

Local History Talk Earl Jensen and John DeVeau

Monday, June 13,10:30 a.m.

Join longtime Minnetonka residents, Earl Jensen and John DeVeau, as they share memories and early maps of the Civic Center Campus area. Discover what existed in the space that now consists of the city hall, ice arena, fire station, Williston Center, Jidana Park, police station and the community center. Participants will receive copies of maps to take home.

Cost: \$2 (Course #3180408-01)

Lunch and a Movie: Brooklyn

Friday, June 17, noon

After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City. When tragedy pulls her back to her hometown, she finds her loyalties divided between two nations.

Menu: Chicken salad, bread and a treat. **Cost:** \$5 due Tuesday, June 14 (*Course #3100202-01*)

Monthly Party: Summer Solstice

Wednesday, June 22, noon

Join us for fun and games at the Summer Solstice Party!

Menu: Brats, floats, beans and chips.

Sponsored by: Lifesprk Cost: \$5 due Friday, June 17
(*Course #3100103-01*)

Community Connections: Farm to Table Nutrition *Jill Holter*

Monday, June 27, 10:15 a.m.

Remember milk from glass bottles? Eggs from chickens that run around the yard? Eating vegetables picked from the garden? What was old is new again! Come experience what it means to eat "Farm to Table." Lakewinds Natural Foods Co-op will be presenting practical and seasonal ideas to eat fresh and local foods for good health, hydration and taste. Samples will be served. Provided by Lake Minnetonka Senior Care Providers: Community Connections. Cost: Free! (Course #3180417-01)

Pollinate Minnesota Erin Rupp

Monday, June 20,11 a.m.

View a hive of live honeybees and learn about pollinators, who they are, what's going on with them and what we can do to help. Program will meet outdoors if the weather is nice.

Cost: \$2 (Course #3180402-01)

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)

Healthy Living:

The Healthy Living education series is provided monthly by North Memorial Health Care.

Diabetes

Thursday, June 9,1 p.m.

Learn about type 2 diabetes prevention including weight loss solutions. View a demonstration for insulin delivery systems and pumps.

Cost: \$2 (Course #3180409-01)

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)

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)

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.

Cost: Free! (Course #3180416-01)

952-939-8393 1 *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! 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 1–22 \$52 (*Course #3091004-01*)
- 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 1–22 \$52 (*Course #3091005-01*)
- 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 #3090401-01)

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*.

Senior Yoga								
	Instructor	Dates	Day	Times	Fee	Course #		
Chair	Nancy Holasek	July 12–Aug. 16	Т	9:45–10:45 a.m.	\$36	3090101-03		
	Nancy Holasek	July 14–Aug.18	TH	9:45–10:45 a.m.	\$36	3090101-04		
	Elizabeth Kelly	July 13–Aug.17	W	6:15–7:15 p.m.	\$36	3090101-06		
Intermediate	Nancy Holasek	July 12–Aug. 16	Т	11 a.m. – noon	\$36	3090201-03		
	Nancy Holasek	July 14–Aug. 18	TH	11 a.m. – noon	\$36	3090201-04		
	Elizabeth Kelly	July 13–Aug. 17	W	7:30 – 8:30 p.m.	\$36	3090201-06		

Line Dance Eileen Ronning

Thursdays, June 2-30

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

- Beginner, \$35, 12:30–1:30 p.m. (Course #3090601-01)
- Intermediate, \$35, 1:45–2:45 p.m. (Course #3090602-01)

Therapeutic Pilates Dr. Sarah Petich

Mondays, June 6-July 18 (no class July 4) 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 #3090901-01)

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, 1-2 p.m.

• June 6–July 25 (No Class 7/4) \$35 (Course #3090501-01)

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

• June 8–July 27 \$40 (*Course #3090501-02*)

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 a.m.

- June 13, \$4 (Course #3090301-01)
- June 27, \$4 (*Course #3090301-02*)

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)

Defensive Driving

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

4-hour renewal sessions:

- \$22, Tuesday, June 7, 9 a.m.–1 p.m.
- \$22, Tuesday, June 21, 9 a.m.–1 p.m.

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

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)

Leisure Programs

Minnehaha Creek Canoe Trip



Enjoy a relaxing two-mile canoe paddle between Grays Bay Dam and I-494, with a picnic stop at Jidana Park. Relax in front of a campfire at Jidana and roast hot dogs. The trip is intended for people who have canoeing experience and can enter and exit the canoe safely on their own. Meet at the community center.

- \$10, Wednesday, June 15, 9 a.m. 1 p.m. (*Course #3190101-01*)
- \$10, Thursday, June 16, 9 a.m. 1 p.m. (*Course #3190101-02*)

Art Programs

Spring Painting with Color and Value

Gin Weidenfeller

Wednesdays, June 8–15 1–3 p.m.

Focus on value to paint light, shadow and contrasting color value changes to capture the essence of spring. Mix and blend color to paint the subtlety of new growth, intensity of florals and spring landscapes.

• \$40 (Course #3130102-01)

Senior Day Trips*

Afton House and Cruise

Wednesday, July 20

Soak in the views of the St. Croix River Valley from the historic Afton House Inn. Enjoy lunch, nearby shops and relaxation before walking a few blocks to the Afton Cruise Lines. The cruise is a hour and a half and is beautiful in every season.

Menu: Chicken crepes served with rice pilaf, vegetable, dinner roll, beverage, and pound cake with blueberries and whipped cream. (Course# 3110103-01)

- **Cost:** \$66 includes tours, meal, transportation and guide
- Estimated trip time: 11 a.m. 4:15 p.m.
- Registration deadline: Friday, June 10

Spam Museum

Wednesday, August 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.

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.

Lord Horatio Nelson

Follow the footsteps Lord Horatio Nelson in his native Britain, to explore the influences which shaped his character and formed his genius.

• June 23, \$3 (Course #3180101-01)

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.

• August 25, \$3 (Course #3180103-01)



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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.

Art Drop In

Mondays, *9 a.m.* – *noon* Informal, drop in and create!

Bingo

Tuesdays, 12:40 p.m. Join in the fun!

Book Club

3rd Thursday, 1 p.m.

The Absolutely True Diary of a Part-Time Indian by Sherman Alexie

Bulls & Bears Investment Club

1st and 3rd Mondays, 1 p.m. Learn about investing.

Craft Committee

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

Garden Club

2nd Monday, 1 p.m.

Arneson Gardens, meet at MCC at noon.

Genealogy Club

1st Thursdays, 10 a.m.

Sharing resources for researching family history

Mahjongg

Wednesdays, 10 a.m.
New members welcome!

Poker

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

Shutterbugs

3rd Tuesday, 10 a.m.

All levels of photographers welcome!

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., \$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.

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
Minn Sonio	etonka		1		2	3
Schio	or Services ctivities. Lifelong Learning		Exercise Ballroom Dancing Mahjongg Group A.A./Al-Anon Ballroom Bootcamp Social Bridge Billiards Evening Yoga 6: 500 Cards	9:00 10:00 10:00 10:30 11:00 12:45 1:00 15/7:30 6:30	Yoga 9:45/11:00 Cribbage 10:00 New! Genealogy 10:00 Wood Carvers 10:00 Line Dance 1:42 Dominos 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	Exercise 9:00
6	7		8		9	10
Art Drop In Exercise Health Insurance Investment Club Rummikub Zumba	8:30 Defensive Driv 9:00 Mind Fit Yoga 1:00 Craft Commit Poker 1:00 Billiards 2:00 Tale Spinners	9:00 9:45/11:00	Exercise Blood Pressure Ballroom Dancing Mahjongg Group A.A./Al-Anon Ballroom Bootcamp Zumba Social Bridge Watercolor Billiards Evening Yoga 500 Cards	9:00 9:30 10:00 10:00 10:30 11:00 12:30 12:45 1:00 2:00 15/7:30 6:30	Yoga 9:45/11:00 Cribbage 10:00 Wood Carvers 10:00 Line Dance 1:4: Bunco 1:00 Healthy Living 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	Exercise 9:00
13	14		15		16	17
Art Drop In Exercise Ham Radio Tai Chi Chih Tonka Tale Tellers Local History Talk Garden Club Hand and Foot Zumba	8:30 Mind Fit Yoga 9:00 9:00 Advisory Boar 5:00 Cards Bingo Billiards 9:30 Senior Outrea Tale Spinners 1:00 1:00 2:00	10:00 12:40 1:00	Canoe Trip Exercise Ballroom Dancing Mahjongg Group A.A./Al-Anon Ballroom Bootcamp Zumba Social Bridge Watercolor Billiards Evening Yoga 6: 500 Cards	9:00 9:00 10:00 10:30 11:00 12:30 12:45 1:00 2:00 15/7:30 6:30	Canoe Trip 9:00 Yoga 9:45/11:00 Cribbage 10:00 Wood Carvers 10:00 Line Dance 1:42 Book Club 1:00 Dominos 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	Exercise 9:00
Art Drop In Exercise Pollinate Minnesota / Health Insurance Investment Club Rummikub Zumba Billiards	21 8:30 9:00 9:00 1:00 1:00 1:00 1:00 1:00 1:0	8:00 9:00 9:00 9:45/11:00 10:00 12:40 1:00	Exercise Ballroom Dancing Mahjongg Group A.A./Al-Anon Ballroom Bootcamp Summer Solstice Zumba Social Bridge Billiards Evening Yoga 500 Cards	9:00 10:00 10:00 10:30 11:00 12:00 12:30 12:45 2:00 15/7:30 6:30	23 Yoga 9:45/11:00 Cribbage 10:00 Wood Carvers 10:00 Line Dance 1:42 British History 1:00 Bunco 1:00 Billiards 3:00 Duplicate Bridge 6:00	Exercise 9:00
27	28		29		30	
Art Drop In Exercise Tai Chi Chih Community Connections In Hand and Foot Zumba	8:30 Yoga 500 Cards 9:00 Bilgo 9:00 Billiards 9:15 Senior Outrea 1:00 Tale Spinners	9:45/11:00 10:00 12:40 1:00 ch 1:00	Exercise Ballroom Dancing Mahjongg Group A.A./Al-Anon Ballroom Bootcamp Zumba Social Bridge Billiards Evening Yoga 500 Cards	9:00 10:00 10:00 10:30 11:00 12:30 12:45 2:00 15/7:30 6:30	Yoga 9:45/11:00 Cribbage 10:00 Wood Carvers 10:00 Line Dance 1:4: Billiards 3:00 Duplicate Bridge 6:00) 5 7

Minnetonka Script	Special Interest (Groups June 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.	The Absolutely True Diary of a Part-Time Indian by Sherman Alexie
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 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.	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 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.	Arneson Gardens, meet at MCC at noon
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.
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