



OAKDALE
Wellness50+

**Clubs for Books and
Movies**

Clubs for Books and Movies | Wellness 50+



Oakdale Library
1010 Heron Ave N,
Oakdale, MN 55128



Free



Join by emailing
oakdalewellness50new@gmail.com
to be added to our distribution
list.



City of Oakdale | Recreation
4444 Hadley Avenue N.,
Oakdale, MN 55128
Office: 651-747-3860
www.oakdalefun.com
Facebook: [oakdalefun](https://www.facebook.com/oakdalefun)

BOOK CLUB

The Oakdale Wellness Book Club meets every other month to discuss a wellness related book. We'll meet in the Oakdale Library Community Room with a virtual option.

September 28 | *Breath* by James Nestor
November 30 | *Being Mortal* by Atul Gawande
January 25 | *The Power of Habit* by Charles Duhigg
March 22 | *The Blue Zone* by Dan Buettner

NEW MOVIE CLUB

Your Oakdale Wellness team is planning a movie club discussion group. The Oakdale Library will provide a selected movie for members to watch in their own home. Members will then be invited to come together via zoom or at the library to discuss their perceptions of the movie. A moderator will lead the discussion.

*Oakdale Wellness 50+ is on Facebook.
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