

SPECIAL SENIOR EVENTS

Valentine's Day Delight

Join us for the sweet sounds of our very own CHAN-o-laires Chorus as they perform songs that are sure to warm your heart. Following the performance, we will enjoy an array of sweet treats, coffee, and tea.

Friday, February 10, 1 pm
Chanhasen Senior Center
\$6

Registration Deadline: Friday, February 3

St. Patrick's Day: Irish Fun & Facts

Ireland's heritage is filled with symbols and legends. Among them are shamrocks, harps, shillelaghs, leprechauns, and potatoes. Where did the shamrock come from? Did St. Patrick really chase the snakes out of Ireland? Who are these whimsical little people we call leprechauns? After a traditional Irish lunch of corned beef and cabbage, we will sit back and enjoy the facts and fun of Irish folklore.

Thursday, March 15, 12 noon
Chanhasen Senior Center
\$11 Residents/\$12 Non-Residents
Registration Deadline: Thursday, March 1

Brainstorming Fun!

Join us on Wednesday afternoons for fun and simple games that will warm us up and power up our brain! A variety of fun and simple activities and games will be available, and of course the coffee pot will be on. Bring a friend, form a team, and let the games begin! Drop in each week or whenever you can.

Wednesdays, Jan. 25-Feb. 29, 1 pm
Chanhasen Senior Center
FREE, but call 952-227-1124 to register



Grand Times Together!

Grandparent & Me Eggstravaganza!

Join us for a morning of Easter fun! We'll dye and paint eggs and have fun creating bunny crafts. Spend a fun morning with your grandchild!

Ages 3-10 with Grandparents

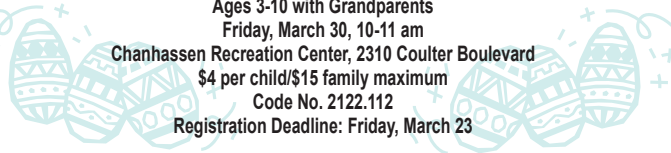
Friday, March 30, 10-11 am

Chanhasen Recreation Center, 2310 Coulter Boulevard

\$4 per child/\$15 family maximum

Code No. 2122.112

Registration Deadline: Friday, March 23



The History of Show Tunes

Since show tunes come from musicals, we will learn the history and origins of musicals and how they developed. James Shaw will also play and sing show tunes from popular American musicals such as Oklahoma, Annie Get Your Gun, Carousel, My Fair Lady, and others that are sure to bring back memories. Following the presentation, enjoy a spring salad luncheon featuring a variety of salads, breads, dessert, and coffee.

Friday, April 13, 11 am
Chanhasen Senior Center
\$8 Residents/\$9 Non-Residents
Registration Deadline: Tuesday, April 3

There's An App for That!

We have all heard of Apps, but what are they and what can they do? Apps is an abbreviation for application. An app is a piece of software. It can run on the Internet, on your computer, or on your phone or other electronic device. With hundreds of thousands of them, there's an app for almost anything. Join us as we show you some popular Apps and how you find and download them.

Tuesday, February 21, 1-2 pm
Chanhasen Senior Center
\$5
Registration Deadline: Tuesday, Feb. 14

Living Well with Arthritis

Learn how you can manage your arthritis, including which supplements really help and what exercises reduce joint pain. Learn about small changes you can make that could make a big difference in how you feel. Presented by Katie Trent DPT, physical therapist from Ridgeview Joint Clinic.

Monday, February 13, 10-11 am
Chanhasen Senior Center
FREE, but call 952-227-1124 to register
Registration Deadline: Monday, February 6

Reading Food Labels How to Be a Savvy Shopper

Learn from a registered dietitian what to look for and how to interpret food labels. We'll learn about trans fats and whole grains and why they are important. We'll cut through the hype and glitz of food labeling and advertising.

Thursday, March 22, 10 am
Chanhasen Senior Center
FREE, but call 952-227-1124 to register
Registration Deadline: Monday, March 14

Happy Hands Knitting

Join this energetic group as we knit and crochet for local charities and community organizations. The Happy Hands Knitting Group will meet monthly to work on their projects. Feel free to bring your own knitting project and come and socialize with the group. Yarn donations are welcome. We accept new or good quality skeins of yarn for our projects.

2nd & 4th Wednesdays, 10 am
Chanhasen Senior Center

Weather Closing Policy

As winter weather continues, please keep an eye on the weather. The Chanhasen Senior Center will cancel activities or close early due to inclement weather. If you have questions, call the Senior Center at 952-227-1124.

DAY TRIPS

Extended Trips

Please call the Senior Center at 952-227-1124 for more detailed information on these tours offered by R & J Tours.

Dogwood & Azalea Festival

This beautiful and fragrant-filled tour will take you to Missouri to enjoy Charleston's Dogwood & Azalea Festival, as well as many other points of interest including Abraham Lincoln's Presidential Library and Museum, beautiful Victorian homes, and the St. Louis Gateway Arch. Includes 11 meals.

April 18-23 (6 days)
\$989/Person Double Occupancy

Fingerlakes of New York

Travel by luxury motor coach to the Fingerlakes area of Rochester and Ithaca, New York! Explore this beautiful area and discover all that makes the Fingerlakes area like no other region including pristine lakes, gorgeous waterfalls, magnificent parks, charming villages, museums, and unique shopping opportunities. Includes 19 meals.

June 12-22 (6 days)
\$1,899 Double Occupancy

Chicago Multigenerational

Grandparents, parents, children, and grandchildren! Take the Amtrak Empire Builder to Chicago. Highlights include Field Museum, Shedd Aquarium, Skydeck, Millennium Park, Museum of Science & Industry and more! Come with family or join our family by yourself! Includes 7 meals.

July 21-24
Adult \$939/Youth \$599
Double Occupancy

Milwaukee German Fest

Travel by luxury motor coach to Milwaukee for German Fest, Milwaukee's Original HAUS Party! Trip highlights include 2 days at German Fest, Milwaukee City Tour, Boerner Botanical Gardens, and the Edelweiss River Cruise. Includes 7 meals.

July 26-29
\$699 Double Occupancy

Registration Policy: All trip payments are due on or before the registration deadline. Registration cannot be confirmed until payment is made. Payment may be made via our website, by check, cash, or VISA/MasterCard. Make checks payable to the City of Chanhassen. Mail or drop off your registration form at the Chanhassen Senior Center, 7700 Market Boulevard, P.O. Box 147, Chanhassen, MN 55317. No refunds are made for cancellation unless the trip is cancelled by the Senior Center.

All trips will depart from the Chanhassen Recreation Center, 2310 Coulter Boulevard unless otherwise noted.

The "No Blarney" Tour

Kick off the Irish season with this "No Blarney" tour! We'll pick up our Irish saint or sinner guide at Wabasha Street Caves in St. Paul and take an Irish-influenced driving tour of the University of St. Thomas, early immigrant areas, and a stop at the Cathedral of St. Paul. Learn why St. Paul's most notorious figures are of Irish decent and which government leaders have Irish heritage during a drive-by the state capitol. After our tour, we'll head to The Local in Minneapolis, one of four Cara Irish Pubs in the metro area. Here we'll enjoy a wee lunch including your choice of a Reuben, Rachel, BBQ pork sandwich or fish and chips with fries, wee garden salad, and a soda or coffee. Lots o' luck will come your way if you join us for this Irish-themed day!

Monday, March 5, 8:45 am-1:45 pm
\$40 includes tour, lunch, and transportation
Code No. 6121.103
Registration Deadline: Tuesday, February 21



Golden Strings at the Lafayette Club

Upon arrival at the Lafayette Club, we'll explore "The Grand Old Lady of the Lake," an elaborate building designed by James J. Hill. Presidents entertained diplomats and the famous have sung this building's praises over the years. We will have lunch in the Ballroom overlooking the pristine grounds of the club. Lunch includes the Lafayette Club house salad, assorted rolls and butter, breast of Chicken Florentine, fresh vegetable, whipped potatoes, coffee, ice tea, and a Gold Brick sundae. After lunch, we will enjoy a wonderful performance by Cliff Brunzell and The Golden Strings. It is a unique group of musicians adorned in tuxedos who have played thousands of concerts. Their music ranges include the classics, pops, romance and jazz. Don't miss this high quality music presentation with tremendous talent.

Tuesday, April 24
10:45 am-3 pm
\$64 includes bus, lunch and performance
Code No. 6122.101
Registration Deadline: Friday, March 30

Turtle Lake Casino

This is a trip worth betting on! Gather your friends and enjoy round-trip deluxe motor coach transportation to St. Croix Casino, courtesy of Shamrock Casino Tours. Each person will receive \$5 in quarters at the Casino. That is right—you pay \$5 and you get \$5! Must be age 55 or older.

Monday, May 7, 8:30 am-5 pm
\$5 includes transportation
Code No. 6122.102
Registration Deadline: Friday, April 27

Chan/Chaska Spring Overnight Trip: Eau Claire/Chippewa Falls

After a relaxing bus ride to the Eau Claire area, a costumed step-on guide will provide a "hysterically historical" tour of Eau Claire. Next enjoy a hearty lumberjack lunch at the award winning Chippewa Valley Museum. Lunch will include a sandwich, sides, and dessert at the old-fashioned ice cream parlor and a song/comedy show by Charlie. Next up is the Paul Bunyan Logging Camp. Learn about the life of the lumberjacks as we tour the cook shanty bunkhouse stable, and blacksmith shop. Then it's time to check into our hotel for a welcome reception and a little rest and relaxation.

In the evening, we'll attend the enchanting Fanny Hill Dinner Theatre with a breathtaking view overlooking the scenic Chippewa River. The evening includes a gourmet meal, dessert, and the comical farce, "Fox on the Fairway." After breakfast, we will visit the Eau Galle Cheese Factory for sampling and a unique shopping experience. Then it is on to Menomonie for a tour of the magnificent Mabel Tainter Theater. Lastly, enjoy a delightful meal at the Olde Town Restaurant before heading back home.

Thursday & Friday, May 17-18
Thursday, 8:15 am-Friday, 3:30 pm
Return time is approximate
Bus departs from the Chan Rec Center
\$225 per person Double Occupancy/
\$255 per person Single Occupancy
Includes transportation, all meals, and entertainment
Registration Deadline: Monday, April 2

Senior Advisory Board Openings

Applications are being accepted for vacancies on the Senior Advisory Board for the upcoming term beginning in April. The Senior Advisory Board meets on a monthly basis and serves as an advisory board to the Senior Center Coordinator and Park & Recreation Department. They make recommendations on matters relating to social, recreation and education programs and services held at the Chanhassen Senior Center. For more information, or to obtain an application, please contact Sue Bill at 952-227-1124. The application deadline is Friday, February 24.

Lifelong Learning

Lifelong Learning presentations are offered at the Senior Center through Augsburg College, THE COLLEGE OF THE THIRD AGE. Special thanks to KleinBank for sponsoring these educational programs. Refreshments will be served.

Lenten Themes Through the Artist's Eyes: Lent is one of the oldest observations on the Christian calendar. The events of Holy Week in the Christian Church have a rich heritage and interpretation in paintings and art forms throughout history. Starting with a slide of a Swedish fold artist, interpretation of Palm Sunday through French, German, and Italian traditions are portrayed.

Tuesday, April 3, 10 am
Chanhassen Senior Center
\$3 Per Person
Registration Deadline: Monday, March 20

Nintendo Wii Bowling

It's all strikes and smiles at the Chanhassen Senior Center for spring Wii bowling on the big screen! Join the fun!

1st & 3rd Thursdays, 9:30-11 am, FREE

Tax Assistance

Carver County Libraries will offer FREE tax assistance to moderate income individuals and seniors. Drop in during the times noted below. All returns will be e-filed. Taxpayers that have unusual or complex tax returns will be advised to seek help from the IRS or a paid preparer.

Tuesdays, mid-February-April 10, 9 am-1 pm
Wildier Room at the Chanhassen Library
Stop in the Library for more details or check www.carverlib.org.

Health Insurance Assistance

Medicare can be complicated, but don't let it complicate your life. Meet with a State Health Insurance Counselor who provides individual assistance with: Medicare, prescription drugs, Long Term Care Insurance, Supplemental Insurance, Medicare Savings Programs, Medicare fraud and abuse, and more!

It's important to review your Part D plan every year. Some plans change their formulary, increase their costs, or drop their plans altogether. Meet with our experienced counselor who can review your existing plan and explore other options. Make sure your current plan is the best one for you! Preregistration is required. Call 952-227-1124 to make an appointment.

The next sessions are February 14, March 13, April 10.

Pickleball

Pickleball is a racquet sport that combines elements of badminton and table tennis. The sport is played on a court with hard paddle and a whiffle ball. Although pickleball appears to be very similar to tennis, there are key differences that make pickleball more accessible to a wider range of players, particularly seniors.

Tuesdays and Thursdays, 1-3 pm
Chanhassen Recreation Center
Senior Rates Per Time:
\$2.75 Residents/\$3.25 Non-Residents or
Use your Punch Card

Cribbage

Peg your way to the Senior Center for an afternoon of fun. We'll play on the first and third Friday of the month. Six games will be played with prizes awarded to the top three point holders.

1st & 3rd Fridays, 10 am-12 noon, \$1/time

Friday Fun & Games

Drop in for fun and games on Fridays at the Senior Center. Board games, Scrabble, Dominoes & Uno are just a few of the games you may play. Stay after for a warm, nutritious lunch provided by the CAP Agency Senior Nutrition Program. A two-day reservation is required for lunch by calling 952-227-1127 and the program requests a \$3.50 contribution.

Fridays, 9:30 am-12 noon, FREE

Congregate Dining and Home Delivered Meals

The CAP Agency Senior Nutrition Program offers Congregate Dining and meals to homebound seniors in Chanhassen. Enjoy hot, nutritious meals delivered right to your door or at the Senior Center. Both programs are offered Monday through Friday. A three-day reservation is required and the program requests a \$3.75 contribution. If you are age 60+, join your friends for a meal, fellowship and fun, or if you are considered homebound, call for a home delivered meal. Menus include gluten free or low salt entrees and reduced calorie dessert options. Call Jody at 952-227-1127 for a reservation.

Zumba Gold®

Zumba Gold was designed for the active older adult, the true beginner, people who are not used to exercising, and/or people who may be limited physically. Zumba Gold is done at a much lower intensity. The same great Latin styles of music and dance are used and just as fun as the regular Zumba classes. Zumba Gold classes strives to improve our balance, strength, flexibility, and most importantly, the heart.

Instructor: Pamela Koltes
Chanhassen Recreation Center
\$48 Residents/\$56 Non-Residents (\$12 Drop-in Fee)
Minimum: 5 participants

Session 1
Tuesdays, February 21-March 27
10-11 am
Code No. 4122.103
Register By: Tuesday, February 14

Session 2
Tuesdays, April 3-May 15
10-11 am
Code No. 4122.104
Register By: Tuesday, April 10

EnhanceFitness®

You can recognize an Enhance-Fitness class by the relaxed atmosphere and laughter in the room! Participants work at their own pace and receive personal attention from a trained instructor. EnhanceFitness focuses on stretching, flexibility, balance, low impact aerobics (seated if needed) for cardiovascular health, and strength training exercises. Join us to see why EnhanceFitness is the premier fitness choice among older adults. Pre-registration is required, but on-line registration is not available.

Mon. & Wed., April 30-July 23
No Class July 2 & 4
10:15-11:15 am
\$69/session/Members of UCare for Seniors can attend at no charge, but must register Chanhassen Recreation Center

Computer Training

Senior Surf Days

Senior Surf Days provide hands-on computer training to seniors. These classes are geared to seniors who have little or no experience with computers. Each class lasts approximately 2 hours; enough time for attendees to become familiar with the computer (mouse, keyboard and desktop) and learn the basics of surfing the internet. Seniors will learn how to type in a web address, how to navigate from one web page to the next, how to determine whether or not a web site is secure, and how to conduct searches using common search engines. Seniors will also learn how to access internet sites that will assist them in obtaining information on their own. Classes are taught by representatives from the Senior LinkAge Line®. To register, call the Senior Center or register at the Library. Attend only one class—it is not a series.

February 27, March 26 OR April 23
10 am-12 noon
Chanhassen Library
FREE

Basic Computer Instruction

Need help using a computer? We have computer tutors available to work with you one-on-one to introduce you to your personal computer. You'll be guided on the basics of how to use email, the Internet, and various software programs. Call 952-227-1125 to sign up for an appointment. Mutual times will be arranged by the instructor and participant.

Open Swim

The Chanhassen Senior Center and the AmericInn of Chanhassen have teamed together to provide Open Swim for area seniors. Punch cards need to be purchased at the Senior Center prior to joining the program. Towels, changing rooms, hot tub and whirlpool are available. For more information, call 952-227-1125.

\$24 for a 12-session punch card
Code No. 5000.100

Ongoing Activities

The Senior Center offers these activities on a weekly/monthly basis throughout the year. Come experience the fun! Call the Senior Center at 952-227-1125 for more information.

Book Club: The Book Club meets the 4th Monday of the month from 1-2:30 pm in the Senior Center. Join this group for lively discussions of new and classic books.

Bingo: This group meets every Wednesday from 12:30-3:30 pm. They play 20 games and each game costs \$.25.

Bridge: This group meets every Monday from 12:30-3:30 pm. For more information or to play, contact Rosemary Whowell at 952-949-6614 at least 24 hours in advance.

Card Club (500 and Hand & Foot): This club meets every Thursday from 1-4:30 pm at the Senior Center.

Cribbage: This group meets the 1st and 3rd Fridays of the month from 1-3 pm. They play six games with prizes awarded to the top 3 point holders. \$1 per person.

Woodcarving: This mixed group of men and women meets every Wednesday and Friday from 9-11:30 am. All talent levels are welcome! There is a volunteer instructor available for first-time or experienced carvers who would like to learn more. Visitors are welcome at any time.

Nintendo Wii Bowling: Join the fun at the Senior Center on the 1st and 3rd Thursdays from 9:30-11 am when we bowl on the big screen!



Senior Commission: The Senior Commission meets the third Friday of every month at 10-11:30 am in the City Council Chambers. The Commission examines the needs of seniors in our community.
Senior Advisory Board: The Senior Advisory Board meets the third Monday of every month at 9 am in the Senior Center. Advisory Board members serve in an advisory capacity, making recommendations to the Senior Center Coordinator on social/recreational programs and related services designed for residents of the community.

CHAN-o-laires: Come share your talents with this group! New members are welcome at any time of the season. They meet Tuesdays from 12:30-2:15 pm, *except during June, July & August*. Throughout the year, the group sings at various locations and special events. If you are interested in joining or would like to book a performance, contact Jean Staubli at 952-294-8292.

Women's Club: Join this energetic group of ladies for interesting speakers, crafts, field trips, and community volunteer opportunities. This group meets the second Monday of each month from 9:30-11 am. The schedule is listed below:

Feb. 13 Regular Meeting, 9:30 am followed by Arthritis Talk

Mar. 12 Regular Meeting, 9:30 am

Friday Fun & Games: Drop in on Friday mornings from 10 am-12 noon. Scrabble, Dominoes and Uno are just a few of the games play. Stay after for a warm, nutritious lunch provided by the CAP Agency Senior Nutrition Program (see related article on page 16).

Defensive Driving

The Senior Center offers both a first-time defensive driving class (8 hours) and a refresher course (4 hours) for participants who have taken the class before. An insurance discount certificate is given to everyone upon completion of the class.

The cost is \$16/\$18 per person. The \$16 rate applies to AARP members and the \$18 rate is for non-AARP members. The AARP number must be provided at time of registration. If you do not have a number, call AARP at 1-888-687-2277 or access their web site at www.aarp.org. Payment is due with registration. Make checks payable to the City of Chanhassen. Registration is required for these classes and is due 5 days prior to start. Registration options: www.ci.chanhassen.mn.us, at city hall or the senior center, or by mail. Call the Senior Center at 952-227-1124 if you would like a registration form mailed to you. No phone registrations accepted.

4-Hour Refresher Course

Wednesday, February 8, 12:30-4:30 pm
Code No. 6121.105

Thursday, March 15, 5:30-9:30 pm
Code No. 6122.103

Tuesday, April 17, 8:30 am-12:30 pm
Code No. 6122.104

Monday, May 14, 5:30-9:30 pm
Code No. 6122.105

8-Hour Course

April 2 & 3, 5:30-9:30 pm
Code No. 6122.106

Foot Care Clinic

The Senior Center is offering foot care services on the first Tuesday of every month from 8:30 am-12:15 pm. Foot care services include a soak, assessment, nail trimming, and massage. Appointments are required by calling 952-227-1125 and last approximately 30 minutes. Due to the high demand for this service, we ask that you schedule appointments every other month. The cost is \$26 per visit and may be paid on the day of your visit.

