Community Connections in Woodbury, Minnesota (as of June 2019)

Woodbury Thrives connects our community to inspire health and wellbeing for all. The City of Woodbury’s website is a hub for finding recreation options, parks & trails and learning opportunities for children and adults (see their Spring & Fall publications). Washington County also produces many educational classes and recreational opportunities, promoted in their catalogs that are sent to residents. Here are some additional ideas for how adults can meet and engage with others in Woodbury. Most are free.

**RH Stafford Library** (Washington County) [www.washcolib.org/librarynewsletter](http://www.washcolib.org/librarynewsletter)

- Book Clubs for Adults & Seniors
- Crafting Get-Togethers
- Meditation Sessions
- Tech Classes
- Memory Café

**YMCA Woodbury’s ForeverWell** (supported by most Medicare plans for people 65+)

- Fitness Classes (wide variety)
- Lunch & Learn speakers’ series
- Book Club
- Volunteer activities (such as Feed My Starving Children)
- Card Groups
- “Stitch & Chat” Crafting Circles
- Activities Around the Twin Cities (transportation from the Y is provided)

**Faith-Based Organizations** – All have ongoing small groups for various ages and stages of people’s lives – If you don’t belong to a faith community, consider visiting several to find a fit.

**Volunteer Opportunities**
• Woodbury Thrives www.woodburythrives.org
• Woodbury Community Foundation https://www.woodburyfoundation.org
• City of Woodbury (a wide variety of interesting opportunities) https://www.woodburymn.gov/departments/administration/volunteer_opportunities.php
• Community Thread (St. Croix Valley) https://communitythreadmn.org
• Christian Cupboard Emergency Food Shelf https://ccefs.org
• SoWashCoCares (helping students in need) https://www.facebook.com/SoWashCoCARES/
• Woodbury Athletic Association https://www.waawoodbury.org

Other Groups
• Wellness 50+/Vital Aging Network https://vital-aging-network.org/wellness-50/
• League of Women Voters https://www.lwvmn.org/local-leagues/woodbury-cottage-grove
• Fraternal Organizations such as the Shriners www.osmanshrine.org and Lions Club https://e-clubhouse.org/sites/woodburymn/
• Woodbury Rotary Club https://www.woodburymnrotary.org/home.html
• Widows Friendship Group https://www.facebook.com/groups/736109893402714/
• Knitting From the Heart Drop-In Knitting Groups http://www.heartknits.com
• Woodbury Heartfelt Quilters https://www.woodburyheartfeltquilters.com
• South Washington County Senior Center (Cottage Grove) https://ce.sowashco.org/seniors/about_the_senior_center
• The Gaming Goat hosts board game events in Woodbury https://www.facebook.com/TGGWoodburyMN/
• Singles’ Groups such as https://www.eventbrite.com/o/twin-cities-speed-dates-18692567403
• Wood turners group, contact Jim Jacobs - woodmanmn@aol.com
• Wood carving group, contact Glenn Anderson - ande3283@umn.edu. Meets at Newport Lutheran Church Wednesdays 8-11am
• Join your local political party
• Go to a local dog park, such as https://www.woodburymn.gov/departments/parks_and_trails/andys_bark_park.php
• Look up or form a Meet-Up Group of your own https://www.meetup.com
Lifelong Learning Opportunities

- Community Education South Washington County https://ce.sowashco.org
- University of Minnesota Extension https://extension.umn.edu
- Minnesota Master Naturalist Program https://www.minnesotamasternaturalist.org
- Washington County Master Gardener Program http://www.mastergardenersinwashingtonco.org
- Minnesota Master Water Stewards Program https://masterwaterstewards.org
- Toastmaster’s Club in Woodbury https://5612080.toastmastersclubs.org

Fitness

- HealthEast Sports Center including the year-round Indoor Walking Track
  https://woodburymn.gov/healtheast_sports_center/index.php
- Woodbury YMCA (see web site above)
- City of Woodbury Parks & Rec https://www.woodburymn.gov/departments/recreation/
- Woodbury Thrives (including Wellness Challenge & Ride, Stride or Glide events):
  www.woodburythives.org
- Walking Groups in Woodbury
- Moms on the Run https://www.momsontherun.com/woodbury.html
- St. Paul Hiking Club (may include hikes in our area) https://www.stpaulhike.com

Cultural

- International Group of Woodbury MN https://www.facebook.com/groups/717800988323386/
- Ramadan Interfaith Iftar in Woodbury each Spring – all are welcome
  http://www.mnchurches.org/respectfulcommunities/interfaithprogramming/takingheart.html

Support on Aging & Caregiving

- AARP https://aarp.org
- Your Juniper (improving health & wellness) https://yourjuniper.org
- Community Thread https://communitythreadmn.org
- Family Means www.familymeans.org
  - Counseling & Therapy
  - Caregiving & Aging
  - Employee Assistance Program
- Youth Development
- Financial Solutions
- Center for Grief & Loss

- Alzheimer’s Association Caregiver Support Group [www.alz.org/mnnd](http://www.alz.org/mnnd)

Produced by [Woodbury Thrives](#)