



September-October 2020

LakevilleHeritageCenter.com

Something for everyone 50+

**LAKEVILLE  
HERITAGE CENTER**

**New hours:**  
M-F, 8:30 a.m. - 2:30 p.m.  
952-985-4620

20110 Holyoke Ave.  
Lakeville, MN 55044

MAILING ADDRESS:  
20195 Holyoke Ave.  
Lakeville, MN 55044

**RENTAL INFO**

rental\_info@lakevillemn.gov  
952-985-4623

**Let the Next Phase Begin!**



As I write this, the Heritage Center has been re-opened for four weeks, since mid-July. It is so great to see folks back in the building again! We have people coming to use the library, computer room, picking up bakery items, and attending groups and classes. We also have folks getting together at the tables outside of the front of the building to socialize. Our crowds aren't nearly as large as they used to be, but I believe most who come to the Heritage Center feel it is a safe environment.

As we navigate our way through the COVID-19 situation we mapped out re-opening in phases. Our next phase will start in September and will include indoor exercise classes, knitting, social painting, music jams and use of the fitness center. These activities will have modified times and

capacities. Details are inside the newsletter. With all of our activities, the COVID-19 situation is fluid and our guidelines may change. We will also be using our computerized check-in system again with your membership cards. Members will use a stylus to touch the screen instead of using their fingers.

If you are comfortable in returning, I look forward to seeing you at the Heritage Center. If you are not ready yet, just keep us in mind for when you are. We look forward to seeing each of you again. Until then, stay well and keep active!

-- Renee Brekken, Coordinator



*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  
rbrekken@lakevillemn.gov

Rosemary Mikkelson & Karrie Glen  
Administrative Assistants  
rmikkelson@lakevillemn.gov  
kglen@lakevillemn.gov

Proudly sponsored by  
 Lakeville Parks & Recreation

**LAKEVILLE YELLOW RIBBON**

A gathering and support center for military veterans (page 12)



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

**Outdoor Music with "Bandanahhh"**

**Wednesday, Sep. 9, 1:30 p.m. or 2:15 p.m.**  
**Pre-registration required. FREE for members, \$5/non-members**

Enjoy music under the picnic shelter at Antlers Park. "Bandanahhh" will be performing upbeat hits from the 40s through today. They will play for two groups of seniors - one from 1:30-2 p.m. and one from 2:15-2:45 p.m. Don't miss this fun event! Thank you to Ecumen Seasons of Apple Valley for sponsoring this event. Sign up for 1:30-2 p.m. **OR** 2:15-2:45 p.m. at the Heritage Center or call 952-985-4620. Space is limited.



**Metro Discount Dining Cards**



Photo from 2019

Purchase one entrée and get the second free with the Metro Dining Cards! There are 138 cards included in your purchase that can all be used monthly. What a great deal and a great way to visit your favorite restaurants and try some new ones. Don't delay. Cards go on sale mid-September (call 952-985-4620 for sale start date) for \$25 per box. They will be available for purchase at the Heritage Center and at City Hall.



**For Renewing Your Membership**

Between July 1 and August 14, we have processed 303 membership renewals and 23 new memberships. We appreciate each and every one of you who has taken the time to renew or become a new member. If you would like to renew your membership, call 952-985-4620 or stop by the Heritage Center. Thank you for your support of the Lakeville Heritage Center!



# OF SPECIAL INTEREST

## Thank You for the Mask Donations

A huge thank you goes out to **Dolly Foland**, **Debra Kulak-Breczinski** and **Walt and Grace Krawza** who collectively donated about 200 masks for our members! The masks are skillfully sewn and available for those who need one. Inquire at the Heritage Center counter to receive one. What wonderful donations!



## Membership Check-in

Members will be asked to check in with their membership cards again starting September 1. Please have your card ready to check in when you enter the building. Styluses will be available to use on the touch screen instead of using your fingertip. When you are done using the stylus, you'll place it in the "used cup" so they can be sanitized before being used again.

## Gift/Card Shop is Open

Come in to select handmade craft items made by our LAAA members. Greeting cards are also available. No appointment necessary. Open 8:30 a.m.-2:30 p.m. weekdays.

## Fitness Center Re-Opening

The Fitness Center will re-open on September 14. Make an appointment at least 24 hours in advance by calling 952-985-4620. One person at a time will be allowed in the fitness center and will be asked to wipe down the equipment after they use it. Once you are in the fitness center, you may remove your mask to exercise. Appointments will be for 45 minutes with 15 minutes between each appointment. Times are 8:30 a.m., 9:30 a.m., 10:30 a.m., 11:30 a.m., 12:30 p.m., 1:30 p.m. Initially, reservations will be limited to 3 times per week. Fitness Pass is required - \$10 annual fee. Silver & Fit and Renew Active Insurance Benefits are accepted.

## Wii Bowling Learning Session

**Tuesday, Sep. 22, 10 a.m.**

Are you interested in learning how to Wii bowl? Wii Bowling is a game played with a video game console. The bowling lane appears on the screen. Participants stand in front of the screen when it is their turn and make the ball-throwing motion with a video game controller. Two to four players participate in a game. This is one of the few games that can be played at the Heritage Center while being socially distant. If interested, please sign up by calling 952-985-4620.

FREE!

NEW

## Nature Walk

**Thursday, Sep. 17, 9 a.m.**

**Valley Lake Park, 16050 Garrett Path**

Ann Messerschmidt, Lakeville's Environmental Resources Specialist, will lead this leisurely walk around Valley Lake. It's an easy route with little elevation change, but you will be surprised by the many different types of gardens. Ann will share plant information about the rain garden, shoreline restorations, two pollinator gardens and the lake. The casual, low-intensity walk will be approximately one mile on an asphalt trail. Meet at the largest shelter that is closest to the playground at the east end of the parking lot. Wear comfortable shoes. Sign up at the Heritage Center or call 952-985-4620.

FREE!



## Driver Safety Classes (Masks required)

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. To register, call **1-888-234-1294**, and tell them you would like a class in Lakeville.



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

- Tue., Sep. 8, 5-9 p.m.
- Sat., Sep. 19, 8:30 a.m.-12:30 p.m.
- Tue., Oct. 6, 5-9 p.m.
- Sat., Oct. 24, 8:30 a.m.-12:30 p.m.

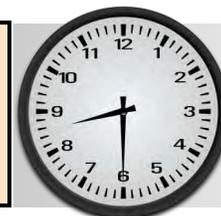
### 8-hour courses, \$26:

- Mon. & Tue., Dec. 8 & 9, 5-9 p.m. BOTH NIGHTS

**Heritage Center Hours: 8:30 a.m.—2:30 p.m.**

**Appointments required for library, technology room & fitness center use.**

**Bread pickup—weekdays 10:45 a.m.-2:30 p.m.**



**Hours of Operation**



## PROGRAMS & ACTIVITIES CURRENTLY MEETING

### Outdoor Activities – details on page 6

Bean Bags	Bocce Ball	Bicycling	Ladies Golf
Men's Golf	Motorcycle Club	Pickleball	Walking Club
Tai Chi – details on page 4			

### Programs Meeting Virtually

Book Club 1	Creative Writing	Line Dancing
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## ACTIVITIES AT THE HERITAGE CENTER—MASKS REQUIRED

Bingo	Computer Use	Yoga – see page 5
Quilting	Library Use	Happy Feet – see page 11
Tatting	Music Jam Sessions	Legal Advice – see page 11
Wii Bowling	Knitting Group	
Day Old Bread	Social Painting	



**Bingo:** Tuesdays, Sep. 1 & 15, Oct. 6 & 20, 1 p.m., limit of 9 per date. Call 952-985-4620 in advance to reserve a spot. LAAA membership and \$5 annual bingo pass required.

**Quilting:** Thursdays, Sep. 3 & 17, Oct. 1 & 15, 1 p.m., limit of 10 per date. Call 952-985-4620 in advance to reserve a spot. LAAA membership and \$5 annual quilting pass required.



**Tatting:** Fridays, Sep. 11 and Oct. 9, limit of 10 per date. Tatting leader will be in touch with group members to insure there are no more than 10 meeting per date. LAAA membership and \$5 annual tatting pass required.



**Wii Bowling:** Mondays (full) and Thursdays, 9:15 a.m.—limit of 4 per day. Additional days available. Wii Bowling participants will be contacted to arrange groups and days of play. LAAA membership and \$10 annual Wii Bowling pass required.



**Day Old Bread:** The bread room (now located in the conference room) is open from 10:45 a.m.–2:30 p.m. weekdays. As the weather gets cooler, we ask that you avoid coming right at 10:45 a.m. on cold or rainy days because we have limited space to wait inside the building while maintaining social distancing. Numbers are available outside of the front (west) entrance starting at 10:45 a.m. Then enter the Heritage Center a few people at a time to pick up bread. Exit through the back (east) door unless you have a mobility condition. BRING YOUR OWN BAG. LAAA membership required.

**Computer Use:** One-hour reservations available weekdays 8:30–9:30 a.m.; 10:30–11:30 a.m.; 12:30–1:30 p.m. Limit of one person per reservation unless you are from the same household. Call 952-985-4620 to schedule a reservation. LAAA membership required.



**Library Use:** 15 minute reservations available weekdays from 8:30 a.m.–2:30 p.m. Limit of one person per reservation unless you are from the same household. Call 952-985-4620 to schedule a reservation. No donations of books or DVDs until further notice. LAAA membership required.

**Musical Jam Sessions:** Sep. 2, 16, Oct. 7, 21, 1 p.m.

Do you play a musical instrument? Join the music jams group for some music making. Due to COVID-19, no mouth instruments or vocals are allowed at this time. If you are not currently a member of the music jams group, call 952-985-4620 for more information. LAAA membership and \$5 annual music jams pass required.



**Knitting Group:** Mondays, 9:30 a.m., limit of 10 per week.

Bring a project of your own, come for inspiration or to share ideas with the rest of the group. Beginners welcome. Instruction is available. Max of 10 per meeting date. Reservations required – call 952-985-4620 to sign up for dates you would like to attend. LAAA Membership and \$10 annual knitting pass required.



**Social Painting:** Fridays, 1 p.m., limit of 10 per week.

Paint in a relaxed atmosphere. Beginners and intermediates welcome. Max of 10 per meeting date. Instructor joins the group October through April. Bring your own projects to paint. LAAA Membership and \$10 annual social painting pass required.



## Tai Chi for Health Class

Thursdays, 1:15–2 p.m., starting Sep. 17

\$5 per class, Silver Sneakers eligible

Participants will be introduced to the movements of the Sun 41 and Yang 10 Style Tai Chi. It is easy to learn and provides a low impact form of exercise consisting of slow, continuous, soft, and circular movements in a flowing form. To do tai chi, you perform a series of movements or postures, one flowing into the next in a slow graceful manner. With regular practice, participants can experience many of the health benefits of tai chi, such as better balance, increase in strength and flexibility, stress reduction, and improved immunity. This class is appropriate for those who have had some basic introduction to tai chi or more advanced students seeking more depth in their tai chi practice. Sign up by day at least 24 hours in advance. A minimum of 3 participants each day is needed to run the classes. If you have Silver Sneakers, the instructor will verify your eligibility and then you will not have to pay for the classes. Wear comfortable clothing and athletic shoes.

Instructor: Trish Gonzales



## The ABCs of Tai Chi

Thursdays, 2-2:45 p.m., starting Sep. 17

\$5 per class, NOT Silver Sneakers eligible

Participants receive an introduction to the practice of tai chi. No previous experience is required. Each session will consist of a brief discussion and question/answer period about tai chi principles followed by practice related to

the movements in tai chi. Practice proper posture, walking, breathing, and body alignment to prepare for further studies in tai chi. Practice can be done seated or standing. Attend 5-6 consecutive sessions to get the best benefit from this class. Content from earlier sessions will not be repeated in any great detail. Sign up at least 24 hours in advance. A minimum of 3 participants each day is needed to run the classes. Wear comfortable clothing and athletic shoes.

Instructor: Trish Gonzales

**PLEASE NOTE: All Tai Chi classes will be held outdoors at Meadows Park, 20707 Jacquard Ave., Lakeville, weather permitting. Rain or cool weather location is at the Heritage Center (indoors).**



## Annual Waffle Breakfast Cancelled

**Due to COVID-19 restrictions, we will not be holding our annual waffle breakfast fundraiser. Thank you for your past support. We look forward to holding this event again in 2021.**

## WORRIED ABOUT MOM?

### NOTICING ANY OF THESE RED FLAGS?

- Social isolation
- Weight loss/poor nutrition
- Housekeeping/personal hygiene slipping
- Wearing the same clothes repeatedly
- Unopened mail/unpaid bills

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## Silver Sneakers Strength & Balance

**Mondays, 10 a.m. or 11 a.m., starting Sep. 21**

This 30-minute class 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. Masks are required. **You must register at least 24 hours in advance – no drop-ins.** Max of 9 per class. Non-Silver Sneakers members: pay in advance for the classes you will take for the month—just \$3.25 per class.

Instructor: Michelle Schmitz



## Flexibility and Strength

**Tuesdays & Thursdays, 10-10:30 a.m.**

**Sep. 8-Oct. 29 (no class Sep. 10)**

This 30-minute, low-impact class is designed to work all of the muscles and joints in your body to ease stiffness and build strength. The class will begin with a short warm-up while standing, followed by exercises and stretches seated in a chair. We will use a resistance band and a small band during class. If you have a ball and band, bring it to class with you. If not, the instructor will provide them. Masks are required. **You must register at least 24 hours in advance – no drop-ins.**

This class is **NOT** Silver Sneakers eligible. Minimum of 5, maximum of 9. \$5 per class.

Instructor: Mickey Schuenke



## Gentle Yoga

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

Come for gentle, flowing yoga to improve balance and flexibility. No experience necessary. Bring a yoga mat, block, strap and other props to use. These are one-hour classes. Class sizes are limited to 9; minimum class size is 3.

**You must register at least 24 hours in advance – no drop-ins.**

Masks are required.

*Pay in advance for the classes you will take for the month, \$5 per class.*

Instructor: Lindee Parson



## Bodyweight Strength Training

**Tuesdays & Thursdays, 11-11:30 a.m.**

**Sep. 8-Oct. 29 (no class Sep. 10)**

During this 30-minute class, we will perform a brief warm-up, followed by exercises designed to strengthen upper body, core and lower body, using our own body weight. We will end the class with a few stretches. Bring a mat to class. You must be able to get down and up off the floor to participate. Masks are required. **You must register at least 24 hours in advance – no drop-ins.** This class is **NOT** Silver Sneakers eligible.

Minimum of 5, maximum of 9. \$5 per class.

Instructor: Mickey Schuenke

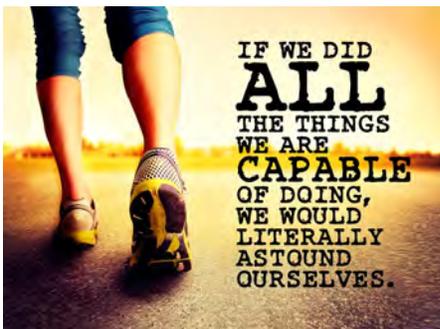
## Silver Sneakers Flex™ Fitness

Silver Sneakers members, once classes resume, check with the class instructor to see if your insurance provides Silver Sneakers benefits.

## Renew Active™ Fitness and Silver&Fit®

Take advantage of these health insurance benefit programs. Stop in the office or call 952-985-4620 to get information on free LAAA membership and fitness center passes.

## Dance Fitness—Cancelled until further notice



## Fitness Center Re-Opening

The Fitness Center will re-open on September 14. Make an appointment at least 24 hours in advance by calling

952-985-4620. One person at a time will be allowed in the fitness center and will be asked to wipe down the equipment after they use it. Once you are in the fitness center, you may remove your mask to exercise.

Appointments will be for 45 minutes with 15 minutes between each appointment. Times are 8:30 a.m., 9:30 a.m., 10:30 a.m., 11:30 a.m., 12:30 p.m., 1:30 p.m. Initially, reservations will be limited to 3 times per week.

Fitness Pass is required - \$10 annual fee.

Silver & Fit and Renew Active insurance benefits are accepted.





# OUTDOOR ACTIVITIES

## Outdoor Activities Information

LAAA outdoor activities are currently meeting with COVID-19 guidelines.

If you are interested in participating in any of the outdoor activities listed below, call 952-985-4620 or email [rmikkelson@lakevillemn.gov](mailto:rmikkelson@lakevillemn.gov).

Pass fees and membership renewals will be accepted via phone, mail, or at the Heritage Center.

Group	Group Information
<b>Bean Bags</b>	Play takes place at 10 a.m. on Tuesday mornings outside the Heritage Center. <b>\$5 annual fee</b>
<b>Bocce Ball</b>	Bocce is played at Aronson Park on Wednesdays at 12:30 p.m. and Thursdays at 10:30 a.m. through October. Teams are organized randomly each day of play. <b>\$5 annual fee</b>
<b>Health Angels Biking</b>	Rides are on Wednesdays. Destinations are determined by the group. Meeting place will be communicated to the riders each week; meet at the trailhead at 9:30 a.m. This group rides about 20 miles per outing in the metro area and stops for lunch. Provide your own bicycle, helmet and bright neon green vest or shirt. <b>\$5 annual fee</b>
<b>Ladies Golf</b>	Golfing takes place at Cleary Lake Golf Course on Wednesdays at 9 a.m. <b>\$5 annual fee + greens fees</b>
<b>Men's Golf</b>	Men's golf meets on Wednesdays at 8 a.m. through early October at Gopher Hills in Cannon Falls. If you are interested in being a substitute golfer, call 952-985-4620. <b>\$5 annual fee + greens fees</b>
<b>Motorcycle Club</b>	Rides are on the 2 <sup>nd</sup> and 4 <sup>th</sup> Thursdays of each month through mid-October, leaving the Heritage Center at 10 a.m. This group is for men and women. Rides are determined by the group and usually include stops for lunch. Helmets are required. <b>\$5 annual fee</b>
<b>Pickleball</b>	Group play is available on Tuesdays, Thursdays and Fridays at 9 a.m. and Wednesdays at 5:30 p.m. Pickleball is a fun game played on a lined court similar to a tennis court with a plastic ball and paddles. Courts are located at Dodd Trail Park, 17035 Flagstaff Ave. <b>\$10 annual fee</b>
<b>Walking Club</b>	Walk on Mondays and Thursdays at 9 a.m. This is a great way to meet some new people while you exercise. The group meets at the Heritage Center or other locations to walk approximately 30-60 minutes per outing. <b>\$5 annual fee</b>
<b>Wheel Friends Biking</b>	Ride 1-1½ hours on Wednesdays at 9:30 a.m. with others who enjoy bicycling. Ride destinations will be communicated to the group members. Bright shirts and helmets are required. <b>\$5 annual fee</b>





## Congratulations!

Steve Sizer shot a hole-in-one on hole #13 at the Cannon Falls Golf Club. He made the over-110-yard shot with a nine iron. Steve golfs with the Lakeville Area Active Adults men's golf group. Congratulations Steve!



## Scam Alert

### Beware of the following scam:

You receive a phone call with someone saying something like this: "Good Morning. According to our system, you are likely to have been in close proximity to someone who has tested positive for COVID-19. This means that you now need to self-isolate for seven days and take a COVID-19 test." They will then go on to say, "You have to be tested within the next 72 hours. Can I get a mailing address to send your kit to you?" Followed by, "I need payment for the kit so I can get it sent to you." **STOP** – this is a scam. Hang up. Help us spread the word so others do not get scammed by this.



## Flu Shots Available at Heritage Center



Come and get your flu shot and avoid this year's bug. Flu shots will be offered at the Heritage Center in September and October for your convenience. All major insurance accepted.

- Thursday, Sep. 24, 10-11:30 a.m. (provided by Cub Pharmacy on Kenwood Trail)
- Wednesday, Oct. 14, 10-11:30 a.m. (provided by Cub Pharmacy on Heritage Drive)

## Happy Harry's Fundraising

Happy Harry's Furniture, 22210 Chippendale Avenue in Farmington, continues to donate to Lakeville Area Active Adults. 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. Over \$2,633 has been donated to the Heritage Center in the past four years through this partnership!



## FREE Lasagna Dinners for Seniors

These dinners have been cancelled until further notice.

**Apple Valley**  
Health and Rehabilitation  
952-236-2000  
Apple Valley Villa  
952-236-2600  
www.applevalleyvilla.com

**Regent**  
at Burnsville  
952-898-1910  
www.augustanaregent.com



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[lssmn.org/neighbor2neighbor](http://lssmn.org/neighbor2neighbor)



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Adult Day Center (AV Only)

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



# COVID-19 HEALTH GUIDELINES

All Lakeville Area Active Adults activity participants are encouraged to self-monitor for signs and symptoms of COVID-19. Each day before you leave home to participate in an LAAA outdoor activity or come to the Heritage Center, please complete a [Self-Check Health Screening Checklist](#) created by the Minnesota Department of Health.

### Self-Check Health Screening Checklist

Do you or members of your household have:

- Fever (100.4 F or higher), feeling feverish or have chills?
- A new cough? Shortness of breath? A new sore throat?
- New muscle aches? New headache? New loss of smell or taste?

If you answer “yes” to any of these questions, you should stay home, stay away from other people and contact your health care provider. Do not participate in LAAA activities or come to the Heritage Center.

If you have symptoms of COVID-19, stay home until ALL THREE of these things are true:

- You feel better. Your cough, shortness of breath or other symptoms are better AND
- It has been 10 days since you first felt sick AND
- You have had no fever for the last 3 days, without using medicine that lowers fever.

If you have tested positive for COVID-19 and have participated in a Lakeville Area Active Adults program, we would appreciate it if you would call 952-985-4620 as soon as possible. Without personally identifying you, we will notify others who may have had contact with you. If you have questions, please call Renee at 952-985-4622.

## Face Mask



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## Meet Kay LeClair: September Member of the Month



Kay was born and raised in Two Rivers, Wisconsin – the oldest of 5 children. She lived within 5 miles of her hometown most of her life and was always just a few blocks away from beautiful Lake Michigan. Kay worked as a drive-in restaurant car-hop in high school, then at a bank in the loan department. Later in life she decided to “try something new” and got a job at an eye clinic where she enjoyed 15 years of work before retiring.

Kay moved to Lakeville to be close to her son, daughter-in-law and three grandchildren (ages 9, 11 and 15). She is happiest spending time with her family. In her free time, she likes reading CIA and FBI mysteries, playing cards and games. She has explored much of Minnesota thanks to her friend Tom who has shown her around the state. She also enjoys events at the Lakeville Area Arts Center. Kay has found that the Heritage Center is a fun place to meet new people and she participates in bingo, luncheons, and fitness classes. If you see Kay, be sure to say “hi!”

## Meet David Frame: October Member of the Month



David was born in Northfield, Minnesota, the second of five children that spanned 25 years from the first to the last. After graduating high school, he attended the Northwest Electronics Institute of Minneapolis. He then served two years in the army spending one year in Korea. David and his wife Karen moved to the Lakeville area in 1982. He worked for the Central Telephone Company and its successors for 30 years, retiring from his communications work in 2007.



David was an avid runner, participating in 36 marathons in 33 states and one race in Europe. After experiencing some trouble with his knee, he quit running in 2012 and spent 5 years “as a couch potato,” in his words. He was then introduced to mountain biking and decided to give it a go. His wife said,

“A seventy-year-old man should not be buying a mountain bike!” Last year David rode the Minnesota Mountain Bike Series. He rode 7 rides and finished 2<sup>nd</sup> in his age group. David also rides with the Health Angels Biking group through the Lakeville Area Active Adults program.

When he’s not biking, David enjoys camping (BWCA type), woodworking and serving as treasurer for the New Market township. David and Karen have two children – a son and daughter-in-law who live in South Carolina and a daughter and two grandchildren who live in San Diego. Maybe you’ll catch David on the bike trail sometime!



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## Check our Website

Check our website, *LakevilleHeritageCenter.com*, for all of the resources below and links to great exercise videos, games, puzzles, virtual tours and much more. See the "Stay at Home" Resources and Information page under the Active Adults drop-down menu.

## Exercise at Home

It's important to keep up your strength, balance and flexibility. If you cannot come to the Heritage Center to exercise, check out these exercise videos. Michelle, one of our exercise instructors, led three exercise videos that are available to you. Each are about 15 minutes long. If you did one per day, it would make a difference. The links are provided below.

Balance & Coordination Exercises – Lakeville Area Active Adults  
– <https://bit.ly/31N3ETF>

Strength Exercises – Lakeville Area Active Adults –  
<https://bit.ly/30MJLwO>

Stretching Exercises – Lakeville Area Active Adults –  
<https://bit.ly/2DKTknI>

## We Want to Help

Time alone gets long. If you would like a call from someone you can chat with, call 952-985-4620 and let us know. We can help with that.

Not everyone has family and friends around, has access to the internet, can drive... If you have a need or you are concerned about someone else, call 952-985-4620.

## Food Resources

Meals on Wheels: If you live in Lakeville, contact 612-669-2913. \$5 donation per meal is requested. Non-Lakeville residents call 952-402-9855. This is a CAP – Community Action Partnership program. <https://www.capagency.org/food-nutrition/senior-nutrition-2/>

360 Communities Food Shelf: Located at Messiah Lutheran Church, 16725 Highview Avenue, Lakeville. Hours are Tuesdays and Thursdays from 12–6 p.m. by appointment only. Call 952-431-5959 ext. 311. <https://360communities.org/resources/food-shelves/>

Hosanna Lutheran Church's Drive through Dinner: Located at 9600 163<sup>rd</sup> Street West, Lakeville. Open to anyone but there is a limited amount of dinners. Tuesdays – 5-6 p.m. at door #1.

NAPS – Nutrition Assistance Program for Seniors: Food and nutrition program that is designed to provide healthy food for eligible seniors each month at no cost. Distribution is the Tuesday following the 4<sup>th</sup> Monday of the month from 10–11 a.m. at Messiah Lutheran Church. Call 651-484-8241 (toll-free at 1-800-365-0270) or email [naps@2harvest.org](mailto:naps@2harvest.org) for more information.

<https://www.2harvest.org/who-how-we-help/services-and-programs/programs/csf.html#.XEiUO1xKhaR>

## Mask Donations

We are accepting donations of hand-sewn masks at the Heritage Center. Call 952-985-4620 or drop off weekdays between 8:30 a.m.-2:30 p.m. Thank you!



## Shopping

The following local stores have set special shopping hours for seniors and vulnerable people:

- Target ..... Tue. & Wed., 7-8 a.m.
- Cub Foods ..... Daily, 6-7 a.m.
- Aldi ..... Tue. & Thu., 8:30-9:30 a.m.
- Walmart ..... Tue., 6-7 a.m.



## Metro Mobility

Metro Mobility transportation is available in Lakeville for those who have been certified to use the service because of their disability or health condition. For more information visit [metromobility.org](http://metromobility.org) or call 651-602-1111, TTY 651-221-9886.



## Lakeville LOOP Circulator Bus

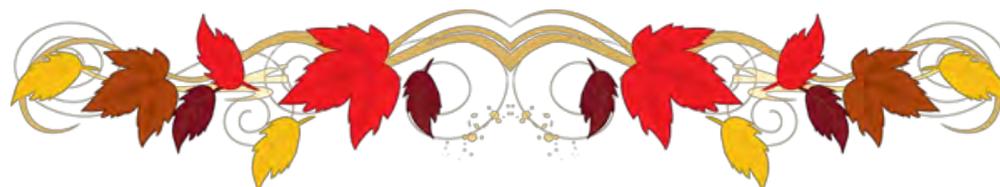
The LOOP bus provides accessibility from senior housing locations to Lakeville amenities like retail, groceries and the Heritage Center at a reasonable cost. For those living at Crossroads Commons, Main Street Manor, Fairfield Terrace, Winsor Plaza and Argonne Hills: **due to continued concern over COVID-19, seating restrictions apply, based on CDC guidelines. Reservations are recommended, as individuals without reservations may be asked to wait for a later LOOP. Riders are required to wear face masks.** Call DARTS at 651-455-1560 for more information or to schedule a ride. Dispatchers are available from 7:30 a.m.-4 p.m. This service is available on Thursdays in Lakeville.



This service is provided through a partnership between the City of Lakeville and DARTS.

## "You Are Not Alone"

With the extended duration of this pandemic, people may experience isolation or depression. If you are experiencing feelings of sadness, emptiness or hopelessness, contact a mental health provider, or call NAMI at 1-800-950-6264. If it is an emergency, call 911 or 1-800-273-8255.





## Happy Feet Foot Care

**Sep. 1 & Oct. 6 CASH OR CHECK ONLY!** Masks are required. A ½-hour foot care appointment is \$38. Pay by **cash or check** in the Heritage Center office when you arrive for your appointment. LAOA 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.

## Walker & Wheelchair Use Available

Have you recently had a surgery and need a walker or wheelchair temporarily? We have walkers and wheelchairs available to borrow short term for Lakeville Area Active Adults members. Leave a \$25 deposit and you may use a walker or wheelchair. Receive the deposit back when you return the item.



## Home Repair Services and Outdoor Chore Services Available



DARTS can help with fall cleanup, gutter cleaning, shrub trimming, outdoor rail repair and lawn mowing. They will also repair indoor items. The City of Lakeville is collaborating with DARTS to provide these services to



Lakeville residents age 62 and over (under 62 can qualify based on income or disability). To request these services, call DARTS at 651-455-1560. Services are available while the funding supply lasts so don't hesitate, call today.

## MEMBERSHIP INFORMATION

### Membership Fees

Become a member of the Lakeville Area Active Adults program and enjoy the many benefits it 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. Call 952-985-4620 to request a tour.

#### **ANNUAL FEES:**

LAKEVILLE RESIDENT— \$20 INDIVIDUAL, \$35 COUPLE

NON-RESIDENT—\$25 INDIVIDUAL, \$40 COUPLE

**NOTE:** Silver&Fit® and Renew Active™ program participants—you may be eligible to receive your membership and fitness center passes for free. Check in the office or call 952-985-4622 for details.

### Lakeville Residents Age 62+ Funding for Membership and Programs is Available

Did you know that you can get up to \$30 for program fees, trip fees or membership to the Lakeville Area Active Adults program? To take advantage of this great benefit you only need to fill out a form in the Heritage Center office and let us know what you would like the funds used for. It's really that easy. If you are a Lakeville resident age 50-61 you need to meet an income requirement, age 62+ you do not. The funds are available through Dakota County CDBG funding. Now is the time to sign up for a class or activity you would like to attend. For more information, call 952-985-4620 or stop in the office at the Heritage Center.

**NOTE:** Available while the funding supply lasts.

## FREE FOR MEMBERS

### Legal Advice

**Sep. 16 & Oct. 21, appointments start 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. Call 952-985-4620 to schedule an appointment. Be prepared to give the general subject of your visit. Masks are required.

### Hearing Screening & Hearing Aid Cleaning

**Sep. 14, 11 a.m.-noon**

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

### Health Insurance Counseling

Counseling is provided by state-certified health insurance counseling staff or volunteers for no charge. Call the Senior LinkAge Line at 1-800-333-2433 to schedule an appointment. In-person appointments are temporarily on hold.

### Technology Tutoring

This service has been cancelled until further notice.

### Mobile Menders

No Mobile Menders through December 2020.



# LAKEVILLE YELLOW RIBBON

## What is Lakeville Yellow Ribbon?

Lakeville Yellow Ribbon is a community organization of volunteers with a *mission to honor, serve, and support our local veterans* of all ages and all branches of service.

We do this by providing opportunities for vets to gather together, by providing a pathway to resources so that vets can get the support they need and the benefits they deserve, and by providing programs that honor veterans.

During current Covid restrictions, events are limited. But, as things improve, programs will begin again as appropriate. In the meantime, please call 952-985-4685 if you have questions or need assistance.



[Lakevilleyellowribbon.com](http://Lakevilleyellowribbon.com) • 952-985-4685 • [Lakevilleyellowribbon@gmail.com](mailto:Lakevilleyellowribbon@gmail.com)

*Honoring, serving, and supporting our local veterans.*

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TOUR SPERO SENIOR LIVING TODAY.**

**SPERO**  
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Designed with your comfort in mind.

Our apartments feature:

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- Full kitchen
- Patio/deck
- Window coverings

**SCHEDULE A TOUR TODAY!**

**Call (952) 206-4650 or visit [speroseniiorliving.org](http://speroseniiorliving.org).**

19351 Indiana Avenue, Lakeville, MN 55044

[speroseniiorliving.org](http://speroseniiorliving.org) | 952.206.4650





# 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."* **September — October 2020**

## Pandemics and the Polio Epidemic

Even though this pandemic has changed our lives in so many ways, epidemics and pandemics are not new. First, to clarify, an epidemic is usually restricted to a smaller region and a pandemic is a disease epidemic that has spread across a large region, for instance multiple continents, or worldwide.

Many of us who lived through the polio epidemic remember the familiar uncertainty. Parents struggled to keep their family safe and lived in fear of their children contracting the disease. Each summer, without warning, the polio virus arrived. No one knew how polio was transmitted or what caused it, and there was no known cure. For many years, swimming pools and movie theaters closed during polio season. Parents stopped sending their children to playgrounds or birthday parties for fear they would "catch polio." Sound familiar?

In 1952, the number of polio cases in the U.S. peaked at nearly 58,000, resulting in over 3,000 deaths. Those who survived this highly infectious disease could experience some form of paralysis. Many were placed in an iron lung, a large tank respirator that would pull air in and out of the lungs, allowing them to breathe.

Finally, in 1955, data from the "largest medical study in history" was processed, and six years from when a young 33-year-old doctor named Jonas Salk began his research, the Salk polio vaccine was declared "safe and effective."

I often wonder how people of that era were able to wait for such a long time for a "cure." What has caused our impatience? Maybe this could be a dinner table discussion in your family.

### Familiar Pandemics Still Referenced Today

- COVID-19
- SARS
- HIV/AIDS
- H3N2
- Spanish Flu
- Russian Flu
- Cholera
- Smallpox
- The Black Death



What do you know about each of these? Do you know the years when they occurred?



## John F. Kennedy Elementary School

Excerpts taken from "The History of the Lakeville Area Public Schools" by Linda Swanson and Lori Hall

What a year it has been so far! By the time you read this, our children will be looking forward to a new school year. How it looks will probably not resemble anything from our memories.

Here is a look back at one of Lakeville's oldest schools. Some of you probably attended John F. Kennedy Elementary School or JFK, as it is popularly nicknamed.

JFK opened in 1965 with the name selected by the students in honor of the recently assassinated president, John F. Kennedy. At its open house on March 14, 1965, the school program quoted Kennedy as saying, "A free nation can rise no higher than the standard of excellence set in its schools and colleges."

At the time of its official opening date, January 8, 1965, the school boasted 13 rooms and housed 292 students. Total construction cost was \$403,119.

As the student population increased, additions were built to accommodate the growth. In 1968, the north and south gymnasiums, as well as classrooms and administrative offices were added. These new spaces doubled the size of the building. 1984 saw a library addition, and in 1994, the building was renovated to meet health and safety codes.

Tom Vucinovich, the first principal also traveled to Elko, Eswood, Thompson and Orchard Lake Elementary schools. It is said that he often played ball with the children at recess.



## September/ October Calendar

Until further notice, the Lakeville Area Historical Society display rooms will be open every Monday from 9 a.m. – noon. After checking in at the front desk, you can enter our area. A maximum of two people may be in the rooms at one time, and we ask that you refrain from touching any surfaces. If assistance is needed, a LAHS trustee will be in our office.

Also, at this time, we will not be conducting monthly board meetings.

If you have pictures to share, please bring them in during one of our Monday open times.

## Vern & Tonete Jensen

We are pleased to inform that in appreciation for their lifelong dedication in the areas of agriculture, arts, wildlife conservation, and preserving the history of the Lakeville area, Vernon and Tonete Jensen were inducted as Lakeville Pioneers on April 20, 2020.

Their plaque has been installed at Pioneer Plaza, but there will be an official unveiling and open house later. Currently, due to COVID-19 restrictions, we are not able to gather, but look at the plaque during your next stroll through downtown.



# September 2020

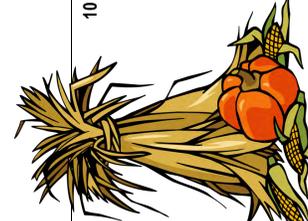


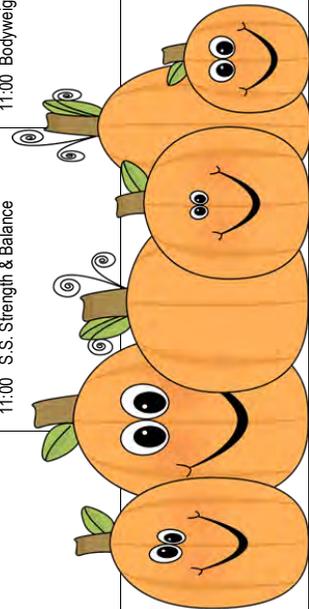
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Check in with membership card starting September 1</p> 	<p>Lakeland Area <b>Active Adults</b></p>	<p>9:00 Pickleball 9:00 Happy Feet 10:00 Bean Bags 10:00 Book Club #1 1:00 Bingo</p>	<p>8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 12:30 Bocce Ball 1:00 Music Jams 5:30 Pickleball</p>	<p>9:00 Walking Club 9:00 Pickleball 9:15 Wii™ Bowling 10:00 The ABCs of Tai Chi 10:30 Bocce Ball 11:00 Tai Chi for Health 1:00 Quilting Group</p>	<p>8:15 Yoga 9:00 Pickleball 1:00 Social Painting</p>	<p>5</p> 
<p>6</p>	<p>Heritage Center Closed</p> 	<p>9:00 Pickleball 10:00 Bean Bags 10:00 Creative Writing 10:00 Flexibility &amp; Strength 11:00 Bodyweight Strength Training 1:00 Active Adults Advisory Comm. Mtg. (virtual-Zoom) <b>5-9 Driver Safety Class (4-hr.)</b></p>	<p>8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 12:30 Bocce Ball <b>1:30 &amp; 2:15 Outdoor Music - Antlers Park</b> 5:30 Pickleball</p>	<p>9:00 Walking Club 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Motorcycle Ride 10:00 The ABCs of Tai Chi 10:00 No Flexibility &amp; Strength 10:30 Bocce Ball 11:00 Tai Chi for Health 11:00 No Bodyweight Strength Training</p>	<p>8:15 Yoga 9:00 Pickleball 1:00 Tattling 1:00 Social Painting</p>	<p>12</p> <p><b>Gift Shop in Heritage Center is open weekdays 8:30 a.m.-2:30 p.m.</b></p> 
<p>13</p> 	<p>9:00 Walking Club 9:15 Wii™ Bowling 9:30 Knitting 11:00 Hearing Screening</p> <p><b>Fitness Center Re-opens Today (by appointment only)</b></p>	<p>9:00 Pickleball 10:00 Bean Bags 10:00 Flexibility &amp; Strength 11:00 Bodyweight Strength Training 1:00 Bingo</p>	<p>8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 11:00 Legal Advice 12:30 Bocce Ball 1:00 Music Jams 5:30 Pickleball</p>	<p>9:00 <b>Nature Walk-Valley Lake Park</b> 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Flexibility &amp; Strength 10:30 Bocce Ball 11:00 Bodyweight Strength Training 1:00 Quilting Group 1:15 Tai Chi for Health 2:00 The ABCs of Tai Chi</p> 	<p>8:15 Yoga 9:00 Pickleball 1:00 Social Painting</p>	<p>19</p> <p><b>8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.)</b></p>
<p>20</p>	<p>9:00 Walking Club 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength &amp; Balance 11:00 S.S. Strength &amp; Balance</p>	<p>9:00 Pickleball <b>10:00 Wii™ Bowling Learning Session</b> 10:00 Bean Bags 10:00 Creative Writing (virtual-Zoom) 10:00 Flexibility &amp; Strength 11:00 Bodyweight Strength Training</p>	<p>8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 12:30 Bocce Ball 5:30 Pickleball</p>	<p>9:00 Walking Club 9:00 Pickleball 9:15 Wii™ Bowling <b>10:00 Flu Shots</b> 10:00 Motorcycle Ride 10:00 Flexibility &amp; Strength 10:30 Bocce Ball 11:00 Bodyweight Strength Training 1:15 Tai Chi for Health 2:00 The ABCs of Tai Chi</p> 	<p>8:15 Yoga 9:00 Pickleball 1:00 Social Painting</p>	<p>26</p>
<p>27</p>  <p><b>Metro Dining Cards for sale at Heritage Center &amp; City Hall Just \$25 per box</b></p>	<p>9:00 Walking Club 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength &amp; Balance 11:00 S.S. Strength &amp; Balance</p>	<p>9:00 Pickleball 10:00 Bean Bags 10:00 Flexibility &amp; Strength 11:00 Bodyweight Strength Training</p>	<p>8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 12:30 Bocce Ball 5:30 Pickleball</p>	<p>9:00 Walking Club 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Motorcycle Ride 10:00 Flexibility &amp; Strength 10:30 Bocce Ball 11:00 Bodyweight Strength Training 1:15 Tai Chi for Health 2:00 The ABCs of Tai Chi</p>	<p>8:15 Yoga 9:00 Pickleball 1:00 Social Painting</p>	<p>25</p> <p><b>Day Old Bread available Mon-Fri, from 10:45 a.m. to 2:30 p.m.</b></p>



# October 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<div style="border: 2px dashed black; padding: 5px; text-align: center;"> <b>Day Old Bread Available</b>  <b>Monday-Friday, from</b>  <b>10:45 a.m. to 2:30 p.m.</b> </div>					
4	9:00 Walking Club 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	9:00 Pickleball 9:00 Happy Feet 10:00 Bean Bags 10:00 Book Club #1 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Bingo <b>5-9 Driver Safety Class (4-hr.)</b>	8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 12:30 Bocce Ball 1:30 Music Jams 5:30 Pickleball	9:00 Walking Club 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Flexibility & Strength 10:30 Bocce Ball 11:00 Bodyweight Strength Training 1:15 Tai Chi for Health 2:00 The ABCs of Tai Chi	8:15 Yoga 9:00 Pickleball 1:00 Social Painting		
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18	9:00 Walking Club 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	9:00 Pickleball 10:00 Bean Bags 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Bingo	8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 11:00 Legal Advice 12:30 Bocce Ball 1:30 Music Jams 5:30 Pickleball	9:00 Walking Club 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Motorcycle Ride 10:00 Flexibility & Strength 10:30 Bocce Ball 11:00 Bodyweight Strength Training 1:15 Tai Chi for Health 2:00 The ABCs of Tai Chi	8:15 Yoga 9:00 Pickleball 1:00 Social Painting	<b>8:30 a.m.-12:30 p.m.</b> <b>Driver Safety Class (4-hr.)</b>	24
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Lakeville Area Active Adults  
Heritage Center  
20110 Holyoke Ave.  
Lakeville, MN 55044



**LAAA  
Friends  
on the  
Patio!**

**Rental**  
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