

THE OCTOBER AND NOVEMBER 2013 HEALTHY LIVING LISTINGS

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



I WANT TO MOVE

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

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

TRITON FITNESS CENTER
Now open to the public!

Triton Community Ed.
MWTh 7:30-9:30pm
Sat 8am-Noon

Cost: \$1/visit
www.triton.k12.mn.us

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.komets.k12.mn.us

I WANT TO DISCOVER

ADULT ESL CLASS
For those who want to learn English as their second language.

No cost
Tuesdays 6-8:00pm
Triton Elementary doors

Triton Community Ed.
507-374-2808
www.triton.k12.mn.us

14TH ANNUAL PARENT RESOURCE FAIR
Learn useful parenting skills and tips

October 24, 5:30-8pm
Triton High School

Dodge County Family Services Collaborative
507-634-4334

DOLLARS & SENSE SEMCAC CLASS
Free financial literacy classes. Meal provided!

January 20, 5-8:00pm
Owatonna

Contact Michele to reserve your seat!
507-341-7134

COMMUNITY ENERGY SERVICES PRESENTATION
Conserve energy in your home this winter

Saturday, Nov 2nd 9:00am

Daniel's Restaurant
Kasson
(507) 634-7071

DODGE CENTER LIBRARY BOOK CLUB
Get together to read and discuss with the "Just Browsing" Book Club.

4th Tuesdays, 2:00pm

507-374-2275
www.ci.dodgecenter.mn.us

KASSON PUBLIC LIBRARY STORYTIME
Read, listen, and do crafts and activities!

Mondays 6pm,
Tuesdays and
Wednesdays 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

MEDICAL RESERVE CORPS
Medical and non-medical volunteers are needed to train to respond to disasters

Dodge County Public Health
507-635-6150

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

www.thefamilydinnerproject.org

A PLACE AT THE TABLE
Join in for a free community dinner. All are welcome!

Wednesdays 5:30-6:30pm

St. Peter's Episcopal Church
101 NE First Street Kasson
507-634-6081

SPOTLIGHT: NO TRICKS, JUST TREATS!

Please join Kristin Cerda, Dodge County Public Health Dietitian, to make some spooky, creepy, crawly snacks that you'll want to sink your teeth into! Recipes will be available to take home.

Saturday, October 26, 2013; 10:00am-Noon
Erdman's County Market
19 2nd Ave NW, Kasson

Contact Kristin at (507) 635-6134 with any questions.

