

# SENIOR SCRIPT

Programs and services for those 55+

### **REMINDER**

Summer registration is now open! You can register online, over the phone, or in person at the Minnetonka Community Center!



### **EVENTS**

#### **Volunteer Social**

Whether you've volunteered once or multiple times in 2018, join us for a complimentary meal. It's our way to say "thank you" for the important work you do. **Register by April 9**.

Day	Date	Time	Cost	Course
F	April 12	11:30 a.m1:30 p.m.	Free	2100104-01

### **Chow with the Chief**

Enjoy hotdogs and cider with Minnetonka Fire Chief John Vance and his team at Station 2, and take a special tour of the department.



Day	Date	Time	Cost	Course
Tu	April 23	5-6:30 p.m.	Free	2180418-01

### **Lunch & Movie: Green Book**

This fact-based drama follows jazz pianist Don Shirley as he sets off on a concert tour through the Deep South in 1962. After he hires an Italian-American bouncer as his driver, the two forge a unique bond. **Sponsor: Havenwood of Minnetonka**. **Register by April 23**.

Day	Date	Time	Cost	Course
F	April 26	Noon	\$6	2100204-01

### **DAY TRIPS**



### **Augusta Amish Tour**

Enjoy a Norwegian meal at The Norske Nook Restaurant in Osseo, WI. Following lunch, a local guide will give us an inside look at the Amish community. You may see horse-drawn buggies, one-room schools, Amish only grocery stores and more!

Register by April 29.

Day	Date	Time	Cost	Course
W	May 29	7:45 a.m6:30 p.m.	\$73	3110101-01

Check out upcoming excursions and day trip menus in the recreation brochure, available at the Community Center and online: **eminnetonka.com/recbrochure.** 

### Old Log Theatre: "Tenderly, the Rosemary Clooney Musical"

Day	Date	Time Cost	t Course
W	April 24	11:30 a.m 4 p.m. \$55	2110105-01

Register by April 9.

### **Red Wing Pottery Museum Tour**

Day	Date	Time	Cost	Course	
Th	May 16	8:30 a.m4:45 p.m.	\$67	2110104-01	
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Register by April 12.

### **CLASSES**

### **Nature**

### **Introduction to Amateur Astronomy**

Learn about constellations, celestial objects and astronomy technology. Then, join us for a star-gazing session! Instructor: Patrick Drigans.

Day	Date	Time	Cost	Course
W	April 10	7:30-9 p.m.	\$10	2180301-02

### Traveling Naturalist: Rare Place, Rare Wildlife: New Zealand

Melonie takes us on an armchair tour of her recent trip to New Zealand. Learn about the wildlife who call this incredible place home. Instructor: Melonie Shipman.

Day	Date	Time	Cost	Course
М	April 15	10:30-11:30 a.m.	\$4	2190701-03

### Art

### **NEW! Japanese Calligraphy for Beginners**

Learn this beautiful art form while exploring Japanese language, history and culture. Instructor: Mieko Yamazaki.

Day	Date	Time	Cost	Course
W	April 3-24	1-3 p.m.	\$40	2130101-01

### **Skies in Watercolor Landscape**

Capture a variety of atmospheric skies using wet-in-wet, glazing, and lifting techniques. You're encouraged to bring your own references. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
М	April 29	9 a.m3:30 p.m.	\$40	2130301-01





### Games

### **Mahjongg**

Learn to play the ancient Chinese game of Mahjongg, using American rules. This is also a great class for refreshing your skills. Instructor: Carole Harris.

Day	Date	Time	Cost	Course
W	April 10- May 22	10 a.mnoon	\$63	2190201-01

### **Bridge II**

Advance your knowledge of bidding and scoring bridge games. Bring a deck of cards, pen and notepad. Instructor: Lee Solee.

Day	Date	Time	Cost	Course
М	April 22- May 20	1-3 p.m.	\$42	2190301-01



Look for more information in next month's Senior Script and visit **eminnetonka.com/senior-services** to sign up for our monthly newsletter.



### **Fitness**

For a complete listing and program descriptions, visit **eminnetonka.com/register** or pick up a brochure at the community center.

#### Minnetonka Bike Club

Enjoy the amazing trails of Minnetonka and the Twin Cities! We offer three groups, each with a different ability level.

Day	Date	Time	Cost	Course
Tu, W, Th	April-Oct.*	Various start times	\$10/yr	4120105-01
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<sup>\*</sup>Kickoff meeting is Thursday, April 4 from 9:30-10:30 a.m. More information is available at **mtkabikers.org**.



### Senior Softball- Ages 70+

Our slow-pitch softball has modified rules to allow for competitive play without the risk of serious injury. Registration will be accepted throughout the season. Please pay at the field with cash or check only.

Day	Date	Time	Cost	Course
M, W	April-Oct.	9 a.m.	\$25	3120201-01

### Golf Lessons - Glen Lake Golf and Practice Center

Improve your golf game with lessons taught by professionals!

Day	Date	Time	Cost	Course
M	April 15-May 13	11-11:55 a.m.	\$84	3230105-01
W	April 17-May 15	11-11:55 a.m.	\$84	3230105-02

### **Zumba Gold**

Ditch the workout and join this Latin-inspired dance/fitness program! Instructor: Renee Rahimi.

Day	Date	Time	Cost	Course
М	June 3-July 15*	12:45-1:45 p.m.	\$36	3090501-01

<sup>\*</sup>No class July 1





Free Medicare Counseling: Appointment needed. Call 800-333-2433.

Free Social Worker Consultations: Appointment needed. Call 952-939-8393.

Free Blood Pressure Checks: April 5, 10 & 19 from 9:30-11:30 a.m. Walk-ins only.

**Foot Care Services:** Appointment needed. Call 763-560-5136. Every Friday, 8 a.m.-4 p.m.

For more information, call Minnetonka Senior Services at 952-939-8393

### **History**

### American Indian Wars: Red Cloud's War

Investigate Red Cloud's War in the Wyoming and Montana territories. Instructor: Dan Hartman.

Day	Date	Time	Cost	Course
W	April 10	10:30 a.m12:30 p.m.	\$6	2180207-01

### American Indian Wars: Wounded Knee Massacre

In 1890, U.S. Cavalry troops attempted to disarm the Lakota Sioux. Explore the events that followed. Instructor: Dan Hartman.

Day	Date	Time	Cost	Course
W	April 24	10:30 a.m12:30 p.m.	\$6	2180208-01

### **British History**

### The Victorian Baker

Learn how 19<sup>th</sup> Century bakers plied their trade. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	April 4-25	1-3 p.m.	\$28	2180101-04

### **GENERAL PROGRAMS**

### **Basic First Aid and Hands-Only CPR**

Review basic first aid knowledge and skills. Then learn hands-only CPR. If you've already had CPR, please stay for a review.

Day	Date	Time	Cost	Course
W	April 10	10:30 a.mnoon	Free	2180414-02

### **Volunteer: Adopt a Highway**

Help pick up along Minnetonka Blvd. between I-494 and County Road 73. Vests, bags and sticks are provided. Meet at the Minnetonka Community Center. Everyone walks one mile, one way.

Day	Date	Time	Cost	Course	
Th	April 25	1-3:30 p.m.	Free	3190601-01	

### **PRESENTATIONS**

### **Aging Redefined!**

Join former talk show host, skydiver and CEO of Aging but Dangerous, Jean Ketcham, for an inspiring presentation on making your senior years the best years of your life.

Day	Date	Time	Cost	Course
Th	April 18	10-11 a.m.	\$2	2180421-01

### **Traveling Solo**

This class provides resources, pointers on joining groups, safety tips and more! Instructor: Jayne Kennelly.

Day	Date	Time	Cost	Course
М	April 22	10:30 a.m12:30 p.m.	\$2	2180417-01

### **Virtual Housing Cruise**

Get to know local senior housing from the comfort of the Minnetonka Community Center, and enjoy great food from around the world.

Day	Date	Time	Cost	Course	
Tu	April 23	10:00 a.m1:00 p.m.	Free	2180420-01	

## Registration required for all programs.\*



14600 Minnetonka Blvd. Minnetonka, MN 55345





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 Cancelation**

Participants wishing to withdraw from a program must do so at least one week prior to the start of the program or by the stated registration deadline.

### **Trip Cancelation**

Refunds only granted prior to the registration deadline or in the event that a replacement is found.

\* Programs with low enrollment will be canceled.