

JUNE-AUGUST
2016

Hopkins Activity Center

NEWS & Notes

EXPERIENCE THE *UP*SIDE OF AGING!



**“VOLUNTEERING IS A
WORK OF HEART!”**

Hopkins Activity Center’s Adopt-A-Park

TAKE MORE THAN A WALK IN THE PARK!

Volunteers Becky and Trudy demonstrate an energizing way to be active and provide a meaningful benefit to the community by picking up debris and trash at the Clock Tower Plaza and Downtown Park. See back page for Adopt-A-Park summer dates.

INSIDE THIS ISSUE

2 Summer Events

3 Special Events

4 Crafts & Arts/Leisure

5 Fitness & Recreation

6 Health & Wellness

7 Educational/Technology

8 Day Trips/Tours

9 - 11 Calendars



Summer SPECIAL EVENTS

Save the dates!

THE HOPKINS ACTIVITY CENTER is a gathering place for mature adults to participate in organized as well as unorganized recreational, social, educational, fitness and volunteer activities.

The Activity Center is also a community facility available for business functions, group meetings, neighborhood & family gatherings, birthday, anniversary celebrations, or wedding reception. Call regarding rental rates.

MEMBERSHIP

The cost of the Membership program for one year is just \$28/ person or \$44/household. Members receive a newsletter four times a year in the mail, reduced fees for activities, selected trips and facility rental discounts. Non-Frequent User Memberships also available; call for details. Contact us to receive a complimentary issue of the newsletter or be added to our weekly email notices.

Contact Us

33 14th Ave N
Hopkins, MN 55343
952-939-1333
952-939-1342 (fax)
activitycenter@hopkinsmn.com
www.hopkinsmn.com/activitycenter



Raspberry Festival: July 9-17, 2016

SENIOR DAY

55 and Better!

Sunday, July 10, 1-6 pm at the Hopkins Activity Center

Enjoy an afternoon of health information, royalty, dinner, prizes and the age-old favorite game of bingo!

Advance registration thru June 30: \$8; after June 30: \$10
\$3 Raspberry Button required for admission.



1PM Doors open: Enjoy a mini-health fair and earn extra door prize drawing tickets.

2:30PM Festivities begin: Special bingo games, prizes and presentation of the new Raspberry Festival Senior Royalty begins! Greet the new royalty!

5:30PM Door Prizes and Dinner: A chicken dinner, beverage and dessert provided by Hopkins American Legion.

Co-sponsored by Hopkins Raspberry Festival, Hopkins American Legion, and Hopkins Activity Center.



GAME DAY FUN

Tastes of Summer

HELLO SUMMER!



Summerfest: Music in the Park
Thursdays, June 16- August 18, 7 pm
Downtown Park, 16-9th Avenue S, Hopkins
Bring a lawn chair and enjoy free concerts. Visit the Hopkins Activity Center booth to purchase a delicious **raspberry sundae!** Rain location: Hopkins Activity Center. Visit www.hopkinsbiz.com/hopkins-summerfest for concert schedule.

Thursday Funday
Thurs, June 30, 1:30 pm
Grandparents and grandkids or a special young friend are invited to play **Bingo in the Park.** Join us at the Maetzold Field picnic shelter. Snacks, beverages and fun prizes provided. Fun for kids of all ages and the young at heart!
Event sponsor: Augustana
Members \$5, Others \$6; Children free

It's a Tea Party!
Thursday, August 11, 11:30 am
"Hurry, Hurry! Don't be late. It's a Tea Party, So come and celebrate." Enjoy sandwiches, sweets and a spot of tea. Bring a special tea cup from home or use one of ours and wear a hat for some tea party fun.
Members \$7, Others \$8;



Hip & Knee Pain:

Traditional & complementary medicine approaches to managing hip & knee pain

Tuesday, June 21, 2 pm

This FREE session is an opportunity to learn about managing hip & knee pain through both traditional and alternative medicine approaches. Light refreshments will be served.

Presenters:

- Tilok Ghose, MD, Orthopedic surgeon, Allina Health Bloomington Clinic and Abbott Northwestern Hospital
- Cynthia Miller, RN, LAc, MTOM, Licensed acupuncturist, Penny George Institute for Health and Healing

Register by email at activitycenter@hopkinsmn.com or calling 952-939-1333.

Senior Explorer Series at the Hopkins Activity Center 3 Fridays, 9–11:30 am

June 17: Fishing

Bus to an area lake to enjoy the activity of catching fish

July 22: Birding

Explore the recreational hobby of observing birds in their natural habitat.

August 19: Geocaching

Discover the fun of a modern day treasure hunt using GPS coordinates

Reconnect and explore ways to enjoy the outdoors guided by staff from the Three Rivers Park District.

Space is limited. Contact us to register.
Members \$5/class; Others \$6/class.

CONNECT TO LEARNING

Open windows to another place and time!

Connect to remarkable people and programs during a live, interactive videoconference.

Members free; Others \$2. Call 952-939-1333 to register.



Channel Islands Live Dive & Dessert Bar

Friday, June 24, 1 pm

Take a underwater virtual hike (without even getting wet) while enjoy a sampling of delicious desserts!

Watch a live broadcast as National Park Rangers wearing special microphone-equipped dive masks take us on an adventure through the kelp forest, a seldom seen underwater environment. Seals, sea lions, fishes, marine invertebrates and algae form one of the most diverse ecosystems in the world.



PHOTO BY NATIONAL PARKS SERVICE

Fair For All:
763-450-3880

**Hennepin County Library
At-Home Service:**
612-543-8850

**H.O.M.E. (Household/
Outside Maintenance
for Elderly):**
952-746-4046

Hopkins City Hall:
952-935-8474

**Hopkins Community
Education:** 952-988-4070

**Hopkins Minnetonka
Recreation:** 952-939-8203

**Hopkins VFW (loans
walkers, wheelchairs,
etc.):** 952-938-9916

hopkinsvolunteers.org:
952-935-2371

I.C.A. Food Shelf:
952-938-0729

Meals on Wheels:
952-935-9028

Metro Paint-A-Thon:
612-721-8687

**NAPS (Nutritional
Assistance Program for
Seniors):** 651-484-8241

**NORC (Nurturing Our
Retired Citizens):**
952-542-4866

ResourceWest:
952-988-5350

**Senior Citizen
Property Tax Deferral:**
651-556-6088

Senior Linkage Line:
1-800-333-2433

Store To Door:
651-642-1892

Transit Link:
651-602-5465

Crafts & Arts

Free for members; Others \$2 (unless otherwise noted.)

Helping Hands: *Every stitch makes a difference!*

Mondays, June 13, 27, July 11 & 25, August 8 & 22, 9 am–12 pm

Join the group for our charity knit & crochet-along. Work with the group or at home.

Scrapbooking Club

Thursdays, 9 am–12 pm

Enjoy social time while you work on your scrapbooks. Get your photos out of unsafe albums and into scrapbooks. The CRICUT MACHINE is available for use—a fun way to cut shapes and letters.

Scrap Your Heart Out Days

Thursdays, July 14 and August 11, 9 am–4 pm

Join in on the fun for all or part of the day, bring a bag lunch, work on your scrapbooks without interruption and preserve those memories!

Open Artists Studio

Mondays, 1-8 pm

Drop in to work on individual craft projects such as painting, drawing, scrapbooking, and stitching. Stay for all or part of the time. Bring your supplies.

Primitive Rug Hooking

Wednesdays, 11 am

Enjoy social time while rug hooking, an art form that repurposes and recycles wool cloth into beautiful rugs, pillows, wall hangings. Members of the group work on their individual projects while enjoying social time as well as sharing ideas and technique.

Preemie Blanket Bee

3rd Thursday beginning again September 15, 3–9 pm

The group completed TBD comforting quilts for Methodist Hospital, Hopkins Police Dept, and the HUGS program. Thanks for your service to the community!



VOLUNTEERS NEEDED TO "DRESS-A-DOLLIE"

Ongoing Projects

Pick up a project pattern for:

Backpack Project: Sew a simple drawstring bag for school children in Haiti. Colorful children's print cotton and sewing notion donations (buttons, buckles, ribbons, etc.) needed.

Dress-A-Dollie: Volunteers are needed this summer to sew or purchase doll clothes for Hopkins Schools classrooms. Dolls, patterns and fabrics available for pick up at the Hopkins Activity Center.

Walker Bags: Fabric is available to sew a simple walker bag for our local hospital and care facilities.

Preemie Blankets: Donations of flannel fabric is needed.

Leisure & Entertainment

Book Club

1st Mondays, June 6, July 11, August 1, 1 pm

Group members choose then discuss a book to read each month.

June 6: *Spool of Blue Thread* by Anne Tyler

July 11: *Honor* by Lori Sturdevent

August 1: *Being Esther* by Miriam Karmel

Members free; Others \$2

Free Cup of "Joe"

Thursdays, 9–11 am

Enjoy a free cup of coffee and treats. This quarter's sponsors (by week):
1st: Golden Living Center Hopkins
2nd: RidgePointe Active Senior Living
3rd: Elder Homestead
4th: Westridge of Minnetonka

Popcorn Time

2nd, 3rd & 4th Wednesdays, 12:30 pm

Thanks for "popping" by to enjoy fresh popcorn sponsored by The Glenn Hopkins

Bakery Bonanza

Thank you to local businesses, Driskills, Panera and Breadsmith for weekly donations of baked goods. Donations are used to enhance the programs at the Activity Center.

Activity Center Library

Thank you to Fitness Focus group members for the donation of funds to purchase new release books in memory of BJ Amick. Shirley, Volunteer Librarian

Cards and Games

Members free; Others \$2

Bridge Fun for Everyone

Mondays, 9 am

New players welcome!



Hand & Foot

Mondays, 10 am

Fun to play & easy to learn.

Scrabble

Mondays, 12:45 pm

A great brain game!

Bingo

following luncheons

50¢ per card or \$2.50 for six cards

Bridge Lessons

Call for information.

Cribbage

Tuesdays, 12:30 pm

Mah Jongg

Wednesdays, 9:30 am

500 Cards

Thursdays, 9:30 am

Poker

Thursdays, 12 pm

Fitness & Recreation



FLEXIBILITY INCREASES FITNESS!

Fitness Focus

Tuesdays & Thursdays, 9 am

Group exercise program that is designed to increase flexibility, joint stability, balance, coordination, agility, reaction-time, strength, and cardiovascular endurance. Instructor: Ben Walker.

Members \$3.50/class; Others \$4.50

Yoga Exercise Class

Tuesdays, 10:15 am

Jessica leads the class in yoga poses designed specifically for the older adult to increase flexibility and improve balance, breathing, and posture. Bring a yoga mat and towel (some mats available).

Members \$3.50/class; Others \$4.50

Nancy's Fit & Fun Aerobic Walk

Wednesdays, 1:45 pm

Join this indoor, multi-muscle walking class that boosts your metabolism. A 45-minute workout/walk with upbeat music.

Members \$3.50/class; Others \$4.50

Chair Yoga Class

Wednesdays, 9 am

Jessica leads the class in a gentle form of yoga and is practiced sitting in a chair or the chair is used for support and balance.

Members \$3.50/class; Others \$4.50

Soft Aerobics

Mondays, 9 am

A fitness class using videos.

Members free; Others \$2


Fitness Equipment

Enjoy your favorite TV program while using the treadmill, elliptical or stationary bikes.

Members free; Others \$2

Fitness Reimbursement

Hopkins Activity Center is a contracted facility with American Specialty Health Fitness and Healthway's Fitness for eligible health plan members.

 **Fitness Fees (deposited into your account) can be used at anytime for this class. Try your first class free!**

Dance with us

Beginner Partner Pattern Dance

Mondays, 10:30 am (June-August)

Bring a partner, have fun & learn a combination of round and line dance steps. Jo & John will teach the basic steps to fun music. Register today!

Members free; Others \$2

It's Back!

Jazzberries

Wednesdays, 1:30 pm

Volunteer senior performance group with a touch of tap and jazz.

Members free; Others \$2

Beginning Line Dance Lessons

Wednesdays, 10:45 am (June-August)

Lessons. Instructor: Sally.

Members \$5/week; Others \$7

NEW!

Intermediate Line Dance Lessons

Mondays & Wednesdays, 12:15 pm

Lessons. Instructors: Dodee or Sally.

Members \$5/week; Others \$7

Dancing For Fun

Tuesdays, June 2 & 16; July 7 & 21; August 4 & 18, 7 pm

Have fun round dancing.

Members \$5/week; Others \$7

Afternoon Squares

Thursdays, 12:30–2:30 pm

Caller Abe Maier does mainstream & plus calls. www.afternoonsquares.com

Senior Sports

Indoor Pickleball Age 50+

Mondays, 1:30 pm; Tuesdays, 11:30 am; Wednesdays, 3:30 pm; Thursdays, 2:45 pm

Drop in to play the fastest growing sport in the US. Two indoor courts. Some equipment available or bring your own pickleball racquet.

Members free; Others \$2/time

Outdoor Courts available at Burnes Park, 301 2nd St N (near Zion Church).

Mtka Hopkins Senior Bicyclers

Tuesdays & Thursdays

Ride 20 to 30 miles at 10 to 12 mph with coffee and water stops. Schedule at www.andersendennis.com/bike-ski.html.

Pick Up Pickleball: Beginning Instruction

Tuesday, June 14, 2-3 pm

New to Pickleball or need a refresher? Get an overview of the game rules, scoring, court position and gain confidence in your game. Equipment is available. Instructor: Catherine.

Members \$4/class; Others \$6/class



West Metro Senior Softball

55+ League: Tuesdays & Thursdays

9 am at Van Valkenburg Park, Edina. Call Bob at 612-922-8687.

70+ League: Mon. & Wednesdays

9 am at Big Willow Park, Minnetonka. Fee \$25. Call Minnetonka Senior Center at 952-939-8393.

Senior Bowling

Thursdays beginning Sept. 8, 10 am

Held at Tuttle's Eat Bowl Play

Senior Volleyball

Mondays & Wednesdays, 10:15 am

Volleyball resumes September 2!

Quality of Life

Free for members; Others \$2 (unless otherwise noted.)

Tax Assistance

Tuesday, June 14, 1-3 pm

Renter and Property Tax assistance will be available. Bring all tax information. No appointments. This free service is provided by AARP volunteers.

Health Insurance Counseling

Mondays, June 6, July 11 or Aug. 1, 10 am or 11 am

The Senior LinkAge Line® offers health insurance counseling to Medicare beneficiaries. Provided by State-certified Health Insurance counseling volunteer: Keith. Call 952-939-1333

Veteran Connections

Tuesday, June 14, July 12, August 9, 9:30 am. Free to Veterans!

Gather and connect monthly to discuss life, military experiences and veteran issues. Call to register.

June 14: *How military life transferred to business life.*

July 12: *The Leadership Connection*

August 9: *Civil Air Patrol*

Veteran Benefits Consultation

Tuesdays, June 14, July 12 & Aug. 9, 10:30 am

Todd Dionne, MN Department of Veteran Affairs will answer Veteran benefit questions. Call to schedule an appointment.

Men's Discussion Group

Wednesdays, 9:45-11 am

Connect with men age 55+ to discuss current issues & life experiences.

Food Shelf Week for ICA

June 20-23, July 25-28, August 8-11

Help the ICA Food Shelf by filling our grocery cart with non-perishable food items, toiletries and cash.

Sunshine Greetings

Do you know of a Hopkins Activity Center participant that has a special life event? Contact the office for a greeting request.



MEN'S DISCUSSION GROUP

Legal Consultations

2nd Wednesday, 12:30-1:30 pm

June 8: *Jeffrey Thone*

July 13: *John Brandt*

August 10: *Ned Ostensio*

Call for appointment.

Qigong

Wednesdays, 7-8:30 pm

Qigong is a gentle, easy to learn exercise and meditative practice that anyone can learn. Practice leaders guide the class through techniques for people to help themselves in the healing of the mind, body and spirit. Call for information or to register.

Color Your World

Coloring is a form of relaxation. Colored Pencils and adult coloring pages are available in the Lounge.

Health & Wellness

Free for members; Others \$2 (unless otherwise noted.)

Blood Pressure Screenings

Tuesdays, June 7, 21, July 5, 19, August 2, 16, 10:15-11:15 am

Free. *Dee Lerman, R.N.*

Managing Your Meds

Tuesday, July 19, 11:15 am

Josh Lemm, RPh, Hopkins Center Drug. Manage your medications to foster better health. Call for an appointment.



T.O.P.S. (Take Off Pounds Sensibly!)

Wednesdays, 9:30 am weigh-in; 10 am meeting

Meetings provide individual support and allow you to collaborate with others on plans. The program allows you to choose a food plan that fits you and provides accountability and support.

Hearing Screening

Wednesday, June 15, July 20, August 17, 10:45-11:45 am

Hearing Health Clinic: Hearing screening determines if your hearing falls within a normal hearing range. In the event of hearing loss, a further comprehensive hearing evaluation may be needed at a provider of your choice. Call for an appointment.

Happy Feet Foot Care

Thursdays, June 16, July 21, August 18, 12:30-3 pm

Quality foot care is an important aspect to health. Provided by Happy Feet Footcare, Inc. Call for an appointment. Members \$35; Others \$38



WEIGH-TO-GO

Wednesdays, 9:30 am weigh-in; 10 am meeting

WEIGH-TO-GO is a casual, social group who will help you set goals and reach them in a healthy way. Join us, make some friends and have some fun while reaching your goal.

Caregivers Support Group

Tuesdays, June 7 & 21, July 5 & 19, August 2 & 16, 9:30-10:30 am

For caregivers & family members of those needing additional assistance living at home. Co-sponsored by Open Circle Adult Day Center, Touching Hearts at Home & Hopkins Activity Center.

Educational Opportunities



CAN YOU HEAR ME NOW?

Can You Hear Me Now?

Hearing Health Education

Wednesday, June 8, 1 pm

Failing Hearing Solutions: Discover information about screenings, diagnostic testing, how to prevent further damage and solutions to fit your needs. Call to register.

Wednesday, July 13, 1 pm

Hearing Loss & Health Concerns:

Discuss common hearing conditions and health issues and medications that effect hearing. Call to register.

Wednesday, August 10, 1 pm

Hearing Loss Treatment &

Technology: Learn how hearing devices are fitted to your needs. Presented by Hearing Health Clinic. Call to register.

Members free; Others \$2

Health Care Directives

Wednesday, June 22, 1 pm

Everyone is at risk of not being able to make their own health care decisions. Learn about the Health Care Directive planning tool, legal requirements and why you may want to consider completing one. A free presentation by the Metropolitan Area Agency on Aging. Call to register.

Members free; Others \$2

Upcoming Fall Classes:

Mah Jongg Class

**Wednesdays, October 19–
November 30, 1–3 pm**

Members \$47; Others \$50
(includes fee for current Mah Jongg card).

Know Before You Throw Antique Appraisal

Wednesday, September 14, 9:30 am

Members Free; Others \$2

Defensive Driving Class

Defensive Driving courses for people 55 years old+, taught by an instructor from the Minnesota Safety Council. Course includes lecture, films, and discussion. After participants complete the course, they are entitled to a 10%, 3-year discount on their auto insurance. Advance registration required.

4-Hour Refresher Class

(Pre-requisite: 8 hour class)

Tuesday, June 28, 6-10 pm

Tuesday, September 13, 12-4 pm

Thursday, September 29, 6-10 pm

Members \$18; Others \$21

8-Hour Introductory Class

Wednesday &

Thursday, Oct 12 & 13,

6-10 pm

Members \$27;

Others \$30



Technology Topics

Free for members; Others \$2 (unless otherwise noted.)

Before & After Computers

Mondays, June 6 & 20, July 18,

No August meetings, 2–3 pm

A hands-on computer discussion group. Facilitator: Ron, IT Specialist.

Explore LinkedIn

2nd & 4th Mondays, 2–3 pm

Learn the basics of LinkedIn and connect with people you know. Volunteer: Jerome. Call to register.

Open Computer Lab

Wednesdays, June 3–August 26,

9 am–12 pm

Drop in personal computer assistance at your level. Bring your computer questions & problems. Volunteer: Mark

Digital Camera Lab

Wednesdays, 10-11 am

Call for your half-hour appointment to get the most out of your digital camera with volunteer, Art.

Photo Scanning

**Wednesdays, 1:30 pm or by
appointment**

Quickly scan your treasured photos using the Kodak Picture Saver Scanning System to digitally archive your photos on a CD/DVD or flash drive. Our volunteer, Dan is available to help you scan numerous photos!

Members \$5 per CD;

Others \$8 per CD



Getting To Know Your Tablet

**Thursdays, June 2, 9 & 16, July 7, 14
& 21, August 4, 11 & 18, 2–4 pm**

Get to know your portable hand-held display, whether it is an iPad, Nook or Kindle. Gain an understanding of Instagram or Facebook. Our volunteer, Jacob, will help you understand and use your device better. Call for an appointment.

Talk, Text & Technology:

Be Cell Phone Savvy

Monday, August 15

12:30 pm Flip Phone Users

1 & 1:30 pm Smart Phone Users

Discover different areas of your cell phone so you can understand and use it better. Open to customers of all wireless carriers. Volunteer

Instructor:

Brent of Sprint

at Knollwood

Crossing in Hopkins. Call to register.





Day Trips

Register for day trips with Hopkins Community Ed:
IN PERSON/MAIL 1001 Hwy 7, Hopkins, MN 55305;
PHONE 952-988-4070 (Visa or Mastercard only); or
ONLINE www.hopkinscommunityed.org.
 Payment and course number required with registration.
 No refunds after registration deadline.



EXPLORE... DREAM... DISCOVER...



Spam Museum

Friday, July 22, 8:15 am

Visit the new SPAM® Museum in Austin for a self-guided

tour featuring videos and displays depicting the history of Hormel Foods. Included lunch at The Old Mill Restaurant on the Red Cedar River. Explore The ArtWorks Center and Rydjour Bike Shop (museum). Enjoy a stop at the Russell Stover Candy Store where you can purchase specialty candies and an ice cream treat. \$57

Register by June 27. #A1114

Million Dollar Quartet

Wednesday, September 7, 11:15 am

Arrive at the Old Log Theater and enjoy an included lunch. Enjoy the Tony Award winning musical that is set on December 4, 1956 when an extraordinary twist of fate brought Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins together at Sun Records for one of the greatest jam sessions ever. \$71

Register by August 8. #A1560a

Gull Lake Luncheon Cruise

Wednesday, Sept. 21, 8:30 am

Arrive in the beautiful Brainerd Lakes area for late summer sights and sounds. Board the sleek North Star yacht for a two hour cruise on Gull Lake for scenic views, gentle breezes and a wonderful luncheon buffet. Our next stop will be the famous Thielen's Meat Market in Pierz. Their home-smoked bacon is world famous. Bring a thermal cooler bag for your fresh and smoked meat purchases. \$74.

Register by August 15. #A1563GL

Tour de Trash

A firsthand look at what happens with your trash!

Tour de Trash

Wednesday, August 3, 9 am-3 pm

Free!

The City of Hopkins first Tour de Trash, a day trip for residents age 13+. Hop aboard a bus to visit the Hennepin County Brooklyn Park Transfer Station and the Hennepin Energy Recovery Center in Minneapolis. Tour guides will explain what goes on at each facility and answer your questions. **Free transportation from Hopkins Public Works and box lunch included.** Space is limited.

To Register: Pam Hove, Hopkins Solid Waste Coordinator at 952-548-6351 or phove@hopkinsmn.com

Stillwater Trolley Tour

Tuesday, October 18, 9:50 am

A colorful, old-time Stillwater trolley narrated tour of the Stillwater history, folklore, old mansions & beautiful views of the St. Croix River. Included lunch at Lake Elmo Inn. \$66

Register by September 13. #A1561a

Duluth's Glensheen

Mansion & Tall Ship Arrival

Thursday, August 18, 8:00 am

Enjoy an included lunch at Midi Restaurant at the Fitger's Inn. Explore the Glensheen Mansion with a docent-led tour. Watch for the arrival of the Tall Ships arriving into Duluth Harbor. \$80.

Register by July 17 #A1114TS



Extended Travel

Explore, Dream, Discover these upcoming travel adventures. To register or for more information contact the Hopkins Activity Center at 952-939-1333 or email activitycenter@hopkinsmn.com.

New Years Eve Celebration

December 31- January 1

Ring in the New Year with the fun and festive production of "Mama Mia" at the Fireside Theatre!



The Great American Eclipse

August, 2017

Travel to a Midwest destination for a total solar eclipse viewing party as well as other area attractions.

Watch for more information!

Contact the Hopkins Activity Center for detailed trip brochure. Trip highlights include some meals, overnight accommodations, baggage handling and more!

June 2016 @ the Hopkins Activity Center

Want more details? Check the page listed after the event name in parenthesis (P7)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Join us for a free CUP OF COFFEE and treats on Thursdays, 9-11 am and FRESH POPPED POPCORN on the 2nd, 3rd and 4th Wednesdays, 12:30 pm! Courtesy of our sponsors.</p> 		<p>1 Beginning Line Dance Begins 10:45am (P5)</p> <p>+ Wednesday activities</p>	<p>2 Adopt-A-Park 1pm (P12)</p> <p>Tablet Lab 2pm (P7)</p> <p>+ Thursday activities</p>
<p>6 Health Insurance Counseling 10am (P6)</p> <p>Partner Pattern Dance Begins 10:30am (P5)</p> <p>Book Club 1pm (P4)</p> <p>+ Monday activities</p>	<p>7 Caregivers Support Group 9:30am (P6)</p> <p>Free Blood Pressure Checks 10:15am (P6)</p> <p>+ Tuesday activities</p>	<p>8 Legal Consultations 12:30pm (P6)</p> <p>Hearing Education 1:00pm (P7)</p> <p>+ Wednesday activities</p>	<p>9 Scrap Your Heart Out Day 9am-4pm (P4)</p> <p>Tablet Lab 2pm (P7)</p> <p>+ Thursday activities</p>
<p>13 Helping Hands 9am (P4)</p> <p>LinkedIn 2pm (P7)</p> <p>+ Monday activities</p>	<p>14 Veteran Connections 9:30am (P6)</p> <p>Vet Benefits 10:30am (P6)</p> <p>Taxes 1-3pm (P6)</p> <p>Pickleball Instruction 2:00pm (P5)</p> <p>+ Tuesday activities</p>	<p>15 Hearing Screening 10:45pm (P6)</p> <p>+ Wednesday activities</p>	<p>16 Happy Feet 12pm (P6)</p> <p>Tablet Lab 2pm (P7)</p> <p>17 Fishing Fri., June 17, 9am (P3)</p> <p>+ Thursday activities</p>
<p>20 FOOD SHELF WEEK</p>  <p>+ Monday activities</p>	<p>21 Caregivers Support Group 9:30am (P6)</p> <p>Free Blood Pressure Checks 10:15am (P6)</p> <p>Hip & Knee Pain Education 2pm (P3) *</p> <p>+ Tuesday activities</p>	<p>22 Health Care Directives 1pm (P7)</p> <p>+ Wednesday activities</p>	<p>23</p> <p>24 Connect to Learning Fri., June 24, 1pm (P3)</p> <p>+ Thursday activities</p>
<p>27 Helping Hands 9am (P4)</p> <p>LinkedIn 2pm (P7)</p> <p>+ Monday activities</p>	<p>28 Defensive Driving 6-10pm (P7)</p> <p>+ Tuesday activities</p>	<p>29</p> <p>+ Wednesday activities</p>	<p>30 Thursday Funday * 1:30pm (P2)</p> <p>+ Thursday activities</p>
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
<p>9:00 Bridge 9:00 Soft Aerobics 10:00 Hand & Foot 10:30 Partner Pattern Dancing 12:15 Line Dancing 12:45 Scrabble 1:00 Open Artists Studio 1:30 Pickleball 2:00 Before & After Computers (1st & 3rd) 4:00 Walking Group</p>	<p>9:00 Fitness Focus 9:00 Cyclers 10:15 Yoga 11:30 Pickleball 12:30 Cribbage 7:00 Dancing for Fun (June 7)</p>	<p>9:00 Computer/Digital Camera 9:00 Chair Yoga 9:30 Mah Jongg 9:30 TOPS/Weigh to Go 9:45 Men's Discussion Group 10:45 Beginning Line Dancing 11:00 Primitive Rug Hooking 12:15 Line Dancing 1:30 Jazzberries 1:30 Photo Scanning 1:45 Fit & Fun Walk 3:30 Pickleball 7:00 Qigong</p>	<p>9:00 500 Cards 9:00 Fitness Focus 9:00 Cyclers 9:00 Scrapbooking Club 9:30 500 Cards 12:00 Poker 12:30 Afternoon Squares 2:45 Pickleball</p>

@ the Hopkins Activity Center

July 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
--------	---------	-----------	----------



Don't forget another event!

To receive weekly email updates from the Hopkins Activity Center email us at activitycenter@hopkinsmn.com.
Email addresses are for the exclusive use of the Hopkins Activity Center and will not be shared.

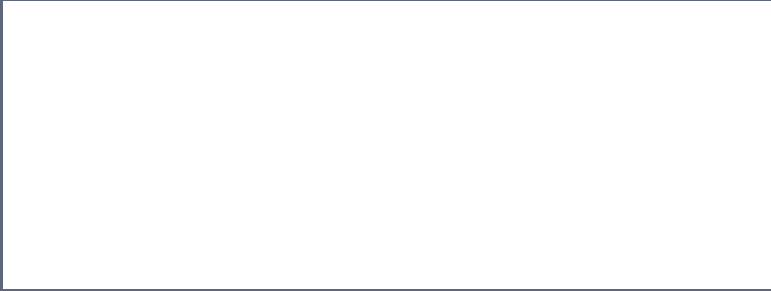


<p>4</p> <p>Closed for Independence Day Holiday</p>	<p>5</p> <p>Caregivers Support Group 9:30am (P6)</p> <p>Free Blood Pressure Checks 10:15am (P6)</p> <p>+ Tuesday activities</p>	<p>6</p> <p>+ Wednesday activities</p>	<p>7</p> <p>Adopt-A-Park 1pm (P12)</p> <p>Tablet Lab 2pm (P7)</p> <p>* 10 Senior Day Sun., July 10, 1pm (P2)</p> <p>+ Thursday activities</p>
<p>11</p> <p>Helping Hands 9am (P4)</p> <p>Health Insurance Counseling 10am (P6)</p> <p>Book Club 1pm (P6)</p> <p>LinkedIn 2pm (P7)</p> <p>+ Monday activities</p>	<p>12</p> <p>Veteran Connections 9:30am (P6)</p> <p>Veteran Benefits 10:30am (P6)</p> <p>+ Tuesday activities</p>	<p>13</p> <p>Legal Consultations 12:30pm (P6)</p> <p>Hearing Education 1:00pm (P7)</p> <p>+ Wednesday activities</p>	<p>14</p> <p>Scrap Your Heart Out Day 9am-4pm (P4)</p> <p>Tablet Lab 2pm (P7)</p> <p>+ Thursday activities</p>
<p>18</p> <p>Before & After Computers 2pm (P7)</p> <p>+ Monday activities</p>	<p>19</p> <p>Caregivers Support Group 10:30am (P6)</p> <p>Free Blood Pressure Checks 10:15am (P6)</p> <p>Managing Meds 11:15am (P6)</p> <p>+ Tuesday activities</p>	<p>20</p> <p>Hearing Screening 10:45pm (P6)</p> <p>+ Wednesday activities</p>	<p>21</p> <p>Happy Feet 12pm (P6)</p> <p>Tablet Lab 2pm (P7)</p> <p>22 Birding Fri., July 22, 9am (P3)</p> <p>+ Thursday activities</p>
<p>25</p> <p>Helping Hands 9am (P4)</p> <p>LinkedIn 2pm (P7)</p> <p>FOOD SHELF WEEK</p> <p>+ Monday activities</p>	<p>26</p> <p>+ Tuesday activities</p>	<p>27</p> <p>+ Wednesday activities</p>	<p>28</p> <p>+ Thursday activities</p>
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
<p>9:00 Bridge</p> <p>9:00 Soft Aerobics</p> <p>10:00 Hand & Foot</p> <p>10:30 Partner Pattern Dancing</p> <p>12:15 Line Dancing</p> <p>12:45 Scrabble</p> <p>1:00 Open Artists Studio</p> <p>1:30 Pickleball</p> <p>4:00 Walking Group</p>	<p>9:00 Fitness Focus</p> <p>9:00 Cyclers</p> <p>10:15 Yoga</p> <p>11:30 Pickleball</p> <p>12:30 Cribbage</p> <p>7:00 Dancing for Fun (July 5 & 19)</p>	<p>9:00 Computer/Digital Camera</p> <p>9:00 Chair Yoga</p> <p>9:30 Mah Jongg</p> <p>9:30 TOPS/Weigh to Go</p> <p>9:45 Men's Discussion Group</p> <p>10:45 Beginning Line Dancing</p> <p>11:00 Primitive Rug Hooking</p> <p>12:15 Line Dancing</p> <p>1:30 Photo Scanning</p> <p>1:30 Jazzberries</p> <p>1:45 Fit & Fun Walk</p> <p>3:30 Pickleball</p> <p>7:00 Qigong</p>	<p>9:00 Fitness Focus</p> <p>9:00 Cyclers</p> <p>9:00 Scrapbooking Club</p> <p>9:30 500 Cards</p> <p>10:00 Bowling</p> <p>12:00 Poker</p> <p>12:30 Afternoon Squares</p> <p>2:45 Pickleball</p>

August 2016

@ the Hopkins Activity Center

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
1	Health Insurance Counseling 10am (P6) Book Club 1pm (P6) + Monday activities	2	Caregivers Support Group 9:30am (P6) Free Blood Pressure Checks 10:15am (P6) + Tuesday activities	3	Tour de Trash 9:00am (P8) + Wednesday activities	4	Adopt-A-Park 1pm (P12) Tablet Lab 2pm (P7) + Thursday activities
8	Helping Hands 9am (P4) LinkedIn 2pm (P7) FOOD SHELF WEEK + Monday activities	9	Veteran Connections 9:30am (P6) Veteran Benefits 10:30am (P6) + Tuesday activities	10	Legal Consultations 12:30pm (P6) Hearing Education 1:00pm (P7) + Wednesday activities	11	Scrap Your Heart Out Day 9am-4pm (P4) Tablet Lab 2pm (P7)  Tea Party 11:30am (P2) + Thursday activities
15	Cell Phone 12:30pm (P7) + Monday activities	16	Caregivers Support Group 10:30am (P6) Free Blood Pressure Checks 10:15am (P6) + Tuesday activities	17	Hearing Screening 10:45am (P6) + Wednesday activities	18	Happy Feet 12:00pm (P6) Tablet Lab 2pm (P7) <div style="border: 1px solid black; padding: 2px; display: inline-block;">19 Geocaching Fri., August 19, 9am (P3)</div> + Thursday activities
22	Helping Hands 9am (P4) LinkedIn 2pm (P7) + Monday activities	23	+ Tuesday activities	24	+ Wednesday activities	25	+ Thursday activities
29	+ Monday activities	30	+ Tuesday activities	31	+ Wednesday activities		
EVERY MONDAY		EVERY TUESDAY		EVERY WEDNESDAY		EVERY THURSDAY	
9:00 Bridge 9:00 Soft Aerobics 10:00 Hand & Foot 10:30 Partner Pattern Dancing 12:15 Line Dancing 12:45 Scrabble 1:00 Open Artists Studio 1:30 Pickleball 4:00 Walking Group		9:00 Fitness Focus 9:00 Cyclers 10:15 Yoga 11:30 Pickleball 12:30 Cribbage 7:00 Dancing for Fun (August 2 & 16)		9:00 Computer/Digital Camera 9:00 Chair Yoga 9:30 Mah Jongg 9:30 TOPS/Weigh to Go 9:45 Men's Discussion Group 10:45 Beginning Line Dancing 11:00 Primitive Rug Hooking 12:15 Line Dancing 1:30 Jazzberries 1:30 Photo Scanning 1:45 Fit & Fun Walk 3:30 Pickleball 7:00 Qigong		9:00 500 Cards 9:00 Fitness Focus 9:00 Cyclers 9:00 Scrapbooking Club 9:30 500 Cards 12:00 Poker 12:30 Afternoon Squares 2:45 Pickleball	



June–August 2016

NEWS & Notes

**CLIPLESS
COUPON**
\$2 OFF



**Raspberry Festival
Senior Day**

Sunday, July 10, 1–6 pm

Redeem this coupon at the Hopkins Activity Center Office before June 30 to receive discount.

Ticket cost is \$8 with coupon.
After June 30, \$10 a ticket.

See page 2 for event details.

One coupon per person. No cash value. Please enjoy by June 30!



Hopkins Activity Center

952-939-1333 • activitycenter@hopkinsmn.com

COORDINATOR • Susan Newville

ASSISTANT COORDINATOR • Debbie Vold

ADMINISTRATIVE ASSISTANT • Tricia Falk

Adopt-A-Park

*Take more than a walk in the park:
volunteer to give back to Hopkins!*

It's as easy as 1-2-3! Call or email the Hopkins Activity Center to volunteer for the Adopt A Park project on one or more of these dates:

Thursday, June 2, July 7, August 4, 1 pm

The Hopkins Activity Center has adopted Clock Tower Plaza, 9th Ave S & Mainstreet and Downtown Park, 40-9th Ave S.

Demonstrate community pride and help us make a positive impression in our community by picking up litter and noting needed repairs. The Hopkins Park Department will provide litter bags and remove all collected waste afterwards.

Buy-A-Brick

*Leave a lasting impression in Hopkins'
Clock Tower Plaza*

The Buy-A-Brick Program gives you an opportunity to participate in the ongoing enhancement of Clock Tower Plaza. Individuals, families, and businesses can purchase bricks with names imprinted that will be placed in Clock Tower Plaza at the southwest corner of 9th Avenue and Mainstreet. Bricks are a great gift idea for family and friends and are a special way to be part of Hopkins history. Ordering deadline is March 31, 2017.

Buy-A-Brick order forms available online at www.hopkinsmn.com or contact the Hopkins Activity Center.

