



## Positive Happenings Forest Lake Area Schools Community Education Adult Lifelong Learning

### Community Ed Partners with Senior Friendly Forest Lake!

Senior Friendly Forest Lake is a grass-roots initiative to increase opportunities for active seniors in the Forest Lake Area. This group, spearheaded by long time Forest Lake resident Gary Lee, meets to discuss community needs and ideas for programming. Community Education was invited to participate and has become an integral partner in developing and supporting opportunities for active seniors. We look forward to continuing to work with this enthusiastic group!

### Opportunities Developed for Active Seniors:

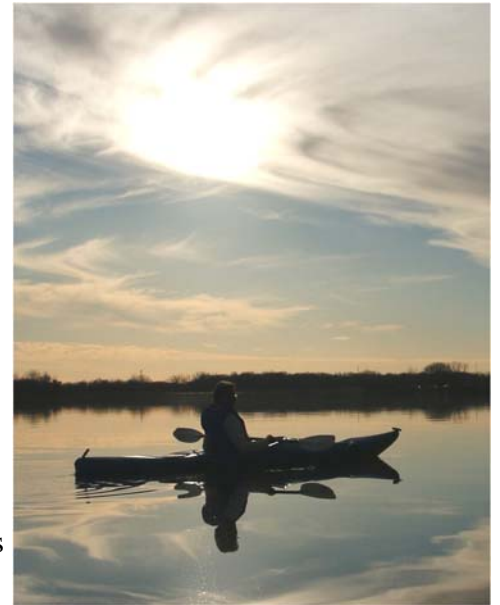
**Walking Club** - Participants will meet once or twice per week to walk and socialize. An Allina Health Neighborhood Health Connections grant will allow us to provide staff support and incentives for walkers.

**Intro to Kayaking** - An instructor from Wargo Nature Center will bring everything participants need to learn how to kayak right here on Forest Lake!

**Open Skating for Adults** - Adults can drop in to the Forest Lake Sports Center on Tuesdays and Thursdays from 11am-1pm for open ice skating this spring.

**Bike Clubs** - Forest Lake Cycle and Skate will host three bike clubs for different skill levels. Group C will be for casual riders and include a stop for coffee, ice cream or lunch.

**Canoe Outings** - Organized by Senior Friendly Forest Lake member, Jim Roe, participants will bring their own canoes or kayaks and explore sections of the St. Croix River.



### Thank You X 2!

We are very appreciative of Allina Health for awarding their Neighborhood Health Connections grant to the Community Education Adult Lifelong Learning program. This grant will help us to develop and support the Walking Club for adults!

We would like to say thank you and best wishes to Larry Damico! Larry retired from his position with Community Education this winter after serving as Program Planner in Adult Lifelong Learning for six and a half years. He will be missed! We welcome Kyle Young to the Adult Lifelong Learning program as he has taken on Larry's responsibilities in addition to his existing role as Secondary Youth and Adults with Disabilities Planner.

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