

Monday Tuesday Wednesday Thursday Friday

2	3	4	5	6
Strength & Balance 8:45 Art Studio 9:00 Men's Discussion 9:00 Over 50 & Fit 9:00 Tai Chi Chih 10:00 Open Play 10:45 Medicare Counseling 11:30 Hand, Foot & Toe 1:00 SCS Technology 1:00	Pilates Matwork 8:10 Fun with Watercolor 10:00 Poker 10:00 Bingo 12:40 Singles Group Bowling 1:00 Tai Chi Chih 1:00 Tale Spinners 1:00 Memory Café 1:30 Dementia Friends 2:00	Over 50 & Fit 9:00 Senior Outreach 9:00 Mahjongg 10:00 Senior Chorale 10:15 AA/Al-Anon 10:30 Monthly Party 12:00 Social Bridge 12:30 Acrylic Painting 1:00 Increase Your Joy 1:00 Tai Chi Chih 2:15 Pilates Matwork Slow Flow 6:00 500 6:30	Defensive Driving 9:00 Chair Yoga 9:45 Cribbage 10:00 Genealogy 10:00 Woodcarvers 10:00 Tonka Treks 10:15 Gentle Yoga 11:00 British History 1:00 Dominoes 1:00 Yoga & Strength 6:00	Open Play 8:00 Happy Feet 9:00 Over 50 & Fit 9:00 Blood Pressure 9:30 Computer Group 10:00 Bird Club 10:30 Strength & Balance 11:00 Art Studio 1:00

9	10	11	12	13
Strength & Balance 8:45 Art Studio 9:00 Men's Discussion 9:00 Over 50 & Fit 9:00 Ham Radio 10:00 Open Play 10:45 Garden Club 1:00 Hand, Foot & Toe 1:00	Open Play 8:00 Pilates Matwork 8:10 Computer Basics 101 9:30 Chair Yoga 9:45 Advisory Board 10:00 Mahjongg Class 10:00 Gentle Yoga 11:00 Bingo 12:40 Bulls & Bears 1:00 Tai Chi Chih 1:00	Over 50 & Fit 9:00 Blood Pressure 9:30 Mahjongg 10:00 Senior Chorale 10:15 AA/Al-Anon 10:30 Stroke Awareness 10:30 Social Bridge 12:30 Acrylic Painting 1:00 Increase Your Joy 1:00 Tai Chi Chih 1:00 Pilates Matwork 2:15 Slow Flow 6:00 500 6:30	Cribbage 10:00 Caregiver Conversation 10:00 Woodcarvers 10:00 Bunco 1:00 British History 1:00 Line Dancing 1:00/2:00 Yoga & Strength 6:00	Crafting for a Cause 9:00 Happy Feet 9:00 Over 50 & Fit 9:00 Computer Group 10:00 Presidential Series 10:30 Strength & Balance 11:00 Art Studio 1:00 Open Play 1:00 Parking Lot Bingo 1:00

16	17	18	19	20
Strength & Balance 8:45 Art Studio 9:00 Men's Discussion 9:00 Over 50 & Fit 9:00 Tai Chi Chih 10:00 ICA Food Shelf 10:30 Open Play 10:45 Medicare Counseling 11:30 Hand, Foot, & Toe 1:00 SCS Technology 1:00	Pilates Matwork 8:10 Day Trip: Pepin Heights 8:30 Computer Basics 101 9:30 Chair Yoga 9:45 Fun with Watercolor 10:00 Mahjongg Class 10:00 Poker 10:00 Shutterbugs 10:00 Gentle Yoga 11:00 Bingo 12:40 Tai Chi Chih 1:00 Tale Spinners 1:00 Memory Café 1:30	Over 50 & Fit 9:00 Senior Outreach 9:00 Mahjongg 10:00 Senior Chorale 10:15 AA/Al-Anon 10:30 Social Bridge 12:30 Increase Your Joy 1:00 Tai Chi Chih 1:00 Pilates Matwork 2:15 Slow Flow 6:00 500 6:30	Chair Yoga 9:45 Cribbage 10:00 Woodcarvers 10:00 Bike Club Party 10:30 Traveling Naturalist 10:30 Gentle Yoga 11:00 Book Club 1:00 British History 1:00 Dominoes 1:00 Line Dancing 1:00/2:00 Yoga & Strength 6:00	Happy Feet 9:00 Over 50 & Fit 9:00 Blood Pressure 9:30 Computer Group 10:00 Women's Discussion 10:15 Strength & Balance 11:00 Open Play 12:30 Art Studio 1:00

23	24	25	26	27
Strength & Balance 8:45 Art Studio 9:00 Men's Discussion 9:00 Over 50 & Fit 9:00 Open Play 10:45 Hand, Foot, & Toe 1:00	Open Play 8:00 Pilates Matwork 8:10 Chair Yoga 9:45 Fun with Watercolor 10:00 Mahjongg Class 10:00 Gentle Yoga 11:00 Bingo 12:40 Bulls & Bears 1:00 Tai Chi Chih 1:00	Day Trip: Amish Tour 8:00 Over 50 & Fit 9:00 Mahjongg 10:00 Senior Chorale 10:15 AA/Al-Anon 10:30 Living Alone 10:30 Social Bridge 12:30 Acrylic Painting 1:00 Increase Your Joy 1:00 SCS Technology 1:00 Tai Chi Chih 1:00 Pilates Matwork 2:15 Defensive Driving 5:30 Slow Flow 6:00 500 6:30	Chair Yoga 9:45 Cribbage 10:00 Woodcarvers 10:00 Gentle Yoga 11:00 British History 1:00 Bunco 1:00 Full Moon Hike 5:30 Yoga & Strength 6:00	Open Play 8:00 Happy Feet 9:00 Over 50 & Fit 9:00 Computer Group 10:00 Strength & Balance 11:00 Lunch & Movie 12:00 Art Studio 1:00 Bucket List Book Club 1:00
Book Drop-Off 9 am—3 pm	Book & Pie Sale 11 am—4 pm			

30	31
Strength & Balance 8:45 Art Studio 9:00 Men's Discussion 9:00 Over 50 & Fit 9:00 Coffee & Conversations 10:30 Open Play 10:45 Hand, Foot, & Toe 1:00	Open Play 8:00 Pilates Matwork 8:10 Chair Yoga 9:45 Fun with Watercolor 10:00 Mahjongg Class 10:00 Gentle Yoga 11:00 Bingo 12:40 Tai Chi Chih 1:00



CITY OF

MINNETONKA

SENIOR SERVICES

Programs and services for those 55+ | 952-939-8393 | minnetonkamn.gov/our-city/senior-services

Interest Groups

Interest groups are coordinated and led by seniors in the community. All groups meet at the Minnetonka Community Center, unless noted otherwise. There are more than 30 different interest groups.

Advisory Board

2nd Tuesday, 10 a.m.

Advises and recommends goals, policies and objectives to Minnetonka Senior Services and Minnetonka City Council.

A.A./Al-Anon

Wednesdays, 10:30 a.m.

AA supports those who may have alcohol addiction. Al-Anon supports friends and family members of those with alcohol addiction. All ages welcome.

Art Studio

Mondays, 9 a.m.-noon

Fridays, 1-4 p.m.

Informal drop in and create! This group

welcomes artists of all abilities. Participants socialize while working independently. New members welcome!



Bike Club

April- October with various start times. Visit us on our blog to see what rides we have been up to! mtkabikerphotos.blogspot.com

Bingo

Tuesdays, 12:40 p.m.

Enjoy a fun game of Bingo with a friendly social group! Cards are a nickel each per game.



Bird Club

1st Friday, 10:30 a.m.

Meet once a month Sept. - May and enjoy a variety of bird topics throughout the year. Cost is \$20/year.



>>Topic: **Bird Banding to tell Stories w/ Amber Burnette - Environmental Educator**

Book Club

3rd Thursday, 1 p.m.

Each month we read a new book and discuss. This month's book:

>>**Next Year in Havana by Chanel Cleeton**

Bucket List Book Club

4th Friday, 1 p.m.

Start to check off some of your bucket list books. Each month we read a new book and discuss. This month's book:

>>**House of Seven Gables by Nathaniel Hawthorne**

Bulls and Bears Investment Club

2nd & 4th Tuesdays, 1 p.m.

Do you know the difference between bull and bear markets? Study different investment trends and learn how to navigate the markets.



Bunco

2nd & 4th Thursdays, 1 p.m. Drop in and play the fun game of bunco. No experience? No problem! We'll teach you.

Caregiver Conversations

2nd Thursday, 10 a.m.

Explore the challenges, rewards and resources in navigating the care giving journey.

Chorale

Wednesdays, 10:15 a.m.

Do you love to sing? No auditions are required. The Chorale sings in a 4 part harmony and performs throughout the year. The Chorale is an ensemble of the Music Association of Minnetonka.

Computer Group

Fridays, 10 a.m.

Join this social group as we discuss trends and learn new skills. Visit mscig.wordpress.com to learn more! >>Join us for to celebrate 30 years! September 22nd at 10:00 a.m.

Crafting for a Cause

2nd Friday, 9 a.m.

Craft items for local nonprofits! New members are always welcome.

Cribbage

Thursdays, 10 a.m.

Come join us! Bring a cribbage board and a deck of cards.

Dominoes

1st & 3rd Thursdays, 1 p.m. Never played? We'll teach you. Please join us

Program Spotlight

Presentation

Traveling Naturalist: Loons

>> W/ Melonie Shipman



Thursday, October 19
10:30 - 11:30 a.m.
\$5.00

Education

Computer Basics 101

>> W/ Abbey Key



Tuesdays, October 10 & 17
9:30 - 11:30 a.m.
\$18.00

Fitness

Increase Your Joy Through Yoga & Creative Arts

>> W/ Susie Schwartz & Joan Saunders



Wednesdays, October 4-25
1:00 - 2:15 p.m.
\$50.00

Event

Book & Pie Sale



Tuesday, October 24
11:00 a.m. - 4:00 p.m.
Books for only \$1.00!

Garden Club

2nd Monday, 1 p.m.

Do you love to garden? Join us for monthly gardening topics and field trips.



Genealogy Club

1st Thursday, 10 a.m.

Exciting topics each month. Speakers present throughout the year. Join fellow enthusiasts at any point of your genealogical journey.



Ham Radio

2nd Monday, 10 a.m.

Join us for some amateur radio discussion, share of knowledge and practice.



Hand, Foot, and Toe

1st- 4th Monday, 1 p.m.

Players must have a basic knowledge of Hand & Foot- we'll teach the Toe!

Mahjongg

Wednesdays, 10 a.m.

Join in the fun with fellow players of mahjongg. Please bring your own set.

>>Learn to play to play in Mahjongg Class on Tuesdays, Oct. 10 - Nov. 21. Registration Required.



Men's Discussion Group

Mondays, 8:30 a.m.

Join us for coffee and conversations in this new weekly men's discussion group. Meet and connect with new people while discussing a variety of informal topics.

Open Play

2nd and 4th Tuesdays, 10 a.m.

Come play any game of your choice! Enjoy a game of 500, Scrabble, Canasta, or any small group games that you bring.

Pickleball Open Play

Indoor at Williston. For more information call: 952-939-8341. To join the email list, email Boris at Bgonikman@minnetonkamn.gov

Poker

1st & 3rd Tuesday, 10 a.m.

Join us for a good game of poker! Play a variety of games.



NEW! Singles Group

Next Meeting: Tuesday, October 3rd, 1:00-4:00 p.m. RSVP Required.

Looking for new friends and fun? Join us as we develop this new group for singles.

From game nights to outings or other activities this will be a group for fun!

>>Activity: Bowling at Tuttle! Be sure to RSVP via email or call 952-939-8393



Shutterbugs

3rd Tuesday, 10 a.m.

This group focuses on a different topic each month and is open for the novice photographer and professionals. Photos taken by members that are Minnetonka residents can be purchased at The Landing Shop.



Social Bridge

Wednesdays, 12:45 p.m.

1st, 2nd and 3rd place prizes are awarded. No partners are needed and new members are always welcome. Join in the fun as your schedule allows.



Tale Spinners

1st & 3rd Tuesdays, 1 p.m.

This is a casual group of writers who work together to improve their skills, provide motivation and ideas, critique and offer feedback; all to achieve individual writing goals. Whether you are a poet, short story writer, essayist, novelist, or recording family anecdote and histories; please come by and bring your words to life!



Women's Discussion Group

3rd Friday, 10 a.m.

Discuss different topics each month with other senior women.

Woodcarvers

Thursdays, 10 a.m.

Socialize, share ideas and work independently. All abilities are welcome, including beginners! The first Thursday of the month is show and tell. Come join the fun!



500 Card Club

Wednesdays, 6:30 p.m.

Join in the fun, new members are always welcome!



Senior Services

Blood Pressure Screenings:

2nd Wednesday and 3rd Friday of the month, 9:30-11:30 a.m.

Foot Care Clinic:

Fridays - for appointments and fees please call Happy Feet at their **NEW Phone Number: 763-346-3390.**

Household and Outside Maintenance for Elderly (H.O.M.E.):

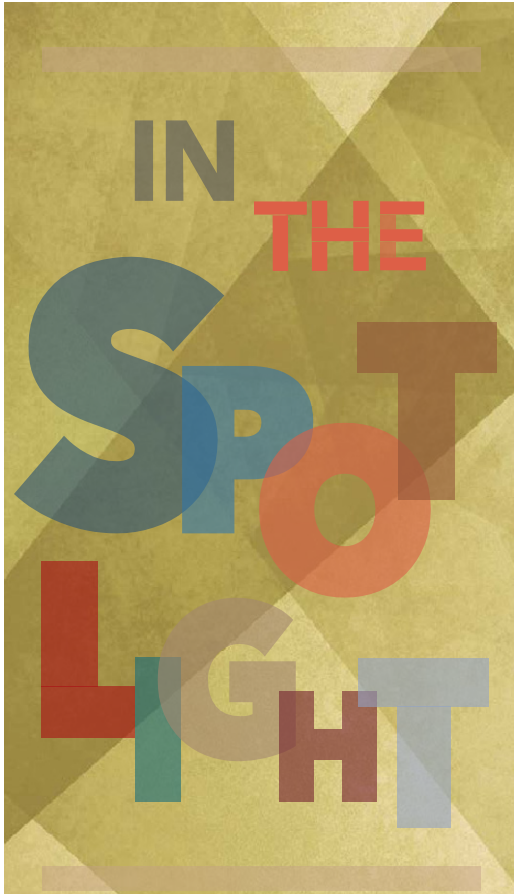
Get help with household chores. Call Senior Community Services at 952-746-4046 for more information.

Medicare Counseling:

Discuss Medicare, supplemental insurance, Part D coverage, billing issues, resources and more. Call the Senior Linkage Line at 1-800-333-2433 for an appointment.

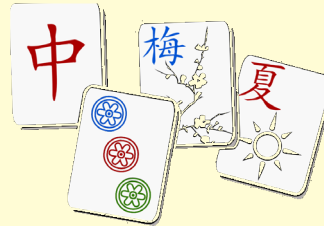
Senior Outreach: Housing, community resources, and one-on-one counseling. By appointment only on the second and fourth Tuesday of the month, 1-3 p.m. Please call 952-939-8393 for an appointment.

Transit Link: Transportation from your home to events. Call 651-602-5465 for fees and schedule.



Special Interest Group: Mahjongg

Wednesdays, 10:00 a.m.



Join in the fun with fellow players of mahjongg! This ancient Chinese Game - played American Style, uses tiles to play a game of chance and skill that work your observation, memory, and adaptive strategies!

Special this month:

>>Learn to Play! Mahjongg Class will be held Tuesdays, October 10th - November 21st. Registration is required. \$70 | #1190201-01

AROUND TOWN

City & Fire Open House

Central Fire Station - 14550 Minnetonka Blvd.

Tuesday, October 10th, from 5:00 p.m. - 8:00 p.m.

Join us for the Fire & City Open House!



The Marsh Open House

The Marsh - 15000 Minnetonka Blvd.

Saturday, October 14th, from 9:00 a.m. - 12:00 p.m.

Check out all The Marsh has to offer! Stop by for a morning sampling of fitness classes.



Pop-Up Market At The Marsh

The Marsh - 15000 Minnetonka Blvd.

Friday, October 13th - Sunday, October 15th, from 10:00 a.m. - 4:00 p.m.

This free, daily market will have local vendors showcasing their merchandise.

Burwell Spooktacular

The Burwell House - 13209 E. McGinty Road

Friday, October 27th, from 5:00 p.m. - 8:00 p.m.

Grab your best costume and have a spooktacularly good time at this FREE fall event! Games, Crafts, Live Performers and more!



The Landing Shop

11280 Wayzata Blvd. | 763-591-4868 | Open Thurs.-Sat. Noon-5:00 p.m.

Browse and buy handmade items crafted by Minnetonka residents ages 55 and older.