

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

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 2019 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.

HEALTH & WELLNESS

Chair Massage - Thursdays

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., Ann Voelker, R.N. and Kathy Swanson provide this service. Cost = \$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.

Senior Program

Healing Yoga for Boomers & Beyond - Wed, 9-10:15 am, \$45/6-sessions 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

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).

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

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.

Hastings Coffee Club - 2nd Tuesday of the month, 10-11:30 am, Tilden Com Ctr, #108

A social gathering for older adults with memory challenges and a friend, family member or care partner. Free and open to the public. Coffee and treats provided. Sponsored by DARTS, United Way of Hastings, and the Hastings Senior Center.

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

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 and 5th Monday.....	1:00 pm
Bingo.....	Tuesdays.....	9:30 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.....	12:30 pm

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

Lunch Bunch - Once a month, \$14 (inc. lunch for you and a student).

It's simple. Come and engage in conversation, eat lunch and play games. You can make a difference in the life of a student - one hour at a time! You do not necessarily need to be here every month for this. Please pay to be registered. We can only host as many students as we have mentors. Call 480-7689 for dates and times.

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 for a current schedule.*

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

Senior Program

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.

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!

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 will have the cost of their ride covered. Funding provided by Hastings United Way.

SUPPORT GROUPS

Alzheimer's & Memory Loss	4th Wednesday of the month
Family Support Group.....	(Regina Assisted Living Private Dining 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
Diabetes Support Group.....	1st & 3rd Wednesday of the Month..... 1 pm
Emotions Anonymous	Mondays..... 6 pm

SPECIAL EVENTS

2018 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 by calling 651-480-7689 beginning January 28th. Appointments start on February 4th at the Tilden Community Center, 310 River Street on Mondays (3-6:30 pm) and Tuesdays (9 am-12 noon). *Please bring your Social Security card and picture ID if this is your first time filing. For seniors and low income individuals who have basic tax returns.

Advance Care Planning - Honoring Choices Hastings

Thursdays, January 17, 24, and 31st from 3-4 pm at the Senior Center

It's about conversations. It's about decisions. It's about communicating what's important to you. Learn more about Advance Care Planning and what it means to you and your loved ones. **THINK, TALK, WRITE** is a series designed to meet you wherever you are in the process and to help guide you along the way!

THINK: Regardless of your health or age, we all need to make decisions about our end-of-life wishes. A Healthcare Directive is a legal document that communicates your wishes regarding medical care when you are no longer able to. This informational session will provide you an overview of Advance Care Planning.

TALK: Talking about the things that matter to you in life can help shed light on the things that will matter to you during the dying process. Explore questions designed to encourage reflection and conversation in a small group setting.

Senior Program

SPECIAL EVENTS

WRITE: Completing your Healthcare Directive can help to ensure that your wishes and medical decisions are identified and honored should you not be able to express them for yourself. This session offers a page by page review of the Honoring Choices Healthcare Directive. A notary will be on site to legalize your document.

Chocolate at the Sock Hop - Fri Feb 22

Join us for a Dakota County Senior Center event!
Bus departs from the Walmart parking lot (closest to the frontage road on the Allina end) at 12 noon and returns at 4:15 pm. Gather your friends, sample a tasty appetizer spread and satisfy your taste buds with a velvety, melt in your mouth, chocolate buffet. Music by Anthony Shore ... aka Elvis, games, door prizes and photo booth also included. Share a photo of yourself "back in the 50's" and be entered for a prize! **Cost** = \$25 (includes transportation, music, door prizes, appetizers and chocolate buffet). **Reservation deadline = Feb 13th**

Hospice Training - Fri Feb 15 @ 10 am in the Tilden Community Center

Learn more about becoming a hospice volunteer with Allina Health Hospice & Palliative care! Volunteers offer companionship, help with errands, provide respite time or 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.

Pleasant Hill Library and the Hastings Senior Center present ... "Polka Sol"! - Mon Mar 4 @ 1-2:30 pm

What happens when three well-known Twin Cities musicians decide to learn to play new instruments and then form a group? You get Polka Sol! Polka Sol is made up of musicians Ann Reed, Joan Griffith and Anita Ruth, who usually play guitar, bass, and piano respectively, and have tossed those instruments aside and become a trio playing two accordions and a violin. They will share music of many genres including Scandinavian, Irish, French, folk, and pop. Join us for a fun afternoon! **No fee.** To register, call 651-480-7689.

2019 Group Travel Show - Mon Jan 14 @ 10 am in the Tilden Community Center

Join the Hastings Senior Program and Landmark Tours for a program on 2019 extended tours. Tour catalogs will be available in the Tilden Community Center, Welcome Center. Feel free to pop in and pick one up - but don't miss this show!

Register in the Welcome Center or by calling 651-480-7689.

2019 Membership Application Form		Make checks payable to: Senior Center 310 River St Hastings MN 55033 Cost: \$12/person
<input type="checkbox"/> New	<input type="checkbox"/> Renewal	
Name(s) _____		
Address _____		
Phone # _____		
Birthdate(s) _____		
<input type="checkbox"/> Please send my newsletter via email - Email _____		
Emergency Contact _____		
Phone # _____		
Office Use: Date Received _____		Amount Received \$ _____
Card # _____	Cash _____	Check # _____