



# CAST SENIOR CENTER WEEKLY NEWS



600 N. GERMAN ST. - NEW ULM, MN 56073 - 507-354-3212 - CASTNU@NEWULMTEL.NET - WWW.COMMUNITYANDSENIORSTOGETHER.ORG

## LUNCH & LEARN EVENT - JUN 4

Don't miss our upcoming **Lunch & Learn** event, **"The History of the New Ulm Municipal Band"** on **Thursday, June 4**. Join us for a free lunch at 11am, followed by the program at 11:30am. Please see the flyer on page 2 for full details. If you'll be dining, be sure to reserve your meal, call 507-550-0741 by **Wednesday, June 3**.

## Friends in the Kitchen Wednesday, June 10 at 11am

Cooking Classes at the CAST Senior Center, Room 111



Join us for our Friends in the Kitchen classes at the CAST Senior Center! Chef Renee Retzlaff will teach us to prepare three healthy, easy-to-make, inexpensive dishes. Attendees get to sample all the dishes and take home the recipes, too. Previous month's recipes are available by request. All are welcome to attend this free class. No pre-registration is required.

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## HOLIDAY SCHEDULES

The CAST Senior Center and Senior Dining/ Meals on Wheels will be **CLOSED** on **Friday, June 19** in observance of Juneteenth and **Friday, July 3** in observance of Independence Day.

## MEETINGS SCHEDULE

To better accommodate everyone's schedules, the CAST Board of Directors meetings and Committee meetings have been moved to the fourth Thursday of the month. Here's the schedule for the remainder of 2026:

**June 25 at 10am:** Programming Committee  
(*Jim, Amber, Deb, Mary Lee, Bernice & Yvonne*)

**July 23 at 9am:** Board of Directors

**August 27 at 10am:** Finance Committee (*Jim, Joanne and Cheryl*)

**September 24 at 9am:** Board of Directors  
**September 24 at 10am:** Programming Committee  
(*Jim, Amber, Deb, Mary Lee, Bernice & Yvonne*)

**October 22 at 10am:** Personnel Committee  
(*Jim, Eileen and Deb*)

**October 22 at 11am:** Board Development Committee  
(*Jim and Mary Lee*)

**November 19** (due to Thanksgiving) **at 9am:** Board of Directors

**November 19 at 10am:** Finance Committee  
(*Jim, Joanne and Cheryl*)

**December 17** (due to Christmas) **at 9am:** Programming Committee  
(*Jim, Amber, Deb, Mary Lee, Bernice & Yvonne*)

**December 17 at 10am:** Personnel Committee  
(*Jim, Eileen and Deb*)

**December 17 at 11am:** Board Development Committee  
(*Jim and Mary Lee*)

## BINGO CALLER NEEDED

We're looking for a volunteer to call Bingo on the **fourth Wednesday** of the month. No experience needed - we will train you. Please contact the CAST office at 507-354-3212.

# “History of the New Ulm Municipal Band”

Thursday, June 4

**Free Lunch at 11am - Program at 11:30am**

Lunch & Learn at the CAST Senior Center Cafetorium



Photo courtesy of ForeSee Studios/Adam Towles



Dan Groebner

**Join us on Thursday, June 4, for a free lunch at 11am**, provided by LSS Senior Dining. Immediately following lunch, at **11:30am**, enjoy a program, **“The History of the New Ulm Municipal Band”**, presented by Dan Groebner and hosted by the CAST Senior Center. This Lunch and Learn event is free and open to the public. Meal is encouraged but not required. No pre-registration required for the concert, but your **meal must be reserved by June 3**. Call 507-550-0741 to reserve your meal.

**Lunch:** Chicken Alfredo, Peas & Carrots, Hot Spiced Apples, Dinner Roll w/ Margarine and 1% Milk.

**Program:** Dan Groeber, who is a member of the New Ulm Municipal Band, will give a presentation on the history of the band. Meet the talented musicians who have played in the band in the last 80 years. See their pictures, and hear their stories. New Ulm’s rich story of music goes on and on!

New Ulm has a rich history of music. In the middle of the twentieth century, New Ulm had the reputation of Oompah Town! Some music lovers called New Ulm the Polka Capital of the Nation. Were those statements true? It wasn’t a matter of truth or falsehood. It was a matter of New Ulm’s pride in its polka dance bands.

New Ulm has had many fine bands since 1878, but they have come and gone. The New Ulm Municipal Band has been around since 1946.

*Get 10% off your car insurance for three years!*

# **Driver Discount Course at the CAST Senior Center**



## **Monday, June 29 at 1pm**

Courses are from 1 to 5pm. Register today by calling the CAST office at 507-354-3212. Class size minimum is 15, maximum is 48 people. Classes are \$24 per person, payable on the day of class. Held in Room 112 at the CAST Senior Center, 600 North German Street, New Ulm, MN 56073.

Plan ahead and take the class well in advance of your insurance due date. Please allow 5 weeks to receive your completion certificate by mail. CAST is not responsible for the distribution of completion certificates. Provided by the Precision Driving Center, with instructor Steve Soeffker.



## Alzheimer's Caregiver Support Group



**Tuesday, June 9 10:30-11:30am**  
at the CAST Senior Center, Room 15

This Support Group is free and all are welcome to attend.  
No preregistration required. Room opens at 10am.  
For more information  
call Karla at 507-354-3187 or Geri at 507-217-3610

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## Come and Learn More!

### Dementia Friends Presentation

**Monday, June 15**  
**10-11am**

**CAST Senior Center**  
**Cafetorium**

Senior Dining available after the presentation - call 507-550-0741 a day in advance to reserve a meal.

Sponsored by



**New Ulm Area Memory Care Friends**  
**CAST (Community and Seniors Together)**

## **Memory Cafe**

"A social gathering for individuals with memory loss and a caregiver."

**Thursday, June 25th**

**CAST Senior Center/Room 111**  
600 N. Garden Street

**10:30-11:00 Music and Memories**

**11:00-11:30 Senior Dining**

**\*Reserve Meals a day in advance by calling**  
**507-550-0741**



**New Ulm Area Memory Care Friends**  
**CAST (Community and Seniors Together)**



LSS CAREGIVER SUPPORT & RESPITE SERVICES

## Caregiver Support Groups



**Christ the King Church**  
1515 N. Garden St.  
New Ulm, MN 56073

**First and Third Thursdays**  
**of Each Month**

**1-2 p.m.**

Kim Brehmer will be facilitating the third Thursdays.

Do you provide the primary care for a family member who is older or has an identified need or chronic condition? If so, this support group is for you!

### Benefits:

- Safe space to discuss experiences.
- Build a supportive network by connecting with other family caregivers.
- Receive information, training, tools and resources.
- Learn self-care tips.

LEARN MORE & GET STARTED

**320.221.3747**

[Kim.Brehmer@lssmn.org](mailto:Kim.Brehmer@lssmn.org)

We offer affordable fees designed to fit your budget and are committed to serving all caregivers regardless of one's ability to pay.



LSS Caregiver Support & Respite Services receives funding from the Federal Older Americans Act through an award from the MNAAA and DAAA under an Area Plan approved by the MN Board on Aging.

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# Greeting Card Recycling



**Mondays 9am-Noon**  
**June 1, 8, 15, 22, and 29**  
**at the CAST Senior Center, Room 111**

Join us! No experience necessary, and all supplies are provided. No need to preregister. Everyone is welcome!

CAST Senior Center - 600 N. German St. - New Ulm, MN 56073  
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**Mondays at 10:30am:**  
**June 1, 8, 15, 22, and 29**  
**CAST Senior Center, Room 111**

Join us for a fun morning of this classic word game!  
Never played? Come and learn - all skill levels are welcome.  
There is no cost to play and no need to pre-register.

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## SAIL Exercise Classes

at the CAST Senior Center  
**Tuesdays and Fridays at 10:30am:**  
**June 2, 5, 9, 12, 16, 19, 23, 26 and 30**



**Stay Active and Independent for Life (SAIL) Exercise Classes** are designed specifically for older adults and focus on strength, balance, and flexibility and aerobics. All exercises and aerobics can be done sitting or standing and are very adaptive. Classes consist of a warm up, aerobics, balance, strength, stretching, and an educational component. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. Classes are free and open to the public. No preregistration required. Newcomers always welcome! Sponsored by Catholic Charities of Southern Minnesota.

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## Join us for BINGO

at the CAST Senior Center  
**Wednesday afternoons at 1pm:**  
**June 3, 10, 17 and 24**



Open to anyone age 21 and over. Held in the Cafeteria.  
Only \$1 per card to play with no card maximum.  
We play 18 regular games plus 2 blackout games each week.  
Cash payout is what we take in divided by the number of games we play.  
The more players we have, and the more cards we sell,  
the more payout you receive! Bring your friends and let's play Bingo!

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# SENIOR DINING - JUNE 2026

MON	TUES	WED	THURS	FRI
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
BBQ Chicken Breast Scalloped Potatoes Green Peas Wheat Bread w/ Margarine Brownie 1% Milk	Diced Turkey & Gravy Mashed Potatoes Stuffing Whole Kernel Corn Diced Peach Cup Dinner Roll w/ Margarine	Meatloaf Baked Potato w/ Sour Cream Broccoli Applesauce Cup Wheat Bread w/ Margarine 1% Milk	Chicken Broccoli Rice Casserole Sliced Carrots Peach Crisp Dinner Roll w/ Margarine 1% Milk	Potato Crunch Fish Fillet w/ Tartar Sauce Mashed Sweet Potatoes Mixed Vegetables Wheat Dinner Roll w/ Margarine Snickerdoodle Cookie 1% Milk
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
Lasagna Rollup w/ Meat Sauce Green Beans Hot Spiced Apples Dinner Roll w/ Margarine Vanilla Wafers 1% Milk	Herb Baked Chicken Rice Pilaf Peas & Carrots Dinner Roll w/ Margarine Chocolate Pudding w/ Topping 1% Milk	Smothered Chopped Steak Baked Potato w/ Sour Cream Sliced Carrots Applesauce Cup Wheat Bread w/ Margarine 1% Milk	Scalloped Potatoes w/ Ham Whole Kernel Corn Tropical Fruit Cup Wheat Bread w/ Margarine Peanut Butter Cookie 1% Milk	Cheese Egg Bake Herb Diced Potatoes Peas & Carrots Dinner Roll w/ Margarine Chocolate Chip Cookie 1% Milk
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Country Fried Chicken w/ Cream Gravy Mashed Potatoes Green Peas Wheat Bread w/ Margarine Sugar Cookie 1% Milk	Beef Cabbage Bake Sliced Carrots Cranberry Pear Sauce Dinner Roll w/ Margarine 1% Milk	Oven Roasted Turkey w/ Turkey Gravy Mashed Potatoes Whole Kernel Corn Mixed Vegetables Wheat Bread w/ Margarine Gingersnap Cookie 1% Milk	Beef Goulash Mixed Vegetables Pumpkin Bar Dinner Roll w/ Margarine 1% Milk	CLOSED  
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Tuna Noodle Casserole Green Beans Hot Spiced Peaches Dinner Roll w/ Margarine Vanilla Pudding w/ Topping 1% Milk	Cheese Ravioli w/ Marinara Sauce Country Vegetable Blend Fruit Crumble Dinner Roll w/ Margarine 1% Milk	Salisbury Steak Mashed Potatoes w/ Brown Gravy Green Beans Dinner Roll w/ Margarine Vanilla Wafers 1% Milk	Tator Tot Hotdish Whole Kernel Corn Apple Crisp Wheat Bread w/ Margarine 1% Milk	Chicken Cordon Bleu Sliced Carrots Rice Pilaf Applesauce Cup Wheat Dinner Roll w/ Margarine 1% Milk
<b>29</b>	<b>30</b>			
Chef's Choice Vegetable of the Day Fruit of Choice Dessert of the Day Wheat Bread w/ Margarine 1% Milk	Swedish Meatballs Mashed Potatoes w/ Brown Gravy Mixed Vegetables Dinner Roll w/ Margarine Chocolate Chip Cookie 1% Milk		<b>Senior Dining and Meals on Wheels call 507-550-0741</b>	

# ACTIVITIES & PROGRAMS - JUNE 2026

MON	TUES	WED	THURS	FRI
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
9am Card Recycling (Room 111) 10:30am Scrabble (Room 111) 12:30pm Cribbage (Room 111) 1pm Hand and Foot (Room 109)	10:30am Exercise Class (Room 111) 12:30pm Sheephead (Room 111) 1pm Documentary Program (Room 112)	10:30am Mahjong (Room 109) 12:30pm Cribbage (Room 112) 1pm Bingo (Cafetorium)	11am Lunch & Learn Event (Cafetorium) 12:30pm Bridge/500 (Room 111) 1pm Hand and Foot (Room 109)	10:30am Exercise Class (Room 111) 12:30pm Sheephead (Room 111) 1pm Movie Matinee (Room 112)
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
9am Card Recycling (Room 111) 10:30am Scrabble (Room 111) 12:30pm Cribbage (Room 111) 1pm Hand and Foot (Room 109)	10:30am Alzheimer's Caregiver Group (Room 15) 10:30am Exercise Class (Room 111) 12:30pm Sheephead (Room 111) 1pm Documentary Program (Room 112)	10:30am Mahjong (Room 109) 11am Friends in the Kitchen (Room 111) 12:30pm Cribbage (Room 112) 1pm Bingo (Cafetorium)	12:30pm Bridge/500 (Room 111) 1pm Hand and Foot (Room 109) 1pm Educational Program (Room 112)	10:30am Exercise Class (Room 111) 12:30pm Sheephead (Room 111) 1pm Movie Matinee (Room 112)
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
9am Card Recycling (Room 111) 10:30am Scrabble (Room 111) 12:30pm Cribbage (Room 111) 1pm Hand and Foot (Room 109)	10:30am Exercise Class (Room 111) 12pm 500 Group (Room 111A) 12:30pm Sheephead (Room 111B) 1pm Documentary Program (Room 112)	10:30am Mahjong (Room 109) 12:30pm Cribbage (Room 112) 1pm Bingo (Cafetorium)	12:30pm Bridge/500 (Room 111) 1pm Hand and Foot (Room 109) 1pm Educational Program	CLOSED 
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9am Card Recycling (Room 111) 10:30am Scrabble (Room 111) 12:30pm Cribbage (Room 111) 1pm Hand and Foot (Room 109)	10:30am Exercise Class (Room 111) 12:30pm Sheephead (Room 111) 1pm Documentary Program (Room 112)	10:30am Mahjong (Room 109) 12:30pm Cribbage (Room 112) 1pm Bingo (Cafetorium)	12:30pm Bridge/500 (Room 111) 1pm Hand and Foot (Room 109) 1pm Educational Program (Room 112)	10:30am Exercise Class (Room 111) 12:30pm Sheephead (Room 111) 1pm Movie Matinee (Room 112)
<b>29</b>	<b>30</b>	<b>CAST Senior Center</b> 600 N. German St. New Ulm, MN 56073 507-354-3212 <a href="mailto:castnu@newulmtel.net">castnu@newulmtel.net</a>		

# DOCUMENTARY PROGRAMS

## JUNE 2026 - CAST SENIOR CENTER

### ***"The Allegheny Arsenal Explosion"***

Tuesday, June 2 at 1pm at the CAST Senior Center, Room 112



As a follow up to our program on ***"Women in the Civil War"***, shown on May 12, this discussion documentary covers the Allegheny Arsenal explosion.

In 1862 the Allegheny Arsenal, one of the nation's largest ammunition factories, exploded. Hundreds of young women perished in the flames, and it stands as the worst civilian disaster of the entire Civil War. As the nation reeled at the horror of the event, it was quickly forgotten when the terrible battle of Antietam began just one day later.

Joining us this episode is Senator John Heinz

History Center CEO and President Andy Masich and author Jim Wudarczyk. *Provided by YouTube/Historian Brady Crytzer Official. Run time 54 minutes. Picture courtesy of history.net.*

### ***"Big Pacific - Voracious"*** (part 3 of 5)

Tuesday, June 9 at 1pm at the CAST Senior Center, Room 112



We're returning to the Big Pacific series for Part 3, "Voracious".

The Pacific Ocean covers one third of the Earth's surface, holds half of our world's water, and hides the deepest place on our planet. It is a place where huge and iconic, rare and dazzling creatures live - and where creatures yet to be discovered lurk.

Filmed in cinematic 4K, Big Pacific breaks the boundaries between land and sea to present the Pacific Ocean in way never seen

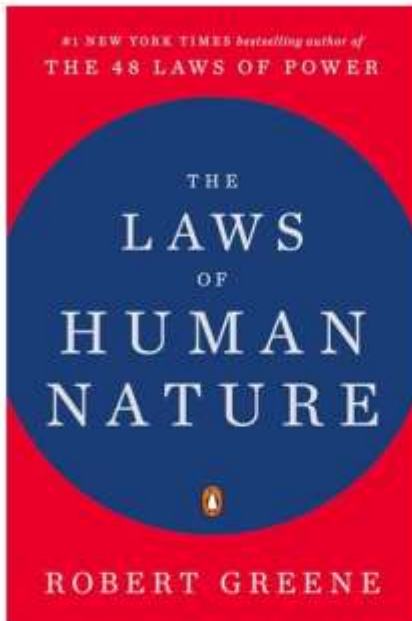
before. There is plenty of food in the Pacific Ocean, but it is the challenge of finding that food that drives all life in the Pacific. In the voracious Pacific we meet a destructive army of mouths, a killer with a hundred mouths and the biggest mouth in the ocean. *Provided by PBS. Run time 54 minutes. Picture courtesy of njobps.org.*

# DOCUMENTARY PROGRAMS

## JUNE 2026 - CAST SENIOR CENTER

***"Why Do People Do What They Do? The Laws of Human Nature"*** (Parts 1 &2)

**Tuesday, June 16** at 1pm at the CAST Senior Center, Room 112



In this two-part talk, author Robert Greene, known for his seminal best-seller "The 48 Laws of Power," introduces the laws of human nature, examining why people behave the way they do.

Based on his book "The Laws of Human Nature," Greene draws from history, psychology and power dynamics - explaining how emotions, ego and social forces shape actions and decisions in everyday life.

We are social animals. Our very lives depend on our relationships with people. Knowing why people do what they do is the most important tool we can possess, without which our other talents can only take us so far. Greene discusses how to detach ourselves from our own emotions and master self-control, how to develop the empathy that leads to insight, how to look behind people's masks, and how to resist conformity to develop your singular sense of purpose.

*Provided by Curiosity U. Run time: 50 minutes total. Picture courtesy of amazon.com.*

***"Human: Into the Americas"*** (part 3 of 5) *Rescheduled from May 12.*

**Tuesday, June 23** at 1pm at the CAST Senior Center



Continuing our "Human" series with Part 3, "Into the Americas". Follow ancient humans' journey into an icy and perilous new land. Journey back to when humans first ventured into the Americas, a world teeming with colossal megafauna and dramatic climate shifts. Witness their ingenious survival tactics against formidable predators, and uncover the mystery of ancient footprints in the desert of White Sands. See how these pioneers transformed from nomads to living in rooted communities, forever altering our world.

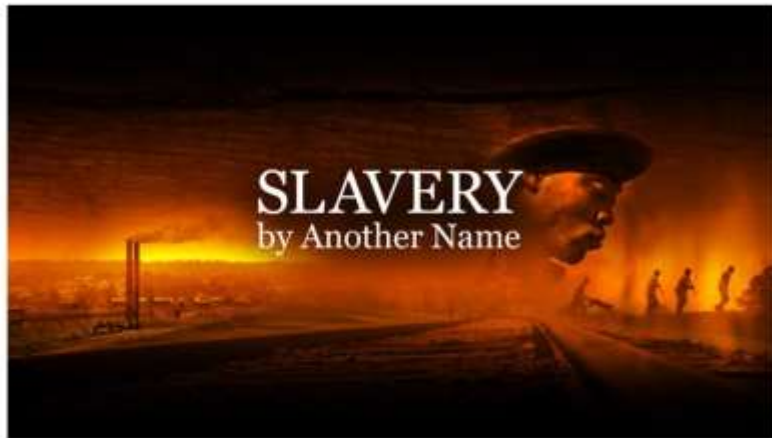
*Provided by and picture courtesy of PBS NOVA. Run time: 53 minutes.*

# DOCUMENTARY PROGRAMS

## JUNE 2026 - CAST SENIOR CENTER

*"Slavery By Another Name"* (part 1 of 3)

Tuesday, June 30 at 1pm at the CAST Senior Center, Room 112



Slavery by Another Name is a powerful PBS documentary that dismantles the myth that slavery ended with the Emancipation Proclamation, revealing how forced labor of African Americans persisted until World War II through practices like convict leasing and peonage. The film tells how even as chattel slavery came to an end in the South in 1865, thousands of African Americans were pulled back into forced labor with shocking force and brutality.

Combining archival materials, expert commentary, and descendants' stories, it's an eye-opening, educational, and highly acclaimed work worth watching for its historical depth and contemporary relevance.

*Provided by and picture courtesy of PBS. Run time 84 minutes.*

### ABOUT OUR DOCUMENTARY PROGRAMS:

Hosted and selected by the CAST Senior Center, our Documentary Programs provide an endless variety of interesting subjects in a prerecorded, professional film format. They take us across the country and around the world, experiencing and learning about places and people which we wouldn't otherwise have the opportunity to experience. Our documentaries are entertaining, informative, and inspiring. They offer a unique and powerful form of storytelling that captures your attention and provoke thought and discussion.

Scheduled on Tuesday afternoons at 1pm at the CAST Senior Center, our Documentary Programs are free and open to the public. There are no membership dues and everyone is welcome to attend. Programming is provided by Curiosity U, PBS, and other online providers. Check out our documentary program schedule every month and join us. We look forward to seeing you!



# MOVIE MATINEES FOR SENIORS

## CAST SENIOR CENTER - JUNE 2026

*Our Movie Matinees are free and everyone is welcome to attend! No pre-registration required.*



**"Indiana Jones and the Last Crusade" (1989)**

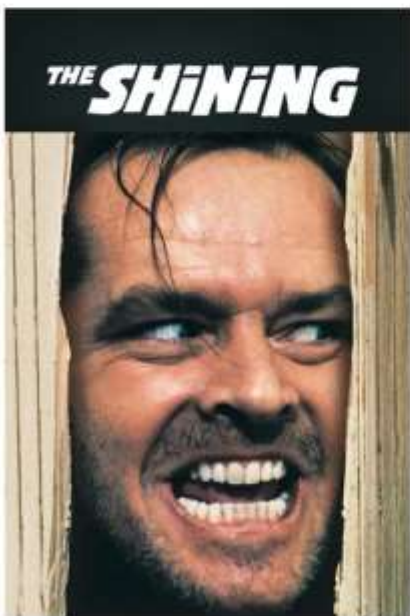
**Friday, June 5 at 1pm**

at the CAST Senior Center, Room 112

Starring Harrison Ford, Sean Connery and Alison Doody.

In 1938, two years after the quest for the precious item in *Raiders of the Lost Ark* (1981), bullwhip-wielding archaeologist Indiana Jones risks life and limb searching for his missing father, Professor Henry Jones. And picking up where the estranged parent left off while searching for the Holy Grail, Indy visits Venice, Italy. Then, a faint trail of clues sends the intrepid adventurer to cold Austria, where he encounters the statuesque archaeologist Dr Elsa Schneider. But a dangerous run-in with vicious SS commander Colonel Ernst Vogel spells trouble. Because, more than anything, the power-obsessed megalomaniac is bent on finding the location of the sacred artefact at all costs. This time, there is much at risk. In this high-stakes mission, are two Joneses better than one? *Run time: 127 minutes. Produced by Paramount Pictures: Amazon Prime.*

*Photo courtesy of The Movie Database. MPLC #504475525.*



**"The Shining" (1980)**

**Friday, June 12 at 1pm**

at the CAST Senior Center, Room 112

Starring Jack Nicholson, Shelley Duvall and Danny Lloyd.

After landing a job as an off-season caretaker, Jack Torrance, an aspiring author and recovering alcoholic, drags his wife Wendy and gifted son Danny to snow-covered Colorado's secluded Overlook Hotel. However, writer's block prevents Jack from pursuing a new writing career. Everything has its time, however. First, the manager must give Jack a grand tour. Then, Mr. Hallorann, the facility's aging chef, chats with Danny about rare psychic gifts. The mysterious employee also warns the boy about the cavernous hotel's abandoned rooms. Room 237, especially, is off-limits. That's all very well, but Jack is gradually losing his mind. After all, strange occurrences and blood-chilling visions have trapped the family in a silent gargantuan prison hammered by endless snowstorms. And now, incessant voices inside Jack's head demand sacrifice. However, is Jack capable of murder? *Run time: 146*

*minutes. Produced by Warner Brothers. Source: Amazon Prime. Photo courtesy of The Movie Database. MPLC #504475525.*

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# MOVIE MATINEES FOR SENIORS

## CAST SENIOR CENTER - JUNE 2026

*Our Movie Matinees are free and everyone is welcome to attend! No pre-registration required.*

### NO Movie Matinee

Friday, June 19 - The CAST Senior Center will be **CLOSED** in observance of Juneteenth.



### **"The Untouchables" (1987)**

**Friday, June 26 at 1pm**

at the CAST Senior Center, Room 112

Starring Kevin Costner, Sean Connery, and Robert De Niro.

After building an empire with bootleg alcohol, legendary crime boss Al Capone rules Chicago with an iron fist. Though Prohibition Agent Eliot Ness attempts to take Capone down, even his best efforts fail due to widespread corruption within the Windy City's police force. Recruiting an elite group of lawmen who won't be swayed by bribes or fear, including Irish-American cop Jimmy Malone, Ness renews his determination to bring Capone to justice.

*Run time: 119 minutes. Produced by Paramount Pictures.*

*Source: Amazon Prime. Photo courtesy of The Movie Database.*

*MPLC #504475525.*

### **ABOUT OUR MOVIE MATINEES FOR SENIORS:**

Join us at 1pm on Friday afternoons for CAST's "Movie Matinees for Seniors". Held at the CAST Senior Center in Room 112. Our movies are free, and everyone age 55+ is welcome to attend. No preregistration needed. You're welcome to bring your own refreshments, or there are vending machines located in the main hallway. Currently, we're showing all movies from one decade per month (i.e. June is the 1980s, July will be the 1990s, etc.). See some old favorites and discover some new ones. Don't miss a fun afternoon of classic cinema!

The CAST Senior Center has a Public Performance License through the Motion Picture Licensing Corporation (MPLC), which allows us to show movies, TV shows, documentaries, etc. at the Senior Center. MPLC #504475525.

The schedule of our upcoming "Movie Matinees for Seniors" can be found in our weekly email newsletter, monthly printed newsletter, and on our programming flyers, the bulletin board at the CAST Senior Center, or call 507-354-3212.

To sign up for our free weekly email newsletter, send your email address to [castnu@newulmtel.net](mailto:castnu@newulmtel.net).

CAST Educational Programs are free and open to the public. No pre-registration required.

# EDUCATIONAL PROGRAMS

## CAST SENIOR CENTER - JUNE 2026

***"History of the New Ulm Municipal Band"*** Lunch and Learn Event with Dan Groebner  
**Thursday, June 4 - Free Lunch at 11am - Program at 11:30am** at the CAST Senior Center/  
Cafetorium



Photo courtesy of ForeSee Studios/Adam Towles

Join us on Thursday, June 4, for a free lunch at 11am, provided by LSS Senior Dining. Immediately following lunch, at 11:30am, enjoy a program, "The History of the New Ulm Municipal Band", presented by Dan Groebner and hosted by the CAST Senior Center. This Lunch and Learn event is free and open to the public. Meal is encouraged but not required. No pre-registration required for the concert, but your meal must be reserved by June 3. Call 507-550-0741 to reserve your meal.

Dan Groeber, who is a member of the New Ulm Municipal Band, will give a presentation on the history of the band. Meet the talented musicians who have played in the band in the last 80 years. See their pictures, and hear their stories. New Ulm's rich story of music goes on and on! New Ulm has had many fine bands since 1878, but they have come and gone. The New Ulm Municipal Band has been around since 1946.



Dan Groebner

***"On Trial for Murder: America's Most Famous Murder Trials: Leo Frank and the Mary Phagan Murder and Sacco and Vanzetti: Anarchists on Trial"*** (parts 3 and 4 of 10)  
**Thursday, June 11 at 2pm** at the CAST Senior Center, Room 112



**Leo Frank and the Mary Phagan Murder:** Travel south to Atlanta, where in 1913 Jewish businessman Leo Frank went on trial for allegedly murdering a teenage girl in his factory. Complicating the narrative was an eyewitness who changed his story, as well as investigators plagued by confirmation bias, and Southern racial dynamics that made an honest trial all but impossible.



**Sacco and Vanzetti: Anarchists on Trial:** Do juries always get it right? Can public opinion sway the results? The infamous Sacco and Vanzetti trial over a deadly robbery brings these questions to the fore. This lecture takes you into the tumultuous 1920s, where issues of social class, race, and xenophobia created a spectacle around the trial of two Italian Americans.

Provided by and pictures courtesy of Great Courses Plus. Run time: 52 minutes.

CAST Educational Programs are free and open to the public. No pre-registration required.

## EDUCATIONAL PROGRAMS

### CAST SENIOR CENTER - JUNE 2026

**"Educating the Jury"** (part 3 of 6) - with Dave Borchert

**Thursday, June 18 at 1pm** at the CAST Senior Center, Room 112



Join for this 6-part series on Educating the Jury, presented by New Ulm Chief of Police Dave Borchert. Held monthly from April through August on the third Thursday of the month (April 16, May 21, June 18, July 16, August 20, and September 17) in Room 112.

The series involves different topics to include: Constitutional law and application within law enforcement in today's era; Investigative techniques; Evidence capture; Resources

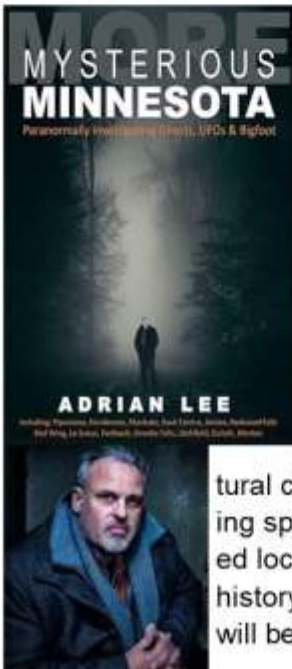
(example: K-9 and Drones) available and how that's applied to include opportunities and restrictions concerning application within the profession; Sanctuary Cities; ICE Enforcement; Enforcing Voting Rules; Conflict between federal & state and how that applies to local law enforcement at the county/city level.

*Pictures courtesy of picpedia.org and mankatofreepress.com.*



**"More Mysterious Minnesota"** with Adrian Lee

**Thursday, June 25 at 6pm** at the Renville County Historical Society - 441 North Park Dr, Morton, MN 56270.



**Trip Details:** We will meet in the CAST Senior Center parking lot at 5pm and carpool to Morton for the 6pm program. CAST is paying the admission for attendees, so this program is free. Open to the public, but **pre-registration is required** so we know how many will be attending. Register by calling 507-354-3212 (leave a message with your name, phone number, and if you need to carpool or will be driving separately. Program runs 90 minutes.

Join British paranormal investigator, author and TV host, Adrian Lee, as he presents a fun and informative talk about his latest number one bestselling book "More Mysterious Minnesota." Including the ghostly evidence and previously unseen history of his investigations in Morton, Bechyn, Redwood Falls, and the surrounding area. The history of Minnesota is laced with cultural clashes, conflicts, lawlessness, criminality, Native American culture, pioneering spirit, industrialization, economic growth, and ultimately, death. Explore haunted locations from Red Wing to Redwood Falls and Mankato to Duluth to recover history previously lost to the knowledge of man. Signed copies of all of his books will be available to purchase. *Pictures courtesy of amazon.com and Facebook.*

# NEW ULM COMMUNITY ACCESS TELEVISION (NUCAT) SCHEDULE

## Events

From 5/31 to 6/6/26

- Religious
- Public
- NUCAT
- Government
- Outside Programming
- Scheduled Reminders
- ISD 88

May 2026							June 2026						
T	W	T	F	S	S	M	T	W	T	F	S	S	M
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30						

### Sunday, May 31

• Events

- 12:00AM to 1:45AM MLC Commencement Concert
- 2:00AM to 3:30AM CAST Presents The Impact of Invasive Species with Jordy Veit
- 3:30AM to 5:30AM Board of Brown County Commissioners
- 5:30AM to 6:30AM Capt. Bianchi Memorial
- 6:30AM to 7:00AM Time of Grace
- 7:00AM to 7:30AM The Garage
- 7:30AM to 9:00AM New Beginnings Church
- 9:00AM to 10:00AM First United Methodist
- 10:00AM to 10:45AM Lykke Books Minnesota Author Panel
- 11:00AM to 12:00PM Cathedral Mass
- 12:00PM to 12:30PM Community Bulletin Board
- 12:30PM to 1:00PM NASA Presentations
- 1:30PM to 3:30PM Lenny's Classic Videos
- 4:00PM to 5:00PM First Baptist Church
- 5:00PM to 6:00PM Redeemer Lutheran Church
- 6:00PM to 7:15PM City Council (replay)
- 7:30PM to 9:30PM Lenny's Classic Videos
- 9:30PM to 10:00PM Concertina Styles & Smiles
- 10:00PM to 10:30PM Community Bulletin Board
- 10:30PM to 11:45PM Educating the Jury

### Monday, June 1

• Events

- 12:00AM to 2:15AM Fraud Workshop
- 2:15AM to 3:00AM The Grand - Presentation by Randy Hartten on "An Unfinished Project"
- 3:00AM to 5:15AM Something Artsy
- 5:15AM to 6:30AM Opening The Window To Dementia Part 2
- 6:30AM to 7:00AM Public Utilities Commission
- 7:00AM to 7:30AM Monuments & Cemetery Commission
- 7:30AM to 8:00AM Park & Recreation Commission
- 8:00AM to 8:30AM Economic Development Authority
- 8:30AM to 9:00AM Sister Cities Commission
- 9:00AM to 10:00AM Minnesota Outdoor Skills & Stewardship Series
- 10:00AM to 11:45AM MLC Commencement Concert
- 12:00PM to 12:30PM Community Bulletin Board
- 12:30PM to 1:00PM Capitol Report
- 1:00PM to 3:15PM Something Artsy
- 3:30PM to 4:00PM Diocese of New Ulm Presentation
- 4:00PM to 4:45PM Rebellion, Migration, & Identity: The History of A Life for Revolution
- 5:00PM to 6:00PM Cathedral Mass
- 6:00PM to 7:00PM St. John's Lutheran

- 7:00PM to 8:00PM Our Savior's Lutheran
- 8:30PM to 9:00PM Time of Grace
- 9:00PM to 10:00PM Democracy Now!
- 10:00PM to 10:30PM Community Bulletin Board
- 10:30PM to 12:00AM (6/2) Living Without Limits - Autism Spectrum Disorder

### Tuesday, June 2

• Events

- 12:00AM to 1:00AM Songs of the Civil War
- 1:00AM to 1:30AM Concertina Styles & Smiles
- 1:30AM to 2:30AM Gangstagrass Concert
- 2:30AM to 3:45AM NUPL Author Presentation - The War at Home with Greg Gaut
- 4:00AM to 6:00AM Lenny's Classic Videos
- 6:00AM to 7:45AM MLC Commencement Concert
- 8:00AM to 10:00AM Board of Brown County Commissioners
- 10:00AM to 11:00AM Christ the King
- 11:00AM to 12:00PM Minnesota Outdoor Skills & Stewardship Series
- 12:00PM to 12:30PM Community Bulletin Board
- 1:00PM to 2:00PM St. John's Lutheran
- 2:00PM to 3:00PM NU Film Society Talk Show
- 3:00PM to 3:30PM The New Ulm Forum
- 3:30PM to 4:00PM Concertina Styles & Smiles
- 4:30PM to 6:00PM City Council (LIVE)
- 7:00PM to 8:30PM City Council (replay)
- 9:00PM to 10:00PM Democracy Now!
- 10:00PM to 10:30PM Community Bulletin Board
- 10:30PM to 12:45AM (6/3) Something Artsy

### Wednesday, June 3

• Events

- 10:30PM (6/2) to 12:45AM Something Artsy
- 12:45AM to 2:15AM CAST Presents The Impact of Invasive Species with Jordy Veit
- 2:15AM to 3:15AM Concerts at the Park 2024 - Nate Boots
- 3:15AM to 3:45AM Airport Commission
- 3:45AM to 4:15AM Safety Commission
- 4:15AM to 4:45AM Sister Cities Commission
- 4:45AM to 6:00AM City Council (replay)
- 6:00AM to 6:30AM Economic Development Authority
- 6:30AM to 7:00AM Concertina Styles & Smiles
- 7:00AM to 8:15AM Opening The Window To Dementia Part 2
- 8:30AM to 10:00AM New Beginnings Church
- 10:00AM to 11:00AM St. Paul's Lutheran
- 11:00AM to 11:30AM Economic Development Authority
- 11:30AM to 11:45AM Sister Cities Commission

# NEW ULM COMMUNITY ACCESS TELEVISION (NUCAT) SCHEDULE

## Events

From 5/31 to 6/6/26

- Religious
- Public
- NUCAT
- Government
- Outside Programming
- Scheduled Reminders
- ISD 88

June 2026							July 2026						
T	W	T	F	S	S	M	T	W	T	F	S	S	M
						1	1	2	3	4	5	6	
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30													

- 12:00PM to 12:30PM Community Bulletin Board
- 12:30PM to 1:00PM Planning Commission
- 1:00PM to 1:45PM Park & Recreation Commission
- 1:45PM to 4:00PM Fraud Workshop
- 4:00PM to 5:00PM BCHS Presents: History of the Popcorn Wagon
- 5:00PM to 6:00PM Christ the King
- 6:00PM to 7:00PM First United Methodist
- 7:00PM to 8:00PM St. Paul's Lutheran
- 8:00PM to 9:00PM Grace Lutheran
- 9:00PM to 10:00PM Democracy Now!
- 10:00PM to 10:30PM Community Bulletin Board
- 10:30PM to 11:15PM Rebellion, Migration, & Identity: The History of A Life for Revolution

### Thursday, June 4

• Events

- 12:00AM to 1:00AM BCHS Presents - The Ballrooms of Brown County
- 1:00AM to 2:00AM NUPL Presents - Author Staci Andrea
- 2:00AM to 3:00AM NU Film Society Talk Show
- 3:15AM to 3:45AM Concertina Styles & Smiles
- 3:45AM to 4:15AM Airport Commission
- 4:15AM to 5:15AM Human Rights Commission
- 5:15AM to 5:45AM Monuments & Cemetery Commission
- 5:45AM to 6:30AM Library Board
- 6:30AM to 7:00AM Planning Commission
- 7:00AM to 8:00AM German Bohemian Music in New Ulm
- 8:00AM to 9:00AM Cathedral Mass
- 9:30AM to 10:00AM Diocese of New Ulm Presentation
- 10:00AM to 11:00AM St. John's Lutheran
- 11:00AM to 12:00PM Redeemer Lutheran Church
- 12:00PM to 12:30PM Community Bulletin Board
- 12:30PM to 2:45PM Something Artsy
- 3:00PM to 4:00PM ISD 88 School Board Meeting (replay)
- 4:00PM to 4:45PM Rebellion, Migration, & Identity: The History of A Life for Revolution
- 5:00PM to 6:00PM Our Savior's Lutheran
- 6:00PM to 7:00PM Minnesota Outdoor Skills & Stewardship Series
- 7:00PM to 9:00PM First Baptist Church
- 9:00PM to 10:00PM Democracy Now!
- 10:00PM to 10:30PM Community Bulletin Board
- 10:30PM to 12:45AM (6/5) Fraud Workshop

### Friday, June 5

• Events

- 10:30PM (6/4) to 12:45AM Fraud Workshop
- 1:00AM to 2:00AM Minnesota Outdoor Skills & Stewardship Series

- 2:00AM to 3:00AM Concerts in the Park - The Ulmer Quartet
- 3:00AM to 4:00AM BCHS Presents: History of the Popcorn Wagon
- 4:00AM to 4:30AM Park & Recreation Commission
- 4:30AM to 5:00AM Safety Commission
- 5:00AM to 6:00AM Tree Commission
- 6:00AM to 6:30AM Heritage Preservation Commission
- 6:30AM to 7:00AM Public Utilities Commission
- 7:00AM to 9:00AM Lenny's Classic Videos
- 9:00AM to 9:45AM Rebellion, Migration, & Identity: The History of A Life for Revolution
- 10:00AM to 10:45AM Transportation Advisory Committee
- 10:45AM to 12:00PM City Council (replay)
- 12:00PM to 12:30PM Community Bulletin Board
- 12:30PM to 1:30PM Tree Commission
- 1:30PM to 2:00PM Public Utilities Commission
- 2:00PM to 2:30PM Heritage Preservation Commission
- 2:30PM to 3:00PM Monuments & Cemetery Commission
- 3:00PM to 3:45PM Library Board
- 3:45PM to 5:00PM Opening The Window To Dementia Part 2
- 5:00PM to 5:30PM The Garage
- 5:30PM to 6:00PM NASA Presentations
- 6:00PM to 7:45PM MLC Commencement Concert
- 8:00PM to 8:30PM Beyond Today
- 8:30PM to 9:00PM The Process
- 9:00PM to 10:00PM Democracy Now!
- 10:00PM to 10:30PM Community Bulletin Board
- 10:30PM to 11:30PM NU Film Society Talk Show

### Saturday, June 6

• Events

- 12:00AM to 1:30AM Public Domain Films
- 2:00AM to 3:15AM Opening the Window to Dementia Part 1
- 3:30AM to 4:45AM Opening The Window To Dementia Part 2
- 4:45AM to 6:15AM Living Without Limits - Autism Spectrum Disorder
- 6:15AM to 8:30AM Fraud Workshop
- 8:30AM to 9:30AM Capt. Bianchi Memorial
- 9:30AM to 11:30AM Lenny's Classic Videos
- 12:00PM to 12:30PM Community Bulletin Board
- 12:30PM to 1:45PM Opening the Window to Dementia Part 1
- 1:45PM to 3:00PM Opening The Window To Dementia Part 2
- 3:00PM to 3:30PM The New Ulm Forum
- 3:30PM to 4:15PM Lykke Books Minnesota Author Panel
- 4:15PM to 5:00PM The Grand - Presentation by Randy Hartten on "An Unfinished Project"
- 5:00PM to 6:00PM German Bohemian Music in New Ulm
- 6:30PM to 7:00PM Behind the Game
- 7:00PM to 9:15PM Something Artsy

# **New Ulm Municipal Band at 2026 Summer Concert Series**

Rain Location: Community Center on German Street (if available).

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**Memorial Day - Monday, May 25, 10:00 a.m.**

**New Ulm City Cemetery by the Doughboy Statue**  
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Wednesday, June 3rd, 7:00 p.m.  
German Park, New Ulm  
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Wednesday, June 10th, 7:00 p.m.  
German Park, New Ulm  
~~~~~

Wednesday, June 17th, 7:00 p.m.  
German Park, New Ulm  
~~~~~

**Wednesday, June 24th, 6:30 p.m.**

***Oak Hills Living Center***

**Ice Cream Social**  
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Wednesday, July 1st, 7:00 p.m.  
German Park, New Ulm  
~~~~~

Wednesday, July 8th, 7:00 p.m.  
German Park, New Ulm  
~~~~~

Wednesday, July 15th, 7:00 p.m.  
**Riverside Park, New Ulm**

**Salute to Veterans and 250th U.S. Founding Anniversary**  
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**Sunday, July 19th, 11:00 a.m.**

***Bavarian Blast Concert\****

***on the Brown Co. Fair Grounds***

***There is a cost to enter the fest ground.***  
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Wednesday, July 22nd, 7:00 p.m.  
German Park, New Ulm  
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**Tuesday, August 4th, 7:00 p.m.**

***State Street Theater, New Ulm, MN***  
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**Saturday, Sept. 12th, 6:00 p.m.**

**HermannFest, Harman Park, New Ulm**

**Usually the evening of the 2nd Saturday of September**  
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# CONCERTS IN THE PARK

Live Performances by local talent

## German Park

200 N German St., New Ulm

## Thursdays at 7 p.m.

June 4 - Concord Singers  
June 11 - On Maryland  
June 18 - The Cousins  
June 25 - Angie Anderson & Kelly Coyle  
July 2 - Lake Crystal Community Band  
July 9 - Wendinger Band  
July 16 - Tim Fast  
July 23 - The Ken & Ken Show  
July 30 - Hobo Band  
August 6 - Mages Band  
August 13 - Chris and Chris  
August 20 - Molly & Sony Boy  
August 27 - The Dead Century

**FREE**

[www.newulmmn.gov](http://www.newulmmn.gov)



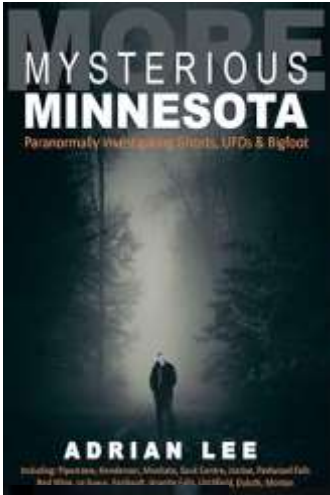
This activity is made possible by the voters of Minnesota through a grant from the Prairie Lakes Regional Arts Council, thanks to a legislative appropriation from the Arts and Cultural Heritage Fund.

## FEATURED CAST EDUCATIONAL PROGRAM/TRIP

**"More Mysterious Minnesota"** with Adrian Lee

**Thursday, June 25 at 6pm**

at the Renville County Historical Society - 441 North Park Dr, Morton, MN 56270.



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## BROWN COUNTY HEARTLAND EXPRESS BUS SERVICE



Tokens for the Brown County Heartland Bus Service are available for sale at the **Senior Dining** office (**8am -12pm**). 10 Blue Tokens are \$6.50, for rides to/from the Senior Center only. 10 White Tokens are \$13, for rides wherever the bus travels. Call the dispatch office, Monday through Friday between the hours of 8am-3pm at 507-359-2717 to schedule your ride. Requests need to be made at least one business day in advance of your needed ride.

THE CAST SENIOR CENTER PARTNERS WITH THE CITY OF NEW ULM, THE PARK AND RECREATION DEPARTMENT, THE NEW ULM PUBLIC LIBRARY, THE UNITED WAY OF THE BROWN COUNTY AREA, THE NEW ULM AREA FOUNDATION, NEW ULM COMMUNITY EDUCATION, CATHOLIC CHARITIES AND LUTHERAN SOCIAL SERVICES TO BRING YOU ACTIVITIES AND PROGRAMMING. WE THANK THEM FOR THEIR SUPPORT!



New Ulm Area  
Foundation, Inc.

