

minnetonka script

Programs and services for those 55+
November 2016 Newsletter

Veterans Week

Free for veterans and spouses of veterans.

WWII Willie and Joe Cartoons

Dewey Hassig

Monday, Nov. 7, 10:30 a.m.

Take a look at the Willie and Joe World War II cartoons drawn by Sgt. Bill Mauldin. They feature two ragged, unkempt infantry soldiers Willie and Joe, as they try to cope with war, officers, regulations and the military police. The sarcastic, disrespectful humor of the cartoons was a hit with the soldiers and provided people at home a glimpse of the infantryman's life.

Cost: \$2* (Course #1180404-01)

Post-Traumatic Stress Disorder

Dr. Sutherland

Monday, Nov. 7, 1 p.m.

Learn about Post-Traumatic Stress Disorder (PTSD), current evidence based treatment options and the historical perspectives of the recovery process.

Free! (Course #1180401-01)

Documentary:

The Fog of War

Wednesday, Nov. 9, 10:30 a.m.

Join us for coffee and treats and enjoy the award-winning documentary: *The Fog of War*. Join former Secretary of Defense Robert S. McNamara on a journey through some of the most seminal events in contemporary American history.

Cost: \$2* (Course #1180402-01)

Veterans Week is supported by:

Elder Homestead, Emerald Crest, Scandanavian Home Care, The Glenn-Hopkins, WestRidge of Minnetonka and Legacy Care Home.

The Big Water: Lake Minnetonka and its place in Minnesota History

Fredrick Johnson

Wednesday, Nov. 9, 1:30 p.m.

Frederick Johnson presents highlights from his popular history *The Big Water: Lake Minnetonka and its Place in Minnesota History*. Twin Cities historian Larry Millett notes of this "first full account" the Minnetonka story, "The lake's human history is as sprawling as its shoreline, and Johnson skillfully explores the many bays and inlets of its storied past and complicated present."

Cost: \$2* (Course #1180409-01)

Lunch and a Movie:

Bridge of Spies

Thursday, Nov. 10, noon

At the height of the Cold War the downing of an American U2 spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release.

Menu: Fried chicken, potato wedges, coleslaw, dinner roll and a cookie.

Cost: \$5* (Course #1100203-01)

Registration Information

Registrations due **Monday, Nov. 7** even if attending for free.

*Free for veterans and spouses of veterans.

National Memory Screening Day

Thursday, Nov. 3, 9 a.m.–3 p.m.*

National Memory Screening Day is an initiative of the Alzheimer's Foundation of America to provide optimal care and services to individuals confronting dementia and their caregivers. Emerald Crest is offering free, confidential memory screenings, as well as follow-up resources and educational materials to those concerned about memory loss.

*By appointment only, appointments last 15 minutes and are available 9 a.m.–3 p.m.

Free! (Course #1180420)

Sips & Songs

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

Kannani

Wednesday, Nov. 16, 10:30 a.m.

Three gifted female vocalists will perform selections reflective of nature ranging from American and British folk to musical adaptation of poetry by Emily Dickinson and Shakespeare.

Cost: \$3 (Course #1100301-02)

Sponsored by:

WestRidge of Minnetonka

Community Connections: Forgetfulness

Monday, Nov. 28, 10:15 a.m.

Forgetting little details is normal in daily life. However, when memory loss begins to interfere with day to day functioning it may be more significant. Discover when forgetfulness is no longer normal and may be a warning sign. Provided by Lake Minnetonka Senior Care Providers: Community Connections.

Free! (Course #1180416-01)

Monthly Party: Thanksgiving

Thursday, Nov. 17, noon

Celebrate with us!

Menu: Turkey, stuffing, mashed potatoes, corn, cranberries, roll and dessert.

Sponsored by: Home Care Assistance

Cost: \$7 due Monday, Nov.14 (Course #1100106-01)

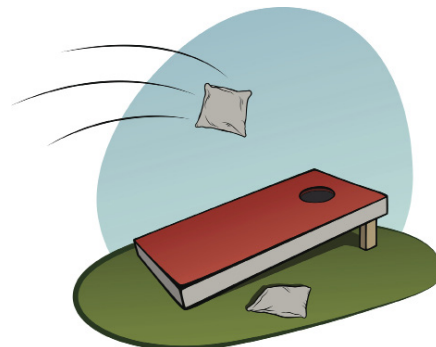
Join us for a game of

BearBag

Friday, Nov. 18, 10:15 a.m.–noon

Socialize with your peers and join in a game of bean bag.

Free! No reservation needed.



Fitness Programs

For a complete listing and program descriptions please visit eminnetonka.com/register or pick up a fitness flyer at the community center.

Program	Instructor	Dates	Day	Times	Fee	Course #
Over 50 and Fit	Volunteer Instructors	Jan. 1–Dec. 31	M, W, F	9–10 a.m.	\$12 <i>(annually)</i>	4090702-01
Basic Mat Pilates	Elizabeth Kelly	Nov. 2–Dec. 21	W	6:15–7:15 p.m.	\$48	1090904-02
Chair Yoga	Elizabeth Kelly	Nov. 2–Dec. 21	W	5–6 p.m.	\$48	1090101-06
Dance: Swing	Tricia Wood	Nov. 19–Dec. 10	S	10–10:50 a.m.	\$52	1091004-01
Dance: Ballroom and Latin	Tricia Wood	Nov. 19–Dec. 10	S	11–11:50 a.m.	\$52	1091003-03
Intermediate Line Dance	Eileen Ronning	Nov. 3–Dec. 1	TH	1–2 p.m.	\$28	1090602-03
Intermediate Yoga	Nancy Holasek	Nov. 1–Dec. 13	T	11 a.m. – noon	\$42	1090201-03
Intermediate Yoga	Nancy Holasek	Nov. 3–Dec. 15 <i>(No class Nov. 24)</i>	TH	11 a.m. – noon	\$36	1090201-04
Intermediate Yoga	Elizabeth Kelly	Nov. 2–Dec. 21	W	7:30–8:30 p.m.	\$48	1090201-06
Seated T'ai Chi Chih	Susan Sobelson	Nov. 7–Dec. 12	M	10–11 a.m.	\$30	1090303-01
T'ai Chi Chih: Intermediate	Susan Sobelson	Nov. 7–Dec. 12	M	11:30 a.m.–12:30 p.m.	\$30	1090302-01
Therapeutic Pilates	Dr. Sarah Petich	Oct. 31–Dec. 12	M	8:30–9:30 a.m.	\$63	1090902-02
Zumba Gold	Renee Rahimi	Oct. 31–Dec. 12	M	12:45–1:45 p.m.	\$42	1090501-03
Zumba Gold	Renee Rahimi	Nov. 2–Dec. 14	W	12:30–1:30 p.m.	\$42	1090501-04

Fitness Highlights

Basic Mat Pilates

Elizabeth Kelly

Pilates is a method of exercise that consists of low-impact flexibility, muscular strength and endurance movements. Pilates emphasizes the core with the use of the abdominals, lower back, hips and thighs. By practicing Pilates regularly, you can achieve a number of health benefits, including improved core strength and stability, posture, balance and flexibility.

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 upbeat music. It is a low-impact form of Zumba designed for beginners and active older adults. Working out has never been so much fun!

Over 50 and Fit

Volunteer Instructors

Join this social group and enjoy music and fitness three days a week!

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

Williston Fitness Center
14509 Minnetonka Drive

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.

Education Programs

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, Nov. 15, 9 a.m.–1 p.m.
- \$22, Thursday, Dec. 8, 9 a.m.–1 p.m.

Balance and Fall Prevention

Dr. Eva Norman

Monday, Dec. 12, 10:30 a.m.

Dr. Eva Norman, president and founder of Live Your Life Physical Therapy, discusses balance and fall prevention. Learn ways to maintain, improve and restore ease of movement, activity levels and health. Balance screenings offered after the presentation by appointment only. Appointments can be made online, over the phone or in person.

- \$2 (Course #1180419-01)

History Programs

British History: London's White Tower

Terry Kubista

Thursdays, Nov. 3–17, 1–3 p.m.

The Tower of London has stood guard over London for more than a thousand years. Examine the real purpose William the Conqueror decided to build it.

- \$21 (Course #1180101-03)

British History: Winston Churchill

Terry Kubista

Thursdays, Dec. 1–8, 1–3 p.m.

Statesman, politician, Knight of the Garter and near royalty - Sir Winston was all of these but how did his story start and what did he do in order to become one of Great Britain's most famous statesmen?

- \$14 (Course #1180101-04)

British History: Sacred Wonders of Britain

Terry Kubista

Thursdays, Dec. 15–22, 1–3 p.m.

Britain's sacred places are not all ancient. Some are quite new. Yet they all share roots in the religions of the original peoples of the Islands. From the north of Scotland to Glastonbury Tore, explore sites that were holy to the first missionaries.

- \$14 (Course #1180101-05)

American Presidents

Dan Hartman

Wednesdays, 10:30 a.m. – 12:30 p.m.

Explore each president and discuss what occurred while they were in office from a historical point of view. Presidents will be presented in order, with highlighted accomplishments and factors surrounding their terms in office. The final seminar will look at the newly elected president and what the future may hold for their term in office.

- \$20, Nov. 9–30 (Course #1180202-03)
- \$15, Dec. 14–28 (Course #1180202-04)

Day Trips*



Christmas in Duluth

*Thursday, Dec. 1**

This popular trip features the lunch at Fitger's Inn and a guided tour of Glensheen Mansion decorated for the holiday season. Tour includes the first and second floor; a video is available if unable to climb stairs. Next, arrive at Bayfront Festival Park and experience the Bentleyville Tour of Lights. Walk through the 20-acre display of millions of lights, trees and music. Warm up with complimentary hot cocoa, coffee, cookies and more. *Please reserve Dec. 8 in case trip is rescheduled due to inclement weather or road conditions.

Menu: Lake trout, salad, green beans, potato and dessert.

(Course# 1110105-01)

- **Cost:** \$79 includes tours, meal, transportation and guide
- **Estimated trip time:** 10:15 a.m.–9:15 p.m.
- **Register or cancel by:** Friday, Nov. 4

*For a complete listing of day trips search for trips at eminnetonka.com/register. Flyers for day trips and extended trips through Landmark Tours are also available at the community center. Trips meet in the lobby of the community center.



11280 Wayzata Blvd.

763-591-4868

Purchase items handcrafted by Minnetonka residents ages 55 and older.

Seasonal crafts and gifts have arrived!

- Winter hats, gloves and scarves
- Baby clothes and toys
- Jewelry and accessories
- Handbags and wallets
- Doll furniture and clothes
- Household items and more!

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

Holiday Hours: Monday–Saturday, Nov. 28–Dec. 23.

Pen Pal Program

January–May

Volunteers are needed to serve as pen pals with a fifth grade class at Scenic Heights Elementary in Minnetonka. Starting in January, letters are exchanged monthly, with the opportunity to meet your pen pal in May. Please call 952-939-8393 to volunteer.

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: Gordon Dietzman, "In the Lands of Birds"

Book Club

3rd Thursday, 1 p.m.

Me Before You by Jojo Moyes

Garden Club

2nd Monday, 1 p.m.

Election of officers, seed exchange and program on Soil 101.

Literary Book Club

4th Tuesday, 7:15 p.m.

Howard's End by E.M. Forster

Poker

1st and 3rd Tuesdays, 10 a.m.

New members welcome!

Winter/Spring Registration

(January–March)

Tuesday, Dec. 6

Registrations for programs beginning January through March will be accepted starting Tuesday, Dec. 6 at 8 a.m. The *Script* highlights upcoming programs. Please refer to the Hopkins-Minnetonka Recreation Services Brochure or visit eminnetonka.com/register for a more complete listing of senior services offerings. The brochure can be picked up at the community center, viewed online or mailed to your home, to request a copy call 952-939-8203 or email recservices@eminnetonka.com.

Scholarships Available

Limited scholarships are available for Minnetonka residents age 55+. Scholarships are kept confidential and 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.

Email Updates

Stay up-to-date on the latest events! Receive weekly email updates on senior happenings! Send your email address to spieb@eminnetonka.com.

Receive the script and calendar via email by subscribing to email alerts at eminnetonka.com/seniorservices.

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.

Medicare Counseling

1st and 3rd Mondays, Free!

Discuss Medicare, supplemental insurance, Part D coverage, billing issues, resources and more! 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. Some of the chores HOME can help with include the following:

- Snow removal
- Change light bulbs
- Housekeeping
- Change furnace filters




**Minnetonka
Senior Services**

Connections. Activities. Lifelong Learning.

Contact and Registration Information

Register in person, over the phone, online or by mail.

 14600 Minnetonka Blvd.,
Minnetonka, MN 55345



eminnetonka.com/register



952-939-8393

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

Mission

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

Program Locations

Meet at Minnetonka Senior Services unless otherwise noted.

Cancellation Information

Program Cancellations

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 Cancellations

Refunds are assessed a \$5 administrative fee and only granted prior to the registration deadline or in the event that a replacement is found.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Yoga 9:45/11:00 Craft Committee 10:00 Poker 10:00 Bingo 12:40 Billiards 1:00 Tale Spinners 1:00</p>	<p>2</p> <p>Exercise 9:00 Mahjongg Class/Group 10:00 Chorale 10:00 A.A./Al-Anon 10:30 Zumba 12:30 Social Bridge 12:45 Online Selling 1:00 Billiards 1:45 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30</p>	<p>3</p> <p>Memory Screening 9:00 Yoga 9:45/11:00 Cribbage 10:00 Genealogy 10:00 Wood Carvers 10:00 British History 1:00 Dominos 1:00 Line Dance 1:00 Billiards 2:15 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>4</p> <p>Exercise 9:00 Happy Feet 9:00 HOME Office Hours 9:00 Blood Pressure 9:30 Bird Club 10:00 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00</p> <p>5</p> <p>Dance: Wedding 11:00</p>
<p>7</p> <p>Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00/11:30 WWII Cartoons 10:30 Zumba 12:45 Health Insurance 1:00 Investment Club 1:00 PTSD Presentation 1:00 Rummikub 1:00 Billiards 2:00</p>	<p>8</p> <p>Yoga 9:45/11:00 500 Cards 10:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00</p>	<p>9</p> <p>Exercise 9:00 Blood Pressure 9:30 Mahjongg Class/Group 10:00 Chorale 10:00 The Fog of War 10:30 A.A./Al-Anon 10:30 American Presidents 10:30 Zumba 12:30 Social Bridge 12:45 Online Selling 1:00 The Big Water 1:30 Billiards 1:45 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30</p>	<p>10</p> <p>Yoga 9:45/11:00 Caregiver Conversations 10:00 Cribbage 10:00 Wood Carvers 10:00 Day Trip 10:15 Lunch & Movie 12:00 British History 1:00 Bunco 1:00 Line Dance 1:00 Billiards 2:15 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>11</p> <p><i>Closed for the Holiday</i></p> <p>12</p> <p>Dance: Wedding 11:00</p>
<p>14</p> <p>Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Ham Radio 10:00 Tai Chi Chih 10:00/11:30 Tonka Tale Tellers 10:00 Zumba 12:45 Garden Club 1:00 Hand and Foot 1:00 Billiards 2:00</p>	<p>15</p> <p>Defensive Driving 9:00 Yoga 9:45/11:00 Poker 10:00 Shutterbugs 10:00 Advisory Board 10:00 Bingo 12:40 Billiards 1:00 Tale Spinners 1:00</p>	<p>16</p> <p>Exercise 9:00 Mahjongg Class/Group 10:00 Chorale 10:00 A.A./Al-Anon 10:30 American Presidents 10:30 Sips & Songs 10:30 Zumba 12:30 Social Bridge 12:45 Billiards 1:45 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30</p>	<p>17</p> <p>Yoga 9:45/11:00 Cribbage 10:00 Wood Carvers 10:00 Monthly Party 12:00 Book Club 1:00 British History 1:00 Dominos 1:00 Line Dance 1:00 Billiards 2:15 Duplicate Bridge 6:00 Tai Chi 6:00 Navigating Medicare 6:30</p>	<p>18</p> <p>Crafting for a Cause 9:00 Exercise 9:00 Happy Feet 9:00 HOME Office Hours 9:00 Blood Pressure 9:30 Computer Club 10:00 Bean Bags 10:15 Billiards 1:00 Oil Painting Drop In 1:00</p> <p>19</p> <p>Dance: Swing 10:00 Dance: Ballroom/Latin 11:00</p>
<p>21</p> <p>Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00/11:30 Health Insurance 1:00 Investment Club 1:00 Rummikub 1:00 Billiards 2:00 Health Insurance 6:00</p>	<p>22</p> <p>Yoga 9:45/11:00 500 Cards 10:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00 Literary Book Club 7:15</p>	<p>23</p> <p>Exercise 9:00 Mahjongg Class/Group 10:00 Chorale 10:00 A.A./Al-Anon 10:30 American Presidents 10:30 Zumba 12:30 Social Bridge 12:45 Billiards 1:45 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30</p>	<p>24</p> <p><i>Closed for the Holiday</i></p>	<p>25</p> <p><i>Closed for the Holiday</i></p> <p>26</p> <p>Dance: Swing 10:00 Dance: Ballroom/Latin 11:00</p>
<p>28</p> <p>Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00/11:30 Community Connections 10:15 Zumba 12:45 Hand and Foot 1:00 Billiards 2:00</p>	<p>29</p> <p>Yoga 9:45/11:00 Bingo 12:40 Billiards 1:00 Tale Spinners 1:00</p>	<p>30</p> <p>Exercise 9:00 Mahjongg Class/Group 10:00 Chorale 10:00 A.A./Al-Anon 10:30 American Presidents 10:30 Zumba 12:30 Social Bridge 12:45 Billiards 1:45 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30</p>		



Group	Meeting day	Information
Advisory Board	2 nd Tuesday at 10 a.m.	Meeting Date Change: November 15, 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: Gordon Dietzman, In the Land of Birds.
Book Club	3 rd Thursday of the month at 1 p.m.	<i>Me Before You</i> , 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.	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.
Caregiver Conversations	2 nd Thursday at 10 a.m.	New members welcome!
Chorale	Wednesdays at 10:15 a.m.	New members welcome!
Computer Club	Fridays at 10 a.m. Website: mscig.wordpress.com	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.
Crafting for a Cause	2 nd Friday at 9 a.m.	New members welcome!
Cribbage	Thursdays at 10 a.m.	Bring cribbage board and a deck of cards.
Dominos	1 st & 3 rd Thursdays at 1 p.m.	New members welcome!
Duplicate Bridge	Thursdays at 6 p.m.	Partners needed.
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.	Election of Officers, Soil 101.
Genealogy Club	1 st Thursday at 10 a.m.	New members welcome!
Literary Book Club	4 th Tuesday at 7:15 p.m.	<i>Howard's End</i> by E.M. Foster.
Ham Radio	2 nd Monday at 10 a.m.	New members welcome!
Mahjonn	Wednesdays at 10 a.m.	New members welcome!
Oil Painting Drop In	Fridays at 1 p.m.	New members welcome!
Pickleball Open Play	Tuesdays and Wednesdays, 7:30-10 a.m. Thursdays and Fridays, 7:30-9:30 a.m.	<i>Williston Fitness Center: 14509 Williston Dr.</i> League Play: Wednesdays, 1-4 p.m.
Poker	1 st & 3 rd Tuesday at 10 a.m.	Join us for a good game of poker.
Minnetonka Shutterbugs	3 rd 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.	Tells tales at elementary schools.
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.