

The Chatter

A PUBLICATION FOR EXPERIENCED ADULTS

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Fantastic Fall Opportunities!

Activities, news & events you're sure to love!

Published in January, May and September, The Chatter is mailed to over 3,500 senior households in northwest Dakota County courtesy of ISD 191 Community Education and the City of Burnsville. To subscribe to this free publication, or to stop your subscription, please call 952-707-4120.

Welcome to the Burnsville Senior Center

We offer a variety of events, services, screenings, enrichment and social groups. Located in the lower level, east side of Diamondhead Education Center (DEC). Enter door 11 or 12. See map and more details on page 2.

During business hours you must be buzzed in to the building. Press the buzzer, when it is answered, please say you are coming to the Senior Center or indicate which activity you are attending. If there is no answer, call 952-707-4150 during business hours for assistance.

Join us for Gathering Grounds

Where experienced adults connect, learn and grow

Check out pages 4-5 for events, activities and more.

BURNSVILLE SENIOR CENTER MISSION

To provide a Senior Center that is a community focal point on aging where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the Center and the community.



Located in Diamondhead Education Center

200 West Burnsville Pkwy
Burnsville, MN 55337

Open Monday-Friday,
9 am-4:30 pm

Enter door 11 or 12 lower level east side

952-707-4120 Email: senior.center@isd191.org

Website: communityed.isd191.org/adult/senior-center

Check out **At A Glance** for groups that meet on a regular basis See page 26

Use the registration form on the inside back cover to register for classes or events.

Mail to or drop off at the Burnsville Senior Center, 200 West Burnsville Pkwy, Burnsville, MN 55337



Advisory Council

Members

Bernice Blacksher	Laurie Clough
Ingrid Jensen	Barb Knoke
Audrey Lattery	Maggie McKinney
Wayne Scheffel	Fred Steaderman
Wanda Trousil	Liz Whetter

Guests always welcome

The Advisory Council met in July to develop a Code of Conduct for the Burnsville Senior Center. It is posted in the Senior Center, and you may request a copy of it at the reception desk.

The Advisory Council meets each month September-May. Please contact Jennifer if you are interested in joining or attending a meeting. Guests are welcome.

GREEN SPACE

Fall 2025: Where has the year gone?

July 1 marked the completion of my first year as Manager of the Burnsville Senior Center, and it has been my pleasure. I am grateful for your kindness and support, and I look forward to continued adventures together.

Fall is when we ask for your support through the Annual Giving Campaign. Your donations help us stay in touch via this newsletter, and provide a membership free space dedicated to you, our senior community, five days a week. Please consider donating and know that your gift of any size is greatly appreciated.

Join us for the educational series Inventing a Nation - How the American Republic Came to Be. Celebrate the season at the Fall Festival. Step up for the new Line Dance class. Look for familiar events with an added twist. The Holiday Boutique is the Bootique and Bake Sale taking place on October 23. We celebrate the return of our senior giving event, now called InHom Senior Christmas. The giving tree will be up at the Bootique so make sure to stop by.

That delicious dinner you've enjoyed the last few years is available two ways this year. The Meal Deal Pick Up is November 19, and we've added a community dining Friendsgiving on November 20. You'll find more information about these activities and more inside.

If you have any questions, please feel free to contact me.

Jennifer Green, Manager of the Burnsville Senior Center

Weekly Updates

Weekly email or voice message from Jennifer providing updates & reminders

If you would like to receive it, call 952-707-4120 to provide the phone number or email address you'd like to use. You may update your information and request to be removed at the same number.

We are closed Labor Day Mon, Sept 1, Nov 27, 28, Dec 22-Jan 2

Should District 191 call a severe weather closure, the Burnsville Senior Center is also closed. When in doubt, please call ahead. 952-707-4120.



Join Us
For Fun & Friendship



Gathering Grounds

Where Experienced Adults
Connect, Learn & Grow
Together

Reserve your spot 952-707-4120

All activities held in DEC Meeting Room unless otherwise listed

Some activities may have a fee attached to help pay for speakers and entertainment. Space may be limited.

Burnsville Senior Center
11
SEPTEMBER
Hello fall
FESTIVAL
1:30-3:30 pm Free entry
Food available for purchase
**LIVE MUSIC / FESTIVE FOOD /
CARNIVAL GAMES/ CRAFTS**
RSVP 952-707-4120

City of Burnsville
Burnsville Senior Center
inHome SENIOR CARE



Daytime Disco

Fri, Sept 12, Oct 19, Nov 14, Dec 12

Remember how much fun it was to shake your groove thing? Join us at the Daytime Disco where you can dance to your heart's content, or sit back and enjoy the music. Move to the beat seated, or hit the dance floor. We provide the space; you provide the moves. This is not a dance class. Come ready to boogie-wear comfortable clothes and bring a water bottle.

09GG-DD 1-2 pm Studio B \$1 per session

BSC BINGO

We'll play a few games, share a few laughs and win a few prizes. No cost to participate but please register. Space is limited. You must be on our roster to play.

BSC BINGO Thur, Sep 25 at 1 pm

Sponsor Kingsley Shores

BOO BINGO Thur, Oct 30 at 1 pm

Special edition BINGO!

Wear a costume and join our sponsor, Norbella.

Burnsville Senior Center BOOtique & Bake Sale

There's something for everyone!

Homemade baked goods, crafters & makers, vintage jewelry, holiday items, handmade quilts by the BSC quilters, craft supplies and more.



Visit the **InHom Care Senior Christmas Tree**. Pick up a gift suggestion for a senior who is isolated or alone over the holidays.

Proceeds support the Burnsville Senior Center which is provided in partnership by ISD 191 and the City of Burnsville. Located at: Diamondhead Education Center, 200 W Burnsville Pkwy. Enter Door 11 or 12



Burnsville Senior Center Winter Open House

JANUARY 15



1 - 3 PM

Join us for an afternoon of socializing, delicious refreshments, and festive cheer. Refreshments compliments of InHom Senior Care & Regent at Burnsville RSVP to 952-707-4120



Be a vendor at the Burnsville Senior Holiday Bootique and Bake Sale!

Thursday, October 23, 9 am-2 pm. Set up begins at 8 am. Space + Table \$40

Scan the QR code or contact Jennifer Green at 952-707-4121 to reserve your space.

Enjoy a community dining "Friendsgiving" at the Burnsville Senior Center. Thursday, November 20 at 12 pm

Dine with us
November 20

Join us for Friendsgiving



Enjoy an oven roasted Turkey Dinner and all the fixings. Buffet style. Space is limited. Reserve your spot today!



Order by
November 7
Call 952-707-4120



Visit communityed191.org All dinners must be reserved and pre-paid. No walk-ins.



Drive by pick up November 19 at Diamondhead by door #11 Two pick-up times to choose from 9-11 am or 1-3 pm Select your pick-up time when you place your order

Meal Deal Just For You



PICK UP
November 19

Meals are ready to heat & eat and include Oven Roasted Turkey, Sage Dressing, Mashed Potatoes & Gravy, Vegetable, Slice of Pumpkin Pie



Order by
November 7
Call 952-707-4120



Visit communityed191.org Dinners must be pre-ordered and pre-paid



Burnsville Senior Center Meal Deal - Two Ways to Dine!

Friendsgiving Dine with us Looking for a little fellowship and companionship? Join us Nov 20, 12 pm at Burnsville Senior Center for a buffet luncheon with turkey and all the fixings. Limited to 50 diners.

Order and pick up a delicious pre-cooked heat and eat meal Oven roasted turkey, mashed potatoes, gravy, sage dressing, corn, cranberry sauce and piece of pumpkin pie for just \$8.

Advance purchase for either option required by November 7.

Register at the Senior Center or by calling 952-707-4120. Quantities are limited.

Helpful Phone Numbers

ISD 191 Community Education 952-707-4150

Metro Mobility 651-602-1111

Meals on Wheels 952-393-9860

AARP Office 952-858-9040

MN Highway Safety Center 888-234-9040

Happy Feet 763-346-3390



City of Burnsville Events

For more information call 952-895-4400.

Burnsville Festival & Fire Muster

Thursday, Sep 4, 5-8 pm

Kick Off Block Party at Nicollet Commons Park

Kickoff the Fire Muster festivities with a block party at Nicollet Commons Park. Come on out for DJ, food trucks, a beer tasting, face painting, an inflatable and more. Friday and Saturday Sep 5-6 Civic Center Park inclusive experiences for the whole community including international food, music and crafts, teen hangout and all your faves such as nightly bands, parade, fireworks and carnival.

All Ages Drive in Movie

The Wild Robot Friday, Sep 26

7 pm at North River Hills Park, 11500 19th Ave

Watch The Wild Robot, a family-friendly adventure unfold on the big screen under the night sky. Bring your snacks, cozy blankets, and loved ones for an unforgettable cinematic experience in the comfort of your own car, lawn chair, or blanket. Admission is free, but be sure to secure your spot by registering each individual car that will attend. Parking begins at 6:45 pm; movie begins at 7:30 pm

Winter Lighting Ceremony

Wed, Nov 26, 6-7 pm at Nicollet Commons Park

Join us for the 26th Annual Winter Lighting Event. Hundreds of thousands of mini-lights, 230 street light snowflakes, and a 30-foot tree come alive with energy-efficient LED lights.

Burnhaven Library Events

For more information call 952-891-0300.

M-Th, 9 am-8 pm / Fri & Sat, 9 am-5 pm / Sun, 1-5 pm
1101 W Country Rd 42, Burnsville

Thurs, Sept 18: 10 am Story of Romani Music

Tues, Oct 7: 5:15 pm Minnesota Nature & Landscape Painting (Registration Required, opens Sept 9)

Tues, Oct 14: 6:30 pm Club Book: Joshua Moehling, author "A Long Time Gone" & "And There He Kept Her"

Thurs, Nov 13: 5:30 pm: Natural Dyes: Iron and Tannin (Registration Required, opens Oct 16)



**Burnsville Senior
Center**

Where aging is embraced



Burnsville
YOU BELONG HERE

District

one91
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Welcoming Dr. Latanya Daniels as Superintendent of District 191

The Burnsville-Eagan-Savage School District 191 is pleased to welcome Dr. Latanya Daniels as the new Superintendent of District 191



Dr. Daniels brings a proven track record of leadership in education, most recently serving as assistant superintendent for Richfield Public Schools. Her career includes leadership as principal at both Richfield High School and Patrick Henry High School in Minneapolis, as well as experience as a middle school math teacher and school success program assistant. She holds both a doctorate and master's degree in education from the University of St. Thomas.

"Dr. Daniels has the skills and vision our board and community were seeking," said Board Chair Anna Werb. "With her focus on collaboration, data-driven results, and strong partnerships with students, staff, families, and the community, we are excited to have her leading District 191 into the future."

Dr. Daniels shares, "Education has always been the cornerstone of my life. I am honored to serve as superintendent and look forward to working together to ensure every student has access to a high-quality education and the opportunity to thrive." Dr. Daniels officially began her leadership on July 1, 2025, and we look forward to her partnership as we continue building a strong future for all learners in District 191.

<p><i>Where Remembrance Begins</i></p>  <p>THE CATHOLIC CEMETERIES</p>  <p><i>Give Them Peace of Mind... Pre-plan today & SAVE!</i></p>  <p><i>Let Us Guide You</i> call 651-228-9991</p>	<p>SUPPORT OUR ADVERTISERS!</p>	 <p>a ministry of CASSIA senior living on earley lake</p> <p>With Four Levels of Senior Living Independent Assisted Memory Care Care Suites</p> <p>14500 Regent Lane (952) 898-1910</p>
<p>ADT-Monitored Home Security</p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> Burglary Flood Detection Fire Safety Carbon Monoxide   <p>Authorized Provider SafeStreets 833-287-3502</p>	 <p>Faith-Based Senior Living</p> <p>To learn more, visit: www.blcstgertrudes.org</p>	



CENTER CONNECTIONS

SENIOR CENTER PARTNERS

Anne Capitani Meals on Wheels Program Director
Barb Tiggemann..... Friendly Visitors Program - DARTS
Joyce Fagerness..... Quilters Coordinator
Bruce Smith Woodcarving Coordinator
Sherry Beason Knitter Coordinator
Angie O'Connor Craft Group Coordinator
Doug Moseman..... Games Coordinator
Dick Hennen Duplicate Bridge Coordinator
Colleen Malterud Hand & Foot Coordinator
Sharon Raasch..... Stroke Group Coordinator
Wanda Trousil Library Coordinator
Dan McElroy..... Men's Breakfast Coordinator
Senior Led Sunrise Stretch Coordinator
Barb Knoke Decorations Coordinator
Trellis Health Insurance Counselor
Craig Rosenblum..... Scrabble Coordinator
Gary Konkler..... 500 Coordinator
John Stolt..... Eucher Coordinator
Judy Hurley Card Recycling Coordinator
Chuck Lucas..... Pinochle Coordinator
Naomi Whitman..... Cribbage Coordinator
Maggie McKinney..... Ladies Breakfast Coordinator
Sara Miller So Metro Stitchers Coordinator
Dwight Olinger Twin Cities Ukulele



Quilts on display in the Senior Center are for sale!

Take a look the next time you are in

Quilts make great gifts and are the perfect size for a child or lap blanket.

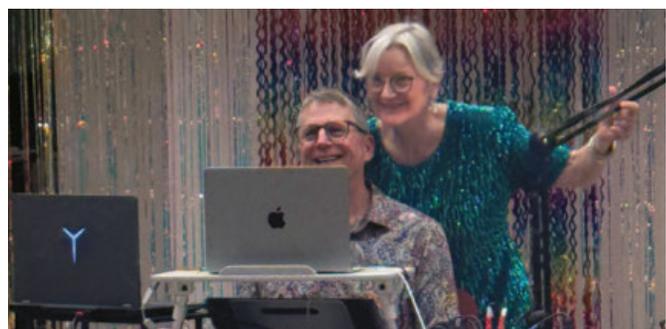
Recycled cards at the Senior Center 50 cents a piece. It's the best deal in town!

Old Cell Phones Needed

Keep up the great work! We collect old cell phones and send them to the National Council on Aging. They recycle them and send us a check. We have collected over \$2,000 thus far!

Our 1st Ever Senior Prom was a Smashing Success

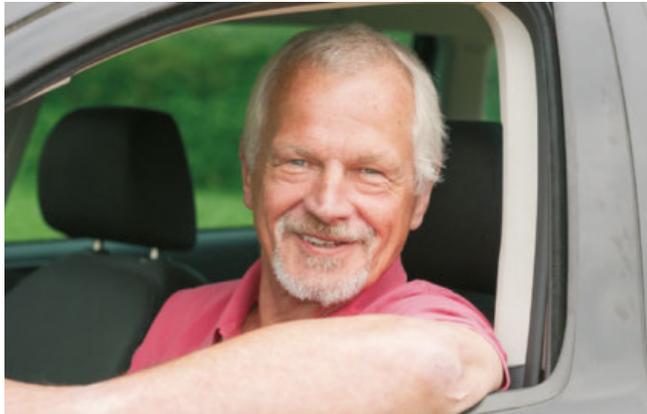
Look for other fun events in Gathering Grounds on page 4-5





DEFENSIVE DRIVING

Classes held at Diamondhead Education Center Senior Center meeting room



Drivers age 55+ are eligible to receive a 10% discount on their auto insurance. The 4-hour course now fulfills the initial requirement to earn the discount. Repeat this 4-hour course every three years to maintain the discount. \$24/person. Preregistration is required. Register online or by calling the Burnsville Senior Center 952-707-4120 or Precision Driving Center 1-888-234-1294.

\$24 DEC Meeting Room

0904-Sep08	Mon	1-5 pm	Sep 8
0904-Sep17	Wed	5:30-9:30 pm	Sep 17
0904-Sep18	Thu	1-5 pm	Sep 18
0904-Oct02	Thu	1-5 pm	Oct 2
0904-Oct13	Mon	5:30-9:30 pm	Oct 13
0904-Nov03	Mon	5:30-9:30 pm	Nov 3
0904-Nov06	Thu	1-5 pm	Nov 6
0904-Dec01	Mon	5:30-9:30 pm	Dec 1
0904-Dec04	Thu	1-5 pm	Dec 4
0904-Oct22	Wed	1-5 pm	Oct 22

This session only held in Rm 2020 on upper level of DEC

Please bring a pen and paper. You'll learn from a certified professional who has access to the most up-to-date research in the field. Instructors complete 40 hours of training and are re-certified by MHSRC every three years. Topics include but are not limited to: visual scanning techniques, steering techniques, anti-lock brake systems, airbag safety and new vehicle technology. Please note: A \$10 fee is applied for any changes on prepaid classes. There are no refunds if you are unable to attend.

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SOCIAL GROUPS



Books R Us Book Club

Sept 15, Oct 20, Nov 17, Dec 15
1 pm at the Senior Center

This club is provided in partnership with the Dakota County library system which provides information about the authors and questions for the monthly discussions.

Sept 15	Briar Club	Kate Quinn
Oct 20	The Measure	Nikki Erlick
Nov 17	The Women	Kristin Hannah
Dec 15	Remarkably Bright Creatures	Shelby Van Pelt

Book Club II

1st Tuesday of each month
1 pm at Barnes & Nobles

Burnhaven Shopping Center, 828 W County Rd 42.

Ladies Breakfast

Sep 12, Oct 10, Nov 14, Dec 12
9 am at Steak & Ale

Located in the Wyndham Nicollet Inn, 14201 Nicollet Ave in Burnsville. Register at the Senior Center or call 952-707-4120 for each date you can join us as space is limited. Pay your own way. We'd love to have you join us for breakfast and conversation.

Men's Breakfast

Tue, Sep 2, Oct 7, Nov 4, Dec 2
8:30 am at the Original Pancake House

Located at 14352 Nicollet Court in Burnsville. The Typical agenda includes great conversation with old and new friends, great food and separate checks. For more information please contact Dan McElroy danmcelroy@comcast.net 952-797-4548.

Game Time!

Stop by & play a game or two with us!

The volunteer coordinator will collect a nominal fee each time you play.

Monday Eucher, 11 am-1 pm

Tuesday Scrabble 11 am-2 pm

Duplicate Bridge 12:30-4 pm

Wednesday Cribbage 10 am-12:30 pm / 500 12:45-4 pm

Friday Hand and Foot 12:15-4 pm

Annual Card Tournament Oct 20-24, see page 21

Modern Board Games Thur, 10 am to Noon

Bring your own games to play but make them NEW and fun. We'll play modern games like Ticket to Ride, Caton, Cascadia, Carcassonne, River Valley Glassworks, Azul, Azul: Summer Pavilion, Splendor, Forest Shuffle, Wingspan, 5 Crowns, and many others. Card games, board games, dice games, all are welcome. You might even find someone to play Monopoly, or Clue, or Risk, or Stratego if you try hard enough! Pleasant conversation also provided. Come and have fun!!!



Painter's Studio Self-led workshop for beginning and experienced artists.

Develop and and enhance your artistic style in a cooperative setting among other artists. Please bring your own materials. The 2nd Friday, painters will meet in conference room 2. Join us the entire month or pay \$5 each week you attend.

Fri 9 am-12 pm Diamondhead Sr Center Mtg Rm

09PW-Sep25	Sep 5-26	4 sessions	\$12
09PW-Oct25	Oct 3-24	4 sessions	\$12
09PW-Nov25	Nov 7-21	3 sessions	\$9
09PW-Dec25	Dec 5-12	3 sessions	\$9

STAYING ACTIVE

Line Dancing with Peter Blaskowski

This line dance class is for everyone, even if you're just starting. We will do easy dances to help you get started, and add some that are a little more complex for people who know more. We'll dance to all kinds of music and have lots of fun.

Everyone is welcome, so register with a friend!

Thu 10-11:30 am 4 sessions \$25 DEC Studio A
09LD-2A Oct 2-23
09LD-2B Oct 30-Nov 20

Sunrise Stretch

Start your day with a stretch and a smile, at this self led exercise class, done with prerecorded instructions. Class meets Mon, Wed, Fri and costs just \$10 per month.

M/W/F 8:30-9:30 am \$10 DEC Sr Center Studio B
09SS-Sep25 Sep 3-29
09SS-Oct25 Oct 1-31
09SS-Nov25 Nov 3-26
09SS-Dec25 Dec 1-19

Wednesday Workout with Kim

In this class we will work on:

- ◆ Mobility – improve your ability to move a joint more freely
- ◆ Flexibility – use proper form to enhance full range of motion
- ◆ Strength – build muscle strength using hand weights and your own body weight

Regular participation enhances balance, builds self-confidence and can improve physical health. Bring your own 5-10+ weights. Chairs are used for warm-up and cool-down.

Kim Kafka is a firm believer that you are stronger than you realize.

Wed 10:30-11:30 am DEC Sr Center Studio B

09WW-09 Sep 10-24 3 sessions \$29
09WW-10 Oct 1-29 5 sessions \$49
09WW-11 Nov 5-26 4 sessions \$39
09WW-12 Dec 3-17 3 sessions \$29

Walking Club Meets Thur at 10:30 am

Vista View Park 1501 Circle Lane in Burnsville, just off Burnsville Parkway. Beginning October 1 we will meet at Burnsville Center at Entrance 3 on the upper level near Penney's.

We're Hiring Part-time Servers



Scan with your smart phone camera to apply!

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RegentBurnsville.org/Jobs

Email
Jobs@CassiaLife.org

Call
952-522-2698



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CREATIVE CONNECTIONS



Quilters

2nd & 4th Tue 9 am-12 pm

Sep 9, 23 Oct 14, 28, Nov 11, 25, Dec 9

This creative group of stitchers creates warm, colorful quilts for children in shelters and hospitals, elderly folks in health care centers and more. The quilters have a good time while they share quilting knowledge and skills with each other. The hundreds of quilts are made from donated fabric.

Card Recyclers

2nd & 4th Mon 12:30-4 pm

Sep 8, 22, Oct 13, 27, Nov 10, 24, Dec 8

Join the fun. The card recyclers use a few supplies and a lot of creativity to transform trash into treasure! Help us recycle or drop by and purchase a few cards. Drop your old cards off at the Senior Center for recycling.

Knitters & Crocheters

2nd Fri 9 am-12 pm

Sep 12, Oct 10, Nov 14, Dec 12

Hundreds of mittens, scarves, lap robes, afghans, booties, and slippers are created and donated to charitable organizations within our community. We'd love for you to needle along with us. We'll even help you learn basic knitting and crocheting. Yarn donations are welcomed.

South Metro Stitchers

4th Mon 5-8 pm

Sep 22, Oct 27, Nov 24, Dec 15

Whether you are working on a project for your favorite charity, a gift for a friend, or something for yourself, all types of hand stitching are welcome. If you are a beginner looking for tip, we probably have someone who can help you. Bring your cross stitch, needlepoint, knitting, crocheting, or tatting project with you.

Crafters

1st & 3rd Thu 9 am-12 pm

Sep 4, 18, Oct 2, 16, Nov 6, 20, Dec 4, 18

Join this community minded, social group of crafters who make special projects for people who receive meals on wheels, and those who live in skilled care facilities, and health care centers.

Ukulele Group

Twin Cities Ukulele Group

Wed 10 am-12 pm

Jam sessions are used by musicians as a social gathering to share the music they love as well as explore new music. These are not lessons or workshops, but we touch on some "how to's" to help us play better. Geared to beginner and advanced uke players. We'll show you simple chords to get you playing along right away. Led by Twin Cities Ukulele Club jam leaders. Contact Dwight Olinger doling136@comcast.net

Woodcarvers

Thu, Sept 4-June 26 6-9 pm

BWCC-2526 \$25

Self-led workshop where carvers inspire and learn from one another while sharing tips about the craft. Participants provide their own projects and materials required to complete them. The group meets in the Campus Cup on the upper level of Diamondhead. Enter door 1. New folks are always welcome. Feel free to visit a time or two before joining. **BWCC-2526 \$25 annual fee** Youth age 12 and up may register if attending with a registered adult.

The Senior Center begins its Annual Giving Campaign in mid-September

Your donations support the senior center and help us remain a welcoming, membership free center

We appreciate your ongoing support. Watch for the Annual Giving Campaign letter in your mailbox in September.

Please support as you are able and thank you.

Stroke Support Group

4th Tue at 10:30 am Sep 23, Oct 28, Nov 25

The Stroke Support & Education group meets at the Burnsville Senior Center, 200 W. Burnsville Parkway. Provided in cooperation with M HEALTH Fairview.

Foot Care Clinic with Happy Feet

1st & 3rd Thu / 1st, 3rd & 4th Fri

Call Happy Feet directly to make your appointment at 763-346-3390. Cost is \$45 per person/per appointment. Foot care appointments range from 30 minutes for routine care and 40 for new client intakes. You'll receive basic foot care including: foot assessment, foot soak, filing of corns and calluses, and nail trimming and filing; both in length and thickness. We trim nails in a process designed to mitigate the risk of ingrown nails occurring with nail grow out, as well as assist with the care of current ingrown nails. Your service is completed with a brief hydrating foot rub with hypoallergenic massage gel to restore moisture back to skin from filing.

Blood Pressure Checks

The 3rd Wed, 11:30 am-12:30 pm

Sep 17, Oct 15, Nov 19, Dec 17

Arbor Ridges visits the Burnsville Senior Center on the 3rd Wed of each month between 11:30 am and 12:30 pm to provide free blood pressure checks. No appointment necessary, just stop by.

Hearing Screening & Instrument Cleaning

Sep 25, Jan 22, 10 am-12 pm

Nathan Whipple of Hearing Life will provide hearing screening and hearing aid cleanings. Hearing screening can determine whether or not hearing loss is present and if further testing is needed. Free, but you must call 952-707-4120 to make an appointment.

Health Insurance Counseling One-on-one, in-person at the Senior Center or by phone

Designed to help older adults navigate the often complex world of Medicare. You can schedule your own Medicare Counseling appointment online at trellisconnects.org/get-help/Medicare/ or call the Senior Linkage Line at 1-800-333-2433. Select a date and time that work best for you and be sure to bring your questions! They also offer in-person or virtual presentations on Medicare 101, Health Care Fraud and Scams, and Learn How the Senior LinkAgeLine can help you.



Healthcare Directives from Start to Finish Workshop

It's about conversations. It's about decisions. It's about communicating what's important to you. Join the Burnsville Senior Center, Minnesota Hospice, Cancer Legal Care and Gilda's Club Twin Cities to learn more about Advance Care Planning and what it means to you and your loved ones. This event is designed to meet you wherever you are in the process.

Discuss: Regardless of health or age, we all need to make decisions about our end-of-life wishes. A Healthcare Directive is a legal document that communicates your wishes regarding medical care when you are no longer able to. This workshop includes an informational session about Healthcare Directives with experts from medical, legal, social work, and thanatology fields available to answer your questions.

Decide: Following the information session there will be 1:1 support available to assist you with questions or roadblocks as you make decisions and fill out your Healthcare Directive.

Do: Notaries will be on site to legalize finished documents. You will leave with 3 copies of finished documents to share with your healthcare team.

Bring a government issued ID and an open mind. All necessary forms and information will be provided, as well as refreshments and snacks.

09CT-HCD Wed 1-4 pm Oct 15 Free
Diamondhead Sr Center Meeting Rm

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Closed LABOR DAY	2 8:30am Men's Breakfast 11am Scrabble 12:30pm Dup Bridge 1pm Book Club B & N	3 8:30am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 12:45pm 500	4 9am Crafters 10am Games 10:30am Walking Club Footcare/In Couns 6pm HOA	5 8:30 am Sunrise Stretch 9am Painters 12:15 pm Hand & Foot Footcare	6
7	8 8:30am Sunrise Stretch 11am Euchre 12:30pm Card Recyclers 1pm 55 Def Driving 6 pm HOA Mtg	9 9 am Quilters 11am Scrabble 12:30pm Dup Bridge	10 8:30 am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 12:45pm 500	11 10 am Games 10:30 am Walking Club 11am Inventing a Nation P1 1:30pm Fall Festival	12 8:30am Sunrise Stretch 9am Painters 9am Knitters 9am Ladies Breakfast 12:15pm Hand&Foot 1pm Daytime Disco	13
14	15 8:30am Sunrise Stretch 9:30am Advisory Council 11am Euchre 1pm Books R Us	16 11am Scrabble 12:30pm Dup Bridge 2pm CT-Write&Update HCD	17 8:30am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 11:30am BP Check 12pm Vaccination Clinic 12:45pm 500	18 9am Crafters 10 am Games 10:30am Walking Club 1pm 55+ Def Driving Footcare/Ins Couns	19 8:30am Sunrise Stretch 9am Painters 12:15 pm Hand & Foot Footcare	20
21	22 8:30am Sunrise Stretch 11am Euchre 12:30pm Card Recyclers 5pm South Metro Stitchers	23 9am Quilters 10:30am Stroke Support Group 11am Scrabble 12:30pm Dup Bridge 1 pm CT-Peripheral Neuropathy	24 8:30am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 12:45pm 500 2 pm Tech Buddies 3pm Fare for All	25 Hearing Screening 10 am Games 10:30am Walking 1pm BINGO 6pm Navigating Support Resources	26 8:30am Sunrise Stretch 9am Painters 12:15pm Hand & Foot Footcare	27
28	29 8:30am Sunrise Stretch 10am CT-Are You Strong Enough 11am Euchre	30 11am Scrabble 12:30pm Dup Bridge 1pm CT-Save the Food				



Senior Center 952-707-4120
 Metro Mobility 651-602-1111
 Senior Linkage Line 800-333-2433
 Meals on Wheels 952-393-9860
 Happy Feet 763-346-3390

191 Community Education 952-707-4150
 DARTS 651-455-1560
 AARP 952-858-9040
 MN Highway Safety Center 888-234-1294

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 8:30 am Sunrise Stretch 11am Euchre 10 am CT-84 & After the Funeral	7 8:30 am Men's Breakfast 11am Scrabble 12:30pm DupBridge 1pm Book Club B & N	8 8:30am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 12:45pm 500 Famous & Infamous Day Trip	9 9 am Crafters 10am Vaccination Clinic 10 am Games 10:30am Walking Club 1pm 55+ Def Driving Footcare/Ins Couns	10 8:30am Sunrise Stretch 9am Painters 9am Ladies Breakfast 12:15pm Hand & Foot 1p Daytime Disco	11 8:30 am Sunrise Stretch 9am Painters
12	13 8:30am Sunrise Stretch 10am CT-Fond Farewell 11am Euchre 12:30pm Card Recyclers 5:30 pm 55+ Def Driving	14 9 am Quilters 10am Chalk Pastels 11am Scrabble 12:30pm Dup Bridge	15 8:30 am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 11:30am BP Checks 12:45pm 500 1-4 Healthcare Directive Workshop	16 9am Crafters 10 am Games 10:30am Walking Club 11 am Inventing a Nation P2	17 8:30 am Sunrise Stretch 12:15 pm Hand & Foot Footcare	18 9am Painters
19	20  Card Tournament Week 8:30am Sunrise Stretch 9:30am Advisory Council 11am Euchre 1pm Books R Us	21 10am CT- Fall Prevention 11am Scrabble 12:30pm Dup Bridge	22 8:30am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 12:45pm 500 1pm 55+ Def Drive rm 2020 2 pm Tech Buddies 3pm Fare for All	23 10:30am Walking Club BOOtique & Bake Sale 9 am - 2 pm	24 8:30 am Sunrise Stretch 12:15pm Hand & Foot Footcare	25 9am Painters
26	27 8:30 am Sunrise Stretch 10am CT- Don't Know What You Don't Know 11am Euchre 12:30pm Card Recyclers 5pm South Metro Stitchers	28 9 am Quilters 10:30am Stroke Support Group 11am Scrabble 12:30pm Dup Bridge	29 8:30 am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 12:45pm 500	30  10am Games 10:30am Walking Club 1 pm BOO BINGO	31 8:30 am Sunrise Stretch 9am Painters 12:15pm Hand & Foot	

Senior Center 952-707-4120

Metro Mobility 651-602-1111

Senior Linkage Line 800-333-2433

Meals on Wheels 952-393-9860

Happy Feet 763-346-3390

191 Community Education 952-707-4150

DARTS 651-455-1560

AARP 952-858-9040

MN Highway Safety Center 888-234-1294



November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 8:30 am Sunrise Stretch 11am Euchre 10am CT-Downsizing Basics 5:30pm 55+ Def Driving	4 8:30 Men's Breakfast 11am Scrabble 12:30pm Dup Bridge 1pm Book Club 2 B&N	5 8:30am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 12:45pm 500 <i>10am Oil Pastel 5:30pm Fused Glass</i>	6 9am Crafters 10 am Games 10:30am Walking Club 1pm 55+ Def Driving Footcare/Ins Coun 6 pm HOA	7 Meal Deal deadline 8:30am Sunrise Stretch 9am Painters 12:15pm Hand & Foot Footcare	8
9	10 8:30 am Sunrise Stretch 10am CT-Wills & POA 11am Euchre 12:30pm Card Recyclers <i>6:30pm HOA</i>	11 9 am Quilters 11am Scrabble 12:30pm Dup Bridge 1pm CT Dietary Choices	12 8:30 am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 12:45pm 500 Card Game	13 10 am Games 10:30am Walking Club BOWLS FOR BRAINPOWER 11am Inventing a Nation P3	14 8:30 am Sunrise Stretch 9am Painters Workshop 9am Knitters 9am Ladies Breakfast 12:15pm Hand & Foot 1pm Daytime Disco	15
16	17 8:30 am Sunrise Stretch 9:30am Advisory Council 11am Euchre 1pm Books R Us	18 11 am Scrabble 12:30pm Dup Bridge 5:30pm 55+ Def Driving	19 Meal Deal Pickup! 8:30 am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 11:30am BP Check 12:45pm 500 2 pm Tech Buddies 3pm Fare for All	20 9 am Crafters 10 am Games 10:30am Walking Club 12:30pm Friendsgiving Footcare/Ins Couns	21 8:30 am Sunrise Stretch 9am Painters 12:15pm Hand & Foot Footcare	22
23	24 8:30 am Sunrise Stretch 10am CT-MA/VA Benefits 11am Euchre 12:30pm Card Recyclers 5pm South Metro Stitchers	25 9 am Quilters 10:30am Stroke Support Group 11am Scrabble 12:30pm Dup Bridge	26 8:30 am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 12:45pm 500 Card Game	27 Closed	28 Closed	29
30						



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December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30am Sunrise Stretch 11am Euchre 1pm 55+ Def Driving	2 Mankato Lights Trip 8:30am Men's Breakfast Off Site 11am Scrabble 12:30pm Dup Bridge 1pm Book Club 2 B & N	3 8:30 am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 12:45pm 500	4 9 am Crafters 10am Games 10:30am Walking Club 1pm 55+ Def Driving Footcare/Ins Couns 6pm HOA	5 8:30 am Sunrise Stretch 9am Painters 12:15pm Hand & Foot Footcare 5pm TIMSEL & TREATS	6
7	8 8:30 am Sunrise Stretch 11 am Euchre Card Recyclers 12:30pm	9 9 am Quilters 11am Scrabble 12:30pm Dup Bridge	10 8:30am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 12:45pm 500 Card Game InHom Sr Christmas Drop Off Begins	11 10 am Games 10am Needle Felling 10:30am Walking Club	12 8:30 am Sunrise Stretch 9am Painters/ Knitters / Ladies Breakfast 12:15pm Hand & Foot 1pm Daytime Disco	13
14	15 8:30 am Sunrise Stretch 9:30am Advisory Council 11am Euchre 1pm Books R Us	16 11 am Scrabble 12:30pm Dup Bridge 5:30pm 55+ Def Driving	17 8:30 am Sunrise Stretch 10am Cribbage 10am Ukulele Jam 11:30am BP Checks 12:45pm 500 2pm Tech Buddies 3pm Fare for All	18 9am InHome Sr ChristmasWrap Party 10:30am Walking Club Footcare/Ins Couns	19 8:30 am Sunrise Stretch 9am Painters 12:15pm Hand & Foot Footcare	20
21	22 Closed	23 Closed for Winter Break	24 Closed for Winter Break	25 happy holidays	26	27
28	29 Closed for Winter Break	30 Closed for Winter Break	31 Closed for Winter Break	1 Break	2	



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 MN Highway Safety Center 888-234-1294

COFFEE TALKS

Educational talks at the Burnsville Senior Center Meeting Room are free to attend.

Advanced registration required. Register online or by calling 952-701-4120.



How to Write & Update a Health Care Directive

Tue, Sept 16 2-4 pm

Have you ever wondered who will communicate your preferences for your health care when you are not able to yourself? We provide straight-forward information on how to complete or update a legal document called a health care directive. We will walk you through the basics - what to do and what not to do when your doctor, your lawyer or your family member gives you a blank document to complete. **Presenter: Lauren Harding, Fairview Health Services 09CT-Sep16**

Peripheral Neuropathy

Tue, Sept 23 1-2 pm

Do you experience tingling, numbness, or burning sensations in your hands or feet? You may have Peripheral Neuropathy. Peripheral neuropathy occurs when peripheral nerves are damaged. Reduce the symptoms of neuropathy or reverse it without the use of medications, injections or surgery. Learn what to treatment mistakes to avoid so you will have success treating your neuropathy.

Align Integrative Health 09CT-Sep23

Navigating Support Resources

Thu, Sept 25 6-7 pm

Start the conversation with your loved ones. Home care services work with you wherever you call home. We'll hear about non-medical home care resources and services that make life easier for seniors and their families. As your needs change, your services can too. We'll talk about cost, payment options, types of services and more. Then we'll address the many myths around hospice care. Hospice is not about giving up, it's about living your life to the fullest with the time you have left. Learn when, where, and how hospice can support you. Join us and invite your loved ones to attend with you. Light refreshments provided. **Presenters: Deanna Bienniek of St Croix Hospice & Melissa Leick for inHom Senior Care. Sponsor: Real Life Cooperative 09CT-Sep25**

Are You Strong Enough?

Mon, Sept 29 10-11:30 am

Learn about the benefits of physical activity and chronic health conditions that can be managed with exercise. Physical activity is known to improve certain health factors and the quality of life in older adults with individualized care. **Presenter: Mallory Helle- Licensed Physical Therapist. Sponsor: Fox Rehabilitation which provides outpatient physical, occupational and speech therapy at home. 09CT-Sep29**

Save The Food

Tue, Sept 30 1-2 pm

Discuss ways you can meal plan and how to store your food so you can keep fresh and prevent food waste. It's good for you and good for the planet! Cassidy Carlisle is a Dakota County recycling coordinator with the City of Burnsville. She is passionate about keeping Earth's natural resources clean and free from toxicity by diverting recyclable materials and recovering those that can be reused.

Sponsor: Leading Choice Home Helpers 09CT-Sep30

Before & After the Funeral

Mon, Oct 6 10 am-Noon

After the loss of a loved one, numerous questions arise. Understanding processes pre and post-funeral, helps you plan ahead and lessen the burden on your family while gaining peace of mind for yourself. Before the funeral decisions include payment responsibilities, service types, notifications, and family needs. Post-funeral, considerations include bill payments, managing possessions, Wills, asset transfer, and probate questions. Join us for answers and information.

Presenters: Jeanne McGill-Preplanning Specialist & Mary Frances Price-Elder Law Attorney,

Sponsor: Blue Cross & Blue Shield of MN 09CT-Oct06

A Fond Farewell

Mon, Oct 13 10 am-Noon

Statistics show that 70 percent of us are unprepared in one or more areas of personal responsibility in planning. Hear about innovative, creative and proper funeral preplanning. Learn about funeral options, laws regarding at home funeral arrangements, and cost comparisons. Plan ahead; think outside the box.

Presenter: Jeanne McGill-Preplanning Specialist

Sponsor: The Rivers Retirement Community 09CT-Oct13

Travel Talk Thur, Oct 16 1-2:30 pm

Join us to learn about the array of unforgettable travel experiences provided by Landmark Tours. A local, family-owned tour operator, 09TT-Oct16 See page 28 for details.

You Don't Know What You Don't Know Mon, Oct 27 10-11:30 am

Decisions facing seniors and their adult children can have significant financial and emotional impacts. Seeking guidance from the right resources can help. Sometimes no matter how well you plan, you are taken by surprise. Presenters: Jeanne McGill, Certified Preplanner & Mary Frances Price, Elder Law Attorney, share real-life stories that provide valuable insight to help you make better and more informed decisions. Sponsor: MN Hospice 09CT-Oct27

Downsizing Basics Mon, Nov 3 10-11:30 am

Downsizing from your home of many years might feel like an overwhelming task. How do you honor a lifetime of memories while reducing the amount of 'stuff' you take with you to your next home. Hear from industry professionals who will provide suggestions and ideas for ways to reduce belongings that you may not have considered.

Presenter: Rhonda RoseMary of Northern Transitions helps seniors transition from one phase of living to another.

Sponsor: Norbella Senior Living 09CT-Nov03

Wills & Powers of Attorney

Mon, Nov 10 10 am-Noon

So you want to plan ahead and get your legal documents in order, but do you know where to start and what documents you will need? What is the difference between a will and a trust? Do you really need a Power of Attorney and a Health Care Directive? Presenter: Mary Frances Price is an accredited elder law attorney. Sponsor: The Rivers Retirement Community 09CT-Nov10

Long-Term Care Planning

Medicaid, Medicare, Veterans Benefits, Long-Term Care Insurance Mon, Nov 24 10 am-Noon

This course is jam packed with helpful information on financial planning for long term care expenses. Learn about multiple payment sources including Medicare, Medicare Supplemental Insurances, Veterans Benefits, Long-Term Care Insurance, Private Pay and Medicaid. We'll cover many topics including financial eligibility, asset limits, gifting & transfers, look back periods, and more. Presenter: Mary Francis Price Elder Law Attorney Sponsor: BrightStar Care 09CT- Nov24

Dietary Choices for Healthy Living

Tue, Nov 11 1-2 pm

Making healthy food choices is important for maintaining good health, but doing so consistently can be challenging. When we add factors like habits and cravings, chronic health conditions, food sensitivities, cooking for one or two, and managing holiday meals, it can be difficult to know where to start. Join us for a discussion on practical tips and strategies to help you navigate these challenges and maintain a balanced diet. Be sure to bring your dietary questions.

Presenter: Krystal Simmer, Clinical Dietitian.

Sponsor: Martin Luther Campus - Senior Living & Care in Bloomington 09CT-Nov11



Inventing a Nation

A series about the creation of our American Republic, The United States of America.

Presented by historian and educator Frank Sachs.

The Road To Independence From Plymouth to Philadelphia, this is the story of how thirteen separate English Colonies came together to declare their Independence from England based on the idea that man should be ruled by laws and not by a King. 09HS-Sep11 Sep 11 \$10

After the Revolution The failure of the Articles of Confederation and the rise in domestic unrest in the states, leads the Founders to seek "a more perfect union" and the writing of the Constitution. 09HS-Oct09 Oct 9 \$10

The Creation of a New Nation What really happened in Philadelphia? Were the notable arguments and compromises really necessary in the writing of the Constitution? Throughout a series of state ratification conventions, a vigorous defense of the new Constitution emerges and call for a Bill of Rights. 09HS-Nov13 Nov 13 \$10

Held Thursdays, 11 am- 12:15 pm in the Sr Center Meeting Rm

Take all 3 classes in the series for just \$25 and get the full picture of the Founders' intentions. 09HS-PKG \$25

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inHom SENIOR Christmas

MAKE A DIFFERENCE IN THE LIFE OF A LOCAL SENIOR THIS HOLIDAY SEASON

The Burnsville Senior Center is partnering with inHom Senior Care to collect and distribute gifts to isolated seniors.

- **October 23** Gift suggestions for individuals are ready for you to pick up at the Burnsville Sr Center
- Drop your gifts at the BSC between December 10-17
- **December 18** Join us for the Wrap Party from 9am - 12pm

We can accept requests for 100 seniors
Call 952-707-4120 with questions or nominations

Scan Code to
Nominate a Senior



Card Tournament Week

October 20-24

Advanced registration
required

Visit the Receptionist
or
call 952-707-4120

**Let the
games begin!**

\$5 per person

Metro Dining Club Cards \$30/box

Discounts can be used monthly
at 138 restaurants



This fundraiser supports the BSC
Financial updates are
posted at the Senior Center

Valid Oct 2025-Sep 2026



WALK-IN VACCINATION CLINICS

Burnsville Senior Center

Flu and Covid based on
product availability

Wednesday Sept 17
12 - 2 pm

Thursday Oct 2
10 am-12 pm

Treats provided by

ECUMEN

Centennial
House

ECUMEN

Seasons
at Apple Valley



Provided in cooperation
with Cub Pharmacy

FOOD PROGRAMS



Meals-on-Wheels

Meals-on-Wheels is a community-based service that provides fresh, nutritious meals directly to the homes of seniors and individuals with disabilities. In addition to regularly providing healthy foods, caring volunteers provide social connection that helps meal recipients remain living independently in their own homes.

To learn more about volunteering with Meals-on-Wheels call 952-393-9860. To learn more about meal delivery call Anne at 651-485-6286.

community pantry 191

food at no cost to you

bulshada cuntada bilaasha 191
Cunto oo kuu bilaash ah

despensa comunitaria 191
comida sin costo para Ud



Pantry

1st & 3rd Tuesday
year around

Produce

2nd & 4th Tuesday
July - October

2-4 pm or until food is gone

Diamondhead Education Center, 200 W Burnsville Pkwy
Door 9 West Side Lower Lot Drive-thru pick-up



Low-Cost Food Sale



Open to ALL! No pre-registration needed

Location

Diamondhead Education Center (Door 11)
200 W Burnsville Parkway, Burnsville, MN 55337

2025 Dates | Wednesdays 3 pm - 5 pm

Jan 22, Feb 26, Mar 26, Apr 23, May 21, Jun 25,
Jul 30, Aug 27, Sept 24, Oct 22, Nov 19, Dec 17

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For locations & info:

Visit: fareforall.org
or call: 763-450-3880

33 monthly sales throughout Minnesota!



Minnesota's Cold Weather Rule (CWR) is a state law that protects residential utility customers from having electric or natural gas service shut off between Oct 1 & April 3.

Call your natural gas, electric, municipal utility or electric cooperative for more information, or contact the Commission's Consumer Affairs Office at consumer.puc@state.mn.us or 651-296-0406, 1-800-657-3782.

SERVICES & RESOURCES



DARTS Services

Since 1974, DARTS has been a community-based nonprofit serving caregivers, older adults (ages 55+) and their families in the southeast metro. DARTS services include light housework, outdoor chores, home repairs and transportation. Services are available to all seniors and caregivers regardless of income, race, and background. Visit: dartsconnects.org
Contact DARTS Phone: 651-455-1560 Email: info@darts1.org

Connecting You to Senior Services

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. Trained staff and volunteers can connect you to resources such as: help in managing your health care, resources for seniors with disabilities, low cost legal assistance, support for caregivers, transportation, financial assistance programs, continuing education classes, employment and volunteer opportunities, home delivered meals, senior noontime dining sites, local senior centers and more. 8 am-4:30 pm, Monday through Friday. For more information, please call 800-333-2433.

Caption Telephone

Courtesy of the Americans with Disabilities Act

Yes, you too could be literally seeing what you're missing. There is a telephone on display at the Center and if you are interested, please contact Jennifer at 952-707-4120.

ERA Senior Resource Guide

The ERA Resource Guide provides current information about senior resources in Burnsville and surrounding areas. You'll find information on housing, in home care providers, financial and legal services and more. Copies are available at the BSC.

Health Insurance Counseling provided by Trellis (MAAA)

Are you turning 65 and have questions about Medicare eligibility? Confused about Part A, B, C and D? Interested in learning more about the latest changes to Medicare plans? Trellis provides unbiased information about your options and can help you select the plan that is right for you.

Contact the Senior Linkage Line Monday-Friday from 8 am-4:30 pm. You can set up an appointment to meet with one of their volunteers right here at the BSC.

The Senior LinkAge Line is a service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. 1-800-333-2433. trellisconnects.org/get-help/medicare/



DAY TOURS

Check in will begin 30 minutes prior to departure time inside the Burnsville Senior Center

200 W Burnsville Pkwy. Lower level parking lot off of Pillsbury Ave. The bus loads outside door 12 and leaves promptly at listed departure time. \$10 processing fee on cancellations prior to registration deadline. No refund thereafter.

If you are unable to attend, you may gift your trip to a friend. You may purchase travel insurance separately.

Voluntary tips for the driver and tour director are customary are generally \$1-\$5 per passenger for each.

Visit the Senior Center or community191.org for more details

Kiwanis Lights in Mankato

Tues, Dec 2

Enjoy a delightful holiday lights display at Kiwanis Park in Mankato. We'll start with a meal at Number 4 American Kitchen then head to the Sibley Park Kiwanis Holiday Lights display. There, we'll enjoy over one million lights in the park which has paved pathways. Look for Santa's Toy Factory, the Candy Cane Cottage, the Elves Snowball Fight, Flying Santa, and the 19 piece Nativity Scene. There is a skating rink with a synthetic surface, live reindeer, animated and choreographed lights.

Registration Deadline Mon, Nov 3

09TT-Dec02 Tues Dec 2 2:30-8:30 pm \$99

St. Paul's Famous & Infamous Wed, Oct 8

A professional tour guide joins us on the coach in St. Paul for this riding tour of the "Saintly City". Featured are exterior views of St Paul's many famous attractions, including the State Capitol, History Center, Landmark Center, Cathedral and the magnificent Victorian-era mansions lining historic Summit Avenue. Infamous sites will also be highlighted where bootleggers, bank robbers and gangsters operated while "hiding in plain sight" from the FBI. Learn why St. Paul became a haven for the nation's most notorious gangsters during the first decade of the 20th Century, and the impact of that legacy. This unique tour winds through neighborhoods that welcomed the city's wealthiest citizens as well as its crooked hoodlums. After the tour, we'll enjoy lunch at Degidio's Restaurant.

Registration Deadline Mon, Sept 8

09TT-Oct08 Wed Oct 8 9:45 am-2:45 pm \$99

COMMUNITY ED CLASSES IN THE SENIOR CENTER MEETING ROOM

Art Classes 10 am-Noon

Paint Like Van Gogh

A447-SH-2A Tue, Sep 16 \$45



Chalk Pastel Fall Colors

A445-SH-2B Tue, Oct 14 \$49

Oil Pastel Northern Lights

A445-SH-2C Wed, Nov 5 \$49



Needle Felt Gnome

A444-SH-2B Thur, Dec 11 \$59

Fused Glass

Elegant Large Tree Ornament

A499-S-2A Sat, Oct 25 10 am-12:15 pm
\$44 for 1 ornament, \$54 for 2 ornaments,
\$62 for 3 ornaments

Classic Holiday Plate or Bowl

A499-S-2B Sat, Oct 25 1:30-3 pm \$84

Fused Glass Ornaments

A499-SH-2C Wed, Nov 5 5:30-7:30 pm
\$56 option 1, \$49 option 2 or 3

Folk-Art Workshop

Norwegian Telemark Rosemaling

A440-2 Thur, Nov 6 & 13 6-8:30 pm
2 sessions \$59

Also Check Out

Living Fully, Dying Peacefully

Embracing Death's Sacred Journey
& the Role of a Death Doula
H422-2 Sat, Oct 25 10 am-12:15 pm
\$29 DEC Eagan Rm

Diabetes Doesn't Define You

Take Charge, Live Strong
H474-2 Th, Oct 23 6-8 pm DEC Rm 2020
\$35 class with consultation, \$25 class only



For registration, details, descriptions & photos of projects

Visit community191.org or call 952-707-4150.

DONATIONS & VOLUNTEERING

Donations help our Senior Center groups create treasures to benefit the center and others in our community

We appreciate your donations of greeting cards, yarn, fabric and used jewelry. Our vintage jewelry sales are a huge success and proceeds from them go to the Burnsville Senior Center. Knitters and Crocheters make hats, mittens, scarves, baby booties and lap robes. Likewise, the Quilting group created nearly 1,500 quilts this year. These groups donate their handcrafted products to local groups and agencies to be distributed among those in need.

Volunteer Opportunities

Check in at our reception desk to volunteer for the Community Pantry and Fare for All. We are also in need of bakers and help for special events. Please contact Jennifer if interested.



Thank you for your support during our Annual Giving Campaign

Your donations support the senior center and help us remain a membership free center which is a welcoming place to all.

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AT A GLANCE



Where aging is embraced

Newsletter- The CHATTER

Published January, May, September providing information for 4 months of activities.

Advisory Council Page 3

Meets the 3rd Monday of each month at 9:30 am.

Gathering Grounds Page 4

Social and educational events and activities.

Social Groups Page 10

Ladies Breakfast

2nd Friday of the month, 9 am

Men's Breakfast

1st Tuesday of the month, 8:30 am.

Book Clubs

Books "R Us: 3rd Monday at 1 pm

Book Club 2: 1st Tuesday at 1 pm

Fun and Games Page 10

Eucher, Scrabble, Cribbage, 500, Hand & Foot, Duplicate Bridge, and Modern Board Games at the Senior Center.

Staying Active Page 11

Line Dancing, Sunrise Stretch, Walking Club, Wednesday Workouts.

Creative Connections Page 12

Knitting-Crocheting Group 2nd Friday of the month at 9 am.

Card Recyclers 2nd and 4th Monday of the month 12:30-3 pm. This group transforms used greeting cards into new treasures. Donate old cards, help recycle or drop by and purchase a few!

Crafters 1st & 3rd Thursdays at 9 am. Make projects such as favors for Meals-on-Wheels.

Quilters These nifty stitchers meet the 2nd and 4th Tues of every month at 9 am. They use donated material to provide cheer and warmth. Their beautiful creations are donated to various charitable groups.

South Metro Stitchers 4th Mon, 5-8 pm

All types of hand stitching welcome. Bring your projects with you.

Twin Cities Ukulele Group Wed 10 am-12 pm

Woodcarvers Group Open carving Thurs 6-9 pm. \$25 annual fee

Health & Support Page 13

Blood Pressure Checks 3rd Wed of month 11:30 am-12:30 pm.

Stroke Support 4th Tuesday at 10:30 am

Hearing Screening & Instrument Cleaning

4th Thursday, odd months, 10 am-noon. Call for an appointment.

Foot Clinic 1st & 3rd Thursday, 1st, 3rd, & 4th Friday of each month. Appointments needed and begin at 9 am. Call 763-346-3390.

Health Insurance Assistance 1st & 3rd Thursdays, 9 am-1 pm
For appointments call 800-333-2433.

Coffee Talks Page 18

Free educational opportunities are available. Registration required.

Food Programs Page 22

Fare for All, Meals on Wheels and 191 Community Pantry.

NOTICE! When you participate in a Senior Center activity, please be aware that Community Education may use the directory information which you supply (name, address, phone number and program data) for other purposes within the School District. This directory information is not shared outside of the School District.

LOST & FOUND If you think you may have left items behind at the Senior Center, please give us a call and we will check for you. 952-707-4120.

REGISTRATION

Participant	Course Name	Course #	Start Date	Fee

Street Address _____

City/State/Zip _____

Home Phone _____ Cell Phone _____

Email _____

Payment

Cash/Check # _____ **Make checks payable to ISD 191**



Charge My Visa MasterCard Discover AMEX UCare Healthy Benefits + Visa

CC# _____ - _____ - _____ - _____

Exp. Date _____ / _____ Signature _____ Total Fee _____

Explore and register for Community Education and Senior Center activities.

All of our programs are run through Arux—a simple, mobile friendly portal that give you access to registrations, information and schedules.

To get started, visit communityed191.org or scan the QR code below and click on the Registration Link. Select Sign In, scroll to the bottom and click Create One Now. Then complete the Register a New Account Form.

Log In, click Enroll Now and get started viewing and registering for classes! We request that you provide your name, address, phone number and email address as it will help us set up your profile in the system.



UCare members please check with UCare directly regarding benefits for Senior Center classes. Members must be on UCare at the time of registration, and through the duration of the class(es). Community Education accepts the UCare Healthy Benefits + Visa Card.

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BURNSVILLE SENIOR CENTER

200 West Burnsville Parkway
Burnsville, MN 55337

(enter lower level door 11 or 12)

TRAVEL SHOW

Thursday, October 16th @ 1pm

@ the Burnsville Senior Center.

Join us to learn about group tour opportunities for active seniors with our local travel partner!

Call 952-707-4120 to register, space is limited



ALL TRIPS INCLUDE

- Roundtrip Airfare from MSP / Airport Greeting
- Quality Accommodations in Great Locations
- Professional Tour Manager & Local Guides
- Deluxe Motorcoach Transportation
- Must-See Attractions
- Many Quality Meals

<p>Panama Canal, Gamboa Rainforest</p> 	<p>Florida Keys Miami, Everglades Nat'l Park</p> 	<p>Southern California Palm Springs, San Diego</p> 	<p>Northern Florida St Petersburg to St Augustine</p> 	<p>Myrtle Beach Coastal Escape</p> 
<p>Washington, D.C. Cherry Blossoms</p> 	<p>Savannah Charleston, Asheville</p> 	<p>Rhine River Cruise Amsterdam to Lucerne</p> 	<p>London, Normandy, Paris Remembering WWII</p> 	<p>New York Springtime in the City</p> 

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For a complete list of all travel opportunities visit www.GoWithLandmark.com

Check Out Day Trips departing from Burnsville Senior Center on page 24