Riley Tours Slideshow



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

Attend this free slideshow and learn about many upcoming motorcoach trips coordinated by Riley Tours.

Free! (Course #3180410-01)

Volunteer



Adopt a Highway

Thursday, July 14, 9 a.m

Meet at the Minnetonka Communty Center and help pick up along Minnetonka Blvd. Safety vest, pick-up sticks and bags provided. Join us for a picnic lunch along Minnehaha Creek following the pick-up. Please RSVP to the office in person or by calling 952-939-8393.

Lunch and a Movie: The 33

Friday, July 15, noon

One of the most compelling true-life tales of survival in the modern age, this drama chronicles the massive 69-day effort to rescue 33 Chilean miners who were trapped more than 2,000 feet underground.

Menu: Chilean empanada, chicken and rice. **Cost:** \$5 due Tuesday, July 12 (*Course #3100203-01*)

Statue of Liberty: Two Decades of Effort, Almost Impossible Odds *David Jones*

Monday, July 18,10:30 a.m.

The Statue of Liberty stands proudly in New York Harbor, but how did the statue come to be? What does it symbolize? Join us for a compelling look at the idea, the construction and the meaning behind one of the most recognizable symbols in the world.

Cost: \$2 (Course #3180403-04)

Monthly Party: Burger Bar

Wednesday, July 20, noon

Join us for a burger bar!

Menu: Burger, potato salad, bean salad and dessert.

Sponsored by: Legacy Care Home Cost: \$5 due Friday, July 15 (Course #3100104-01)

Community Connections: Difficult Conversations Jean McGill, CSA, CPC

Monday, July 25, 10:15 a.m.

Discover what stands between you and your responsibilities in planning for the future. Providing guidance in the gift of planning is Jean McGill's strength and life purpose. Join her as she reveals ways to start difficult conversations. Provided by Lake Minnetonka Senior Care Providers: Community Connections.

Free! (Course #3180416-01)

Mobility Alignment and Stability 101 Brenda Higgins

Tuesday, Aug. 16, 10 a.m.

How your body moves and how it is aligned affects the strength your muscles. Stress on your joints from misalignment and lack of motion can create stiffness and pain in your body. Learning the essentials of mobility, alignment, pain and stability (MAPS), this program will get you moving again with less pain, discomfort, limitation, and with more grace.

Cost: \$2 (Course #3180415-01)

Fall Registration

(August–December)

Tuesday, August 2

- 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.

Pork Chop Dinner

Wednesday, Aug. 17, 5:30 p.m. Join us for one of the biggest events of the year!

Menu: Pork chop, broccoli,

Menu: Pork chop, broccoli, applesauce, roll, cheesy potato and dessert.

Sponsored by: Scandinavian Home Care

Cost: \$5 due Friday, August 12 (*Course #3100105-01*)



952-939-8393 1 eminnetonka.com/seniorservices

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! Ballroom Dancing for Couples Tricia Wood

Learn a variety of ballroom, Latin, swing and country dances to dance at any venue. **Wednesdays**, **10–10:50** *a.m.*

• June 29–July 27 (no class July 6) \$52 (Course #3091004-02)

New! Ballroom Bootcamp Workout Tricia Wood

Have fun working out to fun music, while learning the rhythms and movements of ballroom dancing. No partners needed! **Wednesdays**, 11–11:50 a.m.

• June 29–July 27 (no class July 6) \$52 (Course #3091005-02)

Tai Chi for Health and Wellness Ron Erdman-Luntz

Thursdays, July 14-Aug. 18, 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 #3090401-02)

Line Dance Eileen Ronning

Thursdays, July 14-Aug. 25

Learn to hitch and vine and dance in a line! No partners needed. 50 previous lessons required for intermediate course.

• Intermediate, \$42, 1:45–2:45 p.m. (Course #3090602-02)

Senior Yoga							
	Instructor	Dates	Day	Times	Fee	Course #	
_	Nancy Holasek	July 12–Aug. 16	T	9:45–10:45 a.m.	\$36	3090101-03	
ortec	Nancy Holasek	July 14–Aug.18	TH	9:45–10:45 a.m.	\$36	3090101-04	
Chair-Supported	Nancy Holasek	Sept. 6-Oct. 25	Т	9:45–10:45 a.m	\$48	1090101-01	
hair-	Nancy Holasek	Sept. 8–Oct. 27	TH	9:45–10:45 a.m	\$48	1090101-02	
Ö	Elizabeth Kelly	July 13–Aug.17	W	6:15–7:15 p.m.	\$36	3090101-06	
	Nancy Holasek	July 12–Aug. 16	Т	11 a.m. – noon	\$36	3090201-03	
iate	Nancy Holasek	July 14–Aug. 18	TH	11 a.m. – noon	\$36	3090201-04	
Intermediate	Nancy Holasek	Sept. 6-Oct. 25	Т	11 a.m. – noon	\$48	1090201-01	
Inter	Nancy Holasek	Sept. 8–Oct. 27	TH	11 a.m. – noon	\$48	1090201-02	
	Elizabeth Kelly	July 13–Aug. 17	W	7:30 – 8:30 p.m.	\$36	3090201-06	

Therapeutic Pilates Dr. Sarah Petich

Mondays, July 25–Aug. 29 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.

• \$54 (Course #3090901-02)

Tai Chi Chih Workshops Susan Sobelson

Workshops offer a 30-minute instruction followed by a hour practice. All levels of Tai Chi Chih students are welcome. Attend the instruction, the practice or both. No admittance after practice has started.

Mondays, 10-11:30 a.m.

- July 11, \$4 (Course #3090301-03)
- July 25, \$4 (Course #3090301-04)

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*.

Athletic Activities

70+ Softball

Mondays and Wednesdays, 9 a.m.-noon April-October

Slow pitch softball is played at Big Willow Fields #5-6, 11522 Minnetonka Blvd. Modified rules allow for competitive play without the risk of serious injury. Registration is accepted throughout the season.

• \$25 (Course #3120201-01)

Minnetonka Bike Club

The goal of the club is to provide moderate exercise under safe conditions and encourage social interaction and friendship. Three groups accommodate different levels of ability. More information at *mtkabikers.org*.

• \$8 (Course #4120102-01)

Pickleball

Monday – Friday, 8 – 11 a.m. Meadow Park

Pickleball is played on tennis courts and pickleball courts within hockey rinks during league time. Four permanent pickleball courts within the hockey rinks can be used anytime outside of this designated league time. Season runs through October.

Education Programs

Photo Editing with Picasa Abbey Key

*Tuesdays, July 26–Aug. 16, 9–10 a.m.*Learn how to upload, retouch and print your summer photos with an easy to use program called Picasa.

• \$16 (Course #3180407-01)

Healthy Living: Dry Eyes, Dry Mouth

Monday, July 25,1 p.m.

Learn awareness and symptoms of sjogrens, a common undiagnosed condition of the immune system. The two most common symptoms are dry eyes and dry mouth. Discuss treatment options and risks, including a connection with lymphoma cancer.

• Cost: \$2 (Course #3180409-02)

Healthy Living: Comprehensive Treatment for Obstructive Sleep Apnea

Wednesday, Aug. 31,1 p.m.

Learn about new surgical solutions, technology advances and other solutions for sleep apnea.

• Cost: \$2 (Course #3180409-03)

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, July 7, 9 a.m.–1 p.m.
- \$22, Tuesday, July 19, 9 a.m.–1 p.m.

Art Programs

Free Hand Sketching and Drawing Gin Weidenfeller

Wednesdays, July 20–27 1–3 p.m.

Explore a variety of methods to enhance drawing skills. Develop observation skills through contour and negative space exercises using guidelines, frames, grids and shapes.

• \$40 (Course #3130103-01)

History Programs

Great Depression and Dust Bowl in Minnesota

Dan Hartman

Wednesday, July 13, 10:30 a.m. – noon Discover the varying impacts of the Great Depression and Dust Bowl in Minnesota and how Minnesota became stronger afterwards.

• \$3 (Course #3180202-01)

Major Battles of the American Civil War

Dan Hartman

Wednesdays, Aug. 3–31, 10:30 a.m. – noon

Join military historian Dan Hartman for a five week series discussing the major battles of the American Civil War. Each week will examine different battles and how they progressed to the conclusion of the war.

• \$25 (Course #3180203-01)

British History Summer School *Terry Kubista*

Enjoy presentations on British History. Minnetonka Senior Services History Instructor, Terry Kubista, will highlight a special topic each month!

Thursdays, 1-3 p.m.

Sir Walter Raleigh

Discover the navigator, poet and favorite of Queen Elizabeth I, Raleigh's meteoric rise was followed by a slow and tragic fall from grace which would eventually end with the farce of the Orinoco disaster and his death.

• July 28, \$3 (Course #3180102-01)

Sir Francis Drake

Learn the story of the sea-faring privateer and adventurer whose name has become synonymous with one of English history's most celebrated episodes, the defeat of the Spanish Armada in 1588.





Tuesdays, July 12-19, 3-7 p.m.



Members of the Minnetonka Community Garden Club are selling a wide variety of perennials from home gardens at hte Minnetonka Farmers Market. Proceeds benefit Minnetonka Community Garden Club and Minnetonka Senior Services Scholarship Fund. Located at the Minnetonka Civic Center Campus (Ice Arena B parking lot) 14600 Minnetonka Blvd.

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Senior Day Trips*

Spam Museum

Wednesday, Aug. 17

Visit downtown Austin, MN and visit the new SPAM® Museum, reopening in the spring of 2016. The museum features audios, videos and displays depicting the rich history of Hormel Food. The self-guided tour is interactive, educational and fun for all ages. The gift store has collectible memorabilia and SPAM® products. After lunch at the Old Mill Restaurant tour the Artworks Center and Rydjor Bike Museum.

Menu: Grilled chicken breast, wild rice and a house salad.

(Course# 3110104-01)

- **Cost:** \$57 includes tours, meal, transportation and guide
- **Estimated trip time:** 8:15 a.m. 4:30 p.m.
- Registration deadline: Friday, July 15

*For a complete listing of trips and extended trips offered by Landmark Tours visit the Minnetonka Community Center.

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.

Interest Groups

Interest groups are coordinated and led by seniors in the community. All groups meet at the Minnetonka Community Center (MCC), 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.

Bunco

2nd and 4th Thursdays, 1 p.m.w Join in the fun! We'll teach you!

Craft Committee

1st Tuesdays, 10 a.m.
Create decor for monthly parties.

Dominos

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

Garden Club

2nd Monday, 1 p.m.

No July meeting, visit us at the plant sale (pg. 3).

Genealogy Club

1st Thursdays, 10 a.m. Compiling family history.

Ham Radio

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

Mahjongg

Wednesdays, 10 a.m. New members welcome!

Poker

1st and 3rd Tuesdays, 10 a.m. New members welcome!

Single Mingle

Tuesdays, 4:30 p.m.

Monthy flyers available at the Community Center.

Social Bridge

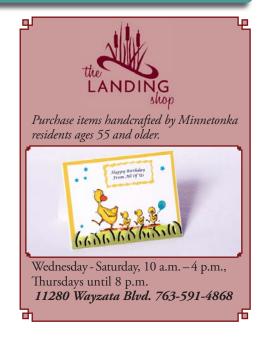
Wednesdays, 12:45 p.m. Prizes awarded!

Wood Carvers

Thursdays, 10 a.m.

Group members share ideas and work independently.

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



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., \$37Provided 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 and older. For information call 952-746-4046 or visit the Community Center on Fridays, 9 a.m. – noon.

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 Sue Svec, ssvec@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
Minneto Senior S Connections. Activitie	Services			HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00
4 Closed for the Holiday	Craft Committee 10:00 Poker 10:00 Bingo 12:40 Billiards 1:00 Tale Spinners 1:00	Exercise 9:00 Ballroom Dancing 10:00 Mahjongg Group 10:00 A.A./Al-Anon 10:30 Ballroom Bootcamp 11:00 Zumba 12:30 Social Bridge 12:45 Billiards 2:00 500 Cards 6:30	7 Defensive Driving 9:00 Cribbage 10:00 Genealogy 10:00 Wood Carvers 10:00 Dominos 1:00 Billiards 1:00 Duplicate Bridge 6:00	8 HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00
11 Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Ham Radio 10:00 Tai Chi Chih 10:00 Tonka Tale Tellers 10:00 Health Insurance 1:00 Hand and Foot 1:00 Zumba 1:00 Billiards 2:00	Yoga 9:45/11:00 Advisory Board 10:00 500 Cards 10:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00 Plant Sale 3-7 p.m.	13 Exercise 9:00 Blood Pressure 9:30 Ballroom Dancing 10:00 Mahjongg Group 10:30 History Talk 10:30 Ballroom Bootcamp 11:00 Zumba 12:30 Social Bridge 12:45 Billiards 2:30 Evening Yoga 6:15/7:30 500 Cards 6:30	14 Adopt a Highway 9:00 Yoga 9:45/11:00 Cribbage 10:00 Wood Carvers 10:00 Bunco 1:40 Line Dance 1:45 Billiards 3:00 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 Lunch & Movie 12:00 Billiards 1:00 Oil Painting Drop In 1:00
18 Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Statue of Liberty 10:30 Rummikub 1:00 Zumba 1:00 Billiards 2:00	Yoga 9:45/11:00 Poker 10:00 Shutterbugs 10:00 Bingo 12:40 Billiards 1:00 Tale Spinners 1:00 Defensive Driving 5:30 Plant Sale 3-7 p.m.	Exercise 9:00	21 Yoga 9:45/11:00 Cribbage 10:00 Wood Carvers 10:00 Line Dance 1:45 Dominos 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	HOME Office Hours 9:00 Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00
Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00 Community Connections 10:15 Health Insurance 1:00 Hand and Foot 1:00 Healthy Living 1:00 Zumba 1:00 Billiards 2:00 Health Insurance 6:00	Photo Editing 9:00 Yoga 9:45/11:00 500 Cards 10:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00	Exercise 9:00 Ballroom Dancing 10:00 Mahjongg Group 10:00 A.A./Al-Anon 10:30 Ballroom Bootcamp 11:00 Zumba 12:30 Social Bridge 12:45 Drawing 1:00 Billiards 2:30 Evening Yoga 6:15/7:30 500 Cards 6:30	Yoga 9:45/11:00 Cribbage 10:00 Wood Carvers 10:00 British History 1:00 Bunco 1:45 Garden Club 2:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	HOME Office Hours 9:00 Exercise 9:00 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00

Minnetonka Script Special Interest Gr		Groups July 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 12:40 p.m.	Join the fun!
Bird Club	1st Friday of the month at 10 a.m.	Meets again in September.
Book Club	3 rd Thursday of the month at 1 p.m.	Meets again in September.
Bulls & Bears Investment Club	1st & 3rd Monday of the month at 1 p.m.	Meets again in August.
Social Bridge	Wednesdays at 12:45 p.m.	1st, 2nd, 3rd place and grand slam prizes awarded.
Bunco	$2^{\rm nd}$ & $4^{\rm th}$ 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.	Meets again in September.
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	$2^{\rm nd}~\&~4^{ m th}$ Tuesday at $10~{ m a.m.}$	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.	Meeting on July 28th, 2 p.m at MCC. Touring UMN Horticulture Event.
New! Genealogy Club	1st Thursday at 10 a.m.	Sharing resources for researching family history.
Literary Book Club	4 th Tuesday at 7:15 p.m.	Meets again in September.
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	Monday-Friday, 7:30–11 a.m. Saturday, 9-noon	Meadow Park, 2725 Oakland Rd.
Poker	1st & 3rd 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	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.	This group travels to elementary schools within the area to tell and animate stories.
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.