

Hopkins Activity Center

NEWS & Notes

EXPERIENCE THE *UP* SIDE OF AGING!

Activity Center Updates

Saying Goodbye to Susan Newville After 40 Years of Service

There are some big changes happening at the Hopkins Activity Center! After 40 years of service, Hopkins Activity Center Coordinator Susan Newville will be departing on December 29 to enjoy her much-deserved retirement.

The City hired Susan to open the Hopkins Activity Center in 1980. Over the course of her 40 years at the Center, Susan was never afraid to test out a new program or activity. From Pickleball, which is now one of the most popular activities at our facility, to serving our famous raspberry sundaes, Susan was always thinking outside the box when it came to keeping local seniors active and engaged. Many of the relationships she helped develop with community organizations are still active today.

"It was a pleasure to travel this 40 year journey alongside Assistant Program Coordinator Debbie Vold for 35 years, Administrative Assistant Sharon Nelson for 25 years, and now Tricia Falk, our present administrative assistant for the past 9 years. We all traveled along with our committed part-time employees and so many, many volunteers, said Susan. "This journey did not come without some tag-a-longs; my husband Al, and our children Aubree, Ian, and Kaisa. Thank you to them for allowing me to travel this path knowing they cared for and understood the work I as doing."



Susan working from home during quarantine.

Thank you, Susan, for everything you have done for the City of Hopkins and the greater Hopkins community over the last 40 years. Your hard work has not gone unnoticed and you will be greatly missed by so many!

Welcome New Staff Members

Lynn Anderson, Director

Lynn is the current Executive Director of the Hopkins Center for the Arts. She will be taking on the role of Arts and Activity Centers Director.

"Like Beth, I have also spent the last 12 years with the City of Hopkins working in various capacities at the Arts Center. Over the years, Susan Newville and I have collaborated on many joint events. I am honored to be moving into this role and truly grateful for all Susan has done over her 40 year career to build the Activity Center from the ground up. These are challenging times as we distance ourselves from friends and family, and forego many activities that we enjoy. I look forward to meeting all of you in 2021 and continuing to grow this vibrant community. Wishing you a healthy and happy holiday season. Please feel free to reach out anytime!"



Beth Kivett, Program Coordinator

"I am thrilled to be joining the Activity Center team. I have spent the last 12 years working at the Hopkins Pavilion creating and supporting recreation and event rentals for all ages. I believe relationships are the backbone to success, and I look forward to connecting with each and every one of you.

This winter will not look like past winters, however, I want you to know that the Activity Center is here to support you through this tough time. We will continue to do our best to provide the exceptional service you are accustomed to, and we aim to create innovative ways to connect while we are apart. Please reach out to us with any suggestions, requests, needs, or questions. We are here for you and look forward to hearing from you!"



A gathering place for mature adults to participate in recreational, social, educational, fitness and volunteer activities.

CONTACT US

952-939-1333
 activitycenter@hopkinsmn.com
www.hopkinsmn.com/activitycenter

COMMUNITY RESOURCES

Help at Your Door
 651-642-1892

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

H.O.M.E. (Household/Outside Maintenance)
 952-746-4046

Hopkins City Hall
 952-935-8474

Hopkins VFW (loans walkers, wheelchairs)
 952-938-9916

Hopkinsvolunteers.org
 952-935-2371

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

Jewish Family & Children's Services (transportation)
 952-546-0616

Meals on Wheels
 952-935-9028

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
 651-556-4803

Senior Linkage Line
 1-800-333-2433

Transit Link
 651-602-5465

Winter

EVENTS & ACTIVITIES

Virtual Programming

Visit our website for online program details.

- Connect to Learning - new educational topics each week (Zoom presentation)
- Creative Chaos Crafting (Virtual meet up)
- Functional Fitness (Zoom class)
- Line Dance (Virtual meet up)
- Men's Shed (Virtual meet up)
- Rug Artists (Virtual meet up)
- Square Dance (Virtual meet up)
- Virtual Walking Tours (Zoom presentation)
- Yoga - Balance & Chair or Mat Yoga (Zoom classes)

Key to happiness

Self perception is linked to our relationships.

Awareness of potential loneliness can impact our health as individuals and as a society. Know that it is okay to ask for help and help is only a phone call away. Our goal at the Activity Center is to support you and the collective health of Hopkins.

Would you like help connecting during this time of isolation? Give us a call at 952-939-1333! Or try one of our new programs *Generational Pen Pals* or *Buddy Up*, designed to keep our community connected, while we are apart.

Generational Pen Pals

Sign up to receive and write letters to a second grade pen pal. All correspondence will be distributed through the Activity Center. Call or email activitycenter@hopkinsmn.com to get paired up with a student pen pal.



Buddy Up

Are you missing social communication? Contact the office to sign up for a senior buddy and make scheduled phone calls to keep each other connected and laughing.

New Activites!

Something's Cooking

Friday, January 29

Chef Ali from The Caterer's Kitchen in Hopkins wants you to cook with him in an upcoming Virtual Cooking Class.

A main course meal kit of ingredients will be provided for participants to pick up at the Activity Center on the date of the event. (Menu coming soon.) Chef Ali will demonstrate while participants prepare the meal in their own kitchen. Preregistration required at www.hopkinsmn.com/activitycenter or call the office. Virtual Cooking Class cost is \$50 per person.

Nordic Walking

Starting in the New Year, as soon as it is safe for us meet in person a Nordic Walking group will start up. Watch the Activity Center calendar and email news for updates. Call the office if you are interested in being notified about Nordic Walking.

Technology Corner

Get Assistance Connecting Digitally

Tech Help

If you are looking for technology tips and tricks, or are just needing some assistance with one of your electronic devices, give us a call. We would be happy to set up a time to provide you with technology support over the phone or connect you with other support.

Intro to Technology

Are you without technology to connect with family or friends, and are not sure where to start? Sometimes technology can be intimidating. If you do not have an electronic tablet such as an iPad, Kindle, or Samsung Galaxy, call the office for information on

how to get started using this type of technology.

We can connect you with resources that will help you explore information on the internet, communicate via email, or stay connected with loved ones through video conferencing.