



minnetonka script

Programs and services for those 55+
September 2015 Newsletter

Senior Health Check ✓

Thursday, Sept. 24

9 a.m. – Noon

Join us for free educational presentations, exhibitors, health screenings and refreshments.

Health Screenings:

Appointments recommended for:

- Balance Screening
- Memory Screening

No appointment needed for:

Computerized nerve scans (neck region), blood pressure and hearing

Exhibitors:

- Meals on Wheels: Food Sampling
- Minnetonka Fire: Hands Only CPR
- ClearCaptions: Phones for Hearing Loss

Presentations:

- Is This Normal Aging?, 9 a.m.
- Nutrition to Boost Your Immune System, 11 a.m.

Supported by:

Maximized Living Health Center, Live Your Life, Meals on Wheels, Lifesprk, Brookdale Health Care, Zounds Hearing, ClearCaptions and Augustana Care

Appointments can be made by phone or in person.

Lunch and a Movie:

Still Alice

Friday, Sept. 11, Noon

Follow the journey of Alice Howard as her and her family make radical life changes after a diagnosis of early-onset Alzheimer's.

Menu: Cheeseburger, french fries and jello salad.

Cost: \$5 due Tuesday, Sept. 8.
(Course #1100201-01)

Great Art and Architecture of Rome

Greg Pulles

Monday, Sept. 21, 11 a.m.

Greg Pulles, author of several books on Rome, will provide a guided tour of all the great art and architecture of Rome, including a presentation featuring numerous photographs.

Cost: \$2 Please RSVP by Friday, Sept. 18.
(Course #1180405-01)

Monthly Party: Italian Night

Monday, Sept. 21, 5:30 p.m.

Join us for an Italian night!

Menu: Lasagna, salad, bread and dessert.

Sponsored by: Brookdale Senior Living

Cost: \$5 due Thursday, Sept. 17.
(Course #1100101-01)



Forgetfulness

Monday, Sept. 28, 10:15 a.m.

Discover when forgetfulness is no longer normal and may be a warning sign.

Provided by Lake Minnetonka Senior Care Providers: Community Connections.

Cost: Free! Please RSVP by Friday, Sept. 25.
(Course # 1180412-01)

Drain the Worry & Stress Out of Aging

Monday, Oct. 5, 10 a.m.

Join us as we join over a dozen other senior centers across the state through a joint teleconferencing effort. Listen and interact with Dr. Bruce McBeath as he discusses how to make aging stress resistant.

Cost: \$2 Please RSVP by Friday, Oct. 2.
(Course #1180410-01)

Store to Door

Wednesday, Oct. 7, 10:30 a.m.

Do transportation or mobility concerns make grocery shopping a chore? Looking for a way to give back? Store to Door, a volunteer based non-profit shopping and delivery service, gives seniors access to food and household essentials. Learn about the service and how to get involved as a client or volunteer.

Cost: \$2 Please RSVP by Tuesday, Oct. 6.
(Course #1180406-01)

Dementia and Family Relationships

Join us for a three-part dinner and film series focusing on love, loss, dementia and family relationships. Each day includes a film, discussion and a light dinner. This program is designed to raise awareness and reduce the stigma of Alzheimer's and other related dementias.

Cost: \$7 due Thursday prior to session.

Register for all three sessions and save \$6!

- Sunday, Oct. 4, 4–7 p.m.
Complaints of a Dutiful Daughter (NR)
(Course #1100302-01)
- Sunday, Oct. 11, 4–7 p.m.
The Savages (R)
(Course #1100302-02)
- Sunday, Oct. 25, 4–7 p.m.
Iris (R)
(Course #1100302-03)

Supported by:

Homewatch CareGivers, Qualicare Family HomeCare, ComForCare Home Care, Elder Homestead, Augustana Care and Neptune Society

Sips & Songs

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

Geoff Elvee Band

Wednesday, Oct. 21, 10:30 a.m.

Cost: \$3 (Course #1100301-01)

James Shaw

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

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

Sponsored by:

WestRidge of Minnetonka

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. Visit mtkabikers.org for more information.

- \$11 (Course #4120101-01)

55+ Softball

Tuesdays and Thursdays,

Sept. – Oct., 9 a.m.

Big Willow Park

Slow-pitch softball played with modified rules to allow for competitive play with a reduced risk of injury. Registration accepted throughout the season.

- \$10 (Course #1120301-01)

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, Sept. 14–Nov. 2

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 energy levels.

- Beginning, \$35, 10–11 a.m.
(Course #1090301-01)
- Intermediate, \$35, 11:30–12:30 p.m.
(Course #1090302-01)

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.

- Sept. 22–Oct. 27
\$36 (Course #1090101-01)
- Nov. 3–Dec. 15
\$36 (Course #1090101-03)

Thursdays, 9:45–10:45 a.m.

- Sept. 24–Oct. 29
\$36 (Course #1090101-02)
- Nov. 5–Dec. 17
\$36 (Course #1090101-04)
(No Class 11/26)

Elizabeth Kelly

Wednesdays, 6:15–7:15 p.m.

- Sept. 23–Oct. 28
\$36 (Course #1090101-05)

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

- Sept. 22–Oct. 27
\$36 (Course #1090201-01)
- Nov. 3–Dec. 15
\$36 (Course #1090201-03)

Thursdays, 11 a.m. – Noon

- Sept. 24–Oct. 29
\$36 (Course #1090201-02)
- Nov. 5–Dec. 17
\$36 (Course #1090201-04)
(No Class 11/26)

Elizabeth Kelly

Wednesdays, 7:30–8:30 p.m.

- Sept. 23–Oct. 28
\$36 (Course #1090201-05)

Zumba Gold

Renee Rahimi

Mondays, Sept. 14–Oct. 26

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!

- \$35 (Course #1090501-01)

Tai Chi for Health and Wellness

Ron Erdman-Luntz

Thursdays, Sept. 10–Oct. 15, 6–7 p.m.

Tai Chi short-form movements have many health benefits and are fun to learn. The slow circular movements help to improve balance and relaxation. Must be able to walk comfortably for an hour. Wear comfortable clothes and athletic shoes.

- \$54 (Course #1090401-01)



Line Dance

Eileen Ronning

Thursdays, Oct. 8–29

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 #1090601-01)
- Intermediate, \$24, 1:45–2:45 p.m.
(Course #1090601-01)

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.

Art Programs

The Art of Color in Watercolor Gin Weidenfeller

Wednesdays, Sept. 16–30
1–3:15 p.m.

Hands on exercises mix, blend, and glaze color to explore color wheel studies and schemes. Learn to use the color wheel as a tool to identify and apply color combinations, harmony, contrast, warm and cool hues, and tint/shade tones. Paint or draw nature subjects, landscapes and vignettes in fall color.

- \$60 (Course #3130104-01)

Leisure Programs

Mahjongg Carole Harris

Wednesdays, Sept. 9–Oct. 21
10 a.m. – Noon

Learn to play the intriguing game of Mahjongg, a game of chance and skill.

- \$54 (Course #1190201-01)

Beginning Bridge Lee Solee

Mondays, Sept. 14–Oct. 19
1–3 p.m.

Learn bidding, scoring and playing strategies for the challenging game of bridge. Bring a deck of cards.

- \$35 (Course #1190301-01)

Essential Oil Creations: Scented Sachet

Wednesday, Sept. 23
1–3 p.m.

Discover the benefits of essential oils while creating a scented sachet for your linen closet or dresser, plus create a refresher to keep it scented. Provided by Wyndmere Naturals.

- \$6 Please RSVP by Monday, Sept. 21.
(Course #1190101-01)

Email Updates

Stay up-to-date on the latest events and receive weekly email updates on senior happenings! Send your email address to spieh@minnetonka.com.

Education Programs

Going Gluten Free the Healthy Way

Wednesday, Sept. 23
1–3 p.m.

A gluten sensitivity can cause muscle pain, bloating, eczema, ADD and other digestive problems. Provided by Nutritional Weight and Wellness.

- \$22 Please RSVP by Friday, Sept. 18.
(Course #1180301-01)

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, Thursday, Sept. 10,
9 a.m. – 1 p.m.
- \$20, Thursday, Sept. 17,
5:30 p.m. – 9:30 p.m.

Eight-hour session:

- \$24, Sept. 28 and 30
5:30 – 9:30 p.m.

History Programs

April 1865

Dan Hartman

Wednesday, Sept. 16
10:30 a.m. – Noon

Learn about the Battle of Five Forks (also known as “Waterloo of the Confederacy”), the Battle of Appomattox Court House, the assassination of United States President Abraham Lincoln and more.

- \$3 Please RSVP by Monday, Sept. 14.
(Course #1180202-01)

British History: The Georgians

Terry Kubista

Thursdays, Sept. 10–24
1–3 p.m.

Learn how the powerful Victorian Empire as built and what led to its downfall. The build up of wealth, opulence and power which seemed so attractive to many today but the cost of world dominance could not be maintained.

- \$21 (Course #1180101-01)

Interest Groups

For more information on interest groups and a calendar of events, visit eminnetonka.com or stop by the Community Center.

Book Club

3rd Thursday, 1 p.m.

The Invention of Wings by Sue Monk Kidd.

Garden Club

2nd Monday, 1 p.m.

Noerenberg Gardens tour.

Literary Book Club

4th Tuesday, 7:15 p.m.

Jamaica Inn by Daphne du Maurier.

Wood Carvers

Thursdays, 10 a.m.

Wood Carving Lessons during September!

Visit the group in September to learn from other members.



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.



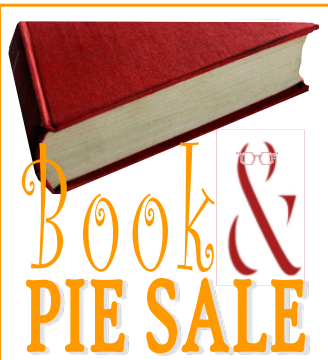
Volunteer

Bird Garden Weeding

Wednesday, Sept. 2 and 16
9–11 a.m.

Meet at the Minnetonka Community Center and help weed the new bird garden. Please RSVP to the office in person or by calling 952-939-8393.





BOOK & PIE SALE

Tuesday, October 13
11 a.m. – 5 p.m.

The annual Book and Pie Sale is provided by Minnetonka Senior Services in conjunction with the Senior Advisory Board.

Most Books are \$1.00
 Pie by the slice, sloppy joes, ice cream and coffee will be available for purchase.

BLOW-OUT SALE
 4 - 5 p.m.
\$2.50

For all you can fit into a bag!

Book donation drop-off times
 Friday, October 9, and
 Monday, October 12,
 9 a.m. to 3 p.m.

Senior Day Trip

Fall Color in Cranberry Country

Tuesday, Oct. 20

Enjoy a stop at Eau Galle Cheese on the way to the Cranberry Discovery Center in Warrens, WI. Tour the museum and enjoy a special cranberry lunch before going on the Berry Best Tour to hear about the cranberry marsh operation up close and personal. Bring pocket money to purchase fresh cranberries at the end and a snack during a rest stop on the way home.

Menu: Cranberry meatball sandwich basket, cranberry juice or cranberry tea and hand crafted ice cream for dessert.

(Course# 1110103-01)

- **Cost:** \$69 includes tours, lunch, transportation and escort
- **Estimated trip time:** 7:30 a.m. - 5:45 p.m.
- **Registration deadline:** Friday, Sept. 25.



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

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 to 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 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. *2nd and 4th Mondays during Sept. due to holiday.

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.

- **Branson Christmas** (Nov. 11 - 15)
 Cost: \$799 per person, double occupancy.
- **Nashville Christmas** (Nov. 28 - Dec. 3)
 Cost: \$1150 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>Craft Committee 10:00 Poker 10:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00</p>	<p>2</p> <p>Exercise 9:00 Bird Garden Weeding 9:00 Mahjongg Group 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 2:00</p>	<p>3</p> <p>Wood Carvers 10:00 Cribbage 10:00 Chess 12:00 Dominos 1:00 Billiards 3:00 Duplicate Bridge 6:00</p>	<p>4</p> <p>HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 Bird Club 10:00 Billiards 1:00</p>
<p>7</p> <p>Closed for the holiday</p>	<p>8</p> <p>Advisory Board 10:00 500 Cards 10:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00 Senior Outreach 1:00</p>	<p>9</p> <p>Exercise 9:00 Blood Pressure 9:30 Mahjongg Group 10:00 Mahjongg Program 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 2:00 500 Cards 6:30</p>	<p>10</p> <p>Defensive Driving 9:00 Wood Carvers 10:00 Cribbage 10:00 Chess 12:00 Line Dance 12:30/1:45 British History 1:00 Bunco 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>11</p> <p>HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 Lunch and a Movie 12:00 Billiards 1:00</p>
<p>14</p> <p>Exercise 9:00 Art Drop In 9:00 Ham Radio 10:00 Tonka Tale Tellers 10:00 Tai Chi Chih 10:00/11:30 Zumba Gold 12:45 Health Insurance 1:00 Garden Club 1:00 Hand and Foot 1:00 Beginning Bridge 1:00 Billiards 2:00</p>	<p>15</p> <p>Poker 10:00 Shutterbugs 10:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00 Single Mingle Club Mtg @ Tuttle's 3:30</p>	<p>16</p> <p>Exercise 9:00 Bird Garden Weeding 9:00 Mahjongg Group 10:00 Mahjongg Program 10:00 Chorale 10:15 A.A./Al-Anon 10:30 History Seminar 10:30 Social Bridge 12:45 Watercolor 1:00 Billiards 2:00</p>	<p>17</p> <p>Wood Carvers 10:00 Cribbage 10:00 Chess 12:00 Line Dance 12:30/1:45 Book Club 1:00 Dominos 1:00 British History 1:00 Billiards 3:00 Defensive Driving 5:30 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>18</p> <p>HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 Billiards 1:00</p>
<p>21</p> <p>Exercise 9:00 Art Drop In 9:00 Tai Chi Chih 10:00/11:30 Presentation 11:00 Zumba Gold 12:45 Rummikub 1:00 Investment Club 1:00 Beginning Bridge 1:00 Billiards 2:00 Monthly Party 5:30</p>	<p>22</p> <p>Yoga 9:45/11:00 500 Cards 10:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00 Senior Outreach 1:00 Literary Book Club 7:15</p>	<p>23</p> <p>Exercise 9:00 Mahjongg Group 10:00 Mahjongg Program 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Social Bridge 12:45 Essential Oil Creations 1:00 Watercolor 1:00 Nutrition 1:00 Billiards 2:00 Evening Yoga 6:15/7:30 500 Cards 6:30</p>	<p>24</p> <p>Health Check Event 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 British History 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>25</p> <p>HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Computer 10:00 Billiards 1:00</p>
<p>28</p> <p>Exercise 9:00 Art Drop In 9:00 Tai Chi Chih 10:00/11:30 Community Connections 10:15 Zumba Gold 12:45 Health Insurance 1:00 Hand and Foot 1:00 Beginning Bridge 1:00 Billiards 2:00 Defensive Driving 5:30 Health Insurance 6:00</p>	<p>29</p> <p>Yoga 9:45/11:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00</p>	<p>30</p> <p>Senior Day Trip 9:00 Exercise 9:00 Mah Jongg Group 10:00 Mah Jongg Program 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Social Bridge 12:45 Watercolor 1:00 Billiards 2:00 Defensive Driving 5:30 Evening Yoga 6:15/7:30</p>		

Group	Meeting day	Information
Advisory Board	2 nd Tuesday at 10 a.m.	
AA/Al-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>Hérons of Minnesota</i> by Sher Curry.
Book Club	3 rd Thursday of the month at 1 p.m.	<i>The Invention of Wings</i> by Sue Monk Kidd
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 September 9.</i>
Computer Club	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.	Tour Noerenberg Gardens.
Literary Book Club	4 th Tuesday at 7:15 p.m.	<i>Jamaica Inn</i> by Daphne du Maurier.
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.
Minnetonka 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.	Wood carving lessons during September! Come and learn, tools provided for lessons.