

The Ancient & 21st Century Silk Road in China **Xuefeng**

Wednesday, August 5, 11 a.m.

Back by popular demand! Join Xuefeng and learn the historical stories and new developments of the Silk Road in China. The Silk Road is a network of trade routes connecting West and East Asia. The 4,000 mile route derived its name from the lucrative trade in Chinese silk beginning in 206 BC. Cost: \$2 Please RSVP by Tuesday, August 4. (Course #3180408-01)

A Woman's Retirement Outlook Devon Roehrich

Wednesday, August 12, 11 a.m.

Enjoy refreshments and discuss financial concerns facing women over age 50 or near retirement. Topics include:

- Ideal ways to manage income and risk
- Social security strategies
- Anticipating rising costs in healthcare & inflation

Provided by: Edward Jones

Cost: \$2 Please RSVP by Tuesday, August 11. (Course #3180410-01)

Pork Chop Dinner

Monday, August 17, 5:30 p.m.

Join us for one of the biggest events of the year!

Menu: Pork Chop, coleslaw, applesauce, roll & dessert.

Sponsored by: Home Care Solutions

Cost: \$5 due Thursday, August 13

(Course #3100104-01)

Lunch and a Movie: Selma

Friday, August 28, 12 p.m.

A historical drama highlighting the courage of the 1965 civil rights march from Selma,

Menu: Hot dog bar, beans, chips & a brownie.

Cost: \$5 due Tuesday, August 25 (Course #3100204-01)

Lunch and a Movie: Still Alice

Friday, September 11, 12 p.m.

Follow the journey of Alice Howard as her and her family make radical life changes after a diagnosis of early-onset Alzheimer's. **Menu:** Cheeseburger, french fries & jello

Cost: \$5 due Tuesday, September 8. (Course #1100201-01)

Great Art & Architecture of Rome **Greg Pulles**

Monday, September 21, 11 a.m.

Greg Pulles, author of several books on Rome, will provide a guided tour of all the great art and architecture of the city, with a presentation of numerus photographs.

Cost: \$2 Please RSVP by Friday, September 18. (Course #1180405-01)

Italian Night

Monday, September 21, 5:30 p.m.

Join us for an Italian night! *Menu:* Lasagna, salad, bread & dessert.

Sponsored by: Brookdale Senior Living

Cost: \$5 due Thursday, September 17.

(Course #1100101-01)

Fall Registration

(September – December)

Residents: Monday, August 3 Non-Residents: Tuesday, August 4

- Registration is available online, over the phone, by mail or in person.
- Online: webtrac.hopkinsminnetonka. com, first-time users should call for a
- Phone: (952)939-8393, payments can be made with Visa, MasterCard or Discover.
- Mail: 14600 Minnetonka Blvd Minnetonka, MN 55345
- In person: Monday Friday 8 a.m. 4:30

Scholarships

- Limited scholarships are available for Minnetonka residents age 55+.
- Scholarships will be kept confidential.
- No questions will be asked regarding details of finances.
- Up to three scholarships per brochure totalling nine per year.
- Up to 50% for programs, classes and events.
- Up to 50% on one day trip per year.



Thursday, September 24

9 a.m. – 12 p.m.*

Get a free health check at the semi-annual Senior Health Check event. Enjoy educational presentations, exhibitors, health screenings and refreshments.

Health Screenings:

Appointments recommended for:

Balance Screening Memory Screening

No appointment needed for:

Computerized nerve scans (neck region), blood pressure & hearing

Exhibitors:

- Meals on Wheels: Food Sampling
- Minnetonka Fire: Hands Only CPR
- ClearCaptions: Phones for Hearing Loss

Presentations:

- Is This Normal Aging?, 9 a.m.
- Nutrition to Boost Your Immune System, 11 a.m.

Supported by:

Maximized Living Health Center, Live Your Life, Meals on Wheels, Lifesprk, Brookdale Health Care, Zounds Hearing, ClearCaptions & Augustana Care

Appointments can be made by phone or in person.

952.939.8393 eminnetonka.com

Athletic Activities

Pickleball

Monday - Friday, 8-11 a.m. Meadow Park

Pickleball is played on tennis courts and courts within the hockey rink. Pickleball courts within the hockey rinks can be used anytime. Season runs through October.

Minnetonka Bike Club

The goal of the club is to provide moderate exercise under safe conditions and to encourage social interaction and friendship. Three groups accommodate different levels of ability. More information at www. mtkabikers.org.

• \$11 (Course #4120101-01)

70+ Softball

Mondays & Wednesdays, April - October, 9 a.m. Big Willow Park

Slow-pitch softball is played with modified rules allow for competitive play with a reduced risk of injury. Registration accepted throughout the season.

\$15 (Course #3120201-01)

Fitness Programs

Over 50 & Fit

Mondays, Wednesdays, Fridays, 9 a.m. Join this social group and enjoy music and fitness three days a week!

• Annual Fee: \$12 (Course #4090701-01)

Tai Chi Chih Susan Sobelson

Mondays, September 14-November 9 Experience a form of "moving meditation" with benefits for body, mind and spirit. This series of 19 easy-to-learn movements and one pose creates a sense of calm and can improve balance, mental clarity, and increase energy.

- Beginning, \$45, 10 11 a.m. (Course #1090301-01)
- Intermediate, \$35, 11:30 12:30 p.m. (Course #1090302-01)

E-mail Updates

Stay up-to-date on the latest events! Receive weekly e-mail updates on senior happenings! Send your e-mail address to spieh@eminnetonka.com.

Yoga

Chair-Supported Yoga

Most of chair-supported yoga takes place while seated on a chair and includes plenty of stretching and warm-ups. 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. Nancy Holasek

Tuesdays, 9:45 - 10:45 a.m.

- September 22 October 27 \$42 (Course #1090101-01)
- November 3 December 15 \$36 (Course #1090101-03)

Thursdays, 9:45 - 10:45 a.m.

- September 24 October 29 \$36 (Course #1090101-02)
- November 5 December 17 \$36 (Course #1090101-04) (No Class 11/26)

Elizabeth Kelly

Wednesdays, 6:15-7:15 p.m.

 September 23 – October 28 \$36 (Course #1090101-05)

Intermediate Yoga

Intermediate yoga includes standing and balance postures. Guided breath work and visualization help to release, relax and restore the body and calm the mind. Participants 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. Please bring a yoga mat or towel to class.

Nancy Holasek

Tuesdays, 11 a.m. - 12 p.m.

- September 22 October 27 \$36 (Course #1090201-01)
- November 3 December 15 \$36 (Course #1090201-03)

Thursdays, 11 a.m. – 12 p.m.

- September 24 October 29 \$36 (Course #1090201-02)
- November 5 December 17 \$36 (Course #1090201-04) (No Class 11/26)

Elizabeth Kelly

Wednesdays, 7:30 - 8:30 p.m.

• September 23 – October 28 \$36 (Course #1090201-05)

Zumba Gold Renee Rahimi

Mondays, September 14 – October 26 12:45 - 1:45 p.m.

Ditch the workout and join the party! Zumba Gold dance fitness fuses Latin and World rhythms to easy to follow moves and is a low impact, less intense form of Zumba designed for beginners and active older adults. Working out has never been so much fun!

• \$36 (Course #1090501-01)

Tai Chi for Health and Wellness Ron Erdman-Luntz

Thursdays, September 10 - October 15, 6-7 p.m.

Tai Chi short-form movements have many health benefits and are fun to learn. The slow circular movements of Tai Chi help to improve balance and relaxation. Must



be able to walk comfortably for an hour. Wear comfortable clothes and athletic shoes.

• \$54 (Course #1090401-01)

Line Dance Eileen Ronning

Thursdays, August 20-September 24 Learn to hitch and vine and dance in a line! No partners needed. Four previous lessons needed for continuing beginner level course; 50 previous lessons required for intermediate course.

- Cont. Beginner, \$36, 12:30–1:30 p.m. (Course #3090601-05)
- Intermediate, \$36, 1:45–2:45 p.m. (Course #3090601-06)

Register Early

Programs can fill well in advance or may be cancelled due to low enrollment. Registering early is the best way to secure a spot in programs and events.

Art Programs

Artist Sketchbook: Draw & Paint Gin Weidenfeller

Wednesdays, August 12 & 19 1-3 p.m.

The artist sketchbook is a time honored tool and safe place to explore ideas for future work. Explore a variety of drawing exercises, color/texture choices, idea creation and problem solving solutions. Experiment with drawing or painting your favorite subject or object.

• \$40 (Course #3130104-01)

Leisure Programs



Adventure Book Club Kelly Stewart

Saturday, August 8 8 – 10 a.m.

Join Naturalist Kelly Stewart for a book club discussion followed by an adventure. Meet at Shady Oak Beach.

Book: *The Singing Wilderness* by Sigurd Olson **Adventure:** Paddleboard, kayak & canoe.

• \$18 (Course #3190602-01) Due by Thursday, August 6

Education Programs

Defensive Driving

Attend and save 10% on car insurance! Pay the instructor at class with a check or exact cash. Register through MN Highway Safety Center, 1-888-234-1294, or visit *www. mnsafetycenter.org* for all classes.

Four hour renewal sessions:

- \$20, Thursday, August 6, 9 a.m. 1 p.m.
- \$20, Thursday, August 20, 9 a.m. 1 p.m.
- \$20, Thursday, August 27, 9 a.m. 1 p.m.

History Programs

Spanish American War Dan Hartman

Wednesday, August 12 10:30 a.m. – 12 p.m.

Discuss the conflict that occurred in 1898 between Spain and the United States, the result of American intervention in the Cuban War of Independence which included Theodore Roosevelt and his Rough Riders. The result of the ten-week war was the 1898 Treaty of Paris which allowed temporary American control of Cuba and ceded indefinite colonial authority over Puerto Rico, Guam and the Philippine Islands

• \$3 Please RSVP by Monday, August 10. (Course #3180204-01)

British History: The Georgians Terry Kubista

Thursdays, September 10-24 1-3 p.m.

The time of the lead up to the powerful Victorian Empire. The build up of wealth, opulence and power which seem so attractive to many today but the cost of world dominance could not be maintained.

• \$21 (Course #1180101-01)

Interest groups

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

Garden Club

2nd Monday, 1 p.m.Bugs and diseases in the garden.

Dominos

1st & 3rd Thursdays, 1 p.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



Dementia & Family Relationships

Join us for a three-part dinner and film series focusing on love, loss, dementia and family relationships. Each day includes a film, discussion and a light dinner. This program is designed to raise awareness and reduce the stigma of Alzheimer's and other related dementias.

Cost: \$7 due Thursday prior to session.

Register for all three sessions and save \$6!

- Sunday, October 4, 4–7 p.m.
 Complaints of a Dutiful Daughter (NR) (Course #1100302-01)
- Sunday, October 11, 4–7 p.m. *The Savages (R)* (Course #1100302-02)
- Sunday, October 25, 4–7 p.m. *Iris (R)* (Course #1100302-03)

Supported by:

Homewatch CareGivers, Qualicare Family HomeCare, ComForCare Home Care, Elder Homestead, Augustana Care & Neptune Society.

Senior Day Trips

Taylors Falls Boat Cruise

Wednesday, September 30

Enjoy a luncheon cruise aboard an authentic paddlewheel boat. Take in the scenic beauty of the world famous Dalles (Dells) of the St. Croix River where unique rock formations are highlighted. The view inspires awe, not just for its beauty, but also for the provision of this river that sculpted through ancient volcanic rock. This cruise provides a picture postcard view that will not be forgotten.

Menu: Pulled chicken sandwich, garlic mashed potatoes, coleslaw, beans & brownie. (Course# 1110101-01)

- **Cost:** \$66 includes cruise, lunch, transportation & escort
- Estimated trip time: 9 a.m. 3 p.m.
- Registration deadline: Friday, Aug. 28.





Autumn Rays on the Rails

Thursday, October 8

Depart on the Wisconsin Great Northern Railroad. The historic railroad recreates the atmosphere of rail travel using rebuilt cars from 1912 to 1918. Ride the rails to Bean Creek. Have The Empire Builder Luncheon in the dining car. After lunch enjoy the relaxing scenery from the train as it travels into the changing colors of autumn. There is a mixture of yellows, oranges and greens along with a splash of red. Bring money for the gift shop and a stop at the Burnett Dairy cheese factory on the way home.

Menu: Chicken Cordon Bleu, Long Grain and Wild Rice, California Mixed Vegetables, Dinner Roll, Cookie and Coffee or Lemonade

(Course# 1110102-01)

- **Cost:** \$69 includes train ride, lunch, transportation & escort
- Estimated trip time: 8 a.m. 5 p.m.
- Registration deadline: Friday, Aug. 28.

Contact & Registration Information

Register in person, over the phone, online or by mail.

Minnetonka Senior Services

(952) 939-8393

14600 Minnetonka Blvd. Minnetonka, MN 55345

www.eminnetonka.com

Office hours:

Monday - Friday, 8 a.m. - 4:30 p.m.

Administrative Staff

Kaylee Wallin

kwallin@eminnetonka.com

Kate Egert

kegert@eminnetonka.com

Senior Services & Activities Manager

Steve Pieh

(952) 939-8366

spieh@eminnetonka.com

Senior & General Programs Manager

Janelle Crossfield

(952) 939-8369

jcrossfield@eminnetonka.com

Program locations

Meet at Minnetonka Senior Services unless otherwise noted.

Registration information

• Program cancellations

Refunds will only be made if registration is withdrawn before the advertised deadline. If no deadline is given registration must be withdrawn at least two business days prior to the start date of the program. Partial credit will be considered if injury or serious illness occurs. In such case a physician's verification may be required.

Trip cancellations

Full refund requires cancelling prior advertised deadline. Cancellations after deadline are refunded after a \$5 fee per registration, only in the event a participant is found to fill the space.

Services

Blood Pressure Screenings

1st & 3rd Fridays; 2nd Wednesdays 9:30–11:30 a.m. Free! Provided by volunteer nurses.

Happy Feet

1st, 2nd, 3rd & 4th Fridays, 9 a.m. – 3 p.m., \$35

Provided by nurses specializing in foot care. For appointment call (763) 560-5136.

Senior Community Services

Senior Outreach Social Worker

2nd & 4th Tuesdays, Free!

Discuss finances, transportation, personal care, medical care, home maintenance, and more. For appointment call (952) 939-8393.

Health Insurance Counseling

1st & 3rd Mondays, Free!

Discuss Medicare, Social Security, long-term care, resources and more! For appointment call (952)939-8393.

HOME

Household and Outside Maintenance for Elderly (HOME) is available for Minnetonka residents 60+. For more information call (952) 746-4046.

CareNextion

www.carenextion.org.

This online communication tool brings together the support needed to help live a vital and engaging life.

Extended Trips

For information call Senior Community Services at (952) 767-7899 or visit *www.seniorcommunity.org*.

- National Parks (September 3 13) Cost: \$1950 per person, double occupancy.
- Novia Scotia (September 7-20)
 Cost: \$2599 per person, double occupancy.
- Mackinac Island & Door Country (September 22-17)
 Cost: \$990 per person, double occupancy.

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Exercise 9:00 Art Drop In 9:00 Health Insurance 1:00 Investment Club 1:00 Rummikub 1:00 Billiards 2:00	Yoga 9:45/11:00 Craft Committee 10:00 Poker 10:00 Bingo 12:45 Billiards 1:00	Exercise 9:00 Mah Jongg Group 10:00 A.A./Al-Anon 10:30 Presentation 11:00 Social Bridge 12:45 Billiards 2:00 Evening Yoga 6:15/7:30	Defensive Driving 9:00	Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer 10:00 Billiards 1:00
10	11	12	13	14
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 2:00	Yoga 9:45/11:00 Advisory Board 10:00 500 Cards 10:00 Bingo 12:45 Billiards 1:00 Senior Outreach 1:00	Exercise9:00Blood Pressure9:30Mah Jongg Group10:00A.A./Al-Anon10:30History Seminar10:30Presentation11:00Social Bridge12:45Artist Sketchbook1:00Billiards2:00500 Cards6:30Evening Yoga6:15/7:30	Yoga 9:45/11:00 Wood Carvers 10:00 Cribbage 10:00 Chess 12:00 Bunco 1:00 Billiards 3:00 Duplicate Bridge 6:00	Exercise 9:00 Happy Feet 9:00 Computer 10:00 Billiards 1:00
17	18	19	20	21
Exercise 9:00 Art Drop In 9:00 Health Insurance 1:00 Rummikub 1:00 Billiards 2:00 Pork Chop Dinner 5:30 Health Insurance 6:00	Senior Day Trip 9:00 Yoga 9:45/11:00 Poker 10:00 Shutterbugs 10:00 Bingo 12:45 Billiards 1:00 Single Mingle Club Mtg @ Tuttle's 3:30	Exercise 9:00 Mah Jongg Group 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Artist Sketchbook 1:00 Billiards 2:00 Evening Yoga 6:15/7:30	Defensive Driving 9:00 Wood Carvers 10:00 Cribbage 10:00 Chess 12:00 Line Dance 12:30/1:45 Dominos 1:00 Billiards 3:00 Duplicate Bridge 6:00	Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer 10:00 Billiards 1:00
24	25	26	27	28
Exercise 9:00 Art Drop In 9:00 Community Connections 10:15 Hand and Foot 1:00 Billiards 2:00	Yoga 9:45/11:00 500 Cards 10:00 Bingo 12:45 Billiards 1:00 Senior Outreach 1:00	Exercise 9:00 Mah Jongg Group 10:00 Online Selling 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 2:00 500 Cards 6:30 Evening Yoga 6:15/7:30	Defensive Driving 9:00 Yoga 9:45/11:00 Wood Carvers 10:00 Cribbage 10:00 Chess 12:00 Line Dance 12:30/1:45 Bunco 1:00 Billiards 3:00 Duplicate Bridge 6:00	Exercise 9:00 Happy Feet 9:00 Computer 10:00 Lunch & a Movie 12:00 Billiards 1:00
31				
Exercise 9:00 Art Drop In 9:00 Billiards 2:00				

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.	
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.	Learn about investing!	
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.	
Dominos	1st & 3rd Thursdays at 1 p.m.	New members welcome!	
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 & 3rd: Rummikub, 2nd & 4th: Hand and Foot	
Mtka Community Garden Club	2 nd Monday at 1 p.m.	Bugs and diseases in the garden.	
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!	
Mah Jongg	Wednesdays at 10 a.m.	New members welcome!	
Pickleball	Monday - Friday, 7:30 - 11 a.m. at Meadow Park	New players welcome!	
Poker	1st & 3rd Tuesday at 10 a.m.	Join us for a good game of poker.	
Minnetonka Shutterbugs	3rd Tuesday at 10 a.m.	New members welcome!	
Single Mingle Club	3 rd Tuesday at 3:30 p.m. at Tuttle's	Various events scheduled monthly. Stop by the community center to pick up a listing of events.	
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.	New members welcome!	
Wood Carvers	Thursdays at 10 a.m.	Members work independently but also share ideas with one another. New to wood carving? They will help you!	