

SENIOR SCRIPT

Programs and services for those 55+

REMINDER

The Senior Script is a snapshot of monthly programs. Please refer to the Recreation Brochure for a full list of offerings.



minnetonkamn.gov/recbrochure

EVENTS

Volunteer Social

We want to thank all of our 2019 volunteers! If you donated time to Minnetonka Senior Services last year, join us for a complimentary meal. **Register by April 2.** Sponsored by Cherrywood.

Menu: Sesame chicken or beef & broccoli, crab rangoon, fried rice, egg roll, dessert.

Day	Date	Time	Cost	Course
Tu	April 7	11:30 a.m.	Free	2100104-01



Sips & Songs

Enjoy light refreshments and socializing before taking in the folk stylings of Americana group Amy & Adams.

Day	Date	Time	Cost	Course
Tu	April 14	10:30 a.m.	\$3	2100301-02



Lunch & Movie: Adrift

Based on the true story of a young couple who sets out on an adventure of a lifetime and faces one of the most catastrophic hurricanes in history. **Register by April 17.** Sponsored by The Glenn Minnetonka.

Menu: Turkey croissant, potato salad, fruit, dessert

Day	Date	Time	Cost	Course
W	April 22	Noon	\$6	2100204-01

CLASSES

History Programs

See the Winter/Spring and Summer Recreation Brochures for a full list of history classes with your favorite instructors.

Mahjongg

Learn to play the ancient Chinese game of Mahjongg. This is also a great class for refreshing your skills. Instructor: Carole Harris.

Day	Date	Time	Cost	Course
W	April 15-May 27	10 a.m.-noon	\$63	2190201-01

Fun with Watercolors: Getting Started

Students learn basic watercolor concepts and techniques including color theory, values, design and washes. Please bring a bag lunch. Supply list provided at registration. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
Th	April 16	9 a.m.-3:30 p.m.	\$40	3130101-01

Bridge II

Advance your knowledge of bidding and scoring bridge games. Bring a deck of cards, pencil and notepad. Instructor: Lee Solee.

Day	Date	Time	Cost	Course
M	April 20-May 18	1-3 p.m.	\$35	2190301-01

PRESENTATIONS

Introduction to Amateur Astronomy: Spring Night Sky Observing

We'll learn about and look for spring constellations. Instructor: Patrick Drigans.

Day	Date	Time	Cost	Course
W	April 1	6:30-8 p.m.	\$10	2180301-01

Getting Ready to Plant

A city expert will introduce the pollinators in our region, their connections to native ecosystems, and the top plants to meet pollinator habitat needs.

Day	Date	Time	Cost	Course
W	April 15	10:30-11:30 a.m.	Free	2180418-01



Traveling Solo

Traveling solo can be an exhilarating experience. We'll provide resources, safety tips, packing tips, dos and don'ts, and information on how to join the right travel group. Instructor: Jayne Kennelly.

Day	Date	Time	Cost	Course
M	April 20	10:30 a.m.-noon	\$2	2180417-01

Community Connections: Grandma's Yellow Pie Plate

Discover how to address common challenges when passing on personal possessions.

Day	Date	Time	Cost	Course
M	April 27	10:15 a.m.	Free	2180410-01

Oh The Places You'll Live: Planning and Considerations for Senior Housing

Learning about your housing options today can greatly ease your future living transition. Presented by: Barb Fordyce of Oasis Senior Advisors.

Day	Date	Time	Cost	Course
Tu	April 28	10-11 a.m.	Free	3180301-01

A Timeless Love: Movie & Discussion

Harvey loves Mary, and when she develops early onset Alzheimer's, Harvey must fight to keep her heart and mind with him. Following the screening, Lori La Bey, CEO and Founder of Alzheimer's Speaks, will lead a group discussion. Popcorn and beverages provided. **Registration is required for this free event.**

Day	Date	Time	Cost	Course
Th	April 30	1-3:30 p.m.	Free	3180702-01



Fitness

For a complete listing and program descriptions, visit minnetonkamn.gov/register or pick up a brochure at the community center.

FITNESS

Minnetonka Bike Club Kickoff Meeting

Join us for the 2020 club kickoff and social. Reminder: the Minnetonka Bike Club has a \$10 annual fee and meets April-October.

Day	Date	Time	Location
Th	April 2	9-10:30 a.m.	Community Center

Senior Softball (70+)

Our slow-pitch softball league in Big Willow offers competitive play without the risk of serious injury! Registration is accepted throughout the season, at the field. Cash or check only.

Day	Date	Time	Cost
M,W	April-October	9 a.m.	\$25

New! Tranquil Yoga

Return to the ancient roots of yoga through the connection of mind, body and breath. Enhance strength and balance while developing a calming approach to mental and physical wellness. Instructor: Elizabeth Keith.

Day	Date	Time	Cost	Course
Sa	April 4-June 13*	9-10 a.m.	\$60	3090904-01

*No class May 23.

New! Mindful Breathing

The practice of mindfulness reduces anxiety, relieves stress, enhances cognitive and cardiac function and results in an improved outlook on life. Instructor: Elizabeth Keith.

Day	Date	Time	Cost	Course
Sa	April 4-June 13*	10:20-11:20 a.m.	\$60	3091201-01

*No class May 23.



SERVICES



Free Medicare Counseling: Appointment needed. Call 800-333-2433.

Free Social Worker Consultations: Appointment needed. Call 952-939-8393.

Free Blood Pressure Checks: April 3, 8, 17 from 9:30-11:30 a.m. Walk-ins only.

Foot Care Services: Appointment needed. Call 763-560-5136. Every Friday, 9 a.m.-4 p.m.

For more information, call Minnetonka Senior Services at 952-939-8393

DAY TRIPS



Mill City Tour

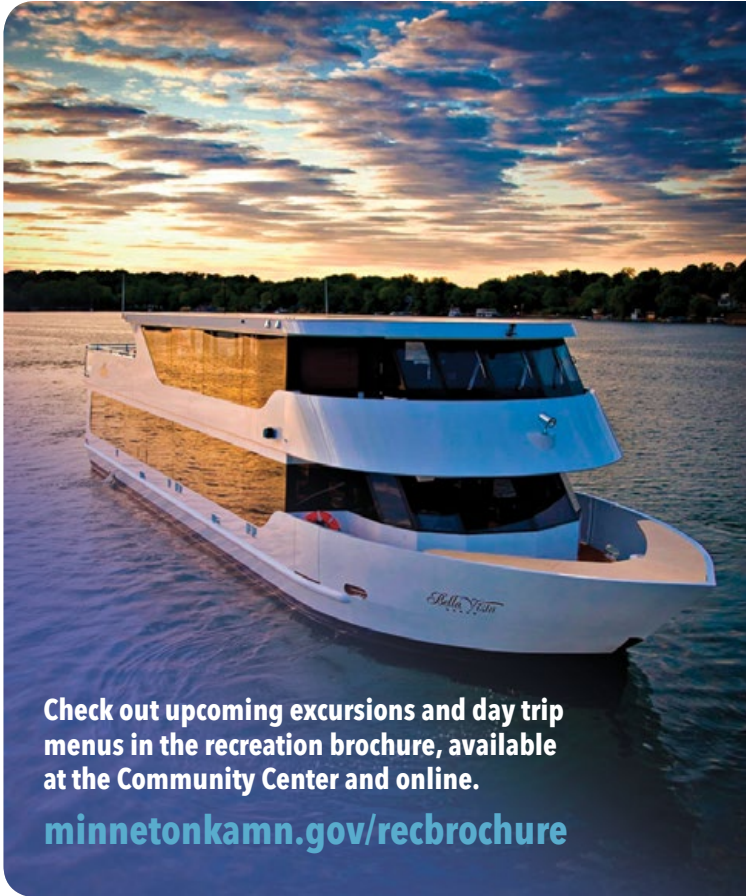
Learn all about the historic Minneapolis Riverfront District. We'll take a guided tour through the former Milling Capital of the World before enjoying lunch at the historic Depot Milwaukee Road Restaurant. After lunch, we'll make our way to the Mill City Museum for their Flour Tower multimedia show. **Register by April 13.**

Day	Date	Time	Cost	Course
W	May 13	9 a.m.-3:30 p.m.	\$74	2110105-01

Springtime in Faribault

Take an in-depth look at the Faribault Woolen Mill that dates back to the Civil War before enjoying lunch at the Depot Restaurant. After lunch, we'll head to the Donahues Greenhouse and visit the Aspelund Peony Gardens and Winery. **Register by April 29.**

Day	Date	Time	Cost	Course
F	May 29	9 a.m.-3 p.m.	\$67	2110106-01



Check out upcoming excursions and day trip menus in the recreation brochure, available at the Community Center and online. minnetonkamn.gov/recbrochure

Registration required for all programs.*



14600 Minnetonka Blvd.
Minnetonka, MN 55345



minnetonkamn.gov/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.

Program Cancellation

Participants wishing to withdraw from a program must do so at least one week prior to the start of the program or by the stated registration deadline.

Trip Cancellation

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

* Programs with low enrollment will be canceled.