

# Cottage Grove Recreation Summer 2023

## Parkrun at Hamlet

Hamlet Park parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Hamlet Park Parkrun is 5K and takes place every Saturday morning at 9:00am at Hamlet Park. Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Parkrun is free and you only need to register once whether walking, jogging, running, volunteering or a combination.



Register once and bring your personalized barcode to Hamlet Park parkrun every Saturday at 9:00 AM.

## Wellness 50 +

COTTAGE GROVE  
**W50+**

The City of Cottage Grove is a Resource Partner with the Wellness 50+. It is a community driven wellness initiative for adults aged 50 and above led by community members. Scan the QR code for a complete list of events or visit the [www.vital-aging-network.org](http://www.vital-aging-network.org)



June 21 (6pm): How to play bocce ball at Lamar Park; all supplies provided.  
July 19 (3:00-4:30pm): Archery Lessons; instruction and equipment.  
August 24: Kayaks at Hazen P Mooers  
September (TBD) – Disc Golf at Oakwood Park

[www.cottagegrovemn.gov/registration](http://www.cottagegrovemn.gov/registration)