



New Sociables

Bloom where you are transplanted

October 2023



President's Message

Join Groups to Help Fight Loneliness

When I'm leading the "Sole Sisters" walking group, I often ask ladies how they heard about New Sociables and what or who encouraged them to join. These are common answers:

- I retired recently and have few friends outside of work.
- After retiring, I had all this free time on my hands.
- After retiring, I felt like I lost my identity. By being a part of a group, I can contribute my many skills to the organization.
- I've always been an active person – but my spouse chooses to be a homebody.
- My spouse recently passed away and I'm so lonely.
- I've lost many close friends and need to widen my circle of friends.
- I'm new to the area and was looking for a way to become a part of the community.
- I heard that New Sociables offers things like Bridge, Bunco, Mah Jongg, and Golf.
- I like to go out to eat, but it's no fun going out alone.

Reaching out is hard. Taking that first step can be paralyzing. Walking into our monthly meetings with a large community room filled with ladies you don't know – and starting a conversation – is frightening. It was January of 2018 for me. I had just finished being a volunteer for Super Bowl XVIII and had worn the uniform scarf to the New Sociables meeting. Susan Marlowe approached me after recognizing the scarf. We struck up a conversation about it since she had also volunteered. Susan and I were out on a Sole Sisters walk just last month and I mentioned to her that I remembered her kindness after these many years. Just that simple act of making conversation made me feel like "maybe this group is welcoming to new people."

My recommendation to all is to join an activity group or get involved in helping out at meetings. It may take attending a few activities before you find one that resonates. The long and short of it is that it gets you out of the house and you're mingling with ladies with similar interests to you.

Parting words: talk to someone you don't know. You could be that one person who makes all the difference.



October Speaker Spotlight

Mary Brainard - Woman's Advocate

Mary lived the first eighteen years of her life in Green Bay Wisconsin, moving to Minneapolis to go to North Central Bible College where she lasted for one month but stayed for two years. Not having a plan, she became a flight attendant with Northwest Airlines thinking she'd fly two years then quit and get married. She retired thirty-eight years later.

She has been an advocate for battered women, led a ministry for those with HIV/AIDS, served on church committees, is an artist, poet, reader and is in several clubs. She's an extrovert socially but tests as an introvert on Myers Briggs and is an eight on the Enneagram. It's no wonder she can't figure herself out.

Mary has been involved with Trafficking Justice since 2017, educating our community on the dangers to our children and society and offering hope when all of us are aware of what's happening in our own backyard.

And YES, she's still a Packer fan.

MEMBERSHIP ALERT!

Welcome to another year of New Sociables activities and events!

There is a new combined Registration/**Liability Waiver Form** that all members will be required to sign and submit with **\$40** membership dues.

This form is available:

- Attached to this newsletter
- At the October 2nd meeting
- Download from newsociables.org (Scroll down to **Registration Form and Liability Waiver**)

Submitting the form:

- Complete and bring to the October 2nd meeting
- Mail form and dues to: Karla Zellmer 4162 Starbridge Court, Eagan 55122
- Checks payable to "New Sociables"

DUE DATE: October 10

All timely registrations will be included in the printed 2023-2024 Directory.

Directories will be distributed at the November meeting.

As of September 12, there are 186 members who have completed their 23-23 membership registrations! Of the 186, eighteen are NEW members; see the calendar page for their information!

Karla Zellmer 651 303 5932
Membership Chairperson

Community Service

360 Communities- Holiday Program Armful of Love Gift Card Campaign

The Armful of Love program provides food and/or gifts to help make holidays more enjoyable. The donated gift cards provide the means for families to purchase gifts for their children.

We will be collecting gift cards at the October and November meetings.

Gift cards suggestions: \$25 or small monetary value

Target Amazon Walmart Aldi Cub

We have been great supporters of this cause in the past. **Let's Knock it Out of the Park!** this year.

WE ARE LOOKING FOR HELP HEADING UP THIS PROJECT!

Contact: Cheryl Lauby 608 446 5142

Sandy Brown 612 418 0755



Lewis House Special Request

Collect Cub Foods "KitchenAid® Cookware" promotion stamps to earn cookware for Lewis House residents. Receive a stamp for every \$10 purchased. Collection at each monthly meeting through November or mail to

Cheryl Lauby 15129 Crestview Circle, Rosemount MN 55068

Sandy Brown. 2025 W 89th Street, Bloomington MN, 55431

The "little things" can sometimes mean so much.

LEWIS HOUSE

Facility for women and children seeking shelter and support to rebuild their lives after leaving abusive situations.

October requested items:

- Bath towels
- Women's lounge wear (sizes M-XL)

Ongoing need:

- Cell phones
- Luggage: new/like-new
- Gift cards: small monetary value

Target Gas Amazon
Walmart Cub

→ Bring donations to monthly meeting

Contact: Cheryl Lauby 608 446 5142

Sandy Brown 612 418 0755

In September, we were able to donate a generous supply of school supplies, nine backpacks and \$348

Thank you for your generosity!

SUNSHINE

- Provide a ray of sunshine in time of need
- For members recently hospitalized:
 - Provide a small meal
 - Run a quick errand
- Send greeting cards to members
 - Condolences
 - Get well
 - Encouragement
 - Milestone birthdays: 60, 70.....
- Donate unused greeting cards and blank notecards at each meeting
- New volunteers always welcome

Contact: Marvel Thorne 952 913 8504

Barb Kloven 315 225 9662



Ziggy's ART BUS

Burnhaven Library

1101 County Rd 42 Burnsville

November 17

Website: ziggysartbus.org

Bring joy to children with medical challenges and life-threatening conditions

- Pack art activity kits
- 3 packing events planned for 2023-24
- Sign up at the November meeting

Contact: Charlene Ostendorf 952 994 3912

Mary Preusser

Please sign up each month to volunteer.
Lists provided at monthly meetings.

Community Service (Cont.)



FEED MY STARVING CHILDREN

990 Lone Oak Rd Eagan

Fri October 13 9:00 - 10:45 am

Website: fmsc.org

- Pack specially-formulated meals for malnourished children throughout the world
- Jobs for all capabilities (standing / sitting)
- Friends/relatives over 5 years old welcome
- Volunteers will receive email from FMSC

September contribution

15 Volunteers participated

85 boxes = 18,360 meals

provides 50 children one meal/day for 1 year

Additional opportunities added Nov & Dec

Friday, November 10 & Monday, November 13 9:00 to 10:45 am

Friday, December 8 & Monday, December 11 9:00 to 10:45 am

Contact: Deb Lingen 952 239 2275



Cards & Games

PARTY BRIDGE

Casper's Cherokee Restaurant
4625 Nicols Rd. Eagan
10:00 - 2:30 pm



- 3rd Monday
- Lunch break
- Signup required

Contact: Mary Gerenz 952 261 4614
Fran Laufle 651 699 5042

DUPLICATE BRIDGE

Casper's Cherokee Restaurant
4625 Nicols Rd. Eagan
10:00 - 2:30 pm

- 4th Monday
- \$1.00 for the kitty
- Lunch at restaurant
- Signup at monthly meeting

Contact: Lynda Freund 952 201 6589

500

Rascal's Bar & Grill
7721 West 147 St. Apple Valley
11:20 - 3:00 pm

- 2nd Wednesday (Sep - May)
- \$1.00 for prizes
- Lunch first
- Email sent week before play

Contact: Pat Lynam 218 839 7789
Pat Steigerwald 612 518 9952

BUNCO

Ole Piper Restaurant
16604 Cedar Ave S Lakeville
11:30 am

- 2nd Tuesday (Sep - May)
- Easy dice game, no skill needed
- Break for lunch
- Refrain from wearing scent due to allergies

Contact: Linda Neubauer 952 432 8516



HAND and FOOT

Ole Piper Restaurant
16604 Cedar Ave S. Lakeville
11:15 am

- 3rd Thursday
- \$1.00 to kitty: winner at each table
- Organize tables at 11:15; please be prompt
- Lunch midway
- 4 rounds

Contact: Jan Petermann 952 994 1879

MAH JONGG

Ole Piper Restaurant
16604 Cedar Ave S. Lakeville
11:00 - 3:00 pm

- 1st Thursday and 3rd Tuesday
- Enjoy lunch
- No signup since reservations not required
- All levels welcome

Contact: Betsy Nurmela 906 475 9569
Dee Goetzke 612 702 5900



CRIBBAGE

Starbucks at Kowalski's Market
1646 Diffley Rd Eagan
10:00 - 12:00 pm

- 1st Wednesday (Sep - May)
- Bring a cribbage board if possible
- Easy game to play

Contact: Judy Rau 651 600 5813
Cindy Manwarren 612 201 5784



Visit the table at each monthly meeting: add your name to lists for activities and email notifications

Hobbies & Crafts

BOOK GROUP

Lady Clementine by Marie Benedict

Discussion leader Kristy Harms

11:00 am Social

Lunch at El Charro 122 Elm Street Farmington

12:30 pm Discussion

Farmington Library 508 3rd Street Farmington

See Events & Adventures page for an upcoming activity

- 4th Thursday
- Choose books as a group
- Whether you've read the book or not, please come for our lively discussion

Contact: Judy Rau 651 600 5813

Deb Lingen 952 239 2275

SHARE A RECIPE

October Hostess Carol Turcotte

16907 E Lake Drive, Lakeville, MN 952 423 2864

Theme Your Favorite Fall Recipes

October 25 12:00 pm

- 4th Wednesday (except Nov and Dec)
- "Foodies" to sample and share a recipe
- Hostess selects a theme
- Christmas Cookie Tea: Fri Dec 15
- To cover costs of sending recipes via USPS bring:
 - * SASE (legal size)
 - * copy of recipe
 - * \$1.00 for copying costs
- Volunteer to host at your home
- Good food, good conversation, good friendship

Contact: RuthAnn Miller 507 461 0074

Joanie Rockvoy 651 485 7778

CRAFTY LADIES

October Hostess Carol Turcotte

16907 E Lake Drive, Lakeville, MN 952 423 2864

- 2nd Thursday
- Work on current art or craft
- Share your project, technique or skill
- Members are great for roadblocks, ideas, and questions
- All are welcome

Contact: Lisa Boerboom 651 262 6892

Sonia Aamodt-Schulz 612 710 3003

Add your name to the activity list at the monthly meeting if you are not receiving emails

Outdoors

WOW: Women on Wheels

- Every Wednesday at 10 am
- 15-20 miles round-trip
- Twin Cities and surrounding area
- All abilities are welcome
- Standard and e-bikes
- Fall excursion
- Email on Sunday with route and details
- Lunch after biking

Contact: Dee Petersen 612 709 0892
Sonia Aamodt-Schulz 612 710 3003



GOLF

Birnamwood Golf Course
12424 Parkwood Dr. Burnsville

- Every Thursday at 9:00 am
- Summer League: late May - early August
- Spring and Fall play also available
- Weather permitting

Contact: Jeri Ganz 612 710 4900

TREKKERS

Afton State Park
6959 Peller Avenue S Hastings
Oct 13 10:00 am

Nerstrand Big Wood State Park
9700 170th Street E Nerstrand
Oct 24 10:00 am

- Twice a month: dates vary
- Metro area and region
- Hike in spring/summer/fall
- Snowshoe or hike in winter

Contact: Claudia Miller 952 237 8174
Bev O'Connor 612 309 1665

SOLE SISTERS

- 1st Friday and 4th Tuesday
- 2-mile distance
- Urban walks
- Explore historical areas, hidden gems, neighborhoods, and parks of the metro
- Learn historical background and amazing facts
- Walk indoors during inclement weather
- No pre-registration
- Email 2-4 days prior: location, date and time

Contact: Lori Martz 612 366 2243

Browse clipboards at monthly meeting: add your name if you are not already on the email

DON'T FORGET: Some activities require monthly sign-up. Browse the table. Snap a photo with your cellphone as a reminder.



Urban Views

LUNCH ADVENTURES



20790 Keokuk Ave S Lakeville

Oct 18 11:00 am

Carpool: Emagine Theater: 10:30

Unpretentious bar & grill featuring a large menu of classic American dishes, beers & mixed drinks.

garysupperclub.com

- 3rd Wednesday (Sep - May)
- Experience various venues in metro
- Socialize with old and new friends
- Pay driver \$3.00 if carpool
- If form own carpool, inform Judy

Contact: Judy Rau 651 600 5813

HAPPY HOUR



15668 Pilot Knob Rd Apple Valley
Mon. Oct 9 3:00 pm

- 2nd Monday
- Spend time with friends, old and new
- Gather at various sites in metro
- Watch for email invitation/RSVP!

Contact: Deb Lingen 952 239 2275
Elaine Barthelemy
elaineab@yahoo.com



Mn Zoo Treetop Trail "Pop-up"

LUNCH with the BUNCH

Giuseppe's Italian Restaurant

15090 Chippendale Ave W Rosemount
giuseppesitalianoristorante.com

- After monthly meeting on 1st Mon (Sep-May)
- Attendees counted at each meeting
- Gather with long-time friends
- Strike up a conversation with somebody new

Contact: Chris Johansen 612 396 7512

Genevea Meives 952 392 8120

Nancy Fossum

TOURS

Goldstein Design Center

Dedicated to the value of design through its
34,000 multidisciplinary objects

1985 Buford Ave

Falcon Heights: U of M campus

Oct 6 11:00 am

10:15 carpool @ Emagine Theater, Eagan

- Visit landmarks, museums, sites
- Twin Cities area
- Lunch after
- Please reimburse driver \$5 plus parking (driver does not pay for parking)
- If form own carpool, inform activity leader

Contact: Judy Rau 651 600 5813

Let's GO!!

- Spontaneous!!
- Pop-up events
- One-time occasions
- Twin Cities area
- No set schedules

Watch email for what's happening!

Contact: Barb Jensen 952 881 0231

Monthly Meeting

Peace Church
2180 Glory Drive Eagan
1st Monday (Sep - May)

- 8:15 am Board Meeting (open to all members)
- 9:15 am General Meeting with guest speaker

Bring to each meeting:

- Nametag: contact greeters to order
- Coffee mug/water bottle
- Enthusiasm to mingle and meet
- Smile

50/50

- Purchase tickets prior to each meeting
- 5 / \$1.00 cash only
- Please bring \$1.00 bills or small denominations
- Winner receives half the pot

September winner: Linda Lamb: \$85.50

Coordinator: Judy Holmquist 952 457 9724
Barb Hickman



GREETERS

- Welcome everyone at the door
- Yellow daisy sash wearers guide guests and new members
- Order nametags for members who request
- Mingle with attendees

Thank you: Susan Renaud, Diane Kouba, Darlene Holt and Barb Meiers for wearing a sash in Sept

Coordinator: Jeri Ganz 612 710 4900
Susan Speetzen 612 747 0846

HOSPITALITY

- Volunteer to bring snacks to a meeting
- Sign up at snack table
- Bring 4 dozen goodies
- Beverages provided

Coordinator: Linda Leach 425 444 2613

INFORMATION

Membership directory: phone number, email address, and mailing address
refer to electronic version in email with newsletter each month for current directory
Board Members: refer to website
Activity/committee leaders: refer to website

Events & Adventures

heART Speaks...

December 14, 11 am

"Christmas With Cantus" in The Meetinghouse church, a men's low voice full time professional chamber ensemble, applauded across the US and acclaimed by the Washington Post and Philadelphia Inquirer. Check You Tube, or www.cantussings.com. Ticket price \$28.80. Sue will purchase tickets as she receives your money, tickets for this are selling out quickly.

Following are ALL POSSIBLE EVENTS, PENDING INTEREST
contact SUE in OCTOBER if INTERESTED so reservations can be secured.

January 19

Saori Weaving with Chiaki O'Brien, through Lakeville Center for the Arts, appx \$70, and you will complete a beautiful project to take home! We need group of 12. Ticket price appx \$70

February 16

Glass Fusing at the Lakeville Center for the Arts. We need group of 8. Ticket price appx \$59

Date TBD

Zentangle, the lovely art of relaxing, meditative drawing of patterns. If you can write a C, an S and an I, you can do this! We will meet virtually at a library, with Lisa Douglas, certified CZT instructor from Winona. Supply kit included. Cost to be determined, but reasonable. I promise, you can do this! I have for 2.5 years, and if I can, you can!



March 21, 11AM

MN Orchestra, Dvorak Symphony NO.8, coffee concert at Orchestra Hall



April, May—I have a surprise.....

Contact: Sue Murray 612 812 3958
smurray@aol.com



Events & Adventures (cont.)

"I am Betty"

History Theater

www.historytheatre.com

30 East 10 St St Paul

Thu Nov 30 at 10:00 am

\$32.00

Betty Crocker has shaped America's homes and appetites for over a century.

Surprising to many, she was not a real person!

- All New Sociables members are invited
- Sign up at Oct meeting
- Checks for \$32 payable to Judy Rau
 - No later than October meeting
 - Ticket not confirmed until Judy is paid
- 9:00: Meet at Emagine Theater
 - if you wish to carpool
 - 2055 Cliff Road Eagan
 - \$3.00 to driver and split parking fee
- 9:30: Meet in the lobby of History Theater

- As a radio and television personality, a letter-writing confidante, and a relatable icon, "Betty" has been a subject of both admiration and scorn as multiple generations have grappled with questions of women's role in American society. You'll catch yourself humming the memorable music and inspired to go home to bake something new!

Just "Add an Egg" this holiday season.

Contact: Judy Rau 651 600 5813

Deb Lingen 952 239 2275



HOLIDAY TEA

December 6 11:00 am

Lost Spur Golf & Event Center
2750 Sibley Memorial Hwy Eagan

- Table hostesses needed; sign up at October meeting or contact **Charlene Ostendorf**
- Registration information will be in October and November newsletters

Event Planning: Joyce Swedean 612 834 9949

Jacquie Schroeder 651 454 4711



ATTENTION: SECOND DATE ADDED

Let's GO! and heART Speaks
invite you to a joint outing where
art and culture intersect

Hocokata Ti Museum

2300 Tiwahe Circle Shakopee

NOV 16 10:00 am



Visit the Hocokata Ti Museum for a private tour of the exhibit Mdewakanton: Dwellers of the Spirit Lake. Learn about the Dakota people, their art and their history through interactive elements and a cultural interpreter. We will have a catered lunch with indigenous touches. Following our tour, our very own talented and knowledgeable **Barb Jensen** will be available to answer questions about the exhibit and Dakota history in the Shakopee area.

- Carpool from Burnhaven Library
1101 County Road 42 Burnsville
(please park on the south side)
- \$7 tour and admission (approx.)
- Lunch (see menu attached)
- Sign up and payment due by October 27. Capacity is 40 members. This will be a member only event unless space remains at which time visitors may sign up as well.

Reservations will be handled by
Sue Murray
612 812 3958
smmurray@aol.com
3783 Linden Lane, Eagan, MN 55123

Events & Adventures (cont.)

Hocokata Ti Museum (cont.)

LUNCH MENU for those who chose to partake:

First, Choose your bowl:

The YUM-ME BOWL: It starts with a base of wild rice, topped with fresh veggies, and your choice of protein as listed below.

1. DAKOTA—fresh kale, roasted sweet potatoes, red onion, toasted pumpkin seeds, and a cranberry drizzle.
2. FIESTA—red onion, tomato, cilantro, corn, cilantro-lime drizzle.
3. GREEK—tomato, kalamata olives, red onion, pepperoncini peppers, tzatziki drizzle.
4. THAI CURRY—roasted sweet potato, sweet bell pepper, green onion, cilantro, apricot-curry drizzle.

(Make it a salad with mixed greens and your choice of dressing in place of grain)

And then Choose your protein:

Choose between Braised Bison or Grilled Chicken, \$10.87
or

Vegetarian Black Beans or Roasted Tofu, \$9.79

Please indicate your bowl choice and protein when you sign up. One check made out to Sue Murray for your bowl choice and tour

GIRLFRIEND GETAWAYS

Watch for future scheduled trips

- Travel is an amazing experience!
- Visit destinations, near and far
- Multiple days
- Fill your life with memories, fun, and friendship

Contact: Lori Martz 612 366 2243



NEW SOCIABLES

2023-2024 Membership Registration Form



Membership dues for the New Sociables 2023-2024 year are \$40.

Contact information for members who have submitted completed registration forms and dues by October 10, will be included in the New Sociables printed Membership Directory. The printed directory will be distributed at the November General Meeting. Subsequent, updated directories will be distributed electronically each month.

All phone numbers and email addresses will be used for New Sociables' communications only and will not be distributed outside our organization. Our Membership Directory is confidential and must not be used for promotion of business interests.

The completed Registration Form and a check made payable to NEW SOCIABLES, should be submitted to the Membership Chair, Karla Zellmer. Completed registration forms and \$40 checks can be mailed to: Karla Zellmer

NEW FOR 2023-2024: Members are required to sign a Waiver and Release of Liability (see below) as a condition of membership.

2023-2024 Waiver and Release of Liability

In consideration of the risk of injury while participating in any and all New Sociable Activities, and as consideration for the right to participate in Activities, I hereby, for myself, my heirs, executors, administrators, assignees, or personal representatives, knowingly and voluntarily enter into this waiver and release of liability and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in meetings or activities, and do hereby release and forever discharge the New Sociables board members, activity leaders, and members for any physical or psychological injury, including but not limited to illness, paralysis, death damages, economical or emotional loss, that I may suffer as a direct result of my participation in the aforementioned meetings or activities, including traveling to and from an event related to activities.

Printed Name: _____ Date: _____

Signature: _____

...Please Print Clearly...

Unless otherwise specified, information listed here will be included in the New Sociables Directory.

Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Date: _____ Returning Member: New Member: Cash: Check #: _____

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 General Meeting Lunch with the Bunch	3	4 WOW- Biking Cribbage	5 Golf Mahjong	6 Sole Sisters Tour-Goldstein Ctr
9 Happy Hour	10 Bunco **MEMBERSHIP FORMS DUE**	11 WOW- Biking 500	12 Golf Crafty Ladies	13 Service- FMSC Trekking
16 Party Bridge	17 Mahjong	18 WOW- Biking Lunch Adventures	19 Golf Hand & Foot	20 heART Speaks Hocokata TI Museum
23 Duplicate Bridge	24 Sole Sisters Trekking	25 WOW- Biking Share a Recipe	26 Golf Book Club	27
30	31 *Halloween*	*Date changes or Special events*		

MEMBERSHIP UPDATE

New Members WELCOME

CarolAnn Carlson	Melodee Miller	Carolyn Rost	Robin Yardic
Peggy Hanson	Georgia Mitchell	Kathie Smestad	Marsha Zgodava
Debra Johnson	Avis Moore	Pat Steer	Connie Bowers-Capon
Sally Kaiser	Karen Murray	Anita Wynes	Cindy Woodward

Refer to the membership directory for contact information

Holiday Tea



Wednesday Dec 6, 2023

Lost Spur Golf and Event Center

2750 Sibley Memorial Highway

Eagan, Mn



Make \$25 check payable to: **New Sociables**

Mail to : Joyce Swedean 1535A Clemson Dr. Eagan MN 55122 or

bring to October or November meeting. Enclose a note if you have special dietary needs

Register by: November 20th

Door prizes during event

Questions: Joyce Swedean 612 834 9949 or Jacquie Schroeder 651 600 2446