

MARCH-
MAY
2025

Hopkins Activity Center

NEWS & Notes

EXPERIENCE THE *UP* SIDE OF AGING!

The Sacred Journey of Aging

Wednesday, May 14
10-11 a.m.

Artist Susan Gangsei will exhibit her tapestries and give an artist talk about her series, *"The Sacred Journey of Aging."*

Susan will talk about her artistic journey as a textile artist, guide the viewing of her art and facilitate a discussion that draws on audience experiences and insights regarding their own journeys. Bring a friend to this free event!



"Aging is a sacred journey. Getting older is paradoxical with its rewards and losses, and the feelings of both gratitude and grief. We need to be in it, ponder it, and hopefully come to a place of acceptance and celebration."

HOPKINS ACTIVITY CENTER

952-939-1333 • activitycenter@hopkinsmn.com

www.hopkinsmn.com/activitycenter



Spring 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®. Scholarships available. Inquire at the front desk for eligibility.

SENIOR RESOURCES

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 Community Services
952-746-4046

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

Transit Link
651-602-5465

*More resources and assistance listed on our website.



Indoor Golf League



Join us for our inaugural indoor spring golf league in cooperation with The Tee Box in Hopkins! Work on your golf game during the cold weather season and be ready when the courses open.

Teams of two people will be formed to play 9 holes, with scrambles and weekly challenge games. Interested golfers can sign up with the Activity Center to participate.

Bring your own clubs and wear tennis or golf shoes with no metal spikes. Some golf clubs are available for use if needed.

- Tuesday, March 11-May 13, 10 a.m.-12:30 p.m.
Season registration fee \$3
Activity fee \$15 each week (\$1 goes to end of season prizes)

Luck O' the Irish Bingo

Join us for St. Patrick's Day! Try your luck at Bingo to win prizes and socialize with friends. Sign up to attend this event.

- Monday, March 17, 2:30-3:30 p.m. Activity fee \$3, Members free
Sponsor Cassia Chapel View

Derby Day!

Join us as we celebrate the beauty and magnificance of horses and the Kentucky Derby with our very own run for the roses! Mint julips (NA) and light snacks will be served. Wear your fashion best!

- Thursday, May 1, 1-2:30 p.m. Activity fee \$10, Members \$8
Sponsor Cassia Chapel View



Tech Topics Boot Camp!



Our technology instructor Denis is mentoring In partnership with Benilde-St. Margaret's High School students interested in learning how to run a tech business.

Students will provide one-on-one

assistance to enhance learning of new topics and techniques for participants. Bring your electronic device and questions about technology!

- Tuesday, April 29
1-2:30 p.m.
Activity fee \$3, Members free

Planning Your Move

Is it time to think about moving? Need to get rid of your stuff?

Join us for a presentation from Keller Williams moving experts. This discussion will empower home sellers with the knowledge needed to navigate through the selling and moving process including:

- *Understanding market conditions*
- *Preparing your home for sale*
- *Organizing and downsizing*
- *Moving and relocating*
- *Emotional and psychological aspects*
- *Financial considerations*
- Thursday, April 3, 10-11 a.m.
Activity fee \$3, Members free

Senior Living Panel Discussion

Join a senior resource panel featuring expert industry leaders in senior care. Learn how to best support your choice to stay at home longer or transition to a senior community.

- Tuesday, April 15, 1:30-3 p.m.
Activity fee \$3, Members free

Senior Living Bus Tour

A senior professional from Home Instead, will guide you through three established communities near Hopkins, offering a range of Independent Living, Assisted Living and Memory Care options.

Includes a tour bus, lunch, expert speakers, and interactive discussions. Advance registration required.

- Thursday, May 8, 8:30 a.m.-2 p.m.
Activity fee \$18, Members \$17



Tech Help Desk

Drop-in for technology support for your laptop or mobile devices. Bring your own device or use one of the Center's iPads.

- Wednesday, March 5-May 28, 9 a.m.-noon
Activity fee \$3, Members free

Education

Defensive Driving Classes

Take a driver's safety course to qualify for a senior auto insurance discount.

- Tuesday, March 25, 5-9 p.m. *Virtual*
- Tuesday, April 22, 1-5 p.m. *In Person*
- Tuesday, May 20, 9 a.m.-1 p.m. *Virtual*
Activity fee \$28, Members \$25

Lunch and Learn Series

Dine on a box lunch from Cream & Amber during the presentation. Choose from: apple and blue cheese sandwich, deli turkey, or ham and fig ciabatta.



Registration required.

Activity fee \$10, Members \$9

Sustainability: Climate Action Plan

The City of Hopkins is preparing a climate action plan to improve sustainability and enhance our quality of life. Sustainability Specialist, Mikala Larson, will share information about the developing plan and lead attendees through activities to share what matters most to you. Join us to plan for our future!

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

Unveiling the World of Art & Antiques

Explore the world of antiques, collectibles, and the stories behind valuable pieces. Specialists will address how to properly document your collection with appraisals and evaluations.

- Thursday, April 17, 11 a.m.-noon
Sponsor RidgePointe

NOAA Weather

How can you be aware of critical forecast and warning information before and during severe weather? Todd Krause from the National Weather Service will discuss some famous storms that affected the Twin Cities.

- Thursday, May 15, 11 a.m.-noon
Sponsor Senior Helpers

Fitness

Crystal Sound Bowls

This relaxing class uses sound therapy by sending sound waves throughout your body, to bring harmony through oscillation and resonance, helping to restore balance. Crystal Sound Bowls is a fabulous modality to release stress, anxiety, depression and physical discomfort. Registration required.



- Wednesday, March 5, April 2 & 30
3-3:45 p.m.
Activity fee \$10, Members \$9

Stretch & Strength Chair Yoga In Person & Virtual

Basic yoga postures are offered for improving strength, balance and flexibility using the support and assistance of a chair. Guided mindfulness and breathwork techniques relieve stress and bring calm.

Or, enjoy this class virtually from home. Register in advance to participate remotely by Zoom.

- Monday, March 3-May 19, 10:30-11:20 a.m.
Activity fee \$50, Members \$40, or Drop-in as space allows: Fee \$5, Members \$4

Functional Fitness

Get a full body workout with cardio, core and functional movements for the aging body to build strength and balance. Instructor Janelle incorporates variety, motivation and fun into each workout!



- Tuesday, March 4-May 27, 9-10 a.m.
Activity fee \$55, Members \$44
Drop-in \$5, Members \$4
- Thursday, March 6-May 29, 9-10 a.m.
Activity fee \$55, Members \$44
Drop-in \$5, Members \$4



FITNESS OPTIONS FOR ALL LEVELS

Video Fitness with Friends

Video led instruction guides you through easy-to-follow low impact exercises to get your body moving. Start out your week with a cardio workout combined with socializing!

- Monday, March 3-May 19, 9-9:45 a.m.
Activity fee \$30, Drop-in \$3, Members free

Outdoor Walking Club

Our social walking group is a fun way to exercise and explore local trails. Register for each time you will attend so we can send you meeting details or weather updates.

- 2nd Friday, 2-3 p.m.
- March 14: Valley Park
- April 11: Meadow Park
- May 9: Theodore Wirth Regional Park
Free

Dance

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, March 3-May 19 (except April 21)
12:15-1:30 p.m.
Activity fee \$72, Members \$45
- Wednesday, March 5-May 21 (except April 16)
12:15-1:30 p.m.
Activity fee \$72, Members \$45
Drop-in \$8, Members \$5

Afternoon Square Dancing

Square dancing is a great form of exercise and a whole lot of fun! This group also hosts a potluck, so bring along a dish to share and your dancing shoes! \$6 collected for caller at each dance. Experienced square dancers.

- Thursday, March 6-May 29, 12:30-2:30 p.m.
Activity fee \$33, Drop-in \$3, Members free

Recreation & Athletics

Pickleball Lessons

Four week session fee \$45, Members \$42

Introductory Pickleball

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

- Tuesday, April 29-May 20, 3-4:30 p.m.

Advanced Beginner

Improve fundamental skills and strengthen confidence through drills and strategy.

- Tuesday, March 4-25, 3-4:30 p.m.
- Tuesday, April 1-22, 1:30-3 p.m.

Intermediate

For individuals wanting to develop skills, along with physicality and mental strategies.

- Tuesday, March 4-25, 1:30-3 p.m.
- Tuesday, April 1-22, 3-4:30 p.m.
- Tuesday, April 29-May 20, 1:30-3 p.m.



Pickleball Open Play

Purchase an annual \$12 Pickleball Add-on option to avoid paying daily drop-in rates.

Drop-in \$5, Members \$3, free with Add-on

Open Pickleball

Recreational pickleball for adults 55+. Players rotate in on two indoor courts. Bring your paddle. Space limited to first 21 participants.

- Monday, March 3-May 19, 9 a.m.-noon
- Tuesday, Wednesday, Thursday
March 4-May 29, 10 a.m.-noon

Beginner Open Pickleball

New players can drop in to play with others who are still learning and developing skills.

- Tuesday, March 4-May 27, noon-1:30 p.m.
- Wednesday, March 5-May 28, 8:30-10 a.m.

Bike Club Kick-Off

Hopkins Bike Club season begins with a Kick-Off Party and short ride from Maetzold Field. Includes a bike safety presentation by the Hopkins Police, a bike maintenance demonstration by Tonka Cycle and prizes!



Register for the Bike Club Group, then sign up week by week when you plan on attending a specific date. Weekly rides have a limited number of riders.

- Wednesday, April 30, 5:30 p.m.
Bike Club season fee \$12, Members \$10

E-Bike Group

This year we are offering a new self-guided E-Bike Group starting and ending at Maetzold Field. Maps will be available to pick up at the office.

- Wednesday, May 7-September 24
(except May 28, July 2, September 3)
9-11:30 a.m.

Active Rides

For traditional human-powered bicycle riders who enjoy fitness with a social aspect. Targeted for active seniors who can ride at a 12 mph average speed for a distance of 25-35 miles. Departs from Maetzold Field picnic shelter. See group photos at hopkinsbikers.weebly.com.

- Monday, May 5-September 29
(except May 26, July 7, Sept. 1), 9-11 a.m.

Recreational Rides

Rides include a social experience (dinner, ice cream shop, apple picking). Starting locations vary each week. Rides are typically 15-20 miles at speeds of 10-12 mph.

- Wednesday, May 7-August 27, 5:30-7:30 p.m.

Volleyball

Open volleyball for players 55+. Enjoy camaraderie, exercise and friendly competition! Contact the office to receive the weekly sign up link.

- Monday & Wednesday, March 3-May 28
(except May 26), 2-3:30 p.m.
Drop-in \$3, Members free

Social Enrichment

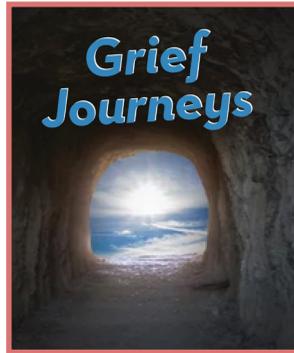
Book Club

In partnership with a Hennepin County-Hopkins Librarian, the Book Club explores a new book selection each month. Enjoy engaging discussions with other avid readers. Most books available in large print or audio format.

- 1st Monday, 1-2:30 p.m.
 - March 3: *Prophet Song*, by Paul Lynch
 - April 7: *The Wishing Game*, by Meg Shaffer
 - May 5: *The Escape Artist: The Man Who Broke Out of Auschwitz to Warn the World*, by Jonathan Freedland
- Activity fee \$3, Members free

Grief Journeys

Everyone experiences grief in life and processes it differently. In addition to the loss of people we love, which is really hard, the human journey is filled with losses of pets, jobs, dreams, and hopes for the future.



Come join to discuss our journeys together.

- Wednesday, March 12, April 9, May 14 10:30-11:45 a.m.
- Activity fee \$10, Members \$8

Growing Connections

This free gardening program was created for people living with early dementia offered by Hennepin County Master Gardeners. No gardening experience needed. Register with Alzheimer's Association 1-800-272-3900.

- Monday or Tuesday, April 14-May 20 10 a.m.-12 p.m.

Movie of the Month

View current films and enjoy fresh popcorn!

- 3rd Monday*, 2-4 p.m.
 - March 10*: *Quartet*
 - April 21: *The Fall Guy*
 - May 19: *Inside Out 2*
- Activity fee \$3/movie, Members free



MEN'S SHED COMMUNITY CONNECTIONS

Men's Shed

The Men's Shed is an open and inclusive group that meets to socialize, plan community projects, or go on local outings. Be a part of this civic minded group.

View the Men's Shed schedule of activities, meeting locations, and contact information online at: www.hopkinsmensshed.org.

- Thursday, March 6-May 29, 1-2:30 p.m.
- Activity fee \$27, Drop-in \$3, Members free

Social Game Opportunities

The Lounge is available during program hours to bring a friend or meet someone new as you socialize and play from a selection of games on hand!

Drop-in \$3, Members free

Mah Jongg Advanced Begins mid-April on Wednesday mornings. Call the office for details.

Mah Jongg Beginner Wednesday 12:30-3 p.m.

Mah Jongg Tournament A just for fun day of tournament play! Register by May 19 to attend. Bring lunch and \$5 cash for prizes.

- Wednesday, May 21, 9 a.m.-2 p.m.

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

Social Bridge Thursday morning. Call the office if interested in playing with this casual group.

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



Bunco Bonanza!

Join us for a fun and lively game of Bunco. No experience necessary. Register to attend. Bring \$5 in cash for prize money.

- Tuesday, March 25, April 15, May 20, 10 a.m.-noon
- Drop-in \$3, Members free

Art & Leisure

Creative Chaos Crafting Group

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

- Thursday, March 6-May 29, 9 a.m.-4 p.m.
Activity Fee \$33, Drop-in \$3, Members free

Creative Chaos Weekend Event

- Friday, March 28, 9 a.m.-9 p.m.
- Saturday, March 29, 9 a.m.-6 p.m.
Weekend fee \$40, One day \$20

Hopkins Ukulele Group (HUG)

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

- Monday, March 3-May 19, 12:30-2 p.m.
Activity fee \$30, Drop-in \$3, Members free

Primitive Rug Hooking

Rug Artists each work in various styles and skill levels. If you think you might enjoy making creative hooked rugs, the group would be delighted to have you join them.

- Wednesday, March 5-May 28, 12-3 p.m.
Activity fee \$33, Drop-in \$3, Members free

Volunteer

Adopt-a-Park

Do your part to help keep Hopkins' parks clean. Volunteers meet to clean up our adopted park: Downtown Park and Clock Tower Plaza. Sign up and lend a hand!

- 2nd Thursday, May 8-August 14, 3-4 p.m.



Helping Hands

If you like to sew or knit, we have kits ready for you to work on at home. Completed projects are donated to local agencies.

DIY Craft Kit

Bird Buddy Feeders

Enjoy a seasonal do it yourself craft kit. Take it home or do it onsite with friends! Create a Bird Buddy Feeder as a treat for local birds. It is a simple craft that you can hang up near your home or gift to a friend who loves to watch birds in their yard. Materials and instructions are provided.



- Tuesday, April 8, 1-2:30 p.m.
Activity fee \$5, Members \$3

Community Resources

Legal Consultation

Are you in need of legal advice? Sign up for a consult with a local attorney.

- Wednesday, April 16, 12:30-1:30 p.m.
- Tuesday May 13, 12:30-1:30 p.m.
Activity fee \$3, Members free

Medicare Insurance Counseling

Receive help from the Senior Linkage Line in navigating the often complex process of enrolling in Medicare. Call 1-800-333-2433 to register for a one-on-one appointment.

- Thursday, March 20, April 17, May 15
12:30-4 p.m.

Veteran Benefit Consultation

Speak with a Department of Veterans Affairs representative about benefits for yourself or your spouse. Register for an appointment.

- Thursday, March 13, April 10, May 8
9 a.m.-12 p.m.

Buy a Commemorative Brick!

Families, businesses and groups can purchase bricks with imprinted names to be placed in Hopkins Clock Tower Plaza. Brick order deadline is March 31.



www.hopkinsmn.com/853/Buy-a-Brick

Trips & Explorations

Target Field Tour

Enjoy an informative 90 minute walking tour of Target Field. Go behind the scenes and experience the ballpark as only players and staff do! Hear the history of the ballpark and the Minnesota Twins. Highlights of the tour may include: Delta SKY360 Club, Herb Carneal press box, private luxury suites, Budweiser roof deck, service level, bars and restaurants, the clubhouse, batting cage and dugouts. After the tour, shop at the Twins Team Store (credit card payments only).

Enjoy lunch at Murray's Steakhouse, where they have been serving customers in stylish surroundings since 1946. Lunch includes short ribs, mashed potatoes, green beans and chocolate dessert.

- Wednesday, April 9, 9:50 a.m.-3:40 p.m.
Activity fee \$98, Members \$95
Registration deadline March 10, noon

Tulips in Bloom at the Arboretum

Each May 40,000 gorgeous tulips bloom at the Minnesota Landscape Arboretum. The spectacular variety of colors also includes acres of crabapple trees, azalea bushes, wild-flowers and daffodils. Enjoy lunch in the MacMillan Room, including a turkey sandwich, chips, fruit and a cookie, all served in a souvenir flowerpot.



Half of the group will board the tram, while the other half visits the grounds at their own pace and will take a later tram. The narrated riding tour highlights the many Arboretum collections and demonstration gardens.

Don't miss stopping at the gift store after the tram ride to select from a wide variety of books and novelty items for nature lovers.

- Tuesday, May 6, 10 a.m.-3:45 p.m.
Activity fee \$96, Members \$93
Registration deadline April 7, noon

Day Trips are popular, and some trips may have a waiting list. Contact the office to register or be added to a waiting list.

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

Winona River Cruise & Lake City

At Kelly's Lake House in Lake City, marvel at the breathtaking views of Lake Pepin as you dine on a petite sirloin luncheon special with potato, vegetable, roll and dessert.



After lunch board the Winona Tour Boat for a chance to see the beautiful Mississippi River. Guided and narrated by a USCG licensed captain, you will hear stories about the famed waterway. It is common to see many types of wildlife out on the water—eagles, deer and beavers. Learn about the navigational channel and types of commerce along the river. With windows all around, passengers are provided with a panoramic view. The comfortable cabin can be enclosed and there is a rest room on board.

- Wednesday, June 4, 9:15 a.m.-5:30 p.m.
Activity fee \$102, Members \$99
Registration deadline May 5, noon

BorealisSM Train Extended Trip

Climb aboard the new BorealisSM Amtrak train to Milwaukee, Wisconsin on a 3-day tour. Visit our website, or pick up a brochure at the Center for details.

- Wednesday-Friday, June 16-18
Single \$1,070, Double \$850, Deposit \$200
Registration deadline April 7, noon

Travel Show

Landmark Tours, a professional tour company, is holding a Travel Show where they will share exciting trips to Greece, National Parks, the Balloon Fiesta, an African Safari and more. Register to attend this free showcase event.

- Thursday, March 13, 10-11 a.m.



March 2025 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 SPRING SESSION BEGINS Book Club <i>Prophet Song</i> 1 p.m. (P6) + Monday activities	4 Pickleball Lessons <i>Intermediate</i> 1:30 p.m. (P5) Pickleball Lessons <i>Advanced Beginner</i> 3 p.m. (P5) + Tuesday activities	5 Tech Help Desk 9 a.m. (P3) Crystal Sound Bowls 3 p.m. (P4) + Wednesday activities	6 Men's Shed 1 p.m. (P6) + Thursday activities
10 Movie <i>Quartet</i> 2 p.m. (P6) + Monday activities	11 Indoor Golf League 10 a.m. (P2)  + Tuesday activities	12 Grief Journeys 10:30 a.m. (P6) + Wednesday activities	13 Veteran Benefit Consultation 9 a.m. (P7) Travel Show with Landmark Tours 10 a.m. (P8) 14 Outdoor Walking Club 2 p.m. (P4) + Thursday activities
17 Bridge Group 10 a.m. (P3) Luck O' the Irish Bingo 2:30 p.m. (P2)  + Monday activities	18 Day Trip <i>MN State Capitol Tour</i> 8:45 a.m. + Tuesday activities	19 + Wednesday activities	20 Lunch & Learn <i>Sustainability: Climate Action Plan</i> 11 a.m. (P3) Medicare Insurance Counseling 12:30 p.m. (P7) + Thursday activities
24 + Monday activities	25 Bunco Bonanza 10 a.m. (P6) Defensive Driving <i>Virtual</i> 5 p.m. (P3) + Tuesday activities	26 + Wednesday activities	27 28-29 Creative Chaos Weekend (P7) + Thursday activities
31 BUY A BRICK ORDERS DUE (P7) FINAL DATE TO ORDER PLANTS + Monday activities	 Stop in for a free cup of coffee compliments of WestRidge, our sponsor this spring.		
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
8:30 Media Center (Mon-Thur) 9:00 Cards & Games (Mon-Thur) Video Fitness Pickleball 10:30 Stretch & Strength Yoga 12:15 Line Dancing 12:30 Ukulele Group 2:00 Volleyball	9:00 Functional Fitness 10:00 Pickleball Indoor Golf 12:00 Beginner Pickleball	8:30 Beginner Pickleball 9:00 Tech Help Desk 10:00 Pickleball 12:00 Rug Hooking 12:15 Line Dancing 12:30 Mexican Trains Mah Jongg 2:00 Volleyball	9:00 Functional Fitness Creative Chaos Crafting 10:00 Pickleball 12:30 Afternoon Squares Scrabble 1:00 Men's Shed

April 2025 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Pickleball Lessons <i>Advanced Beginner</i> 1:30 p.m. (P5) Pickleball Lessons <i>Intermediate</i> 3 p.m. (P5) + Tuesday activities	2 Crystal Sound Bowls 3 p.m. (P4) Garden Class <i>Preparing for Season</i> 6:30 p.m. (P12) + Wednesday activities	3 Planning Your Move 10 a.m. (P3) + Thursday activities
7 Book Club <i>The Wishing Game</i> 1 p.m. (P6) + Monday activities	8 Tax Help Ends DIY Craft <i>Bird Buddy Feeders</i> 1 p.m. (P7) + Tuesday activities	9 Day Trip <i>Target Field</i> 9:50 a.m. (P8) Grief Journeys 10:30 a.m. (P6) Garden Class <i>Low Input Gardening</i> 6:30 p.m. (P12) + Wednesday activities	10 Veteran Benefit Counseling 9 a.m. (P7) Bowling Club Ends 10 a.m. <div style="border: 1px solid black; padding: 2px; display: inline-block;"> 11 Outdoor Walking Club 2 p.m. (P4) </div> + Thursday activities
14 Growing Connections 10 a.m. (P6) + Monday activities	15 Growing Connections 10 a.m. (P6) Bunco Bonanza 10 a.m. (P6) Senior Living Panel 1:30 p.m. (P3) + Tuesday activities	16 Legal Consultations 12:30 p.m. (P7) Garden Club <i>Team Planning Meeting</i> 6:30 p.m. (P12) + Wednesday activities	17 Lunch & Learn <i>Art & Antiques</i> 11 a.m. (P3) Medicare Insurance Counseling 12:30 p.m. (P7) + Thursday activities
21 Movie <i>The Fall Guy</i> 2 p.m. (P6) + Monday activities	22 Defensive Driving 1 p.m. (P3) + Tuesday activities	23 Garden Class <i>Adaptive Gardening for All Ages</i> 6:30 p.m. (P12) + Wednesday activities	24 + Thursday activities
28 + Monday activities	29 Tech Topics  <i>Boot Camp</i> 1 p.m. (P3) Pickleball Lessons <i>Intermediate</i> 1:30 p.m. (P5) Pickleball Lessons <i>Introductory</i> 3 p.m. (P5) + Tuesday activities	30 Crystal Sound Bowls 3 p.m. (P4) Bike Club  <i>Season Kick-Off</i> 5:30 p.m. (P5) Garden Class: <i>Creating a Pollinator Habitat</i> 6:30 p.m. (P12) + Wednesday activities	
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8:30 Media Center (Mon-Thurs) 9:00 Cards & Games (Mon-Thur) Video Fitness Pickleball 10:30 Stretch & Strength Yoga 12:15 Line Dancing 12:30 Ukulele Group 2:00 Volleyball	9:00 Functional Fitness 10:00 Pickleball Indoor Golf 12:00 Beginner Pickleball	8:30 Beginner Pickleball 9:00 Tech Help Desk 10:00 Pickleball 12:00 Rug Hooking 12:15 Line Dancing 12:30 Mexican Trains Mah Jongg 2:00 Volleyball	9:00 Functional Fitness Creative Chaos Crafting 10:00 Pickleball 12:30 Afternoon Squares Scrabble 1:00 Men's Shed

May 2025

@ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p>The Media Center Library is open for members to browse the bookshelves for current titles or borrow a puzzle. Sign in at the front desk for access.</p> <ul style="list-style-type: none"> Monday-Thursday, 8:30 a.m.-4 p.m. 			<p>1 Derby Day 1 p.m. (P2)</p>  <p>+ Thursday activities</p>
<p>5 Book Club <i>The Escape Artist</i> 1 p.m. (P6)</p> <hr/> <p>Bike Club <i>Active Ride</i> 9 a.m. (P5)</p> <p>+ Monday activities</p>	<p>6 Day Trip <i>Tulips in Bloom</i> 10 a.m. (P8)</p> <p>+ Tuesday activities</p>	<p>7 Bike Club <i>E-Bike Group</i> 9 a.m. (P5)</p> <hr/> <p>Bike Club <i>Recreational Ride</i> 5:30 p.m. (P5)</p> <hr/> <p>Garden Club <i>Fence Building</i> 6:30 p.m. (P12)</p> <p>+ Wednesday activities</p>	<p>8 Senior Living Bus Tour 8:30 a.m. (P3)</p> <hr/> <p>Veteran Benefit Consult 9 a.m. (P7)</p> <hr/> <p>Adopt-a-Park, 3 p.m. (P7)</p> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;"> <p>9 Walking Club, 2 p.m. (P4)</p> </div> <div style="border: 1px solid black; padding: 2px;"> <p>10 Community Garden Kick-off, 9-11a.m. (P12)</p> </div> <p>+ Thursday activities</p>
<p>12</p> <p>+ Monday activities</p>	<p>13 Indoor Golf League Ends 10 a.m. (P2)</p> <hr/> <p>Legal Consultations 12:30 p.m. (P7)</p> <p>+ Tuesday activities</p>	<p>14 Sacred Journey of Aging 10 a.m. (P2)</p> <hr/> <p>Grief Journeys 10:30 a.m. (P6)</p> <hr/> <p>Garden Club <i>Planting & Seed Sowing 1</i> 6:30 p.m. (P12)</p> <p>+ Wednesday activities</p>	<p>15 Lunch & Learn NOAA Weather 11 a.m. (P3)</p> <hr/> <p>Medicare Insurance Counseling 12:30 p.m. (P7)</p> <p>+ Thursday activities</p>
<p>19 Movie <i>Inside Out 2</i> 2 p.m. (P6)</p> <p>+ Monday activities</p>	<p>20 Defensive Driving <i>Virtual</i> 9 a.m. (P3)</p> <hr/> <p>Bunco Bonanza 10 a.m. (P6)</p> <p>+ Tuesday activities</p>	<p>21 Mah Jongg Tournament 9 a.m. (P6)</p> <hr/> <p>Garden Club <i>Planting & Seed Sowing 2</i> 6:30 p.m. (P12)</p> <p>+ Wednesday activities</p>	<p>22</p> <p>+ Thursday activities</p>
<p>26 MEMORIAL DAY HOLIDAY CLOSED</p>	<p>27</p> <p>+ Tuesday activities</p>	<p>28</p> <p>+ Wednesday activities</p>	<p>29</p> <p>+ Thursday activities</p>
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
<p>8:30 Media Center (Mon-Thurs) 9:00 Cards & Games (Mon-Thur) Video Fitness Pickleball Bike Club-Active Ride 10:00 Pickleball 10:30 Stretch & Strength Yoga 12:15 Line Dancing 12:30 Ukulele Group 2:00 Volleyball</p>	<p>9:00 Functional Fitness 10:00 Pickleball Indoor Golf 12:00 Beginner Pickleball</p>	<p>8:30 Beginner Pickleball 9:00 Tech Help Desk E-Bike Group 10:00 Pickleball 12:00 Rug Hooking 12:15 Line Dancing 12:30 Mexican Trains Mah Jongg 2:00 Volleyball 5:30 Bike Club-Rec Ride</p>	<p>9:00 Functional Fitness Creative Chaos Crafting 10:00 Pickleball 12:30 Afternoon Squares Scrabble 1:00 Men's Shed</p>

HOPKINS ACTIVITY CENTER

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Hopkins, MN 55343

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March -May 2025

NEWS & Notes



Spring Plant Sale! Order by March 31

Order your spring bedding plants and perennials and support Hopkins senior programs and art events. Plants will be ready for pick up on Saturday, May 10 just in time for Mother's Day!

Pick up an order form at the Activity Center office, or place an order on our website. Thank you for supporting the Activity and Arts Centers through this fundraising event.



HOPKINS ACTIVITY CENTER

952-939-1333 • activitycenter@hopkinsmn.com

DIRECTOR • Lynn Anderson

PROGRAM COORDINATOR • Beth Kivett

ADMINISTRATIVE ASSISTANT • Tricia Falk

ADMINISTRATIVE RECEPTIONIST • Bethany Rask

Garden Club 5th Annual Season!

In partnership with Hennepin County Master Gardeners, join the Garden Club for digging in the dirt and learning the art of growing vegetables! You and fellow garden lovers will be responsible for our plot at Valley Park Community Garden. Activities include watering, weeding and harvesting. Participation is flexible around your schedule. Produce is donated to ICA Food Shelf.

No experience necessary. New gardeners welcome to join anytime! Call to get involved.

Meetings

- Wednesday, April 16-October 8, 6:30-7:30 p.m.
- April 16: Team Planning Meeting
- May 7: Install Fence at Garden
- May 14: Begin Planting and Seed Sowing
- May 21: Complete Planting and Seed Sowing
- Garden maintenance every Wednesday evening

Garden Classes

Free classes open to the public. Held at Hopkins Activity Center. No registration needed.

- Wednesday, 6:30-7:30 p.m.
- April 2: Preparing for the Growing Season
- April 9: Low Input Gardening
- April 23: Adaptive Gardening for All Ages
- April 30: Create a Pollinator Friendly Habitat

Community Garden Kick-Off

Saturday, May 10, 9-11 a.m.
At Valley Park Community Garden