



January-February 2020

LakevilleHeritageCenter.com

Something for everyone 50+

LAKEVILLE HERITAGE CENTER

M-F, 8 a.m. - 4 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

Lakeville Area Active Adults

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)

A Note from Renee

It's a new DECADE! What will 2020 bring for you? Will you curb a bad habit? Will you try something new? Will you be a friend to someone who really needs one? I challenge you to continue to explore, move your body, make new friends and start each day with gratitude for something in your life. One of my favorite quotes is: "If you woke up this morning, there's a purpose for you today. Go find it." Wishing you all a great 2020!

It's Never Too Late to Say YES to Bigger Things

Friday, Jan. 17, 10 a.m.



Motivational speaker Lin Bruce is a late blooming cross-country bicyclist, whose first transcontinental ride was in honor of her 60th birthday in 1999. Using stories of her bicycle adventures as a metaphor for "reaching farther" in one's life, Lin encourages people of any age to reach beyond perceived limitations, "stretching for ways to bring more life to your days." Lin is a walking testimonial to the power of staying active later in life and an expert on overcoming her own perceived limitations. Don't miss this presentation that may inspire you to say "YES" to something new in 2020. Sign up at the Heritage Center or call 952-985-4620.



Outsmart the Scammers Presentation

Wednesday, Jan. 22, 1-2 p.m.

Scammers are changing their tactics frequently to prey on their victims. Learn how to spot certain red flags that may indicate a fraudulent encounter, steps you can take to protect yourself and your family and what to do if you're targeted by scammers. Kelly Contreras of Edward Jones will give this informative presentation which was recommended by some of our members. Sign up at the Heritage Center or call 952-985-4620.



Snow Days

When ISD 194 - Lakeville Area Schools cancels school due to stormy weather, there will be NO Lakeville Area Active Adults programs, classes or bread delivery. However, the Heritage Center will be open.

NOTE: When there is a late start to school, the Heritage Center will be open with the usual programs and classes.



Holiday Closures at Heritage Center

The Heritage Center will be closed on the following days:

- ◆ Wednesday, Jan. 1—New Year's Day
- ◆ Monday, Jan. 20—Martin Luther King Jr. Day
- ◆ Monday, Feb. 17—Presidents Day



Current LAAA Membership

1,200 members strong!

21 new members joined in

Oct. & Nov. !

What's Inside This Newsletter

- Bake Sale Results, pg. 2
- 2019 Recap, pg. 2
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WE ♥ OUR VOLUNTEERS & 2019 RECAP

What a Bake Sale!

A huge thank you to all who donated to this amazing event! We raised **\$1,266.85** between the bake sale, coffee and donut holes and card sales. This is a **29%** increase from 2018! Thank you to all of our bakers, pricers, sellers, card preparers and coffee makers. It takes a village and we have quite a village!



Give Back Bundles Volunteer Opportunity

Friday, Jan. 24, 2:45-4:45 p.m.

Students in grades 6-8 will partner with Lakeville Area Active Adults volunteers to make tie blankets and put together baby supply care packages. Sign up in the hall at the Heritage Center or by calling 952-985-4622. The project is a partnership between ISD 194 Community Education and Lakeville Area Active Adults.



Thanks for Decking the Halls!

Thank you to the volunteers who decorated our trees and the Heritage Center for the holidays!



Join Our Team

Volunteering is a great way to get involved at the Heritage Center. You'll meet new people and give back to our great organization. We need a few more volunteers for the following position:

Reception Desk - Mornings, afternoons or subbing. Greet Heritage Center guests, maintain coffee area, assist with bread program and other responsibilities as needed. A friendly, outgoing personality is best for this position. Training is provided. If you are interested, stop in at the Heritage Center office or call Renee at 952-985-4622.

2019 Was a Great Year!

Here is what your **Advisory Committee** accomplished:

- ◆ Purchased a new microwave, coffee satellite, coffee warmer and wall décor (ladies' restroom) for the Heritage Center.
- ◆ Facilitated the monthly luncheons with entertainment
- ◆ Chose the fabric for re-upholstering the chairs in the coffee area and hallway.
- ◆ Hosted the Holiday Social.

2019 LAAH Highlights:

- ◆ Seven new member-led groups started in 2019: Music Jams, Photography, Word Games, Bocce Ball, Cribbage, Coloring Group and Book Club 2.
- ◆ Mobile Menders services started.
- ◆ Brought attention to scams through presentations and articles in the newsletter
- ◆ Membership continues to be strong with 1,200 members.



Re-upholstered



Luncheon



Music Jams



January Lakeville Luncheon

Tuesday, Jan. 14, 11:30 a.m.



Come and enjoy a lunch of Swedish meatballs and noodles, sides and dessert. Following lunch, entertainer Gary Rue will weave a tale of rock 'n roll history, performing a solo set of songs from



Gene Pitney, Sonny Curtis and Bobby Vee. Entertainment sponsored by Ecumen Seasons at Apple Valley.

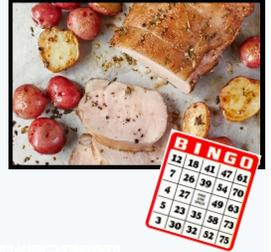


Deadline is Thursday, Jan. 9.

February Lakeville Luncheon

Tuesday, Feb. 11, 11:30 a.m.

February's menu features pork loin with potatoes, sides and dessert. Following lunch we'll play bingo with prizes. Bingo sponsored by Brookdale Home Health.



Deadline is Thursday, Feb. 6.



The cost for each luncheon is \$10/LAAA members, \$12/non-members. Lunch is catered by Chef Sally Johnson. Sign up with payment at the Heritage Center, by calling 952-985-4620 or online at LakevilleHeritageCenter.com, then Active Adults, then Registration. No refunds will be given after the deadline. Sponsored by LAAA Advisory Committee.

Save the date for March's luncheon on Tuesday, March 10!

Afternoon Treats Important Notice

Effective Jan. 1, afternoon treats will only be available when we have an afternoon volunteer. Coffee will still be available on the days with no volunteer. If you are interested in volunteering, call 952-985-4622 or stop by to see Renee at the Heritage Center.



Leap Year Luau

Friday, Feb. 28, 1-3:30 p.m.

Rosemount Community Center, 13885 S. Robert Trl.

\$15 per person, limited spots available

It's Tiki Time! This fun event will feature entertainment from "Coconut Katie & Kevin," fabulous appetizers and desserts, Hawaiian-themed games and waves of fun.



Beginner Line Dancing

Thursdays, 5:30-6:20 p.m.

Jan. 9-Feb. 20 (7 classes)

Feb. 27-Apr. 9 (7 classes)

\$49 LAAA members/\$62 non-members

Learn several line dances during the seven week session, including step patterns, rhythms and terminology. Each lesson will include a review of previously taught material. Wear comfortable shoes (not tennis shoes). Instructor Peter Blaskowski and his wife have taught line dancing all over the world and danced at the World Championships in 2001.



Need Some Mending Done?

Wednesdays, Jan. 15, Feb. 19, 1-3 p.m.



Mobile Menders, a volunteer group that provides free mending services, will be at the Heritage Center every third Wednesday of the month. Missing a button? Rip in a pocket? Need a pair of pants hemmed? They can take care



of it. You can bring up to three clean items that need mending to the Heritage Center. All services are provided free of charge (tips are accepted). For more information call 952-985-4620 or visit mobilemenders.weebly.com.

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 online at webtrac.lakevillemn.gov, then select "Active Adults," then "Classes & Events," or call 1-888-234-1294, and tell them you would like a class in Lakeville.



4-hour refresher courses, \$22:

- Tue., Jan. 7, 1-5 p.m.
- Sat., Jan. 25, 8:30 a.m.-12:30 p.m.
- Tue., Feb. 4, 5-9 p.m.
- Sat., Feb. 29, 8:30 a.m.-12:30 p.m.
- Tue., March 10, 5-9 p.m.
- Sat. March 28, 8:30 a.m.-12:30 p.m.

8-hour courses, \$26:

- Tue. & Wed., Mar. 17 & 18, 5-9 p.m. BOTH NIGHTS
- Mon. & Tue., May 11 & 12, 5-9 p.m. BOTH NIGHTS

CDs, DVDs & Audio Books



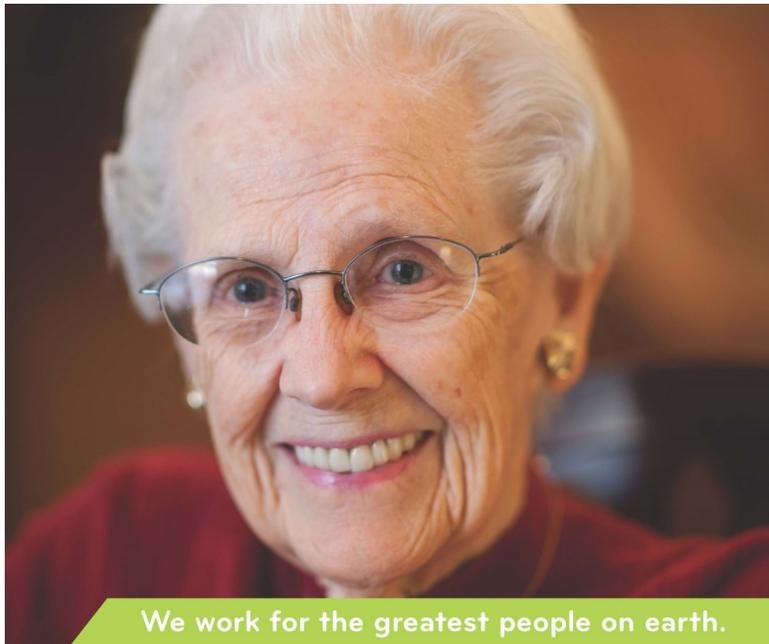
We are accepting donations of CDs, DVDs and Audio Books for our lending library. These items will be available for you to borrow on your honor—same as the books. If you have items to donate, please drop them off in the basket in the library.

FREE Lasagna Dinners for Seniors

Free lasagna dinners will be held on the following dates in 2020: Jan. 30, March 26, May 28, Sep. 24, Oct. 29. Sign-up sheets for each month's dinner will be available at the beginning of the month.



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Each month a LAAA member will be chosen at random from the kiosk check-in to be interviewed for "member of the month." This person will have their feature printed in the newsletter and displayed at the Heritage Center. The featured member will also receive a ticket to that month's luncheon.

Meet Joanne Olson: January Member of the Month

Born in Minneapolis, Joanne grew up in the city attending the "old" North High School. She married in 1959 and had four children, two girls and two boys. Joanne's husband was transferred to Seattle, then Texas, so the family moved as well. In 1998 they moved back to the Twin Cities when Joanne's husband retired. Joanne enjoyed a long career with State Farm Insurance, working there for 33 years. She still gets together with her former co-workers.

Joanne is lucky to live near three of her four children. She has 8 grandchildren and 2 great-grandchildren and likes to see them whenever she can. When she is not with them, she enjoys reading and gardening. She also likes to travel throughout the US and abroad. Her husband passed away in 2009. Joanne likes to keep active and meet new people. She recently joined the Heritage Center and participates in Wii™ bowling, Strength & Balance exercise classes and the fitness center. Introduce yourself to Joanne the next time you see her!



Meet Marilyn Oliphant: February Member of the Month

Born in Moorhead, Minnesota, Marilyn was the oldest of three girls. She grew up in Moorhead and received her education degree from Moorhead State University. She and her husband were both teachers; Marilyn taught elementary school for 25 years. They had three children, one boy and two girls. All three reside in the metro area and are in careers associated with education. Marilyn also has a 15-year-old grandson.

Marilyn started playing the piano as a child and has played at church for 61 years! She also loves playing for the Classic Voices Chorus. An avid traveler, she has visited all 50 states and 25 different countries. She likes to knit, read and is active at her church. She enjoys sewing and even sewed the tuxedo for her son's graduation! She is also a member of the American Association of University Women, a group with great speakers.



Happy 101st Birthday, Marie!

Marie turns 101 in January. She is our oldest LAAA member and continues to be very active, playing pinochle, duplicate bridge, party bridge and working on assembling jigsaw puzzles.

Senior Scam Tips

by Lt. Jim Puncochar,
Lakeville Police Department

Handling Unexpected Sales Calls

- If you have Caller ID and don't recognize the call, there is no reason you MUST answer the call. If it is a legitimate call, they will leave you a message.

Don't fall for



phone scams

- If you answer the call and someone is trying to get you to buy something or donate money, slow down. What is the hurry? You don't have to make the purchase or donate immediately. Slow down, do your homework. Call them back if needed!
- If you receive such a call, don't be afraid to just hang up!

- You can join the National Do Not Call Registry at donotcall.gov.



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



Focus on Fitness

2020—a brand new decade. What are your goals? I hope staying physically fit makes the list. I have heard first hand from members how accelerated recovery is from surgery when the member is in shape from exercise classes, line dancing, biking or other physical activities. If you are participating in fitness activities either here or elsewhere—good for you! If you haven't tried a class, try one. All members can try a class free of charge. We want to make sure it's a good fit before you sign up.

Meet the Heritage Center fitness class instructors:



Trish

Trish G.—Tai Chi Instructor “My philosophy of fitness is very simple. Find the exercise or activity that you look forward to doing and that gives you joy. That way you will stay engaged and continue to remain active.”

Lindee P.—Yoga Instructor “I feel it is so important to create a mind-body connection and to learn to listen to your body. With that, mindfulness to move, to do something every day and keep it fun! The best ‘medicine’ is sunshine, air, water, exercise, rest, diet...and LAUGHTER! We should do our best to take our ‘medicine’ daily!”



Lindee



Julie

Julie H.—Yoga Instructor “As we age, we have to adapt our exercise and fitness routines. Weight lifting to maintain muscle mass and bone density. Yoga for flexibility and balance. And, of course, any aerobic exercise (running, walking, biking) that improves heart health. The balance of those three key types of fitness will help us age gracefully and with a high degree of fitness.”

Mickey S.—Strength & Balance and Cardio & Strength Instructor “I believe that exercise truly is the best medicine for both physical and emotional health. Instead of dreading exercise, as most people do, it should be viewed as something you ‘get’ to do to be kind to yourself. I also believe that exercise should be fun, which is why I try to bring some laughter into every class that I teach.”



Mickey



Sue

Sue M.—Dance Fitness Instructor “I have been dancing since I was a child and have always enjoyed teaching dance and fitness to others. I believe that muscle health, cardio health and balance are all important for senior health. I try to incorporate all of these into my fitness classes.”

Fitness Center



Check out the new elliptical in the fitness room—get a good cardio workout that is easy on the joints. 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 every day the Heritage Center is open

(typically 8 a.m.–4 p.m. Monday through Friday). 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® and Renew Active™ program participants - you may have your fitness pass paid for. See details on page 7 or inquire in the Heritage Center office.




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Silver Sneakers - Tai Chi for Health and Balance

Thursdays, Beginners 1:15-2 p.m., Advanced 1:45-2:30 p.m.

Tai Chi practiced regularly can reduce stress, lower blood pressure and improve balance and posture. Wear comfortable clothing and tennis shoes. Instructor: Trish Gonzalez

Level 1 Participants – Beginning Tai Chi

1:15 – 1:45 Introduction and beginning level of the Sun Style Tai Chi form

1:45 – 2 Cool down exercises (stretching and Qigong movements that can be used as warm up or cool down)

Level 2 Participants – Returning or Advanced Tai Chi

1:45 – 2 Warm up exercises (stretching and Qigong movements that can be used as warm up or cool down)

2 – 2:30 Returning or advanced group selectively works on the second part of the form, Sun Style Tai Chi Part 2

PLEASE NOTE: Silver Sneakers members may be eligible to participate for free. Non-Silver Sneakers members, 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-paid.

Silver Sneakers Flex™ Fitness

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

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

Renew Active™ Fitness

Renew Active™ by United Healthcare (available with select United Healthcare Medicare Advantage plans) members may receive Lakeville Area Active Adults membership and a fitness center pass free of charge at the Lakeville Heritage Center. Stop by the Heritage Center or call 952-985-4622 for more information.



Silver&Fit®



More and more members are taking advantage of their health insurance's benefit of participating in the Silver&Fit® program. Lakeville Heritage Center is a Silver&Fit®

location, which means you may be eligible to receive your membership and fitness pass for free. Stop in the office to verify your eligibility. We just need your name and date of birth. Silver&Fit® program members can use the fitness center and can also enjoy other membership benefits at the Heritage Center for free (exercise classes are not covered). If you have questions, 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.

Dance Fitness

Thursdays, 3 p.m.

(no class Jan. 2)

Dance Fitness takes a variety of dance styles, combined with some toning fitness moves that will suit the needs of today's baby boomers. This 45-minute class features upbeat music, easy-to-follow moves and an invigorating, energized 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-paid.

Instructor: Sue Malecha



Silver Sneakers Strength & Balance

Chair exercises (sitting & standing)

Mondays, Wednesdays* & Thursdays, 11 a.m. (no class Feb. 5)

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.

Instructor (Mon. & Thu.): Mickey Schuenke

* Wednesday classes will be taught by Michelle Schmitz, a new instructor, starting Jan. 8.

♦ **Non-Silver Sneakers members: Pay in advance for the classes you will take for the month—just \$3.25 per class if pre-paid, \$4.25 drop-in fee per class if not pre-paid.**

Silver Sneakers Cardio & Strength

Class includes floor exercises (bring your own mat)

Mondays & Thursdays, noon

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—join Strength & Balance and work up to Cardio & Strength if you have medical and/or physical restrictions.*

Instructor: Mickey Schuenke

♦ **Non-Silver Sneakers members: Pay in advance for the classes you will take for the month—just \$3.75 per class if pre-paid, \$4.75 drop-in fee per class if not pre-paid.**

Cardio & Strength

PLEASE NOTE: No evening Cardio & Strength classes in January, February and March. They will resume in April.

Gentle Yoga

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

(no class Jan. 3)

Come for gentle, flowing yoga to improve balance and flexibility. No experience necessary. Bring a yoga mat and a small blanket. These are one-hour classes.

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-paid.

Instructors: Lindee Parson & Julie Harding



GAMES, HOBBIES & PROGRAMS

Games

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

- Wii™ Bowling**..... Mondays, 9:30 a.m.
- Texas Hold 'Em** Mondays, 1 p.m.
- Mahjong** Mondays, 12:30 p.m.
- Dominoes**..... Tuesdays, 9 a.m.
- Poker**Tue., Wed. & Fri., 9 a.m.
- Party Bridge**Tuesdays, noon
- Bingo**1st & 3rd Tuesdays, 1 p.m.
- Hearts**.....Wednesdays, 9 a.m.
- Pinocle**Wednesdays, noon
- Billiards** Mon. & Thu., 8-11:30 a.m.
- Euchre** Thursdays, noon
- Hand & Foot**..... Thursdays, noon
- 500**.....Fridays, 11 a.m.
- Duplicate Bridge**.. Fridays, 12:30 p.m.
- Cribbage**..... Fridays, 1:30 p.m.

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

Knitting Group

Mondays, 9:30 a.m.
\$10 annual pass

Bring a project of your own, come for inspiration or to share ideas with the rest of the group. Beginners welcome. Instruction is available.

Mahjong

Mondays, 12:30 p.m. \$10 annual pass
Mahjong is a Chinese game of skill, strategy and calculation and involves a degree of chance.

Photography Group

Thursdays, Jan. 16 & Feb. 20, 10 a.m.
(normally, 3rd Monday—days changed due to holidays in Jan. & Feb.)
\$5 annual pass

Learn more about photography no matter what device you take your photos on—camera to cell phone.

Word Game Group

Every Tue. except 1st Tue. of the month 12-3:30 p.m. \$10 annual pass
Join us for word games such as Boggle and Scrabble.

Bridge Lessons

Are you interested in learning how to play beginner bridge, party bridge or duplicate bridge? If so, sign up at the Heritage Center or call Penny at 952-469-3293.

Creative Writing

Every Tue. except 1st Tue. of the month at 10 a.m. \$10 annual pass
Experiment with writing letters, poetry, short stories, creative non-fiction and more.

Book Clubs

Book Club 1 - FULL
1st Tuesday, 10-11:30 a.m.
\$5 annual pass

On Jan. 7, this club will discuss "The Art of Racing in the Rain," by Garth Stein.

Book Club 2
3rd Wednesday, 1 p.m.
\$5 annual pass

On Jan. 15, this club will discuss "The View From Mount Joy," by Lorna Landvik.



Bingo

1st and 3rd Tuesdays, 1-2:30 p.m.
\$5 annual pass

Come for the fun. Refreshments provided. Play for small coins. BINGO!

Line Dancing

Wednesdays, 8:30 a.m.-noon
\$10 annual pass

Led by Peter Blaskowski

9-10:15 a.m. Easier Line Dances

11 a.m.-noon More Challenging Dances

NOTE: Social time for line dancers takes place the first Wednesday of the month from 12-3 p.m., except in January (Jan. 8).

Science Discussion Group

Jan. 8, then 1st Wednesday of the month, at 1 p.m.
\$5 annual pass

Discuss current science topics with other curious people.



Coloring Group

2nd Wednesday, 1-3 p.m.

This new group is free for the first few months, then there will be a \$5 annual fee.



Musical Jam Sessions

1st & 3rd Wednesdays, 1-3 p.m.
\$5 annual pass

If you play a musical instrument and would like to play with others, join this group!

Classic Voices Chorus

Thursdays, 9-10 a.m. (no practice Jan. 2)
\$10 annual pass

The "Classic Voices" practice 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.

Red Hat Chorus

Thursdays, 10:30-11:30 a.m.
(no practice Jan. 2) \$10 annual pass

The Red Hat Chorus practices at the Heritage Center. New members welcome.

January & February performances:

- Jan. 2, 1:30 p.m.—Wealshire of Bloomington
- Jan. 9, 1:30 p.m.—Trinity Care Center, Farmington
- Jan. 16, 1:30 p.m.—Brookdale Senior Living, Eagan
- Jan. 23, 3 p.m.—New Perspective, Eagan
- Feb. 6, 2 p.m.—Ecumen Centennial House, Apple Valley
- Feb. 12, 1:30 p.m.—Eagan Point
- Feb. 20, 1:30 p.m.—Trinity Terrace, Farmington

Quilting Group

1st and 3rd Thursdays, 1-4 p.m.
\$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.

Diner's Club

2nd Thursday, 5 p.m., \$5 annual pass

- Jan. 9 - Rascal's Bar & Grill, Apple Valley
- Feb. 13 - Roasted Pear, Burnsville

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. This is a great way to meet fellow LAAA members.

Social Painting

Fridays, 1 p.m.
\$10 annual pass

Paint in a relaxed atmosphere. Beginners and intermediates welcome. Instructor joins the group Oct. through April.

Tatting

Fridays, Jan. 10 & Feb. 14, 1-3 p.m.
\$5 annual pass

Learn about shuttle or needle tatting to make lace. Beginners and experienced tatters are welcome.



Allianz Field & Tavern on Grand

Wednesday, Jan. 29

Check out our newest stadium in town. Take a guided tour of Allianz Field, home to Minnesota United - our professional soccer team.

During the tour, you'll see areas of the stadium many guests normally don't see and may include club levels, Brew Hall, roof deck, home locker room, training room, press room and field tunnel. Each guest will receive one 10% off coupon to use at the Black and Blue Team Store. Then we're off to Grand Avenue for lunch at Tavern on Grand. Select from these menu choices when you register: walleye basket or grilled chicken breast. All meals include seasoned Tavern fries, coleslaw and a beverage. \$60/members, \$70/non-members. Leave the Heritage Center at 8:45 am, return at 2:15 pm. **Register by Tuesday, Jan. 7.**



Dolly, Patsy, Loretta—Legendary Ladies of Country Music

Tuesday, Feb. 11

Celebrate three decades of iconic songs from Patsy Cline, Loretta Lynn and Dolly Parton including "I Will Always Love You," "Jolene," "I Fall to Pieces," "Coal Miner's Daughter" and many more. Prior to this performance at the St. Cloud Paramount Theater, you will enjoy lunch at the 400 Club Restaurant in Rockville. \$80/members, \$90/non-members. Leave the Heritage Center at 9:15 a.m. and return at 5:30 p.m. **Sign up with payment by Tuesday, Jan. 7.**



Russian Art Center, Orthodox Cathedral & Murray's Steak House

Thursday, March 19

Start the trip at the Museum of Russian Art in South Minneapolis which showcases Soviet-era Russian art. A docent will lead you through the exhibitions. After the tour, visit the gift store. Next stop is Murray's Steak House to enjoy boneless short ribs with sides, dessert and coffee or tea. Final stop is St. Mary's Orthodox Church in NE Minneapolis for a tour of this church which reflects its Russian heritage in architecture and tradition. \$81/members, \$91/non-members. Leave the Heritage Center at 9 a.m. and return at 4:30 p.m. **Sign up with payment by Friday, Feb. 14.**



EXTENDED TOURS

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

Hawaii 3 Island Adventure

March 3-11, 2020

See the Hawaiian Islands like never before. You will tour Honolulu's Pearl Harbor and Honolulu City, then fly to



Hilo (the Big Island) to visit



Volcanoes National Park. Then enjoy Maui where you will see stunning waterfalls, explore Lahaina and visit Mount Haleakala National Park. Trip

includes roundtrip airfare from MSP, 8-night hotel accommodations, 11 meals and professional tour director. \$4,875 per person double occupancy, \$6,675 single occupancy. More information and registration forms available at Lakeville Heritage Center or call 952-985-4620.

New York and the Hudson River Valley

Sep. 25-Oct. 1, 2020

This trip includes touring the Statue of Liberty, Ellis Island, the 9/11 Memorial Museum and a Broadway show. Then it's off to the scenic Hudson Valley where you will visit the historic Boscobel House and Gardens, US Military Academy at West Point and Hyde Park. You will also take a scenic Hudson River Cruise. Stay three nights in Manhattan and three nights in the Hudson Valley Area. Trip includes roundtrip airfare, eight meals, six nights lodging, motor coach transportation, professional tour director and more. \$3,375 per person double occupancy, \$4,675 single occupancy. More information and registration available at the Heritage Center or call 952-985-4620.



Rome and the Country Roads of Tuscany

Nov. 4-12, 2020

You will explore the stunning architecture of Lucca, Italy; the Leaning Tower of Pisa; a Tuscan winery; tour Florence and see Michelangelo's



original Statue of David. Then



you will travel to Siena, the heart of Tuscany, visit the town of Assisi where St. Francis was born and tour Rome. Stay three nights in Montecatini Terme, Italy and two nights in Rome. Trip

includes roundtrip airfare, 10 meals, admissions and professional tour director. \$3,795 per person double occupancy, \$4,420 single occupancy. More information and registration available at the Heritage Center or call 952-985-4620.

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 unless you have purchased travel insurance. 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 LakevilleHeritageCenter.com or by calling 952-985-4620.

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 trip you would like to attend. For more information, call 952-985-4620 or stop in the office at the Heritage Center. **NOTE: Requests can be made no more than 30 days in advance of the pass or membership renewal date.**

Home Repair Services and Outdoor Chore Services Available

Could you use some help with outdoor chores? Do you need a shower caulked, grab bar installed, window insulation applied or door locks changed? 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.



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.

Senior LinkAge Line®

Senior LinkAge Line® is the Minnesota Board on Aging's free statewide information and assistance service. This service is provided by six Area Agencies on Aging that cover all 87 counties of Minnesota and helps connect you to local services. Call 1-800-333-2433.

Senior Dining

CAP Agency Senior Nutrition offers mid-day meals at Winsor Plaza in Lakeville. Adults 60 years and older are invited to participate. This is a great service for those who need a nutritious meal. Home delivered meals are also available for eligible individuals. For more information call CAP at 612-669-2913.



Metro Mobility



Metro Mobility transportation is available in Lakeville starting Jan. 1 for those who have been certified to use the service because of their disability or health condition. For more information visit <https://metrocouncil.org/transportation/services/Metro-Mobility-Home.aspx> or call 651-602-1111, TTY 651-221-9886.

Happy Feet Foot Care

Jan. 7, Feb. 4 CASH OR CHECK ONLY!

A ½-hour foot care appointment is \$38. Pay by **cash or check** in the Heritage Center office when you arrive for your appointment. 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.

For Sale/Free - Wanted Board

Have you checked out the items on our bulletin board? The board is located in the Heritage Center hallway near the Fitness Center. The following guidelines apply:

- For members only – no businesses
- Posting size 3" X 5" maximum
- Submit your posting to the office for approval
- Posting must include contact information



Lakeville LOOP Circulator Bus

The LOOP bus is a reliable, continuous transportation service for people age 62 and older. The LOOP provides accessibility from senior housing locations to Lakeville amenities like retail, groceries and the Heritage Center at a reasonable cost. The LOOP service runs continuously from 9 a.m. to 2 p.m. on Thursdays. The affordable \$3 all-you-can ride fare allows riders to get on and off at any of the stops along the route. There is no need to schedule a ride, just be ready at the scheduled stop and the bus will pick you up. A full schedule is available at the Heritage Center or at LakevilleHeritageCenter.com. For more information, call 651-234-2223. Provided through a partnership between the City of Lakeville and DARTS.



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. Thank you for your participation in this fundraiser and thank you to Happy Harry's Furniture! Over \$2,913 has been donated to the Heritage Center in the past five years through this partnership!





FREE FOR MEMBERS

Legal Advice

3rd Wednesday of every month, 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.

Hearing Screening & Hearing Aid Cleaning

Jan. 13 & Mar. 9, 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.

Health Insurance Counseling

Jan. 13, Feb. 10, 9 a.m.-2 p.m.
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 at the Heritage Center.

Bread

Members can receive FREE day-old bread and sweets Mondays through Fridays. Stop by and take advantage any time you need a loaf! Just check in with your membership card when you arrive. **Please bring your own bag for bread.** We're trying to do our part to reduce, reuse and recycle. Thank you to Cub Foods, Target of Lakeville and Hy-Vee of Savage for providing the bread.

Technology Tutoring

No tutoring in January or February. Will resume in March.
Bob Schulze provides free assistance with desktops, laptops, iPads, tablets and smartphones (Android and iPhone). Sign up at the Heritage Center or call 952-985-4620.

IMPORTANT PHONE NUMBERS

Lakeville LOOP Transportation

Thursdays
DARTS 651-234-2272

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

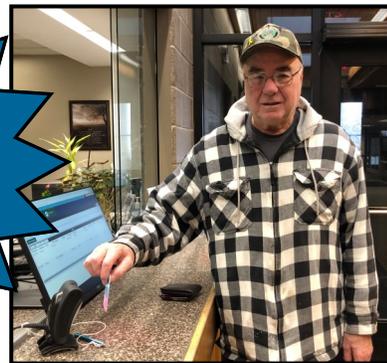
Senior Dining/Meals on Wheels

Winsor Plaza, Monday-Friday, 11:30 a.m.
\$4 suggested donation (60+), \$8.99 (under age 60), place order three business days in advance. Call 612-669-2913 or Ann at 612-388-2895.
Meals on Wheels—Volunteer drivers needed Monday-Friday, 11 a.m.

Senior LinkAge Line® 1-800-333-2433
Senior services, health insurance counseling



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



Membership Info

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. Stop by for a tour!

NOTE: Silver&Fit®—a health insurance benefit—may enable you to receive your membership and fitness center pass for free. Check in the office or call 952-985-4622 for details.

ANNUAL PROGRAM FEES

\$5 Programs

Programs meet 24 times or fewer per year
—Members pay \$5 annual fee
—Non-members pay \$5 per visit

- ◆ Bingo
- ◆ Book Club
- ◆ Diner's Club
- ◆ Health Angels Biking Club
- ◆ Ladies' Golf
- ◆ Men's Golf League
- ◆ Motorcycle Club
- ◆ Music Jams
- ◆ Photography Group
- ◆ Quilting
- ◆ Science Discussion
- ◆ Tatting
- ◆ Walking Club
- ◆ "Wheel Friends" Biking



\$10 Programs

Programs meet 25+ times per year
—Members pay \$10 annual fee
—Non-members pay \$5 per visit

- ◆ 500
- ◆ Billiards
- ◆ Classic Voices Chorus
- ◆ Cribbage
- ◆ Creative Writing
- ◆ Dominoes
- ◆ Duplicate Bridge
- ◆ Euchre
- ◆ Fitness Center
- ◆ Hand & Foot
- ◆ Hearts
- ◆ Knitting
- ◆ Line Dancing
- ◆ Mahjong
- ◆ Painting
- ◆ Party Bridge
- ◆ Pickleball
- ◆ Pinochle
- ◆ Poker (3x/wk)
- ◆ Red Hat Chorus
- ◆ Texas Hold 'Em
- ◆ Wii™ Bowling
- ◆ Word Games



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.

If you are a veteran or a volunteer who would like to know more, please stop by the YR office in the Heritage Center on Mondays or Thursdays between 10 am and 1 pm, or call 952-985-4685.



Lakevilleyellowribbon.com ● 952-985-4685 ● Lakevilleyellowribbon@gmail.com

Honoring, serving, and supporting our local veterans.

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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 2020**

Sleigh Ride

Could this possibly be the first sleigh ride with girls in Eureka Township? Were they heading to a Christmas Eve service? You decide.



In December of 1856 some of the Eureka Township settlers decided to take a sleigh ride. Mr. Adna Shadinger said to James and Jeremiah Pool, "If you furnish a team, we can hunt up some girls and have a sleigh ride and go to church." They drove through the snow to the Sayers home near Lakeville and picked up two girls. Isaac Sayers, a young boy of about 15 years, wanted to come too so he was enlisted as a driver. Then they went over to the Brimhall home and got Miss Brimhall. By this time, it was becoming rather late in the evening. Interestingly, the congregation consisted of only nine members.

This information, written by J.W. Pool in 1904 was taken from the book "Old Days in Dakota County" which consists of pioneer narratives of early county history.

JANUARY/ FEBRUARY

The LAHS display area at the Heritage Center will be open on Mondays in January and February from 9 a.m.-noon except for January 20 (Martin Luther King Jr. Day) and February 17 (Presidents Day) when the building will be closed.

If you need extended hours, call LAHS at 952.985.4680 to make arrangements. LAHS monthly board meetings will be moved to the fourth Mondays and will be held in the Heritage Center conference room. All members are encouraged to attend.

Monday, January 27 3 p.m.
Monday, February 24 3 p.m.

Voting for Trustee positions will take place at the Annual Meeting in February.

Other Open Hours

The LAHS display rooms will be open from 12:30-1 p.m. and from 2-3 p.m. on Wednesday, January 22, before and after the presentation "Outsmart the Scammers." Scammers seem to be smarter than the general public, so even if you think you know about every possible scam, new ones are constantly surfacing. You can never know too much.



Answers to "Match Them"

1. Bullock
2. Huddleston
3. Gephart
4. White
5. Bullock
6. Gephart
7. Huddleston
8. White



QUIZ: "MATCH THEM"

Can you match the following statements to one of these four names... Daniel Gephart, Bud White, Walter Bullock, Christina Huddleston:

1. Received a pilot's license at age 17, the youngest person at that time to do so
2. Donated 67 acres of land to the Minneapolis YMCA
3. Their original home still stands at Holt and 207th St.
4. Worked as a funeral home director in Lakeville for 55 years
5. Was the fourth pilot hired by Northwest Airlines, then known as Northwest Airways
6. Started a hardware store in downtown Lakeville
7. Started a career in Republican politics as the Dakota County Chairperson for gubernatorial candidate Ancher Nelsen
8. Married the youngest daughter of Daniel Gephart

****Answers can be found elsewhere on this page.****

Anyone who would like to learn more about these prominent Lakeville citizens and their families is invited to visit our newest displays.

Are you a Member?

As most of you know, our annual membership enrollment period started in November for 2020. Your membership dollars help us generate new displays, purchase miscellaneous supplies, reimburse speaker expenses and pay for our page in the "Heritage Happenings" newsletter. Individual/family memberships are only \$25; corporate memberships can be purchased for \$50. Members of the LAHS will receive the "Heritage Happenings" newsletter, can attend all monthly board meetings and are encouraged to vote for trustees at the Annual Meeting in February. But, far more importantly, members are contributing to the preservation of Lakeville's rich history. A renewal form was recently sent to all current and many past members. It's not too late to join, but if you misplaced your letter or didn't receive one, a form can be downloaded from the Membership location at our website, www.mnlahs.org.

LAHS Board of Trustees

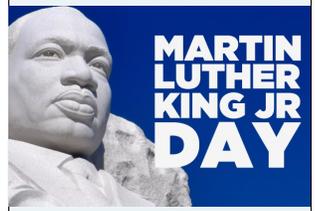
Dianne Lamb, President
Barb Strommer, Vice President
Kathy Neutz, Secretary
Wally Potter, Treasurer

Trustees

Robin Berres
Patricia Rasmussen
Earl Schindeldecker
Michael Schuhwerck



January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div style="border: 2px dashed blue; padding: 5px; text-align: center;"> Day Old Bread Available Monday-Friday, beginning at 10:15 a.m. </div>		<div style="text-align: center;"> Heritage Center Closed  </div>	<div style="text-align: right;">1</div> 8:00 Billiards NO CLASSIC VOICES TODAY NO RED HAT CHORUS TODAY 11 & 12 Silver Sneakers Classes 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi NO DANCE FITNESS TODAY	<div style="text-align: right;">2</div> NO YOGA TODAY 9:00 Poker 10:00 Undeck the Halls 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:30 Cribbage 	<div style="text-align: right;">3</div> See Red Hat Chorus Performances on page 8 
<div style="text-align: right;">5</div> 8:00 Billiards 8:15 Yoga 9:30 Knitting Group 9:30 Wii™ Bowling 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:30 Mahjong 1:00 Texas Hold 'Em	<div style="text-align: right;">6</div> 8:00 Billiards 8:15 Yoga 9:00 Health Insurance Counseling 9:30 Knitting Group 9:30 Wii™ Bowling 11:00 Hearing Screening 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:30 Mahjong	<div style="text-align: right;">7</div> 9:00 Dominoes 9:00 Poker 9:00 Happy Feet 10:00 Book Club #1 12:00 Party Bridge 1:00 Bingo 1-5 Driver Safety Class (4-hour) Deadline for Diner's Club Deadline for Allianz Field Trip & Ladies of Country Music Trip	<div style="text-align: right;">8</div> 8:15 Yoga 9-12 Line Dancing (social follows) 9:00 Poker & Hearts 11:00 SS Strength & Balance 12:00 Pinochle 1-3 Science Discussion Group 1-3 Coloring Group	<div style="text-align: right;">9</div> 8:00 Billiards 9:00 Classic Voices Chorus 10:30 Red Hat Chorus 11 & 12 Silver Sneakers Classes 12:00 Euchre, Hand & Foot 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:00 Diner's Club—Rascal's 5:30 Line Dancing Deadline for Lakeville Luncheon	<div style="text-align: right;">10</div> 8:15 Yoga 9:00 Poker 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:00 Tatting 1:30 Cribbage	<div style="text-align: right;">11</div>
<div style="text-align: right;">12</div> 8:00 Billiards 8:15 Yoga 9:00 Health Insurance Counseling 9:30 Knitting Group 9:30 Wii™ Bowling 11:00 Hearing Screening 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:30 Mahjong	<div style="text-align: right;">13</div> 8:00 Billiards 8:15 Yoga 9:00 Health Insurance Counseling 9:30 Knitting Group 9:30 Wii™ Bowling 11:00 Hearing Screening 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:30 Mahjong	<div style="text-align: right;">14</div> 9:00 Dominoes 9:00 Poker 10:00 Creative Writing 11:30 Lakeville Luncheon 12:00 Party Bridge 12:00 Word Game Group 1:00 Active Adults Advisory Comm. Mtg.	<div style="text-align: right;">15</div> 8:15 Yoga 9-12 Line Dancing 9:00 Poker & Hearts 11:00 Legal Advice 11:00 SS Strength & Balance 12:00 Pinochle No Technology Tutoring today 1-3 Mobile Menders 1-3 Musical Jam Session	<div style="text-align: right;">16</div> 8:00 Billiards 9:00 Classic Voices 10:30 R.H. Chorus 10:00 Photography Group 11 & 12 Silver Sneakers Classes 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:00 Diner's Club—Tak Shing 5:30 Line Dancing	<div style="text-align: right;">17</div> 8:15 Yoga 9:00 Poker 10:00 Say YES to Bigger Things 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:30 Cribbage 	<div style="text-align: right;">18</div>
<div style="text-align: right;">19</div>	<div style="text-align: right;">20</div> <div style="text-align: center;"> Heritage Center Closed  </div>	<div style="text-align: right;">21</div> 9:00 Dominoes 9:00 Poker 10:00 Creative Writing 12:00 Party Bridge 12:00 Word Game Group 1:00 Bingo	<div style="text-align: right;">22</div> 8:15 Yoga 9-12 Line Dancing 9:00 Poker & Hearts 10:45 Music of the Carpenters Trip 11:00 SS Strength & Balance 12:00 Pinochle 1:00 Book Club #2 1:00 Outsmart the Scammers 	<div style="text-align: right;">23</div> 8:00 Billiards 9:00 Classic Voices Chorus 10:30 Red Hat Chorus 11 & 12 Silver Sneakers Classes 12:00 Euchre, Hand & Foot 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:30 Line Dancing	<div style="text-align: right;">24</div> 8:15 Yoga 9:00 Poker 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:30 Cribbage 2:45 Give Back Bundles 	<div style="text-align: right;">25</div> 8:30 a.m.-12:30 p.m. Driver Safety Class (4-hour)
<div style="text-align: right;">26</div> 8:00 Billiards 8:15 Yoga 9:30 Knitting Group 10:00 Wii™ Bowling 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12-2 Euchre Lessons 12:30 Mahjong 1:00 Texas Hold 'Em	<div style="text-align: right;">27</div> 8:00 Billiards 8:15 Yoga 9:00 Health Insurance Counseling 9:30 Knitting Group 9:30 Wii™ Bowling 11:00 Hearing Screening 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:30 Mahjong	<div style="text-align: right;">28</div> 9:00 Dominoes 9:00 Poker 10:00 Creative Writing 12:00 Party Bridge 12:00 Word Game Group	<div style="text-align: right;">29</div> 8:15 Yoga 8:45 Allianz Field Trip 9-12 Line Dancing 9:00 Poker & Hearts 11:00 SS Strength & Balance 12:00 Pinochle 	<div style="text-align: right;">30</div> 8:00 Billiards 9:00 Classic Voices Chorus 10:30 Red Hat Chorus 11 & 12 Silver Sneakers Classes 12:00 Euchre, Hand & Foot 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:30 Line Dancing 5:30 Lasagna Dinner	<div style="text-align: right;">31</div> 8:15 Yoga 9:00 Poker 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:30 Cribbage	<div style="text-align: right;">31</div>

February 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
	<div style="border: 2px dashed red; padding: 5px; display: inline-block;"> Day Old Bread Available Monday-Friday, beginning at 10:15 a.m. </div>					1						
2	 <p>8:00 Billiards 8:15 Yoga 9:30 Knitting Group 9:30 Wii™ Bowling 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:30 Mahjong 1:00 Texas Hold 'Em</p>	3	<p>9:00 Dominoes 9:00 Poker 9:00 Happy Feet 10:00 Book Club #1 12:00 Party Bridge 1:00 Bingo</p> <p>5-9 Driver Safety Class (4-hr.)</p>	4	<p>8:15 Yoga 9-12 Line Dancing 9:00 Poker & Hearts NO STRENGTH & BALANCE TODAY 12:00 Pinochle NO TECHNOLOGY TUTORING 1-3 Musical Jam Session 1-3 Science Discussion Group</p>	5	<p>8:00 Billiards 9:00 Classic Voices 10:30 Red Hat Chorus 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:30 Line Dancing</p> <p>Deadline for Lakeville Luncheon</p>	6	<p>8:15 Yoga 9:00 Poker 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:30 Cribbage</p>	7	<p>See Red Hat Chorus Performances on page 11</p>	8
9	<p>8:00 Billiards 8:15 Yoga 9:00 Health Insurance Counseling 9:30 Knitting Group 9:30 Wii™ Bowling 10:00 Photography Group 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:30 Mahjong 1:00 Texas Hold 'Em</p>	10	<p>9:00 Dominoes 9:00 Poker 9:15 Ladies of Country Music Trip 10:00 Creative Writing 11:30 Lakeville Luncheon 12:00 Party Bridge 12:00 Word Game Group 1:00 Active Adults Advisory Comm. Mtg.</p> <p>Deadline for Diner's Club</p>	11	<p>8:15 Yoga 9-12 Line Dancing 9:00 Poker & Hearts 11:00 SS Strength & Balance 12:00 Pinochle 1-3 Coloring Group</p>	12	<p>8:00 Billiards 9:00 Classic Voices 10:30 Red Hat Chorus 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:00 Euchre, Hand & Foot 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:00 Diner's Club—Roasted Pear 5:30 Line Dancing</p>	13	<p>8:15 Yoga 9:00 Poker 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Tattling 1:00 Social Painting 1:30 Cribbage</p> <p style="text-align: center;">  </p> <p>Deadline for Russian Art & Murray's</p>	14	15	
16	<p>Heritage Center Closed</p> 	17	<p>9:00 Dominoes 9:00 Poker 10:00 Creative Writing 12:00 Party Bridge 12:00 Word Game Group 1:00 Bingo</p>	18	<p>8:15 Yoga 9-12 Line Dancing 9:00 Poker & Hearts 11:00 Legal Advice 11:00 SS Strength & Balance 12:00 Pinochle NO TECHNOLOGY TUTORING 1:00 Book Club #2 1-3 Mobile Menders 1-3 Musical Jam Session</p>	19	<p>8:00 Billiards 9:00 Classic Voices 10:30 R.H. Chorus 10:00 Photography Group 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:30 Line Dancing</p>	20	<p>8:15 Yoga 9:00 Poker 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:30 Cribbage</p>	21	22	
23	<p>8:00 Billiards 8:15 Yoga 9:30 Knitting Group 9:30 Wii™ Bowling 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:30 Mahjong 1:00 Texas Hold 'Em</p>	24	<p>9:00 Dominoes 9:00 Poker 10:00 Creative Writing 12:00 Party Bridge 12:00 Word Game Group</p>	25	<p>8:15 Yoga 9-12 Line Dancing 9:00 Poker & Hearts 11:00 SS Strength & Balance 12:00 Pinochle</p>	26	<p>8:00 Billiards 9:00 Classic Voices 10:30 Red Hat Chorus 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:00 Euchre, Hand & Foot 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:30 Line Dancing</p>	27	<p>8:15 Yoga 9:00 Poker 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:00 Leap Year Luau (Rosemount) 1:30 Cribbage</p>	28	<p>8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.)</p> 	29



Lakeville Area Active Adults
Heritage Center
20110 Holyoke Ave.
Lakeville, MN 55044



Music Jams



Day Trip



Classic Voices

Rental
Space



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CENTER**

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