



CAST SENIOR CENTER NEWS

OCT 2026

Volume 43

Issue 10

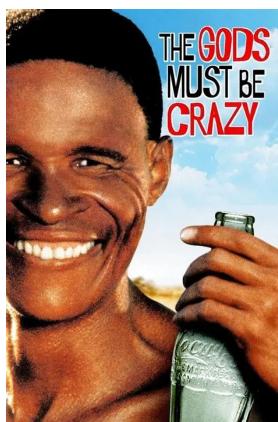
600 N. GERMAN ST - NEW ULM, MN 56073 - 507-354-3212 - CASTNU@NEWULMTEL.NET - WWW.COMMUNITYANDSENIORSTOGETHER.ORG

MOVIE MATINEES FOR SENIORS - OCTOBER 2, 9, 16, 23, AND 30

Fridays at 1pm at the CAST Senior Center, Room 112

About Our Movie Matinees for Seniors:

Join us at **1pm on Friday** afternoons for "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. Full details of the movies are available in our weekly email newsletter and on a separate flyer available at the CAST Senior Center. See some old favorites and discover some new ones. Don't miss a fun afternoon of classic cinema! *The Senior Center has a Public Performance License through the Motion Picture Licensing Corporation (MPLC #504475525), which allows us to show movies, TV shows, documentaries, etc. at the Center. Pictures courtesy of IMP Awards, flickeringmyth.com, fityclub.com, filmaffinity.com.*



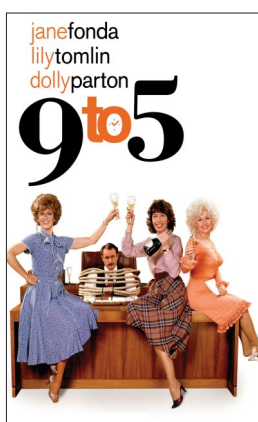
"The Gods Must Be Crazy"

October 2 at 1pm



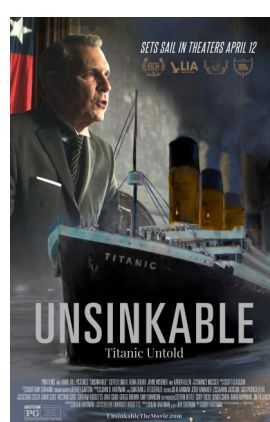
"The Blues Brothers"

October 9 at 1pm



"9 to 5"

October 16 at 1pm



"Unsinkable"

October 23 at 1pm



"The Pale Blue Eye"

October 30 at 1pm

FRIENDS IN THE KITCHEN - OCTOBER 14

Wednesday, October 14 at 11am

Join us for our Friends in the Kitchen classes at the CAST Senior Center! Held in Room 111. 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.



EDUCATIONAL PROGRAMS - OCTOBER 1, 8, 15, 22, AND 29

Thursdays at 1pm at the CAST Senior Center, Room 112, unless otherwise noted

About Our Educational Programs:

These free programs feature an in-person speaker, activity, or day trip to an area destination. Everyone is welcome to attend! Pre-registration only required for out-of-town trips. Full details of these programs are available in our weekly email newsletter, on a separate flyer available at the CAST Senior Center, on our website and our Facebook page.



"Great Rivers That Shaped History"
October 1 at 1pm



**"On Fertile Ground/
Wanda Gag/Turnverein"**
October 8 at 1pm



Broadway Musicals with Lowell Liedman
Opening Numbers/Love Songs/Power Songs
October 15, 22, and 29 at 1pm



DOCUMENTARY PROGRAMS - OCTOBER 6, 13, 20, AND 27

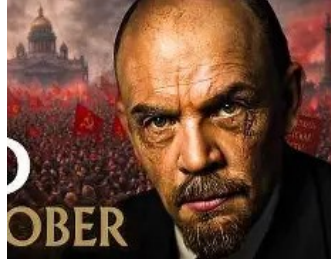
Tuesdays at 1pm at the CAST Senior Center, Room 112

About Our Documentary Programs:

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. Scheduled on **Tuesday afternoons at 1pm** at the CAST Senior Center, our Documentary Programs are free and open to the public. Everyone is welcome to attend! Full details of these programs are available in our weekly email newsletter, on a separate flyer available at the CAST Senior Center, on our website and our Facebook page.



**Liberty! The Times
That Try Men's Souls**
October 6 at 1pm



**Red October/Lenin &
The Revolution**
October 13 at 1pm



**Mount Rushmore
National Monument**
October 20 at 1pm



**The Story of China -
The Ming Dynasty**
October 27 at 1pm

SENIOR DINING - OCTOBER 2026

MON	TUES	WED	THURS	FRI
			01	02
<i>Senior Dining and Meals on Wheels call 507-550-0741</i>				
05	06	07	08	09
No Senior Dining Menu for October was available for this newsletter at print time. Please call 507-550-0741 for October's Senior Dining/ Meals on Wheels Menu				
12				
19				
26	27	28	29	30

ACTIVITIES & PROGRAMS - SEPTEMBER 2026

MON	TUES	WED	THURS	FRI
<i>CAST Senior Center</i> 600 N. German St - New Ulm, MN 56073 507-354-3212 - castnu@newulmtel.net www.communityandseniorstogether.org			01	02
			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)
05	06	07	08	09
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)
12	13	14	15	16
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 10:30am Exercise Class (Room 111) 12:30pm Sheephead (Room 111B) 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)	10am Sunshine Singers (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)
19	20	21	22	23
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)	10am Sunshine Singers (Cafetorium) 12:30pm Bridge/500 (Room 111) 1pm Hand and Foot (Room 109) 1pm Educational Program	10:30am Exercise Class (Room 111) 12:30pm Sheephead (Room 111) 1pm Movie Matinee (Room 112)
26	27	28	29	30
9am Card Recycling (Room 111) 10am Compassionate Care Class 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)	10am Sunshine Singers (Cafetorium) 12:30pm Bridge/500 (Room 111) 1pm Hand and Foot (Room 109) 1pm Educational Program	10:30am Exercise Class (Room 111) 12:30pm Sheephead (Room 111) 1pm Movie Matinee (Room 112)

DRIVER DISCOUNT COURSES - NOVEMBER 2 AND DECEMBER 14

Save 10 % on your car insurance for three years! Take our Driver Discount Course, provided by the Precision Driving Center with instructor Milo Dahlin. Our next course will be **Monday, November 2 from 1 to 5pm.**

Pre-registration required. Register today by calling the CAST office at 507-354-3212. Please leave a message. Class size minimum is 15, maximum is 48 people. Classes are \$24 per person, payable by cash or check 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.

**BINGO at the CAST Senior Center
Wednesdays, October 7, 14, 21, & 28**



Held in the Cafetorium at the CAST Senior Center/New Ulm Community Center.
Only \$1 per card to play with no card maximum.
We play 18 regular games plus 2 blackout games. 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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SAIL Exercise Classes

**Tuesdays and Fridays at 10:30am
October 6, 9, 13, 16, 20, 23, 27, and 30**

Our 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. Newcomers always welcome! No pre-registration required. Sponsored by Catholic Charities of Southern Minnesota.



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Alzheimer's Caregiver Support Group



Tuesday, October 14, 2025

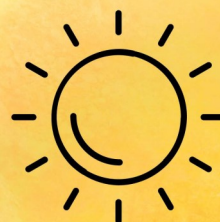
10:30-12pm

at the CAST Senior Center

Room 15 (downstairs)

This Support Group is free and all are welcome to attend.
No preregistration required. Room opens at 10am.

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Introducing

SUNSHINE SINGERS

Opportunity for those with Dementia or Parkinson's Disease, their Caregivers and the Supportive Community that surrounds them!

Inclusive, Safe and Welcoming Environment to come Together and *Sing!*

no previous music or choir experience necessary!



Volunteer to sing with us!

*Fun * Rewarding * Flexible*

First 6 WEEK SESSION

Thursdays

October
15, 22, 29

November
5, 12, 19

CAST Senior Center
600 North German St.

For more information or to register please contact:

Anna, Karla or Geri

sunshinesingers.nu@gmail.com

Anna: 507-276-4882, Karla: 507-354-3187 Geri: 507-217-3610

DONATE TO THE CAST SENIOR CENTER



As a 501(c)3 non-profit organization, the CAST Senior Center relies solely on grants and your contributions to operate. Bringing you high-quality programming and activities is expensive, and we want to

keep providing them for you. We would be truly grateful if you would make a donation to the CAST Senior Center. Your contribution will go directly toward supporting our activities, programs, supplies and operational expenses for the year. Your support is crucial to our efforts to raise needed money, and any amount is appreciated. Donations can be mailed to CAST, 600 N. German St., New Ulm, MN 56073. **Thank you for your support!**

UPDATE! HEARTLAND BUS TOKENS

As of September 9, **tokens for the Brown County Heartland Bus Service will be available for sale in the CAST Senior Center office** instead of the Senior Dining office. CAST Office hours



vary depending on programming, so please call ahead at 507-354-3212 to reserve your tokens. 10 White Tokens are \$13, for rides wherever the bus travels. 10 Blue Tokens are \$6.50, for rides to/from **Senior Dining only**. You **must eat that day** at the Center to use the blue tokens. Call the Brown County Heartland Express 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.



City of New Ulm
Park & Recreation
Putting Smiles on Faces

NEW ULM
PUBLIC LIBRARY

United Way

That's
Community Ed!



New Ulm Area
Foundation, Inc.



Lutheran
Social Service
of Minnesota



Catholic Charities
of Southern Minnesota
PROVIDING HELP. CREATING HOPE.