

DECEMBER-  
FEBRUARY  
2016/17

Hopkins Activity Center

# NEWS & Notes

EXPERIENCE THE *UP*SIDE OF AGING!



**“PHYSICAL ACTIVITY IS A GREAT WAY TO HAVE FUN & BE WITH FRIENDS!”**

*Get your body moving!*

**SENIOR VOLLEYBALL** meets Monday & Wednesday, 10:15 a.m.-12 p.m. Men & women invited to play.

(Details on page 5)

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Save the dates!

# Winter SPECIAL EVENTS

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

The Activity Center is also a community facility available for meetings, gatherings, celebrations or receptions. Call regarding rental rates.

**MEMBERSHIP**

Membership is just \$28/person or \$44/household for one year. Members receive four quarterly newsletters per year, reduced fees for activities, selected trips and facility rental discounts. Non-Frequent User Memberships are 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



 **Giving Tree**  
*Accepting Donations Until Dec. 20*  
Items of warmth, new toys, food, gifts for seniors and cash are donated to area families. A list of needed items is available at the Hopkins Activity Center.



 **Santa for Seniors**  
*Remembering others during the holidays*  
The Hopkins Activity Center, in collaboration with the Hopkins Fire Department, are collecting and distributing gifts for seniors who otherwise might not receive a gift this holiday season. Let us know if you know a Hopkins senior who would need a gift this holiday season.



 **Holiday Luncheon**  
**Thursday, Dec. 22, 11:30 a.m.**  
Refresh yourself this holiday season with a Christmas carol sing-a-long with Oliver, luncheon of Swedish meatballs and a cup of hot cocoa! Stay and play Santa Bingo after! (see page 4) Call to register.  
Event Sponsor: ElderHomestead

Members \$7, Others \$8



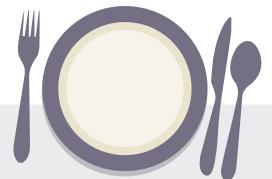
 **"Noon-Year" Celebration & Dinner**  
**Thursday, Dec. 29**  
**Appetizers & Games: 11 a.m.**  
**Toast the New Year followed by dinner: 12 p.m.**  
Raise your glass, ring in 2017 and be part of the fun! Games, sparkling punch and 12 feet of appetizers and desserts! Stay and Play "Champagne" Bingo afterwards.  
Members \$8, Others \$9 (register early!)

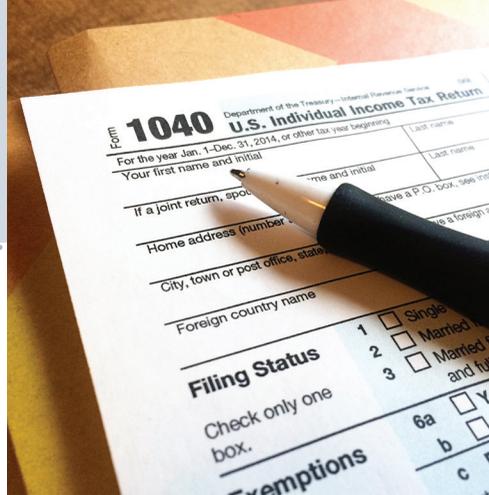
## Luncheon Events

"It's a Good Day to Have a Good Lunch"

**Minnesota Meal You Betcha!**  
**Thursday, Jan. 19, 11:30 a.m.**  
Yah Sure, You Betcha! Hotdish, Jell-o salads and bars will be prepared to warm you up on the cold winter days. Stay and Play Mystery Bingo afterwards. (50 cents/card or 6 cards/\$2.50)  
Members \$7, Others \$8

**National Pizza Day Luncheon**  
**Thursday, Feb. 9, 11:30 a.m.**  
Roses are Red, Pizza Sauce is Too, We Ordered a Large Especially for You! Stay and Play Bingo afterwards. (50 cents/card or 6 cards/\$2.50)  
Members \$7, Others \$8





## Travel Show

### *Rails, Sails, Treasures & Trails!*

See new places, meet new people & have many amazing experiences along the way.

**Thursday, Jan. 26, 3 p.m.**

Be the first to find out about the fabulous trips coming up in 2017. The adventure begins as we kick off with information about our upcoming trips while you sit back and enjoy dessert and a beverage. Our adventures include day trips, overnights and longer excursions. Meet Mary Odell, Tour Escort and Alice Norman, Director of Tour Services. Call to register.

## Mexican Trains

*Learn to play this game played with dominoes!*



**Monday, Jan. 9 & 16, 6 p.m.**

A domino game that is fun to play and easy to learn. Learn the game rules and then have fun playing with volunteer Instructors Barbara & Roger. Call to register.

Members free; Others \$2

## Tax Assistance

**Monday & Tuesday,**

**Feb. 6–April 11, 8:30 a.m.–1 p.m.**

Bring all tax forms received in the mail, as well as last year's tax return, including, but not limited to: W-2s, 1099s (interest, dividend, retirement income statements), 1095s (health insurance forms), brokerage 1099s, property tax statements, renters certificates, charitable donations, official documents for everyone listed on the return and total of medical expenses including prescriptions, medical mileage, long-term care insurance payments and medical insurance payments. This site does electronic filing only as well as property tax refunds. Bring photo ID and Social Security card.

Tax Assistance available on a first come, first served basis and no appointments are necessary. Last client tax return starts at 12:45 p.m.

AARP Foundation Tax-Aide is offered in conjunction with the IRS.

## CREATIVE CHAOS SCRAPBOOK WEEKEND

*Capture your life stories & memories*

**Friday, Jan. 13, 8 a.m.-10 p.m.**

**Saturday, Jan. 14, 8 a.m.-10 p.m.**

**Sunday, Jan. 15, 8 a.m.-9 p.m.**

Members \$45/3 days; Others \$48/3 days  
OR \$20/day

Join in on the scrapbooking weekend fun! Plenty of space to spread out your stuff (will be locked up overnight)! Free snacks and refreshments, Cricuts, Kodak photo scanner and scrapbooking tools available for use, plus much more. Limited number of spaces available. Contact us for additional details and to register.



**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:**  
952-933-3860

**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!**

**Monday, Jan. 9 & 23,  
Feb. 13 & 27, 9 a.m.–12 p.m.**  
(No meetings in December)

Join the group for our charity knit and crochet-along to create hats, mittens, scarves, prayer shawls and infant burial gowns for the local hospital and care facilities to comfort those in need.

### Scrapbooking Club

**Thursdays, 9 a.m.–12 p.m.**

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

**Thursday, Jan. 12 & Feb. 9,  
9 a.m.–4 p.m.**

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

**Monday, 1–8 p.m.**

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

**Wednesday, 11 a.m.**

Enjoy social time while rug hooking, an art form that repurposes and recycles wool cloth into beautiful rugs, pillows and 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, 3–9 p.m.**  
(No meeting in December)

Make comforting quilts for babies in our local hospital. Work as a group or at home. Fabric and patterns are available.



THANKS TO THE MANY CRAFTERS WHO CREATED 586 ITEMS OF WARMTH & COMFORT.

### Ongoing Projects

*Pick up a project pattern for:*

**Backpack Project:** Sew a simple drawstring bag for children in Haiti.

**Walker Bags:** Sew a simple walker bag for our local hospital and care facilities.

**Yarn:** Donations of 4-ply or baby yarn is welcome.



COLOR OUR WORLD

### Color Our World

Coloring is a form of relaxation. Colored Pencils and adult coloring pages are available in the Lounge. Completed coloring pages decorate grocery bags and are donated to ICA Food Shelf.

## Leisure & Entertainment

### Book Club

**Monday, Dec. 5, Jan. 9, Feb. 6,  
1 p.m.**

Discussion of the monthly book.

Dec: *The Man Called Ove* by Fredrik Backman

Jan: *Defending Jacob* by Wm. Landay

Feb: *This is Your Life Harriet Chance* by Jonathan Evison

Members free; Others \$2

### Free Cup of "Joe"

**Tuesday, 9–11 a.m.**

Enjoy a free cup of coffee and treats.

This quarter's sponsors (by week):

1<sup>st</sup> Golden Living Center Hopkins

2<sup>nd</sup> RidgePointe Active Senior Living

3<sup>rd</sup> Elder Homestead

4<sup>th</sup> Westridge of Minnetonka

### Activity Center Library

See the selection of new books in the Activity Center Library; many are current titles and best sellers.

Shirley, Volunteer Librarian

### Popcorn Time

**1st, 2<sup>nd</sup> & 4<sup>th</sup> Wednesday,  
12:30 p.m.**

Thanks for "popping" by to enjoy a bag of popcorn sponsored by The Glenn Hopkins

### Bakery Bonanza

Bakery donated from Driskills Downtown Market, Panera and Cub Foods arrive weekly.

### Cards and Games

Members free; Others \$2



### Bridge Fun for Everyone

**Monday, 9 a.m.**

Join in on this popular game!

### Hand & Foot

**Monday, 10 a.m.**

Fun to play

### Scrabble

**Monday, 12:45 p.m.**

A great brain game!

### Cribbage

**Tuesday, 12:30 p.m.**

### Mah Jongg

**Wednesday,  
9:30 a.m.**

### 500 Cards

**Thursday,  
9:30 a.m.**

### Poker

**Thursday,  
12 p.m.**

### Bingo

**Following luncheons**

50¢/card or \$2.50/six cards

# Fitness & Recreation



"BE HEART HEALTHY DAY ON FEBRUARY 14!"

## Dance with us

### Soft Aerobics

**Monday, 9 a.m.**

A fitness class using videos.

Members free; Others \$2

### Fitness Focus

**Tuesday & Thursday, 9 a.m.**

Improve cardiovascular fitness, tone muscles, improve balance and strength. Instructor: Ben Walker.

Members \$3.50/class; Others \$4.50

### Yoga Exercise Class

**Tuesday, 10:15 a.m.**

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

### Chair Yoga Class

**Wednesday, 9 a.m.**

Jessica leads this gentle form of yoga which is practiced sitting in a chair or using a chair for balance.

Members \$3.50/class; Others \$4.50

### Nancy's Fit & Fun Aerobic Walk

**Wednesday, 1:45 p.m.**

Join this indoor, multi-muscle walking class, a 45-minute workout/walk with upbeat music.

Members \$3.50/class; Others \$4.50

### Fitness Equipment

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

Members free; Others \$2

### Be Heart Healthy Day

**Tuesday, Feb. 14**

*Learn. Be active. Eat healthy.*

Attend heart education program, fitness classes & pickleball at no cost and enjoy healthy snacks!

### Fitness Reimbursement

Hopkins Activity Center is a contracted facility with American Specialty Health 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!**

### Tap Dance Lessons

**Wednesdays, ongoing 8-week sessions, 12:30 p.m.**

Stephanie teaches tap steps and routines with great music! Beginners to experienced tappers welcome. Call to register.

Members \$70/8 weeks; Others \$74

### Jazzberries

**Wednesday, 1:30 p.m.**

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

Members free; Others \$2

### Intermediate Line Dance Lessons

**Monday and Wednesday, 12:15 p.m.**

Lessons. Instructors: Dodee or Sally

Members \$5/week; Others \$7

### Dancing For Fun

**Tuesday, 7 p.m.**

Have fun round dancing and enjoy the fellowship of others.

Members \$5/week; Others \$7



### Afternoon Squares

**Thursday, 12:30–2:30 p.m.**

Caller Abe Maier does mainstream and plus calls. [www.afternoonsquares.com](http://www.afternoonsquares.com)

Members \$5/week; Others \$7

## Senior Sports

### Indoor Pickleball Age 50+

**Monday, 1:30 p.m.; Tuesday, 11:30 a.m.; Thursday, 4:45 p.m.**

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



LEARN PICKLEBALL ON JANUARY 31

### Beginning Pickleball

**Tuesday, Jan. 31, 2-3 p.m.**

Get an overview of the game, learn scoring and gain confidence. Equipment is available. Instructor: Catherine

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

### Senior Bowling

**Thursday, 10 a.m.**

Held at Tuttles Eat, Bowl, Play. A few team openings are available.

Members \$7.50/week (no registration fee); Others \$7.50/week plus \$6 registration fee

### Senior Volleyball

**Monday and Wednesday, 10:15 a.m.**

Men and women are invited to enjoy fun camaraderie, exercise and friendly competition.

Members free; Others \$2/time

### Open Ice Skate

**Monday-Friday, 12:30-1:30 p.m.,**

**Sunday, 1-2:30 p.m.** at Hopkins Pavilion, 11000 Excelsior Blvd. Regular adult admission \$4. Receive \$1 off by showing your Hopkins Activity Center membership card. Bring your own ice skates.

## Quality of Life

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

### Health Insurance Counseling

**Monday, Dec. 5, Jan. 9 or Feb. 6, 10 a.m. or 11 a.m.**

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

### Veteran Connections

**Tuesday, Dec. 13, Jan. 10, Feb. 14, 9:30 a.m.**

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

**Dec. 13:** "Across Vietnam to The Wall" presented by author, Mike Rinowski

### Veteran Benefits Consultation

**Tuesday, Dec. 13, Jan. 10 & Feb. 14, 10:30 a.m.**

Todd Dionne, Senior Claims Representative, MN Department of Veteran Affairs, will answer Veteran benefit questions. Veterans, spouses and family members encouraged to attend. Call to schedule a ½ hour appointment.

### Men's Discussion Group

**Wednesday, 9:45–11 a.m.**

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

### Qigong

**Wednesday, 7-8:30 p.m.**

Qigong is a gentle, easy to learn exercise and meditative practice guided by leaders to help heal the mind, body and spirit. Call to register.

### Giving Tree

**Through Dec. 20**

The Giving Tree is accepting: items of warmth, gifts for seniors, new unwrapped toys, non-perishable food, toiletries and cash. All contributions are given to ResourceWest, ICA or Hopkins Fire Dept. for distribution in the Hopkins Area.



THANKS TO THE VOLUNTEERS FOR WRAPPING VETERANS IN A "QUILT OF VALOR."

### Food Shelf Week for ICA

**Jan. 23–26, Feb. 13–16**

Help the ICA Food Shelf by filling the 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 special greeting request.



## Health & Wellness

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

### Blood Pressure Screenings

**Tuesday, Dec. 6, 20, Jan. 3, 17, Feb. 7, 21, 10:15–11:15 a.m.**

Free. *Dee Lerman, R.N.*



### Managing Your Meds

**Tuesday, Jan. 17, 11:15 a.m.**

*Josh Lemm, RPh, Hopkins Center Drug.* Call for an appointment.

### Happy Feet Foot Care

**Thursday, Dec. 1, 15, Jan. 5, 19, Feb. 2, 16, 12:30-3 p.m.**

Happy Feet Footcare, Inc. provided the 1st and 3rd Thursdays of each month. Call for an appointment. Members \$35; Others \$38



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

**Wednesdays, 9:30 a.m. weigh-in; 10 a.m. 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.

### WEIGH-TO-GO

**Wednesdays, 9:30 a.m. weigh-in; 10 a.m. 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

**Tuesday, Dec. 6, 20, Jan. 3, 17, Feb. 7, 21, 9:30-10:30 a.m.**

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





FIREFIGHTER GRNIET DEMONSTRATES CPR

# Educational Opportunities

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



## Winter Wellness Series

*Presented by Alan Cherkasky, M.D.  
Minnetonka Medical Center*  
Call to register.

## Living Your Dreams

*The road to healthy living is always under construction*

**Thursday, Jan. 19, 10 a.m.**

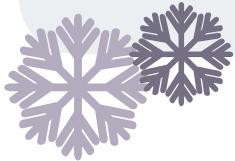
## Pointing the Way to Wellness

*Tips from the TV Doctor*

**Thursday, Feb. 9, 10 a.m.**

Dr. Cherkasky is a Primary Care Physician, longest on-air TV doctor in the U.S. and a key resource of health and medical information.

Stay for the lunch after (page 2).



## CPR/AED

*Hands-Only Steps to Staying Alive!*

**Tuesday, Jan. 10, 11 a.m.**

Hopkins Firefighter Garrett presents hands-only CPR and how to use of an automated external defibrillator (AED). Call to register.

## Be Heart Healthy

*Understanding Heart Disease*

**Tuesday, Feb. 14, 10:30 a.m.**

Heart failure is the number one reason why people 65+ are hospitalized. What is heart failure, learn the signs & symptoms, how to manage heart disease and stay out of the hospital. Call to register.

**Presented by Kari Niemczyk**

North Memorial Hospital

## Health Care Directives

**Wednesday, Feb. 22, 1 p.m.**

Learn what health care directives can do and who can be a health care agent. Presented by MN Area Agency on Aging. Call to register.

## Know Before You Throw Antique Appraisal

**Wednesday, March 8, 9:30 a.m.**

Call to register

## 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, Jan. 17, 12–4 p.m.**

**Tuesday, March 7, 12–4 p.m.**

**Thursday, May 4, 6–10 p.m.**

Members \$20; Others \$22

## 8-Hour

**Introductory Class**

**Call for dates & times**

Members \$24;

Others \$26



# Technology Topics

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

## Before & After Computers

**Monday, Dec. 5 & 19, Feb. 1, 2–3 p.m.**

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

## Open Computer Lab

**Wednesday, 9 a.m.–12 p.m.**

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

## Digital Camera Lab

**Wednesday, 10–11 a.m.**

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

## Tech Volunteer Opportunities

Give back by sharing your knowledge. Days and times are flexible.

**Tablets:** share your understanding of portable hand-held displays (iPad, Nook or Kindle).

**Facebook or LinkedIn:** connect with people you know

**Snapchat:** is this social media craze for you?

## Photo Scanning

**Wednesday, 1:30 p.m. or by appt.**

Quickly scan your treasured photos using the Kodak Picture Saver Scanner to digitally archive your photos on a CD/DVD or flash drive.

Members \$5/CD; Others \$8/CD

## Talk, Text & Technology:

**Be Cell Phone Savvy**

**Monday, Feb. 13, 12-2 p.m.**

Whether you use a flip phone or a smart phone, 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 Education:  
**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.



**RAILS, SAILS, TREASURES & TRAILS TRAVEL SHOW**  
 JANUARY 26, 3 PM (SEE PAGE 3)

### Plymouth Playhouse: "Rise Up, O Men"

**Wednesday, Feb. 1, 10:45 a.m.**



Enjoy a buffet luncheon built around the show "Rise Up, O Men." Following lunch enjoy the show featuring the men of the church and your favorite church basement ladies who serve them. As these

hard-working farmers discuss their scrap lumber piles and the benefits of solder vs weld, they unintentionally disrupt the order of the kitchen. \$63

Register by Jan. 5 #A8106

### "That'll Be The Day" at Sheldon Theater

**Friday, March 17, 9:15 a.m.**

Arrive at St. James Hotel for lunch followed by the matinee performance of "That'll Be The Day" featuring music of Roy Orbison, Linda Ronstadt, Debbie O'Keefe and The Echoes Rock and Roll Band. \$72

Register by Feb. 13 #A8132

### Phipps Theater in Hudson WI

**Thursday, April 6, 9:40 a.m.**

Arrive at the historic Lake Elmo Inn for a private luncheon. Visit the Art Gallery and gift store followed by the matinee show "Our Mighty Mississippi." \$73

Register by March 6. #A8133



### Amish Farm Tour

**Tuesday, May 23, 8:15 a.m.**

Immerse yourself in the timeless culture of the Old Order Amish Community near Utica and St. Charles MN. Enjoy an authentic Amish luncheon on an Amish Farm. Purchase Amish baked goods, produce and crafts. \$73

Register by May 1 #A8134

### Tapestry & Reserve Bank Tour

**Thursday, June 22, 9 a.m.**

Arrive at the Plymouth Congregational church to learn about the four seasonal embroideries, unique works of art recognized by the Smithsonian and Needle Arts Magazine. Enjoy lunch at Jax Cafe, serving Minnesotans since 1933. Take a 75-minute walking tour of the Federal Reserve Bank of Minneapolis. \$63

Register by May 21 #A8135



## 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.

### Holland, MI Tulip Time

**May 9-13, 2017**

Enjoy the sights, sounds, crafts & food of 19th Century Holland. Experience the Volkparade focusing on the traditions of the Netherlands. Tour Holland's historic areas, Windmill Island Gardens, Dutch Village Family Theme Park and DeKlomp Wooden Shoe & Delft Factory.

### The Great American Eclipse

**Aug. 20-22, 2017**

An opportunity of a lifetime to travel to St. Joseph, MO for a total solar eclipse viewing party. Tour the Walter Cronkite Memorial, St. Joseph Museum and The Pony Express National Museum.

Contact the Hopkins Activity Center for detailed trip brochure and costs.



PHOTOS FROM WWW.PELLAHISTORICAL.ORG

# December 2016

@ the Hopkins Activity Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>Recycle your Lights</b> Recycle your electric cords, cables or stringed lights at the Hopkins Activity Center through Jan. 31.</p> 			<p><b>1 Happy Feet</b> 9 a.m. (P6)</p> <p>+ Thursday activities</p>
<p><b>5 Health Insurance Counseling</b> 10 a.m. (P6)</p> <p><b>Book Club</b> 1 p.m. (P4)</p> <p>+ Monday activities</p>	<p><b>6 Caregivers Support Group</b> 9:30 a.m. (P6)</p> <p><b>Free Blood Pressure Checks</b> 10:15 a.m. (P6)</p> <p>+ Tuesday activities</p>	<p><b>7</b></p> <p>+ Wednesday activities</p>	<p><b>8</b></p> <p>+ Thursday activities</p>
<p><b>12</b></p> <p>+ Monday activities</p>	<p><b>13 Veteran Connections</b> 9:30 a.m. (P6)</p> <p>+ Tuesday activities</p>	<p><b>14 Legal Consultations</b> 12:30 p.m. (P6)</p> <p>+ Wednesday activities</p>	<p><b>15 Happy Feet</b> 9 a.m. (P6)</p> <p>+ Thursday activities</p>
<p><b>19</b></p> <p>+ Monday activities</p>	<p><b>20 GIVING TREE ENDS Caregivers Support Group</b> 9:30 a.m. (P6)</p> <p><b>Free Blood Pressure Checks</b> 10:15 a.m. (P6)</p> <p>+ Tuesday activities</p>	<p><b>21</b></p> <p>+ Wednesday activities</p>	<p><b>22 Holiday Lunch</b> 11:30 a.m. (P2) *</p> <p>+ Thursday activities</p>
<p><b>26 CLOSED FOR CHRISTMAS HOLIDAY</b></p> <p>+ Monday activities</p>	<p><b>27</b></p> <p>+ Tuesday activities</p>	<p><b>28</b></p> <p>+ Wednesday activities</p>	<p><b>29 Noon Year's Celebration</b> 11 a.m. (P2) *</p> <p>+ Thursday activities</p>
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
<p>9:00 Bridge Soft Aerobics 10:00 Hand &amp; Foot 10:15 Volleyball 12:15 Line Dancing 12:45 Scrabble 1:00 Open Artists Studio 1:30 Pickleball 2:00 Before &amp; After Computers (1st &amp; 3rd)</p>	<p>9:00 Fitness Focus 10:15 Yoga 11:30 Pickleball 12:30 Cribbage 7:00 Dancing for Fun</p>	<p>9:00 Computer/Digital Camera Chair Yoga 9:30 Mah Jongg TOPS/Weigh to Go 9:45 Men's Discussion Group 10:15 Volleyball 11:00 Primitive Rug Hooking 12:15 Line Dancing 12:30 Tap Dance Lessons 1:30 Jazzberries 1:45 Fit &amp; Fun Walk 7:00 Qigong</p>	<p>9:00 Fitness Focus Scrapbooking Club 9:30 500 Cards 10:00 Bowling 12:00 Poker 12:30 Afternoon Squares 4:45 Pickleball</p>

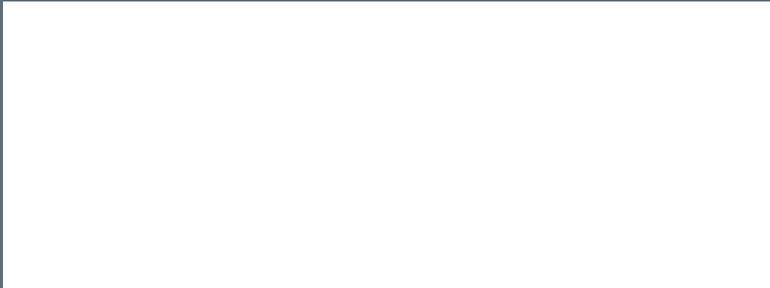
@ the Hopkins Activity Center

# January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>2</b> <b>CLOSED FOR NEW YEARS HOLIDAY</b>	<b>3</b> <b>Caregivers Support Group</b> 9:30 a.m. (P6)  <b>Free Blood Pressure Checks</b> 10:15 a.m. (P6)  + Tuesday activities	<b>4</b>	<b>5</b> <b>Happy Feet</b> 9 a.m.(P6)  + Thursday activities
<b>9</b> <b>Health Insurance Counseling</b> 10 a.m. (P6)  <b>Book Club</b> 1 p.m. (P4)  <b>Mexican Train</b> 6 p.m. (P3)  + Monday activities	<b>10</b> <b>Veteran Connections</b> 9:30 a.m. (P6)  <b>Veteran Benefits</b> 10:30 a.m. (P6)  <b>CPR/AED</b> 11 a.m. (P7)  + Tuesday activities	<b>11</b> <b>Legal Consultations</b> 12:30 p.m. (P6)  + Wednesday activities	<b>12</b> <b>Scrap Your Heart Out Day</b> 9 a.m.–4 p.m. (P4)  <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <b>Scrapbook Creative Chaos Weekend</b>                      Jan. 13,14,15 (P3)                 </div> + Thursday activities
<b>16</b> <b>Martin Luther King Jr. Day - Activity Center is open!</b>  <b>Mexican Train</b> 6 p.m. (P3)	<b>17</b> <b>Caregivers Support Group</b> 9:30 a.m. (P6)  <b>Free Blood Pressure Checks</b> 10:15 a.m. (P6)  <b>Defensive Driving</b> 12–4 p.m. (P7)  + Tuesday activities	<b>18</b>	<b>19</b> <b>Living Your Dreams</b> 10 a.m. (P7)  <b>Minnesota Meal</b> * 11:30 a.m. (P2)  <b>Happy Feet</b> 12 p.m. (P6)  + Thursday activities
<b>23</b> <b>FOOD SHELF WEEK</b>  + Monday activities	<b>24</b>	<b>25</b> <b>New Tap Dance Session Begins</b> 12:30 p.m. (P5)  + Wednesday activities	<b>26</b> <b>Travel Show</b> 3 p.m. (P3)  *  + Thursday activities
<b>30</b>  + Monday activities	<b>31</b> <b>Pickleball Instruction</b> 2 p.m. (P5)  + Tuesday activities		
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
9:00 Bridge 9:00 Soft Aerobics 9:00 Helping Hands (2ND & 4TH) 10:00 Hand & Foot 10:15 Volleyball 12:15 Line Dancing 12:45 Scrabble 1:00 Open Artists Studio 1:30 Pickleball 6:00 Mexican Train	8:30 Indoor Golf 9:00 Fitness Focus 10:15 Yoga 11:30 Pickleball 12:30 Cribbage 7:00 Dancing for Fun	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 10:15 Volleyball 11:00 Primitive Rug Hooking 12:15 Line Dancing 12:30 Tap Dance Lessons 1:30 Jazzberries 1:45 Fit & Fun Walk 7:00 Qigong	9:00 Fitness Focus 9:00 Scrapbooking Club 9:30 500 Cards 10:00 Bowling 12:00 Poker 12:30 Afternoon Squares 4:45 Pickleball

# February 2017 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>Cards &amp; Games!</b> Do you have a group of friends looking for a place to play cards or games? The Hopkins Activity Center Lounge is available Monday-Thursday. Please call for information.</p> 		<p>1</p> <p>+ Wednesday activities</p>	<p>2 <b>Happy Feet</b> 9 a.m.(P6)</p> <p>+ Thursday activities</p>
<p>6 <b>Taxes</b> 9 a.m.-1 p.m. (P3)</p> <p><b>Health Insurance Counseling</b> 10 a.m. (P6)</p> <p><b>Book Club</b> 1 p.m. (P4)</p> <p>+ Monday activities</p>	<p>7 <b>Taxes</b> 9 a.m.-1 p.m. (P3)</p> <p><b>Free Blood Pressure Checks</b> 10:15 a.m. (P6)</p> <p>+ Tuesday activities</p>	<p>8 <b>Legal Consultations</b> 12:30 p.m. (P6)</p> <p>+ Wednesday activities</p>	<p>9 <b>Scrap Your Heart Out Day</b> 9 a.m.–4 p.m. (P4)</p> <p><b>Pointing the Way to Wellness</b> 10 a.m. (P7)</p> <p>✳ <b>Pizza Lunch</b> 11:30 a.m. (P2)</p> <p>+ Thursday activities</p>
<p>13 <b>Taxes</b> 9 a.m.-1 p.m. (P3)</p> <p><b>Cell Phone</b> 12:30 p.m. (P7)</p> <p><b>FOOD SHELF WEEK</b></p> <p><b>President's Day - Center is open!</b></p>	<p>14 <b>Taxes</b> 9 a.m.-1 p.m. (P3)</p> <p><b>Veteran Connections</b> 9:30 a.m. (P6)</p> <p><b>Veteran Benefits</b> 10:30 a.m. (P6)</p> <p><b>Heart Healthy Day</b> (P5)</p> <p>+ Tuesday activities</p>	<p>15</p> <p>+ Wednesday activities</p>	<p>16 <b>Happy Feet</b> 12 p.m. (P6)</p> <p>+ Thursday activities</p>
<p>20 <b>Taxes</b> 9 a.m.-1 p.m. (P3)</p> <p>+ Monday activities</p>	<p>21 <b>Taxes</b> 9 a.m.-1 p.m. (P3)</p> <p><b>Free Blood Pressure Checks</b> 10:15 a.m. (P6)</p> <p>+ Tuesday activities</p>	<p>22 <b>Health Care Directives</b> 1 p.m. (P7)</p> <p>+ Wednesday activities</p>	<p>23</p> <p>+ Thursday activities</p>
<p>27 <b>Taxes</b> 9 a.m.-1 p.m. (P3)</p> <p>+ Monday activities</p>	<p>28 <b>Taxes</b> 9 a.m.-1 p.m. (P3)</p> <p>+ Tuesday activities</p>	<p>16 Join us for a free <b>CUP OF COFFEE</b> and treats on Tuesday, 9–11 a.m. and <b>FRESH POPPED POPCORN</b> on the 1st, 2nd and 4th Wednesday, 12:30 p.m.! Courtesy of our sponsors.</p>	
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
<p>9:00 Bridge Soft Aerobics Helping Hands (2ND &amp; 4TH) 10:00 Hand &amp; Foot 10:15 Volleyball 12:15 Line Dancing 12:45 Scrabble 1:00 Open Artists Studio 1:30 Pickleball 2:00 Before &amp; After Computers (1ST ONLY IN FEB.) 6:00 Mexican Train</p>	<p>9:00 Fitness Focus 9:30 Caregivers Support 1ST&amp;3RD 10:15 Yoga 11:30 Pickleball 12:30 Cribbage 7:00 Dancing for Fun</p>	<p>9:00 Computer/Digital Camera Chair Yoga 9:30 Mah Jongg 9:30 TOPS/Weigh to Go 9:45 Men's Discussion Group 10:15 Volleyball 11:00 Primitive Rug Hooking 12:15 Line Dancing 12:30 Tap Dance Lessons 1:30 Jazzberries 1:45 Fit &amp; Fun Walk 7:00 Qigong</p>	<p>9:00 Fitness Focus Scrapbooking Club 9:30 500 Cards 10:00 Bowling 12:00 Poker 12:30 Afternoon Squares 4:45 Pickleball</p>



December 2016–February 2017

# NEWS & Notes

## CLIPLESS COUPON



### Be Heart Healthy Day Feb. 14!

- Attend Fitness Focus, Yoga or Pickleball for at no cost. (see page 5 for details).
- Attend a Heart Healthy Presentation by North Memorial (see page 7 for details).
- Enjoy healthy snacks.

*"If you combine exercise with a healthy diet, your heart is in its best shape and will allow **YOU** to be in your best shape."*

*Please enjoy on Feb. 14!*



### Hopkins Activity Center

952-939-1333 • [activitycenter@hopkinsmn.com](mailto:activitycenter@hopkinsmn.com)

COORDINATOR • Susan Newville

ASSISTANT COORDINATOR • Debbie Vold

ADMINISTRATIVE ASSISTANT • Tricia Falk

## Hopkins Street Banner Bags

*Banner bags make great holiday gifts!*

Pick up a limited edition Hopkins street banner bag for you, your friends or family at Hopkins Public Works! Call 952-939-1382 for information.

Small bags: \$15

Large bags: \$20



## Buy-A-Brick

*A lasting holiday gift idea for family and friends!*

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](http://www.hopkinsmn.com) or contact the Activity Center.

