

SENIOR SCRIPT

Programs and services for those 55+

EVENTS

National Senior Center Month

Never been to the community center? Get to it! Stop in. We will tell you all about our programs as we give you the grand tour. Create connections. Learn something new. Find your purpose. We have something for everyone! 55 and better. Resident or non-resident.



Book Donations Needed

Start going through your books now to donate to our book sale next month! Donations accepted one day only – Monday, Oct. 23. The book sale is Tuesday, Oct. 24th Please donate books that are in good condition. No cookbooks or magazines.

Tonka Treks

NEW!

Take a two-mile round trip hike from the community center on trails near the city campus. We'll walk at a pretty good pace and go rain, shine, sleet or snow.

Day	Date	Time	Cost	Course
Tu	Sept. 5	10:15-11 a.m.	FREE	1190804-01
Th	Oct. 5	10:15-11 a.m.	FREE	1190804-02

Fall Hike to Jidana Park

Looking for a more casual walk? We'll take a two-mile walk to Jidana, a great park to the west of the community center and enjoy a campfire lunch.

Day	Date	Time	Cost	Course
F	Sept. 22	10 a.m.-noon	\$5	1190802-01

The Minnetonka Community Center will be closed for Labor Day Sept. 4

SENIOR HOUSING FAIR



It is never too early to start planning future housing needs.

Whether you plan to stay in your home as long as possible or you want to say "see ya" to the upkeep, sell it and downsize, you'll find a lot of resources at our Senior Housing Fair. Representatives from independent, assisted and memory care facilities from around the west metro will be on hand along with organizations and businesses which provide services to help you remain independent in your home. This is a free event. Registration is not required.



**Tuesday, Sept. 26
10 a.m.-noon**

**Minnetonka Community Center
Banquet Room**

Hosted by Minnetonka Senior Services and the Senior Advisory Board

Presidential Campaigns II

Part II of the great presidential campaigns and how they were won and lost. Presented by Phil Kibort



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

Presidential Children

Day	Date	Time	Cost	Course
M	Oct. 9	10:30-11:30am	\$2	1180202-01

Selling Your Car Online

You can sell just about anything these days online – even a car. But how? Abbey Key covers it all: writing the ad, the selling process, how to deal with customers, test drives and how to do it all safely.

Day	Date	Time	Cost	Course
Tu	Sept. 12	1-2:30 p.m.	\$9	1180601-01

Costume Jewelry 101

Experience the beauty and history of costume jewelry. From the Ziegfeld Follies to current day you'll get a hands-on look at some wonderful pieces of jewelry. Bring your own pieces of costume jewelry for a free appraisal. Presented by: Pamela Clark

Day	Date	Time	Cost	Course
Th	Sept. 14	1-2:30 p.m.	\$5	1180301-01

Landmark Tours

African Safari? Koalas down under? Preview the trips Minnesota-based Landmark Tours has planned for 2024!

Day	Date	Time	Cost	Course
M	Sept. 18	10:30-11:30 a.m.	FREE	1180201-01

The Good 'Ol Days of WCCO Radio

Voices from the past; Howard Viken, Sid Hartmann, Roger Erickson, Joyce Lamont. Retired WCCO Radio News Director Curtis Beckmann stops by to re-live the glory days with you.

Day	Date	Time	Cost	Course
Tu	Sept. 19	10-11 a.m.	\$4	1180201-01

Monthly Party

Meals are better when you can share them with someone. Join us for good food & good friends. Sponsored by xxxxxx **Register by Sept. 5 (or until full).**

Menu: Chicken Salad Sandwich, chips, salad and dessert*

Day	Date	Time	Cost	Course
F	Sept. 8	Noon-1:30 p.m.	\$8	1100101-01

Lunch and Movie: Elvis

Dive into Elvis' rise to fame and the complex, dynamic relationship between Elvis and his manager. This film was nominated for two Oscars: Best Picture and Best Actor. Austin Butler, who plays Elvis, won a Golden Globe for Best Actor. Tom Hanks plays Elvis' manager. Runtime: 2hr39min. **Register by Sept. 18 (or until full).**

Menu: Lasagna, side salad, garlic bread and dessert*

*In addition to the advertised meal, gluten free, vegetarian, vegan and/or nut-free meals can be requested when registering.

Day	Date	Time	Cost	Course
Th	Sept. 21	Noon-3:45pm	\$8	1100201-01



Coffee & Conversation

City Series

Mayor Brad Wiersum kicks off our city series of coffee and conversation! Make sure to bring your questions.



Day	Date	Time	Cost	Course
M	Sept. 25	10:30-11:30 a.m.	FREE	1180409-01

Music Lessons Online

Learn how to play the piano or guitar in one night via Zoom. Course includes an online book and follow up video lessons. You must have your own piano or guitar. Instructor: Craig Coffman

Virtual Instant Piano

Day	Date	Time	Cost	Course
M	Sept. 25	6:30-9:30 p.m.	\$50	1180405-01

Virtual Instant Guitar

Day	Date	Time	Cost	Course
T	Sept. 26	6:30-9 p.m.	\$50	1180407-01

Adopt a Highway

A great way to volunteer. Pick up trash along a two-mile stretch of Minnetonka Boulevard. Safety vests, picker-uppers and bags provided. Snacks and refreshments after clean-up is complete.

Day	Date	Time	Cost	Course
W	Sept. 27	1-3 p.m.	FREE	1190601-01



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)	M 10-11:15a.m. or 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	Tu 8:10-9:10 a.m. or 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: 1st and 3rd Friday and 2nd Wednesday of each month from 9:30-10:30 a.m.

Backup Blood Pressure Nurse Needed

Are you a former or current nurse or have experience checking blood pressure? Are you a former or current nurse with experience checking blood pressure? If so, we are looking for more volunteers. Please call the main office at 952-939-8393 if interested.

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 with housing, caregiver support, financial resources, medical or legal issues and more. Call 612-868-6720 or email s.roberts@seniorcommunity.org.

Fun with Watercolor: Light as a Storyteller

Beyond Beginner

Students will learn how the use of light and white paper create focus on telling the story of a painting. Instructor: Vera Kovakovic

Day	Date	Time	Cost	Course
Tu	Sept. 5–Oct. 3	10 a.m.–noon	\$50	1130101-01

Acrylic Painting: Fall Landscapes

Over three weeks we will create two completed artworks using a step-by-step approach. Please bring two 11"x14" canvases. Instructor Terri Berg will provide everything else.

Day	Date	Time	Cost	Course
W	Sept. 27–Oct. 11	1–3 p.m.	\$38	1130302-0

Outsmart the Scammers

Stop the scammers before they get their hands on your hard earned money. Minnetonka Police Officer Chad Fierst tells us the latest phone and email scams and calls for service they are seeing throughout the city.



Day	Date	Time	Cost	Course
Th	Sept. 28	1–2 p.m.	FREE	1180205-01

DAY TRIPS

We have several day trips departing from the community center this fall. Let us do the planning and the driving. Call the main desk for complete details, go online to minnetonkamn.gov/register or grab a brochure/flyer at the community center.



Minnesota Harvest Orchard	Th Oct. 12	Register by Sept. 11	\$77
Pepin Heights Fall Colors	Tu Oct. 17	Register by Sept. 18	\$83
Harmony Amish Trip	W Oct. 25	Register by Sept. 25	\$92
Fagen Fighters WWII Museum	F Nov. 17	Register by Sept. 18	\$85 Veteran/\$95 non-Veteran
The Nutcracker at the Orpheum	Th Nov. 30	Register by Oct. 9	\$110



The Landing Shop's
OUTDOOR CRAFT FAIR

Sat. Sept. 9
11 a.m.–5 p.m.

Thursday–Saturday
Noon–5 p.m.

11280 Wayzata Blvd.
763-591-4868

Special Interest Groups

Minnetonka Seniors Computer Interest Group

(MSCIG) Fridays 10 a.m.–noon.

MSCIG will celebrate its 33rd anniversary at its Sept. 22 meeting. Computer experience ranges from novice to more experienced. MSCIG is open to both PC and Mac users. Topics include computers, tablets & smartphones with problem issues & possible solutions. Check out mscig.wordpress.com for more information. Guests are welcome.

Garden Club: Sept. 11, 1–3 p.m. ; Join Natural Resources Christine Petersen for a look at the food webs supporting diversity in our urban yards and open spaces.

How can you keep from singing?! **Chorale Starts up Sept. 20 at 10:15 a.m.** Practices and performs through May. Everyone is welcome!

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.