

SENIOR SCRIPT

Programs and services for those 55+

Fall registration opens at 8 a.m. on Thursday, Aug. 10.

Programs run September through December.

A few are highlighted in this issue of the Script. See them all in the Fall 2023 Hopkins-Minnetonka Recreation Brochure. You can view it online at minnetonkamn.gov/register or pick up a copy at the Minnetonka Community Center.

EVENTS

Classic Car Show

Cruise on over to our third annual classic car show in the Ice Arena B parking lot. Check out cars from different decades and enjoy the sounds of the Detroit Don King Blues Band. We'll also have root beer floats. Registration required. Sponsored by Avidor.

**Wednesday, Aug. 16
10 a.m.-noon**

Course: 3180422-01



Want to show off your classic car in our show?
Call us at 952-939-8393.

Tim Patrick in Concert

Tim Patrick sings the hits before the August monthly party! From Frank Sinatra to Tony Bennett, he covers all the favorites. You must register for this separately from the monthly party.



Day	Date	Time	Cost	Course
F	Aug. 11	11 a.m.-noon	\$4	3100305-01

Monthly Party: Pork Chop Lunch

The tastiest grilled pork chops in town. Register by Aug. 8 or until full.

Menu: Pork chop, applesauce, twice baked potato and dessert

Day	Date	Time	Cost	Course
F	Aug. 11	Noon-1:30p.m.	\$8	3100105-01

Lunch & Movie: Champions

A former minor league basketball coach is forced to take on a team at an entirely different level than he's used to. He soon realizes his doubts were wrong and together the team can go further than they ever imagined. Starring Woody Harrelson, Ernie Hudson, Kaitlin Olson and Madison Tevlin. Run time: 2hr 3m. Register by Aug. 16 or until full. Sponsored by RidgePointe.

Menu: Grilled hamburgers, potato chips, salad and dessert

Day	Date	Time	Cost	Course
M	Aug. 21	Noon-3:15 p.m.	\$8	3100205-01



DEMENTIA FRIENDLY PROGRAMS

Dementia-Friendly Training

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

Day	Date	Time	Cost	Course
Tu	Aug. 1	Noon-1:15 p.m.	FREE	4180707-04

Minnetonka Memory Café Social

Connect and learn about the dementia programs offered at the Minnetonka Community Center. Plus, preview what we have coming up September through December. Enjoy snacks and refreshments. Former, current and new participants welcome.

Day	Date	Time	Cost	Course
Tu	Aug. 1	1:30-3 p.m.	FREE	3180701-05



Hands-Only CPR

Staying alive to keep the beat. The Minnetonka Fire Department brings us this hands-on class to learn CPR without the breaths and how to use a defibrillator. (Not a certification class.)



Day	Date	Time	Cost	Course
Th	Aug. 3	11 a.m.-noon	FREE	3180403-05

Smoke Alarms: Are You Set?

The Minnetonka Fire Department is sounding the alarm on old smoke detectors. When is it time to replace them? And when it is time, how will you reach them? Plus the latest technology, combination detectors and how the fire department can help.

Day	Date	Time	Cost	Course
Tu	Aug. 15	1-2 p.m.	FREE	3180409-01

Parking Lot Bingo

Minnetonka Mayor Brad Wiersum is our celebrity caller for everyone's favorite outside activity. Listen to the games on your car radio. This event is free, fun and ends with prizes. Sponsored by Broadwell Senior Living.



Day	Date	Time	Cost	Course
W	Aug. 9	10:30-11:30 a.m.	FREE	3191113-04

British History: Charles Darwin

Learn about the impact of Darwin's work in his own time and in the modern world. Also, how Darwin's life and work were profoundly influenced by his surroundings. Instructor: Terry Kubista

Day	Date	Time	Cost	Course
Th	Aug. 17	1-3 p.m.	\$7	3180101-04

The Greatest Campaigns Part I & II

A review of the great presidential campaigns & how they were won & lost.



Day	Date	Time	Cost	Course
F	Aug. 18	10:30-11:30 a.m.	\$2	3180209-01
M	Sept. 11	10:30-11:30 a.m.	\$2	3180210-01

Housing for the Future: Options to Help Veterans Thrive

Veterans have hundreds of benefits available to them. Real estate agents Mary and Dan Tillman partner with the Veterans Administration to make sense of those benefits and how to use them as you plan your housing for the future. Lunch included.

Day	Date	Time	Cost	Course
Tu	Aug. 22	11:30 a.m.-1 p.m.	\$2	3180414-01



**Handcrafted
by Minnetonka
residents ages
55 and older.**

Thursday-Saturday
Noon-5 p.m.

11280 Wayzata Blvd.
763-591-4868



FITNESS

Classes for 55 and better at the community center offer a variety of levels. **Registration is required.** Space is limited. For details call the main office, see our fall brochure or go online at minnetonkamn.gov/register.

Over 50 & Fit Cardio	M, W, F 9-10 a.m.
Tai Chi Chih Beginner	Tu 1-2 p.m.
Tai Chi Chih Going Deeper (Advanced)	W 1-2:15 p.m.
Chair Supported Yoga	Tu or Th 9:45-10:45 a.m.
Gentle Yoga for Every Body	Tu or Th 11 a.m.-noon
Mat Pilates	W 2:15-3:15 p.m.
Slow Flow Yoga	W 6-7 p.m.
Line Dancing I	Th 2-2:55 p.m.
Line Dancing II	Th 1-1:55 p.m.
Yoga & Strength	Th 6-7 p.m.
Strength & Balance Cardio Fitness	F 11 a.m.-noon

SERVICES

Happy Feet Footcare: Call 763-560-5136 to schedule an appointment with a foot care nurse. \$45 cash, check or credit. Fridays, 9 a.m.-4 p.m. Pre-scheduled appointments only.

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.

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

HOME program: The Household & Outdoor Maintenance Program for ages 60+ takes care of the person by helping them take care of the home they love. Call 952-746-4046 to learn more.



SENIOR
COMMUNITY
SERVICES

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

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Traveling Naturalist: What's That Smell?

Small animals with a big attitude are what Melonie Shipman is talking about this month. Mink, skunks, weasels, badgers are sleek predators with a special kind of stink. Sponsored by Havenwood of Minnetonka



Day	Date	Time	Cost	Course
Th	Aug. 24	10:30-11:30 a.m.	\$5	3181001-01

Fun with Watercolor: Beginner's Express

This one day workshop will get you ready for Vera's fall classes. Learn basic watercolor painting concepts & techniques. A supply list will be provided at registration. Pack a lunch and a drink and get ready to create.



Day	Date	Time	Cost	Course
W	Aug. 30	9:30 a.m.-3:30 p.m.	\$50	3130108-01

DAY TRIPS

See the full line up in the Fall Brochure

I Wanna Owatonna!

Get ready to take in the rich history and beauty of Owatonna. Tour the orphanage museum, Mineral Springs Brewery, Farmer's National Bank, have lunch at Torey's Restaurant and stop at Russell Stover's Chocolates all in one day. **Register by Aug. 14 or until full.**

Day	Date	Time	Cost	Course
Th	Sept. 14	8:15 a.m.-5 p.m.	\$88	1110102-01

Chickadees & Owls

Late September is a great time to head down the Great River Road of Minnesota. Enjoy lunch at Chickadee Cottage Café to enjoy the famous old fashioned chicken salad and homemade bread. Then head to the International Owl Center.

See the owls up close plus learn how to enjoy them living in our neighborhoods and parks without disturbing them. **Register by Aug. 28 or until full.**



Day	Date	Time	Cost	Course
W	Sept. 27	8:30 a.m.-6:30 p.m.	\$80	1110103-01

Special Interest Groups

Computer Club

Like computers and conversation? Newbies to experts welcome every Friday 10 a.m.-noon.

Book Club

Every third Thursday 1-3 p.m. August Book: The Good Sister by Sally Hepworth.

Bulls and Bears Investment Group

Now meeting second and fourth Tuesday from 1-3 p.m.



Music Reading 101

The Music Association of Minnetonka helps us learn more about music. Six sessions, open to adults 18+.

Day	Date	Time	Cost	Course
Tu&Th	Aug. 15-31	1-3 p.m.	FREE	3180411-01

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 seven days before the start 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.