

# September 2019






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p><b>LABOR DAY</b> <b>HERITAGE CENTER CLOSED</b></p> 	<p>9:00 Dominoes &amp; Poker 9:00 Happy Feet 9:00 Pickleball 10:00 Book Club #1 12:00 Party Bridge 1:00 Bingo 1:00 Active Adults Advisory Comm. Mtg.</p>	<p>8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing (social follows) 9:00 Health Angels Biking 9:00 Poker &amp; Hearts, Ladies Golf 9:30 Wheel Friends Biking 11:00 SS Strength &amp; Balance 12:00 Pinochle 12:30 Bocce Ball 1:00 Technology Tutoring <b>1-3 Musical Jam Session</b> 5:30 Cardio &amp; Strength 5:30 Pickleball</p>	<p>9:00 Classic Voices Chorus 9:00 Walking Club 10:30 Red Hat Chorus 10:30 Bocce Ball 11 &amp; 12 Silver Sneakers Classes 12:00 Euchre, Hand &amp; Foot 1:00 Quilting Group 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:30 Line Dancing <b>Deadline for Lakeville Luncheon</b></p>	<p>8:15 Yoga 9:00 Pickleball 9:00 Poker <b>9:30 Feed My Starving Children (Eagan)</b> 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:30 Cribbage</p>	<p><b>See Red Hat Chorus Performances on page 13</b></p> 
	<p>8:15 Yoga 9:00 Pickleball 9:00 Walking Club 9:00 Health Insurance Counseling 9:30 Knitting Group 10:00 Wii™ Bowling 11:00 Hearing Screening 11:00 SS Strength &amp; Balance 12:00 SS Cardio &amp; Strength 12:30 Mahjong 1:00 Texas Hold 'Em</p>	<p>9:00 Dominoes &amp; Poker 9:00 Pickleball 10:00 Creative Writing <b>11:30 Lakeville Luncheon</b> 12:00 Party Bridge 12:00 Word Game Group <b>5-9 Driver Safety Class (4-hr.)</b></p> <p><b>Deadline for Diner's Club</b></p> 	<p>8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing 9:00 Health Angels Biking 9:00 Ladies Golf 9:00 Poker &amp; Hearts 9:30 Wheel Friends Biking 11:00 SS Strength &amp; Balance 12:00 Pinochle 12:30 Bocce Ball 5:30 Cardio &amp; Strength 5:30 Pickleball</p> 	<p>9:00 Classic Voices Chorus 9:00 Walking Club 9:00 Nature Walk—Casperson Park 10:00 Motorcycle Ride 10:30 Red Hat Chorus 10:30 Bocce Ball 11 &amp; 12 Silver Sneakers Classes 12:00 Euchre, Hand &amp; Foot 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:30 Line Dancing</p>	<p>8:15 Yoga 9:00 Pickleball 9:00 Poker 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:00 Tatting 1:30 Cribbage</p>	<p><b>Metro Dining Cards for sale at Heritage Center &amp; City Hall \$25 per box</b></p> 
<p>15</p>	<p>8:15 Yoga 9:00 Pickleball 9:00 Walking Club 9:30 Knitting Group <b>10:00 Photography Group</b> 10:00 Wii™ Bowling 11:00 SS Strength &amp; Balance 12:00 SS Cardio &amp; Strength 12:30 Mahjong 1:00 Texas Hold 'Em</p>	<p><b>8:45 Red Wing Pottery Tour</b> 9:00 Dominoes &amp; Poker 9:00 Pickleball 10:00 Creative Writing 12:00 Party Bridge 12:00 Word Game Group 1:00 Bingo</p>	<p>8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing 9:00 Health Angels Biking 9:00 Poker &amp; Hearts, Ladies Golf 9:30 Wheel Friends Biking <b>9:30-10:30 Flu Shots</b> 11:00 Legal Advice NO SS STRENGTH &amp; BALANCE TODAY 12:00 Pinochle 12:30 Bocce Ball 1:00 Book Club #2 &amp; Technology Tutoring 5:30 Pickleball NO EVENING CARDIO <b>Deadline for Winona/Fountain City Trip</b></p> 	<p>9:00 Classic Voices Chorus 9:00 Walking Club 10:30 Red Hat Chorus 10:30 Bocce Ball NO SILVER SNEAKERS CLASSES TODAY 12:00 Euchre, Hand &amp; Foot <b>1-3 Mobile Menders</b> 1:00 Quilting Group 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:30 Line Dancing</p>	<p>8:15 Yoga 9:00 Pickleball 9:00 Poker 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:00 Science Discussion Group 1:30 Cribbage</p>	<p><b>8:30 a.m.-12:30 p.m. Driver Safety Class (4-hour)</b></p>
<p>22</p>	<p>8:15 Yoga 9:00 Pickleball 9:00 Walking Club 9:30 Knitting Group 10:00 Wii™ Bowling 11:00 SS Strength &amp; Balance 12:00 SS Cardio &amp; Strength 12:30 Mahjong 1:00 Texas Hold 'Em</p> 	<p>9:00 Dominoes &amp; Poker 9:00 Pickleball 10:00 Creative Writing 11:30 Pickleball Picnic 12:00 Party Bridge 12:00 Word Game Group</p>	<p>8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing 9:00 Health Angels Biking 9:00 Ladies Golf 9:00 Poker &amp; Hearts 9:30 Wheel Friends Biking 11:00 SS Strength &amp; Balance 12:00 Pinochle 12:30 Bocce Ball 5:30 Cardio &amp; Strength 5:30 Pickleball</p>	<p>9:00 Classic Voices Chorus 9:00 Walking Club 10:00 Motorcycle Ride 10:30 Red Hat Chorus 10:30 Bocce Ball 11 &amp; 12 Silver Sneakers Classes 12:00 Euchre, Hand &amp; Foot 1:00 LAAA Online Sign-up Lessons 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:30 Line Dancing 5:30 Lasagna Dinner</p>	<p>8:15 Yoga 9:00 Pickleball 9:00 Poker 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:30 Cribbage</p>	<p>28</p>
<p>29</p>	<p>8:15 Yoga 9:00 Pickleball, Walking Club 9:30 Knitting Group 10:00 Wii™ Bowling 11:00 SS Strength &amp; Balance 12:00 SS Cardio &amp; Strength 12:30 Mahjong 1:00 Texas Hold 'Em <b>2:00 New to Medicare Presentation</b></p>				<p><b>Day Old Bread Available Monday-Friday, beginning at 10:15 a.m.</b></p>	



# October 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<div style="border: 2px dashed black; padding: 5px;"> <b>Day Old Bread Available</b>  <b>Monday-Friday, beginning at 10:15 a.m.</b> </div>		9:00 Dominoes & Poker 1 9:00 Pickleball 9:00 Happy Feet 10:00 Book Club #1 12:00 Party Bridge 1:00 Bingo 1:00 Active Adults Advisory Comm. Mtg.	8:00 Men's Golf 8:15 Yoga 2 9-12 Line Dancing (Social Follows) 9:00 Health Angels Biking, Ladies Golf 9:00 Poker & Hearts 9:30 Wheel Friends Biking 11:00 SS Strength & Balance 12:00 Pinochle 12:30 Bocce Ball 1:00 Technology Tutoring <b>1-3 Musical Jam Session</b> 5:30 Cardio & Strength 5:30 Pickleball	9:00 Classic Voices Chorus 3 9:00 Walking Club 10:30 Red Hat Chorus 10:30 Bocce Ball 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:30 Line Dancing <b>Deadline for Lakeville Luncheon</b>	8:15 Yoga 4 9:00 Pickleball 9:00 Poker 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:30 Cribbage			
6	8:15 Yoga 7 9:00 Pickleball 9:00 Walking Club 9:30 Knitting Group 10:00 Wii™ Bowling 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:30 Mahjong 1:00 Texas Hold 'Em <b>Deadline for Bong Veterans Ctr. Trip 5-9 Driver Safety Class (4-hr.)</b>	9:00 Dominoes & Poker 8 9:00 Pickleball 10:00 Creative Writing <b>11:30 Lakeville Luncheon</b>  12:00 Party Bridge 12:00 Word Game Group <b>1:30 Travel Presentation</b>  <b>Deadline for Diner's Club</b>	8:15 Yoga 9 9-12 Line Dancing 9:00 Health Angels Biking 9:00 Poker & Hearts 9:30 Wheel Friends Biking 11:00 SS Strength & Balance 12:00 Pinochle 12:30 Bocce Ball 5:30 Cardio & Strength 5:30 Pickleball	<b>7:45 Winona/Fountain City Trip 10</b> 9:00 Classic Voices & Walking Club 9:00 TRIAD Lunch & Learn—A.V. 10:00 Motorcycle Ride 10:30 Red Hat Chorus 10:30 Bocce Ball 11 & 12 Silver Sneakers Classes 12:00 Euchre, Hand & Foot 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:00 Diner's Club—Red Fox 5:30 Line Dancing	8:15 Yoga 11 9:00 Pickleball 9:00 Poker 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Tatting 1:00 Social Painting 1:30 Cribbage	 <b>See Red Hat Chorus Performances on page 13</b>		
13	<b>Belgian Waffle Breakfast 8 am-12 pm</b> <b>\$8 adults, \$6 ages 6-12, 5 &amp; under free</b> 	8:15 Yoga 14 9:00 Pickleball 9:00 Walking Club 9:00 Health Insurance Counseling 9:30 Knitting Group 10:00 Wii™ Bowling 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:30 Mahjong 1:00 Texas Hold 'Em	9:00 Dominoes & Poker 15 9:00 Pickleball 10:00 Creative Writing <b>10:00 They Chose Minnesota Program</b> 12:00 Party Bridge 12:00 Word Game Group 1:00 Bingo 	8:15 Yoga 16 9-12 Line Dancing 9:00 Health Angels Biking 9:00 Poker & Hearts 9:30 Wheel Friends Biking 11:00 Legal Advice 11:00 SS Strength & Balance 12:00 Pinochle 12:30 Bocce Ball 1:00 Book Club #2 5:30 Cardio & Strength 5:30 Pickleball	9:00 Classic Voices & Walking Club 17 <b>9-10:30 Flu Shots</b> 10:30 Red Hat Chorus 10:30 Bocce Ball 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:00 Euchre, Hand & Foot 1:00 Quilting Group <b>1-3 Mobile Menders</b> 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:30 Line Dancing	8:15 Yoga 18 9:00 Pickleball 9:00 Poker 11:00 500 Cards <b>12:00 Annual Medicare Update</b> 12:30 Duplicate Bridge 1:00 Social Painting 1:00 Science Discussion Group 1:30 Cribbage	<b>8 a.m.-5 p.m. Driver Safety Class (8-hr.)</b>	
20	8:15 Yoga 21 9:00 Pickleball 9:00 Walking Club 9:30 Knitting Group <b>10:00 Photography Group</b> 10:00 Wii™ Bowling 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:30 Mahjong 1:00 Texas Hold 'Em	9:00 Dominoes & Poker 22 9:00 Pickleball 10:00 Creative Writing 12:00 Party Bridge 12:00 Word Game Group	8:15 Yoga 23 9-12 Line Dancing 9:00 Health Angels Biking 9:00 Poker & Hearts 9:30 Wheel Friends Biking 11:00 SS Strength & Balance 12:00 Pinochle 12:30 Bocce Ball 1:00 Technology Tutoring 5:30 Cardio & Strength 5:30 Pickleball	9:00 Classic Voices & Walking Club 24 10:00 Motorcycle Ride 10:30 Red Hat Chorus 10:30 Bocce Ball 11 & 12 Silver Sneakers Classes 12:00 Euchre, Hand & Foot 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:30 Line Dancing 5:30 Lasagna Dinner	8:15 Yoga 25 9:00 Pickleball 9:00 Poker 11:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting 1:30 Cribbage	<b>8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.)</b>		
27	8:15 Yoga 28 9:00 Pickleball 9:00 Walking Club 9:30 Knitting Group 10:00 Wii™ Bowling 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:30 Mahjong 1:00 Texas Hold 'Em	9:00 Dominoes & Poker 29 9:00 Pickleball 10:00 Creative Writing 12:00 Party Bridge 12:00 Word Game Group	8:15 Yoga 30 9-12 Line Dancing 9:00 Health Angels Biking 9:00 Poker & Hearts 9:30 Wheel Friends Biking 11:00 SS Strength & Balance 12:00 Pinochle 12:30 Bocce Ball 5:30 Cardio & Strength 5:30 Pickleball	9:00 Classic Voices Chorus 31 9:00 Walking Club 10:30 Red Hat Chorus 10:30 Bocce Ball 11:00 SS Strength & Balance 12:00 SS Cardio & Strength 12:00 Euchre, Hand & Foot 1:15 Beg. Tai Chi 1:45 Adv. Tai Chi 3:00 Dance Fitness 5:30 Line Dancing	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>8a-4p Costume Contest</b> </div> 			