



## Logan Lodge January Closures

**Thursday, January 1**  
**New Year's Day**

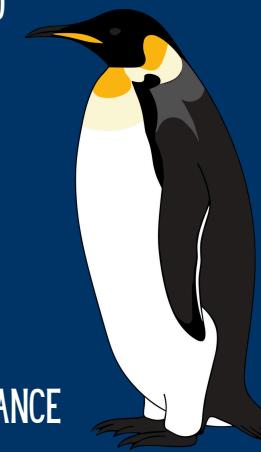
**Monday, January 19**  
**Martin Luther King Jr. Day**



## WALK LIKE A PENGUIN

### Winter Walking Safety Tips

- ❄ KEEP YOUR KNEES RELAXED
- ❄ POINT YOUR TOES OUT
- ❄ TAKE SHORT STEPS
- ❄ WALK SLOWLY
- ❄ EXTEND ARMS TO KEEP BALANCE



### Book Club

The book club meets monthly to discuss a wide range of current and classic novels in a welcoming setting.

**Meetings:** Fourth Tuesday of the month, 12:30 p.m. - 2:30 p.m.

**January Title:** *The Silent Patient* by Alex Michaelides



[blm.mn/adultprograms](http://blm.mn/adultprograms)

# PENN POST

A newsletter for adults ages 50+ and/or adults with disabilities  
City of Bloomington Parks and Recreation Department

### Ice Fishing

Now that our lakes have frozen over, let's venture out and catch fish through the ice. Experienced instructors from Fishing for All will provide all the equipment needed. Fishing license waivers are provided. All fish are catch and release.

**Dates:** Sundays, January 11 and/or March 1

**Time:** 1-3 p.m.

**Location:** East Bush Lake Park, 9140 E. Bush Lake Rd.

**Cost:** \$12.50 per session

**Separate Registration Required for Each Date:**

Visit [blm.mn/adultprograms](http://blm.mn/adultprograms) or Call 952-563-4944

### Snowshoeing Club

Bundle up and come enjoy the winter snow on a guided snowshoe hike! Snowshoes will be available, or feel free to bring your own. Hikes will be approximately 1-3 miles, weather and snow dependent. Participants are welcome to go at their own pace and distance, with Parks & Recreation staff on hand to provide support.

**Dates:** Tuesdays, Jan. 20, Feb. 3, Feb. 17, and/or March 3

**Time:** 1-2 p.m.

**Location:** TBD based on snowfall

**Cost:** Free

**Separate Registration Required for Each Date:**

Visit [blm.mn/adultprograms](http://blm.mn/adultprograms) or Call 952-563-4944

## SENIOR DISCUSSION GROUP

Enjoy meaningful conversation with fellow older adults on a variety of engaging topics, including adjusting to retirement, staying healthy and active, and discussing current events. This program offers a relaxed, welcoming space to share experiences, hear different perspectives, and stay socially connected.

**Date:** Tuesdays, 11 a.m. - 12 p.m.

**Location:** Logan Lodge, 9930 Logan Ave S.

**Cost:** Free



## Care Truth: What Every Family Needs to Know to Navigate Senior Care

Join Marlena Hemenway from The Geneva Suites for an interactive workshop designed to cut through the confusion surrounding senior care. Learn the real differences between care options, the essential questions to ask when touring facilities, and practical planning strategies to help you and your family make confident, informed decisions.

**Date:** Monday, January 12, 10-11 a.m.

**Location:** Logan Lodge, 9930 Logan Ave S.

**Cost:** Free

**Registration Required:**

Visit [blm.mn/adultprograms](http://blm.mn/adultprograms) or Call 952-563-4944



## There is Thriving in Place: Navigating In-Home Care and Home Safety

Join Machelle Borell from Comfort Keepers for an informative presentation on in-home care and home safety for seniors. She'll cover when in-home care may be needed, how to choose the right agency, and the benefits it provides for safety, independence, and peace of mind. Machelle will also highlight TruBlue Home Service Ally and share tips on affordable home modifications to make homes safer and more accessible.

**Date:** Tuesday, January 27, 10-11:30 a.m.

**Location:** Logan Lodge, 9930 Logan Ave S.

**Cost:** Free

**Registration Required:**

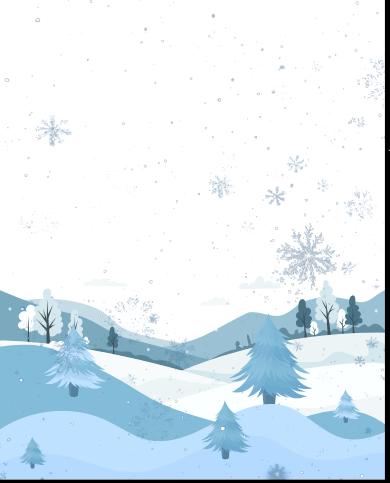
Visit [blm.mn/adultprograms](http://blm.mn/adultprograms) or Call 952-563-4944



# JANUARY 2026

R = Pre-Registration Required

\$ = Participation Cost

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Program Descriptions and Registration Information  <a href="http://blm.mn/adultprograms">blm.mn/adultprograms</a>          or          (952) 563-4944   MN Relay 711</p>	 <p>Monday-Thursday          10 a.m.-3 p.m.          Friday          10 a.m.-1 p.m.            Located at Bloomington Civic Plaza,          1800 West Old Shakopee Road,          down the main corridor</p>			<p>1</p> <p>Center for the Arts:          No Chair Yoga classes</p> <p>Logan Lodge:  <b>Born Again Jocks</b>, 8-10:30 a.m.  <b>Hearts</b>, 9 a.m.-12 p.m.  <b>Quilting</b>, 9 a.m.-1 p.m.  <b>Bloomingtones</b>, 9:30-10:30 a.m.  <b>LEGO Club</b>, 10:30 a.m.-12 p.m.  <b>Club 500</b>, 12:30-3:30 p.m.</p>
<p>5</p> <p>Center for the Arts:  <b>Low Impact Fitness</b>, 9-10 a.m.  <b>Low Impact Fitness</b>, 10-11 a.m.</p> <p>Logan Lodge:  <b>Hand &amp; Foot Canasta</b>, 11:30 a.m.-2:30 p.m.  <b>Duplicate Bridge</b>, 12-3:15 p.m.  <b>Leatherworking</b>, 12:30-3 p.m.  <b>Pinochle</b>, 12:30-3:30 p.m.</p>	<p>6</p> <p>Center for the Arts:  <b>Gentle Mat Yoga</b>, 9-10 a.m. (R) (\$)  <b>Gentle Mat Yoga</b>, 10:15-11:15 a.m. (R) (\$)</p> <p>Logan Lodge:  <b>Quilting</b>, 9 a.m.-1 p.m.  <b>Senior Disc. Group</b>, 11 a.m.-12 p.m.  <b>Double Deck Pinochle</b>, 12-3 p.m.  <b>Club 500</b>, 12:30-3:30 p.m.  <b>Bunco</b>, 1-3 p.m.</p>	<p>7</p> <p>Center for the Arts:          No Line Dancing Class  <b>SAIL Fitness Class</b>, 10:15-11:15 a.m.</p> <p>Logan Lodge:  <b>Euchre</b>, 9-11:30 a.m.  <b>Mahjong</b>, 10 a.m.-12 p.m.  <b>Adaptive Board Games</b>, 10:30 a.m.-12 p.m.  <b>Wii Bowling</b>, 12-2 p.m.  <b>Cribbage</b>, 12:30-3 p.m.  <b>Leatherworking</b>, 12:30-3 p.m.</p>	<p>8</p> <p>Center for the Arts:  <b>Low Impact Fitness</b>, 9-10 a.m.  <b>Low Impact Fitness</b>, 10-11 a.m.          No Fun Functional Fitness Class</p> <p>Christ the King Lutheran Church:  <b>Country Music Jam</b>, 9 a.m.-12 p.m.</p> <p>Logan Lodge:  <b>Needleworkers</b>, 9-11:30 a.m.  <b>Double Deck Pinochle</b>, 9 a.m.-12 p.m.  <b>Open Tech Lab</b>, 9:30-11:30 a.m.  <b>Crickets</b>, 10 a.m.-12 p.m.  <b>Cribbage</b>, 12:30-3 p.m.  <b>Creative Crafts</b>, 1-3 p.m.</p>	<p>9</p> <p>Bethany Gym at Substance Church:  <b>Adaptive Open Gym</b>, 10:30 a.m.-12 p.m.</p> <p>Center for the Arts:  <b>Chair Yoga</b>, 9-10 a.m. (R) (\$)  <b>Chair Yoga</b>, 10:15-11:15 a.m. (R) (\$)</p> <p>Logan Lodge:  <b>Born Again Jocks</b>, 8-10:30 a.m.  <b>Hearts</b>, 9 a.m.-12 p.m.  <b>Quilting</b>, 9 a.m.-1 p.m.  <b>Bloomingtones</b>, 9:30-10:30 a.m.  <b>LEGO Club</b>, 10:30 a.m.-12 p.m.  <b>Club 500</b>, 12:30-3:30 p.m.</p>
<p>12</p> <p>Center for the Arts:  <b>Low Impact Fitness</b>, 9-10 a.m.  <b>Low Impact Fitness</b>, 10-11 a.m.</p> <p>Logan Lodge:  <b>Hand &amp; Foot Canasta</b>, 11:30 a.m.-2:30 p.m.  <b>Duplicate Bridge</b>, 12-3:15 p.m.  <b>Leatherworking</b>, 12:30-3 p.m.  <b>Pinochle</b>, 12:30-3:30 p.m.</p> <p>Special Event!  <b>Care Truth: What Every Family Needs to Know to Navigate Senior Care (R)</b>          10-11 a.m. at Logan Lodge</p>	<p>13</p> <p>Center for the Arts:  <b>Gentle Mat Yoga</b>, 9-10 a.m. (R) (\$)  <b>Gentle Mat Yoga</b>, 10:15-11:15 a.m. (R) (\$)</p> <p>Logan Lodge:  <b>Quilting</b>, 9 a.m.-1 p.m.  <b>Senior Disc. Group</b>, 11 a.m.-12 p.m.  <b>Double Deck Pinochle</b>, 12-3 p.m.  <b>Club 500</b>, 12:30-3:30 p.m.  <b>Bunco</b>, 1-3 p.m.</p>	<p>14</p> <p>Center for the Arts:  <b>Line Dancing</b>, 10-11:30 a.m. (\$)  <b>SAIL Fitness Class</b>, 10:15-11:15 a.m.</p> <p>Logan Lodge:  <b>Euchre</b>, 9-11:30 a.m.  <b>Mahjong</b>, 10 a.m.-12 p.m.  <b>Movie</b>, 10 a.m.-12 p.m.  <b>Wii Bowling</b>, 12-2 p.m.  <b>Cribbage</b>, 12:30-3 p.m.  <b>Leatherworking</b>, 12:30-3 p.m.</p>	<p>15</p> <p>Center for the Arts:  <b>Low Impact Fitness</b>, 9-10 a.m.  <b>Low Impact Fitness</b>, 10-11 a.m.  <b>Fun Func. Fitness</b>, 12-12:45 p.m. (R) (\$)</p> <p>Christ the King Lutheran Church:  <b>Country Music Jam</b>, 9 a.m.-12 p.m.</p> <p>Logan Lodge:  <b>Needleworkers</b>, 9-11:30 a.m.  <b>Double Deck Pinochle</b>, 9 a.m.-12 p.m.  <b>Open Tech Lab</b>, 9:30-11:30 a.m.  <b>Crickets</b>, 10 a.m.-12 p.m.  <b>Cribbage</b>, 12:30-3 p.m.  <b>Creative Crafts</b>, 1-3 p.m.  <b>Caregiver Support Group</b>, 1-2:30 p.m.</p>	<p>16</p> <p>Center for the Arts:  <b>Chair Yoga</b>, 9-10 a.m. (R) (\$)  <b>Chair Yoga</b>, 10:15-11:15 a.m. (R) (\$)</p> <p>Logan Lodge:  <b>Born Again Jocks</b>, 8-10:30 a.m.  <b>Hearts</b>, 9 a.m.-12 p.m.  <b>Quilting</b>, 9 a.m.-1 p.m.  <b>Bloomingtones</b>, 9:30-10:30 a.m.  <b>LEGO Club</b>, 10:30 a.m.-12 p.m.  <b>Club 500</b>, 12:30-3:30 p.m.</p>
<p>19</p> <p><b>LOGAN LODGE CLOSED FOR MARTIN LUTHER KING JR. DAY</b></p> 	<p>20</p> <p>Center for the Arts:  <b>Gentle Mat Yoga</b>, 9-10 a.m. (R) (\$)  <b>Gentle Mat Yoga</b>, 10:15-11:15 a.m. (R) (\$)</p> <p>Logan Lodge:  <b>Quilting</b>, 9 a.m.-1 p.m.  <b>Senior Disc. Group</b>, 11 a.m.-12 p.m.  <b>Double Deck Pinochle</b>, 12-3 p.m.  <b>Club 500</b>, 12:30-3:30 p.m.</p> <p>Special Event!  <b>Snowshoeing (R)</b>          1-2 p.m. at TBD</p>	<p>21</p> <p>Center for the Arts:  <b>Line Dancing</b>, 10-11:30 a.m. (\$)  <b>SAIL Fitness Class</b>, 10:15-11:15 a.m.</p> <p>Logan Lodge:  <b>Euchre</b>, 9-11:30 a.m.  <b>Mahjong</b>, 10 a.m.-12 p.m.  <b>Adaptive Crafts</b>, 10:30-11:30 a.m.  <b>Wii Bowling</b>, 12-2 p.m.  <b>Cribbage</b>, 12:30-3 p.m.  <b>Leatherworking</b>, 12:30-3 p.m.</p>	<p>22</p> <p>Center for the Arts:  <b>Low Impact Fitness</b>, 9-10 a.m.  <b>Low Impact Fitness</b>, 10-11 a.m.  <b>Fun Func. Fitness</b>, 12-12:45 p.m. (R) (\$)</p> <p>Christ the King Lutheran Church:  <b>Country Music Jam</b>, 9 a.m.-12 p.m.</p> <p>Logan Lodge:  <b>Needleworkers</b>, 9-11:30 a.m.  <b>Double Deck Pinochle</b>, 9 a.m.-12 p.m.  <b>Open Tech Lab</b>, 9:30-11:30 a.m.  <b>Crickets</b>, 10 a.m.-12 p.m.  <b>Cribbage</b>, 12:30-3 p.m.  <b>Creative Crafts</b>, 1-3 p.m.  <b>Writers Club</b>, 1-3 p.m.</p>	<p>23</p> <p>Center for the Arts:  <b>Chair Yoga</b>, 9-10 a.m. (R) (\$)  <b>Chair Yoga</b>, 10:15-11:15 a.m. (R) (\$)</p> <p>Logan Lodge:  <b>Born Again Jocks</b>, 8-10:30 a.m.  <b>Hearts</b>, 9 a.m.-12 p.m.  <b>Quilting</b>, 9 a.m.-1 p.m.  <b>Bloomingtones</b>, 9:30-10:30 a.m.  <b>LEGO Club</b>, 10:30 a.m.-12 p.m.  <b>Club 500</b>, 12:30-3:30 p.m.</p>
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