



minnetonka script

Programs and services for those 55+
February 2015 Newsletter

Income Tax Assistance

This free tax program is designed to help moderate and low income individuals with basic taxes. Please call senior services at (952) 939-8393 to schedule an appointment.

- Mondays & Thursdays, February 9 – April 13
- Appointment times available include: 12:30, 1:45 & 3 p.m.
- Bring a photo I.D. last years taxes and social security card

Become a Dementia Friend

Monday, February 9, 10:30 a.m.

Dementia Friends is an ACT on Alzheimer's initiative to help Minnesota prepare for the growing number of people living with dementia. Trained Dementia Champion Scott Burglechner will teach participants how to be Dementia Friends. Learn about dementia and how to take action in the community by helping a friend with dementia or making the neighborhood more welcoming for someone with dementia.

Cost: \$2 Please RSVP by Friday, Feb. 6 (Course#36114)

The Great Composers

Thursday, February 12, 10:30 a.m.

Enjoy the musical talents of pianist James Shaw as he plays and discusses the great composers, from Gershwin to the Beatles.

Cost: \$3 Please RSVP by Wed., Feb. 11 (Course#35681)

Valentine's Day

Friday, February 13, 12 p.m.

Love is in the air! Join us for a Valentine's Day party.

Menu: Stuffed chicken, wild rice, beans, dessert.

Sponsored by: Legacy Home Care

Cost: \$7 due Tuesday, Feb. 10

(Course #35629)



Lunch and a Movie:

When the Game Stands Tall

Friday, February 20, 12 p.m.

Follow the journey of football coach Bob Ladouceur as he takes the De La Salle High School Spartans on a 151-game winning streak.

Menu: Football party favorites

Cost: \$5 due Tuesday, Feb. 17

(Course #36174)

Act Happy

Monday, February 23, 10:15 a.m.

Dr. Dale Anderson presents: Never act your age! Knock the EL out of _derly and become WELLderly. Be an age-less, youth-full, WELLderly star! Provided by Lake Minnetonka Senior Care Providers: Community Connections.

Cost: \$2 Please RSVP by Friday, Feb. 20

(Course #36149)

Sips & Songs

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

Roe Family Singers

Wednesday, February 25, 10:30 a.m.

Cost: \$3 (Course #35602)

Sponsored by: Minnetonka Assisted Living

Steven Marking: Sinatra Tribute

Wednesday, April 29, 10:30 a.m.

Cost: \$3 (Course #35603)

Sponsored by: Avinity Senior Living

Lunch and a Movie:

And So It Goes

Friday, March 6, 12 p.m.

Michael Douglas and Diane Keaton star in a story of wealthy and self-absorbed Oren who suddenly becomes the caretaker of his previously unknown granddaughter. Luckily, neighbor Leah comes to the rescue.

Menu: Pizza, salad, garlic bread and dessert

Cost: \$5 due Tuesday, March 3

(Course #36272)

Senior Health Check

Thursday, March 5

8 a.m. – 12 p.m.*

Get a free health check at the semi-annual Senior Health Check event. Make an appointment today for educational presentations, health screenings and refreshments.

Health Screenings:

Appointments recommended

Balance Screening

No appointment needed for:

Computerized Nerve Scans (neck region), Blood Pressure, Hearing, Hand Massage & Skin Checks

Presentations:

- Home Health Care Services, 9 a.m.
- Nutrition to Boost Brain Function, 11 a.m.

Supported by:

Brookdale Living, Maximized Living Health Center, Live Your Life, & Hearing Solutions Group.

Appointments can be made by phone or in person.

Online Selling: The Basics

Monday, March 30, 10:30 a.m.

Looking to clear the clutter or sell your handmade crafts? Learn the basics of various online venues for selling. Discover the pros and cons of each site and things to consider before entering the world of online sales from Abigail Key, professional organizer and online selling specialist.

Cost: \$2 Please RSVP by Friday., March 27

A Farewell Message from Kathy Kline...

I would like to inform you that I have recently accepted a new position with the city of Minnetonka as the Hopkins-Minnetonka Recreation Secretary. Thank you everyone for the fond memories and friendships I have made while working as the Secretary for Senior Services.

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 #35680)

Tai Chi Chih

Susan Sobelson

Mondays, March 30–April 27 \$25

Practice a series of 19 easy-to-learn movements and one pose. Moving meditation can improve balance, flexibility, reduce stress, increase energy and more.

- **Beginner** (Course #35650)
10–11 a.m.
- **Intermediate** (Course #35651)
11:30 a.m.–12:30 p.m.

Continuing Line Dance

Annette Fragale

Learn to “hitch” and “vine” and dance in a line! No partners needed. Six previous lessons needed for continuing beginning level course; 50 previous lessons required for intermediate course.

- Continuing Beginner (Course #35654)
\$20, Thursdays, Feb. 5–26,
12:30–1:30 p.m.
- Intermediate (Course #35655)
\$20, Thursdays, Feb. 5–26,
1:45–2:45 p.m.

Tai Chi for Health and Wellness

Ron Erdman-Luntz

*Thursdays, February 19–April 2
(no class 3/26), 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 #35652)

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.

Beginning & Intermediate Yoga

Nancy Holasek

These gentle classes are geared toward the older adult, with lots of stretching and warm-ups. 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, February 24–March 31
\$36 (Course #35635)
- Thursday, February 26–April 2
\$36 (Course #35636)

Intermediate Yoga Class

11 a.m.–12 p.m.

This 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, February 24–March 31
\$36 (Course #35641)
- Thursday, February 26–April 2
\$36 (Course #35642)

Athletic Activities

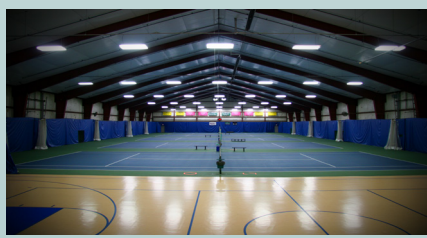
Indoor Pickleball

October–May

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

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

*Williston Fitness Center
14509 Minnetonka Drive*



Leisure Programs

Winter Hike to Jidana

Tuesday, February 17

11 a.m.–1:30 p.m.

Hike along Minnehaha Creek to Deer Island. Enjoy roasting brats and sipping coffee by the campfire. This two-mile round-trip walk will begin at the Minnetonka Community Center.

- \$4 (Course #36143)

Essential Oil Creations:

Citrus Body Scrub

Wednesday, March 4

1–2 p.m.

Spring fever? Put some spring in the air using fresh lemon scents! Learn about the benefits of essential oils and how single notes and synergistic blends can enrich our health and well being.

- \$6 due Monday, March 2
(Course #36104)

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, Tuesday, February 17,
9 a.m.–1 p.m.

Nutrition:

Gut Reaction: Restore Digestive Health through Nutrition

Do you suffer from heartburn, gas, bloating, indigestion, constipation or diarrhea? Do you have an autoimmune disorder, depression or out-of-control sugar or bread cravings? Put an end to these uncomfortable health issues by healing your digestive tract with real food, selected vitamins and amino acids. Discover the connection between what you eat and how you feel.

- \$22 due the Monday prior to program.
- Thursday, March 5, 6–8 p.m.
(Course #35676)
- Wednesday, March 11, 1–3 p.m.
(Course #35677)

Art Programs

Space and Dimension

Gin Weidenfeller

Wednesdays, March 18 & 25

1–3 p.m.

Explore and apply basic methods in linear perspective, overlap, size, value and contrast change to create three-dimensional space in your drawings and paintings. Use graphite, charcoal and watercolor to depict the depths of interior spaces (i.e., bird nests, broken egg shells, etc.) or bold scenes from the exterior world of nature, still life, and land/city scapes.

- \$40 (Course #35664)

Negative Painting

Sandra Muzzy

Tuesdays, March 3 & 10

9–11:30 a.m.

Learn the technique to define a shape or object by painting around it instead of painting the shape or object itself. Using traditional watercolor techniques, start with light washes, gradually getting darker as we define the subject by painting the negative space around it. Bring regular watercolor paints and a sheet of 140lb Arches cold press watercolor paper to the first class. Some previous watercolor experience is preferred.

- \$50 (Course #35667)

Volunteer

There are several ways to volunteer at Minnetonka Senior Services! From special events, adopt-a-highway, reminder phone calls and more, we've got something for you! Visit the front desk at the Minnetonka Community Center to sign up.



History Programs

British History: Rule Britannia

Terry Kubista

Thursdays, February 5–26

1–3 p.m.

William and Mary usher in the beginnings of the modern United Kingdom. The apparent madness of George III forces a rethinking of colonial policy and the British Empire is on the build.

- \$28 (Course #35670)

British History: Royal Kingdoms I

Terry Kubista

Thursdays, March 5–26

1–3 p.m.

Trace the unique relationship between the British monarchy and the country, from the ancient kingdoms of Sussex, East Anglia, Kent, and Wessex over a thousand years of turbulent history.

- \$28 (Course #35671)

The War of 1812, the Second American Revolution

Dan Hartman

Wednesday, February 11,

10:30 a.m.

Americans declared war in 1812 because of trade restrictions brought about by Britain's ongoing war with France, impressments of American merchant sailors into the Royal Navy, American desire to annex Canada and more. Examine all aspects of the war which ended in a draw and look at its implications on the expansion of America into the Northwest Territory.

- \$3 Please RSVP by Monday, Feb. 9 (Course #35675)

World War I in Europe

Dan Hartman

Wednesday, March 11,

10:30 a.m.

The war will be viewed as if in the trenches in France on the western front. More than 70 million military personnel were mobilized in one of the largest and deadliest wars in history. Examine the Western front, the Christmas truce and day-to-day life in the trenches and technological advances.

- \$3 Please RSVP by Monday, Mar. 9 (Course #36138)

Interest groups

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

Bird Club

1st Friday, 10 a.m.

Dave Stephens, UMN Ecology, Evolution and Behavior Professor, *Bird Brains: Decision-Making, Experimental Games and Evolution of Learning in Blue Jays*.

Book Club

3rd Thursday, 1 p.m.

Burgess Boys by Elizabeth Strout.

Computer Club

Fridays, 10 a.m.

All levels of computer users invited.

New! Dominos

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

New members welcome!

Ham Radio

2nd Monday, 10 a.m.

New members welcome!

Literary Book Club

4th Tuesday, 7:15 p.m.

Slaughterhouse-Five by Kurt Vonnegut.

Single Mingle

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

Tale Spinners

Thursdays, 1 p.m.

New members welcome!



11280 Wayzata Boulevard
(763) 591-4868

Handcrafted items by
Minnetonka residents 55
and older.

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



Senior Day Trips



Sheldon Theater: The Diamonds, A Tribute to American Bandstand

Friday, March 27

Enjoy lunch and shopping at the St. James Hotel in Red Wing before taking in a matinee performance of "The Diamonds: A Tribute to American Bandstand." Doo-wop to "Why Do Fools Fall in Love" and "The Church Bells May Ring" in the dazzling Sheldon Theatre founded in 1904.

Menu: Soup and sandwich buffet, cookies, coffee, tea and milk.

Course# 36056

- **Cost:** \$66 includes play, lunch, transportation & escort
- **Estimated trip time:** 9:45 a.m. - 4:30 p.m.
- **Registration deadline:** Friday, Feb. 27.

Summer Registration

(April - July)

Residents: Monday, March 2

Non-Residents: Tuesday, March 3

- Registration is available online, over the phone, via mail or in person.
- Online: www.eminnetonka.com, first-time users 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: Monday - Friday 8:00 a.m. - 4:30 p.m.

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.

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 with Mary Ann, m.lundberg@seniorcommunity.org. 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.carenexion.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.

- **Washington D.C.** (April 9 - 18)
Cost: \$1460 per person, double occupancy.
- **Music Cities** (April 22 - 29)
Cost: \$1225 per person, double occupancy.

Contact & Registration Information

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

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

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.

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