



minnetonka script

Programs and services for those 55+
January 2017 Newsletter

Income Tax Assistance

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

Starting Jan. 3, appointments can be made at Senior Services or by calling 952-939-8393. Appointments are required and no walk-ins are allowed.

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

Community Connections: Making Your Life Stronger Through Exercise

Monday, Jan. 23, 10:15 a.m.

A physical therapist from Aegis Therapies will discuss simple ways to do strengthening exercises at home. Provided by Lake Minnetonka Senior Care Providers: Community Connections.

Free! (Course #2180407-01)

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 two-mile round trip walk will begin at the Minnetonka Community Center.

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

Reminder:

Senior Services will be closed on the following dates due to holidays:

- Monday, Jan. 2
- Monday, Jan. 16

Taxes from A-Z and Ways to Minimize Them

Wednesday, Jan. 11, 10:30 a.m. - noon

Learn the different types of federal and state taxes and ways to minimize them without having to read a lengthy tax code! Discuss new ideas on reducing your tax bill and making your investment portfolio more tax efficient.

Cost: \$2 (Course #2180401-01)

Fitness for the Mind and Heart:

Jackie Mielke

This series will explore the ways in which heart and mind can gain strength and resilience for healthy, effective living.

A Glimpse for Family and Friends into the Dying Process

Tuesday, Jan. 31, 9:30-11:30 a.m.

From the richness and variety of 23 years of experience as a hospice worker, the presenter explores, through true stories, the facets of the dying process and how we can assist during that time of life.

Cost: \$12 (Course #2180403-01)

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)

Focusing the Mind, Calming the Self

Wednesday, March 29, 9:30-11:30 a.m.

Learning and practicing the art of centering and grounding the self is the basis of this session. This helpful method can assist in managing stressful events in our lives and be an overall benefit for our physical, emotional and mental health.

Cost: \$12 (Course #2180403-03)

Monthly Party: Souper Bowl Party

Tuesday, Jan. 31, noon

Celebrate with us!

Menu: Soup, biscuits and dessert.

Sponsored by: The Glenn-Hopkins

Cost: \$7 due Thursday, Jan. 26

(Course #2100101-01)

Lunch and a Movie:

The Lady in the Van

Friday, Jan. 27, noon

The true story about a man who forms an unexpected bond with a transient woman living in her van that is parked in his driveway.

Menu: Chicken salad, bread and a treat.

Cost: \$5 due Tuesday, Jan. 24

(Course #2100201-01)

Sips &
Songs

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

Dale Martell

Wednesday, Jan. 18, 10:30 a.m.

Join Dale as he shares the history of bluegrass and showtunes through great songs like "Blue Skies" and "Orange Blossom Special."

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

Sponsored by Brookdale Minnetonka Carlson Parkway.

Welcome...

Alicia Watts, who started as the new Senior and General Programs Manager in mid-December. Please stop by and say hello to Alicia next time you are the Community Center.

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>	4090702-02
Basic Mat Pilates	Elizabeth Kelly	Jan. 4–Feb. 22	W	6:15–7:15 p.m.	\$48	2090904-01
Chair Yoga	Elizabeth Kelly	Jan. 4–Feb. 22	W	5–6 p.m.	\$48	2090101-03
Chair Yoga	Nancy Holasek	Jan. 3–Feb. 21	T	9:45–10:45 a.m.	\$48	2090101-01
Chair Yoga	Nancy Holasek	Jan. 5–Feb. 23	TH	9:45–10:45 a.m.	\$48	2090101-02
Intermediate Yoga	Elizabeth Kelly	Jan. 4–Feb. 22	W	7:30–8:30 p.m.	\$48	2090201-03
Intermediate Yoga	Nancy Holasek	Jan. 3–Feb. 21	T	11 a.m. – noon	\$48	2090201-01
Intermediate Yoga	Nancy Holasek	Jan. 5–Feb. 23	TH	11 a.m. – noon	\$48	2090201-02
Line Dance: Beginner	Tricia Wood	Feb. 2–Feb. 23	TH	12:30–1:30 p.m.	\$32	2090601-01
Line Dance: Intermediate	Tricia Wood	Feb. 2–Feb. 23	TH	1:45–2:45 p.m.	\$32	2090602-01
T'ai Chi Chih: Beginning	Susan Sobelson	Jan. 9–March 13 <i>(No class Jan. 16 and Feb. 20)</i>	M	10–11 a.m.	\$40	2090301-01
T'ai Chi Chih: Intermediate	Susan Sobelson	Jan. 9–March 13 <i>(No class Jan. 16 and Feb. 20)</i>	M	11:30 a.m.–12:30 p.m.	\$40	2090302-01
T'ai Chi for Health and Wellness	Ron Erdman-Luntz	Jan. 5–Feb. 9	TH	6–7 p.m.	\$54	2090401-01
Therapeutic Pilates	Dr. Sarah Petich	Jan. 23–March 6 <i>(No class Feb. 20)</i>	M	8:30–9:30 a.m.	\$54	2090901-01
Zumba Gold	Renee Rahimi	Jan. 23–March 27 <i>(No class Jan. 30, Feb. 20 and March 20)</i>	M	12:45–1:45 p.m.	\$42	2090501-01
Zumba Gold Toning	Renee Rahimi	Jan. 25–March 29 <i>(No class Feb. 1, March 1 and March 22)</i>	W	12:30–1:30 p.m.	\$42	2090501-03

Fitness Highlights

New! Zumba Gold Toning

Renee Rahimi

Zumba Gold Toning routines will be added to the class format. Combine Zumba Gold moves with the added benefit of upper body toning, utilizing light hand weights. Optional toning sticks or light hand weights will be provided.

Line Dance

New Instructor: Tricia Wood

Line Dancing is not just your Boot Scootin' Boogie anymore. Participants will Samba, Twist, Tango, Charleston and more! Taught by Tricia Wood of Dance and Entertainment Studios.

Join us for a game of Bean Bags

Wednesday, Jan. 25, 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: Movers and Shakers

Terry Kubista

Thursdays, Jan. 12–26, 1–3 p.m.

Does Henry VIII deserve all of the credit given him? Tyndale, More and Cromwell all pulled strings from behind the scenes in the reformation attributed to him.

- \$21 (Course #2180101-01)

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?

- \$28 (Course #2180101-02)

The 45th President of the United States

Dan Hartman

Wednesday, Jan. 18

10:30 a.m.–12:30 p.m.

An unprecedented election. Examine the life of the newly elected President of the United States to take office on January 20th. Reflect on factors that lead to his election. Look to the future to see what could be accomplished during the next four years. Discuss the challenges and the probability of success.

- \$5 (Course # 2180201-01)

The Middle East

Dan Hartman

Wednesday, Feb. 8

10:30 a.m.–12:30 p.m.

Explore the history of what is referred to as the Middle East. Review events from the defeat of the Ottoman Empire in 1918 to present day conflicts in the Arab world. Look at the creation of the individual countries the progression to present day. Identify different terrorist organizations that developed and their impact on the world today.

- \$5 (Course # 2180202-01)

Berlin Wall

Tom Troy

Tuesdays, Jan. 10–31, 1–2:30 p.m.

Built in 1961, the Berlin Wall became the symbol of Communist oppression and divided Berlin, divided Germany and divided Europe. It was arguably the ugliest manifestation of the Cold War. The opening of the wall and its later destruction symbolized the end of Communism in East Germany and Central and Eastern Europe. Learn of the political and diplomatic background to the building and razing of the wall.

- \$12 (Course #2180204-01)

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, Jan. 12, 9 a.m.–1 p.m.
- \$22, Tuesday, Jan. 24, 5:30 - 9:30 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)

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.

Day Trips*



Como Conservatory and St. Paul Ice Sculptures

Friday, Jan. 27

Wonder at the largest glass-domed garden in the region on a guided tour of the Marjorie McNeely Conservatory. After the tour, explore on your own before having lunch at the M ST. Café at the Saint Paul Hotel. Across the street, walk around Rice Park to view the the Saint Paul Winter Carnival ice carving competition. Menu: Buffet featuring hot entrees, side dishes, salad, soup and beverage.

- **Cost:** \$70 includes tours, meal, transportation and guide (Course# 2110101-01)
- **Estimated trip time:** 9 a.m.–3:45 p.m.
- **Register or cancel by:** Tuesday, Jan. 3

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 shepard's pie or fish and chips, 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

*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.

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.

Speaker: Scott Sharkey, physician, naturalist and photographer, "The Marvelous Marsh."

Book Club

3rd Thursday, 1 p.m.

Brooklyn by Colm Tailbin.

Literary Book Club

4th Tuesday, 7:15 p.m.

Portuguese Irregular Verbs
by Alexander McCall Smith.

Billiards

Monday - Friday, Various times

New members welcome!

Craft Committee

1st Tuesday, 10 a.m.

Create decor for monthly parties.



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.

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. 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
- Changing light bulbs
- Housekeeping
- Changing 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

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.

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>2</p> <p><i>Closed for the Holiday</i></p>	<p>3</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>4</p> <p>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</p>	<p>5</p> <p>Yoga 9:45/11:00 Cribbage 10:00 Genealogy 10:00 Wood Carvers 10:00 Dominos 1:00 Billiards 1:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>6</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>9</p> <p>Art Drop In 9:00 Exercise 9:00 Ham Radio 10:00 Tai Chi Chih 10:00/11:30 Tonka Tale Tellers 10:00 Health Insurance 1:00 Hand and Foot 1:00 Billiards 1:00</p>	<p>10</p> <p>Yoga 9:45/11:00 500 Cards 10:00 Advisory Board 10:00 Bingo 12:40 Berlin Wall 1:00 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00</p>	<p>11</p> <p>Exercise 9:00 Blood Pressure 9:30 Chorale 10:00 Mahjongg Group 10:00 A.A./Al-Anon 10:30 Taxes from A-Z 10:30 Social Bridge 12:45 Billiards 1:00 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30</p>	<p>12</p> <p>Defensive Driving 9:00 Yoga 9:45/11:00 Caregiver Conversations 10:00 Cribbage 10:00 Wood Carvers 10:00 Billiards 1:00 British History 1:00 Bunco 1:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>13</p> <p>Crafting for a Cause 9:00 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</p>
<p>16</p> <p><i>Closed for the Holiday</i></p>	<p>17</p> <p>Yoga 9:45/11:00 Poker 10:00 Shutterbugs 10:00 Bingo 12:40 Berlin Wall 1:00 Billiards 1:00 Tale Spinners 1:00</p>	<p>18</p> <p>Exercise 9:00 Chorale 10:00 Mahjongg Group 10:00 A.A./Al-Anon 10:30 45th President 10:30 Sips & Songs 10:30 Social Bridge 12:45 Billiards 1:00 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30</p>	<p>19</p> <p>Yoga 9:45/11:00 Cribbage 10:00 Wood Carvers 10:00 Billiards 1:00 Book Club 1:00 British History 1:00 Dominos 1:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>20</p> <p>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</p>
<p>23</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 Billiards 2:00 Health Insurance 1:00 Hand and Foot 1:00 Health Insurance 6:00</p>	<p>24</p> <p>Yoga 9:45/11:00 500 Cards 10:00 Bingo 12:40 Berlin Wall 1:00 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00 Defensive Driving 5:30 Literary Book Club 7:15</p>	<p>25</p> <p>Exercise 9:00 Chorale 10:00 Mahjongg Group 10:00 Bean Bags 10:15 A.A./Al-Anon 10:30 Zumba Toning 12:30 Social Bridge 12:45 Billiards 12:45 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30</p>	<p>26</p> <p>Yoga 9:45/11:00 Cribbage 10:00 Wood Carvers 10:00 Billiards 1:00 British History 1:00 Bunco 1:00 Duplicate Bridge 6:00 Tai Chi 6:00</p>	<p>27</p> <p>Day Trip 9:00 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</p>
<p>30</p> <p>Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00/11:30 Billiards 1:00 Investment Club 1:00 Rummikub 1:00</p>	<p>31</p> <p>Yoga 9:45/11:00 Fitness for Mind & Heart 9:30 Monthly Party 12:00 Bingo 12:40 Berlin Wall 1:00 Billiards 1:00 Tale Spinners 1:00</p>		 <p>Minnetonka Senior Services Connections. Activities. Lifelong Learning.</p>	

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: Scott Sharkey, "The Marvelous Marsh".
Book Club	3 rd Thursday of the month at 1 p.m.	<i>Brooklyn</i> , by Colm Tailbin.
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.
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.	Will not meet in January.
Genealogy Club	1 st Thursday at 10 a.m.	New members welcome!
Literary Book Club	4 th Tuesday at 7:15 p.m.	<i>Portuguese Irregular Verbs</i> by Alexander McCall Smith.
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.