



Community Connections November 2023



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



Energy Assistance Program – West Central Community Actions is accepting applications for the 2023 - 2024 season. Energy Assistance is a program that is designed to assist income eligible households with the cost of energy/heating their homes. Everyone deserves affordable, continuous, and safe home energy services. Call to request an application via postal mail at 1-800-494-4805 option 1, request an application via email at eap@wcmca.org, or follow this link: <https://energy-assistance.web.commerce.state.mn.us/>

Weatherization Program – This program helps income eligible households cut their heating costs and improve the comfort level of their homes by making energy-savings home improvements. Improvements to be made are determined from the energy auditor's blower door testing equipment at your home. Items may include furnace improvements; minimize infiltration; insulation of attic, walls, and floor; and venting of water heaters and heating systems. For more information, please call 218-685-4486.

MNsure Open Enrollment – MNsure open enrollment is from **November 1st – January 15th**. Contact West Central Community Actions at 320-304-3458 or at amberh@wcmca.org to see if you qualify for coverage through MNsure and to schedule your appointment.

Memory Loss Resource Day - Come learn about the Memory Loss Resources available at the Douglas County Library (720 Fillmore St, Alexandria) on **November 3rd** from 3 PM – 5 PM. Listen to brief presentations at 3 PM and 4 PM with time afterward for questions and a chance to look at the items in the Resource Center. Learn about: Memory Maker Kits, Puzzles, Games, Picture Cards, CDs, DVDs, Magazines, Books, Reference Material, and Support information. This is a great opportunity for those who work in Memory Care, volunteer, or have a loved one diagnosed with a memory loss condition. There is no registration required, no cost to the event, and of course, no cost to use any of the library's resources. Come on out and see what the library has available.

Bethesda Lutheran Church Fall Bazaar – Come join Bethesda Lutheran Church (1204 N Nokomis St, Alexandria) on **November 4th** from 8 AM – 1 PM for rolls and coffee served in the morning. Opportunity to purchase lefsa, baked goods, crafts, and embroidered dishtowels. Followed by hot pulled pork sandwiches, coleslaw, chips, and sherbet for lunch.

Deer Hunter's Widow Craft & Vendor Festival – Join Crooked Willow (11181 MN-27, Osakis) on **November 4th** from 9 AM – 3 PM for a craft and vendor festival. We will have a variety of vendors and crafters available, so bring your friends, and support some local small business owners. Shop for yourself or get your holiday shopping started! Food and drink will be available for purchase during the event.

Shalom Fall Bazaar – Join Shalom Lutheran Church (681 Voyager Dr, Alexandria) **November 4th** from 9 AM – 2 PM for an ala carte dine-in or to-go lunch. There will be a craft sale, quilt raffle, bake sale items, cinnamon rolls and lefse for sale.

Awesome Athletes – Come join Alexandria Public Schools Community Education in collaboration with the Windmill Project for fun and sports! Awesome Athletes provides individuals with special needs with a fun time to try out different sports and have fun! Each participant gets one support person included with their registration. Additional family members are welcome but must register. This program is offered free to the special needs community! Classes are available on **November 5th** from 4:30 PM – 5:30 PM, and **December 5th** from 4:30 PM – 5:30 PM. To enroll and more information: https://alexandria.ce.eleyo.com/course/8687/adult-fall-2023-summer-2024/awesome-athletes?fbclid=IwAR1pkPjHE79JAgSnDajaBSMinPNvnJJ3smi6w9XTYsdh3dVTXX_iBI7G7Bk#awd312.

Alomere Prenatal Class – Alomere Health welcomes you to a Prenatal Class during this important time in the life of your family. This two-class series will help you prepare for your new addition by answering important questions and labor and delivery, sharing what to expect at the hospital, and will give you a tour of the labor and delivery department. This course will take place at the Alomere Hospital (111 17th Ave E, Alexandria) on **November 8th and 15th** from 6 PM – 8 PM. Classes will be held in the lower-level Conference room. Please enter through Door 13 and you will be directed from there. Register here: https://alexandria.ce.eleyo.com/course/ecfe/8495/fall-2023/alomere-prenatal-class?fbclid=IwAR1sYuVZHHPO9Pik7eJc0qhaKIUhsWlCq_EMVixU4RNUAhtCFQF16YKqkPI

Spaghetti & Meatball Dinner – Join First Congregational Church (221 7th Ave W, Alexandria) on **November 9th** from 4:30 PM – 7 PM for a spaghetti and meatball dinner and bake sale.

Grand Arbor Holiday Crafts, Antiques, Bake Sale – Join Grand Arbor (4403 Pioneer Road SE, Alexandria) on **November 10th** from 9:00 AM – 5:00 PM and **November 11th** from 9 AM – 12 PM for their fourth annual craft fair! Join us and browse a variety of beautiful handmade items, baked goods, Lefse, antiques, and many new and unique items this year!

Fall Women's Brunch – Women of all ages and stages are invited to gather at Calvary Lutheran Church (605 Douglas St, Alexandria) on **November 11th** from 9 AM – 10:30 AM for a time of connection, inspiration, and fun as we prepare for the busy end of 2023! Brunch is FREE, but we will collect a free will offering for a women's vocational school in Ghana, West Africa. Childcare is available for those who need it, kids ages birth to 5. Please RSVP by November 8th here:

https://calvarychurchalex.churchcenter.com/registrations/events/1979400?fbclid=IwAR3l8uhbTOFXMHPi1-sNSGT6HySHLIQo6l7B57fK1DCZ_RfXsR4ntwglw&fbclid=IwAR3l8uhbTOFXMHPi1-sNSGT6HySHLIQo6l7B57fK1DCZ_RfXsR4ntwglw or contact Calvary at 320-763-5178 with questions.

WCMCA's Annual Cardboard Brigade – Join West Central Community Actions on November 14th from 3:30 PM – 5:00 PM to spread awareness about homelessness and hunger within our community. Please meet at Big Ole at 3:30 PM, WCMCA will have cardboard signs with statistics on hunger and homelessness within our communities. There you will walk down Broadway and stand together until 5 PM. Contact Amber Holmstrom at 320-304-3458 or amberh@wcmca.org with questions or to volunteer.

Arabella Marketplace – Come and join Arabella Manor for their 12th annual event on **November 18th** from 9 AM – 3 PM. There will be 2 buildings full of crafters & vendors (1810 & 1812 Darling Ave E, Alexandria) with exciting items to kick start your holiday shopping!

Thanksgiving Bingo – Join The Church of St. Mary (420 Irving St, Alexandria) on **November 18th** for social and light lunch at 12:30 PM and bingo at 1 PM. Family friendly for all ages. Prizes for each game winner! Free will offering to play and eat. Limited seating of 200, doors open at 12 PM.

Jail Ministry Cookies – Share the gospel by baking cookies that are to be delivered to the jail during the week of Thanksgiving. Please no nuts or peanut butter. Bring cookies to Alexandria Covenant Church (4005 Dakota St, Alexandria) to the downstairs freezer by **November 19th**.

Tech Tuesday: Online Safety – Join the Douglas County Library (720 Filmore St, Alexandria) in partnership with the Douglas County Sheriff's Office on **November 21st** from 12 PM – 1 PM and learn how to spot common internet and phone scams. Keep yourself, friends, and family safe during the holidays!

St. Mary's Community Thanksgiving Dinner – Join St. Mary's School Gym (420 Irving St, Alexandria) on Thanksgiving Day, **November 23rd** from 11:30 AM – 1 PM for a Thanksgiving meal. This meal is for those who would be alone, or those who would simply like to share a meal with others in the community. For meal deliveries to the homebound (1-2 meals per household), call Bonnie at 320-763-9429 after October 31st. Deadline to order is November 17th. To help with set up, prepping, serving, or clean-up, contact Grace at 618-292-0506 or gracehlambert@yahoo.com. Help is also needed on November 19th – 22nd if you are unable to help on Thanksgiving Day. To donate a pumpkin or fruit pie (no cream or custard pies), please bring to St. Mary's School Kitchen on Wednesday, November 22nd 12 PM – 5 PM or Thanksgiving morning before 10 AM.

Christmas in the Fort – Join the Runestone Museum (206 Broadway St, Alexandria) on **November 24th** from 3 PM – 6 PM for the infamous kick off to the holiday season! It's a family friendly FREE event! Friday's events include special appearances by Santa and Mrs. Clause, hot apple cider, holiday music, and more! Take the short winter wonderland path to visit our neighbors next door, the Legacy of the Lakes Museum, and bask in awe of their Parade of Trees!

Lights on Broadway – A holiday light parade! This parade is hosted every year on Black Friday, **November 24th**, following the Runestone Museum's Christmas in the Fort and the Downtown Lighting Ceremony. Everyone is welcome to attend the parade or be part of it. No entry fee (you can register your float by emailing your name to: info@alexandriamn.org), only rule is whatever you have, MUST be lit up! The parade's tentative time is 5:30 PM.

Parade of Trees – Join Legacy of the Lakes Museum (205 3rd Ave W, Alexandria) for their FREE event on **November 24th** from 3 PM – 6 PM and November 25th and 26th from 5 PM – 8 PM.

Craft & Vendor Market – Join the Viking Plaza Mall (3015 Hwy 29 S, Alexandria) for a fun weekend of shopping at your favorite stores in the mall and some wonderful crafters and vendors at our pop-up market. **November 24th** from 9 AM – 7 PM and **November 25th** from 10 AM – 5 PM.

Kid Connections



Letters and Cards for Veterans – Kids of all ages are invited to stop by the Douglas County Library (720 Filmore St, Alexandria) on **November 2nd** from 3:30 PM – 4:30 PM to write cards and letters to thank Douglas County Veterans for their service. All materials provided.

Thankful Painting for Kids – Join Douglas County Library (720 Filmore St, Alexandria) and Rachel from Sunset Studio on November 18th from 10:30 AM – 12:30 PM to create a thankful painting for the holiday! This program is best for kids ages 6-12. Space is limited, please register here: <https://douglascountylibrary.libcal.com/event/11119509>

Holding Hands – Moms and caregivers with children birth through homeschooling join Lake Community Church (490 Voyager Dr, Alexandria) in the gym **every other Tuesday** from 9 AM – 10:30 AM for a short devotional, free play, parachute games, circle-time songs, and plenty of time for ladies to fellowship while the kids run off some energy! Reach out to Saraah for more details: saraahloryn@gmail.com.

Stay & Play at the Library – Children birth to age 3 and their caregivers are welcome to join the Douglas County Library (720 Filmore St, Alexandria) every Thursday until **December 14th** from 10 AM – 11:15 AM. Enjoy a warm and inviting space where you and your child can play and socialize with others in the community. Please note this is an unstructured free play time for both caregiver and child; not a structured story time.

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

Teen Connections



A Quiet Place Game Night, 2 – Lake Community Church will be hosting a Youth for Christ event, game night Friday, **November 10** from 6 PM – 8 PM.

The Alexandria Breakfast Club – Feeding stomachs, nourishing souls. Meets the second and fourth Thursdays of the month from 7 AM – 8 AM at North Star Christian Academy (3888 Pioneer Rd. SE, Alexandria). High school students are invited to enjoy some good food and a great message! Bring your friends, teammates, co-workers, or siblings with you.

Girls Art Night – Middle and High school girls join Youth for Christ (124 7th Ave W #15, Alexandria) from 6 PM – 7:30 PM on the **third Friday** of each month to create! All supplies provided.

Youth for Christ Games & Fun – Join for games, conversations, and fun after school! Middle School Campus Life get together **Mondays** from 3:30 PM – 5 PM and High School Campus Life get together **Thursdays** from 3:30 PM – 5 PM at the Youth for Christ Building (124 7th Ave W #15, Alexandria).

Vie Yth – Meets the **first and third Wednesdays** of every month from 6:30 PM – 8:15 PM at Vie Church (3020 Rosewood Ln SE, Alexandria). This includes all students in grades 5-9. We have an intentional time in the Word of God along with lots of fun, games, and food. We desire to have each student feel valued and experience Jesus in an attractive, compelling, and purpose-filled way.

Dungeons and Dragons League – Youth for Christ (124 7th Ave W. #15, Alexandria) hosts The Nordic Dungeon League **every Thursday** from 5:30 PM – 7:30 PM.

Adult Connections

MOMS – Moms of all ages and stages are invited to connect with each other and Christ over conversation and coffee. Located at Alexandria Covenant Church in the Patio (4005 Dakota St, Alexandria) on **November 1st** from 9 AM – 11 AM.

Young Families Sundays – Join Lake Community Church (490 Voyager Dr, Alexandria) **every 1st and 3rd Sunday** of the month from 3:30 PM – 5 PM or 5 PM – 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 PM session here: https://lcc.ministryplatform.com/portal/event_signup.aspx?id=9337 or the 5 PM session here: https://lcc.ministryplatform.com/portal/event_detail.aspx?id=9321.

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

40's-60's Life Group – Join Lake Community Church (490 Voyager Dr, Alexandria) if you are in your 40's, 50's, or 60's and looking for a group to connect with others in a similar life stage. We are a fellowship group that is choosing to do life together and support each other. We typically meet on the last Friday of the month from 6:30 PM – 7:30 PM at the church but may occasionally meet offsite for activities or events. Contact Lake Community for more information.

Senior Connections

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.

<https://mn.gov/senior-linkage-line/>

Alexandria Senior Center – Open weekdays 9 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 PM – 4 PM (1604 Jefferson St, Alexandria).

Mondays

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

Tuesdays

Young Couples without Kids – This Life Group is an ongoing group that meets **every Tuesday** 7 PM – 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 AM – 11 AM.

Pens and Pals – Held on the **first Tuesday** of every month at The Church of St. Mary's (420 Irving St, Alexandria). Pens and Pals is a ministry to love and serve persons in our faith community with disabilities through adult faith formation by creating a trusting partnership between all abilities of adult parishioners. God wants our lives to overflow with mercy, love, and compassion. Contact Barb Friedrichs by email at barb326@live.com or call 320-766-6106.

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

Jesus Cares Bible Studies – The Jesus Cares Ministry reaches out to individuals with intellectual and developmental disabilities through bible study and fellowship opportunities. They meet on the **second and fourth Tuesdays** of the month at 7 PM – 8 PM at St. Paul's Lutheran Church (718 Victoria Dr, Alexandria). If you have questions or would like more information, call 320-762-1644.

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 PM – 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 PM – 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

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 Filmore St, Alexandria) from 1 PM – 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 PM – 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 an ongoing opportunity to connect with other people, make some new friends, and to care well for one another. Join from 9:30 AM – 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 PM – 8:30 PM at Spirit Life Church (912 State Highway 29 N, Alexandria).

Thursdays

Belong – Women's Connection Group **every Thursday** from 6:30 PM – 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 PM – 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 PM – 6:15 PM, an Alomere doctor will lead a group of walkers and discuss wellness along the way. In warm weather, we'll meet at Big Ole Central Park (200 Broadway St, Alexandria). When the weather gets cold, we'll meet at Viking Plaza Mall (3015 S Hwy 29, Alexandria).

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 PM – 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 PM – 8:30 PM. Light refreshments and childcare provided. Currently studying the book of Philipians. Located at 405 W Queen St, Osakis, contact Bob Clapper at bobclapper@yahoo.com for more information.

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.