

minnetonka script

Programs and services for those 55+
September 2014

Book and Pie Sale

**Tuesday, September 9
11 a.m. – 5 p.m.**

The annual book and pie sale is provided by Minnetonka Senior Services in conjunction with the Senior Advisory Board. Most books are \$1.

Blow-out sale from 4– 5 p.m.:
\$2.50 for all you can fit into a bag.

Book donation drop-off times:
Friday, September 5, and Monday, September 8, 9 a.m. to 3 p.m.

Acceptable donations:
Hard- and soft-cover books, CDs and DVDs in good condition.

Pie sale:
Pies by the slice and sloppy joes will be available for purchase.

Dinner Party

Monday, September 15, 5:30 p.m.

Join us for a dinner party with entertainment by the Grit Pickers.

Menu: Roast beef, mashed potatoes, vegetable medley, dinner roll and dessert.

Cost: \$5 due Friday, September 12.
(Course #33664)



AED & Hands-only CPR Training: Minnetonka Fire

Wednesday, September 17, 10:30 a.m.

Learn to use an AED and perform hands-only CPR with the Minnetonka Fire Department.

Free! RSVP by Monday, September 15.
(Course #33740)

Community Connections

Monday, September 22, 10:15 a.m.

Learn when forgetfulness may be a sign of something significant. In partnership with the Lake Minnetonka Senior Care Providers, Minnetonka Senior Services offers Community Connections.

Free! (Course #34191)

Protecting Against Financial Abuse: Wells Fargo Advisors

Wednesday, September 17, 1:30 p.m.

Protect yourself and others from financial and/or elder abuse. Warning signs, prevention and current legal and community resources will be discussed.

Sponsored by Dreyfus Investments

Cost: \$2 due Monday, September 15.
(Course #34124)

Lunch and a Movie: The Book Thief

Friday, September 19, 12 p.m.

Seeking solace from the terrors of World War II, Liesel steals books and teaches herself to read. She builds relationships by sharing books with others, including a Jewish refugee being sheltered by her adoptive parents.

Menu: Famous Dave's sassy BBQ salad, corn muffin and dessert.

Cost: \$5 due Tuesday, September 16.
(Course #33666)

Drowning in Paperwork? Get Control!

Wednesday, September 24, 11 a.m.

Jan Lehman offers tips and advice for taming the paper tiger at home. Learn to limit the information you keep and how to store information in smarter ways in order to find it faster and minimize piles. Jan is the owner of Can the Clutter® who helps individuals live a more organized life.

Cost: \$2 due Monday, September 22.
(Course #33663)

Navigating Medicare:

Wednesday, October 1, 6:30 p.m.

Learn to navigate Medicare Parts A, B & D. Offered in cooperation with Senior Community Services and is open to those considering retirement and to current Medicare users.

Cost: \$10 due Friday, September 26.
(Course #33738)



Moonlight Walk

Monday, October 6, 6:30 p.m.

Enjoy a relaxed walk to Jidana Park from the Minnetonka Community Center. Roast hot dogs by campfire in the light of the full moon.

Cost: \$4 due Friday, October 3.
(Course #33709)



Cruise the World: Senior Housing

Thursday, October 9, 9:45 a.m.

Board the "cruise line" to view five levels of senior housing each featuring food and fun from various ports of call:

- Legacy Homes: delicacies of Japan
- Golden Living Center Hillcrest of Wayzata: food and flavor of Italy
- Meridian Manor Assisted Living: traditional dishes of Spain
- Emerald Crest Memory Care: tempting treats of the Caribbean Islands
- Westridge Independent Senior Living: mouth-watering offerings from Germany

Proceeds go to Minnetonka Senior Services.

Cost: \$5 due Thursday, October 2.
(Course #34190)

Sandwich Generation: Finding Balance

Wednesday, October 22, 5:30 p.m.

Find balance while providing care for your loved ones.

Senior Community Services Social Worker Mary Ann Lundberg offers resources, tips and more to emphasize the meaningful and rewarding feelings of the sandwich generation. Sandwiches will be served.

Cost: \$4 due Wednesday, October 15.
(Course #34189)



Fitness Programs

Zumba Gold ★★★

Jan Gamble

1 – 2 p.m., \$28

Zumba Gold offers a complete body workout while learning the basic steps to salsa, meringue, cha-cha and other rhythms. No dance experience is necessary. Comfortable clothing and workout shoes are recommended. Bring water; you will sweat!

- Monday, September 15 – October 27
(Course #33701)
- Wednesday, September 17 – October 29
(Course #33702)

Tai Chi Chih

Susan Sobelson

Mondays, October 20 – December 15
(no class Nov 17), \$40

Practice a series of 19 easy-to-learn movements and one pose. Moving meditation can improve balance, flexibility, reduce stress, increase energy and more.

- Beginner** ★★ (Course #33695)
10 – 11 a.m.
- Intermediate** ★★★ (Course #33697)
11:30 a.m. – 12:30 p.m.

Line Dance

Eileen Ronning

Learn to “hitch” and “vine” and dance in a line! No partners needed. No previous dance experience for beginning level course; 50 previous lessons required for intermediate course.

- Beginner** (Course #33691)
\$25, Thursdays, Sept. 25 – Oct. 23,
12:30 – 1:30 p.m.
- Intermediate** (Course #33693)
\$25, Thursdays, Sept. 25 – Oct. 23,
1:45 – 2:45 p.m.

Beginning & Intermediate Yoga

Nancy Holasek

These gentle classes are geared toward the older adult, with lots of stretching and warm-ups. These yoga postures help increase flexibility. Guided breath-work and visualization help to release, relax and restore the body, and calm the mind.

Please bring a yoga mat or towel to class.

Chair-Supported Yoga ★★

9:45 – 10:45 a.m.

Most of the class takes place while seated on a chair.

- Tuesday, September 16 – October 28
\$36 (Course #33669)
- Thursday, September 18 – October 30
\$36 (Course #33670)

Intermediate Yoga Class ★★★

11 a.m. – 12 p.m.

This class includes standing and balance postures. Students should have the ability to get down to and up from the floor for postures completed while on the belly or backside of the body.

- Tuesday, September 16 – October 28
\$36 (Course #33677)
- Thursday, September 18 – October 30
\$36 (Course #33678)

Evening Yoga

Evening yoga classes have the same descriptions as the daytime classes.

Wednesdays, September 17 – October 29, \$36

- Chair Yoga, 6:15 p.m. ★★
(Course #33684)
- Intermediate Yoga, 7:30 p.m. ★★★
(Course #33688)

Barre Fusion ★★★

Julie Bice Zoril

Tuesdays, September 9 – October 21
(no class Oct. 7), 6 p.m. – 6:50 p.m.

Ballet inspired movements, yoga and traditional sculpting exercises to strengthen and tone the body, improve cardiovascular fitness and increase flexibility. Bring a yoga mat and water.

- \$36 (Course #33792)



Tai Chi for Health and Wellness

Ron Erdman-Luntz

Thursdays, September 25 – October 23
6 – 7 p.m.

Learn the Tai Chi short form movements that have many health benefits and are fun to learn. The slow circular movements of Tai Chi help to improve balance and relaxation. The mind is calm and the body moves in balance. Breathing comfortably, you are quietly aware and alert. Prerequisite: Able to walk comfortably for an hour. Wear comfortable clothes and athletic shoes.

- \$54 (Course #33699)



The Landing Shop

11280 Wayzata Boulevard

Wednesday – Saturday, 10 a.m. – 4 p.m., Thursdays until 8 p.m.

Handmade items crafted by Minnetonka residents 55 and older. Items available for sale include wooden toys, doll clothes, baby items, art, cards, and more.

Athletic Activities

55+ Softball

Tuesdays and Thursdays, Sept. – Oct.
9:30 a.m. – 12 p.m. at Big Willow Park.

Slow-pitch softball is played with modified rules allow for competitive play without the risk of serious injury. Registration will be accepted throughout the season.

- \$10 (Course #33705)

Minnetonka Bike Club

The goal of the club is to provide moderate exercise under safe conditions and to encourage social interaction and friendship. These groups accommodate different levels of ability. More than 50 trail rides are scheduled, with a majority on designated bike trails. More information at www.mtkabikers.org. To register call (952) 939-8393.

- \$11 (Course #32283)

Pickleball

Monday – Friday, 7:30 – 11 a.m.

Meadow Park

Pickleball is played on tennis courts and pickleball courts within hockey rinks during league time. Four permanent pickleball courts within the hockey rinks can be used anytime outside of this designated league time. Season runs through October.

Education Programs

Nutrition: Avoiding Diabetes

Learn a new approach to managing blood sugar with real food. Nutritional Weight and Wellness explains the biochemistry of blood sugar and identifies nutrients that control insulin levels. Learn how unbalanced eating accelerates aging and how to create balanced meals and snacks.

Cost: \$22 due one week prior to program.

Evening session

- Wednesday, October 8, 6 – 8 p.m.
(Course #33736)

Day session

- Wednesday, October 29, 1 – 3 p.m.
(Course #33737)

Defensive Driving

Save 10% on car insurance by taking these classes! Pay the instructor at class with a check or exact cash. To register call the MN Highway Safety Center, 1-888-234-1294, or visit www.mnsafetycenter.org for all defensive driving classes.

Day session (four-hour renewal)

- \$20, Thursday, September 11,
9 a.m. – 1 p.m.

Evening session (four-hour renewal)

- \$20, Tuesday, September 23,
5:30 – 9:30 p.m.

Evening session (eight hour)

- \$24, September 16 & 18,
5:30 – 9:30 p.m.

Leisure Programs

Beginning Bridge

Lee Solee

**Mondays, September 15 – October 20
1 – 3 p.m.**

Learn bidding, scoring and playing the challenging game of bridge. Bring a deck of cards.

- \$35 (Course #33761)

Mah Jongg

Carole Harris

**Wednesdays, October 8 – November 19
10 a.m. – 12 p.m.**

Learn to play the intriguing game of Mah Jongg, a game of chance and skill.

- \$49 (Course #33715)

History Programs

British History: Bog Man to Celts Terry Kubista

**ursdays, September 11 – 25
1 – 3 p.m.**

Recent finds have revealed many new facts about the Ice Age, Neanderthals and the Celts of the British Isles. Visit the Bog Man, Cheddar Man and Doggerland, all newly explored pieces in the ever-expanding puzzle that is the United Kingdom.

- \$21 (Course #33729)

Cuban Missile Crisis

Dan Hartman

**Wednesday, October 15,
10:30 a.m.**

This 13-day confrontation in October 1962 is regarded as the moment the Cold War came closest to turning into a nuclear conflict.

- \$2 (Course #33733)

Art Programs

Line and Wash Painting

Gin Weidenfeller

**Wednesdays, September 17 – 24
1 – 3 p.m.**

Learn line and wash painting methods through demonstration and hands-on activities. The focus is on line, freely drawn, followed with soft washes of color. Free hand sketch a still life, nature subject, or land and city scenes in graphite pencil, charcoal or ink. Paint washes of watercolor, gouache, or ink over the drawing.

- \$40 (Course #33706)

Oil Painting

Marcella Nordseth

**Fridays, October 3 – November 21
1 – 3:30 p.m.**

Learn about composition, how to look at objects and how to mix colors. Bring supplies you already own to the first class. Supplemental supply list will be provided in class.

- \$56 (Course #33712)

Senior Trips

Fall Color Trip to Winona

Wednesday, October 8 ★★

Estimated trip time: 8 a.m. – 5:15 p.m.

Enjoy the colorful drive along the Great Mississippi River Route. Stops include Pepin Heights Apple Orchard, Signatures Restaurant in Bridges Golf Club of Winona, Marine Art Museum and Nelson Cheese Store.

Menu: Herb-marinated grilled chicken topped with citrus beurre blanc, salad, wild rice, baguette, coffee and tea.

Course #33707

- **Cost:** \$68 includes tours, lunch, transportation & escort.
- **Registration deadline:** Friday, Sept. 12

Radio Man at History Theatre

ursday, October 16 ★★

Estimated trip time: 9 a.m. – 2:30 p.m.

Catch a play at History Theatre and enjoy lunch at Key's Cafe in downtown St. Paul.

Menu: Turkey, mashed potatoes, stuffing, vegetable, cranberries, bread, and dessert.

Course #33662

- **Cost:** \$62 includes play, lunch, transportation & escort.
- **Registration deadline:** Friday, Sept. 5

Extended Trips

For information call Senior Community Services at (952) 767-7899 or visit www.seniorcommunity.org

seniorcommunity.org

- **Branson Holiday** (November 3 – 7)
Cost: \$799 per person, double occupancy.

Activity level scale

The following scale is an approximate guide of the activity level and physical ability required for the program.

Activity scale

- ★ — Passive
- ★★ — Moderate
- ★★★ — Active
- ★★★★ — Brisk
- ★★★★★ — Vigorous

Registration

Ways to register

- **Walk-in**
Pay with cash, check or credit card (Visa, Discover & MasterCard)
- **Mail-in**
Send registrations to Minnetonka Senior Services. Include your name, address, phone number and the name of the program.
- **By phone**
(952) 939-8393, with a credit card.
- **Online**
www.eminnetonka.com For assistance, call (952) 939-8393.

Cancellation information

- **Program cancellations**
Requires at least two business days prior to the start date of the program. Some programs may be cancelled due to insufficient enrollment.
- **Trip cancellations**
Requires cancelling prior to the registration deadline. Cancellations after the payment deadline, are refunded after a \$5 fee in the event a replacement is found.

Program locations

Meet at Minnetonka Senior Services unless otherwise noted. 14600 Minnetonka Blvd. Minnetonka

Contact us...

Minnetonka Senior Services

(952) 939-8393

14600 Minnetonka Blvd.
Minnetonka, MN 55345

Monday – Friday, 8 a.m. – 4:30 p.m.

Administrative Staff

Kate Egert and Kathy Kline

kegert@eminnetonka.com

kkline@eminnetonka.com

Senior Services & Activities Manager

Steve Pich

(952) 939-8366

spieh@eminnetonka.com

Senior & General Programs Manager

Janelle Crossfield

(952) 939-8369

jcross_eld@eminnetonka.com

Interest groups

For more information on these groups and a calendar of events, please visit www.eminnetonka.com or stop by.

B&B Investment Club

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

Learn about investing. No meeting Sept. 1st.

Bird Club

1st Friday, 1 p.m.

Author Sue Leaf discussing *A Love Affair with Birds*.

Chorale

Wednesdays, 10:15 a.m.

Performs in the community. Returns Wednesday, September 10.

Scribblers

ursdays, 10 a.m.

Weekly leisurely writing group. New members welcome!

New! Shutterbugs

3rd Tuesday, 10 a.m.

All levels of photographers welcome!

Tale Spinners

Tuesdays, 1 p.m.

Weekly critical writing group. New members welcome!

Services

Blood Pressure Screenings

1st & 3rd Fridays; 2nd Wednesdays

9:30 – 11:30 a.m.

Happy Feet

1st, 2nd, 3rd & 4th Fridays, 9 a.m. – 3 p.m.

To schedule or cancel an appointment, call (763) 560-5136. Cost: \$35.

Over 50 & fit

Mondays, Wednesdays, Fridays, 9 a.m.

Annual Fee: \$12 (Course #32119)

Weekly E-mail Updates

To receive weekly e-mail updates on senior happenings, send your e-mail address to spieh@eminnetonka.com.

Volunteer Opportunities

Seeking monthly party and lunch & movie volunteers. Free meal provided. Please call Senior Services at (952)939-8393 and discover various ways to contribute.

Our mission: To develop and promote programs and services in our community to meet the diverse needs of those 55+.

Senior Community Services

Services listed below are provided by Senior Community Services, a local non-profit.

- **CareNextion**
Free, easy-to-use online tool and phone service for caregivers and their families. For more information visit www.carenexion.org or call (612) 770-7005.
- **Senior outreach**
Appointments available on the 2nd & 4th Tuesdays of the month. For information contact Mary Ann Lundberg at m.lundberg@seniorcommunity.org. For appointments call (952) 939-8393.
- **Health insurance counseling**
Available by appointment on the 1st & 3rd Mondays of the month.
- **HOME**
Household and Outside Maintenance for Elderly (HOME) is available for Minnetonka residents 60+. For more information call (952) 746-4046.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><i>Closed in observance of Labor Day.</i></p>	<p>2</p> <p>Craft Committee 10:00 Poker Club 10:00 Bingo 12:45 Billiards 1:00 Tale Spinners 1:00</p>	<p>3</p> <p>Exercise 9:00 Mah Jongg Group 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00</p>	<p>4</p> <p>Carvers 10:00 Cribbage 10:00 Scribblers 10:00 Chess 12:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00</p>	<p>5</p> <p>Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Bird Club 10:00 Computer 10:00 Billiards 1:00</p>
<p>8</p> <p>Exercise 9:00 Art Drop In 9:00 Ham Radio 10:00 Tonka Tale Tellers 10:00 Garden Club 1:00 Health Insurance 1:00 Hand and Foot 1:00 Billiards 1:00 Nature & Novels 2:00 Health Insurance 6:00</p>	<p>9</p> <p>500 Cards 10:00 Bingo 12:45 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00 <i>New!</i> Barre Fusion 6:00 Book & Pie Sale! 11:00 – 5:00 p.m.</p>	<p>10</p> <p>Exercise 9:00 Blood Pressure 9:30 Mah Jongg Group 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00 500 Cards 6:30</p>	<p>11</p> <p>Defensive Driving 9:00 Carvers 10:00 Cribbage 10:00 Scribblers 10:00 Chess 12:00 Bunco 1:00 British History 1:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00</p>	<p>12</p> <p>Exercise 9:00 Happy Feet 9:00 Computer 10:00 Billiards 1:00</p>
<p>15</p> <p>Exercise 9:00 Art Drop In 9:00 Rummikub 1:00 Billiards 3:00 Beginning Bridge 1:00 Zumba Gold 1:00 Investment Club 1:00 Nature & Novels 2:00 Dinner Party 5:30</p>	<p>16</p> <p>Trip: Old Castle 9:00 Chair Yoga 9:45 <i>New!</i> Shutterbugs 10:00 Poker 10:00 Advisory Board 10:00 Int. Yoga 11:00 Bingo 12:45 Billiards 1:00 Tale Spinners 1:00 Single Mingle Club Mtg @ Tuttle's 3:30 Defensive Driving 5:30 <i>New!</i> Barre Fusion 6:00</p>	<p>17</p> <p>Exercise 9:00 Mah Jongg Group 10:00 Chorale 10:15 Minnetonka Fire Dept. 10:30 A.A./Al-Anon 10:30 Social Bridge 12:45 Line & Wash Painting 1:00 Zumba Gold 1:00 Financial Abuse 1:30 Billiards 3:00 Chair Yoga 6:15 Int. Yoga 7:30</p>	<p>18</p> <p>Carvers 10:00 Cribbage 10:00 Scribblers 10:00 Chess 12:00 Book Club 1:00 British History 1:00 Billiards 1:00 Defensive Driving 5:30 Duplicate Bridge 6:00</p>	<p>19</p> <p>Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer 10:00 Lunch & Movie 12:00 Billiards 1:00</p>
<p>22</p> <p>Exercise 9:00 Art Drop In 9:00 Forgetfulness Presentation 10:15 Hand & Foot 1:00 Beginning Bridge 1:00 Zumba Gold 1:00 Billiards 3:00</p>	<p>23</p> <p>Chair Yoga 9:45 500 Cards 10:00 Int. Yoga 11:00 Bingo 12:45 Billiards 1:00 Tale Spinners 1:00 Senior Outreach 1:00 Defensive Driving 5:30 <i>New!</i> Barre Fusion 6:00 Literary Book Club 7:15</p>	<p>24</p> <p>Exercise 9:00 Mah Jongg Group 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Paperwork 11:00 Social Bridge 12:45 Line & Wash Painting 1:00 Zumba Gold 1:00 Billiards 3:00 Chair Yoga 6:15 500 Cards 6:30 Int. Yoga 7:30</p>	<p>25</p> <p>Carvers 10:00 Cribbage 10:00 Scribblers 10:00 Chess 12:00 Bunco 1:00 British History 1:00 Int. Line Dance 1:45 Beg. Line Dance 2:30 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi w/Ron 6:00</p>	<p>26</p> <p>Exercise 9:00 Happy Feet 9:00 Computer 10:00 Billiards 1:00</p>
<p>28</p> <p>Exercise 9:00 Art Drop In 9:00 Train Dominoes 1:00 Beginning Bridge 1:00 Zumba Gold 1:00 Billiards 3:00</p>	<p>29</p> <p>Bingo 12:45 Tale Spinners 1:00 Billiards 1:00 <i>New!</i> Barre Fusion 6:00</p>			

Group	Meeting day	Information
New! Minnetonka Shutterbugs	3rd Tuesday at 10 a.m.	All camera skill levels welcome.
Advisory Board	2nd Tuesday at 10 a.m.	Meets September 16.
AA/AI-Anon	Wednesdays at 10:30 a.m.	All ages welcome. New members welcome.
Art Drop In	Mondays from 9 a.m. to Noon	Informal, drop in and create!
Billiards	Every afternoon - time varies	See calendar page for times.
Bingo	Tuesdays at 12:45 p.m.	
Bird Club	1st Friday of the month at 10 a.m.	Speaker: Sue Leaf, author of <i>A Love Affair with Birds</i>
Book Club	3rd Thursday of the month at 1 p.m.	<i>Aviator's Wife</i> by Melanie Benjamin
Bulls & Bears Investment Club	1st & 3rd Monday of the month at 1 p.m.	Meets September 15
Social Bridge	Wednesdays at 12:45 p.m.	1st, 2nd & 3rd place and grand slam prizes awarded.
Bunco	2nd & 4th Thursdays at 1 p.m.	Don't know how to play? They will teach you.
Duplicate Bridge	Thursdays at 6 p.m.	Partners needed.
Chess	Thursdays at 12 p.m.	If you have general knowledge of chess, join us.
Chorale	Wednesdays at 10:15 a.m.	Starts September 10.
Computer Interests	Fridays at 10 a.m. Website: mscig.wordpress.com	This group examines topics of interest. Experience ranges from beginner to expert.
Craft Committee	1st Tuesday at 10 a.m.	Create decor for monthly parties.
Cribbage	Thursdays at 10 a.m.	Bring your cribbage boards and a deck of cards.
500 Card Club	2nd & 4th Tuesday at 10 a.m.	2nd & 4th Wednesday at 6:30 p.m.
Games and Cards	Mondays at 1 p.m.	1st & 3rd: Rummikub, 2nd & 4th: Hand and Food, 5th (if applicable): Train Dominoes
Mtka Community Garden Club	2nd Monday at 1 p.m.	<i>New members welcome!</i>
Literary Book Club	4th Tuesday at 7:15 p.m.	<i>Moby Dick</i> by Herman Melville
Ham Radio	2nd Monday at 10 a.m.	<i>New members welcome!</i>
The Landing Shop	Wednesday-Saturday, 10 a.m. to 4 p.m. Extended hours on Thursdays, 10 a.m. to 8 p.m.	<i>Find a perfect new handbag at The Landing Shop!</i> Located at 11280 Wayzata Blvd. (763) 591-4868. Handmade items crafted by Minnetonka residents 55+.
Mah Jongg	Wednesdays at 10 a.m.	<i>New members welcome!</i>
Pickleball	League Play: Monday-Friday, 7:30 a.m. - 10 a.m.	Designated Pickleball Courts at Meadow Park will be available anytime for outdoor play, first come, first served.
Poker	1st & 3rd Tuesday at 10 a.m.	Join us for a good game of poker.
Scribblers	Thursdays at 10 a.m.	Starts September 4.
Single Mingle Club	3rd Tuesday at 3:30 p.m. at Tuttle's	Various events scheduled monthly. Stop by the center to pick up a listing of events. <i>New members welcome!</i>
Tonka Tale Tellers	2nd Monday at 10 a.m.	This group travels to elementary schools within the area to tell and animate stories.
Tale Spinners	Tuesdays at 1 p.m.	Starts September 2.
Wood Carvers	Thursdays at 10 a.m.	Group members work independently but also share ideas with one another.