

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Yoga 9:45/11:00 Technology: Devices 10/1:00 Poker 10:00 Dementia Friends 12:00 Bingo 12:40 Tale Spinners 1:00 Memory Café 1:30 Fall Prevention 1:30	<b>2</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 1:00/2:30 Chair Yoga 5:30 500 Cards 6:30 Yogilates 6:45	<b>3</b> Yoga 9:45/11:00 Cribbage 10:00 Genealogy 10:00 Woodcarvers 10:00 British History 1:00 Dominos 1:00 Line Dance 1:00/2:00 Duplicate Bridge 6:00	<b>4</b> Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Group 10:00 Bird Club 10:30 Art Drop In 1:00 Community Dance 7:00
	<b>7</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 Therapeutic Pilates 10:15 Bulls & Bears 1:00 Five Factors of Health 1:00 Medicare Counseling 1:00 Rummikub 1:00	<b>8</b> Yoga 9:45/11:00 Advisory Board 10:00 Open Play 10:00 Bingo 12:40 Cuban Missile Crisis 1:00 Senior Outreach 1:00 Tale Spinners 1:00 Fall Prevention 1:30	<b>9</b> Day Trip: What a Hoot 8:00 Exercise 9:00 Blood Pressure 9:30 Mahjongg Drop In 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Social Bridge 12:45 T'ai Chi Chih 1:00/2:30 Chair Yoga 5:30 500 Cards 6:30 Yogilates 6:45	<b>10</b> Yoga 9:45/11:00 Caregiver Conversations 10:00 Cribbage 10:00 Woodcarvers 10:00 CPR & First Aid 10:15 British History 1:00 Bunco 1:00 Line Dance 1:00/2:00 Duplicate Bridge 6:00 Full Moon Hike 6:15
<b>14</b> Men's Discussion Group 8:30 Art Drop In 9:00 Exercise 9:00 Fun with Watercolor 10:00 Ham Radio 10:00 Therapeutic Pilates 10:15 Garden Club 1:00 Hand, Foot, & Toe 1:00	<b>15</b> Yoga 9:45/11:00 Different Cultures 10:00 Memory Café 10:00 Poker 10:00 Shutterbugs 10:00 Bingo 12:40 Cuban Missile Crisis 1:00 Tale Spinners 1:00 Fall Prevention 1:30	<b>16</b> Exercise 9:00 Mahjongg Class 10:00 Mahjongg Drop In 10:00 Chorale 10:15 A.A./Al-Anon 10:30 History: Measles 10:30 Social Bridge 12:45 T'ai Chi Chih 1:00/2:30 Chair Yoga 5:30 500 Cards 6:30 Yogilates 6:45	<b>17</b> Defensive Driving 9:00 Yoga 9:45/11:00 Cribbage 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>18</b> Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Group 10:00 Women's Discussion 10:00 Traveling Naturalist: 10:30 Quill Work 10:30 Lunch & Movie 12:00 Art Drop In 1:00
<b>21</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 Bulls & Bears 1:00 Medicare Counseling 1/6:00 Rummikub 1:00	<b>22</b> Yoga 9:45/11:00 Open Play 10:00 Bingo 12:40 Cuban Missile Crisis 1:00 Senior Outreach 1:00 Tale Spinners 1:00 Cell Phone Help— ProPEL 1:30 Fall Prevention 1:30 Defensive Driving 5:30	<b>23</b> Exercise 9:00 Mahjongg Class 10:00 Mahjongg Drop In 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Social Bridge 12:45 T'ai Chi Chih 1:00/2:30 Chair Yoga 5:30 500 Cards 6:30 Astronomy 6:30 Yogilates 6:45	<b>24</b> Yoga 9:45/11:00 Cribbage 10:00 Woodcarvers 10:00 British History 1:00 Bunco 1:00 Duplicate Bridge 6:00	<b>25</b> Exercise 9:00 Happy Feet 9:00 Computer Group 10:00 Bucket List Book Club 1:00 Art Drop In 1:00
<b>28</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 Community Connections: Alzheimer's Gifts 10:15 Therapeutic Pilates 10:15 Hand, Foot, & Toe 1:00	<b>29</b> Yoga 9:45/11:00 Bingo 12:40 Cuban Missile Crisis 1:00 Tale Spinners 1:00 Fall Prevention 1:30	<b>30</b> Exercise 9:00 Mahjongg Class 10:00 Mahjongg Drop In 10:00 Chorale 10:15 A.A./Al-Anon 10:30 History: Chickenpox 10:30 Monthly Party 12:00 Social Bridge 12:45 T'ai Chi Chih 1:00/2:30 Chair Yoga 5:30 500 Cards 6:30 Yogilates 6:45	<b>31</b> Yoga 9:45/11:00 Cribbage 10:00 Woodcarvers 10:00 Line Dance 1:00/2:00 Duplicate Bridge 6:00	 <p style="text-align: center;"><i>Programs and services for those 55+</i></p> <p style="text-align: center;">952-939-8393</p> <p style="text-align: center;"><a href="http://eminnetonka.com/senior-services">eminnetonka.com/senior-services</a></p>

## 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.

### 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 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!



### Bike Club

**April- October with various start times**

Enjoy the amazing trails of Minnetonka and the Twin Cities! We offer three groups, each with a different ability level. More info at [mtkabikers.org](http://mtkabikers.org)



### 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. This month's topic:

>> Migratory Bird Ecology & Conservation- Craig Thompson



### Book Club

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

Each month we read a new book and discuss.

This month's book:

>>Clock Dance by Ann Tyler



### 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:

>> Delta Wedding by Eudora Welty



### 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 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 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



## Fall Registration is Open!

Registration is for classes and programs that take place September-December.

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.

## 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.



## 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.**

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 & 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

Outdoor at Lone Lake Park. For more information call: 952-939-8341. To join the email list, email Boris at Bgonikman@eminnetonka.com



## Poker

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

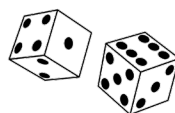
Join us for a good game of poker! Play a variety of games.



## 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!



## Women's Discussion Group

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

Discuss different topics each month with other senior women. This month's topic: >> Protect Minnesota by Reverend Nancy Nord Bence



## 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!



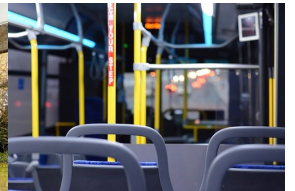


## Caregiver Conversations

2nd Thursday, 10 a.m.

Explore the challenges, rewards, and resources in navigating the care giving journey.

# Senior Services



**Blood Pressure Screenings:** 1st and 3rd 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)