

SENIOR SCRIPT

Programs and services for those 55+

Summer Registration Opens March 13

Sign up for programs and classes that run April-August.

Registration Options:

Online: eminnetonka.com/register

Phone: 952-939-8393

In person: Monday-Friday, 8 a.m.-4:30 p.m.

The Senior Script highlights monthly upcoming programs. Refer to the Recreation Services Brochure for a complete listing of senior services offerings. The brochure can be picked up at the community center, viewed online or mailed to your home.

Arthritis and Total Joint Replacement

Friday, March 2, 10:30-11:30 a.m.

Join us for a presentation on hip arthritis diagnosis and treatment. Discuss hip and knee replacement indication, procedures and alternatives. Learn about minimally invasive surgery, robotic surgery and direct anterior hip replacement. Presented by Twin Cities Orthopedics.

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

Balance and Fall Prevention Presentation and Screenings

Monday, March 5, 10:30 a.m.-11:30 a.m. Screenings 11:30 a.m.-12:30 p.m.

Discuss balance and fall prevention; learn ways to maintain, improve and restore ease of movement, activity levels and overall health. Limited appointments available for balance screenings following the presentation. Registration required for screening appointments.

Cost: \$2 (Course #2180406-01)

Seniors Expo

Tuesday, May 1 9 a.m.-1 p.m. More information to come!

Full Moon Hike to Jidana

Thursday, March 1, 5:30-7:30 p.m.

Take a relaxed evening walk from the Minnetonka Community Center to Jidana Park and back, two-miles round trip. Enjoy roasting brats over a campfire underneath the full moon, with refreshments.

Cost: \$4 (Course #2190803-01)

Hopkins ProPEL Technology: One-on-One

Monday, March 19, 1:20 p.m.

Hopkins High School seniors offer free one-on-one training on cell phones, iPads, iPods, Androids and more. This is a great way to learn about technology from helpful students. Reservations required.

Cost: Free (Course #2180419-01)

Virtual Housing Cruise

Thursday, March 22, 10 a.m.-1 p.m.

Come aboard the "Cruise Line" for a Virtual Cruise of the World of Senior Housing. You will experience several local senior housing communities as you visit their virtual ports of call. Each senior housing location will share in the fun of a cruise-themed presentation of their community and share in samplings of food.

Cost: Free (Course #2180420-01)

Community Connections: Generations

Monday, March 26, 10:15-11:15 a.m. How to get along with Boomers, GenXers and Millennials. Learn ways to communicate to the generations.

Cost: Free (Course #2180409-01)

Lunch and a Movie: Megan Leavey

Friday, March 23, noon

In this true-life drama, U.S. Marine Megan Leavey and her bombsniffing dog build a bond of trust and loyalty that sees them through more than 100 missions during the Iraq War - until an improvised explosive device injures them both. Register by March 20.

Menu: Lasagna, garlic bread, treat

Sponsored by Meridian Manor

Cost: \$6 (Course #2100203-01)

Monthly Party: St. Patrick's Day

Friday, March 16, noon

Celebrate with us! Register by March 13.

Menu: Shepard's Pie, cabbage, Irish soda bread, baby carrots, dessert

Sponsored by The Glenn-Minnetonka

Cost: \$7 (Course #2100103-01)



Enjoy light refreshments and socializing before taking in local entertainment.

Chris Kalogerson

Wednesday, March 21, 10:30 a.m.

Music from a variety of genres!

Sponsored by WestRidge

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

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. 3-Dec. 31	M, W, F	9-10 a.m.	\$12 (annually)	4090702-03
Bean Bags	On your own!	March 9	F	10:30-11:30 a.m.	Free	
Chair Yoga	Elizabeth Kelly	March 7-April 25	W	5:30-6:30 p.m.	\$48	2090101-06
Dance Series: Ballroom	Tricia Wood	March 3-24	SA	10-10:55 a.m.	\$56	2091003-01
Dance Series: Swing	Tricia Wood	April 7-28	SA	10-10:55 a.m.	\$56	2091004-01
Dance Series: Wedding	Tricia Wood	March 3-24	SA	11-11:55 a.m.	\$56	2091002-02
Dance Series: Wedding	Tricia Wood	April 7-28	SA	11-11:55 a.m.	\$56	2091002-03
Intermediate Yoga	Nancy Holasek	March 6-April 24	T	11 a.mnoon	\$48	2090201-04
Intermediate Yoga	Nancy Holasek	March 8-April 26	TH	11 a.mnoon	\$48	2090201-05
Line Dance: Beginner	Tricia Wood	March 8-29	ТН	2-2:55 p.m.	\$38	2090601-03
Line Dance: Beginner	Tricia Wood	April 5-26	TH	2-2:55 p.m.	\$38	2090601-04
Line Dance: Intermediate	Tricia Wood	March 8-29	тн	1-1:55 p.m.	\$38	2090602-03
Line Dance: Intermediate	Tricia Wood	April 5-26	TH	1-1:55 p.m.	\$38	2090602-04
Strength and Mobility	Dr. Anna Hagens	April 3-May 8	T	1-2 p.m.	\$74	2091301-03
T'ai Chi Chih: Beginner	Susan Sobelson	March 26-May 14	М	10-11 a.m.	\$40	2090301-02
T'ai Chi Chih: Beginner	Monica Campbell	March 28-May 16	w	1-2 p.m.	\$40	2090301-04
T'ai Chi Chih: Intermediate	Susan Sobelson	March 26-May 14	М	11:30 a.m12:30 p.m.	\$40	2090302-02
T'ai Chi Chih: Open Practice	Monica Campbell	March 28-May 16	W	2:15-3:15 p.m.	\$40	209303-02
T'ai Chi for Health and Wellness	Ron Erdman-Luntz	April 5-May 10	TH	6-7 p.m.	\$54	2090401-03
Therapeutic Pilates	Dr. Sarah Petrich	March 26-April 30	M	8:30-9:30 a.m.	\$66	2090901-02
Yogilates	Elizabeth Kelly	March 7-April 25	W	6:45-7:45 p.m.	\$48	2091201-02
Zumba Gold	Renee Rahimi	April 9-May 21	М	12:45-1:45 p.m.	\$42	2090501-02

Indoor Pickleball October-May

Try the fun and social game of pickleball.
Limited raquets and balls



are available. March 12-23 start time 7:30 a.m. Tuesday-Friday.

- Tuesdays and Wednesdays, 6-10 a.m.
- Thursdays and Fridays, 6-9:30 a.m.
- Saturdays, 1-3 p.m.

Free for Williston Fitness Center, Silversneakers and Silver and Fit members. \$5 per day for non-members. Williston Fitness Center, 14509 Minnetonka Drive.

Memory Cafe

Third Tuesday of every Month, March 20, 10-11:30 a.m.

A memory cafe is a welcoming place for people living with dementia and their caregivers to socialize and share experiences. Facilitated by a licensed social worker. Participants stay in the moment by participating in an art activity led by an instructor experienced working with seniors and dementia from the Minnetonka Center for the Arts.

This activity is made possible by a grant through the Minnesota Arts and Cultural Heritage Fund.

Cost: Free (Call 952-939-8393 to register)

Art Color Wheel Application Wednesday, April 18, 1-3 p.m

Review/learn to use a color wheel to plan color schemes, harmony and contrast in your work. Use colored pencils or watercolor to create examples of monochrome, complementary, analogous and cool/warm color schemes. Please bring a set of colored pencils.

Instructor: Gin Weidenfeller

Cost: \$20 (Course #3130105-01)

Fun with Watercolor

Thursdays, April 19-May 17, 1-3 p.m

Techniques to loosen and simplify your paintings. You will learn wet-inwet, glazes and washes techniques for successful underpaintings, landscapes, still life and florals. Each class starts with a demo and continues with guidance through the painting process. Supply list available online or provided upon registration.

Instructor: Vera Kovacovic

Cost: \$50 (Course #2130103-01)

British History Dig for the Past

Thursdays, March 1-15, 1-3 p.m.

The need for a new subway tunnel opened a window to the past to reveal medieval Britain. Venture into underground London and explore the long buried secrets.

Instructor: Terry Kubista

Cost: \$21 (Course #2180101-04)

Neanderthal vs. Cro-Magnon

Thursdays, March 22-29, 1-3 p.m.

Who came first? Who was more intelligent? Explore early European history from the view of the Cavemen.

Instructor: Terry Kubista

Cost: \$14 (Course #2180101-04)

iPhones and iPads: Capabilities and How to Use Them

Thursday, March 15, 10 a.m.-noon

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

Instructor: Abbey Key

Cost: \$7 (Course #2180604-01)

History

The Tsars of Russia and the Russian Revolution

Wednesday, March 14, 10:30 a.m.-12:30 p.m.

The Russian Revolution was a pair of revolutions in 1917, which dismantled the Tsarist autocracy and led to the rise of the Soviet Union. The Russian Empire collapsed with the abdication of Emperor Nicholas II during the first revolution of February 1917. In the second revolution in October, the Provisional Government was toppled and all power was given to the soviets.

Instructor: Dan Hartman

Cost: \$5 (Course #2180205–01)

The South after the Civil War

Wednesday, March 28, 10:30 a.m.-12:30 p.m.

The phrase "Reconstruction Era," in the context of the U.S. history, has two senses. The first covers the history from 1865 to 1877, following the American Civil War (1861 to 1865). The second sense focuses on the attempted transformation of the southern United States from 1863 to 1877, as directed by Congress, with the reconstruction of state and society.

Instructor: Dan Hartman

Cost: \$5 (Course #2180206–01)

Day Trips

Day Trips offered for the season can be found in the recreation brochure, online or in-person at the Community Center. To view online visit eminnetonka.com/recreationbrochure.

Spots still remaining! Gangster Tour

Tuesday, May 22, 9:45 a.m.-3:15 p.m.

Register by April 24.

Cost: \$73 (Course #2110104–01)

Registration Opens March 13! Lakewood Cemetery and Lakes of Minneapolis

Thursday, June 7, 9 a.m.-4 p.m.

Cost: \$63 (Course #3110110-01)

Spirit of the Water Cruise Red Wing

Thursday, June 21, 10:15 a.m.-4 p.m.

Cost: \$76 (Course #3110109-01)

Minnesota Twins Game

Wednesday, July 11, 10:30 a.m.-4 p.m.

Cost: \$62 (Course #3110111–01)

La Crosse, Wis., River Cruise

Thursday, July 26, 8:30 a.m.-6:30 p.m.

Cost: \$79 (Course #3110112-01)

Defensive Driving

Register through MN Highway Safety Center, 1-888-234-1294, or visit mnsafetycenter.org for all classes.

4-hour renewal session:

- March 1 or 20, 5:30-9:30 p.m., \$22
- March 6, 9 a.m.-1 p.m., \$22

Hands-Only CPR

Monday, March 26, 10:15 a.m.-11 a.m.

Learn how to preform hands-only CPR from the Minnetonka Fire Department. Practice this easy-tolearn, lifesaving technique.

Cost: Free (Course #2180401-03)

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.

AAA/Al-Anon

Wednesdays, 10:30 a.m.

Art Drop In

Mondays, 9 a.m.

Billiards

Every afternoon, time varies, see calendar

Bingo

Tuesdays, 12:40 p.m.

Bird Club

1st Friday, 10 a.m.

365 Days of Birds, Richard Hoeg **Bird Photographer**

Book Club

3rd Thursday, 1 p.m.

The Dinner by Herman Koch

Bucket List Book Club

4th Tuesday, 7:15 p.m.

Nightmare Abbey by Thomas Love Peacock

Bulls and Bears

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

Social Bridge

Wednesday, 12:45 p.m.

Garden Club

March 5, 1 p.m.

Bailey Nurseries Speaker

Shutterbugs

3rd Tuesday, 10 a.m.

Tonka Tale Tellers

2nd Monday, 10 a.m.

Tale Spinners

Tuesdays, 1 p.m.

Woodcarvers

Thursdays, 10 a.m.





Minnetonka residents.

(Near 394 and Hopkins Crossroads)

Hours: Wednesday-Saturday, 10 a.m.-4 p.m., Thursdays until 8 p.m.

New! Mens Discussion Group

Mondays, 8:30 a.m.

Join us for coffee and conversations, in this new weekly men's discussion group. Meet and connect with new guys while discussing a variety of informal topics.

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.

Medicare Counseling

1st and 3rd Mondays, March 5 and 19, 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.

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, 10 a.m.-noon. Some things HOME can help with include:

- Housekeeping
- Household repairs

Purchase items handcrafted by

11280 Wayzata Blvd.

763-591-4868

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.

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.

Trip Cancelations

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	MINNE SENIOR S		Cribbage 10:00 Genealogy 10:00 Woodcarvers 10:00 British History 1:00 Dominos 1:00 Line Dance 1:00 Billiards 2:15 Defensive Driving 5:30 Full Moon Hike 5:30 Duplicate Bridge 6:00 Tai Chi 6:00	Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Bird Club 10:00 Computer Club 10:00 HOME Office Hours 10:00 Arthritis and Joint Replacement 10:30 Billiards 1:00 Oil Painting Drop In 1:00
5	6	7	8	9
Mens Disscusion Group 8:30 Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00/11:30 Balance and Falls 11:30 Zumba 12:45 Bulls and Bears 1:00 Garden Club 1:00 Medicare Counseling 1:00 Rummikub 1:00 Billiards 2:00	Defensive Driving 9:00 Poker 10:00 Yoga 9:45/11:00 Bingo 12:40 Strength and Mobility 1:00 Tale Spinners 1:00 Billiards 2:15	Exercise 9:00 Mahjongg 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Social Bridge 12:45 Tai Chi Chih 1:00 Tai Chi Chih: Open Practice2:15 Billiards Billiards 3:30 Chair Yoga 5:30 Yogilates 6:45 500 Cards 6:30	Yoga 9:45/11:00 Caregiver Conversations 10:00 10:00 Cribbage 10:00 Woodcarvers 10:00 British History 1:00 Bunco 1:00 Line Dance 1:00/2:00 Billiards 3:15 Duplicate Bridge 6:00 Tai Chi 6:00	Day Trip: Taste of Germany9:00 Crafting for a Cause 9:00 Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 HOME Office Hours 10:00 Bean Bags 10:30 Billiards 1:00 Oil Painting Drop In 1:00
12	13	14	15	16
Mens Disscusion Group 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 12:45 Hand, Foot, & Toe 1:00 Billiards 2:00	SUMMER REGISTRATION BEGINS AT 8 AM 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	Exercise 9:00	Day Trip: Taste of Germany 9:00 Yoga 9:45/11:00 Cribbage 10:00 iPhones and iPads 10:00 Woodcarvers 10:00 Book Club 1:00 British History 1:00 Dominos 1:00 Line Dance 1:00/2:00 Billiards 3:15 Duplicate Bridge 6:00 Tai Chi 6:00	Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 HOME Office Hours 10:00 Monthly Party 12:00 Billiards 1:00 Oil Painting Drop In 1:00
19	20	21	22	23
Mens Disscusion Group 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00/11:30 Zumba 12:45 Bulls and Bears 1:00 Rummikub 1:00 Medicare Counseling 1:00 Hopkins ProPEL Students 1:20 Billiards 2:00 Medicare Counseling 6:00	Yoga 9:45/11:00 Poker 10:00 Memory Café 10:00 Shutterbugs 10:00 Bingo 12:40 Strength and Mobility 1:00 Tale Spinners 1:00 Billiards 2:15 Defensive Driving 5:30	Exercise 9:00 Mahjongg 10:00 Chorale 10:15 A.A./Al-Anon 10:30 Sips and Songs 10:30 Social Bridge 12:45 Tai Chi Chih 1:00 Tai Chi Chih: Open Practice2:15 Billiards Billiards 3:30 Chair Yoga 5:30 Yogilates 6:45 500 Cards 6:30	Yoga 9:45/11:00 Cribbage 10:00 Virtual Housing Cruise 10:00 Woodcarvers 10:00 British History 1:00 Bunco 1:00/2:00 Billiards 3:15 Duplicate Bridge 6:00 Tai Chi 6:00	Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 HOME Office Hours 10:00 Lunch and a Movie 12:00 Billiards 1:00 Oil Painting Drop In 1:00
26	27	28	29	30
Mens Disscusion Group 8:30 Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00/11:30 Community Connections 10:15 Hands Only CPR Taimba 12:45 Hand, Foot, & Toe 1:00 Billiards 2:00	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	Exercise 9:00 Mahjongg 10:00 Chorale 10:15 A.A./Al-Anon 10:30 History: After Civil War 10:30 Social Bridge 12:45 Tai Chi Chih 1:00 Tai Chi Chih: Open Practice 2:15 Billiards Billiards 3:30 Chair Yoga 5:30 Yogilates 6:45 500 Cards 6:30	Yoga 9:45/11:00 Cribbage 10:00 Woodcarvers 10:00 British History 1:00 Line Dance 1:00/2:00 Billiards 3:15 Duplicate Bridge 6:00	Exercise 9:00 Computer Club 10:00 HOME Office Hours 10:00 Billiards 1:00 Oil Painting Drop In 1:00

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.	365 Days of Birds Richard Hoeg, Photographer		
Book Club	3 rd Thursday of the month at 1 p.m.	The Dinner by Herman Koch		
Bucket List Book Club	4 th Tuesday at 7:15 p.m.	Nightmare Abbey by Thomas Love Peacock		
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	March 5 at 1 p.m.	Note March Date Change, Bailey Nurseries Speaker		
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!		
Mens Discussion Group	Mondays at 8:30 a.m.	Weekly men's discussion group		
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	1 st & 3 rd 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 for those 55+ 952.939.8393			