

SEPTEMBER-
NOVEMBER
2025

Hopkins Activity Center

NEWS & Notes

EXPERIENCE THE *UP*SIDE OF AGING!



Salute to Veterans

Thursday, November 13, 10:45 a.m.-12:15 p.m.

Join us for a special program as we celebrate and salute those who have sacrificed to keep our country "the land of the free and the home of the brave." Sing along to patriotic music and be moved by the heartfelt Quilts of Valor presentation.

Veterans are honored with a free meal at this seated event. Reservations required to attend.

Register by
November 3!

Activity fee \$12
Veterans free

Thank You Sponsors!

Comfort Keepers, ElderHomestead, Griswold,
St. Gabriel's Council Catholic Women



HOPKINS ACTIVITY CENTER

952-939-1333 • activitycenter@hopkinsmn.com

www.hopkinsmn.com/activitycenter



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

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 Community Services
952-541-1019

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

Transit Link
651-602-5465

*Find more senior resources listed on our website.



Celebrate Active Aging

Find out what it means to live a healthy and active lifestyle during Active Aging Week, October 6-10. Experience a new recreational activity, attend a social event, or choose from a host of fitness, art and educational programs listed in this catalog!

Health & Resource Fair

Friday, October 10, 10 a.m.-noon

Discover more ways to live a healthy and active lifestyle at our Health and Resource Fair! At this free event:

- * Speak with wellness vendors
- * Enjoy a healthy snack
- * Assess your fitness level
- * Explore housing options

A flu shot and COVID vaccination clinic by Homeland Healthcare will also be onsite. Sign up through the office to make your appointment. Bring health insurance information along. Fees may apply.

Senior Glamour Shots

Join us for a special event designed to bring joy, connection, and show off your beauty inside and out. Senior Glamour Shots offers the opportunity to enjoy being pampered with hair and makeup services provided by experienced professionals. After a portrait session receive keepsake photographs perfect for sharing with family and friends! Hosted by Griswold, this event is more than a photo opportunity—it's a moment to feel confident and celebrated. Schedule your photo shoot session, then arrive 15 minutes early for a hair and makeup appointment. • Wednesday, October 8, 9 a.m.-2 p.m. | Free



CELEBRATE TIMELESS BEAUTY!

A Slice of Minnesota History



The Story Behind the Festal Pumpkin Pie Recipe

Join us for a sweet and savory storytelling event as we dig into the roots of one of the Midwest's most iconic holiday desserts—the Festal Pumpkin Pie—and the incredible local woman behind the recipe that has stood the test of time. Enjoy coffee and homemade pumpkin pie sponsored by Griswold.

- Wednesday, November 12, 10-11 a.m. | Free

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.

- Wednesdays, September 3- November 26, 12-3 p.m.
Drop-in \$3, Members free

Hopkins Ukulele Group (HUG)

All are welcome to jam with our inclusive ukulele group. Beginners welcome, learn as you play. Bring your own uke.

- Mondays, Sept. 8-Nov. 24, 12:30-2 p.m.
Drop-in \$3, Members free



Creative Chaos Crafting Group

Socialize while working on your own projects in a welcoming space for artists and crafters.

- Thursdays, Sept. 4- Nov. 20, 9 a.m.-4 p.m.
Drop-in \$3, Members free

Special Crafting Weekend!

Bond with other crafters at a fun weekend event. Bring lunch and snacks. Register to attend.

- Friday, November 7, 9 a.m.-9 p.m.
Saturday, November 8, 9 a.m.-6 p.m.
Weekend fee \$40, Members \$36
Single day fee \$20, Members \$18

Social Enrichment



Social Game Groups

Drop-in \$3, Members free

Bunco Bonanza!

Join in a lively interactive dice game of Bunco. No experience needed. Bring \$5 cash for prizes. Register to attend.

- Tuesdays, September 16, October 21,
November 18, 10 a.m.-noon

Bridge Group

Established St. Joe's bridge players are looking for extra players. Call the office if you are interested.

- Monday, September 15, October 20,
November 17, 10 a.m.-12:30 p.m.

Mah Jongg

A tile game of strategy.

Mah Jongg Tournament

A just for fun day of tournament play! Register by October 13 to attend. Bring your own lunch and \$5 cash for prizes.

- Wednesday, October 15, 9 a.m.-2 p.m.

Mexican Train Dominoes

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

Scrabble

Every letter counts in this game!

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

Book Club

In partnership with the Hopkins Library, participants enjoy discussing a new book selection each month.

- 1st Monday*, 1-2:30 p.m.
- September 8 (*2nd Monday): *Symphony of Secrets*, by Brendan Slocumb
- October 6: *Iona Iverson's Rules for Community*, by Clare Pooley
- November 3: *The Swans of Harlem*, by Karen Valby
Activity fee \$3, Members free

Men's Shed

An inviting group for retired men that meets to socialize, plan community projects and go on outings. View Men's Shed calendar at hopkinsmensshed.org.

- Thursdays, September 4-November 20, 1-2:30 p.m.
Drop-in \$3, Members free

*Now on Tuesdays! Monthly Movie

Take in an afternoon film and a popcorn snack!

- 3rd Tuesday, 2-4 p.m.
- September 16: *Nonnas* | Sponsor: RidgePointe
- October 21: *A Complete Unknown* | Sponsor: FirstLight
- November 18: *Everything's Going to Be Great*
Activity fee \$3, Members free



Grief Journeys

Join with others to explore the meaning that can be found in grief as we share our journeys. Led by Certified Grief Educator Karen Greer.

- Wednesday, September 17, October 15,
November 19, 10:30-11:45 a.m.
Activity fee \$10, Members \$8

Fitness

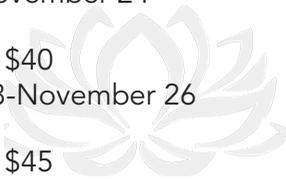
Stretch & Strength Chair Yoga

In-Person & Zoom Options

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 welcome. No previous yoga experience necessary.

- Mondays, September 8-November 24
10:30-11:20 a.m.
Activity fee \$50, Members \$40
- Wednesdays, September 3-November 26
10-10:50 a.m.
Activity fee \$55, Members \$45



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 either on the floor or in a chair. Extra mats and blankets are available.

- Wednesday, October 8, 3-3:45 p.m.
Activity fee \$10, Members \$9

*SILVERSNEAKERS® or ONE PASS® holders, inquire at the office about membership discounts.



Walk for Fun & Fitness!

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 30
1:30-2:45 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.
- September 12: 9 Mile Creek Discovery Point
- October 10: Eloise Butler Wildflower Garden
- November 14: Lone Lake Park
Activity fee \$3, Members free



FITNESS & FUN ALL IN ONE!

Functional Fitness with Janelle!

Get a full body workout - cardio, core, and functional movements for the aging body to build strength, balance and endurance. Drop-in \$5, Members \$4. Try a free trial class.

- Tuesdays, September 2-November 25
(except November 4), 9-10 a.m.
Activity fee \$50, Members \$40
- Thursdays, September 4-November 20
(except November 13), 9-10 a.m.
Activity fee \$45, Members \$36

Video Fitness with Friends

Get your body moving first thing on Monday morning with a personalized video selected by the group. Socialize while working out with friends!

- Mondays, September 8-November 24
9-10 a.m.
Drop-in \$3,
Members free

Recreation & Athletics

Pickleball Drop-In Play

Drop-in fee \$5, Members \$3, or purchase \$12 annual Pickleball Add On to waive drop-in fees.

Open Pickleball

Recreational play for ages 55+.

- Mondays, Sept. 8-Nov. 24, 9 a.m.-noon
- Tuesdays, Wednesdays, Thursdays, Sept. 2-Nov. 26 (except Nov. 4 & 13), 10 a.m.-noon

Beginner Open Pickleball

Players new to the sport can drop in and play with others who are still learning and developing skills.

- September 2-November 26
- Tuesdays (except Nov. 4), 12-1:30 p.m.
- Wednesdays, 8:30-10 a.m.

Pickleball Instruction

Up your game at a skills clinic or class.



Skill Specific Clinics

Offense/Defensive Lobs: Tues., Nov. 11, 1:30-3 p.m.

Drop Shots & Transitions: Tues., Nov. 11, 3-4:30 p.m.

Serves/Return of Serves: Tues., Nov. 18, 1:30-3 p.m.

Dinking with Purpose: Tues., Nov. 18, 3-4:30 p.m.

Activity fee \$15, Members \$12

Advanced Beginner Class

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

- Tuesdays, September 9-30, 1:30-3 p.m.
 - Tuesdays, October 7-28, 1:30-3 p.m.
- Activity fee \$45, Members \$42

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

- Tuesdays, September 9-30, 3-4:30 p.m.
 - Tuesdays, October 7-28, 3-4:30 p.m.
- Activity fee \$45, Members \$42

Volleyball

Friendly open volleyball for players 55+.

- Mondays & Wednesdays
September 3- November 26, 2-3:30 p.m.
Drop-in \$3, Members free



Bike Club Season Continues

Register for each weekly ride you will attend.

Active Rides Mondays, September 8-29

E-bike Group Wednesdays, September 10-24



Indoor Golf League

Keep up your golf skills during the winter season with our indoor league at The Tee Box in Hopkins! The play format is 9 holes, as an individual. No teammate is required. Each week is a different challenge game or scramble. Enroll for the season through the Activity Center.

- Tuesdays, October 7-March 17, 10 a.m.-12:30 p.m.
Registration fee \$3. Weekly Rate \$15
(\$1 goes toward end of season prizes. Prize money payable for weeks you don't attend.)

Bowling Club Kickoff!

Fitness, fun and friendly competition is the name of the game with the Bowling Club at Tuttle's Eat, Bowl, Play. Create your own team of 4 players or contact the office to be placed on a team. Join anytime during fall or winter session.

- Thursdays, September 4-December 11 (except November 27), 10 a.m.-noon
Fall session fee \$3, Members free
\$10 weekly (\$9 bowling, \$1 prizes)

Dance

Afternoon Square Dancing

Great fun for experienced square dancers!

This group also hosts a potluck, so bring your dancing shoes and a dish to share. \$6 for caller collected at each dance.

- Thursdays, Sept. 4-Nov. 20, 12:30-2:30 p.m.
Drop-in \$3, Members free

Intermediate Line Dancing

Line dancing is an enjoyable social activity that keeps us active and improves coordination.

- Mondays, Sept. 8-Nov. 24, 12:15-1:30 p.m.
Activity fee \$80, Members \$50
- Wednesdays, Sept. 3-Nov. 26, 12:15-1:30 p.m.
Activity fee \$88, Members \$55
Drop-in \$8, Members \$5

Education



Lunch & Learn

Choose a sandwich option from YUM Bakery: chicken tarragon salad on challah bread, veggie with tomato, avocado, sprouts, spinach,

cucumber, and cheese on whole grain bread, or roasted turkey breast focaccia and red pepper aioli. Register by Tuesday at noon. Activity fee \$12, Members \$10

Honoring Choices

Honoring Choices is a non-profit organization that assists with the creating and completion of Health Care Directives.

- Thursday, September 18, 11 a.m.-noon
Sponsor: Martin Luther

Attorney General on Scams

Scams targeting senior citizens come in all types and sizes, range greatly in complexity, and may originate from someone close to you or a stranger halfway around the world. Join staff from the Minnesota Attorney General's Office for a conversation about common scams and what you can do to keep yourself safe.

- Thursday, October 16, 11 a.m.-noon
Sponsor: Sholom

Fall Prevention & Balance

Fyzical Therapy & Balance Centers specializes in balance, vestibular and orthopedic therapy. Their staff will share information about preventing falls beginning with awareness and understanding the symptoms of lack of balance. Take part in educating yourself with a free balance screening and assessment of your fall risk.

- Thursday, November 20, 11 a.m.-noon
Sponsor: RidgePointe

Taxes in Retirement 💰

Act now, as tax rates are increasing in 2026! 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. Presented by MTI Financial Advisor Thomas Scheck.

- Tuesday, September 9, 1:30-2:30 p.m. | Activity fee \$3, Members free



EARN YOUR AUTO INSURANCE DISCOUNT

Defensive Driving

Take a Defensive Driving course to qualify for a 10% senior auto insurance discount. Taught by a Minnesota Safety Council instructor. Registration required to attend.

- Thursday, September 18, 9 a.m.-1 p.m. **Virtual**
- Tuesday, October 14, 1-5 p.m. **In Person**
- Thursday, November 6, 1-5 p.m. **Virtual**
Activity fee \$28, Members \$25

Tech Topics

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

- 3rd Monday, 11 a.m.-noon
- September 15: *Using Find My Friend App*
- October 20: *Shop Securely Online*
- November 17: *Understanding Tech Bills*
Activity fee \$5, Members \$3

Technology Help Desk

- Do you want to learn more about special features on your smart phone?
- Do you need help editing 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 computers, mobile devices and more! Bring your own device or use one of our computers or iPads.

- Wednesdays, September 3-November 26
9 a.m.-noon
Activity fee \$3, Members free

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 are also being collected for ICA Foodshelf. Drop off donation items at the Activity Center from November 3-December 11.



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 Thursday, 12:30-4 p.m.
- September 18, October 16, November 20

Legal Consultation

Are you in need of legal advice? Register for a 30 minute private legal consultation.

- Tuesday, October 21, November 11 12:30-1:30 p.m.

Activity fee \$3, Members free

LOOKING FOR SENIOR RESOURCES? WE GOT YOU!

Resource Agencies

Navigating new experiences along the journey of aging can be challenging. Several social service agencies in the area specialize in assisting with age related issues such as: caregiving, household maintenance, housing, financial assistance, medicare and more. Stop by the office to find out how to connect with resource agencies.

Helping Hands Gratitude Event

In 2025, Activity

Center volunteers donated: 155 preemie quilts, 104 preemie hearts, 45 baby blankets, 77 scarves and 50 hats. Please join us as we celebrate our volunteers and hear about the heartfelt impact it has made on countless families in our community. You do not need to have been a volunteer or have donated to attend.

- Thursday, Nov. 6, 10-11 a.m. | Fee \$3, Members free



Community Resources

Growing Connections...

is a free interactive series of gardening classes created in partnership with the University of Minnesota Extension Master Gardeners. This fun program is for people living with early-stage dementia and their care partners. Enjoy planting and learning about succulents, pressed flowers, seed art, trees and more.

To attend, contact the Alzheimer's Association at 1-800-272-3900.

- Monday or Tuesday, September 8-October 14 10 a.m.-noon



Veteran Benefit Consultation

A Senior Claims Representative from the MN Department of Veteran Affairs meets with veterans and their family members to answer benefit questions. Register for a private appointment by contacting the Activity Center office.

- Thursday, October 9, 9 a.m.-1 p.m.

Trips & Explorations

100-Mile Mississippi River Cruise

- Wednesday-Saturday, September 17-20
Trip Registration is closed.

Millner Heritage Winery & Cidery

- Tuesday, September 9, 9:40 a.m.-5:20 p.m.
Trip Registration is closed.

Cranberry Country **FULL**

Along the route to the Cranberry Discovery Center, a brief comfort stop will be made near Menomonie, WI. To start the tour at the Discovery Center, half of the group will take the guided tour, while the others will be seated in the Cafe for a plated luncheon. The menu includes: cranberry chicken salad sandwich with chips, beverage and ice cream.

Trace the history of cranberry production at the exhibit hall and later take time for visiting the gift store. Next, at the Wetherby Cranberry Marsh meet guide Nodji Van Wyche for the Berry Best Tour, and visit the packaging facility to purchase fresh cranberries.

On the return home a short stop will be made at the Menomonie Creamery to purchase cheese, snacks or other refreshments.

- Wednesday, October 15, 7:45 a.m.-6:30 p.m.
Cost \$110/Members \$107
Register/cancel by September 15, noon

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



Swan Migration and Wildlife Tour

Before the Wildlife Tour, visit the specialty toystore LARK Toys in Kellogg, MN for self-service coffee and muffin (included). Next, our Wildlife Tour Interpreter, Jim Nissen will share about how migration patterns change.

View the current species along the route: waterfowl, raptors or shorebirds moving from summer nesting areas to warmer southern wintering grounds. Bring your binoculars for possible sightings of spectacular tundra swans, majestic eagles, or ducks and geese that travel through this migration corridor.

Enjoy a soup and sandwich lunch at Blue Moon Restaurant in Onalaska, Wisconsin. Following lunch visit Onalaska Refuge Center.

- Tuesday, November 18, 7:20 a.m.-6 p.m.
Trip Cost \$107/Members \$104
Registration/cancel by October 13, noon

Landmark Tours Travel Show **Thursday, September 25, 10-11 a.m.**



We are pleased to offer a number of extended trips in cooperation with Landmark Tours. As a local, family-owned company, they create inclusive packages featuring round-trip airfare, quality accommodations, meal experiences, admission to attractions, deluxe transportation and the services of a professional Tour Manager.

Hear about upcoming travel opportunities including: *Greece & the Aegean Sea, Historic Trains of Colorado* and more at this free Travel Show event!

Senior Living Bus Tour

Explore the options of aging in place at home or transitioning to a new community of your choice in the future on this tour.

Home Instead senior professional Jen Gilmore will guide us through three nearby established communities, offering a range of independent living, assisted living and memory care options. Gather valuable information from senior care professionals and enjoy an onsite dining experience.

- Wednesday, October 22, 8:30 a.m.-2 p.m. | Activity fee \$20, Members \$18



Explore Living Options

September 2025 @ the Hopkins Activity Center

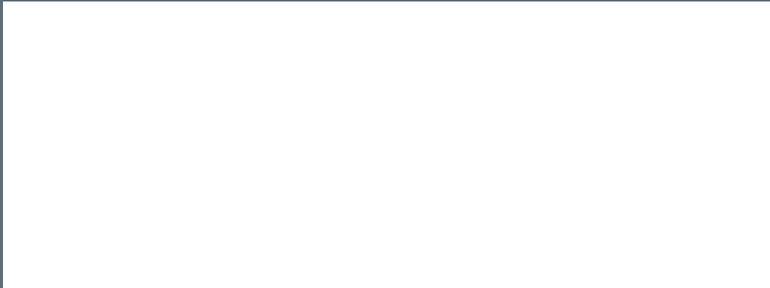
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 LABOR DAY CLOSED	2 FALL SESSION BEGINS + Tuesday activities	3 Tech Help Desk 9 a.m. (P6) + Wednesday activities	4 Bowling Club Kickoff 10 a.m. (P5)  + Thursday activities
8 Growing Connections 10 a.m. (P7) Book Club <i>Symphony of Secrets</i> 1 p.m. (P3) + Monday activities	9 Day Trip <i>Millner Heritage Winery</i> 9:40 a.m. (P8) Growing Connections 10 a.m. (P7) Taxes in Retirement 1:30 p.m. (P6) Pickleball Classes <i>Advanced Beginner</i> 1:30 p.m. <i>Intermediate, 3 p.m.</i> (P5) + Tuesday activities	10 + Wednesday activities	11 + Thursday activities
15 Bridge Group 10 a.m. (P3) Tech Topic <i>Using Find My Friend App</i> 11 a.m. (P6) + Monday activities	16 Bunco Bonanza 10 a.m. (P3) Movie: <i>Nonnas</i> 2 p.m. (P3) + Tuesday activities	17 Extended Trip: <i>Mississippi River Cruise</i> Sept. 17-20 (P8) Grief Journeys 10:30 a.m. (P3) + Wednesday activities	18 Defensive Driving 9 a.m. (P6) Medicare Enrollment 12:30 p.m. (P7) Lunch & Learn <i>Honoring Choices</i> 11 a.m. (P6) + Thursday activities
22  + Monday activities	23 + Tuesday activities	24 + Wednesday activities	25 Landmark Tours Travel Show 10 a.m. (P8) + Thursday activities
29 + Monday activities	30 Nordic Walking Lesson 1:30 p.m. (P4) + Tuesday activities	Thanks to this season's coffee sponsor, Washburn-McReavy! 	
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
8:30 Media Center (Mon-Thur) 9:00 Active Bike Ride Pickleball Video Fitness 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 Pickleball	8:30 Beginner Pickleball 9:00 Tech Help Desk E-Bike Ride 9:30 Mah Jongg Advanced 10:00 Pickleball Stretch & Strength Yoga 12:00 Rug Hooking 12:15 Line Dancing 12:30 Mexican Trains Beginner Mah Jongg 2:00 Volleyball	9:00 Functional Fitness Creative Chaos 10:00 Pickleball Bowling Club 12:30 Afternoon Square Dance Scrabble 1:00 Men's Shed

October 2025 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
		+ Wednesday activities	+ Thursday activities
<p>6 Book Club <i>Iona Iverson's Rules for Community</i>, 1 p.m. (P3)</p> <p>* Video Fitness with Friends 9 a.m. (P4)</p> <p>* ACTIVE AGING WEEK</p> <p>+ Monday activities</p>	<p>7 * Indoor Golf Begins 10 a.m. (P5)</p> <p>Pickleball Classes <i>Advanced Beginner</i> 1:30 p.m. <i>Intermediate</i>, 3 p.m. (P5)</p> <p>* Mastering Downsizing and Decluttering 2 p.m. (P12)</p> <p>+ Tuesday activities</p>	<p>8 * Senior Glamour Shots 9 a.m. (P2)</p> <p>* Crystal Sound Bowl Meditation 3 p.m. (P4)</p> <p>+ Wednesday activities</p>	<p>9 Veteran Benefits 9 a.m. (P7)</p> <p>10 * HEALTH & RESOURCE FAIR, 10 a.m. (P2)</p> <p>* Walking Club, 2 p.m. (P4)</p> <p>+ Thursday activities</p>
13	14	15	16
+ Monday activities	+ Tuesday activities	+ Wednesday activities	+ Thursday activities
<p>20 Bridge Group 10 a.m. (P3)</p> <p>Tech Topic <i>Shop Securely Online</i> 11 a.m. (P6)</p> <p>+ Monday activities</p>	<p>21 Bunco Bonanza 10 a.m. (P3)</p> <p>Legal Consultation 12:30 p.m. (P7)</p> <p>Movie: <i>A Complete Unknown</i> 2 p.m. (P3)</p> <p>+ Tuesday activities</p>	<p>22 Senior Living Bus Tour 8:30 a.m. (P8)</p> <p>+ Wednesday activities</p>	<p>23 Medicare Enrollment 12:30 p.m. (P7)</p> <p>Lunch & Learn <i>Attorney General/Scams</i> 11 a.m. (P6)</p> <p>+ Thursday activities</p>
27	28	29	30
+ Monday activities	+ Tuesday activities	+ Wednesday activities	+ Thursday activities
			<p>30 Boo-tacular Bingo 2:30 p.m. (P12)</p> 
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
<p>8:30 Media Center (Mon-Thur)</p> <p>9:00 Pickleball Video Fitness</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 Indoor Golf</p> <p>12:00 Beginner Pickleball</p>	<p>8:30 Beginner Pickleball</p> <p>9:00 Tech Help Desk</p> <p>9:30 Mah Jongg Advanced</p> <p>10:00 Pickleball Stretch & Strength Yoga</p> <p>12:00 Rug Hooking</p> <p>12:15 Line Dancing</p> <p>12:30 Mexican Trains Beginner Mah Jongg</p> <p>2:00 Volleyball</p>	<p>9:00 Functional Fitness Creative Chaos</p> <p>10:00 Pickleball Bowling Club</p> <p>12:30 Afternoon Square Dance Scrabble</p> <p>1:00 Men's Shed</p>

November 2025 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>3 GIVE BACK! COLLECTION BEGINS (P7) Book Club <i>The Swans of Harlem</i> 1 p.m. (P3)</p> <p>+ Monday activities</p>	<p>4 PRIMARY ELECTION NO PROGRAMS</p> 	<p>5 Mah Jongg 9:30 a.m. (P3)</p> <p>+ Wednesday activities</p>	<p>6 Helping Hands Gratitude 10 a.m. (P7)</p> <p>Defensive Driving 1 p.m. (P6)</p> <p>7-8 Creative Chaos Crafting Weekend, 9 a.m. (P3)</p> <p>+ Thursday activities</p>
<p>10</p> <p>+ Monday activities</p>	<p>11 VETERAN'S DAY - OPEN FOR PROGRAMMING</p> <p>Legal Consultation 12:30 p.m. (P7)</p> <p>Pickleball Clinics <i>Offense/Defensive Lobs</i> 1:30 p.m. <i>Drop Shots & Transitioning</i>, 3 p.m. (P5)</p> <p>+ Tuesday activities</p>	<p>12</p> <p>+ Wednesday activities</p>	<p>13 NO MORNING GYM ACTIVITIES</p> <p>Salute to Vets Program 10:45 a.m. (P1)</p> <p>14 Walking Club 2 p.m. (P4)</p> <p>+ Thursday activities</p>
<p>17 Bridge Group 10 a.m. (P3)</p> <p>Tech Topic <i>Understanding Tech Bills</i> 11 a.m. (P6)</p> <p>+ Monday activities</p>	<p>18 Day Trip: <i>Swan Migration</i>, 7:20 a.m. (P8)</p> <p> A Slice of MN History 10 a.m. (P2)</p> <p>Bunco Bonanza 10 a.m. (P3)</p> <p>Pickleball Clinics: <i>Serves</i>, 1:30 p.m. <i>Dinking with Purpose</i> 3 p.m. (P5)</p> <p>Movie: <i>Everything's Going to Be Great</i> 2 p.m. (P3)</p> <p>+ Tuesday activities</p>	<p>19 Grief Journeys 10:30 a.m. (P3)</p>  <p>+ Wednesday activities</p>	<p>20 Lunch & Learn <i>Fall Prevention/Balance</i> 11 a.m. (P6)</p> <p>Medicare Enrollment 12:30 p.m. (P7)</p> <p>+ Thursday activities</p>
<p>24</p> <p>+ Monday activities</p>	<p>25</p> <p>+ Tuesday activities</p>	<p>26 FALL SESSION ENDS</p> <p>+ Wednesday activities</p>	<p>27 CLOSED THANKSGIVING</p>
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
<p>8:30 Media Center (Mon-Thur) 9:00 Pickleball Video Fitness 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 Indoor Golf 12:00 Beginner Pickleball</p>	<p>8:30 Beginner Pickleball 9:00 Tech Help Desk 9:30 Mah Jongg Advanced 10:00 Pickleball Stretch & Strength Yoga 12:00 Rug Hooking 12:15 Line Dancing 12:30 Mexican Trains Beginner Mah Jongg 2:00 Volleyball</p>	<p>9:00 Functional Fitness Creative Chaos 10:00 Pickleball Bowling Club 12:30 Afternoon Square Dance Scrabble 1:00 Men's Shed</p>



September-November 2025

NEWS & Notes



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 30
2:30-3:30 p.m.
Activity fee \$3, Members free
Sponsor: ChapelView



HOPKINS ACTIVITY CENTER

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PROGRAM COORDINATOR • Beth Kivett

ADMINISTRATIVE ASSISTANT • Tricia Falk

ADMINISTRATIVE RECEPTIONIST • Bethany Rask

Mastering Downsizing and Decluttering The Art of Swedish Death Cleaning

Caring Transitions is excited to present and explore the mindful approach to decluttering developed in Sweden, focused on simplifying life by clearing out unnecessary belongings.



This presentation offers practical strategies for aging adults and their families to downsize with intention, ensuring a more organized, stress-free living environment while easing the future burden on loved ones.

- Tuesday, October 7, 2-3 p.m.
Activity fee \$3, Members free

Find more Educational Topics on page 6.



Artist Spotlight

Watch for new display of artwork by Hopkins Center for the Arts member Linda Sallee to be displayed in our lobby in mid September.