

Valentine Card Making

Monday, Feb. 8, 10:30 a.m.

Join us for refreshments, socializing and card making! Create cards to give to your loved ones this Valentine's Day. Provided by: Brookdale Senior Living Cost: \$4

(*Course #2191001-01*)

Monthly Party: Valentine's Day

Thursday, Feb. 11, Noon

Love is in the air! Join us for a Valentine's Day party. Menu: Swedish meatballs, salad, bread and dessert.



Sponsored by: **Brookdale Living** Cost: \$7 due Monday, Feb. 8 (Course #2100102-01)

Conversations with Hopkins High School Students

Thursday, Feb. 11, 9 a.m.

Visit one-on-one with high school students. Compare what school was like then and now, learn about current school activities and more. Meet at Hopkins High School, 2400 Lindbergh Dr.: please park in visitor lot. Free! (Course #2180406-01)



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

BandanAhh!

Wednesday, Feb. 17, 10:30 a.m

It's all about LOVE and BandanAhh! loves to play your kind of music! Join us for your favorites from Sinatra, golden oldies, sing-a-longs and more. Cost: \$3 (Course #2100301-01)

Sponsored by: **Brookdale Senior Living**

Lunch and a Movie: Cinderella

Friday, Feb. 19, Noon

"Have courage and be kind" was the advice of Ella's mother before she passed away. Discover how living by these words made dreams come true in a retold fairytale.

Menu: Chicken salad, bread and a treat. Cost: \$5 due Tuesday, Feb. 16

(Course #2100202-01)

Community Connections: The Search for Senior Housing

Monday, Feb. 22, 10:15 a.m. Join us for a popular presentation that

covers the many types of senior housing and various payment options. Provided by Lake Minnetonka Senior Care Providers: Community Connections. Free! (Course #2180408-01)

The Author's Tale of Coco's Diary **Peg Meier**

Monday, Feb. 29, 10:30 a.m.

In 1927 13-year-old Coco Irvine kept a diary of her many antics living in what is now the governor's residence on St. Paul's Summit Avenue. Meier, award-winning reporter and popular Minnesota history author, will discuss her discovery of Coco's diary and its



publication as the book Through No Fault of My Own.

Cost: \$2 (Course #2180403-01)

Reflections on Aging Dr. Bruce McBeath

Wednesday, March 2, 11 a.m. Leaving adulthood to enter elderhood brings major changes: saying goodbye to professional identifications, structured time and routines. It can bring new struggles with loneliness, feelings of insignificance, identifying new meaning in our lives and more. Join other senior centers across the state in listening and interacting with Dr. Bruce McBeath in a joint telelconference effort.

Cost: \$2 (Course #2180411-01)

Summer Registration (April-July)

Residents: Tuesday, March 8 Non-Residents: Thursday, March 10

- Register online, over the phone, by mail or in person.
- Online: eminnetonka.com/register; first-time users can call for username and password.
- 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 are kept confidential.
- No questions are 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.

Income Tax Assistance

This free tax program is designed to assist low income individuals with basic taxes. Please call senior services at 952-939-8393 to schedule an appointment.

- Mondays and Thursdays, Feb. 8 April 14.
- Appointment times available include: 12:30, 1:45 and 3 p.m.
- Bring a photo ID, last years taxes and social security card.

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 #4090702-01)

Therapeutic Pilates Dr. Sarah Petich Mondays Feb 22-Marc

Mondays, Feb. 22–March 21 8:30–9:30 a.m.

Pilates is a great low-impact, gentle, but challenging full-body workout that focuses on improving posture, flexibility and core strength. Work on posture alignment techniques, core-strengthening exercises, flexibility, balance and breathing techniques. Taught by a physical therapist certified in Pilates and Postural Restoration. Please bring a yoga or Pilates mat to class.

• \$45 (Course #2090901-02)

Tai Chi Chih Susan Sobelson

Mondays, April 4–May 23

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. Permission of instructor required for intermediate level.

- Beginner, \$40, 10–11 a.m. (Course #2090301-02)
- Intermediate, \$40, 11:30 a.m.-12:30 p.m. (Course #2090302-02)

Tai Chi for Health and Wellness *Ron Erdman-Luntz*

Thursdays, Feb. 25–March 31, 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



to walk comfortably for an hour. Wear comfortable clothes and athletic shoes.

• \$54 (Course #2090401-02)

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.

 March 8 – April 26 \$48 (*Course #2090101-04*)

Thursdays, 9:45-10:45 a.m.

March 10 – April 28
 \$48 (Course #2090101-05)

Elizabeth Kelly Wednesdays, 6:15 – 7:15 p.m.

 March 9 – April 27 \$48 (*Course #2090101-06*)

Zumba Gold *Renee Rahimi*

Ditch the workout and join the party! Zumba Gold is a Latin-inspired dancefitness 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!

Mondays, 12:45 – 1:45 p.m.

• Feb. 1 – March 28 (No class 2/15 & 3/21) \$35 (Course #2090501-01)

Wednesdays, 12:30-1:30 p.m.

• Feb. 3 – March 30 (No class 3/23) \$40 (Course #2090501-03)

Line Dance

New Instructor: Tricia Wood

Thursdays, Feb. 25–March 24 Get a great workout and learn to hitch, vine and dance in a line! No partners needed.

- Beginner, \$35, 12:30–1:30 p.m. (Course #2090601-02)
- Intermediate, \$35, 1:45–2:45 p.m. (Course #2090602-02)

Intermediate Yoga

Intermediate yoga includes standing and balancing 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 up and down 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

• March 8 – April 26 \$48 (*Course #2090201-04*)

Thursdays, 11 a.m. – noon

• March 10-April 28 \$48 (*Course #2090201-05*)

Elizabeth Kelly

- Wednesdays, 7:30-8:30 p.m.
- March 9 April 27 \$48 (*Course #2090201-06*)

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.
- Saturdays, 1–3 p.m.
- Free for Williston, SilverSneakers and Silver and Fit members. \$4 per day for non-members.

Williston Fitness Center 14509 Minnetonka Drive

PARKING

If the Community Center parking lot is full, please remember you may park at City Hall. The turnaround is for drop-off and pick up only. Parking spaces behind the Community Center are reserved for city vehicles. Please do not park in the turnaround or behind the Community Center.

Education Programs

Matter of Balance

Tuesdays, Feb. 2–March 22 9:30–11:30 a.m.

Learn to manage falls and increase activity levels during award-winning series by the Metropolitan Area Agency on Aging. Learn to view falls as controllable, set goals for increasing activity, reduce fall risks at home and increase strength and balance.

• \$58 (Course #2090801-01)

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.

4-hour renewal sessions:

• \$22, Tuesday, Feb. 16, 9 a.m. – 1 p.m.

Leisure Programs

Full Moon Hike to Jidana Park Steve Pieh

Monday, Feb. 22 5:30–7:30 p.m.

Enjoy a relaxed walk to Jidana Park. Enjoy refreshments and roasting hot dogs by campfire underneath the full moon. Meet at the main entrance of the Minnetonka Community Center.

• \$4 (Course #2190801-01)

Mahjongg Carole Harris

Wednesdays, April 6–May 18 10 a.m.–Noon

Learn to play the intriguing game of Mah Jongg, a game of chance and skill. Played previously? Refresh your skills.

• \$56 (Course #2190201-01)

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.

History Programs

British History: Edwardian England *Terry Kubista Thursdays, Feb.* 4–25

1-3 p.m.

The Edwardian Manor house is the basis for this series. The economic and social pressures are a driving force of the nation in a downward spiral ending just short of bankruptcy.

• \$28 (Course #2180101-02)

British History: Short Tales Terry Kubista Thursdays, March 3–24 1–3 p.m.

Join us for a few short and fun tales: Victoria's grandchildren at war with each other, the true story of St. Patrick, and some strange stories of the royals make up part of this month's content.

• \$28 (Course #2180101-03)

The Crusades and Warrior Monks Dan Hartman Wednesday, Feb. 10 10:30 a.m. – noon

Examine the Crusades, a call to take back the Holy Land during the Middle Ages. Discover what happened and focus on certain groups of religious knights, who together are called Warrior Monks. We will explore the Knights Templar, the Knights Hospitaller and the Teutonic Knights.

• \$3 (Course #2180202-01)

Art Programs

Watercolor with Pen and Ink Sandra Muzzy Tuesdays, March 1–15 1–4 p.m.

Watercolor and ink work well together with their versatile and unique properties. Work with inks, assorted pens and water soluble materials to create various effects, expand your painting repertoire and experiment with fun, versatile and accessible painting techniques.

• \$84 (Course #2130301-01)

Interest Groups

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

500

2nd and 4th Tuesdays, 10 a.m. 2nd and 4th Wednesdays, 6:30 p.m. Join in the fun! We'll teach you.

Bird Club

1st Friday, 10 a.m. Speaker: Raptor Vision by Mike Billington.

Book Club

3rd Thursday, 1 p.m. Once We Were Brothers by Ronald Balson.

Bulls and 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!

Dominoes

1st and 3rd Thursdays, 1 p.m. New members welcome!

Cribbage

Thursdays, 10 a.m. Bring your cribbage board and cards.

Garden Club

2nd Monday, 1 p.m. Tour Como Conservatory. Meet at Community Center at noon.

Ham Radio

2nd Monday, 10 a.m. New members welcome!

Mahjongg

Wednesdays, 10 a.m. New members welcome!

Literary Book Club

4th Tuesday, 7:15 p.m. The Hare with the Amber Eyes by Edmund Woal.

New! Oil Painting Drop-In

Fridays, 1 p.m. New members welcome!

Single Mingle

1st Monday, 9:30 a.m. New time and location! Meet local singles over coffee at the Community Center. **Blood Pressure Screenings** 1st and 3rd Fridays; 2nd Wednesdays

9:30-11:30 a.m., Free!

Provided by volunteer nurses.

1st, 2nd, 3rd and 4th Fridays,

Provided by nurses specializing in foot care.

For appointment call 763-560-5136.

Services

Happy Feet

9 a.m. – 3 p.m., \$36

Senior Day Trips

Asian Art and Cuisine

Tuesday, April 12

Enjoy lunch at Ping's Szechuan Restaurant featuring award-winning Asian cuisine. After lunch tour the Minneapolis Institute of Art featuring the Gifts of Japanese and Korean Art exhibit from the Mary Griggs Burke Collection. This collection of St. Paul native Mary Griggs Burke is long considered the finest private collection of its kind outside of Japan. Bring pocket money for the store and coffee shop.

Menu: All-you-can-eat buffet with water, hot tea and Hawaiian donuts. (Course# 2110104-01)

- Cost: \$67 includes tours, meal, transportation and escort
- Estimated trip time: 10:30 a.m. 4 p.m.
- Registration deadline: Friday, March 18



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

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

Registration Information

 Program Cancelations 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 Cancelations

Full refund requires canceling prior to advertised deadline. Cancelations after deadline are refunded after a \$5 fee per registration, only in the event a participant is found to fill the space.

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. Some of the chores HOME can help with include the following:

- Snow removal
- Change light bulbs
- Housekeeping
- Check carbon mondoxide and smoke detectors
- Change furnace filters

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.

- Florida Fly In (March 1–10) Cost: \$2790 per person, double occupancy.
- California (March 11–25) Cost: \$2829 per person, double occupancy

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



unless otherwise noted.

Minnetonka Script

February Calendar

2016

1Pilates8:30Exercise9:00Art Drop In9:00Single Mingle9:30Zumba12:45Investment Club1:00Billiards2:008Pilates8:30	2 Yoga 9:45/11:00 Craft Committee 10:00 Poker 10:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00	3 Exercise 9:00 Mahjongg Group 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Day Trip 11:45 Zumba 12:30 Social Bridge 12:45 Billiards 2:00 Evening Yoga 6:15/7:30 500 Cards 6:30	4 Yoga 9:45/11:00 Wood Carvers 10:00 Cribbage 10:00 Line Dance 12:30/1:45 British History 1:00 Dominos 1:00 Billiards 3:00 Tai Chi 6:00 Duplicate Bridge 6:00	5 HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 Bird Club 10:00 Oil Painting Drop In 1:00 Billiards 1:00
Exercise 9:00 Art Drop In 9:00 Single Mingle 9:30 Zumba 12:45 Investment Club 1:00 Rummikub 1:00 Billiards 2:00	Craft Committee10:00Poker10:00Bingo12:45Tale Spinners1:00Billiards1:00	Mahjongg Group 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Day Trip 11:45 Zumba 12:30 Social Bridge 12:45 Billiards 2:00 Evening Yoga 6:15/7:30	Wood Carvers 10:00 Cribbage 10:00 Line Dance 12:30/1:45 British History 1:00 Dominos 1:00 Billiards 3:00 Tai Chi 6:00	Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 Bird Club 10:00 Oil Painting Drop In 1:00
	9			
Pilates 8:30		10	11	12
Exercise 9:00 Art Drop In 9:00 Tai Chi Chih 10:00/11:30 Ham Radio 10:00 Tonka Tale Tellers 10:00 Tonka Tale Tellers 10:00 Valentine Card Making 10:30 Garden Club 11:00 Zumba 12:45 Health Insurance 1:00 Hand and Foot 1:00 1:00 1:00	Yoga 9:45/11:00 Advisory Board 10:00 500 Cards 10:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00 Senior Outreach 1:00	Blood Pressure 9:30 Mahjongg Group 10:00 Chorale 10:15 A.A./Al-Anon 10:30 History Seminar 10:30 Zumba 12:30 Social Bridge 12:45 Billiards 2:00 Evening Yoga 6:15/7:30 500 Cards 6:30	Conversations w/Students9:00 Yoga 9:45/11:00 Wood Carvers 10:00 Cribbage 10:00 Monthly Party 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	HOME Office Hours9:00Exercise9:00Happy Feet9:00Computer Club10:00Oil Painting Drop In1:00Billiards1:00
15	16	17	18	19
Closed for the holiday	Defensive Driving 9:00 Yoga 9:45/11:00 Poker 10:00 Shutterbugs 10:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00 Single Mingle 3:30	Exercise 9:00 Mahjongg Group 10:00 Chorale 10:15 Sips & Songs 10:30 A.A./Al-Anon 10:30 Zumba 12:30 Social Bridge 12:45 Billiards 2:00 Evening Yoga 6:15/7:30 500 Cards 6:30	Yoga 9:45/11:00 Wood Carvers 10:00 Cribbage 10:00 Line Dance 12:30/1:45 Book Club 1:00 Dominos 1:00 British History 1:00 Billiards 3:00 Duplicate Bridge 6:00	HOME Office Hours9:00Exercise9:00Happy Feet9:00Blood Pressure9:30Computer Club10:00Lunch & Movie12:00Oil Painting Drop In Billiards1:00
22	23	24	25	26
Pilates 8:30 Exercise 9:00 Art Drop In 9:00 Tai Chi Chih 10:00/11:30 Community Connections 10:15 Zumba 12:45 Hand and Foot 1:00 Billiards 2:00 Full Moon Hike 5:30 Health Insurance 6:00	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	Exercise 9:00 Mahjongg Group 10:00 A.A./Al-Anon 10:30 Zumba 12:30 Social Bridge 12:45 Billiards 2:00 Evening Yoga 6:15/7:30 500 Cards 6:30	Yoga 9:45/11:00 Wood Carvers 10:00 Cribbage 10:00 Line Dance 12:30/1:45 Bunco 1:00 British History 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	HOME Office Hours9:00Exercise9:00Happy Feet9:00Computer Club10:00Oil Painting Drop In1:00Billiards1:00
29	Income Tax A	ssistance		
Pilates8:30Exercise9:00Art Drop In9:00Tai Chi Chih10:00/11:30Author's Tale10:30Zumba12:45Billiards2:00	 This free tax program is de to low income individuals call senior services at 952-4 appointment. Mondays and Thursday Appointment times avaiand 3 p.m. Bring a photo ID, last y security card. 	with basic taxes. Please 939-8393 to schedule an s, Feb. 8–April 14. ilable include: 12:30, 1:45		Minnetonka Senior Service

eminnetonka.com

Minnetonka Script	Special Interest Groups February		February 2016
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.	Join the fun!	
Bird Club	1 st Friday of the month at 10 a.m.	Raptor Vision by Mike Billington.	
Book Club	3 rd Thursday of the month at 1 p.m.	Once We Were Brothers by Ronald Balson.	
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.	
Chorale	Wednesdays at 10:15 a.m.	New members welcome!	
Computer Club	Fridays at 10 a.m. Website: <i>mscig.wordpress.com</i>	This group examines topics of interest. Experience ranges from beginner to expert.	
Craft Committee	1st Tuesday at 10 a.m.	Create decor for monthly parties.	
Cribbage	Thursdays at 10 a.m.	Bring cribbage board and a deck of cards.	
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.	Tour Como Conservatory. Meet at Community Center at 11 a.m.	
Literary Book Club	4 th Tuesday at 7:15 p.m.	<i>The Hare with the Amber Eyes</i> by E	dmund Woal.
Ham Radio	2 nd Monday at 10 a.m.	New members welcome!	
Mah Jongg	Wednesdays at 10 a.m.	New members welcome!	
Oil Painting Drop In	Fridays at 1 p.m.	New members welcome!	
Pickleball	Tuesday and Wednesday, 7:30–10 a.m. Thursday and Friday, 7:30–9:30 a.m. Saturday, 1–3 p.m.	Williston Center: 14509 Minnetonka Drive	
Poker	1 st & 3 rd Tuesday at 10 a.m.	Join us for a good game of pol	ker.
Minnetonka Shutterbugs	3rd Tuesday at 10 a.m.	uesday 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. Pick up flyer at community center.	
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.	Group members share ideas and work independently.	
eminnetonka.com	Programs and services f	or those 55+	952.939.8393