



minnetonka script

Programs and services for those 55+
January 2015 Newsletter

Grief, Loss, Transition & Downsizing

Monday, January 5, 11 a.m.

Join Marcie Spears of Organizing Angel and learn how to downsize your things in the midst of emotional situations. Go from stuck and overwhelmed to hopeful and confident. Gain the tools you need to reclaim your space. Topics include "How will I know when I'm ready?", "What feelings might arise?" and "How do I do it my way?"

Cost: \$2 Please RSVP by Friday, Jan. 2
(Course #36109)

Lunch and a Movie: Million Dollar Arm

Friday, January 23, 12 p.m.

In an effort to save his failing business, a sports agent stages an unconventional recruitment strategy. Agent J.B. Bernstein launches a reality show to get India's talented cricket players to play major league baseball.

Menu: Grilled cheese, tomato soup, cookie and popcorn for the show.

Cost: \$5 due Tuesday, Jan. 20
(Course #36113)

Winter Picnic

Tuesday, January 13, 12 p.m.

Join us for a winter picnic!

Menu: Hot dog bar and dessert

Sponsored by: Meridian Manor

Cost: \$5 due Thursday, Jan. 8.
(Course #35628)

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 starting January 2 to schedule an appointment.

- Mondays & Thursdays, February 9 – April 13.
- Appointment times available include: 12:30, 1:45 & 3 p.m.

Hopkins High School Tour

Wednesday, January 14, 9:30 a.m.

Ever wonder how the latest technology is integrated into the classroom? Get ready to be amazed during a tour of Hopkins High School featuring demonstrations of education through technology. Please park in the visitor parking lot at Hopkins High School, 2400 Lindbergh Drive, Minnetonka. The tour is on foot and will last about one hour.

Free! Please call (952) 939-8393 to RSVP by Tuesday, Jan. 13.

Falls & Balance

Monday, January 26, 10:15 a.m.

Learn about falls and balance from Aegis Therapies. Provided by Lake Minnetonka Senior Care Providers: Community Connections.

Free! (Course #36123)

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)



Chanhassen Dinner Theatres: Hello Dolly



Wednesday, February 18, 11 a.m.

Enjoy your choice of entree and a front and center view of *Hello Dolly* at Chanhassen Dinner Theatre. Meet at the theatre, 501 West 78th Street, Chanhassen, MN.

Cost: \$60 due Tuesday, Jan. 20
(Course #36120)

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

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, January 5–March 16 (no class Jan. 19 & Feb. 16), \$45

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 #35648)
10–11 a.m.
- **Intermediate** (Course #35649)
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)



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, January 6–February 10
\$36 (Course #35633)
- Thursday, January 8–February 12
\$36 (Course #35634)

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, January 6–February 10
\$36 (Course #35639)
- Thursday, January 8–February 12
\$36 (Course #35640)

Evening Yoga

Mary Ann

Wednesdays, January 7–February 11

- Chair Yoga, 6:15 p.m.
\$36 (Course #36110)
- Intermediate Yoga, 7:30 p.m.
\$36 (Course #36111)

Zumba Gold

Jan Gamble

1–2 p.m.

Zumba Gold offers 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!

- **\$24** Monday, January 5–February 23
(Course #35660) No class 1/19 & 2/16
- **\$32** Wednesday, January 7–February 25
(Course #35661)

Athletic Activities

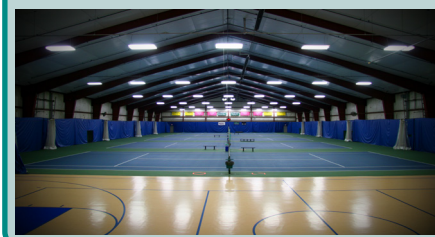
Indoor Pickleball

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.
- **New!** Wednesdays, 1–4 p.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

Thursday, February 19

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 #35679)

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.

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 spiehb@minnetonka.com.

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, January 15, 5:30–9 p.m.
- \$20, Thursday, January 22, 9 a.m.–1 p.m.

Navigating Medicare

Tuesday, January 27, 6:30 p.m.

Learn to navigate Medicare Parts A, B & D. Offered in cooperation with Senior Community Services and is open to those considering retirement and to current Medicare users.



- \$10 due Tuesday, January 20. (Course #36121)

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)

History Programs

Post World War I Society Tom Schmid

**Tuesdays, January 27–March 3
1–3 p.m.**

Discover the important developments that occurred in the years 1919–1924. Topics include women vote, Russian revolution, Tea Pot Dome, labor-management issues, League of Nations, communism, Harding & Coolidge, cultural change and more!

- \$40 (Course #35668)

British History: Shadow of the King Terry Kubista

**Thursdays, January 8–29
1–3 p.m.**

In his unquenchable thirst for celebrity and quest for an heir, Henry VIII reforms not only the British government but also the world's religious structure.

- \$28 (Course #35669)

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)

Civil Rights Movement of the 1960's & MLK

Dan Hartman

**Wednesday, January 14,
10:30 a.m.**

Learn about the African-American civil rights movement, characterized by major campaigns of civil resistance, that resulted in legislative achievements and a Nobel Peace Prize for Martin Luther King, Jr.



- \$3 (Course #35674)

Interest groups

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

Pen Pals

Volunteers are needed to serve as pen pals with a fifth-grade class at Scenic Heights School starting in January. Letters are exchanged monthly with the opportunity to meet your pen pal in May. Call (952)939-8393 to register.



Bird Club

1st Friday, 10 a.m.

Wildness in the Wetlands by Scott Sharkey, physician, naturalist and photographer.

Book Club

3rd Thursday, 1 p.m.

A Town Like Alice by Nevil Shute.

Bulls & Bears Investment Club

1st & 3rd Monday, 1 p.m.

Learn about investing.

Chess

Thursdays, 12 p.m.

If you have general knowledge of chess, join us in the Burwell Room.

New! Dominoes

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

New members welcome!

Literary Book Club

4th Tuesday, 7:15 p.m.

A Moll Flanders by Daniel Defoe.

Wood Carvers

Thursdays, 10 a.m.

Group members share ideas and work independently.



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



Hockey Heritage Tour

Wednesday, January 28

Enjoy a guided tour of the Xcel Energy Center owned by the city of St. Paul. (Sorry, no access to the Wild locker room.) Enjoy lunch at Tom Reid's Hockey City Pub while taking in the collection of hockey photos and memorabilia that packs the exposed brick walls. After lunch drive around Rice Park to view Winter Carnival Ice Sculptures on display. Enjoy a riding tour and learn what makes Minnesota "the State of Hockey" as a professional guide reveals the deep roots of the sport.

Menu: Build your own burger and chicken sandwich buffet with fixings, beverages and cookies.

Course #36054

- **Cost:** \$56 includes tour, lunch, transportation & escort.
- **Estimated trip time:** 9 a.m. - 3:45 p.m.
- **Registration deadline:** Monday, Jan. 12

Ole & Lena, Uff Dah! A Scandinavian Tour

Tuesday, February 24

Meet Ole & Lena costumed character guides from Minnesota's Scandinavian past. Set out on a riding tour to discover how and why immigrants from Norway, Sweden, Denmark and Finland came as pioneers to St. Paul and Minneapolis. View the Mindekirken Church and the Norway House, the Swedish Institute and the statue of Leif Erickson as you learn about Scandinavian Heritage. Enjoy lunch at IKEA, founded in Sweden, before exploring the Swedish Food Shop and furniture shop.

Menu: Swedish meatballs, lingonberries, mashed potatoes, vegetable, beverage and bite-sized pastry.

Course #36055

- **Cost:** \$59 includes tours, lunch, transportation & escort.
- **Estimated trip time:** 8:30 a.m. - 3 p.m.
- **Registration deadline:** Monday, Feb. 2



Swedish Institute

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 and Kathy Kline

kegert@eminnetonka.com

kkline@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 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.

- **Texas** (January 31 – February 14)
Cost: \$2100 per person, double occupancy.
- **California** (March 16 – 30)
Cost: \$2589 per person, double occupancy.

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