



minnetonka script

Programs and services for those 55+
July 2015 Newsletter

Western BBQ

Thursday, July 16, 12 p.m.

Show off your cowboy -or cowgirl- apparel at the Western BBQ.

Menu: Pulled pork sandwich, cole slaw, chips and dessert.

Sponsored by: Brookdale Senior Living

Cost: \$5 due Tuesday, July 14.

(Course #3100104-01)

Yoga for Balance Workshop

Wednesday July 22, 1 p.m.

Join Minnetonka Senior Services Yoga Instructors Mary Ann and Elizabeth Kelly and learn easy-to-do seated and standing postures that you can practice at home to improve balance.

Cost: \$2

(Course #3090801-03)



Mount Rushmore: Carving of an Icon

Wednesday, July 22, 10:30 a.m.

Today, more than two million people each year visit Mount Rushmore in the Black Hills of South Dakota. Fourteen years, four hundred workers, 450,000 tons of rock & nearly one million dollars. Those are the statistics behind the carving of Mount Rushmore. The story is even more interesting; discover the story of inspiration, celebration, anger, bitterness and perseverance!

Cost: \$2 Please RSVP by Monday, July 20.

(Course #3180402-01)

Lunch and a Movie:

The Theory of Everything

Friday, July 31, 12 p.m.

World-famous physicist Stephen Hawking relies on his wife to continue his life's work as he faces challenges with ALS.

Menu: Ham salad sandwich, pasta salad, fruit & an ice cream treat.

Cost: \$5 due Tuesday, July 28

(Course #3100203-01)

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 Roebrich

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, Alabama.

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

Cost: \$5 due Tuesday, August 25

(Course #3100204-01)

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 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 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.

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.

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)

Line Dance

Eileen Ronning

Thursdays, July 9–30

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, \$24, 12:30–1:30 p.m.
(Course #3090601-03)
- Intermediate, \$24, 1:45–2:45 p.m.
(Course #3090601-04)

Tai Chi for Health and Wellness

Ron Erdman-Luntz

Thursdays, July 23–August 20, 6–7 p.m.

(No class Aug. 6)

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.

\$36 (Course #1090401-01)



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.

- July 21–August 25
\$36 (Course #3090101-05)

- September 22–October 27
\$36 (Course #1090101-01)

Thursdays, 9:45–10:45 a.m.

- July 23–August 27
\$36 (Course #3090101-06)

- September 24–October 29
\$36 (Course #1090101-02)

Mary Ann

Wednesdays, 6:15–7:15 p.m.

- July 22–August 26
\$36 (Course #3090101-10)

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.

- July 21–August 25
\$36 (Course #3090201-05)

- September 22–October 27
\$36 (Course #1090201-01)

Thursdays, 11 a.m. – 12 p.m.

- July 23–August 27
\$36 (Course #3090201-06)

- September 24–October 29
\$36 (Course #1090201-02)

Elizabeth Kelly

Wednesdays, 7:30–8:30 p.m.

- July 22–August 26
\$36 (Course #3090201-10)

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. To register call (952) 939-8393.

- \$11 (Course #4120101-01)

70+ Softball

Mondays & Wednesdays, Apr. – Oct. 9 a.m. at Big Willow Park.

Slow-pitch softball is played with modified rules allow for competitive play without the risk of serious injury. Registration accepted throughout the season.

- \$15 (Course #3120201-01)

Volunteer

Adopt-a-highway

Wednesday, July 8, 9 a.m.

Meet at the Minnetonka Community Center and join us for adopt-a-highway and a picnic lunch! Each volunteer walks approximately one mile. Visit the front desk at the Minnetonka Community Center to sign up.



Art Programs

Watercolor Journaling

Sandra Muzzy

Fridays, July 10–24

1:30–4 p.m.

Discover a fun way to document the events in your life, whether it is daily activities, progress of the vegetable garden or a vacation away from home. View extensive examples of journals and receive advice on how to create your own unique piece of art. Journal provided, bring to class a sense of fun, a willingness to try new techniques and any watercolor supplies. Beginners welcome.

- \$75 (Course #3130301-01)

Painterly Expression

Gin Weidenfeller

Wednesdays, July 15 & 22

1–3 p.m.

Focus is on paint, rich color and expressive brush strokes. Mix color to produce vibrant tints/shades to paint the white or dark tones of plant/floral subjects. Explore watercolor or gouache techniques and styles to paint the summer scene, events or nature subjects.

- \$40 (Course #3130102-01)

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, July 9,
9 a.m. – 1 p.m.
- \$20, Thursday, July 23,
5:30 – 9:30 p.m.

Online Selling: The Fundamentals Abbey Key

Wednesdays, July 8–29

10 a.m. – 12 p.m.

Back by popular demand, Abbey Key follows up on the Online Selling: The Basics presentation with an in depth look at the fundamentals of online selling. Topics include: professionally photographing items, researching items, selecting marketplaces, listing templates, packaging and cataloguing. If you missed the presentation or are looking for more this program is for you!

- \$35 (Course#3180601-01)

History Programs

Iraq War

Dan Hartman

Wednesday, July 15

10:30 a.m. – 12 p.m.

Learn about the armed conflict that began on March 20, 2003. Topic include Iraq's alleged possession of weapons of mass destruction, the 18-month withdrawal for combat forces, the last exit of U.S. troops on December 18, 2011 and the significant violence that has continued in Iraq.

- \$3 Please RSVP by Monday, June 8.
(Course #3180203-01)

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.

Interest groups

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

Bingo

Tuesdays, 12:45 p.m.

Join in the fun!

Book Club

3rd Thursdays, 1 p.m.

Lots of Candles, Plenty of Cake by Anna Quindlen.

Bunco

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

Join in the fun! We'll teach you!

Games and Cards

Mondays, 1 p.m.

1st & 3rd is Rummikub. 2nd & 4th is Hand and Foot.

Garden Club

2nd Monday, 1 p.m.

Meet at MCC for club member garden tours.

Duplicate Bridge

Thursdays, 6 p.m.

New members welcome!

Shutterbugs

3rd Tuesday, 10 a.m.

All levels of photographers welcome!

Tonka Tale Tellers

2nd Monday, 10 a.m.

Tell tales at elementary schools.



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

Hutchinson Heirlooms Tea Room

Tuesday, August 18

Enjoy a drive through Minnesota farmlands before arriving at Clay Coyote Pottery for a behind the scenes look inside the studio of Tom Wirt and Betsy Price. Bring a spending money for purchases from the gallery. Next arrive at Heirlooms Tea Room with perennial gardens, cobblestone paths, a fountain and gazebo. Select vintage hats and romantic attire to wear during a classic afternoon tea. Stop at Bongard's Creameries Retail Store for a fresh selection of cheeses.

Menu: Finger sandwiches, scones, petite sweets and three distinct teas.

(Course# 3110102-01)

- **Cost:** \$62 includes tours, lunch, transportation & escort
- **Estimated trip time:** 9 a.m. - 4:45 p.m.
- **Registration deadline:** Friday, July 24.



Taylor's 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. Revered by the Ojibwa, Dakota and Fox people. Trappers and traders glided in canoes and bateaux between the basaltic walls and courageous early settlers built a riverside town where steam navigation stopped. 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.

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.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.

- **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
		<p>1</p> <p>Exercise 9:00 Mah Jongg Group 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 2:00 Evening Yoga 6:15/7:30</p>	<p>2</p> <p>Wood Carvers 10:00 Cribbage 10:00 Chess 12:00 Dominos 1:00 Billiards 1:00 Duplicate Bridge 6:00</p>	<p><i>Closed in observance of Fourth of July!</i></p>
<p>6</p> <p>Exercise 9:00 Art Drop In 9:00 Health Insurance 1:00 Investment Club 1:00 Rummikub 1:00 Billiards 2:00</p>	<p>7</p> <p>Yoga 9:45/11:00 Craft Committee 10:00 Poker 10:00 Bingo 12:45 Billiards 1:00</p>	<p>8</p> <p>Exercise 9:00 Blood Pressure 9:30 Mah Jongg Group 10:00 Online Selling 10:00 A.A./Al-Anon 10:30 History Seminar 10:30 Social Bridge 12:45 Billiards 2:00 500 Cards 6:30 Evening Yoga 6:15/7:30</p>	<p>9</p> <p>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</p>	<p>10</p> <p>Exercise 9:00 Happy Feet 9:00 Computer 10:00 Billiards 1:00 Watercolor Journaling 1:30</p>
<p>13</p> <p>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</p>	<p>14</p> <p>Advisory Board 10:00 500 Cards 10:00 Bingo 12:45 Billiards 1:00 Senior Outreach 1:00</p>	<p>15</p> <p>Exercise 9:00 Mah Jongg Group 10:00 Online Selling 10:00 Iraq War 10:30 A.A./Al-Anon 10:30 Social Bridge 12:45 Painterly Expression 1:00 Billiards 2:00</p>	<p>16</p> <p>Wood Carvers 10:00 Cribbage 10:00 Chess 12:00 Western BBQ 12:00 Line Dance 12:30/1:45 Dominos 1:00 Billiards 3:00 Duplicate Bridge 6:00</p>	<p>17</p> <p>Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer 10:00 Billiards 1:00 Watercolor Journaling 1:30</p>
<p>20</p> <p>Exercise 9:00 Art Drop In 9:00 Health Insurance 1:00 Rummikub 1:00 Investment Club 1:00 Billiards 2:00 Health Insurance 6:00</p>	<p>21</p> <p>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</p>	<p>22</p> <p>Exercise 9:00 Mah Jongg Group 10:00 Online Selling 10:00 Mount Rushmore 10:30 A.A./Al-Anon 10:30 Social Bridge 12:45 Painterly Expression 1:00 Yoga for Balance 1:00 Billiards 2:00 Evening Yoga 6:15/7:30 500 Cards 6:30</p>	<p>23</p> <p>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 Tai Chi 6:00 Defensive Driving 5:30</p>	<p>24</p> <p>Exercise 9:00 Happy Feet 9:00 Computer 10:00 Billiards 1:00 Watercolor Journaling 1:30</p>
<p>27</p> <p>Exercise 9:00 Art Drop In 9:00 Community Connections 10:15 Hand and Foot 1:00 Billiards 2:00</p>	<p>28</p> <p>Yoga 9:45/11:00 500 Cards 10:00 Bingo 12:45 Billiards 1:00 Senior Outreach 1:00 Literary Book Club 7:15</p>	<p>29</p> <p>Senior Day Trip 8:00 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 Evening Yoga 6:15/7:30</p>	<p>30</p> <p>Yoga 9:45/11:00 Wood Carvers 10:00 Cribbage 10:00 Chess 12:00 Line Dance 12:30/1:45 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>31</p> <p>Exercise 9:00 Computer 10:00 Lunch & a Movie 12:00 Billiards 1:00</p>

Group	Meeting day	Information
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	1 st Friday of the month at 10 a.m.	<i>Meets again in September.</i>
Book Club	3 rd Thursday of the month at 1 p.m.	<i>Lots of Candles, Plenty of Cake, by Anna Quindlen.</i>
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.
Chess	Thursdays at 12 p.m.	If you have general knowledge of chess, join us.
Chorale	Wednesdays at 10:15 a.m.	<i>Meets again in September.</i>
Computer Interests	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 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.	1 st & 3 rd : Rummikub, 2 nd & 4 th : Hand and Foot
Mtka Community Garden Club	2 nd Monday at 1 p.m.	Member Garden Tour, meet at Community Center.
Literary Book Club	4 th Tuesday at 7:15 p.m.	<i>Meets again in September.</i>
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	1 st & 3 rd Tuesday at 10 a.m.	Join us for a good game of poker.
Minnnetonka 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.	Group members work independently but also share ideas with one another.