

ISD #347
Willmar Community Education/
City of Willmar Parks & Recreation
611 SW 5th Street
Willmar, MN 56201

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WILLMAR, MN
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WINTER 2019



CITY OF *Willmar* PARKS & RECREATION

Welcome to the new Willmar Parks and Recreation Department. A lot of changes have been made since this past summer.

The biggest change is that we moved the Parks and Recreation Department to the Willmar Civic Center. Another change is that we have added new staff to the department.

Britta Diem is our Community Center Manager. Britta has a glowing personality and brings a lot of experience in community center programming. Come and check out all the new offerings Britta has for the community. Britta can also help you if you are looking for a place to rent for a meeting or social gathering.

Ryan Scheffler is our youth and family recreation coordinator. Ryan has a wealth of experience in youth sports, sports camps and working with volunteer coaches. Look for Ryan to add and improve to our already successful youth programs.

Eric Banks is our adult leagues coordinator and facility scheduler. Eric has spent many days and nights playing or officiating adult leagues. With that he has earned the respect from the players in the league. Eric has a lot of exciting ideas for the adult leagues. Eric will be the person overseeing the scheduling of ball fields, parks, Robbins Island and Rice Park shelters, City Auditorium, Showmobile and the Civic Center.

We have built a very strong recreation team! As we move forward in our new department and roles, we will strive to offer the best in recreational programming for everyone. Please stop out to see us at the Willmar Civic Center. Thank you for your support!



Rob Baumgarn, Recreation Director



Ryan Scheffler, Eric Banks, Jeremy Marcus, Rob Baumgarn, Britta Diem, Becky Sorenson, and John Gehrking

SPECIAL EVENTS

Movies on Ice

Willmar Civic Center, February 16

Everyone is welcome to the 2019 Winter Movie on Ice Event!

Saturday, February 16

starting at 6pm at the Willmar Civic Center. Skates will be available on a first come basis starting at 5:30pm. Movie starts at 6pm.

Movie: *Incredibles 2*

Help us choose the movies for the 6th Season of the Summer Movies in the Park by filling out a survey when you walk in!

FREE Admission,

FREE Popcorn,

FREE Pop

FREE Ice Skate Rental is available on a first come basis. *Please bring your own skates if you have them. Gather your friends and have a fun night out with all of the kiddos!

Mayors Bike Ride May 17, 2019

The 7th Annual Mayor's Bike Ride is Friday, May 17, 2019 (which is also National Bike to Work Day).

The communities of Willmar, Spicer and New London are coming together for a community bike ride. Mayors from Spicer, New London and Willmar will be leading a ride starting at 5:00pm in each of their communities. Each group will meet in Willmar at Foxhole Brewhouse for a picnic.

The ride and picnic is FREE, but participants need to preregister.

To register please call (320) 235-3552 or email info@willmarlakesarea.com with the names of each rider, where they will be starting and a contact number in case of bad weather.

Meet at the starting location in your community at 5pm:

- New London: City of New London Parking Lot (across from Goat Ridge Brewery)
- Spicer: Glacial Lakes State Trail Parking Lot (across from Mel's Sport Shop)
- Willmar: Foxhole Brewhouse (313 4th St SW, Willmar, MN)

**Register at: www.willmarparks-rec.com
or mail to Parks & Recreation
2707 Arena Drive • Willmar, MN 56201**



Course Registration

Parks & Recreation
2707 Arena Drive
Willmar, MN 56201
235-1454

Participant Name: _____ Home Phone: _____

E-mail Address: _____ Work Phone: _____

Address: _____ Cell Phone: _____

City: _____ Zip Code: _____

COMPLETE FOLLOWING FOR YOUTH ONLY:

Parent/Guardian Name & Phone: _____

Other Contact Name & Phone: _____

Gender: _____ Birthdate: _____ 2018/19 Grade: _____ School: _____

Course #	Course Name	T-shirt size (if applicable)	Course Fee
Total			

Card Number: _____ Exp _____

Cash _____ Check # _____ CVV Code _____

Youth Wrestling

The youth wrestling season will start on Thursday, January 3 and will run Mondays and Thursdays through March 28. Practices will be held in the wrestling room at Willmar Senior High. Please wear gym attire. A detailed practice schedule will be handed out the first week of practice. Wrestlers enrolled in this class will gain experience and learn the basic techniques instructed in the Varsity Cardinal Wrestling Program. Wrestlers will be encouraged to compete when ready. No wrestling Monday, January 21 & February 18.

#6202

Grades K-2
Thursday, January 3 and then
Mondays only
6:00-7:15 pm
\$43 (plus \$30 singlet deposit)

#6203

Grades 3-6
Mondays & Thursdays – 6:00-7:30 pm
\$63 (plus \$30 singlet deposit)

West Central Outlaws Wrestling Clinic

The Outlaw Wrestling Club is open to all student athletes in the surrounding area. This program strives to help broaden the different wrestling styles used around the world but the main emphasis is on Freestyle and Greco Roman Wrestling. Our goal is for the participants to have fun while learning a variety of new and different moves.

#6205

Tuesdays, March 12, 19 and
Tuesdays and Thursdays, April 9-May 16
6:30-8 pm
High School Wrestling Room
Nathaniel Swoyer, Coach
\$55



Cardinal Tennis

Keep your tennis skills sharp during the long winter months! Come and join us Sundays, January 6- March 17 at the City Auditorium. Taught by Head Girls Tennis Coach, Amy Morrell.

There will be three different sessions: Quick Start Tennis for Grades 1-5 will include a FREE racket (if you already have a racket from a previous session, please sign up for Session B. This program is designed with smaller courts and slower balls to improve hand-eye coordination. Students will learn the basic fundamentals of tennis.

Grades 6-12 participants will work on serve and volley techniques and single and double matches will be played.

#6360A

Grades 1-5
4-4:50 pm
\$30 (includes racket)

#6360B

Grades 1-5
4-4:50 pm
\$25 (no racket)

#6360C

Grades 6-8
5-5:50 pm
\$25

#6360D

Grades 9-12
6-6:50 pm
\$25

Youth Gymnastics Clinic

All sessions will be taught by the Willmar Gymnastics Coaching Staff and their student athletes. For Boys and Girls. Practice where the varsity competes. Skills will be taught at the appropriate level of ability. Meets Tuesday thru Thursday, Feb. 26-28 in the Senior High Gymnastics Gym

#6060A - 4 year olds – Kind.

3:40-4:30 pm
\$30

#6060B - Grades 1-2

4:40-5:30
\$30

#6060C - Grades 3-6

5:40-6:30
\$30

Futsal

Boys & Girls Soccer Skills
Futsal is played between two teams of five players each, one of whom is the goal keeper. Unlimited substitutions are permitted. The game is played on a hard surface delimited by lines. Walls or boards are not used. Futsal is also played with a smaller ball. The surface, ball and rules create an emphasis on improvisations, creativity and technique as well as ball control. U10 Soccer Coach Matthew Van Horne will be the instructor. Class enrollment will be limited to 20 participants per session.

Tuesdays,
January 22, February 12, 19,
March 5, 12 & 19 and
April 2 and 9
at Lakeland

W5472 – Grades K-2

5:30-6:20 pm
\$22

W5474 – Grades 3-5

6:30-7:20 pm
\$22

Fastpitch Softball: Winter Pitching Lessons

- Sign up for the dates you want, come one time or all!
- Fee is \$15 per date selected
- Each session is 1 hour of pitching instruction
- Pitchers need to bring a “catcher” (recommended to be an adult for the beginners)
- Lead by Breanna Ahlers, recent SMSU softball catcher with assistance from WHS SB coaches.
- Sign up for your level. Level is based on ability/skill, not on age.

Level 1: Newbie

- Will learn grip, footwork, arm swing, & wrist snap of a fastball through a variety of drills
- Skill level: never pitched before up to being taught but can't throw a strike yet

Level 2: Novice

- Will continue to work on grip, footwork, arm swing, & wrist snap of a fastball through a variety of drills
- Skill Level: has been given some instruction, can throw a strike sometimes, but doesn't have consistent control quite yet

Level 3: Trainee

- Will continue to work on mechanics of fastball, begin to work on pitching to a location (spots), introduce mechanics to help throw faster, introduce the mechanics of a change-up
- Skill Level: has been pitching a while, can start to identify why a pitch was a ball instead of a strike

Level 4: Amateur

- Will continue to work on throwing accuracy to a spot, throwing faster, and throwing a change-up
- Skill Level: has the knowledge of

how to throw a fastball and change-up accurately, with appropriate speed. Still needs practice and repetitions to perfect great form and consistency.

Level 5: Advanced

- Will continue to work on throwing accuracy to a spot, throwing faster, and throwing a change-up,
- Skill Level: consistent pitching in form and location, has good ball control, ready to begin working on other pitches such as a riseball, curve, or dropball.

DATES/TIMES

Level 1-2: at 1:00-2:00 (please arrive 5-8 minutes early to get shoes tied, etc.) Sign up for each date separately

January 6	February 10
January 20	March 3
February 3	March 10

Level 3-5: at 2:00-3:00 (please arrive 5-8 minutes early to get shoes tied, etc.) sign up for each date separately

January 6	February 10
January 20	March 3
February 3	March 10

LOCATION:

WHS WEST GYM (ENTER THROUGH WEST DOORS)



OPEN GYMS: SOFTBALL

What can a softball player do in a gym? Throw, hit, run, bunt, pitch, catch, field grounders and fly balls....just about every skill a softball player needs can be practiced in a gym! Any ages welcome....bring your whole family for a morning of playing catch in the “backyard” gym Supervision by WHS Softball Coaching Staff.

Available equipment: batting cages, gym space, hitting tees, some bats, softballs, pitching machine, teen-sized helmets

Come and go when you want. No fee or registration required. Coaching assistance for HITTING/FIELDING/THROWING available for youth under the age of 14

DATES/TIMES:

9-11 AM — January 12, January 26, February 9, March 2, March 9

LOCATION: WHS WEST GYM (ENTER THROUGH WEST DOORS)



Ice Rinks

Sharpen your ice skates and enjoy the beautiful Minnesota winter at Garfield Ice Rink. Hockey Skates will be available for use. Check out skates in the Warming House.

Pending weather conditions, rink will open late December. Call 235-1454 for rink information. Rink will close under extreme cold weather or unsafe ice conditions.

Mondays & Thursdays – 5:00 – 8:00 pm
Saturdays & Sundays – 1:00 – 6:00 pm

SUMMER FASTPITCH GIRLS' SOFTBALL

**ALL AGES OF SUMMER SOFTBALL
MUST SIGN UP THROUGH CITY REC!**

**TRYOUT DATES, TIMES, & LOCATION
FOR ALL WILLMAR SUMMER FASTPITCH PLAYERS:**

SUNDAY, APRIL 7 at WHS WEST GYMS & MAIN GYM

3:30-5:00 - Grade 3 & 4 (10U)

5:30-7:00 - Grade 5 & 6 (12U)

7:15-8:00 - ALL 14U, 16U and 18U

GRADE 3 & 4 (10U) - \$35

- Each player is guaranteed to be placed on a team.
- Tryouts will determine skill level so that teams are balanced based on skill.
- May-June is practice and skill development; learn the basic skills, vocab, and rules of the game
- Games in July
- Modified pitching rules to get hitters to hit and defense to play
- Hitters will hit: no walking or striking out
- Practice 2 times/week till games start, then will practice one night and games will be played each Wednesday in July.

GRADE 5 & 6 (12U) - \$35

- Each player is guaranteed to be placed on a team
- Tryouts will determine skill level
- League games are in June-July
- Practice will be 1-2 times a week for each team
- Leveled Teams created based on skill: Lightning & Thunder
- Thunder: play in Willmar-based league on Thursdays
- Thunder will practice 1-2 times/week

- Thunder league games in June-July
- Lightning: plays in St. Cloud league AND in a max of 3 weekend tournaments in June-July
- Players MUST state willingness or desire to play on Lightning at tryouts but are not guaranteed to make the team
- There will be an extra cost to those playing on the Lightning to cover the tournament fees
- Lightning MUST be dedicated and MUST be at each tournament; max of 13 players on this team
- Lightning: league play will be equal playing time but tournament play is not equal playing time

GRADE 7 & 8 (14U) - \$110

- Plays in St. Cloud League on Tuesday from June-July
- Will play in maximum of 3 weekend tournaments in June-July
- Tryouts are mandatory
- If 2 teams need to be created at this age level, then leveled teams will be assigned
- Coached by Christian Brown and Breanna Ahlers
- Will have team practice 1 time/week and will have hitting practice 1 time/week



16U - \$110

- Plays in St. Cloud League on Tuesdays from June-July
- Will play in maximum of 3 weekend tournaments in June-July
- Tryouts are mandatory
- Will have team practice 1 time/week and will have hitting practice 1 time/week

18U - \$110

- Plays in St. Cloud League on Tuesday from June-July
- Will play in maximum of 3 weekend tournaments in June-July
- Tryouts are mandatory
- Coached by Shannon Cayler
- Will have team practice 1 time/week and will have hitting practice 1 time/week

**INFORMATIONAL
MEETING
TO BE ANNOUNCED
LATER!**

**MASS REGISTRATION
FOR SOFTBALL AND BASEBALL**

Grades 3-12 TUESDAY, March 19 from 5-7 pm.

We will be taking registrations for summer softball and baseball at the Civic Center Arena on Tuesday, March 19 from 5-7 pm. This year we are doing things slightly different. You will be registering your child for Rec and paying the league fee only. There will be forms available to order your child's jersey and/or cap. The extra fee for the shirt and/or cap will be listed on the order form and payable to Rambow. Purchasing a jersey and cap is not mandatory. Your child can still participate by wearing their own red t-shirt and cap.

Youth Baseball

Nothing says summer like baseball, so grab your glove and hit the diamond with Willmar Rec! Participants will play games against surrounding communities. Practices will be scheduled by each team's coach and games will begin once school is out. Players must supply their own baseball pants and game hat. It is also highly recommended to have your own batting helmet. You can place your order for a jersey at Mass Registration Night or at tryouts. There will be jersey samples available to try on. Grades 3 – 6 must attend tryouts on Saturday, April 6th. Tryouts are used to only as a tool to create even teams. The top 12 players in each age group have the option of playing on the traveling team. All players are placed on a team. Register for the grade currently in. **SAVE THE DATE FOR TRYOUTS:** Tryouts will be held at the Willmar High School. Check the Willmar Baseball Association website at www.willmarbaseball.com for times. There will be a \$5 fee payable to Willmar BB Association to cover cost of tryouts.

#5134 Grades 3 & 4
Tuesdays & Thursdays
\$35*

#5156 Grades 5 & 6
Mondays & Wednesdays
\$35*

#5107 Grades 7-9
Tues & Thurs
\$35*

* Plus additional fee payable to Rambow for jersey.

**See Page 6 for
Mass
Registration
for
Baseball!**

Spring Break Open Gym

Don't be stuck on the couch during spring break. Come to the City Auditorium for open gym.

Kids 12 & under must have a parent or guardian present.

Bring your own ball or equipment.

March 25 – March 29 • 1:30 – 4:00 pm
City Auditorium • Free



Parent Volunteer Coaches Needed

Willmar Parks and Recreation relies on the help of parents to coach our baseball and softball teams. This is a great opportunity to get outside, have some fun and impact the lives of Willmar youth. A recreation coach should emphasize sportsmanship and teamwork and help build self-esteem through encouragement and equal play. No coaching experience is necessary. A coaches meeting will be held before the start of the season. Parents who volunteer will have their child's program fee waived. (Maximum of 2 head coaches per team.) Coaches must submit a Recreation background check and complete the on-line concussion training (state law). Concussion training can be done at www.cdc.gov/headsup/youthsports/training

Please print certificate to verify completion of training.
If interested in coaching, please note on your registration form or contact Ryan at 235-1454



Summer Jobs!
**WORK, PLAY,
AND GET PAID!**
Willmar Parks & Rec has multiple opportunities for summer employment. Find the right one for you and apply today!

- Lifeguards
- Concession Attendants
- Summer Rec Staff
- Lead Rec Staff
- Baseball/Softball Umps

For more information and an application, check out the city website at willmarmn.gov
Make an impact in your community by working with Willmar Parks & Rec!

Willmar Classic Men's Basketball Tournament

It's back! Get your team together and register for the Men's Classic Basketball Tournament. Games will be played at the City Auditorium. The first 12 teams to register and pay are guaranteed a spot in the tournament. Two games guaranteed. Registration deadline is February 13.

#4150

Saturday & Sunday, February 16 & 17
Registration fee is \$140

Willmar Winter Co-Rec Volleyball Tournament

Get your team together and register to play in the Willmar Co-Rec Volleyball Tournament. There will be two divisions so choose Power or Semi-Power. Games will take place at the Middle School. Registration deadline is February 22.

#4250

Saturday, March 2
Registration fee is \$125

Willmar Winter Classic Women's Volleyball Tournament

Bump, set and spike your way to the top! For over 30 years, this tournament has been giving area teams the opportunity to put their skills to the test. Two levels of competition ensure your team will have a blast in this tournament. Sign up for either the Power or Semi Power division. Games will take place at the Middle School. Registration deadline is Friday, February 22.

#4255

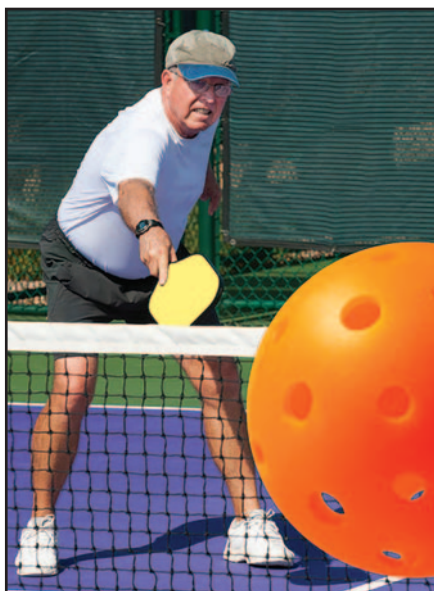
Sunday, March 3
Registration fee is \$125

Intro to Pickleball

If you haven't tried Pickleball yet, now is your chance! Show up at the City Auditorium for an introduction to this up and coming sport. Pickleball is a paddle sport created for all ages and skill levels which combines elements of tennis, badminton and ping pong. It can be played both indoors and outdoors on a slightly modified court. The rules are simple and the game is easy for beginners to learn.

Tuesday & Thursday January 8 & 10

5:30-7:30 pm
City Auditorium Gym



Pickleball League

Now that you've learned the basics of pickleball, how about putting what you learned into practice. Register for the night that works best for you or register for both nights for \$40. Paddles available to use.

#8450A

Tuesdays, Jan. 15 - Feb. 26 • 6:30-8:30pm
\$25

#8450B

Thursdays, Jan. 17-Feb. 28 • 5:30-7:30pm
\$25

#8450C

Tuesdays & Thursdays, Jan. 15 - Feb. 28
\$40

Registration deadline for
Volleyball and Basketball
is March 4.

No registrations will be
accepted after the registration
deadline. League fee is
due at the time of registration.

Spring Volleyball Leagues

Got cabin fever? Get out and get playing in one of our 6 week long spring volleyball leagues (no playoffs). Matches will be played at Roosevelt Elementary between 6-10pm. Two divisions are offered per league: Power and Semi-Power. Teams play 6 a side.

Co-Rec Volleyball

#4250 — Monday Nights March 11

(or 1 week after winter league ends)
6 – 10 pm at Roosevelt Elementary
\$115 by February 25
\$165 by March 4

Women's Volleyball

#4260 — Thursday Nights March 14

(or 1 week after winter league ends)
6 – 10 pm at the City Auditorium
\$115 by February 25
\$165 by March 4

Men's Spring Basketball League

Grab your sneakers and hit the gym, March Madness is here! This is a 6 week officiated league. Games will be played at the City Auditorium.

#4165 — Wednesday Nights March 13

(or 1 week after winter league ends)
6 – 10 pm at the City Auditorium
\$225 by February 25
\$275 by March 4

Businessmen's Noon Basketball

Get up from your desk and away from the office! The City Auditorium is open year round for pick-up lunch hour basketball games from 11:30am – 1:30 pm; Monday through Friday (excluding holidays and special events). No basketball on January 21 or February 18.

#Noon

\$50/year or \$5/day
(includes locker and shower)

Indoor Rifle & Pistol Range

Location in the basement of the City Auditorium, the Range is open for public open shooting. Certified Range Master on duty to supervise and answer any questions.

Tuesdays & Thursdays, January 3 - April 25; 6 - 9:30pm

Fridays, January 11 - March 29; 11am - 1pm

Fee is \$10 per half hour, targets available for purchase.

Koloni Bike Share

Bicycle enthusiasts next year will have another opportunity to engage in their passion when Iowa-based bike share business Koloni sets up in Willmar.



The Koloni share program will allow people to rent a bicycle by the hour for a nominal fee, using a cellphone and credit or debit card. When the rider is done with the bike, he will return it to one of the bike hubs located across the city. This is a great option for an afternoon activity, lunch break ride, or a way to commute around the city. Look for this great opportunity in Spring 2019!

Summer Softball Leagues

**League fee is due at the time of registration.
Registrations will not be accepted
after the registration deadline.**

Men's Softball

The league will play on Monday nights and have 3 divisions of play: Gold (Upper), Silver (Middle), Bronze (Lower). The first 8 paid teams for each division are guaranteed a spot in the division. Registration deadline is April 22.

#4310 — Mondays

April 29– August
(No games May 27)
\$325 by April 15
\$375 by April 22

Co-Ed Softball

The league will play on Wednesday nights and have 2 divisions of play: Competitive and Recreational. Teams cannot have more men than women on the field at any one time. Registration deadline is May 8.

#4340 — Wednesdays

May 15 – August
(No games July 3)
\$275 by May 3
\$325 by May 8

Church Softball

The league will play on Thursday nights and have 3 divisions of play: Gold (Upper), Silver (Middle) and Bronze (Lower). Registration deadline is May 8.

#4330 — Thursdays

May 16– August
(No games July 4)
\$275 by May 3
\$325 by May 8

Women's 5 vs 5 vs 5 Softball

Three teams of 5 women play at the same time, 5 bat, 5 play outfield and catcher and 5 play infield and pitcher. After 3 outs, batting team plays outfield, outfield plays infield and infield bats. This league is to help the women who want to keep playing but struggle to find enough players. Registration deadline is May 28.

#4320 — Tuesdays

June 4 – July 30
\$270

**Looking for a
team?
Contact the
Rec office at
320-235-1454
to be
added to the
free agent list.**

Willmar Community Center

Friday Community Drum Circles

Meets Fridays, 6:15 - 7:15pm
Hand drum circles are a fun way to “play together” and meet other people. No experience is needed and drums are provided. This activity is part of Community Rhythms, a community-building program funded by a grant from the Willmar Area Community Foundation.

Free of charge!

Liaison:
Darlene Schroeder, 599-4700

WASO String Connection

Meets 4 – 6 pm, Wednesdays, Reynolds Room
WASO String Connection is open to adult violin, viola, cello and bass players interested in reading music and playing in a string ensemble. This member-lead group plays music from a variety of genres. String Connection performs at WCC and other venues several times through the year. This group is jointly supported by the Willmar Community Center and Willmar Area Symphony Orchestra.

Free of charge!

Liaison:
Darlene Schroeder, 599-4700

Music Lessons

Did you always think it would be fun to play the mandolin, ukulele, accordion or violin/fiddle? This is your opportunity to give it a try! This free class is designed for adults with no experience. Learn a few tunes and basic techniques. A limited number of instruments will be available for people to try. Classes and lesson scheduled based on interest.

Free of charge!

Liaison:
Darlene Schroeder, 599-4700

Garden Plots For Rent

High Avenue Community Garden
Located behind the Willmar Community Center

Plot Sizes:
10' x 15' • \$20
Call 262-5288
for info or to reserve a spot.



Medicare Basics

There are many important decision that need to be made when you become eligible for Medicare. Making the wrong decision can lead to not having any or enough health coverage and financial penalties. Participants will learn the basics of Medicare and their coverage options in Minnesota during the class. Class size is kept small to allow for plenty of time for personal attention.

Please call Senior LinkAge Line 1-800-333-2433 to register.
Thursdays: January 17 • February 21 • March 21 • April 18
Time : 3:30-5:30pm Cost : \$7.00



A FINANCIAL EVENT

#7090
Tuesday, Feb. 5
6:30-7:30pm
\$5
Call 235-1454 to register.

SOCIAL SECURITY: STRATEGIZE TO MAXIMIZE

Navigating your Social Security retirement benefit options can be overwhelming. Please join us to learn about how to sort through hundreds of options to help ensure the choices you make are right for you.

EVENT DETAILS:
Tuesday, February 5, 2019
6:30 p.m.
Willmar Community Center, Sunshine Room
624 US 71 Bus
Willmar, MN 56201

HOSTED BY:




Benjamin C Munsch
ChFC®, FIC, RICP®
Financial Consultant

Andy Boersma
CLTC®
Associate

Please RSVP to The Recreation Department at 320-235-1454 or benjamin.munsch@thrivent.com by January 31, 2019 to reserve your spot. Refreshments will be served.

No products will be sold at this event. Thrivent Financial and its respective associates and employees have general knowledge of the Social Security tenets; however, they do not have the professional expertise for a complete discussion of the details of your specific situation. For additional information, contact your local Social Security Administration office. Thrivent Financial representatives are licensed insurance agents/producers of Thrivent Financial, the marketing name for Thrivent Financial for Lutherans, Appleton, WI. They are also registered representatives of Thrivent Investment Management Inc., 625 Fourth Ave. S., Minneapolis, MN 55415. For additional important information, visit Thrivent.com/disclosures.

Appleton, Wisconsin • Minneapolis, Minnesota
Thrivent.com • 800-847-4836

27789AD R9-16

Willmar Community Center

West Central Dementia Awareness:

All sessions are free and open to public.

January 8 at 1:00pm : Dementia Friends: In this session we will discuss how to become a Dementia Friend to someone struggling with memory loss. The presentation teaches about dementia, how dementia affects people and day-to-day lives, communication tips, and the small ways you can make a positive difference for someone living with dementia.

February 12 at 1:00pm: Health living for your brain and body: For centuries, we have known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

March 12 at 1:00pm: Effective Communication Strategies: Communication is more than just talking and listening- it is also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families and friends need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn how to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

April 9 at 1:00pm: Know the 10 signs: Early detection matters if you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. This session discusses Alzheimer's disease vs. typical aging, risk factors and genetics, the ten warning signs and what to do if you recognize some of the risk factors.

May 14 at 1:00pm: The Basics: Memory loss, dementia and Alzheimer's disease and related dementia are not a normal part of aging. This program helps you understand dementia and Alzheimer's as well as age-related vs. problematic changes. We discuss how the brain works, major risk factors for dementia, stages of the disease, treatment and much more.

All WCDAN Educators are certified by the Alzheimer's Association and the ACT on Alzheimer's to teach their curricula. Programs are one hour in length, PowerPoint presentation with video clips, handouts are provided at each program.

Bone Builders Exercise

Tuesdays & Thursdays
10:15am - 11:15am

Bone Builders Program relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. **Free class!**

Lutheran Social Services Lunch Dining Program

Meet new friends while enjoying a hot and nutritious lunch at the Willmar Community Center. Lunch is served Monday-Friday at 11:30am.

Please call to order your meal and reserve your spot at 320-235-5310 ext. 219 or 320-222-3777.

This program is for those who are 60 years and up. A \$4 contribution for each meal is suggested.

Kandiyohi County Nurses Blood Pressure Check

Stop by for a FREE Blood Pressure check. Sign in begins at 9:00am on Tuesdays:

January 15
February 19
March 19
April 16

The poster features the Minnesota Twins Baseball Club logo at the top center. Text on the left side reads: "Evening Program begins at 6:30. Doors open at 5:30". Text on the right side reads: "Includes: hot dog, pop & chips served. Autograph session." The main title in the center is "Twins Caravan January 16th, 2019". Below the title is a photograph of the Willmar Community & Activity Center sign, which says "Willmar Community & Activity Center Building for Generations". Text on the bottom left reads: "Tickets \$7 at KDJS station & Walt's Car Wash. (\$9 at the door)". Text on the bottom right lists names: "Jack Morris, TC, Cory Provus, Trevor Hildenberger, Stephen Gonsalves & more."

Willmar Community Center

Veteran Coffee Social

Come gather with Veterans who served our country and enjoy coffee and goodies. Very relaxed and casual event to bring Veterans and Active Duty Military together. For more information, contact Ron at 320-894-7840.

1st & 3rd Monday of month
9:30am-11:00am

Free

Aging Wisely

Finding 'New' Confidence and Purpose! Join us for sharing and learning to make the most of the challenges of aging with a renewed purpose! Make new friends, share your stories and socialize over healthy food.

Ongoing meetings every 1st and 3rd Thursday of each month from 1:30pm- 3:30pm.

Supported by Blue Cross, Blue Shield of MN, Health Together Willmar, United Way of West Central Minnesota, Willmar Area Community Foundation

Free

Current Events

Bring a news article to share with group and engage in conversation about what is taking place in our news today!

1st & 3rd Monday of month,
2:00pm - 3:00pm
Community Center - **Free**

Senior Wellness Health Fair

Wednesday, Feb. 27, 2019
Noon-1:00pm

Free

Come and help Ridgewater students out in their learning process and get some health tips about your overall health.

Willmar Area Senior Citizens Club

Senior Club Board

2nd Tuesday-9-10 - Sunshine

Senior Club Meetings

Wednesdays-1-5 - BN/S

Senior Club Card Club

Thursdays-1-5 - Bremer

Senior Club Fun Days

Fridays-1-5 pm - BN/S

Card Gatherings

Monday-Friday

1:00pm-4:00pm

Whether you are a card shark or just wanting to learn, come spend an afternoon meeting others, having fun and play cards!

Free & Open to Community!

Mondays: Bridge/ 500

Tuesdays: Hand & Foot

Wednesdays: Whist

Thursdays: Hand & Foot

Fridays: Whist

Live Entertainment Wednesdays

Music every Wednesday at 2:00pm

\$2.00 suggested donation

Free for 1st time attendees

Coffee & Refreshments to follow.

Friday Afternoon of Dancing

Live band every Friday

at 1:00pm-4:00pm

\$5.00 suggested donation

Light lunch & refreshments included.

We welcome you to join the Senior Club for \$15.00 for the first year and \$10.00 the following years.

To learn more about the Senior Club contact Donna at 320-212-9775.

Wood Shop

Looking for a place to make items from wood, do wood carvings, joinery, carpentry, and woodturning? Check out the Community Center Wood shop!

Memberships start at \$60.00/year.

Open Monday-Friday 8:00am-4:30pm.

Men's Shed

A Men's Shed is a dedicated, friendly and welcoming meeting place where men can come together. It's a place where men can share their skills and knowledge with others, learn new skills or redevelop old skills. Good health is based on many factors including feeling good about yourself, being productive and valuable to your community, connecting to friends and maintaining an active body and an active mind. Becoming a member of a Men's Shed provides a safe and busy environment where you can find many of these things. Also, importantly, there's no pressure. Men can just come and have a chat and a cup of coffee if that's all they're looking for.

Men's Sheds is a global movement with thousands of Sheds now spread across 10 countries. The Men's Sheds movement is also growing around the U.S. with new Sheds opening in Hawaii, Philadelphia, Michigan and soon Minnesota.

Tuesdays at 1:00pm
Cost: \$5.00 daily fee,
or \$60.00 yearly membership

For more information, contact Nick DeMichael at 312-962-9889.