

Apple Valley Seniors

952-953-2345

Location

14601 Hayes Road
Apple Valley

Mailing Address

7100 147th Street W.
Apple Valley, MN 55124

Regularly Scheduled Activities

(All activities are at the Apple Valley Senior Center unless otherwise noted)

Billiards (Pool): Men play Monday through Thursday at Noon; Ladies play every Friday at 11 a.m. .
The pool area is also available for open play when the Senior Center is open

Bicycle: “Seniors on Bikes” Meet Tuesdays, weather permitting. Please check *Gazette* for up to date information

Bicycle “Fun Folks on Spokes” Meet Wednesdays and Fridays, weather permitting. Please check *Gazette* for up to date information.

Bingo: First, Third and Fifth Fridays of the month at 12:30 p.m.

NOTE – *Apple Valley Seniors membership is required for this activity.*

Blood Pressure Checks: General Meeting days at 9:30 a.m.

Book Club: “First Edition”, First Wednesday of the month at 1:00 p.m.



Bowling: Every Wednesday and Friday at 12:30 p.m. at Apple Place Bowl, Apple Valley.

Card Games:

Bridge – Mondays at 12:30 p.m.

Cribbage – Tuesdays at 12:30 p.m.

Duplicate Bridge – Thursdays at 12:30 p.m.

Pinochle – Tuesdays at 12:30 p.m.

Spite & Malice – Mondays at 1:00 p.m.

Hand & Foot – Tuesdays at 1:00 p.m.

500 – Thursdays at 1:00 p.m.



Catered Lunch and Program: Third Tuesday of the month at 11:30 (*advance registration required*), usually followed by a program. Check *Gazette* for exact days and entertainment.

Coffee: Coffee gathering on Monday, Wednesday and Friday mornings at 9:00 am. You are always welcome to stop in and enjoy a cup. Regular and Decaffeinated Coffee; Tea; Cappuccino, Hot Chocolate and Apple Cider are available for your enjoyment.

Color & Chat: Thursdays at 1:00. Bring your own supplies and socialize while completing your projects.

Computer 101 (Discussion Group): First Thursday of the month at 9:30 a.m. For up to date information visit www.mycomputing101.com, follow the AVSCG link.



Discover Group: Meet and discuss articles from *Discover* magazine. Third Friday at 10 a.m.

Dominoes: Wednesdays at 1:00 p.m.

Feed My Starving Children: Volunteers from the Apple Valley Seniors pack meals that are sent to areas in need of food throughout the world. Held on the third Thursday; meet in the Coffee Lounge at 11:30 am to car pool to the Eagan facility. Packing takes place from Noon – 2 pm. Check *Gazette* for exact dates.

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Gather Around Music: First Wednesday of the month at 1:00 p.m. Musicians meet to play old time music; singers, dancers and audience members are welcome.

Genealogy Group: Meet and discuss researching your family tree. Second Friday at 1 p.m.

General Membership Meeting: Meeting for members on the first Monday of the month at 10:00 a.m. Come hear the latest news, have treats and register to win door prizes. Blood Pressure screening at 9:30 a.m.

Hardangar: Thursdays at 1:00 p.m.

Knitters & Crocheters: Fourth Thursday of the month (September through May) at 9:30 a.m.

Line Dancing: Beginners meet Thursdays at 9:15 a.m.; Intermediates meet Mondays at 9:30 a.m. and Thursdays at 10:00 a.m.

Mah Jongg: Wednesdays at 1 p.m..

Men's Breakfast: First & Third Fridays of the month at 8:30 a.m. at the Apple Valley American Legion.

Morning Stretch Exercise Group: Mondays, Wednesdays and Fridays at 10:00 a.m.



Quilting Bees: Tuesdays at 9:00 a.m.

Painters: Tuesdays from 9:30 a.m. to 3:30 p.m. Painters drop in to work on individual projects in a group setting.

Re-Created Cards: First and Third Thursdays at 1:00 p.m., help prepare “re-created” cards for sale.

Social Seniors: Meet on the 2nd Thursday of the month at 4:00 p.m. Check *Gazette* for up to date information.

Stitchers: Mondays at 1 p.m.

Table Tennis: Scheduled play for Men is Tuesdays and Thursdays at 1:00 p.m.; The ping pong table is available on the second floor for open play during Senior Center hours.

Tap Dancing: Thursdays at 10:00 a.m.

Wii Bowling: Leagues lasting twelve weeks are held on a regular basis. Open play is also available during Senior Center Hours when leagues aren't meeting.

Women's Breakfast: First and Third Friday of the month at 9:00 a.m. at Perkins in Apple Valley.

Write Your Life Story: Meets on the Fourth Friday at 1 p.m.

*****PLEASE CHECK YOUR *GAZETTE* FOR SCHEDULE CHANGES*****



Velvet Tones: Senior choral group; rehearse every Wednesday at 10:00 a.m. (*September through May*), with performances at various locations. For information please contact Rich Clausen at 952-432-1081 or by e-mail: velvettones@gmail.com

Performing Arts Previews: Programs and plays presented at Apple Valley, Eagan, Eastview, and Rosemount High Schools (free or discounted prices on certain performances for seniors). For more information please contact the Community Education office at Independent School District #196, 651-423-7920.