

# adults on the move






April - June 2026



## Activities and Adventures for Adults!

Recreation programs aren't just for kids! Brooklyn Park offers a wide variety of classes, groups, and activities for adults of all ages. Whether you're looking to stay active, learn a new skill, or meet new people, there's something for everyone!

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### Register Today!

**763-493-8333**  
**[www.BrooklynPark.org/registration](http://www.BrooklynPark.org/registration)**  
**Community Activity Center**  
**5600 85th Ave N, Brooklyn Park, MN 55443**

### Contact:

**Kelly Becker - Recreation Supervisor,**  
**Active Older Adults Phone: 763-493-8333**  
**Email: [Kelly.Becker@BrooklynPark.org](mailto:Kelly.Becker@BrooklynPark.org)**

## Connect with Us!



**Facebook**  
[@BrooklynParkMN](https://www.facebook.com/BrooklynParkMN)  
[@BPRecreationandParks](https://www.facebook.com/BPRecreationandParks)



**Instagram**  
[@CityofBrooklynPark](https://www.instagram.com/CityofBrooklynPark)  
[@BPRecreationandparks](https://www.instagram.com/BPRecreationandparks)



**GovDelivery**  
[www.brooklynpark.org/subscribe](http://www.brooklynpark.org/subscribe)  
Sign up for weekly e-mails to stay connected!

# Day Trips



**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 deadlines listed are on a space-permitting basis. Refunds are given only if the cancellation is before the registration date, the trip is canceled, or a substitute can be found to take your place.

## To Register for Trips:

- In person at BP Community Activity Center, by phone 763-493-8333, or online.
- Payment must accompany registration. Trips do not qualify for fee assistance.
- View all trips and register online at: [www.brooklynpark.org/registration](http://www.brooklynpark.org/registration)
- When registering for someone else, have the correct spelling of their name, correct address, phone, date of birth, email, and emergency contact.
- Please indicate any accommodation accessibility, including transportation (lift-assisted bus), mobility assistance, allergies, or medical conditions, at the time of registration.



photo credit: mnprairieroots.com 2013

## Spring in Faribault

**Wednesday | May 13 | 8:30 AM – 6 PM | \$96 | #141005.41**

Join us for a delightful spring day in Faribault, MN. Begin your morning at Donahue's Greenhouse, where you can browse for spring plants or simply enjoy the beauty and fragrance of the blooming greenhouse. Next, sit back and relax on a narrated bus tour as we explore the history and highlights of Faribault. Then it's time for lunch at The Depot Restaurant, featuring a chicken salad sandwich, cup of soup, chips, and a beverage. In the afternoon, visit the historic Faribault Woolen Mill, in operation since the Civil War era. Enjoy a guided look inside the mill and browse the retail store for high-quality woolen goods. **Register by April 13.**

## Legacy of the Lakes & Carlos Creek Winery - Alexandria

**Wednesday | June 24 | 7:45 AM – 5:30 PM | \$100 | #141006.41**

Kick off summer with a day trip to Alexandria! Visit the Legacy of the Lakes Museum, which celebrates our lake traditions and preserves history for future generations. Explore classic boats, grand hotel and resort history, fishing memorabilia, and more. Then wander through the beautiful Legacy Gardens. Enjoy lunch at Travelers Inn Restaurant, Alexandria's oldest eating establishment. Menu: Swedish meatballs with creamy gravy, baby red potatoes, vegetable, roll, and beverage. Spend the afternoon at Carlos Creek Winery with a tour and wine tasting. Stroll the scenic grounds and browse the shop to purchase Minnesota-made wines to take home. **Register by May 24.**



photo credit: carloscreek.com

## Itasca Rock Garden & Albert Lea History

**Tuesday | July 21 | 8 AM – 5:45 PM | \$105 | #141007.41**

Discover the charm of Albert Lea, MN. Start at the Itasca Rock Garden, where John L. Christensen dug to build a cellar instead he found beauty in the multi-colored stones and built structures, including a large castle. The site was recently renovated with over \$500K invested in the house, structures, and gardens. Explore the Freeborn County History Center Campus, featuring changing exhibits and the Historic Village with a schoolhouse, church, blacksmith shop, and log cabin. Pass the statue honoring actress Marion Ross and her local roots before arriving at Wedgewood Cove Golf Course for lunch, choosing between a walley sandwich with coleslaw or prime brisket hot beef sandwich with mashed potatoes and gravy. On the return trip, stop at Russell Stover Candy Store for sweet treats and ice cream. **Register by June 22.**



photo credit: Abert Lea Tribune

## Buddy Holly: OH BOY! at the Paramount Theater

**Tuesday | August 11 | 10 AM – 5:15 PM | \$98 | #141008.41**

Travel back to 1959 and relive the excitement of early rock 'n' roll with a lively Buddy Holly tribute and dance party! This stellar show celebrates the legendary music of Buddy Holly and fellow stars of the era, including Frankie Sardo, Dion & the Belmonts, The Big Bopper, and Ritchie Valens. The performance takes place at the historic Paramount Theater in St. Cloud. Before the show, enjoy lunch at Boulder Tap House. Upon arrival, choose two: soup, salad, sandwich, or tacos. Lunch also includes a beverage and a cookie. **Register by July 6.**



photo credit: paramountarts.org/  
event/buddy-holly-oh-boy/

# WHAT'S HAPPENING IN BROOKLYN PARK?



## Civic Engagement Education Series

Thurs | April 16 | 6 – 8 PM | FREE

**April Topic:** Your Voice and Your Vote Matter

Learn how local government works and explore meaningful ways to get involved. This series provides residents with tools, resources, and insights to become informed and active participants in shaping their community.

**Location:** North Hennepin Community College – Helling Hall - 7411 85th Ave N

**Campus Map:** [www.nhcc.edu/about-nhcc/campus-maps/center-business-technology-first-floor-cbt1](http://www.nhcc.edu/about-nhcc/campus-maps/center-business-technology-first-floor-cbt1)

**Contact:** Cindy Devonish, Community Engagement and Experience Manager at [Cindy.Devonish@BrooklynPark.org](mailto:Cindy.Devonish@BrooklynPark.org) or call **612-946-9401** for information and to sign up!



## Spring 2026 HOA Workshop

Sat | April 18 | 9 AM – 2 PM | FREE

Whether you serve on the board or live within a homeowner association, this workshop is for you! Enjoy breakfast and a light lunch while engaging in valuable conversations with fellow community members. Hear from city staff, an HOA attorney, and a management company representative. Learn procedures and information on governance, by-laws, budget, and more. Gain insights into homeowners' insurance and conflict resolution to create your ideal community.

**Location:** Brooklyn Park City Hall, Council Chambers - 5200 85th Ave N

**Register:** [www.brooklynpark.org/event/fall-hoa-workshop](http://www.brooklynpark.org/event/fall-hoa-workshop) **Questions?** John Kinara, Housing & Redevelopment Coordinator at [John.Kinara@BrooklynPark.org](mailto:John.Kinara@BrooklynPark.org) or call **763-493-8054**

## Special Materials Drop-Off Day with Free Paper Shredding

Sat | April 25 | 8 AM – 3 PM | FREE

This event is open to residents of Brooklyn Park, Brooklyn Center, Crystal and New Hope. Bring certain recyclable items that don't go in your cart.

Shred your old medical or financial records for free. A mobile shredding truck will be on site to process your items. No limit. For a listing of accepted materials visit: [www.BrooklynPark.org/events](http://www.BrooklynPark.org/events) – click on the **April 25** event. **Location:** Brooklyn Park Operations & Maintenance - 8300 Noble Ave

**Questions?** Call 763-493-8006 or email [BPOM@brooklynpark.org](mailto:BPOM@brooklynpark.org)





## Gardening Swap

Sun | May 3 | 11 AM – 1 PM

While cleaning your garage or tool shed this spring you may find gardening items you no longer need. Find those tools or supplies for a new home at this swap. Items should be clean and in good working condition. Donations are encouraged but not required to take items home. The event is free and open to everyone.

### What to bring:

- Garden and yard tools (shovels, trowels, rakes, pitchforks, etc.)
- House plants, seedlings and annuals (other plants not allowed to reduce the spread of jumping worms)
- Seeds
- Pots & planters (ceramic, wood, decorative plastic)
- Gardening and plant books
- Bird houses & feeders
- Garden Art & décor

**Location:** Central Park Pavilion - 8440 Regent Ave N

**Questions?** Call 763-493-8006 or email [BPOM@brooklynpark.org](mailto:BPOM@brooklynpark.org)



## City-Wide 2025 Garage Sale

Thurs | May 14 - Saturday | May 16

Find treasures at the City of Brooklyn Park's 10th annual City-Wide Garage Sale! Check out almost 100 sales, with deals on sports equipment, antiques, dishes, furniture, and more! **Register to host a sale March 23 - April 24, Free to Brooklyn Park residents.** Plan your route, use the Garage Sales App or pick up paper maps at City buildings. To find locations, the Garage Sale app, and more information visit: [www.brooklynpark.org/event/2025-citywidegarage-sale/](http://www.brooklynpark.org/event/2025-citywidegarage-sale/).

**Questions?** Contact Shanna Woods, Neighborhood Relations Specialist, **Shanna.woods@brooklynpark.org** or call 763-238-5216.



Interested in welcoming new residents and helping build positive connections with our new neighbors in Brooklyn Park? Volunteer with **New Connect**! Volunteer's welcome new residents to Brooklyn Park with a bag filled with community and city information, free gifts, and coupons for free items or services from local businesses! Join us for the first 2026 volunteer training on April 22! Sign up and find more information at [www.BrooklynPark.org/volunteer/connect-new-neighbors](http://www.BrooklynPark.org/volunteer/connect-new-neighbors). **Contact:** Shanna Woods - Neighborhood Relations Specialist, **Shanna.Woods@BrooklynPark.org** or call 763-238-5216, for information, to sign up or if you have questions! *\*Note completion of a background check is required.*

# LIFELONG LEARNING

## Learn to Play Mah Jongg

Mon & Tues | May 11, 12, 18, 19 |

5:30 - 7:30 PM | \$65 | #144010.41



Discover the fun and challenge of Mah Jongg—a tile-based game of skill, strategy, and luck. Originally developed by the Chinese ruling class during the time of Confucius, Mah Jongg has evolved into a modern Western version enjoyed by players around the world. In this beginner-friendly class, you'll receive step-by-step instruction on game setup, dealing tiles, the "Charleston" passing ritual, and the process of drawing and discarding. You'll also learn how to read the National Mah Jongg League card and build winning hands. Class includes guided gameplay with instructor feedback. Fee includes the current National Mah Jongg League card. Maximum 8 participants. *Register by May 6.*

**Instructor:** Char

**Location:** Community Activity Center - 5600 85<sup>th</sup> Ave N

## Living in Your Home, Thriving in Place

Weds | April 15 | 10:30 AM - Noon | FREE | #144007.41

Join us for an engaging and educational panel discussion with experts from Comfort Keepers – Home Care, TruBlue Home Services, and St. Croix Hospice. Learn how to navigate the key aspects of aging at home, including recognizing when home care may be needed, what to look for in a provider, and how to plan ahead. Explore ways to improve home safety through assessments and modifications, and understand the facts and benefits of home hospice care. This session will provide practical insights to help individuals and families make informed decisions—followed by a Q&A for service-specific questions. Rolls will be served. *Preregistration is appreciated; walk-ins are welcome.*

**Location:** Community Activity Center - 5600 85<sup>th</sup> Ave N

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## Health Care Directive – Are You Prepared?

Weds | May 20 | 10:30 AM - Noon | FREE | #144008.41



Most families have not discussed their health care preferences in the event of incapacity. This educational seminar will help you understand decision-making rights and why planning ahead is important. Learn the basics of planning for future health care decisions by creating a health care directive. Participants will also be introduced to policies, practices, and resources that support advance care planning. The University of Minnesota Extension program will share the MN Health Care Directive Planning Toolkit to guide you through the process. *Pre-registration by May 18 is appreciated, walk-ins welcome.*

**Location:** Community Activity Center - 5600 85<sup>th</sup> Ave N

## Plan Your Move "Understanding Your Home's Value" – From Nationwide to Neighborhood



Thurs | May 28 | 10 - 11 AM | FREE | #144001.41

Join us for an insightful workshop designed to empower home sellers with the knowledge needed to navigate the real estate market and make informed decisions throughout the selling and moving process. We'll start big with what's happening across the U.S. real estate market, then look at statewide changes, and finally bring it home with local numbers you can actually act on. Whether you're planning to move soon or years down the road, this workshop will provide valuable insights to help you prepare with confidence. *Pre-registration by May 26 appreciated, walk-ins welcome.*

**Location:** Community Activity Center - 5600 85<sup>th</sup> Ave N



## End of Life Pre-Planning

**Weds | June 17 | 11 AM - Noon | FREE**  
| #144007.42


Know the top things to consider with end-of-life arrangements and how a little planning ahead can make things easier for your loved ones. Planning your funeral in advance allows you to document your wishes and ensure your life is honored in a way that reflects what matters most. Pre-planning also relieves loved ones from making difficult decisions during a time of grief. *Pre-registration by June 15 appreciated, walk-ins welcome.*

**Location:** Community Activity Center - 5600 85<sup>th</sup> Ave N

## Getting to Know AI:

**Intro, Everyday Uses & Spotting Disinformation**

**Weds | April 22, May 27, July 8 | 10 – 11:15 AM | Free | #148001**



Artificial intelligence (AI) is showing up everywhere and it's changing how people live and communicate. This three-part series offers an introduction to AI, how it's used in everyday life, and why it matters. Led by a Senior Community Services technology coach, sessions will explore AI tools, real-world applications, and the growing role of AI in shaping information. Participants will learn how AI can create misleading content like deepfakes and how to better evaluate what they see and hear online. Attend one session or join us for all three! *Pre-registration is appreciated; walk-ins welcome.*

- **April 22** – Intro to AI
- **May 27** – Everyday Uses of AI
- **July 8** – AI & Disinformation

**Location:** Community Activity Center - 5600 85<sup>th</sup> Ave N



## Solos Seniors Group

A growing portion of the 50+ population is composed of "solos." These are individuals who cannot or choose not to rely on family to help them navigate life events and make health decisions. Brooklyn Park is starting a "Solos" group. Group members work with each other to create a personal plan for help, support and friendship. Monthly solos group meetings keep members on track and provide an opportunity to learn about resources, build skills and social connections. To learn more about being part of an ongoing "solos" peer group contact Kelly at **763-493-8254** or **Kelly.Becker@BrooklynPark.org**

## Heartbeat Harmony: West African Rhythms for Active Adults (55+)

**Thurs | April 23 – May 28 | 6-6:45 PM | \$15/\$18 | #149105.41**

Experience the warmth and vibrancy of West African traditions through soft drumming, simple dance steps, and community singing. This class is designed to be fun, safe, and engaging for seniors of all mobility levels. Come build rhythm, balance, and community in a supportive, musical environment. *All equipment provided. Instructors through Duniya Drum & Dance. No class 5/14* **Location:** Community Activity Center - 5600 85<sup>th</sup> Ave N



# LIFELONG LEARNING



## 55+ Driver Discount Program *Operated by Precision Driving Center of Minnesota*

Complete this state approved accident prevention/insurance discount class to get a 10% discount in your auto insurance premiums! Taught as a presentation from a certified instructor, you'll discuss challenges we face as

drivers, new road designs, vehicle technology, and updates on current laws. Best of all, there are no written or behind the wheel tests! Certificates will be provided at the end of class. Repeat the class every three years to maintain your discount. *Pre-registration is required.*

**Class Location:** Community Activity Center - 5600 85<sup>th</sup> Ave N **Contact:** For information or to register, visit [www.driverdiscountprogram.com](http://www.driverdiscountprogram.com) or call **1-888-234-1294**.

4-HOUR REFRESHER COURSE			FEE
Mon	April 13	12:30-4:30 PM	\$24
Mon	April 27	12:30-4:30 PM	\$24
Mon	May 11	12:30-4:30 PM	\$24
Mon	June 15	12:30-4:30 PM	\$24
Mon	July 13	12:30-4:30 PM	\$24

## American Red Cross First Aid/CPR/AED

Learn to recognize and respond to cardiac, breathing, and first aid emergencies, and use an AED. Certification upon successful skills demonstration.

### Course Format Options:

- June 29<sup>th</sup> | 4 - 8 PM | Instructor Led Class (no online content)
- July 9<sup>th</sup> | 8:30 - 11 AM | Blended Learning (~2 hours online content completed ahead of July 9.)
- August 4<sup>th</sup> | 2 - 4:30 PM | Blended Learning (~2 hours online content completed ahead of August 4.)

**Contact:** [Cassidy.Wester@BrooklynPark.org](mailto:Cassidy.Wester@BrooklynPark.org) or **763.488.6357** for more details. Preregistration is required.

**Location:** Community Activity Center

**Cost:** \$55/\$66

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## Stepping on Class - Building Confidence & Reducing Falls

**Tues | April 7 - May 19 | 1 - 3 PM | FREE |**

Falling is not a normal part of aging. In fact, falls can be prevented. In this class learn tips that can help you continue to live independently in your own home. This class is designed for people 65 & older who have experienced a fall or are fearful of falling, routinely walk without support, live at home, and do not have dementia. Stepping on is a 7-week workshop lead by a health professional, with a new topic each week proven to reduce falls in older people.

**Location:** North Memorial/Robbinsdale Hospital

**Register:** Call **763-581-3740** or [www.northmemorial.com/events](http://www.northmemorial.com/events)

## Technology Support by Senior Community Services

FREE technology help from Senior Community Services (SCS) is available in Brooklyn Park! Bring your personal device (cellular phone, tablet, or laptop) for a free 45-minute in-person support appointment. Support includes basic device overview, settings, troubleshooting, texting, voicemail, email, video calls, app stores, streaming services, and more! Grant funded program, must be age 60+. SCS offers technological support as part of the HOME program. The goal for this service is to help you: stay connected to loved ones, take advantage of your entertainment options, find helpful and useful features, manage your online security and safety.

### Questions about the HOME program?

**Contact: 952-746-4046 | [home@seniorcommunity.org](mailto:home@seniorcommunity.org) | [seniorcommunity.org](http://seniorcommunity.org)**

*\*Must pre-register for your FREE 45-minute tech support appointment.*

### Technology Support at the Community Activity Center Senior Lounge

DAY	DATE	TIME	ACTIVITY #
Weds	April 8, 22 & 29	9, 10 or 11 AM	148100
Weds	May 13, 27	9, 10 or 11 AM	148100
Weds	June 10, 24	9, 10 or 11 AM	148100
Weds	July 8, 22	9, 10 or 11 AM	148100

### Technology Support at Urbana Place

DAY	DATE	TIME	CALL SHELLY TO REGISTER
Weds	April 15	9, 10 or 11 AM	763-296-9084
Weds	June 17	9, 10 or 11 AM	5601 94 <sup>th</sup> Ave N

### Technology Support at Tradition

DAY	DATE	TIME	CALL TO REGISTER
Weds	April 1	9, 10 or 11 AM	763-416-7740
Weds	June 3	9, 10 or 11 AM	8500 Tessman Farm Rd

### Technology Support at Saint Therese at Oxbow Lake

DAY	DATE	TIME	CALL TO REGISTER
Weds	May 6	9, 10 or 11 AM	763-493-7000
Weds	July 1	9, 10 or 11 AM	5200 Oak Grove Pkwy

## Support for those 60 and older from Senior Community Services

**In-home Technology Support & Coaching** - Get support in using technology to its fullest extent. Help is available for using smart TVs, computers, printers, internet routers, and more. Hourly rates are income based. *Call 952-888-5530 for an appointment in your home.*

**Household Chores** - The Household & Outdoor Maintenance (HOME) Program can help with housekeeping, minor repairs, lawn mowing, spring clean up, fall raking, and more. Hourly rates are income based. *Call 952-746-4046 to get started.*



# ADULTS ON THE MOVE SOCIAL GROUPS






All Are Welcome, Join Anytime!

## Weekly Activities

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! **\$16 resident / \$22 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*).

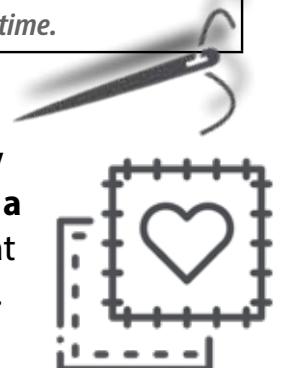
Join new activities throughout the year! **Contact:** Kelly at **763-493-8254** or **Kelly.Becker@BrooklynPark.org** with questions or for more information

**Location:** Community Activity Center (CAC), 5600 85th Ave N

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>HANDCRAFTS</b> 9:30-11:45 AM Senior Lounge	<b>QUILTING</b> 8:30-11:30 AM Grand 1	<b>TECH SUPPORT</b> 9-Noon (2 <sup>ND</sup> , 4 <sup>TH</sup> , 5 <sup>TH</sup> Weds) Sr Lounge	<b>MAH JONG</b> 9-11:30 AM Senior Lounge	
<b>CRIBBAGE</b> 12:30-4 PM Senior Lounge	<b>KNITTING</b> 10-11:30 AM Senior Lounge	<b>POKER</b> 12:30-4 PM Senior Lounge	<b>65 RUMMY &amp; SCRABBLE</b> 12:30-3:30 PM Senior Lounge	<b>500 CARD CLUB</b> 12:30 -4 PM Senior Lounge
<b>BOOK CLUB</b> 1:30-3 PM (3 <sup>RD</sup> Mon) Grand 1	<b>MAH JONGG</b> 12:30-3:30 PM Senior Lounge		<b>MEXICAN TRAIN DOMINOES</b> 1-3 PM Senior Lounge	
<b>MAH JONGG</b> 5:30-7:30 PM Senior Lounge	<b>BINGO</b> 12:30-3 PM; Grand 1 (\$1 per card per round)	*All participants must pre-register for weekly group activities. *Do not arrive more than 10 minutes prior to scheduled group start time. <i>All groups are expected to tidy up at the end of their time.</i>		

## Golden Needles Quilting Group

**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 completed by the quilting group at the CAC and donated to community members in need, all materials provided.



## Book Club

Meets the third Monday of the month from 1:30-3 PM

**April 20:** "Things You Save in a Fire" by Katherine Center

**May 18:** "The Quarry Girls" by Jess Lourey

**June 15:** "Beloved" by Toni Morrison

**July 20:** "The Silent Patient" by Alex Michaelides



## Brooklyn Park Walking Group

e/o Thurs | April 16 - May 28 | 9:30 - 10:45 AM | \$8 | #149000.41

e/o Thurs | June 11 - August 20 | 9:30 - 10:45 AM | \$12 | 149000.42

Walk, talk, learn, and build connections – one step at a time! Each walk includes a health/wellness topic, pre-walk stretch, and group walk at your own pace. Open to all fitness/ activity levels! Wear supportive walking shoes, bring a water bottle, and dress for the weather. In the case of inclement weather, the group will meet inside the Community Activity Center. Sign-up anytime. Provide your email for meeting location/ parking details. *Group meets every-other Thursday.*

**Location:** Will be emailed weekly to registered participants.

## Foot Care with the Foot Nurse

**The Foot Nurse is now taking appointments for Tues, April 28, May 26, June 23, July 28 or Weds, April 8, May 6, & June 17**

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 Activity Center. **Fee: \$75**

**Services include:** Foot assessment, Trim Toenails, Manage Fungal or Ingrown Nails, Reduce Corns/Calluses, Foot massage.

**Schedule:** Call 651-829-3944 or online at [www.TheFootNurse.net](http://www.TheFootNurse.net)

**Location:** Community Activity Center - 5600 85<sup>th</sup> 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. Max of \$400 per person, per year. Proof of income is not required.

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

**Find out what you qualify for and learn how to access fee assistance: call 763-493-8333 or visit [www.BrooklynPark.org/feeassistance](http://www.BrooklynPark.org/feeassistance)**

# ADULT FITNESS



Fitness participants must pre-register for a class session. Class sessions are pro-rated if starting mid-session. Health insurance reimbursement programs (OnePass, SilverSneakers, Silver&Fit, RenewActive & \$40/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 class(es) 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 (CAC), 5600 85th Ave N*

### SENIOR FITNESS INTENSITY LEVELS:

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

**Price: \*M=Membership/Resident/Non-Resident**

#### SilverSneakers® Yoga Intensity: 2

Instructor: Stephanie

DAY	DATES	TIME	PRICE	ACTIVITY #
Mon	March 30 – May 18	10-10:45 AM	*M /\$56/\$67	#149003.41
Wed	April 1 – May 20	10-10:45 AM	*M /\$56/\$67	#149003.42

Focuses on seated and standing yoga, with chair support available. The focus is on increasing flexibility, balance, and range of movement. This class is suitable for every fitness level.

#### Cardio Strength Intensity: 4

Instructor: Stephanie

DAY	DATES	TIME	PRICE	ACTIVITY #
Mon	March 30 – May 18	9-9:45 AM	*M /\$56/\$67	#149008.41

Ready to get your heart pumping? Our cardio classes are designed to boost your endurance and making every workout session exhilarating. The classes focus on low-impact movements and core strength.

**Ends  
April  
17!**



## Indoor Pickleball

October-April 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: [www.brooklynpark.org/adults/adult-sports-2/adult-pickleball/](http://www.brooklynpark.org/adults/adult-sports-2/adult-pickleball/)



**SilverSneakers® Classic Intensity: 2****Instructor: Jenilee**

DAY	DATES	TIME	PRICE	ACTIVITY #
Tues	March 31 – May 19	10-10:50 AM	*M /\$56/\$67	#149002.41

This class will focus on strengthening muscles and increasing range of movement for daily life activities using handheld weights, elastic tubing with handles and a silver sneakers ball. A chair will be used for seating exercises and standing support.

**Zumba® Gold Intensity: 4****Instructor: Stephanie**

DAY	DATES	TIME	PRICE	ACTIVITY #
Wed	April 1 – May 20	9-9:45 AM	*M /\$56/\$67	# 149007.41

Perfect for active older adults looking for a modified Zumba class that recreates the original moves at a lower intensity. The classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance.

**Silver Strength & Core Intensity: 5****Instructor: Jenilee**

DAY	DATES	TIME	PRICE	ACTIVITY #
Tues	March 31 – May 19	9-9:50 AM	*M /\$56/\$67	#149001.41
Fri	April 3 – May 22	9-9:50 AM	*M /\$56/\$67	#149001.42

Moderate intensity workout, designed to increase muscular strength, endurance, function, and cardiorespiratory health. Workout will include upper and lower body strength combinations and core strengthening exercises to support lower back health.

**SilverSneakers Zumba Dance® Intensity: 5****Instructor: Jenilee**

DAY	DATES	TIME	PRICE	ACTIVITY #
Fri	April 3 – May 22	10-10:50 AM	*M /\$56/\$67	#149005.41

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.

**Hatha Yoga****Instructor: Adriane**

DAY	DATES	TIME	PRICE	ACTIVITY #
Thurs	Mar 19 – Apr 30	12:45-1:30 PM	\$49/\$59	#149102.12
Thurs	May 7 – June 11	12:45-1:30 PM	\$35/\$42	#149103.41
Tues	Mar 31 – May 19	5-5:45 PM	*M /\$76/\$91	#149102.41
Tues	Mar 31 – May 19	6-7 PM	\$76/\$91	#149102.42

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 bring a personal yoga mat, and water bottle to class. No class 5/28**

# COMMUNITY RESOURCES

## Resources from the Alzheimer's Association

The number of American's living with Alzheimer's is growing, and fast. Over 7 million American's have Alzheimer's and nearly 12 million individuals provide care to individuals with Alzheimer's or other dementias. The Alzheimer's Association of MN-ND offers a wide range of support for those living with or caring for individuals with memory loss. Wanting to learn about Alzheimer's and Dementia or find support? Visit [alz.org/mnnd](http://alz.org/mnnd) for: 24/7 Helpline **1-800-272-3900**, educational programs, support groups, care consultation, community resource finder, research & advocacy.



## Community Resources

[www.brooklynpark.org/community-resources](http://www.brooklynpark.org/community-resources)

**Trellis — Metropolitan Area Agency on Aging:**  
[trellisconnects.org](http://trellisconnects.org)

- MN Aging Pathways: **1-800-333-2433** or online: [www.minnesotahelp.info](http://www.minnesotahelp.info)
- Pension and Retirement Rights, call **1-866-783-5021**
- Care Ecosystem - Dementia support for individuals and caregivers, **651-917-4619**
- Juniper - Evidence-based health classes  
[yourjuniper.org/](http://yourjuniper.org/)

## Classes by North Memorial Health

Trauma care & injury prevention classes are FREE. If you would like more information, to view classes and to register call **763-581-5580** or visit [www.northmemorial.com/events](http://www.northmemorial.com/events) (Pre-registration is required)

## Free Tax Preparation Sites

You may qualify for free tax return preparation through Volunteer Income Tax Assistance or AARP Tax-Aide. These programs help prepare federal & state income tax & property tax refund returns. Use this search tool to find tax sites near you, hours, & contact information. Call **651-297-3724** or **1-800-657-3989** or visit [www.bit.ly/free-tax-preparation-sites](http://www.bit.ly/free-tax-preparation-sites)

## Brooklyn Park Library

Visit the Brooklyn Park Library for DVDs, your next read, or to use a computer, fax machine, or printer. All are welcome! Library cards are free & we now have no fines! Find information on library hours, programs, & services at [www.hclib.org/brooklynpark](http://www.hclib.org/brooklynpark) - **Hennepin County Library – 8500 W. Broadway Ave**



## MN Department of Human Services

**651-431-5945**

- Assistive Technology  
[mn.gov/deaf-hard-of-hearing/assistive-technology/](http://mn.gov/deaf-hard-of-hearing/assistive-technology/)
- Communication Access  
[mn.gov/deaf-hard-of-hearing/communication-access/](http://mn.gov/deaf-hard-of-hearing/communication-access/)

**Vision Loss Resources** — Supporting people with vision loss in the Twin Cities:  
**612-871-2222 | [www.visionlossresources.org](http://www.visionlossresources.org)**

## Transportation:

**Metro Mobility: 651-602-1111**  
**Transit Link: 651-602-5465**



## Community Resources continued...

**Amramp:** Accessibility solution; Stairlifts, Wheelchair Ramps (rent or buy)  
**1-888-715-7598 | [www.amramp.com](http://www.amramp.com)**

**CEAP** (Community Emergency Assistance Programs): **763-566-9600 | [www.ceap.org](http://www.ceap.org)**

### **Second Harvest Nutrition Assistance Program for Seniors:**

**651-484-8241 | [www.2harvest.org](http://www.2harvest.org)**

Through the Nutrition Assistance Program for Seniors (NAPS), Second Harvest Heartland provides monthly, shelf-stable food boxes to seniors 60 & older who meet certain income requirements. We distribute these boxes out of our new Brooklyn Park location, where we supplement with fresh produce, & offer delivery within 10 miles of our location!

**Learn more:** contact **651-484-8241** or email **[naps@2harvest.org](mailto:naps@2harvest.org)**, or stop by our Brooklyn Park location during open hours. *No appointment needed.*

**Located at 7101 Winnetka Ave N**

#### **Hours:**

- Mon & Fri 9 AM – 1 PM
- Tues, Weds, Thurs 9 AM – 4 PM

### **Brooklyn Park Community Resources**

Connecting the Brooklyn Park community to live well and thrive! This is a city list of resources curated specifically for Brooklyn Park and the surrounding area. Explore over 60 resources on topics like family and youth, transportation, and help at home. **[www.brooklynpark.org/community-resources/](http://www.brooklynpark.org/community-resources/)**

### **Community Action Partnership of Hennepin County**

**952-933-9639 | [www.caphennepin.org/](http://www.caphennepin.org/)**

Programs and services to help people who have low income meet basic needs so you can not just survive, but thrive.

**Areas of Assistance:** Energy/Utility Bills, Vehicle Repair, Rental, Water Bill, Tax Filing Assistance, MNsure Application, Community Resource Guide.

**Senior Community Services: 952-541-1019**

or online: **[seniorcommunity.org](http://seniorcommunity.org)**

#### **Services Provided by Senior Community Services:**

- Household & Outdoor Maintenance (HOME): **952-746-4046**
- Technology Education, Connection & Help (TECH): **952-888-5530**
- Caregiver Coaching & Counseling Service covered by Elder Waiver (S5115), and Senior Outreach & Caregiver Services: **612-770-7005**
- Website: **[CareNextion.org](http://CareNextion.org)**

#### **Alzheimer's & Dementia Support:**

**[www.alz.org/mnnd](http://www.alz.org/mnnd) - 24/7 Helpline: 1-800-272-3900**



**Brooklyn Park**   
**Recreation & Parks**

5600 85th Avenue N  
Brooklyn Park, MN 55443



# Upcoming Events



**Spring on the Farm** | Saturday, May 16 | 12 – 3 PM |

Historic Eidem Farm - 4345 101<sup>st</sup> Ave N



**Tater Daze Parade** | Saturday, May 30 | 10 AM | 101<sup>st</sup> - Regent - Oak Grove

**Tater Daze Community Gathering** | Saturday, May 30 | 12 - 4 PM |

Community Activity Center - 5600 85<sup>th</sup> Ave N

**River Park Discovery Day** | Saturday, June 27 | 10 AM - 2 PM |

River Park - 2 83<sup>rd</sup> Ave N



**See the full listing of Celebrate Brooklyn Park events at [www.brooklynpark.org/celebrate](http://www.brooklynpark.org/celebrate)**



Si usted necesita esta información en español: 763-493-8000.

Yog xav tau kev pab, thov hu rau 763-493-8000 lawv mam li nrhiav ib tus neeg txhais lus rau koj.

If you need this information in another language or format or disability accommodations,  
email [access@brooklynpark.org](mailto:access@brooklynpark.org) or call 763-493-8000.