



minnetonka script

Programs and services for those 55+
August 2016 Newsletter

Fall Registration

(August–December)

Tuesday, Aug. 2

- Register online, over the phone, by mail or in person.
- Online: eminnetonka.com/register; first-time users can call for username and password.
- Phone: 952-939-8393; payments can be made with Visa, MasterCard or Discover.
- Mail: 14600 Minnetonka Blvd
Minnetonka, MN 55345
- In person: Monday–Friday,
8 a.m.–4:30 p.m.

Scholarships Available

- Limited scholarships are available for Minnetonka residents age 55+.
- Scholarships are kept confidential.
- No questions are asked regarding details of finances.
- Up to three scholarships per brochure; total of nine per year.
- Up to 50 percent for programs.
- Up to 50 percent on one day trip per year.

Mobility Alignment and Stability 101

Brenda Higgins

Tuesday, Aug. 16, 10 a.m.

How your body moves and how it is aligned affects the strength of your muscles. Stress on your joints from misalignment and lack of motion can create stiffness and pain in your body. Learning the essentials of mobility, alignment, pain and stability (MAPS), this program will get you moving again with less pain, discomfort, limitation, and with more grace.

Cost: \$2 (Course #3180415-01)

Monthly Party: Pork Chop Dinner

Wednesday, Aug. 17,

5:30 p.m.

Join us for one of the biggest events of the year!

Menu: Pork chop, broccoli, applesauce, roll, cheesy potato and dessert.

Sponsored by: Scandinavian Home Care

Cost: \$5 due Friday, August 12
(Course #3100105-01)



Community Connections: State Fair Tiny Home Sneak Peek John Louiselle

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

The Minnesota State Fair is just around the corner! Get a sneak peek at one of the neatest new fair exhibitors: the “Tiny Home” designed for accessibility by Minnesota’s Next Door Housing. Learn about the Tiny Home movement, considerations for determining if this assisted living solution is right for the area and questions regarding local zoning restrictions. The newest model will be on site for tours. A state fair-inspired snack may be offered, too! Provided by Lake Minnetonka Senior Care Providers: Community Connections.

Free! (Course #318417-01)



Lunch and a Movie: Race

Friday, Aug. 26, noon

Follow Jesse Owens’ quest to become the greatest track and field athlete in the face of Adolf Hitler’s vision of Aryan supremacy during the 1936 Olympics.

Menu: Hot dog, french fries, fruit and a treat.

Cost: \$5 due Tuesday, Aug. 23
(Course #3100204-01)

Travel Showcase

Mike Lyons

Wednesday, Sept. 14, 10:30 a.m.

Join us as Landmark Tours presents an array of unforgettable North American travel opportunities. A local, family-owned tour operator, Landmark’s inclusive packages feature roundtrip airfare, quality accommodations, motor coach, a professional tour manager, many meals and more!

Free! (Course #1180405-01)



University of Minnesota Sporting Event Research Study

Professor Yuhei Inoue

Kick-off meeting: Friday, Sept. 16

You are invited to participate in a research study assessing the well-being benefits of sporting event attendance. This study is conducted by Professor Yuhei Inoue at the University of Minnesota, School of Kinesiology. Participating in this study could involve attending three University of Minnesota Women’s Volleyball games on Sept. 24, Oct. 9 and Oct. 29. Participants must be able to attend all three games and answer two surveys. Participants must be ages 65–85. Transportation and tickets provided as well as a \$50 Visa gift card upon completion of the study. Please visit or call for more information.

Register by Friday, Aug. 5

Free! (Course #1180408-01)

Fitness Programs

Over 50 and Fit

Volunteer Instructors

Mondays, Wednesdays, Fridays, 9 a.m.

Join this social group and enjoy music and fitness three days a week!

- Annual Fee: \$12
(Course #4090702-01)

Ballroom Dances: Waltz, Rumba, Swing

Tricia Wood

Learn the basics of the most useful dances, which fit the widest variety of music played at wedding receptions, galas, restaurants, and on cruises. No partner needed. A "Studio Night Out" will be planned to go out dancing as a class.

Saturdays, 10–10:50 a.m.

- Sept. 24–Oct. 15
\$52 (Course #1091003-01)

Latin Dances: Merengue, Salsa, Cha-Cha

Tricia Wood

Get a workout while learning the social Latin dances you'll need for your tropical vacation, or local venues! No partner needed. A "Studio Night Out" will be planned to go out dancing as a class.

Saturdays, 11–11:50 a.m.

- Sept. 24–Oct. 15
\$52 (Course #1091001-01)

Therapeutic Pilates

Dr. Sarah Petich

**Mondays, Sept. 12–Oct. 24
8:30–9:30 a.m.**

Pilates is a great low-impact, gentle, but challenging, full-body workout that focuses on improving posture, flexibility and core strength. Work on posture alignment techniques, core-strengthening exercises, flexibility, balance and breathing techniques.

- \$63 (Course #1090902-01)

Tai Chi Chih Workshops

Susan Sobelson

Workshops offer a 30-minute instruction followed by a hour practice. All levels of Tai Chi Chih students are welcome. Attend the instruction, the practice or both. No admittance after practice has started.

Mondays, 10–11:30 a.m.

- Aug. 8, \$4 (Course #3090301-05)
- Aug. 22, \$4 (Course #3090301-06)

Senior Yoga

	Instructor	Dates	Day	Times	Fee	Course #
Chair-Supported	Nancy Holasek	Sept. 6–Oct. 25	T	9:45–10:45 a.m.	\$48	1090101-01
	Nancy Holasek	Sept. 8–Oct. 27	TH	9:45–10:45 a.m.	\$48	1090101-02
	Nancy Holasek	Nov. 1–Dec. 13	T	9:45–10:45 a.m.	\$42	1090101-03
	Nancy Holasek	Nov. 3–Dec. 15 (No class Nov. 24)	TH	9:45–10:45 a.m.	\$36	1090101-04
	Elizabeth Kelly	Sept. 7–Oct. 26	W	5–6 p.m.	\$48	1090101-05
Intermediate	Nancy Holasek	Sept. 6–Oct. 25	T	11 a.m.–noon	\$48	1090201-01
	Nancy Holasek	Sept. 8–Oct. 27	TH	11 a.m.–noon	\$48	1090201-02
	Nancy Holasek	Nov. 1–Dec. 13	T	11 a.m.–noon	\$42	1090201-03
	Nancy Holasek	Nov. 3–Dec. 15 (No class Nov. 24)	TH	11 a.m.–noon	\$36	1090201-04
	Elizabeth Kelly	Sept. 7–Oct. 26	W	7:30–8:30 p.m.	\$48	1090201-05

New! Basic Mat Pilates

Elizabeth Kelly

**Wednesdays, Sept. 7–Oct. 26
6:15–7:15 p.m.**

Pilates is a method of exercise that consists of low-impact flexibility, muscular strength and endurance movements. Pilates emphasizes the core with the use of the abdominals, lower back, hips and thighs. By practicing Pilates regularly, you can achieve a number of health benefits, including improved core strength and stability, posture, balance and flexibility.

- \$48 (Course #1090904-01)



Tai Chi for Health and Wellness

Ron Erdman-Luntz

Thursdays, Sept. 8–Oct. 13, 6–7 p.m.

Tai Chi short-form movements have many health benefits and are fun to learn. The slow, circular movements help to improve balance and relaxation. Must be able to walk comfortably for an hour.

- \$54 (Course #1090401-01)



Register Early

Programs can fill well in advance or may be canceled due to low enrollment. Registering early is the best way to secure a spot.

Zumba Gold

Renee Rabimi

Ditch the workout and join the party! Zumba Gold is a Latin-inspired dance-fitness program featuring easy-to-follow rhythms and a variety of upbeat music. It is a low-impact, less-intense form of Zumba designed for beginners and active older adults. Working out has never been so much fun!

Mondays, 12:45–1:45 p.m.

- Sept. 12–Oct. 24
\$42 (Course #1090501-01)

Wednesdays, 12:30–1:30 p.m.

- Sept. 14–Oct. 26
\$42 (Course #1090501-02)

Sips & Songs

Enjoy light refreshments and socializing before taking in local entertainment. Live it up, reserve your seat today!

ShowStoppers! starring Rachael Kroog

Wednesday, Sept. 28, 10:30 a.m.

Laugh, clap your hands and tap your toes during this musical, comedy and variety show featuring songs you're sure to know!

Cost: \$3 (Course #1100301-01)

**Sponsored by:
WestRidge of Minnetonka**

Athletic Activities

55+ Softball

*Tuesdays and Thursdays, 9:30 a.m.–noon
Sept.–Oct.*

Slow pitch softball is played at Big Willow Fields #5-6, 11522 Minnetonka Blvd. Modified rules allow for competitive play without the risk of serious injury. Registration is accepted throughout the season.

- \$10 (Course #1120301-01)

Minnetonka Bike Club

The goal of the club is to provide moderate exercise under safe conditions and encourage social interaction and friendship. Three groups accommodate different levels of ability. More information at mtkabikers.org.

- \$8 (Course #4120102-01)

Pickleball

Monday–Friday, 8–11 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

Healthy Living: Comprehensive Treatment for Obstructive Sleep Apnea

Wednesday, Aug. 31, 1 p.m.

Learn about new surgical solutions, technology advances and other solutions for sleep apnea.

- **Cost:** \$2 (Course #3180409-03)

Defensive Driving

Register through MN Highway Safety Center, 1-888-234-1294, or visit mnsafetycenter.org for all classes.

4-hour renewal sessions:

- \$22, Thursday, Aug. 4, 9 a.m.–1 p.m.
- \$22, Thursday, Aug. 18, 9 a.m.–1 p.m.
- \$22, Thursday, Aug. 25, 9 a.m.–1 p.m.

History Programs

Major Battles of the American Civil War

Dan Hartman

Wednesdays, Aug. 3–31, 10:30 a.m. – noon

Join military historian Dan Hartman for a five week series discussing the major battles of the American Civil War. Each week will examine different battles and how they progressed to the conclusion of the war.

- \$25 (Course #3180203-01)

British History: Sir Francis Drake

Terry Kubista

Thursday, August 25, 1–3 p.m.

Learn the story of the sea-faring privateer and adventurer whose name has become synonymous with one of English history's most celebrated episodes, the defeat of the Spanish Armada in 1588.

- \$3 (Course #3180103-01)

American Presidents

Dan Hartman



Wednesdays, 10:30 a.m. – noon

Explore each president and discuss what occurred while they were in office from a historical point of view. Presidents will be presented in order, highlighted accomplishments and factors surrounding their terms in office. The final seminar will look at the newly elected president and what the future may hold for their term in office. Series is offered in four parts.

- \$15, Sept. 14–28 (Course #1180202-01)
- \$15, Oct. 12–26 (Course #1180202-02)
- \$20, Nov. 9–30 (Course #1180202-03)
- \$15, Dec. 14–28 (Course #1180202-04)

Art Programs

Homage to Floral and Plant Art *Gin Weidenfeller*

Wednesdays, Aug. 17–24

1–3 p.m.

Pay tribute to the summer flower with creative expressions. Create graphite drawings or watercolor paintings from live floral specimens. View works from major artists and explore techniques and styles to expand artistic skill.

- \$40 (Course #3130104-01)

Senior Day Trips*

Pearl of the Lake

Tuesday, Sept. 20

Lunch at the Chickadee Cottage Café before boarding the Pearl of the Lake Riverboat. Cruise Lake Pepin and Mississippi River while taking in the views and learning about the history. (Water levels determine the incline of the gangplank from the pier to the boat.) On the way home stop and shop for apple products and gifts at Pepin Heights Apple Orchard.

Menu: Pork loin, mashed potatoes, cole slaw and dessert.

(Course# 1110101-01)

- **Cost:** \$65 includes tours, meal, transportation and guide
- **Estimated trip time:** 9 a.m. – 5 p.m.
- **Registration deadline:** Friday, Aug. 26

Great Mississippi River Cruise

Friday, Oct. 7

Stroll through the unique LARK Toys in Kellogg, MN before embarking on the Great Mississippi River Road, one of the most scenic byways in America. Board the La Crosse Queen and cruise the Mississippi River while enjoying a buffet luncheon. Popular sites include one of the oldest swing bridges still in operation, the lock and dam system and wildlife.

Menu: Swedish meatballs, ham, potato, vegetable, roll and dessert.

(Course# 1110101-02)

- **Cost:** \$77 includes tours, meal, transportation and guide
- **Estimated trip time:** 8:30 a.m. – 6:15 p.m.
- **Registration deadline:** Friday, Sept. 2

*For a complete listing of trips and extended trips offered by Landmark Tours visit the Minnetonka Community Center.

Interest Groups

Interest groups are coordinated and led by seniors in the community. All groups meet at the Minnetonka Community Center (MCC), unless noted otherwise.

AA/Al-Anon

Wednesdays, 10:30 a.m.
All ages welcome.

Art Drop In

Mondays, 9 a.m. – noon
Informal, drop in and create!

Billiards

Monday - Friday
Time varies, please see calendar page.

Bingo

Tuesdays, 12:40 p.m.
Join in the fun!

Computer Club

Fridays, 10 a.m.
All levels of computer users invited.

Cribbage

Thursdays, 10 a.m.
Bring your cribbage board and cards.

Duplicate Bridge

Thursdays, 6 p.m.
New members welcome!

Games and Cards

Mondays, 1 p.m.
1st & 3rd is Rummikub. 2nd & 4th is Hand and Foot.

Garden Club

2nd Monday, 1 p.m.
Member garden tours, meet at MCC.

Genealogy Club

1st Thursdays, 10 a.m.
Compiling family history.

Shutterbugs

3rd Tuesday, 10 a.m.
All levels of photographers welcome!

Tale Spinners

Tuesdays, 1 p.m.
New members welcome!

Tonka Tale Tellers

2nd Monday, 10 a.m.
Tell tales at elementary schools.

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

Contact and Registration Information

Register in person, over the phone, online or by mail.

Minnetonka Senior Services

952-939-8393
14600 Minnetonka Blvd.
Minnetonka, MN 55345
eminnetonka.com

Office Hours

Monday – Friday, 8 a.m. – 4:30 p.m.

Administrative Staff

Kate Egert, kegert@eminnetonka.com
Sue Svec, ssvec@eminnetonka.com

Senior Services and Activities Manager

Steve Pieh
952-939-8366
spieh@eminnetonka.com

Senior and General Programs Manager

Janelle Crossfield
952-939-8369
jcrossfield@eminnetonka.com

Program Locations

Meet at Minnetonka Senior Services unless otherwise noted.

Registration Information

- **Program Cancellations**
Refunds will only be made if registration is withdrawn before the advertised deadline. If no deadline is given, registration must be withdrawn at least two business days prior to the start date of the program. Partial credit will be considered if injury or serious illness occurs. In such case, a physician's verification may be required.
- **Trip Cancellations**
Full refund requires canceling prior to advertised deadline. Cancellations after deadline are refunded after a \$5 fee per registration, only in the event a participant is found to fill the space.



Purchase items handcrafted by Minnetonka residents ages 55 and older.



Wednesday - Saturday, 10 a.m. – 4 p.m.,
Thursdays until 8 p.m.
11280 Wayzata Blvd. 763-591-4868

Services

Blood Pressure Screenings

1st and 3rd Fridays; 2nd Wednesdays
9:30 – 11:30 a.m., Free!
Provided by volunteer nurses.

Happy Feet

1st, 2nd, 3rd and 4th Friday,
9 a.m. – 3 p.m., \$37
Provided by nurses specializing in foot care.
For appointment call 763-560-5136.

Senior Community Services

Senior Outreach Social Worker

Lisa Engdahl
2nd and 4th Tuesdays, Free!
Discuss finances, transportation, personal care, medical care, home maintenance and more. For appointment call 952-939-8393.

Health Insurance Counseling

1st and 3rd Mondays, Free!
Discuss Medicare, Social Security, long-term care, resources and more! For appointment call 952-939-8393.

HOME

Household and Outside Maintenance for Elderly (HOME) is available for Minnetonka residents 60 and older. For information call 952-746-4046 or visit the Community Center on Fridays, 9 a.m. – noon.

Extended Trips

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Investment Club 1:00 Health Insurance 1:00 Rummikub 1:00 Billiards 2:00</p>	<p>2</p> <p>Photo Editing 9:00 Yoga 9:45/11:00 Craft Committee 10:00 Poker 10:00 Bingo 12:40 Billiards 1:00 Tale Spinners 1:00</p> <p><i>Fall Registration Begins 8 a.m.</i></p>	<p>3</p> <p>Exercise 9:00 Mahjongg Group 10:00 Civil War 10:30 A.A./Al-Anon 10:30 Ballroom Bootcamp 11:00 Social Bridge 12:45 Billiards 2:30 Evening Yoga 6:15/7:30 500 Cards 6:30</p>	<p>4</p> <p>Defensive Driving 9:00 Yoga 9:45/11:00 Cribbage 10:00 Genealogy 10:00 Wood Carvers 10:00 Intermediate Line Dance 1:00 Dominos 1:00 Billiards 2:30 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>5</p> <p>HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00</p>
<p>8</p> <p>Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Ham Radio 10:00 Tai Chi Chih 10:00 Tonka Tale Tellers 10:00 Hand and Foot 1:00 Garden Club 1:00 Billiards 2:00</p>	<p>9</p> <p>Photo Editing 9:00 Yoga 9:45/11:00 500 Cards 10:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00</p>	<p>10</p> <p>Exercise 9:00 Blood Pressure 9:30 Mahjongg Group 10:00 Civil War 10:30 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 2:30 Evening Yoga 6:15/7:30 500 Cards 6:30</p>	<p>11</p> <p>Yoga 9:45/11:00 Cribbage 10:00 Wood Carvers 10:00 Bunco 1:00 Intermediate Line Dance 1:00 Billiards 2:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>12</p> <p>HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00</p>
<p>15</p> <p>Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Rummikub 1:00 Health Insurance 1:00 Billiards 2:00 Health Insurance 6:00</p>	<p>16</p> <p>Photo Editing 9:00 Yoga 9:45/11:00 Advisory Board 10:00 Presentation 10:00 Poker 10:00 Shutterbugs 10:00 Bingo 12:40 Billiards 1:00 Tale Spinners 1:00</p>	<p>17</p> <p>Day Trip 8:15 Exercise 9:00 Mahjongg Group 10:00 Civil War 10:30 A.A./Al-Anon 10:30 Social Bridge 12:45 Watercolor 1:00 Billiards 2:30 Monthly Party 5:30 Evening Yoga 6:15/7:30 500 Cards 6:30</p>	<p>18</p> <p>Defensive Driving 9:00 Yoga 9:45/11:00 Cribbage 10:00 Wood Carvers 10:00 Intermediate Line Dance 1:00 Dominos 1:00 Billiards 2:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>19</p> <p>HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00</p>
<p>22</p> <p>Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00 Community Connections 10:15 Hand and Foot 1:00 Billiards 2:00</p>	<p>23</p> <p>500 Cards 10:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00</p>	<p>24</p> <p>Exercise 9:00 Mahjongg Group 10:00 Civil War 10:30 A.A./Al-Anon 10:30 Social Bridge 12:45 Watercolor 1:00 Billiards 2:30 500 Cards 6:30</p>	<p>25</p> <p>Defensive Driving 9:00 Cribbage 10:00 Wood Carvers 10:00 Bunco 1:00 British History 1:00 Intermediate Line Dance 1:00 Billiards 2:00 Duplicate Bridge 6:00</p>	<p>26</p> <p>HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 Lunch & Movie 12:00 Billiards 1:00 Oil Painting Drop In 1:00</p>
<p>29</p> <p>Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Billiards 2:00</p>	<p>30</p> <p>Bingo 12:40 Billiards 1:00 Tale Spinners 1:00</p>	<p>31</p> <p>Exercise 9:00 Mahjongg Group 10:00 Civil War 10:30 A.A./Al-Anon 10:30 Social Bridge 12:45 Healthy Living 1:00 Billiards 2:30 500 Cards 6:30</p>	 <p>Minnetonka Senior Services Connections. Activities. Lifelong Learning.</p>	

Group	Meeting day	Information
Advisory Board	2 nd Tuesday at 10 a.m.	
AA/Al-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 12:40 p.m.	Join the fun!
Bird Club	1 st Friday of the month at 10 a.m.	Meets again in September.
Book Club	3 rd Thursday of the month at 1 p.m.	Meets again in September.
Bulls & Bears Investment Club	1st & 3rd Monday of the month at 1 p.m.	New members welcome!
Social Bridge	Wednesdays at 12:45 p.m.	1 st , 2 nd , 3 rd place and grand slam prizes awarded.
Bunco	2 nd & 4 th Thursdays at 1 p.m.	Don't know how to play? They will teach you.
Dominos	1 st & 3 rd Thursdays at 1 p.m.	New members welcome!
Duplicate Bridge	Thursdays at 6 p.m.	Partners needed.
Caregiver Conversations	2 nd Thursday at 10 a.m.	First meeting Sept. 8. New members welcome!
Chorale	Wednesdays at 10:15 a.m.	Meets again in September.
Computer Club	Fridays at 10 a.m. Website: mscig.wordpress.com	This group examines topics of interest. Experience ranges from beginner to expert.
Craft Committee	1 st Tuesday at 10 a.m.	Create decor for monthly parties.
Crafting for a Cause	2 nd Friday at 9 a.m.	First meeting Sept. 9. New members welcome!
Cribbage	Thursdays at 10 a.m.	Bring cribbage board and a deck of cards.
500 Card Club	2 nd & 4 th Tuesday at 10 a.m.	Wednesdays at 6:30 p.m.
Games and Cards	Mondays at 1 p.m.	1 st & 3 rd : Rummikub, 2 nd & 4 th : Hand and Foot.
Garden Club	2 nd Monday at 1 p.m.	Member garden tours, meet at MCC.
New! Genealogy Club	1 st Thursday at 10 a.m.	Compiling family history.
Literary Book Club	4 th Tuesday at 7:15 p.m.	Meets again in September.
Ham Radio	2 nd Monday at 10 a.m.	New members welcome!
Mah Jongg	Wednesdays at 10 a.m.	New members welcome!
Oil Painting Drop In	Fridays at 1 p.m.	New members welcome!
Pickleball	Monday-Friday, 7:30-11 a.m. Saturday, 9-noon	Meadow Park, 2725 Oakland Rd.
Poker	1 st & 3 rd Tuesday at 10 a.m.	Join us for a good game of poker.
Minnetonka Shutterbugs	3 rd Tuesday at 10 a.m.	New members welcome!
Single Mingle Club	Tuesdays at 4 p.m.	Various events scheduled monthly. Pick up flyer at community center.
Tonka Tale Tellers	2 nd Monday at 10 a.m.	Tells tales at elementary schools.
Tale Spinners	Tuesdays at 1 p.m.	Story writing group. New members welcome!
Wood Carvers	Thursdays at 10 a.m.	Group members share ideas and work independently.