



January-February 2017

[www.LakevilleHeritageCenter.com](http://www.LakevilleHeritageCenter.com)

Something for everyone 50+

**LAKEVILLE  
HERITAGE CENTER**

M-F, 8 a.m.-4:30 p.m.  
952-985-4620

20110 Holyoke Ave.  
Lakeville, MN 55044

MAILING ADDRESS:  
20195 Holyoke Ave.

**RENTAL INFO**

952-985-4623

[rental\\_info@lakevillemn.gov](mailto:rental_info@lakevillemn.gov)



*The Lakeville Area Active Adults offers programs and activities to members age 50+, including educational classes, exercise classes, health and wellness programs, informational seminars, hobbies, games, day trips, extended trips, special events, social programs and more.*

Renee Brekken, Coordinator  
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Proudly sponsored by  
Lakeville Parks & Recreation

**LAKEVILLE YELLOW RIBBON**

A gathering and support center for military veterans



A space to preserve and honor our history (page 13)

**New Year's Resolutions - We Can Help With Those!**

It's that time again – for those of us who make New Year's resolutions. What will yours be? Eat better? Stay in shape? Clean out a storage area?

Here are some of the top resolutions found in an online search:

1. Lose weight
2. Spend more time with family and friends
3. Save more, spend less
4. Learn something new
5. Get organized



Here at the Heritage Center we can help you meet many of these goals.

Our exercise classes are outstanding – if you want to try one, your first class is on us – yep – free of charge! We have a very social group here! In November, there were 266 visits just to have a cup of coffee and chat. Our membership fees, group pass fees and individual class fees can't be beat so you'll save money. There is always something new to learn here – you could try dominoes, Texas Hold 'Em, learn Spanish or give Facebook a try. So now it's up to you to do #5 – get organized, sign up for a group, join a class, volunteer, or come in for coffee. We're here to help you make good on your 2017 New Year's resolutions!

**Chocolate & Hearts: How Sweet It Is**

Friday, February 10, 2-4 p.m.

Location: Eagan Community Center, Oaks Ballroom

Cost: \$15 per person, register by February 3 (max. 30)

This Valentine's Day event welcomes singles, couples and friends. Come and experience delightful entertainment, a tasty appetizer spread and a velvety melt-in-your-mouth chocolate buffet. Games, door prizes and a photo booth are also included in this celebration. Chocolate this year is courtesy of The Commons on Marice, with entertainment and food provided by The Rosemount, Ecumen Seasons of Apple Valley and Centennial House. If we receive a minimum of 20 people to sign up, the Lakeville Lions will provide us with transportation. Thank you, Lakeville Lions! If we have members who wish to be picked up at Winsor Plaza, Mainstreet Manor or Fairfield Terrace, please let us know when you call. This event is sponsored by the senior centers of Lakeville, Eagan, Apple Valley, Rosemount, Burnsville, Farmington and Hastings.



**What's Inside this Newsletter**

LOOK INSIDE!



- ❖ Presidential Trivia
- ❖ Give Back Bundles
- ❖ New day trips
- ❖ Volunteer opportunities
- ❖ Cardio & Strength - late afternoons



## Check out our Website!

LakevilleHeritageCenter.com is our new website address. If you haven't checked it out yet, please do. If you ever misplace your newsletter, you can just look at the digital copy online. You can also find the link to sign up for classes on the website under Active Adults – "Activities, Groups & Clubs."



[www.LakevilleHeritageCenter.com](http://www.LakevilleHeritageCenter.com)

## Online Class Registration Available

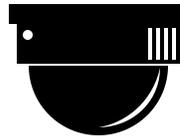
Did you know you can register for classes online? This is especially handy for our fitness classes. To register online please go to [webtrac.lakevillemn.gov](http://webtrac.lakevillemn.gov). Then select **Active Adults** and the category of the class you wish to sign up for. You will need to create a login and password that you will use each time you register. If you have any problems, stop in the office. Renee would be happy to help you register online.

## Our Knitters are Giving Back

Several members of our knitting group have been making "Knitted Knockers," special handmade breast prostheses for women who have undergone mastectomies or other procedures to the breast. The volunteers knit these special inserts out of the softest yarn, making these prostheses extremely comfortable and lightweight. What a wonderful way to make a difference. Way to go, knitters!



## What's New at the Heritage Center Facility?



New security cameras will be installed at the Heritage Center. The main use of the cameras is to assist with building security when the building is rented out on nights and weekends. The cameras will monitor the building entrances. This is especially helpful when there is just one staff person at the facility and multiple events are taking place at the same time. This will be a nice enhancement in keeping our building safe and secure.

Chairs for the Fairfield Room have been included in the City budget. We greatly need these and are so happy to have the opportunity to order them. We would like input, especially from the folks who regularly use the Fairfield Room, as to which type of chairs you prefer. If you could stop by the office the week of February 13 to look at the samples and provide your feedback, we would appreciate it. Thanks!



## Current Membership

As of December 15, 2016, there are 939 members of the Lakeville Area Active Adults organization. Since the publication of the last *Heritage Happenings*, 30 NEW members have joined. Welcome to all!

## We're Looking Out for Your Personal Safety

Our newsletter is available online which allows our members and our community to access it at any time. Because of this additional exposure we want to make sure nobody is taking advantage of our members through scams that target senior citizens. For this reason we will no longer print the names of the new members or our friends who have passed away. Names that are included in the newsletter have been printed with permission of the member.

## Donations

Did you know you can make a donation in honor or in memory of someone special? All donations will be recognized in the *Heritage Happenings*. Consider giving someone a lasting gift by donating to the Lakeville Area Active Adults program. You can designate a specific item for your donation or indicate that you would like it to go to where it is needed most as determined by the Lakeville Area Active Adults Advisory Committee. Donation forms are available in the office.

## Financial Support Program for Active Adults

Are you 62 or older? Did you know that you can receive \$50 to put towards your membership or any Lakeville Area Active Adults activities, passes or trips? Ask for an application form in the office (there are no requirements other than current residence in the City of Lakeville). If you are between ages 50-61, you can also apply for the funds but you must meet an income requirement. The funds are available through Dakota County CDBG funding. Why not sign up for a trip or class you have been wishing to try? For more details call 952-985-4620 or stop in the office at the Heritage Center.



## Free Lasagna Dinners for Seniors

Thursdays, January 26 & February 23, 5:30 p.m.

Mark your calendars for the next FREE lasagna dinners, sponsored by the Lakeville Knights of Columbus and the Heritage Center. Seating is limited; sign up if you plan to attend.

## National Parks & Canyons of the Southwest - Travel Informational Meeting

FREE presentation on Monday, January 23 at 1 p.m. Come and learn the exciting details of this trip that will take place in May (see page 10 for more information).



Sign up for the free presentation at the Heritage Center or by calling 952-985-4620. We already have some signed up for this trip!



## Holy Rocka Rollaz

Lakeville Area Arts Center  
Friday, January 20, 7:30 p.m.

Tickets: \$26 / \$22 balcony

Take an authentic trip back to the 50s with Minnesota's Own Holy Rocka Rollaz. Using vintage instruments, this band knows how to deliver the spirit



and sound of the pioneers of rock 'n' roll. You'll hear all the great music of the legends such as Elvis Presley, Buddy Holly, Chuck Berry, Johnny Cash, Brenda Lee, Patsy Cline, Eddie Cochran, Bill Haley & The Comets, and many more! For tickets, call 952-985-4640 or visit [www.LakevilleAreaArtsCenter.com](http://www.LakevilleAreaArtsCenter.com).

## What a Wonderful World, presented by Dave and Ted (from "Deuces Wild")

Lakeville Area Arts Center  
Saturday, February 18, 2 p.m.

Tickets: \$22 / \$18 balcony

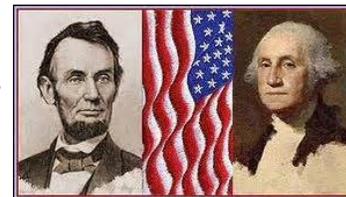
The Dave and Ted piano duo are bringing to the stage a show of beloved musical standards, spirituals and sing-alongs liberally sprinkled with comedy, costumes and wit! You'll enjoy memories like *Over the Rainbow*, *Tennessee Waltz*, *16 Tons*, *Amazing Grace*, *America the Beautiful*, *What a Wonderful World* and many more. For tickets, call 952-985-4640 or visit [www.LakevilleAreaArtsCenter.com](http://www.LakevilleAreaArtsCenter.com).



## Presidential Trivia

Wednesday, February 22, 1 p.m.

Celebrate President's Day with us by testing your presidential knowledge. See if you can guess the president after you hear the clues. Participants and spectators welcome. We'll serve sloppy joes for the attendees and have some fun. Renee (coordinator) will be the game show host for this event. Please sign up at the Heritage Center or by calling 952-985-4620.



"On matters of style,  
swim with the current,  
on matters of principle,  
stand like a rock."  
– Thomas Jefferson



"Ninety-nine percent of  
failures come from people  
who make excuses."  
– George Washington



**Augustana Apple Valley**  
Health and Rehabilitation  
952-236-2000  
Apple Valley Villa 952-236-2600  
[www.applevalleyvilla.com](http://www.applevalleyvilla.com)

**Augustana Regent  
at Burnsville**  
952-898-1910  
[www.augustanaregent.com](http://www.augustanaregent.com)



- |                         |                              |
|-------------------------|------------------------------|
| Independent Apartments  | Centrex Therapy              |
| Assisted Living Options | Transitional Rehab (AV Only) |
| Care Suites             | Skilled Nursing (AV Only)    |
| Memory Care             | Adult Day Center (AV Only)   |

**To set up a tour, please call or visit our website**





## Meet Trish Gonzales (Tai Chi Instructor)

Trish discovered Tai Chi when her mother was suffering from arthritis and was working for a solution to manage the pain. Tai Chi was something they could do together that seemed to work on the pain management. A year after Trish's initial exposure to Tai Chi, she decided to train to teach Tai Chi for Arthritis. She has since learned seven other forms of Tai Chi. She has trained with Dr. Paul Lam,

internationally recognized as a leader for seniors, falls prevention and pain management.

Trish is very knowledgeable about the benefits of Tai Chi. She notes that physiologically it helps to maintain mobility, balance, pain management and participants can improve their cardiovascular system. Emotionally it helps with depression, anxiety and stress management. Mentally it helps to maintain acute focus and helps with sleep. Socially it builds community as participants support each other.

Tai Chi isn't Trish's only passion. She is also a registered nurse and teaches nursing at Normandale Community College with a focus on gerontology. This includes emphasizing prevention and keeping people well. Trish is also a local parish nurse. In her free time she loves the outdoors, crocheting, spending time with her three grandchildren and travelling. Some of her fun travel destinations include major league ballparks. She loves baseball!

Interested in learning more about Tai Chi? Try your first Tai Chi class for free. If you like it, sign up for the next session.

## Yoga

**Mondays & Fridays, 8:15 a.m.**

Come for gentle, flowing yoga; improve balance and flexibility. No experience necessary. Bring a yoga mat and a small blanket.

*Pay in advance for the classes you will take for the month, \$5 per class if pre-paid, \$6 drop-in fee per class if not pre-registered (paid).*



## Country Heat

**Fridays, 10:30-11:30 a.m.**

**6 classes for \$50, 10 classes for \$80, \$10 drop-in fee**

Step right into this easy-to-follow, completely exhilarating country dance-inspired workout! No complicated moves or memorizing routines. Just follow along to enjoy the low-impact, high-energy dance class set to the hottest country hits. Your first class is FREE, then pay according to how many classes you plan to attend.



The Heritage Center fitness facility is now participating with the Silver&Fit® Program facility. What does this mean? If you have purchased Medicare Advantage or Medicare Supplement coverage that includes the Silver&Fit® program as a benefit, your Lakeville Area Active Adults membership and Fitness Pass may be available at no cost or low cost to you. For more information about whether your Medicare plan includes the Silver&Fit® program, please contact your health plan or 1-800-MEDICARE. The Silver&Fit® program members will be able to use the fitness facility with the exercise equipment and also enjoy the other benefits of membership at the Heritage Center (exercise classes are **not** covered). If you have questions, please call 952-985-4620 or stop by the office.

The Silver&Fit® Program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). The Silver&Fit® logo and Silver&Fit® are registered trademarks of ASH and used with permission herein.

## Tai Chi for Health and Balance

**Thursdays, 1:30-2:30 p.m.**

Tai Chi practiced regularly can reduce stress, lower blood pressure and improve balance and posture. The concepts of harmonized breathing and gentle, controlled movements will be practiced using the Sun Style 41 movements. This session provides an introduction to the basic principles of Tai Chi for individuals wanting to learn more about this ancient Chinese exercise form. Tai Chi walking will allow participants to practice the concept of weight shifts, essential to all Tai Chi forms. Wear comfortable clothing and tennis shoes.

*Pay in advance for the classes you will take for the month, \$6 per class if pre-paid, \$7 drop-in fee per class if not pre-registered (paid).*

### **First time beginners**

must take five consecutive classes starting on either January 26 or March 2. Cost of the five classes is \$30.

Following the initial set of five classes, you may register for individual classes at \$6 per class.



## Zumba Gold

**Thursdays, 3:30 p.m.**

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of today's baby boomers. What stays the same are the elements. Zumba Fitness Party is known for zesty Latin music, easy-to-follow moves and an invigorating, party-like atmosphere. *Pay in advance for the classes you will take for the month, \$5 per class if pre-paid, \$6 drop-in fee per class if not pre-registered (paid).*



I never regret it when I do it,  
but I always regret it  
when I don't



Classes listed below are taught by instructor Mickey Schuenke, certified Specialist in Senior Fitness and Fitness Nutrition through International Sports Sciences Association (ISSA).



**Silver Sneakers members may participate for free - check your member benefits.**

## Silver Sneakers Flex™ Fitness

(formerly Healthways Flex™ Fitness)

**Silver Sneakers (UCare/Humana insured) members may participate for free - check your member benefits.**

**Non-Silver Sneakers members:**

**Pay in advance for the classes you will take for the month: just \$3.25 per class if pre-paid, \$4 drop-in fee per class if not pre-paid**

Sign up for one, two or three classes each week! Have fun maintaining or increasing your aerobic activity and improve your health and well-being.

### Level 1

**Chair exercises (sitting & standing)**

**Mondays, Wednesdays & Thursdays, 11 a.m.**

**Jan. 4, 5, 9, 11, 12 and**

**Feb. 6, 8, 9, 13, 15, 16, 22, 23, 27**

Combines light cardio and strength training for individuals who want to improve muscle tone, flexibility, range of motion, balance and coordination. All exercises will be performed while holding onto a chair or sitting in a chair. Modifications can be made to accommodate medical and/or physical restrictions.

### Level 2

**Class includes floor exercises (please bring your own mat)**

**Mondays & Thursdays, noon**

**Jan. 5, 9, 12, Feb. 6, 9, 13, 16, 23, 27**

Join us for an energizing class that combines cardio and strength training using various equipment, our own bodies, chairs and mats. This class will improve cardiovascular fitness, as well as maintain or increase bone density, flexibility, range of motion, muscle tone and coordination. *Modifications are not available for this class—please join Level 1 and work up to Level 2 if you have medical and/or physical restrictions.*



## Interval Walking

**Mondays & Thursdays, 9:30 a.m.**

**\$2.25 per class - register in advance**

**Jan. 5, 9, 12, Feb. 6, 9, 13, 16, 23, 27**

Sign up for as many classes as you like!

This 45-minute class consists of a 5-minute warmup, a 30-minute interval walk - walking at a comfortable pace, with periodic short increases in intensity - followed by cool-down stretches.

Studies show that interval walking offers many benefits, including enhancing fat and calorie burn, lowering blood pressure, enhancing mood, reducing depression and anxiety, decreasing resting heart rate and improving overall heart health. Class is held indoors and includes a FREE pedometer (*while supplies last!*)

## Stability Ball Exercise Class

**Fridays, 11:30-12:30 p.m.**

**\$5 per class - register in advance**

**January 6, 13, February 10, 17, 24**

Exercise multiple muscle groups while restoring and maintaining balance - all while using your stability ball. Please bring a stability ball, hand weights and a mat to class.

## Fitness Center

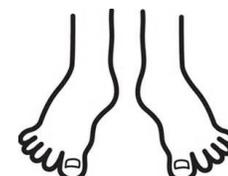
The Heritage Center Fitness Center has nine commercial-grade exercise machines - three treadmills, three ellipticals, two recumbent bikes and an aerobic rider. The cost for members to use the fitness center is \$10 per year which gives you access to all of this equipment everyday the Heritage Center is open (typically 8 a.m. - 4 p.m. Monday through Friday). The fees are used to maintain and repair the fitness equipment, TVs and fan. If you use the fitness center just two times per week throughout the year, each visit would cost you less than 10¢ per visit. A pretty good deal! Silver&Fit® program participants - you may have your fitness pass paid for. See details on page 4.



## Happy Feet Foot Care

**1<sup>st</sup> Tuesday**

A ½-hour foot care appointment is \$36. LAAA Members only. Call 763-560-5136 to schedule an appointment. A licensed, practical nurse will soak your feet, cut your nails and refer you to your doctor if there is a concern.



**You asked for it..**



## Cardio & Strength

**Wednesdays, 5:15-6:15 p.m.**

**March 8 - April 12 (6 classes) \$30**

**April 26 - May 31 (6 classes) \$30**

Want to take some exercise classes but too busy during the day? Starting in March we will offer a new class late afternoons - Cardio & Strength. Join us for an energizing class that combines cardio and strength training using various equipment, our own bodies, chairs and mats. This class will improve cardiovascular fitness, as well as maintain or increase bone density, flexibility, range of motion, muscle tone and coordination. Sign up in advance. A minimum of five is needed to run this class.

*"We don't stop exercising because we grow old, we grow old because we stop exercising."*



## What Would You Like to See Offered?

Do you ever look at the newsletter and say "I wish they offered \_\_\_\_\_." Did you know that the majority of activities offered at the Heritage Center are peer led? If you have an interest, perhaps a former career, or something to share, consider starting a group. Call Renee at 952-985-4622 or stop by the office if you'd like to chat about it.

### A huge thank you to our current group facilitators/leaders:

- 500 Cards ..... Gary D.
- Biking ..... Bob P.
- Book Club ..... Edie B.
- Classic Voices ..... Paige M.
- Computer/iPad Tutoring ..... Roger B.
- Crafts ..... Maggie S.
- Creative Writing ..... Rosemary M.
- Diner's Club ..... Karen B.
- Dominoes ..... Doraine R.
- Duplicate Bridge ..... Colleen & Bill P.
- Euchre ..... Yvonne & Terry K.
- Golf ..... Wally P. & Cory P.
- Hand & Foot ..... Betty J.
- Hearts ..... Penny R.
- Knitting ..... Lois Y. & Julie I.
- LAAA Advisory Committee ..... Marilyn B., Karen B., Boneita E., Patricia R.
- Legal Advice ..... Boneita E.
- Mahjong ..... Kay V.
- Motorcycling ..... Bob P.
- Open Line Dancing ..... Sandy R.
- Party Bridge ..... Lois M.
- Pickleball ..... Rick S.
- Pinochle ..... Jerry & Debbie K.
- Poker ..... Arlene L.
- Quilting ..... Karen B.
- Red Hat Chorus ..... Sherin D.
- Social Painting ..... Gary H.
- Tatting ..... Kathleen D.
- Texas Hold 'Em ..... Linda M.
- Trip Committee ..... Marcia B., Edie K., Frances K.
- Wii Bowling ..... JoAnn T.

## Thank You

Many thanks to the following for providing fantastic food for our Holiday Open House:

- ☆ Highview Hills
- ☆ Kingsley Shores
- ☆ The Fountains of Hosanna!
- ☆ Augustana Care
- ☆ Cub Foods (Heritage Store)



## Volunteers Needed

Please check out our volunteer opportunities on page 9. It is a great way to get involved with the Center.



MAINTENANCE-FREE LIFESTYLE



Cooperative Housing for Ages 62+

### Make Your Move and Leave Winter Upkeep Behind

Enjoy the many benefits of the Zvago lifestyle, including maintenance-free living. No seasonal upkeep means less work and more play. More time for fun. More time for family. More time for you. We'll even handle tasks like mail collection and plant watering while you're on vacation or away for the winter. It's all at Zvago, and all within a beautifully designed environment surrounded by the amenities, comforts and conveniences suited to your lifestyle.

Homes are going fast, so reserve today!

15322 Galaxie Ave. #212 | Apple Valley  
M-F, 9:00 a.m. - 4:00 p.m. and by appointment.

[952] 683-9464



Financial Services and Insurance

**Michael Rebischke**  
Financial Advisor

(763) 453-2022

www.swankefinancial.com



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## Weekly Games

*Exercise your brain, meet some new friends and have fun! More players are ALWAYS welcome!*

- Wii™ Bowling** .....Mondays, 10 a.m.
- Texas Hold 'Em** ..... Mondays, 1 p.m.
- Mahjong** ..... Mondays, 1 p.m.
- Dominoes**..... Tuesdays, 9 a.m.
- Poker** ..... Tues., Wed. & Fri., 9 a.m.
- Party Bridge** .....Tuesdays, noon
- Bingo** ..... 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays, 1 p.m.
- Ping Pong** ..... Tuesdays, 12:30 p.m.
- Billiards** ..... Tuesdays, 1 p.m.
- Hearts**..... Wednesdays, 9 a.m.
- Pinochle** ..... Wednesdays, noon
- Euchre** ..... Thursdays, noon
- Hand & Foot**..... Thursdays, noon
- 500**.....Fridays, 10 a.m.
- Duplicate Bridge**.. Fridays, 12:30 p.m.

*Non-members pay \$5 drop-in fee per visit  
Members pay \$5 or \$10 annual pass*

## Computer/iPad Tutoring

**Mondays, 9 a.m.-noon (except 2<sup>nd</sup> Mon.)**  
Member Roger Bartilson provides free one-on-one computer tutoring to our members. We provide a desktop computer, or you may bring your own laptop or device (free wireless internet). Sign up or call 952-985-4620 to make your appointment.

## Knitting Class

**Mondays, 9:30 a.m.**  
**\$10 annual pass**  
Instructors attend on 2<sup>nd</sup> & 4<sup>th</sup> Mondays.

## Social Painting

**Fridays, 1 p.m. (through April)**  
**\$5 annual pass**  
Paint in a relaxed atmosphere. Beginners and intermediates welcome. Bring your own supplies (Instructor will let you know what supplies you need if you are new).

## Bingo

**1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 1-2:30 p.m.**  
**\$5 annual pass**  
Come for the fun. Refreshments provided. Play for small coins. BINGO!

## Craft Group

**2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, 9:30 a.m.-noon**  
**\$5 annual pass**  
Calling all crafters! Join our group of ladies who scrapbook, make cards, cross-stitch, quilt and many other crafts, all while having a great time.

## Quilting Group

**1<sup>st</sup> and 3<sup>rd</sup> Thursdays, \$5 annual pass**  
Join us for quilting and socializing. Bring a project of your own, come for inspiration or to share ideas with the rest of the group. Beginners welcome.

## Tatting

**2<sup>nd</sup> Friday, 1-3 p.m. \$5 annual pass**  
Learn about shuttle or needle tatting to make lace. Beginners and experienced tatters are welcome.

## Open Line Dancing

**Wednesdays, 9 a.m.-noon**  
Come and practice your line dancing on Wednesdays. No formal instruction given from November – March. Just follow along and practice with the group. Try your first class free, then \$10 annual fee.

**NOTE:** Social time for line dancers will take place the first Wednesday of the month from noon-3 p.m. (Subject to change.)

### **Beginner Instructor Wanted:**

If you are interested in teaching beginner line dancing, please call 952-985-4622.

## Red Hat Chorus

**Thursdays, 10:30-11:30 a.m.**  
**\$10 annual pass**  
The Red Hat Chorus practices at the Heritage Center. New members welcome.

### **January & February Performances**

- Jan. 5 - Arbor Bells of Burnsville
- Jan. 12 - Villages of Lonsdale & Mainstream Commons of Northfield
- Jan. 19 - Trinity Care Center of Farmington
- Jan. 26 - Trinity Terrace of Farmington
- Feb. 14 - Friendship Manor of Shakopee
- Feb. 16 - Three Links of Northfield

## Book Club

**1<sup>st</sup> Tuesdays, 10-11:30 a.m.**  
**\$5 annual pass**  
New members welcome! Books are provided by Dakota County Library (may be available in large print/audio format). We also enjoy sharing our favorite books or new titles. Books for next month's read are distributed at the club's monthly meetings.

## Creative Writing

**Tuesdays, 10 a.m. EXCEPT first Tuesday**  
**New session runs January 10-March 28 (10 weeks)**  
**\$10 annual pass**  
One of the joys we have as active adults is writing about our many years of experiences and memories. What's fun is digging deep to bring out the best. We will experiment with writing letters, poetry, short stories, creative non-fiction and more, which will get us started on a great memoir. Join us for inspiration and fun. New members are always welcome.

## Diner's Club

**2<sup>nd</sup> Thursday, 5 p.m., \$5 annual pass**

- **January 12—Babe's, Lakeville**
- **February 9—Lakeville Brewing Co.**

Both singles and couples are invited. Meet at the restaurant at 5 p.m. Deadline is two days prior to outing so reservations can be made.



Diners Club at Barley & Vine



## "Classic Voices" Chorus

**Thursdays, 9-10 a.m.**  
**\$10 annual pass**  
The "Classic Voices of Lakeville" practices at the Heritage Center. Periodically, the chorus goes on the road to perform at senior residences and nursing homes in the area. New members (men and women) are always welcome.

## Spanish Classes

**Mondays, 2:40-3:40 p.m.**

**New beginners:** January 9, 23, 30, February 6 & 13 \$40

**Spanish intermediates:** Feb. 27, March 6, 13, 20, & 27 \$40

Whether you want to use Spanish in your travels, sharpen your mind, or make new amigos, you will find these classes useful and enjoyable. Instructor Lisa Phillips teaches everything from preschool to adult Spanish. She has traveled in Mexico, lived five years in the Dominican Republic and is completely fluent. She loves sharing her passion for Spanish. We will use the book *Spanish Made Simple* by Eugene Jackson and Antonio Rubio, available on Amazon (get the 2004 edition). Lots of conversation and hands-on activities will help you use what you are learning. Some previous Spanish exposure is recommended.

## FREE CLASSES!

### Facebook - Introduction

**Wednesday, February 15, 1-2:30 p.m.**

Facebook is a great way to stay connected with your friends and family. If you would like to know more about Facebook and see how it works, come to this **FREE** class. If you would like to sign up for Facebook (which is free), bring your email address and password to class and we will attempt to sign you up. If you have a laptop, tablet or smartphone and would like to bring it with, that would be great. If you don't, that's okay - you will still be able to learn all about Facebook. There is a limit of six people for this class. Sign up at the Heritage Center or by calling 952-985-4620.

### Facebook - A Bit More

**Wednesday, March 22, 1-2:30 p.m.**

Are you currently on Facebook but would like to know how to post, "like" or "comment" on things you see on Facebook? This session is for you. Come to this **FREE** class and learn a little bit more about Facebook. Bring your laptop, tablet or smartphone if you have one (not required). There is a limit of ten people for this class. Sign up at the Heritage Center or by calling 952-985-4620.

## Driver Safety Classes

The Minnesota Highway Safety & Research Center conducts driver safety classes at the Heritage Center. Drivers 55+ may be eligible for a 10% discount on their auto insurance. An 8-hour course is initially required, followed by a 4-hour refresher class every three years. Register by calling **1-888-234-1294**, and tell them you would like a class in Lakeville.



### 4-hour refresher courses, \$22:

- Mon., Jan. 9, 5:30-9:30 p.m.
- Sat., Jan. 21, 8:30 a.m.-12:30 p.m.
- Mon., Feb. 6, 5:30-9:30 p.m.
- Sat., Feb. 25, 8:30 a.m.-12:30 p.m.
- Mon., March 6, 5:30-9:30 p.m.
- Sat., March 25, 8:30 a.m.-12:30 p.m.

### 8-hour courses, \$26:

- M/T, March 13 & 14, 5:30-9:30 p.m.
- Sat., July 15, 8 a.m.-4:30 p.m.

## Dance Classes - Foxtrot, Waltz, East Coast Swing, Country & Nightclub

**Location - Lakeville Heritage Center, 20110 Holyoke Ave.**

Classes are for all adults

(LAAA membership not required)

Beginner to intermediate classes. Each dance session teaches different dance steps. You do not need to attend one before another.

Foxtrot, Waltz and East Coast Swing are the three main dances that work for any music event such as rock and roll, country, ballroom, weddings and parties. If the floor is crowded you can dance Nightclub Two-Step, Rumba or Salsa. For Country music the main dance is Country Two-Step. All the classes will start with beginner steps then more difficult steps. Based on who is in class, it will be taught so everyone can understand.



Select the dance class based upon the music you like: If you like Rock and Roll choose Foxtrot, East Coast Swing or Nightclub Two-Step. If you like Country choose Country Two-Step or Nightclub Two-Step. If you like Weddings and Ballroom choose Foxtrot, Swing, Waltz or Nightclub Two-Step. Or you can take all of them! Instructor Larry Ablin.

**Mondays, 7-8:30 p.m., \$72** (fee is per couple/per 6 week session). Register at City Hall, online at <http://bit.ly/LkvlDance> or stop in the Heritage Center office to sign up. Let's dance!

| Dates                            | Class              | Program # |
|----------------------------------|--------------------|-----------|
| Jan. 9-Feb. 27 (skip 1/16, 2/20) | East Coast Swing   | 312501_01 |
| March 6-April 10                 | Country Two-Step   | 312502_01 |
| April 17-May 22                  | Nightclub Two-Step | 412501_01 |



**MULTI-YEAR WINNER!**



**walker**  
methodist

## Highview Hills

- Independent Living
- Assisted Living • Care Suites
- Memory Care • Fitness Center

Highview Hills supports caregivers and individuals with Parkinson's and memory loss.

Would you like to receive invitations to our upcoming gatherings?  
Contact Connie at 952-985-9002.

(952) 985-9000 • WalkerMethodist.org



# Thank You!

## Make No Mistake - Our Members Can Bake!

Thank you to the fabulous folks who donated their baked goods for the holiday bake sale! We had an amazing selection of goodies and made \$470 at the event! Thank you



also to the great volunteers who priced, set up and sold the items. It wouldn't happen without you!

## Holiday Open House

Thank you to all who helped with set-up and clean-up for this event!



## Daily Volunteers

**EVERY DAY** we have volunteers deliver bread and provide receptionist services. We also have volunteers who lead the majority of our groups. If you know a volunteer, thank them!

Volunteers are the backbone of our center.

## Volunteer Opportunities at Heritage Center

For all opportunities, sign up at the Heritage Center or by calling 952-985-4620.

**Reception Desk** - Needed weekday mornings, early afternoons. Greet Heritage Center guests, maintain coffee area (make coffee, keep area neat and clean), assist with bread program, and other responsibilities as needed. A friendly, outgoing personality is helpful for this position. Training is provided.

**Tea Planners** - Would you like to help plan a fun fall event? The Lakeville Area Active Adults Advisory Committee is researching planning a Fall Tea. They are currently looking for volunteers to help with the planning. If you would like to be involved, please sign up in the hallway or call Renee at 952-985-4622.

**Lakeville Area Active Adults Advisory (LAAAA) Subcommittee** - Are you an active member of LAAA with an interest in advancing the mission of LAAA? Would you like to be involved in the overall operation and programs for the Lakeville Active Adults Program? The LAAAA Subcommittee serves as a support and resource to the staff and Parks, Recreation and Natural Resources Committee (PRNRC) in an advisory capacity and makes decisions on behalf of the greater Lakeville Area Active Adults membership. Meetings are normally held the first Tuesday of each month at 12:30 p.m. If you are interested in being a part of this group, please stop in the office to get an application. Applications are due on Friday, March 3. The applications are reviewed and members selected by the PRNRC. If you have any questions, please stop in and ask Renee or call 952-985-4622.

**New Member Welcome Committee** - We are seeking friendly, energetic members for a New Member Orientation Committee. If you are interested in helping to provide a New Member Orientation twice per year, please sign up at the Heritage Center or contact Renee at 952-985-4622. This group will meet monthly until initial planning is complete and then six times per year. This is a great way to get involved in this new initiative to help our new members learn about all of the groups and activities offered through the Lakeville Area Active Adults program. It's going to be fun!

## Give Back Bundles

**Friday, January 20, 3-5 p.m.**

Bundles of Love Charity is a volunteer-driven nonprofit organization that partners with groups looking to assist Minnesota families in need by providing handmade baby clothing, bedding and basic care items for their newborns. Their vision is to gather communities to support parents and newborns. On January 20, students in grades 6-8 will partner with Lakeville Area Active Adults volunteers to make tie blankets and put together baby supply care packages. Through their efforts they will help bring peace of mind to families and provide essential supplies to show they are not alone and that others care. The middle schoolers will join us at the Heritage Center. Don't miss this opportunity to give back. Sign up in the hall at the Heritage Center or by calling 952-985-4620. The project is a partnership between Lakeville Area Community Education and Lakeville Area Active Adults.





## Como Centennial Gardens & St. Paul Hotel

**Friday, February 10**

Enjoy a tour of the conservatory and greenhouse followed by time on your own to stroll the gardens. Next you will go to the St. Paul Hotel and have lunch at the M ST. Cafe. It is the latest in the lineage of extraordinary casual dining experience. The Sideboard Buffet features hot entrees with side dishes, salad, soup, coffee or tea. Last stop will be the new Abdallah's Chocolates store in Apple Valley where you can shop on your own. Leave the Center at 8:35 a.m., return at 4:30 p.m. \$70/members, \$80/non-members. **Sign up with payment by January 11.** More information is available at the Heritage Center or by calling 952-985-4620.



## Progressive Irish Tasting Tour, Tuesday, March 14



Your taste buds will be doing a jig after this trip! First stop is O'Gara's Irish Grill for some soup. Next stop is O'Malley's Irish Pub in Woodbury for your choice of Homemade Shepherd's Pie or Fish &

Chips. Top off the tour with a cup of coffee and some bread pudding with Irish Whiskey at the Lake Elmo Inn. At each stop you'll enjoy the beautiful décor as much as the food. Leave the Center at 9:15 a.m., return at 4 p.m. \$73/members, \$83/non-members. **Sign up with payment by February 15.**

## The Glenn Miller Orchestra, Tuesday, April 11

The world famous Glenn Miller Orchestra has performed throughout the world for over 80 years. What a treat it will be to enjoy this performance in the turn-of-the-century historic 700-seat theater that was renovated in 1998. This trip also includes lunch buffet at the Coyote Moon Grill Restaurant in St. Cloud. Leave the Center at 8:30 a.m., return at 6 p.m. \$74/members, \$84/non-members. **Sign up with payment by March 6.**



## Tea in Anoka Historic House, Monday, May 22



You will learn a lot about Anoka's rich history when you receive a narrated riding tour of this historic village. Next, enjoy Mad Hatter Tea Service and socializing in the elegant Historic Woodbury House. A sample of the scrumptious menu is available online or at the

Heritage Center. A visit to Hans' Bakery will allow you to purchase German Beehive, mint brownies and much more. Leave the Center at 9:15 a.m., return at 4:30 p.m. \$72/members, \$82/non-members. **Sign up with payment by April 24.**

## EXTENDED TOURS

More information is available at the Heritage Center or call 952-985-4620.

### National Parks & Canyons of the Southwest

**7 days, May 7-13**

Highlights include the Grand Canyon, Bryce Canyon National Park, Zion National Park with Tram Tour, Valley of Fire State Park and much more. (Optional



tours of Hoover Dam and Las Vegas.) Trip includes airfare, tour director, nine meals, motor coach transportation, hotel transfers and baggage handling. \$1,995 per person, double occupancy; \$450 single supplement; \$300 due at registration.

### National Parks & Canyons Travel Preview

Monday, January 23 at 1 p.m. Come and learn the exciting details of the National Parks & Canyons trip that will take place in May (details above). Sign up for the free presentation at the Heritage Center or by calling 952-985-4620.



### Autumn in New York City

**9 days, October 18-26**

Enjoy the beautiful fall colors while on the motor coach transportation to New York City. Upon arrival you will enjoy two guided tours of New York City and will visit Ellis Island, Liberty Island and the 9/11 Museum. Trip includes eight nights lodging including four nights in the NYC area, 14 meals and tours mentioned above. \$1,469 double/triple occupancy, additional \$340 for single occupancy. \$500 due at registration.



## TRIP INFORMATION

### **Important Notices to All Trip Participants:**

- All trips are open to members and non-members.
- **You must pay when you register**—There will be no refunds after the deadline. You may find a substitute to take your place.
- **Please arrive EARLY as these tours are on a schedule.**
- **Tips for the bus driver are not included in your trip fee**—please tip your driver as a sign of your appreciation for friendly, safe service.

More trip information is available at the Heritage Center, online at [www.webtrac.lakevillemn.gov](http://www.webtrac.lakevillemn.gov) or by calling 952-985-4620

### Leave the Driving to Us!

Relax and enjoy the ride on one of our many excursions. From day trips to trips extended over several days, there will be something to interest you.





## Health Insurance Counseling

**2<sup>nd</sup> Monday, 9 a.m.-noon**

Free health insurance counseling for Medicare beneficiaries provided by the Metropolitan Area Agency on Aging. They assist with the basics of Medicare/Medical Assistance, choosing a supplement and/or Part D plan, claim processing, assisting with forms and more. Appointments required; sign up or call 952-985-4620.

## Hearing Screening & Hearing Aid Cleaning

**2<sup>nd</sup> Monday, 11 a.m.-noon**

Mark Rother of the Hearing Aid Doctor provides free hearing screening, which can determine whether or not you have a hearing loss. Appointments required; sign up or call 952-985-4620 to schedule.

## Legal Advice

**4<sup>th</sup> Monday every other month (January 23, March 27), appointments starting at 11 a.m.**

Free 30-minute legal consultations with a licensed local attorney are offered to our members. You may discuss any area of law, except a criminal matter or litigation. No obligation to retain the attorney, and confidentiality can be invoked. Please call 952-985-4620 to schedule an appointment. Be prepared to give general subject of your visit.

## Bread, Anyone?

Members can receive FREE day-old bread (and often, cakes and cookies) Mondays through Fridays. Stop by and take advantage any time you need a loaf! Just check in with your membership card when you arrive.



**Annual fees**  
**Lakeville Resident:**  
 \$20 Individual  
 \$35 Couple  
**Non-Resident:**  
 \$25 Individual  
 \$40 Couple

## Thinking About Joining?

Become a member of the Lakeville Area Active Adults program and enjoy the many benefits this program offers. Free services include: computer use, health insurance counseling, legal advice, computer tutoring, in-house library, coffee social time, special events and more. Also receive a discounted fee on our trips and classes. Most year-round programs have just a \$5 or \$10 annual fee for members. Membership applications are available at the Heritage Center. Stop by for a tour!

## ANNUAL PROGRAM FEES

### **\$5 Programs**

Programs meet 24 times or less per year

- Members pay \$5 annual fee
- Non-members pay \$5 per visit

- ◆ Bingo
- ◆ Book Club
- ◆ Craft Group
- ◆ Diner's Club
- ◆ Health Angel's Biking Club
- ◆ Men's Golf League
- ◆ Motorcycle Club
- ◆ Painting (Oct.-April)
- ◆ Pickleball
- ◆ Quilting
- ◆ Tatting

**JUST  
\$5 PER  
YEAR!**

### **\$10 Programs**

Programs meet 25+ times per year

- Members pay \$10 annual fee
- Non-members pay \$5 per visit

- |   |                  |
|---|------------------|
| ◆ 500   | ◆ Hearts         |
| ◆ Billiards   | ◆ Knitting       |
| ◆ Classic Voices<br>Chorus (Sept.-May)                | ◆ Line Dancing   |
| ◆ Creative Writing                                    | ◆ Mahjong        |
| ◆ Dominoes  | ◆ Party Bridge   |
| ◆ Duplicate Bridge                                    | ◆ Ping Pong      |
| ◆ Euchre  | ◆ Pinochle       |
| ◆ Fitness Center                                      | ◆ Poker (3x/wk)  |
| ◆ Hand & Foot   | ◆ Red Hat Chorus |
| ◆ Silver Sneakers Flex Fitness<br>(UCare/Humana only) | ◆ Texas Hold 'Em |
|   | ◆ Wii™Bowling    |

**JUST  
\$10 PER  
YEAR!**

## IMPORTANT PHONE NUMBERS

### Transportation to Medical Appointments

GAPP 952-953-9299  
 TLC Transportation 952-882-0535  
 Transit Trip 952-913-3367  
 DAV 612-467-2768

### Transportation in Dakota County

Transit Link 651-602-5465

### Senior Dining/Meals on Wheels.

Winsor Plaza, M-F, 11:30 a.m.  
 \$4 suggested donation (60+), \$8.99 (under age 60), place order 3 business days in advance. Call 612-669-2913 or Ann at 612-388-2895

Meals on Wheels—Volunteers drivers needed M-F, 11 a.m.

Senior LinkAge Line® 1-800-333-2433





# Lakeville Yellow Ribbon



Lakeville Yellow Ribbon is a community organization dedicated to honoring, serving, and supporting local veterans and their families. As a proud partner in the Heritage Center, Yellow Ribbon maintains an office inside the back entry to the building. Veterans can stop by or call the office at 952-985-4685.

## Mark your calendars for the following complimentary events for 2017:

### • Coffee every Tuesday morning at 8:30 a.m.

Join other veterans in the Yellow Ribbon office for a relaxed morning of coffee and conversation.

### • Lunch on third Wednesday of every month in the Atrium at 12:30 p.m.

### • Health & Wellness Fair - Saturday, Jan. 14, 2 to 4 p.m.

Start the New Year out right with programs and ideas for a healthy lifestyle. Military services will also be available.

### • Valentines Dinner - Saturday, Feb. 11

Our popular Valentines dinner includes music, a wonderful catered dinner, and an evening of enjoyment with other military couples.

### • Women's Luncheon - Saturday, May 6

A special event for the women of the military - veterans, mothers, sisters, wives, and grandmothers. Relax, laugh, and enjoy a fun afternoon with other women of the military.

### • Skeet Shoot - Sunday, May 28

Annual trap & skeet shoot at the Minneapolis Gun Club in Lakeville. Enjoy rounds of trap and skeet and lunch with other veterans.

Sign up sheets for these and other events will be available in the Yellow Ribbon office or back table.

*There is still space for more bricks on the Wall of Honor. These bricks are free to local veterans. Forms are available on the back table. Call us anytime at 952-985-4685 with questions or comments. We would love to hear from you!*



## HERITAGE HAPPENINGS ADVERTISING

### Thanks to our advertisers!

- ❖ Highview Hills
- ❖ Augustana Care
- ❖ Zvago Central Village
- ❖ Swanke (Voya) Financial Advisors

Interested in advertising in the *Heritage Happenings*?

In addition to seeing your ad in print, readers can click on your ad in the online version to connect directly to your website!

Please contact Renee for information at 952-985-4622.

## Volunteers Needed

Please check out our volunteer opportunities on page 9. It is a great way to get involved with the Center.

### Happy Harry's Fundraising

Great news! Happy Harry's Furniture, 22210 Chippendale Avenue in Farmington will continue to donate! If you (or anyone you know) purchases new furniture and mentions the Lakeville Heritage Center, 10% of what you spend will come back to us. Thank you for your participation in this fundraiser and thank you to Happy Harry's Furniture! Over \$2,400 has been donated to the Heritage Center in the past three years through this partnership!



**PRESIDENTIAL TRIVIA - FREE WEDNESDAY, FEBRUARY 22, 1 P.M.**  
SEE DETAILS ON PAGE 3



# LAKEVILLE AREA HISTORICAL SOCIETY

HERITAGE CENTER, 20110 HOLYOKE AVENUE, 952-985-4680

*"In recognition of the responsibility to past and future generations, the mission of the Lakeville Area Historical Society shall be to document, collect, preserve and teach the history of the Lakeville area."*

JANUARY — FEBRUARY 2017

## Burma Shave

*"It's best for \*\* One who hits \*\* The bottle \*\* To let another \*\* Use the throttle \*\* Burma Shave"*

Did you know that the first Burma Shave signs were in Lakeville? According to author Bill Vossler, in 1925 the signs found their way from MN Hwy 65 near Lakeville to places around the world. The automobile generation, who grew up between 1925 and 1955, saw increased advertising signage along our growing number of highways, and some of those were for a shaving product called Burma-Shave.

Burma-Vita, the company that made the product, saw the signs go up throughout the U.S. in 45 states. Each set of signs was located on property leased from a farmer or other land owner for an annual cash rental. Each year new verses, contributed by jinglers, amateur and professional, appeared on the signs.

The first signs were very wordy, but later, as this example shows, were condensed.

*"Shaving brushes \*\* You'll soon see'um \*\* On the shelf \*\* In some museum \*\* Burma Shave"*

The signs were discontinued in the early 1960's, but their memory still brings a smile to motorists who travel the USA.

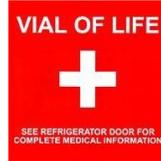
*"A peach \*\* Looks good \*\* With lots of fuzz \*\* But man's no peach \*\* And never wuz \*\* Burma Shave"*

In the near future, you will be able to see a Burma Shave exhibit in our display rooms. **It would be fun to add some of your memories to our display, so contact us, or slip your written note under our door. Don't forget to include your name.**

## Vial of Life

Recently, a Lakeville resident donated several items to the LAHS. Included were some plastic vials and paperwork intended to be inserted in them.

Curiosity led us to do some research as to the history behind this product. It is unknown where and when the first Vial of Life program started. It was named after the prescription bottles that were originally used to store a medical information form inside the patient's refrigerator. In 1981, the Sacramento chapter of the American Red Cross transferred their program and supplies to Jeff Miller, the founder of Vita-Link, Inc. Miller and his distributors kept the program going by giving free Vial of Life kits to their medical alert system subscribers.



It seems that when a patient first started with the Vial of Life kit, he/she filled out the form included by providing data such as name, birth date, pertinent medical information and doctor names, insurance company names and policy numbers, emergency contacts, allergies, etc. The instructions directed the person to place the form in the plastic vial and to tape or tie it under the top shelf on the right side of the refrigerator. Then the Vial of Life sticker (pictured here) was to be displayed on the top, right side of the refrigerator door. In other similar programs, the sticker was placed on a front door or window and directed the emergency personnel to the location of the Vial of Life container.

The forms and vials donated to us indicated that this program was sponsored by D.A.R.T.S, Dakota County Human Services, and the Dakota County Sheriff. As always, if you have other information, please contact us.

## January/ February Calendar

The Historical Society display area will be open from 9 a.m. to noon every Monday in January and February except January 16 (Martin Luther King Jr. Day) and February 20 (Presidents' Day).

Many interesting exhibits and videos can be viewed at this time. If you need extended hours please call LAHS at 952.985.4680 to make arrangements.

### January Board Meeting:

\*\*\* Monday, January 23: 3 p.m.  
Conference room

### February Board Meeting:

\*\*\* Monday, February 27: 3 p.m.  
Conference room  
All LAHS members are invited to attend these meetings.

\*\*\* Note: These dates are on the 4th Mondays because of the Heritage Center closures on the 3rd Mondays.

## LAHS Membership Renewal

A renewal form was recently sent to all current and many past members of the Lakeville Historical Society. If you have already sent your 2017 dues payment, thank you for your continued support. We depend exclusively on dues and financial donations to continue our work. If you misplaced your letter or didn't receive one, a membership form is included below.

**\*\*SUPPORT THE LAHS BY RETURNING THE COMPLETED FORM WITH YOUR DUES\*\***

Send check payable to "Lakeville Area Historical Society" to  
20195 Holyoke Avenue, Lakeville, MN 55044

### FOR OFFICE USE ONLY

\_\_\_\_ New / \_\_\_\_ Renewal

Date Paid: \_\_\_\_\_

Amount: \_\_\_\_\_

### TYPE OF MEMBERSHIP (please check one)

\_\_\_\_ Individual/Family: \$25.00    \_\_\_\_ Corporate: \$50.00

### PLEASE PRINT:

Name(s) of individual or family: \_\_\_\_\_

If Corporate, name of business: \_\_\_\_\_ Contact Person: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
(Street and/or PO Box)                      City                      State                      Zip Code

Phone Number: (\_\_\_\_) \_\_\_\_\_                      Email: \_\_\_\_\_



# January 2017

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|---|--|--|--|---|
| <p>1</p>  | <p>2</p> <p><b>HERITAGE CENTER CLOSED</b></p>    | <p>3</p> <p>9:00 Dominoes &amp; Poker<br/>9:00 Happy Feet<br/>10:00 Book Club<br/>12:30 Active Adults Advisory Comm. Mtg<br/>12:00 Party Bridge<br/>12:30 Ping Pong<br/>1:00 Bingo<br/>1:00 Billiards</p> | <p>4</p> <p>9-12 Line Dancing<br/>9:00 Poker &amp; Hearts<br/>11:00 Silver Sneakers Flex™ Fitness 1<br/>12:00 Pinochle<br/>12-3 Line Dance Social</p>                    | <p>5</p> <p>9:00 Classic Voices Chorus<br/>9:30 Interval Walking<br/>10:30 Red Hat Chorus*<br/>11:00 Silver Sneakers Flex™ Fitness 1<br/>12:00 Silver Sneakers Flex™ Fitness 2<br/>12:00 Euchre, Hand &amp; Foot<br/>1:00 Quilting Group<br/>1:30 Tai Chi<br/>3:30 Zumba Gold<br/><b>*R.H. Chorus at Arbor Bells</b></p>   | <p>6</p> <p>8:15 Yoga<br/>9:00 Poker<br/>10:00 500 Cards<br/>10:30 Country Heat<br/>11:30 Stability Ball Exercise<br/>12:30 Duplicate Bridge<br/>1:00 Social Painting</p>  | <p>7</p>  |
| <p>8</p>  | <p>9</p> <p>8:15 Yoga<br/>9:00 Health Insurance Counseling<br/>9:30 Interval Walking<br/>9:30 Knitting Class 10:00 Wii™ Bowling<br/>11:00 Hearing Screening<br/>11:00 Silver Sneakers Flex™ Fitness 1<br/>12:00 Silver Sneakers Flex™ Fitness 2<br/>1:00 Texas Hold 'Em &amp; Mahjong<br/>2:40 New Beginners Spanish Class<br/><b>5:30-9:30 Driver Safety Class (4-hr.)</b><br/>7:00 East Coast Swing Lessons</p> | <p>10</p> <p>9:00 Dominoes &amp; Poker<br/>9:30 Craft Group<br/>10:00 Creative Writing<br/>12:00 Party Bridge<br/>12:30 Ping Pong<br/>1:00 Billiards</p> <p><b>Deadline for Diner's Club</b></p>          | <p>11</p> <p>9-12 Line Dancing<br/>9:00 Poker &amp; Hearts<br/>11:00 Silver Sneakers Flex™ Fitness 1<br/>12:00 Pinochle</p> <p><b>Deadline for Como Gardens Trip</b></p> | <p>12</p> <p>9:00 Classic Voices Chorus<br/>9:30 Interval Walking<br/>10:30 Red Hat Chorus*<br/>11:00 Silver Sneakers Flex™ Fitness 1<br/>12:00 Silver Sneakers Flex™ Fitness 2<br/>12:00 Euchre, Hand &amp; Foot<br/>1:30 Tai Chi<br/>3:30 Zumba Gold<br/>5:00 Diner's Club - Babe's Music Bar<br/><b>*R.H. Chorus at Villages of Lonsdale &amp; Mainstream Commons of Northfield</b></p> | <p>13</p> <p>8:15 Yoga<br/>9:00 Poker<br/>10:00 500 Cards<br/>10:30 Country Heat<br/>11:30 Stability Ball Exercise<br/>12:30 Duplicate Bridge<br/>1:00 Social Painting<br/>1:00 Tattng</p>   | <p>14</p>   |
| <p>15</p>   | <p>16</p> <p><b>MARTIN LUTHER KING JR. DAY</b><br/><b>HERITAGE CENTER CLOSED</b></p>    | <p>17</p> <p>9:00 Dominoes &amp; Poker<br/>10:00 Creative Writing<br/>12:00 Party Bridge<br/>12:30 Ping Pong<br/>1:00 Bingo<br/>1:00 Billiards</p>  | <p>18</p> <p>9-12 Line Dancing<br/>9:00 Poker &amp; Hearts<br/>12:00 Pinochle</p>  | <p>19</p> <p>9:00 Classic Voices Chorus<br/>10:30 Red Hat Chorus*<br/>12:00 Euchre, Hand &amp; Foot<br/>1:00 Quilting Group<br/>1:30 Tai Chi<br/>3:30 Zumba Gold<br/><b>*R.H. Chorus at Trinity Care Center</b></p>  | <p>20</p> <p>8:15 Yoga<br/>9:00 Poker<br/>10:00 500 Cards<br/>10:30 Country Heat<br/>12:30 Duplicate Bridge<br/>1:00 Social Painting<br/>2:45-5 Give Back Bundles</p>  | <p>21</p> <p><b>8:30 a.m. - 12:30 p.m.</b><br/><b>Driver Safety Class (4-hr.)</b></p> |
| <p>22</p>   | <p>23</p> <p>8:15 Yoga<br/>9:00 Computer Tutoring<br/>9:30 Knitting Class<br/>10:00 Wii™ Bowling<br/>11:00 Legal Advice<br/>1:00 Texas Hold 'Em &amp; Mahjong<br/><b>1:00 Travel Show - N'tl Parks Trip</b><br/>2:40 New Beginners Spanish Class<br/>7:00 East Coast Swing Lessons</p>  | <p>24</p> <p>9:00 Dominoes &amp; Poker<br/>9:30 Craft Group<br/>10:00 Creative Writing<br/>12:00 Party Bridge<br/>12:30 Ping Pong<br/>1:00 Billiards</p>  | <p>25</p> <p>9-12 Line Dancing<br/>9:00 Poker &amp; Hearts<br/>12:00 Pinochle</p>  | <p>26</p> <p>9:00 Classic Voices Chorus<br/>10:30 Red Hat Chorus*<br/>12:00 Euchre, Hand &amp; Foot<br/>1:30 Tai Chi<br/>3:30 Zumba Gold<br/>5:30 Lasagna Dinner<br/><b>*R.H. Chorus at Trinity Terrace</b></p>  | <p>27</p> <p>8:15 Yoga<br/>9:00 Poker<br/>10:00 500 Cards<br/>10:30 Country Heat<br/>12:30 Duplicate Bridge<br/>1:00 Social Painting</p>   | <p>28</p>   |
| <p>29</p>   | <p>30</p> <p>8:15 Yoga<br/>9:00 Computer Tutoring<br/>9:30 Knitting Class<br/>10:00 Wii™ Bowling<br/>1:00 Texas Hold 'Em &amp; Mahjong<br/>2:40 New Beginners Spanish Class<br/>7:00 East Coast Swing Lessons</p>   | <p>31</p> <p>9:00 Dominoes &amp; Poker<br/>10:00 Creative Writing<br/>12:00 Party Bridge<br/>12:30 Ping Pong<br/>1:00 Billiards</p>   |  |  |  |   |

**Day Old Bread Distribution**  
**Monday-Friday, beginning at 10:15 a.m.**



# February 2017



| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |  |
|--|--|--|--|---|---|---|--|
|  | <p>Lakeville Area<br/><b>Active Adults</b></p>   |  | 9-12 Line Dancing 1<br>9:00 Poker & Hearts<br>12:00 Pinochle<br>12-3 Line Dance Social   | 9:00 Classic Voices Chorus 2<br>10:30 Red Hat Chorus<br>12:00 Euchre, Hand & Foot<br>1:00 Quilting Group<br>1:30 Tai Chi<br>3:30 Zumba Gold<br>  | 8:15 Yoga 3<br>9:00 Poker<br>10:00 500 Cards<br>10:30 Country Heat<br>12:30 Duplicate Bridge<br>1:00 Social Painting<br><br><b>Deadline for Chocolate &amp; Hearts</b>  |   |  |
| 5  | 8:15 Yoga 6<br>9:00 Computer Tutoring<br>9:30 Knitting Class, Interval Walking<br>10:00 Wii™ Bowling<br>11:00 Silver Sneakers Flex™ Fitness 1<br>12:00 Silver Sneakers Flex™ Fitness 2<br>12:30 Cribbage<br>1:00 Texas Hold 'Em & Mahjong<br>2:40 New Beginners Spanish Class<br><b>5:30-9:30 Driver Safety Class (4-hr.)</b><br>7:00 East Coast Swing Lessons | 9:00 Dominoes & Poker 7<br>9:00 Happy Feet<br>10:00 Book Club<br>12:30 Active Adults Advisory Comm. Mtg<br>12:00 Party Bridge<br>12:30 Ping Pong<br>1:00 Bingo<br>1:00 Billiards<br><b>Deadline for Diner's Club</b>   | 9-12 Line Dancing 8<br>9:00 Poker & Hearts<br>11:00 Silver Sneakers Flex™ Fitness 1<br>12:00 Pinochle  | 9:00 Classic Voices Chorus 9<br>9:30 Interval Walking<br>10:30 Red Hat Chorus<br>11:00 Silver Sneakers Flex™ Fitness 1<br>12:00 Silver Sneakers Flex™ Fitness 2<br>12:00 Euchre, Hand & Foot<br>1:30 Tai Chi<br>3:30 Zumba Gold<br>5:30 Diner's Club - Lakeville Brewing                        | 8:15 Yoga 10<br><b>8:35 Como Gardens &amp; St. Paul Trip</b><br>9:00 Poker<br>10:00 500 Cards<br>10:30 Country Heat<br>11:30 Stability Ball Exercise<br>12:30 Duplicate Bridge<br>1:00 Tatting<br>1:00 Social Painting<br><b>2:00 Chocolate &amp; Hearts</b><br> | 11  |  |
| 12   | 8:15 Yoga 13<br>9:00 Health Insurance Counseling<br>9:30 Knitting Class, Interval Walking<br>10:00 Wii™ Bowling<br>11:00 Hearing Screening<br>11:00 Silver Sneakers Flex™ Fitness 1<br>12:00 Silver Sneakers Flex™ Fitness 2<br>12:30 Cribbage<br>1:00 Texas Hold 'Em & Mahjong<br>2:40 New Beginners Spanish Class<br>7:00 East Coast Swing Lessons           | 9:00 Dominoes & Poker 14<br>9:30 Craft Group<br>10:00 Creative Writing<br>12:00 Party Bridge<br>12:30 Ping Pong<br>1:00 Billiards<br><b>* R.H. Chorus at Friendship Manor</b><br> | 9:00 Poker & Hearts 15<br>9-12 Line Dancing<br>11:00 Silver Sneakers Flex™ Fitness 1<br>12:00 Pinochle<br><b>1:00 Facebook - Introduction</b><br><br><br><b>Deadline for Irish Tasting Tour</b> | 9:00 Classic Voices Chorus 16<br>9:30 Interval Walking<br>10:30 Red Hat Chorus*<br>11:00 Silver Sneakers Flex™ Fitness 1<br>12:00 Silver Sneakers Flex™ Fitness 2<br>12:00 Euchre, Hand & Foot<br>1:00 Quilting Group<br>1:30 Tai Chi<br>3:30 Zumba Gold<br><b>* R.H. Chorus at Three Links</b> | 8:15 Yoga 17<br>9:00 Poker<br>10:00 500 Cards<br>10:30 Country Heat<br>11:30 Stability Ball Exercise<br>12:30 Duplicate Bridge<br>1:00 Social Painting  | 18  |  |
| 19   | <b>PRESIDENT'S DAY<br/>HERITAGE CENTER CLOSED</b><br>   | 9:00 Dominoes & Poker 21<br>10:00 Creative Writing<br>12:00 Party Bridge<br>12:30 Ping Pong<br>1:00 Bingo<br>1:00 Billiards  | 9:00 Poker & Hearts 22<br>9-12 Line Dancing<br>11:00 Silver Sneakers Flex™ Fitness 1<br>12:00 Pinochle<br><b>1:00 Presidential Trivia</b>  | 9:00 Classic Voices Chorus 23<br>9:30 Interval Walking<br>10:30 Red Hat Chorus<br>11:00 Silver Sneakers Flex™ Fitness 1<br>12:00 Silver Sneakers Flex™ Fitness 2<br>12:00 Euchre, Hand & Foot<br>1:30 Tai Chi<br>3:30 Zumba Gold<br>5:30 Lasagna Dinner   | 8:15 Yoga 24<br>9:00 Poker<br>10:00 500 Cards<br>10:30 Country Heat<br>11:30 Stability Ball Exercise<br>12:30 Duplicate Bridge<br>1:00 Social Painting  | <b>8:30 a.m. - 12:30 p.m.<br/>Driver Safety Class (4-hr.)</b> |  |
| 26   | 8:15 Yoga 27<br>9:00 Computer Tutoring<br>9:30 Knitting Class, Interval Walking<br>10:00 Wii™ Bowling<br>11:00 Silver Sneakers Flex™ Fitness 1<br>12:00 Silver Sneakers Flex™ Fitness 2<br>12:30 Cribbage<br>1:00 Texas Hold 'Em & Mahjong<br>2:40 Spanish Intermediates<br>7:00 East Coast Swing Lessons  | 9:00 Dominoes & Poker 28<br>9:30 Craft Group<br>10:00 Creative Writing<br>12:00 Party Bridge<br>12:30 Ping Pong<br>1:00 Billiards  |  |   |   |   |  |
| <div style="border: 2px dashed pink; padding: 10px; display: inline-block;"> <b>Day Old Bread Distribution<br/>Monday-Friday, beginning at 10:15 a.m.</b> </div> |  |  |  |   |   |   |  |



**Lakeville Area Active Adults**  
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