

# SENIOR SCRIPT

Programs and services for those 55+

## The 2023 Winter/Spring Brochure is here!

Find a complete list of senior programs running January through April in the brochure. Pick up a copy at the community center or go online at [minnetonkamn.gov/brochure](http://minnetonkamn.gov/brochure). You may register for any of those programs starting Dec. 15 at 8 a.m.



Register:

- In person at the Community Center
- Call 952-939-8393
- Online at [minnetonkamn.gov/register](http://minnetonkamn.gov/register)

City offices will be closed Monday, Dec. 26 and Monday, Jan. 2.

## EVENTS

### Movie & Lunch: Top Gun: Maverick\*

After 30 years, Maverick pushes the envelope as a top naval aviator but must confront ghosts of his past when he leads Top Gun's elites on a mission demanding the ultimate sacrifice.

\*Maverick replaces the originally advertised movie. Register by Dec. 1. Sponsored by RidgePointe.

Menu: Pulled pork sandwiches, potato chips, salad and dessert.

Day	Date	Time	Cost	Course
Tu	Dec. 6	10:30 a.m.	\$8	1100204-01

### Monthly Party: Holiday Lunch

Join us for good food and good friends at our Holiday Lunch! Register by Dec. 12. Sponsored by WestRidge.

Menu: Ham, scalloped potatoes, green beans, roll and dessert.

Day	Date	Time	Cost	Course
Th	Dec. 15	Noon	\$8	1100104-01

# AARP<sup>SM</sup>

## Tax-Aide<sup>TM</sup>

## Mark your calendar!

Set up your tax appointments beginning Tuesday, Jan. 3.

This service is designed to help moderate-to-low income individuals with basic returns. Appointments are Mondays and Thursdays, Feb. 6-April 17.



## GENERAL PROGRAMS

### British History: The British Empire/ The Colonies

Learn about the value of the colonies and if it was worth the pain that it caused. Hear about the effect the British Empire of Victoria's age had on the world attitude today. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	Dec. 1-22	1-3 p.m.	\$28	1180101-04



### Child Safety for Grandparents

Are you a new grandparent? If it's been awhile since you wrestled with a car seat, performed origami with a swaddle or been tested by a toddler, you may want a refresher on the latest child safety guidelines. Instructor: Joan Mitchell, a certified American Red Cross instructor.

Day	Date	Time	Cost	Course
W	Dec. 7	9-11:30 a.m.	\$25	1180403-04



### 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	Dec. 6	Noon-1:15 p.m.	Free	4180706-06

## DAY TRIPS

### Russian Art Center & Moscow on the Hill

Registration opens Dec. 15

The Museum of Russian Art marks its 20th anniversary with a special exhibition showcasing the museum's diverse and rich collection. Lunch follows at family owned and operated Moscow on the Hill, the most authentic Russian dining experience in the Twin Cities. Register/cancel by Jan. 3.

Lunch: Russian garden salad with dill-mustard dressing, Moscow fries, Khachapuri-Gergian cheese bread, Pelmeni-Meat dumplings and Pushkin, a traditional honey-chocolate cake.

Day	Date	Time	Cost	Course
W	Jan. 25	9:30 a.m.-2:30 p.m.	\$82	2110103-01

## PRESENTATIONS

### Firearms and Estate Planning

Learn what the state and federal requirements are to ensure proper handling of firearms in your estate plan after you pass away. Presented by: Mary Frances Price, Minnesota Elder Law Attorney.

Day	Date	Time	Cost	Course
W	Dec. 7	10:30-11:30 a.m.	\$2	1180411-01





## FITNESS

For a complete listing and program descriptions, visit [minnetonkamn.gov/register](http://minnetonkamn.gov/register).

### Slow Flow Vinyasa Yoga

A relaxing, yet invigorating style of yoga, where participants hold poses for a few breaths. Slow flow Vinyasa builds strength and flexibility, while relaxing the mind and nervous system. A yoga mat is required for class. Instructor: Karen Murray.

Day	Date	Time	Cost	Course
W	Dec. 7-21	6-7 p.m.	\$18	1090203-04

### Line Dancing I

This class is ideal for those who are new to line dancing, as well as those who are still getting comfortable with the steps and terminology. Enjoy thorough explanation and instruction of the steps as you learn fun dances to a variety of music. Instructor: Kerry Maus.

Day	Date	Time	Cost	Course
Th	Dec. 8-Jan. 5*	2-2:55 p.m.	\$36	1090601-04

\*No class Dec. 22

### Line Dancing II

Learn more intricate, syncopated steps and turns as you learn dances to a variety of music. Some line dance experience is needed to enjoy this class. A solid foundation of line dance steps is highly recommended. Instructor: Kerry Maus.

Day	Date	Time	Cost	Course
Th	Dec. 8-Jan. 5*	1-1:55 p.m.	\$36	1090602-03

\*No class Dec. 22

### Evening Chair Supported Yoga

Most chair-supported yoga takes place while seated on a chair and includes plenty of stretching and warm-up exercises. Guided breath work and visualization help to release tension, relax and restore the body and calm the mind. Instructor: Karen Murray.

Day	Date	Time	Cost	Course
Th	Dec. 8-22	6-7 p.m.	\$18	1090101-14

## 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:** The Household & Outdoor Maintenance Program takes care of the person by helping them take care of the home they love. Call 952-746-4046 to learn more. (HOME is currently not taking new requests for snow removal.)



SENIOR  
COMMUNITY  
SERVICES

**Senior Outreach Services:** Licensed Social Worker Sara Roberts can help with with housing, caregiver support, financial resources, medical or legal issues and more. Call 612-868-6720 or email [s.roberts@seniorcommunity.org](mailto:s.roberts@seniorcommunity.org).

**Volunteer opportunities** are also available. Visit [seniorcommunity.org/volunteer](http://seniorcommunity.org/volunteer), email [scsvolunteer@seniorcommunity.org](mailto:scsvolunteer@seniorcommunity.org) or call 952-767-7894.





## Mark your calendar for these upcoming January programs!

Registration opens Dec. 15

### Hands-Only CPR

Learn how to do hands-only CPR from the Minnetonka Fire Department. \*This is not a CPR certification class.

Day	Date	Time	Cost	Course
F	Jan. 6	1-2:15 p.m.	Free	2180401-01



### Over 50 & Fit

Join this social group and enjoy music and fitness three days a week. Volunteer instructors teach the class. Bring a towel or yoga mat if you'd like to do floor stretching (not a requirement for attending). Chairs are available for balance, if needed. Enjoy treats and coffee after the last class of the month.

Day	Date	Time	Cost	Course
M, W, F	Jan. 4-Dec. 29	9-10 a.m.	\$12	4090702-08



# Do your holiday shopping at The Landing Shop!



**Credit cards now accepted!**

#### Hours

Thursday-Saturday  
Noon-5 p.m.



Handcrafted Items by  
Minnetonka residents  
ages 55 and older.

**11280 Wayzata Blvd. | 763-591-4868**

## Registration required for all programs.\*



14600 Minnetonka Blvd.  
Minnetonka, MN 55345



[minnetonkamn.gov/register](http://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 or by the advertised registration deadline to receive a refund.

#### 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.