

# Senior Program



Your Senior Program is located in the South wing of the Tilden Community Center, 310 River Street, Hastings.

## Laurie Thrush, Senior Program Coordinator

Center Hours: Mon-Fri, 9am-4 pm

Email: [lthrush@hastings.k12.mn.us](mailto:lthrush@hastings.k12.mn.us)

Office Number: 651-480-7689

Fax Number: 651-480-7680

The Tilden Community Center Senior Program is open to everyone 50 years and better in the Hastings area. Memberships are available to those who wish to take advantage of program discounts, special free events, notary services, and to receive the monthly Senior Newsletter through the mail. **The 2018 membership cost is \$12/each.**

## ARTS & CRAFTS

### Quilting at Tilden

Bring your project and machine. Irons/ironing boards provided. Call Carol Wilder with questions at 437-4390; first and third Wednesdays from 9 am-3 pm.

### Rug Hookers and Woven Arts

Join us at any time. Bring your rug hooking or any other craft and work along with this great group. Come for an hour or spend the day. No registration necessary. Meets the 2nd and last Wednesday of the month at 10 am.

### Scrapbooking

The 4th Monday of the month from 9 am-4 pm. Bring your own supplies!

Call the Senior Center for more information at 651-480-7689.

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## HEALTH & WELLNESS

### Chair Massage - Thursdays, 9-11 am, \$16

15 minute chair massages are available at the Senior Center. Call 651-480-7689.

### Foot Care

Appointment is necessary and can be made by calling 651-480-7689. Ginny Vandervest, R.N., Marsha Keene R.N., and Ann Voelker, R.N. provide this service. The cost is \$15 to trim nails and calluses. Call 651-480-7689 for information.

### Foot Reflexology

Promotes relaxation, improves circulation, strengthens the immune system and assists in pain management. Provided by Julie Glander, National Certified Reflexologist. \$40/60-min.; \$25/30-min. Call for appointment, 651-480-7689.

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## Healing Yoga for Boomers & Beyond - Wed, 9-10:15 am, \$45/6-session or \$8/session

Michele Hoffman, certified Yoga therapist. If you are not able to get down on the floor, you may still participate and benefit. Location: Tilden Community Center

## “Walk for Your Heart” - Get Your Walk Pass at Community Ed!

Safe, climate-controlled facility at the High School, Field House Track. M-F (6:30 am-10 pm) and Sat (8 am-3 pm). Cost is \$15, but just \$7.50 for Hastings Senior Center Members. Bring photo I.D. for Raptor security check when signing up!

## Water Exercise

Contact the Center at 651-480-7689 for information regarding dates and times. No swimming experience needed. Held at the Middle School, pool. Cost: \$3/session for members and \$4/session for non-Center members.

## Yoga Classes

Ricky Larson is a certified “Body Awareness Yoga” teacher. \$5/class or buy a punch card (6 classes for \$27 or 12 classes for \$50). Adaptive Yoga for limited mobility incorporates seated poses and chair for balance. Mondays (10-11:15 am & 6-7:15 pm), Wednesdays (10:45 am-12 noon), and Fridays (10 am - new Winter time).

## Zumba Gold for Seniors - Mon & Wed, 9-9:45 am, \$4/class

Modifies Zumba moves to suit the needs of the active, older participant. It is a dance-fitness class that is friendly, and most of all, fun. Instructor is Susan Herr.

Try any Senior Center Fitness class for free one time to see if the class is a good fit for you!

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## RECREATION

**Bingo** - Played every Tuesday morning at 10 am

**Book Discussion** - Meets 10 am, third Wednesday of the month in the Senior Center.

### Games

Cribbage.....	Mondays.....	12:45 pm
Mahjong.....	Mondays.....	12:30 pm
Scrabble .....	1st & 3rd Monday .....	1:00 pm
Bingo.....	Tuesdays.....	10:00 am
Card Games.....	Tuesdays.....	12:00 pm
Poker.....	Tuesdays.....	12:30 pm
Bridge.....	Tuesdays.....	Call for time
500.....	Tuesdays.....	5:30 pm
Dominoes.....	Wednesdays.....	9:30 am
Hand & Foot.....	Thursdays .....	9:30 am
Card Games.....	Thursdays .....	12:00 pm
Poker.....	Thursdays .....	12:30 pm
Bridge & 500.....	Fridays.....	12:45 pm

*\$1/person for 500. Please call 651-480-7689 each week to register for Bridge.*

### Pickleball

Four players use solid paddles (think...oversized ping-pong paddle) to hit a perforated ball similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. *Call 651-480-7689 for a current schedule!*

Please call the Senior Center at 651-480-7689 for more information

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## SERVICES FOR SENIORS & CAREGIVERS

### Adult “Behind the Wheel”

Behind-the-wheel instruction allows adults who would like to troubleshoot certain aspects/areas of driving to practice with an instructor. This is a perfect class if you have not driven for awhile due to health changes in your life. Call Laurie at 651-480-7689 to schedule and appointment. Cost: \$50

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## SERVICES FOR SENIORS & CAREGIVERS

### Display Case Volunteers Needed

Do you, a friend or family member have a collection that you would be willing to share in our display case? If so, call Laurie at 651-480-7689.

### Equipment Loan Program

The following items may be borrowed from the Senior Center on a short term basis for no fee: wheelchair, walker, or bath seat. Call 651-480-7689.

### Notary

If a senior needs a document notarized, Laurie is a notary. The service is FREE for Hastings Senior Program Members and \$10 for non-members. Please call the Senior Center, 651-480-7689, to make sure Laurie is in.

### Senior Law Project

Kathy Eveslage, an attorney from Southern Minnesota Regional Legal Services is available for consultation. Call M-F, 9 am–12 pm, 651-222-4731.

### Senior Resource Directory

This directory is available FREE of charge. It lists service providers that will assist seniors in the Hastings Area. Stop by the Senior Center for your directory!

### Senior Surf Day - Thu Apr 12, 1-2:30 pm

Hands-on computer training for older adults who have little or no experience with computers. Free, but space is limited. Call 651-480-7689.

### SMART Driver Program - Receive 10% off your automobile insurance premium!

Call the Senior Center for more information and schedules, 651-480-7689.



### Transportation to the Senior Center - Transit Link 651-602-5465

Upon arrival at the Center, seniors riding the Transit Link bus receive two coupons to cover their ride. Funding provided by Hastings United Way.

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## SUPPORT GROUPS

Alzheimer's Memory Loss & Family Support Group .....	4th Wednesday of the month (Regina Wellness Conference Room) .....	1:30 pm
Caregiver Conversations .....	1st & 3rd Tuesday of the Month .....	12 pm
Grief Support Group .....	2nd & 4th Thursday of the Month.....	6 pm
Parkinson's Support Group.....	3rd Wednesday of the Month .....	2 pm
Vision Loss Support Group.....	2nd Thursday of the Month .....	1 pm
Emotions Anonymous .....	1st & 3rd Thursday of the Month.....	6 pm
	2nd & 4th Thursday of the Month.....	3:45 pm

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## SPECIAL EVENTS

### AARP Tax Assistance Program

Trained volunteer tax preparers will help you fill out and electronically file your basic state and federal tax returns. Appointments can be made starting January 29 by calling 651-480-7689. Appointments start on February 5 at the Tilden Community Center, 310 River Street, and will be held on Mondays, 3-6:30 pm and Tuesdays, 9 am-12 pm. Appointments will also be held at Pleasant Hill Library on Saturdays, February 17 and March 10 (Call the Senior Center 651-480-7689 for an appointment. DO NOT call the library.) Please bring last year's tax return.

If this is your first year filing, please bring your Social Security card and picture ID. **This program is for seniors and low income individuals/couples who have basic tax return.**

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## SPECIAL EVENTS

### **AMP - Aging Mastery Program Reunion Dinner - Thu Apr 26, 5:30 pm at Tilden Community Center**

Celebrate with us the end of our two-year grant process of Aging Mastery. This will be a fun night of sharing, laughter and reconnecting in the Social Gathering Room. Call 651-480-7689 to register.

### **Chocolate & Motown Hits - Fri Feb 23, 1:15-4:30 pm, Apple Valley Senior Center**

Cost is \$20, transportation provided. Welcome singles, couples and friends. Boogie to the music of Motown, sample tasty appetizers and satisfy your taste buds with a velvety, melt in your mouth chocolate buffet. Games, door prizes and photo booth also included. Register by February 16. Depart from Westview Center parking lot.

### **Elder Abuse, Neglect and Financial Exploitation Support Group - 4th Monday of the Month, 1 pm**

A community support group for family, friends, and individuals affected by elder abuse, neglect, and financial exploitation facilitated by the Minnesota Elder Justice Center. Meets at Tilden Community Center, 310 River St, Hastings.

### **Hospice - Fri Mar 23 @ 10 am**

Learn the difference between palliative care and hospice, who qualifies for hospice enrollment, hospice philosophy and the services/support hospice provides. Seminar provided by Mary Kay Humbert, Director of Nursing Morning Glory Home Care. Gain insight if you are interested in possibly volunteering in hospice. Call 651-480-7689 to register.

### **Hospice Training - Fri Apr 20 @ 10 am**

Learn more about becoming a hospice volunteer with Allina Health Hospice & Palliative Care! Our volunteers offer companionship, help with errands, provide respite time for caregivers, assist with writing/reading and in many other ways support patients and families. Patients are nearing end of life and they and their family members greatly appreciate volunteer support! To register, call 651-480-7689.

### **Mimosa and Wigs/Toppers and More! - Thu Feb 15, 10:30 am @ Creative Hair Design, 109 2nd St E**

Join us for mimosas, muffins and hear one individual's journey in hair loss and how her life was changed by wearing a "topper". You are not alone in the battle in thinning hair. You will have the opportunity to try on toppers, wigs or extensions or hear about the options. Register at [www.HastingsCommunityEd.com](http://www.HastingsCommunityEd.com) or stop in at Community Education. Meet at Creative Hair Design.

### **The 4 Reasons Why Pre-Planning Should Be Your #1 Resolution for 2018 - Thu Jan 22 @ 10 am & 6 pm** (Reduce Stress, Improve Finances, Strengthen Relationships, Have More Control of Your Choices)

- Pat Zalusky, Pre-planning & Medical Assistance Specialist from Laker Planning
- Michael Wise, Funeral Director/Owner, Wise Family Funeral & Cremations Services
- Jennifer O'Neill, Elder Law & Estate Planning Attorney, O'Neill Elder Law
- Sarah Wise-Schwieger, Advanced Planning Consultant, Wise Family Funeral & Cremation Services

Join this great line-up of presenters for a 90-minute program and learn more about:

- **Legal Tools:** How to avoid probate with non-probate planning.
- **Medical Assistance:** How can I protect my money from the nursing home?
- **Advance Funeral Planning:** explore your options and get the facts.
- **Starting the Conversation with Your Loved One**

Statistics show that 70% of us are unprepared in one or more of these extremely important areas of planning. Don't be one of those statistics. Receive a complimentary pre-planning packet to help you get started on making your pre-planning resolution a reality in 2018! Call 651-480-7689 to register.

### **The Cost of Care - Thu May 3 @ 1 pm**

The vast majority of Americans wish to remain in their home through end of life. Medicare, Medicare supplement and health insurance plans do not pay for on-going care in your home. Learn the assorted options including long term care insurance and cost of in-home care through various stages and circumstances of life. Seminar provided by Morning Glory Home Care. Call 480-7689 to register.