit of Farmington itself.

Congratulations to the City of Farmington, the dedicated staff and volunteers, and all the community members who supported this effort.

Sincerely,

Tina Smith
United States Senator



We will be celebrating the Minnwest Patio in September. Please join us then. More information can be found on page 1.

Movie in the Park

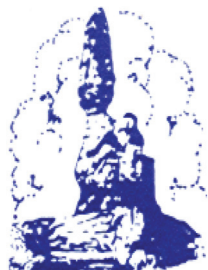
Bring snacks, a cooler and a blanket or chair and enjoy the movie "Pirates of the Caribbean". Don't forget the bug spray!

| Distad Park, 18200 Danbury Ave. | | | |
|---------------------------------|---------|------|------|
| Day | Date | Time | Cost |
| Sa | Sept. 6 | 7 pm | Free |



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The Senior LinkAge Line® is a free, statewide service of the Minnesota Board on Aging in partnership with Trellis, the area agency on aging for the Twin Cities metro area.



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Call us at 800-333-2433 or TTY 711



MINNWEST BANK®



Stay Active & Independent for Life (SAIL)



ZUMBA® gold



Zumba® Gold was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a much lower intensity. Same great Latin styles of music and dance are used. Zumba® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart.

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City of Farmington
Rambling River Center
325 Oak Street
Farmington, MN 55024

HAPPY BIRTHDAY

SEPTEMBER



| | |
|---------------------|----------------------|
| 1 Janet Oistad | 20 Megan Widmer |
| 1 Mary Langevin | 21 Joan Fritchman |
| 2 Deb Kniebel | 22 Mary Fiscus |
| 2 Dorothy Schmidtke | 22 Kim Lomas |
| 3 Darryld Oistad | 22 Denise Ristow |
| 3 Judy Pilcher | 24 Lori Hanten |
| 4 Kathryn Akin | 24 Salley Nebel |
| 4 Miriam Baez | 24 Holly Schniler |
| 5 Lloyd Farver | 25 Richard Anderson |
| 6 Judy Janke | 25 Lauri Englund |
| 6 Donna Lopez | 26 Cheryl Henry |
| 7 Don Summers | 26 Michael Dagendesh |
| 8 Conrad Adelmann | 27 Jerome Ell |
| 11 Jerry Hastreiter | 28 Larry Aherns |
| 11 Joyce Switzer | 28 Michael Dagendesh |
| 12 Alice Blaha | 28 Mary Gjerde |
| 13 Ann Kielas | 28 Ken Jax |
| 14 Carolyn Hinkle | 28 Jeff Spillman |
| 15 Cheryl Hince | 29 Ron Reiersen |
| 16 Robin Grundman | 29 Karen Cole |
| 16 Sue Kiser | |
| 16 Carol Ott | |
| 16 Kathy Rasinowich | |
| 17 Shelley Beard | |
| 17 Raymond Holford | |
| 18 Marilyn Emond | |
| 19 Jean Crewson | |
| 20 Gwendolyn Erdman | |
| 20 Irene Krohn | |

OCTOBER



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|----------------------|--------------------|
| 1 Karen Finsteun | 26 Debra Kelley |
| 1 Renee Senger | 26 Dee Parker |
| 1 Carla Utter | 26 Marilyn Switzer |
| 3 Bruce Erickson | 27 Art Hubbard |
| 3 Michael Higgins | 27 Richard Schmidt |
| 4 Robert Hemish | 28 Kent Tonsager |
| 4 Lynn Nordine | 29 Jane Jacobson |
| 5 Sheila Stanczyk | 29 Kathleen Smith |
| 6 Mary Lampher | 30 Pat Walls |
| 7 Emily Svendsen | 31 Kristine Tullis |
| 10 Arvin Cole | |
| 11 Lynne Benson | |
| 13 Linda Maskel | |
| 14 Randy Oswald | |
| 14 Mary Rosendahl | |
| 14 Jennifer Walls | |
| 16 Melvin Henrich | |
| 16 Patricia Jacobson | |
| 16 Marilyn Walton | |
| 17 Lyndsey Crawford | |
| 18 Mark Hinderaker | |
| 18 Ilene Mellin | |
| 18 Steve Wilson | |
| 19 Joseph Emond | |
| 20 Laurie Steurbaut | |
| 21 Rick Schinler | |
| 24 Jackie Dooley | |