

SENIOR SCRIPT

Programs and services for 55+ at the community center

HONORING OUR VETERANS

Every year in November, Minnetonka Senior Services honors Veterans and their spouses by offering free admission to several programs throughout the month*. All others 55+ are welcome to attend, but pay the advertised fee. Registration is required for all.

Veterans Benefits

VA accredited law attorney Mary Francis returns to review benefits for Veterans and spouses including eligibility and access to Federal VA Medical Benefits, Home and Community Based Services, Minnesota Veterans Homes, plus benefits to help pay for home health care, assisted living and memory care. Sponsored by Bren Road Station.

Day	Date	Time	Cost	Course
W	Nov. 6	10:30-11:30 a.m.	FREE/\$2*	1180207-01

James Shaw: Patriotic Ragtime

Where did ragtime come from and what patriotic songs were written around that same time? James will perform several pieces as well as share the story behind the songs, in only a way James Shaw can do on the piano - not being able to see has never held him back! Sponsored by The Glenn Hopkins

Day	Date	Time	Cost	Course
Th	Nov. 7	10:30-11:30 a.m.	FREE/\$3*	1180402-01

A reminder that the community center is a polling place for some precincts on Election Day. Make sure to allow enough time for parking. Our building is connected to city hall and you can find additional parking in the city hall lot.

Minnetonka Community Center



- ✓ Monday, Nov. 11 (Veterans Day)
- ✓ Thursday and Friday, Nov. 28-29

Eden Prairie Community Band

More than 60 musicians strong, the Eden Prairie Community Band treats us to a selection of patriotic numbers to entertain you, including the "Armed Forces Salute" and America's favorite march, "Stars and Stripes Forever." Sponsored by Elder Homestead



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Day	Date	Time	Cost	Course
M	Nov. 18	6-7 p.m.	FREE/\$4*	1180403-01

Lunch & Movie: Blue Angels

Real Pilots. Real Risks. One incredibly dedicated team. See the Blue Angel magic at work on the big screen! Lunch: Teriyaki glazed chicken breast, Asian coleslaw, brown rice and dessert. Sponsored by: Stonebay Senior Living. Register/cancel by: Nov. 8

Day	Date	Time	Cost	Course
W	Nov. 13	Noon-3 p.m.	FREE/\$8*	1100203-01

The Vietnam War: One Veterans Story

Gary Zitzlsperger was part of the Heavy Photographic Squadron VAP-61 in



Vietnam. He shares the stories of his brothers, their forever bond and their time together during the war.

Day	Date	Time	Cost	Course
W	Nov. 20	10:30-11:30 a.m.	FREE/\$3*	1180404-01

Veterans Monthly Party

We have so much to be grateful for and that includes you! Join us for our annual turkey, stuffing and all-the-traditional-fixings-lunch! Sponsored by: Orchards of Minnetonka. Register/Cancel by: Nov. 18

Day	Date	Time	Cost	Course
Th	Nov. 21	Noon-1:30 p.m.	\$10	1100103-01



PRESENTATIONS

The History of Birds & Animals

Who needs a boring power point presentation, when you've got real specimens for show and tell? Landscape Arboretum Naturalist Matt Schuth is in the house for an hour of fascinating facts!

Day	Date	Time	Cost	Course
Th	Nov. 14	10:30-11:30 a.m.	\$3	1180803-01



Coffee & Conversation

The Jewish Community Relations Council (JCRC) of Minnesota and the Dakotas presents this thought-provoking series at a time in our history when it is of utmost importance to truly live out what it means to be a community.

Antisemitism

What is antisemitism and how is it different from other forms of prejudice? What are the harms that Jewish people are experiencing more so today than ever before? JCRC Director of Communications and Community Affairs Sami Rahamim explore these and other questions in a session that provides space for questions, discussion and suggestions for how to be an ally.

Day	Date	Time	Cost	Course
F	Nov. 15	10:30-11:45 a.m.	\$5	1180409-03

ART

Pyrography Wood Burning*



The word "pyrography" is Greek and comes from the words pur, meaning fire, and graphos, meaning writing. Artistic Moments brings us the fascinating art of creating designs on wood by burning the wood with a heated tool, resulting in some cool art! All supplies included.

Day	Date	Time	Cost	Course
Tu	Nov. 19	9 a.m.-noon	\$25	1190302-01

Drawing with Pencil: A to Z

Draw upside down, the easy way! Learn how to use graphite to create depth and texture, plus practice shading techniques to end up with a realistic picture. All supplies included.

Day	Date	Time	Cost	Course
Tu	Dec. 3	9 a.m.-noon	\$25	1190303-01

*Brought to you by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to legislative appropriation from the arts & cultural heritage fund.



FITNESS

Tonka Trek

Round trip from the community center to various locations around the city campus and back. We walk at a pretty good pace and go rain, shine or snow.

Day	Date	Time	Cost	Course
M	Nov. 4	10:15-11 a.m.	FREE	1190804-03
W	Dec. 4	10:15-11 a.m.	FREE	1190804-04

Strength, Balance & Cardio Fitness

This class includes mix of chair and standing exercises using weights and resistance bands to build strength. This is a great program for all levels, taught by a Fox Rehabilitation exercise physiologist.

Day	Date	Time	Cost	Course
F	Nov. 1-22	11 a.m.-noon	\$36	1091301-03
F	Dec. 6-20	11 a.m.-noon	\$27	1091301-04

Save the date

Winter/Spring registration opens at 8 a.m. on Thursday, Dec. 12. The recreation brochure will be full of day trips, fitness classes, presentations and meals running January-April 2025.

Highlights Include:

- Conversational Spanish
- Hikes to Jidana Park
- New Acrylic Painting Line Up
- Extended Trips to Ely & Makinac Island

Intermediate Yoga

Gentle movement, combined with yoga poses and mindful breath practice to support physical and mental well-being. Intermediate yoga can reduce stress and improve balance. Instructor: Nancy Holasek.

Day	Date	Time	Cost	Course
Tu	Nov. 5-26	11 a.m.-noon	\$24	1090201-03
Tu	Dec. 3-17	11 a.m.-noon	\$18	1090201-04
Th	Nov. 7-21	11 a.m.-noon	\$18	1090201-07
Th	Dec. 5-19	11 a.m.-noon	\$18	1090201-08

Yoga Beginner's Workshop

Learn basic poses, the benefits and how to practice them the right way. This is a great class for even those with yoga experience to get back to the basics. Instructor: Karen Murray

Day	Date	Time	Cost	Course
Tu	Nov. 19	6-7:30 p.m.	\$10	1090904-03

Beginning T'ai Chi Chih

T'ai Chi Chih is a series of 19 slow, gentle, repeated movements and one pose that form a moving based meditation. T'ai Chi Chih aids in blood pressure control, may help alleviate joint pain, improve coordination, flexibility and balance. Instructor Cindy Nelson is accredited in T'ai Chi Chih.



Day	Date	Time	Cost	Course
Tu	Nov. 5-Dec. 17	1-2 p.m.	\$35	1090301-02

DAY TRIPS



Minnesota State Capitol Building Tour

90-minute walking tour of the state capitol building includes learning about the service of our state's African American soldiers, the famous art of Minnesota regiments depicted in battle and original battle flags. Lunch follows at Buca di Beppo. **Register/cancel by Dec. 16 or until full.** Sponsored by: Elder Homestead

Day	Date	Time	Cost	Course
Tu	Jan. 14	9 a.m.-2:15 p.m.	\$85	1110108-01

The Root Beer Lady at the St. Paul History Theatre

If you're planning to go with us in 2025 on our three-day trip to Ely, this would be a great show to see about Minnesotan Dorothy Molter, what she did in the Boundary Waters that made her so famous that there's a museum in her honor and why she's known as the "Root Beer Lady". Lunch is at Key's Café. **Register/cancel by: Jan. 3.** Sponsored by: Stonebay Senior Living

Day	Date	Time	Cost	Course
Th	Jan. 30	9 a.m.-3 p.m.	\$95	1110109-01

TECHNOLOGY

Click and Conquer During a Half Hour of Power

Sign up for a one-on-one, 30-minute session with tech expert Abbey Key. Come with your questions about your device.

Day	Date	Time	Cost	Course
F	Nov. 8	9 a.m.-4 p.m.	\$12	1180604

Thwarting Porch Pirates and More

The Senior Community Services TECH Program talks about security and monitoring systems, doorbells with cameras and smart home apps to control lights and thermostats.

Day	Date	Time	Cost	Course
F	Nov. 8	10:30-11:30 a.m.	FREE	1180406-01

SERVICES

Senior Community Services (SCS exists to empower older adults as they age. We work closely with this longtime, Minnetonka non-profit. SCS programs are designed to keep you in the home you love as long as possible. Through SCS' Household & Outdoor Maintenance Program, Outreach and Caregiver Services, & Technology Education, Connection & Help Program, SCS brings the help to you. 952-541-1019.



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 handyman 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.

SPECIAL INTEREST GROUPS

We have more than 30 different groups that meet at the community center. See the complete list in the recreation brochure or call the main office for more info!



Tale Spinners

1st & 3rd Tuesdays
1-3 p.m.

Come write your stories with us!



Women's Discussion Group

3rd Friday
10:15 a.m.-11:30 a.m.



Bucket List Book Club

4th Friday
1-3 p.m.



Cribbage

3rd Thursday
6-9 p.m.
or every Thursday
10 a.m. -Noon



Thursday-Saturday
Noon-5 p.m.

11280 Wayzata Blvd.
763-591-4868

Cash, check and credit
cards accepted.

A great place to do your holiday shopping!

Check out what our wonderfully talented Minnetonka residents create with their own hands that make unique and one of a kind gifts.



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.