

SENIOR SCRIPT

Programs and services for those 55+

March 19 marks the first day of spring!

As I write this, I am in awe of the beauty of our first true snowfall this season. We had to wait until mid-February for it. The trees are spectacular and the sun shining on them is the light we need to brighten our days. We are just weeks away from embarking on a new season, and a new season means a variety of new programs.

If you've never been to the community center before, now is the time. We have wonderful people ready to welcome you and be part of something. What are you waiting for? Give us a call today at 952-939-8393.

Kate, Kaylee & Team

Summer Registration

Thursday, March 7 at 8 a.m.

You'll find more than 10 pages of programs scheduled for older adults from May through August in the Hopkins Minnetonka Recreation Brochure. This brochure is mailed to all Minnetonka residents. Pick up a copy at the community center or check it out online at minnetonkamn.gov/register.



HIGHLIGHTS

- Boundary Waters and Apostle Islands Extended Trips
- Fishing on Lake Minnetonka for veterans
- New art class offerings
- Doug Ohman History Presentations

PRESENTATIONS



Coffee & Conversation

The Civil War: The Grand Review

Held in 1865, 150,000 soldiers parade through Washington to celebrate the victory of preserving the Union. Joyce and Jim Hinderks continue this thought-provoking series on the Civil War. Sponsored by Inherited Stories.

Day	Date	Time	Cost	Course
W	March 6	10:30-11:45 a.m.	\$5	2180402-03

SAVE THE DATE

Register for the final installment of this series: April 12 at 10:30 a.m. on the little known facts of our 16th president, Abraham Lincoln.

Hopkins ProPEL Students Tech Help

Connect with Hopkins High School Seniors! Learn about the great program they are involved in this year to get them ready for the real world. Plus, ask them for help with your smart phone, laptop or tablet. We'll talk, get tech help and enjoy treats during this hour at the community center!

Day	Date	Time	Cost	Course
M	March 11	2:10-3:10 p.m.	FREE	2180419-01

How to Sell Your Car Online

Instead of the newspaper people are now selling cars is online. Tech expert Abbey Key covers it all in this 90-minute class. From researching your car to posting the ad on sites like Facebook Marketplace, Craigslist and Nextdoor and doing it all safely. Must know how to navigate the device you plan on using to list the car.

Day	Date	Time	Cost	Course
Tu	March 19	10-11:30 a.m.	\$10	2180607-01

Travelogue: Italy

Planning a trip to Italy in the future? Or jwant to see what it's all about? Retired world history teacher Bill Jepson is still teaching today on his travels to Venice, Pisa, Florence, Rome, Sorrento, Pompeii and the Amalfi Coast.

Day	Date	Time	Cost	Course
W	March 13	10:30-11:45 a.m.	\$2	2180208-01

Nature at our Doorstep

The man who started the nature program at the University of Minnesota Landscape Arboretum is here to talk nature with us! Naturalist Matt Schuth brings mammal and bird specimens to talk about their own unique story. Sponsored by Amira Choice

Day	Date	Time	Cost	Course
M	March 18	10:30-11:30 a.m.	\$5	2180406-01

Time Waits for No One...So Let's Get to it!

Funeral Planning

Sponsored by Sholom

Day	Date	Time	Cost	Course
W	March 20	10:30-11:30 a.m.	FREE	2180201-03

Florida Manatees

These amazing creatures move with ease between fresh and salt water. Presenter Rob Ellos has been up close and personal with these gentle giants off the Florida coast. Come learn some amazing facts. Sponsored by Broadwell Senior Living.

Day	Date	Time	Cost	Course
Th	March 21	1-2 p.m.	\$5	2180404-01

Grief Healing

Anxiety can stem from grief we avoid. life and meditation coach Dana Tutland creates a comfortable space for people to listen, share and work on healing their hearts.

Day	Date	Time	Cost	Course
Tu	April 9	10-11 a.m.	FREE	2180407-01

ART

NEW! Colored Pencil on Suede Board

Explore the wonderful world of colored pencils. Learn the basics of drawing and create a vibrant work of art you'll want to frame. Fee includes instructor from Artistic Moments and all supplies.

Day	Date	Time	Cost	Course
W	April 10	9 a.m.-noon	\$35	2130401-01

Watercolor: Beginner's Express

This one-day workshop with Vera gets you ready to paint the world. Learn fundamental concepts of design, color theory and practice basic techniques. Pack a lunch and re-kindle your love of painting. Supply list provided at registration.

Day	Date	Time	Cost	Course
M	March 11	9:30 a.m.-3:30 p.m.	\$55	2130103-01

Acrylic Painting: Irish Scene

Celebrate Ireland all month by learning to create a painting you'll want to display proudly. Terri Berg teaches step-by-step over four weeks. You provide one 11"x14" canvas and Terri supplies everything else.

Day	Date	Time	Cost	Course
W	March 6-27	1-3 p.m.	\$50	2130303-01

EVENTS

3.14 ON 3.14

It's time for pie on pi day! Plus, we'll push our brains to the max with puzzles. **Register/cancel by: March 11 (or until full).**

Day	Date	Time	Cost	Course
Th	March 14	3:14-4:14p.m.	\$5	2100301-01

Monthly Party: Concert & Lunch

Treat yourself to the delightful music of Minnetonka resident and recording artist, Alec Sweazy. Alec will play old time, jazz and classical on the piano and accordion. Concert begins at 11:30 a.m. and continues during lunch. **Register/cancel by: March 12 (or until full).** Sponsored by Amira Minnetonka.



Day	Date	Time	Cost	Course
F	March 15	11:30 a.m.-1:30 p.m.	\$10	2100103-01

Lunch & Movie: Nyad

Celebrate Women's History Month with the true story of athlete Diana Nyad who swims in the ocean from Cuba to Florida at 60. Starring Annette Benning, Jodie Foster and Anne Marie Kempf. Runtime: 2hrs. **Register/cancel by: March 25.** Sponsored by RidgePointe.

Menu: Chicken fajitas, rice, beans & dessert

Day	Date	Time	Cost	Course
Th	March 28	12-3:00p.m.	\$8	2100203-01

James Shaw: Musicals

Get ready to sing along with James as he talks and sings through the history of some fabulous shows.

Day	Date	Time	Cost	Course
W	March 27	10:30-11:30 a.m.	\$3	2100302-01



FITNESS

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

Over 50 & Fit Cardio	M, W, F 9-10 a.m.
T'ai Chi Chih Beginner	Tu 1-2 p.m.
T'ai Chi Chih Going Deeper(Advanced)	M 10-11:15 a.m. / 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 (Beginner & Intermediate)	Tu 8:10-9:10 a.m. / 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	M 8:45-9:45 a.m. / F 11 a.m.-noon

EXTENDED TRIPS

Black Hills of South Dakota

Travel in style with a great group of people to see all the sights in South Dakota. Lodging, transportation, tours, tickets, guide and the majority of meals included in this 5-day adventure to the west. Includes the Badlands, Mount Rushmore, Custer State Park with lunch at the historic State Game Lodge, Crazy Horse Memorial and the Native American Educational and Cultural Center with a Native American Dance Performance. Ride the 1880 Steam Locomotive & dine in Hill City at the fabulous Alpine Inn. Don't forget Deadwood, Wall Drug and the Corn Palace. Minimum deposit of \$250 due by April 9. Final payment due May 1.



Day	Date	Cost	Course
M-F	June 10-14	\$1,450 (1 person per room) \$1,100 (2 people per room)	2110105-01

Four Days in Door County

Sept. 23-26

Registration is open now. Call for details. The Black Hills and Door County trips depart from the Minnetonka Community Center via motorcoach.



Landmark Tours Travel Showcase

Wondering where the next adventure will take you? Explore the exciting and enriching world of guided group travel with Minnesota based Landmark Tours.

Day	Date	Time	Cost	Course
Tu	March 12	1-2 p.m.	FREE	2180408-01

DAY TRIP	DATE	REGISTER BY	COST/CODE
The Color Purple at Theater Latte Da Lunch at The Local then head to the show at this historic theater. Sponsored by Inherited Stories.	Thursday, April 11	March 12	\$90 2110103-01
Barn Quilts Around Waconia Tour one of the largest open air galleries in the state and lunch at Lola's Lakehouse. Sponsored by Amira Choice.	Friday, April 19	March 15	\$88 2110104-01
Cemetery Tour with Doug Ohman Tour several historic cemeteries with Minnesota historian, photographer and storyteller, Doug Ohman. Lunch at Bachman's Patrick's Bakery. Sponsored by Broadwell Senior Living	Tuesday, May 14	April 15	\$89 2110106-01

SPECIAL INTEREST GROUPS

NEW! Pinochle

Double deck pinochle only and mention World of card games. Come for scoring points guidelines and rules. Every Friday from 1-4 p.m. in the Glen Lake Activity Room. First date is March 8. Come join us!

Garden Club

Garden Club returns. We have a Master Naturalist joining us to talk about new plants for 2024. Monday, March 11 from 1-3 p.m.

Singles Group

Are you a planner? Organized? Looking for things to do after losing a partner or decided to stay single? We are looking for someone to coordinate activities and participate in our singles group. Call the main office if interested.

SERVICES

Blood Pressure Checks: Retired nurses volunteer to do these free checks on the 1st & 3rd Friday of the month and the 2nd Wednesday from 9:30-10:30 a.m.

Medicare Counseling:

Retiring soon? Questions about your current plan coverage? The Senior Linkage Line has trained counselors who can help and who aren't affiliated with any insurance company. Call 1-800-333-2433 to schedule a free appointment.

Senior Community Services mission is re-imagining aging by empowering people as they age. Minnetonka-based Senior Community Services offers several programs designed to help older adults thrive.

HOME Program: Help with indoor and outdoor chores to help you remain independent in the home they love. Call 952-746-4046

Outreach: Need trusted, affordable resources for financial assistance, medical or legal issues, housing alternatives or other life changes? Contact Sara at 612-868-6720 or

s.roberts@seniorcommunity.org.



SENIOR
COMMUNITY
SERVICES

Minnetonka Co-Ed 55+ Golf League

This 16-week Monday morning league rotates through five area golf courses: Baker, Braemar, Eagle Lake, Glen Lake and Theodore Wirth. Full details in brochure. Must be 55+. Only 48 spots available, so act fast! **Registration opens at 8 a.m. on March 7.** League runs May 6-Aug. 26. Fee: \$275.

Minnetonka Co-Ed 70+ Softball League

Our slow-pitch softball has modified rules allowing for competitive play without the risk of serious injury. Play expected to start mid-May at Big Willow Park. Fee is \$25. **Registration opens March 7.**

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.