Events and programs

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.

Fall Registration

Registration for fall programs begins August 4 for Minnetonka residents and August 5 for non-residents. Cost: \$7 due Monday, August 11. Course #33593

Community Connections

Monday, August 25, 10:15 a.m.
In partnership with the Lake Minnetonka Senior Care Providers, Minnetonka Senior Services o ers Community Connections. August's topic is Holistic Health and Nutrition.

Free (Course #33665)

Drowning in Paperwork? Get Control!

Wednesday, September 24, 11 a.m. Join Jan Lehman for tips and advice on how to tame the paper tiger at home. Jan will share ideas to limit the information you keep and how to store information in smarter ways in order to find it faster and minimize piles. Jan is the owner of Can the Clutter®and CTC Productivity Consultant and who helps individuals live a more organized life.

Cost: \$2 due Monday, September 22. Course #33663

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.

- August: Eternal on the Water by Joseph Monninger and Kayaking at French Park
- **September:** *Wild* by Cheryl Strayed and Hiking at Hyland Lake Park

Book and Pie Sale

Tuesday, September 9 11 a.m. – 5 p.m.

e annual Book and Pie Sale is provided by Minnetonka Senior Services in conjunction with the Senior Advisory Board. Most books are \$1. Blow-out sale from 4 – 5 p.m.: \$2.50 for all you can fit into a bag.

Book donation drop-o times: Friday, September 5, and Monday, September 8, 9 a.m. to 3 p.m.

Acceptable donations:

Hard-and soft-cover books, CDs and DVDs in good condition.

Pie sale:

Pies by the slice and sloppy joes will be available for purchase.

Dinner Party

Monday, September 15, 5:30 p.m.

Join us for a dinner party with entertainment by e Grit Pickers. **Menu:** Roast beef, mashed potatoes, vegetable medley, dinner roll and dessert.



Cost: \$5 due Friday, September 12.

Course #33664

Protecting Against Financial Abuse: Wells Fargo Advisors

Wednesday, September 17, 1:30 p.m. Join us for an educational presentation on how to help protect yourself and others from financial abuse. An overview of warning signs, methods of prevention and current legal and community resources will be discussed. Learn what to do if you or someone you care about is a victim of financial and/or elder abuse.

Sponsored and supported by: Dreyfus Investments.

Cost: \$2 due Monday, September 15. Course #34124

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, September 16 October 28 \$36 (Course #33669)
- ursday, September 18 October 30 \$36 (Course #33670)

Intermediate Yoga Class ★★★ 11 a.m. – 12 p.m.

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, September 16 October 28 *\$36 (Course #33677*
- ursday, September 18 October 30 \$36 (Course #33678)

Evening Yoga

Evening yoga classes have the same descriptions as the daytime classes. *Wednesdays*, *September 17 – October 29*, *\$36*



Evenina

Program

- Chair Yoga, 6:15 p.m. ★★ (Course #33684
- Intermediate Yoga, 7:30 p.m. ★★★ (Course #33688)

Barre Fusion *** Julie Bice Zoril

Tuesdays, September 9 – October 21 (no class Oct. 7), 6 p.m. – 6:50 p.m.

Ballet inspired movements, yoga and traditional sculpting exercises to strenghten and tone the body, improve cardiovascular fitness and increase flexibility. Bring a yoga mat and water.

• \$36 (Course #33792)

Zumba Gold *** Jan Gamble

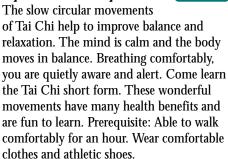
1-2 p.m., \$28

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!

- Monday, September 15 October 27 (Course #33701)
- Wednesday, September 17 October 29 (Course #33702)

Tai Chi for Health and Wellness *Ron Erdman-Luntz*

ursdays, August 14 – September 18, 6 – 7 p.m.



Evening

• \$50 (Course #34125)

Line Dance Eileen Ronning

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

• ursday, August 14 – September 11, \$20 (Course #32274)

Intermediate: 1:45 – 2:45 p.m.

Must have completed 50+ previous classes.

• ursday, August 14 – September 11, \$20 (*Course #32275*)

55+ Softball ★ ★ ★ ★

Tuesdays and ursdays, Sept. – Oct. 9:30 a.m. – 12 p.m. at Big Willow Park. Slow-pitch softball is played with modified rules allow for competitive play without the risk of serious injury. Registration will be accepted throughout the season.

• \$10 (Course #33705)

Tai Chi Chih Susan Sobelson

Mondays, October 20 – December 15 (no class Nov 17), \$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.

- Beginner ★★ (Course #33695) 10-11 a.m.
- Intermediate ★★★ (Course #33697) 11:30 a.m. – 12:30 p.m.

Pickleball * * * *

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

Pickleball is played on tennis courts and pickleball courts within hockey rinks during league time. Four permanent pickleball courts within the hockey rinks can be used anytime outside of this designated league time. Season runs through October. Registration will be accepted throughout the season.

• \$15 (Course #32284)

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)

The Landing Shop

11280 Wayzata Boulevard Wednesday – Saturday, 10 a.m. – 4 p.m., ursdays until 8 p.m. Handmade items crafted by Minnetonka residents 55 and older. Items available for sale include: wooden toys, doll clothes, baby items, art, cards, and more.

Programs & Trips

Line and Wash Painting Gin Weidenfeller

Wednesdays, September 17 – 24 **1 – 3 p.m.**

Learn about line and wash painting methods through demonstration and hands-on activities. e focus is on line, freely drawn, followed with soft washes of color. Free hand sketch a still life, nature subject, or land, city, architectural scapes in graphite pencil, charcoal or ink. Paint washes of watercolor, gouache, or ink over the drawing.

\$40 (Course #33706)

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)

- ursday, August 5, 9 a.m. 1 p.m.
- ursday, August 14, 9 a.m. 1 p.m.
- ursday, August 19, 9 a.m. 1 p.m

Evening course (four-hour renewal)

• Tuesday, September 23, 5:30 – 9:30 p.m.

Extended Trips

For further information and a full list of trip o erings, call Senior Community Services at (952) 767-7899 or visit **www.seniorcommunity.org**/senior-tours.

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

Yellowstone (August 15 – 21)

Cost: \$1375 per person, double occupancy.

Mackinac Island *(September 20 – 24)* Cost: \$849 per person, double occupancy.

Branson in the Fall (October 13 - 17)

Cost: \$725 per person, double occupancy.

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.

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 two-hour 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

Fall Color Trip to Winona ★★

Wednesday, October 8

Enjoy the colorful drive along the Great Mississippi River Route. Break at Pepin Heights Apple Orchard in Lake City. Lunch is at Signatures Restaurant in Bridges Golf Club of Winona. After lunch, enjoy a docent lead tour of the world-class Marine Art Museum. Don't forget to purchase treats on the way home at Nelson Cheese Store. Menu: Herb-marinated grilled chicken topped with citrus beurre blanc, garden salad, wild rice medley, vegetable, baguette, co ee and tea.

Course #33707

- Cost: \$68 includes tours, lunch, transportation & escort.
- Pick-up time: 8 a.m.
- Estimated return time: 5:15 p.m.

Registration deadline: Friday, Sept. 12

Fall Registration

- e fall recreation brochure is availble online. Black-and-white hard copies can be picked up a Minnetonka City Hall.
- Fall registration starts 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

- ★ Passive
- **★★** Moderate
- ***—Active
- * * * * Brisk
- ★★★★ 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. 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 insurcient 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.

Program locations

Meet at Minnetonka Senior Services unless otherwise noted. 14600 Minnetonka Blvd. Minnetonka, MN 55345

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.

Bunco

2nd & 4 ursdays, 1 p.m.Learn to play and join the fun. New members welcome.

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 and July 29.

Mah Jongg

Wednesdays, 10 a.m.

New members welcome!

Wood Carvers

ursdays, 10 a.m.

Group members share ideas and work independently. New members welcome.

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

ank you to our volunteers who contribute the success of programs, events and trips.

Please call Senior Services at (952)939-8393 and discover various ways to contribute.

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 phone service for caregivers and their families. For more information visit *www. carenextion.org* or call (612) 770-7005.

• Senior outreach

Appointments available on the 2nd & 4th Tuesdays of the month. For inforamtion contact! Mary Ann Lundberg at *m.lundberg@seniorcommunity.org*. To schedule an appointment call (952) 939-8393.

• 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.

Monday	Tuesday	Wednesday	Thursday	Friday
				Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer 10:00 Billiards 1:00
### Exercise 9:00 Art Drop In 9:00 Rummikub 1:00 Billiards 1:00 B&B Investment Club 1:00 Health Insurance 1:00	5 Defensive Driving 9:00 Chair Yoga 9:45 Craft Committee 10:00 Poker Club 10:30 Armchair Travel: China 10:30 Int. Yoga 11:00 Bingo 12:45 Billiards 1:00	Exercise 9:00 Meet the Police Chief 10:00 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 Yoga 9:45 Carvers 10:00 Cribbage 10:00 Int. Yoga 11:00 Chess 12:00 Beg. Line Dance 12:30 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00	8 Exercise 9:00 Happy Feet 9:00 Computer 10:00 Billiards 1:00
Fall registration begins for residents. 11 Exercise 9:00 Art Drop In 9:00 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	Fall registration begins for non-residents. 12 Chair Yoga 9:45 Advisory Board 10:00 500 Cards 10:00 Int. Yoga 11:00 Bingo 12:45 Billiards 1:00 Senior Outreach 1:00	13 Exercise 9:00 Blood Pressure 9:30 Mah Jongg Group 10:00 H.O.M.E. Mailing 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Essential Oil Creations 1:00 Billiards 1:00 Chair Yoga 6:15 500 Cards 6:30 Int. Yoga 7:30	14 Defensive Driving 9:00 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 Billiards 3:00 Int. Line Dance 1:45 Duplicate Bridge 6:00 Tai Chi w/Ron 6:00 Chess Chair Tai Chi w/Ron Chi w/R	15 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer 10:00 Lunch & Movie 12:00 Billiards 1:00
Exercise 9:00 Art Drop In 9:00 Rummikub 1:00 Health Insurance 1:00 Billiards 1:00 Pork Chop Dinner 5:30 Health Insurance 6:00	19 Defensive Driving 9:00 Chair Yoga 9:45 New! Shutterbugs 10:00 Poker 10:00 Int. Yoga 11:00 Bingo 12:45 Billiards 1:00 Single Mingle Club Mtg @ Tuttle's @ Tuttle's 3:30	Exercise 9:00 Trip: Victorian Hudson 9:30 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	21 Chair Yoga 9:45 Carvers 10:00 Cribbage 10:00 Int. Yoga 11:00 Chess 12:00 Beg. Line Dance 12:30 Billards 3:00 Int. Line Dance 1:45 Duplicate Bridge 6:00 Tai Chi w/Ron 6:00	22 Exercise 9:00 Happy Feet 9:00 Computer 10:00 Billiards 1:00
25 Exercise 9:00 Art Drop In 9:00 Community Connections 10:15 Hand & Foot 1:00 Billiards 1:00	26 Chair Yoga 9:45 500 Cards 10:00 Int. Yoga 11:00 Bingo 12:45 Billiards 1:00 Senior Outreach 1:00	27 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	28 Chair Yoga 9:45 Carvers 10:00 Cribbage 10:00 Int. Yoga 11:00 Chess 12:00 Beg. Line Dance 1:2:30 Bunco 1:00 Billards 3:00 Int. Line Dance 1:45 Duplicate Bridge 6:00 Tai Chi w/Ron 6:00	29 Exercise 9:00 Computer 10:00 Billiards 1:00

Group	Meeting day	Information	
New! Minnetonka Shutterbugs	3rd Tuesday at 10 a.m.	All camera skill levels welcome.	
Advisory Board	2 nd Tuesday at 10 a.m.		
AA/AI-Anon	Wednesdays at 10:30 a.m	All ages welcome. New members welcome.	
Art Drop In	Mondays from 9 a.m. to Noon	Informal, drop in and create!	
Billiards	Every afternoon - time varies	See calendar page for times.	
Bingo	Tuesdays at 12:45 p.m.		
Bird Club	1st 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.	No meeting August 18.	
Social Bridge	Wednesdays at 12:45 p.m.	1st, 2nd & 3rd 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	1st Tuesday at 10 a.m.	Create decor for monthly parties.	
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.	1st & 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	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. Extended hours on Thursdays, 10 a.m. to 8 p.m.	Purchase handmade items crafted by Minnetonka residents 55+. The Landing Shop is located at 11280 Wayzata Blvd. (763) 591-4868	
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	1st & 3rd 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.	