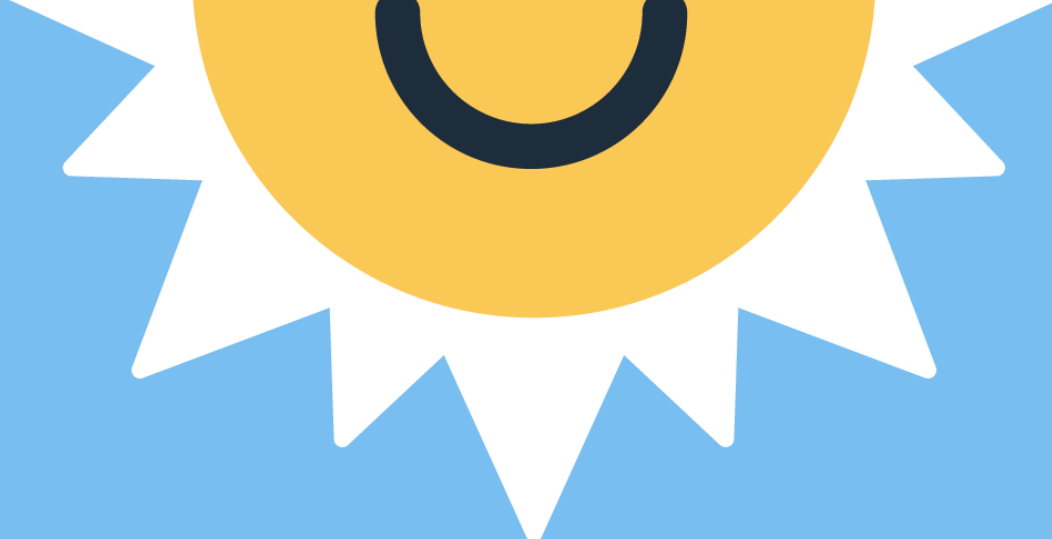


Pelican Landing

July Newsletter



July Birthdays

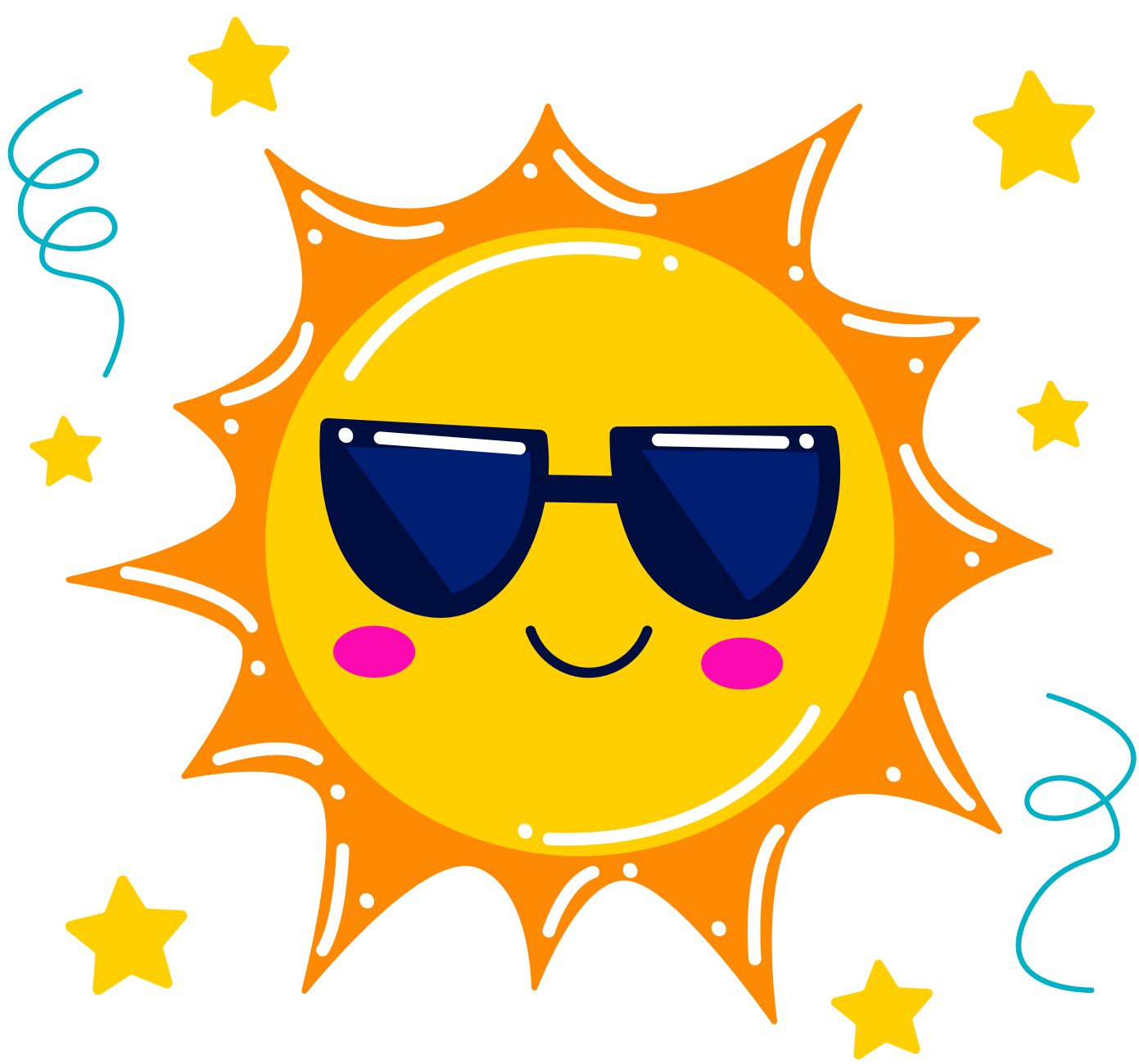
Margaret Sellin 7th

Corman Larson 12th

Marlys Leiser 14th

Barbara Buchwitz 28th

Carol Pugsley 30th



Staff.....

Ava Susag 9th

Evalyn McCleary 23rd

Jen Holmer 24th

DIETARY HIGHLIGHTS

Dining at Dock 34

Breakfast: 7:30 - 9:30AM

Lunch: 11:30 – 1:00PM

Dinner: 4:30 – 6:00PM

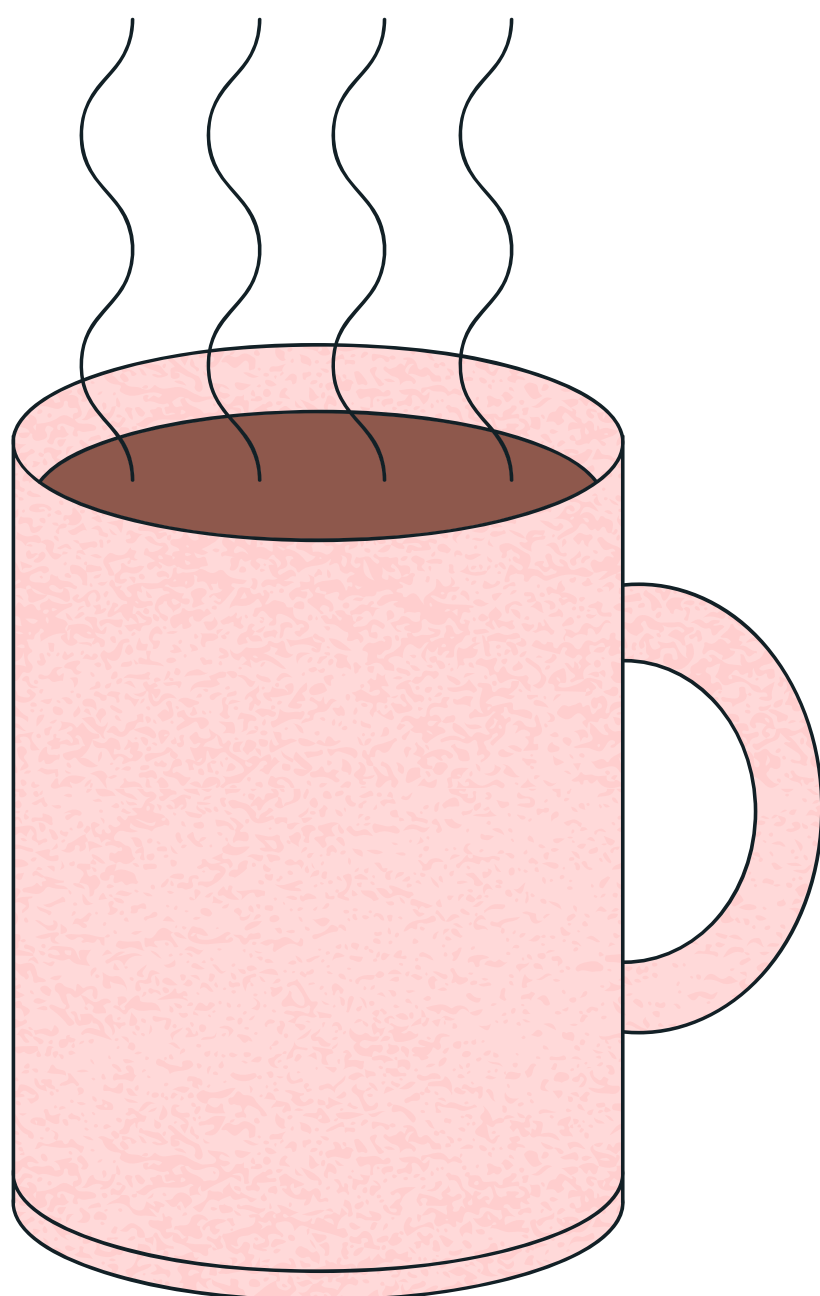


Skippy

COFFEE SHOP

Open daily starting at 7:30AM

Stocked with a delicious variety of treats & beverages



WHO WANTS A DONUT?

JOIN US FOR COFFEE & COMPANY

Tuesday, July 21st at 10:15AM

IN THE PUB



Dementia Support Group

**Hosted every 3rd
Thursday
at
Pelican Landing**

@ 4PM-5PM

**1325 Pelican Lane
Detroit Lakes**

**Foster New
Connections**

**Share knowledge,
experiences and
ideas**

**Conversation and
support to promote
understanding and
honest dialogue**

**For more
information, call
218-847-7777**





Tuesday, July 14th
Zion Lutheran- 10:30AM

Friday, July 24th
Holy Rosary - 10:00AM

Every Sunday at 9:30am
Streaming ZION Lutheran
Community Room



**LET'S GO
FISHING**

MUST SIGN UP IN BINDER!

Each pontoon ride is approximately 2 hours long around Big Detroit Lake.

You do not have to fish.

**WE MUST FILL THE July
15th Spot - Sign up today!**

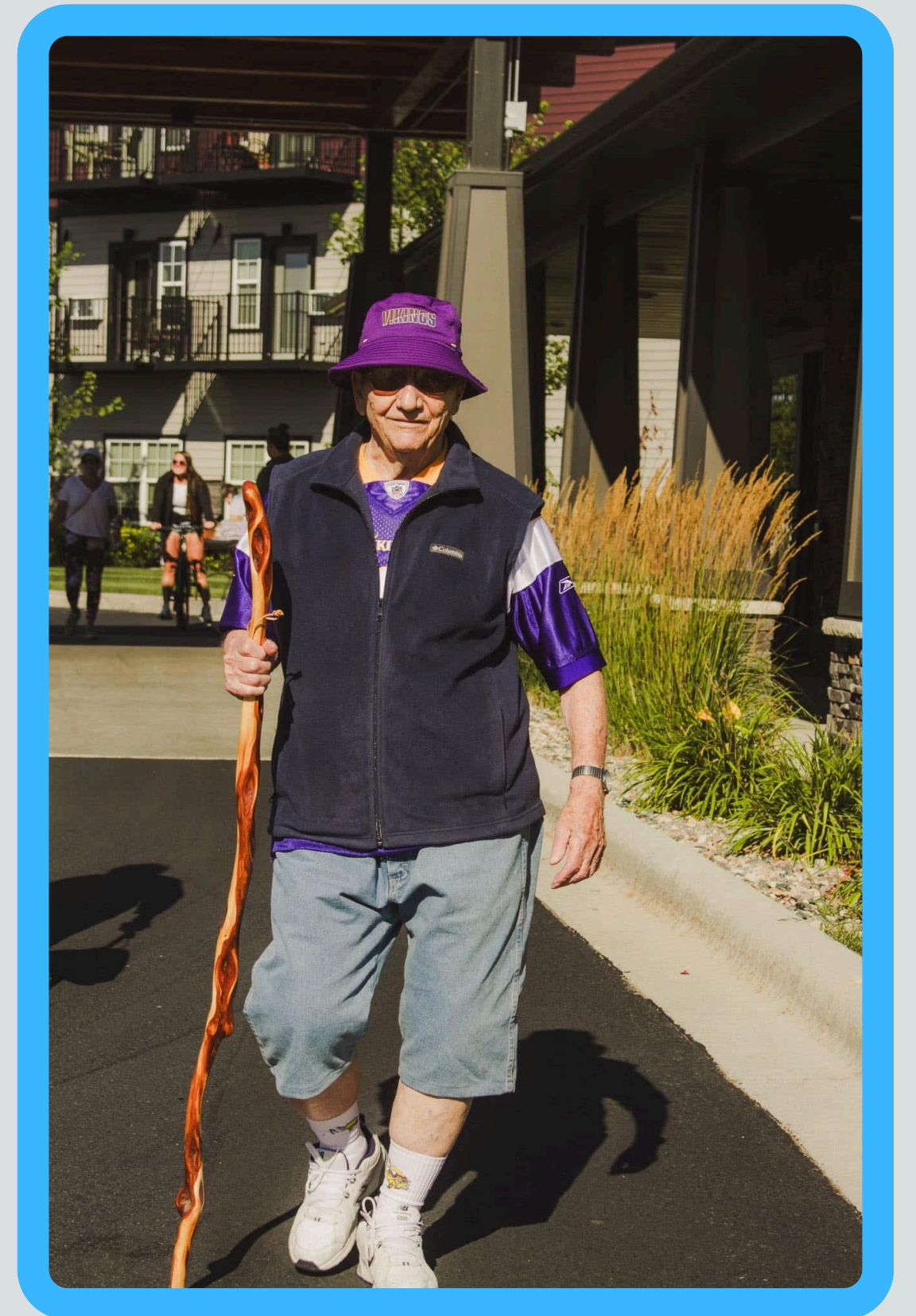
- July 15th Load - 9:00AM Ride - 10:00AM**
- July 28th Load - 11:30AM Ride - 12:30PM**
- Aug 13th Load - 11:30AM Ride - 12:30PM**
- Aug 27th Load - 11:30AM Ride - 12:30PM**

^{3rd} Annual **A Mile of Smiles**

Friday, July 31st

Walking starts at 10:00 AM

Free lunch to follow



Step Into Active Aging!

Join us for a **FREE** fun fitness event celebrating movement, wellness, and active aging! Hosted by Progressive Care Therapy at Pelican Landing, this event is designed with older adults in mind — but everyone is welcome!

Individuals of all abilities are encouraged to participate, including those who use wheelchairs, walkers, or canes. Participants will walk (or ride) laps around the Pelican Landing walking path, with fun fitness-themed activity stops along the way

- Each lap is 1/3 mile
- Complete as many laps as you'd like
- Enjoy movement, social connection, and fitness fun at your own pace!

Come celebrate healthy aging with us in a welcoming and supportive environment!

**A Mile of Smiles
July 31, 2026
10:00 AM Check-In
1325 Pelican Lane | Detroit Lakes, MN**

**Join us for a FREE fun fitness event to celebrate active aging!
Hosted by Progressive Care Therapy, located at Pelican Landing. This is an event targeted for older adults however, all are welcome. Individuals of all abilities are encouraged to join including those who may require wheelchairs, walkers, or canes. For this event, individuals will walk (or ride) lap(s) around the Pelican Landing walking path with stops along the way for various fitness related fun! Each lap is 1/3rd of a mile. Individuals are welcome to walk as many laps as they would like!**

Full Name

Phone Number (optional):

Emergency Contact:

Emergency Contact Phone Number:

I _____, am aware that by participating in this event I assume any risk of injury and do not hold Progressive Care Therapy nor Pelican Landing responsible.

Signature _____

Date_____



Cream & Cruise

July 20th at 1:30PM

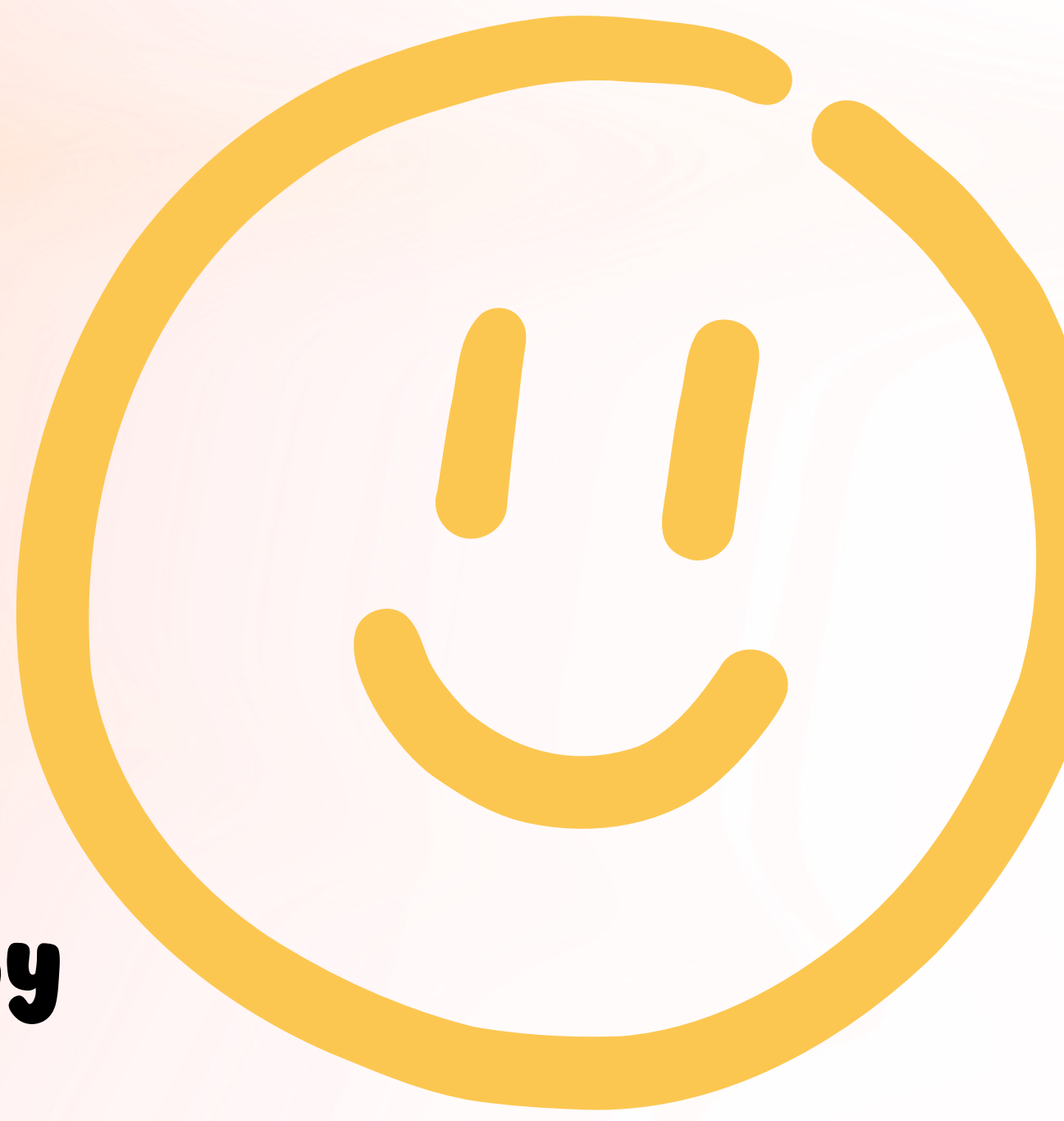
Meet in the Entry

**Lets go grab some Ice Cream
at Detroit Mountain and then
take a cruise around the lake.**

**Sign up in the binder at the
front desk!**

Sun & Smile

Saturdays at 2pm



**Join eachother outside to enjoy
the sun!**

Facts:

**Sunlight stimulates the pineal gland,
increasing serotonin production, a
neurotransmitter known as the “feel-
good hormone.” This helps elevate
mood, reduce depression and anxiety,
and enhance overall mental well-
being.**

**Vitamin D is also known as
the Sunshine Vitamin**

PICNIC

at **Dunton Locks**

**Join Shelby on a fun-filled nature
outing!**

**We will enjoy the sights & sounds
that beautiful Minnesota has to
offer!**

***A light snack will be provided:
Charcuterie Board**

July 9th at 12:30

**Sign up in the
binder**

