

DECEMBER-
FEBRUARY
2024/25

Hopkins Activity Center

NEWS & Notes

EXPERIENCE THE *UP*SIDE OF AGING!



Community
Kindness Week

February 10-13

We are so lucky to live in one of the most kind and caring communities! Hopkins cares about you and we want to spread the word far and wide. Stop by the Center and take part in our **KINDNESS** activities happening in the lounge throughout the week long initiative:

- ♥ Paint a rock and place it somewhere in our community
- ♥ Make a card and send it to a friend
- ♥ Share what you love about our community on our wall of **KINDNESS**
- ♥ Add a note of **KINDNESS** about another individual to our **KINDNESS** wall
- ♥ Best of all... **KINDNESS** is free!



Spread
Kindness!

HOPKINS ACTIVITY CENTER

952-939-1333 • activitycenter@hopkinsmn.com

www.hopkinsmn.com/activitycenter



Winter 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.

MEMBERSHIP

Annual membership is

- \$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 listed on our website.

2nd Annual Roy Wirth Memorial Pickleball Tournament! Tuesday, December 10

Join us for a fun bracket style pickleball tournament! Socialize with your friends and compete to become the champion of the tournament.



Register as an individual and list a partner, or we will pair up singles to form teams. Each team is guaranteed 3 games to 11 points. Double elimination tournament with prizes and snacks!

- 9 a.m.-noon Beginner/Advanced Beginner (levels 1.0-3.0)
 - Noon-4 p.m. Intermediate (levels 3.5 and above)
- Activity fee \$25 per person
Sponsor Northstar Lacrosse and Pickleball Company



Noon Year's Party!

Enjoy this fun annual social event with games and prizes. Be entertained by the wonderful music of The Good Old Trio, as we celebrate with an appetizer lunch and a toast to ring in the New Year! RSVP to attend.

- Tuesday, December 31
11 a.m.-12:30 p.m.
Activity fee \$12, Members \$10
Sponsor CapTel Outreach



Sweetheart Brunch

No need to have a sweetheart to join us for this love-ly brunch with fun and games. Brunch includes: heart shaped waffles, fruit, hashbrown cakes, heart shaped bacon and strawberry lemonade.

- Tuesday, February 11
9:30-11 a.m.
Activity fee \$10, Members \$8
Sponsor OMRY

Grief Journeys Resiliency During the Holidays

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 feel alone in their grief.

Join with certified grief educator Karen, and others to explore and share your journey. Register to attend.

- Wednesday, December 11,
January 8, February 12
10:30-11:45 a.m.
Activity fee \$10, Members \$8

Arts & Leisure

Creative Chaos Group

Creative Chaos is a welcoming space for artists and crafters to socialize while working on their own projects. Join this fun social group while creating your own passion.

- Thursday, December 5-February 27 (except Dec. 26, Jan. 2), 9 a.m.-4 p.m.
Activity fee \$27, Drop-in \$3, Members free

Hopkins Ukulele Group (HUG)

Experienced and new ukulele musicians 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. Bring your own ukulele or use one from the Center.

- Monday, December 2-February 24 (except Jan. 20, Feb. 17), 12:30-2 p.m.
Activity fee \$27, Drop-in \$3, Members free

Jigsaw Puzzle Competition!

Join us for our first ever jigsaw puzzle competition. Grab your friends to form a team (up to 4 people) or sign up to be placed on a team. Be the first to solve the 500 piece puzzle and win the grand prize gift basket. Teams can keep the puzzle. Stay and socialize with snacks and drinks after the competition. Registration required.

- Tuesday, January 14, 1-3:30 p.m.
Activity fee \$6, Members \$5

Join us for our first ever jigsaw puzzle competition. Grab your friends to form a

team (up to 4 people) or sign up to be placed on a team. Be the first to solve the 500 piece puzzle and win the grand prize gift basket.

Teams can keep the puzzle. Stay and socialize with snacks and drinks after the competition.

Registration required.

- Tuesday, January 14, 1-3:30 p.m.
Activity fee \$6, Members \$5

Rug Hooking

Primitive wool rug hooking artists each work at their own skill level and in different styles. Group members benefit from sharing their artistic knowledge and support each other's creative processes. If you think you might enjoy making hooked rugs, come visit the group!

- Wednesday, December 4-February 26 (except Dec. 25, Jan. 1), noon-3 p.m.
Activity fee \$27, Drop-in \$3, Members free

Helping Hands Volunteers Give back to the community through sewing walker bags, comfort caps for cancer patients, or blankets for preemie babies. Patterns and supplies available at the Center.

DIY Craft Kit

Cinnamon Cider Charms

Enjoy a seasonal do it yourself craft kit. Take it home or do it onsite with friends! If you love the smell of cinnamon in the air during the holiday season, you will love making this cinnamon cider charms craft! This simple activity will make your living space smell and feel extra homey throughout the winter season.



- Wednesday, December 11, 1-2:30 p.m.
Activity fee \$5, Members \$3
Sponsor Orchards of Minnetonka

Watercolor Painting Classes

Find your inner artist at this fun and interactive class. All supplies provided, but feel free to bring your own if you have them. No previous experience required.

Instructor Suzi McArdle has taught classes for over 18 years in all mediums including acrylic, watercolor, pastel and oil. She will lead the group through watercolor techniques.

Activity fee \$12, Members \$10

Floral Watercolor



A bouquet of flowers will be our inspiration. If you have an image or photo you would like to paint, please bring it along.

- Wednesday, January 15, 1-3 p.m.

Watercolor Landscape

Bring in a photo of a landscape picture you like and turn it into a masterpiece! Images will be available or use your imagination.

- Wednesday, February 12, 1-3 p.m.

Artist Spotlight

Look for the artwork of a new featured artist being displayed on our lobby walls this winter!

Dance

Afternoon Squares

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

- Thursday, December 5-February 27 (except Dec. 26, Jan. 2), 12:30-2:30 p.m. Activity fee \$27, Drop-in \$3, Members free

Intermediate Line Dancing

Line Dancing is a fun way to incorporate fitness and coordination while socializing with other active seniors. Beginning line dance experience necessary to attend.

- Monday, December 2-February 24 (except Jan. 20, Feb. 17), 12:15-1:30 p.m. Activity fee \$72, Members \$45 Drop-in \$8, Members \$5
- Wednesday, December 4-February 26 (except Dec. 25, Jan. 1), 12:15-1:30 p.m. Activity fee \$72, Members \$45, Drop-in fee



CRYSTAL SOUND BOWLS



Fitness Class Fees

Register for a **Full Session** to receive a discounted rate, or pay the \$5 daily **Drop-in** fee, Members \$4 (unless otherwise noted).

Functional Fitness

Get a full body workout - cardio, core, and functional movements for the aging body, to build strength, balance and endurance. Instructor Janelle makes each class fun!

- Tuesday, December 3-February 25 (except Dec. 10, 24, 31), 9-10 a.m. Activity fee \$55, Members \$44, Drop-in fee
- Thursday, December 5-February 27 (except Dec. 26, Jan. 2), 9-10 a.m. Activity fee \$55, Members \$44, Drop-in fee

Stretch & Strength Yoga

Learn basic yoga postures to improve strength, balance, and flexibility using the support and assistance of a chair. Guided mindfulness and breathwork help calm anxiety and relieve stress. No yoga experience needed.

As an option, enjoy this class from the comfort of your home via Zoom. Contact the office for details on participating remotely.

- Monday, December 2-February 24 (except Jan. 20, Feb. 17), 10:30-11:20 a.m. Activity fee \$45, Members \$36, Drop-in fee

Fitness

Winter Walking Club

Bundle up and join our social Walking Club. It is a fun way to exercise, explore local walking trails, and meet new friends. Each month we meet at a different park. Register to attend, to receive meeting details. If it is raining or the temperature is below 0 degrees we will not walk



- 2nd Friday, 2-3 p.m.
- December 13: Westwood Hills Nature Center
- January 10: Minnehaha Creek Greenway
- February 14: Purgatory Park Free activity

Crystal Sound Bowls Returns!

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 gently, yet powerful impact of sound. Bring a yoga mat or blanket to make yourself cozy. Extra mats and blankets will be available. You can experience this class seated in a chair or on a mat.

- Wednesday, Dec. 4, Jan. 8, Feb. 5, 3-3:45 p.m. Activity fee \$10, Members \$9

Recreation & Athletics

Bowling Club

Join this fun fitness activity anytime during the session and meet new friends. Contact the office to be placed on a team or create your own team of 4 players. Our Bowling Club is not a league and thus provides flexibility in your schedule, as you can pre-bowl if you will miss a week.



Bowling takes place at *Tuttle's Eat Bowl Play* where they provide shoes, light-weight balls, automatic scoring and free coffee. Season ends with a spring banquet on April 10.

- Thursday, January 9-April 10, 10 a.m.-noon
\$3 session registration fee, Members free
\$10 weekly (\$9 bowling, \$1 prize money)
\$13 Banquet fee

Open Gym Time

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 tv monitors. No net sports will be allowed.

- Monday, December 2-February 24 (except Jan. 20, Feb. 17), 9-10 a.m.
Drop-in \$3, Members free

Senior Volleyball

Open volleyball for senior players 55+. Enjoy fun, camaraderie, exercise and friendly competition.

- Monday & Wednesday, December 2-February 26, (except Dec. 25, Jan. 1, 20, 27, Feb. 17), 2-3:30 p.m.
Activity fee \$55, Drop-in \$3, Members free



Roy Wirth Memorial Pickleball Tournament

Join us for a fun bracket style pickleball tournament on December 10. Register early-spots fill up quickly! (PG 2)

Pickleball Add-on Membership

Pickleball players can purchase a Pickleball Add-on membership for \$12 annually to avoid paying the daily drop-in rate of \$5 Non-Members, \$3 HAC Members. Add-on is valid from January 1-December 31.

Open Play Pickleball

Recreational level of pickleball for adults 55+. Players rotate in and out of games on two indoor courts. Bring your own paddle.

- Monday, Tuesday, Wednesday, Thursday
December 2-February 27, 10 a.m.-noon (except Dec. 10, 25, 26, 31, Jan. 1, 2, 20, Feb. 17)
Drop-in \$5, Members \$3, free with Add-on

Beginner Open Pickleball

Beginning players can drop in for friendly, non-competitive game play.

- Tuesday, Dec. 3-Feb. 25, noon-1:30 p.m. (except Dec. 10, 31)
- Wednesday, Dec. 4-Feb. 27, 8:30-10 a.m. (except Dec. 25, Jan. 1)
Drop-in \$5, Members \$3, free with Add-on

Pickleball Lessons

4 weeks of skill building classes. Activity fee \$45, Members \$42
*Instructor will advise on repeat of current level or advancement to next level.



Introduction to Pickleball*

For those new to the sport, who want to learn in a non-intimidating environment.

- Tuesday, January 7-28, 1:30-3 p.m.

Advanced Beginner*

For players with some experience to improve fundamental skills and gain confidence.

- Tuesday, February 4-25, 1:30-3 p.m.

Intermediate*

Strategy and drills to be better on the court physically and mentally.

- Tuesday, January 7-28, 3-4:30 p.m.
- Tuesday, February 4-25, 3-4:30 p.m.

Education

Driver Safety Classes

Take a Defensive Driving course to qualify for the senior auto insurance discount. Taught by a MN Safety Council Instructor, in person or via Zoom. Advance registration required to attend.

- Tuesday, December 10, 9 a.m.-1 p.m. **Virtual**
- Thursday, February 27, 9 a.m.-1 p.m. **In person**
Activity fee \$28, Members \$25

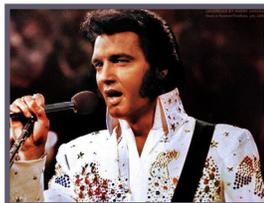
Tech Help Desk

Our Technology Help Desk volunteers Mark and Art can help with PC or Apple computers, IOS or Android mobile devices and more! Bring your own device or use one of our laptops or iPads. No registration needed for Tech Help drop-in.

- Wednesday, December 4-February 26 (except Dec. 25, Jan. 1), 9 a.m.-noon
Activity fee \$3, Members free

Do You Love Elvis?

Listen as our very own Bill Ronan describes the psychology of Elvis Presley. Bill was a Psychotherapeutic Hypnotherapist for 50 years, and by trade, he has spent years analyzing the life and death of Elvis. His in-depth approach brings to life the psychosis of this famous rock star.



- Tuesday, January 7, noon-1 p.m.
Activity fee \$3, Members free

Monthly Tech Topics

Bring your electronic device, use a laptop or iPad from the Center, or simply take notes and listen along as technology business owner, Denis shares his expertise.

Activity fee \$5, Members \$3
Sponsor Senior Helpers

How to Save, Print and Share Photos

Share photos you have taken with your cell phone by sending them via text, email or on social media. Find out ways to print the best pictures to give to friends and family.

- Monday, December 16, 11 a.m.-noon



MEET KARE11 JOURNALIST IAN RUSSELL

Lunch and Learn Series

Dine on a sandwich lunch from Crossroads Deli while a speaker shares their expertise. Select from roast turkey, corned beef, or strawberry chicken salad. Register by noon on Tuesday prior to event.

Activity fee \$10, Members \$9
Sponsor ElderHomestead

Nine Mile Creek Watershed

Water bodies in urban areas face climate change challenges, pollution, and road salt. Nine Mile Creek Watershed District is an organization working to protect, manage, and restore water resources. Learn about their work and how you can get involved.

- Thursday, January 16, 11 a.m.-noon

The Art of Storytelling in Journalism

Find out how our news makes it from a local event to a compelling story on the evening news. Kare11 journalist Ian Russell will share insights into how reporters craft stories, from interviews to behind-the-scenes work that brings news to life on screen.

- Thursday, February 20, 11 a.m.-noon

Using Technology in Your Car

Our automobiles are getting smarter and by using their technology, we can communicate hands free or navigate to places unfamiliar.

- Monday, January 13, 11 a.m.-noon

Passwords and Data Security

Discover the best ways to lock down your phone and devices to ensure the best chance to protect your data against hackers.

- Monday, February 10, 11 a.m.-noon

Social Enrichment

Game Time

Play board games and socialize in the lounge, or play with a scheduled game group*:

MahJongg Advanced Wednesday 9:30 a.m.-noon

MahJongg Beginners Wednesday 12:30-3 p.m.

Mexican Trains Wednesday 12:30-3:30 p.m.

Social Bridge Thursday 10 a.m.-noon

Scrabble Thursday 12:30-3:30 p.m.

*See calendar for holiday exception dates.

Drop-in \$3, Members free

Bunco Bonanza!

Play the fun and lively dice game of Bunco. Bring \$5 cash for prizes. Register to attend.

- Tuesday, Dec. 17, Jan. 21, Feb.18, 10 a.m.-noon
Activity fee \$3, Members free

Movie of the Month

Take in a current film and enjoy a bag of fresh popcorn!

- Monday, 2-4 p.m.
- Dec. 16: *Little Women*
Sponsor Elder Homestead
- January 13: *Thelma*
- February 10: *Reagan*
Activity fee \$3/movie, Members free



Attention Retired Men!

Our Men's Shed is an open and inclusive group that meets to socialize, go on local excursions, or plan community projects. Join this civic minded group! Check out a list of their events at: www.hopkinsmensshed.org.

- Thursday, December 5-February 27
(except Dec. 26, Jan. 2), 1-2:30 p.m.
Activity fee \$27, Drop-in \$3, Members free



Book Club

Avid readers engage in lively discussions led by a Hopkins Librarian.

- 1st Monday, 1-2:30 p.m.
- Dec. 2: *Anxious People* by Frederik Backman
- Jan. 6: *Secret Book of Flora Lea* by Patti Henry
- Feb. 3: *Talking to Strangers*, Malcolm Gladwell
Activity fee \$3, Members free

Community Resources

Connect with Social Services



ResourceWest case managers are available to connect you with social services. Meet with English, Somali or Spanish speaking staff.

- Anab (speaks English or Somali)
952-322-0357, anab@resourcewest.org
- Kirsten (speaks English or Spanish)
952-322-0882, kirsten@resourcewest.org

Medicare Enrollment Help

Trellis offers appointments to help navigate the Medicare insurance enrollment process. For a private consultation call 800-333-2433.

- Thursday, December 19, January 16, February 20, 12:30-4 p.m.

Senior Community Services

Receive resources and support for age related issues: home help, dementia concerns, legal or financial issues, housing, etc. Call 612-770-7005 for free appointment.

Legal Consultation

Are you in need of legal advice? Register to meet with an area attorney.

- Tuesday, January 14, 12:30-1:30 p.m.
- Wednesday February 5, 12:30-1:30 p.m.
Activity fee \$3, Members free

Veteran Benefits

Veterans Affairs staff can help with eligible benefit questions. By appointment only.

- Thursday, December 12, January 9, February 13, 9 a.m.-noon
Activity fee \$3, Members free

AARP Tax Assistance

Seniors may get free help with taxes from AARP Tax volunteers by appointment.

- Jan. 1: Call 612-492-1250* AARP info line.
- Jan. 6: Online appointments open. Info at: www.hopkinsmn.com/activitycenter
- Jan. 20: Phone appointments open*
- Monday & Tuesday, February 3-April 8
(except Feb. 17), 8:45 a.m.-1:30 p.m.

Trips & Explorations

It's Travel Show Time!

Where Will You Travel to Next?



Join us for a recap of some fun past trips and a description of the upcoming day trips as well as the seasonal extended trips.

Registration will begin at the event and be ongoing throughout the year.

Attend this free Travel Show for your chance to win some fabulous door prizes.

- Monday, January 27, 2:30-3:30 p.m.



Lantern Festival

Travel via coach bus to Orchestra Hall to celebrate the Year of the Snake with music that honors family traditions and themes of unity and health. American conductor, Norman Huynh, has attracted significant acclaim not just for his natural musicality and technical command, but for his dynamic presence, creative programming and highly sought-after abilities in connecting with new audiences.

The music director of the Bozeman Symphony Orchestra since 2020, Huynh regularly appears with distinguished orchestras and ensembles across North America, Europe and Asia.

- Saturday, February 8, 5:40-9:55 p.m.
Activity fee \$71, Members \$68
Registration deadline January 3, at noon



CIVIL WAR HISTORY TOUR AT CAPITOL

State Capitol Civil War Tour

Learn how Minnesotans played important roles in the Civil War by looking at historic artifacts, art and memorials commemorating their participation in that war. See renowned Civil War paintings of Minnesota regiments in battle or key events. Examine conserved battle flags, including a flag staff that survived the Battle of Gettysburg. Find out what African-Americans, Native Americans and women contributed to the war efforts. Examine governors' portraits that help tell the story, who as young men had their lives changed by their wartime experiences.

*Meet State Representative, Cheryl Youakim for a behind the scenes look at areas of the Capitol that are not on the regular tour.

Expect to walk and stand for the 90-minute guided tour. Canes, walkers and collapsible wheelchairs may be brought along.

Dine on Italian cuisine at Buca de Beppo, including spaghetti marinara, fettuccine alfredo, chicken parmesan, salad and fresh-baked house bread.

- Tuesday, March 18, 8:45 a.m.-4:05 p.m.
Activity fee \$91, Members \$88
Registration deadline February 17, at noon

Canadian Rockies & Glacier Park

Collette Travel has made all of the arrangements for an unforgettable journey. Register at <https://gateway.gocollette.com/link/1255286>

- August 5-11, 2025
Register by February 5 to secure a seat



December 2024 @ the Hopkins Activity Center

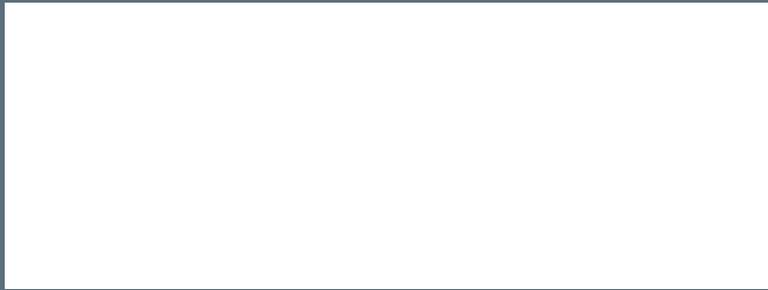
MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
2	WINTER SESSION BEGINS Book Club <i>Anxious People</i> 1 p.m. (P7) + Monday activities	3	Consider a commemorative brick as a holiday gift! www.hopkinsmn.com/853/Buy-a-Brick  + Tuesday activities	4	Tech Help Desk 9 a.m. (P6) Crystal Sound Bowls 3 p.m. (P4) + Wednesday activities	5	Men's Shed 1 p.m. (P7) + Thursday activities
9	+ Monday activities	10	Defensive Driving <i>Virtual</i> 9 a.m. (P6) Roy Wirth Memorial Pickleball Tournament <i>Beginner/Adv. Beginner</i> 9 a.m. <i>Intermediate</i> 12 p.m. (P2) + Tuesday activities	11	COMMUNITY GIVING Final Collection Day Grief Journeys <i>Resiliency During the Holidays</i> 10:30 a.m. (P2) DIY Creative Craft Kit 1 p.m. (P3) + Wednesday activities	12	Veteran Benefit Consultations, 9 a.m. (P7) Bowling Banquet <i>Fall Session Ends</i> 10 a.m. + Thursday activities
16	Tech Topic <i>Save, Print, Share Photos</i> 11 a.m. (P6) Movie <i>Little Women</i> 2 p.m. (P7) + Monday activities	17	Bunco Bonanza 10 a.m. (P7) + Tuesday activities	18	+ Wednesday activities	19	Medicare Counseling 12:30 p.m. (P7) + Thursday activities
23	Open Gym 9 a.m. (P5)  + Monday activities	24	A.M. PROGRAMS ONLY Closing at 1:30 p.m.	25	HOLIDAY OBSERVED CLOSED	26	CLOSED NO PROGRAMMING
30	+ Monday activities	31	NO REGULAR PROGRAMMING Noon Year's Party 11 a.m. (P2)	1	HOLIDAY OBSERVED CLOSED	2	CLOSED NO PROGRAMMING
EVERY MONDAY		EVERY TUESDAY		EVERY WEDNESDAY		EVERY THURSDAY	
8:30	Media Center (Mon-Thur)	9:00	Functional Fitness	8:30	Beginner Open Pickleball	9:00	Functional Fitness
9:00	Open Gym	10:00	Pickleball	9:00	Tech Help Desk		Creative Chaos
10:00	Pickleball	12:00	Beginner Open Pickleball	9:30	MahJongg Advanced	10:00	Pickleball
10:30	Stretch & Strength Yoga			10:00	Pickleball		Social Bridge
12:15	Line Dancing			12:00	Rug Hooking		Bowling
12:30	Ukulele Group			12:15	Line Dancing	12:30	Square Dancing
2:00	Volleyball			12:30	Mexican Trains		Scrabble
					MahJongg Beginner	1:00	Men's Shed
				2:00	Volleyball		

January 2025 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Warm up with a hot cup of coffee, cocoa or cider sponsored by Firstlight Home Care</p> 	<p>RENEW \$12 ANNUAL PICKLEBALL ADD-ON!</p>	<p>1 NEW YEAR'S HOLIDAY CLOSED</p> <p>AARP Tax Information available 612-492-1250</p>	<p>2 CLOSED NO PROGRAMMING</p>
<p>6 AARP Tax Online Appointments Begin www.hopkinsmn.com/activitycenter</p> <p>Book Club <i>Secret Book of Flora Lea</i> 1 p.m. (P7)</p> <p>+ Monday activities</p>	<p>7 Do You Love Elvis? 12 p.m. (P6)</p> <p>Pickleball Class Intro 1:30 p.m. (P5)</p> <p>Pickleball Class Intermediate 3 p.m. (P5)</p> <p>+ Tuesday activities</p>	<p>8 Bakery Day 8:30 a.m.</p> <p>Grief Journeys 10:30 a.m. (P2)</p> <p>Crystal Sound Bowls 3 p.m. (P4)</p> <p>+ Wednesday activities</p>	<p>9 Veteran Benefit Services 9 a.m. (P7)</p> <p>Bowling Club <i>Winter Session Begins</i> 10 a.m. (P5)</p> <p>10 Walking Club-outdoors 2 p.m. (P4)</p> <p>+ Thursday activities</p>
<p>13 Tech Topic <i>Using Tech in your Car</i> 11 a.m. (P6)</p> <p>Movie <i>Thelma</i> 2 p.m. (P7)</p> <p>+ Monday activities</p>	<p>14 Jigsaw Puzzle Competition 1 p.m. (P3)</p> <p>Legal Consultations 12:30 p.m. (P7)</p> <p>+ Tuesday activities</p>	<p>15 Painting Class <i>Floral Watercolor</i> 1 p.m. (P3)</p> <p>+ Wednesday activities</p>	<p>16 Lunch & Learn- <i>Nine Mile Creek Watershed</i> 11 a.m. (P6)</p> <p>Medicare Counseling 12:30 p.m. (P7)</p> <p>+ Thursday activities</p>
<p>20 MLK DAY CLOSED</p> <p>AARP Tax Phone Appointments Open 612-492-1250</p>	<p>21 Bunco Bonanza! 10 a.m. (P7)</p> <p>Estate Planning Seminar 1 p.m. (P12)</p> <p>+ Tuesday activities</p>	<p>22</p> <p>+ Wednesday activities</p>	<p>23</p> <p>+ Thursday activities</p>
<p>27 NO VOLLEYBALL</p> <p>Travel Show <i>Day Trips</i> 2:30 p.m. (P8)</p>  <p>+ Monday activities</p>	<p>28</p> <p>+ Tuesday activities</p>	<p>29</p> <p>+ Wednesday activities</p>	<p>30</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 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>8:30 Beginner Open Pickleball</p> <p>9:00 Tech Help Desk</p> <p>9:30 MahJongg Advanced</p> <p>10:00 Pickleball</p> <p>12:00 Rug Hooking</p> <p>12:15 Line Dancing</p> <p>12:30 Mexican Trains</p> <p>MahJongg 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>Bowling</p> <p>12:30 Square Dancing</p> <p>Scrabble</p> <p>1:00 Men's Shed</p>

February 2025 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 AARP Tax Help Begins Book Club <i>Talking to Strangers</i> 1 p.m. (P7) + Monday activities	4 Pickleball Class <i>Advanced Beginner</i> 1:30 p.m. (P5) Pickleball Class <i>Intermediate</i> 3 p.m. (P5) + Tuesday activities	5 Legal Consultations 12:30 p.m. (P7) Crystal Sound Bowls 3 p.m. (P4) + Wednesday activities	6 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> 8 Day Trip Lantern Festival 5:40 p.m. (P8) </div> + Thursday activities
10 Tech Topic <i>Passwords & Data Security</i> 11 a.m. (P6) Movie <i>Reagan</i> 2 p.m. (P7) + Monday activities	11 Sweetheart Brunch 9:30 a.m. (P2) + Tuesday activities	12 Grief Journeys 10:30 a.m. (P2) Painting Class <i>Watercolor Landscape</i> 1 p.m. (P3) + Wednesday activities	13 Veteran Benefit Services 9 a.m. (P7) <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> 14 Walking Club-outdoors 2 p.m. (P4) </div> + Thursday activities
<div style="display: flex; align-items: center; justify-content: center; gap: 20px;"> COMMUNITY KINDNESS WEEK </div>			
17 PRESIDENT'S DAY CLOSED + Monday activities	18 Bunco Bonanza 10 a.m. (P7) + Tuesday activities	19 + Wednesday activities	20 Medicare Counseling 12:30 p.m. (P7) Lunch & Learn <i>The Art of Storytelling in Journalism</i> 11 a.m. (P6) + Thursday activities
24 + Monday activities	25 + Tuesday activities	26 + Wednesday activities	27 WINTER SESSION ENDS Defensive Driving <i>In person</i> 9 a.m. (P6) + Thursday activities
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 Ukulele Group 2:00 Volleyball	9:00 Functional Fitness 10:00 Pickleball 12:00 Beginner Open Pickleball	8:30 Beginner Open Pickleball 9:00 Tech Help Desk 9:30 MahJongg Advanced 10:00 Pickleball 12:00 Rug Hooking 12:15 Line Dancing 12:30 Mexican Trains MahJongg Beginner 2:00 Volleyball	9:00 Functional Fitness Creative Chaos 10:00 Pickleball Social Bridge Bowling 12:30 Square Dancing Scrabble 1:00 Men's Shed



December 2024-February 2025

NEWS & Notes



Make someone's day special by donating new gift items to those in need through ResourceWest. Requested items for all ages from birth through senior adult include:

- Games, puzzles or books
- Clothing, candles, toys
- Gift cards or cash

Non perishable food items also being collected for ICA Foodshelf. Drop off donations at the Activity Center by Wednesday, December 11.



HOPKINS ACTIVITY CENTER

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DIRECTOR • Lynn Anderson

PROGRAM COORDINATOR • Beth Kivett

ADMINISTRATIVE ASSISTANT • Tricia Falk

ADMINISTRATIVE RECEPTIONIST • Bethany Rask



Estate Planning Seminar Tuesday, January 21, 1-2 p.m.

Learn about 6 primary concerns people have around estate planning and alternatives to probate.

- Avoiding probate: What it means to have a will, and pitfalls of probate.
- Unexpected incapacity: What is guardianship and conservatorship.
- Nursing home stay and the Medicaid spend down
- Outliving an income
- Protection from stock market risk/losses
- Paying unnecessary taxes (social security, income, estate, etc.)

Presented by Mike Myers from Legacy Assurance Plan.

Activity fee \$3, Members free