

# the GRAPEVINE



## | SENIOR GROUP SPOTLIGHT |



### NEEDLE ARTS

*With Howard Hartstein*

Our Needle Arts Group is a social group which gives an opportunity to share information and conversation with others. We have a shared interest in individual projects such as knitting, crocheting, quilting (no sewing machines), cross stitching or any other interest that you can think of to work on. Our projects are for personal use or may be donated to a favorite charity.

We are regrouping and are looking forward to new members joining us.



### MEN'S CLUB

*With Russ O'Dell*

The Plymouth Men's Senior Club kicks off again this fall on Tuesday, September 27th. Every month will feature a new guest speaker. Our first featured speaker will be Dave Callister, City of Plymouth City Manager, followed by Recreation Manager, Kari Hemp for the November meeting. We meet on the 4th Tuesday of each month (no December meeting) at 9 am at PCC. Please join us for coffee and rolls, and hear interesting and entertaining speakers address wide ranging topics.



Plymouth Parks and Recreation  
| (763)-509-5200 |  
[plymouthmn.gov/recreation](http://plymouthmn.gov/recreation)



## CLASSES AND PROGRAMS

### Oil Painting

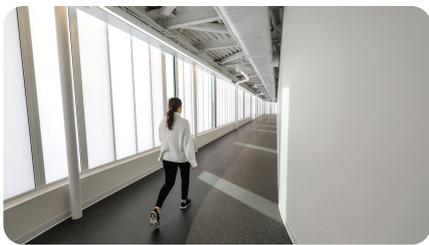
We'll use oil paint to learn techniques on both wood and canvas boards. Recommended supply list provided prior to class.

Instr: Maria del Carmen Troncoso Gonzalez  
Location: PCC-Education Wing, 14800 34th ave N  
Date: Oct 19 - Nov 30 Time: 12:30pm-3:30pm  
Course #: 35116-01 Cost: \$80Res/\$92NonRes

### Kolache! Texan Savory & European Sweet

A Texan Kolache is a wonderful fluffy extra large, mildly sweet baked doughnut, stuffed with choice of sausage and other fillings such as cheese.

Instr: Tess Georgakopoulos  
Location: Online  
Date: Nov 18 Time: 6:00pm-8:00pm  
Course #: 35310-01 Cost: \$35



### COME DOWN TO THE PLYMOUTH COMMUNITY CENTER!

Enjoy the new walking track, open pickleball, activities, and more!



### MOVIE MATINEE

PCC-Event Wing, 14800 34th Avenue N

Enjoy an afternoon with friends going to the movies right here in Plymouth Community Center. Please call for each month's movie title. No cost to come, but you need to pre-register.

Ages 50+ | Tuesdays | 1:00-3:30pm

Dates:

Sep 20 | Oct 18 | Nov 15 | Dec 20  
#35702-01 #35702-02 #35702-03 #35702-04



### HOLIDAY BINGO

PCC-Education Wing, 14800 34th Avenue N

Wednesday, December 7th

Join us for some fun holiday bingo and prizes! Two cards max per player, per game. Register online or by calling 763-509-5200

Ages 55+

10:00 am – 12:00 pm

\$5 Resident

\$7 Non-Resident

Activity # 35703- 01

### Beginner Knitting With a Holiday Flair

Make a great gift or treat holder for the holidays, and learn the basic steps for knitting traditional mittens on double-pointed needles by knitting a mini-mitten designed by W.J Johnson of Saga Hill.

Location: PCC-Education Wing, 14800 34th ave N

Date: Nov 12 Time: 9:30am-12:30pm

Course #: 35147-01 Cost: \$58Res/\$67NonRes

## CLASSES AND PROGRAMS

### Tai Chi Chih Levels 1-3



Tai Chi Chih "Joy through Movement" is not a martial art: it is a carefully structured sequence of gentle movements which are performed as a moving meditation.

Location: PCC-Active Wing, 14800 34th ave N

Date: Nov 1 - Dec 13 Times: (Vary per level)

Course #: 35416 Cost: \$60 Res/\$70 NonRes

### Chair Yoga



Breathwork, gentle poses to increase flexibility and balance. If you stand or sit all day, are tense, inflexible, or have contraindications that keep you from the floor, this class is for you. Instr: PR Brady.

Location: PCC-Active Wing, 14800 34th ave N

Date: Oct 31 - Dec 26 Times: 10:00am - 11:00am

Course #: 35419-02 Cost: \$80 Res/\$90 NonRes

### Weekly Walks With Parks & Rec



Come enjoy a new park each week to look at the beautiful Fall foliage. A park and recreation employee will accompany the walk as a leader and to engage in conversations.

Time: 1:00pm - 2:00pm.

Locations: 9/21 Mission Hills Park

9/28 Fairway Greens Park

10/5 Plymouth Creek Park

10/12 Elm Creek Park

Course #: 35902-10

### Mah Jongg 101: Intro to Mah Jongg



Learn the basics of the game through lessons and actual play. The Mah Jongg set and official rules and game card will be provided.

Location: PCC-Education Wing, 14800 34th ave N

Date: Oct 4-Oct 25 Times: 9:30am-11:00am

Course #: 35385-01 Cost: \$65Res/\$75 NonRes

### Happy Joints Yoga



An hour of dedicated care to gently increase the body's range of motion, and ease the aches and pains associated with tension or injury recovery.

Location: PCC-Active Wing, 14800 34th ave N

Date: 4 Fall Sections Times: (Vary per section)

Course #: 35459 Cost: \$80 Res/\$90 NonRes

### Body Balance



A full body mobility, flexibility, and balance class. Energetic awareness through breath and movement to help strengthen and enhance mobility and balance of the body and mind.

Location: PCC-Active Wing, 14800 34th ave N

Date: Oct 12 - Nov 2 Times: 6:30pm-7:40pm

Course #: 35428-02 Cost: \$50 Res/\$60 NonRes



## SENIOR TRIPS

### Ozark Country Jubilee

Enjoy this holiday musical event with sounds of laughter, bluegrass, gospel, country, and traditional Christmas music. Lunch will be held in the ballroom before the start of the show. Location: Treasure Island

Deadline to Register: Oct 10 - Time/Date: 9:30am-6:00pm, Nov 16

Price: \$83Res/\$95NonRes Course #: 35605-01



### Mankato Holiday Lights Tour

Sibley Park Kiwanis Holiday Lights Display consists of over one million lights in the park. There will also be a skating rink, live reindeer, along with animated and choreographed lights.

Deadline to Register: Nov 7 - Time/Date: 2:30pm-8:30pm, Dec 8

Price: \$83Res/\$95NonRes Course #: 35605-01



### St. Paul Sinners & Saints

Come join us, along with a costumed Gangster Tour Guide for a 90-minute tour of St. Paul as we go back to the 1930's and explore the Landmark Center to hear about the era of the prohibition and gangsters.

Deadline to Register: Dec 19 - Time/Date: 8:00am-3:30pm, Jan 24

Price: \$90Res/\$98NonRes Course #: 35606-01

**Brushes**  
on the Boardwalk  
celebrate art and nature on the Greenway

**9/25**  
2:00-5:00pm

free event!  
plymouthmn.gov/specialevents

Northwest Greenway Pavilion  
5250 Peony Lane

**VETERANS BREAKFAST**  
**WEDNESDAY, NOVEMBER 9**  
**9:30-11:00 A.M.**

Free drive-thru event for veterans  
Plymouth Veterans Memorial, 3400 Plymouth Blvd

Registration required by October 30 | 763-509-5200

## how to register

There are many ways to register for an annual membership. You must register for each group you would like to participate in.

### 1 go online

plymouthmn.gov/recreation

Register online - using online recreation account  
- search for group using activity code.

### 2 call us

Call us at 763-509-5200 and provide the activity code for the group you would like to register for.

### 3 stop in

Register in-person at Plymouth Parks and Recreation office - located in Plymouth City Hall, 3400 Plymouth Blvd.

Or at the Plymouth Community Center  
14800 34th Ave N.

# SENIOR GROUPS

Groups noted below are currently meeting in 2022 at the Plymouth Community Center (unless noted with \*)

Interested in starting a group? Contact us at 763-509-5225

	MEETING SCHEDULE	TIME	ACTIVITY CODE
<b>MONDAYS</b>			
Evening Bridge	Every Monday	6:30pm-9:15pm	46910-01
Plymouth Rockers*	Meet at St. Mary's Church (Feb-Dec)	9:30am-12:00pm	45903-01
Writers Group	Every Monday	1:00pm-3:00pm	46909-01
<b>TUESDAYS</b>			
Mah Jongg	Every Tuesday	12:30pm-4:00pm	46911-01
Story Time Players	1st & 3rd Tuesdays	1:00pm-3:00pm	45900-22
<b>WEDNESDAYS</b>			
Antiques & Collectibles	Last Wednesday (Sept-May)	1:30pm-3:30pm	45904-06
Book Club	1st Wednesday	1:30pm-2:30pm	45906-01
Computer Users	4th Wednesday	10:00am-11:30am	46917-02
Duplicate Bridge	2nd & 4th Wednesdays	12:00pm-4:00pm	46913-01
Plymouth Pedalers (Biking)*	Rides Apr-Oct, locations vary	Times Vary	45908-01
<b>THURSDAYS</b>			
Cribbage	Every Thursday	12:30pm-3:00pm	46914-01
Current Events	Every Thursday	10:00am-11:30am	46915-01
Needle Arts	1st & 3rd Thursdays	11:30am-2:30pm	45907-02
Plymouth Woodcarvers	Every Thursday	9:00am-11:00am	45805-01
<b>FRIDAYS</b>			
Open Arts Studio	Every Friday	9:00am-11:30am	45902-17
500 Card Club	Every Friday	1:00pm-4:00pm	46916-02



**WEATHER LINE**  
763-509-5205

call for updates on class cancellations



## SENIOR SERVICES

Plymouth Parks & Recreation offers Senior Outreach Services in collaboration with Senior Community Services.

Senior Community Services is a nonprofit organization with a mission to develop, coordinate and provide services that help meet the needs of older adults and support their caregivers. For more information or to set up an appointment call 952-541-1019.