

Minnetonka Script

14600 Minnetonka Boulevard, Minnetonka, MN 55345
(952) 939-8393 • on the web at www.eminnetonka.com

October 2010

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Our mission...

To develop and promote programs and services in our community to meet the diverse needs of those 55+.

Celebrate 30 years of senior services

JOIN MINNETONKA SENIOR SERVICES IN CELEBRATING 30 YEARS OF PROVIDING SENIOR services with a delicious meal of chicken avin, baby red potatoes, rolls and a double frosted brownie. Entertainment will be provided by the musical talents of Cliff Brunzell and The Golden Strings.

With 30 years of providing senior services to the residents of Minnetonka, we would like to thank all the wonderful past and present participants, advisory board members, volunteers, city council members, city and center staff. Together, we have created a wonderful community resource and have been an important part of thousands of lives of retired citizens over the past 30 years.

As our program continues to evolve, please share what new services and programs that would be used by yourself or your friends. Please see page 9 for an overview of our history throughout these past 30 years.

Course #20382

Thursday, October 14, 12 p.m.

Cost: \$7 payable to MSS by Wednesday, October 6. ☞

The Landing Shop grand opening is set for Friday, October 1

THE LANDING SHOP, FORMERLY KNOWN AS MILLS LANDING GIFT SHOPPE, HAS MOVED to a new site at 11280 Wayzata Blvd., Minnetonka. The hours for the new shop will remain the same, Wednesday – Saturday from 10 a.m. to 4 p.m. December hours will be Monday – Saturday from 10 a.m. to 4 p.m. ☞

Healthy Leadership: What Legacy Will We Leave Our Children?

DR. MICHAEL OSTERHOLM IS VERY CONCERNED ABOUT OUR CARE OF THE PLANET AND the effects of climate change, water resource management, food production, etc. on the long-term viability of our lifestyle, the world's health and our children's well being. Learn what we can do to maintain and improve our planet so that our children and grandchildren can also enjoy what we have enjoyed.

Dr. Osterholm is a professor, Division of Environmental Health Sciences, University of Minnesota; director, Center for Infectious Disease Research and Policy; and director, Minnesota Center of Excellence for Influenza Research and Surveillance.

Thursday, October 28, 7 p.m.

Please call (952) 939-8393 to RSVP for this free event. Sponsored by the Minnetonka Senior Advisory Board. ☞

Visit the Fire Department and City Open House October 5

MEEET CITY STAFF AND LEARN MORE ABOUT LOCAL government. Enjoy a variety of free treats along with department tours. Kids four and over can ride in city fire trucks. A fireworks display will start at 8 p.m. at the city's amphitheater.

Tuesday, October 5 from 5–8 p.m. ☺

Community dance is October 8

COME MOVE YOUR FEET AT THE ANNUAL COMMUNITY ballroom dance Friday, October 8, 6:15–10 p.m. Cost is \$13 per person and pre-registration is required. To register for this event, please call (952) 401-6800 or visit www.minnetonkacommunityed.org.

www.minnetonkacommunityed.org

Enjoy lunch and a movie: “Letters to Juliet”

BY RESPONDING TO A LETTER ADDRESSED TO Shakespeare's tragic heroine Juliet Capulet, a young American woman (Amanda Seyfried) vacationing in Verona, Italy, sets in motion a series of events that lead her and the missive's lovelorn author (Vanessa Redgrave) in search of romance. Directed by Gary Winick, this deeply tender and uplifting drama also features Gael García Bernal and Franco Nero.

Course #20383

Friday, October 8, 12 p.m.

Menu: Pasta dish, salad and dessert.

Cost: \$5 payable to MSS by Wednesday, October 6. ☺

Journeywell: A Guide to Quality Aging

MINNETONKA AUTHOR TRISH HERBERT WILL PRESENT AN entertaining view of her new book, *Journeywell: A Guide to Quality Aging*, which was recently chosen as a finalist for the Minnesota Book Awards. The book encourages you to give some thought to how to best prepare yourself for your later years, think more deeply about what you value, and shares ideas and suggestions that have worked well for others on how to deal with your feelings and the surprises that happen. She concludes with the 3 Up's: Wake Up, Show Up and Lighten Up. If there is interest in pursuing the subject further, a follow up discussion series will be arranged.

Course #20384

Monday, October 11, 10:30 a.m.

Cost: \$2 payable to MSS by Friday, October 8. ☺

Caregivers website demo

SENIOR COMMUNITY SERVICES (SCS), IN PARTNERSHIP with Independent Home Living (IHL), is excited to share this free web tool with the Minnetonka community. Come for an informational demonstration of the new website designed for caregivers so they can find resources, organize help and develop an online care team. Information on the website is specific to the Minnetonka community and cannot be found anywhere else. This free web-based tool is easy to use and provides essential information so that the person being cared for can remain in the community and independent as long as possible.

Tuesday, October 12, 10 a.m.

Please call (952) 939-8393 to RSVP for this free session. If you cannot attend but would like information please call Sue Gallus at (952) 541-1019 ext. 316. ☺

Adopt-a-Highway

VOLUNTEERS ARE NEEDED. VOLUNTEERS WILL MEET AT the center. Supplies and refreshments will be provided.

Wednesday, October 20 at 1 p.m. ☺

Flu shots available October 21

IT'S TIME AGAIN FOR YOUR ANNUAL FLU SHOT. THE PERSON receiving the immunization will be responsible for payment at time services are rendered, or, if eligible, for Medicare Part B or prior approved health insurance plan reimbursement.

Minnesota Visiting Nurse Agency will bill Medicare or the health insurance company on the participant's behalf. Make sure to bring your insurance card with you to receive this benefit.

Thursday, October 21 from 9 a.m.–12 p.m. ☺

Attitudes at Every Altitude

LOCAL AUTHOR GREGG PROTEAUX WILL PRESENT HIS NEW book, “Attitudes at Every Altitude: One Flight Attendant's Observation from 7 Million Miles Flown.” This book has been based on 26 years of experience in the airline industry. It includes a close-up view of airline travel today based on real-life miles flown.

Course #20385

Wednesday, October 13, 10:30 a.m.

Note: Due to a flight attendant's unpredictable schedule this date and time are subject to change.

Cost: \$2 payable to MSS by Monday, October 11. ☺

Community Connections offers coffee with John Weinand

JOIN COMMUNITY CONNECTIONS TO ENJOY AN INFORMAL chat with a community member. Rolls and coffee will be provided – presenter and guests are responsible for the stimulating conversation! On October 27 at 10:15 a.m., enjoy conversation with John Weinand, the city's environmental health supervisor.

Donations will be accepted for rolls and coffee. Please RSVP by Monday, October 25 for this free event. ☺

Pops & pie

ENJOY THE MUSICAL TALENTS OF THE 30-40 MEMBER Senior Synod Community Band as they entertain you. Pie will be served ala mode with coffee.

Course #20386

Thursday, October 28, 10:30 a.m.

Cost: \$3 payable to MSS by Monday, October 25. ☺

Medicare Part D presentation

IT'S A GOOD IDEA TO CONDUCT A MEDICARE PART D PLAN checkup on your prescription coverage this time of year. Once 2011 rolls around, it's too late to change prescription coverage and you will have to stay with your choice until 2012. Open enrollment for this coverage begins every November and concludes at the end of December. Even if you already have a Part D plan, it's a very good idea to review the coverage before the new year starts to ensure no unexpected surprises.

Senior Community Services health insurance counseling staff will provide unbiased educational information about Part D. Topics include the Part D benefit, a comparison of prescription coverage currently available from your Medicare supplement or employer retiree plan versus Part D coverage, and obtaining information about the plans available to you.

Wednesday, November 10 at 10 a.m.

Call (952) 939-8393 to register for this free event by Monday, November 8. ☺

The Andrew Sisters

LOCAL AUTHOR TOM ROCKVAM WILL PRESENT his video on the Andrew Sisters and discuss the book he has written on the sisters.

Course #20387

Wednesday, November 10, 1 p.m.

Cost: \$2 payable to MSS by Monday, November 8. ☺

Enjoy Thanksgiving Dinner November 18

A TRADITIONAL THANKSGIVING MEAL OF ROASTED TURKEY, stuffing, mashed potatoes, gravy, corn, cranberries, dinner rolls and dessert will be served. Enjoy the musical talents of Vern Drilling, pianist.

Course #20388

Thursday, November 18, 12 p.m.

Cost: \$7 payable to MSS by Wednesday, November 10. ☺

Armchair travel – Antarctica

TAKE A JOURNEY TO ANTARCTICA, THE SEVENTH continent. Travel through the wild and legendary Drake Passage. Keeping company with albatrosses, whales and dolphins, you'll sail past the South Shetland Islands, populated with vast penguin rookeries, Antarctic fur seals, and wallowing southern elephant seals. Some of the most beautiful waterways lie ahead. And everywhere, vistas of towering ice sculptures remind you that you are in a place that is like no other place on Earth - so you won't forget.

Grace McGarvie, retired Wayzata High School teacher, made this journey in 2009, and will share her photos.

Course #20389

Monday, December 6, 1 p.m.

Cost: \$2 payable to MSS by Friday, December 3. ☺

Volunteer Opportunities

Pen pals needed

MINNETONKA SENIOR SERVICES IS LOOKING FOR volunteer pen pals to write a series of five letters to 5th grade students at Scenic Heights Elementary School. Letter writing starts in January. Please call the center if you are interested in being a pen pal to a 5th grader. ☺

Volunteers needed

- No utility billing for the month of October.
- *Script* folding is Tuesday, October 19, 9 a.m. Thanks to St. Therese Southwest for providing refreshments.
- Dishwashers, set-up and cleanup crews, and check-in people are needed for monthly parties and other special events. Volunteers eat for free. ☺

Group	Meeting day	Information
Advisory Board	2 nd Tuesday at 10 a.m.	Currently two positions open.
AA/AI-Anon	Wednesdays at 10:30 a.m.	All ages welcome. New members welcome.
Billiards	Every afternoon - time varies	See calendar page for times.
Bingo	Tuesdays at 12:45 p.m.	
Bird Club	1 st Friday of the month at 10 a.m.	Carroll Henderson, a DNR employee, will speak on his "Adventures in Kuwait."
Book Club	3 rd Thursday of the month at 1 p.m.	October 21—The End of the World as We Know It by Robert Goolrick
Social Bridge	Wednesdays at 1 p.m.	Please call (952) 939-8393 to reserve a spot.
Bunco	2 nd & 4 th Thursdays at 1 p.m.	Don't know how to play? They will teach you.
Digital Camera	Mondays from 9–11 a.m.	Call for more information.
Duplicate Bridge	Thursdays at 6 p.m.	Partners needed.
Chess	Thursdays at 12 p.m.	If you have general knowledge of chess, join us.
Chorale	Wednesdays at 10 a.m.	New members welcome.
Community Needs & Interests Group	3 rd Wednesday at 1 p.m.	New members welcome.
Computer Interests	Friday at 10 a.m. Website: Mtka-Senior-Computer-Group.org	This group examines topics of interest. Experience ranges from beginner to expert.
Craft Committee	1 st Tuesday at 10 a.m.	
Cribbage	1 st Thursday of the month at 10 a.m.	Bring your cribbage boards and a deck of cards.
OLLI Discussion	1 st Wednesday at 7 p.m.	Free-wheeling discussion group.
500 Card Club	2 nd and 4 th Tuesday at 10 a.m.	2 nd and 4 th Wednesday at 6:30 p.m.
Friends Society	3 rd Wednesday at 6:30 p.m.	New members welcome
Garden Club	2 nd Monday at 1 p.m.	See page 5 for more information.
Great Books	4 th Tuesday at 7:15 p.m.	October 26—The Passport by Herta Müller.
Ham Radio	2 nd Monday at 10 a.m.	New members welcome.
Legal Assistance	2 nd and 4 th Thursdays	Call (952) 939-8393 to make an appointment.
The Landing Shop	Open Wednesday - Saturday from 10 a.m. to 4 p.m.	The new location's grand opening is Friday, October 1. See front page for more information.
Parkinson's Support	1 st Tuesday at 4 p.m.	Someone from Home Instead Home Health Care will be here to speak on the topics of lifeline and nutrition on October 4.
Poker	1 st and 3 rd Tuesday at 10 a.m.	Join us for a new poker club.
Scribblers	Thursdays at 10 a.m.	This group writes and shares their short stories, essays or poems, letters and memoirs.
Senior Singles	Lunch/Outing once a month	This group is for both men and women. See page 5 for more information.
Tonka Tale Tellers	2 nd Monday at 10 a.m.	This group travels to elementary schools within the area to tell and animate stories.
Tale Spinners	Tuesdays at 1 p.m.	This group offers rapport and support for seniors interested in writing memoirs, fiction, etc.
Wood Carvers	Thursdays at 10 a.m.	Group members work independently but also share ideas with one another.

Nintendo Wii leagues

BOWLING AND GOLF LEAGUES ARE FORMING FOR THE winter months. Demonstrations will be available per request. If you are interested in participating in either league or have questions, please call (952) 939-8393.

Garden club

THE GARDEN CLUB WILL MEET MONDAY, OCTOBER 11, AT 1 p.m. at the Minnetonka Community Center. The topic of discussion will be dried seasonal and holiday arrangements from your garden, demonstrated by garden club members.

Senior Singles

THE SENIOR SINGLES WILL MEET FOR THEIR MONTHLY meeting Wednesday, October 13. The outing for the month will be to the Mississippi Regional Park on Thursday, October 14. RSVP to Vi at (952) 938-2501 if you plan to attend.

Hike Minnetonka

JOIN THE MINNETONKA SENIOR CENTER FOR THE monthly hike from 9–10 a.m. This is a free two-mile hike. Please make sure to bring your own water and to meet at the designated park listed below.

- *Civic Center/Creek:* Friday, October 15. Park at Minnetonka Community Center.

Digital Camera

DO YOU HAVE QUESTIONS ABOUT HOW TO STORE, SORT, delete and organize your digital pictures on your computer? Every Monday morning, by appointment, Glen volunteers to help people on a one to one basis improve their skills. Call the office to schedule a time for this free service.

Senior chorale

NEW MEMBERS ARE WELCOME TO JOIN THIS 35 MEMBER choir, which practices Wednesdays from 10:00 a.m. – 12:00 p.m. from Sept – May. They perform once or twice a month in the community.

The bird club will start its 12th year this January. They currently have 62 members.

Over 50 and Fit exercise group

THIS EXERCISE GROUP MEETS EVERY MONDAY, Wednesday and Friday from 9–10 a.m. There is a yearly fee of \$12 to participate.

Keeping your feet happy

NURSES FROM THE HAPPY FEET AGENCY ARE AT THE center on the first, second and third Fridays of the month from 9 a.m. – 3 p.m. To make appointments and/or cancellations, call (763) 560-5136. There is a fee of \$31.

Blood pressure screenings

FREE BLOOD PRESSURE CHECKS ARE AVAILABLE EACH month on the first and third Fridays from 9:30–11:30 a.m. and on the second Wednesday from 9:30–11:30 a.m.

The services listed below are provided by Senior Community Services (SCS). SCS is a United Way Agency serving residents 55+ of suburban Hennepin County.

Senior outreach available

MARIAN DANIELSON IS A SENIOR OUTREACH WORKER who serves seniors and their family members in the Minnetonka area. If you have questions regarding community services and resources for older adults, caregiving, future planning or personal concerns, please call (952) 939-8393 to make an appointment.

H.O.M.E. services available

HOUSEHOLD AND OUTSIDE MAINTENANCE FOR ELDERLY (H.O.M.E.) for Minnetonka residents aged 60+ has volunteer groups and paid workers available to help with yard clean up, snow removal, window washing, painting, small repair jobs, and house cleaning. Pam Nelson is the new H.O.M.E. services coordinator for Minnetonka. Pam can be reached at (952) 939-8363, Monday through Friday during morning hours.

Health insurance counseling

HEALTH INSURANCE COUNSELING APPOINTMENTS CAN BE made for Monday afternoons between 1–3 p.m. by calling (952) 939-8393. This is a free service.

How to register for classes

Four ways to register

- **Walk-in:** You may register at the senior services desk and pay by cash, check or credit card (Visa, MasterCard and Discover are accepted).
- **Mail-in:** Send registrations to Minnetonka Senior Services, 14600 Minnetonka Blvd, Minnetonka, MN 55345 with your name, address, phone number, name of the class that you are registering for and your payment.
- **By phone:** Registrations are accepted over the phone (952) 939-8393 with a Visa, MasterCard, Discover
- **Online:** For more details call (952) 939-8393.

Classes cannot be pro-rated. You must pre-register and pre-pay for all programs before class, program and/or trip start date. Make checks payable to "Minnetonka Senior Services" (MSS).

Class Cancellation

Cancellation of a class requires at least two full working days before the start date of the class. Some classes may be cancelled due to insufficient enrollment.

Scholarships are available

LIMITED FINANCIAL SCHOLARSHIPS ARE AVAILABLE for Minnetonka residents age 55 and over, for events, classes and one day trips. This is sponsored by Minnetonka Senior Services. Scholarships are kept confidential. To learn more call (952) 939-8393.

Data Privacy Act/Tennessee Warning

YOUR NAME, ADDRESS, TELEPHONE NUMBER, AND OTHER identifying information are private and cannot be given to the general public. We need this information to enroll you in the program/trips and to be able to contact you if necessary. If you do not provide the information, the participant may not be able to enroll in the requested program. This information will be provided to the instructors of any class you are enrolled in and to recreation personnel who have a need to know it.

Minnesota Tort Claims Act

UNDER MINNESOTA LAW, MINNETONKA IS NOT LIABLE FOR injuries related to the operations and maintenance of facilities used for the provision of recreation programs. Minnetonka Senior Service programs are available to residents and non-residents of Minnetonka. This agency is not responsible for injuries sustained by participating in these programs.

Beginning & Intermediate Yoga — Nancy Holasek

LEARN TRADITIONAL HATHA YOGA POSTURES THAT CAN help increase your flexibility, increase your range of motion, balance and stamina. *Please bring a yoga mat or towel to class.*

Course	Day	Level	Date	Time	Fee
19779	T	Beg	October 5–26	9:45–10:45 a.m.	\$15
19781	TH		October 7–28		\$15
19783	T		November 2–23		\$15
19785	TH		November 4–18		\$12
Course	Day	Level	Date	Time	Fee
19780	T	Int.	October 5–26	11 a.m.–12 p.m.	\$15
19782	TH		October 7–28		\$15
19784	T		November 2–23		\$15
19786	TH		November 4–18		\$12

British History— Terry Kubista

IN THIS THREE-PART COURSE, BRITISH CULTURE IS examined in a manner designed to answer the student's questions and to generate new ones. A free and open discussion will be the rule every meeting.

British History Part II

- Topics covered include: King Arthur, Anglo Saxon Invasion, Early Christian Church and educational system.

British History Part III

- Topics covered include: King Stephen and Empress Maude, The Crusades Part I & II, King John and the Magna Carta.

Course	Part	Day	Date	Time	Fee
19754	II	TH	October 7–28	1–3 p.m.	\$25
19755	III		November 4–December 9		\$25

Sketch 'n' Journal – Gin Weidenfeller

USE WORDS, LINE DRAWINGS, BRUSH STROKES, AND colors to capture your environment and experiences. Explore visual/verbal note taking methods, apply color to express ambiance/mood, and draw/paint/collage bits and pieces to illustrate a vignette. Create a portfolio.

Course	Day	Date	Time	Fee
19758	W	October 13 & 20	1–2:30 p.m.	\$36

Zumba Gold® –Kate Fitzgerald

ZUMBA GOLD® FUSES HYPNOTIC LATIN RHYTHMS AND easy-to-follow moves to create a one-of-a-kind fitness program. This is low impact, easy to follow, and lots of fun. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! Zumba is Spanish slang for "to move fast and have fun." A Zumba® chair class will be offered for participants with physical limitations. Participants will sit in their chairs throughout the class. ☺

Course	Day	Lvl	Date	Time	Fee
20		Ch..	October 12- November 16	1-1:30 p.m.	\$20
20	T	Reg..		1:45 -2:45 p.m.	\$20

Line dance–Eileen Ronning

LEARN TO "HITCH" AND "VINE" AND DANCE IN A LINE TO A variety of upbeat music. No partner needed. No experience necessary for the beginner level and 50 previous classes are required for intermediates. ☺

Course	Day	Lvl	Date	Time	Fee
19790		Beg.	October 21- November 18	12:15-1:15 p.m.	\$20
19791	TH	Int.	(No class Nov. 11)	1:30 -2:30 p.m.	\$20

Intro to Glass Fusion –Jackie Richens

LEARN THE BASIC TECHNIQUES FOR WORKING WITH KILN formed glass. You will learn to cut sheet glass including straight cuts, curves and circles as well as the fundamentals of fusing and slumping. You will then combine these skills by creating two glass pendants to take home. Tools, equipment and materials for the projects will be provided. No prerequisites. See the display case at the center for sample pieces. Limit of four students. ☺

Course	Day	Date	Time	Fee
1	M/W	November 1 & 3	1-3:30 p.m.	\$47

Defensive driving classes offered

PLEASE CALL THE MN HIGHWAY SAFETY CENTER, TOLL free at 1-888-234-1294, Monday – Friday from 8 a.m. to 4 p.m. to register for all defensive driving classes. You will pay the instructor at the time of the class using a check or exact cash. Checks payable to: MN Highway Safety Center. Need driver's license number included with payment. Sign up early for these classes.

Four-hour renewal day course:

All four-hour renewal day classes are held from 9 a.m.– 1 p.m. Cost for the class is \$20. No lunches are served. To register call 1-888-234-1294.

- *Thursday, October 7*

Four-hour renewal evening course:

All four-hour renewal day classes are held from 6–10 p.m. Cost for the class is \$20. To register call 1-888-234-1294.

- *Tuesday, October 19*

Save 10% on your car insurance by taking these classes! ☺

Hiking group meets weekly

DO YOU ENJOY HIKING? YOU ARE WELCOME TO JOIN A hiking group that hikes for two to four miles each Saturday and Monday morning beginning at 8:30 a.m. No registration is required for the walk, but members are asked to arrive by 8:15 a.m. as we leave sharply at 8:30 a.m. The pace is 2-to-3 ½ miles per hour. We often car pool to the walk location. The next walk and meeting location is determined after the current walk. For those interested, we usually stop at a nearby coffee shop after our walk.

If you are interested in joining this group, please register at the Minnetonka Senior Services (952-939-8393) providing your name, phone number and e-mail address. This information will then be forwarded to the member sending out the e-mail notices. ☺



Trip reservation information

- To register, call (952) 939-8393
- Office hours are Monday through Friday, 8 a.m. – 4:30 p.m. Each caller can reserve up to four spaces on a trip.
- Payment is due at the time of registration: Checks payable to “Minnetonka Senior Services.” Minnetonka Senior Services, 14600 Minnetonka Boulevard, Minnetonka, MN 55345. Visa, MasterCard and Discover are accepted.
- Trips are planned for seniors of Minnetonka who are given first priority at registration time. Only Minnetonka residents can sign up on the first day; others may register on the second day.
- Listed bus/van pickup locations and times are tentative depending on actual registration. Registrants will be notified only if changes are necessary.
- **Trip cancellation policy:** Refunds, minus a \$5 administration cost, can only be given if you cancel before the payment deadline. If a cancellation is made after the payment deadline, the participant is refunded/credited for everything but \$5 only if a replacement is found.

Tips for registering for tours and adventures

- Call before you send in your money to make sure space is available.
- Popular trips can fill up on the first day of registration that is published in the newsletter each month. Call early for those trips that you don't want to miss.
- If you need a refund, you may apply credit to your account, which can be used anytime.
- Please note that trips are subject to change.

The trip information listed below is for registered participants.

Cabin Ridge Ride

Wednesday, October 6

Pick-up time: 9 a.m.

Estimated Return time: 4:15 p.m.

Trips still available for registration include the following (see next column)

Autumn get-together

COME AND LISTEN TO AN AFTERNOON OF JAZZ WITH the After 5 group, who will dazzle you with their musical talents. Enjoy a delicious meal of beef tips or chicken with garlic mashed potatoes, corn, mixed green salad, bread and apple crisp. This event will take place at the Burl Oaks Private Golf Club. No transportation will be provided.

#20123

Wednesday, October 6

Cost: \$29 includes lunch and entertainment.

Doors open at 11:30 a.m. Lunch will be served at noon.

Registration deadline: Tuesday, September 28 (or until full).

Fanny Hill Dinner Theatre

ENJOY A CUP OF COFFEE IN HUDSON ON YOUR WAY TO Eau Claire, Wisc. The delightful Fanny Hill Dinner Theatre will be decked out with beautiful fall and Halloween decorations. The Fanny Hill Theatre is set high on a hill overlooking the Chippewa River Valley. Enjoy a lovely lunch and then sit back for a production of *On Golden Pond*, made famous by the movie starring Jane Fonda, Henry Fonda and Katharine Hepburn.

#20358

Tuesday, October 19

Cost: \$69 includes tour, lunch, transportation and escort.

Pick-up time: 9 a.m.

Estimated Return time: 6 p.m.

Registration deadline: Tuesday, October 5 (or until full).

New London, Minn.

TOUR THE COLD SPRING BAKERY THAT WAS FOUNDED IN 1946 by Melvin and Floss Schurman. Arrive in New London for lunch at McKales Restaurant. Menu includes hamburger steak, coleslaw, mashed potatoes with gravy, beverage and dessert. Following lunch, visit the Mill Pond Mercantile. Finish the day at Glacial Ridge Winery, one of Minnesota's newest wineries opened in 2007. A midway stop on the way home will be at a fast food restaurant (this is on your own).

#19796

Friday, October 22

Cost: \$50 includes tours, lunch, transportation and escort.

Pick-up time: 8:15 a.m.

Estimated Return time: 5 p.m.

Registration deadline: Friday, October 1 (or until full).

Christmas at Mayowood

TOUR THE HISTORIC MAYOWOOD MANSION WITH MORE than 20 rooms uniquely decorated for Christmas by the people of Rochester. This historical landmark is situated on a hillside overlooking the Zumbro River Valley and is the former residence of Drs. Charles H. and Charles W. Mayo.

Lunch will follow at the Historic Hubbell House in Mantorville. Menu includes sirloin steak served with salad, potato, vegetable, fresh baked rolls, beverage and sorbet.

#19797

Tuesday, November 16

Cost: \$55 includes tour, lunch, transportation and escort.

Pick-up time: 8 a.m.

Estimated Return time: 4 p.m.

Registration deadline: Monday, October 25 (or until full).



The Seasons Dinner Theater

ENJOY AN ELEGANT HOLIDAY MEAL OF CHICKEN ON A BED of rice with a champagne chive cream sauce, vegetable of the day, dinner roll, coffee and homemade bread pudding with caramel sauce. Following lunch enjoy the theatrical performance of "Casa Flamingo Christmas" by Patti J. Hynes-McCarthy.

#20339

Saturday, December 4

Cost: \$68 includes tour, lunch, transportation and escort.

Pick-up time: 10 a.m.

Estimated Return time: 3 p.m.

Registration deadline: Monday, November 1 (or until full).



Extended trips

FOR FURTHER INFORMATION ON THE EXTENDED TRIPS listed below, please stop by the community center to pick up a brochure. Call Senior Community Services at (952) 541-1019 or visit www.seniorcommunity.org and click on Travel-Extended Tours.

Washington, DC & Virginia **October 13–23**
Cost is \$1,599 per person, double occupancy.

Smoky Mountains **October 14–22**
Cost is \$1,275 per person, double occupancy.

Branson Holiday **November 3–7**
Cost is \$720 per person, double occupancy.

Christmas Mystery **December 9–12**
Cost is \$590 per person, double occupancy.

30 years in the making...

- **April 6, 1978** – was the first meeting of the Minnetonka Senior Task Force, chaired by Al Illies, with Mayor Ken Yager. Their task was to evaluate potential senior center locations and needed programs and services.
- **October 1978** – Steve Pieh joined Senior Task Force.
- **November 20, 1978** – An interim senior center was located at the Mills Landing Shoppe, using the larger half of the facility.
- **January 1, 1979** – A half-time staff (Steve Pieh), with Senior Community Services (SCS), was hired.
- **Center Budget in 1979** – \$4,500, includes staff costs.
- **October 11, 1980** – The Minnetonka Senior Center hosted an open house at The Glen Lake location, now the bank in Glen Lake. That location used to be a church and was located across from the Glen Lake Landing.
- **1980** – Senior Outreach with Senior Community Services began and the Senior Chorale started.
- **April 1984** – Jean McSwiggen starts leading our senior exercise group.
- **August 2, 1986** – Groundbreaking for the Minnetonka Community Center.
- **November 21, 1987** – The Minnetonka Community Center hosted an open house as the new location for senior programs and community activities.
- **June 1988** – Half-time secretary and half-time coordinator positions added.
- **January 1991** – Utility bill stuffing for the city of Minnetonka began. One-millionth bill sent in October 2007.
- **October 1991** – Adopt-A-Highway program between Hopkins Crossroad/73 and I-494 began.
- **January 1992** – HOME program with Senior Community Services began.
- **January 1993** – Friday morning computer group began.
- **1998** – Bird club and duplicate bridge began.
- **January 2007** – City of Minnetonka's Recreation Services coordinates employment and Senior Community Services becomes an affiliate.

Spooktacular concert Oct. 30

ENJOY AN AFTERNOON OF MUSIC AS THE MINNETONKA Symphony Orchestra and Senior Chorale present their annual "Spooktacular" Concert Saturday, October 30, at 3:30 p.m. at the Minnetonka Community Center, 14600 Minnetonka Blvd, Minnetonka. Free-will donation at the door. For further information, contact 952-401-5954 or visit www.musicassociation.org.

Senior Services Highlight

MINNETONKA SENIOR SERVICES WOULD LIKE TO THANK the five people who donated to the center in memory of Grace Lostetter.

"The melody that the loved one played upon the piano of your life will never be played quite that way again, but we must not close the keyboard and allow the instrument to gather dust. We must seek out other artists of the spirit, new friends who gradually will help us to find the road to life again, who will walk that road with us." – Joshua Loth Liebmann

Williston Center improvements continue; spin classes offered

IMPROVEMENTS TO THE WILLISTON FITNESS CENTER continue, including interior remodeling, two additions to the existing pool building, parking lot expansion and painting of the tennis building exterior. However, much of Williston is still available to use! Here's an update.

- **What's open now:** The weight rooms, gym, group fitness studio and tennis court are still open and available for use!
- **What's opening soon:** The swimming pool and locker rooms are slated to re-open in mid-November, with the new entrance and fitness area opening at the beginning of December.
- **Spin classes start November 1:** Looking for a new exercise routine? Consider spin classes, starting November 1 at the Williston Fitness Center!

For more information or to register for spin classes, call (952) 939-8370. To stay updated on the Williston Center improvements, visit www.eminnetonka.com and search "Williston Fitness Center."

Sign up for weekly updates

MINNETONKA SENIOR SERVICES PROVIDES E-MAIL updates about center activities, trips, events and volunteer opportunities. Your e-mail address will not be shared with anyone. If interested, please give us your e-mail address or e-mail Nicole Gorman at ngorman@eminnetonka.com to receive weekly updates.

Recycling options at the Minnetonka Community Center

THE COMMUNITY CENTER HAS DROP-OFF BINS FOR THE following recyclable items: batteries, eyeglasses, Kemps milk tops, Campbell Soup labels, cell phones, metal pop can tabs and printer ink cartridges.

Questions? Call (952) 939-8393 or inquire at the front desk.

Recycle old fire extinguishers

THE MINNETONKA FIRE DEPARTMENT WILL TAKE YOUR old fire extinguisher for recycling. Call (952) 939-8598 for details.

A word from public works

AS YOU BEGIN PREPARING FOR YOUR YARD AND LEAF cleanup, please be aware of a new state law effective January 1, 2010, requiring that yard waste set out for curbside collection in the metro area be placed in compostable bags, made of either paper or compostable plastic.

Income Tax Volunteers

ARE YOU INTERESTED IN BEING ONE OF THE INCOME TAX volunteers at the center? Training is provided and your help is needed. Contact Steve if interested.

Collections needed for display

THE CENTER IS LOOKING FOR HOBBYISTS OR COLLECTORS with a collection of items they would like displayed in one of our display cases at the community center. If you are interested please call Steve Pieh at (952) 939-8366.

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Bird Club 10:00 <i>The Landing Shop</i> 10-4 Computer 10:00 Billiards 1:00 Oil Painting 1:00</p>
<p>4</p> <p>Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Executive Bd. Mtg 10:00 Tai Chi Chih 10/11:30 Billiards 1:00 Beg. Bridge 1:00 Health Insurance 1:00</p>	<p>5</p> <p>Yoga 9:45 Craft Committee 10:00 Poker Club 10:00 Int. Yoga 11:00 Bingo 12:45 Billiards 1:00 Tale Spinners 1:00 Parkinsons Support 4:00 City Open House 5-8</p>	<p>6</p> <p>Exercise 9:00 Cabin Ridge Ride Trip 9:00 Chorale 10:00 A.A./Al-Anon 10:30 Autumn Get Together 11:30 Social Bridge 1:00 Billiards 1:00 OLLI 7:00</p>	<p>7</p> <p>Defensive Driving 9:00 Yoga 9:45 Scribblers 10:00 Cribbage 10:00 Carvers 10:00 Int. Yoga 11:00 Beg. Line Dance 12:15 British History 1:00 Int. Line Dance 1:30 Billiards 3:00 Duplicate Bridge 6:00</p>	<p>8</p> <p>Exercise 9:00 Happy Feet 9:00 Computer 10:00 Lunch & Movie 12:00 Billiards 1:00 Oil Painting 1:00 Community Dance 6:15</p>
<p>11</p> <p>Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Tai Chi Chih 10/11:30 Ham Radio 10:00 Tonka Tale Tellers 10:00 Journeywell Author 10:30 Billiards 1:00 Beg. Bridge 1:00 Garden Club 1:00</p>	<p>12</p> <p>Yoga 9:45 500 Cards 10:00 Advisory Board 10:00 Care Website Demo 10:00 Int. Yoga 11:00 Bingo 12:45 Supreme Court Hist. 1:00 Senior Outreach 1:00 Tale Spinners 1:00 Zumba Chair 1:00 Zumba Gold 1:45 Billiards 3:00</p>	<p>13</p> <p>Exercise 9:00 Blood Pressure 9:30 Chorale 10:00 History - Am. Flag 10:00 Attitude @ Altitude 10:30 A.A./Al-Anon 10:30 Senior Singles Mtg 12:00 Sketch n' Journal 1:00 Social Bridge 1:00 500 Cards 6:30</p>	<p>14</p> <p>Yoga 9:45 Scribblers 10:00 Carvers 10:00 Legal Counsel 10/10:30 Int. Yoga 11:00 30th Anniversary Party 12:00 Beg. Line Dance 12:15 Bunco 1:00 British History 1:00 Int. Line Dance 1:30 Billiards 3:00 Duplicate Bridge 6:00</p>	<p>15</p> <p>Exercise 9:00 Civic Center Hike 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer 10:00 Billiards 1:00 Oil Painting 1:00</p>
<p>18</p> <p>Exercise 9:00 Digital Camera 9:00 Art Drop In 9:00 Tai Chi Chih 10/11:30 Billiards 1:00 Beg. Bridge 1:00 Health Insurance 1:00</p>	<p>19</p> <p>Fanny Hill Theater 9:00 Script Folding 9:00 Yoga 9:45 Poker Club 10:00 Int. Yoga 11:00 Bingo 12:45 Supreme Court Hist. 1:00 Tale Spinners 1:00 Zumba Chair 1:00 Zumba Gold 1:45 Billiards 3:00 Defensive Driving 6:00</p>	<p>20</p> <p>Exercise 9:00 Chorale 10:00 A.A./Al-Anon 10:30 Social Bridge 1:00 Billiards 1:00 Adopt-A-Highway 1:00 CNI 1:00 Sketch n' Journal 1:00 Friends Society 6:30</p>	<p>21</p> <p>Flu Shots 9-12 Yoga 9:45 Scribblers 10:00 Carvers 10:00 Int. Yoga 11:00 Beg. Line Dance 12:15 Book Club 1:00 British History 1:00 Bunco 1:00 Int. Line Dance 1:30 Billiards 3:00 Duplicate Bridge 6:00</p>	<p>22</p> <p>New London Trip 8:15 Exercise 9:00 Computer 10:00 Billiards 1:00 Oil Painting 1:00</p>
<p>25</p> <p>Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Tai Chi Chih 10/11:30 Billiards 1:00</p>	<p>26</p> <p>Yoga 9:45 500 Cards 10:00 Int. Yoga 11:00 Bingo 12:45 Senior Outreach 1:00 Supreme Court Hist. 1:00 Tale Spinners 1:00 Zumba Chair 1:00 Zumba Gold 1:45 Billiards 3:00 Great Books 7:15</p>	<p>27</p> <p>Exercise 9:00 Chorale 10:00 History - Am. Flag 10:00 Comm. Connections 10:15 A.A./Al-Anon 10:30 Social Bridge 1:00 Billiards 1:00 500 Cards 6:30</p>	<p>28</p> <p>Yoga 9:45 Legal Counsel 10/10:30 Scribblers 10:00 Carvers 10:00 Pops & Pie 10:30 Int. Yoga 11:00 Beg. Line Dance 12:15 Bunco 1:00 British History 1:00 Int. Line Dance 1:30 Billiards 3:00 Duplicate Bridge 6:00 Dr. Michael Osterholm 7:00</p>	<p>29</p> <p>Exercise 9:00 Computer 10:00 Billiards 1:00 Oil Painting 1:00</p>

Minnetonka Recreation Services
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Minnetonka, MN 55345

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About the Script...

Editor: Nicole Gorman

The *Minnetonka Script* is published monthly by Minnetonka Recreation Services for Minnetonka residents age 55+. Programs are sponsored by the city of Minnetonka.

The *Script* is mailed free of charge to residents of Minnetonka. The subscription rate for non-residents is \$10. Free newsletters are located in the display case and in city hall. Call (952) 939-8393 to add your name to the mailing list. You may also view the *Script* online at www.eminnetonka.com.

Our mission...

To develop and promote programs and services in our community to meet the diverse needs of those 55+.



Contact us...

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