

## PRESENTATIONS



### Traveling Naturalist: Wolves of the Sea (Orcas)

**FREE** Did you know that orca whales learn from their grandmothers their entire lives? Learn more about the orca and their fascinating subspecies! Sponsored by Emerald Crest. Presented by: Melonie Shipman.

Day	Date	Time	Cost	Course
Th	Nov. 18	10:30-11:30 a.m.	\$5	1100303-02

### Memory as We Age

As we get older, our memory goes through changes. Learn the different aspects of adult memory and the differences between normal changes and problematic ones. Presented by: Steve Yussen

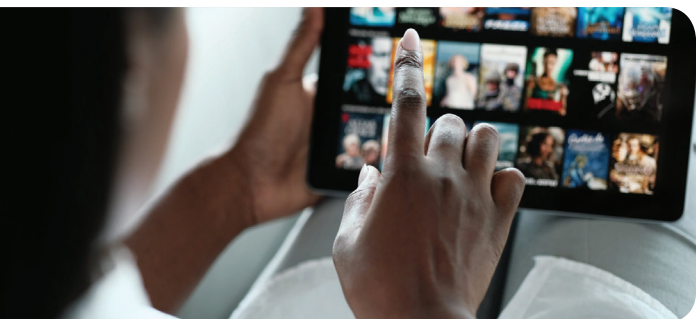
Day	Date	Time	Cost	Course
Tu	Nov. 23	10:30-11:30 a.m.	\$3	1180702-01

## TECHNOLOGY

### Hopkins ProPEL Technology: One-on-One Training

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.**

Day	Date	Time	Cost	Course
M	Nov. 8	1:30-2:30 p.m.	Free	1180605-01



Purchase items handcrafted by Minnetonka residents ages 55 and older.



11280 Wayzata Blvd. | 763-591-4868

### Hours

Thursday-Saturday, Noon-5 p.m.

## 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.



NOVEMBER 2021

# SENIOR SCRIPT

Programs and services for those 55+

## Veterans Month Programming

To honor those who served, it is our pleasure to offer programs marked with this symbol, **FREE** to veterans and their spouses.

(Listed fee applies to all other registrants.)



## GENERAL PROGRAMS

### British History: History's Mysteries, Part 1

We'll investigate a series of fascinating English legends. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	Nov. 4 & 18	1-3 p.m.	\$14	1180101-03

## EVENTS

### Monthly Party: Thanksgiving

Enjoy a festive Thanksgiving meal at the Community Center, or take it to go! Sponsored by Cherrywood Pointe of Minnetonka. **Register by Nov. 16.**

Menu: Turkey, stuffing, mashed potatoes, gravy, cranberries, roll and dessert.

Day	Date	Time	Cost	Course
F	Nov. 19	Noon	\$8	1100103-01



### Movie & Lunch: The Current War

Thomas Edison and George Westinghouse – the greatest inventors of the industrial age – engage in a battle of technology and ideas that will determine whose electrical system will power the new century. Sponsored by RidgePointe. **Register by Nov. 4.**

Menu: Roast beef, twice baked potato, glazed carrots and dessert

Day	Date	Time	Cost	Course
Tu	Nov. 9	10:30 a.m.	\$8	1100203-01



## Memory Café

A Memory Café is a welcoming place for people with dementia and their caregivers to socialize and share experiences.

This month, we'll learn about the familiar birds we see in our Minnesota backyards, including their distinct and beautiful songs. Then, you'll create a simple birdfeeder to attract our feathered friends throughout the winter.

Registration is required for each free monthly program. Please register the names of both the participant and caregiver, as both must attend. **Pairs may attend one café per month.**

Day	Date	Time	Cost	Course
Tu	Nov. 2	1:30-3 p.m.	Free	1180701-03
Tu	Nov. 16	1:30-3 p.m.	Free	1180701-07

## PRESENTATIONS

### History of Minnetonka: Early Minnetonka History

Learn about how two intersections, one in Minnetonka the other in Deephaven, came to be known as "Chowen's Corner." Together we'll discover the families that founded Minnetonka. Speaker: Richard Kruger, City of Minnetonka Historical Society.

Day	Date	Time	Cost	Course
W	Nov. 3	1-2 p.m.	\$2	1180202-03



### 5th of November

Enjoy authentic British scones and tea while celebrating the 5th of November! Presented by: Terry Kubista

Day	Date	Time	Cost	Course
F	Nov. 5	1-2:30 p.m.	\$4	2180102-01



### Travel Showcase with Landmark Tours

Thinking about exploring the world again? Start with this free presentation from Minnesota's own travel company, Landmark Tours.

Day	Date	Time	Cost	Course
M	Nov. 8	10:30-11:30 a.m.	Free	1180411-01



### Veterans Benefits You Didn't Know You Have

**FREE** We'll discuss the benefits available to veterans and their families. Our presenter, Mary Frances Price, is a VA accredited attorney with experience advising veterans on how to access benefits and plan their estates.

Day	Date	Time	Cost	Course
W	Nov. 10	10:30-11:30 a.m.	\$2	1180410-01

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

Learn about and observe 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	Nov. 10	6:30-8 p.m.	\$10	1180301-02

### Grand Tour of Greece

**FREE** We'll "visit" some of the most interesting sites in Greece, including Athens, Delphi, Olympia, Mycenae, Epidaurus, Crete, Rhodes, Mykonos and Santorini. Presenter: Bill Jepson.

Day	Date	Time	Cost	Course
Tu	Nov. 16	10:30-11:30 a.m.	\$2	1180401-01



## Fitness

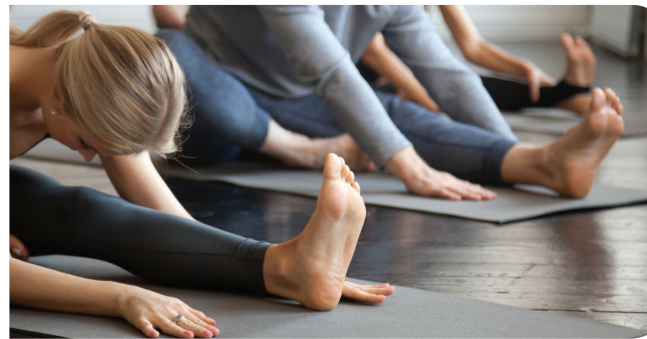
For a complete listing and program descriptions, visit [minnetonkamn.gov/register](http://minnetonkamn.gov/register).

## FITNESS

### 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	Nov. 3-24	6-7 p.m.	\$24	1090203-03



### T'ai Chi Chih Silent Practice

Join us for a full silent practice led by accredited instructors. There will be no instruction, and doors will close promptly at class time. Led by: Monica Campbell (M/F) & Susan Sobelson (W)

#### Advanced

Day	Date	Time	Cost	Course
W	Nov. 3-Dec. 15	1-2 p.m.	\$35	1090303-01
F	Nov. 5-Dec. 17	10-11 a.m.	\$30	1090301-03
M	Nov. 8-Dec. 13	10-11 a.m.	\$30	1090301-04

## VOLUNTEERS NEEDED!

Volunteers are essential for successful programming with Minnetonka Senior Services! Please consider volunteering. Opportunities include, but are not limited to:

- Food Preparation
- Table Setting
- Check-in
- Cleanup

## 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