

minnetonka script

Programs and services for those 55+
December 2016 Newsletter

Winter/Spring Registration

(January–March)

Tuesday, Dec. 6

Registrations for programs beginning January through March will be accepted starting Tuesday, Dec. 6 at 8 a.m. The *Script* highlights upcoming programs. Please refer to the Hopkins-Minnetonka Recreation Services Brochure or visit eminnetonka.com/register for a more complete listing of senior services offerings. The brochure can be picked up at the community center, viewed online or mailed to your home. Non-residents who wish to receive a copy of the brochure will be charged \$3 to cover mailing costs. To request a copy call 952-939-8203 or email recservices@eminnetonka.com.

Scholarships Available

Limited scholarships are available for Minnetonka residents age 55+. Scholarships are kept confidential and no questions are asked regarding details of finances.

- Up to three scholarships per brochure totaling nine per year
- Up to 50 percent for programs
- Up to 50 percent on one day trip per year

Monthly Party: Holiday Gala

Wednesday, Dec. 14, noon

Celebrate with us!

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

Sponsored by: Sunrise of Minnetonka

Cost: \$7 due Friday, Dec. 9

(Course #1100107-01)

Lunch and a Movie: Joy

Friday, Dec. 9, noon

After 10 years of trying to mass-market the revolutionary floor mop she invented, housewife Joy Mangano strikes gold with a personal pitch on QVC that turns her Miracle Mop into an overnight marketing miracle.

Menu: Grilled cheese sandwich, tomato soup and a treat.

Cost: \$5 due Tuesday, Dec. 6

(Course #1100204-01)

Travel Presentation:

River Cruising 101

Monday, Dec. 5, 10:30 a.m.

Discover river cruising! Learn the different types of river cruises offered in the United States, Europe and Asia. Topics include ships, destinations, duration and "what to expect."

Provided by Peterson Travel Pros.

Cost: \$2 (Course #1180410-01)

Balance and Fall Prevention

Dr. Eva Norman

Monday, Dec. 12, 10:30 a.m.

Dr. Eva Norman, president and founder of Live Your Life Physical Therapy, discusses balance and fall prevention. Learn ways to maintain, improve and restore ease of movement, activity levels and health. Limited appointments available for balance screenings following the presentation. Appointments are required and can be made online, over the phone or in person.

Cost: \$2 (Course #1180419-01)

Taxes from A-Z and Ways to Minimize Them

Wednesday, Jan. 9, 10:30 a.m. - noon

Learn the different types of federal and state taxes and ways to minimize them without having to read a lengthy tax code! Discuss new ideas on reducing your tax bill and making your investment portfolio more tax efficient.

Cost: \$2 (Course #2180401-01)



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

Dale Martell

Wednesday, Jan. 18, 10:30 a.m.

Join Dale as he shares the history of bluegrass and showtunes through great songs like "Blue Skies" and "Orange Blossom Special."

Cost: \$3 (Course #2100301-01)

Sponsored by Brookdale Minnetonka Carlson Parkway.

Reminders:

- The following programs have annual fees that you can pay for starting Dec. 6:

Bird Club, \$20
(Course # 4190502-02)

Over 50 and Fit, \$12
(Course #4090702-02)

- Beginning Jan. 3, tax appointments can be made in-person or by calling Minnetonka Senior Services. More details to come in the January Script.

Register Early

Programs can fill well in advance or may be canceled due to low enrollment. Registering early is the best way to secure a spot.

Fitness Programs

For a complete listing and program descriptions please visit eminnetonka.com/register or pick up a fitness flyer at the community center.

Program	Instructor	Dates	Day	Times	Fee	Course #
Over 50 and Fit	Volunteer Instructors	Jan. 1–Dec. 31	M, W, F	9–10 a.m.	\$12 <i>(annually)</i>	4090702-02
Basic Mat Pilates	Elizabeth Kelly	Jan. 4–Feb. 22	W	6:15–7:15 p.m.	\$48	2090904-01
Chair Yoga	Elizabeth Kelly	Jan. 4–Feb. 22	W	5–6 p.m.	\$48	2090101-03
Chair Yoga	Nancy Holasek	Jan. 3–Feb. 21	T	9:45–10:45 a.m.	\$48	2090101-01
Chair Yoga	Nancy Holasek	Jan. 5–Feb. 23	TH	9:45–10:45 a.m.	\$48	2090101-02
Intermediate Yoga	Elizabeth Kelly	Jan. 4–Feb. 22	W	7:30–8:30 p.m.	\$48	2090201-03
Intermediate Yoga	Nancy Holasek	Jan. 3–Feb. 21	T	11 a.m. – noon	\$48	2090201-01
Intermediate Yoga	Nancy Holasek	Jan. 5–Feb. 23	TH	11 a.m. – noon	\$48	2090201-02
T'ai Chi Chih: Beginning	Susan Sobelson	Jan. 9–Mar. 13 <i>(No class Jan. 16 & Feb. 20)</i>	M	10–11 a.m.	\$40	2090301-01
T'ai Chi Chih: Intermediate	Susan Sobelson	Jan. 9–Mar. 13 <i>(No class Jan. 16 & Feb. 20)</i>	M	11:30 a.m.–12:30 p.m.	\$40	2090302-01
T'ai Chi for Health and Wellness	Ron Erdman-Luntz	Jan. 5–Feb. 9	TH	6–7 p.m.	\$54	2090401-01
Therapeutic Pilates	Dr. Sarah Petich	Jan. 23–Mar. 6 <i>(No class Feb. 20)</i>	M	8:30–9:30 a.m.	\$54	2090901-01
Zumba Gold	Renee Rahimi	Jan. 23–Mar. 27 <i>(No class Jan. 30, Feb. 20 and Mar. 20)</i>	M	12:45–1:45 p.m.	\$42	2090501-01
Zumba Gold Toning	Renee Rahimi	Jan. 25–Mar. 29 <i>(No class Feb. 1, Mar. 1 and Mar. 22)</i>	W	12:30–1:30 p.m.	\$42	2090501-03

Fitness Highlights

New! Zumba Gold Toning

Renee Rahimi

Zumba Gold Toning routines will be added to the class format. Combine Zumba Gold moves with the added benefit of upper body toning, utilizing light hand weights. Optional toning sticks or light hand weights will be provided.

Over 50 and Fit

Volunteer Instructors

Join this social group and enjoy music and fitness three days a week!

T'ai Chi for Health and Wellness

Ron Erdman-Luntz

Tai Chi short-form movements have many health benefits and are fun to learn. Slow circular movements help to improve balance and relaxation. Must be able to walk comfortably for an hour.

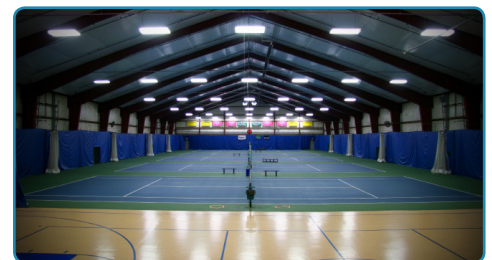
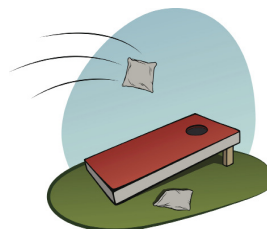
Join us for a game of

Bean Bag

Friday, Dec. 16, 10:15 a.m.–noon

Socialize with your peers and join in a game of bean bag.

Free! No reservation needed.



Athletic Activities

Indoor Pickleball

October - May

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

- Tuesdays and Wednesdays, 7:30–10 a.m.
- Thursdays and Fridays, 7:30–9:30 a.m.
- Free for Williston, Silver Sneaker and Silver and Fit members. \$4 per day for non-members.

Williston Fitness Center
14509 Minnetonka Drive

History Programs

British History: Winston Churchill Terry Kubista

Thursdays, Dec. 1–8, 1–3 p.m.

Statesman, politician, Knight of the Garter and near royalty - Sir Winston was all of these. How did his story start and what did he do in order to become one of Great Britain's most famous statesmen?

- \$14 (Course #1180101-04)

British History: Sacred Wonders of Britain

Terry Kubista

Thursdays, Dec. 15–22, 1–3 p.m.

Britain's sacred places are not all ancient. Some are quite new. Yet they all share roots in the religions of the original peoples of the Islands. From the north of Scotland to Glastonbury Tere, explore sites that were holy to the first missionaries.

- \$14 (Course #1180101-05)

American Presidents

Dan Hartman

Wednesdays, Dec. 14–28,

10:30 a.m.–12:30 p.m.

Explore each president and discuss what occurred while they were in office from a historical point of view. Presidents will be presented in order, with highlighted accomplishments and factors surrounding their terms in office. The final seminar will look at the newly elected president and what the future may hold for their term in office.

- \$15 (Course #1180202-04)

Berlin Wall

Tom Troy

Tuesdays, Jan. 10–31, 1–2:30 p.m.

Built in 1961, the Berlin Wall became the symbol of Communist oppression and of divided Berlin, divided Germany and divided Europe. It was arguably the ugliest manifestation of the Cold War. The opening of the wall and its later destruction symbolized the end of Communism in East Germany and Central and Eastern Europe. Learn of the political and diplomatic background to the building and razing of the wall.

- \$12 (Course #1180201-01)

Day Trips*

Como Conservatory and St. Paul Ice Sculptures

Friday, Jan. 27*



Wonder at the largest glass-domed garden in the region on a guided tour of the Marjorie McNeely Conservatory. After the tour, explore on your own before having lunch at the M ST. Café at the Saint Paul Hotel. Across the street, walk around Rice Park to view the the Saint Paul Winter Carnival ice carving competition.
Menu: Buffet featuring hot entrees, side dishes, salad, soup and beverage.

- **Cost:** \$70 includes tours, meal, transportation and guide (Course# 2110101-01)
- **Estimated trip time:** 9 a.m.–3:45 p.m.
- **Register or cancel by:** Tuesday, Jan. 3

*For a complete listing of day trips search for trips at eminnetonka.com/register. Flyers for day trips and extended trips through Landmark Tours are also available at the community center. Trips meet in the lobby of the community center.

Email Updates

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

Receive the script and calendar via email by subscribing to email alerts at eminnetonka.com/seniorservices.

Education Programs

Defensive Driving

Register through MN Highway Safety Center, 1-888-234-1294, or visit mnsafetycenter.org for all classes.

4-hour renewal sessions:

- \$22, Thursday, Dec. 8, 9 a.m.–1 p.m.



11280 Wayzata Blvd.

763-591-4868

Purchase items handcrafted by Minnetonka residents ages 55 and older.

Seasonal crafts and gifts have arrived!

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

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

Holiday Hours: Monday–Saturday, Nov. 28–Dec. 23.

Interest Groups

Interest groups are coordinated and led by seniors in the community. All groups meet at the Minnetonka Community Center, unless noted otherwise. For a complete list of groups go to eminnetonka.com/seniorservices.

Bird Club

1st Friday, 10 a.m.

Speaker: Stan Tekiela, Naturalist, "Something Interesting".

Book Club

3rd Thursday, 1 p.m.

I Saw A Man by Owen Sheers.

Garden Club

2nd Monday, 1 p.m.

Holiday Party.

Literary Book Club

4th Tuesday, 7:15 p.m.

Daisy Miller by Henry James.

Billiards

Monday - Friday, Time Varies

New members welcome!

Ham Radio

2nd Monday, 10 a.m.

New members welcome!

Cribbage

Thursdays, 10 a.m.

Bring your cribbage board and cards.

New members welcome!

Dominos

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

New members welcome!

Genealogy Club

1st Thursdays, 10 a.m.

Sharing resources for researching family history.

Crafting for a Cause

2nd Friday, 9 a.m.

Knit, crochet, quilt, sew and craft for a cause! Items will be donated to local non-profits. Crafted items can include baby hats, quilted items, lap blankets, mittens, scarves and more! Enjoy socializing while making a difference in the community.

Caregiver Conversations

A Caregiver Support Group

2nd Thursday, 10 a.m.

Are you caring for a spouse, parent, friend or neighbor with health issues? Would you like to connect with others in similar situations?

This support group is a place to be encouraged and offer encouragement to others. Please join as we explore the challenges, rewards and resources in navigating the caregiving journey. Lead by Lisa Engdal, Senior Outreach Social Worker for Senior Community Services.

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 Friday,

9 a.m. - 3 p.m., \$37

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.

Medicare Counseling

1st and 3rd Mondays, Free!

Discuss Medicare, supplemental insurance, Part D coverage, billing issues, resources and more! Call 952-939-8393.

HOME

Household and Outside Maintenance for Elderly (HOME) is available for Minnetonka residents 60 and older. For information call 952-746-4046 or visit the Community Center on Fridays, 9 a.m. - noon. Some of the chores HOME can help with include the following:

- Snow removal
- Change light bulbs
- Housekeeping
- Change furnace filters




Minnetonka Senior Services

Connections. Activities. Lifelong Learning.

Contact and Registration Information

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

 14600 Minnetonka Blvd.,
Minnetonka, MN 55345



eminnetonka.com/register



952-939-8393

Office Hours

Monday - Friday, 8 a.m. - 4:30 p.m.

Administrative Staff

Kate Egert, kegert@eminnetonka.com

Sue Svec, ssvec@eminnetonka.com

Senior Services and Activities Manager

Steve Pieh, 952-939-8366

spieh@eminnetonka.com

Mission

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

Program Locations

Meet at Minnetonka Senior Services unless otherwise noted.

Cancellation 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

Refunds are assessed a \$5 administrative fee and only granted prior to the registration deadline or in the event that a replacement is found.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Minnetonka Senior Services Connections. Activities. Lifelong Learning.</p>			<p>1</p> <p>Yoga 9:45/11:00 Cribbage 10:00 Genealogy 10:00 Wood Carvers 10:00 Day Trip 10:15 British History 1:00 Dominos 1:00 Line Dance 1:00 Billiards 2:15 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>2</p> <p>Exercise 9:00 Happy Feet 9:00 HOME Office Hours 9:00 Blood Pressure 9:30 Bird Club 10:00 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00</p> <p>3</p> <p>Dance: Ballroom/Latin 11:00</p>
	<p>5</p> <p>Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00/11:30 Travel Presentation 10:30 Zumba 12:45 Health Insurance 1:00 Investment Club 1:00 Rummikub 1:00 Billiards 2:00</p>	<p>6</p> <p>Registration Begins 8:00 Yoga 9:45/11:00 Craft Committee 10:00 Poker 10:00 Bingo 12:40 Billiards 1:00 Tale Spinners 1:00</p>	<p>7</p> <p>Exercise 9:00 Mahjongg Group 10:00 Chorale 10:00 A.A./Al-Anon 10:30 Zumba 12:30 Social Bridge 12:45 Billiards 1:45 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30</p>	<p>8</p> <p>Defensive Driving 9:00 Yoga 9:45/11:00 Caregiver Conversations 10:00 Cribbage 10:00 Wood Carvers 10:00 British History 1:00 Bunco 1:00 Billiards 1:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>
<p>12</p> <p>Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Ham Radio 10:00 Tai Chi Chih 10:00/11:30 Tonka Tale Tellers 10:00 Balance & Fall Prevention 10:30 Zumba 12:45 Garden Club 1:00 Hand and Foot 1:00 Billiards 2:00</p>	<p>13</p> <p>Yoga 9:45/11:00 500 Cards 10:00 Advisory Board 10:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00 Day Trip 3:30</p>	<p>14</p> <p>Exercise 9:00 Blood Pressure 9:30 Mahjongg Group 10:00 Chorale 10:00 A.A./Al-Anon 10:30 American Presidents 10:30 Monthly Party 12:00 Zumba 12:30 Social Bridge 12:45 Billiards 1:45 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30</p>	<p>15</p> <p>Yoga 9:45/11:00 Cribbage 10:00 Wood Carvers 10:00 Book Club 1:00 British History 1:00 Dominos 1:00 Billiards 1:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>16</p> <p>Exercise 9:00 Happy Feet 9:00 HOME Office Hours 9:00 Blood Pressure 9:30 Computer Club 10:00 Bean Bags 10:15 Billiards 1:00 Oil Painting Drop In 1:00</p>
<p>19</p> <p>Art Drop In 9:00 Exercise 9:00 Health Insurance 1:00 Investment Club 1:00 Rummikub 1:00 Billiards 1:00 Health Insurance 6:00</p>	<p>20</p> <p>Poker 10:00 Shutterbugs 10:00 Bingo 12:40 Billiards 1:00 Tale Spinners 1:00 Literary Book Club 7:15</p>	<p>21</p> <p>Exercise 9:00 Mahjongg Group 10:00 Chorale 10:00 A.A./Al-Anon 10:30 American Presidents 10:30 Social Bridge 12:45 Billiards 1:00 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30</p>	<p>22</p> <p>Cribbage 10:00 Wood Carvers 10:00 British History 1:00 Bunco 1:00 Billiards 1:00 Duplicate Bridge 6:00</p>	<p>23</p> <p>Exercise 9:00 Happy Feet 9:00 HOME Office Hours 9:00 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00</p>
<p>26</p> <p><i>Closed for the Holiday</i></p>	<p>27</p> <p>500 Cards 10:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00</p>	<p>28</p> <p>Exercise 9:00 Mahjongg Group 10:00 Chorale 10:00 A.A./Al-Anon 10:30 American Presidents 10:30 Social Bridge 12:45 Billiards 1:00 500 Cards 6:30</p>	<p>29</p> <p>Cribbage 10:00 Wood Carvers 10:00 Billiards 1:00 Duplicate Bridge 6:00</p>	<p>30</p> <p>Exercise 9:00 HOME Office Hours 9:00 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00</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 12:40 p.m.	Join the fun!
Bird Club	1 st Friday of the month at 10 a.m.	Speaker: Stan Tekiela, "Something Interesting".
Book Club	3 rd Thursday of the month at 1 p.m.	<i>I Saw A Man</i> , by Owen Sheers.
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.
Caregiver Conversations	2 nd Thursday at 10 a.m.	New members welcome!
Chorale	Wednesdays at 10 a.m.	New members welcome!
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.
Crafting for a Cause	2 nd Friday at 9 a.m.	New members welcome!
Cribbage	Thursdays at 10 a.m.	Bring cribbage board and a deck of cards.
Dominos	1 st & 3 rd Thursdays at 1 p.m.	New members welcome!
Duplicate Bridge	Thursdays at 6 p.m.	Partners needed.
500 Card Club	2 nd & 4 th Tuesday at 10 a.m.	Wednesdays 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.
Garden Club	2 nd Monday at 1 p.m.	Holiday Party.
Genealogy Club	1 st Thursday at 10 a.m.	New members welcome!
Literary Book Club	4 th Tuesday at 7:15 p.m.	<i>Daisy Miller</i> by Henry James. Will meet on Dec. 20 instead of Dec. 27.
Ham Radio	2 nd Monday at 10 a.m.	New members welcome!
Mahjonn	Wednesdays at 10 a.m.	New members welcome!
Oil Painting Drop In	Fridays at 1 p.m.	New members welcome!
Pickleball Open Play	Tuesdays and Wednesdays, 7:30-10 a.m. Thursdays and Fridays, 7:30-9:30 a.m.	Williston Fitness Center: 14509 Williston Dr. League Play: Wednesdays, 1-4 p.m.
Poker	1 st & 3 rd Tuesday at 10 a.m.	Join us for a good game of poker.
Minnetonka Shutterbugs	3 rd Tuesday at 10 a.m.	New members welcome!
Single Mingle Club	Tuesdays at 4 p.m.	Various events scheduled monthly. Pick up flyer at community center.
Tonka Tale Tellers	2 nd Monday at 10 a.m.	Tells tales at elementary schools.
Tale Spinners	Tuesdays at 1 p.m.	Story writing group. New members welcome!
Wood Carvers	Thursdays at 10 a.m.	Group members share ideas and work independently.