

# SENIOR SCRIPT

Programs and services for those 55+

## EVENTS



### Monthly Party: Italian Lunch

Enjoy a great meal with friends or to go! Sponsored by RidgePointe Senior Living. **Register by Sept. 14.**

Menu: Spaghetti and meat sauce, French bread, salad and dessert.

Day	Date	Time	Cost	Course
F	Sept. 17	Noon	\$8	1100101-01



### Movie & Lunch: Downton Abbey

The Crawley family, wealthy owners of a large estate in the English countryside, prepare for the most important moment of their lives – a royal visit from the King and Queen of England. Experience the scandal, romance and intrigue of Downton. Sponsored by WestRidge. **Register by Sept 23.**

Menu: Wild rice soup, salad, roll and dessert.

Day	Date	Time	Cost	Course
Tu	Sept. 28	10:30 a.m.	\$8	1100201-01

## GENERAL PROGRAMS

### Memory Café

We're happy to welcome all those living with dementia and their caregivers to socialize and connect with a licensed social worker. This month, we'll explore the beauty and symbolism of flowers and learn an artistic flower-pounding technique from the Master Gardeners.

Day	Date	Time	Cost	Course
Tu	Sept. 7	1:30-3 p.m.	Free	1180701-01
Tu	Sept. 21	10-11:30 a.m.	Free	1180701-05



### Introduction to Amateur Astronomy: Fall Night Sky Observing

Learn about and observe stunning fall constellations. After an informal lesson, we'll head outside for a high-tech stargazing session. Instructor: Patrick Drigans.

Day	Date	Time	Cost	Course
W	Sept. 8	7:30-9 p.m.	\$10	1180301-01



## British History: Coastal Britain

We'll "visit" Britain's Jurassic Coast, investigate 5,000-year-old footprints and more! Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	Sept. 9-30	1-3 p.m.	\$28	1180101-01

## Beginning Bridge

Learn bidding, scoring and the rules of bridge. Please bring a deck of cards, pen and notepad. Instructor: Lee Solee.

Day	Date	Time	Cost	Course
M	Sept. 13-Oct. 18	1-3 p.m.	\$42	1190301-01

## Fall Hike to Jidana Park

Take a two-mile, round-trip hike from the Minnetonka Community Center to Jidana Park, and enjoy roasting brats over a campfire, with coffee and dessert.

Day	Date	Time	Cost	Course
W	Sept. 22	11 a.m.-1 p.m.	\$4	1190802-01

## Instant Piano for Busy People

Learn how to play the piano in just a few hours, via Zoom! This virtual class will get you playing the way professionals do, using chords. Instructor: Craig Coffman.

Course includes an online book and online follow-up video lessons. You must have your own piano to participate.

Day	Date	Time	Cost	Course
M	Sept. 27	6:30-9:30 p.m.	\$50	1180405-01

## Instant Guitar for Busy People

Learn how to play the guitar in just a few hours, via Zoom! This virtual class will teach you basic chords and get you playing along with your favorite songs!

Course includes an online book and online follow-up video lessons. You must have your own guitar to participate. Instructor: Craig Coffman.

Day	Date	Time	Cost	Course
T	Sept. 28	6:30-9 p.m.	\$50	1180407-01



## Adopt a Highway

Help keep Minnetonka beautiful by picking up along Minnetonka Boulevard between I-494 and County Road 73. Volunteers are dropped off on the four route corners and walk one way, for one mile. The program lasts two to three hours and refreshments and coffee are available at the end. Safety vests, bags and pick-up sticks provided. Registration is required.

Day	Date	Time	Cost	Course
W	Sept. 29	1 p.m.	Free	1190601-01

## Mahjongg

Learn to play the ancient Chinese game of Mahjongg, a tile game of chance and skill. This is also a great class for refreshing your skills. Please bring a folder for handouts. Instructor: Carole Harris.

Day	Date	Time	Cost	Course
W	Sept. 29-Nov. 10	10 a.m.-noon	\$63	1190201-01



## PRESENTATIONS

### Dan Hartman's Book Review: He Rides the Open Road

We'll review Dan Hartman's first novel, published in April 2021, which centers on a motorcyclist and the fascinating people he meets on his many rides. Copies of the book will be provided. Sept. 8: Introduction. Oct. 6: Book review and discussion.

Day	Date	Time	Cost	Course
W	Sept. 8 & Oct. 6	10:30 a.m.-noon	\$10	1180403-01

### Estate Planning: Getting Your Ducks in a Row

Learn tips to be more organized while estate planning, from a Minnesota elder law attorney. Presenter: Mary Frances Price.

Day	Date	Time	Cost	Course
W	Sept. 15	10:30-11:30 a.m.	\$2	1180408-01



## Fitness

For a complete listing and program descriptions, visit [minnetonkamn.gov/register](http://minnetonkamn.gov/register).

### FITNESS

#### Line Dance

Line dancing improves health, enriches memory, reduces stress and increases energy levels! Instructor: Kerry Maus.

##### Beginner

Day	Date	Time	Cost	Course
Th	Sept. 2-23	2-2:55 p.m.	\$36	1090601-02
Th	Sept. 30-Nov. 4*	2-2:55 p.m.	\$36	1090601-03

##### Intermediate

Day	Date	Time	Cost	Course
Th	Sept. 2-23	1-1:55 p.m.	\$36	1090602-01
Th	Sept. 30-Nov. 4*	1-1:55 p.m.	\$36	1090602-02

\*No class Oct. 7 or Oct. 28.

#### Slow Flow Vinyasa Yoga

A relaxing yet invigorating style of yoga where participants hold poses for a few breaths. Slow flow Vinyasa builds strength and flexibility, while relaxing the mind and nervous system. Instructor: Karen Murray

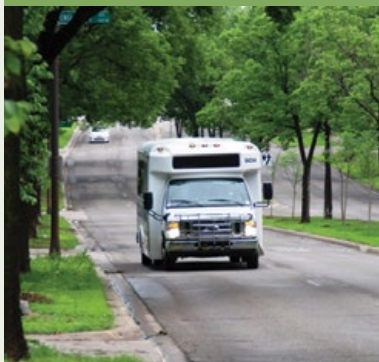
Day	Date	Time	Cost	Course
W	Sept. 8-29	6-7 p.m.	\$24	1090203-01

#### Evening Chair Supported Yoga

Most of chair-supported yoga takes place while seated and includes plenty of stretching and warm-up exercises. Guided breath work and visualization help to release tension and restore the body and mind. Instructor: Karen Murray

Day	Date	Time	Cost	Course
Th	Sept. 16- Oct. 7	6-7 p.m.	\$24	1090204-01

## SERVICES



**Foot Care Clinic:** Fridays at the Community Center. For appointments and fees, call Happy Feet at 763-560-5136.

**H.O.M.E. (Household and Outside Maintenance for Elderly):** Call Senior Community Services at 952-746-4046 for more information.

**Transit Link:** Transportation from your home to events. Call 651-602-5465 for a schedule and fees.

**Senior Outreach:** Licensed social worker Sara Roberts is available through the Minnetonka nonprofit called Senior Community Services. Sara can help you find trusted and affordable resources for financial assistance, medical or legal issues, housing alternatives or other life changes. Please contact her directly at 612-868-6720 or [s.roberts@seniorcommunity.org](mailto:s.roberts@seniorcommunity.org) to set up an appointment.

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



## History of Minnetonka: Lake Minnetonka Sailing in the 1880s

Step back in history to learn about the life and innovations of Arthur Dyer, a yacht builder who lived and sailed on Lake Minnetonka from 1880 to 1949. Speaker: Barb Sykora, President of the Deephaven Historical Society.

Day	Date	Time	Cost	Course
W	Sept. 15	1-2 p.m.	\$2	1180202-01



## Grand Tour of China

"Visit" China's most popular sites, including: Beijing; the Great Wall, the Forbidden City and the Temple of Heaven. Presenter: Bill Jepson.

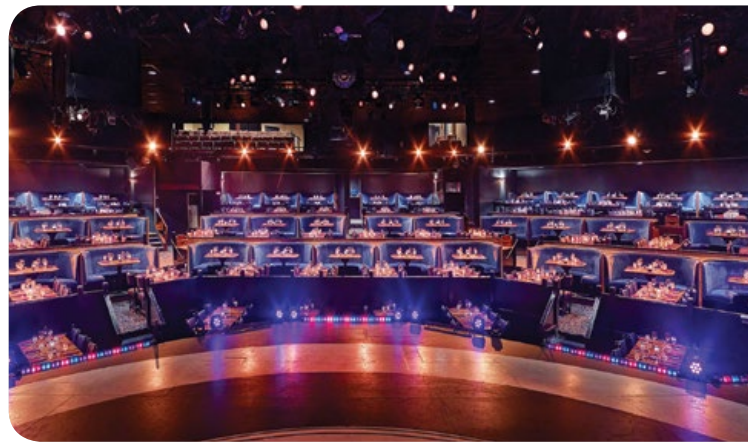
Day	Date	Time	Cost	Course
Tu	Sept. 21	10:30-11:30 a.m.	\$2	1180203-01

## ART

### Fun with Watercolor: Fall Brilliance

Students will focus on the importance of light, color and shapes in still life, florals and landscapes to capture the radiance of the season. Class starts with a demo and continues with guidance through the painting process. Supply list provided at registration. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
M	Sept.13-Oct. 11	10 a.m.-noon	\$50	1130101-01



## TRIPS

### The Music Man at Chanhassen Dinner Theater

Join us as we enjoy a wonderful meal, while taking in the Tony- and Grammy-winning musical "The Music Man." Register by Sept. 8.

Participants will meet at the Chanhassen Dinner Theater\*. Transportation is not provided.

**\*501 West 78<sup>th</sup> St., Chanhassen**

Day	Date	Time	Cost	Course
W	Sept. 29	11 a.m.-3:30 p.m.	\$67	1110101-01

## Registration required for all programs.\*



14600 Minnetonka Blvd.  
Minnetonka, MN 55345



[minnetonkamn.gov/register](http://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.