



minnetonka script

Programs and services for those 55+
November 2015 Newsletter

Veterans Week

Free for veterans and spouses of veterans.

Documentary:

The Ghost Army

Tuesday, Nov. 10, 10 a.m.

Discover the bizarre mission a selected group of American GI's, mostly artists, undertook during World War II. These special troops used inflatable rubber tanks, sound trucks and performance art to trick the enemy repeatedly. Join us for donuts and coffee as we learn about the 23rd Headquarters Special Troops and the mission that was kept secret for nearly 50 years.

Cost: \$2* (Course #1180402-01)

Veterans Social

Thursday, Nov. 12, 9:30 a.m.

Meet local veterans while enjoying coffee and treats.

Cost: \$1* (Course #1180403-01)

Honoring America's Veterans

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

Discover the history that made Veterans Day a national holiday, the origin of the Purple Heart and other stories of the Great War that lead to the national salute to America's veterans.

Cost: \$2* (Course #1180401-01)

Veterans Week is supported by:

Brookdale Living, WestRidge of Minnetonka, Emerald Crest, Legacy Care Home, Brookdale Home Health and Hospice, Qualicare and Cub Foods-Minnetonka.

Paris Peace Conference

Thursday, Nov. 12, 1 p.m.

Discuss the meeting of the allied victors, at the end of World War I. Major decisions included: creation of League of Nations; five peace treaties with defeated enemies, reparations imposed on Germany, and the drawing of boundaries to reflect forces of nationalism. Learn more about the Treaty of Versailles, which laid the guilt for the war on "the aggression of Germany and her allies."

Cost: \$3* (Course #1180404-01)

Lunch and a Movie:

Unbroken

Friday, Nov. 13, 12 p.m.

An inspiring tale of survival based on Olympian and American prisoner of war Louis Zamperini. The Second Lieutenant spent 47 days adrift in a raft after his plane crashed into the Pacific Ocean before being caught by the Japanese Navy.

Cost: \$5* (Course #1100203-01)

Registration Information

- Registrations due **Monday, Nov. 9** even if attending for free.
- *Free for veterans and spouses of veterans.

Monthly Party:

Thanksgiving

Tuesday, Nov. 17, Noon

Give thanks together at our annual party.

Menu: Roast turkey, stuffing, potatoes, corn, cranberries, roll and pumpkin pie.

Sponsored by: Home Care Assistance

Cost: \$7 due Thursday, Nov. 13.
(Course#1100106-01)

Legal and Financial Planning

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

Learn about legal and financial planning in your retirement years. Discuss who will make decisions for you if you are not able to do so, what type of legal paperwork you need and for what reasons. Learn about Medicaid and veterans benefits and much more. Provided by Lake Minnetonka Senior Care Providers: Community Connections.

Free! (Course #1180414-01)

Telephone Equipment Distribution Program

Monday, Dec. 7, 11 a.m.

The Telephone Distribution Program provides telephones to people with hearing loss, physical or speech needs. Join us to learn more about this program that provides phones at no cost to Minnesotans who qualify.

Cost: \$2 (Course #1180408-01)

Monthly Party:

Holiday Gala

Tuesday, Dec. 15, Noon

Celebrate the season with us.

Menu: Ham, scalloped potatoes, vegetable, roll and dessert.

Sponsored by: Brookdale Senior Living

Cost: \$7 due Thursday, Dec. 10.
(Course #1100107-01)

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.



11280 Wayzata Blvd.

763-591-4868

Purchase items handcrafted by Minnetonka residents ages 55 and older.

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

*Holiday Hours: Monday - Saturday,
Nov. 30 - Dec. 23rd.*

Seasonal crafts and gifts have arrived!

The place for holiday shopping:

- Winter hats, gloves and scarves
- Baby clothes and toys
- Jewelry and accessories
- Handbags and wallets
- Doll furniture and clothes
- Household items and more!



Fitness Programs

Over 50 and Fit

Volunteer Instructors

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, Nov. 16–Dec. 14

Experience a form of “moving meditation” with benefits for body, mind and spirit. This series of 19 easy-to-learn movements creates a sense of calm and can improve balance, mental clarity and energy levels.

- Beginner II, \$35, 10–11 a.m.
(Course #1090301-02)

Zumba Gold

Renee Rahimi

Mondays, Nov. 2–Dec. 21

12:45–1:45 p.m.

Ditch the workout and join the party! Zumba Gold is a Latin inspired dance-fitness program featuring easy-to-follow rhythms and a variety of upbeat music. It is a low impact, less intense form of Zumba designed for beginners and active older adults. Working out has never been so much fun!

- \$40 (Course #1090501-02)

Line Dance

Eileen Ronning

Thursdays, Nov. 5–Dec. 3 (No Class 11/26)

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 #1090601-02)
- Intermediate, \$24, 1:45–2:45 p.m.
(Course #1090602-02)

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.

- Nov. 3–Dec. 15
\$36 (Course #1090101-03)

Thursdays, 9:45–10:45 a.m.

- Nov. 5–Dec. 17
\$36 (Course #1090101-04)
(No Class 11/26)

Elizabeth Kelly

Wednesdays, 6:15–7:15 p.m.

- Nov. 4–Dec. 16
\$42 (Course #1090101-06)

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 and up from the floor to complete postures while on the belly or backside of the body. Please bring a yoga mat or towel to class.

Nancy Holasek

Tuesdays, 11 a.m. – noon

- Nov. 3–Dec. 15
\$36 (Course #1090201-03)

Thursdays, 11 a.m. – noon

- Nov. 5–Dec. 17
\$36 (Course #1090201-04)
(No Class 11/26)

Elizabeth Kelly

Wednesdays, 7:30–8:30 p.m.

- Nov. 4–Dec. 16
\$42 (Course #1090201-05)

Athletic Activities

Indoor Pickleball

October - May

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

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

Williston Fitness Center

14509 Minnetonka Drive

Education Programs

Defensive Driving

Attend and save 10 percent 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 mnsafetycenter.org for all classes.

Four-hour renewal sessions:

- \$20, Tuesday, Nov. 10,
9 a.m. – 1 p.m.

History Programs

British History: Decay from Within Terry Kubista

Thursdays, Nov. 5–19

1–3 p.m.

Greed, bribes and corruption meant that the British Empire was doomed. Explore the people at the heart of the governments and the relationships that developed between them.

- \$21 (Course #1180101-03)

Pearl Harbor Today

Dan Hartman

Wednesday, Dec. 9

10:30 a.m. – noon

Take a look at Pearl Harbor as it is today an active naval base and a memorial to those who lost their lives on December 7, 1941. Enjoy personal pictures of a tour of the Pearl Harbor Naval Base made by the instructor and his wife while visiting Hawaii.

- \$3 (Course #1180409-01)

Sips & Songs

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

James Shaw

Wednesday, Dec. 16, 10:30 a.m.

Cost: \$3 (Course #1100301-02)

Sponsored by:

WestRidge of Minnetonka

Pen Pal Program

January – May

Volunteers are needed to serve as pen pals with a fifth grade class at Scenic Heights Elementary in Minnetonka. Letters are exchanged monthly, with the opportunity to meet your pen pal in May. Please call 952-939-8393 to volunteer.

Interest Groups

Interest groups are coordinated and led by seniors in the community. All groups meet at the Minnetonka Community Center unless otherwise noted.

500

2nd and 4th Tuesdays, 10 a.m.

2nd and 4th Wednesdays, 6:30 p.m.

Join in the fun! We'll teach you.

AA/Al-Anon

Wednesdays, 10:30 a.m.

All ages welcome.

Art Drop In

Mondays, 9 a.m. – noon

Informal, drop in and create!

Billiards

Monday - Friday

Time varies, please see calendar page.

Bingo

Tuesdays, 12:45 p.m.

Join in the fun!

Bird Club

1st Friday, 1 p.m.

Speaker: Bob Janssen, author and birding expert.

Book Club

3rd Thursday, 1 p.m.

Mrs. Lincoln's Dressmaker by Jennifer Ciaverini.

Bulls & Bears Investment Club

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

Learn about investing.

Bunco

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

Join in the fun! We'll teach you!



Chorale

Wednesdays, 10:15 a.m.

New singers welcome!

Computer Club

Fridays, 10 a.m.

All levels of computer users invited.

Craft Committee

1st Tuesdays, 10 a.m.

Create decor for monthly parties.

Cribbage

Thursdays, 10 a.m.

Bring your cribbage board and cards.

Dominos

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

New members welcome!

Duplicate Bridge

Thursdays, 6 p.m.

New members welcome!

Games and Cards

Mondays, 1 p.m.

1st & 3rd is Rummikub. 2nd & 4th is Hand and Foot. If there is a 5th Monday, train dominoes is played.

Garden Club

2nd Monday, 1 p.m.

Seed exchange and election of new officers.

Ham Radio

2nd Monday, 10 a.m.

New members welcome!

Literary Book Club

4th Tuesday, 7:15 p.m.

Let Him Go by Larry Watson.

Mahjongg

Wednesdays, 10 a.m.

New members welcome!

Poker

1st and 3rd Tuesdays, 10 a.m.

New members welcome!

Shutterbugs

3rd Tuesday, 10 a.m.

All levels of photographers welcome!

Single Mingle

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

Social Bridge

Wednesdays, 12:45 p.m.

Prizes awarded!

Tale Spinners

Tuesdays, 1 p.m.

New members welcome!

Tonka Tale Tellers

2nd Monday, 10 a.m.

Tell tales at elementary schools.

Wood Carvers

Thursdays, 10 a.m.

Group members share ideas and work independently.

Senior Day Trips

Christmas at Mayowood

Wednesday, Dec. 2

Enjoy "Christmas at Historic Mayowood." This is the former residence of Doctors Charles H. and Charles W. Mayo. A national historic landmark situated on a wooded hillside overlooking the Zumbro River Valley, many rooms are uniquely decorated and each is personalized by those who contribute to the holiday spirit. The mansion has been recently restored to its full former elegant glory. Lunch will be served at the historic Hubbell House in Mantorville, MN; a tiny village that was once a booming community until it was bypassed by the railroad.

Menu: Choose roast beef or Hubble baked chicken with salad, vegetable, roll and sherbet.

(Course# 1110104-01)

- **Cost:** \$62 includes tours, meal, transportation and escort
- **Estimated trip time:** 8 a.m. - 4 p.m.
- **Registration deadline:** Friday, Nov. 6



Contact and Registration Information

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

Minnetonka Senior Services

952-939-8393

14600 Minnetonka Blvd.
Minnetonka, MN 55345

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 and Activities Manager

Steve Pieh

952-939-8366

spieh@eminnetonka.com

Senior and General Programs Manager

Janelle Crossfield

952-939-8369

jcrossfield@eminnetonka.com

Spring Registration

(January - March)

Residents: Wednesday, Dec. 2

Non-Residents: Thursday, Dec. 3

- Register 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 percent for programs.
- Up to 50 percent on one day trip per year.

Services

Blood Pressure Screenings

1st and 3rd Fridays; 2nd Wednesdays
9:30-11:30 a.m. Free!

Provided by volunteer nurses.

Happy Feet

1st, 2nd, 3rd and 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

Lisa Engdahl

2nd and 4th Tuesdays, Free!

Discuss finances, transportation, personal care, medical care, home maintenance and more. For appointment call 952-939-8393.

Health Insurance Counseling

1st and 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 information call 952-746-4046 or visit the Community Center on Fridays, 9 a.m. - noon.

CareNextion

carenextion.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 seniorcommunity.org.

- **Duluth Christmas** (Dec. 4 - 5)
Cost: \$300 per person, double occupancy.
- **Omaha Christmas** (Dec. 10 - Dec. 13)
Cost: \$650 per person, double occupancy.

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