

PROGRAMS AND EVENTS GUIDE FOR ADULTS 50+



TRIPS • CLASSES • ACTIVITIES • AND FITNESS

Contact Kelly at kelly.becker@brooklynpark.org or call 763-493-8254 for more information

Luncheons

Enjoy a lunch and a music performance at the Community Activity Center. Lunch catered by Lynde's. Must pre-register one week prior to the event, no registration at the door.

Valentine's Day Luncheon

Music by BandanAhh!!!

Menu: Ham with Au Gratin Potatoes, Seven Layer Salad, Baby Glazed Carrots, Roll, and Dessert

DAY	DATE	TIME	FEE	ACTIVITY #
Wed	Feb 14	11:30 AM – 1:30 PM	\$18	143003.11

Luck 'O the Irish Luncheon

Menu: Corned beef, cabbage served with colcannon mashed potatoes, dinner roll, & dessert.

Music: The Blarney Stones

DAY	DATE	TIME	FEE	ACTIVITY #
Thurs	Mar 14	11:30 AM – 1:30 PM	\$18	143003.12

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WAYS TO REGISTER FOR PROGRAMS:

OVER THE PHONE: 763-493-8333

IN PERSON: Community Activity Center, 5600 85th Ave N

ONLINE: www.brooklynpark.org/registration

Brooklyn Park Community Activity Center

5600 85th Ave N | 763-493-8333 | www.brooklynpark.org/registration

Brooklyn Park
Recreation & Parks



Experience Winter in St. Paul

Embark on a winter day in St Paul! Experience a riding tour featuring sites of the famed St Paul Winter Carnival from inside a warm, comfortable coach bus! See the attractions and hear about the history of the carnival. Weather permitting, step outside to walk around the carnival's signature ice carvings and the amazing snow sculptures. Lunch will be on-your-own at a surprise location! Before heading home, spend an hour exploring the lush displays in the Marjorie McNeely Conservatory and greenhouses at your own pace!

*This trip requires a lot of walking

Register by January 11

DAY	DATE	TIME	FEE	ACTIVITY #
Tues	Jan. 30	9:30 AM - 2:45 PM	\$64	#141001.11



Love Will Keep Us Together - Ives Auditorium

Arrive at the 80-acre Minnesota Masonic Heritage Center campus to a lunch buffet: chicken marsala, butter egg noodles, garlic smashed potatoes, roasted green beans, winter salad, roll, and the best assorted dessert options! After lunch move to the elegant jewelbox Gideon S Lives Auditorium for a concert celebrating Valentine's Day with an array of classic romantic songs from the 60's and 70's featuring Elvis Presley, The Righteous Brothers, Barry Manilow, The Bee Gees, Carole King, The Carpenters, Billy Joel, and more!

Register by January 15.

DAY	DATE	TIME	FEE	ACTIVITY #
Thurs	Feb 15	11 AM - 3:45 PM	\$88	#141002.11



ART DECO & ART OF CHARLES M SCHULZ

Tour the Art Deco architecturally significant spaces and features within St Paul City Hall and Ramsey County Courthouse. This 21-story Art Deco skyscraper opened to the public in 1932. It contains The Vision of Peace, the world's largest carved onyx statue. The building has 23 kinds of wood from 18 countries and various marbles throughout. DeGidio's Restaurant, a fixture in the St Paul community since 1933, will serve our lunch, featuring a parmesan crusted chicken breast, served over spaghetti with classic sauce and baked mozzarella. Lunch will also feature garlic bread, and a beverage. Next stop, the MN History Center for a self-guided experience exploring the exhibits; including The Life & Art of Charles M Schulz. Walk through the history of Schulz from his days in Minnesota, to California and track the development and unique world of Peanuts. Register by February 12.

DAY	DATE	TIME	FEE	ACTIVITY #
Wed	Mar 13	9:30 AM - 4 PM	\$83	#141003.11

DAY TRIPS FOR ADULTS

Adults on the Move day trips are for people who enjoy getting away for the day, visiting fun locations and eating at wonderful restaurants!

Motorcoach buses depart and return to the Brooklyn Park Community Activity Center. An escort accompanies all trips. Return times are approximate.

Registration deadline dates listed are on a space-permitting basis. Refunds given only if the cancelation is before the register by date, the trip is canceled, or a substitute can be found to take your place.

Footloose - Paramount Theater

Everybody cut loose, kick-off your Sunday shoes and revel in this throwback to teen romance, angst, and the desire to dance! Based on the 1980's movie that took the world by storm, this Oscar and Tony-nominated Top Forty score features with a fun day in St Cloud at the Paramount Theater! Before the show enjoy lunch at Green Mill. Select from Three Cheese & Chicken Baked Rigatoni or Spaghetti and Meatballs. Register by March 11.

DAY	DATE	TIME	FEE	ACTIVITY #
Sun	April 14	10:15 AM - 6 PM	\$98	#141004.41



TO REGISTER FOR TRIPS:

- Pick up flyers and/or register at the Brooklyn Park Community Activity Center.
- Payment must accompany registration. Trips do not qualify for fee assistance.
- When registering for someone else, have correct spelling of their name, correct address, phone, date of birth, email, and an emergency contact.
- Payments may be made by check payable to the City of Brooklyn Park, or call 763-493-8333 to register with Visa, MasterCard, American Express or Discover.
- View all trips and register online at the website: www.brooklynpark.org/registration

Para asistencia, llame al 763-424-8000 y solicite un intérprete.
Yog xav tau kev pab, thov hu rau 763-424-8000 lawv mam li nrhiav ib tus neeg txhais lus rau koj.
For reasonable accommodations or alternative formats please contact
Josie Shardlow at 763-493-8388 or josie.shardlow@brooklynpark.org.



Technology Support

by Senior Community Services

Much of technology is meant to simplify and more effectively manage daily life. But each device has different options and settings, which can be difficult to understand. It is also important to select the right security settings to protect your personal information. Bring your device (cellular phone, tablet, or laptop) for a free one-hour in-person support appointment in the Senior Lounge. Support includes: basic device overview, settings, troubleshooting, texting, voicemail, email, video calls, app stores, streaming services, and more!

Senior Community Services (SCS) is offering technology support as part of the HOME program*. The goal for this service is to help you stay connected to loved ones in your community, take advantage of your entertainment options, find helpful and useful features, manage your online security, and safety. If you have questions about the HOME program, contact: 952-746-4046 or email: home@seniorcommunity.org | seniorcommunity.org

**Register for your 1-hour tech support appointment at the Community Activity Center Senior Lounge with Brooklyn Park Recreation & Parks.*

DAY	DATE	TIME	FEE	ACTIVITY #
Wed	Jan 3, 10, 17, 24, 31	9, 10 or 11 AM	Free	144006.11, 12, 13, 14, 15
Wed	Feb 7, 14, 21, 28	9, 10 or 11 AM	Free	144006.16, 17, 18, 19
Wed	March 6, 13, 20, 27	9, 10 or 11 AM	Free	144006.20, 21, 22, 23

Medicare 101

Learn the A, B, C & D of Medicare

Understand your Medicare options during a Medicare 101 educational webinar hosted by Guy Milbert, AAA Long-Term Care & Health Specialist. *Register 2 business days prior to the presentation.* Online Zoom meeting link will be emailed to you. In person classes at Community Activity Center, Senior Lounge

ZOOM CLASSES				
DAY	DATE	TIME	FEE	ACTIVITY #
Wed	Jan 10	9:30 AM	Free	144002.11
Tues	Feb 6	1:30 PM	Free	144002.12
Tues	March 5	6 PM	Free	144002.13
Tues	April 9	9:30 AM	Free	144002.41

IN PERSON CLASSES				
DAY	DATE	TIME	FEE	ACTIVITY #
Wed	March 13	6 PM	Free	144002.14
Wed	April 10	6 PM	Free	144002.42

Senior Housing Options with Choice Connection

Learn about the four-step process that allows Choice Connection to personalize the search to meet the individual senior care service needs of you and your loved ones. Senior Care Advisors are knowledgeable about the local senior housing options in the area and will provide you with advice and information so that you can make the most informed decision possible for Assisted Living, Alzheimer's Care and Memory Care, Independent Living, Nursing Homes, Residential Care, and Retirement Housing. Please RSVP for this free workshop! *Location: Community Activity Center*

DAY	DATE	TIME	FEE	ACTIVITY #
Thurs	Feb 8	11 AM - 12 PM	Free	144003.11

Life-Long Learning @ NHCC

Brooklyn Park Recreation & Parks is excited to partner with North Hennepin Community College to bring life-long learning community classes to the NHCC campus. These classes will be open to adult community members and taught by NHCC faculty. Classes in the planning phase include Watercolor Painting, Ceramics, and Creative Writing. Please watch for more information at: www.brooklynpark.org/adults and on social media.

LIFELONG LEARNING CLASSES PRESENTATIONS AND EVENTS

Planning Your Move Workshop

Whether you're thinking of selling this spring, or later in the year, it's never too early to start thinking about one of your biggest investments and what changes it will mean for your future when you decide to sell your home. This housing workshop brings in experts to teach you about the selling process and how we help with a seamless transition. You will hear from local Realtor, SRES Renee Miller of Keller Williams Classic Realty, as she touches on understanding home values, timing your move, market statistics in the area, and how realtors market your home to get you top dollar. We'll also learn about resources to help you downsize and declutter in preparation for your move from Kim Green, Senior Move Manager, Soft Landing Transitions. This class is guaranteed to get you inspired and start you on the path to your next step. Please RSVP for this free workshop!

Location: Community Activity Center

DAY	DATE	TIME	FEE	ACTIVITY #
Thurs	March 7	10-11:30 AM	Free	144001.11

CREATIVE CHAOS

Scrapbooking-crafting-cardmaking-quilting!

JANUARY 12,13,14

FRI: 3PM-10PM, SAT: 8AM-10PM, SUN: 8AM-6PM
Bring whatever you need to scrap, craft, paint, quilt, bead (or more!)—and spread it all out on your own 8-ft table for the weekend!

Light refreshments provided
\$70/person/all 3 days
Call 763-493-8333 for details and/or to register... #142003.11
Community Activity Center, 5600 85th Ave N

FEE ASSISTANCE

Did you know the City of Brooklyn Park provides fee assistance* to help residents access our programs and services?

Assistance is available to Brooklyn Park residents of all ages—including older adults! Whether you're interested in fitness, weekly activity groups, luncheons or speakers, we're ready to help; you may be able to receive up to 75 percent off program fees.

**Some restrictions do apply. Trips do not qualify for fee assistance.*

Find out what you qualify for and learn how to access fee assistance:
www.brooklynpark.org/feeassistance or call 763-493-8333.

55+ Driver Discount Course

The Driver Discount Program is a state approved accident prevention/insurance discount class that is open to the public; pre-registration is required. A MN Highway Safety & Research Center certified instructor teaches this class. Participants will be provided the latest information in regard to driver and traffic safety, new vehicle technology and updates with traffic laws. This class has something for everyone! Persons age 55 and older who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years. First time participants must complete the initial eight hours of training and a four-hour refresher class every three years to maintain the 10% discount.

www.driverdiscountprogram.com or call 1-888-234-1294.

Class Location: Community Activity Center

4-HOUR REFRESHER COURSE				FEE
Mon	Jan 22	8:30 AM – 12:30 PM		\$24
Mon	Feb 12	12:30 – 4:30 PM		\$24
Mon	March 4	8:30AM – 12:30 PM		\$24
Mon	March 25	12:30 – 4:30 PM		\$24
Mon	April 1	8:30AM – 12:30 PM		\$24
Mon	April 22	12:30 – 4:30 PM		\$24
8-HOUR FIRST TIME COURSE				FEE
M & T	Feb 26 & 27	12:30–4:30 PM		\$28



INDOOR PICKLEBALL

Community Activity Center, Armory Gym

October-May at the Community Activity Center, Armory Gym

\$3 per visit or OnePass, SilverSneakers, Silver&Fit, RenewActive can be used to play Pickleball in the gym this year. You must scan your card at the front desk to play.

Recreational and Competitive players are welcome! For more information and to view the weekly play schedule visit:

<https://www.brooklynpark.org/adults/adult-sports-2/adult-pickleball/>

SELF-CARE
NEW! FOOT CARE

Healthy feet enable you to maintain mobility and independence. Maintaining healthy feet will promote a healthy lifestyle and prevent falls, ulcers and even amputations. Regular foot care is important for increased comfort and improved overall well-being. The Foot Nurse will be hosting monthly Foot Clinics at the Brooklyn Park Community Center.

Services include: Foot assessment, Trim Toenails, Manage Fungal or Ingrown Nails, Reduce Corns/Calluses, Foot massage. Fee \$55. Call (651) 829-3944 to schedule.

www.TheFootNurse.net

The Foot Nurse is now taking appointments for Tuesday, January 23, February 27, March 26, April 23.

Travel Talk
Thursday, January 18
at 10AM

Join us to learn more about our fantastic group travel opportunities with local partner, Landmark Tours!

We'll gather in the Senior Lounge of the Activity Center. Space is limited. **RSVP: Kelly Becker 763-493-8254 or kelly.becker@brooklynpark.org**

Call for a free Catalog: 612-230-2040 or stop by the Activity Center to pick one up.



ALL TRIPS INCLUDE

- Roundtrip Airfare from MSP / Airport Greeting
- Quality Accommodations in Great Locations
- Professional Tour Manager & Local Guides
- Deluxe Motorcoach Transportation
- Must-See Attractions
- Many Quality Meals

Florida Keys

Miami, Everglades Nat'l Park



Hawaii

4 Island Cruise & Tour



Egypt

Nile River Cruise



Arizona Escape

Saguaro Nat'l Park, Tucson, Scottsdale



Washington, D.C.

Cherry Blossoms



Portugal

Douro River Cruise



Cape Cod

Martha's Vineyard, Nantucket



Canadian Rockies

Banff, Lake Louise, Yoho Nat'l Park



Alaska Land & Sea

aboard Celebrity Millenium



Minnesota Based * Family Owned

For a complete list of tours visit www.GoWithLandmark.com



ADULT FITNESS

Fitness participants must pre-register for a class session. Health insurance reimbursement programs (OnePass, Silver Sneakers, Silver&Fit, Renew Active & \$35/mo) can be used for daytime classes only. All participants must complete the yearly membership renewal form. Register by phone at 763-493-8333, at the Community Activity Center front desk or online for the classes you will be attending.

DAYTIME ACTIVE OLDER ADULT CLASSES

Bring a water bottle and wear tennis shoes for class. Classes are held inside the Community Activity Center.

Senior Fitness Intensity Levels:

1–Passive 2–Moderate 3–Active 4–Brisk 5–High Intensity

SilverSneakers® Yoga



Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level. Instructor: Stephanie.

No class on Jan 22

DAY	DATES	TIME	MEMBERSHIP (M) OR FEE	ACTIVITY #
Mon	Jan 8 - Mar 18	10–10:45AM	M/\$65/\$78	149003.11
Wed	Jan 10 - Mar 20	10–10:45AM	M/\$71.50 /\$85.50	149003.12

Cardio Strength



A heart-healthy cardio strength class to energize your active lifestyle using low- and medium-impact movements to built cardiovascular fitness and resistance training exercises to build full-body strength and endurance. Instructor: Stephanie.

No Class Jan 22

DAY	DATES	TIME	MEMBERSHIP (M) OR FEE	ACTIVITY #
Mon	Jan 8-Mar 18	9–9:45AM	M/\$65/\$78	149008.11

Zumba Gold®



Zumba Gold is perfect for active older adults who are looking for dance fitness that recreates the original Zumba moves at a lower impact. This music-based class uses easy-to-follow choreography that focuses on response time, balance, and agility. Come ready to sweat and have fun! This class will build your cardiovascular fitness when you're not looking!

It's exercise in disguise! Instructor: Stephanie.

DAY	DATES	TIME	MEMBERSHIP (M) OR FEE	ACTIVITY #
Wed	Jan 10-Mar 20	9–9:45 AM	M/\$71.50 /\$85.50	149007.11

 Connect with us on our Facebook page
[Facebook.com/BPRecreationandParks](https://www.facebook.com/BPRecreationandParks)

SilverSneakers® Classic



If you want to increase your mobility and general health and wellness, this class is for you! This class will focus on strengthening muscles and increasing range of movement for daily life activities through the use of handheld weights, elastic tubing with handles, and a silver sneakers ball. A chair will be used for seating exercises and standing support. Instructor: Jenilee

DAY	DATES	TIME	MEMBERSHIP (M) OR FEE	ACTIVITY #
Tues	Jan 9-Mar 19	10-10:50AM	M/\$71.50 /\$85.50	149002.11

Silver Strength & Core



This class offers a moderate intensity workout, designed to increase muscular strength, endurance, function, and cardiorespiratory health. This dynamic workout will include upper and lower body strength combinations and core strengthening exercises to support lower back health. Instructor: Jenilee.

DAY	DATES	TIME	MEMBERSHIP (M) OR FEE	ACTIVITY #
Tues	Jan 9 - Mar 19	9-9:50 AM	M/\$71.50 /\$85.50	149001.11
Fri	Jan 5 - Mar 22	9-9:50 AM	M/\$78/\$93	149001.12

SilverSneakers® Zumba



Dance

Come join a class that doesn't even feel like exercise! Have fun while working out! Participants will enjoy an interval style dance party that combines high and low intensity moves and focuses on balance, range of motion, coordination, and endurance.Instructor: Jenilee.

DAY	DATES	TIME	MEMBERSHIP (M) OR FEE	ACTIVITY #
Fri	Jan 5 - Mar 22	10-10:50 AM	M/\$78/\$93	149005.11

EVENING FITNESS CLASSES

Ways to participate:

- SilverSneakers/ Silver & Fit/RenewActive — No fee for daytime fitness classes
- Register for the class session(s) you choose to attend
- Daytime Fitness Monthly Pass: \$35/month
- Daytime Class Drop-In Pass: \$70/10 classes
- Evening Class Drop-In Pass: \$100/10 classes
- Single class drop-in: \$7 daytime; \$10 evening

Registration:

Participants must register at the front office or on-line prior to participating, complete payment as required, enrollment and (annual) waiver.

- Please check in on the attendance sheet at each class.

Hatha Yoga

Learn to use breath to de-stress and focus your mind while stretching and strengthening your whole body. Each class includes balancing, stretching, chest and hip opening, ab strengthening, and a peaceful final rest. Designed for the beginner to intermediate student; individual poses are presented with deliberate cues and modifications to ensure a safe, fun, challenging, yet achievable class for all. Please dress lightly in non-baggy clothes, must bring a personal yoga mat, yoga block, sweat towel and water bottle to class. Instructor: Julie T. Fees: 5 PM class health insurance membership / BP Resident / Non-BP Resident

Community Activity Center

DAY	DATES	TIME	MEMBERSHIP (M) OR FEE	ACTIVITY #
Tues	Jan 9 - Feb 6	5–5:45 PM	M/\$45/\$54	149102.11
Tues	Jan 9 - Feb 6	6–7 PM	\$45/\$54	149102.12
Tues	Feb 13 - Mar 19	5-5:45 PM	M/\$45/\$54	149102.13
Tues	Feb 13 - Mar 19	6-7 PM	\$45/\$54	149102.14

See page 11 for Health Benefits information

WAYS TO REGISTER FOR PROGRAMS:

OVER THE PHONE: 763-493-8333
IN PERSON: Community Activity Center, 5600 85th Ave N
ONLINE: www.brooklynpark.org/registration

COMMUNITY PROGRAMS / RESOURCES FOR OLDER ADULTS AND CAREGIVERS

Brooklyn Community Band

The Brooklyn Community Band has been playing for audiences in the northwest suburbs for over 50 years. A fun, dedicated group of adults rehearse on Monday evenings and play 12-14 concerts each year. Most performances are in the summer months during outdoor concerts, a holiday series, and outreach with local senior facilities. All instruments are welcomed, no auditions required. Annual membership fee is \$45/year. For more information contact Director David Mantini: brooklyncommunityband@gmail.com

Presentations by the Alzheimer’s Association of Minnesota

The Alzheimer’s Association of MN & ND offers a variety of presentations to assist anyone caring for someone with Memory Loss and to learn more about Alzheimer’s & Dementia. All presentations will be held online through a virtual presentation. Register with the Alzheimer’s Association at alz.org/crf or call 1-800-272-3900 and a link will be emailed to you to join the presentation.

Classes by North Memorial Health and Maple Grove Hospital

These classes are FREE and will be offered virtually. If you would like more information and to register call 763-581-5580 or visit www.northmemorial.com/events (Pre-Registration is Required) Topics may include: How to Write a Health Care Directive, Living Well with Chronic Pain

Brooklyn Park Library

Visit the Brooklyn Park Library for DVDs, your next good read, or to use a computer, fax machine, or printer. All are welcome! Library cards are free and we are now fine free. Find current information on library hours, programs, and services at www.hclib.org/brooklynpark.

Hennepin County Library – Brooklyn Park
8500 W. Broadway Ave.

Hours: Sun 12–5PM, Mon–Thurs 9AM–8PM, Fri–Sat 9AM–5PM

College Classes for 65+ at \$20/credit

Minnesota state colleges offer tuition at just \$20 per credit for age 65 and older! North Hennepin Community College and Hennepin Technical College are local, affordable college options with evening, weekend and online classes. Check the websites for the next semester deadlines.

NHCC: www.nhcc.edu/apply or call 763-424-0724

Hennepin Tech: www.hennepintech.edu/getstarted or call 952-995-1300

Senior Community Resources

Trellis — Twin Cities Area Agency on Aging:

trellisconnects.org

Senior LinkAge Line — 1-800-333-2433 or online at:

www.minnesotahelp.info

Senior Community Services: 952-541-1019

seniorcommunity.org

HOME (Household & Outside Maintenance)

Chores and tech support: 952-746-4046

Senior Outreach Caregiver Services: 612-770-7005

CareNextion: 612-770-7005 www.carenextion.org

Medicare Partners 952-767-0665

Vision Loss Resources — Supporting people in the

Twin Cities with vision loss: 612-871-2222

www.visionlossresources.org

Mental Health & Substance Use Disorder Resources:

www.fasttrackermn.org

Alzheimer’s & Dementia Support: www.alz.org/mnnd

24/7 Helpline: 1-800-272-3900

Amramp: accessibility solution; (rent or buy) stairlifts, wheelchair ramps 1-888-715-7598 www.amramp.com

Foot Care: 651-829-3944 *See page 5*

CEAP (Community Emergency Assistance Programs):

763-566-9600 www.ceap.org

Services for Older Adults: <https://helpolderadultsmn.org>

Transportation:

Metro Mobility: 651-602-1111

Transit Link: 651-602-5465

Second Harvest Nutrition Assistance Program

for Seniors: 651-484-8241 <https://www.2harvest.org>

Through the Nutrition Assistance Program for Seniors (NAPS), Second Harvest Heartland provides monthly, shelf-stable food boxes to seniors 60 and older who meet certain income requirements. We distribute these boxes out of our new Brooklyn Park location, where we supplement with fresh produce, and offer delivery within 10 miles of our location! To learn more, please contact 651-484-8241, email naps@2harvest.org, or stop by our Brooklyn Park location during our open hours. We are located at 7101 Winnetka Ave N, Brooklyn Park, MN 55428, and are open Mondays & Fridays 9 AM – 1 PM, and Tuesday, Wednesday, Thursday 9 AM – 4 PM. No appointment needed.

Use your Medicare Supplement Health Benefits at the Brooklyn Park Community Activity Center!

Membership is good for all Daytime Fitness classes (see more on the adult fitness page) plus use of the CAC Fitness Room and walking track

Simply complete your membership paperwork at the CAC front desk — and enjoy the benefits!



WEEKLY ADULT ACTIVITIES

All are welcome...join anytime!

Are you looking to learn a new skill, meet new people, or join others who have the same interests & passions as you? Adults 50 + are invited to participate in a variety of weekly social activities at the Community Activity Center. Stop by the CAC on the day/time the activity meets to learn about the group, meet others and join in the activity! \$15 resident / \$21 non-resident yearly activities membership fee can be paid at the CAC front desk (fee covers all activities listed below & is paid each calendar year). Join new activities throughout the year!

Community Activity Center (CAC), 5600 85th Avenue N, Brooklyn Park, MN

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
HANDCRAFTS 9:30 – 11:45 AM; Sr Lounge	QUILTING 8:30 – 11:30 AM; Grand 1	TECH SUPPORT Details on pg 4; Sr Lounge	MAH JONGG 9 – 11:30 AM; Sr Lounge	
CRIBBAGE 12:30 – 4 PM; Sr Lounge	KNITTING 10 – 11:30 AM; Sr Lounge	POKER 12:30 – 4 PM; Sr Lounge	65 RUMMY & SCRABBLE 12:30 – 3:30 PM; Sr Lounge	500 CARD CLUB 12:30 – 4 PM; Sr Lounge
BOOK CLUB 1:30 – 3 PM (3 RD Mon); Grand 1	MAH JONGG 12:30 – 3:30 PM; Sr Lounge		MEXICAN TRAIN DOMINOES 1 – 3 PM (1 ST Thurs); Sr Lounge	
MAHJONGG 5:30 – 7:30 PM; Sr Lounge	BINGO 12:30 – 3 PM; Grand 1 \$1 per card / 8 games	*ALL PARTICIPANTS MUST PRE-REGISTER FOR WEEKLY ACTIVITY GROUPS **DO NOT ARRIVE MORE THAN 10 MINUTES PRIOR TO SCHEDULED START TIME! All groups are expected to tidy up at the end of each scheduled activity/time		

BOOK CLUB

Meets 3rd Monday of each month, 1:30–3 PM

January 15, 2024 – The Violin Conspiracy by Brendan Slocumb

February 19 – Last Circle of Love by Lorna Landvik

March 18 – Winterdance by Gary Paulsen

April 15 – The Midnight Library by Matt Haig

Golden Needles Quilting Group is seeking more volunteer quilters on Tuesday mornings to help make quilts for the Brooklyn Park community.

If You Can Tie A Knot, You Can Help Make A Quilt!

Quilts are donated to the community through the Brooklyn Park Police Department and St Therese at Oxbow Lake. Quilts are completed by the quilting group at the CAC, all materials provided.

The Handcrafts group is seeking more members to socialize while working on individual projects Monday mornings. Bring your current project may it be crochet, knit, weave, scrapbook, etc; tables are available so you can spread out whatever you're working on.