

SENIOR SCRIPT

Programs and services for those 55+

We thank our service men and women who paid the ultimate sacrifice. The community center will be closed on Memorial Day, May 27.



In 1963, President John F. Kennedy designated May as Older Americans Month. At that time, only *17 million Americans were 65+. Now? 62 million. By 2040? 80 million. Talk about strength in numbers.

*U.S. Census Bureau/Pew Research Center

EVENTS



We are offering new times for our movies. Some include snacks, some include lunch and some include dinner.

Lunch & Movie: The Boys in the Boat

Director George Clooney takes this #1 New York Times best-seller and turns it into a big screen showstopper. Based on the true story, an American underdog rowing team and the epic quest for gold at the 1936 Berlin Olympics. **Runtime:** 2hr4min **Meal:** BBQ Meatballs, mashed potatoes, vegetable, dessert. **Register by: May 1 (or until full).** Sponsored by Amira Choice.

Day	Date	Time	Cost	Course
M	May 6	Noon-3:15pm	\$8	3100201-01

Snacks & Movie: Einstein & the Bomb

If you saw Oppenheimer, you'll want to see this docudrama. Using archival audio and writings from Einstein himself, the film explores Einstein's role in history, sounding an alarm over the evil of Hitler. **Runtime:** 1hr16min **Register by: Brainerd Lakes & Paul Bunyan 20 (or until full).** Sponsored by Ridgepoint.

Day	Date	Time	Cost	Course
Th	May 23	10:30 a.m.-noon	\$5	3100202-01



Parking Lot Bingo

May 31 is National Smile Day. So let's smile while playing bingo at the Ice Arena B parking lot. Listen to eight games called on the radio. Honk if you win and get a prize.

Day	Date	Time	Cost	Course
F	May 31	1-2 p.m.	FREE	3191113-01

Lake Minnetonka Fishing for Veterans

A few spots remain for these free, 90-minute pontoon rides for Veterans. All fishing gear, life jackets and bait provided. Transportation not provided. Departs from Howards Point Marina.

Day	Date	Time	Cost	Course
W	June 5	1-2:30 p.m.	FREE	3180424-01
Th	June 27	10-11:30 a.m.	FREE	3180424-02

PRESENTATIONS



Getting Around Town

Not driving any longer? You still need to get around! Tech expert Abby Key goes in depth on using Uber/Lyft ride services. Class includes setting up an Uber account, a profile and how to manage rides. Plus Abby will set up a ride during class for you to see how it works. Bring fully-charged smartphone. Uber requires a credit card to have on file to set up account. Must know passwords to download apps.

Day	Date	Time	Cost	Course
W	May 8	1-2:30 p.m.	\$8	3180602-01

Hands Only CPR

The Minnetonka Fire Department teaches this simple and effective way to save a life. Forget the breaths and focus on keeping the blood flowing. This is not a certification class.

Day	Date	Time	Cost	Course
Th	May 9	11:15 a.m.-12:15 p.m.	FREE	3180409-01



Travelogue: Amazing Argentina

Barb Kern-Pieh and Steve Pieh share highlights of their recent trek to Argentina. Amazing pictures of Iguazu Falls where 275 spectacular waterfalls flow between Argentina & Brazil. Plus, hike an iconic peak, kayak the La Leona River and get up close and personal with glaciers!

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

Nature in Minnesota

Westwood Hills Nature Center Naturalists bring their knowledge to us this summer.

Bees & Honey

Day	Date	Time	Cost	Course
M	May 20	1-2 p.m.	\$4	3181003-01

Wildflowers

Day	Date	Time	Cost	Course
Tu	June 4	10-11 a.m.	\$4	3181004-01

Insects

Day	Date	Time	Cost	Course
F	July 19	10:30-11:30 a.m.	\$4	3181005-01



Fall Prevention

Evidence-based exercises to lessen falls. Presented by Care Builders at Home.

Day	Date	Time	Cost	Course
Tu	May 21	9:30-10:30 a.m.	FREE	3180412-01

Presidential Series by Phil Kibort

One of our most popular series starts up this month and continues all summer into early fall.

Vice Presidents

Day	Date	Time	Cost	Course
W	May 29	10:30-11:45 a.m.	\$3	3180206-01

Great Presidential Speeches

Day	Date	Time	Cost	Course
W	June 26	10:30-11:45 a.m.	\$3	3180207-01

Post Presidencies

Day	Date	Time	Cost	Course
W	July 24	10:30-11:45 a.m.	\$3	3180208-01



Coffee & Conversation

This new series is brought to you by our City of Minnetonka Sustainability Team. Find out how you can be part of building a beautiful, sustainable and healthy Minnetonka.

Waste Reduction: Recycling, Composting & Plastic Free

Day	Date	Time	Cost	Course
Th	May 30	1-2 p.m.	FREE	3180202-01

Home Efficiency & Renewable Energy

Day	Date	Time	Cost	Course
Tu	June 18	1-2 p.m.	FREE	3180202-02



SPECIAL INTEREST GROUPS

Pinochle

Starting in May, Pinochle meets on the second and fourth Fridays of the month during the summer.

Garden Club

Volunteers are needed to help sort and plant city garden areas and planters on May 14 in the morning. Please call the main office if interested. Volunteers are also needed to water during the summer.

Bulls & Bears

Meets the 2nd & 4th Tuesday of each month from 1-3 p.m. Join us to discuss the market, what's hot, what's not and investment strategies.

Single Mingle

Planning meeting Wednesday, May 8 at 10 a.m. at Cafe Anna Lisa at The Marsh.

FITNESS

Brain & Body Together

Enhance quality of life through specialized integrated exercises for body and mind. This class targets strength, balance and cognition. Instructor: Heidi Weinberg

Day	Date	Time	Cost	Course
F	May 3-31*	9-10 a.m.	\$36	3091006-01
F	June 7-21	9-10 a.m.	\$27	3091006-02

*No class May 24

Strength & Balance Cardio Fitness

This class includes a combination of chair & standing exercises to stretch & strength train using resistance bands and light weights. Instructor: Fox Rehabilitation Exercise Physiologist

Day	Date	Time	Cost	Course
F	May 3-31*	11 a.m.-noon	\$27	3091301-01
F	June 7-28	11 a.m.-noon	\$27	3091301-02

*No class on May 17 and 24



Pilates

Create a more flexible, stable and strengthened body during this mat class with certified Pilates Instructor Lesley Koehnen. Bring a Pilates mat to class.

Beginner

Day	Date	Time	Cost	Course
W	May 8-29	2:15-3:15 p.m.	\$36	3090902-01

Intermediate

Day	Date	Time	Cost	Course
Tu	May 7-28	8:10-9:10 a.m.	\$36	3090901-01

TRIPS

DAY TRIP	DATE	REGISTER BY	COST
<p>Brainerd Lakes & Paul Bunyan</p> <p>Get great views of the Brainerd Lakes area aboard Gull Lake Cruises luxury yacht. Lunch buffet on the boat includes grilled chicken pasta primavera, vegetable lasagna, caprese tomato salad, Caesar salad. After cruise stop at Brainerd Lakes Welcome Center & Gift Shop. Get a picture of Paul Bunyan!</p>	<p>Wednesday June 26 8:30 a.m.–5:30 p.m.</p>	<p>May 13</p>	<p>\$100</p>
<p>Saint Paul Saints vs Omaha Storm Chasers Game</p> <p>Enjoy a fun summer afternoon at CHS Field in St. Paul. Bus drops off at stadium entrance. Portable wheelchairs and walkers will fit on bus if needed at ballpark. Price includes transportation, trip leader and ticket to game. Enjoy lunch and refreshments at game on own.</p>	<p>Wednesday July 24 11:30 a.m.–4:30 p.m.</p>	<p>June 17</p>	<p>\$70</p>
<p>Al & Alma’s Boat Cruises on Lake Minnetonka</p> <p>Soak up summer on Lake Minnetonka. These popular lunch cruises are a wonderful way to get out on the lake. Ticket includes boat ride and lunch. Boat departs from Al & Alma’s in Mound. Transportation not provided.</p>	<p>June 17 & 24 July 22 & 29 Aug. 5 & Aug. 12 11:30 a.m.–1 p.m.</p>	<p>Registration deadlines vary per trip. Call main office for more info.</p>	<p>\$25</p>

SERVICES

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

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



Senior Outreach and Caregiver Services:

Talk with a licensed social worker about age related concerns & learn about trusted resources in the areas of home help, transportation, legal, medical, housing, etc...



SENIOR COMMUNITY SERVICES

Contact Sara Roberts at 612-868-6720 or s.roberts@seniorcommunity.org and she can help get you connected.

One on One Tech Help: Free, 50-minute appointment to help with smart phones, laptops or tablets. Registration required. Call 952-939-8393 to schedule. This free service is offered through a grant from Hennepin County.

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.