



minnetonka script

Programs and services for those 55+
April 2015 Newsletter

Tax-Free Investing

Thursday, April 9, 6 p.m.

Join us for an educational presentation on the benefits and considerations of choosing investments with tax advantages. It's not what you make, it's what you keep!

Supported by: Edward Jones

Cost: \$2 Please RSVP by Wednesday, April 8 (Course#36879)



Volunteer Social

Tuesday, April 14, 1:30 p.m.

Join us for our annual volunteer social. Enjoy tasty bites and beverages while mingling with other Minnetonka Senior Services volunteers. Enjoy a brief program at 2 p.m.

Free! Please RSVP by Friday, April 10 (Course #36991)

Tech Fair

Wednesday, April 22, 1-3 p.m.

Save the date for the Computer Club's annual event. Drop-in to this free event featuring educational presentations, demonstrations and hands-on learning!



Lunch and a Movie:

Maleficent

Friday, April 24, 12 p.m.

A classic fairy tale, retold. Learn the story of *Sleeping Beauty* from Maleficent's point of view and the cruel blow that created the vengeful fairy.

Menu: Ham buns, bean salad, fruit & a treat

Cost: \$5 due Tuesday, April 21 (Course #36885)

The Author's View of Scotland

Monday, April 20, 10:30 a.m.

Enjoy a presentation on the time of Robert the Bruce, and the Battle of Bannockburn, including photographs from the author's visits to Scotland to research her time travel series, *The Blue Bells Chronicles*, which tells the story of a modern American musician and a medieval Highlander who switch places in time. Also included, a display of and brief talk on some of the medieval weaponry and the musical instruments found in the stories, including harp, trombones and a medieval lute.

Cost: \$2 Please RSVP by Friday, April 17 (Course#36115)

Bears: Black, Brown and Polar

Stan Tekiela

Monday, April 27, 10:30 a.m.

This talk is based on the book and covers some of the most amazing aspects of bears. This presentation is packed with amazing images of three species of bear found in North America: black, brown and polar bear. Stan will explain in his fun and entertaining way all about the different kinds of bears along with telling some of the most amazing stories of his adventures in the wild to capture these incredible images. Provided by Lake Minnetonka Senior Care Providers: Community Connections.

\$2 (Course #36988)

Sips & Songs

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

Steven

Marking: Sinatra Tribute

Wednesday, April 29, 10:30 a.m.

Cost: \$3 (Course #35603)

Sponsored by: Avinity Senior Living

SENIORS Expo

9 a.m. – 1 p.m., Thursday, May 7

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

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 Thursday, May 1. (Course #35632)

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)

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, May 4 – May 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 (Course #36986)
\$25, 10–11 a.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 #35658)
\$25, Thursdays, April 9 – May 14,
12:30–1:30 p.m. (no class 5/7)
- Intermediate (Course #35659)
\$25, Thursdays, April 9 – May 14,
1:45–2:45 p.m. (no class 5/7)

Tai Chi for

Health and Wellness

Ron Erdman-Luntz

Thursdays, April 16 – May 28

(no class 5/21), 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 #36184)



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.

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

Nancy Holasek

9:45 – 10:45 a.m.

Most of the class takes place while seated on a chair.

- Tuesday, April 28 – May 26
\$30 (Course #35637)
- Thursday, April 30 – May 28
\$24 (Course #35638) (no class 5/7)

Intermediate Yoga Class

Nancy Holasek

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, April 28 – May 26
\$30 (Course #35643)
- Thursday, April 30 – May 28
\$24 (Course #35644) (no class 5/7)

Evening Yoga

Mary Ann

Wednesdays, April 1 – 29

- Chair Yoga, 6:15 p.m.
\$30 (Course #36166)
- Intermediate Yoga, 7:30 p.m.
\$30 (Course #36168)



Community Ballroom Dance

Friday, April 24, 7–9:30 p.m.

Enjoy a community ballroom dance featuring *The Castaways*. Free dance lesson at 6:15 p.m.

- Call for tickets: (952)988-4070
- \$13 in advance, \$15 at the door.

**Eisenhower Community Center,
1001 Highway 7, Hopkins.**

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

Kick-off Meeting:

Thursday, April 2, 9:30 a.m.

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 #36144)

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)

50+ Golf League

**Mondays, May 11 – August 31
9:30 – 10:30 a.m.**

A great way to meet new people, this informal 16 week co-ed Monday morning league plays at four area golf courses: Glen Lake, Braemar, Baker and Eagle Lake. Participants rotate with different players each week. Registration deadline is April 13, 2015. Space is limited to 36 golfers. Visit us or call Minnetonka Senior Services (952)939-8393 to register. (No league play 5/25)

- \$230 (Course #36148)

Art Programs

Composition and Still Life

Gin Weidenfeller

Wednesdays, April 22 & 29

1–3 p.m.

Explore the role of composition in planning a still life drawing or painting. Address placement of objects, use of positive/negative space, and applying the basic elements of composition, i.e. rhythm, contrast, balance, focus, etc. Draw or paint using a variety of methods and materials, such as watercolor, water-soluble colored pencils, graphite and charcoal.

- \$40 (Course #35665)

History Programs

British History: Royal Kingdoms II

Terry Kubista

Thursdays, April 2–23

1–3 p.m.

While celebrating the art and architecture of England's palaces, castles, abbeys and cathedrals, we will delve into the events, pageantry and traditions that connect the people, land and the crown.

- \$28 (Course #35672)

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)

World War I in the Rest of the World

Dan Hartman

Wednesday, April 8

10:30 a.m.

Considered to have helped define the 20th century the War will be viewed in an attempt to understand changes around the world from Arabia to the Far East and in America. Also discussed is the Paris Peace Treaty of 1919 and its effects that led to World War II.

- \$3 Please RSVP by Monday, April 6 (Course #36139)

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, April 9, 9 a.m. – 1 p.m.
- \$20, Thursday, April 30, 9 a.m. – 1 p.m.

Eight hour session:

- \$24, Tuesday, May 5 & Thursday, May 7, 5:30 p.m. – 9:30 p.m.

Navigating Medicare

Wednesday, April 8, 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, April 6. (Course #36886)

Leisure Programs

Mah Jongg

Carole Harris

Wednesdays, April 8–May 20

10–12 p.m.

Learn to play the intriguing game of Mah Jongg, a game of chance and skill. The Chinese ruling class developed this game of tiles in the time of Confucius, but it has been modernized, simplified and Westernized for all to enjoy. Played previously? Refresh your skills.

- \$54 (Course #35678)

Continuing Bridge

Lee Solee

Mondays, April 20–May 18

1–3 p.m.

Continue learning to bid and score during the challenging game of bridge. Please bring a deck of cards.

- \$30 (Course #36112)

Interest groups

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

Bird Club

1st Friday, 10 a.m.

Craig Mandell: *Birds of Brazil*

Book Club

3rd Thursday, 1 p.m.

The Roundhouse by Louise Erdrich.

Computer Group

Fridays, 10 a.m.

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

Cribbage

Thursdays, 10 a.m.

New members welcome!

Garden Club

2nd Monday, 1 p.m.

Bees by Dewey Hassig.

Literary Book Club

4th Tuesday, 7:15 p.m.

Our Man in Havana by Graham Greene.

Wood Carvers

Thursdays, 10 a.m.

Group members share ideas and work independently.

Tale Spinners

Tuesdays, 1 p.m.

New members welcome!

Wood Carvers

Thursdays, 10 a.m.

New members welcome!



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



Dirty Rotten Scoundrels : Old Log Theater

Wednesday, May 20

Have lunch at Old Log Theater before the matinee show. *Dirty Rotten Scoundrels* is a hilarious series of schemes, masquerades and double-crosses that keep the audiences laughing.

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

Course# 36170

- **Cost:** \$70 includes play, lunch, transportation & escort
- **Estimated trip time:** 11:30 a.m. - 4 p.m.
- **Registration deadline:** Friday, Apr. 24.

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 city campus)

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.

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.

- **Cape Cod** (June 20 - 28)
Cost: \$1490 per person, double occupancy.
- **Mackinac Island** (June 25 - 29)
Cost: \$900 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

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+.