

THE AUGUST 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!

8/28; 6-7 pm

at K-M Stadium
K-M Community Ed.
www.komets.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.komets.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

KASSON AQUATIC CENTER

Cool off and get some exercise this summer!

Monday-Sunday
12:00-9:00pm
507-634-7755
www.cityofkasson.com

I WANT TO DISCOVER

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

PARENTS DID YOU KNOW?

A chance to become educated on up-to-date child safety information

Saturday Sept 7
8:00am-12:00pm
Triton High School
To sign up, email
mcje303@kmtel.com

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.komets.k12.mn.us

SPOTLIGHT: KASSON CLINIC COMMUNITY GARDENS

The Kasson Clinic partnered with Dodge County Master Gardeners and Kasson Public Library to plant 5 raised beds in front of the clinic. Many of the vegetables and herbs are now ready! The gardens are open to all community members to maintain and pick freshly grown produce.



For questions, contact Liz at olive.elizabeth@mayo.edu or call 507-923-3470.