Income Tax Assistance

This free tax program is designed to help moderate to low income individuals with basic taxes.

Appointments can be made at Senior Services or by calling 952-939-8393. Appointments are required and no walkins are allowed.

- Mondays and Thursdays, Feb. 6–April 13
- Appointment times: 12:30 p.m., 1:45 p.m. and 3 p.m.

Dementia Friendly Training

Tuesday, Feb. 7, noon-1 p.m.

Learn what dementia is, how it affects people and how we each can make a difference in the lives of those affected. *Free!* (Course #4180701-02)

Community Connections: Funeral Planning

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

Learn why planning ahead matters. Provided by Lake Minnetonka Senior Care Providers: Community Connections.

Free! (Course #2180408-01)

Winter Hike to Jidana: Steve Pieh

*Tuesday, Feb. 28, 11 a.m.-1 p.m.*Hike along Minnehaha Creek to Deer

Island. Enjoy roasting brats and sipping coffee by the campfire. This 2-mile round trip walk will begin at the Minnetonka Community Center.

Cost: \$4 (Course #2190802-01)

Full Moon Hike to Jidana Park: Steve Pieh

Thursday, March 9, 5:30-7:30 p.m.

Start the night with a relaxed walk to Jidana Park. Enjoy refreshments and roasting hot dogs by campfire underneath the full moon. Meet at the main entrance of the Minnetonka Community Center.

Cost: \$4 (Course #2190801-01)

The Lincoln Assassination: A Fragile Time

Wednesday, Feb. 22, 10:30 a.m.-noon When John Wilkes Booth assassinated Abraham Lincoln, the Civil War was ending and emotions were high. Killing the President was just part of Booth's plan. Join us to explore this fragile time in our history and the plot that very nearly succeeded in

Cost: \$2 (Course #2180206-01)

toppling the government.

Your Life, Your Story, Your Legacy

Wednesday, March 8, 10:30 a.m.-noon

Your life story and those of your ancestors shape the lives of your children and future generations. Learn practical ways to collect, prioritize, organize and preserve the life stories, photographs, family history and unique heirloom documents.

Cost: \$2 (Course #2180402-01)

Wellness Series presented by Minnetonka Medical Center and North Memorial Medical Center

Chronic Back Pain

Thursday, Feb. 23, 10-11 a.m.

The burden, causes, and non-surgical treatment options will be presented by Dr. Adekola, pain management specialist. **Cost:** \$2 (Course #2180801-01)

Total Wellness: Session 1

Friday, March 3, 10-11 a.m.

Focusing on Total Wellness and March's Colorectal Cancer Awareness month. Presented by Dr. Cherkasky

Cost: \$2 (Course #2180801-02)

Reminder:

Senior Services will be closed **Monday**, **Feb. 20** in observance of Presidents Day.

Fitness for the Mind and Heart: *Iackie Mielke*

Color Me Healthy!

Tuesday, March 7, 9:30-11:30 a.m.

This program identifies the vibrations of each color in the rainbow spectrum and how we can apply that information to improve our health and wellness in body, mind and spirit.

Cost: \$12 (Course #2180403-02)

Monthly Party: Valentine's Day

Tuesday, Feb. 14, noon

Celebrate with us!

Menu: Swedish meatballs, rice or potato, salad, bread, and dessert.

Sponsored by: WestRidge of Minnetonka Cost: \$7 due Thursday, Feb. 9

(Course #2100102-01)

Lunch and a Movie: Sully

Friday, Feb. 24, noon

The story of Chesley Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew.

Menu: Lasagna, Caesar salad, garlic bread & dessert.

Cost: \$5 due Tuesday, Feb. 21 (*Course #2100202-01*)



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

Roe Family Singers

Wednesday, March. 22, 10:30 a.m.

Join the Roe Family Singers and tap away to this good-time, old time hillbilly band from the Mississippi-headwaters community of Kirkwood Hollow, MN. Performances feature banjo, autoharp, guitar and washboard!

Sponsored by Brookdale Minnetonka Carlson Parkway.

Cost: \$3 (Course #2100301-02)

952-939-8393 eminnetonka.com/seniorservices

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. 1–Dec. 31	M, W, F	9–10 a.m.	\$12 (annually)	4090702-02
Basic Mat Pilates	Elizabeth Kelly	March 8–April 26	W	6:15–7:15 p.m.	\$48	2090904-02
Chair Yoga	Elizabeth Kelly	March 8–April 26	W	5–6 p.m.	\$48	2090101-06
Intermediate Yoga	Elizabeth Kelly	March 8–April 26	W	7:30–8:30 p.m.	\$48	2090201-06
Line Dance: Beginner	Tricia Wood	Feb. 2–23	TH	12:30–1:30 p.m.	\$32	2090601-01
Line Dance: Beginner	Tricia Wood	March 2–30	TH	12:30–1:30 p.m.	\$40	2090601-02
Line Dance: Intermediate	Tricia Wood	Feb. 2–23	TH	1:45-2:45 p.m.	\$32	2090602-01
Line Dance: Intermediate	Tricia Wood	March 2–30	TH	1:45-2:45 p.m.	\$40	2090602-02
T'ai Chi Chih: Beginning	Susan Sobelson	March 20–May 8	M	10–11 a.m.	\$40	2090301-02
T'ai Chi Chih: Intermediate	Susan Sobelson	March 20–May 8	M	11:30 a.m.–12:30 p.m.	\$40	2090302-02
T'ai Chi for Health and Wellness	Ron Erdman- Luntz	Feb. 16–March 23	TH	6–7 p.m.	\$54	2090401-02
Therapeutic Pilates	Dr. Sarah Petrich	March 13–April 24	M	8:30–9:30 a.m.	\$54	2090901-02
Zumba Gold	Renee Rahimi	April 3–May 8	M	12:45–1:45 p.m.	\$36	2090501-02
Zumba Gold Toning	Renee Rahimi	April 3–May 8	W	12:30–1:30 p.m.	\$36	2090501-04

Fitness Highlights

Line Dance

New Instructor: Tricia Wood

Line dancing is not just your Boot Scootin' Boogie anymore. Participants will do the samba, twist, tango, Charleston and more! Taught by Tricia Wood of Dance and Entertainment Studios.

T'ai Chi for Health and Wellness *Ron Erdman-Luntz*

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.

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.

Bean Bags

Friday, Feb. 10, 10:15 a.m.-noon

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

Free! No reservation needed.



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

Williston Fitness Center 14509 Minnetonka Drive

History Programs

British History: The Tudor Dynasty *Terry Kubista*

Thursdays, Feb. 2-23, 1-3 p.m.

The Tudor Dynasty is known as history's bloodiest British dynasty. Has the title been justly earned or are they not the reputed demonic influence?

Cost: \$28 (Course #2180101-02)

British History: British Authors *Terry Kubista*

Thursdays, March 2-23, 1-3 p.m.

Join an interesting and lively discussion around these British author's works and lives: Jane Austen, Agatha Christy, Sir Walter Scott and Robert Burns.

Cost: \$28 (Course #2180101-03)

The Middle East Dan Hartman

Wednesday, Feb. 8, 10:30 a.m.-12:30 p.m.

Explore the history of the Middle East. Review events from the defeat of the Ottoman Empire in 1918 to present day conflicts in the Arab world. Identify different terrorist organizations that developed and their impact on the world today.

Cost: \$5 (Course # 2180202-01)

Persian Gulf War Dan Hartman

Wednesday, March 8 10:30 a.m.-12:30 p.m.

Dive into components of the Persian Gulf War, Aug. 2, 1990 – Feb. 28, 1991. The Gulf War was code named Operation Desert Shield for operations leading to the buildup of troops and defense of Saudi Arabia. Operation Desert Storm was war waged by coalition forces from 34 nations led by the United States against Iraq in response to Iraq's invasion of Kuwait. **Cost:** \$5 (Course # 2180203-01)

War Planes

Tuesdays, March 7-28, 10 a.m.-noon

View the PBS documentary on warplanes covering a century of flight from a crude instrument of wood and wires into a decisive weapon of modern combat. This is a fourweek class, with the first three classes meeting at the Minnetonka Community Center. The last session participants will meet in Eden Prairie for a tour of the Wings of the North Museum.

Cost: \$12 (Course #2180205-01)

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, Thursday, Feb. 16, 9 a.m.–1 p.m.
- \$22, Tuesday, March 7, 9 a.m.–1 p.m.

Computer Basics I: Abbey Key

Tuesdays, Feb. 7 and 14, 10 a.m.

This easy and fun introduction to the world of computers will cover basic computer parts and functions and browsing the web.

Cost: \$16 (Course #2180501-01)

Computer Basics II: Abbey Key

Tuesdays, March 14 and 21, 10 a.m.

This easy and fun introduction to the world of computers will cover electronic devices, navigating basic programs and include ample time for questions and practicing.

Cost: \$16 (Course #2180501-02)



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.

Day Trips*



Progressive Irish Tasting Tour Thursday, March 9

This progressive tasting tour begins at O'Gara's Irish Grill in St. Paul, established by James O'Gara in 1941 and features unique Irish décor. Next, venture to O'Malley's Irish Pub in Woodbury where furnishings were handcrafted in memory of Tim O'Malley. The tour concludes at the Lake Elmo Inn, offering a tradition of elegance for over three decades.

Menu: Soup prepared by O'Gara's chef, choice of shepherd's pie or fish and chips, and bread pudding with Irish whiskey.

Cost: \$73, includes tours, meal, transportation and guide

(Course# 2110102-01)

Estimated trip time: 10:30 a.m.–3:45 p.m. Register or cancel by: Tuesday, Feb. 14

Uff Dah! A Scandinavian History Tour

Tuesday, April 4

Ole and Lena guide a riding tour to discover how and why immigrants from Norway, Sweden, Denmark and Finland came as pioneers to St. Paul and Minneapolis. Learn about many famous sites including the Mindekirken Church and the Norway House. Say goodbye to Ole and Lena before enjoying lunch and shopping at the Bokhandel Gift Shop. End the trip with a guided tour of the Turnblad Mansion and the American Swedish Institute.

Menu: Smorgasbord of tradional Swedish dishes including meatballs, gravlax, potatoes, cucumber salad and more.

Cost: \$73 includes tours, meal, transportation and guide (*Course# 2110103-01*)

Estimated trip time: 9 a.m.–3:45 p.m. **Register or cancel by:** Friday, March 3

*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.

952-939-8393 3 eminnetonka.com/seniorservices

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 go to eminnetonka.com/interestgroups.

Bird Club

1st Friday, 10 a.m.

Penguins of the Antarctic, with Katy Shannon, naturalist and retired science teacher.

Book Club

3rd Thursday, 1 p.m. Being Mortal by Atul Gawande

Literary Book Club

4th Tuesday, 7:15 p.m.

The Innocents Abroad by Mark Twain

Billiards

*Monday - Friday, Various times*New members welcome!

Garden Club

2nd Monday, 1 p.m.

Speaker to talk about Lake Minnetonka Conservation. What they do, future projects, and how they are done.

Genealogy Club

1st Thursday, 10 a.m.
New members welcome!

AA/Al-Anon

Wednesdays at 10:30 a.m.

All ages welcome. New members welcome!

Crafting for a Cause

2nd Friday, 9 a.m.

New members welcome!

Caregiver Conversations

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

Art Drop-In

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

Minnetonka Senior Services

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+.

Program Locations

Meet at Minnetonka Senior Services unless otherwise noted.

Cancelation 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

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

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*.

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. 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.

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
- · Changing light bulbs
- Housekeeping
- Changing furnace filters

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Exercise 9:00 Chorale 10:00 Mahjongg Group 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30	Day Trip 8:45 Yoga 9:45/11:00 Cribbage 10:00 Genealogy 10:00 Woodcarvers 10:00 Line Dance 12:30/1:45 Dominos 1:00 British History 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	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
6	7	8	9	10
Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00/11:30 Zumba Gold 12:45 Bulls & Bears 1:00 Rummikub 1:00 Billiards 2:00	Yoga 9:45/11:00 Computer Basics 10:00 Craft Committee 10:00 Poker 10:00 Dementia Training 12:00 Bingo 12:40 Billiards 1:00 Tale Spinners 1:00	Blood Pressure 9:30 Chorale 10:00 Mahjongg Group 10:00 A.A./Al-Anon 10:30 History: Middle East 10:30 Social Bridge 12:45 Billiards 1:00 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30	Yoga 9:45/11:00 Caregiver Conversations 10:00 10:00 Cribbage 10:00 Estate Planning 10:00 Woodcarvers 10:00 Line Dance 12:30/1:45 British History 1:00 Bunco 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	Crafting for a Cause 9:00 Exercise 9:00 Happy Feet 9:00 HOME Office Hours 9:00 Computer Club 10:00 Bean Bags 10:15 Billiards 1:00 Oil Painting Drop In 1:00
13	14	15	16	17
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 Gold 12:45 Garden Club 1:00 Hand, Foot, & Toe 1:00 Medicare Counseling 1:00 Billiards 2:00	Yoga 9:45/11:00 500 Cards 10:00 Advisory Board 10:00 Computer Basics 10:00 Monthly Party 12:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00	Exercise 9:00 Chorale 10:00 Mahjongg Group 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30	Defensive Driving 9:00 Yoga 9:45/11:00 Cribbage 10:00 Woodcarvers 10:00 Line Dance 12:30/1:45 Book Club 1:00 British History 1:00 Dominos 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	Exercise 9:00 Happy Feet 9:00 HOME Office Hours 9:00 Blood Pressure 9:30 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00
20	21	22	23	24
Closed for the Holiday	Yoga 9:45/11:00 Poker 10:00 Shutterbugs 10:00 Bingo 12:40 Billiards 1:00 Tale Spinners 1:00	Exercise 9:00 Chorale 10:00 Mahjongg Group 10:00 A.A./Al-Anon 10:30 Lincoln Assasination 10:30 Social Bridge 12:45 Billiards 1:00 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30	Voga 9:45/11:00 Cribbage 10:00 Woodcarvers 10:00 Wellness Series 10:00 Line Dance 12:30/1:45 British History 1:00 Bunco 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	Exercise 9:00 Happy Feet 9:00 HOME Office Hours 9:00 Computer Club 10:00 Lunch & Movie 12:00 Billiards 1:00 Oil Painting Drop In 1:00
27	28			
Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00/11:30 Community Connections 10:15 Zumba Gold 12:45 Hand, Foot, & Toe 1:00 Medicare Counseling 1:00 Medicare Counseling 6:00	500 Cards 10:00 Winter Hike 11:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00 Literary Book Club 7:15		Minr Senic Connections. 2	netonka or Services Activities. Lifelong Learning.

S	pecial	Interest	Groun	bs .

February 2017

Minnetonka Script

	of come interest of	residuity 2017
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.	Penguins of the Antarctic, with Katy Shannon, naturalist and retired science teacher.
Book Club	3 rd Thursday of the month at 1 p.m.	Being Mortal, by Atul Gawande.
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.
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: <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.
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	1st & 3rd 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.	Speaker about Lake Minnetonka Conservation. What they do, future projects, and how done.
Genealogy Club	1st Thursday at 10 a.m.	New members welcome!
Literary Book Club	4 th Tuesday at 7:15 p.m.	The Innocents Abroad by Mark Twain.
Ham Radio	2 nd Monday at 10 a.m.	New members welcome!
Hand, Foot, & Toe	$2^{\rm nd}$ & $4^{\rm th}$ Monday 1 p.m.	We'll teach you how to play!
Mahjongg	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	1st & 3rd Tuesday at 10 a.m.	Join us for a good game of poker.
Rummikub	1st & 3rd Monday at 1 p.m.	We'll teach you how to play!
Shutterbugs	3rd 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.
eminnetonka.com	Programs and services fo	or those 55+ 952.939.8393