

Inver Grove Heights

Active Adults 55+ July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 500 Cards 12:45 p.m.	2	3 Bridge 12:15 p.m.	4 Fourth of July HOLIDAY VMCC CLOSED NO Euchre	5	6
8 500 Cards 12:45 p.m.	9 Understanding Dementia 10 a.m. NO SC Book Club Driver's Ed Refresher 1-5 p.m.	10 Bridge 12:15 p.m. IGH Food Truck Days 4:30-7 p.m.	11 Tech Class: Smartphone Workshop 10 a.m.-12 p.m. Euchre 12:45 p.m.	12	13
15 Senior Club Luncheon 12-2 p.m. NO 500	16 Penny Bingo 12:45 p.m.	17 Bridge 12:15 p.m.	18 Tech Class: Smartphone Workshop 10 a.m.-12 p.m. Euchre 12:45 p.m.	19 Free Blood Pressure Checks 9:30 a.m.	20
22 History Book Club 10 a.m. 500 Cards 12:45 p.m.	23 Declutter Your Life 10:30 a.m. Happy Feet Foot Care	24 Bridge 12:15 p.m.	25 Tech Class: Smartphone Workshop 10 a.m.-12 p.m. Euchre 12:45 p.m.	26	27
29 500 Cards 12:45 p.m.	30	31 IHCC Info. Session 10:30 a.m. Bridge 12:15 p.m.			

Active Adults 55+ August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Euchre 12:45 p.m.	2	3
5 500 Cards 12:45 p.m.	6	7 Bridge 12:15 p.m.	8 Euchre 12:45 p.m.	9	10
12 500 Cards 12:45 p.m.	13 NO SC Book Club Driver's Ed Refresher 1-5 p.m.	14 Bridge 12:15 p.m. IGH Food Truck Days 4:30-7 p.m.	15 Euchre 12:45 p.m.	16 Free Blood Pressure Checks 9:30 a.m.	17
19 Senior Club Luncheon 12-2 p.m. NO 500	20 Penny Bingo 12:45 p.m.	21 The Aging Brain 10 a.m. Bridge 12:15 p.m.	22 IGH Days: City-wide Garage Sale Euchre 12:45 p.m.	23 IGH Days: City-wide Garage Sale	24 IGH Days: City-wide Garage Sale
26 History Book Club 10 a.m. 500 Cards 12:45 p.m.	27 Happy Feet Footcare	28 Bridge 12:15 p.m.	29 Euchre 12:45 p.m.	30	31

Inver Grove Heights

Active Adults 55+ September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 Labor Day HOLIDAY</p> <p>VMCC CLOSED</p> <p>NO 500</p>	<p>3</p>	<p>4 Bridge 12:15 p.m.</p>	<p>5 IGH Days</p> <p>Hands Only CPR/AED 10:30 a.m.</p> <p>Euchre 12:45 p.m.</p>	<p>6 IGH Days</p> <p>Class: Great Health 9:30-10:30 a.m.</p>	<p>7 IGH Days</p> <p>Trip: Little Falls Craft Show Depart 7:30 a.m.</p>
<p>9 500 Cards 12:45 p.m.</p>	<p>10 Metro Dining Club Cards for sale \$25</p> <p>SC Book Club 1 p.m.</p> <p>Driyer's Ed Refresher 1-5 p.m.</p>	<p>11 Bridge 12:15 p.m.</p>	<p>12 Euchre 12:45 p.m.</p>	<p>13</p>	<p>14</p>
<p>16 Senior Club Luncheon 12-2 p.m.</p> <p>NO 500</p>	<p>17 Penny Bingo 12:45 p.m.</p>	<p>18 Bridge 12:15 p.m.</p> <p>Driyer's Ed Refresher 5:30- 9:30 p.m.</p>	<p>19 Euchre 12:45 p.m.</p>	<p>20 Free Blood Pressure Checks 9:30 a.m. Keeping Safe at Home 10:30 a.m.</p>	<p>21</p>
<p>23 History Book Club 10 a.m.</p> <p>500 Cards 12:45 p.m.</p>	<p>24 Happy Feet Footcare</p>	<p>25 Bridge 12:15 p.m.</p>	<p>26 Create a Canvas 10:30 a.m.- 12:30 p.m.</p> <p>Euchre 12:45 p.m.</p>	<p>27</p>	<p>28</p>
<p>30 Active Aging Week Begins</p> <p>500 Cards 12:45 p.m.</p>					