

March / April 2019



šakpe ti SENIOR LOUNGE

1255 Fuller St. S.
Shakopee
Minnesota 55379
952.233.9500

Hours:
Monday-Friday
8:00 a.m.- 3:00 p.m.

Registration Options:

Online:

www.shakopeemn.gov

In-person:

952.233.9500

Newsletter:

Subscribe via Email:

ckress@shakopeemn.gov

Visit City Website:

www.shakopeemn.gov

Carla Kress

Recreation Coordinator

952-233-9516

ckress@shakopeemn.gov

Active Older Adults Newsletter



2019 Senior Advisory Board

Front L to R: Gwen Ellingson, Betty Nelson-Matton, Elaine Habeck

Back L to R: John Otto, Patricia Lewis, Sue Westegaard

Not pictured: Mavis Kisner

“A Place to Call Your Own”

*All programs, events, and trips are located at or leave from
the Community Center, unless otherwise noted*

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- Extended Trips / Special Events
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Revised: February 13 2019

WEEKLY / MONTHLY ACTIVITIES

PICKLEBALL

Played on a shortened court, net slightly lower than a tennis net with a paddle and whiffle-like ball. Nets / equipment available. Wear comfortable clothing and white soled tennis shoes.

Three courts are available. Extra courts available will depend on other gym users in West gym. Courts can be set up for different levels of players.

NOTE: Days/Times are subject to change. Please check the current gym schedule for updates

When:

Sundays 10:30am-12:30pm

Mondays & Wednesdays 7-9 am

Tuesdays & Thursdays 7-11 am

Thursdays 7-8:45 pm (thru Mar.)

Fridays 7-9 am

Saturday 9:15-10:45 am

Fee: Subject to daily fee or CC membership

CARDS & CONVERSATION

Join us for cards, conversation and coffee. Seeking players for 500, Sheephead & Cribbage.

When: Tues/Thurs

Time: 9 a.m.- noon.

RE-CREATED CARDS

Are you crafty? Join us to make new cards from used cards.

When: 2nd Monday

Time: 10:30 a.m.-Noon

March 11: Gwen Ellingson
Elaine Habeck

April 8: Elaine Habeck

BRIDGE

Whether you are a beginner, intermediate or expert, play with other bridge lovers.

When: Thursdays

Time: 1-3 p.m.

POTLUCK

Gather with friends to enjoy a MN Potluck. Please bring a dish to share. Dessert: Please inform Carla

When: 3rd Monday

Time: 12-2 p.m.

March 18: Volunteer Needed

April 22: Volunteer Needed

MEXICAN TRAIN

DOMINOES

All Aboard! The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station". An easy game to learn quickly.

When: Wednesdays

Time: 1-3 p.m.

Sewing Needs!

We have a volunteer who has been assisting people in need with hemming pants, sewing seams, buttons and more.

FREE SERVICE

Call 952-233-9516

For more information

BINGO

Join your friends for bingo fun.

When: 1st Wednesday

Treats:

March 6: Sue Gregory

Lloyd Johnson

April 3: John Castellano

When: 3rd Wednesday - Prizes

Time: 1-3 p.m.

**March/April Location for both:
Multi-Purpose Room Upstairs**

MAHJONGG

Blending elements of rummy and dominos, it's lively, addictive and entertaining for everyone.

When: Thursdays

Time: 1-3 p.m.

SR. SOCIAL

Join your friends or meet new ones and enjoy a mid-morning snack. Bring a snack to share with others.

When: 3rd Friday

Time: 9 a.m.

QUALITY FOOTCARE

Quality Footcare, a licensed foot care company, will provide foot care to seniors with various foot conditions. A foot soak, filing, nails/corns/calluses, trimming, and foot massage for circulation.

Register one week prior online or call 952-233-9516

When: 2nd Friday

March 8 QF 308

April 12 QF 412

Time: 9 a.m.-Noon

Fee: \$32

“We Were Strong!” More Women in Early Shakopee

Ten more women in early Shakopee and their impact on the community will be discussed. Some include: Black Flute Lucy Otherday, Ruth Gardner, Hopstina Makaakaniwankewin, Winona Nancy McClure Faribault Huggan, Ellen Marie Oleson Jorgenson, Isabel David Higbee, Marilyn Laddusaw Lang and Alice Briggs (whose spirit still lingers in downtown Shakopee.)

When: Tuesday, March 12
Time: 1-2 p.m.
Fee: FREE
Program Code: CD 312
Register by: Tuesday, March 5

"We Were Here, Too!" African Americans in Early Shakopee

In the 19th century, several African Americans who lived in Shakopee will be discussed. Some include: farmer and laborer, Dan Eddings; baseball player, Billy Williams; Joseph Godfrey, who was enslaved and escaped from the area later called Shakopee; Joseph Graham who was a carriage driver for Dr. Fischer; and a servant, Alice Briggs, whose spirit still lingers in downtown Shakopee.

When: Tuesday, April 9
Time: 1-2 p.m.
Fee: FREE
Program Code: CD 409
Register by: Tuesday, April 2

Mark Irving: Former Jockey, Track Ambassador

Former Jockey Mark Irving has more than 4,700 lifetime mounts and 600-plus career victories. There’s one thing he has learned during his time riding massive animals while they are running 40 mph: “If you lose, they always blame the jockey first.” His knowledge of horse racing, easy charm and beguiling British accent have translated to a new role for Irving: Live Racing Ambassador for Canterbury Park. He will share of his life in the UK, how he fell in love with the sport of horse-racing, and his new role at Canterbury Park.

When: Tuesday, April 16
Time: 1- 2:30 p.m.
Fee: FREE
Program #: CD 416
Register by: Tuesday, April 9

Shakopee HS Meet/Greet

Meet at the Shakopee High School for a short introduction and welcome from our new Superintendent, Mike Redmond. A tour of the HS will follow. Check-in from 8:30-9:00 a.m. You need to get a printed badge for security purposes.

Location: Meet at the Shakopee High School – Front Entrance

When: Wednesday, April 24
Time: 8:30 – 10:30 a.m.
Fee: FREE
Program Code: CD 424
Register by: Wed., April 17

Heart-Healthy Cooking

Series - Sponsored by A’viands and All Saints Senior Living

Time: 12:30 – 2:00 p.m.
Fee: FREE

Saint Patrick's Irish Dish

Celebrate St. Patrick’s Day, or the” Feast of Saint Patrick.” Learn to make an Irish Dish that is simple and healthy.

When: Monday, March 11
Program Code: CD 311
Register by: Wed., March 6

Springtime Snacks

Spring into nutrition with new healthy snacks reflecting this great season!

When: Tuesday, April 23
Program Code: CD 423
Register by: Tuesday, April 16

Mahjongg Lessons

Mahjongg is a game for two, three or four players that uses 152 tiles based on Chinese characters and symbols. The aim is to be the first player to get a complete hand. Learn the rules and strategies to the game. Each player has the option (contact Carla) to purchase the official National Mahjongg league card for \$9. This is a 6- week class.

Location: Community Room
When: Mondays, April 8-May 13
Time: 1- 3 p.m.
Fee: \$52 Resident
 \$62 Non-Resident
Program #: MJ 408
Register by: Monday, April 1

Memory Café

Memory Café provides great opportunities for those diagnosed with memory loss and their care partner(s)/family to engage with peers in a very relaxed and unstructured environment.

No registration required.

When: Last Tuesday/month

Time: 4-5:30 p.m.

Days: March 26
April 30

Room location: Party Room

Hands on Dementia Experience

A brief 10-minute simulation to experience the effects of Dementia on a person. This program is appropriate for family members whose loved one has dementia.

When: Tuesday, April 9

Time: 4-6 p.m.

Fee FREE

RSVP: Lori at (952) 233-7351
or lori.gerval@twsl.com

Escape: 4 Keys to Breaking out of Chronic Pain

Learn how to beat chronic pain naturally including: 5 Nutrients that support the healing of chronic pain; 3 types of foods to avoid (inflammation chronic pain); 5 lifestyle changes that must be adopted to stop the pain; and the missing link to the chronic pain. *Sponsored by Dr. Thomas Anderson of Marty Chiropractic.*

When: Tuesday, April 30

Time: Noon -1 pm

Fee: FREE

Program #: HW 430

Register by: Tuesday, April 23

DEMENTIA 3-PART SERIES - FREE

Registration Deadline: One week prior to each session

What is Dementia?

Did you know Memory Loss is not a normal part of aging? Identify what is normal forgetting versus signs/symptoms of dementia. Discuss the common causes of dementia and what steps should be taken when concerned about a loved one's memory loss. Learn ways you can help maintain a healthy brain and overall memory.

When: Wednesday, April 3 **Time:** 4-5 p.m. **Program #:** HW 403

Memory Loss and Driving: What You Need to Know TENTATIVE!

A diagnosis of Alzheimer's disease does not mean the end of driving days. Learn how family members can prepare and plan to address the ability of a loved one with memory loss to drive. Learn how to address driving concerns, signs to look for, what role your health care provider can offer, and what a driving evaluation looks like. Watch a short video about the driver evaluation, how to be prepared and requirements to drive.

When: Wednesday, April 17 **Time:** 4-5 p.m. **Program #:** HW 417

"Alzheimer's Gifts" – Author: Rick Nymark

"Rick Nymark, author of the book 'Alzheimer's Gifts', shares his fun and touching "attitude adjustment" for those caring for someone with Alzheimer's. You may be shocked and overwhelmed by the changes in your loved one and the responsibilities in caring for them; there are gifts along the way. Rick cared for his mother, who had Alzheimer's for eight and a half years. Rick will lift you up and help you focus on what really matters.

When: Wednesday, April 24 **Time:** 4-5 p.m. **Program #:** HW 424

Virtual Housing Tour

Come aboard the 'Cruise Line' for a Virtual Cruise of the World of Senior Housing. You will experience several local senior housing communities as you visit their 'VIRTUAL' Ports of call. Each location will share in the fun of a cruise-themed 10-minute presentation about the services, programs, fees, and more that they offer, including samplings of food from around the world. Your boarding pass entitles you to wonderful resources and information about the housing services in your community, plus fun gifts from presenters.

When: Wednesday, May 1

Time: 10 a.m. - Noon

Fee: \$2

Program #: HW 501

Register by: Wed., April 24

DAY TRIPS

The Winery at Sovereign Estates

Travel to the Winery of Sovereign Estates. Learn why it is named the BEST WINERY in MN. We will enjoy a special wine tasting, lunch and dessert. Depending on the weather, we may be able to relish in a self-guided tour of the winery, at your pace. **Trip Pace: Light**

When: Wednesday, March 27

Time: 10:30 a.m.-2 p.m.

Fee: \$62 (tasting, lunch, dessert, bus)

Program #: ST 327

Registration Deadline:

Wednesday, March 13

The Jason Show!

Venture to the KMSP/TV Broadcast Center for a live viewing of the "The Jason Show." This is a one-hour daily entertainment show, which discusses all things pop culture, and is hosted by Twin Cities personality, Jason Matheson. Bring a photo ID the day of trip. Bring a sweater, as the studio tends to be kept at cooler temperatures. This is a last-minute entry due to scheduling timelines with the KMSP. **Trip Pace: Light**

When: Thursday, March 28

Time: 8:30- 11:30 a.m.

Fee: \$12 (bus)

Program #: ST 328

Register by: Thurs., March 21

Treasure Island Casino

It's '50 Plus Day.' You must include your birthdate and/or player's club card # on your registration. If you don't have a card, one will be waiting for you upon arrival. Guests 50 or better visit a kiosk for your chance to win up to \$50 FREE slot play. Passport club card and valid ID needed to receive a lunch discount. **Trip Pace: Light**

When: Wednesday, April 3

Time: **NOTE: TIME CHANGE:**

7:00 a.m. – 3:15 p.m.

Fee: \$10 early bird

\$15 after March 13

Program #: ST 403

Register by: Wed., March 27

Day Trippers - 'Spirit Level'

Famous crime writer Jack Cameron and wife Susie are haunting their cottage. They couldn't get into heaven because Jack is an atheist. Their only pleasure is spooking the real estate agent till one day a young couple move in. Christmas brings a snowstorm, a baby and a crisis, causing Jack to do something no atheist would ever admit to - pray to God! But will it help? Can Jack and Susie help the young couple with their problems?

Trip Pace: Light

When: Wednesday, April 10

Time: 11:30 a.m.-4 p.m.

Fee: \$66 (ticket, lunch, bus)

Program #: ST 410

Register by: Wed., April 24

Mystery Lunch & Beyond

Bring a few of your friends and enjoy the mystery of the unknown social lunch destination. Where we will go, no one will know. **Hint:** outside of Scott/Carver County. Lunch on your own. **Trip Pace: Light**

When: Thursday, April 18

Time: 11 a.m. -1 p.m.

Fee: \$12 (bus or van)

Program Code: ST 418

Register by: Thursday, April 11

TRIP PACE DEFINITIONS:

Light: Walking 1 city block

Light to Moderate: Walking
2-3 city blocks

Moderate: Walking 3+ city blocks

Extensive: Extensive walking.

WCA: Wheelchair Accessible

Carla's Corner

Coffee Donations

Thank you all who contribute to the coffee donation box. We appreciate your support and love having you here in the Senior Lounge.

NOTE: The coffee donation box is located next to the coffee machine.

Suggested Donation: \$1.00

New Senior Advisory Board Member

Please welcome Mavis Kisner to the Senior Advisory Board. Mavis is very active in the AOA (Active Older Adults) program with cards, trips, and events. Please thank Mavis and welcome her to the Board.

EVENT

Happy St. Patrick's Day!
Today everyone is Irish

Fee: \$8

Entertainment: *Rince na Chroi Irish Dancers*
Appetizers provided by *O'Briens*

When: Wednesday, March 13
Time: 12:30 – 2 p.m.

Event Sponsored by:

Program #: SE 313
Registration Deadline:
Wednesday, March 6



Want More Program Information

Check out the
Parks & Recreation Summer Brochure.

In your mailbox soon!
Do Not Throw away!



EXTENDED TRIPS – Landmark Tours



ALL TRIPS INCLUDE:

- Roundtrip Airfare from MSP / Airport Greeting
- Quality Accommodations in Great Locations
- Baggage Handling at Hotels
- Professional Tour Manager & Local Guides
- Deluxe Motor coach
- Daily Breakfast & Many Quality Meals

Danube River Cruise
Aboard the Amadeus Queen
Sept 3-13, 2019



New York City
The Big Apple
Sept 5-8, 2019



Canyonlands
of the Southwest
Sept 26 -Oct 2, 2019



Iceland
Search the Northern lights
Oct 5-11, 2019



MARCH

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1 7-9 am Pickleball	2 9:15-10:45 am Pickleball
3 10:30 am-12:30 pm Pickleball	4 7-9 am Pickleball	5 7-11 am Pickleball 9-Noon Cards & Conversation 1 pm Sr. Advisory Board Meeting	6 7-9 am Pickleball 1-3 pm Bingo 1-3 pm Mexican Train Dominos	7 7-11 am Pickleball 9-Noon Cards & Conversation 1-3 pm Mahjongg 1-3 pm Bridge 7-8:45 pm Pickleball	8 7-9 am Pickleball *9 am-Noon Quality Footcare	9 9:15-10:45 am Pickleball
10 10:30 am-12:30 pm Pickleball	11 7-9 am Pickleball 10:30 am -Noon Recreated Cards *12:30-2 pm "Saint Patrick's Irish Dish"	12 7-11 am Pickleball 9-Noon Cards & Conversation *1-2 pm "We Were Strong"	13 7-9 am Pickleball 1-3 pm Mexican Train Dominos *12:30-2 pm St Patrick's Day	14 7-11 am Pickleball 9-Noon Cards & Conversation 1-3 pm Mahjongg 1-3 pm Bridge 7-8:45 pm Pickleball	15 7-9 am Pickleball 9 am Sr. Social	16 9:15-10:45 am Pickleball
17 10:30 am-12:30 pm Pickleball	18 7-9 am Pickleball *12-2 pm Potluck	19 7-11 am Pickleball 9-Noon Cards & Conversation	20 7-9 am Pickleball 1-3 pm Bingo & Prizes 1-3 pm Mexican Train Dominos	21 7-11 am Pickleball 9-Noon Cards & Conversation 1-3 pm Mahjongg 1-3 pm Bridge 7-8:45 pm Pickleball	22 7-9 am Pickleball	23 9:15-10:45 am Pickleball
24 10:30 am-12:30 pm Pickleball <hr/> 31 10:30 am-12:30 pm Pickleball	25 7-9 am Pickleball	26 7-11 am Pickleball 9-Noon Cards & Conversation 4-5:30 pm Memory Café	27 7-9 am Pickleball 1-3 pm Mexican Train Dominos *11 am – 2 pm Trip: The Winery at Sovereign Estates	28 7-11 am Pickleball *8:30-11:30 am Jason Show Trip 9-Noon Cards & Conversation 1-3 pm Mahjongg 1-3 pm Bridge 7-8:45 pm Pickleball	29 7-9 am Pickleball	30 9:15-10:45 am Pickleball

***Pre-Registration Required**

On-line @ www.shakopeemn.gov

Walk-in – to CC front desk

Bold: Trips, Events, Speakers

All programs, events, and trips are located at or leave from the Community Center, unless otherwise noted.



APRIL

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1 7-9 am Pickleball	2 7-11 am Pickleball 9-Noon Cards & Conversation 1 pm Sr. Advisory Board Meeting	3 7-9 am Pickleball 7 am-3 pm Treasure Island 1-3 pm Sr. Bingo 1-3 pm Mexican Train Dominos *4-5 pm "What is Dementia"	4 7-11 am Pickleball 9-Noon Cards & Conversation 1-3 pm Mahjongg 1-3 pm Bridge 7-8:45 pm Pickleball	5 7-9 am Pickleball	6 9:15-10:45 am Pickleball
7 10:30 am-12:30 pm Pickleball	8 7-9 am Pickleball 10:30 am -Noon Recreated Cards *1-3 pm Mahjongg Lessons	9 7-11 am Pickleball 9-Noon Cards & Conversation *1-2 pm "We Were Here, Too" *4-6 pm Hands on Dementia	10 7-9 am Pickleball 1-3 pm Mexican Train Dominos *4-5 pm "Driving and Dementia"	11 7-11 am Pickleball 9-Noon Cards & Conversation *11:30 am-4 pm Daytripper's Trip 1-3 pm Mahjongg 1-3 pm Bridge 7-8:45 pm Pickleball	12 7-9 am Pickleball *9 am-Noon Quality Footcare	13 9:15-10:45 am Pickleball
14 10:30 am-12:30 pm Pickleball	15 7-9 am Pickleball *12-2 pm Potluck *1-3 pm Mahjongg Lessons	16 7-11 am Pickleball 9-Noon Cards & Conversation *1-2 pm Former Jockey: Mark Irving	17 7-9 am Pickleball 1-3 pm Mexican Train Dominos *1-3 pm Bingo/ Prizes	18 7-11 am Pickleball 9-Noon Cards & Conversation *11 am-1 pm Mystery Lunch 1-3 pm Mahjongg 1-3 pm Bridge 7-8:45 pm Pickleball	19 7-9 am Pickleball 9 am Sr. Social	20 9:15-10:45 am Pickleball
21 10:30 am-12:30 pm Pickleball	22 7-9 am Pickleball *1-3 pm Mahjongg Lessons	23 7-11 am Pickleball 9-Noon Cards & Conversation *12:30 -2 pm "Springtime Snacks"	24 7-9 am Pickleball *8:30-10:30 am SHS Meet, Greet & Tour 1-3 pm Mexican Train Dominos *4-5 pm "Alzheimer's Gifts"	25 7-11 am Pickleball 9-Noon Cards & Conversation 1-3 pm Mahjongg 1-3 pm Bridge 7-8:45 pm Pickleball	26 7-9 am Pickleball	27 9:15-10:45 am Pickleball
28 10:30 am-12:30 pm Pickleball	29 7-9 am Pickleball *1-3 pm Mahjongg Lessons	30 7-11 am Pickleball 9-Noon Cards & Conversation *Noon- 1 pm "Escape Chronic Pain" 4-5:30 pm Memory Cafe				

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