

Monday Tuesday Wednesday Thursday Friday



CITY OF MINNETONKA SENIOR SERVICES

<b>1</b>	
Happy Feet	8:00
Exercise	9:00
Blood Pressure	9:30
Computer Club	10:00
Bird Club	10:30
Art Drop In	1:00

<b>4</b>	
Men's Discussion Group	8:30
Art Drop In	9:00
Exercise	9:00
Fun With Watercolor	10:00
T'ai Chi Chih	10:00/11:15
Balance Screenings	10:30
Bulls & Bears	1:00
Medicare Counseling	1:00
Rummikub	1:00

<b>5</b>	
Yoga	9:45/11:00
Defensive Driving	9:00
Online Selling: Etsy	9:30
Poker	10:00
Dementia Friends	12:00
Bingo	12:40
Tale Spinners	1:00
Memory Café	1:30
Strength & Mobility	1:30
Intro to Astronomy	6:30

<b>6</b>	
Exercise	9:00
Mahjongg Drop In	10:00
Chorale	10:15
A.A./Al-Anon	10:30
Social Bridge	12:45
T'ai Chi Chih	1:00/2:15
Chair Yoga	5:30
500 Cards	6:30
Yogilates	6:45

<b>7</b>	
Yoga	9:45/11:00
Cribbage	10:00
Genealogy	10:00
Woodcarvers	10:00
Winter hike to Jidana	11:00
British History	1:00
Dominos	1:00
Line Dance	1:00/2:00
Duplicate Bridge	6:00

<b>8</b>	
Happy Feet	8:00
Crafting for a Cause	9:00
Exercise	9:00
Computer Club	10:00
Sips & Songs	10:30
Art Drop In	1:00

<b>11</b>	
Men's Discussion Group	8:30
Art Drop In	9:00
Exercise	9:00
One on One Electronics	9:00
Fun with Watercolor	10:00
Ham Radio	10:00
T'ai Chi Chih	10:00/11:15
Therapeutic Pilates	10:15
Garden Club	1:00
Hand, Foot, & Toe	1:00
ProPEL Tech One on One	1:30

<b>12</b>	
<i>Summer Registration begins at 8 a.m.</i>	
Yoga	9:45/11:00
Advisory Board	10:00
Open Play	10:00
Travel Showcase	10:00
Bingo	12:40
Senior Outreach	1:00
Tale Spinners	1:00
Strength & Mobility	1:30

<b>13</b>	
Exercise	9:00
Blood Pressure	9:30
Mahjongg Drop In	10:00
Chorale	10:15
A.A./Al-Anon	10:30
History: Little Big Horn	10:30
Social Bridge	12:45
T'ai Chi Chih	1:00/2:15
Chair Yoga	5:30
500 Cards	6:30
Yogilates	6:45

<b>14</b>	
Yoga	9:45/11:00
Caregiver Conversations	10:00
Cribbage	10:00
Woodcarvers	10:00
British History	1:00
Bunco	1:00
Line Dance	1:00/2:00
Defensive Driving	5:30
Duplicate Bridge	6:00

<b>15</b>	
Happy Feet	8:00
Exercise	9:00
Blood Pressure	9:30
Computer Club	10:00
Women's Discussion	10:00
Hands Only CPR	10:15
Monthly Party	12:00
Art Drop In	1:00

<b>18</b>	
Men's Discussion Group	8:30
Art Drop In	9:00
Exercise	9:00
Fun With Watercolor	10:00
T'ai Chi Chih	10:00/11:15
Basic First Aid & CPR	10:30
Bulls & Bears	1:00
Medicare Counsel	1:00/6:00
Rummikub	1:00

<b>19</b>	
Yoga	9:45/11:00
Day Trip: No Blarney	10:00
Memory Cafe	10:00
Poker	10:00
Shutterbugs	10:00
Bingo	12:40
Tale Spinners	1:00
Strength & Mobility	1:30

<b>20</b>	
Exercise	9:00
Mahjongg Drop In	10:00
Chorale	10:15
A.A./Al-Anon	10:30
Social Bridge	12:45
T'ai Chi Chih	1:00/2:15
Chair Yoga	5:30
500 Cards	6:30
Yogilates	6:45

<b>21</b>	
Yoga	9:45/11:00
Cribbage	10:00
Facebook	10:00
Woodcarvers	10:00
Book Club	1:00
British History	1:00
Dominos	1:00
Line Dance	1:00/2:00
Duplicate Bridge	6:00

<b>22</b>	
Happy Feet	8:00
Exercise	9:00
Computer Club	10:00
Lunch & Movie	12:00
Bucket List Book Club	1:00
Art Drop In	1:00

<b>25</b>	
Men's Discussion Group	8:30
Art Drop In	9:00
Exercise	9:00
Fun with Watercolor	10:00
T'ai Chi Chih	10:00/11:15
Community Connections:	
Dr. Robert Fisch	10:15
Therapeutic Pilates	10:15
Hand, Foot, & Toe	11:00
Defensive Driving	5:30

<b>26</b>	
Yoga	9:45/11:00
Open Play	10:00
Bingo	12:40
Senior Outreach	1:00
Tale Spinners	1:00
Strength & Mobility	1:30

<b>27</b>	
Exercise	9:00
Mahjongg Drop In	10:00
Chorale	10:15
A.A./Al-Anon	10:30
History: Black Hills War	10:30
Social Bridge	12:45
T'ai Chi Chih	1:00/2:15
Chair Yoga	5:30
500 Cards	6:30
Yogilates	6:45

<b>28</b>	
Yoga	9:45/11:00
Cribbage	10:00
Woodcarvers	10:00
British History	1:00
Bunco	1:00
Duplicate Bridge	6:00

*Programs and services for those 55+*  
  
952-939-8393  
  
[eminnetonka.com/senior-services](http://eminnetonka.com/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.

### A Woman's Voice

**3rd Friday, 10 a.m.**

Discuss different topics each month with other senior women.



### Advisory Board

**2nd Tuesday, 10 a.m.**

Advise 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 Drop In

**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!



### Bingo

**Tuesdays, 12:40 p.m.**

Enjoy a fun game of Bingo with a friendly social group! Cards are a nickel each per game. Socialize and meet some new people!



### 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/calendar year for this group.

>> *Birding/Adventure Travel and Conservation in Honduras presented by Wilmer Fernandez with Beaks and Peaks Adventure Travel*



### Book Club

**3rd Thursday, 1 p.m.**

Each month we read a new book and discuss. March's book: >> *A Fireproof Home for the Bride* by Amy Scheibe



### 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. March's book:

>> *Lady Windermere's Fan* by Oscar Wilde



### Bulls and Bears Investment Club

**1st & 3rd Mondays, 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 Club

**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 a.m.**

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



## Summer Registration begins March 12 at 8 a.m.

Registration is for classes and programs that take place May-August.

Registration Options:



[eminnetonka.com/register](http://eminnetonka.com/register)



952-939-8393



In person 8 a.m.-4:30 p.m.

The Senior Script highlights upcoming monthly programs. Refer to the Recreation Services brochure for a complete listing of senior services offerings. The brochure can be picked up at the community center, viewed online or mailed to your home.

## 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



## Duplicate Bridge

**Thursdays, 6 p.m.**

Partners are needed for this group and new members welcome. If you need help finding a partner, we can assist you! Play as your schedule allows.



## 500 Card Club

**Wednesdays, 6:30 p.m.**

Join in the fun, new members are always welcome!



## 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

**2nd and 4th Monday, 1 p.m.**

Learn a new game, we'll teach you how to play!



## Mahjongg

**Wednesdays, 10 a.m.**

Join in the fun with fellow players 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 & 4th Tuesday, 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 the Williston Fitness Center. For playing times call: 952-939-8370.



## Poker

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

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



## Rummikub

**1st & 3rd Monday, 1 p.m.**

Combining elements from rummy and mahjongg, join us for a game! We'll teach you how to play!



## 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

**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!



## 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!





## A Woman's Voice

A discussion group for senior women to meet and share a plethora of experience and knowledge.

This group is open to all women.

Enjoy coffee and a different topic each month!

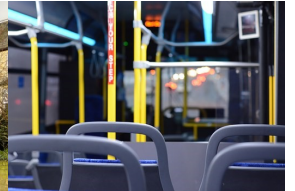
3rd Friday of the month

10:00 a.m.

Glen Lake Activity Room



# Senior Services



**Blood Pressure Screenings:** First and third Friday and second Wednesday of the month, 9:30–11:30 a.m.

**Foot Care Clinic:** Fridays – for appointments and fees please call Happy Feet at 763-560-5136.

**Household and Outside Maintenance for Elderly (H.O.M.E.):** Help with household chores. Call Senior Community Services at 952-746-4046 for more information.

**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.

\*To learn more, call Minnetonka Senior Services at 952.939.8393 or visit [eminnetonka.com/seniorservices](http://eminnetonka.com/seniorservices)