

SENIOR SCRIPT

Programs and services for those 55+

Book & Pie SALE

Minnetonka Senior Services, in coordination with the Senior Advisory Board, hosts the annual book and pie sale. Most books are \$1. Purchase pie by the slice, sloppy joes and coffee.

At 3 p.m., be sure to stop by for steep discounts at the blow out sale (\$3 for all you can fit in the bag.)

Donations accepted one day only!
Monday, Oct. 17 from 9 a.m.–3 p.m.

Tuesday, Oct. 18
11 a.m.–4 p.m.

Minnetonka Community Center
Banquet Room



EVENTS

Monthly Party: Oktoberfest

Join us for good food and good friends! Register/cancel by Oct. 3. Sponsored by Amira.

Menu: Brats, roasted potatoes, keg root beer and dessert.

Day	Date	Time	Cost	Course
W	Oct. 5	Noon	\$8	1100102-01

Lunch & Movie: Respect

Follow the rise of Aretha Franklin's career from a young child singing in her father's church's choir to international superstardom in the true story of the journey to find her voice and become the Queen of Soul. Sponsored by WestRidge. Register/cancel by Oct. 18.

Menu: Wild rice soup, salad, roll and dessert

Day	Date	Time	Cost	Course
F	Oct. 21	Noon	\$8	1100202-01

GENERAL PROGRAMS

Dementia Friends

Learn what normal aging is versus the early signs and symptoms of Alzheimer's disease. Learn helpful communication, everyday task tips and conversation hints for those living with dementia.

Day	Date	Time	Cost	Course
Tu	Oct. 4	Noon–1:15 p.m.	Free	4180706-05

What's Next? What's Now?

This four-week course will teach you to unlock the power of your heart to create your inner peace and calm. Learn self-regulation strategies that will build your energy resources to uplift yourself, those you care about and the world in which we live. Instructor: Lynne Jensen.

Day	Date	Time	Cost	Course
Th	Oct. 6-27	1–3 p.m.	\$48	1180803-01

Reminiscence with Ann

Ann Aubitz will read stories from her new book, "Reminiscence Mysteries" by Kirk House Publishers. Written by the talented Reminiscence authors, the stories are set in the 1940s, 1950s and 1960s and include lovely memories of that period. We will then discuss your own special memories of this time in history.

Day	Date	Time	Cost	Course
W	Oct. 12	10:30-11:30 a.m.	\$15	1180404-01

Hands Only CPR

Learn how to perform hands-only CPR and review basic first aid tips and techniques. Class taught by the Minnetonka Fire Department. Registration required. *This is not a certification class.



Day	Date	Time	Cost	Course
Th	Oct. 13	1-2 p.m.	FREE	1180406-01

Introduction to Amateur Astronomy

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

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

Day	Date	Time	Cost	Course
Tu	Oct. 25	6:30-8 p.m.	\$10	1180301-02

Child Safety for Grandparents

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

Day	Date	Time	Cost	Course
W	Oct. 26	9-11:30 a.m.	\$25	1180403-02

Alzheimer's Speaks: A Timeless Love

This movie is the story of a man named Harvey who is slowly losing his wife, Mary, to early-onset Alzheimer's disease. The film shows the effects of the disease not only on Mary, but also on family and neighbors. Following the film, Lori La Bey, CEO and founder of Alzheimer's Speaks, will lead a discussion. Registration required; popcorn and beverages provided.

Day	Date	Time	Cost	Course
M	Oct. 31	1-3 p.m.	FREE	1180702-01

ART

Fun with Watercolor Workshop

Beginner

Learn basic concepts and techniques to enjoy the magic of watercolor. Ideal for beginners and those who wish to refresh their skills. Class starts with demo followed by individual guidance. Bring your supplies along with a lunch. Supply list provided at registration. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
Tu	Oct. 11	10 a.m.-3 p.m.	\$40	1130103-01

Acrylic Painting: Mountainscapes

Focus on creating mountainscapes. 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	Oct. 12-Nov. 2	1-3 p.m.	\$50	1130302-01



Fun with Watercolor: How to Simplify Reference Photos

Beyond Beginners

Learn how to use phones and tablets to crop, adjust exposure and more. Class starts with a demo and continues with guidance through the painting process. Supply list provided at registration. Instructor: Vera Kovacovic.

Prerequisite: Completed a beginner's class with Vera OR a previous watercolor experience.

Day	Date	Time	Cost	Course
Tu	Oct. 18-Nov. 15	10 a.m.-noon	\$50	1130101-01



FITNESS

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

TECHNOLOGY

Working with the Cloud: Android Devices, Part I

Windows users only. Not intended for Apple users.

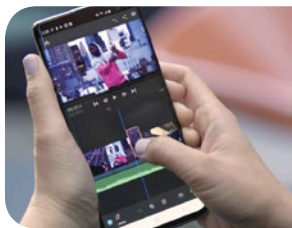
Learn how to transfer photos from your phone to your computer, save them in folders on your computer and back up your photos onto a jump drive. No tablets. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
Th	Oct. 13	10 a.m.–noon	\$9	1180601-01

Working with the Cloud: Android Devices, Part II

Windows users only. Not intended for Apple users.

Learn how to upload photos to the cloud, create folders in the cloud, share, determine whether your cloud is on and how much space you have available. No tablets. Instructor: Abbey Key



Day	Date	Time	Cost	Course
Th	Oct. 20	10 a.m.–noon	\$9	1180602-01

One-on-One Cell Phone Help with Hopkins ProPEL

Hopkins High School ProPEL students provide free one-on-one help with your phone.

Day	Date	Time	Cost	Course
M	Oct. 24	2:25–3:25 p.m.	Free	1180605-01

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.



PRESENTATIONS

The 25 Documents Needed Before You Pass Away

A master collection of essential documents, so your family can help while you are here and successfully settle your estate after you're gone. Presented by Jeff Litfin, certified estate planner.

Day	Date	Time	Cost	Course
Tu	Oct. 4	10 a.m.–noon	\$2	1180402-01

Minnetonka Landmarks: Gone but Not Forgotten

Minnetonka has changed greatly since it was first settled decades ago. Learn about some of the landmarks that once graced our landscape but sadly are no longer with us. Presenter: Jan Cook, president of the City of Minnetonka Historical Society.

Day	Date	Time	Cost	Course
W	Oct. 5	1–2 p.m.	\$2	1180206-01



Scandals of U.S. Presidents

Learn about presidential scandals of our 45 presidents – whether it's the covert operations they tried keeping from us or their peripheral involvement in fraud. Learn significant information you probably forgot back in high school. Presenter: Phil Kibort.

Day	Date	Time	Cost	Course
F	Oct. 14	10:30–11:30 a.m.	\$2	1180205-01

1936 Berlin Olympics: The Nazi Games

The 1936 Olympic Games held in Berlin are notorious for the tightly controlled image the Nazis presented to the world. But these Games also became a blueprint for future Games that is followed to the present day. We will look at the history of the Olympics and the complicated legacy of the 1936 Games. Presenter: David Jones.

Day	Date	Time	Cost	Course
W	Oct. 19	10:30 a.m.–noon	\$4	1180203-01

DAY TRIPS

Historic Inns and Chocolate Tastings

Relish the charm of a historic country inn at the historic Afton House Inn overlooking the St. Croix River Valley. Tour and enjoy chocolate tasting at a couple historic inns in Stillwater. Register/cancel by Oct. 3.

Menu: Chicken crepes served with rice pilaf, fresh vegetables and a roll.

Day	Date	Time	Cost	Course
Th	Nov. 3	9:45 a.m.–4:30 p.m.	\$85	1110104-01

Duluth for the Holidays

Enjoy holiday lights and decorations at the Glensheen Mansion and at the Bentleyville Tour of Lights. Register by Oct. 31.

Day	Date	Time	Cost	Course
W	Nov. 30	9:30 a.m.–9:45 p.m.	\$95	1110106-01

Beauty and the Beast at the Ordway Theatre

Step into an enchanted world at Disney's "Beauty and the Beast," the beloved Broadway musical stage adaptation of the animated film. Lunch provided. Register by Oct. 14.

Day	Date	Time	Cost	Course
Th	Dec. 29	12:30–5:30 p.m.	\$110	1110108-01

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.