

Special events and programs

Fish Dinner is March 7

Friday, March 7, 5:30 p.m.

Enjoy a social outing with friends and a delicious catered meal of baked cod, baby red potatoes, mixed vegetables and dessert. Entertainment provided by Tim Patrick, Sinatra singer.

Cost: \$7 due Friday, February 28. **Course #32301**

Traveling Naturalist: The Fox

Monday, March 10, 1 p.m. Malania Shinman presents the fac

Melanie Shipman presents the facts and stories about fox history.

Cost: \$2 due ursday, March 6. Course #32302

Author Presents

Wednesday, March 12, 10:30 a.m. Joel Arnold will give a presentation on old trails specific to Minnesota, genealogy and his historical novel, *Ox Cart Angel.*

Cost: \$2 due Monday, March 10. Course #32303

St. Patrick's Day Party

street performer.

Monday, March 17, 12 p.m. Enjoy a delicious traditional meal of corned beef, cabbage, Irish soda bread and dessert. Entertainment provided by Maggie McClure, Renaissance Festival

Cost: \$7 due Monday, March 10. Course #33058

Dementia: There is Hope

Wednesday, March 19, 12 p.m. Debbie Bachel of Creative Health Care Management shares the ree Golden Rules to improve relationships and interactions with those su ering from memory loss.

Bring photos of you or your loved one's special memories for the "Photo Album" exercise. Sponsored by Homewatch CareGivers. A light lunch will be provided during the program.

Cost: \$6 due Monday, March 17. Course #33059

Lunch and a Movie: "The Guilt Trip"

Friday, March 21, 12 p.m. As inventor Andy Brewster is about to embark on the road trip of a lifetime, a quick stop at his mom's house turns into an unexpected cross-country voyage with her. ank you to Freedom Pointe for providing dessert.

Menu: Sandwich, chips, fruit and dessert.

Cost: \$5 due Wednesday, March 19. **Course #33060**

Community Connections

Monday, March 24, 10:15 a.m.

In partnership with the Lake Minnetonka Senior Care Providers, Minnetonka Senior Services o ers Community Connections. March's topic is depression and the winter blues. RSVP by Friday, March 21. **Course #33061**

Dinner with Minnetonka firefighters

Tuesday, March 25, 5:30 p.m. Meet new Fire Chief John Vance and other Minnetonka firefighters and tour the facility while savoring a grilled hot dog, chips and beverage. Event will take place at the fire

station within the city campus, please park in the city hall parking lot. RSVP to MSS by Friday, March 21. **Course #33062**

Healing Chants and Soothing Lullabies: Afternoon Sing-Along

ursday, March 27, 12:30 – 2:30 p.m. Learn simple, healing chants and lullabies from around the world. All songs will be taught by ear, using a traditional call-andresponse method. Non-religious focus. No experience necessary.

is event will be led by Betsy Sansby, Director of e One World Community Choir of Minnetonka. Live accompaniment will be provided by Al Dworsky on piano and cajon. Fees go to the Minnetonka Senior Center Scholarship Fund.

Cost: \$2 due Monday,March 24. Course #33063

Navigating Medicare

ursday, March 27, 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 Monday, March 24. **Course #31592**

A Day in the Life of a Civil War Soldier

Tuesday, April 1, 10:30 a.m.

is presentation addresses what an average civil war soldier did doing the civil war. Learn about uniforms, food rations, daily

drill and duties, how to load and fire a musket and other aspects of camp life including civil war medicine,



punishment, past times. Presenter is Dr Stephen Johnson, a local Civil War re-enactor and civil war enthusiast who volunteers his time to speak at schools and groups.

Cost: \$2 due Friday, March 28. **Course #33064**

Downsizing: Don't Let Your Treasures become Trash!

ursday, April 3, 10:30 a.m. Learn ways to approach the sometimes daunting task of downsizing a lifetime of belongings. Jan Lehman, owner of Can the Clutter®, is a professional specializing in helping individuals downsize.

Cost: \$2 due Tuesday, April 1. Course #33066

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, March 4 25, \$20 (Course #31565)
- ursday, March 6 27, \$20 (Course #31567)

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, March 4 25, \$20 (Course #31568)
- ursday, March 6 27, \$20 (Course #31570)

Evening Yoga Nancy Holasek

Wednesdays, March 5 – 26, \$20

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

- Chair Yoga, 6:15 p.m. ★★ (Course #31566)
- Intermediate Yoga, 7:30 p.m. ★★★ (*Course #31569*)

Beginning Quilting Cathy Goset

Tuesdays, March 11–April 1, 9:30 a.m.– 12 p.m.

Ever wish you could make a quilt for a favorite new baby or use up some material you have around into a nice warm quilt? Learn the basics by attending this four week class. You will learn about equipment to make the project easier, how to cut accurately, sew seams together and how to put an individualistic style into each creation. Students are required to bring their own sewing machine and any other materials they have with them to class.

• \$40 (Course #33068)

Quilting Demo *Cathy Goset*

Wednesday, March 19, 1–3 p.m. Already know the basics and have projects you need to complete? Perhaps all you need to finish a project is some room to spread out, or some hints on finishing your quilt. Join Cathy for this free demo class. Participants are required to bring their own sewing machine and any other materials they have with them to class.

• Free (Course #33069)

British History *Terry Kubista*

ursdays, March 6 – 27, 1 – 3 p.m. March's class will focus on e Queen Mother, Elizabeth who influences the actions and decisions of the royal family even long after her death. Explore the life and legacy of this fascinating woman.

• \$25 (Course #31582)

Oil Painting Marcella Nordseth

Fridays, March 7–April 25, 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 #31579)

Tai Chi *** * *** *Ron Erdman-Luntz*

ursdays, 6 – 7 p.m., \$48 e slow circular movements of Tai Chi help to improve balance and relaxation. e mind is calm, the body moves in balance, breathing comfortably, you are quietly aware and alert. *Prerequisite:* Able to walk comfortably for an hour. Wear comfortable clothes and athletic shoes.

• March 13 – April 17 (Course #31576)

Save the date...

Summer registration begins Monday, March 3, for Minnetonka residents and Tuesday, March 4 for non-residents. See below for a listing of classes and trips.

Classes

- Yoga (April–July)
- Bridge II
- Line dance
- Mah Jongg
- Tai Chi Chih
- Tai Chi for Health and Wellness
- Outdoor Tai Chi
- Zumba Gold
- Art classes with Gin Weidenfeller
- British & Canadian History

Trips

- Shell Lake, WI Tour
- Spamown Belle Cruise
- Frank Disalvo Concert

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. Eighthour 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, March 4, 9 a.m. – 1 p.m.

Evening course (four-hour renewal)

- Monday, March 10, 5:30 9:30 p.m.
- ursday, March 27, 5:30 9:30 p.m.

Trips

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.

New Orleans (April 5 – 13) Cost: \$1,450 per person, double occupancy.

Washington, DC & New York City (*April 7 – 17*) Cost: \$1,850 per person, double occupancy.

Music Cities *(April 22 – 29)* Cost: \$1,175 per person, double occupancy.

Message from Nicole Gorman, *Script* Editor

A Time for Goodbye— I have recently accepted an o er to work for the city of Farmington's recreation department. By the time you read this I will have already left my position with the city of Minnetonka.

I would like to take a moment to thank all of the wonderful people who have made my job so enjoyable for the past seven years. I will be leaving MSS with many good memories and experiences. I sincerely hope you will continue to enjoy this beautiful facility and the wonderful programs being o ered here.

All My Best - Nicole

Income Tax Help Available

Complicated and time-consuming tax returns will not be completed at this site. e purpose of this income tax site is for simple, basic returns.

Mondays

Call to see if appointments are still available. Appointment times are 12:30, 1:45 & 3 p.m.

- February 10, 24
- March 3, 10, 17, 24, 31
- April 7, 14

Thursdays

Call to see if appointments are still available. Appointment times are 12:30, 1:45 & 3 p.m.

- February 6, 13, 20, 27
- March 6, 13, 20, 27
- April 3, 10

What to bring...

- Copy of last year's return and all necessary documentation
- Income forms: W2, 1099, brokerage statements, etc.
- If itemizing deductions, a summarized list of deductions with supporting documentation
- Rent credit form or property tax statement for 2013
- Any federal and state forms received in the mail
- Long-term health insurance premiums paid
- Two forms of ID (one picture ID) — driver's license, passport, Social Security card

Terms of service

- · Minnesota residents only
- Age over 60 and low or moderate income
- No self-employed income unless expenses are less than \$5,000
- No farm or rental income
- No business partnerships or corporations
- Simple, basic, uncomplicated returns

Special Interest Group Highlight

Minnetonka Bike Club

e goal of the Minnetonka Bike Club is to provide moderate exercise under safe conditions and encourage social interaction and friendship. e club has created groups to accomodate di erent levels of riding ability. Please visit **www.mtkabikers.org** for descriptions of trail rides, schedules, biking advice and more.

e kick-o and information meeting will be held ursday, April 3, 9:30 a.m. at the Minnetonka Community Center. there is an \$11 annual registration fee to belong to the club. For more information or to register call (952) 939-8393. New members are welcome!

The Landing Shop

Browse and buy handmade items crafted by Minnetonka residents 55 and older. Items available for sale include wooden toys, doll clothes and furniture, baby items, clothing, aprons, paintings, cards, books and much more.

e Landing Shop is located at 11280 Wayzata Boulevard, at the northwest corner of I-394 and Hopkins Crossroad/ Cty. Rd. 73 in Westridge Market. Shop is open Wednesday-Saturday 10 a.m. to 4 p.m., with extended hours on ursdays, 10 a.m. to 8 p.m.

Interested in selling your handmade items at the shop? Shop consignors must be at least 55 years old and reside in Minnetonka. Cosignors may volunteer at the shop. Questions, call Kathy at (952) 939-8391.

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*

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.

Bulls & Bears Investment Club

Monday, March 3 & 17, 1 p.m. Featured Speaker: Ryan Sherwood Topic: Overview of Investing

Parkinson's Support Group

Tuesday, March 4, 4 p.m. Topic: Understanding and managing drepession as you age.

Bird Club

Friday, March 7, 10 a.m. Featured Speaker: Don Luce, Curator

Garden Club

Monday, March 10, 1 p.m. Featured Speaker: Emily Ball

Book Club

ursday, March 20, 1 p.m. Montana 1948 by Larry Watson

Literary Book Club

Tuesday, March 25, 7:15 p.m. The Man Who Would Be King by Rudyard Kipling

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.*

Volunteer Opportunities

Please call senior services at (952) 939-8393 for more information or to volunteer. **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 Mary Ann Lundberg at (952) 939-8393 or *m.lundberg@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.

March 2014	Programs and services for those 55+ Minnetonka Script			
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Resident Registration 8:00 Exercise 9:00 Art Drop In 9:00 Tai Chi Chih 10:00/11:30 2umba Gold Zumba Gold 1:00 Rummikub 1:00 B&B Investment Club 1:00 Billiards 2:00	Non-Resident Registration8:00Defensive Driving9:00Yoga9:45Poker Club10:00Craft Committee10:00Int. Yoga11:00Bingo12:45World War I History1:00Tale Spinners1:00Billiards1:00Parkinson's Support4:00	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 Dimension of Color 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 British History 1:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00	Exercise9:00Happy Feet9:00Blood Pressure9:30Bird Club10:00Computer10:00Billiards1:00Oil Painting1:00Fish Dinner5:30
10	11	12	13	14
Exercise9:00Art Drop In9:00Tai Chi Chih 10:00/11:30Ham Radio10:00Tonka Tale Tellers10:00Traveling Naturalist1:00Zumba Gold1:00Garden Club1:00Hand & Foot1:00Health Insurance1:00Billiards2:00Defensive Driving5:30	Beginning Quilting 9:30 Yoga 9:45 500 Cards 10:00 Advisory Board 10:00 Int. Yoga 11:00 Bingo 12:45 World War I History 1:00 Billiards 1:00 Senior Outreach 1:00	Exercise 9:00 Blood Pressure 9:30 Mah Jongg Group 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Author Presents 10:30 Social Bridge 12:45 Dimension of Color 1:00 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 Legal Assistance 10:00 Int. Yoga 11:00 Chess 12:00 British History 1:00 Bunco 1:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi w/Ron 6:00	Exercise9:00Happy Feet9:00Computer10:00Billiards1:00Oil Painting1:00
17	18	19	20	21
Exercise9:00Art Drop In9:00Tai Chi Chih 10:00/11:30St. Patrick's Day Party12:00B&B Investment Club1:00Zumba Gold1:00Rummikub1:00Billiards2:00	Beginning Quilting9:30Yoga9:45Poker Club10:00Int. Yoga11:00Bingo12:45World War I History1:00Tale Spinners1:00Billiards1:00Single Mingle Club Mtg @The Depot in Hopkins1:30	Exercise 9:00 Mah Jongg Group 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Dementia Program 12:00 Social Bridge 12:45 Zumba Gold 1:00 Quilting Demo 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 Tai Chi w/Ron 6:00	Exercise9:00Happy Feet9:00Blood Pressure9:30Computer10:00Lunch & Movie12:00Billiards1:00Oil Painting1:00
24	25	26	27	28
Exercise9:00Art Drop In9:00Tai Chi Chih 10:00/11:30Comm. Connections10:15Zumba Gold1:00Hand & Foot1:00Health Insurance1:00Billiards2:00Health Insurance6:00	Beginning Quilting 9:30 Yoga 9:45 500 Cards 10:00 Int. Yoga 11:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00 Senior Outreach 1:00 Dinner w/ Firefighters 5:30 Literary Book Club 7:15	Exercise 9:00 Mah Jongg Group 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 Legal Assistance 10:00 Int. Yoga 11:00 Chess 12:00 Singing Workshop 12:30 Billards 1:00 Bunco 1:00 Defensive Driving 5:30 Duplicate Bridge 6:00 Tai Chi w/Ron 6:30	Exercise9:00Happy Feet9:00Computer10:00Billiards1:00Oil Painting1:00
Historic Theatre Trip10:15Zumba Gold1:00Rummikub1:00Billiards2:00				
952.939.8393	Programs and services for those 55+ <i>eminnetonka.com</i>			

Programs and services for those 55+

Group	Meeting day	Information	
Advisory Board	2 nd Tuesday at 10 a.m.		
AA/Al-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.	March 7–Don Luce, Curator	
Book Club	3 rd Thursday of the month at 1 p.m.	March 20–Montana 1948 by Larry Watson	
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.	Rummikub & 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.	March 10–Speaker: Emily Ball. New members welcome!	
Literary Book Club (Formerly Great Books)	4 th Tuesday at 7:15 p.m.	March 25– <i>The Man Who Would Be King</i> by Rudyard Kipling	
Ham Radio	2 nd Monday at 10 a.m.	New members welcome.	
The Landing Shop	Wednesday-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.	March 4–Topic: Understanding and managing depression as you age.	
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.	