

Monday Tuesday Wednesday Thursday Friday



CITY OF  
**MINNETONKA**  
SENIOR SERVICES

<b>1</b>	Woodcarvers 9:00 Cribbage 10:00 Dominoes 1:00 Line Dancing 1:00/2:00	<b>2</b>	Open Play ALL DAY Brain & Body 9:00 Happy Feet 9:00 Over 50 & Fit 9:00 Blood Pressure 9:30 Computer Group 10:00 Art Studio 1:00
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**Save the Date!** Fall Registration for programs running September through December opens on Thursday, August 8th at 8 a.m.

<b>5</b>	Art Studio 9:00 Men's Discussion 9:00 Over 50 & Fit 9:00 Open Play 10:45 Al & Alma's 11:30 Medicare Counseling 11:30 Cardio Drumming 1:00 Hand, Foot, & Toe 1:00 SCS Technology 1:00	<b>6</b>	Pilates Matwork 8:10 Defensive Driving 9:00 Poker 9:00 Chair Yoga 9:45 Healing Art of Mandalas 10:00 Intermediate Yoga 11:00 Bingo 12:30 Tale Spinners 1:00	<b>7</b>	Mahjongg 9:00 Over 50 & Fit 9:00 Genealogy 10:00 AA/Al-Anon 10:30 Social Bridge 12:00 T'ai Chi Chih Workshop 12:30 Pilates Matwork 2:15 Slow Flow 6:00 500 Cards 6:30	<b>8</b>	<b>FALL REGISTRATION OPENS! 8:00 A.M.</b> Woodcarvers 9:00 Day Trip: Taylor's Falls 9:30 Chair Yoga 9:45 Caregiver Conversations 10:00 Cribbage 10:00 Intermediate Yoga 11:00 Bunco 1:00 Line Dancing 1:00/2:00 Yoga & Strength 6:00	<b>9</b>	Crafting for a Cause 9:00 Happy Feet 9:00 Over 50 & Fit 9:00 Computer Group 10:00 Strength & Balance 11:00 Art Studio 1:00 Pinochle 1:00 Dinner & Movie 5:30
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<b>12</b>	Art Studio 9:00 Men's Discussion 9:00 Over 50 & Fit 9:00 Ham Radio 10:00 Veteran's Boat Tour 10:00 Open Play 10:45 Al & Alma's 11:30 Cardio Drumming 1:00 Garden Club 1:00 Hand, Foot, & Toe 1:00	<b>13</b>	Open Play 8:00 Pilates Matwork 8:10 Chair Yoga 9:45 Healing Art of Mandalas 10:00 Intermediate Yoga 11:00 Bingo 12:30 Bulls & Bears 1:00 Music Reading 1:00 Single Mingle Group 6:30	<b>14</b>	Day Trip: Rochester 8:00 Mahjongg 9:00 Over 50 & Fit 9:00 Blood Pressure 9:30 AA/Al-Anon 10:30 Veteran's Benefits 10:30 Social Bridge 12:00 SCS Technology 1:00 Pilates Matwork 2:15 Slow Flow 6:00 500 Cards 6:30	<b>15</b>	Apostle Islands Departs 8:00 Defensive Driving 9:00 Happy Feet 9:00 Woodcarvers 9:00 Chair Yoga 9:45 Cribbage 10:00 Eagles 10:30 Intermediate Yoga 11:00 Book Club 1:00 Dominoes 1:00 Music Reading 1:00 Line Dancing 1:00/2:00 Yoga & Strength 6:00 Cribbage 6:00	<b>16</b>	Open Play ALL DAY Happy Feet 9:00 Over 50 & Fit 9:00 Blood Pressure 9:30 Computer Group 10:00 Strength & Balance 11:00 Art Studio 1:00
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<b>19</b>	Art Studio 9:00 Men's Discussion 9:00 Over 50 & Fit 9:00 Open Play 10:45 Medicare Counseling 11:30 Cardio Drumming 1:00 Hand, Foot, & Toe 1:00 SCS Technology 1:00	<b>20</b>	Pilates Matwork 8:10 Poker 9:00 Chair Yoga 9:45 Advisory Board 10:00 Healing Art of Mandalas 10:00 Shutterbugs 10:00 Intermediate Yoga 11:00 Bingo 12:30 Music Reading 1:00 Tale Spinners 1:00 Memory Café Social 1:30	<b>21</b>	Mahjongg 9:00 Over 50 & Fit 9:00 Classic Car Show 10:00 Senior Outreach 10:00 AA/Al-Anon 10:30 Social Bridge 12:00 T'ai Chi Chih Workshop 12:30 Pilates Matwork 2:15 Slow Flow 6:00 500 Cards 6:30	<b>22</b>	Day Trip: Winona 8:30 Woodcarvers 9:00 Chair Yoga 9:45 Cribbage 10:00 Nibbles & Knowledge 10:30 Intermediate Yoga 11:00 Bunco 1:00 Music Reading 1:00 Line Dancing 1:00/2:00 Yoga & Strength 6:00	<b>23</b>	Open Play 8:00 Brain & Body 9:00 Happy Feet 9:00 Over 50 & Fit 9:00 Computer Group 10:00 Strength & Balance 11:00 Art Studio 1:00 Pinochle 1:00 Single Mingle Group 4:30
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<b>26</b>	Art Studio 9:00 Men's Discussion 9:00 Over 50 & Fit 9:00 Open Play 10:45 Cardio Drumming 1:00 Hand, Foot, & Toe 1:00	<b>27</b>	Open Play 8:00 Defensive Driving 9:00 Chair Yoga 9:45 Healing Art of Mandalas 10:00 Intermediate Yoga 11:00 Single Mingle Group 11:00 Bingo 12:30 Coffee & Conversations 1:00	<b>28</b>	Day Trip: Winona 8:30 Mahjongg 9:00 Over 50 & Fit 9:00 AA/Al-Anon 10:30 Fire Safety 10:30 Social Bridge 12:00 SCS Technology 1:00 Slow Flow 6:00 500 Cards 6:30	<b>29</b>	Woodcarvers 9:00 Chair Yoga 9:45 Cribbage 10:00 Intermediate Yoga 11:00 Lunch & Movie 12:00 Line Dancing 1:00/2:00 Yoga & Strength 6:00	<b>30</b>	Open Play ALL DAY Brain & Body 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
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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](http://mtkabikerphotos.blogspot.com)

### Bingo

Tuesdays, 12:30 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.

(Sept. - May)

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



### Book Club

3rd Thursday, 1 p.m.

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

>>*The Queen of Dirt Island*  
by Donal Ryan

### Bucket List Book Club

4th Friday, 1 p.m. (Sept. - May)

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

### Bulls and Bears Investment Club

2nd Tuesday, 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. (Sept. - May)

Do you love to sing? 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](http://mscig.wordpress.com) to learn more!

### Crafting for a Cause

2nd Friday, 9:30 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.

### Cribbage At Night

3rd Thursdays, 6:00 p.m.

Come join us once a month for a game of cribbage in the evening!

### Dominos

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

## Program Spotlight

### Event

#### Classic Car Show



Wednesday, August 21  
10:00 a.m. - 12:00 p.m.  
FREE

### Education

#### Fire Safety for Grandparents & Grandkids

>> W/ Minnetonka Fire



Wednesday, August 28  
10:30 a.m. - 11:30 a.m.  
FREE

### Fitness

#### Cardio Drumming

>> W/ Tonya Lotts



Monday, Aug 5 - 26  
1:00 p.m. - 2:00 p.m.  
\$20.00

Be sure to check out the **2024 Fall Hopkins-Minnetonka Recreation Brochure** for all of our programs that will occur between September and December!

Registration opens Thursday, Aug. 8th 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.



>>Topic: **Sharpening Garden Tools w/ Dewey & Luncheon at Richard's**

## Genealogy Club

1st Wednesday, 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. Look to "Minnetonka MN Radio Club" Facebook Page for Updates!

## Hand, Foot, and Toe

Mondays, 1 p.m.

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

## Mahjongg

Wednesdays, 9 a.m.

Join in the fun with fellow players of mahjongg.

Please bring your own set.



## Men's Discussion Group

Mondays, 9:00 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

## Pinochle

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

Join us for a good game of pinochle. One game takes three hours to play.

## Poker

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

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



## Single Mingle Group

Looking for new friends and fun? Join us for outings or other fun activities in this group for singles. **August Meetings: 8/5 - Al & Alma's; 8/13 - Music in the Park at Civic Center Park; 8/23 - Prime Ribe & Steak Night at American Legion in Hopkins; 8/27 - Minnetonka Mills Park and Burwell House Tour (see our flyer for more details)**

## 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, 12:00 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, 9 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 Cards

Wednesdays, 6:30 p.m.

Join in the fun, new members are always welcome!



## Senior Services

### Blood Pressure Screenings:

2nd Wednesday and 1st & 3rd Friday of the month, 9:30-11:30 a.m.

### Foot Care Services:

**NEW!** Wednesdays - for appointments and fees please call Sparkling Feet Foot Care at **952-204-9406**  
Fridays - for appointments and fees please call Happy Feet **763-346-3390**.

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

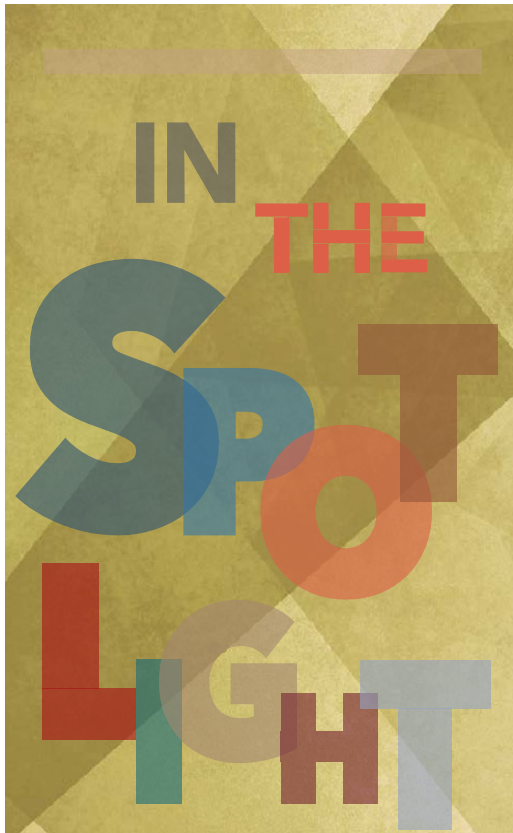
Get help with household chores. Call 952-746-4046 for more information.

**Medicare Counseling:** We provide Medicare Counseling to those who currently have medicare, are new to Medicare, or are planning for the future. Call the Senior Linkage Line at 1-800-333-2433 for an appointment.

**Senior Outreach:** Get help with learn about trusted resources for housing, transportation, legal, medical, etc. Contact Sara Roberts with Senior Community Services at 612-868-6720 or stop by the community center the 3rd Wed. of every month 10 a.m. - Noon.

**Transit Link:** Transportation from your home to events. Call 651-602-5465.





## Special Interest Group: Art Studio

Mondays, 9 a.m. - 1 p.m. & Fridays, 1 p.m. - 4 p.m.



We are celebrating Art in August! Do you love art? This informal studio time allows you to drop in and create! This group welcomes artists of all abilities and mediums. Participants socialize while working independently. New members welcome.

Be sure to check out the art created by our watercolor class students in our display case this month!

AROUND TOWN

### Farmers Market

**Ridgedale Commons, 12590 Ridgedale Drive**

Every Tuesday, 2:00 p.m. - 6:00 p.m.

Find locally produced groceries, farm products and handmade crafts!

Plus live music, community booths and activities.



### Entertainment In The Park

**Civic Center Park, 14600 Minnetonka Blvd.**

**Music in the Park, Tuesdays, 6:30 p.m. - 8:00 p.m.**

8/6 - Moonlight Serenaders Big Band | swing, jass, and pop

8/13 - The Backyard Band | rock and country from the 60s to today

8/20 - The Pan-Handlers Steel Drum Band | rock, pop, and Caribbean

8/27 - Free and Easy Band | pop music from the 70s to today

**Movie in the Park, Thursday, 8:10 p.m. - 10:10 p.m.**

8/29 - Wonka | musical origin story of beloved chocolatier, Willy Wonka



### Outdoor Yoga In The Park

**Ridgedale Commons, 12590 Ridgedale Drive.**

Saturday, August 10th and 24th, 8:30 a.m. - 9:30 a.m.

Enjoy fresh air with summer yoga on the lawn of Ridgedale Commons. Bring a yoga mat and water bottle. No registration required. This class is free and open to all.



### Paper Shredding Event

**Public Works Facility, 11522 Minnetonka Blvd.**

Wednesday, August 21st, 3:00 p.m. - 6:00 p.m.

Shred and dispose of sensitive materials. \$2 per full paper grocery bag (Limit 6) or \$6 per bankers box (Limit 2) Cash or Checks payable to City of Minnetonka



### 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!