

SENIOR SCRIPT

Programs and services for those 55+

We can't believe we are even talking about fall already!

But here we are, planning the last of our summer plans and preparing to usher in an autumn full of opportunities. There are a variety of programs to choose from to fill your August calendar. Don't forget to browse through the Hopkins Minnetonka Recreation 2024 Fall Program Brochure. These are the programs running September through December. Registration for those opens at 8 a.m. on Thursday, Aug. 8. Pick up a copy of the brochure at the community center or view it online at minnetonkamn.gov/register.

Fall Brochure Highlights

- Senior Housing Fair
- Book & Pie Sale
- Monthly Parties return
- New art programs
- Day Trip: Mille Lacs Indian Museum
- Day Trip: The Little Mermaid at the Ordway



PRESENTATIONS

Presentations by Doug Ohman

Doug Ohman is a Minnesota historian, storyteller and photographer doing hundreds of presentations a year throughout the Midwest, preserving Minnesota's history. Ohman hosts the popular LANDMARKS series on PBS. He is also the photographer behind the Minnesota Byways books series.



Nibbles & Knowledge: Minnesota's Rich Agricultural Heritage

Explore rural Minnesota where roots go deep and strong starting with the Golden Age of Agriculture. Doug shares the history through pictures & stories. Light snacks and refreshments will be served. Sponsored by Broadwell Senior Living

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

Name That Town!

It's like Name That Tune - but different. You know Minnesota and Doug knows Minnesota, so let's have some fun learning about the more than 850 towns that make up this great state. Like any good game show, there are prizes. Dessert will be served. **Registration opens Aug. 8 at 8 a.m.**

Day	Date	Time	Cost	Course
Th	Sept. 5	6-7:30p.m.	\$10	1100303-01

Last call to register for our day trip to tour the Millner Heritage Vineyard. Trip is Tuesday, Sept. 17 from 10:30 a.m.-4 p.m.

Millner grows nine acres of grapes bred by either Elmer Swenson or the University of Minnesota. Enjoy a wine tasting presentation during a lunch of chicken, potatoes, vegetable and dessert. Stop at Deer Lake Orchard on the way home to purchase apples, caramel treats or a fresh pie. \$91 per person. **Register by Aug. 19.**



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 from The OutCats Band and root beer floats. The fun is all free, but registration is required. Sponsored by: Avidor Minnetonka.

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: Arthur the King

435 miles. 10 days. 1 unbreakable bond. An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race. Based on a true story. Starring Mark Wahlberg, Simu Liu, Juliet Rylance & Bear Gryllis. Runs: 1hr47min. **Register by Aug. 6 (or until full).** Sponsored by Amira Choice
Menu: Hamburgers, corn on the cob, salad, chips & dessert

Day	Date	Time	Cost	Course
F	Aug. 9	5:30-8:15 p.m.	\$10	3100207-01

Lunch & Movie: One Life

This BBC film is based on the incredible true story of an ordinary man with an extraordinary mission to save hundreds of children from Hitler. Starring Anthony Hopkins, Johnny Flynn, Jonathan Pryce & Helena Bonham Carter. Runs: 1hr49min. **Register by Aug. 26 (or until full).** Sponsored by TowerLight Senior Living
Menu: Poppy seed pasta salad with chicken, broccoli slaw, roll & dessert

Day	Date	Time	Cost	Course
Th	Aug. 29	Noon-3 p.m.	\$8	3100208-01

Veterans Benefits

An officer from the Minnesota Association of County Veterans Service Officers and a Veterans Service Officer from Ft. Snelling will be here to answer questions about benefits you shouldn't be paying for. How to obtain them and who you should reach out to when you need it; plus important information about burial benefits for you and your spouse. Brought to you by Care Builders at Home.

Day	Date	Time	Cost	Course
W	Aug. 14	10:30-11:30 a.m.	FREE	3180415-01

Traveling Naturalist: Eagles

Majestic, bold and graceful, the bald eagle is an American symbol of strength and determination. Melonie Shipman is our traveling naturalist & an expert on these amazing creatures.

Day	Date	Time	Cost	Course
Th	Aug. 15	10:30-11:30 a.m.	\$5	3181002-01

Minnetonka Memory Café Social

Memory Café is a place for people with dementia and their caregivers to socialize, engage and share experiences. This social is a great place to meet others on this journey, learn about the Memory Café and the exciting activities coming up this fall. Snacks and refreshments will be served.

Day	Date	Time	Cost	Course
Tu	Aug. 20	1:30-3p.m.	FREE	3180701-05

Music Reading from the Singers Perspective

Taught by the Music Association of Minnetonka's Michelle Gehrz, this four session course meets on Tuesdays and Thursdays. Geared toward choir singers who want to better understand the nuts and bolts of what they are singing.

Day	Date	Time	Cost	Course
Tu/Th	Aug. 13 & 22	1-2:15 p.m.	FREE	3180411-01



Coffee & Conversation

Our City of Minnetonka's Sustainability Team discusses the city's climate action plan with ways to reduce greenhouse gas emissions and adapt to our changing climate.

Day	Date	Time	Cost	Course
Tu	Aug. 27	1-2 p.m.	FREE	3180202-04

Fire Safety for Grandparents & Grandchildren

Knowledge is power and knowing what to do in case of a fire is essential. Minnetonka Fire Marshal Sara Ahlquist created this program especially for grandparents and their grandchildren. For children ages 5-12.

Day	Date	Time	Cost	Course
W	Aug. 28	10:30-11:30 a.m.	FREE	3180403-02

Presidential Series by Phil Kibort



Phil Kibort is a retired chief medical officer from Children's Hospital. He loves presidential history and has been studying it for 25 years. Minnesota born and bred, Kibort shares his vast knowledge and humor with a series of presentations every summer and into early fall.

Presidential Nicknames & Hobbies

Who was called what and why and how they spent their time when not in the Oval Office.

Day	Date	Time	Cost	Course
F	Aug. 30	10:30-11:45 a.m.	\$3	3180209-01

Coming Sept. 25: Founding Fathers (Registration now open)

Tonka Trek to DQ

Earth, Wind and Fire loved September and so do we. Let's kick things off with a Tonka Trek to Dairy Queen. We'll meet at the community center & walk west on Minnetonka Blvd. 2.6 miles round trip. Fee covers ice cream. Registration opens Aug. 8 at 8 a.m.

Day	Date	Time	Cost	Course
W	Sept. 4	10:30a.m.-12:30 p.m.	\$5	1190804-01

SERVICES

Foot Care

Foot care provided by nurses from two different organizations. Appointments required.

- **Happy Feet:** Fridays. Call 763-346-3390 to schedule an appointment.
- **Sparkling Feet:** Starting in September. 3rd Wednesday of the month. Call 952-204-9406 to schedule appointment.

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. No appointment needed.

Medicare Counseling:

Retiring soon? Questions about current plan coverage?

The Senior Linkage Line has trained counselors who aren't affiliated with any insurance company & will help find answers, along with the best plan for you. Call 1-800-333-2433 to schedule a free, 1 on 1 appointment.



Senior Outreach & Caregiver Services:

Licensed Social Worker Sara Roberts can help you with trusted resources in the areas of housing, transportation, legal, medical, etc... call Sara at 612-868-6720 or email s.roberts@seniorcommunity.org. Sara is at the community center on the third Wednesday of every month from 10 a.m.-Noon.



SENIOR
COMMUNITY
SERVICES



One on One Tech Help: Free, 50-minute appointment at the community center 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.

HOME (Household & Outdoor Maintenance) Program: If you are 60+ and want to stay in your home, but need help with some things you used to be able to do yourself; call the HOME Program. These include handyperson tasks like repairing or replacing outlets, faucet & toilet repair, small painting projects, help with housekeeping such as laundry, dishes & vacuuming, & outside jobs such as lawn mowing and snow removal. 952-746-4046.

SCS is also in need of volunteers and donations to help keep all these programs running! Learn more at seniorcommunity.org or call 952-541-1019

SPECIAL INTEREST GROUPS



Art Studio

We supply the room, you bring everything you need to create.

Mondays, 9 a.m.-noon,
Fridays, 1-4 p.m.



Bingo

A nickel a card.

Tuesdays,
12:30-3 p.m.



Bunco

Never played but want to learn?
Join us!

2nd & 4th Thursdays,
1-3 p.m.



Cribbage

We will teach you how to play.

Thursdays,
10 a.m.-noon

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.

If You Didn't Buy a Ticket, Then You Haven't Won the Lottery

Scammers take advantage of people of all ages every day and many specifically target older adults. We'll share the most common and current scams being reported to authorities and how to keep from becoming a victim. **Registration opens Aug. 8.**

Day	Date	Time	Cost	Course
M	Sept. 9	10:30-11:30a.m.	FREE	1180401-01

Travelogue with the Piehs: The Faroe Islands

Submerge yourself in the pictures, videos and education of traveling the world in a way that only Barb Kern-Pieh and Steve Pieh can do! Their most recent journey? The Faroe Islands - 18 rocky, treeless, volcanic islands, located in the North Atlantic between Iceland and Norway. Most of the islands are connected by tunnels UNDER the Atlantic Ocean. In fact, this place has the first and ONLY underwater roundabout in the world. **Registration opens Aug. 8.**



Day	Date	Time	Cost	Course
W	Sept. 11	10:30-11:30 a.m.	FREE	1180205-01

FITNESS

Brain & Body Together

Enhance your quality of life through specialized integrated exercises for body and mind. We will target strength, balance and cognition. Instructor Heidi Weinberg specializes in personal training for older adults. Weinberg has specific interest/expertise in Parkinson's and Brain Health - and loves helping people stay independent as they age!

Day	Date	Time	Cost	Course
F	Aug. 2-30*	9-10 a.m.	\$27	3091006-03
F	Sept. 6-Oct. 25*	9-10 a.m.	\$54	1091201-01

*No class Aug. 9, 16; Sept. 27; Oct. 4



Cardio Drumming

Boost brain cells and mood all at once with this new class at the community center.

Cardio drumming is a fun and simple exercise that activates many muscles throughout the body and improves range of motion. Cardio drumming can be practiced by nearly all individuals and does not require drumming experience. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music. All you need is a willingness to learn something new and have a good time. Register with a friend. Instructor: Certified Group Fitness Instructor Tanya Lotts



Day	Date	Time	Cost	Course
M	Aug. 5-26	1-1:45 p.m.	\$20	3090501-01
M	Sept. 9-30*	1-1:45 p.m.	\$20	1090501-01

*Registration opens Aug. 8

Cardio Drumming is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund. Thank you!



Slow Flow Vinyasa Yoga

A relaxing, yet invigorating style of yoga where participants hold poses for a few breaths. Designed to increase blood flow to all muscle groups, improve strength and flexibility.

Day	Date	Time	Cost	Course
W	Aug. 7-28	6-7 p.m.	\$24	3091201-04

Yoga & Strength

This is a full body and mind workout with small hand weights and yoga poses. Great for all levels, and beginners just starting an exercise program.

Day	Date	Time	Cost	Course
Th	Aug. 8-29	6-7 p.m.	\$24	3091101-04

Strength & Balance Cardio Fitness

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

Day	Date	Time	Cost	Course
F	Aug. 9-30	11 a.m.-noon	\$36	3091301-04
F	Sept. 6-27*	11 a.m.-noon	\$36	1091301-01

* Registration opens Aug. 8