

SEPTEMBER–  
NOVEMBER  
2019

Hopkins Activity Center

# NEWS & Notes

EXPERIENCE THE *UP* SIDE OF AGING!



## *Creativity is Ageless*

*The process of making art — whether that be fabric arts, painting, scrapbooking, knitting, or anything in between — is good for you.*

Creativity is a way for your mind to be open to new things. The act of creating something provides purpose, meaning and getting out there with others and socializing opens your world. Pictured is the Primitive Rug Hooking Group.

See page 4 for more Crafts and Arts opportunities.

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**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, celebrations or receptions. Call regarding rental rates.

**MEMBERSHIP**

Membership program for one year is \$30/person or \$48/household. Members receive four quarterly newsletters, reduced fees for activities and facility rental discounts. Check with the office to confirm your eligibility for SilverSneakers®, Silver&Fit® or Renew Active™. 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.

If you are in need of ADA services while participating at the Hopkins Activity Center sufficient notification is required.

**Contact Us**  
952-939-1333  
activitycenter@hopkinsmn.com  
www.hopkinsmn.com/activitycenter

Save the dates!  
**Autumn SPECIAL EVENTS**

**Cruising Toward Healthy Living HEALTH FAIR**

**Tuesday, Sept. 24, 1-3:30 p.m. at the Hopkins Activity Center**

Attend important **FREE** health screenings:

Provided by Park Nicollet

- Advanced Care Planning
- Balance
- Blood Pressure
- Body Mass Index
- Depression
- Healthy Living Education
- Information/Resources

Plus:

- Vendor Booths, Door Prizes, Refreshments and more!

Sponsored by Park Nicollet and Hopkins Activity Center.



**Aging But Dangerous: Empowering seniors to lead a healthier, more optimistic lifestyle.**

**Tuesday, Sept. 24, 12-1 p.m.**

With **Jean Ketcham** former talk show host, skydiver, and CEO of Aging But Dangerous who is the epitome of living dangerously with fun, spirit and style! Enjoy an inspiring talk on making your senior years the best years of your life. Jean has been empowering seniors to change the way they think about aging for over a decade. Her enthusiasm, optimism, and sense of humor are infectious!

**Register to attend before the Health Fair: 952-939-1333 or www.hopkinsmn.com/activitycenter.**

**Luncheon Events**



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

Advance ticket purchase required. \*Attend the Eat N' Educate speakers series (see page 7) before lunch. Stay and Play Bingo (see page 4) following lunch.

**Back to School BBQ**

**Thursday, Sept. 19,\* 11:30 a.m.**

Roses are red, apples are too! Can't wait to enjoy a BBQ with you!

Sponsor: Oasis Senior

Advisors

Members \$7

Others \$8

See coupon on back page

**Halloween Bash**

**Thursday, Oct. 31,\* 11:30 a.m.**

The werewolves will howl, the monsters will mash, It's time to celebrate with a Halloween bash.

Sponsor: The Glenn

Hopkins

Members \$7

Others \$8

**Salute to Vets**

**Thursday, Nov. 7, 10:45 a.m.**

A program and luncheon to honor veterans.

Presentation of colors by Hopkins American Legion Color Guard

Sponsor: St. Gabriel's

Womens Club and Sholom

Members \$9

Others \$10

VETERANS FREE!



**Free Car Wash & Lemonade**

**Sunday, Sept. 15, 11 a.m.-12 p.m. Hopkins 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 Lutheran Church. While your car gets clean visit the lemonade stand offered by the church youth. Non-perishable food shelf donations accepted. No registration required.

**Flu Shot Clinic**



Provided by Minnesota Visiting Nurses Association

**Tuesday, Oct. 22, 1-3 p.m.**

Protect yourself and the community from Influenza by getting vaccinated! High dose flu shot (cash price \$65) or quadrivalent dose (cash price \$39) available. Bring Picture ID, Medicare card and insurance card and MNVA will bill your insurance plan on your behalf.

**Creative Chaos Crafting Weekend**

Bring your projects & join the fun! Hours of dedicated crafting time!

**Friday, Oct. 25, 8 a.m.-9 p.m.**

**Saturday, Oct. 26, 8 a.m.-9 p.m.**

**Sunday, Oct. 27, 9 a.m.-4 p.m.**

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

Members \$45, Others \$48 or \$20/day



**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.

**2019 Categories:**

- Cute as a Bug!
- Grandparent & Me!
- Kid's & Pets
- Looking for Trouble!
- Trick or Treat



One photo and winner per category. Vote for your favorite kid photo between Sept. 9-26. Winners announced Oct. 1.

Sponsor: RidgePointe of Minnetonka

**Senior Housing Lunch and Tour**

**Tuesday, Oct. 15, 11 a.m. - 1:30 p.m.**

Board a bus to go visit Sunrise Senior Living of Minnetonka. Tour the community and enjoy lunch followed by door prizes. Space is limited. Call to register.

Members \$3, Others \$5



Help at Your Door  
651-642-1892

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

Jewish Family &  
Children's Services  
(senior transportation,  
care coordination)  
952-546-0616

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

Transit Link  
651-602-5465

## Crafts & Arts

Free for members; Others \$3 (unless otherwise noted.)

### Helping Hands: *Every stitch makes a difference!*

**Monday, Sept 9 & 23, Oct 14 & 28, 9 a.m.-12 p.m.**

Join the group for our charity knit and crochet-a-long to create hats, mittens, scarves, prayer shawls and infant angel gowns for area organizations and community agencies. Turn in all items by October 14 to prepare for distribution.

### Scrap Your Heart Out Days

**3rd Monday, 9 a.m.-6 p.m.**

**2nd Thursday, 9 a.m.-6 p.m.**

Enjoy social time while you work on your scrapbooks without interruption and preserve those memories. Join us for all or part of the day. The Cricut® die-cutting machine is available for use, a fun way to cut shapes and letters.

### Open Artists Studio

**Monday, 1-6 p.m.**

Drop in to work on individual craft projects. Bring your own 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, wall hangings. Members of the group work on their individual projects while enjoying social time as well as sharing ideas and technique.

### Ongoing Projects

*Pick up a project pattern for:*

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

**Dress-A-Dollie:** During the summer, volunteers dressed 35 dolls for the Hopkins Schools District.

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

**Comfort Caps:** Fabric and pattern to sew a simple chemo cap for those whose lives are drastically changing.



PAINT PAPER SCISSORS

### Paint Paper Scissors

*Make & Take Art Project!*

*"A fun way to spend the morning!"*

**Thursday, Oct. 17, 10a.m.-12 p.m.**

Members \$28/time, Others \$31/time

- Enjoy a beverage and snacks
- Create a fun **family photo board** project with others
- Hands-on instruction
- Tools and materials supplied



Enjoy social time while having fun being creative (even if you don't think you are artistic!) Everyone leaves with a finished project. To register call 952-939-1333.

*Paint, Paper, Scissors is owned, operated and enthusiastically brought to you by Bev Leckie and Pam Chenevert.*

### Creative Chaos Crafting Weekend

See page 3 for information.



GETTING FIT AND HAVING FUN

### Soft Aerobics

**Monday, 9 a.m.**

A fitness class using videos.

Members free, Others \$3

### Qigong

**Monday, 6:30-7:30 p.m.**

Practice leader guides the class in simple movements, gentle exercise and meditation to promote physical and emotional wellbeing.

Members free, Others \$3

### Functional Fitness

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

Get a full body workout that covers all the bases - cardio, core, functional movements for the aging body, strength, balance and endurance. Instructor: Janelle.

Members \$4/class, Others \$5

### Fitness Equipment

Treadmill, elliptical or stationary bikes available.

Members free, Others \$3

### Fit & Fun Aerobic Walk

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

Join Nancy for this indoor, multi-muscle 45-minute class with upbeat music.

Members \$4/class, Others \$5

### Fitness Reimbursement

Hopkins Activity Center is a contracted facility with **Silver&Fit®** and **SilverSneakers®** and **Renew Active™** by **UnitedHealthcare** for eligible health plan members. Check with the office to confirm your eligibility.

### Seeking Yoga Instructor

The Activity Center is seeking an instructor to guide a class in yoga poses designed for the older adult to increase flexibility and improve balance, breathing, and posture. Contact the Activity Center office for more details.

Fitness Fees can be used at anytime for this class. **Try your first class free!**

## Fitness & Recreation

### Dance with us

#### Tap Dance Lessons

**8-week sessions beginning Wednesday, Sept. 11, 12:30 p.m.**

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 and mind!"*

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

#### Jazzberries

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

A weekly tap dance group that is fun exercise for the body and mind while dancing. No experience necessary.

Members free, Others \$3

#### Line Dance Lessons

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

Have FUN dancing to contemporary music with the added bonus of exercise. Instructors: Dodee or Sally.

Members \$5/week, Others \$8



#### Dancing For Fun

**Tuesday, lessons begin Sept. 10, 7p.m.**

Have fun round dancing and enjoy the fellowship of others.

Members \$5/week, Others \$8

#### Afternoon Squares

**Thursday, 12:30-2:30 p.m.**

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

Members \$5/week, Others \$8

#### Senior Bowling

**Thursday, 10 a.m. begins Sept. 12.**

Held at Tuttle's Eat Bowl Play. Team openings for men and women bowlers. \$8/week, Non-members pay one time \$6 registration fee

#### Senior Volleyball

**Monday & Wednesday, 10:15 a.m. begins October 14.**

Members free, Others \$3/time

#### Mtka Hopkins Senior Bicyclers

**Tuesday & Thursday**

Visit [www.andersendennis.com/bike-ski.html](http://www.andersendennis.com/bike-ski.html) for fall biking schedule.



SENIOR BOWLING AT TUTTLE'S

## Leisure & Entertainment

### Book Club

**Monday, Sept 9, Oct 7, Nov 4, 1 p.m.**

Discussion of the monthly book.

Sept: *I Saw A Man*

by Owen Sheers

Oct: *Being Mortal: Medicine and*

*What Matters in the End*

by Atul Gawande

Nov: *Motherhood the Second*

*Oldest Profession*

by Erma Bombeck

Members free, Others \$3

### Activity Center Library

Enjoy your reading time but please be aware of the library book loan process posted in the Library. Shirley, Volunteer Librarian

### Free Cup of "Joe" and Treats

**Monday, 9-11 a.m.**

Enjoy a free cup of coffee and treats.

This quarter's sponsors (by week):

1<sup>st</sup> Hopkins Health Services

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

3<sup>rd</sup> Elder Homestead

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

### Popcorn Time

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

Thanks for "popping" by to enjoy fresh popcorn.

Event sponsor The Glenn Hopkins

### Bakery Bonanza

Thank you to local businesses Driskill's Downtown Market and Panera for weekly bakery donations.

### Cards and Games

Members free, Others \$3



#### Bridge Fun for Everyone

**Monday, 9 a.m.**

#### Hand & Foot

**Monday, 10 a.m.**

Fun to play

#### Scrabble

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

A great brain game!

#### Bingo

**following luncheons**

50¢/card or

\$2.50/six cards

#### Mexican Trains

**2<sup>nd</sup> & 4<sup>th</sup> Monday, 6 p.m.**

**Wednesday, 1 p.m.**

#### Cribbage

**Tuesday,**

**12:30 p.m.**

#### Mah Jongg

**Wednesday,**

**9:30 a.m.**

#### 500 Cards

**Thursday,**

**9:30 a.m.**

#### Poker

**Thursday,**

**11:30 a.m.**

## Quality of Life

Free for members; Others \$3 (unless otherwise noted.)

### Health Insurance Counseling

**Monday, Sept. 9, Oct. 28, Nov. 4 & 11**

The Senior LinkAge Line® offers health insurance counseling to Medicare beneficiaries. Provided by certified Health Insurance counseling volunteer Keith. Call for an appointment.

### Veteran Benefits Consultation

**Tuesday, Sept. 10, Oct 8, Nov. 12, 10 a.m.**

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



TODD DIONNE  
MN DEPT OF  
VETERAN AFFAIRS

### Men's Shed

**Thursday, 1-3 p.m.**

Retired men get together weekly to stay active and be productive in the community, pursue hobbies and socialize. Volunteer Leader Phil

### Legal Consultations

**2nd Wednesday, 12:30–1:30 p.m.**

**Sept. 11 Ned Ostenso**

**Oct. 9 Mark Carter**

**Nov. 13 Jennifer Rutz**

Local attorneys available for a 30-minute consultation to answer your legal questions. Call for appointment.

### Food Shelf Week for ICA

**September 16-19, October 21-24**

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

### Giving Tree

**November 11-December 12**

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



CHECK OUT THE HANDMADE STAINED GLASS  
CHANCE DRAWING ARTWORK ON DISPLAY

## Stained Glass Artwork could be yours

*Purchase a drawing ticket at the Activity Center office!*

**Drawing to be held Spring, 2020**

The Hopkins Activity Center and Hopkins Men's Shed are offering this is one of a kind handmade stained glass piece of art titled "Peaceful, Easy Feelings" created and designed by Dave Wagner for a fundraising drawing. The artwork is on display at the Activity Center office.

All proceeds from this fundraiser go to support the community efforts of the Hopkins Men's Shed.

Tickets are \$3 each, or \$8 for 3 tickets.



DISCOVER MAH JONGG!

## Eat N' Educate

*Fuel for your brain and body!*

Call to register. See page 2 for luncheon information.

### Staying Safe at Home

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

Falls affect 1 out of 3 seniors in the U.S. Interim Healthcare staff will help you gain a deeper understanding of falls risk factors and techniques that can be used to lower your individual risk. Develop a "falls plan" and learn what to do should a fall occur.

Event Sponsor: Oasis Senior Advisors

### Veteran's Benefits and You

**Thursday, Oct. 31, 10 a.m.**

Discover information on Veteran's benefits and the range of programs and services available. Presented by Allison Frazier from Maser, Amundson, Boggio. Sponsored by The Glenn Hopkins and Touching Hearts at Home.

## Know Before You Throw Antique Appraisal

**Thursday, Oct. 3, 9:30 a.m.**

Discover information about the treasures in your attic. Bring your antiques and collectibles. Cheryl of Heirloom Jewelry will help you discover information about your special treasure. Call to register.

## Discover Mah Jongg

*A game of chance and skill*

**Wednesday, Oct. 16-Nov. 27, 1–3 p.m.**

Members \$52, Others \$55

Learn the intriguing game of Mah Jongg—a game of chance and skill. The Chinese ruling class developed this game of tiles during the time of Confucius. Now play the modernized, simplified and westernized version all can enjoy. Instructor Carole Harris. 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, Sept. 10, 12-4 p.m.**

**Wednesday, Sept. 25, 6-10 p.m.**

**Tuesday, Oct. 29, 12-4 p.m.**

Members \$20, Others \$22

## 8-Hour Introductory Class

**Tuesday & Wednesday, Oct. 8 & 9, 6-10 p.m.**

Members \$24, Others \$26



## Educational Opportunities

Free for members; Others \$3 (unless otherwise noted.)

## Technology Topics

Free for members, Others \$3 (unless otherwise noted.)

### Before & After Computers

**Monday, Sept. 16, Oct. 7 & 21, Nov. 4 & 18, 2–3 p.m.**

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

### Open Computer Lab

**Wednesday, Sept 4–Nov 27, 9 am–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

### Photo Scanning

**Wednesday by appointment only**

Quickly scan your treasured photos using the Kodak Picture Saver Scanner System to digitally archive your photos. Bring your own flash drive or purchase a flash drive for \$5.

Volunteer Assistant Dan



OPEN COMPUTER LAB

### Tech U

*Gain a better understanding of your electronic devices!*

**Thursday, 11-1 p.m.**

Volunteer Derek will provide one-on-one tech support for:

- Portable hand-held displays (iPad, Nook or Kindle)
- Apple & PC Computer basics
- Cell phones
- Save your data/photos on the cloud

Call to register for an appointment.



## Health & Wellness

Free for members; Others \$3 (unless otherwise noted.)

### Blood Pressure Screenings

**Monday, Oct. 7 and Nov. 4, 10–11 a.m. FREE**

Take ownership of your treatment by tracking your blood pressure. Hopkins Health Services nursing staff will be available to answer questions regarding managing or improving blood pressure.



### Memory Kits:

*Helpful tool for caregivers*

The kit includes strategies and tools to use with someone living with dementia. Available for check out at the Activity Center.

### Caregivers Support Group

**Tuesday, Sept. 3, 17, Oct. 1, 15, Nov. 5, 19, 9:30-11 a.m.**

For caregivers and family members of those needing additional assistance living at home. Share experiences, struggles, coping strategies and learn from each other. Co-sponsored by Open Circle Adult Day Center & Hopkins Activity Center.



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

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

Meetings provide individual support and collaboration with others on plans. Choose a food plan that fits you with accountability and support.

### WEIGH-TO-GO

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

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



### Happy Feet Foot Care

**Thursday, Sept. 5, 26, Oct. 3, 24, Nov. 7, 9 a.m.-3:30 p.m.**

Quality foot care is an integral aspect to health. Provided by Happy Feet Footcare, Inc., a licensed and insured foot care program. Call for an appointment.



Members \$35; Others \$38

# Day Trips

Register for day trips with the Hopkins Activity Center:  
**IN PERSON/MAIL** 33-14th Ave N, Hopkins, MN 55343  
**PHONE** 952-939-1333 (Credit Card payments); or  
**ONLINE** www.hopkinsmn.com/activitycenter  
**PICKUP LOCATION** Maetzold Athletic Field Parking Lot  
 Payment required with registration. No refunds after registration deadline.

## Winona Tour Boat

**Thurs., October 10, 7:05 a.m.**

Depart on the Winona Tour Boat for a guided and narrated tour of the Mississippi River. Enjoy an included lunch at Signatures Restaurant followed by a stop at Pepin Heights Apple Orchard.



Members \$78, Others \$80  
 Register by September 9

## "RipCord" at Ives Auditorium

**Wed., October 23, 11 a.m.**

The Gideon S. Ives Auditorium located on the Masonic Heritage Center campus in Bloomington features a concert hall and Masonic Museum and Library. Enjoy a buffet style lunch followed by the comedy performance of "Ripcord."

Members \$72, Others \$74  
 Register by September 23

## "Shoji Tabuchi" at St. Cloud Paramount Theatre

**Mon., November 4, 9 a.m.**

Enjoy an included lunch buffet at The Coyote Moon Restaurant followed by the performance of Shoji Tabuchi, a featured attraction in Branson, MO.

Members \$88, Others \$90  
 Register by September 30

## Promote Patriotism at Fagen Fighters WWII Museum

**Thurs., November 7, 7 a.m.**

Tour the pristine collection of fully operational active aircraft, vehicles and art displays from World War II at the Fagen Fighters WWII Museum in Granite Falls, MN. Enjoy a soup and sandwich buffet luncheon at the Granite Run Golf Course with a stop at Bongards Creamery Retail Store on the drive home.



Members \$63; Others \$65  
 Register by October 7

## Mayowood Mansion

**Wed., December 11, 7 a.m.**

Enjoy holiday refreshments and view the exhibits at the Olmstead County Historical Center. Take a guided tour of the Mayo Mansion decorated for the holiday season. Enjoy lunch at the historic Hubbell House in Mantorville with a chance to visit the local shops.



Members \$80; Others \$82  
 Register by November 11

## "100 Years of Sinatra" at St. Cloud Paramount Theatre

**Tues., March 3, 9 a.m.**

Enjoy an included lunch buffet at The 400 Club Restaurant followed by the performance of Andrew Walesch and his Big Band as he performs the most popular Sinatra songs as you journey in time and celebrate Frank Sinatra's legendary career.

Members \$73, Others \$75  
 Register by January 27



**Enjoy the Adventures**

TRIPS DO FILL UP, SO REGISTER EARLY!

# September 2019

@ the Hopkins Activity Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 CLOSED LABOR DAY HOLIDAY	3 Caregivers Support Group 9:30am (P6)  + Tuesday activities	4  + Wednesday activities	5 Happy Feet 9am (P6)  + Thursday activities
9 Health Insurance Counseling 10am (P6)  Book Club 1pm (P4)  Grandparents Photo Contest Begins  + Monday activities	10 Veteran Benefit Consultation 10am (P6)  Defensive Driving 12-4pm (P7)  + Tuesday activities	11 Legal Consultations 12:30pm (P6)  Tap Dance Lessons Begin 12:30pm (P5)  + Wednesday activities	12 Scrap Your Heart Out Day 9am-6pm (P4)  Senior Bowling Begins 10am (P5)  15 Free Car Wash & Lemonade 11am-12pm (P3)  + Thursday activities
16 Scrap Your Heart Out Day 9am-6pm (P4)  FOOD SHELF WEEK  + Monday activities	17 Caregivers Support Group 9:30am (P6)  + Tuesday activities	18  + Wednesday activities	19 Staying Safe at Home 10am (P7)  Back to School BBQ 11:30am (P2)  + Thursday activities
23 Defensive Driving 6-10pm (P7)  + Monday activities	24 Aging But Dangerous 12pm (P2)  Health Fair 1pm (P2)  + Tuesday activities	25 Defensive Driving 6-10pm (P7)  + Wednesday activities	26 Happy Feet 9am (P6)  + Thursday activities
30  + Monday activities	Join us for a free CUP OF COFFEE and treats on Mondays, 9-11 a.m. and FRESH POPPED POPCORN on the 1st, 2nd and 4th Wednesdays, 12:30 pm! Courtesy of our sponsors. (P4)		
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
9:00 Bridge Soft Aerobics Helping Hands (2 <sup>nd</sup> & 4 <sup>th</sup> ) 10:00 Hand & Foot 12:15 Line Dancing 12:45 Scrabble 1:00 Open Artists Studio 1:30 Pickleball 2:00 Before & After Computers (3 <sup>rd</sup> only) 6:00 Mexican Trains (2 <sup>nd</sup> & 4 <sup>th</sup> ) 6:00 Advanced Pickleball 6:30 Qigong	9:00 Functional Fitness Cyclers 11:30 Pickleball 12:30 Cribbage 7:00 Dancing for Fun	9:00 Computer/Digital Camera 9:30 Mah Jongg TOPS/Weigh to Go 9:45 Men's Discussion Group 11:00 Primitive Rug Hooking 12:15 Line Dancing 12:30 Tap Dance Lessons 1:00 Mexican Trains 1:30 Jazzberries 1:45 Fit & Fun Walk 3:30 Pickleball	9:00 Functional Fitness Cyclers 9:30 500 Cards 10:00 Bowling 11:00 Tech U 11:30 Poker 12:30 Afternoon Squares 1:00 Men's Shed 4:45 Pickleball

# 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.

## Travel Afar Showcase

**Tuesday, Oct. 1, 1 p.m.**  
**Is 2020 YOUR year to take a trip?**



Experience "must-see" destinations, featuring quality accommodations and memorable dinners. All tours are guided by dedicated tour manager trained to ensure a smooth and seamless trip. Catalogs available at Activity Center.  
 Free to attend! Contact us to register.

## Kansas City in Seasonal Decor

**December 3-5, 2019**

Experience the holiday spectacle of the Country Club Plaza lights, Hallmark Center, BBQ, guided city tour, theater performance and more! Only a few seats remain!



Watch for upcoming Spring travel adventures!

@ the Hopkins Activity Center

# October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>1 Caregivers Support Group</b> 9:30am (P6) <b>Travel Afar Showcase</b> 1pm (P8) + Tuesday activities	<b>2</b> + Wednesday activities	<b>3 Happy Feet</b> 9am (P6) <b>Know Before You Throw</b> 9:30am (P7) <b>4 Community Dance</b> 7-9pm (P12)
<b>7 Free Blood Pressure Checks</b> 10am (P6) <b>Book Club</b> 1pm (P4) + Monday activities	<b>8 Veteran Benefit Consultation</b> 10am (P6) <b>Pickleball Instruction</b> 2pm (P5) <b>8 hr Defensive Driving</b> 6-10pm (P7) + Tuesday activities	<b>9 Legal Consultations</b> 12:30pm (P6) <b>8 hr Defensive Driving</b> 6-10pm (P7) + Wednesday activities	<b>10 Winona Trip</b> 7am (P8) <b>Scrap Your Heart Out Day</b> 9am–6pm (P4) + Thursday activities
<b>14 Volleyball begins!</b> + Monday activities	<b>15 Caregivers Support Group</b> 9:30am (P6) <b>Senior Housing Tour</b> 11am (P3) + Tuesday activities	<b>16 Mah Jongg Class begins</b> 1:00pm (P7) + Wednesday activities	<b>17 Paint a Family Photo Board</b> 10am (P4) + Thursday activities
<b>21 FOOD SHELF WEEK</b> <b>Scrap Your Heart Out Day</b> 9am–6pm (P4) + Monday activities	<b>22 Flu Shot Clinic</b> 1-3pm (P3) + Tuesday activities	<b>23 "Rip Cord" Trip</b> 11am (P8) + Wednesday activities	<b>24 Happy Feet</b> 9am (P6) <b>Creative Chaos Crafting Weekend</b> Oct 25, 26, 27 + Thursday activities
<b>28 Health Insurance Counseling</b> 10am (P6) + Monday activities	<b>29 Defensive Driving</b> 12-4pm (P7) + Tuesday activities	<b>30</b> + Wednesday activities	<b>31 Veteran Benefits and You</b> 10am (P7) <b>Halloween Bash</b> 11:30am (P2) + Thursday activities
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
9:00 Bridge Soft Aerobics Helping Hands (2 <sup>nd</sup> & 4 <sup>th</sup> ) 10:00 Hand & Foot 10:15 Volleyball 12:00 Tech U 12:15 Line Dancing 12:45 Scrabble 1:00 Open Artists Studio 1:30 Pickleball 2:00 Before & After Computers (1 <sup>st</sup> & 3 <sup>rd</sup> ) 6:00 Mexican Trains (2 <sup>nd</sup> & 4 <sup>th</sup> ) 6:00 Advanced Pickleball 6:30 Qigong	9:00 Functional Fitness Cyclers 11:30 Pickleball 12:30 Cribbage 7:00 Dancing for Fun	9:00 Computer/Digital Camera 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 1:00 Mexican Trains 1:30 Jazzberries 1:45 Fit & Fun Walk 3:30 Pickleball	9:00 Functional Fitness Cyclers 9:30 500 Cards 10:00 Bowling 11:00 Tech U 11:30 Poker 12:30 Afternoon Squares 1:00 Men's Shed 4:45 Pickleball

# November 2019

@ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<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.			
<b>4 Health Insurance Counseling</b> 8:30am (P6) <b>Shoji Tabuchi Trip</b> 9am (P8) <b>Free Blood Pressure Checks</b> 10am (P6) <b>Book Club</b> 1pm (P4) + Monday activities	<b>5 Caregivers Support Group</b> 9:30am (P6) + Tuesday activities	<b>6</b> + Wednesday activities	<b>7 Fagen Fighters Trip</b> 7am (P8) <b>Scrap Your Heart Out Day</b> 9am–6pm (P4) <b>Happy Feet</b> 9am (P6) <b>Salute to Vets</b> 10:45am (P2) + Thursday activities
<b>11 Health Insurance Counseling</b> 8:30am (P6) <b>GIVING TREE BEGINS</b> + Monday activities	<b>12 Veteran Benefit Consultation</b> 10am (P6) + Tuesday activities	<b>13 Legal Consultations</b> 12:30pm (P6) + Wednesday activities	<b>14</b> + Thursday activities
<b>18 Scrap Your Heart Out Day</b> 9am–6pm (P4) + Monday activities	<b>19 Caregivers Support Group</b> 9:30am (P6) + Tuesday activities	<b>20</b> + Wednesday activities	<b>21</b> + Thursday activities
<b>25</b> + Monday activities	<b>26</b> + Tuesday activities	<b>27</b> + Wednesday activities	<b>28 CLOSED FOR THANKSGIVING</b>
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
9:00 Bridge Soft Aerobics 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 <sup>st</sup> & 3 <sup>rd</sup> ) 6:00 Mexican Trains (2 <sup>nd</sup> & 4 <sup>th</sup> ) 6:00 Advanced Pickleball 6:30 Qigong	9:00 Functional Fitness 11:30 Pickleball 12:30 Cribbage 7:00 Dancing for Fun	9:00 Computer/Digital Camera 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 1:00 Mexican Trains 1:30 Jazzberries 1:45 Fit & Fun Walk	9:00 Functional Fitness 9:30 500 Cards 10:00 Bowling 11:00 Tech U 11:30 Poker 12:30 Afternoon Squares 1:00 Men's Shed 4:45 Pickleball

Hopkins Activity Center  
33 14<sup>th</sup> Avenue North  
Hopkins, MN 55343

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September–November 2019

# NEWS & Notes

## CLIPLESS COUPON



### \$1 OFF

#### Back to School BBQ

**Thursday, Sept. 19, 11:30 a.m.**

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

Ticket cost:

\$6 members, \$7 others with coupon

After September 12:

\$7 members, \$8 others

See page 2 for event details.

*One coupon per person. No cash value. Please enjoy by Sept. 12!*



### Hopkins Activity Center

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

COORDINATOR • Susan Newville

ASSISTANT COORDINATOR • Debbie Vold

ADMINISTRATIVE ASSISTANT • Tricia Falk



## Come Dance With Me! *Community Dance* Friday, October 4, 7–9 p.m.

Enjoy an evening of dancing fun to **Tim Patrick and his Blue Eye Combo** in the elegant Oakwood Room at Eisenhower Community Center, 1001 Hwy 7, Hopkins!

\$12 per person (\$15 at door).

Event Sponsors: Minnetonka Senior Center, Hopkins Community Education and Hopkins Activity Center.

Register: 952-988-4070 or [www.hopkinsnschools.org/dance](http://www.hopkinsnschools.org/dance)



## A Personal Story

*Discovering and perfecting the use of technology*

Activity Center technology volunteers have assisted many participants with learning about different social media tools and how to use their devices properly and safely. Kathleen A. worked with volunteer Courtney on launching a blog! Kathleen writes *"When I started my blog I didn't know how to begin. I reached out to the Hopkins Activity Center and their media volunteer, Courtney. Her motto was: "Never give up." Our 1st obstacle – we couldn't remove a colored filter; then we couldn't properly frame the photos, but we kept trying... and trusted that the answers would divinely appear. Finally, everything came together... thanks to human angel Courtney."* See page 7 for Technology Topics.