



Fall Special Events

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.

ANNUAL MEMBERSHIP

- \$35 per individual
- \$60 per household
- \$60 Arts & Activity Center Senior Membership

Members receive four quarterly newsletters, reduced fees for activities and rental discounts. Inquire about fitness membership discounts with SilverSneakers and OnePass.

COMMUNITY RESOURCES

Hennepin County Library
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

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

Meals on Wheels
952-935-9028

ResourceWest
952-933-3860

Senior Linkage Line/Trellis
1-800-333-2433

Transit Link
651-602-5465

*More senior resources and assistance listed on our website.

Grief Journeys

Everyone experiences grief in life and processes it differently. In addition to the loss of people we love, the human journey is filled with losses of pets, jobs, dreams and hopes for the future. Still many people may be feeling alone in their grief. When we turn to family and friends, they may be uncomfortable talking about the grieving process.

Join with others to explore the meaning that can be found in grief, as we share and discuss our journeys.

Presenter Karen Greer was a career and retirement coach until 2016, when deaths in her life opened up a new chapter. She took classes on grief and became a Certified Grief Educator. Now she assists others with their Grief Journeys. Register to attend.

- Wednesday, October 9, 10:30-11:45 a.m.
Activity fee \$10, Members \$8



HONORING OUR VETERANS

Salute to Vets Program

Join us as we celebrate and salute those who have sacrificed to keep our country "the land of the free and the home of the brave." There will be a historical speech on the Statue of Liberty, a special musical performance and the honorary Quilts of Valor presentation.

Veterans eat free at this seated meal event. Reservations required to attend. Register by November 11 as space allows.

- Thursday, November 14,
10:45 a.m.-12:15 p.m.
Activity fee \$10, Members \$9
Event Sponsors: Avidor, The Glenn, Allina Health Aetna, Open Circle



Murder Mystery Event

Grab your friends and hit the 80's again in this fun "who dunnit" mystery. Enjoy appetizers and beverages while mingling prior to the show.



The Murder Mystery Company's professional actors will engage guests in an interactive concert turned deadly. It will be up to you to trade clues with guests, gather information and solve the crime! All of the big names will be there for the concert. Tensions run rampant as backstage

secrets spill out into the spotlight with like, totally tragic results! This isn't an episode of Miami Vice! This is like... murder. It's up to you to bust it like a ghost for sure. Peg your jeans, slouch your socks, flash some neon, put on way too much eyeliner and get that hair up! You are going to solve this crime in style.

Partner event with Edin Prairie Senior Center, Edina Senior Center and Hopkins Activity Center.

- Thursday, October 10, 2:30-4:30 p.m.
Activity fee \$15
Held at: Centennial Lake Park, Hughes Pavilion, 7499 France Ave S, Edina

Art & Leisure

Primitive Rug Hooking

Enjoy social time while rug hooking, an art form that repurposes wool cloth into beautiful rugs, pillows, or wall hangings. Group members work on individual projects while sharing techniques.

- Wednesday, September 4- November 27, 12-3 p.m.
Activity fee \$24, Drop-in \$3, Members free

Hopkins Ukulele Group (HUG)

All are welcome to jam with the Hopkins Ukulele Group (HUG). This is not an instructor based class, but rather a learn as you play group of inclusive ukulele lovers. Beginners welcome, no experience necessary, music provided. Bring your own ukulele.

- Monday, September 9-November 25, 12:30-2 p.m.
Activity fee \$30, Drop-in \$3, Members free

Book Club

In partnership with the Hennepin County Hopkins Library, Book Club participants explore a different book each month. Enjoy lively discussions with other avid readers.



- 1st Monday*, 1-2:30 p.m.
- Sept. 9 (*2nd Mon): *The Dutch House*, by Ann Patchett
- October 7: *Dinners with Ruth*, by Nina Totenberg
- November 4: *Small Mercies*, by Dennis Lehane
Activity fee \$3, Members free

Men's Shed

Men's Shed is an open and inclusive group for retired men, that meets to socialize, plan community projects, or go on local outings. Learn about Men's Shed events at www.hopkinsmensshed.org.

- Thursday, September 5-November 21, 1-2:30 p.m.
Activity fee \$30, Drop-in \$3, Members free

Monthly Movie Time

Be entertained with a compelling movie and popcorn!

- 3rd Monday, 2-4:30 p.m.
- September 16: *Women of the White Buffalo*
Sponsor: The Glenn
- October 21: *Death on the Nile*
Sponsor: RidgePointe
- November 18: *The Social Dilemma*
Activity fee \$3, Members free

Creative Craft Kit

Enjoy a seasonal DIY craft kit!
See back page for details.



Creative Chaos Crafting Group

Creative Chaos is a welcoming space for artists and crafters to socialize while working on their own projects.

- Thursday, September 5- November 21, 9 a.m.-4 p.m.
Activity fee \$30, Drop-in \$3, Members free

Special Crafting Weekend!

This Creative Chaos weekend event is a fun way to bond with other crafters. Bring your own lunch and snacks. Coffee and water provided.

- Friday, November 1, 9 a.m.-6 p.m.
Saturday, November 2, 9 a.m.-9 p.m.
Weekend fee \$40, Members \$36.
1 day fee \$20, Members \$18

Social Enrichment

Social Game Groups

Drop-in \$3, Members free



Bunco Bonanza! Lively interactive dice game of Bunco. No experience needed. Bring \$5 cash for prize money. Register to attend.

- Tuesday, Sept. 17, Oct. 15, Nov. 19, 10 a.m.-noon

Bridge Group Established St. Joe's bridge players occasionally needs substitutes. Contact the office to add your name to the list.

- Monday, Sept. 16, Oct. 21, Nov. 18, 10 a.m.-12:30 p.m.



Social Bridge If you have not played in a while or would like to learn the fun and popular game of bridge, this casual social group is for you!

- Thursday, September 5-November 21, 10 a.m.-noon

Mah Jongg Play this tile game of strategy.

- Wednesday, September 4-November 27
Experienced players 9:30 a.m.-noon
Beginner group 12:30-3 p.m.

Mah Jongg Tournament Just for fun day of tournament play! Register by September 23 to attend. Bring lunch and \$5 cash for prizes.

- Wednesday, September 25, 9 a.m.-2 p.m.

Mexican Trains Modern version of dominoes.

- Wednesdays, 12:30-3:30 p.m.

Scrabble Word game where every letter counts!

- Mondays, 12:30-3:30 p.m.

Fitness

Register for a **Full Session** to receive a discounted rate, or use our daily **Drop-in** option.

*Drop-in \$5, Members \$4 (unless otherwise noted)
Try a trial class for free. See office for details.

Stretch & Strength Chair Yoga

In-Person & Zoom

Practice basic stretches to improve strength, balance and flexibility seated in a chair. Guided mindfulness and breathwork techniques will be incorporated into the class to help calm anxiety and relieve stress.



All sizes and abilities are welcomed. No previous yoga experience necessary. If you are registered for the session and are unable to make a class, you can receive a recording for that day.

- Monday, Sept. 9-Nov. 25, 10:30-11:20 a.m.
Activity fee \$50, Members \$40
- Wednesday, Sept. 4-Nov. 27, 10:30-11:20 a.m.
Activity fee \$55, Members \$44

Functional Fitness

Get a full body workout - cardio, core, and functional movements for the aging body to build strength, balance and endurance.

- Tuesday, September 3-November 26, 9-10 a.m. (except Nov. 5)
Activity fee \$50, Members \$40
- Thursday, September 5-November 21, 9-10 a.m. (except Nov. 14)
Activity fee \$45, Members \$36



* Sample Crystal Sound Bowls!

Experience a free Crystal Sound Bowls bath at the Health & Resource Fair on Friday, October 4. (P1)

Crystal Sound Bowl Meditation

Sound is the language of the universe and can be a powerful tool for healing. During this sound experience you will relax and enjoy the powerful impact of sound. Bring a yoga mat, blanket or pillow to make yourself cozy. We will have extra mats and blankets available. You can experience this class either in a chair or on the floor. Music therapy is a way to relieve stress, anxiety and pain.

- Wednesday, October 30, 3-3:45 p.m.
Activity fee \$10, Members \$9

Open Gym

Get your body moving first thing on Monday morning at our open gym time. Socialize and shoot some hoops, walk the gym, or ask for a YouTube exercise video to be played on the big screen monitors.

- Monday, Sept. 9-Nov. 25, 9-10 a.m.
Activity fee \$30, Drop-in \$3, Members free



Walk for Fitness & Fun!

Nordic Walking Lesson

Enjoy the outdoors and empower your walking by adding Nordic Walking poles to increase core and upper body conditioning and provide enhanced aerobic effects! Equipment provided.

- Tuesday, September 17, 1:15-2:30 p.m.
Activity fee \$12, Members \$11

Walking Club

Our social walking group is a fun way to exercise, meet new friends and explore local walking trails. Register to attend free walks, receive meeting locations and weather updates.

- 2nd Friday, 2-3 p.m.
- Sept. 13: Shady Oak Beach
- October 11: Wolfe Park Loop
- November 8: Big Willow Park



Dance

Afternoon Squares

Square dancing is a great form of exercise and a whole lot of fun! This group also hosts a potluck on the side. So, along with your dancing shoes, bring your appetite and a dish to share. \$6 for caller collected at each dance.

Experienced square dancers only.

- Thursday, September 5-November 21
12:30-2:30 p.m.
Activity fee \$30, Drop-in \$3, Members free

Bowling Club Kick Off!

Enjoy fun, fitness and friendly competition with the Bowling Club at Tuttle's Eat Bowl Play in Hopkins.

Create your own team of 4 players or contact the office to be placed on a team. Join anytime during fall or winter.

Bowling shoes, light weight balls and coffee provided. Banquet held on last day of session (winter & spring).

Line Dancing - Intermediate Level

Line dancing is a fun way to increase coordination while socializing with other active seniors. Dancing is a great way to get moving!

- Monday, Sept. 9-Nov. 25, 12:15-1:30 p.m.
Activity fee \$80, Members \$50
- Wednesday, Sept. 4-Nov. 27, 12:15-1:30 p.m.
Activity fee \$88, Members \$55
Drop-in \$8, Members \$5

Recreation & Athletics



Join Anytime!

- Thursday, September 5-December 12
10 a.m.-noon
Registration fee per session \$3, Members free
\$10 weekly (\$9 bowling, \$1 prizes)

Volleyball

Open volleyball for players 55+. Come enjoy a friendly group atmosphere along with getting in your exercise!

- Monday & Wednesday, September 4-November 27
2-3:30 p.m.
Activity fee \$60, Drop-in \$3, Members free

Pickleball Drop-In Play

Drop-in fee \$5, Members \$3, or purchase \$10 annual Pickleball Add On to waive drop-in fees.

Open Pickleball

Recreational open play for ages 55+ on indoor courts.

- Monday-Thursday, September 3-Thursday, November 27
10 a.m.-noon (except Sept. 11, Nov. 5 & 14)

Beginner Open Pickleball

An open play session for beginner players only, who are just starting out and want to practice newly learned skills. This safe, welcoming open play is not a lesson.

- Tuesday, September 3-November 26, 12-1:30 p.m.
(except Nov. 5)

Pickleball Instruction

Build your skills in these 4 week sessions.
Activity fee \$45, Members \$42

Introduction

For the beginner, learn game rules, scoring, court positions and paddle grip.

- Tuesday, October 29-November 26, 3-4:30 p.m.
(except Nov. 5)



Advanced Beginner

Build on skills, backhand and drop shot proficiency, and reducing unforced errors.

- Tuesday, September 3-24, 1:30-3 p.m.
- Tuesday, October 1-22, 3-4:30 p.m.
- Tuesday, October 29-November 26, 1:30-3 p.m.
(except Nov. 5)

Intermediate

Experienced players learn strategy of consistent drop and lob shots, dinking and positioning.

- Tuesday, September 3-24, 3-4:30 p.m.
- Tuesday, October 1-22, 1:30-3 p.m.

Education



Lunch & Learn

A box lunch from Munkabeans will be ordered: choose from a club croissant, chicken salad sandwich or Mediterranean veggie wrap.

Register by Tuesday at noon prior to event.
Activity fee \$12, Members \$10

Clear Skies

Astrophotography in Light Polluted Skies
Enjoy photos of space taken by telescopes around the Twin Cities and in the U.S. Learn what is beyond our sky and how human light pollution affects more than our view of the stars.

- Thursday, September 19, 11 a.m.-noon
Sponsor: Allina Health Aetna

Sustainability in Hopkins

City of Hopkins Sustainability Specialist, Mikala Larson, will share information about sustainability initiatives in Hopkins. This will include ways to save money through City programs, making energy efficiency or saving upgrades at home, and recycling information.

- Thursday, October 17, 11 a.m.-noon

ResourceWest Services

Discover the wonderful resources we have to support our community. Whether you are in need of services or wish to give back, this presentation will guide us as a community and how we can help each other thrive.

- Thursday, November 21, 11 a.m.-noon

Keeping More of Your Wealth

Retirement Tax Planning Strategies

Understanding tax strategies is an integral part of a solid financial plan. Learn tax-efficient investing when saving for retirement, how to create a tax efficient retirement paycheck and how to pass on wealth. Act now, as tax rates are increasing in 2026! Presented by Thomas Scheck, MTI Financial Advisor.

- Wednesday, September 25, 10:30-11:30 a.m.
Activity fee \$3, Members free



Six Pillars of Brain Health

Ever wonder what a day filled with brain-healthy behaviors would look like? A lifestyle that supports brain health can make a difference to your well-being. AARP invites you to explore this topic at their free educational event. Register to attend.

- Monday, September 30, 2-3 p.m.

Tech Topics

Gain confidence in using your technology devices. Learn in a comfortable small group setting with IT business owner and volunteer Denis.

- 3rd Monday, 11 a.m.-noon
- September 16: *Online Calendars*
- October 21: *Fitness Trackers*
- November 18: *Smart Home Devices*
Activity fee \$5, Members \$3

Technology Help Desk

- Do you have a smart phone but are not sure how to use it for more than making calls?
- Do you need help managing digital photos?



If you have these, or other technology support questions, drop-in for assistance on Wednesday mornings. Our Technology Help Desk volunteers can help with PC or Apple computers, mobile devices and more! Bring your own device or use one of our computers or iPads.

- Wednesday, Sept. 4-Nov. 27, 9 a.m.-noon
Activity fee \$3, Members free

Defensive Driving

Take the 4 Hour Defensive Driving course to qualify for the senior auto insurance discount. Taught by a Minnesota Safety Council instructor. Registration required to attend.

- Tuesday, October 15, 2-6 p.m.
Activity fee \$28, Members \$25

Community Resources

ResourceWest Services

Meet with a case manager from ResourceWest to find out how they can help connect you with social services. Make an appointment to meet with an English, Somali or Spanish speaking case worker at the Hopkins Activity Center.

- Wednesday, September 4-November 27
- 10 a.m.–noon Anab (English & Somali speaking) 952-322-0357, anab@resourcewest.org
- 1–3 p.m. Kirsten (English & Spanish speaking) 952-322-0882, kirsten@resourcewest.org

Medicare Enrollment Help

Trellis offers one-on-one appointments to help navigate the enrollment process for Medicare or supplemental health insurance. Schedule an appointment by calling the Senior Linkage Line at 1-800-333-2433 or register online at trellisconnects.org/get-help/medicare/

- 3rd & 4th Thursday, 12:30-4 p.m.
- September 19 & 26, October 17 & 24, November 21

Legal Consultation

Are you in need of legal advice? Register for an appointment to speak with a local attorney.

- Tuesday, September 17, November 19, 12:30-1:30 p.m.
 - Monday, October 14, 12:30-1:30 p.m.
- Activity fee \$3, Members free

Growing Connections

Free gardening program for those living with early dementia. Call the Alzheimer's Association to attend at 1-800-272-3900.

- Monday & Tuesday, September 9-October 15 10 a.m.-noon



Helping Hands

Do you like to sew, knit or crochet? Help volunteer with community projects in your interest area. Patterns, some supplies, and space to work on projects are available at the Center.

Some of the projects include sewing cancer comfort caps, premie blankets or walker bags. Or get involved by knitting winter hats, scarves or creating “worry worms” that help reduce anxiety. Stop by the office for patterns or supplies.



Senior Community Services

With a mission to empower people as they age, local nonprofit organization Senior Community Services offers:



- Household & Outdoor Maintenance (HOME) program provides help with indoor or outdoor chores, 952-746-4046
- Technology Education, Connection & Help (TECH) services, 952-888-5530
- Connect with a social worker to receive resources and support for age related issues such as dementia concerns, navigating health care, legal or financial issues, housing.

Visit www.seniorcommunity.org for information or schedule an appointment with Sara Roberts at 612-868-6720 or s.roberts@seniorcommunity.org.

- 1st Thursday, September 5-November 7 10 a.m.-2 p.m. Activity fee \$3, Members free

Veteran Benefit Consultation

Senior Claims Representative from the MN Department of Veteran Affairs meets with veterans and their family members to answer benefit questions. Register for an appointment.

- Thursday, September 12, October 10 9 a.m.-1 p.m.

Volunteer

Give Back!

Collecting for the Community

Make someone feel extra special by donating new items to those in need. Requested gift items for ResourceWest include: games, puzzles, books, clothing, gift cards or cash. Items are needed for all ages from birth through senior adult.



Non-perishable food items also being collected for ICA Foodshelf. Drop off donation items at the Activity Center from November 4-December 11.

Trips & Explorations

Extended Trip Black Hills of SD

September 9-13

Trip registration closed.

New Ulm & Schell's Brewery **FULL!**

To add your name to the waitlist, contact the office.

- Wednesday, September 25, 7:40 a.m.-5:15 p.m.
Activity fee \$97, Members \$94

Winona Stained Glass Tour **FULL!**

This trip filled up fast! Contact the office to be added to the waitlist, or visit our online registration portal to sign up and learn more.

- Wednesday, October 9, 7:40 a.m.-5:40 p.m.
Activity fee \$97, Members \$94
Registration/cancel deadline September 9, noon

Mayowood Christmas

Enjoy a guided tour of the beautiful and historic Mayowood Mansion. Visitors must be able to stand or walk during the 75-minute guided tour of this national historic landmark overlooking the Zumbro River Valley. Many rooms will be uniquely decorated in holiday regalia by volunteers and merchants of Rochester. The Mansion has been recently restored to its full former elegant glory.

Lunch stop at Victoria's Ristorante featuring made-from scratch dishes in a lovely atmosphere. Choose from a menu of baked mostaccioli pasta, walleye sandwich or chicken honey mustard salad.

- Tuesday, November 19, 8 a.m.-3:15 p.m.
Activity fee \$108, Members \$105
Registration/cancel deadline October 14, noon

Canadian Rockies & Glacier Park

2025 Extended Trip Showcase

Join us to hear from Collette Travel about the exciting highlights of the majestic Canadian Rockies and Montana's Glacier National Park trip scheduled for fall 2025! The tour company will showcase the wonders of rushing waterfalls, glacial peaks, ice fields, and towering summits awaiting you on this amazing adventure. Register to attend this free event.

- Tuesday, September 10, 2-3 p.m.

Day Trips are popular, and some trips fill to capacity. To be added to a waiting list, call the office or visit www.hopkinsmn.com/activitycenter

Cancellation Policy: Cancellations prior to the registration deadline will be refunded, minus a \$10 administrative fee. Cancellations after the deadline date at noon will forfeit refund.

"A Christmas Carol" at Guthrie

At the Guthrie Theater take time to explore highlights of the building such as hopping on one of the longest escalators in the Midwest, admire the noteworthy cantilever extending from the face of the building, and catch a nearly 360-degree view of the historic neighborhood and downtown skyline.



Enjoy the performance of "A Christmas Carol". In this beloved classic tale by Charles Dickens, a miserly and miserable man, Ebenezer Scrooge greets each Christmas with "Bah! Humbug!" until he is visited one Christmas Eve by the Ghosts of Christmas Past, Present and Future.

- Thursday, December 5, 11:50 a.m.-3:50 p.m.
Activity fee \$97, Members \$94
Registration/cancel deadline October 1, noon



Senior Living Bus Tour

Join us for a comprehensive day exploring the options of aging in place at home or transitioning to a new community of your choice in the future. Complete with guided tours, expert speakers, and interactive discussions.

Home Instead senior professional Jen Gilmore will guide you as the group visits three established communities near Hopkins, offering a range of independent living, assisted living, and memory care options. The tour includes an onsite dining experience. Gather valuable information from senior care professionals across the Twin Cities.

- Friday, October 25, 8:30 a.m.-2 p.m.
Activity fee \$15

* Prior to the tour, engage in a Senior Resource Discussion Panel featuring four expert industry leaders in senior care. This free educational event is brought to you as an **ACTIVE AGING WEEK** resource!

- Thursday, October 3, 10-11:30 a.m.

September 2024 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 LABOR DAY CLOSED	3 FALL SESSION BEGINS Pickleball Advanced Beginner Class 1:30 p.m. (P5) Pickleball Intermediate Class, 3 p.m.(P5) + Tuesday activities	4 Tech Help Desk 9 a.m. (P6) ResourceWest Social Services, 10 a.m. (P7) + Wednesday activities	5 Senior Community Services 10 a.m. weekly (P7) Social Bridge, 10 a.m. (P3) Bowling Kick-off 10 a.m. (P5) + Thursday activities
9 Extended Trip: <i>Black Hills</i> Sept. 9-13 (P8) Growing Connections 10 a.m. (P7) Book Club: <i>The Dutch House</i> , 1 p.m. (P3) + Monday activities	10 Growing Connections 10 a.m. (P7) Travel Showcase: Canadian Rockies & Glacier Park 2 p.m. (P8) + Tuesday activities	11 NO DROP-IN PICKLEBALL TODAY + Wednesday activities	12 Veteran Benefits 9 a.m. (P7) <div style="border: 1px solid black; padding: 5px; display: inline-block;"> 13 Walking Club-outdoors 2 p.m. (P4) </div> + Thursday activities
16 Bridge Group 10 a.m. (P3) Tech Topic <i>Online Calendars</i> 11 a.m. (P6) Movie: <i>Women of the White Buffalo</i> 2 p.m. (P3) + Monday activities	17 Bunco Bonanza 10 a.m. (P3) Legal Consultation 12:30 p.m. (P7) Nordic Walking Lesson 1:15 p.m. (P4) + Tuesday activities	18 + Wednesday activities	19 Medicare Enrollment Help 12:30 p.m. (P7) Lunch & Learn <i>Clear Skies</i> 11 a.m. (P6) + Thursday activities
23  + Monday activities	24 + Tuesday activities	25 Day Trip: <i>New Ulm Tour</i> 7:40 a.m. (P8) Mah Jongg Tournament 9 a.m. (P3) Senior Spotlight Artist Bo Brown, 10 a.m. Retirement Tax Planning 10:30 a.m. (P6) + Wednesday activities	26 Medicare Enrollment Help 12:30 p.m. (P7) + Thursday activities
30 ACTIVE AGING WEEK BEGINS *Six Pillars of Brain Health 2 p.m. (P6) + Monday activities	 Our Media Center is open for members to check out books Monday-Thursday 8:30 a.m.-4 p.m.		
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
8:30 Media Center (Mon-Thur) 9:00 Open Gym 10:00 Pickleball 10:30 Stretch & Strength Yoga 12:15 Line Dancing 12:30 Scrabble Ukulele Group 2:00 Volleyball	9:00 Functional Fitness 10:00 Pickleball 12:00 Beginner Open Pickleball	9:00 Tech Help Desk 9:30 Mah Jongg Experienced 10:00 Pickleball, ResourceWest 10:30 Stretch & Strength Yoga 12:00 Rug Hooking 12:15 Line Dancing 12:30 Mexican Trains Mah Jongg Beginner 2:00 Volleyball	9:00 Functional Fitness Creative Chaos 10:00 Pickleball Social Bridge Senior Community Services 12:30 Afternoon Square Dance 1:00 Men's Shed

October 2024 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>30 * Six Pillars of Brain Health 2 p.m. (P6)</p> <p>+ Monday activities</p>	<p>1 Pickleball Intermediate Class, 1:30 p.m. (P5)</p> <p>Pickleball Advanced Beginner Class 3 p.m. (P5)</p> <p>* ACTIVE AGING WEEK</p> <p>+ Tuesday activities</p>	<p>2 Tech Help Desk 9 a.m.-12 p.m. (P6)</p> <p>ResourceWest Social Services 10 a.m. weekly (P7)</p> <p>+ Wednesday activities</p>	<p>3 Senior Community Services, 10 a.m. (P7)</p> <p>* Senior Living Panel Discussion, 10 a.m. (P8)</p> <p>4 Health & Resource Fair 10 a.m. (P1)</p> <p>+ Thursday activities</p>
<p>7 Book Club <i>Dinners with Ruth</i> 1 p.m. (P3)</p> <p>Open Gym 9 a.m. (P4)</p> <p>+ Monday activities</p>	<p>8</p> <p>+ Tuesday activities</p>	<p>9 Day Trip: Winona Stained Glass Tour 7:40 a.m. (P8)</p> <p>Grief Journeys 10:30 a.m. (P2)</p> <p>+ Wednesday activities</p>	<p>10 Veteran Benefits 9 a.m. (P7)</p> <p>Special Event! <i>I Love the 80's Murder Mystery</i>, 2:30 p.m. (P2)</p> <p>11 Walking Club-outdoors 2 p.m. (P4)</p> <p>+ Thursday activities</p>
<p>14 Legal Consultation 12:30 p.m. (P7)</p> <p>+ Monday activities</p>	<p>15 Bunco Bonanza 10 a.m. (P3)</p> <p>Defensive Driving 2 p.m. (P6)</p> <p>+ Tuesday activities</p>	<p>16</p> <p>+ Wednesday activities</p>	<p>17 Medicare Enrollment Help 12:30 p.m. (P7)</p> <p>Lunch & Learn <i>Sustainability in Hopkins</i> 11 a.m. (P6)</p> <p>+ Thursday activities</p>
<p>21 Bridge Group 10 a.m. (P3)</p> <p>Tech Topic <i>Fitness Trackers</i> 11 a.m. (P6)</p> <p>Movie: <i>Death on the Nile</i> 2 p.m. (P3)</p> <p>+ Monday activities</p>	<p>22 DIY Creative Craft Kit 1 p.m. (P12)</p> <p>+ Tuesday activities</p>	<p>23</p> <p>+ Wednesday activities</p>	<p>24 Medicare Enrollment Help 12:30 p.m. (P7)</p> <p>25 Senior Living Bus Tour 8:30 a.m. (P8)</p> <p>+ Thursday activities</p>
<p>28</p> <p>+ Monday activities</p>	<p>29 Floral Arranging 1 p.m. (P12)</p> <p>Pickleball Advanced Beginner Class 1:30 p.m. (P5)</p> <p>Pickleball Introduction Class, 3 p.m. (P5)</p> <p>+ Tuesday activities</p>	<p>30 Crystal Sound Bowl Meditation 3 p.m. (P4)</p>  <p>+ Wednesday activities</p>	<p>31 Boo-tacular Bingo 2:30 p.m. (P12)</p> <p>1-2 Creative Chaos Crafting Weekend, 9 a.m. (P3)</p> <p>+ Thursday activities</p>
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
<p>8:30 Media Center (Mon-Thur)</p> <p>9:00 Open Gym</p> <p>10:00 Pickleball</p> <p>10:30 Stretch & Strength Yoga</p> <p>12:15 Line Dancing</p> <p>12:30 Scrabble</p> <p>Ukulele Group</p> <p>2:00 Volleyball</p>	<p>9:00 Functional Fitness</p> <p>10:00 Pickleball</p> <p>12:00 Beginner Open Pickleball</p>	<p>9:00 Tech Help Desk</p> <p>9:30 Mah Jongg Experienced</p> <p>10:00 Pickleball, ResourceWest</p> <p>10:30 Stretch & Strength Yoga</p> <p>12:00 Rug Hooking</p> <p>12:15 Line Dancing</p> <p>12:30 Mexican Trains</p> <p>Mah Jongg Beginner</p> <p>2:00 Volleyball</p>	<p>9:00 Functional Fitness</p> <p>Creative Chaos</p> <p>10:00 Pickleball</p> <p>Social Bridge</p> <p>Senior Community Services</p> <p>12:30 Afternoon Square Dance</p> <p>1:00 Men's Shed</p>

November 2024 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p>View artwork of Senior Spotlight Artist Bo Brown in our lobby.</p>	<p>Enjoy a cup of coffee or tea in our lounge compliments of our fall sponsor ElderHomestead.</p> 	<p>Every Wednesday is Bakery Day. Pick up a package of sweet treats, while supplies last.</p> 	<div style="border: 1px solid black; padding: 5px;"> <p>1-2 Creative Chaos Crafting Weekend, 9 a.m. (P3)</p> </div>
<p>4 COMMUNITY GIVING COLLECTION BEGINS</p> <p>Book Club <i>Small Mercies</i> 1 p.m. (P3)</p> <p>+ Monday activities</p>	<p>5 PRIMARY ELECTION NO PROGRAMS</p> 	<p>6 Mah Jongg 9:30 a.m. (P3)</p> <p>ResourceWest Social Services 10 a.m. weekly (P7)</p> <p>+ Wednesday activities</p>	<p>7 Senior Community Services, 10 a.m. (P7)</p> <div style="border: 1px solid black; padding: 5px;"> <p>8 Walking Club-outdoors 2 p.m. (P4)</p> </div> <p>+ Thursday activities</p>
<p>11 VETERAN'S DAY - OPEN FOR PROGRAMMING</p> <p>+ Monday activities</p>	<p>12</p> <p>+ Tuesday activities</p>	<p>13</p> <p>+ Wednesday activities</p>	<p>14 NO MORNING GYM ACTIVITIES</p> <p>Salute to Vets 10:45 a.m. (P2)</p>  <p>+ Thursday activities</p>
<p>18 Bridge Group 10 a.m. (P3)</p> <p>Tech Topic <i>Smart Home Devices</i> 11 a.m. (P6)</p> <p>Movie <i>The Social Dilemma</i> 2 p.m. (P3)</p> <p>+ Monday activities</p>	<p>19 Day Trip <i>Mayowood Christmas</i> 8 a.m. (P8)</p> <p>Bunco Bonanza 10 a.m. (P3)</p> <p>Legal Consultation 12:30 p.m. (P7)</p> <p>+ Tuesday activities</p>	<p>20</p> <p>+ Wednesday activities</p>	<p>21 Lunch & Learn <i>ResourceWest Services</i> 11 a.m. (P6)</p> <p>Medicare Enrollment Help 12:30 p.m. (P7)</p> <p>+ Thursday activities</p>
<p>25</p> <p>+ Monday activities</p>	<p>26</p> <p>+ Tuesday activities</p>	<p>27 FALL SESSION ENDS</p> <p>+ Wednesday activities</p>	<p>28 CLOSED THANKSGIVING</p>
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
<p>8:30 Media Center (Mon-Thur) 9:00 Open Gym 10:00 Pickleball 10:30 Stretch & Strength Yoga 12:15 Line Dancing 12:30 Scrabble Ukulele Group 2:00 Volleyball</p>	<p>9:00 Functional Fitness 10:00 Pickleball 12:00 Beginner Open Pickleball</p>	<p>9:00 Tech Help Desk 9:30 Mah Jongg Experienced 10:00 Pickleball, ResourceWest 10:30 Stretch & Strength Yoga 12:00 Rug Hooking 12:15 Line Dancing 12:30 Mexican Trains Mah Jongg Beginner 2:00 Volleyball</p>	<p>9:00 Functional Fitness Creative Chaos 10:00 Pickleball Social Bridge Senior Community Services 12:30 Afternoon Square Dance 1:00 Men's Shed</p>

September-November 2024

NEWS & Notes



DIY Creative Craft Kit

Enjoy a seasonal do-it-yourself craft kit. Take it home or work on this fun project onsite with friends! This cozy fall seasonal craft box will include supplies for creating "Read Me When" letters.

- Tuesday, October 22, 1-2:30 p.m.
Activity fee \$5, Members \$3
Sponsor: Orchards of Minnetonka



HOPKINS ACTIVITY CENTER

952-939-1333 • activitycenter@hopkinsmn.com

DIRECTOR • Lynn Anderson

PROGRAM COORDINATOR • Beth Kivett

ADMINISTRATIVE ASSISTANT • Tricia Falk

ADMINISTRATIVE RECEPTIONIST • Bethany Rask

Autumnal Flower Arranging

Do you love flowers but are not quite sure how to arrange them? Even if you are a talented floral arranger, join us for a fun and social class on how to put together an autumn flower centerpiece. Then take home your own beautiful creation to enjoy! Over \$50 value, includes vase.

Class taught by an expert floral designer from Arts & Flowers.

- Tuesday, October 29, 1-2 p.m.
Activity fee \$42, Member \$40



Boo-tacular Bingo!

Life is sweet and so is candy, so let's celebrate!

We will be hosting a boo-tacular bingo party with your chance to win some candy. Costumes are optional, but encouraged!

- Thursday, October 31
2:30-3:30 p.m.
Activity fee \$3, Members free
Sponsor: Chapel View

