Senior Calendar December Calendar									
Monday		Tuesda	У	Wednesday		Thursday		Friday	
2		3 Registration Day!	! 8 a.m.	4		5		6	
Men's Discussion Group	8:30	Yoga	9:45/11:00	Exercise	9:00	Defensive Driving	9:00	Exercise	9:00
Art Drop In	9:00	Poker	10:00	Mahjongg Drop In	10:00	Yoga	•	Happy Feet	9:00
Exercise	9:00	Dementia Friends	12:00	Chorale	10:15	Cribbage	10:00	Blood Pressure	9:30
Fun With Watercolor	10:00	Bingo	12:40	A.A./Al-Anon	10:30	Genealogy	10:00	Computer Group	10:00
Balance Screenings	10:30	Tale Spinners	1:00	Social Bridge	12:45	Woodcarvers		Bird Club	10:30
T'ai Chi Chih	10:00	Memory Café	1:30	T'ai Chi Chih	1/2:30	British History	1:00	Art Drop In	1:00
Therapeutic Pilates	10:15	Fall Prevention	1:30	Chair Yoga	5:30	Dominos	1:00		
<b>Bulls &amp; Bears</b>	1:00	Day Trip: SIX	6:15	500 Cards	6:30	Line Dance	1:00/2:00		
Hand, Foot, & Toe	1:00			Yogilates	6:45	Duplicate Bridge	6:00		
Medicare Counseling	1:00								
9		10		11		12		13	
Men's Discussion Group	8:30	Yoga	9:45/11:00	Exercise	9:00	Yoga	9:45/11:00	Exercise	9:00
Art Drop In	9:00	Advisory Board	10:00	Day Trip: St. Paul	9:15	Caregiver Convers	ations 10:00	Happy Feet	9:00
Exercise	9:00	Open Play	10:00	Blood Pressure	9:30	Cribbage	10:00	Crafting for a Cause	9:00
Fun with Watercolor	10:00	Bingo	12:40	Mahjongg Drop In	10:00	Woodcarvers	10:00	Computer Group	10:00
Ham Radio	10:00	Senior Outreach	1:00	Chorale	10:15	British History	1:00	Lunch & Movie	12:00
T'ai Chi Chih	10:00	Tale Spinners	1:00	A.A./Al-Anon	10:30	Bunco	1:00	Art Drop In	1:00
Therapeutic Pilates	10:15	Fall Prevention	1:30	Social Bridge	12:45	Line Dance	1:00/2:00	-	
Garden Club	1:00			T'ai Chi Chih	1/2:30	Duplicate Bridge	6:00		
Hand, Foot, & Toe	1:00			Chair Yoga	5:30				
, ,				500 Cards	6:30				
				Yogilates	6:45				
16		17		18		19		20	
Men's Discussion Group	8:30	Day Trip: Duluth	9:45	Exercise	9:00	Defensive Driving	9:00	Exercise	9:00
Art Drop In	9:00	Yoga	9:45/11:00	Mahjongg Drop In	10:00	Day Trip: Duluth II	9:45	Happy Feet	9:00
Exercise	9:00	Memory Cafe	10:00	A.A./Al-Anon	10:30	Yoga		Blood Pressure	9:30
T'ai Chi Chih	10:00	Poker	10:00	Monthly Party	12:00	Cribbage	10:00	Computer Group	10:00
Bulls & Bears	1:00	Shutterbugs	10:00	Social Bridge	12:45	Woodcarvers	10:00	Women's Discussion	10:00
Medicare Counseling	1/6:00	Bingo	12:40	T'ai Chi Chih	1/2:30	Book Club	1:00	Art Drop In	1:00
Hand, Foot, & Toe	1:00	Tale Spinners	1:00	Chair Yoga	5:30	British History	1:00		
		Fall Prevention	1:30	500 Cards	6:30	Dominos	1:00		
				Yogilates	6:45	Line Dance	1:00/2:00		
						Duplicate Bridge	6:00		
23		24		25		26		27	
Men's Discussion Group	8:30	Open Play	10:00	01005	_	Cribbage	10:00	Exercise	9:00
Art Drop In	9:00	Bingo	12:40	CLOSE	D	Woodcarvers	10:00	Happy Feet	9:00
Exercise	9:00	Tale Spinners	1:00	WXXV.		Bunco	1:00	Computer Group	10:00
				happy	<b>A</b>			Art Drop In	1:00
				diduction	7 4			Bucket List Book Club	1:00
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Men's Discussion Group	8:30	Bingo	12:40						
Art Drop In	9:00	_	1:00			(	VTI	O F	
Exercise	9:00	-				R //		O F TONK A	
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# **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 We'll see you in April!



## 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:

>> Migration by Stan Tekiela



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#### **Book Club**

3rd Thursday, 1 p.m.

Each month we read a new book and discuss.

This month's book:

>>The Little Paris Bookshop by Nina George

# **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:

>> The Aleph by Jorge Luis Borges

# **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

#### Bunco

markets.

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 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



# Winter/Spring Registration Begins December 3rd at 8 a.m.!

Registration is for classes and programs that take place January-April.

Registration Options:



minnetonkamn.gov/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.



2nd Monday, 1 p.m.

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



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

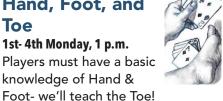
2nd Monday, 10 a.m. Join us for some

amateur radio discussion, share of knowledge and practice.



## Hand, Foot, and Toe

1st-4th Monday, 1 p.m. Players must have a basic knowledge of Hand &



# 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 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



#### Poker

1st & 3rd Tuesday, 10 a.m. Join us for a good game of poker! Play a variety of

games.



## Shutterbugs

3rd Tuesday, 10 a.m.

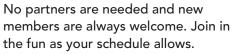
This group focuses on a different topic each month and is open for the novice photographer and professionals. Photos taken by members that are Minnetonka residents can be purchased at The



Landing Shop.

Wednesdays, 12:45 p.m.

1st, 2nd and 3rd place prizes are awarded.



# 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:

>> Independent and Living Alone by Jim Flanders, Minnetonka Asst. Fire Chief

#### Woodcarvers

Thursdays, 10 a.m.

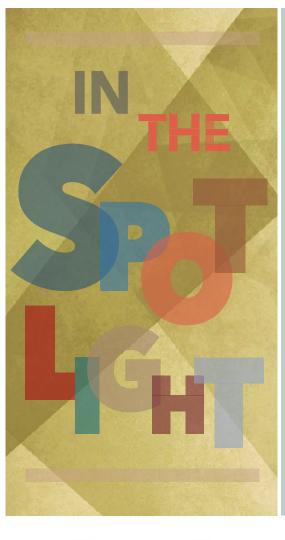
Socialize, share ideas and work independently. All abilities are welcome, including beginners! The first Thursday of the month is show and tell. Come join the fun!

#### 500 Card Club

Wednesdays, 6:30 p.m. Join in the fun, new members are always

welcome!







# **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 on the 4th Friday.

This month's Book: The Aleph by Jorge Luis Borges

# **Senior Services**



**Blood Pressure Screenings:** 1st and 3rd Friday and 2nd 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.):** Get help with household chores. Call Senior Community Services at 952-746-4046 for more information.

**Medicare Counseling:** Discuss Medicare, supplemental insurance, Part D coverage, billing issues, resources and more. Call the Senior Linkage Line at 800-333-2433 for an appointment.

**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 minnetonkamn.gov/seniorservices