



Mon.	Tue.	Wed.	Thu.	Fri.
<p>1</p> <p>11:00 Hennepin Co. Lunch Bus 11:15 Bingo 1:00 Golf-card game 1:00 Legal Aid available by appt</p>	<p>2</p> <p>8:30 Tai Chi-Yang 10 (beginners) 9:30 Health & Wellness speaker 10:15 Tai Chi-Yang 24 (intermediate) 11:30 Eyeglass adjustment/small repair 12-2:00 B/P Clinic 1:00 Movie: <i>Chappaquiddick</i></p>	<p>3</p> <p>8:00 Franconia Sculpture & St. Croix Valley Tour 9:15 Chair Yoga 11:20-11:40 Exercise 1:00 Cribbage 1:00 Mahjong</p>	<p>4</p> <p>9 – 10 Fireside Chat with Wright Co. Sheriff Joe Hagerty 9 – 12 Knitters & crocheters 11:00 Hennepin Co. Lunch Bus 10:30 Writers' Group 10:30-12:00 "Estate Sale Basics" presentation with Dana Arvidson 5:30-9:30 AARP 4 hour driving refresher</p>	<p>5</p> <p>8:15 Discover Delano-Delano Intermediate School 11:20-11:40 Exercise 12:40 Bingo</p>
<p>8</p> <p>11:15 Bingo 12:00 Celebrate October Birthdays 1:00 Golf-card game 1:00 Bridge 1:00-2:00 NAPS pickup</p>	<p>9</p> <p>7:30 Turtle Lake Casino trip 8:30 Tai Chi-Yang 10 (beginners) 9:30 Health & Wellness speaker 10:15 Tai Chi-Yang 24 (intermediate) 12-2:00 B/P Clinic 1:00 Movie: <i>Won't You Be My Neighbor</i> 2:00-6:00 Wright County WOW Wellness Clinic</p>	<p>10</p> <p>8-4:30 Scrapbooking/Craft Day 8:30 Twin Cities Light Rail trip: Blue Line (Trip #2) 9:15 Chair Yoga 11:20-11:40 Exercise 1:00 Mahjong 1:00 Cards-500</p>	<p>11</p> <p>8-4:30 Scrapbooking/Craft Day 7:45 Hinckley day trip 9 – 12 Knitters & crocheters 10 – 11 Tech help with Verizon of Delano 6:30 Delano United Unconscious Bias workshop</p>	<p>12</p> <p>11:20-11:40 Exercise 12:40 Bingo</p>
<p>15</p> <p>9:15 Eden Prairie shopping trip 11:15 Bingo 1:00 Golf-card game</p>	<p>16</p> <p>8:30 Tai Chi-Yang 10 (beginners) 9:30 Health & Wellness speaker 10:15 Tai Chi-Yang 24 (intermediate) 12-2:00 B/P Clinic 1:00 Movie: <i>Book Club</i></p>	<p>17</p> <p>9:15 Chair Yoga 10:00 Book Club: <i>Founding Mothers</i> by Cokie Roberts 10:00 Hennepin Co. Lunch Bus 11:00 Songs & Stories of the American West with Kerry Grombacher 1:00 Cribbage 1:00 Mahjong</p>	<p>18</p> <p>8:30 Anoka day trip 9 – 12 Knitters & crocheters 10:30 Writers' Group 1:00 Parkinson's Support Group</p>	<p>19</p> <p>11:00 Hennepin Co. Lunch Bus 11:20-11:40 Exercise 12:40 Bingo</p>
<p>22</p> <p>10:00 Choir Practice 11:00 Hennepin Co. Lunch Bus 11:15 Bingo 1:00 Golf-card game 1:00 Bridge</p>	<p>23</p> <p>8:30 Tai Chi-Yang 10 (beginners) 9:30 Health & Wellness speaker 10:15 Tai Chi-Yang 24 (intermediate) 12:00-2:00 B/P Clinic 1:00 Movie: <i>Juno</i> 5:30-9:30 SCSU 4-Hour Driving Class Refresher</p>	<p>24</p> <p>8:00-4:30 Book & Puzzle Sale 8:30 Twin Cities Light Rail trip: Blue Line (Trip #1) 9:15 Chair Yoga 11:20-11:40 Exercise 1:00 Cards-500 1:00 Mahjong</p>	<p>25</p> <p>8:00-4:30 Book & Puzzle Sale 9 – 12 Knitters & crocheters 11:00 Hennepin Co. Lunch Bus 12:30 <i>Falls Prevention & Balance</i> with Aegis Therapies</p>	<p>26</p> <p>8:00-2:00 Book & Puzzle Sale 11:20-11:40 Exercise 12:40 Bingo</p>
<p>29</p> <p>10:00 Choir Practice 11:00 Hennepin Co. Lunch Bus 11:15 Bingo 1:00 Golf-card game 1:00 Bridge</p>	<p>30</p> <p>8:30 Mpls. History & Architecture tour 8:30 Tai Chi-Yang 10 (beginners) 9:30 Health & Wellness speaker 10:15 Tai Chi-Yang 24 (intermediate) 12:00-2:00 B/P Clinic 1:00 Movie: <i>Last Chance Harvey</i></p>	<p>31</p> <p>9:15 Chair Yoga 11:00 Halloween Party 1:00 Mahjong</p> <p style="text-align: center;"> </p>		

Lunchtime music with
B & B – Brix & Bartos
Thursday,
November 8



Tap your toes and
enjoy the music of St
Cloud duo “B & B”-Joel
Bartos & Rick Brix



Discover Delano

Delano Intermediate School—October 5-8:15

Industrial Louvers—November 1-10:00

Free transportation sponsored

by the Delano Area

Chamber of Commerce



Pre-registration is required for these trips—
please call 763-972-0574

YWCA and The Delano United Diversity Task Force are hosting two workshops this fall for the Delano community around the idea of exploring unconscious bias and understanding identity.

Registration is required – call Delano Community Education at 763-972-6210

Workshops are free of charge and open to everyone.

Thursday, October 11

Delano Senior Center

6:30 – 8:30 p.m.

Unconscious Bias: It happens to all of us. Each of us carries biases, conscious and unconscious, that affect our thoughts and actions. Being able to lessen our unintended impacts all begins with understanding and confronting our individual biases. We will discuss how our biases are formed, what keeps us from seeing them, and how to begin unlearning them.

Saturday, November 3

Delano Library

10 a.m. – 12 p.m.

Intersectionality and Identity: “Intersectionality” has become a buzzword when talking about diversity and inclusion practices. This workshop examines the roles of power and identity and how they contribute to one’s experience of diversity, marginalization, and oppression.



Boathouses of Lake Minnetonka

Thursday, November 15

11 a.m. ~ Noon

If you’ve ever sailed, boated, or paddled past a vintage boathouse on Lake Minnetonka and wished its rustic wooden walls could talk, you’ll love this presentation by local authors Karen Melvin and Melinda Nelson. Presenting stories and photos from their book, the authors will give us an insider’s view into the most enchanting boathouses of Lake Minnetonka



SAVE THE DATE!

Delano’s Old-Fashioned Christmas

Saturday, December 1

Senior Center Boutique of Christmas
items, jewelry, and a bake sale

Medicare 2019

Do you have questions about your Medicare options? One-on-one Medicare counseling is available at several metro-area sites.

This service is provided free of charge by the Metropolitan Area Agency on Aging

Mound – Gillespie Center. 2nd Thursday. 1 – 4 p.m. Call 952-472-6502 for an appointment.

Plymouth – Plymouth Library. 2nd Wednesday. 9 a.m. – 12 p.m. Call 1-800-333-2433 for an appointment.

Maple Grove – Community Center. 2nd Thursday. 12:30 – 3:30 p.m. Call 763-494-6514 for an appointment.

Minnetonka – Senior Center. 1st Monday 1 – 4 p.m.; 3rd Monday 6 – 9 p.m. Call 952-939-8393 for an appointment

Chaska – The Lodge. 4th Thursday of odd-numbered months. 9 a.m. – 12 p.m. Call 952-448-2023 for an appointment

Chanhassen – Senior Center. 2nd Tuesday. 9 a.m. – 12 p.m. Call 952-227-1124 for an appointment.



~Delano Senior Center ~

Find us at www.delanoseniorcenter.com

Delano Senior Center



Delano Senior Center

T N U F T N Y F Z L K N W F N
 O R X R G C L V V W E E Y O X
 P K I I S L E E T U L Y I M B
 F G N P R F Y X F L P T C P T
 G R K X S E J S N D A F R Y I
 A E I W R I T E R S G R O U P
 M S D E H H S H R C Y V C K U
 E V D C N S F E G O K H H D E
 S Y I M I D V T G U Z L E S G
 A A B X L N S A S R A Z T N N
 T R G A O F I H J X G L I M I
 B U L C K O O B I G K O N N N
 Q Z A S Q S V P E P L S G D I
 L H M O V I E O O O I M R S D

BOOK CLUB	CONVERSATION	CROCHETING
DINING	FRIENDSHIP	FUN
GAMES	LAUGHTER	MOVIE
TAI CHI	TRIPS	WELLNESS
	WRITERS GROUP	YOGA

NEW! Scrapbook & Craft Days

Get crafty with us at the senior center! Take an opportunity to work on your scrapbooks, art project, knitting, or other handiwork. You can leave your work set up on our big tables overnight. Meet up with friends or come on your own - work with others on creative projects.



October 10 & 11
 November 26 & 27
 8 a.m. - 4:30 p.m.

Book & Puzzle Sale



Wed., Thur. & Fri.
Oct. 24, 25, & 26
 Now accepting donations

LEGAL AID HELP -1st Monday of every month 1:00 Call for appointment 763-972-0574

EYEGLOSS SMALL REPAIR & ADJUSTMENT - 1st Tuesday of every month at 11:30

BLOOD PRESSURE CLINIC - Tuesdays from 12:00-2:00

Wright County WOW Wellness Clinic - Every 2nd Tuesday of the month from 2:00-6:00 p.m.

60+ & Healthy Foot Clinic - 4th Thursday of every odd numbered month from 9:30-11:30

NAPS pickup - Every 2nd Monday of the month from 1:00-2:00

TAI CHI - Tuesdays - 8:30 Yang 10 (beginners)
 9:30 Health & Wellness speaker
 10:15 Yang 24 (Intermediates)

CHAIR YOGA - 9:15 am every Wednesday. Suggested donation- \$3-\$5 per class

EXERCISE - Wed & Fri from 11:20-11:40

CHOIR - practice 10:00 Mondays

BINGO - 11:15 Monday & 12:40 Friday

"500" CARDS - 2nd & 4th Wednesday at 1:00

BRIDGE - 2nd & 4th Monday at 1:00

CRIBBAGE - 1st & 3rd Wednesday at 1:00

MOVIE - 1:00 every Tuesday

BOOK CLUB - 3rd Wednesday of the month at 10:30

WRITERS' GROUP - 1st & 3rd Thursday at 10:30

KNITTING/CROCHETING GROUP - 9:00 every Thursday

BIRTHDAYS CELEBRATED - 2nd Monday of each month at 12:00

PARKINSON'S SUPPORT GROUP - 3rd Thursday at 1:00 (unless otherwise noted)



**Sunday,
 November 4**

2:00 a.m.

