

Hopkins Activity Center

# NEWS & Notes

EXPERIENCE THE **UP** SIDE OF AGING!



## Summer Program Registration

### New ActiveNet System

As we revel in the changes Spring has brought about in nature, we also are looking ahead with anticipation to summer and the joy-filled possibilities it will bring, including gathering together again, longer periods of daylight, and being able to enjoy more outdoor activities.

We invite you to visit our website at [www.hopkinsmn.com/activitycenter](http://www.hopkinsmn.com/activitycenter) to find the new ActiveNet Registration system and explore our expansive list of programs for summer. Registration is easy to access, just look for the Raspberry Registration button marked "Summer Programs." Here you can view your account and find a list of activities.



### Programs through May

Spring activity programming that runs through May will continue to have registrations processed in SchedulesPlus. When visiting the Activity Center website, there will be a Registration Button for

May activities. Funds in member prepay accounts will be accessible in SchedulesPlus through May. In June, existing prepay funds in member accounts will transfer to the new ActiveNet software.

The benefits of recreation are endless!

- Connect with community
- Enhance self-esteem
- Get energized
- Have fun
- Improve quality of life
- Lifelong learning
- Maintain health and fitness
- Spark new friendships

What recreation will you participate in this summer? Take a look inside this summer edition of recreational programming being offered at the Hopkins Activity Center.

We are looking forward to seeing you back in-person!

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**HOPKINS ACTIVITY CENTER**

952-939-1333 • [activitycenter@hopkinsmn.com](mailto:activitycenter@hopkinsmn.com)

[www.hopkinsmn.com/activitycenter](http://www.hopkinsmn.com/activitycenter)



Save the dates!  
**Summer Special Offerings!**

**Senior Explorers Summer Camps**

Join other active adults for outdoor park experiences! Three Rivers Park staff will be leading activities and providing all equipment. Just show up at Bryant Lake Regional Park ready for some fun!

- Activity fee \$10, Members \$8

**Fishing**

Three Rivers Parks offer fishing options at 18 parks in the Twin Cities area. Throw a line for your own catch of the day. You might reel in a muskie, northern pike, sunfish, bass or even a walleye.

- Tuesday, June 22, 1:30-3 p.m.

**Geocaching**

Geocaching is a family-friendly, high-tech treasure hunt that combines respect for the environment with a sense of adventure. This activity involves placing or looking for a cache using global positioning system (GPS) equipment.

- Tuesday, July 20, 1:30-3 p.m.

**Disc Golf**

Combine the fun of throwing a flying disc with the challenge of golf, and you get disc golf. This activity is fun for participants of almost any age and ability. Simply throw your disc toward the designated basket, counting one point for each throw, and the lowest score wins.

- Tuesday, August 17, 1:30-3 p.m.



TRY DISC GOLF!

**Estate Planning Webinar**

Learn about documents involved in estate planning, considerations with respect to real estate, and an introduction to the probate process.

Webinar will include Q&A with Jen Rutz, an attorney at Hellmuth & Johnson. Jen focuses her practice on estate planning, probate and trust administration, and small business.

- Wednesday, August 11, 1-2:15 p.m. Activity fee \$3, Members free

**Tech Support**

Hopkins Royal Connections High School students, hired and trained by Hopkins Community Education, will be available for technology help with you Smartphone, iPad, or computer.

Bring your device. If it is not portable, iPads and desk top computers are available for use.

- Wednesday, June 23, 30, 1-3:15 p.m. Activity fee \$3, Members free

**COVID Protocols**



Health and safety protocols to reduce the risk of Coronavirus transmission will be followed according to state requirements in place at the time of the event. Visit our website for current guidelines in effect.

**Recreation & Athletics**

**Bicycle Club**

Are you ready for some exercise? Join us for a weekly bike ride on Wednesday evenings throughout the summer. Rides are usually 20 to 30 miles at bike speeds of 10 to 12 mph with water stops. We try to avoid most hills and prefer biking dedicated trails wherever possible.



The season begins on May 26 and will end in the fall as weather allows. No ride on June 9. The first ride will leave from the Hopkins Depot and will include a brief bike and road safety talk by the Hopkins Police Department. COVID-19 Protocol: Masks required to have on your person, not required to wear while you ride. Bring a water bottle.

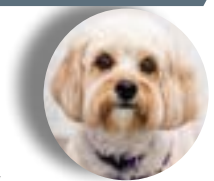
**Summer Session**

- Wednesday, May 26-Fall, 5:30-7:30 p.m. Activity fee \$12, Members \$10

**Social Enrichment**

**Senior Social Hour**

Join us for some much needed social time as we enjoy the company of others again! We welcome you back to the building for conversation, tours, and a time to get to know new neighbors.



We will also be hosting the North Star Therapy Animals with a little furry friend named Bea. Coffee and treats will be available as COVID-19 restrictions allow. Space limited, registration required.

- Thursday, June 24-August 26, 9-11:00 a.m. Activity fee \$3, Members free  
 \*Sponsored by WestRidge Senior Living

**Library Drop-In**

Spend time browsing the Activity Center Library to check out or return books and puzzles. 30 minute limit per person. No appointment needed. Check in at the front desk for available access.

- Monday, June 21-August 30, 9 a.m.-noon Members only, free

**Pickleball**

Pickleball is a combination of ping-pong, tennis, and badminton played on an indoor court. Players rotate in and out of games. Bring your pickleball racquet. Recreational activity for adults 50 and older.

**Session Dates**

- Monday, June 21-August 30, 10-11:30 a.m. Activity fee \$27, Members free
- Tuesday, June 22-August 31, 10:30 a.m.-12:30 p.m. Activity fee \$30, Members free
- Wednesday, June 23-September 1, 2-3:30 p.m. Activity fee \$30, Members free
- Thursday, June 24-September 2, 10:30 am-12:30 p.m. Activity fee \$30, Members free. Drop-in rate \$3 as space allows.

**Outdoor Pickleball**

Hopkins Central Park has wonderful pickleball courts for use all summer long open to the general public on a first come-first served basis, with specific dedicated times reserved for senior use. \*No registration needed, just show up and have fun!

Outdoor Drop-in Senior Play, Courts 1-3

- Monday-Friday 7:30-11:30 a.m.
- Tuesday & Thursday 3 p.m. to dusk

**Book Club**

Explore a different book selection each month and enjoys discussing the topics with other avid readers.

- Tuesday, June 1, 2:30-4 p.m. *The Last Lecture*, by Randy Pausch
- Monday, July 12, 2:30-4 p.m. *Where Are You Now*, Mary Higgins Clark
- Monday, August 2, 2:30-4 p.m. *Skipping Christmas*, John Grisham  
 Activity fee \$3, Members free



**Men's Shed**

The Men's Shed is an open and inclusive group that meets to plan projects they may be working on and to socialize. Join them for collaborating with community service organizations, building projects, park cleanups, group tours of interesting locations, share advice and ideas, or to simply hang out.

**Summer Session**

- June 24-September 2, 1-2:30 p.m. Activity fee \$30, Members free. Drop-in option as space allows. Drop-in \$3, Members free

## Fitness

Drop-in option available as space allows.  
Drop-in Rate: \$5, Members \$4

### Functional Fitness

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



#### Session 1

- Tuesday, June 22-July 27, 9-10 a.m.  
Activity fee \$30, Members \$24
- Thursday, June 24-July 29, 9-10 a.m.  
Activity fee \$30, Members \$24

#### Session 2

- Tuesday, August 3-31, 9-10 a.m.  
Activity fee \$25, Members \$20
- Thursday, August 5-September 2, 9-10 a.m.  
Activity fee \$25, Members \$20

### Balance & Chair Yoga

A chair based class focusing on gentle stretching, standing balance, and flexibility with breath focused movement to promote relaxation, stress reduction and ease of movement within the body. Use a yoga mat, blanket or a towel to sit on.

#### Session 1

- Wednesday, June 23-July 28, 9 a.m.  
Activity fee \$30, Members \$24

#### Session 2

- Wednesday, August 4-September 1, 9 a.m.  
Activity fee \$25, Members \$20

### Yoga Mat Class

A mat based class focusing on gentle stretching, standing balance, and flexibility with breath focused movement to promote relaxation, stress reduction and ease of movement within the body. Use a yoga mat, blanket or a towel to sit on. Drop-In option available as space allows.

#### Session 1

- Monday, June 21-July 26, 1:30-2:30 p.m.  
Activity fee \$25, Members \$20

#### Session 2

- Monday, August 2-30, 1:30-2:30 p.m.  
Activity fee \$25, Members \$20



\*NEW! ENERGIZING POUND CLASS!

### Pound Class

Channel your inner rock star with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. This class will be taught with lower-impact moves and using a chair rather than on the ground. Drum sticks provided.

#### Session 1

- Tuesday, June 22-July 27, 1-1:45 p.m.  
Activity fee \$30, Members \$24

#### Session 2

- Tuesday, August 3-31, 1-1:45 p.m.  
Activity fee \$25, Members \$20



### Nordic Walking Lessons

Enjoy the outdoors and empower your walking by adding Nordic Walking Poles. Nordic walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show that by using Nordic Walking poles the heart rate increases an average of 10-15 percent more than normal walking. Nordic Walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. Nordic walking poles will be provided by instructor Sandy Werts.

- Tuesday, June 15, 10 a.m.  
Activity fee \$5, Members \$4
- Thursday, July 8, 6:30 p.m.  
Activity fee \$5, Members \$4

### T.O.P.S.

TOPS (Take Off Pounds Sensibly) group discusses ways to eat sensibly to lose weight or maintain weight in a supportive atmosphere.

- Wednesday, June 23-September 1, 3:30-4:30 p.m.  
Activity fee \$33, Members free

## Arts & Leisure

### Art in the Park

Join fellow artists for two hours of Art in the Park instruction. Activity Fee includes the cost of all materials and supplies. Rainout location is the Hopkins Activity Center.

- Activity fee \$70, Members \$60

### Oil Painting Classes

Whether a beginner, intermediate or advanced painter, these classes are for you. Arrive to class ready to paint a prepared sketch. We will have a lot of fun in these classes taught by Jeanne Kenton.

#### Fawn & Fern

- Tuesday, June 24, 10 a.m.-noon  
Location: Maetzold Field picnic shelter.



#### Wetland Landscape

- Thursday, August 12, 10 a.m.-noon  
Location: Shady Oak Beach picnic shelter.  
\*Sponsored by WestRidge Senior Living

## Community Resources

### Legal Consultation

Are you in need of legal advice? Meet with an area attorney for a 30 minute consultation. Appointment registration required.

- Monday, June 28, July 19, August 30, 12:30-1:30 p.m.
- Wednesday, August 4, 12:30-1:30 p.m.  
Activity fee \$3, Members free

### Senior Community Services

Senior Community Services offers one-on-one appointments to help those in need of community resource support or education for the aging adult. Register for a 30 minute appointment.

- Tuesday, July 13, August 10, 1-2:30 p.m.  
Activity fee \$3, Members free

### Veteran Benefits Consultation

A Senior Claims Representative from the MN Dept. of Veterans Affairs, meets with veterans and their family to answer benefit questions. Bring DD214 document as proof of service.

- Thurs, July 8, August 12, 9 a.m.-noon  
Activity fee \$3, Members free

### Nature Sketchbook

Join fellow artists in an outdoor sketchbook class. Instructor Pam Luer and the natural world will inspire and guide your Art in the Park experience.

- Tuesday, July 20, 10 a.m.-noon  
Location: Wolfe Park in St. Louis Park

### Creative Chaos Crafting 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 you create your own passion. Meets twice monthly.



- Wednesday, June 23 & 30, July 14 & 28, August 11 & 25, 9 a.m.-3 p.m.  
Activity fee \$18, Members free  
Drop-in option available as space allows.  
Drop-in rate: \$3, Members free

## Volunteer

### Adopt a Park

Do your part and help keep Hopkins Parks clean. Once a month Activity Center volunteers clean up Downtown Park and the Clock Tower Plaza. Bring work gloves. All other supplies provided.

- Thursday, June 3, July 1, August 5, 3-4 p.m.

### Garden Club

Join the first annual Activity Center Garden Club group. In partnership with Hennepin County Master Gardeners you will be getting your hands dirty while learning the art of growing vegetables!

Garden caregivers will be responsible for watering, weeding and harvesting produce at Valley Park Community Garden. Produce will be donated to the ICA Food Shelf. Email the office with your availability to participate.

### Dress a Dollie

Are you a seamstress looking for a fun volunteer project? The Hopkins Activity Center has teamed up with the Hopkins School District to receive dolls to redress them with new outfits for the new school year. Register to take a doll home.

# June 2021 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Book Club 2:30 p.m. (P3) + Tuesday activities	2 Bicycle Club 5:30 p.m. (P3) + Wednesday activities	3 Adopt a Park 3 p.m. (P5) + Thursday activities
7 BUILDING CLOSED CLEANING/MAINTENANCE	8 BUILDING CLOSED CLEANING/MAINTENANCE	9 BUILDING CLOSED CLEANING/MAINTENANCE	10 BUILDING CLOSED CLEANING/MAINTENANCE
14 BUILDING CLOSED CLEANING/MAINTENANCE	15 BUILDING CLOSED Nordic Walking 10 a.m. (P4)	16 BUILDING CLOSED CLEANING/MAINTENANCE	17 BUILDING CLOSED CLEANING/MAINTENANCE
21 <b>Session 1 Begins</b> <b>WE ARE OPEN</b> <b>Welcome Back!</b> + Monday activities	22 New! Pound Fitness Class 1 p.m. (P4) * Senior Explorers Fishing Camp 1:30 p.m. (P2) + Tuesday activities	23 Creative Chaos Crafting 9 a.m.-3 p.m. (P5) Tech Support 1 p.m. (P2) + Wednesday activities	24 New! Senior Social Hour 9 a.m. (P3) * Art in Park - Oil Painting Fawn & Fern 10 a.m. (P5) + Thursday activities
28 Legal Consultations 12:30 p.m. (P5) + Monday activities	29 + Tuesday activities	30 Creative Chaos Crafting 9 a.m.-3 p.m. (P5) Tech Support 1 p.m. (P2) + Wednesday activities	1 Adopt a Park 3 p.m. (P5) <b>July</b> + Thursday activities

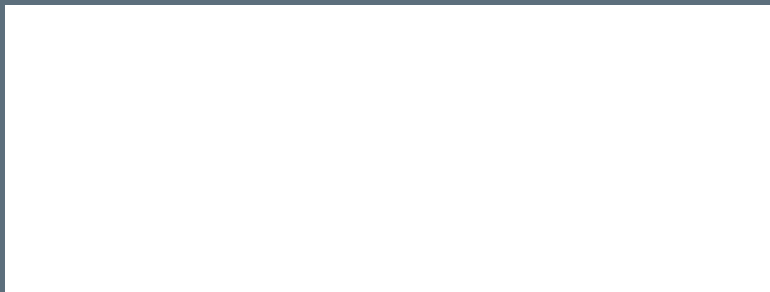
# July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5 HOLIDAY-OFFICE CLOSED	6 + Tuesday activities	7 + Wednesday activities	8 Veteran Benefit Consultation 9 a.m. (P5) Nordic Walking Lesson 6:30 p.m. (P4) + Thursday activities
12 Book Club 2:30 p.m. (P3) + Monday activities	13 Senior Community Services 1 p.m. (P5) + Tuesday activities	14 Creative Chaos Crafting 9 a.m.-3 p.m. (P5)  Wednesday activities	15 Raspberry Festival Senior Social 12:30 p.m. (P8) Alive & Kickin Concert 7 p.m. (P8) + Thursday activities
19 Legal Consultations 12:30 p.m. (P5) + Monday activities	20 Art in the Park - Nature Sketchbook 10 a.m. (P5) Senior Explorers Geocaching 1:30 p.m. (P2) + Tuesday activities	21 + Wednesday activities	22 + Thursday activities
26 + Monday activities	27 + Tuesday activities	28 Creative Chaos Crafting 9 a.m.-3 p.m. (P5) + Wednesday activities	29 + Thursday activities

# August 2021 @ the Hopkins Activity Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 <b>Session 2 Begins</b> Book Club 2:30 p.m. (P3) Dress a Dollie Final Return Date + Monday activities	3 + Tuesday activities	4 Legal Consultations 12:30 p.m. (P5) + Wednesday activities	5 Adopt a Park 3 p.m. (P5)  + Thursday activities
9 + Monday activities	10 Senior Community Services 1 p.m. (P5) + Tuesday activities	11 Creative Chaos Crafting 9 a.m.-3 p.m. (P5) Estate Planning Webinar 1 p.m. (P2) + Wednesday activities	12 Veteran Benefit Consultation 9 a.m. (P5) Art in Park - Oil Painting Wetland Landscape 10 a.m. (P5) + Thursday activities
16 + Monday activities	17 Senior Explorers Disc Golf 1:30 p.m. (P2) + Tuesday activities	18 + Wednesday activities	19 + Thursday activities
23 + Monday activities	24 + Tuesday activities	25 Creative Chaos Crafting 9 a.m.-3 p.m. (P5) + Wednesday activities	26 + Thursday activities
30 Legal Consultations 12:30 p.m. (P5) + Monday activities	31 + Tuesday activities	1 <b>September</b> + Wednesday activities	2 <b>Summer Session 2 Ends</b> + Thursday activities
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
7:30 Outdoor Pickleball 9:00 Library Drop-In 10:00 Pickleball 1:30 Mat Yoga	7:30 Outdoor Pickleball 9:00 Functional Fitness 10:30 Pickleball 1:00 Pound Fitness Class 3:00 Outdoor Pickleball	7:30 Outdoor Pickleball 9:00 Balance & Chair Yoga 11:00 Rug Hooking (Virtual) 2:00 Pickleball 3:30 TOPS 5:30 Bicycle Club	7:30 Outdoor Pickleball 9:00 Functional Fitness Senior Social with Bea 10:30 Pickleball 12:30 Afternoon Squares (Virtual) 1:00 Men's Shed 3:00 Outdoor Pickleball

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Permit #21



June-August 2021

# NEWS & Notes

## Membership Benefits of Being a Member

Membership at the Hopkins Activity Center is just \$30 per person or \$50 per household for one year. Members receive four quarterly newsletters per year, reduced fees for activities and facility rental discounts.

Drop-in rates for activities are available to non-frequent participants.

Check with the office to confirm your eligibility for SilverSneakers®, Silver&Fit® or Renew Active™ fitness memberships.

Contact the office to be added to our weekly email notices.



### HOPKINS ACTIVITY CENTER

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DIRECTOR • Lynn Anderson

PROGRAM COORDINATOR • Beth Kivett

ADMINISTRATIVE ASSISTANT • Tricia Falk

## Raspberry Festival Senior Day Events Thursday, July 15, 12:30-2 p.m.



Join us in Downtown Park as we celebrate Hopkins!

Socialize with other seniors in the community and enjoy a free raspberry ice cream treat while the Hopkins History Center gives a special presentation on the History of Raspberries.

This is a free social event for senior adults.

Thank you to our generous event sponsors!

JonnyPops®

WestRidge of Minnetonka

The Glenn of Hopkins and Minnetonka

Wear your Raspberry Festival Button for entry to the Raspberry Senior social event!

## Alive & Kickin Concert, 7 p.m.

Return to Downtown Park in the evening to enjoy the Sunset Series Concert, featuring a talented ensemble of rockin senior performers ages 60-99+ that entertain all generations through popular contemporary music and personal stories.