Reminder

The Minnetonka Community Center will be closed on the following dates due to holidays:

- Fridays, Nov. 10 and Nov. 24
- Thursday, Nov. 23

Senior Services programs will not take place thiese days.

Monthly Party: Thanksgiving

Tuesday, Nov. 21, noon

Celebrate with us!

Menu: Turkey, stuffing, mashed potatoes, corn, cranberries, roll

Sponsored by: Home Care Assistance

Cost: *\$7* due Thursday, Nov. 16 (*Course #1100101-03*)



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

Mark Kreitzer

Wednesday, Nov. 15, 10:30 a.m.

The award winning multiinstrumentalist and songwriter, has been entertaining audiences small and large since 1968. Performances include pop standards, folk, classic country, fiddle tunes and maybe even some Beatles! Sponsored by Deephaven Woods Cost: \$3 (Course #1100301-02)

Community Connections: Dementia, Data, Research – Hope for the Future

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

Attend this presentation by Katie Roberg from Alzheimer's Association of MN to understand the basics of dementia and Alzheimer's disease, be familiar with current facts and figures and recent research studies. Learn the importance of clinical trials and becoming familiar with programs and resources available through the Alzheimer's Association.

Provided by Lake Minnetonka Senior Care Providers: Community Connections.

Cost: Free! (Course #1180414-03)

Veterans Week

*Free for veterans and spouses of veterans.

The Minneapolis Connection to the Doolittle Raid James Johns

Monday, Nov. 6, 1:30 p.m.

Learn about the first bombing of mainland Japan in WWII and how the residents of Minneapolis made it possible. Speaker James Johns has over 50 years of aviation experience and is a leading authority in Minnesota on Pearl Harbor.

Cost: \$2* (Course #1180403-01)

Veterans Benefits You Didn't Know You Had

Mary Price, Elder Law and VA Accredited Attorney

Wednesday, Nov. 8, 10:30 a.m.

This session will explore state and federal benefits for those who served in the armed forces and their spouses with a particular emphasis on benefits for those 65 and older for home care, assisted living, memory care, and nursing home care. Attendees learn about the eligibility factors for different benefits, how to access benefits and how this can be an alternative to Medical Assistance. Cost: \$2* (Course #1180401-01)

Veterans Portraits

By the Shutterbugs

Thursday, Nov. 9, 9 a.m.-noon

Minnetonka Shutterbugs is offering complimentary studio photos for active duty military, veterans, police officers and firefighters. Take single photos, family, or both, in honor of Veterans Day. First come, first served.

My Three Sicilies: A Place of Many Places, Histories and Selves Ioseph Amato

Wednesday, Nov. 8, 1-3 p.m.

Sicily is referred to as "Garden of the Mediterranean." The instructor discusses the importance of places as the ground of experience and the substance of memory. Joseph will show slides of the ancient Sicilian garden of the Mediterranean and land of contrasts. He will read from his recent book of stories, poems and family histories.

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

Lunch and a Movie: Churchill

Thursday, Nov. 9, noon

Focusing on British Prime Minister Winston Churchill in the hours before the June 1944 D-Day landings, this World War II drama chronicles the growing tensions between Churchill and the Allied leaders as they prepare to retake Nazi-occupied Europe.

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

Cost: \$5* (Course #1100201-03)

Registration Information

Registrations for Veterans Week programs are due **Monday**, **Nov. 6**, even if attending for free.

Veterans Week is supported by: Hillcrest of Wayzata, Westridge of Minnetonka, The Glenn Minnetonka, Meridian Manor, Elder Homestead

National Memory Screening Day

Thursday, Nov. 2, 9 a.m.-3 p.m.

Providing optimal care and services is an initiative of the Alzheimer's Foundation. Emerald Crest is offering free, confidential memory screenings, as well as follow-up resources and educational materials to those concerned about memory loss. Appointments last 15 minutes.

Cost: Free screening, by appointment only (Course #1180415-01/24)

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

Signup for programs and classes that run January— April

952-939-8393 1 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.

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
Yogilates (*New)	Elizabeth Kelly	Nov. 8–Dec. 20	W	6:45–7:45 p.m.	\$42	1091201–02
Chair Yoga	Elizabeth Kelly	Nov. 8–Dec. 20	W	5:30-6:30 p.m.	\$42	1090101–06
Dance Series: Wedding	Tricia Wood	Nov. 18–Dec. 16 (<i>No class Nov. 25</i>)	S	10–10:50 a.m.	\$56	1091001–05
Dance Series: Latin	Tricia Wood	Nov. 18–Dec. 16 (<i>No class Nov. 25</i>)	S	11–11:50 a.m.	\$56	1091001–06
Line Dance: Beginner	Eileen Ronning	Nov. 2–Dec. 7 (<i>No class Nov. 23)</i>	ТН	12:30–1:30 p.m.	\$40	1090601–02
Line Dance: Intermediate	Eileen Ronning	Nov. 2–Dec. 7 (<i>No class Nov. 23)</i>	ТН	1:45–2:45 p.m.	\$40	1090602–02
Strength and Mobility	Dr. Eva Norman	Nov. 7–Dec. 12 (<i>No class Nov. 21</i>)	Т	1–2 p.m.	\$65	1091301–03
T'ai Chi Chih: Sampler	Susan Sobelson	Nov. 13–Dec. 11	M	10–11a.m.	\$25	1090301-02
T'ai Chi Chih: Sampler	Susan Sobelson	Nov. 15–Dec. 11	W	1–2 p.m.	\$25	1090301-04
T'ai Chi Chih: Intermediate	Susan Sobelson	Nov. 13–Dec. 11	М	11:30 a.m.–12:30 p.m.	\$25	1090302-02
T'ai Chi for Health and Wellness	Ron Erdman- Luntz	Oct. 26–Nov. 30 (<i>No class Nov. 23</i>)	TH	6–7 p.m.	\$54	1090401–02
Therapeutic Pilates	Dr. Sarah Petrich	Oct. 30–Dec. 11 (No class Nov. 20)	М	8:30–9:30 a.m.	\$66	1090902–02
Zumba Gold	Renee Rahimi	Nov. 6–Dec. 18	M	12:45–1:45 p.m.	\$42	1090501-02

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. Eva Norman

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

Williston Fitness Center, 14509 Minnetonka Drive

Bean Bags

Friday, Nov. 17, 10:30 a.m.

Socialize with your peers and join in a game of bean bags! *Free!* No reservation needed.



eminnetonka.com/seniorservices 2 952-939-8393

Art Programs

Expressive Floral Watercolor Gin Weidenfeller

Wednesday, Nov. 15, 1-3 p.m.

Draw or paint the subject matter of real flowers. Apply individual style to capture a likeness or symbolic essence. Supplies provided, but you may bring your own. **Cost:** \$20 (Course #1130101-03)

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:

• Nov. 2 or 14, 9 a.m.-1 p.m., \$22

Dementia Friendly Training

Tuesday, Nov. 7, 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.

Cost: Free! (4180701-10)

Digital Photo Editing, Organizing and Sharing Abbey Key

Mondays, Nov. 13-27, 1-2 p.m.

Learn how to professionally crop, enhance, straighten, retouch, add text and organize your memories with an online digital editing program. Learn how to create a slide presentation, burn a movie to a CD and upload/share photos via Google Drive. Basic computer skills required. Windows only operating system. Laptops are recommended for optimal learning experience.

Cost: \$15 (1180601-02)

Genealogy Workshop

Thursday, Nov. 2, 9 a.m.-noon

Work with others as you build your family tree online and research your family history. Bring laptops, birth/death dates, or just come to observe. Registration recommended. Cost: Free! (1180412-01)

Navigating Medicare

Thursday, Nov. 16, 6:30-9 p.m. Learn to navigate Medicare Parts A, B, C and D, supplemental plans and Part D plans. This is not a sales pitch, it is an independent presentation offered by Senior Community Services, a Minnetonka non-profit.

Cost: \$10 (Course #1180407-02)

History Programs

British History: Irish Secrets Part 2

Terry Kubista

Thursdays, Nov. 2-16, 1-3 p.m.

Look deep into the dark corners of Irish history to better understand the issues that continue to beset Ireland and The United Kingdom. The years of the Sword, the fairer sex and ruthless change round out this group

Cost: \$21 (Course #1180101-03)

British History: Irish Secrets Part 3

Terry Kubista

Thursdays, Dec. 7-21, 1-3 p.m.

Learn how attidues and biases of the current poplulation are firmly rooted in the past.

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

History: French Revolution and the Reign of Terror Dan Hartman

Wednesday, Nov. 15, 10:30 a.m.-12:30 p.m.

The French Revolution overthrew the monarchy, established a republic, created violent periods of political turmoil and rapidly brought many of its principles to Western Europe and beyond. The Reign of Terror took place and 16,594 death sentences were issued in France. The guillotine, called the "National Razor," became the symbol of the movement.

Cost: \$5 (Course #1180202-05)

History: Panama Canal, Then and Now

Dan Hartman

Wednesday, Nov. 29, 10:30 a.m.-12:30 p.m.

The Panama Canal shortcut greatly reduced the amount of time for ships to travel between the Atlantic and Pacific Oceans, enabling them to avoid the Cape Horn route around the Strait of Magellan. The Panama Canal expansion project of 2016, also called the Third Set of Locks Project, doubled the capacity of the Panama Canal allowing larger ships to pass.

Cost: \$5 (Course #1180202-06)

Day Trips*

Lights Tour of St. Paul

Thursday, Dec. 20

Enjoy dinner at Casper's Cherokee Sirloin Room in West St. Paul before viewing the Christmas lights of St. Paul. The riding tour includes popular destinations in the Rice Park area and the neighborhood mansions of Mears Park.

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

Cost: \$67 includes tours, meal, transportation and guide

(Course# 1110101-12)

Estimated trip time: 3:30 p.m.–8:30 p.m.

Register or cancel by: Monday, Nov. 20



Christmas in Duluth

Monday, Dec. 18

On this popular trip, enjoy lunch at Fitger's Inn, the 185-year-old renovated historic brewery built on the shores of Lake Superior. After lunch, explore holiday decor in the Glensheen Mansion on a guided tour. Lastly, arrive at Byfront Festival Park to expereince the Bentleyville Tour of Lights. Walk through the remarkable display with millions of lights, Christmas trees and music.

Menu: Herb-crusted, oven-roasted chicken breast served with a creamy rosemary and garlic cream sauce, salad, potato, petite desserts, coffee and tea

Cost: \$79 includes tours, meal, transportation and guide

(Course# 1110101-11)

Estimated trip time: 9:45 a.m.–9:30 p.m.

Register or cancel by: Monday, Nov. 20

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

952-939-8393 eminnetonka.com/seniorservices





Purchase items handcrafted by Minnetonka residents ages 55 and older.

11280 Wayzata Blvd. 763-591-4868

Hours: Wednesday-Saturday

10 a.m. −4 p.m.

Thursdays until 8 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.

Book Club

3rd Thursday, 1 p.m.

Good Night by Mr. Wodehouse-Faith Sullivan

Bucket List Book Club

4th Tuesday, 7:15 p.m.

A High Wind in Jamaica by Richard Hughes

Bird Club

1st Friday, 10 a.m.

Raptors of Westwood (with live bird) by Debbie Cohn, Westwood Hills Nature Center

AA/Al-Anon

Wednesdays, 10:30 a.m.

Art Drop-In

Mondays, 9 a.m.-noon

Billiards

Every afternoon, time varies

Nov. 27-Dec. 23 Monday-Saturday 10 a.m. - 4 p.m. Bingo Sunday 11 a.m. – 4:30 p.m.

Tuesdays, 12:40 p.m.



Contact and Registration Information

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



14600 Minnetonka Blvd., Minnetonka, MN 55345



eminnetonka.com/register



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

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.

Bulls and Bears Investment Club

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

Hand, Foot, and Toe

Tuesdays, 12:40 p.m.

Tale Spinners

Tuesdays, 1 p.m.

Woodcarvers

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 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:

- Fall yard clean-up
- Snow removal
- Housekeeping
- Household repairs

Monday	Tuesday	Wednesday	Thursday	Friday
Minr Senic Connections.	netonka or Services Activities. Lifelong Learning.	1 Exercise 9:00 Blood Pressure 9:30 Intro to Mahjongg 10:00 Mahjongg 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Day Trip 11:30 Social Bridge 12:45 Tai Chi Chih 1:00 Billiards 2:15 Chair Yoga 5:30 Yogilates 6:45	Defensive Driving 9:00 Genealogy Workshop 9:00 Memory Screening 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	3 Exercise 9:00 Happy Feet 9:00 HOME Office Hours 9:30 Blood Pressure 9:30 Bird Club 10:00 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00
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 Medicare Counseling 1:00 Rummikub 1:00 Doolittle Raid 1:30 Billiards 2:00	7 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	Source	Duplicate Bridge 6:00 Tai Chi 6:00 G:00 G:00 G:00 G:00 Veterans Portriats 9:00 Yoga 9:45/11:00 Caregiver Conversations 10:00 Cribbage 10:00 Woodcarvers 10:00 Lunch and a Movie 12:00 Line Dance 12:30/1:45 British History 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	Closed for the Holiday
13 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 Digital Photo Editing 1:00 Garden Club 1:00 Hand, Foot, & Toe 1:00 Billiards 2:00	14 Day Trip: Capitol 8:45 Defensive Driving 9:00 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	15 Exercise 9:00 Intro to Mahjongg 10:00 Mahjongg 10:00 Chorale 10:15 A.A./Al-Anon 10:30 History: Reign of Terror 10:30 Sips & Songs 10:30 Social Bridge 12:45 Art: Watercolor 1:00 Tai Chi Chih 1:00 Billiards 2:15 Chair Yoga 5:30 Yogilates 6:45 500 Cards 6:30	16 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 Navigating Medicare 6:30	17
20 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 Digital Photo Editing 1:00 Medicare Counseling 1:00 Billiards 2:00 Medicare Counseling 6:00	21 Yoga 9:45/11:00 Poker 10:00 Shutterbugs 10:00 Monthly Party 12:00 Bingo 12:40 Strength and Mobility 1:00 Tale Spinners 1:00 Billiards 2:15	22 Exercise 9:00 Mahjongg 10:00 Chorale 10:15 A.A./Al-Anon 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	Enjoy family, food and fun! We're closed for Thanksgiving	Holiday
27 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 Digital Photo Editing 1:00 Hand, Foot, & Toe 1:00 Billiards 2:00	28 Yoga 9:45/11:00 500 Cards 10:00 Bingo 12:40 Senior Outreach 1:00 Strength and Mobility 1:00 Tale Spinners 1:00 Billiards 2:15 Bucket List Book Club 7:15	29 Exercise 9:00 Mahjongg 10:00 Chorale 10:15 A.A./Al-Anon 10:30 History: Panama Canal 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	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 Tai Chi 6:00	

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	1st Friday of the month at 10 a.m.	Raptors of Westwood (with live bird) by Debbie Cohn, Westwood Hills Nature Center		
Book Club	3 rd Thursday of the month at 1 p.m.	Good Night by Mr. Wodehouse-Faith Sullivan		
Bucket List Book Club	4 th Tuesday at 7:15 p.m.	A High Wind in Jamaica by Richard Hughes		
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.		
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.	Planning for 2018		
Genealogy Club	1st 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!		
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.	Williston Fitness Center: 14509 Williston Dr. 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.		
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November 2017

Minnetonka Script