

SENIOR SCRIPT

Programs and services for those 55+

EVENTS

Monthly Party: Brunchy Lunchy

Join us for good food and good friends at one of our monthly parties! Register/cancel by Sept. 6.

Menu: Pancakes, sausage, breakfast potatoes, fruit and dessert

Day	Date	Time	Cost	Course
F	Sept. 9	Noon	\$8	1100101-01

Lunch & Movie: American Underdog

As Kurt Warner stocks supermarket shelves with his dreams all but out of reach, his wife, coaches and teammates encourage him to show the world the champion they know him to be. Kurt perseveres and finds the strength to become the legendary two-time NFL MVP, Super Bowl MVP and Hall of Fame quarterback – proving that anything is possible with faith, family and determination.

Register/cancel by Sept. 16. Menu: Lasagna, side salad, garlic bread and dessert

Day	Date	Time	Cost	Course
Th	Sept. 22	Noon	\$8	1100201-01

GENERAL PROGRAMS

Memory Café

A memory café is a welcoming place for people living with dementia or cognitive impairment and their caregivers to socialize and share experiences. Hennepin County Master Gardeners will lead an *All about Herbs* activity. Participants will create their own tea bags. Caregivers will have the opportunity to participate in a support group.

Registration is required for each monthly program. Pairs may attend one café per month.

Day	Date	Time	Cost	Course
Tu	Sept. 6	1:30–3 p.m.	Free	1180701-01
Tu	Sept. 20	1:30–3 p.m.	Free	1180701-02

SENIOR HOUSING FAIR

Minnetonka Senior Services, in coordination with the Senior Advisory Board, is hosting a Senior Housing Fair. Meet representatives from many different senior housing facilities in Minnetonka, along with other businesses, to help you transition to a new home. Stop by to see the different options for seniors wanting to live in Minnetonka.

Tuesday, Sept. 20
10 a.m.-noon
Minnetonka Community Center
Banquet Room

There's no place like home.



Acrylic Painting: Underwater

In this session, you will focus on creating underwater scenes. Please bring two blank 11" x 14" canvases. Terri will provide the rest of the supplies needed. Instructor: Terri Berg.

Day	Date	Time	Cost	Course
W	Sept. 7-28	1-3 p.m.	\$50	1130301-01

Make note! Beginning in September, we will no longer be doing meals to go. Also, the Lunch & Movies will begin at noon with lunch first followed by a movie.

British History: The Queen's House of Windsor

The Royal House of Windsor is in the spotlight again but this time we are looking at a new king in the near future. What has Elizabeth II changed? What will Charles change? Learn what the change will cost the house and the people. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	Sept. 8-29	1-3 p.m.	\$28	1180101-01



Selling on Facebook Marketplace

Looking to sell those bits and bobs in the attic, storage unit or garage? This two-hour course will focus on selling on Facebook Marketplace. You will learn and discuss how to open accounts, photograph, communicate with buyers and much more. Advanced computer skills required. Laptops with power cords recommended. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
M	Sept. 12	10 a.m.-noon	\$9	1180603-01

Music of the 60s and 70s with James Shaw

Music from the 60s and 70s is here again. Join James Shaw, as he plays the songs he loves from this period. Discover the unique features of different groups and how the music changed. Enjoy a morning of music!

Day	Date	Time	Cost	Course
Tu	Sept. 13	10:30-11:30 a.m.	\$3	1190901-01

Introduction to Amateur Astronomy: Fall Night Sky Observing

Learn about and observe fall constellations. After an informal lesson, we'll head outside for a high-tech stargazing session. Instructor: Patrick Drigans.

Outdoor stargazing is weather dependent. If weather is not conducive, an indoor simulated session with computer controlled telescope will occur.

Day	Date	Time	Cost	Course
W	Sept. 21	7:30-9 p.m.	\$10	1180301-01



Fall Hike to Jidana Park

Take a two-mile, round trip hike from the Minnetonka Community Center to Jidana Park and back. Enjoy roasting brats over the campfire, with coffee and dessert. Check in at the main entrance/lobby of community center.

Day	Date	Time	Cost	Course
F	Sept. 23	11 a.m.-1 p.m.	\$4	1190802-01

VIRTUAL: Instant Piano for Busy People

Learn how to play the piano in a few hours, via Zoom. This virtual class will get you playing the way professionals do, using chords. Course includes an online book and online follow up video lessons. You must have your own piano to participate. Instructor: Craig Coffman.



Day	Date	Time	Cost	Course
M	Sept. 26	6:30-9:30 p.m.	\$50	1180405-01

VIRTUAL: Instant Guitar for Busy People

Learn how to play the guitar in a few hours, via Zoom. This virtual class will teach you basic chords and get you playing along with your favorite songs. Course includes an online book and online follow-up video lessons. You must have your own guitar to participate. Instructor: Craig Coffman.



Day	Date	Time	Cost	Course
Tu	Sept. 27	6:30-9:30 p.m.	\$50	1180407-01

Parking Lot Bingo

Join us for Bingo from the comfort of your car via FM radio! Minnetonka Senior Services will provide the cards for this free event, and you provide the instrument to mark with. This will take place in the Ice Arena B parking lot on the civic center campus.

Day	Date	Time	Cost	Course
F	Sept. 30	1 p.m.	Free	1191113-01

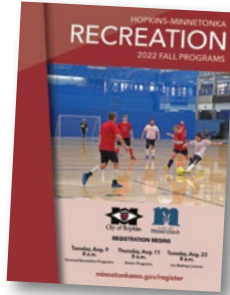


FITNESS

For a complete listing and program descriptions, visit minnetonkamn.gov/register.

Fall Fitness Classes

Check out the fall brochure to get information on our fitness classes, including a new Gentle Yoga Level I (formerly Intermediate Yoga) and Chair Supported Yoga on Saturdays.



PRESENTATIONS

Who Will Inherit the Mess?

Come learn the differences between wills and trusts, how to avoid the pitfalls of Probate and why it is vital that you (and any child over the age of 18) have a current Power of Attorney and Health Care Directive form in place. Presented by Jeff Litfin, certified estate planner.

Day	Date	Time	Cost	Course
Tu	Sept. 6	10:30-11:30 a.m.	\$2	1180401-01

The Great Fathers of US Presidents

Discuss the fathers that greatly impacted U.S. presidents both for good and bad. Presented by Phil Kibort.

Day	Date	Time	Cost	Course
W	Sept. 7	10:30-11:30 a.m.	\$2	1180204-01

Traveling Naturalist: New Zealand's North Island

This is a place so isolated that what comes here stays here unchanged. Visit the rare natural and human beauty of this island nation without the long plane trip. Presented by Melonie Shipman.

Day	Date	Time	Cost	Course
Th	Sept. 8	10:30-11:30 a.m.	\$5	1100303-01

SERVICES

Foot Care Clinic: Happy Feet is currently not taking new clients at the Minnetonka Community Center. For more information, call Happy Feet at 763-560-5136.

Transit Link: Transportation from your home to events. Call 651-602-5465 for a schedule and fees.

Blood Pressure Checks: Free blood pressure checks from 9:30-10:30 a.m. on the 1st and 3rd Friday and 2nd Wednesday of each month! Walk-ins only. Masks required.

Free Medicare Counseling: Appointment needed. Call Trellis at 800-333-2433 for more information.

HOME program: Staff and volunteers are available to help with indoor and outdoor chores. Email home@seniorcommunity.org or call 952-746-4046 to learn more.



Senior Outreach Services: Helps seniors and their family members access the most appropriate and affordable combination of services to help seniors stay in their community. To make an appointment, contact Sara Roberts, LSW at s.roberts@seniorcommunity.org or 612-868-6720.

Volunteer opportunities are also available. Visit seniorcommunity.org/volunteer, email scsvolunteer@seniorcommunity.org or call 952-767-7894.



Home Doctor For You

Home Doctor For You is dedicated to keeping their patients safe and well while helping them maintain their dignity and independence at home. Learn the different services and benefits of an in-home primary care network.

Day	Date	Time	Cost	Course
W	Sept. 14	10:30–11:30 a.m.	Free	1180802-01

Travelogue: Hamburg, Germany with the Piehs

Enjoy unique sites and stories from this historic northern German area, plus a four-day bike trip on the Old Salt Road from Luneburg to Lubeck, northeast of Hamburg. Presented by Steve Pieh and Barb Kern-Pieh.

Day	Date	Time	Cost	Course
Th	Sept. 15	1–2 p.m.	Free	1180409-01



Child Safety for Grandparents

Many grandparents are providing a significant level of child care to their grandchildren. Learn about accident prevention, what to do in an emergency and lifesaving skills for helping a child or baby who is choking. We will discuss some strategies for maintaining and enhancing relationships. Presented by Joan Mitchell, a certified American Red Cross instructor.

Day	Date	Time	Cost	Course
W	Sept. 21	9–11:30 a.m.	\$25	1180403-01

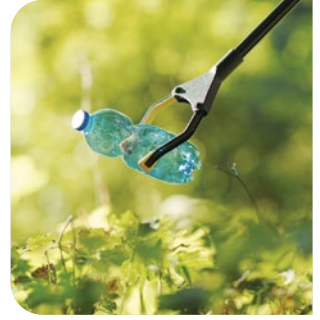
Minnehaha Creek in the 1800s

Learn about the Native Americans and settlers who left their legacies living near the creek from Lake Harriet to Lake Minnetonka in the 19th century: Little Crow, Pond, Gray, Burwell, Loring and King. Presenter: Bill Jepson.

Day	Date	Time	Cost	Course
Tu	Sept. 27	10:30–11:30 a.m.	\$3	1180202-01

Adopt a Highway

Help keep Minnetonka beautiful by picking up along Minnetonka Boulevard between I-494 and County Road 73. Volunteers are dropped off on the four route corners and walk one way, for one mile. The program lasts two to three hours and refreshments and coffee are available at the end. Safety vests, bags and pick-up sticks provided. Check in at the Minnetonka Community Center main entrance.



Day	Date	Time	Cost	Course
W	Sept. 28	1–3 p.m.	Free	1190601-01

DAY TRIPS

Coffee Concert: Sir Donald Runnicles Conducts Vaughan Williams

Enjoy this concert at Orchestra Hall, dedicated to the generous donors who have been at the heart of this Orchestra since its inception in 1903. Register/cancel by Sept. 13.

Day	Date	Time	Cost	Course
Th	Oct. 13	10 a.m.–3:30 p.m.	\$93	1110103-01

Registration required for all programs.*



14600 Minnetonka Blvd.
Minnetonka, MN 55345



minnetonkamn.gov/register



952-939-8393

Office Hours

Monday–Friday
8 a.m.–4:30 p.m.

Mission

To develop and promote programs and services in our community to meet the diverse needs of those 55 and older.

Program Locations

Meet at Minnetonka Senior Services at the Minnetonka Community Center, unless otherwise noted.

Program Cancellation

Participants wishing to withdraw from a program must do so at least one week prior to the start of the program or by the stated registration deadline.

Trip Cancellation

Refunds only granted prior to the registration deadline or in the event that a replacement is found.

* Programs with low enrollment will be canceled.