



minnetonka script

Programs and services for those 55+
December 2017 Newsletter

Reminder

The Minnetonka Community Center will be closed due to the holiday on Monday, Dec. 25.

Senior Services programs will not take place on this day.

Funeral Pre-Planning Washburn-McReavy

Monday, Dec. 4, 10:30–11:30 a.m.

The true cost of your final arrangements depends on when you make them. Learn about the funeral arrangement process and the cost-saving benefits of planning in ahead.

Cost: \$2 (Course #1180410-01)

Memory Café

**Third Tuesday of every month,
10–11:30 a.m.**

A memory café is a welcoming place for people living with dementia and their caregivers to socialize and share experiences. This café experience is facilitated by a licensed social worker from Senior Community Services. Stay in the moment by participating in an art activity led by an instructor experienced working with seniors and dementia from the Minnetonka Center for the Arts.

This activity is made possible through the Minnesota Arts and Cultural Heritage Fund.

Cost: Free, call 952-939-8393 to sign up



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

The Lone Arranger

Wednesday, Jan. 17, 10:30 a.m.

Come hear a variety of music from country, big band, '50s and '60s.

Cost: \$3 (Course #2100301-01)

Winter/Spring Registration Opens Dec. 5, at 8 a.m.

Sign up for programs and classes that run January–April

Register

- Online: eminnetonka.com/register
- Phone: 952-939-8393
- In person: Monday–Friday, 8 a.m. – 4:30 p.m.

The *Script* highlights monthly upcoming programs. Refer to the Hopkins-Minnetonka Recreation Services Brochure or visit eminnetonka.com/register for a 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.

Balance and Fall Prevention Screenings

Dr. Eva Norman

Monday, Dec. 11, 10 a.m.–noon

Are you feeling unsteady and have a fear of falling? Take action to reduce your risk of falling by scheduling a 15-minute balance and fall prevention screening appointment. Conducted by Live Your Life Physical Therapist.

Cost: Free screening (Course #1180801-06/13)

Monthly Programs

Monthly Party: Holiday Gala

Thursday, Dec. 14, noon

Celebrate with us!

Menu: Ham, scalloped potatoes, vegetable, roll and dessert

Sponsored by: Eldercare

Cost: \$7 due Friday, Dec. 8

(Course #1100101-04)

Lunch and a Movie:

Gifted

Friday, Dec. 8, noon

When his sister dies, 30-something bachelor Frank Adler assumes the care of her 7-year-old daughter. But his plans to raise her are threatened when the child reveals herself to be a math prodigy, and his mom suddenly gets involved.

Menu: Turkey, mashed potatoes and gravy, roll and a treat

Sponsored by: RidgePointe

Cost: \$5 due Tuesday, Dec. 5



*Purchase items handcrafted
by Minnetonka residents.*

Seasonal items have arrived!

11280 Wayzata Blvd.
763-591-4868

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

Holiday Hours: Nov. 27–Dec. 23
Monday–Saturday 10 a.m. – 4 p.m.
Sunday 11 a.m. – 4:30 p.m.
Thursdays until 8 p.m.

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	Jean McSwiggen John Nally Julie Fleischhacker	Jan. 3–Dec. 31	M, W, F	9–10 a.m.	\$12 <i>(annually)</i>	4090702-03
Yogilates (*New)	Elizabeth Kelly	Jan. 3–Feb. 21	W	6:45–7:45 p.m.	\$48	2091201-01
Chair Yoga	Elizabeth Kelly	Jan. 3–Feb. 21	W	5:30–6:30 p.m.	\$48	2090101–03
Dance Series: Wedding	Tricia Wood	Jan. 13–Feb. 3	S	11–11:55 a.m.	\$56	2091002–01
Dance Series: Latin	Tricia Wood	Jan. 13–Feb. 3	S	10–10:55 a.m.	\$56	2091001–01
Line Dance: Beginner	Tricia Wood	Jan. 4–25	TH	2–3 p.m.	\$38	2090601–01
Line Dance: Intermediate	Tricia Wood	Jan. 4–25	TH	1–2 p.m.	\$38	2090602–01
Strength and Mobility	Dr. Anna Hagens	Jan. 9–Feb. 13	T	1–2 p.m.	\$74	2091301–01
T'ai Chi Chih: Beginner	Susan Sobelson	Jan. 22–March 19 <i>(No class Feb. 19)</i>	M	10–11 a.m.	\$40	2090301–01
T'ai Chi Chih: Beginner	Susan Sobelson	Jan. 24–March 14	W	1–2 p.m.	\$40	2090301–03
T'ai Chi Chih: Intermediate	Susan Sobelson	Jan. 22–March 19 <i>(No class Feb. 19)</i>	M	11:30 a.m.–12:30 p.m.	\$40	2090302–01
T'ai Chi for Health and Wellness	Ron Erdman-Luntz	Jan. 4–Feb. 8	TH	6–7 p.m.	\$54	2090401–01
Therapeutic Pilates	Dr. Sarah Petrich	Jan. 22–March 5 <i>(No class Feb. 19)</i>	M	8:30–9:30 a.m.	\$66	2090901–01
Zumba Gold	Renee Rahimi	Feb. 5–March. 26 <i>(No class Feb. 19)</i>	M	12:45–1:45 p.m.	\$36	2090501–01

Fitness Descriptions

Dance Series: Ballroom and Latin–Tricia Wood

Learn waltz, rumba, salsa and a variety of social dances for different musical styles

Strength and Mobility–Dr. Anna Hagens

Exercises that will help to improve your arm and leg strength, balance, flexibility and walking

Yogilates–Elizabeth Kelly

Integrates the yogic focus on enhanced mind/body awareness, and incorporates Pilates core strengthening techniques

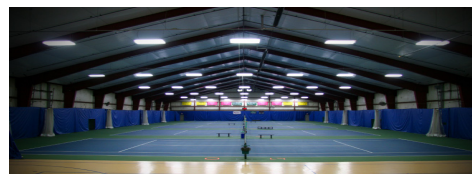
Over 50 and Fit

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

T'ai Chi Health and Wellness–Ron Erdman-Lutz

Tai Chi short-form movements have many health benefits and are fun to learn. Slower circular movements help to improve balance and relaxation.

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 Fitness Center, Silversneakers and Silver and Fit members. \$4 per day for non-members.

Williston Fitness Center, 14509 Minnetonka Drive

Bean Bags

Friday, Dec. 15, 10:30 a.m.

Socialize with your peers and join in a game of bean bags!

Free! No reservation needed.



History Programs

British History: Irish Secrets Part 3

Terry Kubista

Thursdays, Dec. 7–21, 1–3 p.m.

Learn how attitudes and biases of the current population are firmly rooted in the past.

Cost: \$21 (Course #1180101-04)

British History: Vikings

Terry Kubista

Thursdays, Jan. 4–18, 1–3 p.m.

While infamous for their fearsome conquests, the Vikings were also expert seafarers, skilled traders and courageous explorers, traveling far and wide. They dominated northern Scotland and reshaped attitudes in the early Christian Church. What were they hoping to achieve?

Cost: \$21 (Course #2180101-01)

History: Jack the Ripper

Dan Hartman

Wednesday, Dec. 6, 10:30 a.m.–12:30 p.m.

Jack the Ripper is the well-known name given to an unidentified serial killer generally believed to be active in the Whitechapel district of London in 1888. Attacks ascribed to Jack the Ripper typically involved female prostitutes in the slums of the East End of London whose throats were cut.

Cost: \$5 (Course #1180202-07)

History: Arthur Conan Doyle and Sherlock Holmes

Dan Hartman

Wednesday, Dec. 13, 10:30 a.m.–12:30 p.m.

Sir Arthur Conan Doyle was a Scottish writer and physician, known for creating the fictional detective Sherlock Holmes and his friend Dr. Watson. The character's popularity was widespread after the first series of stories—totaling four novels and 56 short stories.

Cost: \$5 (Course #1180202-08)

History: 1918 Spanish Flu Pandemic

Dan Hartman

Wednesday, Jan. 10, 10:30 a.m.–12:30 p.m.

The 1918 flu pandemic (January 1918–December 1920) was an unusually deadly pandemic. It infected 500 million people across the world and resulted in the deaths of 50 to 100 million (three to five percent of the world's population), making it one of the deadliest natural disasters in human history.

Cost: \$5 (Course #1180202-08)

Day Trips*



Artwork at the Capitol

Thursday, Jan. 18

Take a specialized 90-minute "Art in the Capitol" tour with a Minnesota State Capitol tour guide. This tour presents a variety of artists and their works. The tour gives insight into the remarkable collection, from Civil War pieces to American Indian paintings. After the tour, take the time to explore the newly renovated spaces in the capitol building. Then, head to the St. Paul Hotel cafe for lunch.

Menu: Sideboard buffet, including hot entrées with side dishes, salad, soup, coffee or tea

Cost: \$72 includes tour, meal, transportation and guide (Course #1110102-01)

Estimated trip time: 9 a.m.–3 p.m.

Register or cancel by: Monday, Dec. 11

Cool Mystery Trip



Thursday, Feb. 8

Board the bus for this cool mystery tour. Meet the tour guide and enjoy a riding tour, a great meal and a Super Bowl surprise! Lunch is at Casper's Cherokee Sirloin Room in West St. Paul.

Menu: Small sirloin or chicken entrée with tossed salad, baked potato with sour cream, rolls, beverage and dessert

Cost: \$70 includes tours, meal, transportation and guide (Course #2110101-01)

Estimated trip time: 9:30 a.m.–3 p.m.

Register or cancel by: Tuesday, Jan. 9

*Trips meet in the community center lobby. Accessibility needs, please contact senior services for accommodations.

Day Trips

Day trips offered for the season can be found in the recreation brochure (published three times a year), online, or in-person at the community center. Visit eminnetonka.com/recreationbrochure to view the brochure online.

Registration opens Dec. 5 for the following trips:

- *March 9, Tastes of Germany*
- *April 27, Phipps Theater "Favorites with Organist Zach Frame"*
- *May 9, Old Log Theater: Guys and Dolls*
- *May 22, Gangster Tour*

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:

- Dec. 7 or 19, 9 a.m.–1 p.m., \$22

Dementia Friendly Training

Tuesday, Dec. 5, noon

Learn what is normal aging and the 10 early signs and symptoms of Alzheimer's Disease. Learn helpful communication, everyday task tips and conversation hints for those living with dementia.

Cost: Free! (4180701-10)

Art Programs

Line and Wash Painting Extension

Gin Weidenfeller

Wednesday, Dec. 6, 1–3 p.m.

Learn about line and wash painting. Free hand sketch a still life, nature subject or land, city or cabin-scape in graphite pencil or pen ink. Then paint washes of watercolor or ink over the sketches. Supplies provided, but you may bring your own. One session.

Cost: \$20 (Course #1130101-05)

Interest Groups

Interest groups are coordinated and led by seniors in the community. All groups meet at the Minnetonka Community Center, unless noted otherwise. For a complete list of groups, visit eminnetonka.com/interestgroups.

Book Club

3rd Thursday, 1 p.m.

Our Souls at Night by Kent Haruff

Bucket List Book Club

4th Tuesday, 7:15 p.m.

Ivy Day in the Committee Room, by James Joyce

Bird Club

1st Friday, 10 a.m.

Stan Tekiela, naturalist, author and Photographer

Social Bridge

Wednesdays, 12:45 p.m.

Bunco

2nd and 4th Thursdays, 1 p.m.

Caregiver Conversations

2nd Thursday, 1 p.m.

Crafting for a Cause

2nd Friday, 9 a.m.

Cribbage

Thursdays, 10 a.m.

Dominos

1st and 3rd Thursdays, 1 p.m.

Duplicate Bridge

Thursdays, 6 p.m.

500 Card Club

2nd and 4th Tuesday, 10 a.m.

Garden Club

2nd Monday, 1 p.m.

Genealogy Club

1st Thursday, 10 a.m.

Ham Radio

2nd Monday, 10 a.m.

Hand, Foot and Toe

2nd and 4th Monday, 1 p.m.

Mahjongg

Wednesdays, 10 a.m.

Oil Painting Drop In

Fridays, 1 p.m.

Poker

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

Shutterbugs

3rd Tuesday, 10 a.m.

Tonka Tale Tellers

2nd Monday, 10 a.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 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. Call 952-939-8393 for an appointment.

Medicare Counseling

1st and 3rd Mondays, Free!

Discuss Medicare, supplemental insurance, Part D coverage, billing issues, resources and more. Call 952-939-8393 to schedule an appointment.

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
- Housekeeping
- Household repairs



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

Senior and General Programs Manager

Alicia Watts, 952-939-8369

awatts@eminnetonka.com

Mission

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

Program Locations

Meet at Minnetonka Senior Services at the Minnetonka Community Center, 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



Minnetonka Senior Services

Connections. Activities. Lifelong Learning.

1

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

4

Pilates 8:30
 Art Drop In 9:00
 Exercise 9:00
 Funeral Planning 10:30
 Tai Chi Chih 10:00/11:30
 Zumba Gold 12:45
 Bulls & Bears 1:00
 Medicare Counseling 1:00
 Rummikub 1:00
 Billiards 2:00

5

WINTER/SPRING
 REGISTRATION OPENS
 AT 8 AM

Yoga 9:45/11:00
 Poker 10:00
 Dementia Training 12:00
 Bingo 12:40
 Strength and Mobility 1:00
 Tale Spinners 1:00
 Billiards 2:15
 Day Trip: Holiday Lights 3:30

6

Exercise 9:00
 Mahjongg 10:00
 Chorale 10:15
 A.A./Al-Anon 10:30
 History: Jack the Ripper 10:30
 Social Bridge 12:45
 Art: Line and Wash Ext. 1:00
 Tai Chi Chih 1:00
 Billiards 2:15
 Chair Yoga 5:30
 Yogilates 6:45
 500 Cards 6:30

7

Defensive Driving 9:00
 Yoga 9:45/11:00
 Cribbage 10:00
 Woodcarvers 10:00
 Line Dance 12:30/1:45
 British History 1:00
 Dominos 1:00
 Billiards 3:00
 Duplicate Bridge 6:00

8

Crafting for a Cause 9:00
 Exercise 9:00
 Happy Feet 9:00
 HOME Office Hours 9:00
 Computer Club 10:00
 Lunch and a Movie 12:00
 Billiards 1:00
 Oil Painting Drop In 1:00

11

Pilates 8:30
 Art Drop In 9:00
 Exercise 9:00
 Balance Screenings 10:00
 Ham Radio 10:00
 Tai Chi Chih 10:00/11:30
 Tonka Tale Tellers 10:00
 Zumba Gold 12:45
 Garden Club 1:00
 Hand, Foot, & Toe 1:00
 Billiards 2:00

12

Yoga 9:45/11:00
 500 Cards 10:00
 Advisory Board 10:00
 Bingo 12:40
 Senior Outreach 1:00
 Strength and Mobility 1:00
 Tale Spinners 1:00
 Billiards 2:15

13

Exercise 9:00
 Blood Pressure 9:30
 Mahjongg 10:00
 Chorale 10:15
 A.A./Al-Anon 10:30
 History: Sherlock Holmes 10:30
 Social Bridge 12:45
 Tai Chi Chih 1:00
 Billiards 2:15
 Chair Yoga 5:30
 Yogilates 6:45
 500 Cards 6:30

14

Yoga 9:45/11:00
 Caregiver Conversations 10:00
 Cribbage 10:00
 Woodcarvers 10:00
 Monthly Party 12:00
 Billiards 1:00
 British History 1:00
 Bunco 1:00
 Duplicate Bridge 6:00

15

Exercise 9:00
 Happy Feet 9:00
 HOME Office Hours 9:00
 Blood Pressure 9:30
 Day Trip: Duluth 9:45
 Computer Club 10:00
 Bean Bags 10:15
 Billiards 1:00
 Oil Painting Drop In 1:00

18

Art Drop In 9:00
 Exercise 9:00
 Day Trip: Duluth 9:45
 Zumba Gold 12:45
 Bulls & Bears 1:00
 Medicare Counseling 1:00
 Rummikub 1:00
 Billiards 2:00
 Medicare Counseling 6:00

19

Defensive Driving 9:00
 Yoga 9:45/11:00
 Memory Café 10:00
 Poker 10:00
 Shutterbugs 10:00
 Bingo 12:40
 Billiards 1:00
 Tale Spinners 1:00

20

Exercise 9:00
 Mahjongg 10:00
 Chorale 10:15
 A.A./Al-Anon 10:30
 Social Bridge 12:45
 Billiards 1:00
 Day Trip: Holiday Lights 3:30
 Chair Yoga 5:30
 Yogilates 6:45
 500 Cards 6:30

21

Yoga 9:45/11:00
 Cribbage 10:00
 Woodcarvers 10:00
 Billiards 1:00
 Book Club 1:00
 British History 1:00
 Dominos 1:00
 Duplicate Bridge 6:00

22

Exercise 9:00
 Happy Feet 9:00
 HOME Office Hours 9:00
 Computer Club 10:00
 Billiards 1:00
 Oil Painting Drop In 1:00



26

500 Cards 10:00
 Bingo 12:40
 Billiards 1:00
 Tale Spinners 1:00
 Bucket List Book Club 7:15

27

Exercise 9:00
 Mahjongg 10:00
 Chorale 10:15
 A.A./Al-Anon 10:30
 Social Bridge 12:45
 Billiards 1:00
 500 Cards 6:30

28

Cribbage 10:00
 Woodcarvers 10:00
 Billiards 1:00
 Bunco 1:00
 Duplicate Bridge 6:00

29

Exercise 9:00
 HOME Office Hours 9:00
 Billiards 1:00
 Oil Painting Drop In 1:00

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.	Stan Tekiela, naturalist, author and photographer
Book Club	3 rd Thursday of the month at 1 p.m.	<i>Our Souls at Night</i> by Kent Haruff
Bucket List Book Club	4 th Tuesday at 7:15 p.m.	<i>Ivy Day in the Committee Room</i> by James Joyce
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 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.
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.
Garden Club	2 nd Monday at 1 p.m.	Welcome!
Genealogy Club	1 st Thursday at 10 a.m.	New members welcome!
Ham Radio	2 nd Monday at 10 a.m.	New members welcome!
Hand, Foot, & Toe	2 nd & 4 th Monday 1 p.m.	We'll teach you how to play!
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.
Rummikub	1 st & 3 rd Monday at 1 p.m.	We'll teach you how to play!
Shutterbugs	3 rd Tuesday at 10 a.m.	New members welcome!
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!
Woodcarvers	Thursdays at 10 a.m.	Group members share ideas and work independently.