



Older Active Adults



THE CHURCH BASEMENT LADIES ARE BACK WITH AN ALL-NEW MUSICAL COMEDY

In the latest installment, *A Mighty Fortress Is Our Basement*, these "bulwarks never failing" are at it again. The year is 1960 and a reformation is underway. With a new crop of Confirmands, Beverly, the youngest of the bunch, dons her first pair of high heels for her confirmation ceremony, Mrs. Snustad, the matriarch of the kitchen wins top honors at the County Fair for her "Grand Champion" pickles. Mavis, the able-bodied farm wife, must find a way to deal with the new "Super Highway" which cuts through her farm. Karin, the real homemaker of the kitchen, finds new freedom behind the wheel of her husband's pick-up and must reconcile a new world of change for her daughter Beverly. Pastor, who has always found strength and solace in the church basement, has found new love and announces his impending nuptials. The Church Basement Ladies are once again required to face change head-on. Against the changing tide, these "bulwarks never failing" stand strong in their faith and in their friendships. With more crazy antics, more great new songs and more lessons reluctantly learned, your favorite Church Basement Ladies are at it again in the all-new musical *A Mighty Fortress Is Our Basement*.

When: Thursday, January 12
Time: 10:45AM - 4:00 PM
Bus: Leaves Community Center
Cost: \$50 (includes lunch, show, and transportation)
Program: ST 112
Registration Deadline: Friday, December 23

Chanhassen Dinner Theatre presents "Forever Plaid"

An affectionate musical homage to the close-harmony 'guy groups' that reached the height of popularity during the 1950's, the fabulous foursome in *Forever Plaid* has been winning over audiences for the last two decades. Fantastically funny, and timelessly tuneful, this clean-cut musical revue features '50's-style crooning and hilarious antics that will have you laughing yourself to tears.

When: Wednesday, April 18
Time: 10:45AM - 4:00 PM
Bus: Leaves Community Center
Fee: \$50 (includes ticket, transportation, and lunch)
Program #: ST418
Registration deadline: Friday, March 30



Paddy O'Brien's Irish Duo

Irish eyes will smile wide at international performer Paddy O'Brien on accordion, accompanied by guitar and presenting Irish reels, jigs, and hornpipes. Dance instructors will demonstrate and lead the group in traditional steps. Light refreshments will be provided. This trip is a partnership with the Shakopee Library and is funded in part by the Minnesota's Arts and Cultural Heritage Fund. Sign up early as space is limited.

When: Thursday, March 1
Time: 1:30-4:30
Bus Site: Bus leaves Community Center
Fee: FREE
Program # ST 301



Mystery Lunch Bunch

Enjoy the adventure of an unknown social lunch destination in a group setting. Lunch cost is on your own. Fee covers group transportation.

Time: 11:00 AM – 1:00 PM
Bus: Leaves Community Center
Fee: \$7/trip
When: **Monday, January 30** (Program # ST130)
Tuesday, March 20 (Program # ST320)
Wednesday, May 16 (Program # ST516)
Registration Deadline: One week prior to each date

Cards & Conversation

Join us at the Community Center for cards, conversation and coffee. Players meet in the Rotary Room (alternate site is Enigma).



When: Tuesdays and Thursdays
Time: 9:00 AM – 12:00 PM

Quality Footcare

Quality Footcare, a licensed foot care company, will provide foot care to seniors that have various foot care conditions. A foot soak, trimming and filing of nails/corns/calluses, foot massage for circulation and the opportunity to work on other foot mgmt. challenges with a professional are the benefits of signing up for the Quality Footcare program. Quality Footcare will visit the Community Center for a three hour time period. For ongoing care, you may sign up for more than one date.

Who: Older Active Adults
When: Friday, December 16
Program # QF 1216
 Friday, January 13
Program # QF113
 Friday, February 10
Program # QF210
 Friday, March 9
Program # QF309
 Friday, April 13
Program # QF4137

Where: Community Center
Time: 9:00 AM- 12:00 PM
 (you will be contacted for a specific 30 minute appointment within these times)

Fee: \$30
Registration Deadline:
 One week prior to date

Re-created Cards

Looking for a greeting card for the right occasion? Check out the re-created cards that members of the Shakopee Senior's Club create. Cards are available for viewing and purchase at the Shakopee Community Center. Each card is \$.50 and all proceeds support the Shakopee Senior's Club.

Shakopee Senior's Club

Senior's Club President: Marlys Flanigan 952-884-5256
 Come join the fun and socializing that is part of the Shakopee Senior Club, as well as opportunities for learning and community service. Senior Club events are held at the Youth Building/Log Cabin in Lion's Park. Membership is only \$5 per year.

Regular Activities Include (and we are always looking for new ideas):

Activity	Day of the Month	Time
Business Meeting	1 st Monday	1:00 PM
Re-Created Cards	2 nd and 4 th Monday	10:30 AM-1:00 PM
500	2 nd and 4 th Monday	1:00-4:00 PM
Potlucks	3 rd Monday	12:00 PM

The club also has special events and activities periodically.

SHAKOPEE SENIOR CITIZENS CLUB MEMBERSHIP FORM

Name: _____ Date: _____

Address: _____

Phone: _____

Birth Month: _____ Amount Enclosed: _____

Activities that interest me: _____

Enclose \$5 Membership Dues to Shakopee Senior's Club and mail to:
 Shakopee Senior's Club
 c/o Ellie Mankowski, 972 Spencer Street
 Shakopee, MN 55379

AARP Tax Preparation

If you are in need of help preparing your taxes and are a Senior Citizen or low-income family, AARP will provide tax preparation assistance to help you. This is a free service. Tax help will be provided on a first come first serve basis. Tax help sessions will start at 8:00 AM and end at 1:00 PM on Wednesdays from **February 1 through April 11**. **No advance** appointments will be made.

What to bring:

- ✓ A copy of last year's income tax return(s)
- ✓ And W-2 forms you have received (showing your income from working or from all pensions paid to you.
- ✓ Form SSA-1099, which shows the Social Security paid to you
- ✓ All 1099 forms you have received, which show the interest and/or dividends that your investments have earned
- ✓ Records or any other income you have received
- ✓ Receipts or cancelled checks for any of your medical/dental expenses and any contributions you have made to charities



The Silver Sneakers® Fitness Class provides a great workout for seniors of all ages and ability. The class focuses on muscular strength and range of movement exercises. Using variable resistance tubing and a variety of hand weights, you can make your workout as easy or as hard as you like. The classes are open to any senior. Silver Sneakers® classes are perfect for everyone and free to Medicare-eligible members with Medica, Humana or BCBS Platinum Health Plans. The program will benefit you regardless of your fitness level. The program includes basic fitness membership services and trained instructor led classes.

To see if you qualify for membership in the Silver Sneakers® Fitness Program, please contact your insurance provider.

Each class is held at the Community Center and the classes are free with a membership, \$5 for Residents, or \$7 for Non-Residents

Silver Sneakers® Muscular Strength & Range Movement

Level: 1/Seniors

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

When: Mondays, Wednesdays and Fridays

Time: 8:15 - 9:00 AM

Silver Sneakers® Cardio Circuit

Level: 1/Seniors

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

When: Tuesdays and Thursdays

Time: 8:15 - 9:00 AM

Silver Sneakers® YogaStretch Level: 1/Seniors

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

When: Mondays & Wednesdays

Time: 9:15 - 10:00 AM

Fitness Equipment Orientations

Sign up at the Community Center for an orientation to help you get acquainted with our cardio and strength fitness equipment in the general workout area. A certified personal trainer, will show you the proper use of the equipment and answer your questions that you may have regarding the use of them.

When: Monday, December 12	10:00 AM	# AFO 1212
Monday, January 9	10:00 AM	# AFO 109
Monday, February 13	10:00 AM	# AFO 213
Monday, March 12	10:00 AM	# AFO 312
Monday, April 9	10:00 AM	# AFO 409

Fee: \$5 Members; \$10 Non-Members

Water Aerobics

Water aerobics is a safe and effective way to strengthen your heart, tone your muscles, and burn calories with minimal impact on your joints. This class is appropriate for all levels of participants as moves can be modified to fit the participant. **This is a class held at the pool at the Shakopee Middle School Pool until March 21 and at the Junior High Pool beginning April 4.**

No class December 28 & March 28

When: Mondays

Time: 7:00 - 8:00 PM

When: Wednesdays

Time: 6:30-7:30 PM

Fee: Free for SCC Members

\$5 Residents

\$7 Non Residents



ZUMBA
FITNESS

Zumba

ZUMBA is a fusion of Latin and International music-dance themes creating a dynamic, exciting, and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as glutes, legs, arms, abdominals and the most important muscle in the body, the heart.

When: Fridays

Where: Community Center Fitness Studio

Time: 9:15-10:00 AM

Fee: Free for SCC Members

\$5 Residents

\$7 Non Residents