

THE JUNE 2013 HEALTHY LIVING LISTINGS

Local events, programs and groups to help you improve your health and happiness

Dodge Refreshed

Making healthy choices a priority

 find us on facebook!

I WANT TO MOVE

ALL-COMERS TRACK MEET

Run fast, jump high, throw far! All ages are welcome. No cost!

6/30, 7/25, 8/28; 6-7 pm

at K-M Stadium
K-M Community Ed.
www.kometes.k12.mn.us

DODGE COUNTY TRAILS ASSOCIATION

Trails for Walking and Biking

Maps available at site
www.co.dodge.mn.us/links_trails.html
or call 507-635-6239

HAYFIELD CO-ED SOFTBALL LEAGUE

Get outside and play ball

Hayfield Parks & Rec
Contact Kasey Krekling
507-259-0192

THE CENTER CLINIC FITNESS CLASSES

Come for our classes including zumba and step!

Mon/Wed 4-5pm, Tue 9am, Thur 6pm
Center Clinic
507-634-4464
www.kometes.k12.mn.us

DODGE CENTER BIKE CLUB

Advanced bike ride, averaging 12mph for 10-12mi at a time on County Roads

Tu, Th 6-7am
Triton Community Ed.
507-374-2808
www.triton.k12.mn.us

TAEKWONDO FOR FAMILIES

Exciting, informative and an excellent workout

Triton Community Ed.
T 6:30-7:30pm
TES Multipurpose Room
507-259-5308
www.triton.k12.mn.us

ZUMBA

Exhilarating, effective and easy-to-follow, dance-fitness party

Triton Community Ed.
Th 6:30-7:30pm, Sat 8-9am
TES Cafeteria
507-374-2808
www.triton.k12.mn.us

FIT KIDS CAMP

Grades K-5, Day camp with fun activities which focus on fun ways to be active and have healthy snacks! Cost: \$15

K-M Community Ed.
507-634-4464
www.kometes.k12.mn.us

I WANT TO DISCOVER

MEDICAL RESERVE CORPS VOLUNTEER ORIENTATION

Be ready to help, from flu clinics to floods. For medical and non-medical volunteers

June 10, 6-8pm or
June 15, 9-11am
Triton High School
Dodge County Public Health 507-635-6157

KASSON PUBLIC LIBRARY EVENT: RAD ZOO

Reptile & Amphibian Discovery Zoo coming to the K-M High School Gym

June 19, 10:30am
507-634-7615
www.kasson.lib.mn.us

RED BARN LEARNING FARM

Where everyday is a field trip! Explore the farm, attend movie nights and barn dances, or take a trolley tour

507-272-7465
www.redbarnlearningfarm.com

DODGE CENTER LIBRARY EVENT: CLICKS, CLAPS, AND CLUNK!

A percussion trio entertains with commonly found items as their instruments
507-374-2275
www.ci.dodgecenter.mn.us

I WANT TO CONNECT

COMMUNITY CELEBRATION CHURCH MOPS

Mothers of preschoolers are invited to meet and be encouraged

1st and 3rd Wednesdays
9:30-11am
507-634-1463
www.communitycelebrationchurch.org

MANTORVILLE ART GUILD OPEN STUDIO

Connect, learn and be creative together

Wednesdays
Kids: 3:30-5:30pm
Adults: 6-8pm
507-635-5665
www.mantorvilleartguild.org

THE FAMILY DINNER PROJECT

A movement of food, fun, and conversation about things that matter

617-290-6430
www.thefamilydinnerproject.org

PARENT/CHILD CLASSES

*-Preschool in the Park
-Summertime Babies
-Summertime Toddlers*

Weekly activities, stories, and parent discussions
Contact K-M Community Ed. for details
www.kometes.k12.mn.us

SPOTLIGHT: FREE SWIMMING TUESDAYS

Get out your swimsuit and be active at a local Dodge County pool! Supported by participating Dodge County pools, Dodge County Public Health, and the UCare Grant.

Dodge Center Pool: June 11, July 9, August 13; 12-8:30pm
Hayfield Pool: June 25, July 23, August 27; 1-5pm & 6:30-8:30pm
West Concord Pool: June 18, July 16, August 20; 1-5pm & 6:30-8:30pm

Dodge County Public Health, 507-635-6157

