

SPRING EDITION

# HERITAGE HAPPENINGS

MARCH - APRIL 2026



## CONTACT US

**Hours:**

Monday-Friday  
8:30 a.m. - 3:30 p.m.

**Phone:**

952-985-4620

**Website:**

LakevilleHeritageCenter.com

**Registration Website:**

mlakevilleweb.myvscloud.com/webtrac/web/

**Address:**

20110 Holyoke Ave.  
Lakeville, MN 55044

**Rental Info**

952-985-4623  
kgaudette@lakevillemn.gov

## BRIDGET'S CORNER

Join the Heritage Active Adults Advisory Committee!

Are you an active member of the Heritage Active Adults with an interest in advancing the mission of HAA? We are currently accepting applications for the HAA Advisory Committee. Committee members represent the membership by providing input on programming and facility improvements. Meetings are normally held on the second Tuesday of each month at 12 p.m. If you are interested in being part of this group, please stop in the office to get an application. Applications are due on Friday, April 17. The applications are reviewed, and members selected by the Parks, Recreation & Natural Resources Committee following a brief interview process. If you have any questions, stop in and ask Bridget or call 952-985-4622.

*Bridget Samson- HAA Coordinator*



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# UPCOMING EVENTS

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## Understanding & Managing Your Pain

Thursday, March 12, 1 p.m.

Join Therese Maas, DNP as she shares her experiences from working with patients with musculoskeletal neck and back pain as a practitioner in Neurosurgery Spine, and as a provider at a chronic pain management clinic. Learn about how we perceive pain, identify barriers to managing pain and how to overcome them to achieve pain relief.

**Free for HAA members only.**

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## Scam Presentation

Monday, March 16, 1 p.m.

Join Police Officer Samantha Hagfors as she updates us on how to stay safe from internet and phone call scammers.

**Free/members, \$5/nonmembers**  
**Deadline to register is March 13.**

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## Neuropathy Presentation

Wednesday, March 25, 12:30 p.m.

Dr. Cody Rodewald from Align Chiropractic, Doctor of Chiropractic from Palmer College of Chiropractic and board certified in Chronic Pain and Neuropathy of Physical Medicine will present an educational talk on neuropathy, sharing valuable information on symptoms, causes and supportive care options. A great opportunity to learn more and gain clarity in a comfortable setting.

**Free presentation, pre-register.**

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## Puzzle Palooza

Friday, March 27, 1:30 p.m.

Put your puzzling skills to the test. Teams of up to four people will work against the clock and other teams to complete a puzzle in record time. You will have 1.5 hours to complete a 300-piece puzzle. The team that completes it in the fastest time or is the farthest along after 1.5 hours is deemed the winner. Prizes will be awarded.

**\$5/members, \$10/nonmembers**  
**Registration deadline March 25.**



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## St. Patrick's Day Lunch

Tuesday, March 17, 10 a.m.

Let the shenanigans begin! Start your St. Patty's Day with great entertainment, followed by a hearty, authentic lunch. Good food, good fun and plenty of Irish Spirit awaits!

**\$15/members, \$18/nonmembers**  
**Deadline to register is March 10.**



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**Tuesday, April 28, 1:30-3 p.m.**

You're invited to our Annual Open House at the Lakeville Heritage Center! Come and discover all the exciting activities, events and groups we offer for Active Adults in our community. Explore a variety of programs designed to keep you active, engaged and connected including: fitness classes, arts and crafts workshops, social gatherings, educational classes, special interest clubs, day trips and health and wellness resources. Meet our friendly staff, tour our facility and enjoy refreshments while connecting with fellow seniors. Whether you are looking for fun, friendship, or new learning opportunities, there's something for everyone! We can't wait to welcome you!

**Note: all programming canceled this day, except History class.**

# MEMBERSHIPS

The Heritage Active Adults offers programs and activities to members age 50+ including educational classes, exercise classes, health and wellness programs, informational seminars, hobbies, games, trips, special events and more.

*Sponsored By:*

*Lakeville Parks & Recreation*

## Annual Fees

Lakeville Resident:

\$20 individual, \$35 Couples

Non-Resident:

\$25 individual, \$40 Couples

## Coordinator

Bridget Samson

[bsamson@lakevillemn.gov](mailto:bsamson@lakevillemn.gov)

## Administrative Assistants

Karrie Glen

[kglen@lakevillemn.gov](mailto:kglen@lakevillemn.gov)

Kristi Gaudette

[kgaudette@lakevillemn.gov](mailto:kgaudette@lakevillemn.gov)

## Lakeville Yellow Ribbon

952-985-4685

Gathering and supporting military veterans. See page 10.

## Lakeville Historical Society

952-985-4680

Open Monday & Thursday  
9 a.m. -12 p.m.

Email: [LAHS1995@gmail.com](mailto:LAHS1995@gmail.com)

Silver & Fit, Renew Active and One Pass

Renew Active™ and One Pass insurance benefits are accepted. You may have your memberships and fitness passes for free. For details and info, stop in the Heritage Center office.

# SPRING SPORTS & MORE

## She's Back, Drum Fit Encore!

Tuesday, March 3, 10 a.m.

Kris Thomas from Estoria Cooperative is back to move, groove and have some fun with a 30 -minute drum fit class on March 3. After class, stick around for a quick Estoria update plus coffee and pastries.

**Free and open to all.**

**Registration deadline is March 2.**

## Sarcopenia Sessions

Specialized weight class for both men and women to help combat age related loss of muscle strength and mass called Sarcopenia. Class focuses on improving muscle tone, balance and overall physical function.

Every Tuesday & Thursday, deadline to register is two days before the first class. HAA members only.

**1 p.m., 2 p.m., 3 p.m., 4 p.m.**

**\$48, March 3-31 (no class March 5)**

**\$42, April 2-23 (no class April 28)**

## Watercolor Class

Tuesday, May 5, 3-5 p.m.

If you are considering watercolor as your choice of art, join Rita for another introductory lesson. My name is Rita Ryan and I am a Lakeville watercolor artist who has sold my works throughout the United States. As a member of the Heritage Active Adults, I enjoy painting on Friday afternoons with other artists from our community. All supplies will be provided for our workshop but feel free to bring your own. We will be creating a flower painting in Cinco de Mayo style.

**\$6, HAA members only.**

**Registration deadline May 1.**

## Learn Euchre or Pinochle

During the month of April, receive a step-by-step "crash course" instruction. No experience needed! **Free, open to HAA members only.**

**Pinochle: Wednesdays 11:30am and Euchre: Thursdays 11:30 am.**

Sign up today!



## Spring Sports Informational Meetings at the Heritage Center

### Bean Bags

Friday, April 10, 9:30 a.m.

### Bocce Ball

Wednesday, April 15, 3 p.m.

### Health Angels Biking

Wednesday, April 8, 1 p.m.

### Ladies Golf

Wednesday, April 1, 2 p.m.

### Mens Golf

Wednesday, April 1, 1 p.m.

### Motorcycle Club

Wednesday, April 8, 2 p.m.

### Walking Club

Wednesday, April 1, 3 p.m.

### Pickleball

Monday, April 20, 1 p.m.

\*new schedule and fees

**Registration starts March 1.**

**Call 952-985-4620 for more information.**

## Mahjong for Beginners

Monday, April 27, 11 a.m.

Join us for a fun and interactive mahjong workshop for beginners! Whether you're new to the game or looking to refresh your skills, this workshop will introduce you to the fundamentals of mahjong.

**\$3, HAA members only.**

**Registration deadline April 23.**

## Easter Meals

Order by March 30

Enjoy an affordable Easter dinner! Lakeville Lions Club, Cub Foods and HAA have joined together to offer a delicious and budget-friendly Easter meal for only \$9.50! Meal includes ham, scalloped potatoes, honey-glazed carrots, and a cupcake (provided by Cub Foods). Each dinner is individually packed.

Order your Easter meal through the Lakeville Heritage Center by Monday, March 30 with either a check (payable to City of Lakeville) or cash, then pick up your meal on Friday, April 3 between 9-10:30 a.m.

If you have any questions, please call 952-985-4620.

Open to HAA members only.



## "Off to the Races: A Kentucky Derby Spring Tea"

Thursday, May 21, 1 p.m.

It's Kentucky Derby time at our Annual Spring Tea! Participants are invited to dress as if they're attending The Derby – think fancy hats, fascinators and spring flair. Enjoy sweet treats, fresh-brewed hot tea, a fun horse race game and give-a-ways. Special guest Mark Irving will delight us with his presentation about his participation in The Derby.

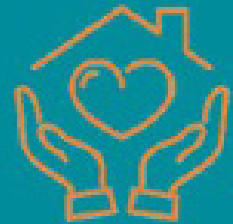
**\$15 members, \$20 nonmembers. Registration starts April 1.**

**Deadline to register is May 15. Space is limited.**



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# HISTORY CLASSES



**D**aniel B. Ryan Esq. was a former Visiting Guggenheim Fellow in Criminal Justice at Yale Law School, a professor of Criminal Justice at the University of New Haven and was a 20-year staff member of the Administrative Office of the U.S. Courts. Following his retirement, he served as a consultant and trainer to various states and local jurisdictions under the auspices of the United States Department of Justice.

## “The American Constitution: A Living Document”

Tuesdays, April 14 - May 19  
3-5 p.m.

**\$50 for the 6-week session or \$10 per class, preregistration is required, deadline is April 7.**

Following the end of the American Revolution, the United States was governed by the Articles of Confederation, which resulted in a government that lacked the ability to tax, to regulate interstate commerce, to raise an army, and to provide for amendments to the articles without unanimous consent of the 13th states. Following a violent uprising of debt-ridden Massachusetts farmers known as Shays Rebellion, national leaders like Washington and Madison began to advocate for a stronger ruling document that became the Constitution which guides most of American lives today.

THE AMERICAN CONSTITUTION	
Apr 14	Foundations- Why a constitution is needed
Apr 21	The Road to Philadelphia
Apr 28	The Constitutional Convention Meets
May 5	Structure, Conflict and Compromise
May 12	Writing, Signing and Ratifying
May 19	Completion, Impact and Amendments

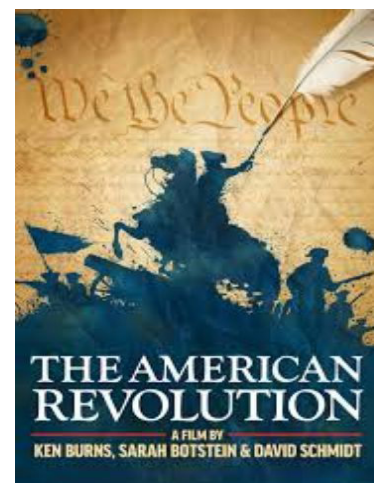


## “The American Revolution” Part Two

Wednesdays, April 1 - May 6  
3-5 p.m.

**\$50 for the 6-week session or \$10 per class**

Educator, historian and presenter Frank Sachs is offering an opportunity to watch part two of the Ken Burns PBS documentary. Each episode is divided into one-hour videos presentations, followed by a one hour guided discussion led by Frank.



THE AMERICAN REVOLUTION PART TWO	
Apr 1	Ep. 4, part 1 Conquer by a Drawn Game
Apr 8	Ep. 4, part 2 Conquer by a Drawn Game
Apr 15	Ep. 5, part 1 The Soul of All America
Apr 22	Ep. 5, part 2 The Soul of All America
Apr 29	Ep. 6, part 1 The Most Sacred Thing
May 6	Ep. 6, part 2 The Most Sacred Thing



# OUR EVENT SPONSORS



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# MARCH 21, 2026

# LAKEVILLE HOME, LANDSCAPE & COMMUNITY EXPO

9AM-3PM  
Lakeville North High School

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• Body Composition  
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# ACTIVITIES & GROUPS

Each of these groups and activities require having a Heritage Active Adults membership in addition to the annual activity fee. To join the Heritage Active Adults contact us!

## CONTACT US

**Active Adults**  
952-985-4620

**Website Link**  
[LakevilleHeritageCenter.com](http://LakevilleHeritageCenter.com)

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### Book Clubs #1-4 (full)

Currently the book clubs are all full, but let the office know if you would like to be on the waitlist.

**\$5 annual fee.**

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### Classic Voice Chorus

Thursdays at 9 a.m. Does not meet June-August. New members (women & men) are welcome.

**\$10 annual fee.**

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### Bingo

1st & 3rd Tuesday at 1 p.m.

**\$10 annual fee.**

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### Bean Bags: Indoors

November through April, Fridays at 10 a.m. Teams are created each week from participants in attendance.

**\$5 seasonal fee.**

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### Creative Writing

2nd & 4th Tuesdays at the Heritage Center, 10 a.m. Join us for inspiration and fun writing letters, poetry and short stories.

**\$5 annual fee.**

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### Polish Bingo

4th Tuesday at 1 p.m.

**\$10 annual fee.**

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### Diamond Dotz

2nd & 4th Mondays at the Heritage Center, 1 p.m. Bring your own projects and have fun creating art together.

**\$5 annual fee.**

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### Line Dancing

Wednesdays are for Experienced dancers 9:45 a.m.-noon. Mondays are for Pre-beginners at 8:30 a.m., Beginners at 9 a.m.

**\$10 annual fee.**

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### Red Hat Chorus

Thursdays at 10:30 a.m. Join the fun and make music with the Red Hat Chorus. New members welcome!

**\$10 annual fee.**

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### Science Discussion #1

1st Wednesday at 1 p.m. Join us and discuss current science topics.

**\$5 annual fee.**

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### Diner's Club

2nd Thursday. Dine out at local restaurants with other members. Sign up for each date in the office at the Heritage Center.

March 12, 12:30 p.m.: Dragon Star

April 9, 5 p.m.: Northern Taphouse

**\$5 annual fee.**

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### Heritage Jammers

2nd & 4th Tuesdays, 1 p.m. Do you play a musical instrument? Join the Jammers group for some music making. Call 952-985-4620 for more information.

**\$5 annual fee.**

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### Tatting

2nd Friday at 1 p.m. Tatting is a beautiful textile craft that uses a small shuttle and thread to create durable knotted lace.

**\$5 annual fee.**

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### Stitch & Chatter

Mondays at 10 a.m. Bring your own project and find inspiration, or share ideas with fellow knitters. Beginners welcome – instruction available.

**\$10 annual fee.**

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### Paint & More

Fridays at 1 p.m. Enjoy working with paint, colored pencil or pastels? Whether you're a beginner or experienced artist, this group is for you! Bring your own projects.

**\$10 annual fee.**

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### Science Discussion #2

2nd Wednesday at 1 p.m. Join us to discuss current science topics. Participants select discussion topics in advance to prepare for the next meeting.

**\$5 annual fee.**

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### Ping Pong

Wednesdays at 9:30 a.m. Boost your hand and eye coordination, improve balance, get some exercise and enjoy great company!

**\$10 annual fee.**

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### Quilting Group

1st & 3rd Thursdays at 1 p.m. Join fellow quilters in a welcoming and creative space, creating exciting new projects!

**\$5 annual fee.**

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### WWII Discussion Group

3rd Thursdays at 1 p.m. Join engaging conversations about World War II with fellow history enthusiasts.

**\$5 annual fee.**

# FITNESS & HEALTH

## Gentle Yoga

Join us for a gentle, flowing yoga practice designed to improve balance and flexibility. Perfect for all levels—no prior experience needed. Please bring your own yoga mat. A limited number of blocks and straps are available.

**Wed. & Fri. | 8:15–9:15 a.m.**  
\$5 per class

## Chair Yoga

Chair yoga is for everyone and is as beneficial as other forms of yoga to gain flexibility and strengthen muscles. Learn relaxation movements and breathing techniques. Improve posture. Variations of moves are taught to accommodate different restrictions/pain points. No mats required.

**Mon. & Thu. | 8:15–9 a.m.**  
\$5 per class

## Cardio & Strength

This 60-minute class builds strength, flexibility, balance and coordination. Includes hand weights, resistance bands, bodyweight movements, core work and a full-body stretch to finish. Note: Modifications are not available.

**Mon. & Thu. | 11 a.m.–12 p.m.**  
\$5 per class

## FITNESS CENTER

Stay active with access to nine commercial-grade machines, including treadmills, ellipticals and recumbent bikes.

**Just \$10 per year with a membership for unlimited use during open hours (typically Monday– Friday, 8:30 a.m.– 3:30 p.m.).**

## Brain & Balance

This fun, full-body workout blends balance training with cognitive exercises to help improve physical stability and mental sharpness. Class includes a mix of seated and standing exercises, no floor work required. You'll be able to challenge your coordination and strength. Come give it a try!

**Tue. | 11–11:45 a.m.**  
\$5 per class

## Essentrics® Aging Backward

A gentle, age-reversing workout that restores joint movement, improves flexibility, relieves pain, and boosts energy. This equipment-free class combines stretching and strengthening for all fitness levels. Most exercises are done standing, with some seated work. Please bring a mat.

**Wed. | 1:15 p.m.**  
\$5 per class

## Flexibility & Strength

This 50-minute, low-impact class focuses on easing stiffness and building strength. Start with a standing warm-up, then move to seated exercises using a resistance band and small ball. Bring your own equipment or use what's provided.

**Mon. & Thu. | 10–10:50 a.m.**  
\$5 per class

## Strength & Balance Silver Sneakers

This low-impact class combines light cardio and strength training to help improve muscle tone, flexibility, range of motion, balance and coordination. All exercises are performed either seated or standing while holding onto a chair. Modifications are available to accommodate medical or physical limitations.

**Wed. & Fri. | 10 & 11 a.m.**  
**Non-Silver Sneakers: \$3.25 per class.**

# GAMES

**500** 11 a.m.  
Played on Fri.  
\$10 Annual Fee

**Backgammon** 10 a.m.  
Played on Mon.  
\$10 Annual Fee

**Cribbage** 1 p.m.  
Played on Fri.  
\$10 Annual Fee

**Dominoes** 9 a.m.  
Played on Tue.  
\$10 Annual Fee

**Euchre** Noon  
Played on Thu.  
\$10 Annual Fee

**Hand and Foot** 11:30 a.m.  
Played on Thu.  
\$10 Annual Fee

**Hearts** 9 a.m.  
Played on Wed.  
\$10 Annual Fee

**Mahjong** 12:30 p.m.  
Played on Mon. & Fri.  
\$10 Annual Fee

**Party Bridge** 11:45 a.m.  
Played on Tue.  
\$10 Annual Fee

**Pinochle** Noon  
Played on Wed.  
\$10 Annual Fee

**Poker** 9 a.m.  
Played on Tue. & Fri.  
\$10 Annual Fee

**Texas Hold 'Em** 12:30 p.m.  
Played on Mon.  
\$10 Annual Fee

**Wii Bowling** 9:15 a.m.  
Played on Thu.  
\$10 Annual Fee



# LAKEVILLE YELLOW RIBBON

## Veterans are Invited



### Veteran's Coffee in the Yellow Ribbon office



- **Men's group:** Tuesdays, 8:30-11 a.m.
- **Women's group:** Thursdays, 8:30- 11 a.m.  
\*note-no longer meeting in the evening

### Monthly Veteran's Luncheons Third Wednesday at 12:30 p.m.

March 18 & April 15

- You **must** register for the luncheon, **space is limited.**
- Please register in the Yellow Ribbon office on Tuesday or Thursday mornings.

### Upcoming Special Events

**April 11**-Beer Tasting Event-check the website the week of March 9th for registration.

Lakevilleyellowribbon.com 952-985-4685 Lakevilleyellowribbon@gmail.com

Honoring, serving and supporting our local veterans.

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<b>2027</b>		
* JAN 5-16	CARIBBEAN CRUISE	
* FEB 2-12	AFRICAN SAFARI #1	
* FEB 16-26	AFRICAN SAFARI #2	
* MAR 6-19	SOUTHERN ITALY & SICILY	
* APR (TBD)	GREECE CRUISE	
* MAY 6-14	HIGHLIGHTS OF NORWAY	
* JULY (TBD)	CANADIAN ROCKIES	
* SEPT 7-17	AFRICAN SAFARI #3	
* OCT (TBD)	CAPE TOWN & VICTORIA FALLS	
* NOV (TBD)	CULTURAL TREASURES OF JAPAN	
* DEC 6-12	CHRISTMAS MARKETS OF MONTREAL & QUEBEC	

Spring is coming!  
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# DAY TRIPS



## Spam Museum & Mansion

Arrive in Austin, Minnesota to visit the SPAM Museum. This self-guided tour is interactive, educational and fun for all ages. Next, it's on to the Hormel House Dining Facility for a lunch including grilled chicken breast, a house salad and small dessert. After lunch, tour the stately historic Hormel Home. On the way back we will stop at Russell Stover Candy Store in Owatonna.

**Wednesday, March 18**

\$88/members, \$103/nonmembers

Depart: 8:30 a.m. - Return: 4:15 p.m.

Waitlist is open



## Orchestra Hall Coffee Concert

Join us to listen to Tchaikovsky Symphony No. 6 at Orchestra Hall. This program is a treat for American history buffs and ends with Tchaikovsky's emotions riding high. After the concert we will dine at Hen House Eatery. Lunch includes a homemade cup of soup, chicken salad sandwich, beverage and cookie.

**Thursday, April 9**

\$100/members \$115/nonmembers

Depart: 9:15 a.m. - Return: 4:15 p.m.

Registration deadline March 2



## Peterson Homestead in Waconia

Take a docent-led tour of the Andrew Peterson Farmstead near Waconia. Please note there will be a reasonable amount of walking, standing and uneven surfaces so wear appropriate footwear. This tour will provide insight into the lives of 19th century Swedish immigrants. Next, we will visit the Carver County Historical Society, followed by lunch at the Island View Golf Course and a tour of the Scandia Baptist Cemetery. While heading home we will make a quick stop at Cathy Mackenthun's Meats and Deli in St. Bonifacius.

**Thursday, May 14**

\$93/members, \$108/nonmembers

Depart: 8:15 a.m. - Return: 4:30 p.m.

Registration deadline April 13



## Minneapolis Queen Cruise

Arrive at Bohemian Flats Park to board the Minneapolis Queen, a climate-controlled vessel with main floor table seating. It is a perfect way to experience the history of beautiful Minneapolis on the magnificent Mississippi River. A buffet luncheon will be served. Relax while the captain gives a narration of the scenic byway, showcasing views of the St. Anthony Falls and more.

**Tuesday, July 14**

\$100/members, \$115/nonmembers

Depart: 10:15 a.m. - Return: 3 p.m.

Registration deadline April 13

## Upcoming Free Travel Shows

### Landmark Travel Show

March 4, 1 p.m., open to all

Dreaming of your next getaway? Landmark Travel will be presenting a fun and informative travel show on March 4 at 1 p.m. Discover new destinations, helpful travel ideas and exciting possibilities for future trips

### Chmiebell Travel Show

April 9, 1 p.m., open to all.

Pack your imagination! Chmiebell Travel is stopping by to share travel inspiration, dream destinations and fun ideas for your next adventure.



## "The Great Gatsby" at the Orpheum Theater

Dive into the dazzling spectacle of the Broadway smash hit musical, The Great Gatsby, where F. Scott Fitzgerald's classic American novel and the glamour of the roaring twenties come to vibrant life onstage!

**Wednesday, June 3**

\$115/members, \$130/nonmembers

Depart: 5:15 p.m. Return: 11:15 p.m.

Registration deadline April 20



# RESOURCES

## Health Insurance Counseling

Have questions about Medicare, Supplement/Medigap or Advantage plans? We offer free, unbiased Medicare counseling for current, new or future enrollees. Learn about your options and ways to save. Interpreters available upon request. Schedule an appointment at:

[trellisconnects.org/medicareappt](http://trellisconnects.org/medicareappt)

**March 9 & April 13**

**9 a.m., 10:15 a.m., 11:30 a.m.**



## Day Old Bread

The bread room is open five days a week:

Monday-Friday, 10:15 a.m.-3:30 p.m. You may pick up a bread number starting at 8:30 a.m. Between 10:20 a.m.- 3:30 p.m., no need to take a number. Bring your own bag for your bread. **Members only.**

## Lakeville Residents Age 62+ Funding for Memberships

Did you know that you can get funding for membership to the Heritage Active Adults? To take advantage of this great benefit you only need to fill out a form in the Heritage Center office. It's really that easy. The funds are available through a Community Development Block Grant (CDBG) funding.

For more information, call 952-985-4620 or stop in the office at the Heritage Center.

**NOTE:** Available while the funding supply lasts.

## Happy Feet Foot Care

½-hour foot care appointments are \$43 for HAA members. Call 763-346-3390 to schedule. Pay by cash or check at the Heritage Center office upon arrival. A licensed practical nurse will soak your feet, trim your nails and refer you to a doctor if needed.

**March 3 & April 7**

**CASH OR CHECK ONLY!**

## Happy Harry's Fundraising

Happy Harry's Furniture (22210 Chippendale Ave, Farmington) supports Heritage Active Adults! Mention the Lakeville Heritage Center when buying furniture and 10% of your purchase will be donated back to us.



## Home Services

**Need help with outdoor chores or indoor repairs?**

Lakeville and DARTS offer assistance for residents age 62+ (or under 62 with qualifying income/disability). Services may include installing shelves, fixing faucets, reinforcing railings, hanging blinds and more.

**Call DARTS at 651-455-1560 to request help.**

Services available while funding lasts—don't wait, call today!

## Driver Safety Classes

The Minnesota Highway Safety & Research Center has changed its name, now known as Precision Driving Center of Minnesota. Drivers 55+ may be eligible for a 10% discount on their auto insurance. A four-hour course is initially required, followed by a refresher class every three years.

To register, call 1-888-234-1294, and tell them you would like a class in Lakeville.

## 4-hour refresher courses \$24

- March 14, 9:30 a.m.- 1 p.m.
- April 18, 9:30 a.m.- 1:30 p.m.
- May 23, 9:30 a.m.- 1:30 p.m.
- June 20, 9:30 a.m. - 1:30 p.m.

## Free Meals in the Community

### Nativity Episcopal Church:

Wednesdays from 5-6 p.m.

Come in and sit down.

15601 Maple Island Road (right across from Buck Hill)

Burnsville, MN 55306

### Mary, Mother of the Church:

3rd & 4th Thursdays from

5-6 p.m. Drive thru only.

3333 Cliff Road East

Burnsville, MN 55337

### All Saints Catholic Church:

2nd Thursday, 5:30-6:30 p.m.

Pick up or eat in the dining room.

19795 Holyoke Avenue

Lakeville, MN 55044

# RESOURCES



## Technology Assistance

Having trouble with your cellphone? Or have a question about your desktop computer or tablet? Luke Mettlach will provide help with your products Tuesday mornings. Appointment times are 10 a.m., 10:30 a.m., 11 a.m. and 11:30 a.m.

**Sign up at the Heritage Center office or by calling 952-985-4620. Registration deadline is two days before the appointment date.**

## Walker & Wheelchair Use

Have you recently had surgery and need a walker or wheelchair temporarily? We have walkers and wheelchairs available to borrow for short term for Heritage Active Adults members.



## Library Use

The library is open on weekdays from 8:30 a.m.–3:30 p.m. with an excellent selection of books. We also accept donations of books and puzzles, limited to one grocery bag per household per month. HAA membership required. See donation requirements on the wall of the library. Puzzles are also available to borrow from the Sunrise Room.

## Lakeville LOOP Bus

In 1974, a group of seniors needed a ride to community college—two airport limos later, DARTS was born. Now 50 years strong, DARTS serves Dakota and southern Washington counties, helping older adults stay connected. The Lakeville LOOP bus runs every Thursday from 9 a.m. to 2 p.m., offering rides along a set route with on-demand stops. Riders enjoy access to community destinations—and often make friends along the way. To learn more, find a stop or schedule a pickup, call 651-455-1560 or [dartsconnects.org](http://dartsconnects.org).



## Metro Mobility

Metro Mobility transportation is available in Lakeville for those who have been certified to use the service because of their disability or health condition.

For more information visit: [metromobility.org](http://metromobility.org) or call 651-602-1111  
TTY 651-221-9886.

## For Sale/Free Wanted Board

Have you checked out the items on our bulletin board? The board is in the Heritage Center hallway near the Fitness Center.

### The following guidelines apply:

- For members only – no businesses
- Posting size 3" X 5" maximum
- Submit your posting to the office for approval
- Posting must include contact information

# VOLUNTEER

Volunteer Opportunities at the Heritage Center

## Military Card Writing

**Monday, April 6, 1 p.m.**

We're seeking 10 volunteers willing to each write 10 cards of appreciation to our deployed military members. All materials will be provided. Sign up in the office or online.

## 360 Communities Food Drive

**March 1-31**

We are once again partnering with 360 Communities to help fill the food gap so that no one goes hungry. Please bring your food donations to the Heritage Center and place them in the receptacle in the front lobby. Food donations should be shelf-stable, unopened and in-date.

### Welcome volunteers:

Greet Heritage Center guests, maintain coffee area, assist with the bread distribution (M shift) and other responsibilities as needed. Volunteer to fit your schedule.

### Volunteer Photographer:

Take casual, candid photos at activities and events throughout the year. A phone or camera is perfect, and no experience is needed.

### Puzzle Room Organizer:

Help organize and sort the puzzles to keep the room clean and running smoothly.

If you would like more information on any of the volunteer opportunities, contact Bridget for more details 952-985-4622.



# ESCAPE THE COLD



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# WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chair Yoga</b> 8:15-9 a.m.	<b>Poker</b> 9 a.m.-12 p.m.	<b>Gentle Yoga</b> 8:15-9 a.m.	<b>Chair Yoga</b> 8:15-9 a.m.	<b>Gentle Yoga</b> 8:15 a.m.
<b>Beginners Line Dancing</b> 8:30-11:30 a.m.	<b>Dominoes</b> 9-11 a.m.	<b>Hearts</b> 9 a.m.-12 p.m.	<b>Classic Voices Chorus</b> 9 a.m.	<b>Poker</b> 9 a.m.-12 p.m.
<b>Stitch &amp; Chatter</b> 10- 11:30 a.m.	<b>Brain &amp; Balance</b> 11a.m.-12 p.m.	<b>Ping Pong</b> 9:30-11:30 a.m.	<b>Wii Bowling</b> 9:15 a.m.	<b>Bean Bags</b> 10 a.m.
<b>Flexibility &amp; Strength</b> 10-10:45 a.m.	<b>Party Bridge</b> 11:45 a.m.-3 p.m.	<b>Line Dancing</b> 9:45 a.m.-2 p.m.	<b>Flexibility &amp; Strength</b> 10-10:45 a.m.	<b>SS Strength &amp; Balance</b> 10 & 11 a.m.
<b>Cardio &amp; Strength</b> 11 a.m.-12 p.m.		<b>SS Strength &amp; Balance</b> 10 & 11 a.m.	<b>Red Hat Chorus</b> 10:30 a.m.	<b>500</b> 11 a.m.-1 p.m.
<b>Mahjong</b> 12:30-3:30 p.m.		<b>Pinochle</b> 12-3 p.m.	<b>Cardio &amp; Strength</b> 11 a.m.-12 p.m.	<b>Mahjong</b> 12:30-3:30 p.m.
<b>Texas Hold 'Em</b> 12:30-3 p.m.		<b>Essentrics</b> 1:15 p.m.	<b>Hand &amp; Foot</b> 11:30 a.m.-3 p.m.	<b>Paint &amp; More</b> 1-3 p.m.
			<b>Euchre</b> 12-3 p.m.	<b>Cribbage</b> 1-3:30 p.m.

# MONTHLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SECOND</b> <b>Health Insurance Counseling</b> 9 a.m., 10:15 a.m. and 11:30 a.m.	<b>FIRST</b> <b>Book Club 1 (FULL)</b> <b>Bingo</b> 1-2:30 p.m.	<b>FIRST</b> <b>Science Discussion 1 (FULL)</b>	<b>FIRST</b> <b>Quilting</b> 1-3 p.m.	<b>SECOND</b> <b>Tatting</b> 1-3 p.m.
<b>Diamond Dotz</b> 1 p.m.-3 p.m.	<b>Happy Feet</b>	<b>SECOND</b> <b>Science Discussion 2</b>	<b>SECOND</b> <b>Diner's Club</b> 12:30 p.m./5 p.m.	
<b>Book Club 4 (FULL)</b>	<b>SECOND</b> <b>Creative Writing</b> 10 a.m.-12 p.m.	<b>THIRD</b> <b>Book Club 2 (FULL)</b>	<b>THIRD</b> <b>Quilting</b> 1-3 p.m.	
<b>FOURTH</b> <b>Diamond Dotz</b> 1-3 p.m.	<b>Heritage Jammers</b> 1 p.m.-3 p.m.		<b>WWII Discussion</b> 1-2:30 p.m.	
<b>Book Club 3</b> 1 p.m.	<b>THIRD</b> <b>Bingo</b> 1-2:30 p.m.			
	<b>FOURTH</b> <b>Creative Writing</b> 10 a.m.-12 p.m.			
	<b>Polish Bingo</b> 11 a.m. (skip April 28)			
	<b>Heritage Jammers</b> 1-3 p.m.			

**SPECIAL EVENTS**

March 17: St. Patrick's Day Luncheon

March 27: Puzzle Palooza

April 28: Open House *(all programming canceled except 3 p.m. history class)*

May 21: Spring Tea

- Don't forget to sign up by the deadline for any of the programs! You may call, sign up in person or register online: [mnlakevilleweb.myvscloud.com/webtrac/web/](http://mnlakevilleweb.myvscloud.com/webtrac/web/)





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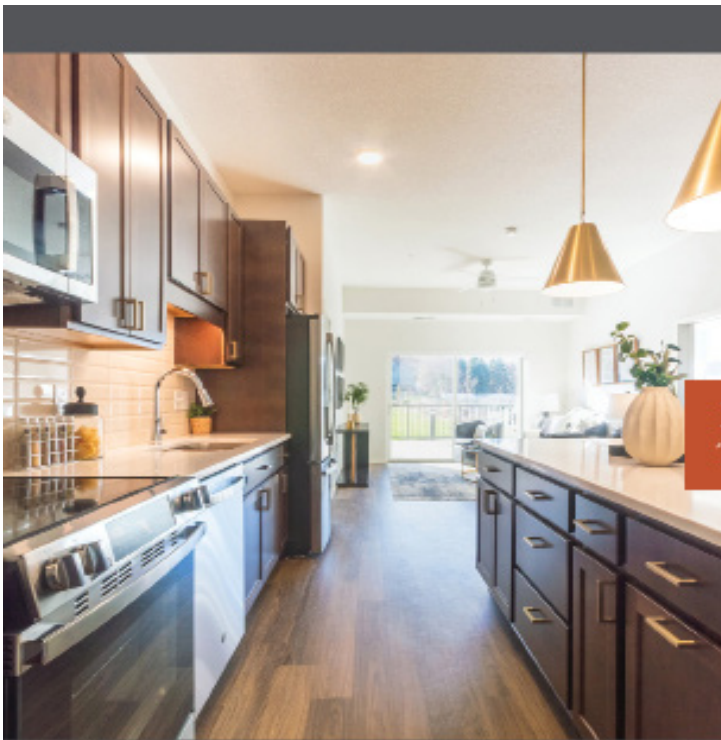
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# Sounds of Spring! Showcase

Join us on May 12 at 1 p.m. for an afternoon of beautiful music & sweet treats! Enjoy performances by our talented in-house chorus, Classic Voices and the Red Hat Choir.

Register for this special spring concert by stopping in the office, calling 952-985-4620 or sign up online at:  
[mnlakevilleweb.myvscloud.com/webtrac/web/](http://mnlakevilleweb.myvscloud.com/webtrac/web/)



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