

# Community Connections January 2019

## Mondays

**Gamblers Anonymous** - 6:30 pm Calvary Lutheran Church, 605 Douglas St., Alexandria, 2<sup>nd</sup> Floor.

**Celebrate Recovery** - 6:00 pm in the basement of Alexandria Covenant Church, 4005 Dakota St., Alexandria.

A time of fellowship and support for your hurts, habits or hang-ups. All are welcome! Free meal. Child care provided. Questions, please call Dave 320-250-7912.

## Tuesdays

**The Common Soup House** – 5:30-7:00, Common Ground Coffee House, 516 Hawthorne, Alexandria. Free soup.

**Narcotics Anonymous** - 6:30 pm, Calvary Lutheran Church, 605 Douglas St., Alexandria, 2<sup>nd</sup> Floor.

**Al-Anon** - 6:30 pm, Bethany on the Lake, 1020 Lark Street, Alexandria. Use the rear (west) entrance door. Please knock loudly if it is locked. Questions, call Sandy 320-219-0413.

(There are more times for Al-Anon, Ala-Teen and AA at the AA Building on Jefferson Street listed below.)

**Caregivers Support Group** – 2:00 pm second Tuesday of the month. First Lutheran Church 822 Douglas. For those of any age who are caring for another.

**Depression and Mental Illness Support Group** - 6:00 to 7:30 pm, 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month. Douglas County Library, 720 Fillmore St., Alexandria. Call Missy for info 320-760-7147.

## Wednesdays

**Lakes Area MOMS** (Mothers of all ages and stages) - 9:15 to 11:15 am, 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month. Alexandria Covenant Church, 4005 Dakota Street, Alexandria. For info call Nichole 320-444-6304.

Many area churches have Wednesday evening activities for children and adults. Get connected by calling any one of them for details.

## Thursdays

**Narcotics Anonymous** - 6:30 pm, Calvary Lutheran Church, 605 Douglas St., Alexandria, 2<sup>nd</sup> Floor.

**Adult Children of Alcoholics (ACA)** - 6:30 pm, Bethany on the Lake, 1020 Lark Street, Alexandria. Use rear (west) entrance. Knock loudly if the door is locked. Questions, call Sandy at 320-219-0413.

**Amazing Journeys Support Group for Weight Loss** - 6:30 to 8:00 pm, 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month. Alomere Hospital Lobby Meeting Room. Questions, call Betty at 320-304-3444.

## Fridays

**Meal and Fellowship** - 5:00 to 11:00 pm, Sixth Avenue Community Center, 1615 6<sup>th</sup> Ave. E., Alexandria. Serving a free hot meal and fellowship for anyone. For questions about this weekly event, call Christopher at 320-759-0794.

**Narcotics Anonymous** - 6:30 pm, Calvary Lutheran Church, 605 Douglas St., Alexandria, 2<sup>nd</sup> Floor

**Al-Anon** - 6:30 pm, Bethany on the Lake, 1020 Lark Street, Alexandria. Use the rear (west) entrance door. Please knock loudly if it is locked.

(There are more times for Al-Anon, Ala-Teen and AA at the AA Building on Jefferson Street listed below.)

## Saturdays

**Open Mic** – Every First Sat. 7-9 pm, Common Grounds Coffee House, 516 Hawthorne St., Alexandria, MN, 6:00 pm. Display your talents!

\*\*\*\*\*

## Other Good things to Know

**AA and Al-Anon/Ala-Teen Meetings** - 1604 Jefferson Street, Alexandria (Across from the Technical and Community College.) Seven days a week at various times. Questions, call 320-762-1116 or 866-423-2969 for outside Alexandria.

**Douglas County Outreach Food Shelf** - 1205 Lake Street, Alexandria. For an appointment, call 320-762-8411.

**Coats, Boots, Mittens, and Hats** - United Way of Douglas and Pope Counties has gently used winter outer clothing. Call 320-834-7800 or just stop in Monday-Friday at 503 Hawthorne Street, Alexandria from 9 am to 4pm.

**Legal Services of NW MN** - Provides free legal advice/services to qualifying persons in Douglas and surrounding counties. Low income or age 60+. 1-800-450-2552.

**Adult Basic Education** – Get your GED...and a better job. Call 320-762-3312.

# January Happenings

**MNSURE** - Certified MNSure Navigators will guide you through the process of obtaining affordable health insurance coverage. Open Enrollment ends January 13. Call for an appointment at 320-304-3458 or 1-800-492-4805. Get it done!

**Senior College Alexandria Technical and Community College** - Don't stay bored. Tuesdays and Thursdays. Winter 2019 program starting January 3. Call 320-762-4510 for info. There is a fee for classes.

**Ultimate Date Night** with Jay and Laura Laffoon - St. Feb 2, 7:00 -9:30 pm, Alexandria Area High School Performing Arts Theater. 4300 Pioneer Road. A comical, yet serious lift to your marriage. \$15.00. Sponsored by Thrivent. To register go to [evenbrite.com/e/ultimate-date-night-with-jay-laura-laffoon-tickets-52494406182](http://evenbrite.com/e/ultimate-date-night-with-jay-laura-laffoon-tickets-52494406182).

**Groundbreaker Class 101 and 102** –Two-part class talking about family function and answering these questions 1.) How did I get here? 2.) Where do I go now? Tuesdays, Jan. 29 and Feb. 5, 1:00-2:30 PM, at Love INC, 44 Glenn Road, Alexandria. Call Love INC at 320-759-3022 to register. Free.

**Classes** - Offered through Transformational Ministries will be starting on Feb. 19, like **Finances, Boundaries, Potential, Bible, etc.** They will start at 5:30 pm with free dinner and classes taking place from 6:00 to 7:30. Refer to Love INC web site for further information and to register. Free for Love INC clients. (\$10.00 for people who are not clients of Love INC)

**Food Drop** - Free food event for anyone who lives in Douglas County and eats food. Bring a box to put food in. New Life Christian Church, 1910 Co. Rd. 82 SE, Alexandria. Register at 9:00 am. No income guidelines. Next drops are 1/24/19, 2/28/19, and 3/28/19.

**Nutrition Assistance for Seniors (NAPS)** - Free box of food for people age 60+. 2<sup>nd</sup> Thursday, after the 1<sup>st</sup> Tuesday of each month at Douglas County Senior Office, 720 Fillmore, Alexandria. (Use entrance for the Veteran's Office.) Income guideline is about \$1300/mo for one, etc. Call Social Services to sign up prior to distribution at 320-762-2302.

**The Common Soup House** - Tuesdays, 5:30-7:00 pm, Common Ground Coffee House, 516 Hawthorn, Alexandria. "Bring a spoon, bring a bowl, if you're down and out, bring your weary soul." Free.

**Job Fair Prep** - Get prepared to look for employment at the Job Fair which will be held Feb. 6, 9:00-1:00 pm at the Tech College. Workshops to help prepare for the event will be Thursdays, Jan. 10, 17, 24, and 31, 10:00-11:00 am at the Workforce Center. [mn.gov/deed/alexandriaworkshops](http://mn.gov/deed/alexandriaworkshops) to register. Free.

**Snow Angels** - Will shovel sidewalks for senior citizens or disabled. Free. Sorry, will not do drive-ways. Go to [SnowAngelsAlex.org](http://SnowAngelsAlex.org) to sign up. Free.

**Single Moms Retreat** Bridging the Gap - Fri.-Sat., May 3-4, Lake Geneva Christian Center, Alexandria. Registration begins Jan. 1. More info and to register go to [info@mnbtg](mailto:info@mnbtg). Gather with other single moms for Biblical teaching and a time to relax and refresh. If you are involved with Love INC, we may be able to help you pay for this retreat. Call 320-759-3022.

**Reading the Word Over the Alexandria Area 2019** - Starting Jan. 2, 2019. 5:00-6:00 pm, Mon.-Fri. until the entire Bible is read aloud. Common Ground Coffee House, 516 Hawthorne, Alexandria. Sign up to read in 15 minute slots, or just come listen!

**And...Look for activities in your town and school** to break up this long, cold month. Many are free or low cost. Be involved!

**Happy New Year 2019 from your friends at Love INC!**

"If the Lord had not been on our side...we would have been swallowed up...floods would have engulfed us, swept us away...But we have escaped like a bird. Our help is in the name of the Lord!" Psalms 124