


Monday **Tuesday** **Wednesday** **Thursday** **Friday**

 <p>CITY OF MINNETONKA SENIOR SERVICES</p>	1	2	3	4
	Pilates Matwork 8:10	Mahjongg 9:00	Defensive Driving 9:00	Open Play 8:00
	Day Trip: Mille Lacs 8:30	Over 50 & Fit 9:00	Happy Feet 9:00	Happy Feet 9:00
	Poker 9:00	Holiday Woodcarving 9:30	Woodcarvers 9:00	Over 50 & Fit 9:00
	Dementia Friends 12:00	Genealogy 10:00	Cribbage 10:00	Blood Pressure 9:30
	Bingo 12:30	Senior Chorale 10:15	Dominos 1:00	Computer Group 10:00
	Beginning T'ai Chi Chih 1:00	AA/Al-Anon 10:30	Line Dancing 1:00/2:00	Bird Club 10:30
	Inherit The Mess 1:00	Social Bridge 12:30	Tonka Treks 3:30	Strength & Balance 11:00
	Tale Spinners 1:00	T'ai Chi Chih Practice 1:00	Yoga & Strength 6:00	Art Studio 1:00
	Memory Café 1:30	Pilates Matwork 2:15		Pinochle 1:00
	Single Mingle 3:00	Slow Flow 6:00		
		500 Cards 6:30		

7	8	9	10	11
Art Studio 9:00	Open Play 8:00	Mahjongg 9:00	Day Trip: Cranberries 7:45	Brain & Body 9:00
Men's Discussion 9:00	Pilates Matwork 8:10	Over 50 & Fit 9:00	Woodcarvers 9:00	Crafting for a Cause 9:00
Over 50 & Fit 9:00	Chair Yoga 9:45	Blood Pressure 9:30	Chair Yoga 9:45	Happy Feet 9:00
Open Play 10:45	Advisory Board 10:00	Holiday Woodcarving 9:30	Caregiver Conversations 10:00	Over 50 & Fit 9:00
Medicare Counseling 11:30	Coffee & Conversation 10:30	Senior Chorale 10:15	Cribbage 10:00	Computer Group 10:00
Monthly Party 12:00	Intermediate Yoga 11:00	AA/Al-Anon 10:30	Intermediate Yoga 11:00	Strength & Balance 11:00
Single Mingle 12:00	Bingo 12:30	The Maroons 11:30	Bunco 1:00	Art Studio 1:00
Acrylic Painting 1:00	Beginning T'ai Chi Chih 1:00	Social Bridge 12:30	Yoga & Strength 6:00	Pinochle 1:00
Cardio Drumming 1:00	Bulls & Bears 1:00	SCS Technology 1:00		
Hand, Foot, & Toe 1:00		T'ai Chi Chih Practice 1:00		
SCS Technology 1:00		Pilates Matwork 2:15		
		Slow Flow 6:00		
		500 Cards 6:30		

14	15	16	17	18
Art Studio 9:00	Pilates Matwork 8:10	Mahjongg 9:00	Watercolor & India Ink 9:00	Brain & Body 9:00
Men's Discussion 9:00	Poker 9:00	Over 50 & Fit 9:00	Woodcarvers 9:00	Happy Feet 9:00
Over 50 & Fit 9:00	Chair Yoga 9:45	Sparkling Feet 9:00	Computer Basics 101 9:30	Over 50 & Fit 9:00
Ham Radio 10:00	Shutterbugs 10:00	Holiday Woodcarving 9:30	Chair Yoga 9:45	Blood Pressure 9:30
SCS Tech Series: Alexa 10:30	Intermediate Yoga 11:00	Senior Chorale 10:15	Cribbage 10:00	Computer Basics 101 9:30
Open Play 10:45	Bingo 12:30	AA/Al-Anon 10:30	Prohibition 10:30	Computer Group 10:00
Acrylic Painting 1:00	Beginning T'ai Chi Chih 1:00	Senior Outreach 10:30	Intermediate Yoga 11:00	Women's Discussion 10:15
Cardio Drumming 1:00	Tale Spinners 1:00	Social Bridge 12:30	Book Club 1:00	Strength & Balance 11:00
Garden Club 1:00	Memory Cafe 1:30	T'ai Chi Chih Practice 1:00	Dominoes 1:00	Art Studio 1:00
Hand, Foot, & Toe 1:00		Pilates Matwork 2:15	Line Dancing 1:00/2:00	Pinochle 1:00
Full Moon Hike 5:30		Slow Flow 6:00	Cribbage at Night 6:00	Single Mingle 5:30
		500 Cards 6:30	Yoga & Strength 6:00	

21	22	23	24	25
Book Sale Donations 9—3	Book & Pie Sale 11—4	Mahjongg 9:00	Click & Conquer 9:00	Open Play 8:00
Art Studio 9:00	Open Play 8:00	Over 50 & Fit 9:00	Woodcarvers 9:00	Brain & Body 9:00
Men's Discussion 9:00	Pilates Matwork 8:10	Holiday Woodcarving 9:30	Chair Yoga 9:45	Happy Feet 9:00
Over 50 & Fit 9:00	Charcoal Composition 9:00	Senior Chorale 10:15	Cribbage 10:00	Over 50 & Fit 9:00
Open Play 10:45	Chair Yoga 9:45	AA/Al-Anon 10:30	Intermediate Yoga 11:00	Computer Group 10:00
Medicare Counseling 11:30	Intermediate Yoga 11:00	Presidential Series 10:30	Bunco 1:00	Strength & Balance 11:00
Acrylic Painting 1:00	Bingo 12:30	Social Bridge 12:30	Line Dancing 1:00/2:00	Art Studio 1:00
Cardio Drumming 1:00	Beginning T'ai Chi Chih 1:00	SCS Technology 1:00	Single Mingle 2:00	Bucket List Book Club 1:00
Hand, Foot, & Toe 1:00	Art with Ashley: Weave 5:30	T'ai Chi Chih Practice 1:00	Yoga & Strength 6:00	Pinochle 1:00
SCS Technology 1:00	Yoga Beginner Workshop 6:00	Pilates Matwork 2:15		Night Trip: Poe 5:45
		Defensive Driving 5:30		
		Slow Flow 6:00		
		500 Cards 6:30		

28	29	30	31	<p><i>Programs and services for those 55+</i></p> <p>952-939-8393</p> <p><i>Minnetonkamn.gov/seniorservices</i></p>
Art Studio 9:00	Open Play 8:00	Mahjongg 9:00	Woodcarvers 9:00	
Men's Discussion 9:00	Pilates Matwork 8:10	Over 50 & Fit 9:00	Chair Yoga 9:45	
Over 50 & Fit 9:00	Chair Yoga 9:45	Day Trip: Mystery 9:30	Cribbage 10:00	
Open Play 10:45	Intermediate Yoga 11:00	Senior Chorale 10:15	Intermediate Yoga 11:00	
Acrylic Painting 1:00	Bingo 12:30	AA/Al-Anon 10:30	Lunch & Movie 12:00	
Cardio Drumming 1:00	Beginning T'ai Chi Chih 1:00	Social Bridge 12:30	Line Dancing 1:00/2:00	
Hand, Foot, & Toe 1:00		T'ai Chi Chih Practice 1:00		
ProPEL Tech Help 2:10		Pilates Matwork 2:15		
		Single Mingle 2:30		
		500 Cards 6:30		

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, 12:30 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.



>>Topic: Kevin Kenow presents *Unraveling Mysteries of the Common Loon*

Book Club

3rd Thursday, 1 p.m.

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

>>*The School for Good Mothers* by Jessamine Chan

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.

>>*The Giver* by Lois Lowry

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 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	Education	Fitness	Art
Book & Pie Sale  Tuesday, Oct. 22 11:00 a.m. - 4:00 p.m. No Registration Required	Computer Basics 101 >> W/ Abbey Key  Thu, Oct. 17 & Fri, Oct. 18 9:30 a.m. - 11:30 a.m. \$35.00	Strength & Balance >> W/ Angelina Hathy  Fridays, Oct. 4-25 11:00 a.m. - 12:00 p.m. \$36.00	Learn to Weave >> W/ Ashley Clemensen  Tuesday, Oct. 22 5:30 p.m. - 7:30 p.m. \$15.00

Garden Club

2nd Monday, 1 p.m.

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

>>Topic: **Pumpkin Bouquets at Westdale Floral**



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. >>**This month meet at Family Search Center in Crystal**



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, 9 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. **October Meetings: 10/1 at 3pm- Norenberg Gardens History Walk, 10/7 at 12pm - Minneapolis Queen Cruise at Mississippi River, 10/18 at 5:30pm - Dinner & Dancing at VFW Post#425, 10/24 at 2pm - Let's play Farkle at UnMapped Brewery & Base Camp Coffee, 10/30 at 2:30pm - Happy Hour at Gold Nugget**

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, 12:30 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, 10:15 a.m.

Discuss different topics each month with other senior women.

>>Topic: **Helpful Connections w/ Brad McGill**

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**.

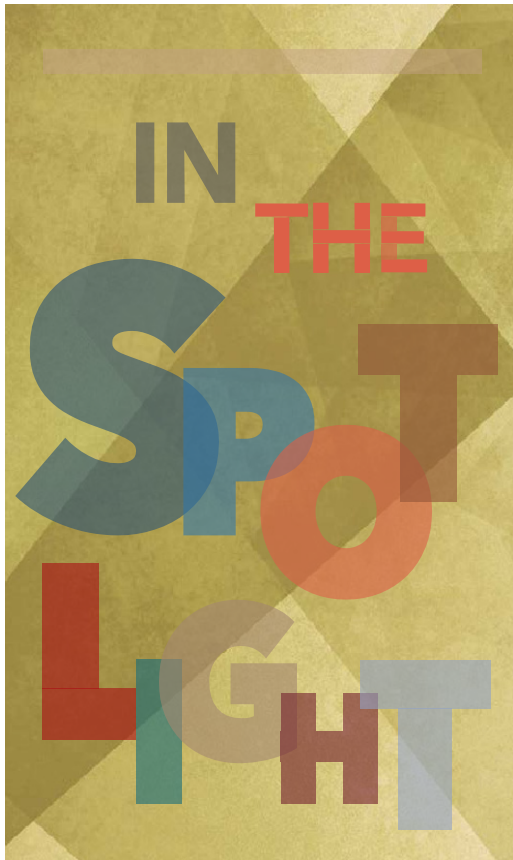
Household and Outside Maintenance for Elderly (H.O.M.E.):

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: Contact Senior Community Services for a variety of different services including housing, medical, caregiving, transportation, and other resources and even support groups! Call 952-541-1019.

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



**Special Interest Group:
Poker**

1st & 3rd Tuesday, 9 a.m.



Join us for a good game of Poker!

We play a variety of different games! Join the starting pot with a nickel per chip. From Hold 'em to Triple Draw you're sure to have fun playing with this group!

AROUND TOWN

Farmers Market

Ridgedale Commons, 12590 Ridgedale Drive

Tuesday, October 1st, 2:00 p.m. - 6:00 p.m.

The LAST outdoor Farmers Market of the season. Find locally produced groceries, farm products and handmade crafts! Plus live music, community booths and activities.



City & Fire Open House

Fire Station 1, 14550 Minnetonka Blvd.

Tuesday, October 8th 5 p.m. - 8 p.m.

Explore the Fire Department and chat with city staff! There will be opportunity to ride on a fire truck, jump down the inflatable slide, see hands-only CPR demos, enjoy hot cocoa, grab a native seed packet, & more!



Burwell Spooktacular

Burwell House, 13209 E. McGinty Road

Friday, October 25th, 5:00 p.m. - 7:30 p.m.

Bring the kiddos 12 and under to enjoy games, crafts, live performers and more for a night of terrifyingly good entertainment! This is a FREE event. Costumes encouraged.



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!