

## **Income Tax Assistance**

This free tax program is designed to help moderate to low income individuals with basic taxes. Please call senior services at 952-939-8393 starting January 4 to schedule an appointment.

- Mondays and Thursdays, Feb. 8 April 14.
- Appointment times available include: 12:30, 1:45 and 3 p.m.

## Women, Money and Power Aimee Johnson, CRPC(R), CLU(R), CDFA, ChFC(R)

Monday, Jan. 4, 1 p.m.

Join Aimee Johnson, Vice President of Advanced Markets for Allianz Life Financial Services and take control of your financial future. Learn how to empower your hidden financial personality and why you need a financial strategy. Hosted by the Bulls and Bears Investment Club.

Free! RSVP by calling 952-939-8393

## Coffee with the Inspectors

Wednesday, Jan. 13, 10:30 a.m.

Residential building codes were adopted to keep you and your family safe. However, too often, complacency at home leads to increased accidents. Second only to auto accidents, falls in the home are a common medical emergency. Join us for refreshments and a presentation that will put you in charge of making your home a safe place. A panel of building inspectors will be present to answer questions.

**Cost: \$2** (Course #2180404-01)

### **Travel Showcase**

Wednesday, Jan. 20, 10:30 a.m.

Join us as Landmark Tours presents an array of unforgettable North American travel opportunities for 2016. A local, familyowned tour operator, Landmark's inclusive packages feature roundtrip airfare, quality accommodations, motorcoach, a professional tour manager, many meals and more!

**Cost: Free!** (Course #2110301-01)

## **Monthly Party: Souper Bowl Party**

Wednesday, Jan. 20, Noon

Wear your favorite team apparel and join us for a party!

Menu: Wild rice soup, salad, bread and dessert.

Sponsored by: Joyful Companions Cost: \$7 due Friday, Jan. 15 (Course #2100101-01)

### Lunch and a Movie: McFarland, USA

Friday, Jan. 29, Noon

After losing his current job a track coach lands a job in California's Central Valley where the student body is largely Latino. Discover the true story of Coach White creating a team of champions.

Menu: Grilled cheese, tomato soup and a

Cost: \$5 due Tuesday, Jan. 26. (Course #2100201-01)

## **Community Connections: Building Your Strength Bank**

Monday, January 25, 10:15 a.m. Join Physical Therapist Nicole Rennie, founder of Senior Abilities Unlimited, to learn the importance and positive effects for building a strength reserve. Provided by Lake Minnetonka Senior Care Providers: Community Connections.

Free! (Course #2180407-01)

## **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)



Enjoy light refreshments 3105 and socializing before taking in local Songs 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** 

## 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. Please meet at Hopkins High School, 2400 Lindbergh Dr.; please park in visitor lot. **Cost: Free!** (Course #2180406-01)

## 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)

## Extra! Extra!

Look inside for a new Matter of Balance program, a new line dance instructor, a new oil painting group and a new Single Mingle location and

952-939-8393 eminnetonka.com

## **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)

# New! Therapeutic Pilates Dr. Sarah Petich

Mondays, Jan. 4–Feb. 8 (no class 1/18) 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 #2090901-01)

# Tai Chi Chih Susan Sobelson

Mondays, Jan. 11 - March 21

(No class 1/18 & 2/15)

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, \$45, 10-11 a.m. (Course #2090301-01)
- Intermediate, \$45, 11:30 12:30 p.m. (Course #2090302-01)

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

*Thursdays*, *Jan. 7–Feb. 11*, 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 #2090401-01)

## 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.

- Jan. 5 Feb. 23 \$48 (*Course #2090101-01*)
- March 8 April 26 \$48 (*Course #2090101-04*)

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

- Jan. 7 Feb. 25 \$48 (*Course #2090101-02*)
- March 10 April 28 \$48 (*Course #2090101-05*)

## Elizabeth Kelly

Wednesdays, 6:15 - 7:15 p.m.

- Jan. 6 Feb. 24 \$48 (*Course #2090101-03*)
- March 9 April 27 \$48 (Course #2090101-06)

## 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

- Jan. 5 Feb. 23 \$48 (*Course #2090201-01*)
- March 8 April 26 \$48 (*Course #2090201-04*)

### Thursdays, 11 a.m. - noon

- Jan. 7 Feb. 25 \$48 (*Course #2090201-02*)
- March 10 April 28 \$48 (*Course #2090201-05*)

## Elizabeth Kelly

Wednesdays, 7:30-8:30 p.m.

- Jan. 6 Feb. 24 \$48 (*Course #2090201-03*)
- March 9 April 27 \$48 (*Course #2090201-06*)

## Zumba Gold Renee Rahimi

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!

### 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)

## 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.

#### Line Dance

New Instructor: Tricia Wood
Thursdays, Jan. 21 – Feb. 18

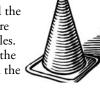
Get a great workout and learn to hitch, vine and dance in a line! No partners needed.

- Beginner, \$35, 12:30–1:30 p.m. (Course #2090601-01)
- Intermediate, \$35, 1:45–2:45 p.m. (Course #2090602-01)

## **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.



eminnetonka.com 2 952-939-8393

## 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, SilverSneaker and Silver and Fit members. \$4 per day for non-members.

Williston Fitness Center 14509 Minnetonka Drive

## **Art Programs**

# Watercolor with Pen and Ink Sandra Muzzy

Tuesdays, March 1-151-4 p.m.

Watercolor and ink work well together with their versatile and unique properties. They can be delicate or bold, detailed or loose. 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)

## **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, Thursday, Jan. 14, 5:30 9:30 p.m.
- \$22, Thursday, Jan. 21,
   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-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)

## **History Programs**

# British History: Four Queens *Terry Kubista*

Thursdays, Jan. 7-28 1-3 p.m.

Queen Anne, Queen Caroline, Queen Mary and mistresses were major players in the United Kingdom. Learn how they influenced history for better or worse.

• \$28 (Course #2180101-01)

# Leading Up to the Great War Dan Hartman

Wednesday, Jan. 13 10:30 a.m. – noon

The Great War is considered an historical event that helped define the 20th century as we understand it today. This course will provide an understanding of what led up to the one of the deadliest conflicts in history.

• \$3 (Course #2180201-01)

## **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*.

## **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: *Birdchick* by Sharon Stiteler.

### **Book Club**

*3rd Thursday, 1 p.m.* The Girl You Left Behind by Jojo Moyes.

#### **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.**No January meeting. Meets again in February.

### 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.** Quiet: The Power of Introverts in a

Quiet: The Power of Introverts in a World that Can't Stop Talking by Susan Cain.

## 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.

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## **Senior Day Trips**

### **Around Rice Park: Winter Carnival**

### Wednesday, Feb. 3

Walk around St. Paul's Winter Carnival at the beautiful and historic Rice Park. Enjoy the beautiful ice displays. Lunch is at the M ST. Cafe in the historic St. Paul Hotel. After lunch take a guided tour at the Ordway Theater, known as St. Paul's most elegant and inviting performance space.

Menu: Enjoy a seasonal menu prepared by the chef.

(Course# 2110102-01)

- **Cost:** \$59 includes tours, meal, transportation and escort
- **Estimated trip time:** 11:45 a.m. 4:30 p.m.
- Registration deadline: Friday, Jan. 8





# Paramount Theater: Texas Tenors Friday, March 4

Enjoy lunch at Ciatti's Ristorante in St. Cloud before taking in a show from Emmy Award Winning Texas Tenors. Since their debut on NBC's America's Got Talent, the group has performed more than 800 concerts around the world and were recently named the #10 Classical Artist in the world. Menu: Chicken marsala, salad, vegetable, bread and beverage.

(Course# 2110103-01)

- **Cost:** \$80 includes performance, meal, transportation & escort
- Estimated trip time: 9:45 a.m. 5:30 p.m.
- Registration deadline: Friday, Jan. 29.

## 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., \$36

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. Some of the chores HOME can help with include:

- Snow removal
- Install grab bars
- · Change light bulbs
- Housekeeping
- · Grocery shopping
- Painting
- Check carbon mondoxide and smoke detectors
- Minor toilet repairs
- Change furnace filters
- Hang wall decor

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

# **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 unless otherwise noted.

### **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.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Closed for the holiday.
4         Pilates       8:30         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	Yoga       9:45/11:00         Craft Committee       10:00         Poker       10:00         Bingo       12:45         Tale Spinners       1:00         Billiards       1:00	Exercise       9:00         Mahjongg Group       10:00         Chorale       10:15         A.A./Al-Anon       10:30         Zumba       12:30         Social Bridge       12:45         Billiards       2:00         Evening Yoga       6:15/7:30	7         Yoga       9:45/11:00         Wood Carvers       10:00         Cribbage       10:00         British History       1:00         Dominos       1:00         Billiards       3:00         Tai Chi       6:00         Duplicate Bridge       6:00	8  HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 Bird Club 10:00 Oil Painting Drop In 1:00 Billiards 1:00
11         Pilates       8:30         Exercise       9:00         Art Drop In       9:00         Tai Chi Chih       10:00/11:30         Ham Radio       10:00         Tonka Tale Tellers       10:00         Zumba       12:45         Health Insurance       1:00         Hand and Foot       1:00         Billiards       2:00	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	13   Exercise   9:00   Blood Pressure   9:30   Mahjongg Group   10:00   Chorale   10:15   A.A./Al-Anon   10:30   History Seminar   10:30   Coffee with Inspectors   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 British History 1:00 Bunco 1:00 Billiards 1:00 Defensive Driving 5:30 Duplicate Bridge 6:00 Tai Chi 6:00	HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 Oil Painting Drop In 1:00 Billiards 1:00
18 Closed for the holiday.	19         Day Trip       8:45         Yoga       9:45/11:00         Poker       10:00         Shutterbugs       10:00         Bingo       12:45         Tale Spinners       1:00         Billiards       1:00	Exercise       9:00         Mahjongg Group       10:00         Chorale       10:15         A.A./Al-Anon       10:30         Travel Showcase       10:30         Monthly Party       12:00         Social Bridge       12:45         Billiards       2:00         Evening Yoga       6:15/7:30	21         Defensive Driving 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 Hours 9:00 Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 Oil Painting Drop In 1:00 Billiards 1:00
25         Pilates       8:30         Exercise       9:00         Art Drop In       9:00         Tai Chi Chih       10:00/11:30         Community Connections       10:15         Hand and Foot       1:00         Health Insurance       1:00         Billiards       2:00	26         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	27         Exercise       9:00         Mahjongg Group       10:00         A.A./Al-Anon       10:30         Social Bridge       12:45         Billiards       1:00         Evening Yoga       6:15/7:30         500 Cards       6:30	28         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	HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 Lunch & Movie 12:00 Oil Painting Drop In 1:00 Billiards 1:00  Minnetonka Senior Services

Group	Meeting day	Information	
Advisory Board	2 <sup>nd</sup> 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	1st Friday of the month at 10 a.m.	Birdchick by Sharon Stiteler	
Book Club	3 <sup>rd</sup> Thursday of the month at 1 p.m.	The Girl You Left Behind by Jojo Moyes.	
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.	1st, 2nd, 3rd place and grand slam prizes awarded.	
Bunco	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays at 1 p.m.	Don't know how to play? They will teach you.	
Dominos	1st & 3rd 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 <sup>nd</sup> & 4 <sup>th</sup> Tuesday at 10 a.m.	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday at 6:30 p.m.	
Games and Cards	Mondays at 1 p.m.	1 <sup>st</sup> & 3 <sup>rd</sup> : Rummikub, 2 <sup>nd</sup> & 4 <sup>th</sup> : Hand and Foot	
Garden Club	2 <sup>nd</sup> Monday at 1 p.m.	No January meeting, meets again in February.	
Literary Book Club	4 <sup>th</sup> Tuesday at 7:15 p.m.	Quiet: The Power of Introverts in a World that Can't Stop Talking by Susan Cain.	
Ham Radio	2 <sup>nd</sup> 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	1st & 3rd Tuesday at 10 a.m.	Join us for a good game of poker.	
Minnetonka Shutterbugs	3rd Tuesday at 10 a.m.	Meets again in January.	
Single Mingle Club	3 <sup>rd</sup> Tuesday at 3:30 p.m. at Tuttle's	Various events scheduled monthly. Pick up flyer at community center.	
Tonka Tale Tellers	2 <sup>nd</sup> 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!	