

# SENIOR SCRIPT

Programs and services for those 55+



## CLASSIC 4th Annual Car Show

Vintage, antique, classic or muscle, come enjoy a wide array of cars in tip top shape in the Ice Arena B Parking Lot. Enjoy live music and root beer floats. The fun is all free, but registration is required. Sponsored by: Amira Choice

**Wednesday, Aug. 21**  
**10 a.m.-noon**  
**Ice Arena B Parking Lot**

Course 3180422-01

Do you have  
a car you'd like  
to show?  
Call us at  
952-939-8393.



## EVENTS

### Dinner & Movie

**Movie: Next Goal Wins:** The true story about the worst soccer team in the world. A comedy about triumph and adversity; the ultimate feel-good underdog film. Starring Michael Fassbender Oscar Kightley and Kaimana. Sponsored by: Amira Choice. Runtime: 1hr44min Register by: May 31 (or until full)

**Meal:** Fried Chicken, potato wedges, coleslaw, roll & dessert.

Day	Date	Time	Cost	Course
M	June 3	5:30-8:30 p.m.	\$10	3100203-01

## Minnetonka Community Center

**CLOSED**

✓ Wednesday, June 19

### Lunch & Movie

**Movie: Barbie:** Barbie and Ken are having the time of their lives in the colorful world of Barbie Land. But then they get a look at the real world and everything changes. Nominated for 18 Oscars. Sponsored by: Inherited Stories. Runtime: 1hr54min. Register by: June 20 (or until full)

**Meal:** Chicken salad croissant sandwich, fruit, chips & dessert

Day	Date	Time	Cost	Course
Tu	June 25	Noon-3 p.m.	\$8	3100204-01

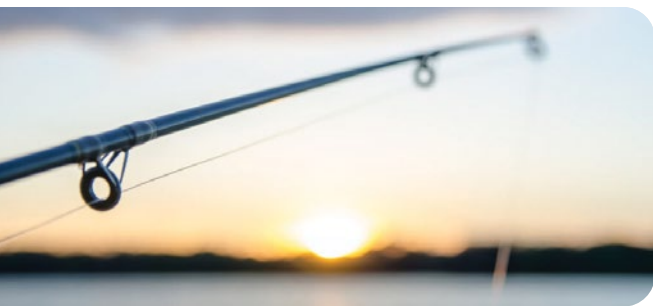


### Al & Alma's Boat Cruise on Lake Minnetonka

Some spots still remain for the July and August trips. These popular lunch cruises are a wonderful way to enjoy the lake when it's not too busy. Ticket includes 90-minute boat ride and sandwich lunch. Boat departs from Al & Alma's in Mound. Transportation is not provided.

**July 22 & 29, Aug. 5 & 12**

**11:30 a.m.-1 p.m.**  
**\$25**



## Veterans: Fishing on Lake Minnetonka

Are you a Veteran who likes to fish? Enjoy 90 minutes on a pontoon; all equipment provided courtesy of the non-profit Chaska Area Fishing with Friends. Departs from Howard's Point Marina. Transportation not provided.

Day	Date	Time	Cost	Course
Th	June 27	10-11:30 a.m.	FREE	3180424-02

## The Most Important Exercise? The One You Will Do.

Let's face it, that's the key. Helpful tips to get us there. Sponsored by: CareBuilders at Home

Day	Date	Time	Cost	Course
Tu	June 11	9:30-10:30 a.m.	FREE	3180413-01



## Wildflowers

What is blooming outside and what's so interesting about them? From historical to medicinal uses, life cycles, and relationships to wildlife; Westwood Hills Nature Center is wild about it. Sponsored by: Broadwell Senior Living

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

## Traveling Naturalist: Cougars

This past winter saw a visitor we don't get to see a whole lot around these parts. Melonie Shipman joins us to talk about cougars and other big cats.

Day	Date	Time	Cost	Course
Th	June 13	1-2 p.m.	\$5	3181001-01



## Coffee & Conversation

### Sustainable Minnetonka

#### Home Efficiency & Renewable Energy (June)

Join us to learn the three steps you can take to make your home more energy efficient and renewable.

#### Electric Vehicles (July)

Find out why an electric vehicle or plug in hybrid could be a good choice for you and your family. We will cover vehicle options and incentives for the vehicles themselves as well as charging systems.



Day	Date	Time	Cost	Course
Tu	June 18	1-2 p.m.	FREE	3180202-02
Tu	July 9	1-2 p.m.	FREE	3180202-03

## Nibbles & Knowledge with Doug Ohman

Photographer and storyteller Doug Ohman has been documenting Minnesota's people, places and things for years by traveling across the state. Maybe you've seen his popular LANDMARKS shows on PBS or his Minnesota Byways book series. Now Ohman is presenting at the community center on our state history. Light snacks and refreshments will be provided.



### Going to Work: The New Deal in Minnesota

Day	Date	Time	Cost	Course
F	June 28	11 a.m.-noon	\$8	3180204-01

### Minnesota's Rich Agricultural Heritage

Day	Date	Time	Cost	Course
Th	Aug. 22	10:30-11:30 a.m.	\$8	3180205-01

## Fire Safety for Grandparents & Grandkids

Join us as the Minnetonka Fire Department talks about fire safety for you and your grandchild. This is for grandparents and their grandchildren ages 5-12.

Day	Date	Time	Cost	Course
M	June 24	10:30-11:30 a.m.	FREE	3180403-01



## EXTENDED TRIP with Wilderness Inquiry to the Apostle Islands

Head North for four days to hike and kayak along the Apostle Islands National Lakeshore. Sights include Sand Island, the Mawikwe Sea Caves, Bark Bay Slough, the shipwrecks of Red Cliff Bay. At night, the Little Sand Base Camp is your home away from home, sleeping on comfortable cots in platform tents. The base camp comes equipped with nice bathrooms and showers with hot water. It's the most comfortable stay possible in the great outdoors. Cost includes transportation, guides, all meals and camping/kayaking supplies. This trip is for beginning and seasoned sea kayakers. Register by: June 5 or until full.

Day	Date	Cost	Course
Th-Sun	Aug. 15-18	\$710	3110109-01

## Fun with Watercolor: Brush Strokes of Summer

Students will practice a range of techniques; washes, color mixing and more to capture images of the season. Supply list provided at registration. Instructor: Vera Kovakovic.

Day	Date	Time	Cost	Course
Tu	June 18-July 16	10 a.m.-noon	\$55	3130102-01

## SPECIAL INTEREST GROUPS



### Men's Discussion Group

Mondays, 8:30-10:30 a.m.



### Social Bridge

Wednesdays, Noon-3pm



### Minnetonka Seniors Computer Interest Group

Fridays, 10 a.m. -noon.



### Crafting for a Cause

2<sup>nd</sup> Friday of the month  
9-11 a.m.

*Knit and crochet items to donate to local non-profits*

## 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...

Contact Sara Roberts at 612-868-6720 or

s.roberts@seniorcommunity.org and she can help get you connected.



SENIOR  
COMMUNITY  
SERVICES

**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](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.

## DAY TRIPS



### Sherlock Holmes Collection

Where is the world's largest collection of material related to Sherlock Holmes and his creator, Sir Arthur Conan Doyle kept? Why, at the University of Minnesota, my dear Watson! Meet the curator of this collection and learn about the 60,000 items kept at the library. Lunch at Brit's Pub; choice of Fish and Chips or Kew Gardens Salad with chicken. Fee covers coach bus transportation, tour, lunch and trip leader. Register by: June 17 (or until full)

Day	Date	Time	Cost	Course
W	July 17	9:30 a.m.-2:30 p.m.	\$70	3110104-01



### Saint Paul Saints Game

Join us for a summer afternoon with the Saint Paul Saints. They'll take on the Omaha Storm Chasers starting at 1:07 p.m. Fee covers coach bus ride to the game and ticket. Lunch on own at stadium. Register by: June 17 (or until full)

Day	Date	Time	Cost	Course
W	July 24	11:30 a.m.-4:30 p.m.	\$70	3110105-01

### Dementia Friends

Dementia Friends is a global movement that is changing the way people think, act and talk about dementia. This class helps everyone understand what dementia is, how it affects people and how each of us can make a difference for people touched by dementia. Bring a friend and learn together!

Day	Date	Time	Cost	Course
Tu	July 2	Noon-1:15 p.m.	FREE	4180705-03

## FITNESS

### T'ai Chi Chih

T'ai Chi provides so many potential benefits, from reducing joint pain, lowering blood pressure, improving balance, even reduce migraines. If you're a beginner, our workshops are for you!

#### T'ai Chi Chih Workshops - All levels welcome

Day	Date	Time	Cost	Course
W	June 12	12:30-2 p.m.	\$5	3090301-01
W	June 26	12:30-2 p.m.	\$5	3090301-02

#### T'ai Chi Chih - for Experienced participants

Day	Date	Time	Cost	Course
M	June 10-Aug. 5	10-11:15 a.m.	\$45	3090302-01



### Line Dancing

Enriches memory, reduces stress and gives you more energy. Dance to a variety of fun hits. Choreographer: Kerry Maus

#### Line Dancing I

For beginners and those still getting comfortable with the moves.

Day	Date	Time	Cost	Course
Th	June 6-27	2-2:55 p.m.	\$36	3090601-02

#### Line Dancing II

For those with a solid foundation of line dance steps; learn more intricate and syncopated steps.

Day	Date	Time	Cost	Course
Th	June 6 - 27	1-1:55 p.m.	\$36	3090602-02