

# Senior Center

## Laurie Thrush, Senior Center Coordinator

310 River Street, Hastings, MN 55033

hseniors@yahoo.com

OPEN: Monday through Friday

CENTER: 651-480-7689

FAX: 651-480-7680

The Hastings Area Senior Center is open to all adults 55 years and up 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 *Senior Center* monthly newsletter through the mail.

2012 Memberships: \$12.00

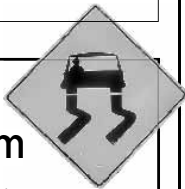
## Senior Law Project

Kathy Eveslage, an attorney from Southern Minnesota Regional Legal Services, is available for consultation by calling the *Senior Law Project* at 651-224-7301, Mon-Fri, 9 am-12 noon to make an appointment.

## Hastings Area Resource Directory

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

## Driver Safety Program



A classroom defensive driving course offered in the Senior Center. Upon completion of this class, participants may be eligible to receive a 10% discount on their automobile insurance. First time participants take an eight hour course and then every three years renew their certificate by taking the four hour refresher course.

**Call 651-480-7689 for class dates and times.** Classes are offered through AARP and a \$15 registration must be received in order to have your name added to the roster. Make checks payable to the: "Senior Center" and mailed or dropped to ... 310 River St, Hastings, MN 55033.

## Support Groups

Meet at the *new* Senior Center

### Grief Support Group

Meets every Thursday at 6:00 pm

### Better Breathers Club

Meets the 2nd Monday at 10:00 am  
For individuals with respiratory illnesses

### Parkinsons Support Group

3rd Wednesday of the month at 2:00 pm

### Vision Loss Support Group

3rd Thursday of the month at 1:00 pm

### MS Support Group

2nd Thursday of the Month at 10:00 am

### Alzheimer's Memory Loss & Family Support Group

3rd Tuesday of the month at 1:30 pm in the Regina Wellness Conference room.

## Games

Cribbage (Mondays) ..... 12:45 pm  
Phase 10 & Poker (Tuesday) ..... 12:45 pm  
Euchre & 500 (Tuesday) ..... 6:00 pm  
Dominoes (Wednesdays) ..... 9:30 am  
Hand and Foot (Thursdays) ..... 9:30 am  
Hearts (Thursdays) ..... 12:45 pm  
Pegs & Jokers (Thursdays) ..... 12:45 pm  
Bridge (Fridays) ..... 12:45 pm  
Euchre (Fridays) ..... 12:45 pm  
500 (Fridays) ..... 12:45 pm

## Lunch Bunch

Car pool to a different restaurant or eat a special meal at the Center on the last Friday of the month. For more info, call 651-438-0750.

## Transportation to the Center

Upon arrival at the Center, seniors riding the Transit Link bus will receive two coupons to cover their ride. Funding for this program is provided through the Hastings United Way.

## Crocheting & Knitting Club

Meets every Wednesday at 12:30 p.m. at the Center. Bring along a project, learn to crochet or knit or work on scarves for the Special Olympic Scarf Project.

## Wii: Bowling League

Winter Wii Bowling league will begin in January. If you are interested in forming a team or being put on a team for this fun, wacky league, call Laurie at 651-480-7689.

## Equipment to Loan

The following items are available for short term loan from the Center on short term basis for no fee: wheelchair, walker, and bath seat. Call 651-480-7689 for details.

## Notary

Laurie Thrush is a notary. If a senior needs a document notarized, please call the Center to make sure Laurie is in. No Fee.

## Bingo

Played every Tuesday morning at 10:00 am.



## Water Exercise

Contact the Center for more information regarding dates and times. Cost: \$2/session for members and \$3/session for non-Center members. No swimming experience required.

## Foot Care

**Appointment is necessary and can be made by calling 651-480-7689.**

- \* **Ginny Vandervest, R.N.** costs \$15 to trim nails and calluses.
- \* **Dr. Lai** for seniors with special needs. Medicare and supplemental insurance will be billed by the doctor.
- \* **Foot Reflexology** - uses specific thumb and finger pressure to stimulate "reflexes" (areas in the feet) that correspond to other parts of the body. Promotes relaxation, improves circulation, helps remove toxins, strengthens the immune system, and assists in pain management. Provided by **Julie Glander**, Nationally Certified Reflexologist. Fee: \$40/hr and \$25 for 1/2 hour.

Laurie Thrush, Senior Center Coordinator

310 River Street, Hastings, MN 55033

## *Yoga Classes with Ricky Larson*

"Body Awareness Yoga"  
Certified Teacher

Ricky has 4000+ hours teaching experience.

Cost: \$5/class or you may purchase punch cards of 6 classes for \$27 or 12 classes for \$50.

## *Adaptive Yoga* Mondays • 10-11:15 am Senior Center • Fitness Room

Improve flexibility and balance. Learn breath awareness and how to move safely through your daily life. Adaptive Yoga for limited mobility will incorporate seated poses and standing poses using a chair for balance. This class will bring the floor up for students who cannot safely get up and down from the floor unassisted.

## *Gentle I*

Fridays • 9-10:15 am

Thursdays • 6:30-7:45 pm

Senior Center • Fitness Room

Easy breath and stretch class with fundamental yoga poses to improve flexibility, balance, alignment and safety. It can lower blood pressure, improve cardiovascular health, slow heart rate and breathing, inducing relaxation and renewal.

## *Gentle II*

Wednesdays • 10:30-11:45 am

Senior Center • Fitness Room

Breath awareness thoroughly integrated to enhance your vitality and physical stamina while improving your state of mind. This class will build on simple foundational poses to encompass a variety of postures that strengthen all muscle groups and stimulate the internal organs. After a yoga workout, you'll emerge refreshed and energized yet calm and relaxed. A more challenging class offering with progressive forms of poses.

## *Therapeutic Yoga with Michelle Hoffman*

RYT, Certified Yoga Therapist

Michelle is an experienced and knowledgeable teacher who has completed a four year 1000 hour Yoga Therapy program through the American Viniyoga Institute.

Cost: \$45/class for 6 classes or \$8/class.  
*You may try one class at no charge.*

Wednesdays • 9-10:15 am  
Senior Center • Fitness Room

## *Zumba Gold for Seniors*

Mon. & Wed. • 9-9:45 am

Senior Center • \$3/session

Zumba Fitness is the only Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a "fitness-party" that is downright addictive. Zumba gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant. It is a dance-fitness class that feels friendly, and most of all, fun. Instructor is Susan Herr, a former instructor for Curves in Hastings.

## *Strength Training for Seniors*

Tuesdays/Thursdays • 8:30-9:15 am

Improve daily living skills with a class incorporating balance, strength, flexibility and agility. Included in this class is a functional fitness test that will provide you with tangible evidence of your own improvements. \$2/class (punch cards available for purchase).

These fitness classes  
are held in the  
Tilden Community  
Center, Senior Center,  
fitness room

## Invest in a Student



Would you be willing to "Invest in a Student" who is unable to participate in a Community Education course or activity due to financial challenges?

TAKE this opportunity to make a donation or to be on a list of those who have committed to help when such a need arises.

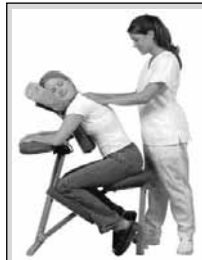
For more information about the "Invest in a Student" program, please contact Zena Stefani, Youth Coordinator, Community Education, at 651-480-7674.

## Red Hat Society



*Are you a wild and crazy woman 50 or over? Do you like to have fun, laugh, and try new things? If so, you would be*

a wonderful addition to the Hastings Red Hat Spiralettes. Don your red hat and purple attire and join us. For more information, call 651-480-7689.



## Chair Massage

15 minute chair massages are now available at the Center the first and third Monday of the month from 10

am- 12 pm. \$13; call 651-480-7689 for an appointment.

## Potluck

Meets at 12 noon on the first Friday of the month. Bring a dish to pass or \$5. No need to register.



## Valentine's Dance with Jim Thomas Duo

Monday, February 13, 2012  
2:00-4:00 pm

Cost: \$3 for dance and refreshments.

Must pay in advance. Join us for our first Tilden Community Center dance. The Jim Thomas Duo plays easy listening and dance music. So, invite your friends for an afternoon of delicious Valentine dessert and some great music.

## Genealogy Club

3rd Monday of the month at 1:00 p.m. in the Senior Center. If you have an interest in genealogy, join this group. Lead by local genealogy enthusiast Mike Puckett.

## Seeking Volunteers

...to facilitate a Current Events Discussion group.

If interested in helping with this for either a one-time event or on an on-going basis, please contact Laurie Thrush at 651-480-7689.

## Volunteer Receptionists

Answer phones, greet people coming in to the Center and help with various office projects. Call Laurie at 651-480-7689 if interested in being added to the list now once we are in the Tilden Community Center site.



## Evening Cards

...at the Tilden Community Center for "500" & "Euchre"

Tuesdays between 6-8 pm  
Begins Tuesday, January 31st  
Invite your friends for a fun evening!

## Movies at Tilden

2nd Wednesday of the month  
Begins February 8th at 1 pm  
Invite your friends for a fun evening!

## Special Olympic Scarves

We will once again be joining forces with the local Sharks team and Special Olympics Minnesota to crochet and knit scarves for the Special Olympics winter games. Patterns and yarn can be picked up at the Center. If you would like to contribute to the purchase of the yarn, please send checks payable to the Senior Center, 310 River Street, Hastings, MN 55033 and we will purchase yarn for our crocheters and knitters.



2012 SPECIAL OLYMPICS USA  
**SCARF PROJECT**



## Taking Care of Your Parents?

Two seminars will be held with representatives from Home Instead Senior Care

### 1) "Aging Parent Care"

Thursday, February 16 at 6 pm  
Tilden Community Center Multi Use Rm

In this video series "Aging Parent Care" Mary Alexander from Home Instead Senior Care explains that, while there are lots of good reasons seniors want to stay home, one of the fears that drives this desire is the potential loss of independence. They so much want to avoid being a burden on their families and to maintain their lifestyle that they often deny their true need for care and make bad decisions about what they really need to do to remain at home. But there are signs, and this video series tells you what to look for.

### 2) "Senior Communication Issues"

Thursday, March 15 at 6 pm  
Tilden Community Center Multi Use Rm

Hard decisions often need to be made and it is hard to get the conversation started with our aging parents. This seminar will provide tips for effective communication with seniors and how to overcome obstacles.

To register, call 651-480-7689  
or register on line at  
[www.HastingsCommunityEd.com](http://www.HastingsCommunityEd.com)



## Basketball Open Gym for Seniors

Grab a basketball and some friends to come shoot some hoops. The gym is available Tuesdays and Thursdays 8-10 am or Mondays and Thursdays 12:30-2 pm.

At this time, we only have one basketball, so you are welcome to bring your own.