

# SENIOR SCRIPT

Programs and services for those 55+

## Register Early!

Programs are open for registration until filled, register by deadline or canceled due to low enrollment.

## Dementia Friends

**Tuesday, June 5, noon–1 p.m.**

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

**Cost: Free** (Course #4180702–06)

## Traveling Naturalist: Alaska Armchair Travel

**Wednesday, June 6, 10:30–11:30 a.m.**

Experience Alaska with a longtime Alaska resident, traveler and wildlife educator, and find out why it's called "The Great Land."

Instructor: Melonie Shipman

**Cost: \$4** (Course #3181003–01)

## Online Selling: A-Z

**Mondays, June 11–July 2, 10 a.m.–noon**

Examine the various aspects of online selling. Learn how to research salable items, decide on the marketplace, photograph items and create online listings.

Instructor: Abbey Key

**Cost: \$7** (Course #3180604–01)

## Shared Stories

**Tuesday, June 12, 10–11:30 a.m.**

Spend some time with a loved one who has dementia and create a keepsake of art together. Brought to you by the Minnetonka Center for the Arts with a Grant from the Minnesota Arts Board.

**Cost: \$10** (Course #3180703–01)

## Our Minnesota State Capitol

**Tuesday, June 26, 10 a.m.**

The Capitol's \$310 million renovation and preservation effort is complete. Learn about the history and rehabilitation of this iconic building from Minnesota's National Register Historian, Denis P. Gardner.

**Cost: \$2** (Course #3180401–01)

## Monthly Party: Bingo Bash

**Wednesday, June 13, Noon**

Join us for good food and friends!

**Register by June 8.**

Menu: Brats, beans, chips, watermelon, root beer floats.

**Sponsored by Brookdale**

**Cost: \$7** (Course #3100103–01)

## Lunch and a Movie:

### Victoria & Abdul

**Friday, June 22, Noon**

The true story of an unexpected friendship in the later years of Queen Victoria's rule. Abdul Karim, a young clerk, travels from India to participate in the Queen's Golden Jubilee. The two forge an unlikely and devoted alliance. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity. **Register by June 19.**

Menu: Herb roasted chicken, cole slaw, calico beans, dessert

**Sponsored by The Glenn Minnetonka**

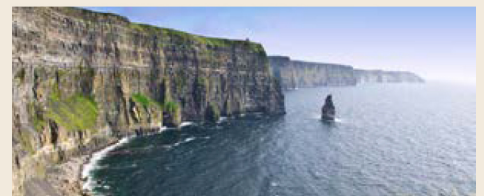
**Cost: \$6** (Course #3100202–01)

## Community Connections: Stan Tekeila

**Monday, June 25, 10:15–11:15 a.m.**

Join us for a presentation from a well-known naturalist, author and wildlife photographer.

**Cost: \$2** (Course #3180412–01)



## Travel Showcase

**Wednesday, June 27, 10:30–11:30 a.m.**

Attend a presentation of several exciting, upcoming national and international travel opportunities. Visit [gowithlandmark.com](http://gowithlandmark.com) for more information.

**Cost: Free** (Course #3180402–01)

## Device Capabilities and How to Use Them

Review the basics of how to use your device. Learn how to access and manage apps, emails, phone contacts and photos. Bring device(s) and questions.

Instructor: Abbey Key

## Android Devices

**Monday, July 9, 1–3 p.m.**

**Cost: \$7** (Course #3180603–01)

## iPhones and iPads

**Monday, July 23, 10 a.m.–noon**

**Cost: \$7** (Course #3180602–01)

## Fitness Programs

For a complete listing and program descriptions please visit [eminnetonka.com/register](http://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 (annually)	4090702-03
Chair Yoga	Nancy Holasek	July 10-Aug. 28	T	9:45-10:45 a.m.	\$48	3090101-03
Chair Yoga	Elizabeth Kelly	July 11-Aug. 29	W	5:30-6:30 p.m.	\$48	3090101-06
Intermediate Yoga	Nancy Holasek	July 10-Aug. 28	T	11 a.m.-noon	\$48	3090201-03
Intermediate Yoga	Nancy Holasek	July 12-Aug. 30	TH	11 a.m.-noon	\$48	3090201-04
Line Dance: Beginner	Tricia Wood	June 7-28	TH	2-2:55 p.m.	\$38	3090601-04
Line Dance: Beginner	Tricia Wood	July 19-Aug. 9	TH	2-2:55 p.m.	\$38	3090601-05
Line Dance: Intermediate	Tricia Wood	June 7-28	TH	1-1:55 p.m.	\$38	3090602-03
Line Dance: Intermediate	Tricia Wood	July 19-Aug. 9	TH	1-1:55 p.m.	\$38	3090602-04
Meditation	Susan Nelson	June 1-29	F	10-11 a.m.	\$30	3091101-02
Meditation	Susan Nelson	July 13-Aug. 10	F	10-11 a.m.	\$30	3091101-03
Strength and Mobility	Dr. Anna Hagens	July 10-Aug. 14	T	1-2 p.m.	\$74	3091301-01
T'ai Chi Chih: Workshop	Susan Sobelson	June 11	M	10-11:30 a.m.	\$5	3090301-01
T'ai Chi Chih: Workshop	Susan Sobelson	June 25	M	10-11:30 a.m.	\$5	3090301-02
T'ai Chi Chih: Workshop	Susan Sobelson	July 9	M	10-11:30 a.m.	\$5	3090301-03
T'ai Chi Chih: Beginner	Monica Campbell	June 6-July 11 (No 7/4)	W	9-10 a.m.	\$30	3090303-01
T'ai Chi Chih: Open Practice	Monica Campbell	June 6-July 11 (No 7/4)	W	10:15-11:15 a.m.	\$30	3090302-01
T'ai Chi for Health and Wellness	Ron Erdman-Luntz	Aug. 2-23	TH	6-7 p.m.	\$36	3090401-02
Therapeutic Pilates	Dr. Sarah Petrich	June 11-July 16	M	8:30-9:30 a.m.	\$69	3090901-02
Yogilates	Elizabeth Kelly	July 11-Aug. 29	W	6:45-7:45 p.m.	\$48	3091201-02
Zumba Gold	Renee Rahimi	June 4-25	M	12:45-1:45 p.m.	\$24	3090501-01
Zumba Gold	Renee Rahimi	July 9-Aug. 6	M	12:45-1:45 p.m.	\$30	3090501-02

## Outdoor Pickleball

### May-October

Try the fun and social game of pickleball. Eight courts are available. All ability levels welcome.

- Monday-Friday, 7:30-11 a.m.
- Monday, Wednesday, Friday, 4 p.m.-dusk
- Saturday, 9 a.m.-noon

Meadow Park on Oakland Road



## Defensive Driving

Register through MN Highway Safety Center, 1-888-234-1294, or visit [mnsafetycenter.org](http://mnsafetycenter.org) for all classes.

### 8-hour First-Time Session:

- May 31 and June 7, 5:30-9:30 p.m., \$26

### 4-hour Refresher Session:

- June 12 and 21, 9 a.m.-1 p.m., \$22

**Art****Freehand Sketching and Drawing****Wednesdays, June 20 and 27, 1-3 p.m.**

Explore drawing techniques and various dry/wet drawing materials. Draw with black pen markers, pencil and wash with watercolor. Bring a set of colored pencils and watercolor paints.

Instructor: Gin Weidenfeller

**Cost: \$40** (Course #3130107-01)**British History:  
The Summer of "The Digs"**

*Very few people have had the opportunity to join an archaeological dig and experience their successes and failures. This summer, we'll visit "digs" in search of prized relics from the past.*

**The Mosaic****Thursday, June 14, 1-3 p.m.**

Learn about a Roman Mosaic floor rumored to be buried in Cirencester, Gloucestershire, England.

Instructor: Terry Kubista

**Cost: \$7** (Course #3180101-02)**The Wreck****Thursday, June 28, 1-3 p.m.**

One of the first RAF Spitfires lost in WWII was at Wierre-Effroy, France. The wreck has eluded searchers for over 60 years.

Instructor: Terry Kubista

**Cost: \$7** (Course #3180101-03)**The Hadrian's Wall****Thursday, July 12, 1-3 p.m.**

Birdoswald, Cumbria lies on Hadrian's Wall, and is a familiar site to some of us. So let's return and see what can be found.

Instructor: Terry Kubista

**Cost: \$7** (Course #3180101-04)**Photography Basics****Tuesday, June 26, 10 a.m.-noon**

Do you want to take better photos with your smartphone, point & shoot or your DSLR? Learn about the photography apps on your smart phone. Discuss HDR and rules of photo composition. Maybe you just want to ask some questions of another photographer. This course covers photography basics.

**Cost: \$2** (Course #3180403-01)**Day Trips**

*More detailed descriptions and day trip menus can be found in the recreation brochure, in-person at the Community Center or online at: [eminnetonka.com/recbrochure](http://eminnetonka.com/recbrochure).*

**La Crosse, Wis. River Cruise****Thursday, July 26, 8:30 a.m.-6:30 p.m.**

First stop: LARK toys in Kellogg, Minn. for coffee and a treat. Spend time in a unique toy store, the largest of its kind. Board the La Crosse Queen, a replica of the grand 19th century riverboats. Take in the scenic Mississippi River, including one of the oldest swing bridges still in operation. On the way home, we'll stop at the Apache Mall Food Court (on your own) in Rochester.

Menu: Swedish meatballs, ham, potato, vegetable, roll, dessert and coffee

**Cost: \$79** (Course #3110112-01)**Register by June 22****Al and Alma's**

A relaxing cruise and 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

**Monday, July 23, 11:15 a.m.-1 p.m.**(Course #3110105-02) **Register by July 9****Monday, Aug. 6, 11:15 a.m.-1 p.m.**(Course #3110105-03) **Register by July 23****Cost: \$17****Day Trips, Continued****St. Croix River Cruise****Wednesday, Aug. 8, 9:45 a.m.-3:45 p.m.**

Travel to Stillwater and board the cruise. Deli lunch served buffet style onboard. Return to the docks and travel across the new St. Croix Crossing Bridge to the Bass Lake Cheese Factory.

Menu: Deli Luncheon variety of meats, cheeses, salads and dessert bars.

**Cost: \$63** (Course #3110101-01)**Register by July 6****Lock and Lunch Cruise****Tuesday, Aug. 21, 9:45 a.m.-4 p.m.**

We'll embark on our cruise from the Padelford Riverboat Co. on Harriet Island. Board the Anson Northrup, a boat designed to fit under the low bridges. Take in the sites as you travel through the Ford Lock and Dam #1.

Menu: Buffet style feast of BBQ chicken, pulled pork, corn bread, potato salad, coleslaw, fruit, cookies.

**Cost: \$79** (Course #3110113-01)**Register by July 13****Old Log Theatre:  
"Beehive"****Wednesday, Aug. 15, 11:30 a.m.-4 p.m.**

Enjoy lunch and a show at the Old Log. "Beehive" is a celebration and musical tribute to the women of the '60s pop, rock and soul genres. The story follows six women who came of age in this complex decade. Transportation is not provided. Meet at Old Log Theatre.

Menu: Braised beef, seared pork, tilapia, or angel hair pasta. Choose at registration.

**Cost: \$55** (Course #3110115-01)**Register by July 16**

## Interest Groups

Interest groups are coordinated and led by seniors in the community. All groups meet at the Minnetonka Community Center, unless noted otherwise. There are more than 30 different interest groups. For a complete list of groups, visit [eminnetonka.com/interestgroups](http://eminnetonka.com/interestgroups). More detailed information can be found on our calendar insert page located at the Community Center or online.

### Book Club

**3rd Thursday, 1 p.m.**

"The Underground Railroad" by Colson Whitehead

### Garden Club

**2nd Monday, 1 p.m.**

Talk on dahlias; review plant sale

## Bike Club

**Tuesdays, Wednesdays, Thursdays, April–October, 9 a.m.**

Enjoy the amazing trails that Minnetonka and the Twin Cities have to offer. The club's goal is to provide moderate exercise under safe conditions and encourage social interaction and friendship. There are three groups, each with different ability levels. More information is available at [mtkabikers.org](http://mtkabikers.org)

**Cost: \$10 per year** (Course #4120104–01)

## Senior Softball 70+

**Mondays and Wednesdays, April–October, 9:30–noon**

Enjoy slow-pitch softball at Big Willow Park. Modified rules allow for competitive play without the risk of serious injury. Registration is accepted throughout the season.

**Cost: \$25** (Course #3120201–01)

## Services

### Blood Pressure Screenings

**1st and 3rd Fridays; 2nd Wednesdays  
9:30–11:30 a.m., Free!**

Provided by volunteer nurses.

### Happy Feet

**Fridays, 9 a.m.–3 p.m., \$37**

Provided by nurses specializing in foot care. For appointment call 763-560-5136.

### 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. Provided by Metropolitan Area Agency on Aging.

## 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.

## HOME

Household and Outside Maintenance for Elderly (HOME) is available for Minnetonka residents 60 and older. For information call 952-746-4046. Some things HOME can help with include:

- Housekeeping
- Household repairs



**Purchase items handcrafted by  
Minnetonka residents.**

11280 Wayzata Blvd.

(Near 394 and Hopkins Crossroad)  
763-591-4868

Hours: Wednesday–Sunday,  
10 a.m.–4 p.m.

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

✉ 14600 Minnetonka Blvd.,  
Minnetonka, MN 55345

🌐 [eminnetonka.com/register](http://eminnetonka.com/register)

☎ 952-939-8393

### Office Hours

Monday–Friday, 8 a.m.–4:30 p.m.

### 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.

#### Trip Cancellations

Refunds only granted prior to the registration deadline or in the event that a replacement is found.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: center;">CITY OF <b>MINNETONKA</b> SENIOR SERVICES</p>		<p style="text-align: center;"><b>1</b></p> <p>Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 Meditation 10:00 Billiards 1:00 Oil Painting Drop In 1:00</p>
				<p style="text-align: center;"><b>4</b></p> <p>Men's Discussion Group 8:30 Art Drop In 9:00 Exercise 9:00 Balance Screenings 10:30 Zumba 12:45 Bulls and Bears 1:00 Medicare Counseling 1:00 Rummikub 1:00 Billiards 2:00</p>
<p style="text-align: center;"><b>11</b></p> <p>Men's Discussion Group 8:30 Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Ham Radio 10:00 Hearing Screenings 10:00 Online Selling 10:00 Tai Chi Chih 10:00 Zumba 12:45 Hand, Foot, &amp; Toe 1:00 Garden Club 1:00 Billiards 2:00</p>	<p style="text-align: center;"><b>12</b></p> <p>Defensive Driving 9:00 Yoga 9:45/11:00 500 Cards 10:00 Advisory Board 10:00 Shared Stories 10:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00</p>	<p style="text-align: center;"><b>13</b></p> <p>Exercise 9:00 Tai Chi Chih 9:00 Blood Pressure 9:30 Mahjongg 10:00 Tai Chi Chih Open Practice 10:15 A.A./Al-Anon 10:30 Monthly Party 12:00 Social Bridge 12:45 Billiards 1:00 Chair Yoga 5:30 Yogilates 6:45 500 Cards 6:30</p>	<p style="text-align: center;"><b>14</b></p> <p>Yoga 9:45/11:00 Caregiver Conversations 10:00 Cribbage 10:00 Woodcarvers 10:00 British History 1:00 Bunco 1:00 Line Dance 1:00/2:00 Billiards 3:00 Duplicate Bridge 6:00</p>	<p style="text-align: center;"><b>15</b></p> <p>Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 Meditation 10:00 Billiards 1:00 Oil Painting Drop In 1:00</p>
<p style="text-align: center;"><b>18</b></p> <p>Men's Discussion Group 8:30 Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Online Selling 10:00 Day Trip: Al and Alma's 11:15 Zumba 12:45 Bulls and Bears 1:00 Medicare Counseling 1:00 Rummikub 1:00 Billiards 2:00 Medicare Counseling 6:00</p>	<p style="text-align: center;"><b>19</b></p> <p>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</p>	<p style="text-align: center;"><b>20</b></p> <p>Exercise 9:00 Tai Chi Chih 9:00 Mahjongg 10:00 Tai Chi Chih Open Practice 10:15 A.A./Al-Anon 10:30 Social Bridge 12:45 Art: Sketching &amp; Drawing 1:00 Billiards 1:00 Chair Yoga 5:30 Yogilates 6:45 500 Cards 6:30</p>	<p style="text-align: center;"><b>21</b></p> <p>Defensive Driving 9:00 Yoga 9:45/11:00 Cribbage 10:00 Woodcarvers 10:00 Day Trip: Red Wing 10:15 Book Club 1:00 Dominos 1:00 Line Dance 1:00/2:00 Billiards 3:00 Duplicate Bridge 6:00</p>	<p style="text-align: center;"><b>22</b></p> <p>Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 Meditation 10:00 Lunch and a Movie 12:00 Billiards 1:00 Oil Painting Drop In 1:00</p>
<p style="text-align: center;"><b>25</b></p> <p>Men's Discussion Group 8:30 Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Community Connections: Stan Tekeila 10:00 Online Selling 10:00 Tai Chi Chih 10:00 Zumba 12:45 Hand, Foot, &amp; Toe 1:00 Billiards 2:00</p>	<p style="text-align: center;"><b>26</b></p> <p>Yoga 9:45/11:00 500 Cards 10:00 State Capitol 10:00 Shared Stories 10:00 Photography Basics 10:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00</p>	<p style="text-align: center;"><b>27</b></p> <p>Exercise 9:00 Tai Chi Chih 9:00 Mahjongg 10:00 Tai Chi Chih Open Practice 10:15 A.A./Al-Anon 10:30 Travel Showcase 10:30 Social Bridge 12:45 Art: Sketching &amp; Drawing 1:00 Billiards 1:00 Chair Yoga 5:30 Yogilates 6:45 500 Cards 6:30</p>	<p style="text-align: center;"><b>28</b></p> <p>Yoga 9:45/11:00 Cribbage 10:00 Woodcarvers 10:00 British History 1:00 Bunco 1:00 Line Dance 1:00/2:00 Billiards 3:00 Duplicate Bridge 6:00</p>	<p style="text-align: center;"><b>29</b></p> <p>Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 Meditation 10:00 Billiards 1:00 Oil Painting Drop In 1:00</p>

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 break for summer, meets again in Sept.
Book Club	3 <sup>rd</sup> Thursday of the month at 1 p.m.	<i>The Underground Railroad</i> by Colson Whitehead
Bucket List Book Club	4 <sup>th</sup> Tuesday at 7:15 p.m.	On 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.	<b>New members welcome!</b>
Chorale	Wednesdays at 10 a.m.	On break for summer, meets again in Sept.
Computer Club	Fridays at 10 a.m. Website: <a href="http://mscig.wordpress.com">mscig.wordpress.com</a>	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.	<b>New members welcome!</b>
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.	<b>New members welcome!</b>
Duplicate Bridge	Thursdays at 6 p.m.	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	2nd Monday at 1 p.m.	Talk on dahlias; review plant sale
Genealogy Club	1 <sup>st</sup> Thursday at 10 a.m.	<b>New members welcome!</b>
Ham Radio	2 <sup>nd</sup> Monday at 10 a.m.	<b>New members welcome!</b>
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.	<b>New members welcome!</b>
Men's Discussion Group	Mondays at 8:30 a.m.	Weekly men's discussion group
Oil Painting Drop In	Fridays at 1 p.m.	<b>New members welcome!</b>
Pickleball Open Play	Monday–Friday 7:30–11 a.m. Monday, Wednesday, Fridays, 4 p.m.–dusk	<i>Medow Park on Oakland Road</i> Saturday 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.	<b>New members welcome!</b>
Tale Spinners	Tuesdays at 1 p.m.	Story writing group. <b>New members welcome!</b>
Woodcarvers	Thursdays at 10 a.m.	Group members share ideas and work independently.