

Monday Tuesday Wednesday Thursday Friday

Programs and services for those 55+

952-939-8393

Minnetonkamn.gov/seniorservices



CITY OF MINNETONKA SENIOR SERVICES

Save the Date! Winter/Spring Registration for programs running January through April opens this month on December 14th at 8 a.m. Register in person at the Minnetonka Community Center, by phone at 952-939-8393, or online at: minnetonkamn.gov/register

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| 1 | |
| 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 |

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|----------------------------|------------------------------|---------------------------------|----------------------------|---------------------------|
| 4 | 5 | 6 | 7 | 8 |
| Art Studio 9:00 | Pilates Matwork 8:10 | Hanukkah Cookie Art 9:00 | Chair Yoga 9:45 | Crafting for a Cause 9:00 |
| Men's Discussion 9:00 | Chair Yoga 9:45 | Over 50 & Fit 9:00 | Cribbage 10:00 | Happy Feet 9:00 |
| Over 50 & Fit 9:00 | Fun with Watercolor 10:00 | Senior Outreach 9:00 | Genealogy 10:00 | Over 50 & Fit 9:00 |
| T'ai Chi Chih—Deeper 10:00 | Poker 10:00 | Mahjongg 10:00 | Woodcarvers 10:00 | Computer Group 10:00 |
| Open Play 10:45 | Gentle Yoga 11:00 | AA/AI-Anon 10:30 | Gentle Yoga 11:00 | Tonka Trek 10:15 |
| Medicare Counseling 11:30 | Dementia Friends 12:00 | Social Bridge 12:30 | Lunch & Movie 12:00 | Strength & Balance 11:00 |
| Hand, Foot, & Toe 1:00 | Bingo 12:40 | Acrylic Painting 1:00 | British History 1:00 | Art Studio 1:00 |
| SCS Technology 1:00 | Beginning T'ai Chi Chih 1:00 | Day Trip: Riverside Lights 1:00 | Dominos 1:00 | Open Play 1:00 |
| | Tale Spinners 1:00 | Seated T'ai Chi Chih 1:00 | History of Big Island 6:00 | |
| | Memory Café 1:30 | Pilates Matwork 2:15 | Yoga & Strength 6:00 | |
| | | Slow Flow 6:00 | | |
| | | 500 6:30 | | |

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|----------------------------|------------------------------|---------------------------|--|------------------------------|
| 11 | 12 | 13 | 14 WINTER/SRPING REGISTRATION OPENS! 8:00 A.M. | 15 |
| Art Studio 9:00 | Open Play 8:00 | Over 50 & Fit 9:00 | | Happy Feet 9:00 |
| Men's Discussion 9:00 | Pilates Matwork 8:10 | Blood Pressure 9:30 | | Over 50 & Fit 9:00 |
| Over 50 & Fit 9:00 | Christmas Cookie Art 9:00 | Mahjongg 10:00 | Chair Yoga 9:45 | Blood Pressure 9:30 |
| Ham Radio 10:00 | Defensive Driving 9:00 | AA/AI-Anon 10:30 | Caregiver Conversations 10:00 | Computer Group 10:00 |
| T'ai Chi Chih—Deeper 10:00 | Chair Yoga 9:45 | Chanhassen DT: Xmas 11:00 | Cribbage 10:00 | Women's Discussion 10:15 |
| James Shaw 10:30 | Advisory Board 10:00 | Social Bridge 12:30 | Woodcarvers 10:00 | Coffee & Conversations 10:30 |
| Open Play 10:45 | Fun with Watercolor 10:00 | Acrylic Painting 1:00 | Gentle Yoga 11:00 | Strength & Balance 11:00 |
| Garden Club 1:00 | Gentle Yoga 11:00 | Parking Lot Bingo 1:00 | Book Club 1:00 | Art Studio 1:00 |
| Hand, Foot, & Toe 1:00 | Bingo 12:40 | SCS Technology 1:00 | British History 1:00 | Bucket List Book Club 1:00 |
| | Bulls & Bears 1:00 | Seated T'ai Chi Chih 1:00 | Bunco 1:00 | Open Play 1:00 |
| | Beginning T'ai Chi Chih 1:00 | Pilates Matwork 2:15 | Line Dancing 1:00/2:00 | |
| | | Slow Flow 6:00 | Yoga & Strength 6:00 | |
| | | 500 6:30 | | |

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|---------------------------|--------------------------------|---------------------------|------------------------|--------------------------|
| 18 | 19 | 20 | 21 | 22 |
| Art Studio 9:00 | Pilates Matwork 8:10 | Over 50 & Fit 9:00 | Chair Yoga 9:45 | Open Play 8:00 |
| Men's Discussion 9:00 | Chair Yoga 9:45 | Senior Outreach 9:00 | Cribbage 10:00 | Happy Feet 9:00 |
| Over 50 & Fit 9:00 | Fun with Watercolor 10:00 | Mahjongg 10:00 | Woodcarvers 10:00 | Over 50 & Fit 9:00 |
| Open Play 10:45 | Poker 10:00 | AA/AI-Anon 10:30 | Gentle Yoga 11:00 | Strength & Balance 11:00 |
| Medicare Counseling 11:30 | Shutterbugs 10:00 | Social Bridge 12:30 | British History 1:00 | Art Studio 1:00 |
| Monthly Party 12:00 | Gentle Yoga 11:00 | Acrylic Painting 1:00 | Dominos 1:00 | |
| Hand, Foot, & Toe 1:00 | Bingo 12:40 | Seated T'ai Chi Chih 1:00 | Line Dancing 1:00/2:00 | |
| SCS Technology 1:00 | Beginning T'ai Chi Chih 1:00 | Pilates Matwork 2:15 | Yoga & Strength 6:00 | |
| Singles Group 3:30 | Tale Spinners 1:00 | Slow Flow 6:00 | | |
| | Memory Café 1:30 | 500 6:30 | | |
| | Day Trip: St. Paul Lights 3:15 | | | |

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|-----------|----------------|-----------------------|------------------------|--------------------------|
| 25 | 26 | 27 | 28 | 29 |
| | Open Play 8:00 | Over 50 & Fit 9:00 | Cribbage 10:00 | Open Play 8:00 |
| | Bingo 12:40 | Mahjongg 10:00 | Woodcarvers 10:00 | Happy Feet 9:00 |
| | | AA/AI-Anon 10:30 | Bunco 1:00 | Over 50 & Fit 9:00 |
| | | Social Bridge 12:30 | Line Dancing 1:00/2:00 | Art Studio 1:00 |
| | | Acrylic Painting 1:00 | Yoga & Strength 6:00 | |
| | | Slow Flow 6:00 | | |
| | | 500 6:30 | | |
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| | | | | Sunday |
| | | | | 31 |
| | | | | Chanhassen DT: NYE 12:00 |

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.

Annual Registration is required for all Special Interest Groups! 2024 Special Interest Group Registration opens in Dec!

Advisory Board

2nd Tuesday, 10 a.m.

Advises and recommends goals, policies and objectives to Minnetonka Senior Services and Minnetonka City Council. Interested in joining? Open to Minnetonka Residents through an application process.

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: Stan Tekiela, MN Naturalist

Book Club

3rd Thursday, 1 p.m.*

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

>>Matrix by Lauren Groff

December Meeting: 12/14

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:

>>Emma by Jane Austen

December Meeting: 12/15

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.

*Registration Full

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!

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.

Dominos

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

Program Spotlight

Education

History of Big Island

>> W/ Paul Marvelas



Thursday, December 7

6:00 - 7:00 p.m.

\$2.00

Fitness

Slow Flow Vinyasa Yoga

>> W/ Karen Murray



Tuesdays, Dec 6 - Dec 27

6:00 - 7:00 p.m.

\$24.00

Event

Holiday Concert

>> W/ James Shaw



Monday, December 11

10:30 - 11:30 a.m.

\$3.00

Be sure to check out the **2024 Winter/Spring Hopkins-Minnetonka Recreation Brochure** for all of our programs that will occur between January and April!

Registration opens Thursday, Dec. 14th at 8:00 a.m.

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.



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.



Singles Group

Next Meeting: Dec. 18th at 3:30 p.m.

Activity: Games, Gab, & Grub!

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!



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.):

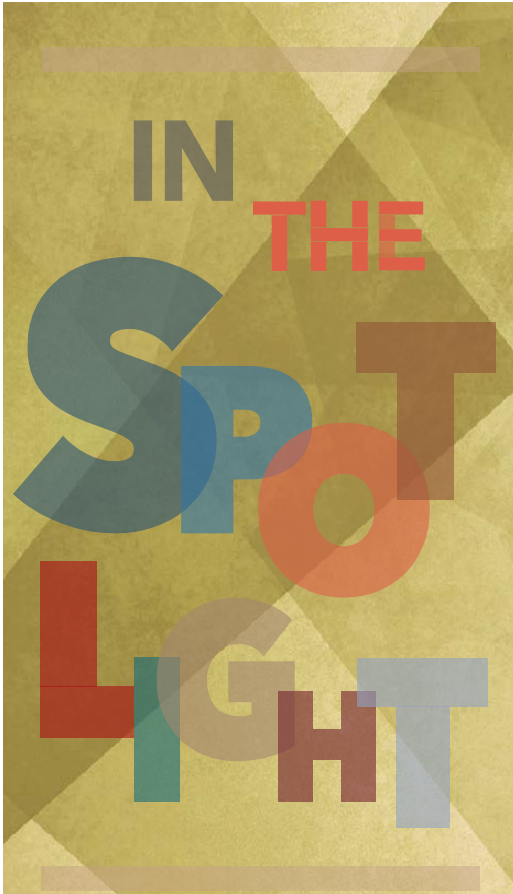
Get help with household chores and more. Call Senior Community Services at 952-746-4046 for more information.

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 with licensed social worker, Sara Roberts. By appointment only. Please call 612-868-6720 for an appointment.

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



**Special Interest Group:
Crafting for a Cause**

2nd Friday, 9:00 a.m.



Holiday season is also a great time for giving! Join Crafting for a Cause as we craft items for local non-profits. New members are always welcome!

AROUND TOWN

Winter Farmers Market

The Minnetonka Community Center - 14600 Minnetonka Blvd.

Saturday, December 9th, from 10:00 a.m. - 2:00 p.m.

The market includes vendors selling local produce, meats, honey, breads, coffee, herbal self-care products, crafts, gifts, and more! Plus, live music!

Tree Lighting at the Commons

Ridgedale Commons - 12590 Ridgedale Drive

Saturday, December 9th, from 4:30 p.m. - 6:00 p.m.

Gather your friends and family to kick off the season with a tree lighting ceremony at Ridgedale Commons! Enjoy activities, crafts, music and more! Dress up your dog in holiday attire to compete in the dog costume contest! This is a FREE event!

The Marsh: New Cafe & Pop-Up Market

15000 Minnetonka Blvd.

Cafe Anna Lisa

Your new spot for Breakfast/Lunch! Now Open Monday-Friday 9 a.m. - 2p.m.

Winter Pop-Up Market!

Saturday, December 9th - Sunday December 10th 9 a.m. to 3p.m.

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. A great location to find all the perfect and unique holiday gifts for your loved ones!

