

Events and programs

Lunch and a Movie: *Philomena*

Friday, July 18, 12 p.m.

When former journalist Martin Sixsmith is dismissed from the Labour Party in disgrace, he is at a loss as to what do. en a young Irish woman approaches him about her mother, whose son was taken away when she was a teenage inmate of a Catholic convent.

Menu: Assorted appetizers and dessert.

Cost: \$5 due Wednesday, July 16 Course #33544

Hawaiian Luau

ursday, July 24, 12 p.m.

Enjoy a summer day with friends at a Hawaiian luau. **Menu:** Pineapple chicken teriyaki meatballs, rice, vegetables, volcano punch and upside-down pineapple cake.

Cost: \$5 due Tuesday, July 22 Course #33545

Community Connections

Monday, July 28, 10:15 a.m.

In partnership with the Lake Minnetonka Senior Care Providers, Minnetonka Senior Services o ers Community Connections. July's topic is advance directives.

• Free (Course #33589)

Nutrition: Foods to Reduce Pain and Inflammation

ursday, July 24, 10 a.m.

Food choices a ect pain and inflammation levels. During this two-hour session learn how to heal your body with real food. Topics include sugar, processed carbohydrates, omega-3 fats and minerals. Take home recipes and begin your antiinflammation eating plan.

Cost: \$22 due ursday, July 17 Course #33573

Armchair Travel to China

Tuesday, August 5, 10:30 a.m.

Xuefen Yu (AKA: Phoenix) has returned from her visit to China and will be highlighting the breathtaking sceneries of China including: the Himalaya and Tianshan mountains, vast grasslands of Mongolia, Liyuan Lakes and gardens in Southeast China, Terracotta Warriors in Xi'an and the cityscapes of Beijing, Hong Kong, Shanghai and more!

Cost: \$2 due ursday, July 31 Course #33590

Nature, Novels & Non-Fiction

2nd and 3rd Mondays at 2 p.m. Exercise your mind and body! Discuss an adventure-related book at the Minnetonka Community Center on the second Monday of the month. en, gather at a park for a book related adventure on the third Monday of the month.

is program is o ered in partnership with ree Rivers Park District and Ridgedale Library. Register online at *www.hclib.org* or by phone (612) 543-8840. Check out a copy of the book at the Ridgedale Library Information Desk three weeks before the book discussion. Sign up for the monthly adventure at the book club meeting.

- July: *Swimming to Antarctica* by Lynne Cox and Stand-Up Paddleboarding at Bryant Lake Park
- August: *Eternal on the Water* by Joseph Monninger and Kayaking at French Park
- **September:** *Wild* by Cheryl Strayed and Hiking at Hyland Lake Park

Meet the Police Chief

Wednesday, August 6, 10 a.m. Meet Minnetonka Police Chief Je Sebenaler. Refreshments provided. RSVP for this free event by Monday, August 4.

Course #33591

Essential Oil Creations: Personal Air Mister

Wednesday, August 13, 1 p.m.

Enhance your home or car the natural way! Create a personal air mister with Wyndmere Natural Aromatherapy Oils. Essential oils are concentrated extracts of herbs, flowers, trees and grasses and have been used for thousands of years to positively influence the mind and body. All supplies will be provided to create a blend of your choosing

Cost: \$6 due Wednesday, August 6 Course #33586

Lunch and a Movie: *Frozen*

Friday, August 15, 12 p.m.

Winner of two Academy Awards and a Golden Globe, *Frozen* tells the story of a fearless princess who sets o on an epic journey alongside a rugged mountain man, his loyal pet reindeer, and a hapless snowman to find her estranged sister, whose icy powers have inadvertently trapped the kingdom in eternal winter. Inspired by Hans Christian Andersen's fairy tale *The Snow Queen*.

Menu: Chicken tenders, sweet corn, fruit and dessert.

Cost: \$5 due Wednesday, August 13 Course #33592

Pork Chop Dinner

Monday, August 18, 5:30 p.m.

Enjoy an evening of good food, conversation and entertainment by Dick Macko. Dessert provided by Texas Terrace. **Menu:** Pork chops, coleslaw, dinner roll, applesauce and dessert.

Cost: \$7 due Monday, August 11 Course #33593

Programs meet at Minnetonka Senior Services, 14600 Minnetonka Blvd., unless otherwise noted.

Programs

Beginning & Intermediate Yoga Nancy Holasek

ese gentle 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, August 5 26, \$25 (Course #33596)
- ursday, August 7 28, \$25 (Course #33598)

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, August 5 26, \$25 (Course #33599)
- ursday, August 7 28, \$25 (Course #33601)

Evening Yoga

Evening yoga classes have the same descriptions as the daytime classes. *Wednesdays, July 9 – 30, \$25*

- Chair Yoga, 6:15 p.m. **
 (Course #32256)
- Intermediate Yoga, 7:30 p.m. *** * *** (Course #32259

Wednesdays, August 6-27, \$25

- Chair Yoga, 6:15 p.m. ★★ (Course #33597)
- Intermediate Yoga, 7:30 p.m. *** * *** (*Course #33600*)

Share your ideas....

Please share any of your favorite topics, instructors, presenters or entertainers you'd like for us to o er. Email *jcross eld@eminnetonka.com* or call (952) 939-8393.

Let's Go Fishing!

Monday, July 14, 9:30 a.m.

Spend the morning fishing! Meet at Riley Lake in Eden Prairie for a fully accessible boat ride and opportunity for fishing. Equipment and life jackets included.

e boat ride is two hours. Fishing is a catch-and-release sport on this trip. Wear appropriate outdoor gear including a hat and sunscreen. Participants from a care facility or residence, or over age 90, do not require a fishing license. All other participants should obtain a fishing license. 24 hour fishing licenses are available for \$10. Space is limited to 10 participants.

• \$5 (Course #33594)

Line Dance *Eileen Ronning*

Continuing Beginner: 12:30 – 1:30 p.m. Must have completed 8 previous lessons.

- ursday, July 10 August 7, \$20 (Course #32265)
- ursday, August 14 September 11, *\$20 (Course #32274)*

Intermediate: 1:45-2:45 p.m.

Must have completed 50+ previous classes.

- ursday, July 10 August 7, \$20 (Course #32266)
- ursday, August 14 September 11, *\$20 (Course #32275)*

Pickleball * * * *

Monday – Friday, 7:30 – 11 a.m. Meadow Park is located on Oakland Road just north of Stone Road

Pickleball is played on the tennis courts and on the pickleball courts within the hockey rinks during league time. Four permanent pickleball courts were installed within the hockey rinks that can be used at anytime outside of this designated league time.

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! Classes below are available at the Minnetonka Community Center.

Day course (four-hour renewal)

- Tuesday, July 22, 9 a.m. 1 p.m.
- ursday, August 14, 9 a.m. 1 p.m.
- ursday, September 11, 9 a.m. 1 p.m.

Evening course (four-hour renewal)

- ursday, July 10, 5:30 9:30 p.m.
- Tuesday, September 23, 5:30 9:30 p.m.

Minnetonka Bike Club * * * *

e Minnetonka Bike Club is entering its sixth season. e goal of the club is to provide moderate exercise under safe conditions and to encourage social interaction and friendship. e club has three groups to accommodate di erent levels of riding ability. Over 50 trail rides are scheduled, with a majority on designated bike trails. For more information see *www.mtkabikers.org* or to register call the Senior Center. New members are welcome!

• \$11 (Course #32283)

70+ Softball * * * *

Monday and Wednesdays, 9 a.m. –12 p.m. at Big Willow Park.

Slow-pitch softball is played every Monday and Wednesday mornings at Big Willow Park. Modified rules allow for competitive play without the risk of serious injury. e season runs through October. Registration will be accepted throughout the season.

• \$15 (Course #32284)

Events & Trips

Day Trips

Minnetonka collaborates with other organizations in an e ort to o er an a ordable price. is can cause a slight adjustment to start and end times of the trip. Once registration has closed participants will be notified if the trip itinerary has changed.

Victorian Hudson Experience * * *

Wednesday, August 20

Take a behind-the-scenes tour and enjoy the Art Gallery of the Whipps Center in Hudson, Wisc. After the tour, meet in the Atrium for a self-service Victorian Cream Tea. Following the tea, visit the Octagon House in Hudson for a docent-led tour.

Course #33547

- **Cost:** \$60 includes tours, lunch, transportation & escort.
- Pick-up time: 9:30 a.m.
- Estimated return time: 4 p.m.
- Registration deadline: Friday, July 25

Old Castle Murder Mystery Lunch ★★

Tuesday, September 16

Spend the day at Old Spicer Castle located on 600 feet of Green Lake's shore in Spicer, Minn. Participants will enjoy a day of merriment and suspense as they help to catch a murderer. Each participant begins as a suspect and works to point out motive and opportunity to one another. Sta provide roles and direction during a twohour luncheon service.

Menu: Herb roasted pork loin, harvest greens salad, dinner roll, red skin and roasted garlic mashed potatoes, vegetable, dessert, co ee and tea.

Course #33595

- **Cost:** \$58 includes tours, lunch, transportation & escort.
- Pick-up time: 9 a.m.
- Estimated return time: 4:15 p.m.

Registration deadline: Wednesday, Aug. 6

Extended Trips

For 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* click on programs, then senior tours.

Folklorama *(August 6 – 9)* Cost: \$769 per person, double occupancy.

Oregon & California (August 13 – 24) Cost: \$1950 per person, double occupancy.

Yellowstone *(August 15 – 21)* Cost: \$1375 per person, double occupancy.

Special Interest Group Highlights

For a detailed list of Special Interest Groups view the *Script* online or receive a copy from the Senior Center o ce.

- 500 Cards, 2nd & 4th Tuesdays, 10 a.m., 2nd & 4th Wednesdays, 6:30 p.m.
- AA/Alanon, Wednesdays, 10:30 a.m.
- Art Drop-In, Mondays, 9 a.m.
- **Billiards,** time varies, contact the Senior Center for details.
- Bingo, Tuesdays, 12:45 p.m..
- Bulls & Bears Investment Club, 1st & 3rd Mondays, 1 p.m.
- Bunco, 2nd & 4th ursdays, 1 p.m.
- Duplicate Bridge, ursdays, 6 p.m.
- Chess, ursdays, 12 p.m.
- Craft Committee, 1st Tuesday, 10 a.m.
- Garden Club, 2nd Monday, 1 p.m.
- Ham Radio, 2nd Monday, 10 a.m.
- Mah Jongg, Wednesdays, 10 a.m.
- Poker, 1st & 3rd Tuesdays, 10 a.m.
- Social Bridge, Wednesday, 1 p.m.
- Tonka Tale Tellers, 2nd Monday, 10 a.m.

The Landing Shop

Browse and buy handmade items crafted by Minnetonka residents 55 and older. Items available for sale include: wooden toys, doll clothes, baby items, art, cards, and more. Location: 11280 Wayzata Boulevard Hours: Wednesday-Saturday 10 a.m. to 4 p.m., open ursdays until 8 p.m.

Fall Registration

- e fall recreation brochure is available online. Black-and-white hard copies can be picked up a Minnetonka City Hall.
- Fall registration begins August 4 for Minnetonka residents. Non-residents can register for fall programs beginning August 5. Registration is available online, over the phone, via mail or in person.
 - Online: *www.eminnetonka.com,* first time uses should call for a PIN number.
 - **Phone:** (952) 939-8393, payments can be made with Visa, MasterCard or Discover.
 - Mail: 14600 Minnetonka Blvd, Minnetonka, MN 55345
 - In person: Visit us Monday Friday 8:00 a.m. 4:30 p.m.
- Scholarships: limited scholarships are available for Minnetonka residents age 55 and over.
 - Up to 50% on day trips (one per year).
 - Up to 50% for programs, classes and events.
 - Up to three scholarships per brochure totalling nine per year.
 - Scholarships will be kept confidential.
 - No questions will be asked regarding details of participant's finances.
- **Course cancellations:** if minimum registration requirements are not met programs may be cancelled. You will be contacted with refund options if a program is cancelled.

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

- $\begin{array}{l} \star \text{Passive} \\ \star \star \text{Moderate} \end{array}$
- $\star \star \star -$ 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

Janelle Crossfield (952) 939-8369 *jcross eld@eminnetonka.com*

Administrative Staff

Kate Egert and Kathy Kline (952) 939-8393 kegert@eminnetonka.com 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.

Computer Group

Fridays, 10 a.m.

For more detailed information about meetings visit *mscig.wordpress.com*.

Games and Cards

Mondays, 1 p.m.

1st & 3rd is Rummikub. 2nd & 4th is Hand and Foot. If there is a 5th Monday, train dominoes is played.

Garden Club

2nd Monday, 1 p.m. Member grown plants will be sold at the Minnetonka Farmer's Market July 22

Ham Radio

and July 29.

2nd Monday, 10 a.m. New members welcome!

Single Mingle

3rd Tuesday, 3:30 p.m. at Tuttle's in Hopkins for a monthly planning meeting. Monthy flyers are available at the Senior Center regarding additional outings..

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.

 Adopt-A-Highway — Friday, August 1, 9 a.m. Supplies provided. Meet at the Minnetonka Community Center. **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) 746-4046.

July 2014

Programs and services for those 55+

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Craft Committee10:00Poker Club10:00Bingo12:45Billiards1:00	Exercise9:00Mah Jongg Group10:00A.A./Al-Anon10:30Social Bridge12:45Billiards1:00	Carvers 10:00 Cribbage 10:00 Chess 12:00 Billiards 1:00 Duplicate Bridge 6:00 Tai Chi w/Ron 6:00	<i>Center closed in observance of July 4th.</i>
7	8	9	10	11
Exercise 9:00 Art Drop In 9:00 Rummikub 1:00 Billiards 1:00 B&B Investment Club 1:00 Health Insurance 1:00	Chair Yoga 9:45 500 Cards 10:00 Advisory Board 10:00 Int. Yoga 11:00 Bingo 12:45 Billiards 1:00 Senior Outreach 1:00	Exercise 9:00 Blood Pressure 9:30 Mah Jongg Group 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00 Chair Yoga 6:15 500 Cards 6:30 Int. Yoga 7:30	Chair Yoga 9:45 Carvers 10:00 Cribbage 10:00 Int. Yoga 11:00 Chess 12:00 Beg. Line Dance 12:30 Bunco 1:00 Int. Line Dance 1:45 Billiards 3:00 Defensive Driving 5:30 Duplicate Bridge 6:00 Tai Chi w/Ron 6:00	Exercise9:00Happy Feet9:00Computer10:00Billiards1:00
14	15	16	17	18
Exercise 9:00 Art Drop In 9:00 Let's Go Fishing 9:30 Ham Radio 10:00 Tonka Tale Tellers 10:00 Garden Club 1:00 Hand and Foot 1:00 Billiards 1:00 Nature & Novels 2:00	Chair Yoga9:45Poker Club10:00Int. Yoga11:00Bingo12:45Billiards1:00Single Mingle Club Mtg @ Tuttle's3:30	Exercise9:00Mah Jongg Group10:00A.A./Al-Anon10:30Social Bridge12:45Billiards1:00Chair Yoga6:15Int. Yoga7:30	Chair Yoga9:45Carvers10:00Cribbage10:00Int. Yoga11:00Chess12:00Beg. Line Dance12:30Billiards3:00Int. Line Dance1:45Duplicate Bridge6:00Tai Chi w/Ron6:00	Exercise9:00Happy Feet9:00Blood Pressure9:30Computer10:00Lunch & Movie12:00Billiards1:00
21	22	23	24	25
Exercise9:00Art Drop In9:00Rummikub1:00Health Insurance1:00Billiards1:00B&B Investment Club1:00Health Insurance6:00	Defensive Driving9:00Chair Yoga9:45500 Cards10:00Int. Yoga11:00Bingo12:45Billiards1:00Senior Outreach1:00	Exercise 9:00 Mah Jongg Group 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00 Chair Yoga 6:15 500 Cards 6:30 Int. Yoga 7:30	Chair Yoga 9:45 Carvers 10:00 Cribbage 10:00 Nutrition 10:00 Int. Yoga 11:00 Chess 12:00 Hawaiian Luau 12:00 Beg, Line Dance 12:30 Billards 3:00 Bunco 1:00 Int. Line Dance 1:45 Duplicate Bridge 6:00 Tai Chi w/Ron 6:00	Exercise9:00Happy Feet9:00Computer10:00Billiards1:00
28	29	30	31	
Exercise 9:00 Art Drop In 9:00 Community Connections 10:15 Hand & Foot 1:00 Billiards 1:00	Chair Yoga9:45Int. Yoga11:00Bingo12:45Billiards1:00	Exercise 9:00 Mah Jongg Group 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00 Chair Yoga 6:15 Int. Yoga 7:30	Chair Yoga9:45Carvers10:00Cribbage10:00Int. Yoga11:00Chess12:00Beg. Line Dance12:30Billards3:00Int. Line Dance1:45Duplicate Bridge6:00	

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.	Meets again in September.	
Book Club	3 rd Thursday of the month at 1 p.m.	Meets again in September.	
Bulls & Bears Investment Club	1st & 3rd Monday of the month at 1 p.m.		
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.	
Chess	Thursdays at 12 p.m.	If you have general knowledge of chess, join us.	
Chorale	Wednesdays at 10:15 a.m.	Meets again in September.	
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.	
Games and Cards	Mondays at 1 p.m.	1 st & 3 rd : Rummikub, 2 nd & 4 th : Hand and Food, 5 th (if applicable): Train Dominoes	
Mtka Community Garden Club	2 nd Monday at 1 p.m.	New members welcome!	
Literary Book Club (Formerly Great Books)	4 th Tuesday at 7:15 p.m.	Meets again in September.	
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.	
Pickleball	League Play: Monday-Friday, 7:30 a.m 10 a.m.	Designated Pickleball Courts at Meadow Park will be available anytime for outdoor play, first come, first served.	
Poker	1 st & 3 rd Tuesday at 10 a.m.	Join us for a good game of poker.	
Scribblers	Thursdays at 10 a.m.	Meets again in September.	
Single Mingle Club	3 rd Tuesday at 3:30 p.m. at Tuttle's	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.	Meets again in September.	
Wood Carvers	Thursdays at 10 a.m.	Group members work independently but also share ideas with one another.	