

SENIOR SCRIPT

Programs and services for those 55+

HONORING OUR VETERANS

Every year in November, Minnetonka Senior Services honors veterans and their spouses by offering free admission to several programs throughout the month. All others are welcome to attend, but pay the advertised fee. Registration is required for all, whether a program is free or has a fee.

**Fee waived for veterans and spouses of veterans*

Minnesota Aviation Hall of Fame

Our state has a long military aviation history. From the formation of the MN Air Guard to WWI, WWII and the Cold War; Veteran, Historian and Author, Noel Allard from the MN Aviation Hall of Fame talks about aircraft and airmen. Sponsored by Deephaven Woods.



Day	Date	Time	Cost	Course
Th	Nov. 2	1-2 p.m.	FREE	1180402-01

Mission 91: My Dad's Story

A Minnesota Native tells the story of his father's WWII mission. A Jewish man captured, interrogated and held captive for 20 months in Germany, while documenting it all. Fasten your seatbelts to learn about Staff Sergeant Bernard Tuvman from enlistment to liberation. Part of this presentation will "put you inside the cockpit" while on a bombing mission.



Day	Date	Time	Cost	Course
W	Nov. 8	10:30-11:30 a.m.	\$4/FREE*	1180403-01

Lunch and Movie: Devotion

The inspirational true story of Jesse Brown, the first Black aviator in the U.S. Navy. He and his wingman risk their lives during the Korean War and become some of the Navy's most celebrated wingmen. Starring Jonathan Majors, Glenn Powell, Christina Jackson. Run time: 2hr19min. **Register by: Nov. 6 (or until full)** Sponsored by Home Health Care Inc. and Legacy Home Care

Lunch: Chicken stir fry with vegetables, rice and dessert

Day	Date	Time	Cost	Course
Th	Nov. 9	Noon-3 p.m.	\$8/FREE*	1100203-01

Medal of Honor

There have been 72 Medal of Honor recipients from Minnesota from the Civil War through Vietnam, 37 of them are buried in Minnesota cemeteries. Historian and Photographer Doug Ohman visited each one of them. Join us as he shares some amazing stories of our state's most incredible servants.

Day	Date	Time	Cost	Course
M	Nov. 13	10:30-11:30 a.m.	\$5/FREE*	1180404-01

Helping Paws Heals Hearts

A Hopkins non-profit is doing great work in our communities. Helping Paws breeds, trains and places assistance dogs with people with physical challenges, and veterans and first responders with PTSD. Come hear one veteran's story and the dog who's giving this veteran independence and hope.

Day	Date	Time	Cost	Course
W	Nov. 15	10:30-11:30 a.m.	\$2/FREE*	1180406-01

Hopkins ProPEL Students Technology Help

Get FREE Technology Assistance from Hopkins High School ProPEL Students! ProPEL stands for Professionals Providing Experience for Life and is a course which places students in mentorships with real working professionals. High school seniors get to come to the community center to offer free help with cell phones, tablets and more.

Day	Date	Time	Cost	Course
M	Nov. 13	2:10-3:10 p.m.	FREE	1180605-01

You Mean Skiing is Effortless, Low Body Impact and Safe? For 50 Plus? Really?

"Soft Skiing" is safe, easy to learn and gentle on the body. Hyland Hills Ski Instructor Roger Wangen stops in to tell you about his three-day alpine ski clinic he will be offering at Hyland in January and February. You'll need to attend this session if interested in registering for the ski clinic with us! Registration required.

Day	Date	Time	Cost	Course
Tu	Nov. 14	10-11 a.m.	FREE	1180412-01

Monthly Party: Thanksgiving Lunch

Start the holiday season off right with friends and food! Menu: Turkey, stuffing, mashed potatoes & gravy, cranberries, roll & dessert. **Register by: Nov. 13 (or until full).** Sponsored by Broadwell Senior Living

Day	Date	Time	Cost	Course
Th	Nov. 16	Noon-1:30 p.m.	\$8	1100103-01

British History: Narrow Boating

The narrow boat was the backbone of the industrial revolution. Terry Kubista explains their importance and how they've evolved.

Day	Date	Time	Cost	Course
Th	Nov. 2-16	1-3 p.m.	\$21	1180101-03

British Holiday Tea

Join Terry for tea, scones, strawberry jam & Devonshire Clotted Cream. Bring your own special tea cup & saucer to share its story.

Day	Date	Time	Cost	Course
F	Nov. 17	1-2:30 p.m.	\$7	1180101-05

JFK Assassination: The Mystery & Legend 60th Anniversary

Where were you when President John F. Kennedy was assassinated? 60 years later, this event sparks discussion and controversy. Join presenter David Jones for a balanced discussion of one of the pivotal events of the 20th Century.

Day	Date	Time	Cost	Course
W	Nov. 22	10:30 a.m.-noon	\$4	1180203-01

Hands Only CPR

Join the Minnetonka Fire Department to learn CPR without the breaths.

Day	Date	Time	Cost	Course
Tu	Nov. 21	10:30-11:30 a.m.	FREE	1180413-01



Coffee & Conversation

City Series

Come with your questions for Minnetonka Police Chief Scott Boerboom. We'll have some coffee & talk.



Day	Date	Time	Cost	Course
M	Nov. 27	10:30-11:30 a.m.	FREE	1180409-03

CHANHASSEN DINNER THEATER

Christmas with a Whole Lotta Soul

Celebrate the holidays with a fantastic lunch and show at the Chanhassen Dinner Theater! Ginger Commodore is a Midwest, Grammy Award winning, music scene veteran. She will fill the Fireside Theater with R&B, soul, funk and gospel. Transportation is not provided. Meet at Chanhassen Dinner Theater. **Register by Nov. 8 (or until full).**



Day	Date	Time	Cost	Course
W	Dec. 13	11 a.m.-3 p.m.	\$79	1110202-01

Vintage Vegas New Year's

Ring in the New Year with a delicious lunch and concert at the Chanhassen Dinner Theater. This hip and explosive new show features many members of the Andy & Bing Christmas Orchestra. They'll sing the hits from Sinatra to Bennett. Transportation is not provided. Meet at Chanhassen Dinner Theater. **Register by Nov. 10 (or until full).**



Day	Date	Time	Cost	Course
Su	Dec. 31	Noon-4 p.m.	\$79	1120301-01



FITNESS

We have a variety of classes at the community center to get in shape. No membership. Only pay for the class you want to take. Registration required. Call us for a full list of programs and details.

Chair Yoga

Day	Date	Time	Cost	Course
Tu	Nov. 7-28	9:45-10:45 a.m.	\$18	1090101-03
Th	Nov. 9-30*	9:45-10:45 a.m.	\$18	1090101-07

*No class Nov. 21 or Nov. 23

Gentle Yoga for Every Body

Day	Date	Time	Cost	Course
Tu	Nov. 7-28*	11 a.m.-noon	\$18	1090201-03
Th	Nov. 9-30*	11 a.m.-noon	\$18	1090201-07

*No class Nov. 21 or 23

Beginning T'ai Chi Chih

Day	Date	Time	Cost	Course
Tu	Nov. 7-Dec. 19	1-2 p.m.	\$35	1090301-02

Seated T'ai Chi Chih

Day	Date	Time	Cost	Course
W	Nov. 1-Dec. 13*	1-2 p.m.	\$30	1090302-01

*No class Nov. 22

Pilates Matwork

Day	Date	Time	Cost	Course
W	Nov. 1-15	2:15-3:15 p.m.	\$27	1090901-07
Tu	Nov. 28-Dec. 19	8:10-9:10 a.m.	\$36	1090904-04

Slow Flow Vinyasa Yoga

Day	Date	Time	Cost	Course
W	Nov. 1-29*	6-7 p.m.	\$24	1090203-03

*No class Nov. 22

SERVICES

Blood Pressure Checks: 1st & 3rd Friday and 2nd Wednesday of the month from 9:30-10:30 a.m.

Free Medicare

Counseling: New to Medicare or looking for a cheaper plan? Meet with a counselor at the community center for free. Call the Senior Linkage Line at 1-800-333-2433. Independent agency & not affiliated with any insurance company.



SENIOR
COMMUNITY
SERVICES

Social Worker: Sara Roberts, Licensed Social Worker with Senior Community Services, is available to help find resources on housing, paying bills, caregiving services and home help. Call 612-868-6720 or email Sara at s.roberts@seniorcommunity.org

HOME Program: Snow removal, house cleaning, small plumbing or electrical repairs, or need a light bulb changed? The HOME program helps you with these things so you can remain independent in your home. Must be 60+ and live in Hennepin County. Call 952-746-4046 to learn more.

SCS HOME Tech Help: Schedule a free one-on-one appointment with a tech expert at the Minnetonka Community Center. Call 952-939-8393 for available times. Made possible by a grant from Hennepin County. Must be 60+ and live in Hennepin County.

Transit Link: Need a ride to the community center, store, or a doctor appointment? Call Transit Link, a service of Metro Transit 651-602-5465. Fee applies.



FITNESS

Yoga & Strength

Day	Date	Time	Cost	Course
Th	Nov. 2-30*	6-7 p.m.	\$24	1090204-03

*No class Nov. 23

NEW: Strength & Balance Cardio Fitness

Get Monday started off right by improving balance and strength. Taught by an exercise physiologist. Instructor: Angelina Hathy; FOX Rehabilitation

Day	Date	Time	Cost	Course
M	Nov. 6-Nov. 27	8:45-9:45 a.m.	\$36	1091301-06

Line Dancing

Day	Date	Time	Cost	Course
Lvl 1 Th	Nov. 2-Dec. 14*	1-1:55pm	\$36	1090601-03
Lvl 2 Th	Nov. 2-Dec. 14*	2-2:55 p.m.	\$36	1090602-03

*No class Nov. 23 or Dec. 7

DAY TRIPS

These make great holiday gifts! The trips below depart from the Minnetonka Community Center via coach bus. Fee includes transportation, main meal and activity. Call the community center for full trip details.

Rotary Lights in Riverside Park

Dinner at Ciatti's Italian Grill and millions of Christmas lights at Riverside Park in Wisconsin is sure to brighten the holiday season. **Register by: Nov. 6 (or until full).**

Day	Date	Time	Cost	Course
W	Dec. 6	1-10 p.m.	\$88	1110108-01

Winter Night Light Tour of St. Paul

Dinner at Tavern on Grand followed by a guided tour of St. Paul all decked out for the holidays. Enjoy the city sidewalks dressed in holiday style, the best twinkling trees and stately homes. **Register by: Nov. 20 (or until full).**

Day	Date	Time	Cost	Course
Tu	Dec. 19	3:15-8:15 p.m.	\$84	1110109-01

Disney's The Lion King at the Orpheum

Yes, this show is in April, but tickets are on sale now and expected to sell out! Seats are on the main level. Enjoy a box lunch on the way to the show. **Register by: Nov. 6 (or until full).**

Day	Date	Time	Cost	Course
Th	April 25	11:30 a.m.-4:15 p.m.	\$125	1110110-01

ART

Acrylic Painting: Holiday Scenes

Over four weeks, create two completed artworks using a step-by-step approach that anyone can learn! Please bring two 11" x 14" canvases. Instructor: Terri Berg will supply everything else.

Day	Date	Time	Cost	Course
W	Nov. 29-Dec. 20	1-3 p.m.	\$50	1130304-01



Holiday Shopping!

Find wonderful handmade, unique gifts from Minnetonka residents.

Thursday-Saturday
Noon-5 p.m.

11280 Wayzata Blvd.
763-591-4868

Minnetonka Community Center

✓ Nov. 10 ✓ Nov. 23 ✓ Nov. 24



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.