

The Scoop



Inver Grove Heights Programs for Active Adults 55+

January-March 2020



UPDATE TO SCOOP NEWSLETTER

New Decade - New Scoop!

This will be the final edition of the Scoop as a standalone newsletter. Beginning in March, it will become a part of the IGH Parks & Recreation Brochure (mailed to IGH Residents and available in-print at the VMCC and IGH City Hall, as well as online at invergroveheights.org/151/Current-Brochure). The Scoop will have its own section but still provide the same great content about all things happening for Active Adults 55+, including the monthly calendars! The Summer Brochure will be out in early March.

Veterans Memorial Community Center

8055 Barbara Avenue
Inver Grove Heights, MN 55077
651-450-2585

SPOTLIGHT PROGRAMS

Coffee with the Cops

Wednesday, Feb. 12: 10 a.m. Free - AS-W519

Join us for a morning of coffee with Sergeant Adam Wiederhoeft and another Inver Grove Heights Police Officer. This a great opportunity to learn more about your police department and police related topics. Bring your questions and concerns for discussion.

Register by: Wednesday, Feb. 5; Location: VMCC

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www.invergroveheights.org/activeadults55

Drawing from Nature



Saturday, March. 14: 10 a.m. -Noon \$30 -AS-W523

Artist from Claude Monet to contemporary artist Andy Goldsworthy have used nature as their main inspiration for their art making process. In this class, the concept of nature in art can range from observational drawing to incorporating physical elements of nature into your art piece. Observational drawing skills will be covered in this class and several mediums will be explored including graphite, colored pencil, and ink. This class is in Partnership with Artistry.

Register by Friday, March 6; Location: VMCC

Programs

Community Resources for Older Adults

Wednesday, Jan. 15: 10 a.m.

FREE - AS-W522

Learn more about what resources and services are available in the community to help older adults remain in the home of their choice.

Register by Friday, Jan. 10; Location: VMCC

Where Will You Travel in 2020

Monday, Jan. 27: 10-11 a.m.

FREE - AS-W524

Whether you are a new to the experience or a seasoned world explorer, the exciting world of escorted travel awaits you. A Landmark Tours vacation is thoroughly planned, well-paced, and very inclusive. We pair the "must-sees" of each region, with enriching cultural elements. Join us for a presentation of the positive and enriching experiences that different types of travel can bring to people, including: tours, cruises, city getaways, and many more. Landmark Tours is a local, family owned tour operator celebrating 30 years in business. Let's explore these possibilities together!

Register by Monday, Jan. 20; Location: VMCC

Secrets of the Inver Glen Library

Thursday, Jan. 30: 10:30 a.m.-11:30 a.m.

FREE - AS-W517

Did you know you can search Ancestry.com at the Inver Glen Library, scan a photo to your email, borrow a DVD from anywhere in the state, or download an audiobook to your phone for free? Learn how to become a power user of Dakota County Library from Adult Services Librarian Jean Silverberg, as she explains lesser-known library resources, gives you a peek behind the scenes, and answers your questions.

Register by Monday, January 27; Location: VMCC

Shop Online

Thursday, Feb. 20: 9:30-11:30 a.m.

\$35 - AS-W516

Amazon, Chewy, Target, Walmart, or other retailers are moving towards online Apps. In this class, we discuss how these Apps work in detail, how they are used, and common challenges and benefits they offer to their users. We will explore the online financial transaction process, the requirements, safety and security risks they pose, as well as the huge benefits and convenience they provide. We many search, download, and install simple low risk App(s) to practice at the students' discretions. **Bring a mobile device with you.** Class provided in partnership with Ray the Computer Guy.

Register by Thursday, Feb. 13; Location: VMCC

Registration Information:

Registration is required for all programs. Call the Parks & Recreation Office at 651-450-2585 or visit invergroveheights.org/register. Note: Some programs may require contacting a partnering organization, which will be noted, or may not be available for online registration. Registration allows us to have a way to provide program status updates. If the deadline has passed, please still call to see if openings are still available. Room locations will be posted in the VMCC on the day of the presentation.

What's Next?

Monday Feb. 24: 10:00-11:00 a.m.

FREE - AS-W525

Retirement, being widowed, a milestone birthday, divorce, moving, new physical limitations ... any life transition can leave us asking, "What's Next?" If you want to create the next chapter of your life intentionally, you need a clear understanding of what is most important to you at this time in your life. This interactive presentation will give you the opportunity to reflect on where you are now in your life, and what is most important to you now.

Register by Tuesday, Feb. 18; Location: VMCC

Speaker: Susan Temple

Caring for the Caregiver: A Labor of Love

Thursday Feb. 27: 9:30-10:30 a.m.

FREE - AS-W518

Needing care is a natural human experience. We respond to that need by caring for those we love. This labor of love may leave us with less time to care for ourselves. Join us for a learning experience that is intended to help identify, and further explain, caregiver fatigue. We will identify possibilities for care, to meet the needs of those that we love, and explore options to better care for ourselves.

Register by Tuesday, Feb. 18; Location: VMCC

Living Life in Gratitude as We Age

Friday March 6: 10-11 a.m.

FREE - AS-W520

This presentation will have antidotes from everyday life. It covers topics from changes in bodies as we age (hello chin hair!), how to focus on strengths and abilities from an aging perspective in a society that markets 'anti-aging', and the importance of feeling relevant.

Kim Kane is the author of the book: Sparkle On...Women Aging in Gratitude

Register by Friday, Feb. 28; Location: VMCC

Auto Insurance Reduction Course: Driver Safety 55+ Class

A MN Highway Safety & Research Center certified instructor teaches this class. Those who complete the course qualify for a 10% discount on their auto insurance premiums for three years, according to Minnesota law. 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. The Driver Improvement courses are open to the public; pre-registration is required.

4-Hour Refresher Courses:

- Tue, Jan. 7: 1-5 p.m.
- Tue, Feb. 11: 1-5 p.m.
- Wed, Feb. 19: 5:30-9:30 p.m.
- Tue, March 10: 1-5 p.m.
- Wed, March 18: 5:30-9:30 p.m.

8-Hour Initial Course

(two day course) :

Wed, May 20 and Thu, May 21:
5:30-9:30 p.m. each night



FEE: 4 hour course: \$22; 8 hour course: \$26 ; **All classes held at the VMCC**

For more information or to register, visit www.mnsafetycenter.org or call 1-888-234-1294.

Day Trips

Explore different locations and experience arts, culture and camaraderie all in a day! Check out the current destinations and make sure to register early to save a spot!

Registration Information: For programs that require registration: Call the Parks and Recreation office at 651-450-2585 or visit www.invergroveheights.org/register. **Important Note:** Some programs may require contacting a partnering organization if noted or may not be available for online registration. Please arrive 15 minutes before listed departure time. No refunds will be issued after the registration deadline.

"A Gentleman's Guide to Love and Murder" Old Log Theater

Set in London in 1907, A Gentleman's Guide to Love and Murder centers on Monty Navarro, a penniless clerk who is informed after the death of his mother that he is ninth in line to inherit the earldom of Highhurst, controlled by the wealthy D'Ysquith banking family. After the imperious ruling Lord dismisses Monty's claim if being a relative, the eight D'Ysquiths ahead of young Mr. Navarro begin dying in natural and unnatural ways. (A single actor plays all the not-so-nice D'Ysquiths, adding to the merriment)

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>FEE</u>
Wednesday	Feb. 5	Depart IGH 11 a.m./Return 4:30 p.m.	\$79 Includes transportation/lunch/show

Register by Friday, Jan. 3 with Code: AS-W514

Daytrippers Theatre "The Bikinis"

It's the new millennium and The Bikinis are getting back together. The Jersey Shore Girl Group from the 60's that everyone loves is bringing back the sun, fun, and all the great songs they sang down on the boardwalk at the Jersey Shore...all to raise money for the good folks at Sandy Shores RV Resort on Florida's Gold Coast. Go back in time and relive the 60's. Buffet lunch will be served at 12:15 p.m.

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>
Wednesday	March 18	Depart IGH 11:30 a.m./Return 3:45 p.m.

Fee: \$68 Includes transportation/lunch/show

Register by Monday, Feb. 10 with Code: AS-W515



Mobsters in Minneapolis

Meet a costumed Mill City Mobster for a riding tour. This fun adventure will reveal that St. Paul wasn't the only city to host the crime and corruption of the gangsters. Yes Minneapolis had them too! Venture through the crime laden city of Minneapolis and explore the not so wholesome people of this city's past. Visit the sites of the 3rd Northwestern Bank hold-up by the Barker/Karpis gang, the site of Babyface Nelson's traffic violation, and the murder site of journalist Walter Liggitt. Your guide, a two-bit gangster hoodlum or one of their gun molls, will show you how the Twin Towns transformed one of the largest areas of crime in the country during the 1920's and 1930's.

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>FEE</u>
Wednesday	April 22	Depart IGH 10 a.m./Return 3:45 p.m.	\$70 Includes transportation/lunch/show

Register by Monday, March. 23 with Code: AS-P500

“Music Man” Chanhassen Theater

Meredith Willson’s *The Music Man* is a fun and transformative story. This musical theatre classic features songs like “(Ya Got) Trouble,” “Seventy Six Trombones,” “The Wells Fargo Wagon,” “Till There Was You,” and many more! *The Music Man* follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa into buying instruments and uniforms for a boys’ band that he vows to organize, despite the fact he doesn’t know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen. Menu includes: entree, salad, vegetable, bread, potato or rice and beverage.

DAY	DATE	TIME	FEE
Wednesday	May 6	Depart IGH 10:30 a.m./Return 4:45 p.m.	\$94 Includes transportation/lunch/show

Register by Friday, April 3 with Code: AS-P501

Barn Tour with Doug Ohman

Expert tour guide, Doug Ohman, will give an entertaining tour of historic barns in Anoka & Sherburne Counties. Minnesota’s barns are remarkable testaments to a Midwestern way of life, one centered on the land, work, family, ingenuity, and perseverance. Barns are breathtaking landmarks along the byways of rural Minnesota. Some barns across the state of Minnesota were built in Gothic style, some have a silo and others feature a cupolas or vent. Have lunch in Nowthen at the Nowthen Alliance Church. Menu: Grilled Chicken Breast, Potato, Salad, Vegetable, Bread, Coffee, Dessert.

DAY	DATE	TIME	FEE
Tuesday	June 16	Depart IGH 9:30 a.m./Return 4 p.m.	\$72 Includes transportation/lunch/show

Register by Monday, May 18 with Code: AS-500

Reading Programs



History Book Club: Meets every fourth Monday of the month at the VMCC from 10-11 a.m. Discuss selected books with this free, drop-in group, **no registration is required**. For more information or to provide book suggestions, contact Barbara Eschle at 651-450-6879 or by email at quinneschle@gmail.com. *Note: Room location will be posted in the VMCC on day of club.*

Monday, Jan. 27: 10 a.m.

Coach Wooden and Me: Our 50 year Friendship on and off the court

Author: Kareem Abdul Jabbar

Tuesday, Feb. 24: 10 a.m.

Clementine Churchill – The Biography of a Marriage

Author: Mary Soames

Monday, March 23: 10 a.m.

The American Way Of Death

Author: Jessica Mitford

Senior Club Book Club: This group is for **Senior Club members only** and meets every second Tuesday of the month at 1 p.m. at the VMCC. *Note: Room location will be posted in the VMCC on day of club. Learn more about the Senior Club and how to join on page 8.*

Tuesday, Jan. 14: 1 p.m.

Tuesday, Feb. 11: 1 p.m.

Tuesday, March 10: 1 p.m.

Community News & Events

Healthy Living Fair

Wednesday, April 22 | 9 a.m.-Noon | FREE!

Vendor booths will be available at the Veterans Memorial Community Center with information on adult health, wellness, housing, transition, financial planning and more!



Two different nights designed for adults and children to spend a special evening together and create wonderful memories.

Princess's Dance

An enchanted evening awaits princesses and their special guest.

Friday, February 7 : 6-8 p.m.

Fee: \$42 parent/child pair; \$21 per additional child

VMCC, National Guard Gym

Register by: Wednesday, January 29

&

Kids Sport Night

This special night is sure to engage and excite the little athlete in your life.

Friday, March 13: 6:30-8 p.m.

Fee: \$30 parent/child pair; \$10 per additional child

VMCC, West Arena Turf Register by: Wednesday, March 11

www.invergroveheights.org/family-youth-activities

Census 2020 Everyone Counts!

Heads-up IGH residents: 2020 is a Census Year. Information will be mailed to every house in March and participation is important.

WHY? The U.S. Constitution requires a census be taken every ten years, and participation by all residents is important because the results of the U.S. Census are used to determine the number of future seats in the U.S. House of Representatives, and to allocate funds for state, county, and local community programs.

STAND UP AND BE COUNTED IGH!

2020 Spring Egg Hunts

Three different ways to gather eggs and have fun celebrating Spring!



FREE Traditional Egg Hunt: Saturday, April 4
Ages 3-10; accompanied by an adult

FREE Flashlight Egg Hunt: Saturday, April 4
Ages 10-13; accompanied by an adult

Aqua Egg Hunt: Sunday, April 5. Fee: \$5

All hunts are held rain or shine! **Must pre-register to participate!** Get times, fees and register at: www.invergroveheights.org/specialevents

Indoor Walking

Cooler months ahead mean unpredictable weather...don't let that stop you from being active! The VMCC and area high schools will be open for indoor walking from Sept. 3, 2019-May 31, 2020. So grab your friends and head indoors where the temp. is always comfortable! Walking buttons are required to use each of the facilities and can be purchased at IGH Parks & Rec Office, 197 & 199 School District Offices, Thompson Activity Center (WSP) or Central Square Community Center (SSP). Buttons should be displayed while walking.

DAY:	TIME	LOCATION	FEE
Mon.-Fri.	7 a.m.-2 p.m.	VMCC West Rink	\$5
Mon.-Thu.	5-9 p.m.	High Schools	\$5

Locations: Simley High School, South St. Paul High School, Henry Sibley High School and VMCC (West Rink only)

Community Center Membership

Membership required for 3 month min.

Get Active! Be Healthy!

Several Insurance Providers offer discounts on Membership rate



Membership includes full access to all facilities (including the lap pool, fitness center, ice rinks and gym, free access to 60+ drop-in fitness classes (including Silver Sneakers, Aqua Zumba and Joints in the Pool), as well as new-client specials for personal training and free fitness orientation.

www.invergroveheights.org/membership

Walk with Ease

An exercise leader will: warn you up, stretch you out, help you set an achieve walking goals. Great for those who wish to increase their level of activity.

DAY	DATE	TIME	CODE
Mon. & Wed.	Jan. 6-29	3-3:50 p.m.	FP-W240
Mon. & Wed.	Feb. 3-26	3-3:50 p.m.	FP-W241
Mon. & Wed.	March 2-April 1	3-3:50p.m.	FP-W242
Tue. & Thu.	April 6-29	3-3:50 p.m.	FP-W240

Fee: \$29/members; \$59/non-members

Register online at invergroveheights.org/register



Spring into Wellness!

Wednesday, March 25, 9:30-11 a.m.

This presentation from the Grove's own Kayla Wirkus will teach you about the benefits of healthy exercise and how a healthy diet plays a role in an active lifestyle.

Then participate in a brief joint-friendly workout - dress accordingly. Healthy snacks will be provided!

Fee: \$5

Location: VMCC

Register by March 18

Code: AS-P524



Happy Feet Foot Services

On the Fourth Tuesday of the month, enjoy a 30 min. appt with a nurse to receive a foot soak, nail trim, foot massage and treatment. Call to set an appt @ 763-560-5136.

FREE: Blood Pressure Check

On the Third Friday of the month from 9:30-11 a.m. in the VMCC Lobby. *Provided by Fairview Health Services.*

HEALTH CORNER

Senior Club



Join the Inver Grove Heights Senior Club!

The IGH Senior Club is a place for camaraderie, socializing and entertainment, while participating in interactive and exciting activities, including monthly luncheons, weekly card games, holiday party and more!

2020 Membership \$15/person

You can join any time during the year at the full 2020 rate of \$15.* Membership renewal is always January 1 of each calendar year. Your membership dues support the Club and its work. The Club is managed by a Board and in partnership with the IGH Parks & Recreation.

Call 651-450-2585 to sign up or in-person at the IGH Parks & Recreation Office.

**Membership expires on Dec. 31 of each year, regardless of registration date.*

Monthly Luncheons With Entertainment

Senior Club members enjoy the benefit of a monthly luncheon at a discounted rate. These luncheons bring together members in a fun, social gathering with entertainment and food! Registration is required by the Thursday before the luncheon.

Call 651-450-2585 to register.

Monday, Jan. 20

Potluck

Free

Bingo

Monday, Feb. 17

Swedish Meatballs

\$12/members; \$15/non-members

Bingo

Monday, March 16

Corned Beef

\$14/members; \$18/non-members

Jim Shannon Entertainment

2019 Senior Club Advisory Board

President: Steve Seberg

Vice President: Claudia Gingerich

Secretary: Sharon Mueller

Treasurer: Gary Ball

Sympathy and Get Well Cards: Claudia Gingerich

Entertainment: John Hunkins

Roster: Joyce Meissner

Calling Committee: Nancy Duersdherl

IGH Parks & Recreation Liasion: Al Vandehoef

www.invergroveheights.org/seniorclub

Social Card Games

No need to register. Simply show up!

500: Mondays, 12:45 p.m.

Bridge: Wednesdays, 12:15 p.m.

Euchre: Thursdays, 12:45 p.m.

Penny Bingo: Third Tuesday of the month, 12:45 p.m.

Inver Grove Heights Active Adults 55+ January

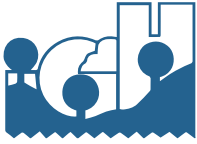
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 No Bridge	2 Euchre 12:45 p.m.	3	4
6 500 Cards 12:45 p.m.	7 Driver's Ed Refreshern 1-5 p.m.	8 Bridge 12:15 p.m.	9 Euchre 12:45 p.m.	10	11
13 500 Cards 12:45 p.m.	14 SC Book Club 1 p.m.	15 Community Resources for Older Adults 10 a.m. Bridge 12:15 p.m.	16 Euchre 12:45 p.m.	17 Free Blood Pressure Checks by Fairview 9:30-11 a.m.	18
20 Senior Club Luncheon 12-2 p.m. <i>NO 500</i>	21 Penny Bingo 12:45 p.m.	22 Bridge 12:15 p.m.	23 Euchre 12:45 p.m.	24	25
27 Where will you Travel in 2020 10-11 a.m. History Book Club 10 a.m. 500 Cards 12:45 p.m.	28 Happy Feet By Appt History Book Club 10 a.m.	29 Bridge 12:15 p.m.	30 Secrets of the Inver Glen Library 10:30-11:30 a.m. Euchre 12:45 p.m.	31	

Inver Grove Heights Active Adults 55+ February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3 500 Cards 12:45 p.m.	4	5 Day Trip: "A Gentleman's Guide to Love and Murder" Old Log Theater 11 a.m. -4:30 p.m. Bridge 12:15 p.m.	6 Euchre 12:45 p.m.	7 Princess's Dance (Ages 4-12 w/ adult) @VMCC 6-8 p.m.	8
10 500 Cards 12:45 p.m.	11 SC Book Club 1 p.m. Driver's Ed Refresher 1-5 p.m.	12 Coffee with the Cops 10 a.m. Bridge 12:15 p.m.	13 Euchre 12:45 p.m.	14	15
17 Senior Club Luncheon 12-2 p.m. NO 500	18 Penny Bingo 12:45 p.m.	19 Bridge 12:15 p.m. Driver's Ed Refresher 5:30-9:30 p.m.	20 Shop Online 9:30-11:30 a.m. Euchre 12:45 p.m.	21 Free Blood Pressure Checks by Fairview 9:30-11 a.m.	22
24 What's Next? 10-11:00 a.m. History Book Club 10 a.m. 500 Cards 12:45 p.m.	25 Happy Feet By Appt History Book Club 10 a.m.	26 Bridge 12:15 p.m.	27 Caring for the Caregiver: A Labor of Love 9:30-10:30 a.m. Euchre 12:45 p.m.	28	29 Leap Day

Inver Grove Heights Active Adults 55+ March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 500 Cards 12:45 p.m.	3	4 Bridge 12:15 p.m.	5 Euchre 12:45 p.m.	6 Living Life in Gratitude as We Age 10-11 a.m.	7
9 500 Cards 12:45 p.m.	10 SC Book Club 1 p.m. Driver's Ed Refresher 1-5 p.m.	11 Bridge 12:15 p.m.	12 Euchre 12:45 p.m.	13 Kids Sports Night (Ages 4-12 w/adult) @VMCC 6:30-8 p.m.	14 Drawing from Nature 10 a.m. -Noon
16 Senior Club Luncheon 12-2 p.m. NO 500	17 Penny Bingo 12:45 p.m.	18 Daytrippers Theatre "The Bikinis" 11:30 a.m.- 3:45 p.m. Bridge 12:15 p.m. Driver's Ed Refresher 5:30-9:30 p.m.	19 Euchre 12:45 p.m.	20 Free Blood Pressure Checks by Fairview 9:30-11 a.m.	21
23 History Book Club 10 a.m. 500 Cards 12:45 p.m.	24 St. Patrick's Day Happy Feet By Appt History Book Club 10 a.m.	25 Bridge 12:15 p.m.	26 Euchre 12:45 p.m.	27	28
30 500 Cards 12:45 p.m.	31				



Inver Grove Heights Parks & Recreation
8055 Barbara Avenue
Inver Grove Heights, MN 55077

IGH Senior Club Membership Registration Form

2020: \$15/calendar year per person. Membership dues cover the costs of supplies, entertainment and decorations provided at most club events. Please make checks payable to IGH Parks and Recreation. **Personal information is never shared or sold.*

Renewal every year on Jan. 1

New Member

Name _____

Phone _____

Address _____

Email _____

City/State/Zip _____

**Mail or
deliver to:** Veterans Memorial Community Center
Inver Grove Heights Parks and Recreation
8055 Barbara Avenue, IGH, MN 55077

Date _____

2020 Pickleball Fees (beginning Jan. 1, 2020)

Please note changes to the 2020 Pickleball Fees:

Free for Members

\$5 for Non-Members

Purchase a 10x punch card for \$40 for Non-Members

Fee includes admission to the National Guard Gymnasium and access to the pickleball courts with nets. **Must bring your own racquet.** All the details for pickleball and the most up to date schedule can be found online: www.invergroveheightd.org/pickleball