

MARCH-
MAY
2026

Hopkins Activity Center

NEWS & Notes

EXPERIENCE THE **UP** SIDE OF AGING!

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.

- Tuesday, April 28, 5:30 p.m.
Bike Club season fee \$15, Members \$10



Active Rides 25-35 Miles

Utilizing traditional muscle-powered bicycles, this group is for riders that enjoy a fitness challenge with a social aspect. Targeted for active seniors who can travel a longer distance at a 12 mph average speed. Mainly trails and side roads are preferred with a scenic break along the route. Due to safety and compatibility concerns, e-bikes are not allowed.

View fun group photos from the previous season at hopkinsbikers.weebly.com.

- Mondays, May 4-September 28
(except May 25, July 6, September 7), 9-11 a.m.

Recreation Rides 15-20 Miles

These casual evening rides include a social experience (dinner, ice cream shop, apple picking). Starting location varies each week. Riders travel at speeds of 10-12 mph. • Tuesdays, May 5-August 25, 6-7:30 p.m.

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

- \$40 per individual
- \$75 per household
- \$75 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

Minnesota Aging Pathways
(formerly Senior Linkage Line)
1-800-333-2433

ResourceWest
952-933-3860

Senior Community Services
952-541-1019

Transit Link
651-602-5465

*Find more senior resources listed on our website.

Backyard Birding Walk 'n Talk

Calling all birdwatching enthusiasts! Learn important ways to enjoy the rewarding hobby of birding while ensuring their place in this world. Discover why bird populations are dwindling and how you can help reverse course in your own backyard. We will also discuss spring bird migration patterns, including when, where and how to spot different bird species.



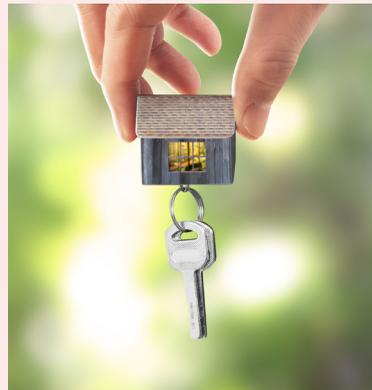
We will take a short walk to visit the new Hopkins Bird Mural Project and learn how art meets conservation. Presentation will be given by the Land of Lakes Bird Alliance Team (aka Minneapolis Audubon Chapter).

- Thursday, May 7, 10-11:30 a.m. | Activity fee \$5, Members free



Lucky Bingo Join us for St. Patrick's Day! Try your luck at bingo to win small prizes and socialize with friends. After the event, enjoy a short walk to Mainstreet to watch the World's Shortest St. Patrick's Day Parade or walk along in it!

- Tuesday, March 17, 2:30-3:30 p.m.
Activity fee \$5, Members free
Sponsor Sholom



Thinking About Moving?

Senior Living Bus Tour

A Home Instead senior professional 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. Registration required.

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

Planning Your Move

Learn the TOP 5 FACTORS for understanding your home's value and how smart market positioning can make all the difference. This workshop breaks down real estate trends and how it impacts your move. Whether you're planning soon or years ahead, you'll walk away with insights to prepare with clarity and confidence.

- Thursday, May 21, 10-11 a.m. | Activity fee \$5, Members free

Lunch & Learn Series

During the presentation dine on a box lunch made by Munkabeans. Choose from: club croissant, Mediterranean veggie wrap or chicken salad. Register to attend and order meal.

Activity fee \$12, Members \$10

What's Up with AI?

Artificial Intelligence can be confusing and intimidating. Be introduced to what AI actually is in simple terms and learn practical ways it can make life easier. This friendly conversation is designed to help you feel informed and empowered with the technology around you. No technical background needed. Presented by U of M President of AI Innovators Society.

- Thursday, March 19, 11 a.m.-noon
Sponsor VOA Elder Homestead

Solo Seniors

Solos are individuals who, by choice or circumstance, function without the support historically provided by family, or may live alone. Nearly all experience challenges as they navigate the services and systems they need to thrive as they age. This program will shed light on solo older adults through sharing the Wilder Research Center's current findings along with the presenter's extensive experience. Participants will have an opportunity to share and ask questions.

- Thursday, April 23, 11 a.m.-noon
Sponsor Sholom

Swedish Death Cleaning

*Mastering Downsizing & Decluttering

Back by popular demand! Caring Transitions is excited to present the mindful approach to decluttering that focuses on clearing out unnecessary belongings. This presentation offers practical strategies for seniors and their families to downsize with intention, ensuring a more organized, stress-free living environment while easing the future burden on loved ones.

- Thursday, May 21, 11 a.m.-noon
Sponsor VOA Elder Homestead



Education

Defensive Driving Classes

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



- Tuesday, March 24, 5-9 p.m. **VIRTUAL**
- Monday, April 6, 9 a.m.-1 p.m. **IN-PERSON**
- Thursday, May 21, 9 a.m.-1 p.m. **VIRTUAL**
Activity fee \$28, Members \$25

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.

- Wednesdays, March 4-May 27, 9 a.m.-noon
Activity fee \$5, Members free

Tech Topics are Back!

Learn about the latest technology trends from tech business owner Denis.

Activity fee \$5, Members \$3
Sponsor SYNERGY HomeCare



Understanding Tech Bills

By taking the time to review your internet, phone, or streaming service bills you can spot hidden fees, or billing errors, and make sure you're only paying for what you use.

- Monday, March 9, 11 a.m.-noon

Online Shopping and Security

Creating a second email address is a wise way to protect your privacy. Use one email for personal contacts, banking, and health care matters, and a second one for subscriptions and online shopping. This simple strategy helps keep your primary inbox secure while making it easier to manage spam and promotional emails.

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

Security and Scams

We will talk about how to keep yourself and your devices safe. Learn techniques for what to do if you think you have been hacked, scammed or feel your identity has been stolen.

- Monday, May 11, 11 a.m.-noon

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.

- Wednesdays, March 18, April 29, 3-3:45 p.m.
Activity fee \$10, Members \$9



Fitness Class Fees

Register for a full session to receive a discount, or pay a daily drop-in fee \$8, Members \$5. ☀️
Try your first class FREE.

Stretch & Strength Chair Yoga

Learn basic yoga postures to improve strength, balance and flexibility using the support and assistance of a chair. Guided mindfulness and breathwork help relieve stress and calm anxiety.

As an option, participate in this class remotely. Drop in available as space allows. Contact the office for details.

Mondays with Susie

- Mondays, March 2-May 18, 10:30-11:20 a.m.
Activity fee \$80, Members \$50 ☀️
- Mondays, March 2-May 18, 11:30-12:20 p.m.
Activity fee \$80, Members \$50 ☀️

Wednesdays with Dani

- Wednesdays, March 4-May 27, 10-10:50 a.m.
Activity fee \$88, Members \$55 ☀️

FUN-ctional Fitness

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

- Tuesdays, March 3-May 26, 9-10 a.m.
Activity fee \$88, Members \$55 ☀️
- Thursdays, March 5-May 28, 9-10 a.m.
Activity fee \$88, Members \$55 ☀️



JOYFUL WALKS AT THE PARK

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 and weather updates.

- 2nd Friday*, 2-3 p.m.
- March 13: Westwood Hills Nature Center
- April 10: Jidana Park
- May 15*: Valley Park
Activity fee \$5, Members free

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!

- Mondays, March 2-May 18, 9-9:45 a.m.
Drop-in \$5, Members 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.

- Mondays, March 2-May 18, 12:15-1:30 p.m.
Activity fee \$80, Members \$50 ☀️
- Wednesdays, March 4-May 20
12:15-1:30 p.m.
Activity fee \$80, Members \$50 ☀️

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. For experienced square dancers.

- Thursday, March 5-May 28, 12:30-2:30 p.m.
Drop-in \$5, Members free

Recreation & Athletics

Pickleball Add-on Membership

HAC members can purchase an annual Pickleball Add-on membership for \$15 to avoid paying the \$5 daily drop-in fee. 🌟 Add-on membership is valid from January 1-December 31.

Pickleball Open Play Sessions

Open Pickleball

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

- Monday, March 2-May 18, 9 a.m.-noon
 - Tuesday, Wednesday, Thursday March 3-May 28 (except May 25) 10 a.m.-noon
- Drop-in fee 🌟 or free with Add-on

Beginner Open Pickleball

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

- Tuesday, March 3-May 26, noon-1:30 p.m.
 - Wednesday, March 4-May 27, 8:30-10 a.m.
- Drop-in fee 🌟 or free with Add-on



Looking for Extra Playing Time?

Gym rental is available for private use on nights and weekends by reservation. Contact the office for rental rates and availability. Members get 10% off!

Indoor Golf League

Keep up your golf skills by playing indoors at The Tee Box. Play different courses each week. Join anytime during the session. Call the office for details.

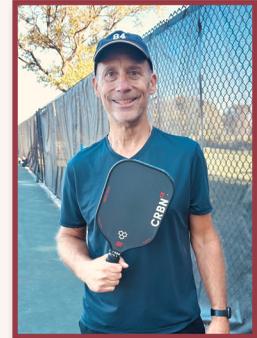
- Tuesdays, through March 17 10 a.m.-12:30 p.m. Registration fee \$3, Members free Weekly fee \$15



Pickleball Lessons

Take your pickleball game to a whole new level by targeting those skills you want to improve upon.

Talented player and top pickleball instructor Dave Ostlund has years of experience and an endless amount of enthusiasm for progressing players in the sport!



4 week session fee \$48, Members \$45

Introductory Pickleball

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

- Tuesday, April 28-May 19, 3-4:30 p.m.

Advanced Beginner

Strengthen fundamental skills through drills and strategy. Learn how to improve backhand proficiency, reduce unforced errors and perfect your third shot drop.

- Tuesday, March 3-24, 3-4:30 p.m.
- Tuesday, March 31-April 21, 1:30-3 p.m.

Intermediate

For experienced players wanting to enhance their competitive edge with mental and technical strategies—full court awareness, lob shots attackable vs. unattackable dinking and more!

- Tuesday, March 3-24, 1:30-3 p.m.
- Tuesday, March 31-April 21, 3-4:30 p.m.
- Tuesday, April 28-May 19, 1:30-3 p.m.



Volleyball

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

- Mondays & Wednesdays, March 2-May 27 (except May 25), 2-3:30 p.m. Drop-in \$5, Members free

Social Enrichment

Book Club

Participants of Book Club enjoy lively discussions on group selected titles. Led by a Hennepin County-Hopkins librarian.

- 1st Monday, 1-2:30 p.m.
- March 2: *The Serviceberry*, by Robin Wall Kimmerer
- April 6: *Playground*, by Richard Powers
- May 4: *Everything is Tuberculosis*, by John Green

Activity fee \$5, Members free



Grief Journeys

Everyone experiences grief in life and each person 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.

- Wednesdays, March 11, April 8, May 13
10:30-11:45 a.m.
Activity fee \$10, Members \$8

Men's Shed

The Men's Shed is an open and inclusive group that meets to socialize, plan projects in the community, 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.

- Thursdays, March 5-May 28, 1-2:30 p.m.
Members free

Monthly Movies

View current films and enjoy fresh popcorn!

- 3rd Tuesday*, 2-4 p.m.
- March 10*: *A Big Bold Beautiful Journey*
- April 21: *Eleanor the Great*
- May 19: *Jay Kelly*
Activity fee \$5/movie, Members free
Sponsor SYNERGY HomeCare



GARDENING THERAPY

Growing Connections

This free gardening program was created for people living with early dementia offered by Hennepin County Master Gardeners. Call the Alzheimer's Association at 1-800-272-3900 for information and to register.

- Monday or Tuesday, April 13-May 19
10 a.m.-noon

Social Game Opportunities

The Lounge is available during program hours for friends to socialize and play from a selection of games on hand. Or join an established weekly game group!

Drop-in \$5, Members free

Bridge Mondays, March 16, April 20, May 18
10 a.m.-noon. Call the office to be a substitute.

Scrabble Call the office if you are interested!

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

Mah Jongg Advanced Wednesdays, 9:30 a.m.-noon

Mah Jongg Beginner Wednesdays, 12:30-3 p.m.

Mah Jongg Tournament

A just for fun day of tournament play! Register by May 18 to attend. Bring lunch and \$5 cash for prizes.

- Wednesday, May 20, 9 a.m.-2 p.m.
Activity fee \$5, Members free



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.

- Tuesdays, March 17, April 21, May 12
10 a.m.-noon
Drop-in \$5, 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.

- Thursdays, March 5-May 28, 9 a.m.-4 p.m.
Drop-in \$5, Members free

Creative Chaos Weekend Event

Register to attend one or all days of this social crafting event. A table will be reserved to spread out your supplies.

- Thursday, April 16, 9 a.m.-9 p.m.
- Friday, April 17, 9 a.m.-9 p.m.
- Saturday, April 18, 9 a.m.-6 p.m.
Daily fee \$20, Members \$18



Artist Spotlight

On display this quarter Michele Darveaux shares an intimate look into her expression and advancement of skills as

an artist. Enjoy viewing the collection of her incredible journey, on exhibit in the lobby, titled, "My Beautiful Things."

- Wednesday, April 8, 9:30-11:30 a.m.

Rug Hooking Artists

Enjoy socializing while rug hooking in the primitive art of weaving wool cloth into wall hangings, rugs or pillows. Group members work on individual projects and share tips.

- Wednesdays, March 4-May 27, noon-3 p.m.
Drop-in \$5, Members free

Caring Through Volunteering 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 14-August 13, 3-4 p.m.



HUG CELEBRATES 3 YEARS

Hopkins Ukulele Group (HUG)

Celebrating 3 years of joyfully making music together, HUG invites you to join them! Beginners welcome, with no experience necessary. This is a learn as you play group of inclusive ukulele lovers and not an instructor led class. Bring your own ukulele or use the Center's to try it out.

- Mondays, March 2-May 18, 12:30-2 p.m.
Drop-in \$5, Members free

Community Resources

Legal Consultation

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

- Thursday, March 26, 12:30-1:30 p.m.
- Wednesday, April 15, 12:30-1:30 p.m.
- Tuesday, May 5, 12:30-1:30 p.m.
Activity fee \$5, 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.

- Thursdays, March 19, April 16, May 21
12:30-4 p.m. | Free

Veteran Benefit Consultation

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

- Thursdays, March 12, April 9, May 14
9 a.m.-12 p.m. | Free

Helping Hands

If you like to sew or knit, we have patterns and fabric kits prepared for you to work on at home. Completed projects are lovingly donated to local organizations. We are also accepting yarn and fabric donations.

Trips & Explorations

US Bank Stadium Tour

Arrangements for a tour of the Vikings stadium and a lunch stop are in the planning stage. Watch the weekly e-news for updates or contact the office with your interest.

- April date to be determined
Activity fee TBD

SPAM® Museum & Hormel Mansion

Travel to Austin, MN to visit the SPAM® Museum, for a self-guided tour to view displays depicting the rich history of Hormel Foods. Visit the gift store for collectible memorabilia and SPAM® products, even the hard-to-find varieties. Enjoy lunch in the Hormel House dining facility with a menu of grilled chicken breast, wild rice blend side, house salad, dinner roll, coffee and small dessert.



Tour the stately home of George A. and Lillian Hormel. Be enchanted by this historic gem they lived in with its stained glass and leaded glass windows, that beautifully accent the decorative woodwork in this six-bedroom home.

At the final stop in Owatonna, shop at the Russell Stover Candy Store for specialty candies or ice cream treats.

- Tuesday, May 19, 7:40 a.m.-4:45 p.m.
Activity fee \$92, Members \$89
Registration deadline April 13, noon

Extended Travel Show

Landmark Tours, a professional tour company, will hold a Travel Show to share their list of exciting trips. Just a few of the many tours include *Historic Trains of Colorado*, *New Mexico Balloon Fiesta*, and overseas adventures! Register to attend.

- Wednesday, March 25, 10-11 a.m. | Free



Trip Registration Notes: Day Trips are popular, and some 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.

Head "Up North" to Ely

Travel along the shores of Lake Superior for a glorious 3 day adventure in Ely. Stay at the Grand Ely Lodge nestled in the heart of pristine northern wilderness. Discover the history of Ely Folk School, visit The North American Bear Center, International Wolf Center, Dorothy Molter Museum, night sky viewing program, Lake Vermilion-Soudan Underground Mine State Park, dining and more!

- Wed. June 3-Fri. 5, 7:35 a.m.-6:30 p.m.
Single \$990, Double \$820, Deposit \$175
Registration deadline March 23, noon

"Little Women" at the Guthrie

Arrive at the Guthrie Theater and take a few minutes to explore the public areas of the building before being seated. We have seating reserved in aisle 2, rows J, K and M.

Enjoy the performance of "Louisa May Alcott's Little Women," a new adaptation of the beloved classic celebrating the wonderful—and trying—transition from girlhood to adulthood. Young Jo March desperately wants to be a writer. With her father away during the Civil War, Jo and sisters Meg, Beth and Amy, and mother Marmee, remain joyful and dutiful despite modest circumstances. Yearning for independence, Jo is emboldened to channel her angst into her stories, eventually finding her place in the world.

- Wednesday, June 10, 11:40 a.m.-4:20 p.m.
Activity fee \$81, Members \$78
Registration deadline March 31, noon

Discover More Adventures!

To register for future day or extended trips visit our website, or pick up a brochure at the Center.



March 2026 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>2 SPRING SESSION BEGINS</p> <p>Book Club <i>The Serviceberry</i> 1 p.m. (P6)</p> <p>+ Monday activities</p>	<p>3 Pickleball Lessons <i>Intermediate</i> 1:30 p.m. (P5)</p> <p>Pickleball Lessons <i>Advanced Beginner</i> 3 p.m. (P5)</p> <p>+ Tuesday activities</p>	<p>4 Tech Help Desk 9 a.m. (P3)</p> <p>+ Wednesday activities</p>	<p>5 Day Trip <i>Murder Mystery Luncheon</i> 9:40 a.m.</p> <p>Men's Shed 1 p.m. (P6)</p> <p>+ Thursday activities</p>
<p>9 Tech Topics <i>Understanding Tech Bills</i> 11 a.m. (P3)</p> <p>+ Monday activities</p>	<p>10 Movie <i>A Big Bold Beautiful Journey</i> 2 p.m. (P6)</p> <p>+ Tuesday activities</p>	<p>11 Grief Journeys 10:30 a.m. (P6)</p> <p>+ Wednesday activities</p>	<p>12 Veteran Benefit Consultation 9 a.m. (P7)</p> <p>13 Walking Club, 2 p.m. (P4)</p> <p>+ Thursday activities</p>
<p>16 Bridge Group 10 a.m. (P6)</p> <p>+ Monday activities</p>	<p>17 Indoor Golf Ends 10 a.m. (P5)</p> <p>Bunco Bonanza 10 a.m. (P6)</p> <p>Lucky Bingo  2:30 p.m. (P2)</p> <p>+ Tuesday activities</p>	<p>18 Crystal Sound Bowls 3 p.m. (P4)</p> <p>+ Wednesday activities</p>	<p>19 Lunch & Learn <i>What's Up with AI?</i> 11 a.m. (P3)</p> <p>Medicare Insurance Counseling 12:30 p.m. (P7)</p> <p>+ Thursday activities</p>
<p>23</p> <p>+ Monday activities</p>	<p>24 Defensive Driving <i>Virtual</i> 5 p.m. (P3)</p> <p>+ Tuesday activities</p>	<p>25 Travel Show with Landmark Tours 10 a.m. (P8)</p> <p>+ Wednesday activities</p>	<p>26 Legal Consultation 12:30 p.m. (P7)</p> <p>+ Thursday activities</p>
<p>30</p> <p>+ Monday activities</p>	<p>31 BUY A BRICK ORDERS DUE</p> <p>Pickleball Lessons <i>Advanced Beginner</i> 1:30 p.m. (P5)</p> <p>Pickleball Lessons <i>Intermediate</i> 3 p.m. (P5)</p> <p>+ Tuesday activities</p>	<p>Bestow Honor with a 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 annually. www.hopkinsmn.com/853/Buy-a-Brick</p> <div style="border: 1px solid black; padding: 2px; display: inline-block;"> <p>IN MEMORY OF PELTIER, SUSAN RAE KOPPELMAN</p> </div>	
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
<p>8:30 Media Center (Mon-Thur)</p> <p>9:00 Video Fitness Pickleball</p> <p>10:30 Stretch & Strength Yoga</p> <p>11:30 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 Open Pickleball</p>	<p>8:30 Beginner Open Pickleball</p> <p>9:00 Tech Help Desk</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 Mah Jongg Beginner</p> <p>2:00 Volleyball</p>	<p>9:00 Functional Fitness Creative Chaos Crafting</p> <p>10:00 Pickleball Bowling</p> <p>12:30 Square Dancing</p> <p>1:00 Men's Shed</p>

April 2026 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p>Stop in for a free cup of coffee compliments of WestRidge, our spring sponsor.</p>		1 Garden Club Team Planning Meeting 6:30 p.m. (P12) + Wednesday activities	2 PLANT SALE ORDER DEADLINE + Thursday activities
6 Defensive Driving 9 a.m. (P3) Book Club Playground 1 p.m. (P6) + Monday activities	7 + Tuesday activities	8 Senior Living Bus Tour 8:30 a.m. (P2) Artist Spotlight 9:30 a.m. (P7) Grief Journeys 10:30 a.m. (P6) Garden Class: <i>Preparing for Growing Season</i> 6:30 p.m. (P12) + Wednesday activities	9 Veteran Benefit Counsultation 9 a.m. (P7) Bowling Club Ends 10 a.m. 10 Walking Club, 2 p.m. (P4) + Thursday activities
13 Growing Connections 10 a.m. (P6) Tech Topics Online Shopping & Security 11 a.m. (P3) + Monday activities	14 Growing Connections 10 a.m. (P6) + Tuesday activities	15 Legal Consultation 12:30 p.m. (P7) Garden Class <i>Right Plant for Right Spot</i> 6:30 p.m. (P12) + Wednesday activities	16 Medicare Insurance Counseling 12:30 p.m. (P7) 16-18 Creative Chaos Weekend (P7) + Thursday activities
20 Bridge Group 10 a.m. (P6) + Monday activities	21 Bunco Bonanza 10 a.m. (P6) Movie <i>Eleanor the Great</i> 2 p.m. (P6) + Tuesday activities	22 Garden Class <i>Adaptive Gardening through the Life Span</i> 6:30 p.m. (P12) + Wednesday activities	23 Lunch & Learn Solo Seniors 11 a.m. (P3) + Thursday activities
27 + Monday activities	28 Pickleball Lessons <i>Intermediate</i> 1:30 p.m. (P5) Pickleball Lessons <i>Introductory</i> 3 p.m. (P5) Bike Club Kick-Off  5:30 p.m. (P1) + Tuesday activities	29 Crystal Sound Bowls 3 p.m. (P4) Garden Class <i>Disease & Pests</i> 6:30 p.m. (P12) + Wednesday activities	30 + Thursday activities
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
8:30 Media Center (Mon-Thur) 9:00 Video Fitness Pickleball 10:30 Stretch & Strength Yoga 11:30 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 Mah Jongg Advanced 10:00 Pickleball 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 Crafting 10:00 Pickleball Bowling 12:30 Square Dancing 1:00 Men's Shed

May 2026

@ the Hopkins Activity Center

MONDAY		TUESDAY		WEDNESDAY		THURSDAY																																																																																																																	
4	<p>Book Club <i>Everything is Tuberculosis</i> 1 p.m. (P6)</p> <hr/> <p>Bike Club <i>Active Ride</i> 9 a.m. (P1)</p> <p>+ Monday activities</p>	5	<p>Legal Consultation 12:30 p.m. (P7)</p> <hr/> <p>Bike Club <i>Recreation Ride</i> 6 p.m. (P1)</p> <p>+ Tuesday activities</p>	6	<p>Garden Club <i>Fence Installation</i> 6:30 p.m. (P12)</p> <p>+ Wednesday activities</p>	7	<p>Backyard Birding <i>Walk 'n Talk</i> 10 a.m. (P2)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>9 Community Garden Kick-Off & Plant Sale Pick Up 9-11a.m. (P12)</p> </div> <p>+ Thursday activities</p>	11	<p>Tech Topics <i>Security and Scams</i> 11 a.m. (P3)</p> <p>+ Monday activities</p>	12	<p>Bunco Bonanza 10 a.m. (P6)</p> <p>+ Tuesday activities</p>	13	<p>Grief Journeys 10:30 a.m. (P6)</p> <hr/> <p>Garden Club <i>Planting & Seed Sowing</i> 6:30 p.m. (P12)</p> <p>+ Wednesday activities</p>	14	<p>Veteran Benefit Consultation 9 a.m. (P7)</p> <hr/> <p>Adopt-a-Park 3 p.m. (P7)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>15 Walking Club, 2 p.m. (P4)</p> </div> <p>+ Thursday activities</p>	18	<p>Bridge Group 10 a.m. (P6)</p> <p>+ Monday activities</p>	19	<p>Day Trip <i>SPAM Museum & Hormel Mansion</i> 7:40 a.m. (P8)</p> <hr/> <p>Movie <i>Jay Kelly</i> 2 p.m. (P6)</p> <p>+ Tuesday activities</p>	20	<p>Mah Jongg Tournament 9 a.m. (P6)</p> <hr/> <p>Garden Club <i>Planting & Seed Sowing</i> 6:30 p.m. (P12)</p> <p>+ Wednesday activities</p>	21	<p>Defensive Driving <i>Virtual</i> 9 a.m. (P3)</p> <hr/> <p>Planning Your Move 10 a.m. (P2)</p> <hr/> <p>Lunch & Learn <i>Swedish Death Cleaning</i> 11 a.m. (P3)</p> <hr/> <p>Medicare Insurance Counseling 12:30 p.m. (P7)</p> <p>+ Thursday activities</p>	25	<p>MEMORIAL DAY HOLIDAY CLOSED</p>	26	<p>+ Tuesday activities</p>	27	<p>Ask a Master Gardener at <i>Valley Park</i> 6:30 p.m. (THROUGH SEPT.)</p> <p>+ Wednesday activities</p>	28	<p>SPRING SESSION ENDS</p>  <p>+ Thursday activities</p>	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	Video Fitness	10:00	Pickleball	9:00	Tech Help Desk		Creative Chaos Crafting		Pickleball	12:00	Beginner Open Pickleball	9:30	Mah Jongg Advanced	10:00	Pickleball		Bike Club-Active Ride	6:00	Bike Club-Rec Ride	10:00	Pickleball	12:30	Square Dancing	10:30	Stretch & Strength Yoga				Stretch & Strength Yoga	1:00	Men's Shed	11:30	Stretch & Strength Yoga			12:00	Rug Hooking			12:15	Line Dancing			12:15	Line Dancing			12:30	Ukulele Group			12:30	Mexican Trains			2:00	Volleyball			2:00	Volleyball							6:30	Garden Club		
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HOPKINS ACTIVITY CENTER

33 14th Avenue North
Hopkins, MN 55343

Prsrt Std
U.S. Postage
Paid
Hopkins, MN 55343
Permit #21

March -May 2026

NEWS & Notes



Spring Plant Sale! Order by April 2

Order your spring bedding plants and perennials and support Hopkins senior programs and art events. Plant pick up is Saturday, May 9-in time for Mother's Day!

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



HOPKINS ACTIVITY CENTER

952-939-1333 • activitycenter@hopkinsmn.com
ARTS & AMENITIES DIRECTOR • Jill A. Anderson
MANAGER • Beth Kivett
ADMINISTRATIVE ASSISTANT • Tricia Falk
ADMINISTRATIVE RECEPTIONIST • Bethany Rask

Garden Club

6th Season and Growing Strong!

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 watering, weeding and harvesting our plot at Valley Park Community Garden. Participate as your schedule allows. Produce is donated to ICA Food Shelf.



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

- Wednesday, April 1-October 7, 6:30-7:30 p.m.
- April 1: Team Planning Meeting
- May 6: Install Fence at Garden
- May 13: Planting and Seed Sowing
- May 20: Complete Planting and Seed Sowing
- Garden maintenance every Wednesday evening

Garden Classes

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

- Wednesdays, 6:30-7:30 p.m.
- April 8: Preparing for the Growing Season
- April 15: The Right Plant for the Right Spot
- April 22: Adaptive Gardening through the Lifespan
- April 29: Problems in Your Garden-Disease & Pests



Community Garden Kick-Off

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