



# minnetonka script

Programs and services for those 55+  
May 2015 Newsletter

## Cinco De Mayo

Tuesday, May 5, 12 p.m.

Celebrate Cinco De Mayo!

**Menu:** Taco bar & dessert.

**Sponsored by:** WestRidge of Minnetonka

**Cost:** \$7 due Friday, May 1

(Course #35632, 3100102-01)

## SENIORS Expo

Thursday, May 7, 9 a.m. – 1 p.m.

Save the date for the Seniors Expo!

Event features exhibitors, presentations, health screenings, activities, fitness demonstrations, refreshments and prizes. Event is open to the public and free of charge.

### Presentations:

- Nutrition: Foods to Reduce Pain and Inflammation, 10 a.m.
- Minnetonka Senior Services: How to Register Online, 11 a.m.
- Can the Clutter: Downsizing, 12 p.m.

### Sponsored by:

Augustana Care, WestRidge of Minnetonka, Legacy Care Home, Can the Clutter & Brookdale Senior Living Solutions

## We're updating!

Minnetonka Recreation Services and Senior Services are transitioning to a new recreation software program during the month of May. During this transition you may notice two course numbers for the same program, be asked new questions regarding your household and online accounts. We appreciate your patience during this transition. Thank you.

## Shred Event

Friday, May 8

1 – 3 p.m.

First Shred will be at the Minnetonka Ice Arena B shredding paper on site.

### The Details:

- \$5 for up to eight full paper grocery bags. Plastic bags are not accepted.
- Please bring exact cash or checks payable to Minnetonka Senior Services.
- The truck will be on site for two hours only.
- Wait in line in your car at the ice arena; we'll take it from there.
- All proceeds benefit Minnetonka Senior Services Scholarship Fund.

**Minnetonka Ice Arena**  
3401 Williston Road

(far north end of the civic center campus)

## Cell Phone Q & A

### Hopkins High School Students

Monday, May 11, 1:30 – 2:30 p.m.

Students from Hopkins High School will be at the Minnetonka Community Center to provide one-on-one help with your cell phone. Refreshments provided.

**Cost:** Free! Please RSVP by Friday, May 8.

(Course #37000, 3180403-04)

## Cruise the World: Senior Housing

Thursday, May 14, 9:45 a.m. – 2:45 p.m.

Board the "cruise line" to view five levels of senior housing each featuring food and fun from various ports of call:

- Legacy Homes: delicacies of Japan
- Golden Living Center Hillcrest of Wayzata: food and flavor of Italy
- Meridian Manor Assisted Living: traditional dishes of France
- Emerald Crest Memory Care: tempting treats of the Caribbean Islands
- Westridge Independent Senior Living: mouth-watering offerings from Mexico

Proceeds go to Minnetonka Senior Services.

**Cost:** \$5 due Thursday, May 7.

(Course #36999, 3180404-04)

## Please Welcome...

Join us in welcoming Facilities Clerk Kaylee Wallin. Kaylee has worked for the city of Minnetonka Recreation Division since 2007.

## Lunch and a Movie:

### The Hundred-Foot Journey

Friday, May 15, 12 p.m.

A war between eateries develops when chef Hassan Kadam opens a successful Indian restaurant called Maison Mumbai in the South of France.

**Menu:** Chicken salad croissant sandwich, fruit, chips and a cookie.

**Cost:** \$5 due Tuesday, May 12

(Course #36987, 3100201-01)

## Container Gardens

Monday, May 18, 10:15 a.m.

Spring is here! Join a Master Gardener with the University of Minnesota to discover fun ways to create container gardens. Provided by Lake Minnetonka Senior Care Providers: Community Connections.

**Cost:** Free! Please RSVP by Friday, May 15.

(Course #37001, 3180405-01)

## Golden Years Gala

Tuesday, May 19, 12 p.m.

May is Older Americans month and this special celebration honors those 85 and older.

This event is open to all ages. Participants 85 and older receive a flower; 90 and older receive a flower and free registration. **Flowers courtesy of RidgePointe of Minnetonka.**

**Menu:** Meatloaf, potato, veggie, roll & dessert.

**Cost:** \$7 due Tuesday, May 12.

(Course #36151, 3100101-01)

## 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 #36150, 3180401-01)

## 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 #35680, 4090701-01)

### Tai Chi Chih

**Susan Sobelson**

**Mondays, May 4–June 1** (no class 5/25)

Continue to 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 Review, \$20, 10–11 a.m.  
(Course #36986, 3090301-01)
- Intermediate, \$20, 11:30–12:30 p.m.  
(Course #36994, 3090301-02)

### 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 #35658, 3090601-01)
- Intermediate, \$24, 1:45–2:45 p.m.  
(Course #35659, 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 #37002, 3090401-01)



## Yoga

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

*Most chair-supported yoga takes place while seated on a chair.*

**Nancy Holasek**

**Tuesdays, 9:45–10:45 a.m.**

- June 2–July 7  
\$36 (Course #36176, 3090101-03)
- July 21–August 25  
\$36 (Course #36178, 3090101-05)

**Thursdays, 9:45–10:45 a.m.**

- June 4–July 9  
\$36 (Course #36177, 3090101-04)
- July 23–August 27  
\$36 (Course #36179, 3090101-06)

**Mary Ann**

**Wednesdays, 6:15–7:15 p.m.**

- May 6–27  
\$30 (Course #36167, 3090101-08)
- June 3–July 8  
\$36 (Course #36185, 3090101-09)

### Intermediate Yoga

*Intermediate yoga includes standing and balance postures. 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.*

**Nancy Holasek**

**Tuesdays, 11 a.m. – 12 p.m.**

- June 2–July 7  
\$36 (Course #36180, 3090201-03)
- July 21–August 25  
\$36 (Course #36182, 3090201-05)

**Thursdays, 11 a.m. – 12 p.m.**

- June 4–July 9  
\$36 (Course #36181, 3090201-04)
- July 23–August 27  
\$36 (Course #36183, 3090201-06)

**Elizabeth Kelly**

**Wednesdays, 7:30–8:30 p.m.**

- May 6–27  
\$24 (Course #36169, 3090201-08)
- June 3–July 8  
\$36 (Course #36186, 3090201-09),

## 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.

## 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**

### 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](http://www.mtkabikers.org). To register call (952) 939-8393.

- \$11 (Course #36144, 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 #36145, 3120201-01)

## Art Programs

### Botanical and Floral Art

#### *Gin Weidenfeller*

*Wednesdays, May 13 & 20*  
1–3 p.m.

Explore contemporary and traditional methods in drawing, painting and mixed media, i.e. watercolor, graphite/colored pencils, charcoal. Learn how to use glazing, gradated, and wet'n'wet washes, color blending, light and shadow contrasts to capture a likeness or an abstract expression of live plant/floral specimens.

- \$40 (Course #35666, 3130103-01)

## History Programs

### British History: Scotland Fever

#### *Terry Kubista*

*Thursdays, May 7–28*  
1–3 p.m.

A return to the capital city of Edinburgh is in order here. The course will be supplemented by discussions on the Clans and Castles of Scotland.

- \$28 (Course #35673, 3180101-01)

### Operation Barbossa to Stalingrad: World War II

#### *Dan Hartman*

*Wednesday, May 13*  
10:30 a.m.

Operation Barbarossa was the largest military operation in history both in manpower and casualties. Its failure was a turning point in the Third Reich's fortunes. Most importantly, the operation opened up the Eastern Front. The Battle of Stalingrad, a turning point in World War II, was the major battle in which Nazi Germany and its allies fought the Soviet Union for control of the city. Marked by constant close quarters combat and disregard for military and civilian casualties, it is among the bloodiest battles in the history of warfare.

- \$3 Please RSVP by Monday, May 11. (Course #36140, 3180201-01)

## 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@minnetonka.com](mailto:spieh@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](http://www.mnsafetycenter.org) for all classes.

#### *Four hour renewal sessions:*

- \$20, Thursday, May 21, 9 a.m. – 1 p.m.
- \$20, Thursday, May 28, 5:30 – 9:30 p.m.

#### *Eight hour session:*

- \$24, Tuesday, May 5 & Thursday, May 7, 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 #37003, 3180501-01)

## Leisure Programs

### Essential Oil Creations:

#### *Pest Repellant*

*Wednesday, May 27*  
1–2 p.m.

Discover nature's way to keep bugs away, a refreshing alternative to harsh chemical products! Create your pest repellant while learning the benefits of essential oils. Provided by Wyndmere Naturals.

- \$6 Please RSVP by Monday, May 25. (Course #36201, 3190401-01)

### 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 #36146, 3190101-01)
- \$10, Wednesday, June 10, 9 a.m. – 1 p.m. (Course #36147, 3190101-02)

## Interest groups

For more information on these groups and a calendar of events, please visit [www.eminnetonka.com](http://www.eminnetonka.com) or stop by the community center.

### Bird Club

*1st Friday, 10 a.m.*

Tom Anderson: *What's in a Bird Song*

### Book Club

*3rd Thursday, 1 p.m.*

*Orphan Train* by Christina Baker Kline.

### Chorale

*Wednesdays, 10:15 a.m.*

New singers welcome!

### 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.*

U of M Landscape Arboretum.

### Literary Book Club

*4th Tuesday, 7:15 p.m.*

*Racing in the Rain: My Life as a Dog* by Garth Stein.

### Shutterbugs

*3rd Tuesday, 10 a.m.*

All levels of photographers welcome!

### Tonka Tale Tellers

*Tuesdays, 1 p.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

### Gull Lake Luncheon Cruise

*Thursday, June 18*

Take a trip to the beautiful Brainerd Lakes area and enjoy the sleek North Star yacht featuring a glass-enclosed main deck and upper deck patio. Take in scenic views during a two hour luncheon cruise. Bring a thermal cooler bag for a stop at Thielen's Meat Market, known for quality fresh and smoked meats and world famous home-smoked bacon.

**Menu:** Sandwich and salad buffet, cookie and beverage.

(Course# 36171, 3110104-01)

- **Cost:** \$69 includes cruise, lunch, transportation & escort
- **Estimated trip time:** 9 a.m. - 5:45 p.m.
- **Registration deadline:** Friday, May 15.



### 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# 36172, 3110101-01)

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

## 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*.

- **Canadian Rockies** (July 7 - 28)  
Cost: \$1850 per person, double occupancy.
- **Alaska Circle** (July 13 - 20)  
Cost: \$3000 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+.