



**The Silver Sneakers® Fitness Class** provides a great workout for seniors of all ages and ability. The class focuses on muscular strength and range of movement exercises. Using variable resistance tubing and a variety of hand weights, you can make your workout as easy or as hard as you like. The classes are open to any senior. Silver Sneakers® classes are perfect for everyone and free to Medicare-eligible members with Medica or Humana Health Plans. The program will benefit you regardless of your fitness level. The program includes basic fitness membership services and trained instructor lead classes.

To see if you qualify for membership in the Silver Sneakers® Fitness Program, please contact the Shakopee Community Center at 952-233-9500.

### Silver Sneakers® Muscular Strength & Range Movement

Level: 1/Seniors

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

**When:** Mondays, Wednesdays and Fridays

**Time:** 8:15 - 9:00 AM

**Where:** Community Center

**Fee:** Free with membership or daily fee.

### Silver Sneakers® Cardio Circuit

Level: 1/Seniors

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

**When:** Tuesdays and Thursdays

**Time:** 8:15 - 9:00 AM

**Where:** Community Center

**Fee:** Free with membership or daily pass

## Shakopee Senior's Club

Senior's Club President: Tom Schaff 952-233-8061 or 952-334-2205  
 Don't miss out on all the fun of being involved in the Shakopee Senior's Club. The club is currently 50 members strong and meets at the Youth Building in Lion's Park. Ladies and Gentlemen are encouraged to visit us during our activities. Make some new friends and see if the club is something that could add a little fun to your life. Membership is only \$3 per year. Tom Schaff wants to invite non-members to give him a call for an invitation to one of the free potluck dinners.

Regular Activities Include (and we are always looking for new ideas):

| Activity         | Day of the Month                           | Time          |
|------------------|--|---------------|
| 500              | 2 <sup>nd</sup> and 4 <sup>th</sup> Monday | 1:00-4:00 PM  |
| Re-Created Cards | 2 <sup>nd</sup> and 4 <sup>th</sup> Monday | 11:00-1:00 PM |
| Bingo            | Every Wednesday                            | 1:00 -4:00 PM |
| Potlucks         | 3 <sup>rd</sup> Monday                     | 12:00 PM      |
| Business Meeting | 1 <sup>st</sup> Monday                     | 1:00 PM       |

The club also has special events and activities periodically.

### SHAKOPEE SENIOR CITIZENS CLUB MEMBERSHIP FORM

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Birth Month: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Activities that interest me:

\_\_\_\_\_

Enclose \$3 Membership Dues to Shakopee Senior's Club and mail to:  
 Shakopee Senior's Club  
 c/o Ellie Mankowski, 972 Spencer Street  
 Shakopee, MN 55379

### SilverSneakers® YogaStretch Level: 1/Seniors

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**When:** Mondays & Wednesdays

**Time:** 9:15 - 10:00 AM

**Where:** Community Center

**Fee:** Free with membership or daily pass

## Re-created Cards

Looking for a greeting card for the right occasion? Check out the re-created cards that members of the Shakopee Senior's Club create. Cards are available for viewing and purchase at the Shakopee Community Center. Each card is \$.50 and all proceeds support the Shakopee Senior's Club.

## Whirl Around Faribault

Tilt-A-Whirl, invented by Herbert Sellner, was manufactured right in Faribault around 1927. Visit the Tilt-A-Whirl factory for some childhood memories. Lunch is provided at Monte's Restaurant. Depart and tour The Paradise Center for the Arts, formerly the 1929 Faribault Opera House. Next, we'll jaunt to The Cheese Cave, a retail store with samplings and pairings. The Faribault Dairy Company is known for cave aged blue cheese in the sandstone caves carved into the river bluffs.

**Who:** Older Active Adults  
**When:** Friday, May 21  
**Time:** 9:00 AM – 4:15 PM  
**Bus:** Leaves Community Center  
**Fee:** \$52 - Early Bird  
 \$60 - After April 19  
**Program # ST 521**  
**Registration Deadline:**  
 Monday, May 3

## Mystery Lunch Bunch

Enjoy the adventure of an unknown social lunch destination in a group setting. Lunch cost is on your own. Fee covers group transportation.

**Who:** Older Active Adults  
**When:** Wednesday June 9  
**Time:** 11:00 AM – 1:00 PM  
**Bus Site:** Community Center  
**Fee:** \$7  
**Program # ST 609**  
**Registration Deadline:**  
 Wednesday, May 26

## Red Hat Society Mystery Lunch Bunch

Enjoy the adventure of an unknown social lunch destination in a group setting. Lunch cost is on your own. Fee covers group transportation. Limited to the first 24 Red Hatters!

**Who:** Red Hatters!  
**When:** Wednesday, August 25  
**Time:** 11:00 AM – 1:00 PM  
**Bus Site:** Community Center  
**Fee:** \$7  
**Program # ST 825**  
**Registration Deadline:**  
 Wednesday, August 11



## MN Twins Game

Visit the new Target Field for a divisional rivalry game vs. the Detroit Tigers. We will be seated on the main level in section 136, 137 or 138 near the plaza entrance. Price includes ticket, transportation and you don't have to worry about parking. Limited to first 25 registered. Note early registration deadline of Monday, June 7.

**SEATING:** Target Field will feature one of the closest seating bowls to the playing field in all of Major League Baseball.  
**CONCOURSE:** The ballpark will feature a 360-degree open main concourse giving fans an uninterrupted view of the playing field.  
**Who:** Older Active Adults  
**When:** Wednesday, June 30  
**Time:** 10:00 AM – 4:00 PM  
**Bus Site:** Community Center  
**Fee:** \$35 - Early Bird  
 \$40 After May 17

**Program # ST 630**  
**Registration Deadline:**  
 Monday, June 7

## Duluth Tall Ships Festival

Our first stop will be breakfast at Tobie's in Hinckley. We will then proceed Skyline Drive overlooking the Twin Ports of Superior and Duluth. A half dozen tall ships (large traditionally rigged sailing vessels) will be tied up at the Harbor Drive Docking. View from a distance or you may choose an opportunity to enter a vessel. Appreciate the festival rain or shine. Canal Park is a short walk away, so have lunch at one of dozens of eateries on your own or shop and explore the waterfront. We'll depart and make a rest stop on the way back. Note early registration deadline of June 21.

**Who:** Older Active Adults  
**When:** Friday, July 30  
**Time:** 6:30 AM – 6:45 PM  
**Bus:** Leaves Community Center  
**Fee:** \$52– Early Bird  
 \$60 After June 1  
**Program: ST 730**  
**Registration Deadline:**  
 Monday, June 21



## Boot and Fruit @ Red Wing

Our first stop will be at the new Red Wing Shoe Company's museum and retail store. This 17,000 sq ft. facility is home to the world's largest boot (size 638 1/2 D). We will then proceed to the Confectionary Kitchen for shopping and to see the process of making sweets. Soup and sandwich buffet at the St. James Hotel. Arrive at the Falconer Winery for tasting and a tour. We'll depart Red Wing and will stop at Afton Apples to shop or have a fritter/coffee/cider on your own.

**Who:** Older Active Adults  
**When:** Tuesday, September 14  
**Time:** 8:00 AM – 5:15 PM  
**Bus Site:** Community Center  
**Fee:** \$63 - Early Bird  
 \$70 After August 2

**Program # ST 914**  
**Registration Deadline:**  
 Monday, August 23

## Quality Footcare

Quality Footcare, a licensed foot care company, will provide foot care to seniors that have various foot care conditions. A foot soak, trimming and filing of nails/corns/calluses, foot massage for circulation and the opportunity to work on other foot mgmt. challenges with a professional are the benefits of signing up for the Quality Footcare program. Quality Footcare will visit the Community Center for a three hour time period on each date. For ongoing care, you may sign up for more than one date.

**Who:** Older Active Adults  
**When:** Friday, April 16  
**Program # QF 416**  
 Friday, June 18  
**Program # QF 618**  
 Friday, August 20  
**Program # QF 820**

**Where:** Community Center  
**Time:** 9:00 AM- 12:00 PM  
 (you will be contacted for a specific 30 minute appointment within these times)

**Fee:** \$30  
**Registration Deadline:**  
 One week prior to each date

## Coffee with a Cop

Ask the Shakopee PD mystery officer anything that you are curious about...or listen to others ask interesting questions that may get your wheels turning. Tell your friends you had a casual coffee with a cop and you'll be sure to get their attention. Coffee/Snacks provided. No pre-registration needed.

**Who:** Older Active Adults  
**When:** Monday, April 26  
**Time:** 10:00 – 11:00 AM  
**Where:** Community Center  
 FREE!

## Treasure Island Casino

Enjoy an afternoon at the Island. We will spend 5 hours at the casino for '50 Plus Day'. Special promos are accessed at a kiosk with your player's club card and include \$5 in slot play for each guest. You must include your birthdate and/or player's club card # on your registration. If you don't have a card already, one will be waiting for you upon arrival.

Fee includes bus and \$3 food voucher.  
**Who:** Older Active Adults  
**When:** Wednesday, May 5  
**Time:** 8:00 AM – 4:30 PM  
**Bus Site:** Bus leaves Community Center  
**Fee:** \$6 - Early Bird  
 \$10 After April 20  
**Program # ST 505**  
**Registration Deadline:**  
 Wednesday, April 28

## Senior Olympics

Kick off the Derby Days celebration by showing off your skills in a variety of mini-Olympic events. The disc throw, milk jug toss, and gallery are just a few of the events to participate in. Fun, laughter, prizes, and snacks will fill your day! Meet the Miss Shakopee Royalty and this year's contestants as they cheer you on in the various events.

**Who:** Older Active Adults  
**When:** Wednesday, August 4  
**Time:** 10:00 -11:30 AM  
**Where:** Memorial Park  
 FREE!

## Cards & Conversation

Join us at the Community Center for cards, conversation, coffee and snacks. Players meet in the Rotary Room (alternate site is Enigma).

**Who:** Older Active Adults  
**When:** Tuesdays and Thursdays  
**Time:** 9:00 AM – 12:00 PM  
 FREE!



## Concerts in the Park



FREE FAMILY FRIENDLY  
 EVENTS ON THE  
 RIVERFRONT

## Huber Park Performances

Evening Concerts , Movies and More

May 16-September 16

The Huber Park Performance Area is the site for summer concerts, movies and other entertainment. This renovated park, which includes a HUGE volunteer built playground, is the perfect setting for the whole family to enjoy. Most performances are 45 minutes to an hour in length. Bring your blanket or lawn chair and enjoy the music. In case of inclement weather, performances will be cancelled and rescheduled at the end of summer. Call the Recreation Hotline at 952-233-9502 to find out if a performance has been cancelled.

**See Page 2 for event schedule**