



July-August 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

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 8)



A space to preserve and honor our history (page 7)

A Note From Renee

It has been a long three months. I'm excited to re-open the Heritage Center in mid-July for a limited number of programs. It's the first step in providing services and activities within our walls again. Things will be different. Masks are required, you'll be asked health screening questions, you can't meet for coffee in the building, you need to sit 6' apart and meet in a small group. Instead of focusing on what we cannot do, try to shift your focus to what you CAN do. For example, while you may miss the coffee and treats in the building, picnic tables and seating will be available outside of the Heritage Center so you can bring your mug of coffee and meet a friend outdoors.

Whether you are ready to come back into the Heritage Center or not is up to you – come when you are comfortable. Some of you may not be back until there is a vaccine. I understand that. This is a decision each of you will make for yourselves.

Above all, please remember that the situation is fluid and our guidelines will change frequently. We may find that some things we put in place need improvement. The Governor's Executive Orders may change. We will be constantly modifying to provide a good, safe experience for our members. Thank you in advance for your patience. I can't wait to re-open our doors.

Renee Brekken – Active Adults Coordinator

Heritage Center Re-Opening

We will be re-opening the Heritage Center beginning July 13 for a limited number of programs that can meet safely within COVID-19 guidelines. Here is what to expect:

- You must pre-register for all programs and activities at the Heritage Center except for day old bread. See page 2 for new day-old bread distribution system.
- There are no drop-in activities, coffee or socializing in the building.
- Masks are required and should be on before you enter the building.
- Check in with staff at the counter when you enter the building – no touch screen check-in.
- Health Screening Checklist upon arrival.
- Entrance is through the west (main) door.
- Exit through the east (Yellow Ribbon) door unless you have a mobility condition.
- You may enter the building no more than 15 minutes before the program starts and must leave immediately following the program.
- All visitors are expected to keep 6' social distancing while participating in activities.
- All visitors will be asked to sanitize their hands upon arrival.
- No more than 2 guests are allowed in the office – others will wait in the hall.
- SEE MEMBERSHIP RENEWAL details on page 10. We encourage registrations and membership renewals by phone 952-985-4620, mail or online at www.LakevilleHeritageCenter.com. In-person registration is available if needed – 8:30 a.m.–2:30 p.m.
- Picnic tables and limited seating is available outside of the Heritage Center if you would like to bring your own coffee and socialize at a distance.

The COVID-19 situation is fluid and so are our guidelines. They could change from day-to-day as we adjust to the current situation and discover what works best.

As we navigate our new guidelines, we ask for your:

Patience  Flexibility  Understanding





PROGRAMS & ACTIVITIES CURRENTLY MEETING

Outdoor Activities – details on page 4

- | | | | |
|-----------------------------|-----------------|------------|--------------|
| Bean Bags | Bocce Ball | Bicycling | Ladies Golf |
| Men’s Golf | Motorcycle Club | Pickleball | Walking Club |
| Tai Chi – details on page 5 | | | |

Programs Meeting Virtually

- | | | |
|-------------|------------------|--------------|
| Book Club 1 | Creative Writing | Line Dancing |
|-------------|------------------|--------------|

ACTIVITIES STARTING MID-JULY OR AUGUST—MASKS REQUIRED

- | | | |
|-------------------------|---------------------------|---------------------------|
| Bingo – see below | Day Old Bread – see below | Yoga – see page 5 |
| Quilting – see below | Computer Use – see below | Happy Feet – see page 9 |
| Tatting – see below | Library Use – see below | Legal Advice – see page 9 |
| Wii Bowling – see below | | |



Bingo: Tuesdays, August 4 and 18 - 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, July 16, August 6 and 20 - 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, July 17 and August 14, 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 quilting pass required.



Wii Bowling: Mondays and Thursdays July 13 – August 27; 9:15 a.m. limit of 4 per day. 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: 11 a.m. weekdays. Numbers will be available outside of the front (west) entrance starting at 10:45 a.m. At 11 a.m. people will be directed to enter the Heritage Center a few at a time to pick up bread from the conference room. Exit through the back (east) door unless you have a mobility condition. **The bread room (conference room) will be open from 11 a.m.-noon. BRING YOUR OWN BAG.**

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 reservation per hour unless you are from the same household. Call 952-985-4620 to schedule a reservation.



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.

Heritage Center Hours, starting July 13: 8:30 a.m.-2:30 p.m.
 Appointments required for library & technology room use.
 Bread pickup—weekdays 11 a.m.-noon.
 No coffee. No Fitness Center use.





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.

Why Are Some Activities Starting in July and Others Are Not?

In planning for our re-opening, we looked at COVID-19 research, CDC guidelines and the Governor’s Executive Orders. We have also been in contact with senior centers throughout the metro area and state. Re-opening guidelines were created based upon all of this information.



For our first stage of re-opening, we are requiring you to wear masks while you are inside the Heritage Center, limiting groups to 10 people or fewer, stay physically distanced at 6’ apart and minimally touching common objects. Because masks are required, we are not serving coffee or holding moderate to high movement exercise classes. The fitness center will remain closed for now. It is hoped that future phases will allow additional programs and classes to take place in the Heritage Center. Thank you for your patience and understanding.

Masks Required at the Heritage Center



We are requiring all who are medically able to wear a mask while you are at the Heritage Center. If you do not have a mask, we will give you one that was donated by Lakeville Cares (we have a limited amount available). We will also

have disposable masks available for \$1.00. Please see recommended mask guidelines below.

When and How to Wear a Mask

The Centers for Disease Control and Prevention (CDC) recommends that you wear a cloth mask over your nose and mouth in grocery stores and all other public places where it is hard to stay 6 feet away from others.

Wear Your Face Covering Correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

When you wear a cloth mask in public, remember:

- Masks can help to stop **your** germs from infecting others. This is extra important if people without symptoms can spread the virus that causes COVID-19 disease.
- Wearing a mask **does not** protect you from others who may spread the virus. You will still need to wash your hands often, cover your cough, and stay 6 feet away from others.
- Wearing a mask does not mean people who are sick should be in public places. Stay home if you are sick.

Mask Donations: If you would like to donate masks, please call 952-985-4620.

NOT MEETING UNTIL FURTHER NOTICE

Groups:

Book Club #2
Classic Voices Chorus
Coloring Group
Diner’s Club
Knitting Group
Music Jam Sessions

Photography Group
Red Hat Chorus
Science Discussion Group
Social Painting
Word Game Group

Games:

500
Billiards
Cribbage
Dominoes
Duplicate Bridge
Euchre
Hand & Foot

Hearts
Mahjong
Poker
Party Bridge
Pinochle
Texas Hold ‘Em

If your group is currently not meeting in person but you think there is a way to safely do so following the governor’s guidelines, please call Renee at 952-985-4622.



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.

Pass fees and membership renewals will be accepted via phone or mail starting July 6.

Group	Group Information
Bean Bags	Play takes place at 10 a.m. on Tuesday mornings outside the Heritage Center. \$5 annual fee
Bocce Ball	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. \$5 annual fee
Health Angels Biking	Rides are on Wednesdays; meeting time and place will be communicated to the riders each week. This group rides about 20 miles per outing in the metro area and stops for lunch. Rides are determined by the group. Provide your own bicycle, helmet and bright neon green vest or shirt. \$5 annual fee
Ladies Golf	Golfing takes place at Cleary Lake Golf Course on Wednesdays at 9 a.m. \$5 annual fee + greens fees
Men's Golf	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. \$5 annual fee + greens fees
Motorcycle Club	Rides are on the 2 nd and 4 th 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. \$5 annual fee
Pickleball	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. \$10 annual fee
Walking Club	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. \$5 annual fee
Wheel Friends Biking	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. \$5 annual fee





Tai Chi for Health Class

Thursdays through Sep. 3, 11 a.m.-12 p.m.
 Meadows Park, 20707 Jacquard Ave., Lakeville
 Rain location: Heritage Center (indoors)
 \$5 per class, Silver Sneakers eligible
 Call 952-985-4620 with your credit card
 information or sign up at the Heritage Center
 after July 13.

The Tai Chi for Health class introduces the participants 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. It consists 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. \$5.00 per class. **You can sign up by day but it must be 48 hours in advance.** A minimum of 3 participants each day is needed to run the classes. Trish cannot accept your money at the park. If you have Silver Sneakers, Trish will verify your eligibility and then you will not have to pay for the classes.

Instructor: Trish Gonzales

Wear comfortable clothing and athletic shoes. Bring a lawn chair if you feel you may need to sit during the class.

Gentle Yoga

Wednesdays & Fridays, 8:15 a.m. starting July 17



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 unless you have a medical condition that prohibits you from wearing a mask.

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

Instructor: Lindee Parson

Nature Walk

Monday, August 10, 9 a.m.

Casperson Park, 19720 Juno Trail, Lakeville



Ann Messerschmidt, Lakeville's Environmental Resources Specialist, will lead this walk, pointing out the rain garden, shoreline restoration and other items of interest. Participants are encouraged to wear comfortable shoes and bring binoculars. The casual, low-intensity walk will be approximately one mile on an asphalt trail. Meet at the shelter near the playground at Caspersen Park. Carpool with household members only. Call 952-985-4620 to sign up.



The ABCs of Tai Chi

Thursdays, July 30-Sep. 3, 10-10:45 a.m.
 Meadows Park, 20707 Jacquard Ave., Lakeville
 Rain location: Heritage Center (indoors)
 \$15 for entire 6-week session
 Call 952-985-4620 with your credit card
 information or sign up at the Heritage Center
 after July 13.

The ABCs of Tai Chi is a 6-week session that provides participants with an introduction to the practice of tai chi. No previous experience with tai chi 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. Participants will practice proper posture, walking, breathing, and body alignment to prepare them for further studies in tai chi. Practice can be done seated or standing. It is desirable that participants attend the entire course for full benefit of the information and practice. You can miss a day but content from earlier sessions will not be repeated in any great detail. **Registration deadline is Tuesday, July 28 at 10 a.m.** A minimum of 3 is needed to run the class. ABCs of Tai Chi class is not Silver Sneakers eligible.

Instructor: Trish Gonzales

Wear comfortable clothing and athletic shoes. Bring a lawn chair if you feel you may need to sit during the class.

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 LAA membership and fitness center passes.

CANCELLED UNTIL FURTHER NOTICE

Silver Sneakers Strength & Balance

Mondays, Wednesdays & Thursdays, 11 a.m.

Silver Sneakers Cardio & Strength

Mondays & Thursdays, noon

Cardio & Strength

Wednesdays, 5:30-6:30 p.m.

Dance Fitness

Thursdays, 3 p.m.



ACTIVE ADULTS MEMBERS OF THE MONTH

Meet Walt Krawza: July Member of the Month

Walt was born in Superior, Wisconsin, one of seven children. He moved to a farm in South Range, Wisconsin when he was nine years old and graduated from Superior East High School. Although they grew up in the same town and went to the same high school, Walt and Grace didn't know each other when they were young.

After high school, Walt joined the Air Force for four years. After he left the military, he came to the Twin Cities to work as an electronic technician, something he learned in the Air Force. After that, he went to work for the Bureau of Mines, doing mining research and developing a few patents to enable better methods of mining. Walt retired in 1990.

The Krawzas moved from South Minneapolis to Lakeville in 1966 and have lived in the same house since that time.

Walt enjoys outdoor activities such as hunting, fishing, biking and hiking. He was the Minnesota Senior Bowling Champion at the age of 75, and competed in the National Bowling Championship in New York. Walt helped with the Heritage Center renovations when it was repurposed from the old police station to the new center. He and Grace have been Lakeville senior center members for over 20 years!



Meet Grace Krawza: August Member of the Month

Grace was also born in Superior, Wisconsin, one of five children. Her dad was a motorcycle police officer in Superior; in 1928 he escorted President Coolidge on a train from northern Wisconsin to Cannon Falls where the President gave a speech. When Grace was eight years old, the family moved to a farm in South Range, Wisconsin. Grace also graduated from Superior East High School and then moved to Minneapolis for work. She met her husband, Walt, through mutual friends, and Grace and Walt will celebrate their 60th wedding anniversary in October.

After Grace and Walt married, Grace stayed home to raise her family of five children, two boys and three girls. There is just a 10 year age difference

between the oldest child and the youngest, so Grace was busy! Her two sons live in Bloomington and Prior Lake, and the girls live in Elk River, Moose Lake and Boise, Idaho. Grace and Walt have 15 grandchildren and 5 great-grandchildren.

The Krawzas live on two acres of land, and Grace keeps busy with gardening, freezing and canning. She also sews, and has made 12 jean quilts for the grandchildren. She has also made more than 30 face masks for COVID-19. Grace also knits, crochets, bikes and hikes. She plays dominoes at Heritage Center, and she and Walt have been day old bread pickup volunteers for many years. Be sure to say "hi" if you see this great couple.

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Lakeville Area Historical Society

A Request from the LAHS

In this time when COVID-19 has forced many of us to stay home, you have probably turned to cleaning out closets, boxes and drawers.



The Lakeville Area Historical Society is always looking for additional information and photos to expand our files. If you find pictures or paper documents that could be of historical interest, please set them aside. We would be extremely interested in making copies for our records.

When the Heritage Center re-opens, you are invited to bring your photos and other documents to the **Historical Society office** on **Mondays between 9 a.m.-noon**. We will make copies and return them to you promptly. Please include any pertinent data that will help to identify people, locations and dates.

Thank you for participating in this important project.

Paintings and Photography Display Request

We are looking for some paintings or photography for the hallways at the Heritage Center. If you have some framed photographs or paintings that you have created and would be interested in displaying at the Heritage Center, call Renee at 952-985-4622. We are starting this request with our members but may open it up to the general public depending upon what the response is.



Painting by Linda G.



All trips are cancelled until further notice.

FREE Lasagna Dinners for Seniors

These dinners have been cancelled until further notice.

COVID-19 Scam Alert

by Lt. Jim Puncochar,
Lakeville Police Department



At the Lakeville Police Department, we are seeing an uptick in unemployment fraud. Residents are receiving a letter in the mail regarding unemployment benefits which they did not apply for. The State of Minnesota is looking into these cases. If you receive a letter, you can report it directly to the State by completing an online Minnesota Unemployment Benefits Fraud Report at www.uimn.org/fraud-report/ or call 651-296-8715. As always, we recommend you take additional protective measures by monitoring bank statements.

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. 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. Classes are tentatively scheduled to resume in July, with the following schedule. Call the number above for more information.



4-hour refresher courses, \$22:

- Sat., July 25, 8:30 a.m.-12:30 p.m.
- Tue., Aug. 4, 5-9 p.m.
- Sat., Aug. 22, 8:30 a.m.-12:30 p.m.

8-hour courses, \$26:

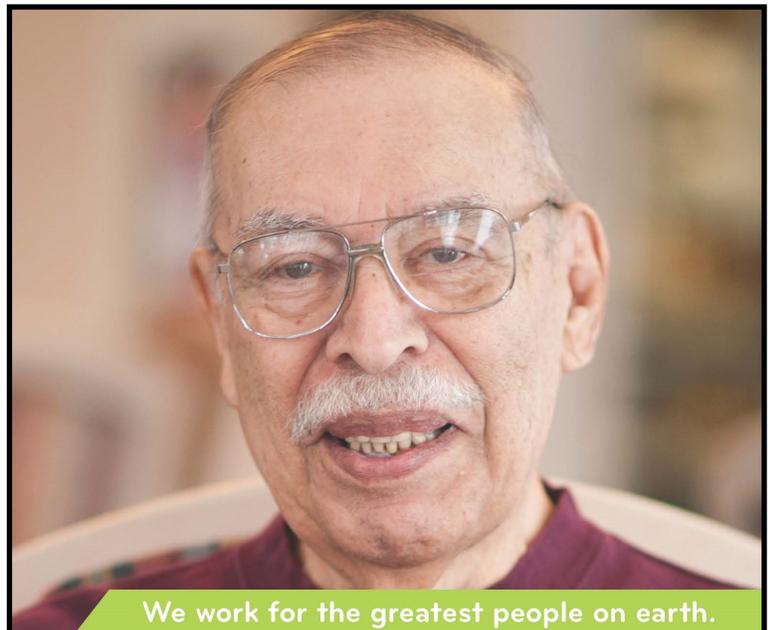
- Mon. & Tue., Aug. 17 & 18, 5-9 p.m. BOTH NIGHTS

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!



We work for the greatest people on earth.

While we offer best-in-class services to our residents, we are equally as blessed to be part of their lives.



Independent Living
Assisted Living
Memory Care
Parkinson's Care

walkermethodist.org
952.985.9000



Life. And all the living that goes with it.

LAKEVILLE YELLOW RIBBON

Veterans: We know you are waiting to get back to Yellow Ribbon activities. We are as well, but we continue to follow the Heritage Center guidelines. PLEASE WATCH FOR A YELLOW RIBBON E-MAIL IN JULY THAT WILL GIVE YOU THE LATEST UPDATES. If you are not on our e-mail list, please send your e-mail information to lakevilleyellowribbon@gmail.com and we will add you to our list.

Great News! Tee it Up for the Troops has announced that they will be holding the 9th Annual Tee It Up for the Troops golf event on Monday, September 14, 2020. This event continues to support our veterans and their families. We will send out more information when it becomes available.

To get TRICARE and/or veterans COVID-19 updates, go to www.tricare.gov

For the latest VA updates visit www.va.gov/coronavirus

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

Honoring, serving, and supporting our local veterans.

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Interested in advertising in the *Heritage Happenings?*

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

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

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Happy Feet Foot Care (Masks required)

July 7 & August 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.

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.



Outdoor Chore Services Available

Could you use some help with outdoor chores? DARTS can help with spring cleanup, gutter cleaning, shrub trimming, outdoor rail repair and lawn mowing. At this time they are not repairing items indoors due to COVID-19. 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.



FREE FOR MEMBERS

Legal Advice (Masks required)

July 15 & Aug. 19, 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

Sept. 14, 11 a.m.-noon (no appointments in July & August)

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

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

Mobile Menders has been cancelled until further notice.



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It's easier
to adjust
our kite
than fight
the wind.

Gail Lynne Goodwin



MEMBERSHIP INFORMATION

MEMBERSHIP RENEWAL INFORMATION PLEASE READ—THIS AFFECTS EVERYONE!

If your membership expired before we closed on March 16:

You may renew whenever you would like after July 13. Your membership will be active for one year from the date you renew.

If your membership expired between March 16 – July 12: (while the Heritage Center was closed)

You may renew whenever you would like after July 13. We will extend your renewed membership by the number of business days that we were closed while you had an active membership. For example, let's say your membership expired on March 21. You call to renew your membership on July 13. You missed 5 days of membership because we were closed. Five days will be added to your renewed membership, so your new membership expiration date will be July 18, 2021.

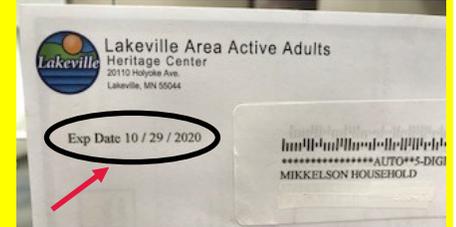
If your membership expires after July 13:

85 days will be added to your current membership. This is the total number of business days the Heritage Center was closed.

**For your convenience, a membership renewal form is on page 11.
You may mail in your form anytime (you don't have to wait until July 13.)**

Membership Expiration Dates

Check your newsletter mailing address. Your membership expiration date is printed on or near the label. If you receive your newsletter via email, see the original email (before you click on the link), which will list your expiration date.



Pass Renewal Information

We will be processing program pass renewals starting in July. Because of the large number of passes and low annual program fees (\$5 or \$10), we are not crediting passes for the days the Heritage Center was closed. If individuals have an issue with this, they can call Renee at 952-985-4622.

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: Requests can be made no more than 30 days in advance of the pass or membership renewal date.

ANNUAL PROGRAM FEES

\$5 Programs

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



- ◆ Bean Bags
- ◆ Bingo
- ◆ Bocce Ball
- ◆ 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

MEMBERSHIP INFORMATION

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 Area Active Adults Annual Membership Renewal Form

First & Last Name (s) _____

List any Updated Contact info: _____

List Passes to add or renew: _____ \$ _____ \$ _____
 _____ \$ _____ \$ _____

Membership Rates

Lakeville Resident: \$20 individual, \$35 Couple

Non-Resident: \$25 individual, \$40 Couple

Pass Program Fees

\$5-programs that meet 24 times per year or less

\$10-programs that meet 25+ times per year

Office Use Only

Date Rec'd _____ Rec'd by _____

Membership Exp. Date _____

AA Membership Waiver

Code of Conduct: The City of Lakeville is committed to providing a safe, friendly and welcoming environment for members to participate in activities, socialize and engage in fitness and learning opportunities. For the safety and benefit of all participants, the following will be observed: Participants in Lakeville Area Active Adult activities shall treat other participants, staff, instructors and volunteers respectfully and courteously at all times. Behavior that constitutes violation of this policy includes: Loud, disruptive, offensive, hateful or abusive language. Racial, religious, sexual or other harassment of participants, staff, instructors or volunteers. Making threats or demonstrating threatening behavior, verbally or in writing, to participants, staff, instructors or volunteers. Physical altercations with participants, staff, instructors or volunteers. Violation of smoking ordinances inside and outside of the building. Defacing or destroying City property. Removal of City property without permission. Lack of personal cleanliness and proper hygiene. Activities that negatively affect the health of others. Participating in activities while under the adverse influence of alcohol or drugs. Committing or attempting to commit any activity that would constitute a violation of any federal, state or local criminal statute or ordinance. Other behavior that is deemed inappropriate by City staff. Violation(s) may result in suspension of participant(s) from Lakeville Area Active Adult Activities and/or Lakeville Heritage Center. Also, please note that the Heritage Center programs are for members age 50 and over, independent, and can care for their own personal needs. We are not a daycare facility and there is no medical staff on-site. Members are welcome to bring an attendant or caregiver with them in order to enjoy our services and programs. The City of Lakeville is not responsible for lost or stolen property and reserves the right to dispose of abandoned property.

Photos: Lakeville Area Active Adults periodically takes pictures or video of participants in our programs. These photos and video may be used in the City's media publications. If you do not wish to have your image used, notify us in advance in writing.

Refund Policy: Lakeville Area Active Adults program refunds vary by program. Check with Heritage Center staff or call 952-985-4620 for details.

Participant Waiver: In consideration for being permitted to become a member of Lakeville Area Active Adults and to participate in its programs and events, I acknowledge, appreciate and agree as follows:

1. Participation includes the risk of serious injury or death including, but not limited to, possible exposure to and illness from infectious diseases including but not limited to methicillin-resistant Staphylococcus aureus (MRSA), influenza, and coronavirus disease 2019 (COVID-19). While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases, including but not limited to any applicable Governor's Executive Orders and Department of Natural Resources (DNR) and Minnesota Department of Health (MDH) guidelines related to the activity, including the Outdoor Recreational Guidelines, which can be found at <https://www.dnr.state.mn.us/aboutdnr/covid-19-outdoor-recreation-guidelines.html>. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS City of Lakeville, its officers, officials, agents, employees, and/or volunteers, other participants, sponsoring agencies, advertisers, and if applicable owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY ILLNESS, DISABILITY, DEATH, or loss or damage to person or property arising out of, or incident to my participation, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. I further agree that except in the event of the City of Lakeville's gross negligence and willful and wanton misconduct, I will not bring any claims, demands, legal actions or causes of action against the City of Lakeville, its officers, officials, agents, employees and/or volunteers for any injuries, death or damages to myself.

I HAVE READ THIS WAIVER OF LIABILITY AND RELEASE AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Signature (s): _____ **Date:** _____

Print Name (s): _____

PAYMENT METHOD

- Check – Payable to: City of Lakeville
- Visa / MC / AmEx / Disc: Card # _____ Exp _____ CVV _____
- CDBG Funds (contact office for forms)

TOTAL DUE \$ _____

Authorized Signature _____

Return with payment to: Lakeville Heritage Center, 20110 Holyoke Ave, Lakeville, MN 55044



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Affordable, trusted companion service for older adults

- Friendly, weekly visits
- Support at home
- Rides to appointments, shopping and more

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651.310.9447

email: dawn.starr@lssmn.org



lssmn.org/neighbortoneighbor



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full service greenhouse 952-469-3506

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

At Kingsley Shores you won't have to worry. With Chef-prepared meals, customized activities and an attentive care team, Kingsley Shores can provide your family member with the support they need to live their best life. We offer spacious, independent and assisted living apartments and memory care suites.



Schedule your personal tour today!

Contact Jill Hawkins at 952.435.8002 or jhawkins@kingsleyshoreseniorliving.com

16880 Klamath Trail, Lakeville MN 55044
WWW.KINGSLEYSHORESENIORLIVING.COM



As an essential business, we remain open and committed to the health and safety of our residents and staff. Extensive precautions are being taken. If you, or a loved one, have an urgent need to move, we are here to help.



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.

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/>

Dinner on the Hill: On July 9 and August 13, All Saints Catholic Church will serve free community meals, “Dinner on the Hill.” Since COVID-19 precautions have been in effect, “Dinner on the Hill” has gone curbside. A delicious, warm meal will be available for pickup from 5:30-7 p.m. at door M on the south side of the building. Look for the signs. All are welcome. 19795 Holyoke Ave., Lakeville.

Hosanna Lutheran Church’s Drive through Dinner: Located at 9600 163rd 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 4th 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 for more information. <https://www.2harvest.org/who-how-we-help/services-and-programs/programs/csfp.html#.XEiUO1xKhaR>

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 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: **Beginning July 2, the Lakeville LOOP is returning to its regularly scheduled route; however, due to continued concern over COVID-19, seating restrictions will 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 facemasks.** 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.

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.

Lakeville Cares



The City of Lakeville, Lakeville Area Chamber of Commerce, Hosanna Church and other organizations have teamed up to form “Lakeville Cares.” During the COVID-19 emergency, our community has people who need help. We also have people who want to help. Lakeville Cares is a place where the community can come together to help those in need. If you need groceries delivered, prescriptions picked up, a mask, or have other needs, contact Lakeville Cares.

If you are in a position to help others by sewing masks, delivering groceries, or helping in other ways, contact Lakeville Cares. We are asking those who like to sew to consider making masks for our community. Masks can be dropped off at Hosanna Church, 9600 163rd Street West in Lakeville. Donations should be dropped off at Door #1.

To contact Lakeville Cares:

Email information@Lakevillecares.org or call 952-522-2737 and leave a message. Your call will be returned weekday mornings. Additional information is available at Lakevillecares.org.

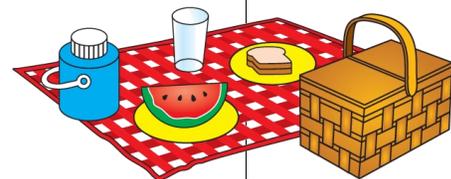
Mask Donations

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!



July 2020

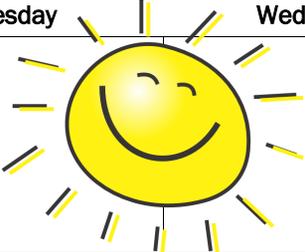


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:00 Men's Golf 8:15 Yoga (virtual-Zoom) 8:45 Health Angels Biking 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Wheel Friends Biking 12:30 Bocce Ball 5:30 Pickleball Heritage Center Closed	9:00 Walking Club 9:00 Pickleball 10:00 The ABCs of Tai Chi 10:30 Bocce Ball 11:00 Tai Chi for Health Heritage Center Closed		
5	9:00 Walking Club Heritage Center Closed	6 9:00 Pickleball 9:00 Happy Feet 10:00 Bean Bags 10:00 Book Club #1 (virtual-Zoom) Heritage Center Closed	7 8:00 Men's Golf 8:15 Yoga (virtual-Zoom) 8:45 Health Angels Biking 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Wheel Friends Biking 12:30 Bocce Ball 5:30 Pickleball Heritage Center Closed	8 9:00 Walking Club 9:00 Pickleball 10:00 Motorcycle Ride 10:00 The ABCs of Tai Chi 10:30 Bocce Ball 11:00 Tai Chi for Health Heritage Center Closed	9 8:15 Yoga (virtual-Zoom) 9:00 Pickleball Heritage Center Closed	10 Day Old Bread available Mon-Fri, from 11 a.m. to noon
12	9:00 Walking Club 9:15 Wii™ Bowling Heritage Center Re-opens (limited programs) 	13 9:00 Pickleball 10:00 Bean Bags 10:00 Creative Writing (virtual-Zoom) 1:00 Active Adults Advisory Comm. Mtg. (virtual-Zoom)	14 8:00 Men's Golf 8:45 Health Angels Biking 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Wheel Friends Biking 11:00 Legal Advice 12:30 Bocce Ball 5:30 Pickleball	15 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	16 8:15 Yoga 9:00 Pickleball 1:00 Tatting	17 8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.)
19	9:00 Walking Club 9:15 Wii™ Bowling	20 9:00 Pickleball 10:00 Bean Bags	21 8:00 Men's Golf 8:15 Yoga 8:45 Health Angels Biking 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Wheel Friends Biking 12:30 Bocce Ball 5:30 Pickleball	22 9:00 Walking Club 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Motorcycle Ride 10:00 The ABCs of Tai Chi 10:30 Bocce Ball 11:00 Tai Chi for Health	23 8:15 Yoga 9:00 Pickleball	24 8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.)
26	 9:00 Walking Club 9:15 Wii™ Bowling	27 9:00 Pickleball 10:00 Bean Bags 10:00 Creative Writing (virtual-Zoom)	28 8:00 Men's Golf 8:15 Yoga 8:45 Health Angels Biking 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Wheel Friends Biking 12:30 Bocce Ball 5:30 Pickleball	29 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	30 8:15 Yoga 9:00 Pickleball 	31



August 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
				<div style="border: 2px dashed green; padding: 5px; text-align: center;"> Day Old Bread Available Monday-Friday, from 11 a.m. to noon </div>		1						
2	9:00 Walking Club 9:15 Wii™ Bowling	3	9:00 Pickleball 9:00 Happy Feet 10:00 Bean Bags 10:00 Book Club #1 (virtual-Zoom) 1:00 Bingo 5-9 Driver Safety Class (4-hr.)	4	8:00 Men's Golf 8:15 Yoga 8:30 Health Angels Biking 9-12 Line Dancing (virtual-Zoom)) 9:00 Ladies Golf 9:30 Wheel Friends Biking 12:30 Bocce Ball 5:30 Pickleball	5	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	6	8:15 Yoga 9:00 Pickleball	7	8	
9	9:00 Walking Club 9:00 Nature Walk—Casperson Park 9:15 Wii™ Bowling	10	9:00 Pickleball 10:00 Bean Bags 10:00 Creative Writing (virtual-Zoom) 1:00 Active Adults Advisory Comm. Mtg (virtual-Zoom)	11	8:00 Men's Golf 8:15 Yoga 8:30 Health Angels Biking 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Wheel Friends Biking 12:30 Bocce Ball 5:30 Pickleball	12	9:00 Walking Club 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Motorcycle Ride 10:00 The ABCs of Tai Chi 10:30 Bocce Ball 11:00 Tai Chi for Health	13	8:15 Yoga 9:00 Pickleball 1:00 Tatting	14	15	
16	9:00 Walking Club 9:15 Wii™ Bowling 5-9 Driver Safety Class (1/2 of 8 hrs.)	17	9:00 Pickleball 10:00 Bean Bags 1:00 Bingo 5-9 Driver Safety Class (1/2 of 8 hrs.)	18	8:00 Men's Golf 8:15 Yoga 8:30 Health Angels Biking 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Wheel Friends Biking 11:00 Legal Advice 12:30 Bocce Ball 5:30 Pickleball	19	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	20	8:15 Yoga 9:00 Pickleball	21	22	8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.)
23	9:00 Walking Club 9:15 Wii™ Bowling	24	9:00 Pickleball 10:00 Bean Bags 10:00 Creative Writing (virtual-Zoom)	25	8:00 Men's Golf 8:15 Yoga 8:30 Health Angels Biking 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Wheel Friends Biking 12:30 Bocce Ball 5:30 Pickleball	26	9:00 Walking Club 9:15 Wii™ Bowling 10:00 Motorcycle Ride 10:00 The ABCs of Tai Chi 10:30 Bocce Ball 11:00 Tai Chi for Health	27	8:15 Yoga 9:00 Pickleball	28	29	
30	9:00 Walking Club 9:15 Wii™ Bowling	31										





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



Motorcycle Group



Bean Bags



Tai Chi



Book your next event here!

LakevilleHeritageCenter.com

20110 Holyoke Ave.

952-985-4623

Rental_info@lakevillemn.gov