

Special events and programs

Travelogue to Southeast Asia: Pt II

Monday, January 6, 10:30 a.m. Minnetonka resident Fred Leverentz will continue to share his experiences traveling

to Laos, Vietnam and Cambodia. Cost: \$2 due Friday, January 3. Course #32126

Winter Picnic

ursday, January 9, 12 p.m.

Join us for an indoor winter picnic with a hot dog bar, potato salad and dessert. Enjoy the musical stylings of Patsy Cline by performer Ardyce Elayne.

Cost: \$7 due Monday, January 6. **Course #32110**

Traveling Naturalist: Wild Cats

Monday, January 13, 1 p.m. Melanie Shipman, who has served as an environmental educator for the Alaska Maritime National Wildlife Refuge and is currently co-director of the Audobon Center of the North Woods, gives a presentation about Minnesota and Alaska's wild cats.

Cost: \$2 due ursday, January 9. Course #32111

International Folk Dance

Tuesday, January 14, 1 p.m.

Come alone or with friends — no partners needed to enjoy line dances from countries around the world such as Serbia, Bulgaria, Greece, Israel and more! Lift your spirits and raise your heart rate in the company of others. Wear comfortable shoes.

Cost: \$2 due Friday, January 10. **Course #32112**

Travelogue to Antarctic

Wednesday, January 15, 1 p.m. Lynn Jacobs will share her experiences traveling to the Antarctic.

Cost: \$2 due Monday, January 13. **Course #32127**

Lunch and a Movie: "Oz the Great and Powerful"

Friday, January 17, 12 p.m. In this Wizard of Oz prequel, circus magician Oscar Diggs is magically transported to the Land of Oz, where he deals with three witches and uses his illusionist skills and resourcefulness to become the wizard the residents have been hoping for. **Menu:** Soup sampler, bread and dessert.

Cost: \$5 due Wednesday, January 15. **Course #32113**

Community Connections

Monday, January 27, 10:15 a.m. In partnership with the Lake Minnetonka Senior Care Providers, Minnetonka Senior Services o ers Community Connections. January's topic is balance and fall prevention, presented by Dr. Eva Norman from Live Your Life Physical erapy. RSVP by Wednesday, January 22. Course #32114

Travelogue to Iceland

ursday, January 30, 1 p.m. Explore Iceland, a country with a mesmerizing history, geology and geography, settled by rugged Vikings, with ongoing volcanic activity, a massive genealogical study, lively cultural and arts scene, wonderful people and great food.

Cost: \$2 due Tuesday, January 28. Course #32128

Historical Travelogue: Part I

Wednesday, February 5, 10:30 a.m. Military historian and teacher Dan Hartmann returns with a historical travelogue on the American Civil War: Fort Sumter to Gettysburg. A light lunch will be served following the presentation.

Cost: \$2 for presentation; \$6 for presentation & lunch. Due Monday, February 3. **Course #32129**

James Shaw Program

ursday, February 6, 10:30 a.m. Come enjoy the musical talents of pianist James Shaw.

Cost: \$2 due Tuesday, February 4. **Course #32130**

Traveling Naturalist: Otters

Monday, February 10, 1 p.m. Melanie Shipman will give a presentation on the facts and stories about river and sea otter history.

Cost: \$2 due ursday, February 6. Course #32131

Calling All Chocoholics

Wednesday, February 12, 1 p.m.

February is celebration of chocolate month and February 12th is Chocolate Day! Indulge in the history of the cacao bean and chocolate consumption at this program. A tasting of chocolates covered in the program will held following the presentation.

Cost: \$2 due Monday, February 10. **Course #32132**

Historical Travelogue: Part II

Wednesday, February 19, 10:30 a.m. Part II will cover the American Civil War: Vicksburg to the Surrender of the South. A light lunch will be served following the presentation.

Cost: \$2 for presentation; \$6 for presentation & lunch. Due Friday, February 14. **Course #32133**

Winter Hike to Jidana

Wed., February 19, 11 a.m. – 1:30 p.m.

Enjoy a scenic winter hike to Jidana Park from the Minnetonka Community Center. Hike along Minnehaha Creek to Deer Island and roast hot dogs over the campfire, with hot co ee, snacks and dessert.

Cost: \$5 due Friday, February 14. **Course #31584**

Classes

Beginning & Intermediate Yoga *Nancy Holasek*

ese gentle yoga classes are geared toward the older adult, with lots of stretching and warm-ups. e yoga postures help increase flexibility. Guided breath-work and visualization help to release, relax, and restore the body, and calm the mind. *Please bring a yoga mat or towel to class.*

Chair-Supported Yoga *** *** *9:45 – 10:45 a.m.*

Most of the class takes place while seated on a chair.

- Tuesday, January 7–28 \$20 (Course #31553)
- ursday, January 9–30 \$20 (Course #31555)

Intermediate Yoga Class * * *

11 а.т. – 12 р.т.

is class includes standing and balance postures. Students should have the ability to get down to and up from the floor for postures completed while on the belly or backside of the body.

- Tuesday, January 7–28 \$20 (Course #31556)
- ursday, January 9–30 \$20 (Course #31558)

Evening Yoga Nancy Holasek

Wednesdays, January 8 – 29, \$20

Evening yoga classes have the same descriptions as the daytime classes.

- Chair Yoga, 6:15 p.m. ★★ (Course #31554)
- Intermediate Yoga, 7:30 p.m. *** * *** (*Course #31557*)

Zumba Gold Demo *** Jan Gamble

Monday, January 6, 11 a.m. – 12 p.m.

Join Jan for a free Zumba Gold demonstration. Zumba Gold o ers a complete body workout while learning the basic steps to salsa, meringue, cha-cha and other rhythms. No dance experience is necessary. Comfortable clothing and workout shoes are recommended. Bring water; you will sweat!

• Free (Course #32134)

Zumba Gold *** *Jan Gamble*

1-2 p.m., \$18

Zumba Gold o ers a complete body workout while learning the basic steps to salsa, meringue, cha-cha and other rhythms. No dance experience is necessary. Comfortable clothing and workout shoes are recommended. Bring water; you will sweat!

Mondays

• January 6 – February 10 No class 1/20 (Course #31587)

Wednesdays

• January 8 – February 12 (Course #31588)

British History *Terry Kubista*

ursdays, January 9-30, 1-3 p.m. January's class will focus on the Windsor Castle. Visit four of the highlights of a trip around England. From the home of Elizabeth, the Queen, journey to the home of Emily Brontë.

• \$25 (Course #31580)

Canadian History & Life 101: Examining Its Political System *Dick Sadler*

Wednesdays, January 8 – March 5, 10 a.m. – 12 p.m.

This is a beginner's class: historical and biographical perspective will be gained from the Canadian Broadcasting Corp's DVD series, Canada, a People's History; the pursuits and culture of the people will be explored through various texts. his class meets every other Wednesday.

• \$25 (Course #31583)

Oil Painting *Marcella Nordseth Fridays, January 10 – February 28, 1 – 3:30 p.m.*

Learn about composition, how to look at objects and how to mix colors. Bring supplies you have to the first class. For intermediate to advanced level students. Supply list will be provided in class.

• \$56 (Course #31578)

Tai Chi Chih *Monica Campbell*

Mondays, January 13 – March 24, \$40

Tai Chi Chih is a series of 19 easy-to-learn movements and one pose. is moving meditation may improve balance and flexibility, reduce stress, increase energy and more. No class January 20 & February 17.

- Beginner ★★ (Course #31571) 10-11 a.m.
- Intermediate ★★★ (Course #31572) 11:30 a.m. – 12:30 p.m.

Writing Down Your Life Stories Larry Wade

Tuesdays, January 14 – February 11, 1 – 2 p.m.

Work with author and teacher, Larry Wade. e focus of the class will be on improving writing skills; building trust and support in a creative environment and sharing ideas/materials related to life stories. Participants will have an opportunity to contribute a story to a book that will be bound for class members.

• \$30 (Course #32135)

Tai Chi *** *Ron Erdman-Luntz*

ursdays, 6 – 7 p.m., \$48

e slow circular movements of Tai Chi help to improve balance and relaxation. Come learn the Tai Chi short form, these wonderful movements have many health benefits and are fun to learn! *Prerequisite:* Able to walk comfortably for an hour. Wear comfortable clothes and athletic shoes.

• January 23 – February 27 (Course #31575)

Navigating Medicare

Tuesday, January 28, 6:30 – 9 p.m.

inking of getting ready to retire? Family member or caregiver to someone who has Medicare coverages? Already have Medicare and just want to know more about it?

Topics covered include Medicare Parts A, B and D. e class is an educational opportunity and not a sales pitch; it is o ered in cooperation with Senior Community Services (SCS), a non-profit agency. Anyone can attend.

Cost: \$10 due Friday, January 24. **Course #31591**

Classes & Trips

British History *Terry Kubista*

ursdays, February 6–27, 1–3 p.m. February's class will focus on the Isle of Man. Visit the Isle of Man, a small island in the Irish Sea which has a strange and fascinating past. Join the tour as we explore the island and its history.

• \$25 (Course #31581)

Values & Planning for a Successful Painting *Sandra Muzzy*

Wednesday, February 19, 1 - 3:30 p.m.A busy session has been planned to help the watercolorist have a few decision-making tools at hand to improve the final outcome of their painting. Before jumping right into painting we need to slow down and make a few decisions. is helps ensure a more satisfactory outcome. Discuss the importance of thumbnails, composition and values. Sandra Muzzy will demonstrate how to approach a value painting.

• \$35 (Course #32136)

Landmark Center Tour * * *

Wednesday, January 29

A docent will reveal past and present features of the magnificent Landmark Center. Enjoy a home-style lunch at Anita's. Following lunch, visit the History Center to tour the exhibit of "American Spirits: e Rise and Fall of Prohibition."

Course #32115

- **Cost:** \$52 includes tours, lunch, transportation & escort.
- Pick-up time: 9:15 a.m.
- Estimated return time: 3:45 p.m.
- Registration deadline: Friday, Jan. 10



Glass Blowing Tour $\star \star \star \star \star$

Wednesday, February 12

Descend into the Glow Hole at building number 10 within the artisans industrial park. Experience a glass blowing demonstration as artisans create wonderful pieces. Artisans' works are available to purchase at the gift shop. Enjoy a half sandwich, cup of soup, cookie and beverage for lunch at Hell's Kitchen. is tour requires participants to travel up and down stairs. Please wear comfortable and stable footwear for this trip.

Course #32116

- **Cost:** \$58 includes tour, lunch, transportation & escort.
- Pick-up time: 10 a.m.
- Estimated return time: 2:30 p.m.
- **Registration deadline:** Friday, January 17

Historic Theatre Tour $\star \star \star$

Monday, March 31

Enjoy lunch at Capital Grille. e Hennepin eatre Trust includes the State, Orpheum and Pantages theatres. Experience a behind-the-scenes tour of one of these historic theatres.

Course #32117

- **Cost:** \$58 includes tour, lunch, transportation & escort.
- Pick-up time: 10:15 a.m.
- Estimated return time: 3:15 p.m.
- **Registration deadline:** Friday, February 28

Tapestry Tour *** * ***

ursday, April 10

A docent will present the tapestry on display at the Plymouth Congregational Church. Have lunch at Jax Cafe. Tour the Basilica of St. Mary.

Course #32118

- **Cost:** \$58 includes tours, lunch, transportation & escort.
- Pick-up time: 9:30 a.m.
- Estimated return time: 3:30 p.m.
- **Registration deadline:** Friday, March 21

Extended trips

For a further information and a full list of extended trip o erings and brochures, call Senior Community Services at (952) 541-1019 or visit *www.seniorcommunity. org* and click on programs and go to senior tours.

Texas *(February 3 – 17)*

Cost: \$2,000 per person, double occupancy.

Valentines Mystery (*February 14 – 15*) Cost: \$250 per person, double occupancy.

Florida *(February 18 – March 6)* Cost: \$2,650 per person, double occupancy.

Arizona *(February 19 – March 6)* Cost: \$2,250 per person, double occupancy.

Florida Fly-In *(Feb. 22 – March 3)* Cost: \$2,200 per person, double occupancy.

Defensive Driving Classes

Please call the MN Highway Safety Center toll free at 1-888-234-1294, Monday – Friday from 8 a.m. to 4 p.m. to register, or visit *www.mnsafetycenter.org* for all defensive driving classes. Four-hour renewal courses cost \$20. Eight-hour courses cost \$24 and are o ered two times per year. Pay the instructor at the time of the class with a check or exact cash. Checks payable to MN Highway Safety Center. Save 10% on your car insurance by taking these classes!

Day course (four-hour renewal)

• Tuesday, January 7, 9 a.m. – 1 p.m.

Evening course (four-hour renewal)

• ursday, January 23, 5:30 – 9:30 p.m.

Activity level scale

e following scale is an approximate guide of the activity level and physical ability required for a class or trip.

Activity scale

- ★ Passive
- $\star \star$ Moderate
- $\star \star \star -$ Active
- $\star \star \star \star -$ Brisk
- $\star \star \star \star \star \text{Vigorous}$

Registration

Ways to register

- Walk-in Pay with cash, check or credit card (Visa, Discover & MasterCard)
- Mail-in Send registrations to Minnetonka Senior Services, 14600 Minnetonka Boulevard, Minnetonka, MN 55345. Include your name, address, phone number and the name of the program, class or trip.
- **By phone** Registrations are accepted at (952) 939-8393, with a credit card.
- Online For more information, call the center at (952) 939-8393.

Cancellation information

- **Class cancellations** Requires at least two business days prior to the start date of the class. Some classes may be cancelled due to insu cient enrollment.
- Trip cancellations Requires cancelling prior to the registration deadline. If a cancellation is made after the payment deadline, the participant is refunded/credited everything but \$5 (administration fee) only if a replacement is found.

Trip registration

Participant can register up to four spaces on a trip. Trips are subject to change. If change occurs, participants will be notified.

Contact us...

Minnetonka Senior Services

(952) 939-8393 14600 Minnetonka Blvd. Minnetonka, MN 55345 Monday-Friday, 8 a.m. - 4:30 p.m.

Senior Services & Activities Manager

Steve Pieh (952) 939-8366 *spieh@eminnetonka.com*

Senior & General Programs Manager

Nicole Gorman (952) 939-8369 *ngorman@eminnetonka.com*

Secretary

Kathy Kline (952) 939-8393 *kkline@eminnetonka.com*

Interest groups

For more information on these groups and a calendar of events, please visit *www. eminnetonka.com* or stop by the center.

Bird Club

Friday, January 3, 10 a.m. Featured Speaker: Larry Wade Topic: Tracking along Minnehaha Creek

Parkinson's Support Group

Tuesday, January 7, 4 p.m.

Book Club

ursday, January 16, 1 p.m. The Light Between Oceans by M.L. Stedman

Great Books

Tuesday, January 28, 7:15 p.m. A Tree Grows in Brooklyn by Betty Smith

Garden Club

Will not be meeting during the month of January. Next meeting will be held February 10 on native plants.

Nature, Novels & Nonfiction

Will reconvene in May of 2014. Watch for book and activity listings in the April Script.

Services

Over 50 & fit

Mondays, Wednesdays, Fridays, 9 a.m. Annual Fee: \$12 (*Course #32119*)

Blood Pressure Screenings

1st & 3rd Fridays; 2nd Wednesdays 9:30 – 11:30 a.m.

Happy Feet

1st, 2nd, 3rd & 4th Fridays, 9 a.m. – 3 p.m. To schedule or cancel an appointment, call (763) 560-5136. Cost: \$35.

Weekly E-mail Updates

To receive weekly e-mail updates on center happenings, send your e-mail address to *spieh@eminnetonka.com.*

Income Tax Help Available

Please call senior services at (952) 939-8393 to schedule an appointment starting January 2.

- Mondays & ursdays, February 6 – April 14.
- Appointment times available include: 12:30, 1:45 & 3 p.m.

Our mission: To develop and promote programs and services in our community to meet the diverse needs of those 55+.

Senior Community Services

Services listed below are provided by Senior Community Services, a local non-profit.

- **CareNextion** Free, easy-to-use online tool and complimentary phone service for caregivers and their families. For more information visit *www.carenextion.org* or call (612) 770-7005.
- Senior outreach Available by appointment on the 2nd & 4th Tuesdays of the month. Contact Marian Danielson at (952) 939-8393 or *m.danielson@seniorcommunity.org.*
- Health insurance counseling Available by appointment on the 1st & 3rd Mondays of the month.

• H.O.M.E.

Household and Outside Maintenance for Elderly (H.O.M.E.) is available for Minnetonka residents 60+. For more information call (952) 939-8363.

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Center Closed in Observance of New Year's Day	Carvers 10:00 Cribbage 10:00 Scribblers 10:00 Chess 12:00 Billiards 1:00 Duplicate Bridge 6:00	Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Bird Club 10:00 Computer 10:00 Billiards 1:00
6	7	8	9	10
Exercise9:00Art Drop In9:00Travelogue to SE Asia10:30Zumba Gold Demo11:00Zumba Gold1:00Rumnikub1:00Billiards2:00	Defensive Driving Yoga9:00Yoga9:45Poker Club10:00Craft Committee10:00Int. Yoga11:00Bingo12:45Tale Spinners1:00Billiards1:00Parkinson's Support4:00	Exercise 9:00 Blood Pressure 9:30 Mah Jongg Group 10:00 Canadian History 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Social Bridge 12:45 Zumba Gold 1:00 Billiards 2:00 Yoga 6:15 500 Cards 6:30 Int. Yoga 7:30	Yoga 9:45 Carvers 10:00 Cribbage 10:00 Scribblers 10:00 Int. Yoga 11:00 Winter Party 12:00 Chess 12:00 British History 1:00 Bunco 1:00 Billiards 1:00 Duplicate Bridge 6:00	Exercise9:00Happy Feet9:00Computer10:00Billiards1:00Oil Painting1:00
13	14	15	16	17
Exercise 9:00 Art Drop In 9:00 Tonka Tale Tellers 10:00 Ham Radio 10:00 Tai Chi Chih 10:00/11:30 Traveling Naturalist 1:00 Zumba Gold 1:00 Hand & Foot 1:00 Health Insurance 1:00 Billiards 2:00	Yoga 9:45 500 Cards 10:00 Advisory Board 10:00 Int. Yoga 11:00 Bingo 12:45 International Folk Dance 1:00 Writing Life Stories 1:00 Tale Spinners 1:00 Billiards 3:00 Senior Outreach 1:00	Exercise 9:00 Mah Jongg Group 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Social Bridge 12:45 Travelogue to Antarctic 1:00 Zumba Gold 1:00 Billiards 2:00 Yoga 6:15 Int. Yoga 7:30	Yoga 9:45 Carvers 10:00 Cribbage 10:00 Scribblers 10:00 Int. Yoga 11:00 Chess 12:00 Book Club 1:00 British History 1:00 Billiards 1:00 Duplicate Bridge 6:00	Exercise9:00Happy Feet9:00Blood Pressure9:30Computer10:00Lunch & Movie12:00Billiards1:00Oil Painting1:00
20	21	22	23	24
Center Closed in Observance of Martin Luther King, Jr. Day	Yoga9:45Poker10:00Int. Yoga11:00Bingo12:45Writing Life Stories1:00Tale Spinners1:00Billiards1:00Single Mingle Club Mtg @The Depot in Hopkins1:30	Exercise 9:00 Mah Jongg Group 10:00 Canadian History 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Social Bridge 12:45 Zumba Gold 1:00 Billiards 2:00 Yoga 6:15 500 Cards 6:30 Int. Yoga 7:30	Yoga 9:45 Carvers 10:00 Cribbage 10:00 Scribblers 10:00 Int. Yoga 11:00 Chess 12:00 Bunco 1:00 British History 1:00 Billiards 1:00 Defensive Driving 5:30 Duplicate Bridge 6:00 Tai Chi w/Ron 6:00	Exercise9:00Happy Feet9:00Computer10:00Billiards1:00Oil Painting1:00
27	28	29	30	31
Exercise 9:00 Art Drop In 9:00 Tai Chi Chih 10:00/11:30 Comm. Connections 10:15 Zumba Gold 1:00 Hand & Foot 1:00 Health Insurance 1:00 Billiards 2:00 Health Insurance 6:00	Yoga 9:45 500 Cards 10:00 Int. Yoga 11:00 Bingo 12:45 Writing Life Stories 1:00 Tale Spinners 1:00 Billiards 1:00 Senior Outreach 1:00 Navigating Medicare 6:30 Great Books 7:15	Exercise9:00Landmark Center Tour9:15Mah Jongg Group10:00Chorale10:15A.A./Al-Anon10:30Social Bridge12:45Zumba Gold1:00Billiards2:00Yoga6:15Int. Yoga7:30	Yoga 9:45 Carvers 10:00 Cribbage 10:00 Scribblers 10:00 Int. Yoga 11:00 Chess 12:00 Travelogue to Iceland 1:00 British History 1:00 Billiards 1:00 Duplicate Bridge 6:00 Tai Chi w/Ron 6:00	Exercise9:00Computer10:00Billiards1:00Oil Painting1:00

Programs and services for those 55+

Group	Meeting day	Information	
Advisory Board	2 nd Tuesday at 10 a.m.		
AA/AI-Anon	Wednesdays at 10:30 a.m.	All ages welcome. New members welcome.	
Billiards	Every afternoon - time varies	See calendar page for times.	
Bingo	Tuesdays at 12:45 p.m.		
Bird Club	1 st Friday of the month at 10 a.m.	January 3–Larry Wade, Naturalist. Topic: Tracking along the Minnehaha Creek.	
Book Club	3 rd Thursday of the month at 1 p.m.	January 16-The Light Between Oceans by M.L. Stedman	
Social Bridge	Wednesdays at 12:45 p.m.	1^{st} , 2^{nd} & 3^{rd} place and grand slam prizes awarded.	
Bunco	2 nd & 4 th Thursdays at 1 p.m.	Don't know how to play? They will teach you.	
Duplicate Bridge	Thursdays at 6 p.m.	Partners needed.	
Card Games	Mondays at 1 p.m.	Rummycube & Hand and Foot, alternating Mondays. See calendar page for game dates.	
Chess	Thursdays at 12 p.m.	If you have general knowledge of chess, join us.	
Chorale	Wednesdays at 10:15 a.m.	New members welcome.	
Computer Interests	Fridays at 10 a.m. Website: <i>mscig.wordpress.com</i>	This group examines topics of interest. Experience ranges from beginner to expert.	
Craft Committee	1 st Tuesday at 10 a.m.		
Cribbage	Thursdays at 10 a.m.	Bring your cribbage boards and a deck of cards.	
500 Card Club	2 nd & 4 th Tuesday at 10 a.m.	2 nd & 4 th Wednesday at 6:30 p.m.	
Mtka Community Garden Club	2 nd Monday at 1 p.m.	Garden Club will not be meeting in January. Next meeting will be held February 10 on native plants. New members welcome!	
Great Books	4 th Tuesday at 7:15 p.m.	January 28–A Tree Grows in Brooklyn by Betty Smith	
Ham Radio	2 nd Monday at 10 a.m.	New members welcome.	
The Landing Shop	Open for holiday hours starting Monday, December 2. Monday-Saturday, 10 a.m. to 4 p.m. with extended hours on Thursdays, 10 a.m. to 8 p.m.	The Landing Shop is located at 11280 Wayzata Blvd. Phone (763) 591-4868. The Landing shop sells handmade items crafted by Minnetonka residents 55+.	
Mah Jongg	Wednesdays at 10 a.m.	New members welcome.	
Parkinson's Support	1st Tuesday at 4 p.m.	January 7–Topic: Exercise.	
Pickleball	Monday-Friday, times vary.	Indoor play available at Williston. For more information call (952) 939-8370.	
Poker	1 st & 3 rd Tuesday at 10 a.m.	Join us for a good game of poker.	
Scribblers	Thursdays at 10 a.m.	Attention all writers (amateur to professional), if you enjoy writing poems, storytelling, fiction or short stories come join us and share your work with fellow writers. New members welcome!	
Single Mingle Club	3 rd Tuesday at 1:30 p.m. at The Depot	Various events scheduled monthly. Stop by the center to pick up a listing of events. New members welcome.	
Tonka Tale Tellers	2 nd Monday at 10 a.m.	This group travels to elementary schools within the area to tell and animate stories.	
Tale Spinners	Tuesdays at 1 p.m.	This group offers rapport and support for seniors interested in writing memoirs, fiction, etc.	
Wood Carvers	Thursdays at 10 a.m.	Group members work independently but also share ideas with one another.	