

# News from the Steeple Center

A publication for 55 plus/Seniors

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Rosemount Parks & Rec  
13885 South Robert Tr.  
Rosemount, MN 55068

The Steeple Center  
14375 South Robert Tr.  
Rosemount, MN 55068  
(no mail delivery to this address)

Rosemount Area Seniors  
PO Box 402  
Rosemount, MN 55068



**ANNOUNCEMENTS:**

**Double Pinochle—NEW!**

**Thursdays, 1:00 p.m.**

**December 1—January 26**

**Steeple Center, Room 100**

The Rosemount Area Seniors will be starting a Double Pinochle club on Thursdays at 1pm in December and January. If there is enough interest, the club will continue on. Beginners are welcome! Just bring \$0.50 for prize money.

**THE STEEPLE CENTER  
WILL CLOSE AT 12PM ON  
FRIDAY, DECEMBER 23RD.**

**THE DECEMBER LUNCH  
OUT SCHEDULED FOR  
FRIDAY, DECEMBER 23RD  
AT CASPER'S IN EAGAN HAS  
BEEN CANCELLED.**

**Hand & Foot Seeking  
More Players**

Hand & Foot needs more players! Not experienced with this game? No problem—we can teach you! Join us on the 3rd Wednesday and 4th Friday of the month at 1pm in Room 100.



**JANUARY RAS BIRTHDAYS**

Diane Bergens	4th	Eleanor Aho	22nd
Dean Grotjohn	4th	Marilyn Boehm	22nd
Barbara Day	8th	Diane McNearney	24th
Eva Tufte	8th	Peggy Anderson	25th
Bill Nelson	10th	Phyllis Mullin	25th
Barbara Oie	13th	Mary Ahrens	25th
Sandra Young	18th	John Loebach	26th
Betsy MacDonald	19th	Evy Heath	27th
Bruce Jacobsen	21st	Sandra Frame	28th

## THE STEEPLE CENTER



Welcome readers to the “News from the Steeple Center”, a publication for 55 plus/seniors in the Rosemount community. The Steeple Center houses the majority of the programs and events for the 55 plus/seniors. Programs are a partnership of the Rosemount Area Seniors and the City of Rosemount Parks & Rec.

### Steeple Center Hours

Monday-Friday: 8 a.m. — 4:30 p.m.

Evenings & Weekends: Based on Scheduled Events

### **To register for a Parks & Rec program, event, or trip:**

- Register online at [www.ci.rosemount.mn.us](http://www.ci.rosemount.mn.us)
- Register in person at the Parks & Rec office located in the lower level of the Community Center
- Drop a completed registration form and payment in the drop box outside the office at the Steeple Center

## ONGOING RAS ACTIVITIES

### **Bid Euchre—Room 100**

*Tuesdays, 9 a.m.*

Bring \$0.50 for prize money

### **Bridge—Room 100**

*Mondays, 9 a.m.*

Bring \$0.50 for prize money

### **Bunco—Room 100**

*4th Tuesday of the month, 1 p.m.*

### **Crafts—Room 202**

*3rd Tuesday of the month, 1 p.m.*

### **Card Bingo—Room 100**

*4th Wednesday of the month, 1 p.m.*

Bring 3 nickels, 3 dimes, 3 quarters, \$1 bill

### **Cribbage—Room 100**

*Thursdays, 9 a.m.*

### **Dominoes (Mexican Train) - Rm 100**

*2nd Wednesday of the month, 1 p.m.*

Bring 13 nickels

### **Double Pinochle—Room 100**

*Thursdays, 1 p.m.*

Bring \$0.50 for prize money

### **Euchre—Room 100**

*Fridays, 9 a.m.*

Bring \$0.50 for prize money

### **Hand and Foot—Room 100**

*3rd Wednesday of the month, 1 p.m.*

*4th Friday of the month, 1 p.m.*

### **Musical Jam—Assembly Hall**

*3rd Wednesdays of the month, 1 p.m.*

Come and play or just enjoy the music!

### **Quilting Club—Room 202**

*Wednesdays, 1 p.m.*

Social learning group—bring your own patterns, fabric, squares, etc.

### **Velvet Tones**

*Sept.-May, Wednesdays, 10 a.m.*

Community choral group (55+) that meets at the Apple Valley Senior Center. More information at [www.velvettones.org](http://www.velvettones.org).

### **Watercolor & Acrylic Group—Room 202**

*2nd & 4th Tuesdays, 11 a.m.—3 p.m.*

Bring supplies and get together to paint! All ability levels are welcome!

### **500—Room 100**

*Mondays, 1 p.m.*

Bring \$0.50 for prize money

## AREA SERVICES

### **Senior LinkAge Line**

**1-800-333-2433**

Senior LinkAge Line is a free telephone information and referral service which makes it easy for older adults and their families to find community resources close to home.

### **DARTS**

**651-455-1560—General Service**

DARTS staff and volunteers can help with everything from household chores or accomplishing daily errands to enjoying the company of a visitor.

### For Rides:

- 651-602-5465 — Transit Link
- 651-602-1180 — Metro Mobility

### **GAPP Transportation**

**952-953-9299**

Provides transportation and medical transportation for people in Dakota County who are disabled or have no other mode of transportation available.

### **Senior Law Project**

**651-224-7301**

The Senior Law Project of the Twin Cities offers legal assistance and referrals for all older adults of this area. You are encouraged to call the Senior Law Project to make an appointment.

### **Snap Outreach**

**651-307-9033**

Second Harvest Heartland offers free programs to help ease your food budget.

### **Meals on Wheels**

**612-669-2910**

Meals on Wheels offers weekday home delivery of nutritious, hot midday meals on a short or long-term basis.

### **Nutrition Assistance Program for Seniors (NAPS)**

**651-484-8241**

Provides a free 35 lb box of food each month to qualifying seniors.

# January 2017

Mon	Tue	Wed	Thu	Fri	Sat
<p><b>2</b></p> <p>9:00 Bridge 1:00 500</p>	<p><b>3</b></p> <p>8:00 Coffee @ Cub 9:00 Bid Euchre 11:30 Luncheon, Pork Roast &amp; Card Bingo</p>	<p><b>4</b></p> <p>10:00 Velvet Tones, Apple Valley 1:00 Quilting Club, Room 202 6:30 Yoga*</p>	<p><b>5</b></p> <p>9:00 Cribbage 1:00 Pinochle 1:00 Yoga*</p>	<p><b>6</b></p> <p>9:00 Euchre</p>	<p><b>7</b></p> <p>7:00 Bluegrass Concert, Assembly Hall**</p>
<p><b>9</b></p> <p>9:00 Bridge 1:00 500 6:30 Senior Strength Training*</p>	<p><b>10</b></p> <p>8:00 Coffee @ Cub 9:00 Bid Euchre 9:00 Driver's Safety* 10:00 IMAX, MN Zoo 11:00 Watercolor &amp; Acrylics (Rm 202)</p>	<p><b>11</b></p> <p>10:00 Velvet Tones, Apple Valley 1:00 Quilting Club, Room 202 1:00 Dominoes (Mexican Train) 6:30 Yoga*</p>	<p><b>12</b></p> <p>9:00 Cribbage 9:00 Breakfast Out, Starks, Eagan 1:00 Pinochle</p>	<p><b>13</b></p> <p>9:00 Euchre 7:00 Bob Dylan Tribute Band Concert, Assembly Hall**</p>	<p><b>14</b></p>
<p><b>16</b></p> <p>9:00 Bridge 1:00 500 3:00 Zumba Gold 6:30 Senior Strength Training*</p>	<p><b>17</b></p> <p>8:00 Coffee @ Cub 9:00 Bid Euchre 1:00 Crafts (Rm 202)</p>	<p><b>18</b></p> <p>10:00 Velvet Tones, Apple Valley 1:00 Hand &amp; Foot 1:00 Quilting Club, Room 202 1:00 Musical Jam, Assembly Hall 6:30 Yoga*</p>	<p><b>19</b></p> <p>9:00 Cribbage 1:00 Pinochle 1:00 Yoga*</p>	<p><b>20</b></p> <p>9:00 Euchre 7:00 500 Tourney</p>	<p><b>21</b></p>
<p><b>23</b></p> <p>9:00 Bridge 1:00 500 6:30 Senior Strength Training*</p>	<p><b>24</b></p> <p>8:00 Coffee @ Cub 9:00 Bid Euchre 11:00 Watercolor &amp; Acrylics (Rm 202) 1:00 Bunco</p>	<p><b>25</b></p> <p>9:00 Advisory Board Meeting 10:00 Velvet Tones, Apple Valley 1:00 Card Bingo 1:00 Quilting Club, Room 202 6:30 Yoga*</p>	<p><b>26</b></p> <p>9:00 Cribbage 1:00 Pinochle 1:00 Yoga*</p>	<p><b>27</b></p> <p>9:00 Euchre 11:30 Lunch Out, Fireside, Rosemount 7:00 Classic Movie, Assembly Hall**</p>	<p><b>28</b></p> <p>12:30 500 Tourney</p>
<p><b>30</b></p> <p>9:00 Bridge 1:00 500 3:00 Zumba Gold 6:30 Senior Strength Training*</p>	<p><b>31</b></p> <p>8:00 Coffee @ Cub 9:00 Bid Euchre</p>	<p>Cards and games take place in Room 100 at The Steeple Center. Check room schedules at the facility for locations of other programs/activities.</p> <p>* Advanced registration required. Please see page 2 for more information on how to sign up.</p> <p>**RAAC Event, see page 7</p>			

## UPCOMING RAS EVENTS

### Monthly Luncheon

Tuesday, January 3

RSVP Deadline: December 27

\$10 for members/\$12 for non-members

11:30 a.m. Lunch

12:30 p.m. Entertainment

Steeple Center, Assembly Hall

Join us for a pork roast dinner and dessert catered by House of Coates. The after lunch entertainment will be Card Bingo! Please bring 3 nickels, 3 dimes, 3 quarters, and a \$1 bill for antes. Pre-registration and payment is required. Registration envelopes can be placed in the RAS drop box located at the Steeple Center with payment enclosed.



### Sunshine Service

Please contact Al Sprute at 651-423-1666, if you know of an RAS member who could use a little "Sunshine" greeting.

### Breakfast Out

Thursday, January 12, 9 a.m.

Starks (3125 Dodd Road, Eagan)

Become acquainted with other seniors at our monthly Breakfast Out. Join us on the second Thursday of the month. Cost of the meal is on your own.

### Lunch Out

Friday, January 27, 11:30 a.m.

Fireside (3410 150th St. W., Rsmt)

Let's get together for lunch at some of your favorite restaurants! You will order off the menu and pay at the restaurant.

### 500 Tournament

Friday, January 20, 7 p.m.

Steeple Center, Room 100

\$1/person

Knowledgeable players of all ages are welcome. Registration starts at 6:45 pm and play begins at 7 p.m. sharp! The cost is \$1, which is used as prize money. Coffee is provided.

### RAS Membership Forms

Don't forget to submit your 2017 Membership Form! Forms can be found in the literature racks at the Steeple Center and can be returned to the RAS Drop Box, submitted at the General Meeting Luncheon, or mailed to: Rosemount Area Seniors, PO Box 402, Rosemount, MN 55068.

### Velvet Tones Christmas Concert

Sunday, December 18, 3 p.m.

Apple Valley Senior Center

14601 Hayes Road, Apple Valley

Join us for a holiday concert preformed by the Velvet Tones, the community choral group of senior adults 55 or older, including some of our very own RAS members!



## TRIPS & OUTINGS

### Como Centennial Gardens & St. Paul Hotel\*

Friday, February 10

Registration Deadline: January 9

Cost - \$70/person

Bus leaves Community Center at 8:45 a.m. and returns at approximately 4:15 p.m.

Enjoy a guided tour of Marjorie McNeely Conservatory and greenhouse at Como Park, the largest glass-domed garden in the region. After the guided tour, walk through the gardens at your own pace and enjoy the misty fern room, exotic tropical gardens, breathtaking flowers, fragrant and colorful landscape displays., and the Como Zoo and Garden Safari Gift Store. Following the conservatory, we will head to the exquisite and historic St. Paul Hotel for lunch at the M St. Café'. The sophisticated yet casual dining experience will include the Sideboard Buffet, featuring hot entrees with side dishes, salad, soup, and beverages. After lunch, purchase some Valentine's Day Candy at the new Abdallah's Chocolate store in Apple Valley, which includes an observation window.



### Chocolate & Hearts: How Sweet It Is\*

Friday, February 10

Registration Deadline: February 3

Cost - \$15/person

Oaks Ballroom, Eagan Community Center, 1501 Central Parkway

This Valentine's Day, your heart may melt, but the chocolate buffet will not. Enjoy music, appetizers, a chocolate buffet, games and more! Singles, couples, friends and anyone age 55 & over are welcome. Pre-registration is required.

### Progressive Irish Tasting Tour\*

Tuesday, March 14

Registration Deadline: February 13

Cost - \$73/person

Bus leaves Community Center at 9:30 a.m. and returns at approximately 3:45 p.m.

The first course on this Irish Tasting Tour starts at O'Gara's Irish Grill with a cup of soup specially prepared by O'Gara's Chef amidst unique Irish décor. The next stop is O'Malley's Irish Pub in Woodbury for the main course. Choose between homemade shepherds pie or fish and chips. Please indicate main course choice at the time of registration. The tour will conclude at the Lake Elmo Inn with a cup of hot coffee and some delicious bread pudding with Irish whiskey.



### The Glenn Miller Orchestra at the St. Cloud Paramount Theater\*

Tuesday, April 11

Registration Deadline: March 6

Cost - \$74/person

Bus leaves Community Center at 9:00 a.m. and returns at approximately 5:30 p.m.

Our first stop will be for a lunch buffet at the Coyote Moon Grille Restaurant overlooking the Territory Golf Club in St. Cloud. After lunch we will arrive at the Paramount Theater, a turn-of-the-century historic 700 seat theater that was renovated in 1998, where we will be entertained by the world famous Glenn Miller Orchestra. We will also have the opportunity to visit the Paramount Gallery & Gift Shop featuring Minnesota artists in all mediums.

\*Requires pre-registration and payment. Please see page 2 for registration options.

## PARKS & REC CLASSES & OFFERINGS

### Driver Improvement Course\*

Tuesday, January 10, 9 a.m.

Registration Deadline: January 5

Cost: \$22

Steeple Center, Room 200

We have partnered with the MN Highway Safety Research Center/AAA to offer driver improvement courses for mature drivers. Upon completion of this course, drivers 55+ may be entitled to a 10% discount on their auto insurance. This 4-hour program is open to anyone who has taken an 8-hour course within the last three years. All driver improvement courses must be refreshed every three years to keep the discount in force.

### Senior Strength Training\*

Mondays, 6:30—7:30 p.m.

January 9-30

Registration Deadline: January 2

Cost: \$40/session (4 classes)

Steeple Center, Room 200

Certified Kettlebell instructor Ben Swarts leads this strength training class designed specifically for seniors! Mobility and strength will be the primary emphasis of the class, with the goals being improved quality of life, and increased ability to be active and engaged. While the primary equipment that will be used will be a kettlebell for exercises such as loaded carries, overhead presses, deadlifts, squats and more, participants will also learn to utilize their own body weight for movements such as planks, squats, and pushups. Don't be intimidated – no experience with strength training is necessary to participate! All equipment will be provided, but participants are encouraged to wear comfortable clothing and shoes and bring a water bottle and their own mat.

### Yoga\*

- **Afternoon Session: Jan. 5-Feb. 2**  
(no class on 1/12)

Thursdays, 1 p.m. - 2 p.m.

Registration Deadline: Jan. 4

- **Evening Session: January 4-25**

Wednesdays, 6:30-7:30 p.m.

Registration Deadline: Jan. 3

Cost: \$25/session (4 classes)

Steeple Center, Room 200

Join instructor Debbie Phraner for this 50+ yoga class. Proper breathing and gentle postures will be taught to enhance strength and mobility. Chairs are available and can be used to adapt poses for your comfort. The class environment will help promote peaceful, joyful and healthy individuals. Participants are encouraged to bring their own mats.

### Zumba Gold

Mondays, 11:15 a.m.—12:15 p.m.

Cost: \$5/class

Steeple Center, Room 202

Led by certified instructor Jodie Barris, Zumba Gold is a fun-filled dance fitness class. Experience a complete body workout while learning the basic steps to salsa, meringue, cha-cha and other rhythms. No dance experience is necessary! Zumba Gold classes provide modified, low-impact moves for active older adults. Comfortable clothing and athletic shoes are recommended, and participants are encouraged to bring a water bottle. This is a drop-in style class, so pre-registration is not necessary. The \$5 fee is payable each day attended, and the first two classes are FREE for new participants!

\*Requires pre-registration. Please see page 2 for registration options.

## OTHER OPPORTUNITIES

### IMAX Theatre

**“Wild Africa 3D”**

**Tuesday, January 10, 9 a.m.**

**Cost: \$6**

Senior Citizen Day at the Great Clips IMAX Theatre at the MN Zoo is the second Tuesday of each month. Join us for complimentary coffee, treats, and door prize drawings before the film at 10 a.m. All films and times are subject to change.

### “Step Out and Walk About” the RCC

- **RCC Hallways:** Monday–Friday. 8 a.m. – 4:30 p.m.  
Evening hours depend on scheduled events.
- **RCC Gymnasium:** Monday-Friday, 8-9 a.m.
- **No Gym Walking on Monday, January 2nd**

Adults of all ages are invited to “walk about” the Community Center or gym during the hours listed. Walking maps are available at the Parks and Recreation Office located on the lower level of the RCC, 13885 South Robert Trail.

### History Book Club

**2nd Tuesday of the month, 6:30 p.m.**

**Robert Trail Library**

The Rosemount Area Historical Society in partnership with the Robert Trail Library selects titles to read and then meets to discuss and share ideas about these books. New members are always welcome! For more information, contact John Loch at [rosemounthistory@charter.net](mailto:rosemounthistory@charter.net) or 952-255-8545.

- December 13: “Japan 1941” by Eri Hotta
- January 10: “Ravensbruck” by Sarah Helm
- February 14: “The Lady Gold” by Anne-Marie O’Connor
- March 14: “A Spy Among Friends” by Ben Macintyre

### Senior Drop-In Bowling

**Tuesdays, 9 a.m. to 12 p.m.**

**Cedarvale Lanes, 3883 Cedar Grove Pkwy., Eagan**

**Cost: \$5 for 3 Games**

Transportation must be provided on your own.

## ROSEMOUNT AREA ARTS COUNCIL EVENTS

The Rosemount Area Arts Council (RAAC) hosts many exciting events at the Steeple Center Assembly Hall that you can take advantage of. Many are ticketed events (prices, if applicable, are noted below). Tickets can be purchased online at RAAC’s website [www.rosemountarts.com](http://www.rosemountarts.com), at the door the day of the event, or via mail to: RAAC, P.O. Box 409, Rosemount, MN 55068. January events include:

- **“Middle Spunk Creek Boys” Bluegrass Concert—\$10**  
Saturday, January 7th, 7:00pm-9:00pm
- **Bob Dylan Tribute Band Concert—\$14**  
Friday, January 13, 7:00pm-9:00pm
- **Classic Movie Showing: “James Bond 007—You Only Live Twice”—FREE!**  
Friday, January 27, 7:00pm

### Lighthouse Church Seniors Christmas Luncheon

**Thursday, December 15**

**11:00 a.m.—1:00 p.m.**

**Lighthouse Church**

**3285 144th St. W., Rosemount**

Lighthouse Church is hosting a FREE Christmas luncheon for seniors in the Rosemount community. The event will feature a catered meal and Christmas music by Nate & Lori Sabin. Please RSVP to Karla at 651-423-2566 x148 by December 12th.

### 500 Tournament

**Saturday, January 28, 12:30 p.m.**

**Cost: \$3**

**Ages: 18+**

**Steeple Center, Room 100**

Join us for a fun-filled Saturday afternoon of cards - bring a partner! Sign up with Rosemount Parks & Rec, and pay at the door, or walk-ins are welcome. Call 651-322-6000 or Mel Engle at 651-322-2210 for more information.

## [ RAS Executive Board ]

**President** Forrest Krogh  
651-423-1328

**Vice-Pres.** Charlie Kostecka  
651-423-3043

**Secretary** Gloria McMorran  
763-670-4084

**Treasurer** Terrance Yourchuck  
651-423-2782

### New Program Ideas

Do you have a talent or hobby you wish to share with others? Now that we are moved into the Steeple Center and have more space to work with, we are looking to expand our programming offerings and would love to hear from you!

Contact:

Stephanie Baumann, Recreation Coordinator  
651-322-6016

[stephanie.baumann@ci.rosemount.mn.us](mailto:stephanie.baumann@ci.rosemount.mn.us)

### Rosemount Parks & Rec

Main Office: 651-322-6000

Stephanie Baumann: 651-322-6016

Lacelle Cordes: 651-322-6011



13885 South Robert Trail  
Rosemount, MN 55068