

SEPTEMBER–
NOVEMBER
2016

Hopkins Activity Center

NEWS & Notes

EXPERIENCE THE *UP*SIDE OF AGING!



“WE GATHER UP PICTURES & BITS OF OUR PAST & SCRAPBOOK THEM INTO A GIFT THAT WILL LAST.”

Creative Chaos Weekend Friday, Saturday & Sunday, November 4–6. The Hopkins Activity Center scrapbooking group invites you to join them for a fun weekend to preserve your memories. Contact the **Hopkins Activity Center** for information and to reserve your table! (Details on page 3)

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Autumn 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

Cruising Towards Healthy Living HEALTH FAIR

**Tuesday, September 27, 1-4 pm
at the Hopkins Activity Center**

Attend important FREE health screenings:

Provided by North Memorial Health System

- Blood Pressure
- Colon Cancer
- Osteoporosis
- Blood Sugar
- Hernia
- Stroke
- Body Mass Index
- Leg Circulation*

*Call to register for a Leg Circulation Screening appointment (Limited number appointments available) for this free screening valued at \$250!

Plus:

- Visit vendor booths!
- Protect yourself with a Flu Shot!
- Door Prizes and More!



Sponsored by North Memorial and Hopkins Activity Center.



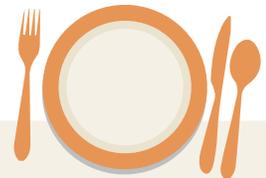
Flu Shot Clinic

Provided by Minnesota Visiting Nurses Association



Tuesday, September 27, 1-3 pm

Protect yourself and the community from Influenza by getting vaccinated! Quadrivalent flu shot (cash price \$36), high dose (\$60) or flu mist (\$40) available. Bring Picture ID, Medicare card and insurance card and MNVA will bill your insurance plan on your behalf. No appointments!



Luncheon Events

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

Advance ticket purchase required.

Back to School BBQ

Thurs, Sept 15, 11:30 am
Celebrate the early fall season with a barbecue pulled pork sandwich and all the fixings. Stay and Play afterwards. (50 cents/card or 6 cards/\$2.50)
Sponsor: Westridge
Members \$7
Others \$8

See Coupon on back page

Frightfully Fun Halloween Lunch

Thurs, October 27, 11:30 am
Halloween fun and tacos are on the menu. Prizes for the best, scariest and most unusual hat! Stay and Play Candy-Bar Bingo afterwards. (50 cents/card or 6 cards/\$2.50)
Members \$7
Others \$8

Salute to Vets Program & Lunch

Thurs, Nov 10, 10:45 am
A special program will honor our veterans. Color Guard provided by Hopkins American Legion.
Sponsor: Westridge
Members \$8
Others \$9
VETERANS EAT FREE!

Thanksgiving Celebration

Tues, Nov 22, 11 am
Enjoy a traditional turkey dinner and pumpkin pie, door prizes and **"Kevin Doely, Musical Ventriloquist"**
Sponsor: St. Gabriel's Womens Club
Members \$8
Others \$9



Ice Cream Social

Featuring "The Aquatennial Senior Singers"

Thurs, September 8, 6:30 pm

A FREE event for all ages! Enjoy music and ice cream sundaes with a selection of delicious toppings. Bring a non-perishable food item for the ICA food shelf or a back to school supply for ResourceWest.

Event Sponsor: Augustana Care

Octoberfest Supper

Sponsor: Golden Living Hopkins

Thurs, October 6, 5 pm

Enjoy a hearty taste of the fall season with an Octoberfest themed menu & fun Bingo games. Call to register.

Members \$4; Others \$5.

Scrapbook Creative Chaos Weekend

Capture your life stories & memories

Fri, November 4, 1-10 pm

Sat, November 5, 8 am-10 pm

Sun, November 6, 8 am-4 pm

Members \$45; Others \$48
(per table for entire weekend).

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



In Praise of Grandparents (& A Photo Contest)

Being a grandparent is a rewarding experience and now is your opportunity to show us what makes your grandchild so "grand!" Enter your favorite grandchild or young person photo.

2016 Categories:

- Sleeping Angel
- Let's Play Ball
- Grandparent & Me!
- Nice Hat
- Cute as a Bug!

One photo and winner per category. Vote for your favorite kid photo between September 12-30. Winners announced October 3.

Sponsor: RidgePointe of Minnetonka

Safeguarding Our Seniors: Be Empowered to Take Action!

Thurs, October 27, 10 am

Senior financial abuse is often under-reported and misunderstood. Learn to recognize red flags whether via email, telephone, regular mail or someone showing up at your door. Empower yourself to take self-protective action and to report fraud. Collaborators: Better Business Bureau of Minnesota and North Dakota Hopkins Activity Center. Stay for the Halloween taco lunch & Candy-Bar Bingo after (see page 2). **Call 952-939-1333 to register for this free program.**



AREA CONTACTS

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, Sept 12 & 26, Oct 10 & 24, 9 am–12 pm

Nov & Dec - No meetings

Join the group for our charity knit & crochet-along. Please turn in all items by October 6 to prepare for distribution to area organizations. Donations of 4-ply yarn needed.

Scrapbooking Club

Thursday, 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

Thursday, Sept 8, Oct 13, Nov, 10, 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

Monday, 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

Wednesday, 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 begins September 15, 3–9 pm

Make comforting quilts for babies in our local hospital. Work as a group or at home. Pre-cut quilt squares, flannel fabric & pattern is available. The group created and donated 218 quilts in 2016.



THANKS TO THE VOLUNTEERS WHO DRESSED DOLLS FOR THE HOPKINS SCHOOL DISTRICT!

Memoir Illustrating with Collage Class

Explore the power of collage!

Mondays, Oct 3-Dec 19 10 am-12 pm

Members \$8/class; Others \$10/class
Experiment with materials such as paint, pastels, fabrics, papers and personal mementos to create a piece of unique and expressive artwork. Students inspire and learn from each other in this fun open-format class. The instructor provides a selection of materials and a materials list is available upon request. Class is open to all skill levels. Instructor: Kathryn Waryan, Visual Artist.



Leisure & Entertainment

Book Club

Monday, Sept 12, Oct 3, Nov 7, 1 pm

Discussion of the monthly book.

Sept: *MN Mayhem* by Ben Welter

Oct: *Our Souls at Night* by Kent Haruf

Nov: *The Man Called Ove* by Fredrik Bachman

Members free; Others \$2

Free Cup of "Joe"

Monday, 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

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, 2nd & 4th Wednesday, 12:30 pm

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

Bakery Bonanza

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

Cards and Games

Members free; Others \$2



Bridge Fun for Everyone

Monday, 9 am

Join in on this popular game!

Hand & Foot

Monday, 10 am

Fun to play

Mah Jongg

Wednesday,

9:30 am

Scrabble

Monday, 12:45 pm

A great brain game!

500 Cards

Thursday,

9:30 am

Cribbage

Tuesday, 12:30 pm

Poker

Thursday,

12 pm

Bingo

following luncheons

50¢/card or \$2.50/six cards

Fitness & Recreation



GET FIT WITH FRIENDS!

Soft Aerobics

Monday, 9 am

A fitness class using videos.

Members free; Others \$2

Walking Group

Monday, 4 pm

Keep moving to keep improving! Enjoy the changing autumn sights while on walks with volunteer Emily on area trails.

Members free; Others \$2

Fitness Focus

Tuesday & Thursday, 9 am

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 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

Chair Yoga Class

Wednesday, 9 am

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

Members \$3.50/class; Others \$4.50

Nancy's Fit & Fun Aerobic Walk

Wednesday, 1:45 pm

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

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!**

Dance with us

Tap Dance Lessons

Wednesday, September 14-November 2, 12:30 pm

Stephanie teaches tap steps and routines with great music! Beginners to experienced tappers welcome. Call to register. A dancer commented "dancing is so beneficial for my body & mind!"

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

Jazzberries

Wednesday, 1:30 pm

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

Members free; Others \$2

Intermediate Line Dance Lessons

Monday & Wednesday, 12:15 pm

Lessons. Instructors: Dodee or Sally.

Members \$5/week; Others \$7

Dancing For Fun

Tuesday, begins Sept 6, 7 pm

Have fun round dancing and enjoy the fellowship of others.

Members \$5/week; Others \$7

FUN!

Afternoon Squares

Thursday, 12:30–2:30 pm

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

Members \$5/week; Others \$7

Senior Sports

Indoor Pickleball Age 50+

Mon, 1:30 pm; Tues, 11:30 am; Thurs, 4:45 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

Beginning Pickleball

Tuesday, October 4, 2-3 pm

Get an overview of the game and gain confidence in your game. Equipment is available.

Instructor: Catherine.

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

Senior Bowling

Thursday, 10 am begins Sept 8.

Held at Tuttle's Eat Bowl Play. Teams are forming and there are openings for bowlers.

\$7.50/week; Nonmembers pay additional \$6 registration fee



JOIN THE FUN AT TUTTLES BOWLING!

Senior Volleyball

Monday & Wednesday, 10:15 am begins September 7.

Men & Women invited to enjoy fun camaraderie, exercise and friendly competition.

Members free; Others \$2/time

Mtka Hopkins Senior Bicyclers

Tuesday & Thursday

Visit www.andersendennis.com/bike-ski.html for fall biking schedule.

Quality of Life

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

Health Insurance Counseling

Monday, Sept 12, Oct 10, or Nov 7 & 14, 10 am or 11 am

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

Veteran Connections

Tuesday, Sept 13, Oct 11, 9:30 am

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

Sept. 13: MN VA Gold Star Program

Oct. 11: Veterans Employment

Veteran Benefits Consultation

Tuesday, Sept 13, Oct 11, 10:30 am

Todd Dionne, MN Department of Veteran Affairs will answer Veteran benefit questions. Veterans and family members encouraged to attend. Call to schedule an appointment.

Free Car Wash & Lemonade

FREE!

Sunday, September 18, 11am–12pm, Activity Center Parking Lot

Area senior citizens bring us your dirty car! A free car wash for those age 55+ provided by volunteers from Shepherd of the Hills and Prince of Peace Lutheran Churches. While your car gets clean, visit the lemonade stand offered by the church youth. No registration required.

Men's Discussion Group

Wednesday, 9:45-11 am

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

Food Shelf Week for ICA

September 6-8, October 24-27

Help the ICA Food Shelf by filling up our grocery cart!

Giving Tree

November 7-December 15

The Giving Tree is accepting: items of warmth, gifts for seniors, new unwrapped toys, non-perishable food, toiletries and cash.



SENIOR CITIZEN FREE CAR WASH SEPTEMBER 18!

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.



Legal Consultations

2nd Wednesday, 12:30–1:30 pm

September 14 Mark Carter

October 12 Jeffrey Thone

November 9 John Brandt

Call for appointment.

Qigong

Wednesday, 7-8:30 pm

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

Health & Wellness

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



Blood Pressure Screenings

Tuesday, Sept 6, 20, Oct 4, 18, Nov 1, 15, 10:15–11:15 am

Free. *Dee Lerman, R.N.*

Managing Your Meds

Tuesday, Sept 20 & Nov 15 11:15 am

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



Happy Feet Foot Care

Thursday, Sept 17, Oct 15, Nov 19, 12-3 pm

Provided by Happy Feet Footcare, Inc. Call for an appointment.

Members \$35; Others \$38

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

Wednesday, 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.

WEIGH-TO-GO

Wednesday, 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

Tuesday, Sept 6 & 20, Oct 4 & 18, Nov 1 & 15, 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



MOUNTAIN LIONS IN MN: YES & NO

Know Before You Throw Antique Appraisal

Wednesday, Sept 14, 9:30 am

Do you have any treasures in your attic? Bring your collectibles and Cheryl of Heirloom Jewelry will help you discover information about your special treasure. Call to register.

Mountain Lions in Minnesota: Yes and No

Thursday, Sept 29, 1 pm

America's largest wild feline still roams part of the continent while extinct in other parts of North America. Through slides and discussion learn about this powerful, graceful feline. Presented by Nancy Bennett, Hopkins Activity Center member, new Interpreter at Como Zoo & former 10-year docent at Denver Zoo. Call 952-939-1333 to register.

Mah Jongg Class

a game of chance and skill

Wed, Oct 19–Nov 30, 1–3 pm

Members \$47; Others \$50 (includes fee for current Mah Jongg card). Learn the intriguing game of Mah Jongg - a game of chance and skill. Instructor: Carole Harris.

Health Care Directives

Wednesday, October 12, 1 pm

Learn about the Health Care Directive planning tool, legal requirements and why you may want to complete one. Metropolitan Area Agency on Aging. Call to register.

Connect to Learning

Connect to people & places during a live interactive videoconference!

Monday, Sept 26, 10am:

White House Tales

How our Presidents made the White House their home.

Tuesday, Nov 29, 1:15pm:

Across Vietnam to The Wall

A story honoring Vietnam Vets. Call 952-939-1333 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, September 13, 12-4 pm

Thursday, September 29, 6-10 pm

Tuesday, October 25, 12-4 pm

Members \$18; Others \$21

8-Hour Introductory Class

Wednesday & Thursday, October 12 & 13, 6-10 pm

Members \$27; Others \$30

Educational Programs:

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

Technology Topics

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

Before & After Computers

Monday, Sept 19, Oct 3 & 17, Nov 7 & 21, 2–3 pm

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

Open Computer Lab

Wednesday, Sept 7–Nov 23, 9 am–12 pm

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



Digital Camera Lab

Wednesday, 10-11 am

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

Talk, Text & Technology: Be Cell Phone Savvy

Monday, Nov 7, 12-2 pm

Whether you use a flip phone or 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 for an appointment.



Photo Scanning

Wednesday, 1:30 pm or by appt.

Quickly scan your treasured photos using our picture saver scanner to digitally archive your photos on a CD/DVD or flash drive.

Volunteer Assistant: Dan

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

Tech Volunteer Opportunities

Give back by sharing your knowledge. Days and times are flexible. Apply at www.hopkinsvolunteers.org

Tablets: share your understanding of portable handheld devices (iPad, Nook or Kindle)

LinkedIn: Teach the basics of LinkedIn

Apps: How to download and use apps

FitBit: get the most out of your fitness tracking device



Day Trips

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



MASONIC LODGE HISTORY TOUR



Stillwater Trolley Tour

Tuesday, October 18, 9:50 am

Colorful, old-time Stillwater trolley narrated

tour of Stillwater history, folklore, old mansions & beautiful views of the St. Croix River. Includes lunch at Lake Elmo Inn. \$66

Register by September 13. #A1561a

Ozark Jubilee Country Christmas

Thursday, November 10, 10:15 am

Arrive at the Treasure Island Event Center in Welch, MN for an included lunch followed by the Ozark Jubilee performance featuring an all-star cast of Branson's top entertainers. This dynamic show salutes the music of the great Legends of Country Music and a variety of Christmas music featuring vocals, comedy and instrumentals. \$78

Register by October 3. #A7128

Chanhassen Theatre: "Camelot"

Wed, November 16, 10:45 am

Arrive at Chanhassen Dinner Theater for an included lunch. Enjoy the crowd-pleasing musical, "Camelot," filled with romance, pageantry, humor and the rich, stirring story of the adventures of King Arthur and the Knights of the Round Table. \$79.

Register by October 3. #A6101

A Merry Mankato

Friday, December 9, 12 pm

Arrive at Jim's Candy Store in Jordan to purchase candy and other specialty items.



Take a guided tour of Mankato's historic Hubbard House, showcasing traditional Victorian Christmas decorations. Arrive at Charley's Restaurant for an included dinner. Board a horse drawn wagon at Sibley Park to view the holiday lights display. \$71

Register by November 14. #A1568a

History Tour

An opportunity to take a peek at a piece of Hopkins' past!

Monday, September 26

Tour times: 9:30 or 11 am

Location: 907 Mainstreet

The Hopkins Historical Society, currently housed in the Hopkins Activity Center, will be moving to the Albert Pike Masonic Lodge, 907 Mainstreet, Hopkins. Historical Society Board Member Nora Davis will give you a tour of the main level beginning at the front entrance. Visit the meeting room set up for a Masonic meeting and learn the rich history of Masonry and the Hopkins Masonic Lodge members who met there. See this historic structure before changes are made and this building becomes the Hopkins History Center. Note: the building is currently not handicapped accessible. Registrations are limited. Call **952-939-1333** to reserve your place on the tour.



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" including a New Year's feast at the Fireside Theatre!

Holland, MI Tulip Time

May 9-13, 2017

Enjoy the sights, sounds, crafts & food of 19th Century Holland.

The Great American Eclipse

August 20-22, 2017

Travel to St. Joseph, MO for a total solar eclipse viewing party.

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

Trip highlights include deluxe motor coach transportation, some meals, overnight accommodations, baggage handling, professional escort and more!

September 2016 @ the Hopkins Activity Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p>Hopkins Activity Center Gym Thanks for your patience as the Hopkins Activity Center Gym continues to be renovated this fall. If you wish to see the plans for the space, see the office staff.</p>			<p>1</p> <p>+ Thursday activities</p>
<p>5 CLOSED FOR LABOR DAY HOLIDAY</p> <p>FOOD SHELF WEEK September 6-8</p>	<p>6 Caregivers Support Group 9:30am (P6)</p> <p>Free Blood Pressure Checks 10:15am (P6)</p> <p>+ Tuesday activities</p>	<p>7</p> <p>+ Wednesday activities</p>	<p>8 Scrap Your Heart Out Day 9am–4pm (P4)</p> <p>Bowling 10am (P5)</p> <p>Ice Cream Social 6:30pm (P3)</p> <p>+ Thursday activities</p>
<p>12 Health Insurance Counseling 10am (P6)</p> <p>Book Club 1pm (P4)</p> <p>+ Monday activities</p>	<p>13 Veteran Connections 9:30am (P6)</p> <p>Veteran Benefits 10:30am (P6)</p> <p>Defensive Driving 12-4pm (P7)</p> <p>+ Tuesday activities</p>	<p>14 Know Before You Throw 9:30am (P7)</p> <p>Legal Consultations 12:30pm (P6)</p> <p>Tap Dance Lessons Begin 12:30pm (P5)</p> <p>+ Wednesday activities</p>	<p>15 BBQ 11:30am (P2)</p> <p>Happy Feet 12pm (P6)</p> <p>Blanket Bee 3pm (P4)</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>18 Free Car Wash & Lemonade 11am–12pm (P6)</p> </div> <p>+ Thursday activities</p>
<p>19 Before & After Computers 2pm (P7)</p> <p>+ Monday activities</p>	<p>20 Caregivers Support Group 9:30am (P6)</p> <p>Free Blood Pressure Checks 10:15am (P6)</p> <p>Managing Meds 11:15am (P6)</p> <p>+ Tuesday activities</p>	<p>21</p>  <p>+ Wednesday activities</p>	<p>22</p> <p>+ Thursday activities</p>
<p>26 Connect to Learning 10am (P7)</p> <p>History Tour 9:30 or 11 am (P8)</p> <p>+ Monday activities</p>	<p>27 Health Fair/Flu Shot Clinic 1pm (P2) *</p> <p>+ Tuesday activities</p>	<p>28</p> <p>+ Wednesday activities</p>	<p>29 Mountain Lions in MN 1pm (P7)</p> <p>Defensive Driving 6-10pm (P7)</p> <p>+ Thursday activities</p>
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
<p>9:00 Bridge Soft Aerobics Helping Hands (2nd & 4th)</p> <p>10:00 Hand & Foot</p> <p>10:15 Volleyball</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>2:00 Before & After Computers (1ST & 3RD)</p>	<p>9:00 Fitness Focus Cyclers</p> <p>10:15 Yoga</p> <p>11:30 Pickleball</p> <p>12:30 Cribbage</p> <p>7:00 Dancing for Fun</p>	<p>9:00 Computer/Digital Camera Chair Yoga</p> <p>9:30 Mah Jongg TOPS/Weigh to Go</p> <p>9:45 Men's Discussion Group</p> <p>10:15 Volleyball</p> <p>11:00 Primitive Rug Hooking</p> <p>12:15 Line Dancing</p> <p>12:30 Tap Dance Lessons</p> <p>1:30 Jazzberries</p> <p>1:45 Fit & Fun Walk</p> <p>7:00 Qigong</p>	<p>9:00 Fitness Focus Cyclers 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>4:45 Pickleball</p>

@ the Hopkins Activity Center

October 2016

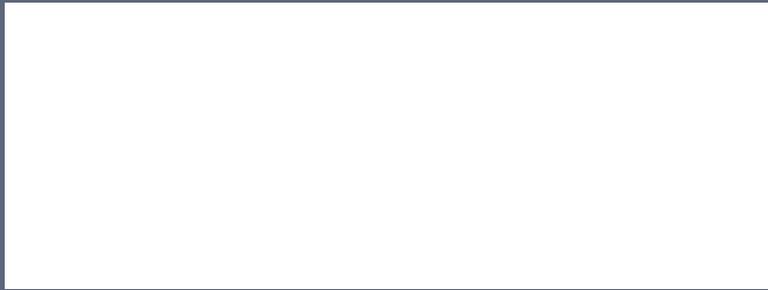
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 Health Insurance Counseling 10am (P6) <hr/> Book Club 1pm (P4) <hr/> Memoir Collage Class 10am (P4) + Monday activities	4 Caregivers Support Group 9:30am (P6) <hr/> Free Blood Pressure Checks 10:15am (P6) <hr/> Pickleball Instruction 2pm (P5) + Tuesday activities	5  + Wednesday activities	6 Octoberfest Supper 5pm (P3) + Thursday activities
10 Health Insurance Counseling 10am (P6) + Monday activities	11 Veteran Connections 9:30am (P6) <hr/> Veteran Benefits 10:30am (P6) + Tuesday activities	12 Legal Consultations 12:30pm (P6) <hr/> Health Care Directives 1pm (P7) <hr/> Defensive Driving 6-10pm (P7) + Wednesday activities	13 Scrap Your Heart Out Day 10am–4pm (P4) <hr/> Defensive Driving 6–10pm (P7) <div style="border: 1px solid black; padding: 2px; display: inline-block;"> 14 Community Dance 7–9:30pm (P12) </div> + Thursday activities
17 + Monday activities	18 Caregivers Support Group 9:30am (P6) <hr/> Free Blood Pressure Checks 10:15am (P6) + Tuesday activities	19 + Wednesday activities	20 Happy Feet 12pm (P6) <hr/> Blanket Bee 3pm (P4) + Thursday activities
24 FOOD SHELF WEEK  + Monday activities	25 Defensive Driving 12-4pm (P7) + Tuesday activities	26 + Wednesday activities	27 Safeguarding our Seniors 10am (P3) * <hr/> Halloween Lunch 11:30am (P2) <hr/> Stay & Play Bingo 12:30pm (P4) + Thursday activities
31 + Monday activities	<div style="display: flex; align-items: center;">  <p>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> </div>		
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
9:00 Bridge Soft Aerobics 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 2:00 Before & After Computers (1 ST & 3 RD) 4:00 Walking Group	9:00 Fitness Focus Cyclers 10:15 Yoga 11:30 Pickleball 12:30 Cribbage 7:00 Dancing for Fun	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 & Fun Walk 7:00 Qigong	9:00 Fitness Focus Cyclers Scrapbooking Club 9:30 500 Cards 10:00 Bowling 12:00 Poker 12:30 Afternoon Squares 4:45 Pickleball

November 2016 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Join us for a free CUP OF COFFEE and treats on Mondays, 9-11 am and FRESH POPPED POPCORN on the 1st, 2nd and 4th Wednesdays, 12:30 pm! Courtesy of our sponsors.</p>	<p>1 Caregivers Support Group 9:30am (P6)</p> <p>Free Blood Pressure Checks 10:15am (P6)</p> <p>+ Tuesday activities</p>	<p>2</p> <p>+ Wednesday activities</p>	<p>3</p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p>Scrapbook Creative Chaos Weekend Nov 4, 5, 6 (P3)</p> </div> <p>+ Thursday activities</p>
<p>7 Health Insurance Counseling 10am (P6)</p> <p>Cell Phone Lab 12pm (P7)</p> <p>Book Club 1pm (P4)</p> <p>GIVING TREE BEGINS</p> <p>+ Monday activities</p>	<p>8</p> <p>+ Tuesday activities</p>	<p>9 Legal Consultations 12:30pm (P6)</p> <p>+ Wednesday activities</p>	<p>10 Scrap Your Heart Out Day 10am–4pm (P4)</p> <p>* Salute to Vets 10:45am (P2)</p> <p>+ Thursday activities</p>
<p>14 Health Insurance Counseling 10am (P6)</p> <p>+ Monday activities</p>	<p>15 Caregivers Support Group 9:30am (P6)</p> <p>Free Blood Pressure Checks 10:15am (P6)</p> <p>Managing Meds 11:15am (P6)</p> <p>+ Tuesday activities</p>	<p>16</p>  <p>+ Wednesday activities</p>	<p>17 Happy Feet 12:00pm (P6)</p> <p>Blanket Bee 3pm (P4)</p> <p>+ Thursday activities</p>
<p>21</p> <p>+ Monday activities</p>	<p>22 Thanksgiving Dinner 11am (P2) *</p> <p>Bingo 12:30pm (P4)</p> <p>+ Tuesday activities</p>	<p>23</p> <p>+ Wednesday activities</p>	<p>24 CLOSED FOR THANKSGIVING</p> <p>+ Thursday activities</p>
<p>28</p> <p>+ Monday activities</p>	<p>29 Connect to Learning 1:15pm (P7)</p> <p>+ Tuesday activities</p>	<p>30</p> <p>+ Wednesday activities</p>	
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
<p>9:00 Bridge Soft Aerobics Helping Hands (2nd & 4th)</p> <p>10:00 Hand & Foot</p> <p>10:15 Volleyball</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>2:00 Before & After Computers (1ST & 3RD)</p>	<p>8:30 Indoor Golf</p> <p>9:00 Fitness Focus</p> <p>10:15 Yoga</p> <p>11:30 Pickleball</p> <p>12:30 Cribbage</p> <p>7:00 Dancing for Fun</p>	<p>9:00 Computer/Digital Camera Chair Yoga</p> <p>9:30 Mah Jongg TOPS/Weigh to Go</p> <p>9:45 Men's Discussion Group</p> <p>10:15 Volleyball</p> <p>11:00 Primitive Rug Hooking</p> <p>12:15 Line Dancing</p> <p>12:30 Tap Dance Lessons</p> <p>1:30 Jazzberries</p> <p>1:45 Fit & Fun Walk</p> <p>7:00 Qigong</p>	<p>9:00 Fitness Focus 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>4:45 Pickleball</p>

Hopkins Activity Center
33 14th Avenue North
Hopkins, MN 55343

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September–November 2016

NEWS & Notes

CLIPLESS
COUPON



\$1 OFF

Back to School BBQ

Thurs, September 15, 11:30 am

Bring a new **Back To School** supply and receive \$1 discount off your BBQ ticket price.

Ticket cost is \$6 (members); \$7 (others) with coupon.

After September 8, \$7 (members); \$8 (others).

See page 2 for event details.

One coupon per person. No cash value. Please enjoy by Sept. 8!



Hopkins Activity Center

952-939-1333 • activitycenter@hopkinsmn.com

COORDINATOR • Susan Newville

ASSISTANT COORDINATOR • Debbie Vold

ADMINISTRATIVE ASSISTANT • Tricia Falk



Come Dance With Me! *Community Dance*

Friday, October 14, 7–9:30 pm

Enjoy a dance lesson at 6:15 pm followed by an evening of dancing fun to **Tim Patrick and his Blue Eyes Band** in the elegant Oakwood Room at Eisenhower Community Center, 1001 Hwy 7, Hopkins!

\$13 per person (\$15 at door). Registration fee includes light refreshments. Register: 952-988-4070 or www.hopkinsschools.org/dance

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. Order deadline is March 31, 2017.

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

