

# the GRAPEVINE

A BI-MONTHLY PUBLICATION OF THE PARKS AND RECREATION ACTIVITIES | AUGUST 2021

Please Note: 

From now until the foreseeable future, the GRAPEVINE will be released every other month.

## SPOTLIGHT

### PLYMOUTH PEDALERS

With Bill Lundberg



Bill Lundberg, a member of the Plymouth Pedaler Steering Committee, states, "Our club is currently in it's 28th year of operation. We are a group of seniors (around 90 strong) who enjoy biking together for exercise and socializing. One of the things our members enjoy most about the club is exploring new areas around the metro which they wouldn't normally do on their own. They enjoy the variety of the rides on our four schedules of seven rides each during our biking season stretching from April through October. They also enjoy socializing with other bike club members at our coffee and sometimes lunch stops along the bike routes.

We have a Steering Committee which organizes and leads all the rides. We currently have two groups: the Lites (bike at 8-10 mph for 10-15 mi.), and the Regulars (bike at 10-12 mph for 15-25 mi.).

The club is always looking for new members, and seniors can sign up through the Plymouth Park and Rec department. If people are interested, they can check out some of our club videos on YouTube by simply searching for Plymouth Pedalers."

## MOVIES IN THE PARK

All movies are held at the Hilde Performance Center, 3500 Plymouth Blvd., unless otherwise noted.

**12th- Movie: Sing! at 8:30 p.m.**

**19th- Movie: TBD at 8:30 p.m.**

*(Zachary Playfield, 4355 Zachary Lane)*

**26th- Movie: Pokemon Detective at 8:30 p.m.**



## PLYMOUTH ON PARADE

Saturday September 18- City Center  
Family Activities: 9:30 a.m.-12:30 p.m.

Activities include face painting, glitter tattoos, crazy hair, and more!

Parade: 10:30 a.m.



For more information,  
please visit:

[www.plymouth.gov/specialevents](http://www.plymouth.gov/specialevents)



## PLYMOUTH Farmers Market

WEDNESDAYS, JUNE 23RD-OCTOBER 6TH

Parkers Lake Playfield, 15500 County Road 6

2:30 p.m.-6:30 p.m.

The Plymouth Farmers Market Features a variety of vendors who sell fresh, locally grown produce and prepared food, including fruits, vegetables, fresh bread, oils and vinegars, coffee, honey, maple syrup, ice cream, meats, sauces, flowers and more.

Sign up to receive our weekly Farmers Market e-newsletter. Newsletters feature upcoming market information, recipes, and vendor information.

[www.plymouthmn.gov/farmersmarket](http://www.plymouthmn.gov/farmersmarket)



### CAREGIVER SUPPORT GROUP

If you are providing support to a senior, you are a caregiver. While caregiving is rewarding, getting support is crucial to long-term success. Licensed social workers, provided by Senior Community Services, can offer a variety of ways to give you support including caregiver consultation, coaching, offering education, access to other assistance programs and more. Call Becky Allard, LSW at 952-746-4028.

The Caregiver Support Group meets the third Wednesday of each month.



### HOUSEHOLD & OUTSIDE MAINTENANCE

H.O.M.E. provides home maintenance and homemaking services to seniors over 60 living in Plymouth and the surrounding area. Services include: housekeeping; outdoor services such as mowing, raking, and snow removal; small home projects, including changing light bulbs; winter weatherization; minor repairs; home safety improvements, such as grab bars, reducing tripping hazards, etc.; and painting. Call 952-746-4046. Fees are based on need and income. Service is contingent of availability of volunteers. H.O.M.E. is a program of Senior Community Services.

## FALL SENIOR TRIPS



### Autumn Orchard Adventure

Enjoy a tour of Minnesota's best orchards, taste cider, view trails, pick pumpkins, shop, and enjoy lunch prepared by the gracious owners of the orchard.

Deadline to register: Sept. 10

**Date:** Mon., Oct. 11 **Time:** 10:00 a.m.-4:45 p.m.

**Course #:** 35602-01 **Cost:** \$65 Res/\$75 NonRes

### Treasure Island Casino Trip

Join us on a trip to Treasure Island Casino!

Deadline to register: November 5

**Date:** Wed., Nov. 17 **Time:** 9:00 a.m.-4:00 p.m.

**Course #:** 35603-01 **Cost:** \$25 Res/\$30 NonRes

### Winter Lights Tour

A professional will guide a riding tour to see the Christmas Lights in downtown St. Paul and see neighborhood displays. Dinner will be at the

Cherokee Tavern.

Deadline to register: November 5

**Date:** Fri., Dec. 10 **Time:** 2:15 p.m.- 8:45 p.m.

**Course #:** 35605-01 **Cost:** \$71 Res/\$91 NonRes

### St. Croix River Boat Cruise

See the beauty of the Dalles of the Upper St. Croix River from an authentic paddlewheel boat and shop at Eichten's Cheese and Buffalo Store. A sack lunch is provided.

Deadline to register/cancel: August 30

**Date:** Thurs., Sept. 30 **Time:** 9:00-3:00

**Course #:** 35601-02 **Cost:** \$75 Res/\$86 NonRes

## CLASSES AND PROGRAMS

Detailed information and instructions for participating in each class is available upon registration prior to the start of your class. In person classes/programs are being offered with limited participants. For detailed program descriptions, please refer to the Fall guide at [www.plymouthmn.gov/recreation](http://www.plymouthmn.gov/recreation). To register: call 763-509-5200.

### VIRTUAL CLASSES AND PROGRAMS

The classes listed below will be held via Zoom. You will receive an email with a link and any other directions prior to the first day of class.

#### Fall Colors Watercolor Workshop

Paint seasonal colors as they manifest themselves!

**Date:** Sept. 14-28 **Time:** 1:00 p.m.-4:00 p.m.

**Course #:** 35135-01 **Cost:** \$75

#### Facial Exercise

After a 1.5 hour practice session, sagging jowls, droopy eyelids, turkey neck, and more facial muscles can be tightened through a 5-minute workout you can easily fit in your life.

**Date:** Oct. 5 **Time:** 7:00 p.m.-8:30 p.m.

**Course #:** 35411-01 **Cost:** \$25 Res/\$29 NonRes

#### Hospice Demystified



This presentation will discuss hospice eligibility, as well as the wonderful benefits and services that can be expected.

**Date:** Nov. 15 **Time:** 7:00 p.m.-8:00 p.m.

**Course #:** 35300-01 **Cost:** \$10

#### Gentle Self-Care Yoga/Meditation



A gentle start for movement in larger or less flexible bodies, or anyone new to movement of the body at any stage of life.

**Date:** Sept. 12-Oct. 31 **Time:** 7:30 p.m.-8:45 p.m.

**Course #:** 35457-01 **Cost:** \$108 Res/ \$118 NonRes

## IN PERSON CLASSES AND PROGRAMS

### ARTS



#### Ballroom Dance for Beginners



Have a fun filled weekly date learning to ballroom dance with your partner!

**Date:** Weds., Oct. 20-Nov. 10 **Time:** 7:00p.m.-8:30 p.m.

**Course #:** 35103-01 **Cost:** \$59 Res./ \$68 NonRes

#### Tap Dance for Seniors



Learn a whole dance in your weeks with Stephanie Stockton. No program: 11/26.

**Date:** Fri., Sept. 24-Dec. 10 **Time:** 12:45 p.m.-1:45 p.m.

**Course #:** 35104-03 **Cost:** \$116 Res./ \$128 NonRes

#### Glass Fusing



Glass fusing is like puzzle-making with sheet glass and your imagination.

**Date:** Sept. 17 **Time:** 6:00 p.m.-9:00 p.m.

**Course #:** 35155-01 **Cost:** \$68 Res./ \$78 NonRes

If you are unsure if a class is cancelled due to weather, please call our weather line:  
(763) 509-5205



#### Wheel Pottery



**Date:** Wed., Sept. 29-Oct. 20 **Time:** 7:00p.m.-9:00 p.m.

**Course #:** 35126-02 **Cost:** \$125 Res./ \$138 NonRes

### AQUATICS



#### Adult Beginner Swimming



Develop fundamental swim skills, basic stroke development, and safety.

**Date:** Sept. 11- Oct. 16 **Time:** 1:30p.m.-2:15 p.m.

**Course #:** 35800-02 **Cost:** \$90

#### Adult First Sail



A fun first introductory lesson to sailing for adults in a small group setting.

**Date:** August 16 **Time:** 5:00p.m.-8:00 p.m.

**Course #:** 25225-02 **Cost:** \$48 Res/\$60 NonRes

# CLASSES AND PROGRAMS

## ATHLETICS



### Pickleball - Basic Lessons



Learn the basics of pickleball, one of the fastest growing sports for all ages.

**Date:** Sept. 16- Oct. 7 **Time:** 6:30p.m.-8:30 p.m.

**Course #:** 35201-02 **Cost:** \$60 Res/\$69 NonRes



### Tennis - Adult Beginner

Classes are for those who have little to no tennis experience.

**Date:** Sept. 7- Sept. 23 **Time:** 6:00p.m.-7:30 p.m.

**Course #:** 35220-01 **Cost:** \$75 Res/\$86 NonRes

## NORTHWEST GREENWAY SHELTER OPENING!

The Northwest Greenway preserves natural resources to provide a wildlife corridor in an area of Plymouth that is rich with high quality wetlands and trees. The Northwest Greenway is an open-air pavilion for hosting gatherings and events.



## FREE WEEKLY WALKS WITH PARKS AND RECREATION!

Come enjoy a new park each week to look at the beautiful fall foliage. A Parks and Recreation employee will accompany the walk as a leader and to engage in conversations. Dress for the weather and bring cameras and water bottles!

**Wednesdays from September 15- October 6,  
1:00 p.m.- 2:00 p.m.**

Dates:	Park:	Course Number
9/15	Nature Canyon	35901-10
9/22	Gleanloch Park	
9/29	Green Tree Island	
10/06	Rolling Hills Park	



## EDUCATION



### Dog Grooming:



### What You Can Do at Home

### and When to Call the Professional

**Date:** Oct. 5 **Time:** 7:00p.m.-8:00 p.m.

**Course #:** 35333-01 **Cost:** \$39 Res/\$47 NonRes

### Historical Walk Through:



### Parker's Lake Cemetery

Learn the history of the cemetery, Plymouth's founding families and the Parker's Lake area.

**Date:** Sept. 25 **Time:** 3:00p.m.-5:00 p.m.

**Course #:** 35345-02 **Cost:** \$14 Res/\$17 NonRes

### Medicare 101- Just the Basics



Discussion will include different parts of Medicare deductibles and what's covered, enrollment periods, and costs.

**Date:** Oct. 12 **Time:** 10:00 a.m. - 11:00 a.m.

**Course #:** 35336-02 **Cost:** \$10 Res/\$12 NonRes

### Smart Phone Workshop



Learn some of the most common and basic topics of smartphone use.

**Date:** Sept. 30 **Time:** 9:30 a.m. - 11:30 a.m.

**Course #:** 35354-01 **Cost:** \$35 Res/\$42 NonRes

## TUESDAY TOPICS

11:30 a.m. -12:30 p.m.

Take a break out of your day and join us for a variety of topics meant to be attention-grabbing and informative. All Tuesday Topics will be hosted at City Hall, except "Healthy Living", which will be at the Northwest Greenway South Trailhead. Please register for this FREE event so we can plan adequate seating. Feel free to bring your lunch along!

Dates:	Topic:	Course Number
9/21	Healthy Living	35357-01
10/19	Downsizing and Decluttering	35376-01
11/16	Plymouth Community Center	35377-01
12/7	Mindfulness and Stress	35381-01



# CLASSES AND PROGRAMS

## HEALTH AND FITNESS



### Restorative Yoga

Learn how to facilitate conscious relaxation to help achieve a deeper sleep.

**Date:** Sept. 13- Nov. 1 **Time:** 7:30p.m.-8:45 p.m.

**Course #:** 35441-01 **Cost:** \$96 Res/\$106 NonRes

### Zumba Gold

Fitness class for senior adults that uses exciting Latin and international dance rhythms.

**Date:** Nov. 4-Dec. 16 **Time:** 9:00 a.m.-10:00 a.m.

**Course #:** 35418-04 **Cost:** \$48 Res/\$56 NonRes

INTERESTED IN JOINING A SENIOR GROUP?  
CALL: (763) 509-5200

### Tai Chi Chih Beginner

A gentle, meditative and calming practice consisting of 19 movements and one pose.

**Date:** Sept. 7- Oct. 26 **Time:** 10:15 a.m.-11:15 a.m.

**Course #:** 35416-01 **Cost:** \$52 Res/\$60 NonRes

### BRUSHES ON THE BOARDWALK



Sunday, September 19

5250 Peony Ln.

(Northwest Greenway Pavilion)

2:00 p.m.- 5:00 p.m.

Plein Air Demos,  
Art Activities,  
Live Music, and Food!



SENIOR GROUP	MEETING SCHEDULE	TIME	ACTIVITY CODE
<b>MONDAYS</b>			
Evening Bridge	Every Monday	6:30pm-9:15pm	46910-01
Plymouth Rockers Chorus	Mondays (Feb-June) (Sept-Dec)	9:00am-11:30am	45903-01
Writers Group	Every Monday	1:00pm-3:00pm	46909-01
<b>TUESDAYS</b>			
Mah Jongg	Every Tuesday	12:30pm-4:00pm	46911-01
Story Time Players	1st & 3rd Tuesdays	1:00pm-3:00pm	45900-21
<b>WEDNESDAYS</b>			
Antiques & Collectibles	Last Wednesday (Aug.-May)	1:30pm-3:30pm	45904-01
Book Club	1st Wednesday	1:30pm-2:30pm	45906-05
Computer Users	4th Wednesday	10:00am-11:30am	45900-09
Duplicate Bridge	2nd & 4th Wednesdays	12:00pm-4:00pm	46913-02
Party Bridge	Every Wednesday	12:00pm-4:00pm	46912-01
Plymouth Pedalers (Biking)	Wednesdays (April-Oct)	Times Vary	45908-01
<b>THURSDAYS</b>			
Needle Arts	1st & 3rd Thursdays	11:30am-2:30pm	45907-01
Cribbage	Every Thursday	12:30pm-3:00pm	46914-01
Current Events	Every Thursday	10:00am-11:30am	46915-01
Plymouth Woodcarvers	Every Thursday	9:00am-11:00am	45905-01
<b>FRIDAYS</b>			
Arts Studio	Every Friday	9:00am-11:30am	45902-01
500 Card Club	Every Friday	1:00pm-4:00pm	46916-01