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## Garden Club Plant Sale Tuesdays, July 11 and July 18, 3-7 p.m.

Members of the Minnetonka Garden Club are selling a wide variety of perennials from home gardens at the Minnetonka Farmers Market for \$6 or less. The farmers market is located at the Minnetonka Civic Center Campus (Ice Arena B parking lot), 14600 Minnetonka Blvd.

# **Monthly Programs**

#### Monthly Party: Burger Bar

*Thursday, July 20, noon* Celebrate with us! *Menu:* Burgers, cheese, tomato, onions and dessert **Sponsored by: RidgePointe Cost: \$7** due Monday, July 17

**Cost:** \$7 due Monday, July 1 (*Course #3100104-01*)

# Lunch and a Movie: *Lion*

#### Friday, July 28, noon

In this affecting true story, 5-year-old Saroo is adopted by an Australian couple after losing his way in the urban jungle of Kolkata. More than two decades later, new mapping technology prompts Saroo to search for his lost family in India.

*Menu:* Tacos, chips and salsa and a treat **Sponsored by: Eldercare Assistance Cost: \$5** due Tuesday, July 25 *(Course #3100203-01)* 

#### Community Connections: Decluttering

*Monday, July 24, 10:15–11:15 a.m.* Is it time to clear out the clutter and the chaos in your house? If you struggle with too much stuff and don't know where to begin, join Cathy Matrejek from Changing Lifestyle Solutions for tips and techniques you can use to rid the clutter. Provided by Lake Minnetonka Senior Care Providers:

Community Connections. Cost: Free! (Course #3180416-01)



#### Al and Alma's Boat Trip Monday, July 24 or Aug. 14, 11:15 a.m.–1 p.m.

Enjoy a relaxing cruise and a light lunch on Lake Minnetonka. Transportation is not provided. Meet at Al and Alma's, 5201 Piper Road, Mound.

*Menu:* Sandwich, salad, chips, dessert, and water or coffee; cash bar available **Cost: \$22** due Thursday prior (*July 24 Course #3110105-01*) (*Aug. 14 Course #3110105-02*)

# Fall Registration

(September–December

programs and classes)

*Wednesday, Aug. 2* Register online, over the phone, or in person

Limited scholarships are available for Minnetonka Residents age 55+

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

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

#### Heart Failure 101

#### Tuesday, July 25, 10–11 a.m.

Find out the signs and symptoms of heart failure. Explore different treatment options available. Learn how and when to get assistance for worsening symptoms. Presented by Dr. Niemczyk, from North Memorial Medical Center. **Cost: \$2** (*Course #3180801-03*)

#### **Grief and Loss**

#### Tuesday, Aug. 1, 10–11 a.m.

Awareness of the many types of grief. Learn the process of grieving, as well as coping and living with grief. Presented by Beth Paterson, LICSW (Licensed Independent Clinical Social Worker).

Cost: \$2 (Course #3180801-04)



### Lawn Bowling

*Tuesdays, July 25 and Aug. 1, 9:45–11 a.m.* A popular game where the object is to roll a ball closest to the target ball. The ball's design, slightly flattened on one side, creates the challenge of the game. Officials are available to explain the game. No experience or athletic ability is necessary. Transportation is not provided. Meet at Brookview Golf Course, 200 Brookview Parkway, Golden Valley.

#### Cost: \$7

(July 25 Course #3110106-01) (Aug. 1 Course #3110106-02)

## **Fitness Programs**

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	July 12–Aug. 30	W	6:15–7:15 p.m.	\$48	3090904-02
Chair Yoga	Nancy Holasek	July 11–Aug. 29	TU	9:45–10:45 a.m.	\$48	3090101-03
Chair Yoga	Elizabeth Kelly	July 12–Aug. 30	W	5–6 p.m.	\$48	3090101-06
Chair Yoga	Nancy Holasek	July 13–Aug. 31	TH	9:45–10:45 a.m.	\$48	3090101-04
Dance Series: Swing	Tricia Wood	July 15–Aug. 5	S	10–10:50 a.m.	\$52	3091001-01
Dance Series: Ballroom	Tricia Wood	July 15–Aug. 5	S	11–11:50 a.m.	\$52	3091001-02
Intermediate Yoga	Nancy Holasek	July 11–Aug. 29	TU	11 a.m.–noon	\$48	3090201-03
Intermediate Yoga	Elizabeth Kelly	July 12–Aug. 30	W	7:30–8:30 p.m.	\$48	3090201-06
Intermediate Yoga	Nancy Holasek	July 13–Aug. 31	TH	11 a.m.–noon	\$48	3090201-04
Line Dance: Beginner	Eileen Ronning	July 6–27	TH	12:30–1:30 p.m.	\$32	3090601-05
Line Dance: Beginner	Eileen Ronning	Aug. 10–31	TH	12:30–1:30 p.m.	\$32	3090601-06
Line Dance: Intermediate	Eileen Ronning	July 6–27	TH	1:45–2:45 p.m.	\$32	3090602-03
Line Dance: Intermediate	Eileen Ronning	Aug. 10–31	TH	1:45–2:45 p.m.	\$32	3090602-04
T'ai Chi Chih: Workshop	Susan Sobelson	July 10	М	10–11:45 a.m.	\$5	3090301-03
T'ai Chi Chih: Workshop	Susan Sobelson	July 24	М	10–11:45 a.m.	\$5	3090301-04
T'ai Chi Chih: Workshop	Susan Sobelson	Aug. 7	М	10–11:45 a.m.	\$5	3090301-05
T'ai Chi for Health and Wellness	Ron Erdman- Luntz	Aug. 3–24	TH	6–7 p.m.	\$36	3090401-02
Therapeutic Pilates	Dr. Sarah Petrich	July 17–Aug. 28	М	8:30–9:30 a.m.	\$70	3090901-03
Zumba Gold	Renee Rahimi	Sept. 11–Oct. 30	М	12:45–1:45 p.m.	\$48	1090501-01

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

# **Fitness Highlights**

Dance Series: Ballroom and Latin-Tricia Wood

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

Dance Series: Wedding-Tricia Wood

Learn waltz, rumba and swing for dances that cover a variety of music played at receptions and galas.

Intermediate Yoga-Elizabeth Kelly and Nancy Holasek

Class includes standing and balance postures, guided breath work and visualization.

T'ai Chi Chih Workshop-Susan Sobelson

First 30 minutes are instruction, followed by an hour of practice. All levels welcome.

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

Tai Chi short-form movements have many health benefits and are fun to learn!

Therapeutic Pilates-Dr. Sarah Petrich

Focus on re-balancing typical asymmetries that lead to more torque, tension and compression. **Zumba Gold**–*Renee Rahimi* 

Fitness program featuring easy to follow rhythms and a variety of upbeat music. Low impact!



#### Bean Bags Thursday, July 20, 1–3 p.m. Socialize with your peers and join in a game of bean bags after the monthly party! Free! No reservation needed.

#### Minnetonka Script

## **Athletic Activities**



#### **Outdoor** Pickleball Mondays–Fridays, May–October,

- Monday-Fridays, 7:30-11 a.m.
- Mondays, Wednesdays, Fridays, 4 p.m.dusk
- Saturdays, 9 a.m.-noon

Minnetonka Pickleball Club plays at Meadow Park on Oakland Road, where a total of eight courts are available. All ability levels welcome. Cost: Free!

#### Softball 70+

Mondays and Wednesdays, April-October, 9 a.m.-noon Slow pitch softball is played



at Big Willow Park, 11522 Minnetonka Blvd. Modified rules allow for competitive play without the risk of serious injury. Registrations are accepted throughout the season and takes place at the field. Cash or check accepted.

**Cost:** *\$25* (*Course #3120201-01*)

#### **Bike Club**

## Tuesdays, Wednesdays, Thursdays,

April–October, 9 a.m. Looking for a great co-ed senior group to bike at various scenic metro locations? Bike as often as your schedule permits. Visit mtkabikers.org for more information. Cost: \$10 (annually)

**Art Programs** 

#### Art Series: Color Enrichment and Watercolor

#### **Gin Weidenfeller**

#### Wednesdays, Aug. 16 and 23, 1-3 p.m.

Role of color in creating impact, mood, space and dimensionality in painting. Learn how to use color wheel to apply color integration and schemes. Explore the summer color palette. Supplies provided, but you may bring your own.

Cost: \$40 (Course #3130103-01)

# **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, Tuesday, July 11, 9 a.m.–1 p.m.
- \$22, Tuesday, July 18, 5:30-9:30 p.m.

## **History Programs**

#### History: French and Indian War Dan Hartman Wednesday, July 12, 10:30 a.m.-12:30 p.m.

The French and Indian War comprised the North American theater of the worldwide Seven Years' War. The dispute erupted into violence during which Virginia militiamen under the command of 22-year-old George Washington ambushed a French patrol. Cost: \$5 (Course #3180201-04)

#### **History: Seven Years War** Dan Hartman Wednesday, July 26, 10:30 a.m.-12:30 p.m.

The Seven Years War involved every European great power. The conflict split Europe into two coalitions, led by the Kingdom of Great Britain on one side and the Kingdom of France on the other. Britain's rise as the world's predominant power destroyed France's supremacy in Europe. **Cost: \$5** (Course #3180201-05)

#### British History: Filthy Old City of London Terry Kubista

#### Thursday, Aug. 17, 1–3 p.m.

The sanitation problems of a city the size of London today are immense, but what about the 14th century? Find out how the problem was solved and made safe for inhabitants. Cost: \$7 (Course #3180101-03)

#### **History: Immigration in America** Dan Hartman Wednesday, Aug. 16, 10:30 a.m.-12:30 p.m.

Immigration to the United States is a demographic phenomenon that has been a major source of population growth and cultural change throughout much of the history of the United States. Cost: \$5 (Course #3180201-06)

# Day Trips\*

## **New Prague** Murals and Music



#### Wednesday, Aug. 9

Listen to a presentation from a New Prague Historical Society and Library guide. Then take a riding tour to see the murals and other projects in New Prague. Highlights include the New Prague Library and Log House, Czech/ Slovak Sculpture, Lekarna Mural, New Prague Schoolhouse Mural and the Czechoslovakia Mural. Eat lunch at Ettlin's Cafe. New Prague's Czech Singers will fill the dining room with ethnic tunes. After lunch, explore the downtown district shops, including Czech Bakery, boutiques, cafes and consignment shops.

Menu: Roast pork with salad, dumplings, sauerkraut, beverage and kolacky

Cost: \$68 includes tours, meal, transportation and guide (Course #3110103-01)

Estimated trip time: 8:45 a.m.-3:15 p.m. Register or cancel by: Friday, July 7



## **Taylors Falls Boat Cruise**

#### Thursday, Sept. 7

Load the authentic paddle wheel boat where visitors have enjoyed the beauty of the Dalles of the St. Croix river since 1906. Accessibility is determined by water level. Depart on the luncheon cruise aboard the Taylors Falls Scenic Boat Tours. Lunch is served buffet style. Enjoy views of unique rock formations the river carved through volcanic rock.

Menu: Boneless chicken breast, coleslaw, garlic mashed potatoes, baked beans, coffee and cookies

Cost: \$67 includes tours, meal, transportation and guide (Course# 3110107-01)

Estimated trip time: 9 a.m.-3 p.m.

Register or cancel by: Monday, Aug. 14.

#### Upcoming: Sept. 20 **Old Spicer Castle Mystery Lunch**

\*For a complete listing of day trips search trips on our website or pick up a flyer at the community center. Trips meet in the community center lobby.









Purchase items handcrafted by Minnetonka residents ages 55 and older.

**11280 Wayzata Blvd.** 7**63-591-4868 Hours:** Wednesday–Saturday, 10 a.m. – 4 p.m., Thursdays until 8 p.m.

## **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.

AA/Al–Anon Wednesdays, 10:30 a.m.

Art Drop In Mondays, 9 a.m.–noon

**Billiards** Every afternoon, time varies

Bingo Tuesdays, 12:40 p.m.

Bulls and Bears Investment Club Ist and 3rd Monday, 1 p.m.

Bunco 2nd and 4th Thursday, 1 p.m.

Social Bridge Wednesdays, 12:45 p.m.

Caregiver Conversations 2nd Thursday, 10 a.m.



#### Connections. Activities. Lifelong Learning.

## **Contact and Registration Information**

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

14600 Minnetonka Blvd., Minnetonka, MN 55345

ka, MN 55345

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.

#### **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. Computer Club Fridays, 10 a.m.

**Garden Club** 2nd Monday, 1 p.m. Tour local Minnetonka garden

Geneology Club 1st Thursday, 10 a.m.

Wood Carvers Thursdays, 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 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. 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:

- Yard mowing and clean up
- Painting
- Housekeeping
- Household repairs

ster 952-939-8393

Minnetonka Script

# July Calendar

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Monday		Tuesday	Wednesday	Thursday	Friday
<b>3</b> Art Drop In Exercise Bulls & Bears Billiards Medicare Counseling Rummikub	9:00 9:00 1:00 1:00 1:00 1:00	4 Closed for the Holiday Happy 4th of July	<b>5</b> Exercise 9:00 Mahjongg 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00 500 Cards 6:30	6 Cribbage 10:00 Genealogy 10:00 Woodcarvers 10:00 Line Dance 12:30/1:45 Dominos 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	7 Exercise 9:0 Happy Feet 9:0 HOME Office Hours 9:0 Blood Pressure 9:3 Computer Club 10:0 Billiards 1:0 Oil Painting Drop In 1:0
Tonka Tale Tellers Tai Chi Workshop	8:30 9:00 10:00 10:00 10:00 10:00 12:45 1:00 1:00 2:00	11Defensive Driving9:00Yoga9:45/11:00Advisory Board10:00500 Cards10:00Bingo12:40Billiards1:00Senior Outreach1:00Tale Spinners1:00Garden Club Plant Sale 3:00	12Exercise9:00Blood Pressure9:30Mahjongg10:00A.A./Al-Anon10:30History: French Indian War10:30Social Bridge12:45Billiards1:00Evening Yoga5:00/7:30Mat Pilates6:15500 Cards6:30	13 Yoga 9:45/11:00 Caregiver Conversations 10:00 Cribbage 10:00 Woodcarvers 10:00 Line Dance 12:30/1:45 Bunco 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	14Crafting for a Cause9:0Exercise9:0Happy Feet9:0HOME Office Hours9:0Computer Club10:0Billiards1:0Oil Painting Drop In1:0
Bulls & Bears Medicare Counseling Rummikub Billiards	8:30 9:00 9:00 12:45 1:00 1:00 1:00 2:00 6:00	18   Day Trip 9:45   Yoga 9:45/11:00   Poker 10:00   Shutterbugs 10:00   Bingo 12:40   Billiards 1:00   Tale Spinners 1:00   Garden Club Plant Sale 3:00   Defensive Driving 5:30	19     Exercise   9:00     Mahjongg   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	<b>20</b> Yoga 9:45/11:00 Cribbage 10:00 Woodcarvers 10:00 Monthly Party 12:00 Line Dance 12:30/1:45 Bean Bags 1:00 Dominos 1:00 Billiards 3:00 Duplicate Bridge 6:00	21 Exercise 9:0 Happy Feet 9:0 HOME Office Hours 9:0 Blood Pressure 9:3 Computer Club 10:0 Billiards 1:0 Oil Painting Drop In 1:0
Community Connections Al & Alma's Boat Trip		25   Yoga 9:45/11:00   Lawn Bowling 9:45   Wellness Series 10:00   500 Cards 10:00   Bingo 12:40   Billiards 1:00   Senior Outreach 1:00   Tale Spinners 1:00	26     Exercise   9:00     Mahjongg   10:00     A.A./Al-Anon   10:30     History: Seven Years War   10:00     Social Bridge   12:45     Billiards   1:00     Evening Yoga   5:00/7:30     Mat Pilates   6:15     500 Cards   6:30	<b>27</b> Yoga 9:45/11:00 Cribbage 10:00 Woodcarvers 10:00 Line Dance 12:30/1:45 Bunco 1:00 Billiards 3:00 Duplicate Bridge 6:00	28 Exercise 9:0 Happy Feet 9:0 HOME Office Hours 9:0 Computer Club 10:0 Lunch & Movie 12:0 Billiards 1:0 Oil Painting Drop In 1:0
<b>31</b> Therapeutic Pilates Art Drop In Exercise Zumba Gold Billiards	8:30 9:00 9:00 12:45 2:00		Minn Senic Connections. A	etonka or Services Activities. Lifelong Learning.	

Programs and services for those 55+

## Minnetonka Script

# Special Interest Groups

July 2017

-		July 2017
Group	Meeting day	Information
Advisory Board	2 <sup>nd</sup> 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 <sup>st</sup> Friday of the month at 10 a.m.	On a break for summer, meets again in Sept.
Book Club	3 <sup>rd</sup> Thursday of the month at 1 p.m.	On a break for summer, meets again in Sept.
Bucket List Book Club	4 <sup>th</sup> Tuesday at 7:15 p.m.	On a break for summer, meets again in Sept.
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 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place and grand slam prizes awarded.
Bunco	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays at 1 p.m.	Don't know how to play? They will teach you.
Caregiver Conversations	2 <sup>nd</sup> Thursday at 10 a.m.	New members welcome!
Chorale	Wednesdays at 10 a.m.	On a break for summer, meets again in Sept.
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.
Crafting for a Cause	2 <sup>nd</sup> Friday at 9 a.m.	New members welcome!
Cribbage	Thursdays at 10 a.m.	Bring cribbage board and a deck of cards.
Dominos	1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays at 1 p.m.	New members welcome!
Duplicate Bridge	Thursdays at 6 p.m.	Join in! Partners needed!
500 Card Club	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday at 10 a.m.	Wednesdays at 6:30 p.m.
Garden Club	2 <sup>nd</sup> Monday at 1 p.m.	Tour local Minnetonka Garden
Genealogy Club	1 <sup>st</sup> Thursday at 10 a.m.	New members welcome!
Ham Radio	2 <sup>nd</sup> Monday at 10 a.m.	New members welcome!
Hand, Foot, & Toe	2 <sup>nd</sup> & 4 <sup>th</sup> 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	Monday-Friday, 7:30-11 a.m. Monday, Wednesday, Fridays, 4 p.m.–dusk	<i>Meadow Park on Oakland Road</i> Saturdays 9 a.m.–noon
Poker	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday at 10 a.m.	Join us for a good game of poker.
Rummikub	1 <sup>st</sup> & 3 <sup>rd</sup> 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 <sup>nd</sup> 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.