

# SENIOR SCRIPT

Programs and services for those 55+

## PRESENTATIONS

### Braver Angels: Working Toward a More Perfect Union

Let's face it, talking about politics has gotten tougher than ever. Conversations with family and friends have gone sideways...with us collectively losing the ability to communicate with people with whom we disagree.



Former U.S. Diplomat Barbara Thomas, and former CIA Executive Rick Hotchner, are married and have had their share of disagreements since one is liberal and the other is conservative! They'll talk about how they've been able to keep the peace and the organization that's helped them do it, as well as where political polarization is coming from and what each of us can do to depolarize ourselves, our personal relationships, our communities, and our country. Join us for this special evening conversation.

Day	Date	Time	Cost	Course
W	April 17	6:30-8 p.m.	\$3	2180202-01

### Solar Eclipse 2024

Minnetonka will experience about a 78% partial eclipse on April 8. Come celebrate it with us. Bring a cereal box to make your own pinhole projector, and a lawn chair. We'll supply the rest.

Day	Date	Time	Cost	Course
M	April 8	12:15-3 p.m.	\$4	2180416-01



### I Don't Want to Move - Help me Crush the Clutter!

One of the most helpful things we can do in our homes is de-clutter. It opens up space, makes it easier to find things and relieves stress. But getting rid of stuff can be overwhelming. Get your questions answered during this special two-hour presentation with Zestful Designs, Bridging and Junk Masters. Cheese, crackers and fruit provided.

Day	Date	Time	Cost	Course
M	April 22	10:30am-12:30pm	\$2	2180203-01

## ART

### 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

### Clay Sculpture I

Get your hands dirty and create. Play with potter's clay to create a special, three-dimensional composition of your choice. Fee includes all supplies and instructor.



Day	Date	Time	Cost	Course
W	April 17	9 a.m.-noon	\$35	2130402-01

### Clay Sculpture II

Now that your sculpture is dry, use acrylic paints and a variety of paintbrushes to finish your creation. Pieces will be sealed with a non-toxic liquid varnish to create a beautiful finish. Fee includes all supplies and instructor.

Day	Date	Time	Cost	Course
W	April 24	9 a.m.-noon	\$35	2130402-02



## Acrylic Painting: Waterfall

Let creativity flow through you like a waterfall and learn 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	April 3-24	1-3 p.m.	\$50	2130304-01

## EVENTS

### Volunteer Recognition Event & Lunch

We cannot do what we do here at the community center without our amazing volunteers! Whether you volunteered one hour or 20+ hours in 2023 with our programs at the center, we want to say thank you at our volunteer recognition and lunch. Sponsored by Senior Community Services. Lunch: Swedish meatballs, mashed potatoes, asparagus, roll, & dessert **Register by: April 15**

Day	Date	Time	Cost	Course
Th	April 18	11:30 a.m.-1 p.m.	FREE	2100104-01

### Lunch and Movie: The Color Purple

A bold new take on the beloved classic. Released in 2023. Starring Fantasia Barrino, Taraji P. Henson and Danielle Brooks. Runtime: 2hr21min. Deadline to register April 23. Sponsored by The Orchards of Minnetonka

Menu: Spaghetti and meatballs, side salad & dessert

Day	Date	Time	Cost	Course
F	April 26	Noon-3pm	\$8	2100204-01

## PRESENTATIONS

### Grief Healing

Anxiety can stem from grief we avoid. Certified life & 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



## Coffee & Conversation

### Lincoln "Firsts"

A look at Abraham Lincoln's life and the things he did first and only as president.

Day	Date	Time	Cost	Course
F	April 12	10:30-11:45a.m.	\$5	2180402-04

### Mount Rushmore

Today, more than two million people each year visit Mount Rushmore in the Black Hills of South Dakota. Fourteen years, four hundred workers, 450,000 tons of rock, nearly one million dollars. Those are the statistics behind the carving of Mount Rushmore. The story is even more interesting. Sponsored by Broadwell Senior Living.



Day	Date	Time	Cost	Course
W	April 10	10:30 a.m.-noon	\$5	2180214-01

### Time Waits for No One...So Let's Get to It

Elder Law Attorney, Kate Graham, on protecting your assets when going on medical assistance.. Sponsored by Sholom.

Day	Date	Time	Cost	Course
W	April 25	10:30-11:30 a.m.	FREE	2180201-04



### Travelogue: Argentina Highlights

Steve and Barb Kern Pieh are back with an incredible look at their summer travel south.

Day	Date	Time	Cost	Course
W	May 8	10:30-11:30a.m.	FREE	3180201-01

## Mahjongg

Grab a friend and come learn to play the ancient game of Mahjongg. This is the class to take that will lead to a lifetime of fun. Instructor Carole Harris is a wealth of knowledge – and will teach those skills over seven weeks.



Day	Date	Time	Cost	Course
Tu	April 9–May 21	10 a.m.–noon	\$70	2190201-01

## Adopt a Highway

Gain a great sense of community and pride by cleaning up the curbs along Minnetonka Blvd. All equipment provided. Snacks following clean up.



Day	Date	Time	Cost	Course
Tu	April 30	1–3 p.m.	FREE	2190601-01

## FITNESS

Classes for older adults at the community center offer a variety of levels! **Registration is required.** For schedules and pricing, please call the main office or go online at [minnetonkamn.gov/register](http://minnetonkamn.gov/register).

<b>Over 50 &amp; Fit Cardio</b>	M, W, F 9-10 a.m.
<b>Holistic Self Care</b>	M 10:30-11:30 a.m., Tu 6-7 p.m.
<b>Tai Chi Chih Going Deeper(Advanced)</b>	M 10-11 a.m./W 1-2 p.m.
<b>Chair Supported Yoga</b>	Tu or Th 9:45-10:45 a.m.
<b>Intermediate Yoga</b>	Tu or Th 11 a.m.-noon
<b>Mat Pilates Intermediate</b>	Tu 8:10-9:10 a.m.
<b>Mat Pilates Beginner</b>	W 2:15-3:15 p.m.
<b>Slow Flow Yoga</b>	W 6-7 p.m.
<b>Line Dancing I</b>	Th 2-2:55 p.m.
<b>Line Dancing II</b>	Th 1-1:55 p.m.
<b>Yoga &amp; Strength</b>	Th 6-7 p.m.
<b>Brain &amp; Body Together</b>	F 9-10 a.m.
<b>Strength &amp; Balance Cardio Fitness</b>	F 11 a.m.-noon

## Minnetonka Co-Ed 70+ Softball

Enjoy six months playing slow pitch softball. Our co-ed team plays with modified rules to allow for competitive play without the risk of serious injury. Play at Big Willow mid-May through October, weather permitting. Players must be at least 70 years old or turn 70 during the season. Cost is \$25.

## Minnetonka Bike Club

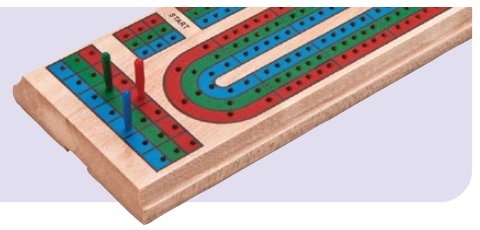
Enjoy the amazing trails of the twin cities and beyond with this great group with four levels to choose from. Ride April–October. \$10 for the year. Kick-off meeting April 11 at 9:30 a.m. Learn more at [mtkabikers.org](http://mtkabikers.org).



**NEW**

Starting in April

Come play cribbage at night.  
The third Thursday of every month, starting April 18.  
6:30-9:30 p.m. Call 952-939-8393 to register.



## TRIPS

DAY TRIP	DATE	REGISTER BY	COST/CODE
<b>Cemetery Tour with Historian Doug Ohman</b> Sponsored by Broadwell Senior Living	Tuesday May 14 9am-4:30pm	April 15 (or until full)	\$89
<b>Carlos Creek Winery Tour</b>	Wednesday May 22 8:30am-5:15pm	April 22 (or until full)	\$91
EXTENDED TRIP	DATE	REGISTER BY	COST/CODE
<b>Wilderness Inquiry: Boundary Waters Base Camp Adventure</b>	July 10-14	April 30 (or until full)	\$980
<b>Wilderness Inquiry: Apostle Islands Base Camp Canoe &amp; Kayak Tour</b>	Aug. 15-18	June 5 (or until full)	\$710 per person

## SERVICES

**Blood Pressure Checks:** Retired nurses volunteer to do these free checks on the 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month and the 2<sup>nd</sup> 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 to re-imagine 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 & 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](mailto:s.roberts@seniorcommunity.org).

## Registration required for all programs.\*



14600 Minnetonka Blvd.  
Minnetonka, MN 55345



[minnetonkamn.gov/register](http://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.