

Minnetonka Script

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

May 2011

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Our mission...

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

May is Older Americans Month!

Cinco de Mayo party is May 5

JOIN US FOR A CINCO DE MAYO PARTY, INCLUDING A MEXICAN BUFFET WITH A FAJITA bar, refried beans, cheese quesadillas, Spanish rice, taquitos and assorted desserts.

Course #22442

Thursday, May 5, 12 p.m.

Cost: \$6 payable to MSS by Monday, May 2. ☺☺

To shred or not to shred?

THIS PRESENTATION PROVIDES AN INSIGHT ON THE IMPORTANCE OF KEEPING information confidential in order to decrease their risk of identity theft. It also gives suggestions on how long to retain documents and what documents should be shredded.

Shred-N-Go is a local shredding company that has trucks available for on-site shredding. Trucks shred documents down to 5/8" particle size for the highest level of security. A shredding truck will be here May 17 from 1-2 p.m. (extra cost for shredding if you do not attend the May 6 event). A special thanks to Shred-N-Go, Inc., and Home Instead Senior Care for providing this program.

Course #22480

Friday, May 6, 10:30 a.m.

Cost: \$5 (includes May 17 shredding) payable to MSS by Wednesday, May 4. ☺☺

Century of hats/over 85 party is May 9

ENJOY A VINTAGE HAT SHOW, "A CENTURY OF HATS: WITH HEATHER EDGINGTON," featuring the delicate bonnet to the sporty boater, the jazzy cloche, to the classic pillbox. This entertaining show is for anyone who loves history and fashion. A light lunch featuring chicken salad croissants will be served following the show.

May is Older Americans Month and a special celebration will honor those 85 and older; however, this celebration is open to all seniors as well.

Those who are 85 and older will receive a flower and those who are 90 and older will receive a flower and will be admitted for free. Make sure to mention your age when registering. Flowers are provided courtesy of RidgePointe of Minnetonka.

Course #22444

Monday, May 9, 11 a.m. - vintage hat show; 12 p.m. - lunch

Cost: vintage hat show **or** lunch: \$7; vintage hat show **and** lunch: \$10. Fees payable to MSS by Monday, May 2. Space is limited, so register early. ☺☺

Activity level scale

THE FOLLOWING SCALE IS AN APPROXIMATE GUIDE OF THE activity level of a program or trip. The scale is based on the level of activity and physical ability needed to perform that activity.

On the scale, one star is the least demanding and is appropriate for all activity levels and five stars is the most demanding, requiring a high level of physical fitness and mobility.

If you are unsure if a program is right for you, please call senior services at (952) 939-8393.

Activity Scale:

- ★–Passive
- ★★–Moderate
- ★★★–Active
- ★★★★–Brisk
- ★★★★★–Vigorous

Senior Services Highlight:

Let H.O.M.E. help

H.O.M.E. (HOUSEHOLD AND OUTSIDE MAINTENANCE for Elderly) provides home maintenance and homemaking services to seniors over the age of 60 living in the City of Minnetonka. For more information about H.O.M.E. or to put in a request for help, please call Tim or Melissa at (952) 746-4046. Fees for service are based on monthly income. H.O.M.E. is a program of Senior Community Services.



When the leaves start to fall, call H.O.M.E. (Household and Outside Maintenance for Elderly). H.O.M.E. is here to relieve the worry of getting all of those leaves cleaned up.

Volunteers from local corporations, churches and social groups are ready to help with getting your yard looking its finest. Our volunteers are also able to help with window washing, garage cleaning, and many other tasks. ☺

A history of show tunes

SINCE SHOW TUNES COME FROM MUSICALS, THE AUDIENCE will learn the definition and origin of musicals and how they developed. James Shaw will also play and sing Show Tunes from popular American musicals such as Oklahoma, Annie Get Your Gun, Carousel, My Fair Lady and others that will surely bring back good memories.

Course #22443

Wednesday, May 11, 10:30 a.m.

Cost: \$2 payable to MSS by Monday, May 9. ☺

Enjoy lunch and a movie: “The Time Traveler’s Wife”

A Chicago librarian suffers from a rare genetic disorder that sends him hurtling through time whenever he is under extreme duress. Despite the fact that he vanishes at frequent and lengthy intervals, he attempts to build a stable future with the beautiful young heiress he loves.

Course #22445

Friday, May 13, 12 p.m.

Menu: Assorted buffet and dessert.

Cost: \$5 payable to MSS by Wednesday, May 11. ☺

Community Connections

MINNETONKA’S SPECIAL PROJECTS AND ELECTIONS person Laura Ronbeck will be our guest at this month’s Community Connections event. If you have questions about the Burwell House or elections, now is the time to get answers! Coffee will be provided.

Course #22488

Monday, May 16, 10:15 a.m.

Please RSVP by Friday, May 13. ☺

Modern history of China

XUEFENG YU (AKA: PHEONIX) HAS RETURNED FROM HER winter visit to China and will be presenting on a variety of historical facts from the past 100 years. Topics will include the decline of the last dynasty in China from the 19th and 20th century; the revolutionary forefather Dr. Sun Yatsen’s overthrow of the Qing Dynasty, built by the first Republic of China; Jian Kaishek’s seizure of power to start the first civil war; the Long March; and many more.

Course #22489

Wednesday, May 18, 10:30 a.m.

Cost: \$5 payable to MSS by Friday, May 13. ☺

Getting a good night's sleep and sleep disorders

COLLEEN BAZZANI, A SLEEP EDUCATOR FROM METHODIST Hospital/Park Nicollet Clinic's Sleep Disorders Center, will be here to present information on sleep disorders, sleep and aging, drowsy driving, normal sleep and abnormal sleep, and how to get a good night's sleep. Colleen will present an overview of different diagnoses and treatment of various sleep disorders.

Course #22490

Monday, May 23, 10:30 a.m.

Cost: \$2 payable to MSS by Thursday, May 19. ☞

CareNextion demo: May 24

SENIOR COMMUNITY SERVICES (SCS), IN PARTNERSHIP with Independent Home Living (IHL), will present a demonstration of a website designed for caregivers to 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 the person being cared for can remain in the community and independent as long as possible. Check it out at www.ihlcaregiver.com.

Course #22491

Tuesday, May 24, 6 p.m.

Please call (952) 939-8393 to RSVP for this free session. ☞

Preventing Osteoporosis

OSTEOPOROSIS AFFECTS 44 MILLION AMERICANS AND IS responsible for more than 1.5 million fractures annually. Osteoporosis cannot be cured, but several actions can be taken to prevent it. The prevention process begins as early as childhood, and must continue throughout the entire lifespan. Exercise, nutrition, medication, hormones, gender, and ethnicity all play a part in determining the health and strength of your bones. To learn more on how to keep your bones strong and healthy attend, "Bone Health, Maintaining and Building Bone Strength for the Prevention of Osteoporosis," presented by Kelly Hyvare, fitness specialist at the Wellness Center at Jones-Harrison.

Course #22492

Wednesday, May 25, 10:30 a.m.

Cost: \$2 payable to MSS by Monday, May 23. ☞

Health and wellness classes

by Inna Sicard, certified massage therapist, published author and lecturer

INNA HAS A HOLISTIC VIEW OF WELLNESS AND BELIEVES that restoring health requires the entire person to be treated, not just a specific problem, malady, or disease. She uses and teaches techniques for natural healing using massage, pressure points, and exercise.

In the East where she was educated, these natural healing methods are primary treatments. They are employed daily in European clinics and hospitals where both patients and doctors are keenly aware of their benefits and curative powers.

- **How to live a healthy, long and joyful life:** Friday, May 20, 10:30 a.m. to 12 p.m. Let's discover how to live longer without "beauty pills" and spending a lot of money to fight aging. Follow 20 simple rules and it will change your life for the best. **Course #22493**
- **Stretching techniques:** Wednesday, June 1, 10:30 a.m. to 12 p.m. Why does it feel so good when you stretch? If you improve body flexibility can you get rid of pain? Is it possible to breathe better by doing stretching exercises? Come to this class and you will have all the answers. **Course #22494**
- **Back Pain Relief:** Monday, June 27, 10:30 a.m. to 12 p.m. Do you suffer from back pain? Come to this class to learn ways in which you can treat yourself and others by using exercises, massage therapy and some unique methods. Give yourself a gift of relief. **Course #22495**

Each class has a cost of \$5 payable two days prior to the program date. ☞

Hikes through Minnetonka

JOIN THE MINNETONKA SENIOR CENTER ON MONTHLY hikes from 9–10 a.m. at one of Minnetonka's parks and/or trails. The following is a list of the parks and dates that we will be visiting.

These are free two-mile hikes. Please make sure to bring your own water and to meet at the designated park listed below. Maps are available at the senior center front desk.

- **South of Purgatory Creek:** Friday, May 13. Park at the shelter—will hike to Highway 62.
- **Minnetonka High School:** Tuesday, June 21. Park at Kingswood Terrace and Vine Hill Road. ☞

Group	Meeting day	Information
Advisory Board	2 nd Tuesday at 10 a.m.	
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.
12-15 Mile Bike Club	Tuesdays & Thursdays at 9 a.m.	See page 5 for more details.
Bingo	Tuesdays at 12:45 p.m.	
Bird Club	1 st Friday of the month at 10 a.m.	May 6—Jim Williams will present on some things about birds.
Book Club	3 rd Thursday of the month at 1 p.m.	May 19—In the Time of the Butterflies by Julia Alvarez
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 (952) 939-8393 to make an appointment.
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.
Garden Club	2 nd Monday at 1 p.m.	
Great Books	4 th Tuesday at 7:15 p.m.	May 24—Amazing Grace by Eric Metaxas
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. See the November calendar for availability.
The Landing Shop	Open Wednesday - Saturday from 10 a.m. to 4 p.m.	See page 9 for more information.
Parkinson's Support	1 st Tuesday at 4 p.m.	New members welcome.
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	2 nd Wednesday at 11:30 a.m.	New members welcome
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.

Bike club: Tuesdays, Thursdays

COME AND EXPLORE MANY NEW TRAILS IN OUR CITY AND state. This club rides twice a week on Tuesdays and Thursdays on 58 different trails. There is a \$5 annual registration fee. Please call (952) 939-8393 for more information. ★★★

Managing your digital photos

DO YOU HAVE QUESTIONS ABOUT HOW TO STORE, SORT, delete and organize 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.

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 \$33.

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.

Writing Groups

ARE YOU LOOKING FOR A WRITING GROUP TO JOIN? Would you like to meet weekly with other people who enjoy writing and sharing together what they have written?

- *Tale Spinners*: Meets Tuesdays at 1 p.m. and offers rapport and support for seniors interested in writing memoirs, fiction etc.
- *Scribblers*: Meets Thursdays at 10 a.m. and group members write and share their short stories, essays, poems etc.

Both groups meet in the St. Albans room and welcome new members. These groups take June through August off and resume again in September.

Volunteers needed

- *Script folding* is Thursday, May 19, 9 a.m.
- Volunteers are needed for monthly parties and other special events. Volunteers eat for free.

Sign up for weekly updates

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

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, 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. Tim Morin is the H.O.M.E. services coordinator for Minnetonka. Tim can be reached at (952) 939-8363, Tuesdays and Thursdays between 8 a.m. to noon. Tim's hours are subject to change.

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, range of motion, balance and stamina. *Please bring a yoga mat or towel to class.*

Course	Day	Level	Date	Time	Fee
21273	T	Beg. ★★	May 3-24	9:45- 10:45 a.m.	\$15
21275	TH		May 5-26		\$15
21279	T		June 7-28		\$15
21281	TH		June 9-30		\$15
21285	T		July 5-26		\$15
21287	TH		July 7-28		\$15
21291	T		August 2-23		\$15
21293	TH		August 4-25		\$15
21276	T		Int. ★★		May 3-24
21278	TH	May 5-26		\$15	
21282	T	June 7-28		\$15	
21284	TH	June 9-30		\$15	
21288	T	July 5-26		\$15	
21290	TH	July 7-28		\$15	
21294	T	August 2-23		\$15	
21296	TH	August 4-25		\$15	

New Evening Yoga — Nancy Holasek

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

Course	Day	Level	Date	Time	Fee
21274	W	Beg. ★★	May 4-25	6:15- 7:15 p.m.	\$15
21280			June 8-29		\$15
21286			July 6-27		\$15
21292			August 3-24		\$15
21277	W	Int. ★★	May 4-25	7:30- 8:30 p.m.	\$15
21283			June 8-29		\$15
21289			July 6-27		\$15
21295			August 3-24		\$15

British History—*Terry Kubista*

EXAMINE BRITISH CULTURE 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.

Influential Britons

- People covered include: Winston Churchill, Francis Drake, Walter Raleigh, Simon De Monfort, Lord Nelson and Charles Darwin.

Course	Part	Day	Date	Time	Fee
21251	II	TH	May 5–26	1–3 p.m.	\$25

Introduction to Chair Pilates—*Grant Engelmann*

LEARN TO HARNESS THE POWER OF YOUR OWN BODY TO strengthen, tone and improve flexibility. This class will teach participants how to engage their core muscles each day to reduce joint pain, improve posture and enhance energy. Bring a mat to class. A survey will be used to evaluate whether a class will be offered.

Course	Day	Date	Time	Fee
22498	T/TH	May 10 & 12	8:15-9:15 a.m..	\$15

Line dance—*Eileen Ronning*

CONTINUING BEGINNER: MUST HAVE COMPLETED A minimum of 8 previous classes.

Intermediate: Must have completed a minimum of 50 previous classes.

Course	Day	Lvl	Date	Time	Fee
21242	TH	Beg. ★★	May 5-26	12:15-1:15 p.m.	\$20
21243		Int. ★★★		1:30–2:30 p.m.	\$20
21244		Beg. ★★	June 2-23	12:15-1:15 p.m.	\$20
21245		Int. ★★★		1:30–2:30 p.m.	\$20
21246		Beg. ★★	July 14- August 4	12:15-1:15 p.m.	\$20
21247		Int. ★★★		1:30–2:30 p.m.	\$20
21248		Beg. ★★	August 11- September 1	12:15-1:15 p.m.	\$20
21249		Int. ★★★		1:30–2:30 p.m.	\$20

Watercolor workshop—*Jennifer*

EXPLORE BASIC KEY TECHNIQUES AND TOOLS OF watercolor painting by following along with a step-by-step demonstration. Beginning level necessary. A list of materials will be provided at the time of registration.

Course	Day	Date	Time	Fee
22496	W	June 15	1–4 p.m.	\$10

Introductory watercolor—*Jennifer*

JOIN US AND EXPLORE WATERCOLOR PAINTING. WE WILL focus on key techniques, basic tools and ideas. No experience necessary. A list of supplies will be provided at the time of registration.

Course	Day	Lvl	Date	Time	Fee
22497	W	Beg.	June 22–July 20 <i>No class July 6</i>	1–2:30 p.m.	\$36

Art with an emphasis on color – *Gin Weidenfeller*

EXPLORE MIXING, BLENDING, LAYERING, GLAZING, COLOR schemes and theory to spark your drawings and paintings. Learn a variety of watercolor and gouache painting methods as well as pen, ink wash, oils, pastels, and water soluble/color pencil application to create colorful nature subjects, still life, landscapes, etc. View works from major artists and colorists for inspiration. Materials will be provided.

Course	Day	Date	Time	Fee
21252	W	May 4 & 11	1:30–3 p.m.	\$36



Picture above is of the line dance class with Annette Fragale.

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.

Simply amazing Amish

Wednesday, May 4

Pick-up time: 8:45 a.m.

Estimated Return time: 5:45 p.m. ☞

Christmas Lake Canoe Trip

Thursday, May 12

Pick-up time: 9:30 a.m.

Estimated Return time: 1 p.m. ☞

Minnehaha Creek Canoe Trip

Thursday, May 26

Pick-up time: 9:30 a.m.

Estimated Return time: 1 p.m. ☞

MN Twins at Target Field

Thursday, June 9

Pick-up time: 5:30 p.m.

Estimated Return time: 10:45 p.m. ☞

Trips available for registration

Cruise the world of senior living

BOARD YOUR “CRUISE SHIP” AT THE MINNETONKA Community Center and take a trip to view each level of senior housing. Your trip includes stops at five different senior housing locations, featuring food and fun from various ports of call. At RidgePointe Senior Living you'll say Olé to the cuisine and excitement of Mexico. Then cruise to Legacy Homes and experience the delicacies of Japan. Next you'll dock at Emerald Crest Memory Care and relax with tempting treats from the Caribbean islands. Your cruise takes you next to Golden Living Center Hillcrest of Wayzata where the food and flavor of Italy await. Last but not least your ship will set sail for Meridian Manor Assisted Living where you'll indulge your sweet tooth with luscious desserts from France. Finally you'll sail home to the Minnetonka Community Center where you'll enter your passport in a drawing for a fabulous gift card that will guarantee you'll always remember your unique sailing experience. Reservations are limited so book your cruise today. All proceeds from the cruise go to Minnetonka Senior Services.

Course #22499

Thursday, May 26

Cost: \$5 includes tours, food and transportation.

Pick-up time: 10:00 a.m.

Estimated Return time: 3:00 p.m.

Registration Deadline: Monday, May 23. ☞

The Landing Shop

- The Landing Shop: 11280 Wayzata Boulevard, at the northwest corner of I-394 and Hopkins Crossroad/Cty. Rd. 73 in Westridge Market.
- The shop is open Wednesdays through Saturdays, 10 a.m. to 4 p.m. Phone: (763) 591-4868. ☞

Behind the scenes: Target Field

EXPERIENCE THE MAGNIFICENCE OF TARGET FIELD on a unique behind-the-scenes look at one of Major League Baseball's best and newest ballparks. Learn about the history of the Twins and baseball in Minnesota, the unique attributes and background of the Target Field site and its eco-friendly features. No video photography is allowed. The Target Field tour will conclude at the Majestic Pro Shop where time will be allotted for participants to shop. Following the tour, a lunch of chicken and dumplings, cranberry sauce, Jax house salad, bread and a beverage will be provided at Jax Cafe.

Course #22500

Wednesday, July 13

Cost: \$58 includes tour, lunch, transportation and escort.

Pick-up time: 10:00 a.m.

Estimated Return time: 3:30 p.m.

Registration Deadline: Friday, June 17 (until full). ☞

Taylor's Falls boat cruise

ENJOY AWE-INSPIRING VIEWS ON THE ST. CROIX RIVER ON a narrated boat ride leaving Taylor's Falls, Minn. A box lunch of deli sandwich, chips, fruit, cookie and a beverage will be served. There will be a stop at Eichten's Cheese Shop & Deli in City Center for refreshments (at your own cost).

Course #22501

Tuesday, August 9

Cost: \$50 includes boat ride, lunch, transportation & escort.

Pick-up time: 9:45 a.m.

Estimated Return time: 3:30 p.m.

Registration Deadline: Friday, July 8. ☞

Apples, wine & chocolate

ENJOY A LEISURELY FALL AFTERNOON STROLLING through Aamodts Apple Farm, the St. Croix Winery, the Lowell Inn, and the Chateau St. Croix. Lunch will be served at the Lowell Inn. The menu includes chicken ala king, mashed potatoes, vegetable of the day, beverage and a small dessert.

Course #22502

Wednesday, September 14

Cost: \$64 includes tours, lunch, transportation & escort.

Pick-up time: 9:00 a.m.

Estimated Return time: 5:00 p.m.

Registration Deadline: Friday, August 19. ☞

Extended trips

FOR FURTHER INFORMATION ON THE EXTENDED TRIPS listed below. Call Senior Community Services at (952) 541-1019 or visit www.seniorcommunity.org and click on Travel-Extended Tours.

Alaska Northbound

July 14–30

Cost is \$3,950 per person, double occupancy. ☞

Canadian Rockies

July 15–25

Cost is \$1,525 per person, double occupancy. ☞

8-Day Alaska Circle

July 16–23

Cost is \$2,850 per person, double occupancy. ☞

11-Day Alaska Explorer

July 20–30

Cost is \$2,650 per person, double occupancy. ☞

Alaska Fishing Adventure (King Salmon) August 7–12

Cost is \$2,650 per person, double occupancy. ☞

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 or visit their website at www.mnsafetycenter.org 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. Sign up early for these classes.

If you are an AAA member you can save \$3 off of your defensive driving course by providing your member number and expiration date.

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.

- Tuesday, May 3

Four-hour renewal evening course:

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

- Thursday, May 19

Eight-hour evening course:

All eight-hour evening classes are held from 6–10 p.m. Cost for the class is \$24. To register call 1-888-234-1294.

- Tuesday, May 24 & Thursday, May 26

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

Bocce ball games at Plymouth Creek Center

THE CITY OF PLYMOUTH'S SENIOR PROGRAM WILL JOIN an estimated 1,000 events to celebrate the 18th Annual National Senior Health & Fitness Day (NSHFD). As an official host site, Plymouth Creek Center will hold a Healthy Lifestyle Event May 25.

As part of that day they will be hosting bocce ball games, a scenic walk and speakers. For more information or to register, call the Plymouth Creek Center at (763) 509-5280.



Music in the Park returns June 7

ENJOY MUSIC IN THE PARK TUESDAYS, 7-8:30 P.M., JUNE 7, 21 and 28; July 5, 12, 19 and 26; and August 2.

Theater in the Park performances are scheduled for June 14. All performances take place at the outdoor amphitheater at the Minnetonka Civic Center Campus, 14600 Minnetonka Boulevard. Watch upcoming publications for a list of musical guests. We hope to see you there!

Farmers' Market starts July 5

THE MINNETONKA FARMERS' MARKET RETURNS FOR ITS third year, starting July 5 and continuing every Tuesday through September 27, from 3 to 7 p.m. at the Minnetonka Civic Center Campus, 14600 Minnetonka Boulevard, Minnetonka. Enjoy the products of many local vendors selling a wide variety of fruits, vegetables, flowers, canned goods, syrup, honey, snack foods, bread, baked goods and crafts. See the July *Minnetonka Memo* or visit www.eminnetonka.com for a complete list of vendors and activities. See you at the market!

Minnetonka carrier annex closed

EFFECTIVE MARCH 2011, THE MINNETONKA CARRIER Annex located off Minnetonka Industrial Blvd. in Minnetonka has closed. All mail will now be delivered through the Minnetonka or Hopkins post offices. If you have any questions, call (952) 935-4909.

Minnetonka Red Hatters

THE RED HATTERS' MAY OUTING WILL BE A LUNCHEON at Sakana Sushi and Asian Bistro, Wednesday, May 18, 1 p.m. Sakana is located at 683 East Lake Street in downtown Wayzata. For reservations call Dee at (952) 929-8057.

Caregiving: a roadmap to success

MINNETONKA SENIOR SERVICES IN COLLABORATION with the Senior Advisory Board and the Community Needs and Issues Group will be hosting a caregiving expo on Saturday, September 10. Save the date and bring a friend to learn about resources available within the community. Speakers will present on a variety of topics and an exhibit hall will follow the presentations.

Fall Fitness Fest planned

MINNETONKA SENIOR SERVICES, IN PARTNERSHIP WITH the Plymouth Creek Center and Senior Community Services, will offer Fall Fitness Fest in September, a two-day program promoting fitness in people age 55 and above.

Activities for all fitness levels will be offered. Look for more information in the June/July *Senior Script*.

Book and pie sale is October 5

MINNETONKA SENIOR SERVICES IN CONJUNCTION WITH the Senior Advisory Board, will host its annual book sale on Wednesday, October 5. If you have books and would start saving your books, the drop off collection will be held on Monday and Tuesday, October 3 and 4.

55+ west metro softball league

THE WEST METRO SENIOR SOFTBALL BEGINS ITS 18TH season of play starting in late April. This four-month program meets on Tuesday and Thursday mornings using the Van Valkenberg softball fields, located off Highway 169 and Lincoln Drive, in northwest Edina. Call (612) 922-8687 to register. There is a seasonal fee of \$40.

70+ softball league

SLOW-PITCH SOFTBALL IS PLAYED EVERY MONDAY AND Wednesday mornings at Big Willow Park. Modified rules allow for competitive play without the risk of serious injury. The season is from late April through October. Registration will be accepted throughout the season.

Course #21254

Mondays and Wednesdays, April–October from 9 a.m.-12 p.m. Cost is \$15 payable to MSS.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Tai Chi Chih 10/11:30 Executive Comm. 10:30 Bridge II 1:00 Health Insurance 1:00 Billiards 1:00</p>	<p>3</p> <p>Defensive Driving 9:00 Yoga 9:45 Poker Club 10:00 Craft Committee 10:00 Int. Yoga 11:00 Bingo 12:45 Tale Spinners 1:00 Senior Outreach 1:00 Billiards 1:00 Parkinson's Support 4:00</p>	<p>4</p> <p>Amazing Amish Trip 8:45 Chorale 10:00 A.A./Al-Anon 10:30 Social Bridge 1:00 Billiards 1:00 Intro Watercolor 1:00 Art w/Color Emphasis 1:30 Yoga 6:15 OLLI 7:00 Int. Yoga 7:30</p>	<p>5</p> <p>Yoga 9:45 Scribblers 10:00 Carvers 10:00 Cribbage 10:00 Int. Yoga 11:00 Chess 12:00 Cinco de Mayo Buffet 12:00 Beg. Line Dance 12:30 British History 1:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00</p>	<p>6</p> <p>Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Bird Club 10:00 Computer 10:00 Shred It Program 10:30 Billiards 1:00 Oil Painting 1:00</p>
<p>9</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 Bean Bag League 10:30 Over 85 Party 11:00/12:00 Bridge II 1:00 Garden Club 1:00 Billiards 1:00</p>	<p>10</p> <p>Intro to Pilates 8:15 Yoga 9:45 Advisory Board 10:00 Int. Yoga 11:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00</p>	<p>11</p> <p>Blood Pressure 9:30 Chorale 10:00 A.A./Al-Anon 10:30 Show Tunes 10:30 Senior Singles Mtg 11:30 Social Bridge 1:00 Billiards 1:00 Intro Watercolor 1:00 Art w/Color Emphasis 1:30 Yoga 6:15 500 Cards 6:30 Int. Yoga 7:30</p>	<p>12</p> <p>Intro to Pilates 8:15 Christmas Lake Canoe 9:30 Yoga 9:45 Scribblers 10:00 Carvers 10:00 Legal Counsel 10:00/10:30 Int. Yoga 11:00 Chess 12:00 Bunco 1:00 Beg. Line Dance 12:30 British History 1:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00</p>	<p>13</p> <p>Exercise 9:00 Happy Feet 9:00 S. Purgatory Hike 9:00 Computer 10:00 Lunch & Movie 12:00 Billiards 1:00</p>
<p>16</p> <p>Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Comm. Connections 10:15 Tai Chi Chih 10/11:30 Bridge II 1:00 Health Insurance 1:00 Billiards 1:00</p> <p><i>Golf League Starts</i></p>	<p>17</p> <p>Yoga 9:45 Poker Club 10:00 Int. Yoga 11:00 Bingo 12:45 Shred It Truck 1:00 Senior Outreach 1:00 Tale Spinners 1:00 Billiards 1:00</p>	<p>18</p> <p>Exercise 9:00 Chorale 10:00 History of Modern China 10:30 A.A./Al-Anon 10:30 CNI 1:00 Intro Watercolor 1:00 Social Bridge 1:00 Yoga 6:15 Int. Yoga 7:30</p>	<p>19</p> <p>Script Folding 9:00 Yoga 9:45 Scribblers 10:00 Carvers 10:00 Int. Yoga 11:00 Chess 12:00 Beg. Line Dance 12:30 Book Club 1:00 British History 1:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00 Defensive Driving 6:00</p>	<p>20</p> <p>Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer 10:00 Live a Joyful Life 10:30 Billiards 1:00</p>
<p>23</p> <p>Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Tai Chi Chih 10/11:30 Sleep Presentation 10:30 Bridge II 1:00 Billiards 1:00</p>	<p>24</p> <p>Yoga 9:45 Int. Yoga 11:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00 CareNextions Demo 6:00 Defensive Driving 6:00 Great Books 7:15</p>	<p>25</p> <p>Exercise 9:00 Chorale 10:00 A.A./Al-Anon 10:30 Osteoporosis 10:30 Social Bridge 1:00 Billiards 1:00 Yoga 6:15 500 Cards 6:30 Int. Yoga 7:30</p>	<p>26</p> <p>Yoga 9:45 Minnehaha Canoe 9:30 Cruise Sr. Housing 10:00 Scribblers 10:00 Carvers 10:00 Legal Counsel 10:00/10:30 Int. Yoga 11:00 Chess 12:00 Bunco 1:00 Beg. Line Dance 12:30 British History 1:00 Int. Line Dance 1:45 Billiards 3:00 Defensive Driving 6:00 Duplicate Bridge 6:00</p>	<p>27</p> <p>Exercise 9:00 Computer 10:00 Billiards 1:00</p>
<p>30</p> <p>Center Closed in Observance of Memorial Day</p>	<p>31</p> <p>Bingo 12:45 Tale Spinners 1:00 Billiards 1:00</p>			

Minnetonka Recreation Services
14600 Minnetonka Blvd.
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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Public Works 952-988-8400