



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 & Fridays

Time: 8:15 - 9:00 AM

Where: Community Center

Fee: Free with membership or \$3 per class

Silver Sneakers® II picks up the pace and has a more intense cardio segment.

When: Wednesdays

Time: 8:15 – 9:00 AM

Where: Community Center

Fee: Free with membership or \$3 per class



Shakopee Senior's Club

Senior's Club President: Wahneta Meyeraan 952-445-0486

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.

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

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

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: Tuesdays

Time: 4:00 - 4:45 PM

Where: Community Center

Fee: Free with membership or purchase of a SCC daily pass

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: Seniors

When: Tuesdays and Thursdays

Time: 9 am – 12 pm

FREE!

Movies and More

Watch a movie, have some popcorn, feel free to bring your favorite snacks and try to keep this your secret getaway.

Dec. 14: National Lampoon's Christmas Vacation

Jan. 11: Monster In Law

Feb. 15 Dreamgirls

FREE!

St. Croix Casino

Bingo led by the casino's hostess will get the fun and prizes started on the trip to Turtle Lake. If our group numbers 35 or more, each participant will receive \$5 in quarters when we arrive. We will depart the casino at 3 PM.

Who: Seniors

When: Thursday, February 21

Time: 8:00 AM – 5:00 PM

Bus: Leaves Community Center

Fee: \$5

Program # ST 221

Registration Deadline:

Thursday, February 14

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: Seniors

When: Fridays

January 25 Program # ST 002

February 29 Program # ST 003

Where: Community Center

Time: 9:00 AM- 12:00 PM

(you will be contacted for a specific 30 min. appointment within these times)

Fee: \$30

Registration Deadline:

One week prior to each date



Curling Club and Winter Carnival Tour

Please dress warm as we will see the designated St. Paul Winter Carnival sites ON HARRIET ISLAND. We will be dropped off at the entrance where the Snow Sculptures and Ice Carvings are located. After the Carnival, we will arrive at the historic Curling Club in St. Paul where our hosts, Loren and Barbara Holmstrom, will meet us. The club is located in the trendy Selby and Grand area of St. Paul. It was founded in 1888 and is the largest curling club in the country. The Tudor-style building opened in 1912 and has been updated through the years. We will enjoy some hot apple cider and be seated in the climate controlled lobby area as an instructor talks about the history of the curling. He will discuss the spirit of fair play, the strategy, delivery, sweeping and scoring (no guests are allowed on the ice). It is a sport enjoyed by all ages. We will be able to observe a game close up from the ice-level viewing windows, as the Wednesday league plays their games. Club members will be available to answer questions. A casual lunch will be provided in the second floor dining area that overlooks the ice and will include: Soup, salad, sandwich, beverage, and dessert. If someone is not able to manage stairs to 2nd floor, they will bring a meal down to the lounge area. This tour is a collaboration between Shakopee and Eden Prairie with pickup/drop off sites in each community.

Who: Seniors

When: Wednesday, January 30

Time: 9:30 AM – 2:30 PM

Bus: Leaves Community Center

Fee: \$43 includes lunch

Program: ST 130

Registration Deadline:

Wednesday, January 16

Pool Tables and Bunko

Enjoy a Friday with friends as we open up our pool tables located in Enigma (at the Community Center) to free play while others play Bunko. We have cues and equipment that you are welcome to use...or bring your own!

When: 2nd Friday of the month

Dec. 14, Jan. 11, Feb. 15

Time: 9:30 – 11:30 AM

FREE!

Valentine Show and Buffet Luncheon Featuring Monroe Crossing

Enjoy a buffet luncheon in the Ballroom at Chaska's River City Event Center, followed by a matinee Valentine performance by Monroe Crossing. They are the midwest's premier bluegrass and gospel quintet featuring some of the finest musicians in the region and have entertained thousands. Monroe Crossing's musicians are proficient on a number of instruments including keyboard, mandolin, bass, banjo, drums, fiddle and guitar. Enjoy vocal excellence in a collection of songs about love, loss and longing featured on their CD 'Somebody Like You.'

Who: Seniors

When: Thursday, February 14

Time: 11:00 AM – 2:30 PM

Bus: Leaves Community Center

Fee: \$45 includes bus, buffet, entertainment

Program #: ST 214

Registration Deadline:

Thursday, January 24

Grand Casino-Mille Lacs

Grand Casino Mille Lacs is the spot to play and stay all year 'round. The casino is located on one of the largest and liveliest of Minnesota's 10,000 lakes. Enjoy all of your favorite games and indulge in fine restaurants during your 5 hour stay at Grand Casino-Mille Lacs.

Who: Seniors

When: Thursday, January 10

Time: 8:00 am – 5:00 pm

Bus: Community Center

Fee: \$25-includes \$20 in complimentary silver

Program #: ST 110

Registration Deadline:

Wednesday, January 2

Players club card is required. Don't have one? Please include your birth date on the registration form. If you already have one, include your player's club card number on your registration form.