



minnetonka script

Programs and services for those 55+
December 2015 Newsletter

Spring Registration (January – March)

Residents: Wednesday, Dec. 2
Non-Residents: Thursday, Dec. 3

- Register online, over the phone, by mail or in person.
- Online: webtrac.hopkinsminnetonka.com, first-time users should call for a PIN.
- 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 p.m.

Scholarships

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

Telephone Equipment Distribution Program

Monday, Dec. 7, 11 a.m.

The Telephone Distribution Program provides telephones to people with hearing loss, physical or speech needs. Join us to learn more about this program that provides phones at no cost to qualifying Minnesotans.

Cost: \$2 (Course #1180408-01)

School Theater Performance

Friday, Dec. 11, 11 a.m.

Enjoy student performances of musical numbers from: *Nice Work If You Can Get It*, *Chitty Chitty Bang Bang*, *Truly Scrumptious* and more!

Cost: Free! (Course #2190901-01)



11280 Wayzata Blvd.
763-591-4868
Purchase items handcrafted
by Minnetonka residents
ages 55 and older.

Hours: Wednesday - Saturday,
10 a.m. – 4 p.m.,
Thursdays until 8 p.m.

Holiday Hours: Monday – Saturday,
Nov. 30 – Dec. 23rd.

Seasonal crafts and gifts have arrived!

**The place
for holiday
shopping:**

- Winter hats, gloves and scarves
- Baby clothes and toys
- Jewelry and accessories
- Handbags and wallets
- Doll furniture and clothes
- Household items and more!



Lunch and a Movie: *I'll See You in My Dreams*

Friday, Dec. 11, Noon

Carol Peterson finds her well-ordered life thrown out of balance by the death of her beloved canine companion. However, she soon discovers life can begin anew, at any age.

Menu: BBQ meatballs, mashed potatoes and gravy, vegetable and a treat.

Cost: \$5 due Tuesday, Dec. 8.
(Course #1100204-01)

Holiday Craft Party

Monday, Dec. 14, 10:30 a.m.

Join us for refreshments, socializing and crafting! Create an adorable wooden snowman to add some holiday cheer to your home or to give as a gift.

Provided by: Brookdale Senior Living
Cost: \$4 (Course #1100303-01)

Sips & Songs

Enjoy light refreshments and socializing before taking in local entertainment. Live it up, reserve your seat today!

James Shaw

Wednesday, Dec. 16, 10:30 a.m.
Cost: \$3 (Course #1100301-02)

Sponsored by:
WestRidge of Minnetonka

Monthly Party: Holiday Gala

Tuesday, Dec. 15, Noon

Celebrate the season with us.

Menu: Ham, scalloped potatoes, vegetable, roll and dessert

Sponsored by: Brookdale Senior Living
Cost: \$7 due Thursday, Dec. 10
(Course #1100107-01)

Coffee with the Inspectors

Wednesday, Jan. 13, 10:30 a.m.

Residential building codes were adopted to keep you and your family safe. However, too often, complacency at home leads to increased accidents. Second only to auto accidents, falls in the home are a common medical emergency. Join us for refreshments and a presentation that will put you in charge of making your home a safe place. A panel of building inspectors will be present to answer questions.

Cost: \$2 (Course #2180404-01)

Monthly Party: Souper Bowl Party

Wednesday, Jan. 20, Noon

Wear your favorite team apparel and join us for a party!

Menu: Wild rice soup, salad, bread and dessert.

Sponsored by: Joyful Companions
Cost: \$7 due Friday, Jan. 15
(Course #2100101-01)

Fitness Programs

Over 50 and Fit

Volunteer Instructors

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)

New! Therapeutic Pilates

Dr. Sarah Petich

Mondays, Nov. 30–Dec. 21

8:30–9:30 a.m.

Pilates is a great low impact, gentle but challenging full body workout that focuses on improving posture, flexibility and core strength. Work on posture alignment techniques, core strengthening exercises, flexibility, balance and breathing techniques. Taught by a physical therapist certified in Pilates and Postural Restoration, Please bring a yoga or Pilates mat to class.

- \$36 (Course #1090903-01)

Tai Chi Chih

Susan Sobelson

Mondays, Jan. 11–March 21

(No class 1/18 & 2/15)

Experience a form of “moving meditation” with benefits for body, mind and spirit. This series of 19 easy-to-learn movements creates a sense of calm and can improve balance, mental clarity and energy levels.

- Beginner, \$45, 10–11 a.m.
(Course #2090301-01)
- Beginner, \$45, 11:30–12:30 p.m.
(Course #2090302-01)

Tai Chi for Health and Wellness

Ron Erdman-Luntz

Thursdays, Jan. 7–Feb. 11, 6–7 p.m.

Tai Chi short-form movements have many health benefits and are fun to learn. The slow circular movements help to improve balance and relaxation. Must be able to walk comfortably for an hour. Wear comfortable clothes and athletic shoes.

- \$54 (Course #2090401-01)



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.

- Jan. 5–Feb. 23
\$48 (Course #2090101-01)
- March 8–April 26
\$48 (Course #2090101-04)

Thursdays, 9:45–10:45 a.m.

- Jan. 7–Feb. 25
\$48 (Course #2090101-02)
- March 10–April 26
\$48 (Course #2090101-05)

Elizabeth Kelly

Wednesdays, 6:15–7:15 p.m.

- Jan. 6–Feb. 24
\$48 (Course #2090101-03)
- March 9–April 25
\$48 (Course #2090101-06)

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 up and down from the floor to complete postures while on the belly or backside of the body. Please bring a yoga mat or towel to class.

Nancy Holasek

Tuesdays, 11 a.m.–noon

- Jan. 5–Feb. 23
\$48 (Course #2090201-01)
- March 8–April 26
\$48 (Course #2090201-04)

Thursdays, 11 a.m.–noon

- Jan. 7–Feb. 25
\$48 (Course #2090101-02)
- March 10–April 26
\$48 (Course #2090101-05)
(No Class 11/26)

Elizabeth Kelly

Wednesdays, 7:30–8:30 p.m.

- Jan. 6–Feb. 24
\$48 (Course #2090201-03)
- March 9–April 25
\$48 (Course #2090201-06)

Zumba Gold

Renee Rahimi

Ditch the workout and join the party! Zumba Gold is a Latin-inspired dance-fitness program featuring easy-to-follow rhythms and a variety of upbeat music. It is a low impact, less intense form of Zumba designed for beginners and active older adults. Working out has never been so much fun!

Mondays, 12:45–1:45 p.m.

- Feb. 1–March 28 (No class 2/15 & 3/21)
\$35 (Course #2090501-01)

Wednesdays, 12:30–1:30 p.m.

- Feb. 3–March 28 (No class 3/23)
\$40 (Course #2090501-03)
- March 10–April 26
\$48 (Course #2090101-05)

Athletic Activities

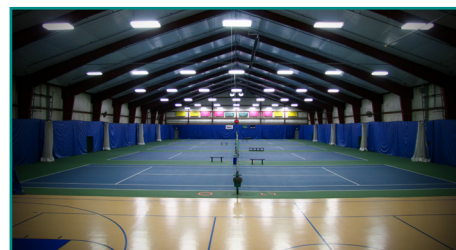
Indoor Pickleball

October–May

Try the fun and social game of pickleball. Limited racquets and balls are available.

- Tuesdays and Fridays, 8–10 a.m.
- Wednesdays and Thursdays, 8–9:30 a.m.
- Saturdays, 1–3 p.m.
- Free for Williston, SilverSneaker and Silver and Fit members. \$4 per day for non-members.

**Williston Fitness Center
14509 Minnetonka Drive**



History Programs

British History: Short Stories

Terry Kubista

Thursdays, Dec. 3–17

1–3 p.m.

Discuss the treaty negotiated “to end the war to end all wars” and its failure, the roles of English Royalty in common England and the history and traditions of a Victorian Christmas.

- \$21 (Course #1180101-04)

British History: Four Queens

Terry Kubista

Thursdays, Jan. 7–28

1–3 p.m.

Queen Anne, Queen Caroline, Queen Mary and mistresses were major players in the United Kingdom. Learn how they influenced history for good or for bad.

- \$28 (Course #2180101-01)

Pearl Harbor Today

Dan Hartman

Wednesday, Dec. 9

10:30 a.m. – noon

This seminar will look at Pearl Harbor as it is today—active naval base and a memorial to those who lost their lives on Dec. 7, 1941. A picture presentation will show the Pearl Harbor National Monument, the USS Arizona Memorial, the USS Bowfin and the USS Missouri where the final surrender was signed by Japan.

- \$3 (Course #1180409-01)

Education Programs

Defensive Driving

Attend and save 10 percent 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 mnsafetycenter.org for all classes.

4-hour renewal sessions:

- \$20, Thursday, Dec. 10, 9 a.m. – 1 p.m.

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.

Pen Pal Program

January–May

Volunteers are needed to serve as pen pals with a fifth grade class at Scenic Heights Elementary in Minnetonka. Letters are exchanged monthly, with the opportunity to meet your pen pal in May. Please call 952-939-8393 to volunteer.

TRAVEL SHOWCASE

Wednesday, Jan. 20, 10:30 a.m.

Join us as Landmark Tours presents an array of unforgettable North American travel experiences for 2016. A local, family-owned tour operator, Landmark's inclusive packages feature roundtrip airfare, quality accommodations in great locations, many enjoyable meal experiences, admission to all itinerary attractions, deluxe motorcoach transportation, and the services of a professional tour manager.

- Free! (Course #2110301-01)



2016 Travel Opportunities:

- Washington DC Cherry Blossoms
- Vancouver, Victoria and Seattle
- New York City: The Big Apple
- Pacific Coast (Portland & San Francisco)
- Grand Canadian Rockies with Calgary Stampede
- Classic Canadian Rockies
- Nova Scotia with Cape Breton
- Autumn in New England
- Albuquerque Balloon Fiesta
- San Antonio Christmas Lights
- Plus many more!

Interest Groups

Interest groups are coordinated and led by seniors in the community. All groups meet at the Minnetonka Community Center unless otherwise noted.

Bird Club

1st Friday, 10 a.m.

Speaker: Stan Tekiela, naturalist, author and birding expert.

Book Club

3rd Thursday, 1 p.m.

Flight Behavior by Barbara Kingsolver.

Bulls and Bears Investment Club

1st and 3rd Mondays, 1 p.m.

Learn about investing.

Bunco

2nd and 4th Thursdays, 1 p.m.

Join in the fun! We'll teach you!

Duplicate Bridge

Thursdays, 6 p.m.

New members welcome!

Garden Club

2nd Monday, 1 p.m.

Holiday party.

Literary Book Club

4th Tuesday, 7:15 p.m.

A Christmas Carol by Charles Dickens.

Tale Spinners

Tuesdays, 1 p.m.

New members welcome!

Wood Carvers

Thursdays, 10 a.m.

Group members share ideas and work independently.

Senior Day Trips

Minneapolis Rivercity Tour

Tuesday, Jan. 19

Enjoy a riding tour of the historic Minneapolis Riverfront District lead by a Mill City Museum professional tour guide. Discover the history of the buildings, the river, the landscape, bridges and neighborhoods. After, visit the Mill City Museum, peruse the gift shop and enjoy a multimedia show and a short movie. Enjoy lunch at Jax Café, serving Minnesotans since 1933.

Menu: Choose between chicken and dumplings or a strawberry spinach salad with grill chicken breast.

(Course# 2110101-01)

- **Cost:** \$68 includes tours, meal, transportation and escort
- **Estimated trip time:** 8 a.m. – 4 p.m.
- **Registration deadline:** Friday, Dec. 18



Around Rice Park: Winter Carnival

Wednesday, Feb. 3

Walk around St. Paul's Winter Carnival at the beautiful and historic Rice Park. Enjoy the beautiful ice displays. Lunch is at the M ST. Café in the historic St. Paul Hotel. After lunch take a guided tour at the Ordway Theater, known as St. Paul's most elegant and inviting performance space.

Menu: Enjoy a seasonal menu prepared by the chef.

(Course# 2110102-01)

- **Cost:** \$59 includes tours, meal, transportation and escort
- **Estimated trip time:** 11:45 a.m. – 4:30 p.m.
- **Registration deadline:** Friday, Jan. 8

Contact and Registration Information

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

Minnetonka Senior Services

952-939-8393

14600 Minnetonka Blvd.
Minnetonka, MN 55345

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 and Activities Manager

Steve Pieh

952-939-8366

spieh@eminnetonka.com

Senior and 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 canceling prior to 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 and 3rd Fridays; 2nd Wednesdays
9:30–11:30 a.m. Free!

Provided by volunteer nurses.

Happy Feet

1st, 2nd, 3rd and 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

Lisa Engdahl

2nd and 4th Tuesdays, Free!

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

Health Insurance Counseling

1st and 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 information call 952-746-4046 or visit the Community Center on Fridays, 9 a.m. – noon.

CareNextion

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 seniorcommunity.org.

- **Duluth Christmas** (Dec. 4–5)
Cost: \$300 per person, double occupancy.
- **Omaha Christmas** (Dec. 10–Dec. 13)
Cost: \$650 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
	<p>1</p> <p>Yoga 9:45/11:00 Craft Committee 10:00 Poker 10:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00</p>	<p>2</p> <p>Senior Day Trip 8:00 Exercise 9:00 Mahjongg Group 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Zumba Gold 12:30 Social Bridge 12:45 Billiards 2:00 Evening Yoga 6:15/7:30</p>	<p>3</p> <p>Yoga 9:45/11:00 Wood Carvers 10:00 Cribbage 10:00 Line Dance 12:30/1:45 British History 1:00 Dominos 1:00 Billiards 3:00 Tai Chi 6:00 Duplicate Bridge 6:00</p>	<p>4</p> <p>HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 Bird Club 10:00 Billiards 1:00</p>
<p>7</p> <p>Pilates 8:30 Exercise 9:00 Art Drop In 9:00 Tai Chi Chih 10:00/11:30 Presentation 11:00 Zumba Gold 12:45 Investment Club 1:00 Health Insurance 1:00 Rummikub 1:00 Billiards 2:00</p>	<p>8</p> <p>Yoga 9:45/11:00 Advisory Board 10:00 500 Cards 10:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00 Senior Outreach 1:00</p>	<p>9</p> <p>Exercise 9:00 Blood Pressure 9:30 Mahjongg Group 10:00 Chorale 10:15 A.A./Al-Anon 10:30 History Seminar 10:30 Zumba Gold 12:30 Social Bridge 12:45 Billiards 2:00 Evening Yoga 6:15/7:30 500 Cards 6:30</p>	<p>10</p> <p>Defensive Driving 9:00 Yoga 9:45/11:00 Wood Carvers 10:00 Cribbage 10:00 British History 1:00 Bunco 1:00 Billiards 2:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>11</p> <p>HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 Theater 11:00 Lunch and a Movie 12:00 Billiards 1:00</p>
<p>14</p> <p>Pilates 8:30 Exercise 9:00 Art Drop In 9:00 Ham Radio 10:00 Tonka Tale Tellers 10:00 Tai Chi Chih 10:00/11:30 Holiday Craft Party 10:30 Zumba Gold 12:45 Garden Club 1:00 Hand and Foot 1:00 Billiards 2:00</p>	<p>15</p> <p>Yoga 9:45/11:00 Poker 10:00 Monthly Party 12:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00 Single Mingle Club Mtg @ Tuttle's 3:30</p>	<p>16</p> <p>Exercise 9:00 Mahjongg Group 10:00 Chorale 10:15 Sips and Songs 10:30 A.A./Al-Anon 10:30 Zumba Gold 12:30 Social Bridge 12:45 Billiards 2:00 Evening Yoga 6:15/7:30</p>	<p>17</p> <p>Yoga 9:45/11:00 Wood Carvers 10:00 Cribbage 10:00 Book Club 1:00 Dominos 1:00 British History 1:00 Cell Phone/Camera Help 1:30 Billiards 2:00 Duplicate Bridge 6:00</p>	<p>18</p> <p>HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 Billiards 1:00</p>
<p>21</p> <p>Pilates 8:30 Exercise 9:00 Art Drop In 9:00 Zumba Gold 12:45 Health Insurance 1:00 Rummikub 1:00 Investment Club 1:00 Billiards 2:00 Health Insurance 6:00</p>	<p>22</p> <p>500 Cards 10:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00 Senior Outreach 1:00 Literary Book Club 7:15</p>	<p>23</p> <p>Exercise 9:00 Mahjongg Group 10:00 A.A./Al-Anon 10:30 Zumba Gold 12:30 Social Bridge 12:45 Billiards 2:00 500 Cards 6:30</p>	<p>24</p> <p>Wood Carvers 10:00 Cribbage 10:00 Billiards 2:00</p>	<p>25</p> <p><i>Closed for the Holiday</i></p>
<p>28</p> <p>Exercise 9:00 Art Drop In 9:00 Hand and Foot 1:00 Billiards 1:00</p>	<p>29</p> <p>Bingo 12:45 Tale Spinners 1:00 Billiards 1:00</p>	<p>30</p> <p>Exercise 9:00 Mahjongg Group 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 2:00</p>	<p>31</p> <p>Wood Carvers 10:00 Cribbage 10:00 Billiards 3:00</p>	



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	1 st Friday of the month at 10 a.m.	Stan Tekiela, naturalist, author and birding expert.
Book Club	3 rd Thursday of the month at 1 p.m.	<i>Flight Behavior</i> by Barbara Kingsolver.
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	1 st & 3 rd Thursdays at 1 p.m.	New members welcome!
Duplicate Bridge	Thursdays at 6 p.m.	Partners needed.
Chorale	Wednesdays at 10:15 a.m.	New members welcome!
Computer Club	Fridays at 10 a.m. Website: mscig.wordpress.com	This group examines topics of interest. Experience ranges from beginner to expert.
Craft Committee	1 st Tuesday at 10 a.m.	Create decor for monthly parties.
Cribbage	Thursdays at 10 a.m.	Bring cribbage board 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 Foot
Garden Club	2 nd Monday at 1 p.m.	Holiday Party.
Literary Book Club	4 th Tuesday at 7:15 p.m.	<i>A Christmas Carol</i> by Charles Dickens.
Ham Radio	2 nd Monday at 10 a.m.	New members welcome!
Mah Jongg	Wednesdays at 10 a.m.	New members welcome!
Pickleball	Tuesday and Friday, 8–10 a.m. Wednesday and Thursday, 8–9:30 a.m. Saturday, 1–3 p.m.	<i>Williston Center: 14509 Minnetonka Drive</i>
Poker	1 st & 3 rd Tuesday at 10 a.m.	Join us for a good game of poker.
Minnetonka Shutterbugs	3 rd Tuesday at 10 a.m.	Meets again in January.
Single Mingle Club	3 rd Tuesday at 3:30 p.m. at Tuttle's	Various events scheduled monthly. Pick up flyer at community center.
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.	Group members share ideas and work independently.