

Community Connections October 2025

Published by **Love In the Name of Christ** (Love INC of Douglas County Lakes Area) 44 Glenn Rd NW, Alexandria 320-759-3022
Churches partnering to transform lives with life skills classes, clothing, shoes, personal care items, Bibles, furniture (referrals through Love INC to the Caring and Sharing Room), Rainbow Rider passes, gas cards, grocery cards, bikes, appliances (must take a class to qualify), Christmas toys, blankets, and prayer. Please see our website to be added to the Community Connections List: www.loveincdouglas.org

Connections For All Ages

14th Annual Fall Fundraiser – Love in the Name of Christ is excited to invite you to our annual Fall Fundraising Banquet and Auction! This special event supports our mission to make a positive impact in our community. Join us on **October 2nd** from 5 - 8 PM at Lake Geneva Christian Center (605 Birch Ave, Alexandria). To RSVP, please call us at 320-759-3022 or visit our website at www.loveincdouglas.org.

Walk-In Wednesdays at Doherty Staffing - Stop by & apply on Wednesdays! Every Wednesday, 8 AM – 4 PM; Doherty Staffing Solutions (315 Nokomis Street #102, Alexandria). Variety of positions and shifts available. Can't make it to our event? Apply Online: www.Doherty.jobs Call/Text: (320) 763-3121

Learn to Curl Clinics – New instructional league. Learn to curl with Vikingland Curling on **October 1st and 8th** at 6:30 PM. Register at https://www.facebook.com/events/4095878924000006/4095881653999733/?active_tab=about

Women's Boxing & Bible Study - A fun and exciting workout that will build your confidence and strength as well as your spiritual strength. Equipment will be provided to borrow. Exercises include using hanging bags and coach holding mitts. Wednesdays from **October 1st – 29th** from 6:45 – 7:45 PM at the Nordic Warriors Boxing Academy (124 7th Ave W #12, Alexandria). All 5 sessions for \$25, pay at the first meeting. Kirsten Wessel, 320-761-3914 or register here: <https://alexandriacovenant.ccbchurch.com/goto/forms/602/responses/new>

Cardinal Community Fest - Gather the family and come on out for an evening of fun at the Cardinal Community Fest at Woodland Elementary School (1410 N McKay Ave NE, Alexandria) on **October 2nd** from 5 – 7 PM! Enjoy an unforgettable night of free activities for everyone, including youth bingo, Shenanigans Indoor Playground, a Ninja Warrior course, a Mario Kart tournament, and trivia bingo for adults with awesome prizes. You can also cast your vote for your favorite decorated pumpkin, watch incredible student performances, and take advantage of extended early voting on site. Delicious food will be available for purchase, so come hungry and ready to celebrate with the community!

Soda Pop Party - It's time to pop in for a night of fizzy fun, family, and flavor! Our Soda Pop Party is a family-friendly party where you can stop by anytime between 6:00–7:30pm on **October 2nd** and stay as long as you'd like. Join us at Ollie Birch Boutique + Lounge (614 Broadway St, Alexandria) for Flavor Lab Challenge – Sample mystery sodas & guess the flavors (free samples!), Pop Quiz Trivia – Put your soda smarts to the test & win prizes, Soda Smash – Special drink deals you won't want to miss, Limited-Edition Drink Release. Bring the whole family and sip, play, and celebrate with us!

Fleet Farm Octoberfest - Join us for October-Fest kick off weekend! **October 4th**, we'll have: Gift Cards to the first 100 Customers, FREE Caramel Apple Bar from 9 AM until Noon, FREE Hot Dogs from 11 AM until 1 PM, Guess the Pumpkin Weight Contest for a Gift Card, and lots of more fun! Bring your family and friends for this first week of October-Fest fun! **October 11th**, we'll have: Toyland Opens at 7 AM and the first 125 Customers get a FREE 2025 Toyland-Exclusive Super Duty Hauler Toy, Touch-a-Truck from Noon until 3 PM, Yard Games from 10 AM until 2 PM, and Pretzel Counting Contest. **October 18th**: FREE Brats from 11 AM – 1 PM, FREE Music from 11 AM – 1 PM, Yard Games from 10 AM until 2 PM, and Candy Corn Counting Contest.

Women's Craft Day - Gather your scrapbooking, quilting, sewing, painting or other craft project and join us for a day of crafting and conversation at Alexandria Covenant Church (4005 Dakota St, Alexandria) on **October 4th**. No personal projects to bring? Join us for lunch at 11:30 AM in the Hall and then participate in a guided painting project in the Gym. Cost for the group project is \$35. Bring Your Own Project, 9 AM – 5 PM (Hall) Guided Painting Project, 12:15 pm – 2:30 pm (Gym). Sign up here: <https://alexandriacovenant.ccbchurch.com/goto/forms/375/responses/new>.

2025 Walk to End Alzheimer's - Join us at Runestone Museum this year for an inspiring, family-friendly event full of hope on **October 4th** registration is at 9 AM, ceremony 10 AM, walk to immediately follow. It is a great way to honor a loved one, find resources and connect with a community of others impacted by this disease. The morning will also feature a short program. Registration is free, and fundraising is encouraged. Pre-registration is recommended but on-site registration will also be available. When you register, you will be set up with a personal fundraising page that you have the option to share with others. We look forward to seeing you there! Sign Up Today: <http://act.alz.org/alexandria>

Men's Trapshoot - Attention, men! You are invited to the men's trapshoot event **October 5th** at the Alexandria Shooting Park (6533 Cr-87, Alexandria). Food, fun, and fellowship kicks off at 5 PM with food and open trap shooting and games for all skill levels beginning at 6 PM. Cost is \$15 per person plus ammo. You can either bring your own ammo or it will be available for purchase at the shooting park. Sign up here: <https://alexandriacovenant.ccbchurch.com/goto/forms/597/responses/new>

Sunday Music - Join the Alexandria Senior Center (414 Hawthorne Street, Alexandria) on **October 5th** from 2 – 4 PM for the Jerry & Joyce Band. Husband and wife team Jerry & Joyce Bierschbach have been playing music for over 50 years! Join them for old time country, swing, and Cajun music that will have you on your feet and dancing. Enjoy the full band sound of Jerry on the concertina (w/midi system) and lead vocals and rhythm guitar provided by Joyce. This duo will provide an afternoon of many favorites. Gary Gylsen will be performing on **October 19th** from 2 - 4 PM. A founding member of Pure Country, Gary has the voice of an angel and offers vocal and guitar stylings featuring classic country from the 50's, & 60's. Gary's easy listening and gentle demeanor will provide you with an entertaining and inspiring afternoon, so bring your smiles and come and kick up

your heels! Snacks and beverages will be available for purchase and a free will offering will be gratefully accepted. For more information, visit alexsrctr.org and follow up on Facebook.

9th Annual Apple Pie Baking Contest - Calling all amateur bakers!!! Join us for one of the best days of the year on **October 5th** from 10 AM - 2 PM for Country Blossom Farm (1951 Englund Rd SW, Alexandria) for our annual Apple Pie Baking Contest!! Prizes and bragging rights are waiting for you! Now is your chance to use your special Apple Pie Recipe! Did we mention prizes? Over \$1,000 prizes to win! See the full list of rules here: <https://www.countryblossomfarm.com/events/> No pre-registration required!

Women's Prayer Walk- Come delight in the beautiful fall colors on a prayer walk on **October 6th** from 6 – 7:30 PM at Rebecca Carlson's House (20104 CR 29, Glenwood). We will start off with a hayride through the trails and do a prayer walk on the deck at Rebecca Carlson's house. Afterwards, we will enjoy fall treats. RSVP to help us plan food! <https://alexandriacovenant.ccbchurch.com/goto/forms/608/responses/new>.

Alexandria Community Chili Cook-Off - Join us on **October 7th** from 11 AM – 1 PM at the Broadway Ballroom (115 30th Ave E, Alexandria) for a high-energy lunchtime battle at the United Way Chili Cook-Off. Teams will be cooking for bragging rights, crowd votes, and the chance to take home the traveling trophy. Admission is \$20 and includes a bowl to taste every chili, plus a vote in the competition. Tickets are available at the door or at the United Way office ahead of time. Think your chili can beat the rest? Grab some teammates and enter the competition. Booths are open to anyone, with no fee for nonprofits. Prepare your chili in a licensed kitchen and bring one large roaster to serve. Don't forget to dress up and decorate your space to match the event theme BOARD GAMES. Judges will be scoring both your chili and theme presentation. Sponsorships come with booth space, event tickets, and the chance to serve as a judge. Contact us to become a sponsor! All proceeds support local programs through Lakes and Prairie United Way. EVENT DETAILS AND REGISTRATION: <https://uwdp.org/news-events/chili-cook-off.html>

Screenagers Movie – Elementary School Age Edition - Even in elementary school, screens are a constant presence in kids' daily lives — from games and videos to early social interactions. Screenagers: Elementary School Age Edition shines a light on how technology is shaping childhood, and what families can do to guide kids toward healthier habits. In this compelling film, physician and filmmaker Dr. Delaney Ruston explores the struggles many families face around screen time, social media, video games, academics, and internet addiction. With insights from psychologists, brain scientists, and authors, the documentary offers both understanding and practical strategies to help children find balance in today's digital world. Join us at Discovery Middle School Auditorium (510 McKay Ave N, Alexandria) on **October 7th** at 5:30 PM – 7:30 PM. We're offering this film for free in hopes that more families and caretakers can attend, learn, and begin important conversations. Together, we can continue to strengthen our community and support kids as they grow up in a digital age.

Around the World: Greece – Join Ollie Birch Boutique + Lounge (518 Broadway St, Alexandria) on **October 9th** from 6 PM – 7 PM, feel free to stay longer if you'd like. Our Around the World event series continues to Greece, where you'll explore the vibrant flavors and traditions of this amazing country. Your \$25 table reservation (for up to 4 guests) includes: Cultural Experience: A variety of family-friendly activities celebrating Greek culture. A curated collection of 6 sweet and savory treats. An illustrated guidebook packed with fascinating facts about Greece's cuisine, culture, and geography. Add up to 2 extra guests for \$5 each (paid night of event). Table max: 6 guests. Registration is required to reserve your spot and space is limited. Food & beverages from the Ollie Birch menu are NOT included in the registration fee but will be available for purchase during the event. No refunds for this event. If you are unable to attend, we will hold your snack box for pick-up at Ollie Birch within one week of the event.

Fall Houseplant Sale – Join the Elder Network (700 Cedar St, Ste 227, Alexandria) for their plant sale on October 9th and 10th (9 AM – 4 PM), **October 11th** (9 AM – 12 PM).

The Dueling Pianos – Join Forada Bar and Grill on **October 11th** for a chicken dinner buffet from 5 – 8 PM and the Dueling Piano Show from 9 – 11 PM. Cost: \$50 (includes ticket and chicken buffet). Tickets can be purchased at Forada Bar and Grill or AJs Cafe in Osakis.

NCYC Bake Sale - Help our youth get to National Catholic Youth Conference! We will have baked goods, Ole & Lena Pizza, Butter braids, Rada cutlery, and Tiny Saints for sale on **October 11th and 12th** before and after all masses on St Mary's Church (305 4th Ave E, Alexandria).

America's Revival - We believe God is raising a remnant in America. On **October 12th**, believers will fill Alexandria with worship, prayer, and truth at Lake Geneva Christian Center (605 Birch Avenue, Alexandria) at 2 PM. Join us for a day of breakthrough preaching. Don't come alone, invite your family, your church, and your friends. Collect your free ticket at eventbrite.com.

Sounds of the Harvest - Ebenezer Lutheran Church of Leaf Valley (13070 County Road 6 NW, Alexandria) invites you to their 19th Annual "Sounds of the Harvest" featuring Cathy Yseth, Kim Byrne, & Elena Yseth. These local musicians are enthusiastic about worship through music. Please join us for this free event to be followed by an array of desserts and old-fashioned egg coffee on **October 12th** from 2 – 5 PM.

25th Annual Domestic Abuse Awareness Luncheon - Join United Communities Advocating Non-Violence during Domestic Violence Awareness Month to raise awareness for Domestic Abuse on **October 15th** at 11:30 PM at Broadway Ballroom (115 30th Ave E, Alexandria). Tickets: \$25 individual, \$200 for table of 8. Email peaceinalexandria@gmail.com to secure your tickets. Tickets will for sure be available until a week prior to the event. Event includes lunch, a program, and a keynote speaker.

Soup & Sandwiches - Fall is here, and so is our favorite tradition – Booya Season! The Alexandria VFW (1102 Third Ave E, Alexandria) will be serving their classic Booya – a hearty, protein-packed soup loaded with beef, pork, chicken, and fresh veggies on **October 18th** from 12 – 6 PM. Perfect for a crisp October day! Dine in or Take Out available! Come hungry, bring a friend, and enjoy some homemade comfort food with your community.

Lakeside Dance Club - Join the Lakeside Dance Club, located in the beautiful Lakeside Ballroom in Glenwood, for our monthly dance on October 19th. A free lesson is offered at 3:00pm, followed by the social dance from 4:00-7:00pm (\$25/attendee). Newcomers and beginners welcome! Come

as an individual or a couple and enjoy live music, socializing, and dancing in a friendly environment. This month features live music by the Julie Lee Band. Dress code is semi-formal (no jeans or shorts). For more information, contact Nikki at danceclub@lakesideballroom.org

Awesome Athletes - This is a FREE event sponsored by Navigating Autism Together at Woodland Elementary School (1410 McKay Ave S, Alexandria) in Shenanigans on October 21st from 4:30 – 5:30 PM. Awesome Athletes is a Community Education program in partnership with The Windmill Project that offers children and adults with special needs a special time to connect and have fun. Each participant gets one support person included with registration. Additional friends and family members are welcome but must Register at:

https://alexandria.ce.eleyo.com/course/9754/adult-fall-2025-summer-2026/awesome-athletes?fbclid=IwY2xjawNjHf9leHRuA2FibQlxMABicmlkETFMcWJXRkYjRXlZbnljOXAxAR473pKfDYb7BtyHhiZS3EdE4JWFj4MtkNkccCcNh6bzQqdHIBXsAAGFpruaMw_aem_Hdl2SHzZtKESB4cvwW_YEA

MN Teen & Adult Challenge Gala - Come and see what God has done in the lives of MnTC clients! We invite you to join us on **October 23rd** at VIE Church (2671 McKay Ave S, Alexandria) for the annual MN Adult & Teen Challenge Gala in Alexandria at 5 PM. Together, we can see the lives that have been restored and the freedom that's possible with the support of people like you. Register today: <https://www.mntc.org/event/alexandria-gala/>.

Annual DCHS Scarecrow Contest Voting Days - It's time—our annual Scarecrow Contest is just around the corner, and you could scare up first place this year! It's never too early to start planning your entry! Participation is \$10 per scarecrow, with prizes paid out to the 1st, 2nd, and 3rd place entries (determined by public voting.) Scarecrows may be of any theme, construction, materials, etc. with the conditions that they are display-ready and family-friendly. Ten metal posts are available on a first-come first-served basis on the south lawn, which is exposed to weather including wind and potential snow. Scarecrow drop-off/set-up is October 14-18 and 20-24, 10 AM to 4 PM, and voting will take place October 27-31 by email, phone, social media, and in-person at DCHS. Winners will be announced on November 3! Do you have questions, or are you interested in entering the 2025 contest? Send us an email (historic@dchsmn.org) or call 320-762-0382!

Reformation Celebration - Join us for an intergenerational event celebrating our Lutheran Reformation at First Lutheran Church (1655 18th Ave E S McKay, Alexandria). Before and after worship on **October 26th and 29th**, we'll have a Wartburg Castle box fort, crafts for all ages, games, a scavenger hunt, and a chance to nail the 95 Theses! All are invited to wear red to celebrate the birth of our church!

Fullness of Joy Women's Retreat - Join us on **October 31st - November 2nd** at Lake Geneva Christian Center (605 Birch Ave, Alexandria) for a spirit-filled weekend as we grow in relationship with the Lord and fellowship with one another. We can't wait to see you there! Register here: <https://forms.gle/XjF8C4NcLYqu6Qzr6>.

Ruby's Pantry – is excited to announce a new pop-up location in Alexandria! The Church in the Pines (3992 MN-27, Alexandria) will be hosting a food distribution event the **third Tuesday** of the month. Registration begins at 4 PM with distribution from 4 – 5:30 PM. This pop-up pantry will be held each month. The cost is \$25 and each guest receives an abundance of grocery items beyond the \$25. Please bring 2 boxes for food. For more information, please go to www.rubyspantry.org.

Holmes City Farmers Market & Community Breakfast - Come on out for FUN at Trinity Lutheran Church (5966 County Rd. 4 SW Holmes City), Saturdays, May 17 – Sept 6. Browse our friendly Farmers Market with live local music for your produce, beef, flowers, eggs, handmade cards, breads, crafts, skin care, jewelry & more! Market runs 8:30 – 11:30 AM. Community Breakfast serves only from 8:30 – 10:30 AM.

Alexandria Farmers Market – Full line of locally grown fruits & vegetables: beans, beets, broccoli, cabbage, carrots, cucumbers, herbs, lettuce, onions, peas, peppers, potatoes, pumpkins, raspberries, squash, strawberries, sweet corn, tomatoes, cut flowers, elk, lamb, beef, pork & baked goods. At Broadway & 2nd Ave in Big Ole Park, 1/2 block N of the Chamber Office. May 13 - Oct 28: Sat 9 AM -12 PM, Jun 27 - Oct 31: Tues 9 AM – 12 PM, and Jun 22 - Oct 26: Thur 3 - 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 (720 Fillmore St, Alexandria) daily. Please see their website for more information. <https://www.douglascountylibrary.org/events>.

Stay & Play at the Library - For ages 2-5 but all young age children are invited! Enjoy a warm and inviting space where you and your child can play and socialize with others in the community every Thursday **October 9th – December 11th** from 9 – 11:15 AM at the Douglas County Library (720 Fillmore St, Alexandria) Please note, this is unstructured free play time for both caregiver and child; not a structured storytime.

Teen Connections

Amplified Youth Conference - Calling all 7th–12th graders! You are invited to join us for the 2025 Amplified Youth Conference at Church for the Harvest (1425 41st Avenue West, Alexandria) on **October 16th – 17th**. We're committed to taking youth deeper in their faith through powerful worship, transformative teaching, and unforgettable moments in God's presence. Our heart is to empower young people and their leaders to walk boldly with Christ and thrive in their God-given identities. What to Expect: Dynamic worship and anointed teaching, time to connect and build life-long friendships, and a powerful atmosphere to encounter God. Event cost is \$80. Come be part of this life-changing opportunity to grow in your faith, encounter God's presence, and leave equipped to live boldly for Him! Contact Church of the Harvest to register: office@harvestalexandria.com; 320-759-1400



Adult Connections

One Shot D&D Night for Adults - Calling all Dungeons and Dragons Lovers!! Ready to roll initiative? Join us for an exciting One Shot Dungeons & Dragons Night hosted by Dungeon Forge Adventures — a full adventure in a single evening at Cherry Street Books (503 Broadway St, Alexandria) on **October 19th** at 4 PM (arrive a few minutes early to get your character sheet). Bring your lucky dice if you have them! Space is limited. Call or email Cherry Street Books to reserve your seat. Costumes, cloaks, and chaotic good energy encouraged.

Birth & Beyond - A childbirth education class taught by midwives and a pelvic floor therapist to empower women and birth partners to thrive from birth through postpartum. The **first Thursday** of every month at 6 – 8 PM at Creative Touch Boutique 516 Broadway St, Alexandria. Birth partners are highly encouraged to join the class. For more information, to register/pay for sessions visit: <https://www.thewellnessptdoc.com/birthworkshop>.

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 Adult Game Nights – Join Ollie Birch Boutique + Lounge (518 Broadway St, Alexandria) **every Thursday** from 6 – 8 PM for N/A drinks, fellowship, and games! For all young adults (18-35).

Young Families Wednesdays – Join Lake Community Church (490 Voyager Dr, Alexandria) **every first and third Wednesday of the month** from 6 – 7:30 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 Christine Van Engen: christine@lakecommunity.org.

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

In It Together Mom's Group – Join Spirit Life Church (912 MN-29, Alexandria) 10 AM – 11:30 AM on the 2nd and 4th Wednesday of each month. Children are welcome.

LCC Young Adults – 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. 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 a Bible study 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. Contact Bob Clapper at bobclapper@yahoo.com for more information.

Men's Morning Coffee – All men are invited to Common Ground Coffee House (516 Hawthorne St, Alexandria) **every Wednesday** mornings from 6 – 7 AM for a Church of St. Mary's fellowship. Contact Michael at michaelghuss@gmail.com with questions.

Senior Connections

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

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

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.

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 – 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 Monday** 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.

GriefShare – Widows and Widowers, join us every Monday beginning September 8th at Alexandria Covenant Church (4005 Dakota St, Alexandria – Room: GR200) from 5:30 – 7 PM. Call to register or sign up here: <https://alexandriacovenant.ccbchurch.com/goto/forms/357/responses/new> Contact Mary Glanzer with any questions: 320-760-0258.

Tuesdays

Alexandria Area Newcomers – Join the Alexandria Area Newcomers at the Shalom Church (681 Voyager Drive, Alexandria), on the 4th Tuesday of every month from 6:30 – 8 PM. For more information: <https://www.alexandriaareanewcomers.com>

Pens & Pals – This ministry loves and serves persons in our community with disabilities socially through a shared supper and table top activities. The intent is to promote friendships and inclusion to person with ALL abilities. The Church of St. Mary's (420 Irving St, Alexandria) Pens & Pals Ministry is held the **first Tuesday** of the month, from 5 – 7 PM. Questions? Contact Barb Friederichs: 320-766-6106

Monthly Prayer Gathering – Take a break from your busy workday and join the Unity Foundation for a Lunchtime Prayer Gathering. Together, we'll gather to lift up prayers for the workforce in the Alexandria Area. This focused time of prayer will include worship, guided listening prayer, and heartfelt petitions for God's presence and guidance in our workplaces. Every **third Tuesday** of the month from 12 PM – 1 PM at Glenwood State Bank (2221 S Broadway St, Alexandria)

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.

Alzheimer's Support Group – Supporting caregivers in the community who have loved ones with Alzheimer's or Dementia. Helping each other, sharing our burdens, finding tools to help with the journey. This group meets **every third Tuesday** of the month at ArtisTree Cafe (2020 Fillmore St, Alexandria).

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.

Amazing Journeys Together - Amazing Journeys Together is a Non-Profit Organization focused on activating and building meaningful healthy lifestyles. Join The Church in the Pines (3992 Hwy 27, Alexandria), building #1 on church campus on the **2nd and 4th Tuesday** of each month from 6 – 7:30 PM. For more information call, text, or email: 320-304-3444 or amazingjourneystogether@gmail.com.

Wednesdays

Fellowship – Join Christ Church of Alexandria (2109 Lake Park Pl, Alexandria) every Wednesday 6:30 – 9:30 PM for a night of true Christian community.

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 mediation 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.

Recovery Activity Planning Committee Meeting – Are you looking for a way to get more involved in the local Recovery Community? Do you have ideas but nowhere to put them into action? Join us to discuss ways to get involved every **2nd Wednesday** at 12 PM at WEcovery Alexandria (503 Hawthorne St, Alexandria)

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).

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!

Worship Wednesday – Join ArtisTree Café (2020 Fillmore St, Alexandria) for an inspiring and joyful afternoon of music, worship, and creativity every Wednesday from 4 – 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.

Thursdays

Casual Bike Ride - Come join fellow cyclists on **Thursdays** at 6:30 PM where we will at Big Ole Park (200 Broadway St, Alexandria) and ride no more than 10 miles. Actual distance and pace will be determined before riding – all bikes and skill levels are welcome.

The Milk Club - Open house style, no cost! Come and get support for breastfeeding and/or pumping journey at Empowered Midwifery and Wellness, LLC (621 Hawthorne St, Alexandria) **every Thursday** from 12 – 2 PM. Visit with other moms and weigh your baby! Get your breastfeeding + lactation + feeding questions answered by an IBCLC.

Puzzle Night – Making friends has never been easier or more fun! Join us for puzzles, tea, and camaraderie **every other Thursday** (beginning October 3rd) at 6 PM at ArtisTree Cafe (2020 Fillmore St, Alexandria). This is a free event, food and beverages available for purchase.

Crochet/Knit Night – Join us at ArtisTree Cafe (2020 Fillmore St, Alexandria) **every Thursday** at 6 PM. Bring your own project or just come and learn! This is a time to relax, enjoy a nice tea or coffee, hang out with others, learn from each other, and make some progress on that project that you've been dreaming of finishing (or even starting!). An experienced Crocheter will be on hand to help you if needed, or you can bring your skills and help others.

Grieving with Grace – A monthly grief support group hosted by KT Humble Hearts for those who are grieving the loss of a loved one meets every **first Thursday** of the month from 5 PM – 6:30 PM at KT Humble Hearts (700 Cedar St Suite 44, Alexandria). For additional information call 320-219-7144 or email kthumbleheart@gmail.com.

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.

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>.

Saturdays

Refine Your Rhythm Women's Group – was created to offer an opportunity to come together on the **second 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. 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.crossinglivesbridges.com/events-2>.

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.



**Douglas County
Lakes Area**