

ICA Food Shelf Peg Keenan, ICA Exectutive Director Thursday, May 19, 10:30 a.m.

Learn about volunteering at the ICA Food Shelf and about the various services ICA provides to help over 800 families per month, in the local seven city area. **Cost: Free!** (Course #3180413-01)

Cruise the World of Senior Housing

Thursday, May 19, 10 a.m. – 2:30 p.m. Board the "cruise line" to view five levels of senior housing, each featuring food and fun from various ports of call:

- Legacy Homes: delicacies of Japan
- Golden Living Center Hillcrest of Wayzata: food and flavor of Italy
- Meridian Manor Assisted Living: traditional dishes of France
- Emerald Crest Memory Care: tempting treats of the Caribbean Islands
- Westridge Independent Senior Living: mouth-watering offerings from Mexico

Proceeds go to Minnetonka Senior Services.

Cost: \$5 due Friday, May 13 (*Course #3180404-04*)

Community Connections: Finances of Senior Housing *Cathy Matrejek*

Monday, May 23, 10:15 a.m. Wondering how to pay for senior housing? Learn about the various available programs

Learn about the various available programs. Understand how one qualifies for them and arm yourself to be a good consumer! Provided by Lake Minnetonka Senior Care Providers: Community Connections. **Cost: Free!** (*Course #3180412-01*)



Thursday, May 26, 9:45 a.m. Join us for a garden party featuring fashion through the decades. Take a fun look at the fashions that reflected the times of the eras. Enjoy lemonade and pastries in the garden while visiting the styles of 1900-1950. **Cost: \$3** (*Course #3180406-01*)

9 a.m. – 1 p.m., Thursday, May 5

Save the date for the Seniors Expo! Event features exhibitors, presentations, health screenings, activities, fitness demonstrations, refreshments and prizes. This event is open to the public and free of charge.

Presentations:

- Yes, You Can... Defy Your Chronological Age, 10 a.m.
- Online Selling, Noon

Sponsored by:

Ĉhanging Lifestyle Solution · Emerald Crest · ComForCare Home Care Meals on Wheels-South Shore · Landmark Tours · WestRidge of Minnetonka Homewatch CareGivers · Legacy Care Home

Chile: A Culture of Wine and Food

Wednesday, May 11, 11 a.m.

This seminar provides a broad overview of Chilean culture, with focus on the different types of wines that Chile offers, as well as traditional Chilean food. Participants will virtually visit the many valleys throughout the country, including wineries and restaurants. Join us for this fun mini adventure of food and culture! We will finish with a sampling of cocktail empanadas and wine. **Cost: \$3** due Thursday, May 5 (*Course #3180405-01*)

Lunch and a Movie *The Intern*

Friday, May 13, noon

Agreeing to participate in a community outreach program, an entrepreneur hires a 70-year-old intern who ends up bringing his own expertise to the fashion enterprise. **Menu:** Sandwich, chips, pickle and a treat. **Cost:** *\$5* due Tuesday, May 10 (*Course #3100201-01*)

Synod Concert Band Hosted by Lifesprk

Monday, May 16, 1 p.m.

Clap along to the 70-member, senior citizen concert band as they perform a repertoire of favorites. Enjoy socializing and refreshments after the concert.

Cost: \$3 (Course #3100301-01)

Monthly Party: Golden Years Gala

Tuesday, May 17, noon

May is Older Americans month and this special celebration honors those 85 and older. This event is open to all ages. Participants 85 and older receive a flower; 90 and older receive a flower and free registration. *Flowers courtesy of RidgePointe of Minnetonka*. **Menu:** Meatloaf, mashed potato and gravy, veggie, roll & dessert. **Cost:** \$7 due Thursday, May 12 (*Course #3100102-01*)

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, June 6–July 18 (no class 7/4) 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)

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 begun. *Mondays, 10–11 a.m.*

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

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

Thursdays, May 19-June 16, 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.

• \$45 (Course #3090401-01)

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.

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	Instructor	Dates	Day	Times	Fee	Course #
ga	Nancy Holasek	May 10–June 28	Т	9:45–10:45 a.m.	\$48	3090101-01
d Yo	Nancy Holasek	May 12–June 30	TH	9:45–10:45 a.m.	\$48	3090101-02
orte	Nancy Holasek	July 12–Aug. 16	Т	9:45–10:45 a.m.	\$36	3090101-03
Jupp	Nancy Holasek	July 14–Aug.18	TH	9:45–10:45 a.m.	\$36	3090101-04
Chair-Supported Yoga	Elizabeth Kelly	May 11–June 29	W	6:15–7:15 p.m.	\$48	3090101-05
С,	Elizabeth Kelly	July 13–Aug.17	W	6:15–7:15 p.m.	\$36	3090101-06
	Nancy Holasek	May 10–June 28	Т	11 a.m. – noon	\$48	3090201-01
Yoga	Nancy Holasek	May 12–June 30	TH	11 a.m. – noon	\$48	3090201-02
iate	Nancy Holasek	July 12–Aug. 16	Т	11 a.m. – noon	\$36	3090201-03
medi	Nancy Holasek	July 14–Aug. 18	TH	11 a.m.–noon	\$36	3090201-04
Intermediate Yoga	Elizabeth Kelly	May 11–June 29	W	7:30-8:30 p.m.	\$48	3090201-05
Ι	Elizabeth Kelly	July 13–Aug. 17	W	7:30-8:30 p.m.	\$36	3090201-06

Continuing 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)

New! Wedding Dances Tricia Wood Saturdays, May 7–28

10–10:50 a.m.

Learn the most useful dances covering the widest variety of both modern pop music and traditional ballroom music you'll hear played at wedding receptions and galas! No partners needed.

• \$52 (Course #3091001-02)

New! Ballroom and Latin Dance *Tricia Wood*

Saturdays, May 7–28 11–11:50 a.m.

Have fun while learning the sassy Foxtrot, sizzling Salsa and passionate Tango. It's the most fun you can have while getting a physical, mental, and social workout! No partners needed.

• \$52 (Course #3091003-01)

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, 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*)

Art Programs

Drawing: Value, Light and Shadow Studies *Gin Weidenfeller Wednesdays, May 11–18*

1-3 р.т.

Explore hands-on exercises to expand modeling skills to depict light, shadow, three dimensional form and spatial depth. Draw still life or nature subjects to learn pencil and pen techniques in blending, strokes and values.

\$40 (Course #3130101-01)

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)

Indoor Pickleball

October-May

Try the fun and social game of pickleball. Limited supplies 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

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)

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)

Education Programs

New! Healthy Living: Advanced Care Planning and End of Life *Dr. Sicora and Maureen Tyra*

Monday, May 2, 1–3 p.m. Learn about the options for end of life and advanced care planning. Necessary forms will be available on site. Provided by North Memorial Health Care.

• \$2 (Course #2180417-01)

New! Mind Fit Carrie Dunkley, BSHA Tuesdays, May 17–June 21

9–10:30 a.m.

Just like the body, the brain can show signs of aging. Learn about proactive ways to enhance cognitive functioning, including fun group activities, during this informative sixpart series led by a brain fitness expert. • \$12 (Course #3180401-01)

Defensive Driving

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

8-hour renewal session:

• \$26, Tuesday, May 3 and 10, 9 a.m.–1 p.m.

4-hour renewal sessions:

- \$22, Thursday, May 12, 9 a.m.–1 p.m.
- \$22, Monday, May 16, 5:30–9:30 p.m.
- \$22, Wednesday May 25, 5:30–9:30 p.m.

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*)

History Programs

Village Life

Terry Kubista Thursdays, May 5–26

1–3 p.m.

Follow the life and times of a small village through the early part of the twentieth century. Understand the great political events and social upheaval that shaped Britain and made it what it is today.

• \$28 (Course #2180101-05)

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)



Senior Day Trips*

Pelican Breeze II

Tuesday, June 21

Enjoy a historically-narrated tour of Albert Lea Lake aboard the Pelican Breeze II, a historic 60-foot pontoon riverboat. Lunch is served at the Wedgewood Cove. Afterwards, enjoy perusing Daisy Blue Naturals, back-to-nature beauty products, and the Granicrete Showroom and Warehouse, an award-winning overlay system for countertops and floors. Menu: Half sandwich, cup of soup, raspberry swirl cheesecake and coffee. (*Course# 3110102-01*)

- **Cost:** \$72 includes tours, meal, transportation and guide
- Estimated trip time: 8 a.m. -4:45 p.m.

• **Registration deadline:** Friday, May 27



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

Interest Groups

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

Bird Club

1st Friday, 10 a.m. Speaker: Carrol Henderson, Deepwater Horizon Oil Spill and Effects on Minnesota Loons

Book Club

3rd Thursday, 1 p.m. Lia by Marilynne Robinson

Garden Club

2nd Monday, 1 p.m. Roundtables

Genealogy Club

1st Thursdays, 10 a.m. Sharing resources for researching family history

Literary Book Club

4th Tuesday, 7:15 p.m. The Third Life of Grange Copeland by Oscar Wilde

Tale Spinners

Tuesdays, 1 p.m. Story writing group. New members welcome!

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.

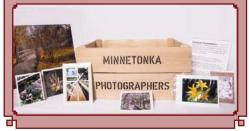
Trip Cancelations

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.



11280 Wayzata Blvd. 763-591-4868 Purchase items handcrafted by Minnetonka residents ages 55 and older.

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



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., \$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.

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

over the phone, or Services

Minnetonka Script

May Calendar

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Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4	5	6	
Pilates 8:30 Exercise 9:00 Art Drop In 9:00 Tai Chi Chih 10:00/11:30 Zumba 12:45 Continuing Bridge 1:00 Healthly Living 1:00 Investment Club 1:00 Rummikub 1:00 Billiards 2:00	Yoga 9:45/11:00 Craft Committee 10:00 Poker 10:00 Bingo 12:40 Tale Spinners 1:00 Billiards 1:00 Defensive Driving 5:30	Exercise 9:00 Mahjongg Group 10:00 Mahjongg Program 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Zumba 12:30 Social Bridge 12:45 Billiards 2:00 500 Cards 6:30	Seniors Expo9:00Wood Carvers10:00Cribbage10:00New! Genealogy10:00Line Dance12:30/1:45British History1:00Dominos1:00Billiards3:00Duplicate Bridge6:00	HOME Office Hours9:00Exercise9:00Happy Feet9:00Blood Pressure9:30Computer Club10:00Bird Club10:00Oil Painting Drop In1:00Billiards1:00	
9	10	11	12	13	
Exercise9:00Art Drop In9:00Tai Chi Chih10:00/11:30Ham Radio10:00Tonka Tale Tellers10:00Continuing Bridge1:00Garden Club1:00Zumba12:45Hand and Foot1:00Billiards2:00	Yoga 9:45/11:00 Advisory Board 10:00 500 Cards 10:00 Bingo 12:40 Tale Spinners 1:00 Billiards 1:00 Senior Outreach 1:00 Defensive Driving 5:30	Exercise 9:00 Blood Pressure 9:30 Mahjongg Group 10:00 Mahjongg Program 10:00 Chorale 10:15 A.A./Al-Anon 10:30 History Seminar 10:30 Chile: Food and Wine 11:00 Zumba 12:30 Social Bridge 12:45 Watercolor 1:00 Billiards 2:00 Evening Yoga 6:15/7:30 500 Cards 6:30	Defensive Driving9:00Yoga9:45/11:00Wood Carvers10:00Cribbage10:00Line Dance12:30/1:45British History1:00Bunco1:00Billiards3:00Duplicate Bridge6:00	HOME Office Hours9:00Exercise9:00Happy Feet9:00Computer Club10:00Lunch & Movie12:00Oil Painting Drop In1:00Billiards1:00	
16	17	18	19	20	
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23	24	25	26	27	
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30	31				
Closed for the holiday.	Mind Fit 9:00 Yoga 9:45/11:00 Bingo 12:40 Tale Spinners 1:00 Billiards 1:00			Ainnetonka Senior Services Intections. Activities. Lifelong Learning.	

952.939.8393

eminnetonka.com

Minnetonka Script	Special Interest Groups May 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	1 st Friday of the month at 10 a.m.	Speaker: Carrol Henderson, Deepwater Horizon Oil Spill and Effects on Minnesota Loons		
Book Club	3 rd Thursday of the month at 1 p.m.	<i>Lia</i> by Marilynne Robinson		
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	1 st 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.	Roundtables		
New! Genealogy Club	1 st Thursday at 10 a.m.	Sharing resources for researching family history.		
Literary Book Club	4 th Tuesday at 7:15 p.m.	The Third Life of Grange Copeland by Alice Walker		
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. Saturday, 1–3 p.m.	Thursday and Friday, 7:30–9:30 a.m. <i>Williston Center: 14509 Minnetonka Drive</i>		
Poker	1 st & 3 rd 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.		

Programs and services for those 55+