

Club Prior Press



Proud Supporter of Club Prior



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Merry Christmas and Happy New Year! It's here and it's time to celebrate sending 2020 to rest and welcome 2021! At this point in my letter I would saythere is so much to be grateful for....yet I find myself struggling—just like most of you this past year. It's hard to find the positive in today's circumstances but one has to find their inner peace and a sense to carry on and make a difference! I challenge each of you to find that one thing before the holiday season hits that you are most grateful for this past year. As most of you know, I was furloughed for 5 months this summer and I can't lie it was pretty rough. However, the reassurance I received from my City Administrator and team was that of nothing short of positive reinforcement to hang on and ride it out. I knew there were those fighting for our center and those that saw the importance of getting it reopened again. Something I dove myself into was a community garden, helping my mom move, learned to knit (which I found I'm pretty good at) and the biggest thing was the marriage of our son to a beautiful girl named Liz.

I encourage you to stop by Club Prior (with your mask on) and take in the festive holiday cheer happening! You will be welcomed with the sounds of the seasons music, decorations and all the holiday trimmings. Club will have many fresh poinsettias, garland, Christmas tree and all the windows decorated with a magical village. It truly is a sight to see.

If you are in need of a little extra this season—our food pantry is stocked full of delicious, nutritious meals and toiletries for you at no charge! Stop by and fill a bag to take home.

I wish each of you a blessed Christmas and healthy, happy new year! Make me a promise and make this the year you come see what Club Prior is all about. You won't regret walking in and being greeted instantly by new friends and things to do.

Lesley



Club Prior is the best place to drop off those old glasses just sitting in your drawer that are out of date and you no longer wear. The Lions clean them up, use the parts and pieces to make for those who are less fortunate to afford them. They will take sunglasses, reading glasses, cheaters, bifocals, etc. They will also take glasses that are broken.

[Sex! Please! We're 60!](#)

Thursday, February 25

11:30-4:00 pm

\$58 Van Transportation, Lunch and Show all included.

Someone swaps Bud's Viagra with Venusia for women, and we soon discover they have a strange effect on men. It gives them all the symptoms of a menopausal woman, complete with hot flashes, mood swings, uncontrollable weeping and irritability. Laugh along as we see what happens next. Written in the style of the Golden Girls Meets Grumpy Old Men, this hysterical comedy/drama is filled with mayhem, mischief and mood swings. The production is sure to entertain, enlighten and charm. However, despite the title and subject matter, I will add that the production is in good taste. Not vulgar at all and not a curse word anywhere.

Masks and proper social distancing practices in place.

[Club Prior Exercise Schedule](#)

Tuesday's

- 9:00 Morning Stretch
- 10:30 Tai Chi for Arthritis
- 12:30 Qigong

Thursday's

- 9:00 Morning Stretch
- 10:30 Beginners Line Dance
- 12:30 Experienced Line Dance



ADULT ACTIVITIES

Driver Improvement Program 4 Hour Refresher Courses

Wednesday, December 9—8:30 am—12:30 pm
\$22
(price increase \$2 in 2021)

As with all driver improvement courses sanctioned by the State Department of Public Safety, drivers over the age of 55 may be entitled to a 10% discount on their auto insurance. An eight hour course is initially required, followed by a four hour refresher class every three years. The eight hour course can be taken through Community Education, however Club Prior is offering the four hour courses. A limited number of walk in registrations will be accepted at the discretion of the instructor.

No tests. To register for these classes, please call 1-888-234-1294. Coffee service provided however, please bring a light snack with you for the evening classes.



Metro Dining Cards

If you're looking for a last minute gift the Metro Dining Card South Of The River box is a perfect choice. Pick up your box at either City Hall Park & Rec or Club Prior for only \$25. Buy two and pay only \$20 per box. Proceeds go directly to Club Prior!



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NOVEMBER 2020

TUESDAY	WEDNESDAY	THURSDAY
3 Morning Stretch 9:00-9:50 Tai Chi 10:30-11:30 Qigong 12:30-1:30	CLOSED	5 Morning Stretch 9:00-9:50 Beg Line Dance 10:30-11:30 Exp Line Dance 12:00-1:00 Bingo 1:30-2:30
10 Morning Stretch 9:00-9:50 Tai Chi 10:30-11:30 Qigong 12:30-1:30	CLOSED	12 Morning Stretch 9:00-9:50 Beg Line Dance 10:30-11:30 Exp Line Dance 12:00-1:00 Bingo 1:30-2:30
17 *Footcare 9:00-3:00 USSR Virtual Speaker 10:00-12:00 Morning Stretch 9:00-9:50 Tai Chi 10:30-11:30 Qigong 12:30-1:30	CLOSED	19 Morning Stretch 9:00-9:50 Beg Line Dance 10:30-11:30 Exp Line Dance 12:00-1:00 Bingo 1:30-2:30
24 Morning Stretch 9:00-9:50 Tai Chi 10:30-11:30 Qigong 12:30-1:30	CLOSED	Happy Thanksgiving!
31 Morning Stretch 9:00-10:00 Tai Chi 10:00-11 :00 Qigong 12:30-1:30		

Honoring Choices

Advance Care Planning is a process which helps you think about, talk about, and write down your choices for future health care decisions. While it's not an easy topic to consider, it is important for every adult to have a Health Care Directive - a written plan for loved ones and health care providers to

follow - so that your wishes are known if a time comes when you cannot speak for yourself.

Lesley has become a Facilitator for Honoring Choices and would be willing to sit down with you and your loved ones to help you through the process. If you are interested in setting up an ap-

pointment, call 952-447-9783.

Let your voice be heard and your wishes be known.



DECEMBER 2020

TUESDAY	WEDNESDAY	THURSDAY
<p>1</p> <p>Morning Stretch 9:00-9:50 Tai Chi 10:30-11:30 Qigong 12:30-1:30</p>	<p>Club Prior Closed</p>	<p>3</p> <p>Morning Stretch 9:00-9:50 Beg Line Dance 10:30-11:30 Exp Line Dance 12:00-1:00 Bingo 1:30-2:30</p>
<p>8</p> <p>Morning Stretch 9:00-9:50 Tai Chi 10:30-11:30 Qigong 12:30-1:30</p>	<p>Club Prior Closed</p>	<p>10</p> <p>Morning Stretch 9:00-9:50 Beg Line Dance 10:30-11:30 Exp Line Dance 12:00-1:00 Bingo 1:30-2:30</p>
<p>15</p> <p>*Footcare Morning Stretch 9:00-9:50 Tai Chi 10:30-11:30 Qigong 12:30-1:30</p>	<p>Club Prior Closed</p>	<p>17</p> <p>Morning Stretch 9:00-9:50 Beg Line Dance 10:30-11:30 Exp Line Dance 12:00-1:00 Bingo 1:30-2:30</p>
<p>22</p> <p>Morning Stretch 9:00-9:50 Tai Chi 10:30-11:30 Qigong 12:30-1:30</p>	<p>Club Prior Closed</p>	<p>24</p> <p>Morning Stretch 9:00-9:50 Beg Line Dance 10:30-11:30 Exp Line Dance 12:00-1:00 Bingo 1:30-2:30</p>
<p>29</p> <p>Morning Stretch 9:00-9:50 Tai Chi 10:30-11:30 Qigong 12:30-1:30</p>	<p>Club Prior Closed</p>	<p>31</p> <p>Happy New Years Eve! Club Prior Closed</p>

HAPPY NEW YEAR

ADULT ACTIVITIES

Healing Hands For Feet Foot Care

This foot care clinic will be conducted in 75 minute sessions by appointment only. Healing Hands For Feet Foot Care nurse, Liz, will provide basic foot care including a foot soak, nail trimming of corns/calluses, massage, trimming and treating ingrown nails and much more.

People who have not cancelled their appointment 24 hours in advance will be charged for their missed appointment.

Please call 952-447-9783 to make an appointment today!

November 17; December 15

\$60

9:00 am—3:00 pm



foot care

USSR-Russia-Myths, Mysteries & Spying

Meet Henry Quinlan – someone with the most amazing story you’ve ever met. Henry has over 40+ years publishing books, newsletters, DVDs and organizing seminars on various topics. He has made more than 60 trips to the former Soviet Union and Russia. He witnessed history when the Soviet Union collapses in 1991. He has attended State Dinners with American Presidents, met foreign President Gorbachev and has toured a secret USSR Space research center with Astronaut Wally Schirra. It’s a presentation you won’t want to miss. We will serve self serve cinnamon rolls and fruit. **To register, please call 952-447-9783. Limited seating.** Masks and proper social distancing protocols in place.

Tuesday, November 17

10:00-12:00

Club Prior – Virtual Seminar

\$8

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GIVING THIS SEASON

Giving Tree


'Tis the season to give back to someone or something in need. Club Prior is in need of a few things for its Memory Café for the cognitive impaired and their families. Partnering with the Library we are putting together kits that families and caregivers can check out that will be packed with resources, activities and tools for them and their loved ones. We are asking for particular books, appropriate puzzles, etc. that can be found on Amazon. If you don't have access to Amazon, gift cards can be purchased and we can purchase the items for you. All items will be put to wonderful use! Donations can be dropped off at the Twisted Loop, Library or Club Prior. More information can be found near the tree or feel free to visit with any staff in the Library building.



The Club Prior Pantry


Thanks to a generous grant, the Club Prior Pantry has been a huge success over the past year. The purpose of the Pantry is to give ALL those ages 55+ access to free, nutritious snacks and meals without having to visit a "food shelf". Club Prior will always accept anonymous donations and those funds will go back directly to the pantry. Club Prior is hoping to also have access to fresh fruits and vegetables as we also have a way to keep them cool. The pantry is a partnership with R.O.C.K. who will be providing the food and volunteers to help maintain the pantry by transporting the food from the warehouse to our site. Stop by this upcoming holiday season and see what the Pantry has to offer you to help you with your baking and holiday meal needs!






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Club Prior
Resource & Recreation Center
16210 Eagle Creek Avenue #101
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Club Prior Hours

Tuesday, Thursday
9:00 am—3:00 pm

The Club Prior Press is published six times a year. For more information, contact Lesley Young at lyoung@cityofpriorlake.com or call 952-447-9783.



Starting January 5 we hope to open Wednesday's! That will put us back on our regular week of being open T/W/TH 9:00 am—3:00 pm. We will also start to bring back more programming for your enjoyment! Watch the next issue of the Club Prior Press which will highlight the addition of some past programs you have missed.

Hand & Foot
Cribbage
Mahjongg

