



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 web site 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

- 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>
- Woodbury Citizen's Academy <https://www.woodburyfoundation.org/programs-initiatives/woodbury-citizens-academy-2018/>
- 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.woodburythrives.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

Produced by [Woodbury Thrives](#)