

Monday Tuesday Wednesday Thursday Friday




CITY OF MINNETONKA SENIOR SERVICES

			1 Defensive Driving 9:00 Cribbage 10:00 Genealogy 10:00 Woodcarvers 10:00 British History 1:00 Dominos 1:00 Line Dancing 1:00/2:00	2 Open Play 8:00 Brain & Body Together 9:00 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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5 Alpine Ski Clinic 8:15 Art Studio 9:00 Men's Discussion 9:00 Over 50 & Fit 9:00 T'ai Chi Chih—Going Deeper 10:00 Open Play 10:45 Medicare Counseling 11:30 Hand, Foot, & Toe 1:00 SCS Technology 1:00	6 Pilates Matwork 8:10 Alpine Ski Clinic 8:15 Chair Yoga 9:45 Poker 10:00 Gentle Yoga 11:00 Dementia Friends 12:00 Bingo 12:40 Beginning T'ai Chi Chih 1:00 Tale Spinners 1:00 Memory Café 1:30	7 Alpine Ski Clinic 8:15 Over 50 & Fit 9:00 Senior Outreach 9:30 Woodcarving 102 9:30 Mahjongg 10:00 AA/Al-Anon 10:30 Social Bridge 12:30 Acrylic Painting 1:00 Finding Joy in the Journey 1:00 T'ai Chi Chih—Going Deeper 1:00 Pilates Matwork 2:15 Slow Flow 6:00 500 6:30	8 Chair Yoga 9:45 Caregiver Conversations 10:00 Cribbage 10:00 Minnesota to Maine 10:00 Woodcarvers 10:00 Gentle Yoga 11:00 British History 1:00 Bunco 1:00 Line Dancing 1:00/2:00 Defensive Driving 5:30 Yoga & Strength 6:00	9 Brain & Body Together 9:00 Crafting for a Cause 9:00 Happy Feet 9:00 Over 50 & Fit 9:00 Computer Club 10:00 Winter Hike to Jidana 10:00 Strength & Balance 11:00 Art Studio 1:00 Open Play 1:00
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12 Art Studio 9:00 Men's Discussion 9:00 Over 50 & Fit 9:00 Ham Radio 10:00 T'ai Chi Chih—Going Deeper 10:00 Holistic Self Care 10:30 Open Play 10:45 Hand, Foot, & Toe 1:00 Hands Only CPR 1:00 Winter/Spring Tune Up 4:30	13 Open Play 8:00 Pilates Matwork 8:10 Chair Yoga 9:45 Advisory Board 10:00 Coffee & Conversations 10:30 Gentle Yoga 11:00 Bingo 12:40 Beginning T'ai Chi Chih 1:00 Bulls & Bears 1:00	14 Over 50 & Fit 9:00 Blood Pressure 9:30 Woodcarving 102 9:30 Mahjongg 10:00 Senior Chorale 10:15 AA/Al-Anon 10:30 Monthly Party 11:30 Social Bridge 12:30 Acrylic Painting 1:00 Finding Joy in the Journey 1:00 T'ai Chi Chih—Going Deeper 1:00 SCS Technology 1:00 Pilates Matwork 2:15 Slow Flow 6:00 500 6:30	15 Chair Yoga 9:45 Cribbage 10:00 Woodcarvers 10:00 Gentle Yoga 11:00 Book Club 1:00 British History 1:00 Dominos 1:00 Defensive Driving 5:30 Yoga & Strength 6:00	16 Brain & Body Together 9:00 Happy Feet 9:00 Over 50 & Fit 9:00 Blood Pressure 9:30 Women's Discussion 10:15 Strength & Balance 11:00 Art Studio 1:00 Open Play 1:00 Parking Lot Bingo 1:00
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19 CLOSED  HAPPY PRESIDENT'S DAY	20 Pilates Matwork 8:10 Chair Yoga 9:45 Poker 10:00 Shutterbugs 10:00 Gentle Yoga 11:00 Bingo 12:40 Beginning T'ai Chi Chih 1:00 Tale Spinners 1:00 Memory Café 1:30 Defensive Driving 5:30 Holistic Self Care 6:00	21 Over 50 & Fit 9:00 Senior Outreach 9:30 Woodcarving 102 9:30 Mahjongg 10:00 Senior Chorale 10:15 AA/Al-Anon 10:30 Time Waits For No One 10:30 Social Bridge 12:30 Acrylic Painting 1:00 Finding Joy in the Journey 1:00 Pilates Matwork 2:15 Slow Flow 6:00 500 6:30	22 Chair Yoga 9:45 Cribbage 10:00 Woodcarvers 10:00 Gentle Yoga 11:00 British History 1:00 Bunco 1:00 Line Dancing 1:00/2:00 Full Moon Hike 5:30 Yoga & Strength 6:00	23 Open Play 8:00 Brain & Body Together 9:00 Happy Feet 9:00 Over 50 & Fit 9:00 Computer Club 10:00 Strength & Balance 11:00 Art Studio 1:00 Bucket List Book Club 1:00
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26 Art Studio 9:00 Men's Discussion 9:00 Over 50 & Fit 9:00 T'ai Chi Chih—Going Deeper 10:00 Bring Warm Clothes 10:30 Open Play 10:45 Hand, Foot, & Toe 1:00	27 Open Play 8:00 Pilates Matwork 8:10 Chair Yoga 9:45 Day Trip:Houses of Worship 10:15 Gentle Yoga 11:00 Lunch & Movie 12:00 Bingo 12:40 Beginning T'ai Chi Chih 1:00 Bulls & Bears 1:00	28 Over 50 & Fit 9:00 Woodcarving 102 9:30 Mahjongg 10:00 Senior Chorale 10:15 AA/Al-Anon 10:30 Social Bridge 12:30 Acrylic Painting 1:00 Finding Joy in the Journey 1:00 SCS Technology 1:00 T'ai Chi Chih—Going Deeper 1:00 Pilates Matwork 2:15 Slow Flow 6:00 500 6:30	29 Chair Yoga 9:45 Cribbage 10:00 Woodcarvers 10:00 Gentle Yoga 11:00 Leap Year Celebration 1:00 Yoga & Strength 6:00	<p>Saturday</p> <p>17 Night Trip: Lunar New Year 6:00</p> <p><i>Programs and services for those 55+</i></p> <p>952-939-8393</p> <p>Minnetonkamn.gov/seniorservices</p>
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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 Required.**

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: **Birding Western Uganda - the Pearl of Africa w/ Steve Greenfield, International Birder**



Book Club

3rd Thursday, 1 p.m.

Each month we read a new book and discuss.

This month's book:

>>**Midnight Library**
by Matt Haig

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:

>>**The Underground Railroad**
by Colson Whitehead

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!

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

Presentation

Bring Warm Clothes

>> W/ Peg Meier



Monday, February 26
10:30 - 11:30 a.m.
\$4.00

Education

Civil War Series: Sherman Through The Carolinas

>> W/ Jim & Joyce Hinderks



Tuesday, February 13
10:30 - 11:30 a.m.
\$5.00

Fitness

Finding Joy in the Journey

>> W/ Joan Saunders & Susie Schwartz



Wednesdays, Feb 7 - 28
1:00 - 2:30 p.m.
\$50.00

Event

Leap Year Celebration!



Thursday, February 29
1:00 - 2:00 p.m.
\$5.00

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.



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: TBD
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. Call Senior Community Services at 952-746-4046 for more information.

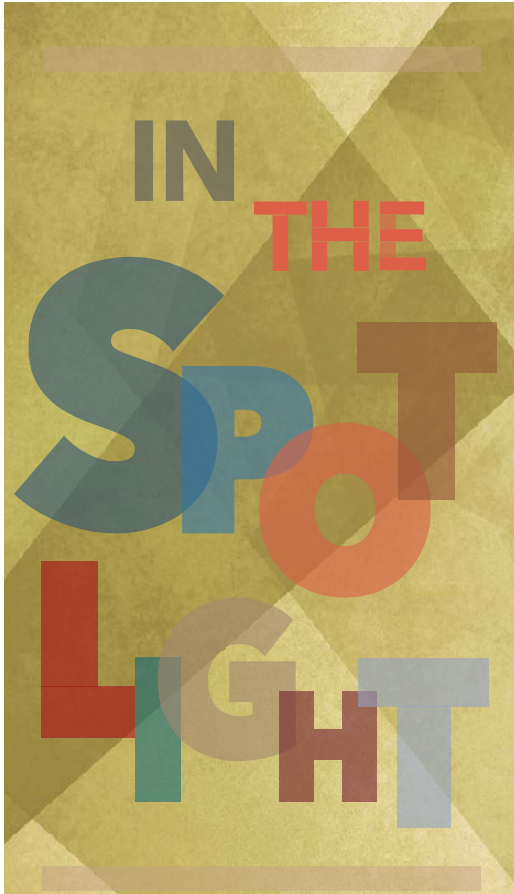
Medicare Counseling:

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:
Bulls & Bears Investment Club**

2nd & 4th Tuesdays, 1:00 p.m.



Do you know the difference between Bull and Bear markets? Study different investment trends and learn how to navigate the markets! Newcomers welcome.

AROUND TOWN

Kids Fest

Minnetonka Community Center - 14600 Minnetonka Blvd.

Sunday, February 4th, from 11:00 a.m. - 2:30 p.m.

Join us for FREE family fun! From Dog Sled Rides to Ice Sculptures, Face Painting, Crafts and more! The event includes both indoor & outdoor activities.



Winter Farmers Market

Minnetonka Community Center - 14600 Minnetonka Blvd.

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

Check out local vendors and enjoy some live music as you peruse fresh and crafted items!



West Metro Home Remodeling Fair

Eisenhower Community Center - 1001 Highway 7, Hopkins

Sunday, February 25th, from 10:30 a.m. - 3:00 p.m.

This free, fun, and informative event can help you transform your home!



Electric Vehicle Workshop

Minnetonka Community Center - 14600 Minnetonka Blvd.

Thursday, February 29th, from 7:00 p.m. - 8:30 p.m.

Jukka Kukkonen of Shift2Electric will present and be available for questions! Residents can showcase electric vehicles after presentation.



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.