

Community Connections September 2024

Published by **Love In the Name of Christ** (Love INC of Douglas County Lakes Area) Phone: 320-759-3022 www.loveincdouglas.org
Churches partnering to transform lives with life skills classes, clothing, shoes, personal care items, furniture (referrals through Love INC to the Caring and Sharing Room), Rainbow Rider passes, gas cards, appliances (must take a class to qualify), Christmas toys, blankets, and prayer.

Connections For All Ages

Ecumen Bethel Manor and Winona Shores Lake Shore Fundraiser – Join Ecumen Bethel Manor and Winona Shores are excited to invite you to our fundraiser event in support of the Lake Shore Restoration Project on **September 4th** from 4 PM – 6 PM at 906 Ash St, Alexandria for live music, delicious treats, BBQ food truck on site for purchase. This event is a free will donation, and all proceeds will go towards our ongoing restoration efforts of the Lake Shore Restoration Project.

Card Making Class – Join Bethesda Lutheran Church (1204 Nokomis St, Alexandria) on **September 6th** at 6 PM to make 4 fun Christmas cards. This event is. Both an in-person event and live on Facebook. The cost is \$10 per kit and most supplies will be provided. If you could bring a previously obtained tape runner and a bone folder (or hard plastic card like an old gift card) for creasing card stock, that would be appreciated! There are limited number of kits available so please call the church office at 320-763-5164 to reserve a kit.

OPSAVER 5K Run, Walk, Ruck – The OPSAVER (Operation Prevention Suicide Among Veterans & Emergency Responders) 5K Run, Walk, Ruck is being held on **September 7th** at 10 AM at the YMCA (110 Karl Dr, Alexandria). There is no cost to participate or register. Come join and raise awareness and support for our veterans and first responders. Registration link is available here: <https://www.eventbrite.com/e/op-saver-5k-walk-run-ruck-tickets-890459146277>

Mom & Baby Movement Workshop – Bond, move, and build strength! Join Dr. Hillary's on **September 7th** from 9:30m AM – 11 AM for a FREE Mom & Baby Movement Workshop at the Alexandria Area YMCA (110 Karl Dr, Alexandria)! Pelvic floor work for moms, playful exercises for pre-crawlers, and fun for both! Register: www.alexandriaymca.com/super-moms

Kickoff Sunday – Join New Life Christian Church (1910 County Rd 82 SE, Alexandria) for kickoff Sunday on **September 8th** at 11:45 PM! This event is for all ages! Join us for free food & fun and remember to invite your friends!

Shalom's Family Palooza – Kick off the school year with a bang at Shalom's Family Palooza held at Shalom Lutheran Church (681 Voyager Dr, Alexandria) on **September 8th**! With fun, games, and food for all ages, it's an event you won't want to miss. Worship at 9:30 AM, followed by Family Palooza from 11 AM – 3 PM.

Church Family Chili Cook-Off – Join Lake Community Church (490 Voyager Dr, Alexandria) on **September 8th** from 4:30 PM – 7 PM as we kick off the fall season with a church-wide chili cook-off. Let's gather as a church family for a time of fellowship and delicious chili as we hear about opportunities to engage as a church body this year. You can enter your secret recipe into the competition or simply come, taste, and vote. Register here: <https://lake-community-church-46499.churchcenter.com/registrations/events/2424642/reservations/03844f90-a59d-4581-97e4-b078263a6aa4>

Remembrance Walk – Join us for our 4th Annual KT Remembrance Walk at beautiful Lake Brophy Park (2175 Brophy Landing NW, Alexandria) on **September 8th**. This is a day to celebrate and remember our loved ones in heaven! Registration begins at 1 PM, Walk to remember our loved ones at 2 PM, Music and Program at 3 PM, and Close of Program at 4:30 PM. Purchase a ticket and donate here: <https://givebutter.com/ktremembrancewalk>

Listen & Learn: Inspiring Action for an Abuse-Free Community – Join a presentation by United Communities Advocating Non-Violence Alexandria to learn how we can collectively work toward a peaceful community free from abuse during a one-hour, informative, virtual Listen & Learn event on **September 10th** from 12 PM – 1 PM. To register for this **virtual** event, visit: <https://web.alexandriamn.org/atlas/events/4822/register>

Classes & Community – A night complete with a meal, fellowship, and spiritual emphasis at Alexandria Covenant Church (4005 Dakota St, Alexandria) on **September 12th** from 6 PM – 8 PM. Meal is served at 6 PM followed by classes at 6:30 PM. Browse available classes and register here: <https://alexandriacovenant.org/event/classes-community/>

A Special Time at Country Blossom Farm – Join The Windmill Project on **September 12th** from 4 PM – 6 PM for a special time at Country Blossom Farm. **For those with special needs & their families & friends.** A quieter time at the farm to enjoy with other families in an accommodating & understanding environment. \$5 per person (3 years old and under are free). All attractions will be open, and a golf cart is available for those with limited mobility.

Apol's Harley-Davidson Open House – Join us to honor all Military Service Members and First Responders past and present on **September 14th** from 9 AM – 4 PM at Apol's Harley-Davidson (1515 42nd Ave W, Alexandria). Food from 11 AM – 2 PM (while supplies last). Military service and First Responders, show your ID for free gifts and 20% off genuine license products.

Praise & Worship Night – Join The Church of St. Mary (420 Irving St, Alexandria) on **September 15th** from 6:30 PM – 8 PM for a praise and worship night. All ages invited!

Taste of Belonging – Join the Douglas County Library (720 Fillmore St, Alexandria) on **September 16th** from 12 PM – 1 PM for Taste of Belonging, our first annual community celebration of culinary culture. Stop in to taste a sample dish representing the cuisine of different countries and cultures worldwide. Be sure to come hungry! Want to share a taste of your culture or native country? Let us know! Call 320-762-014 to reserve a table.

Love INC Transformation Ministry Classes – will start **Sept. 17**. Classes will be held every Tuesday through Nov. 19 from 6 – 7:30 PM. There will be a free meal and childcare provided. Class will be held at Lake Community Church (490 Voyager Dr, Alexandria). For more information or to register, please go to loveincdouglas.org/class-registration.

Trauma Responsive: Putting the Science into Practice – Come to Broadway Ballroom (115 30th Ave E, Alexandria) on **September 17th** at 6 PM to listen to move mindfully with Kathy Flaminio. No registration required, free to attend, presented by Region 4 South Mental Health Consortium.

Alexandria Diversity Fest – Enjoy a wide variety of cultural foods plus free entertainment at Alexandria's Diversity Fest! Food and beverage samples are \$1 each, tickets are purchased at the event (cash only). Fun for all ages! Group dance starting at 6 PM. Event held at the Alexandria Technical College Law Enforcement Building (1601 Jefferson St, Alexandria) on **September 19th** from 3:30 PM – 6:30 PM.

Alexandria Community Education – Credit Reports & Scores – Get answers to the following questions: What is a credit report? How is a credit score determined? What is a credit report used for, and how do you keep it in a good condition? Join Alexandria Community Ed on **September 19th** from 5 PM – 6 PM at Discover Middle School (510 McKay Ave N, Alexandria). Please register at <https://alexandria.ce.elevo.com/course/9263/adult-fall-2024-summer-2025/credit-scores-and-reports>

Alexandria Cub Scouts Sign Up & Info – Scout Me In Alexandria! Are you ready for adventure? Alexandria Area Cub Scouts are inviting all girls and boys in grades K-5 to join Cub Scouts! Whether it's camping, hiking, building Pinewood Derby cars, or making new friends, Scouting offers fun and excitement for everyone. Come to Woodland Elementary (1410 McKay Ave S, Alexandria) on **September 19th** from 6 PM – 7 PM to learn more!

3rd Annual Recovery Walk – Help stomp the stigma! Join WRecovery Alexandria for the 3rd Annual Recovery Walk on **September 20th** from 5:30 PM – 7 PM. We'll start at Big Ole Park (2nd Ave and Broadway, Alexandria), walk about 10 blocks, returning to the park for burgers, hotdogs, and fellowship. ALL community members are welcome! We DO recover! For more info call: 320-298-1768.

Lakes Area Humane Society PAWSTAPALOOZA – All well-behaved critters and humans welcome! Please join Angelina's Restaurant & Bar on the patio (1215 MN-29 N, Alexandria) on **September 21st** from 2 PM – 5 PM for the first ever PAWSTAPALOOZA, a FUNdraiser for Lakes Area Humane Society, featuring a free will donation for a plate of pasta and breadsticks and raffle prizes. Please contact Ida for more info: 320-808-8227.

Listen & Learn: Strategies for Saving – How can business owners reduce utility bills? What are some sustainable practices they can easily implement in their business? Learn these answers and more during a one-hour, informative, virtual Listen & Learn event on **September 25th** from 12 PM – 1 PM. To register for this free **virtual** event, visit <https://web.alexandriamn.org/atlas/events/listen-learn-strategies-for-saving-boost-energy-efficiency-save-money-at-your-business-4819/register>

Walk to End Alzheimer's – Join us on **September 28th** from 9 AM – 2 PM at Runestone Museum (206 Broadway St, Alexandria) for an inspiring event full of hope. It is a great way to honor a loved one and connect with a community of others impacted by this disease. Registration is free, and fundraising is encouraged. Pre-registration is highly recommended but on-site registration and donation collection will also be available. Register here: https://act.alz.org/site/TR/Walk2024/MN-Minnesota-NorthDakota?fr_id=17707&pg=entry

Saturday Art Market – Varied artisans, food, and live music all summer. Held at Big Ole Park (2nd Ave and Broadway, Alexandria) **every Saturday in September** from 9 AM – 1:30 PM.

Alexandria Farmers Market - Full line of locally grown fruits, vegetables, meat, baked goods, as well as an Art Market including artisans', food, and live music (Art Market just on Saturdays). Located on Broadway & 2nd Ave in Big Ole Park, 1/2 block N of the Chamber Office. **May 11 thru Oct 31**: Sat. 9 AM – 12 PM, Tues. 9 AM – 12 PM, Thur. 3 PM – 6 PM

Kid Connections

Story Hour at Cherry Street Books – Join Cherry Street Books (503 Broadway St, Alexandria) on **Saturdays** for a fun filled mornings from 10 – 11 AM. Geared for kids ages 3-5 we will sing songs, read stories, and make crafts.

Douglas County Library – has many storytime hours and activities going on at the library (503 Broadway St, Alexandria) daily. Please see their website for more information. <https://www.douglascountylibrary.org/events>.

Teen Connections

Middle School Movie Night – Grades 6-8, join The Church of St. Mary (420 Irving St, Alexandria) on **September 13th** from 6:30 PM – 8:15 PM to watch Inside Out 2. Popcorn provided, bring snacks and a drink!

Adult Connections

Mocktail Monday @ The Lounge – Join Ollie Birch Boutique + Lounge (518 Broadway St, Alexandria) every Monday from 4 PM – 7 PM for a free in-store tasting event. Whether you're looking for a flavorful drink without alcohol or simply want to enjoy a fun evening out, our expertly crafted mocktails are sure to delight your taste buds. *Must be 21 to participate in the tasting.

Young Families Sundays – Join Lake Community Church (490 Voyager Dr, Alexandria) **every 1st and 3rd Sunday** of the month from 3:30 – 5 PM or 5 – 6:30 PM for a Bible study to bring together young families to share experiences and learn about God together. New families welcome to join any time! Contact Tyler Hauck for more details: hauck_tyler@yahoo.com. Sign up for the 3:30 session here: https://lcc.ministryplatform.com/portal/event_signup.aspx?id=9337.

Young Adults Ministry – Meets **every Thursday** at 6:30 PM at Reach Church (1310 N Nokomis NE, Alexandria).

Refine Your Rhythm Women's Group – was created to offer an opportunity come together every **2nd Saturday of the month** from 9 AM – 11 AM at Crossings Life's Bridges, LLC (5396 Peaceful Ln NE, Carlos) to unwind, experience connection, and shift your rhythm in an emotionally safe space. Learn from others. Increase your self-compassion. Give yourself grace. Join us when your schedule permits and the time is right for you. Must register for each session you attend at <http://www.crossinglifesbridges.com/events-2>.

Mom's Group – This is a group for moms with children of all ages to engage in fellowship and community as we encourage one another on the **1st and 3rd Wednesdays of each month** at 9:30 AM at Reach Church (1310 N Nokomis NE, Alexandria). Children are invited to join you!

Senior Connections



Senior Coffee – The first Tuesday of every month join Calvary Lutheran Church (605 Douglas St, Alexandria) from 10 AM – 11 AM.

Ready Ride – Safe, friendly rides helping adults 65+ maintain independence. Call Ready Ride at 218-685-7433 for more information.

Senior Linkage Line – a service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. Call 800-333-2433 for information on a variety of services such as Aging in Place, Caregiving, and Medicare. mn.gov/senior-linkage-line/

Alexandria Senior Center – Open weekdays 9:00 AM - 3:30 PM (414 Hawthorne St, Alexandria). For more information on all their many exciting events, call 320-762-2087 or visit their website at www.alexsrctr.org.

Aging In Place Program – sponsored by Habitat for Humanity of Douglas County to make improvements to your home for safety, accessibility, or energy efficiency for people 65+. To find out more, please call 320-762-4255.

Dancing Sky Area Agency on Aging – Dancing Sky works with rural communities to help older adults stay in control of their choices. Go to www.dancingskyaaa.org for more information on programs for older adults and caregivers in your area. Follow Dancing Sky Area Agency on Aging for updates and information. Contact the Senior Linkage Line for assistance on options for seniors at 800-333-2433.

Support Groups



Sundays

Recovery Game Day – Every **third Sunday** at the Alano Club, 12 – 4 PM (1604 Jefferson St, Alexandria).

Friends & Family Game Day – Get ready for an evening filled with laughter, competition, and quality family time at ArtisTree Café (2020 Fillmore St, Alexandria) **every Sunday** from 2 PM – 6 PM for Friends & Family Game Night! Whether you're a seasoned board game enthusiast or just looking to unwind with your loved ones, this free event promises something for everyone.

Mondays

Amazing Journeys Support Group for Weight Loss – Meets **second and fourth Mondays** from 6 – 7:30 PM at the YMCA. For more information, please call Betty at 320-304-3444.

Navigating Autism Together – Living Word Lutheran Church (1722 16th Ave E, Alexandria) meets **the third Monday** of each month from 7 PM – 9 PM to support care givers of autistic individuals.

Tuesdays

Young Couples without Kids – This Life Group is an ongoing group that meets **every Tuesday** 7 – 8:30 PM with the purpose of growing deeper in community with others and studying the Bible regularly. Topics and studies will change periodically, but they are intended to establish a strong foundation in the faith. Located at the Peterson home (1804 Oak Knoll Dr. NE, Alexandria) contact Andrew Paskewitz at andrew.paskewitz@gmail.com for more information.

Senior Coffee – Located at Calvary Lutheran Church (605 Douglas St, Alexandria) – The **first Tuesday** of every month from 10 – 11 AM.

Caregivers Support Group – Meets the **second Tuesday** of each month from 1:30 – 3:30 PM at First Lutheran Church (1655 18th Ave. E, Alexandria). For more details, call Val at 320-762-2196.

Cancer Support Group – Meeting the **third Tuesday** of the month at Alomere lobby conference room, (111 17th Ave. E, Alexandria). Meetings are offered in person or on Zoom. For more information call Jo at 320-766-3741 or email her at jopete@gmail.com.

Grief Connect Group – Located at Calvary Lutheran Church (605 Douglas St, Alexandria) – The **third Tuesday** of every month from 6:30 – 7:30 PM.

Grieving Parents Group – Located at First Lutheran Church (1655 18th Ave E, Alexandria) on **every third Tuesday** of the month from 7 – 8:15 PM. Contact FLC for more info at (320)762-2196 or at admin@firstlutheranalexandria.com.

Alexandria Area Newcomers – Shalom Lutheran Church (681 Voyager Dr, Alexandria) The Alexandria Newcomers meets on the **fourth Tuesday** of every month from 6:30 – 8 PM. Meetings are open to residents of all ages who are new to the community or former residents who have moved away and returned. For more information contact us at alexandriaareanewcomers@gmail.com.

Wednesdays

All Recovery Meeting - All Recovery is a support group for people interested in talking about any path to Recovery. We are open to people curious about, currently in, or affected by/supportive of substance use and mental health Recovery. We read a daily meditation of a different kind each week, and check in or share anything that could be helpful to you or someone else's Recovery. This is a free, confidential group that meets on **Wednesdays from 6 – 7 PM**.

Worship Wednesday – Join ArtisTree Café (2020 Fillmore St, Alexandria) for an inspiring and joyful afternoon of music, worship, and creativity **every Wednesday** from 4 PM – 7 PM. This is a great place to meet up before youth group, practice new songs, and discuss ways to show God's love to your community.

Handicraft Support Group – Knitters, sewers, crafters of all varieties and abilities are encouraged to join the Handicraft Support Group. Bring your projects and join others for company, encouragement, and inspiration. Located at Douglas County Library (720 Fillmore St, Alexandria) from 1 – 3 PM **every first and third Wednesday**.

St. Mary's Walking Group – Are you looking to get some exercise and good conversation? Join Katrina Brault the **first and third Wednesdays** each month from 6 – 7 PM. Meet at Big Ole. All are welcome!

Someplace Safe Women's Empowerment Group – A support group for survivors of abuse. Please call Leigh, at Someplace Safe for more information at 320-762-1995.

Coffee Connection – Are you feeling isolated, alone, and disconnected? We need real relationships with one another, so we are starting on ongoing opportunity to connect with other people, make some new friends, and to care well for one another. Join from 9:30 – 11 AM for coffee, donuts, and genuine conversations at Lake Community Church (490 Voyager Dr, Alexandria).

Embrace Grace – Has your life been impacted by a surprise pregnancy? Join our Embrace Grace Group! Make friends in a judgement-free community of women who want to encourage and support you. We've got your baby needs covered! Get a FREE baby shower thrown for you! Or a Celebration of Life Shower for brave moms who choose adoption. Say goodbye to fear, and hello to joy! We help you find hope when life doesn't make sense. Meeting **every Wednesday** from 6:30 – 8:30 PM at Spirit Life Church (912 State Highway 29 N, Alexandria).

Game Night – Join Unity Recovery (503 Hawthorne St, Alexandria) on the **4th Wednesday** of each month from 4 PM – 6 PM for card games, board games, dice games, cribbage, UNO, Yahtzee, Go Fish, and more!

Thursdays

Belong – Women’s Connection Group **every Thursday** from 6:30 – 8:30 PM gather for community game night and connection. We will celebrate our differences, cross generations, and nurture friendships. Located at Leigha VanderTuin’s home (9364 County Road 11 NW, Alexandria) contact Leigha VanderTuin at leighavandertuin@gmail.com for more information.

Ladies & Lattes Coffee Chat – Ladies of all ages welcome: Come join us for fellowship, sharing, and laughter the **second Thursday** every month at Common Ground Coffee House (516 Hawthorne St, Alexandria) from 1 – 2:30 PM. Contact Paulette DeFoe for more information dpdefoe@gmail.com.

We’ll Walk – Alomere Health is launching a monthly wellness walk. Every **second Thursday** of the month from 5:15 – 6:15 PM, an Alomere doctor will lead a group of walkers and discuss wellness along the way. With the cold weather, we’ll meet at Viking Plaza Mall (3015 S Hwy 29, Alexandria).

Musical Magic! – Join ArtisTree Café (2020 Fillmore St, Alexandria) **every Thursday** from 7 PM – 9 PM for a night of enchanting melodies, rhythmic beats, mesmerizing dance choreography at the “Musical Magic” event. This event is a celebration of musical creativity, where talented musicians and bands are encouraged to showcase their unique talents.

Fridays

Meal and Fellowship – Every Friday dinner and fellowship at The Regeneration Center (1615 6th Ave E, Alexandria) at 6:30 PM. For questions call Dave at 320-815-3590.

Ground Zero – A place for singles, ages 18-30 and is designed for fellowship and to be a safe place for spiritual growth. Meeting **Fridays** from 6 – 8 PM at the Ahlers Home (1015 Kenwood St, Alexandria). Contact Nick Ahlers for details (507) 786-3256 or nickahlersrom116@gmail.com.

Osakis Life Group – Do you live in the Osakis area and are looking for community? If so, we have a group meeting at the Clapper’s home on the **first and third Friday** of the month from 7 – 8:30 PM. Light refreshments and childcare provided. Currently studying the book of Philippians. Located at 405 W Queen St, Osakis, contact Bob Clapper at bobclapper@yahoo.com for more information.

Friday Night Karaoke and Koffee – Come sing your heart out in this joyful informal setting. This group tends to be quite silly, so be prepared for lots of laughter and no judgement! Every Friday from 7 PM – 9 PM at ArtisTree Café (2020 Fillmore St, Alexandria).

Friday Night Game Nights – Every Friday evening a group of tabletop gamers meets from 5:30 PM – 7 PM at Church of the Pines (3992 Highway 27, Alexandria). Location subject to change – check Facebook page for updates: <https://www.facebook.com/groups/788842233426336>.

Each day of the week

AA Meetings – Seven days a week at various times at the Alano Club located at (1604 Jefferson St, Alexandria). The schedule is posted outside the club door, or you can go to www.district4online.org or call the AA Hotline at 866-423-2969 for more information as well as the schedule for other area meetings.