



minnetonka script

Programs and services for those 55+
June 2015 Newsletter

New Programs Inside....

Look for *Adventure Book Club* and *Online Selling: The Fundamentals*, two new programs at Minnetonka Senior Services!

Write Your Story

Wednesday, June 3, 10:30 a.m.

Writing stories for children and grandchildren seems daunting. Learn about three distinct levels of one's life history and how it contributes to a legacy passed on within a family with Jeff Baker (MBA, MATS), owner of Sagis Legacy. Topics include: writing, styles of autobiography, structure, flow of crafting stories and more!
Cost: \$2 Please RSVP by Tuesday, June 2.
(Course #3180401-01)

Benefits of Strength Training: For Older Adults

Wednesday, June 10, 11 a.m.

Join us for a presentation and discover how adding strength training to your fitness routine improves balance in older adults. Provided by Tandem Strength and Balance
Cost: \$2 Please RSVP by Tuesday, June 9.
(Course #3180406-01)

Summer Games

Thursday, June 11, 12 p.m.

Join us for food and fun! Lawn games available in the Banquet Hall after lunch.
Menu: Brats, beans, chips and root beer floats.
Sponsored by: Home Care Solutions
Cost: \$5 due Tuesday, June 9.
(Course #3100103-01)

Lunch and a Movie: *Secondhand Lions*

Friday, June 19, 12 p.m.

Based in 1960's Texas, young Walter learns surprising tidbits about the mysterious and dangerous pasts of his great-uncles.
Menu: Salad bar, bread, melon & cookies.
Cost: \$5 due Tuesday, June 16
(Course #3100202-01)

Yoga for Balance Workshop

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

Wednesday June 24, 10:30 a.m.

(Course #3090801-02)

Wednesday July 22, 1 p.m.

(Course #3090801-03)



Minneapolis Aquatennial: 75 Years of History

Monday, June 22, 11 a.m.

Join Pam Albinson, 1962 Queen of the Lakes, archivist of Aquatennial history at the Hennepin History Museum and author of *The Seventy Five Years of the Minneapolis Aquatennial*, as she takes you on a nostalgic walk through time featuring historic moments of "America's Greatest Summer Festival."
Cost: \$2 Please RSVP by Friday, June 19.
(Course #3180401-01)

Healthy Summer Salads

Monday, June 29, 10:15 a.m.

Healthy eating is fun and easy with so many fresh ingredients to pick from. Learn how to use them in delicious new ways on salads. Provided by Lake Minnetonka Senior Care Providers: Community Connections.
Cost: Free! Please RSVP by Friday, June 26.
(Course #3180409-01)

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.

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)



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)

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)

Continuing Line Dance

Eileen Ronning

Thursdays, June 4–25

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

- Beginner, \$24, 12:30–1:30 p.m.
(Course #3090601-01)
- Intermediate, \$24, 1:45–2:45 p.m.
(Course #3090601-02)

Tai Chi for Health and Wellness

Ron Erdman-Luntz

Thursdays, June 4–25, 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.

- \$36 (Course #3090401-01)



Zumba Gold

Sue Padilla

Mondays, June 1–29, 1–2 p.m.

Zumba® Fitness is a feel-happy workout that combines the motivating fusion of Latin and international music with unique moves and dynamic combinations that allow participants to dance away their worries. Zumba® is a workout that doesn't feel like working out at all! Join me in a class and see how much fun working out - and feeling good - can be! Bring water, you will sweat!

- \$25 (Course #3090501-01)

Yoga

Chair-Supported Yoga

Most chair-supported yoga takes place while seated on a chair and includes plenty 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.

- June 2–July 7
\$36 (Course #3090101-03)
- July 21–August 25
\$36 (Course #3090101-05)

Thursdays, 9:45–10:45 a.m.

- June 4–July 9
\$36 (Course #3090101-04)
- July 23–August 27
\$36 (Course #3090101-06)

Mary Ann

Wednesdays, 6:15–7:15 p.m.

- June 3–July 8
\$36 (Course #3090101-09)
- 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.

- June 2–July 7
\$36 (Course #3090201-03)
- July 21–August 25
\$36 (Course #3090201-05)

Thursdays, 11 a.m. – 12 p.m.

- June 4–July 9
\$36 (Course #3090201-04)
- July 23–August 27
\$36 (Course #3090201-06)

Elizabeth Kelly

Wednesdays, 7:30–8:30 p.m.

- June 3–July 8
\$36 (Course #3090201-09)
- 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 pickleball courts within hockey rinks during league time. Four permanent pickleball courts within the hockey rinks can be used anytime outside of this designated league time. 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 than 50 trail rides are scheduled, with a majority on designated bike trails. 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)

Art Programs

Drawing with Dry Media

Gin Weidenfeller

Wednesdays, June 10 & 17

1–3 p.m.

Explore graphite, pastel and colored pencil drawing techniques. Layer hues of color to create optical color blends. Apply hatching/cross hatching and value contrasts to create 3 dimensionality. Use lines to create exciting texture and pattern to enhance a drawing. Draw nature subjects, land/cityscapes, still life, summer vignettes or your own subject.

- \$40 (Course #3130101-01)

Leisure Programs

Minnehaha Creek Canoe Trip

Enjoy a relaxing two-mile canoe paddle between Grays Bay Dam and I-494, with a picnic stop at Jidana Park. Relax in front of a campfire at Jidana and roast hot dogs. The trip is intended for people who have canoeing experience and can enter and exit the canoe safely on their own. Meet at the community center

- \$10, Tuesday, June 2,
9 a.m. – 1 p.m.
(Course #3190101-01)
- \$10, Wednesday, June 10,
9 a.m. – 1 p.m.
(Course #3190101-02)

Adventure Book Club

Kelly Stewart

Saturday, June 13

8–10 a.m.

Join Naturalist Kelly Stewart for a book club discussion followed by an adventure. This will be the first session of the Adventure Book Club, feel free to bring book ideas and adventures on your bucket list! Meet at the Lakeside Shelter of Lone Lake Park.

Book: *Etta and Otto and Russel and James* by Emma Hooper

Adventure: Walk with a Naturalist

- \$18 (Course #3190601-01)
Due by Thursday, June 11

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

Navigating Medicare

Wednesday, June 3, 6:30 p.m.

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

- \$10 due Monday, June 1.
(Course #3180501-01)

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

After Stalingrad to the Fall of Berlin

Dan Hartman

Wednesday, June 10

10:30 a.m.

Characterized by unprecedented ferocity, wholesale destruction, mass deportations and immense loss of life due to combat, starvation, exposure, disease and massacres the Eastern Front was decisive in the outcome of World War II.

- \$3 Please RSVP by Monday, June 8.
(Course #3180202-01)

Interest groups

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

Billiards

Monday - Friday

Time varies, please see calendar page.

Book Club

3rd Thursday, 1 p.m.

Lots of Candles, Plenty of Cake by Anna Quindlen.

Computer Club

Fridays, 10 a.m.

For more detailed information about meetings visit mscig.wordpress.com.

Craft Committee

1st Tuesday, 10 a.m.

Create decor for monthly parties.

Games and Cards

Mondays, 1 p.m.

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

Garden Club

2nd Monday, 1 p.m.

Open meeting at the Minnetonka Community Center.

Ham Radio

2nd Monday, 10 a.m.

New members welcome!

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

Viking Village & Mankato

Wednesday, July 29

Visit the Viking Village Training Camp, celebrating their 50th anniversary. Guests may sit in the bleachers or stand along the fence to watch the Vikings practice session. Bring spending cash for vendor stands and the gift tent. Enjoy the "special of the day" lunch at Charley's Restaurant before heading to the Betsy-Tacy Houses. Experience the legacy of Maud Hart Lovelace, beloved author of the famed children series. Tour the childhood home of Maud Hart Lovelace and her best friend Frances 'Bick' Kenney.

(Course#3110101-01)

- **Cost:** \$59 includes tours, lunch, transportation & escort
- **Estimated trip time:** 8 a.m. - 5:45 p.m.
- **Registration deadline:** Thursday, July 2.



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.

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.

- **Colorado Railroads** (July 28 - August 6)
Cost: \$1830 per person, double occupancy.
- **Yellowstone** (August 15 - 21)
Cost: \$1375 per person, double occupancy.

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.

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 Art Drop In 9:00 Tai Chi Chih 10:00/11:30 Health Insurance 1:00 Investment Club 1:00 Rummikub 1:00 Billiards 1:00</p>	<p>2</p> <p>Canoe Trip 9:00 Yoga 9:45/11:00 Craft Committee 10:00 Poker 10:00 Bingo 12:45 Billiards 1:00</p>	<p>3</p> <p>Exercise 9:00 Mah Jongg Group 10:00 Write Your Story 10:30 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00 Evening Yoga 6:15/7:30 Navigating Medicare 6:30</p>	<p>4</p> <p>Carvers 10:00 Cribbage 10:00 Chess 12:00 Dominos 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>5</p> <p>Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer 10:00 Billiards 1:00</p>
<p>8</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 1:00</p>	<p>9</p> <p>Defensive Driving 9:00 Yoga 9:45/11:00 500 Cards 10:00 Advisory Board 10:00 Bingo 12:45 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00</p>	<p>10</p> <p>Canoe Trip 9:00 Exercise 9:00 Blood Pressure 9:30 Mah Jongg Group 10:00 Strength Training 11:00 A.A./Al-Anon 10:30 History Seminar 10:30 Social Bridge 12:45 Drawing w/Dry Media 1:00 Billiards 1:00 500 Cards 6:30 Evening Yoga 6:15/7:30</p>	<p>11</p> <p>Yoga 9:45/11:00 Carvers 10:00 Cribbage 10:00 Chess 12:00 Summer Games 12:00 Bunco 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>12</p> <p>Exercise 9:00 Happy Feet 9:00 Computer 10:00 Billiards 1:00</p>
<p>15</p> <p>Exercise 9:00 Art Drop In 9:00 Health Insurance 1:00 Rummikub 1:00 Investment Club 1:00 Billiards 1:00 Health Insurance 6:00</p>	<p>16</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>17</p> <p>Exercise 9:00 Mah Jongg Group 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Drawing w/Dry Media 1:00 Billiards 1:00 Evening Yoga 6:15/7:30 500 Cards 6:30</p>	<p>18</p> <p>Senior Day Trip 9:00 Yoga 9:45/11:00 Carvers 10:00 Cribbage 10:00 Chess 12:00 Dominos 1:00 Billiards 1:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>19</p> <p>Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer 10:00 Lunch & a Movie 12:00 Billiards 1:00</p>
<p>22</p> <p>Exercise 9:00 Art Drop In 9:00 Aquatennial 11:00 Health Insurance 1:00 Hand and Foot 1:00 Billiards 1:00</p>	<p>23</p> <p>Defensive Driving 9:00 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>24</p> <p>Exercise 9:00 Mah Jongg Group 10:00 Yoga for Balance 10:30 A.A./Al-Anon 10:30 Social Bridge 12:45 Botanical Art 1:00 Billiards 1:00 Evening Yoga 6:15/7:30</p>	<p>25</p> <p>Yoga 9:45/11:00 Carvers 10:00 Cribbage 10:00 Chess 12:00 Bunco 1:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>26</p> <p>Exercise 9:00 Happy Feet 9:00 Computer 10:00 Billiards 1:00</p>
<p>29</p> <p>Exercise 9:00 Art Drop In 9:00 Healthy Summer Salads 10:15 Billiards 1:00</p>	<p>30</p> <p>Yoga 9:45/11:00 Bingo 12:45 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.