



SENIOR SCRIPT

Programs and services for those 55+

Call on Jan. 3 starting at 8 a.m. to schedule your tax appointment.

Call 952-939-8393



Free tax assistance for those who need it most

Appointments: Mondays & Thursdays Feb.-April.

Renters: appointments Feb.-April

Homeowners: appointments March-April.

Appointments are required. No walk ins allowed.

PROGRAMS

Memory Café

Memory Cafe is for people with dementia and their caregivers. We begin together with introductions, snacks and singing. Caregivers head into a separate room for a 50 minute support group. Loved ones with dementia stay with dementia trained staff from The MacPhail Center for Music. The Hennepin County Library is also on site with incredible resources, book check out and return. Registration is required. Pairs may attend one café per month.

First Tuesday of the month (For those in beginning stages of dementia who still enjoy learning, are engaged, and have "fun in the moment"):

Day	Date	Time	Cost	Course
Tu	Jan. 2	1:30-3 p.m.	FREE	2180701-01
Tu	Feb. 6	1:30-3 p.m.	FREE	2180701-03
Tu	March 5	1:30-3 p.m.	FREE	2180701-05
Tu	April 2	1:30-3 p.m.	FREE	2180701-07

Third Tuesday of the month (For those in middle stages of dementia who can still participate in daily activities, but might need more assistance.)

Day	Date	Time	Cost	Course
Tu	Jan. 16	1:30-3 p.m.	FREE	2180701-02
Tu	Feb. 20	1:30-3 p.m.	FREE	2180701-04



British History: Viking Britain

Who were these raiders from the north? What did they want? What did they take? Most importantly, how are they affecting life in the United Kingdom today? Instructor: Terry Kubista

Day	Date	Time	Cost	Course
Th	Jan. 4-25	1-3 p.m.	\$28	2180101-01

Woodcarving 101

Take up a new hobby in 2024 and learn to carve. No experience needed. Instructor Tom Deveny will provide the wood to carve three animals over four weeks. Tools are required - supply list provided at registration.

Day	Date	Time	Cost	Course
W	Jan. 10-31	9:30-11:30a.m.	\$50	2130201-01

Just Facebook

Learn how to create an account, post, add pictures, navigate the news feed and learn what reels are. Instructor Abbey Key teaches you all that, plus how to secure your profile and list items safely on Facebook Marketplace.

Day	Date	Time	Cost	Course
Th	Jan. 11	10-11:30 a.m.	\$10	2180604-01

Dementia Friends Training

Learn helpful communication strategies, everyday task tips and conversation hints to engage with those living with dementia.

Day	Date	Time	Cost	Course
Tu	Feb. 6	Noon-1:15 p.m.	FREE	4180705-01

Minnetonka Community Center



- ✓ Monday, Jan. 1
- ✓ Monday, Jan. 15

Minnesota to Maine: A Caregiving Journey

Tracy Beckman's life was all about service – military, school board, legislature, fire department. Beckman did that with a team of people. When he became a caregiver to a loved one with Alzheimer's, it was only him. He thought he could do it all; but years of 24/7 care and isolation from others was killing him and he didn't even realize it. How a critical diagnosis, someone planting a seed, and his family swooping into help, eventually turned into 60 days, 1,600 miles. 6 states and a journey Beckman never expected.

Day	Date	Time	Cost	Course
F	Jan. 26	1-2:15 p.m.	FREE	2180702-01
Th	Feb. 8	10-11:15 a.m.	FREE	2180702-02



Coffee & Conversation

Coffee & Conversation: The Civil War

Longtime Minnetonka residents, Joyce & Jim Hinderks present a thought provoking series on the Civil War. Come for coffee, treats and conversation. The full presentation schedule can be found in the winter/spring brochure.



Victory at Fort Donelson

Day	Date	Time	Cost	Course
M	Jan. 8	10:30-11:45 a.m.	\$5	2180402-01

Sherman Through the Carolinas

Day	Date	Time	Cost	Course
Tu	Feb. 13	10:30-11:45 a.m.	\$5	2180402-02

ART

Acrylic Painting: Italian Street Scene

Terri's trip to Italy this past fall inspires this class to learn to paint an Italian street scene in four weeks. A great class for beginners and friends looking to do something fun together. All you need is one 11" x 14" canvas. Terri provides all other supplies.

Day	Date	Time	Cost	Course
W	Jan. 10-31	1-3 p.m.	\$50	2130301-01

TRAVELOGUES

Bikes, Barge & Bell Towers in Germany

Steve Pieh and Barb Kern-Pieh return to share their biking travels through picturesque Germany. From living on a 1930s-built barge on the Main River, to historic small towns, and climbing towers built in the 1400s to play with a brass band, this traveling team covers it all.

Day	Date	Time	Cost	Course
F	Jan. 12	10:30-11:30 a.m.	FREE	2180405-01

Greece

Retired world history teacher Bill Jepson traveled to Europe this past summer and brings you the grand tour complete with pictures and stories.

Day	Date	Time	Cost	Course
Tu	Jan. 23	1-2:15 p.m.	\$2	2180207-01

PRESENTATIONS

Donuts, Downsizing & Decluttering

Is one of your New Year's resolutions downsizing and decluttering? Learn helpful tips on how to do it, plus enjoy a donut or two. *Sponsored by Sholom*

Day	Date	Time	Cost	Course
W	Jan. 17	10:30-11:30 a.m.	FREE	2180201-01

Fighting Financial Exploitation

Is someone taking advantage of you or someone you know? The Minnesota Elder Justice Center talks about the different kinds of exploitation and what you can do to stop it.

Day	Date	Time	Cost	Course
Th	Jan. 18	1-2 p.m.	FREE	2180403-01

Remembering the Space Shuttle Challenger & Columbia Crews

More than 20 years ago on Feb. 1, Columbia broke apart upon re-entry over Texas; and more than 30 years ago on Jan. 28, Challenger exploded just after launch. 14 astronauts died. We all remember where we were. Presenter Rob Ellos explains what happened and why on those incredibly tragic dates in U.S. Space Aviation History.



Day	Date	Time	Cost	Course
M	Jan. 29	1-2 p.m.	\$5	2180400-01



FITNESS

We offer a variety of fitness programs at the community center for all levels. No membership. Register and pay only for the class you want to take. See the complete listing of all our fitness programs in the winter/spring brochure.

Brain and Body Together

This class is designed to enhance your quality of life through specialized integrated exercises for your body and your mind. Instructor Heidi Weinberg is a personal trainer specializing in older adults. She has specific expertise in Parkinson's and brain health and loves helping people stay independent as they age.



Day	Date	Time	Cost	Course
F	Jan. 12-26	9-10 a.m.	\$30	2091201-01

Holistic Self Care

Natural techniques you can learn to do for yourself. Learn about reiki, ayurveda and reflexology to bring more balance to the mind and body. Please bring a yoga mat to class. The Monday class will meet in the community room right after Over 50 & Fit. Tuesday evenings meet in Purgatory Creek Room. Instructor: Karen Murray

Day	Date	Time	Cost	Course
M	Jan. 8	10:30-11:30 a.m.	\$10	2090204-01
Tu	Jan. 16	6-7 p.m.	\$10	2090204-05

Winter/Spring Tune Up

Tune the body as well as the spirit with crystal bowl healing sound and gentle yoga. Both chair yoga students as well as mat yoga students are welcome. Instructors: Susie Schwartz & Birgit Kraus.



Day	Date	Time	Cost	Course
M	Jan. 8	4:30-5:30 p.m.	\$22	2090904-01
M	Feb. 12	4:30-5:30 p.m.	\$22	2090904-02

3-Day Alpine Ski Clinic: Ski Younger Now

You mean soft skiing is effortless, easy to learn and gentle on the joints for 50+? Hyland Hills Ski Instructor Roger Wangen says yes! Wangen will be your instructor for three consecutive days at Hyland Hills Ski Area. Meet at the Minnetonka Community Center for transportation to Hyland. Fee covers lessons, ski rental equipment and lift ticket. These clinics are for people who've skied before.



Day	Date	Time	Cost	Course
Tu,W,Th	Jan. 23-25	8:15 a.m.-noon	\$160	2091001-01
M,Tu,W	Feb. 5-7	8:15 a.m.-noon	\$160	2091001-02

SERVICES

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

Free Medicare Counseling: Meet with a counselor at the community center or over the phone for free. Call the Senior Linkage Line at 1-800-333-2433 to schedule an appointment. The Senior Linkage Line is an independent agency & not affiliated with any insurance company.



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: Want to stay in your home, but need help around the house? The HOME program helps with things like repairing or replacing faucets, toilets, outlets, light switches or fixtures, or help with technology. Must be 60+. Some services are available at no cost; rates for paid services are based on income and ability to pay. No one is denied service based on ability to pay. Call 952-746-4046 or email home@seniorcommunity.org





Full Moon Hike to Jidana Park

Take a relaxed two-mile walk round trip to Jidana from the Minnetonka Community Center. We'll enjoy a campfire dinner under the full moon. Bundle up and bring a flashlight.

Day	Date	Time	Cost	Course
Th	Jan. 25	5:30-7:30pm	\$7	2190803-01

Night Trip: Orchestra Hall Lunar New Year Celebration

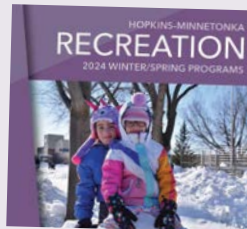
The Minnesota Orchestra celebrates Lunar New Year. 2024 is the Year of the Dragon. The orchestra performs only one show. Enjoy a dessert box on the bus heading into Minneapolis. Bus drops off at main entrance. There is a bar in the lobby area to purchase a beverage on your own. Seats for the two-hour show that includes intermission are on the main floor.

Register by: Jan. 12 (or until full)

Day	Date	Time	Cost	Course
Sa	Feb. 17	6-9:45 p.m.	\$65	2110101-01



Registration is now open for all older adult programs running January through April, including special interest groups such as Genealogy, Mahjongg, Social Bridge and more.



minnetonkamn.gov/register

Ham Radio Club

Tune in to our weekly net, every Tuesday at 7 p.m. on the 145.450 (No Tone) Repeater. You do not need to be a member to join in. Our next in person meeting at the community center: Jan. 8 at 10 a.m. We will also meet in the evening on Jan. 8 from 7-9 p.m.



One on One Tech Appointments

Need help with a cell phone, laptop or tablet? Register for a free in person appointment with a Senior Community Services HOME Tech Help Expert. This free service is made possible by a grant through Hennepin County.

Day	Date	Time	Cost	Course
M	Feb. 5	1, 2 or 3 p.m.	FREE	2180601-07-09
W	Feb. 14	1, 2 or 3 p.m.	FREE	2180601-10-12

Lunch & Movie:

Lunch: Homemade chicken tortilla soup, salad, roll, dessert

Movie: Are You There God? It's Me, Margaret. 11-year-old Margaret moves to a new town and starts to contemplate everything about life, friendship and adolescence. She relies on her mother and grandmother to get her through it, bringing them closer than ever before. Runtime: 1hr46min.

Register by: Jan. 19 (or until full)

Day	Date	Time	Cost	Course
W	Jan. 24	Noon-3:15 p.m.	\$8	2100201-01

Hands-Only CPR

Keep the blood pumping and forget about the breaths. The Minnetonka Fire Department will teach you how to do it. This is not a CPR certification course.

Day	Date	Time	Cost	Course
Tu	Jan. 16	11a.m.-noon	FREE	2180401-01

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.