

Minnetonka Script

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

October 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+.

Anniversary party is October 4

CELEBRATE WITH MINNETONKA SENIOR SERVICES IN PROVIDING 31 YEARS OF SENIOR programs, services, classes and trips. Enjoy a luncheon of roast beef, mashed potatoes, gravy, green beans, dinner roll and dessert. Entertainment will be provided by the musical talents of Coda, a saxophone and keyboard duet. Thank you to RidgePointe of Minnetonka for providing the dessert.

Course #23824

Tuesday, October 4, 12 p.m.

Cost: \$7 payable to MSS by Wednesday, September 28. ☞☞

Book and pie sale is October 5

MINNETONKA SENIOR SERVICES, IN CONJUNCTION WITH THE SENIOR ADVISORY BOARD, will host its annual book sale Wednesday, October 5, from 12-6 p.m. If you have books and would like to donate them please follow these guidelines.

Wanted:

- Hard and soft cover books, CDs, DVDs and VHS tapes in good condition.

Not accepted for sale:

- *Reader's Digest* condensed books, old textbooks, *National Geographic* or other magazines, any books with odors, and any worn or outdated books that would not sell.
- Please recycle your old books and magazines in your blue city curbside recycling bin.

Book drop-off times:

- Monday and Tuesday, October 3 & 4, 9 a.m.-3 p.m.

Book and pie sale:

- Wednesday, October 5, 12-6 p.m. From 5-6 p.m. there will be a book blow-out sale: \$2.50 for all you can fit into a bag.
- Most books are \$1 or less.
- Pie for sale per slice. Fruit pies will be \$2 per slice or \$3 with ice cream. Cream pies will be \$3 per slice. New this year: sloppy joes, chips and a pickle for \$2. Coffee is free with the purchase of food.
- The Landing Shop will offer homemade crafts for sale.
- For more information or questions, call (952) 939-8393. ☞☞

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.

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

Hikes through Minnetonka

JOIN THE MINNETONKA SENIOR CENTER FOR A TWO-MILE hike from 9–10 a.m. Bring water and meet at the designated park.

- *Jidana Park:* Thursday, October 6. Park at the Minnetonka Community Center. ☞

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. This free web tool is easy to use and provides essential information.

Course #23825

Wednesday, October 12, 6:30-8 p.m.

Register for this free session by Monday, October 10. ☞

Enjoy lunch and a movie: “National Treasure: Book of Secrets”

TREASURE HUNTER BENJAMIN FRANKLIN GATES (NICOLAS Cage) looks to discover the truth behind the assassination of Abraham Lincoln by uncovering the mystery within the 18 pages missing from assassin John Wilkes Booth’s diary.

Course #23826

Friday, October 14, 12 p.m.

Menu: Chicken wild rice soup, half a sandwich and dessert.

Cost: \$5 payable to MSS by Wednesday, October 12. ☞

Health and wellness classes

INNA SICARD, CERTIFIED MASSAGE THERAPIST AND published author and lecturer, 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. Inna has run physical therapy departments in both the Ukraine and Berlin, Germany. 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.

- **Breathe Better—Live Better:** Thursday, October 6, 10:30 a.m. to 12 p.m. There are natural ways to improve breathing. Most of us take easy breathing for granted; however, those that have problems breathing value healthy respirations. Join us to learn how to breathe better and live better. **Course #23310**
- **Let’s Talk Energy:** Monday, November 21, 10:30 a.m. to 12 p.m. Energy is the power we use for transportation, heat and light in our homes, and for the manufacturing of all kinds of products. There are different types and forms of energy. It can be converted from one form to another, but never lost or destroyed. This program is a chance to learn how to use that energy for healing and improving your health. It is possible to live pain free. **Course #23311**
- **Do-It-Yourself Facelift:** Monday, December 12, 10:30 a.m. to 12 p.m. You don’t have to have surgery to look younger. There are several options for non-surgical do-it-yourself facelifts that you can try in the comfort of your own home. Facial exercises and changes in lifestyle are the cheapest, safest and easiest ways for a do-it-yourself facelift. This is an interactive class including exercises, self massage, unique masks and much more. **Course #23312**

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

Tech day is October 17

LEARN ABOUT THE TECHNOLOGY YOUR GRANDCHILDREN are using. Experience a panel discussion and hands-on demonstrations of many new technologies, including Kindle, YouTube, texting, Skype and Facebook. Bring any questions you have regarding technology to this session.

A special thank you to our computer interest group volunteers for hosting this event.

Course #23313

Monday, October 17, 1–4 p.m.

RSVP for this free event by Wednesday, October 12. ☞

Medicare Part D

EVEN IF YOU ARE HAPPY WITH YOUR CURRENT PART D coverage, we recommend checking every year to be sure there are no benefits surprises for the new year. Come hear a free and unbiased educational presentation. Topics will 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.

The class is offered in cooperation with SCS (Senior Community Services), a non-profit agency.

Course #23827

Tuesday, October 18, 10 a.m.

Please RSVP for this free event by Friday, October 14. ☞

Exercise and effectiveness

BE AN EXPERT AT GETTING OLDER BY EXERCISING. IF YOU would like to increase your life expectancy and improve your quality of life and decrease the effects of dementia and potentially prevent Alzheimer's, then come to this presentation. Do you think you could benefit from increased cognitive function such as memory? How about improving your day to day activities such as planning, processing and control? If so, come and hear about how you can put years into your life and life into those years. Listen to effective strategies that extend life expectancy and quality of life through a regular exercise program.

Course #23828

Thursday, October 20, 10:30 a.m.

Register for this free presentation by Tuesday, October 18. Refreshments will be provided. ☞

Flu shots available October 25

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

The 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.

Tuesday, October 25 from 9 a.m.–12 p.m. ☞

Great singers

JAMES SHAW'S PROGRAM WILL FEATURE THE MUSIC OF great American singers like Bing Crosby, Elvis Presley, Tony Bennett and others from the Big Band era. He will also do a few impressions. His focus will be on the unique contributions these singers gave to American music. From Sinatra's phrasing to Elvis' rhythmical style and Ella Fitzgerald's "scat." Enjoy the music of these great singers.

Course #23829

Wednesday, October 26, 10:30 a.m.

Cost: \$2 payable to MSS by Monday, October 24. ☞

Let's talk turkey

THE MINNESOTA TURKEY RESEARCH AND PROMOTION Council will have a speaker here to discuss all things turkey. Did you know that there are 250 turkey producers in Minnesota? All together, Minnesota turkey producers raise approximately 48 million turkeys a year.

Come and learn about the turkey family, where turkeys grow, what turkeys eat and drink and much more at this informative presentation.

Course #23830

Wednesday, November 2, Time TBD

Cost: \$2 payable to MSS by Monday, October 31. ☞

Before the Bundt: A History of Nordic Ware's Scandinavian Heritage

FROM ITS HUMBLE BEGINNINGS IN 1946 AS A TINY company run from a basement in Minneapolis, Nordic Ware has grown to be a respected cooking and baking brand worldwide. While many know Nordic Ware as the original maker of the Bundt® pan, few may be aware that their very first products were old-world ethnic Scandinavian cookware and bakeware.

Join Dorothy Dahlquist (founder of Nordic Ware) and her grand-daughter Jennifer Dahlquist (brand manager Nordic Ware) as they discuss the history of the company and the aebleskiver pan, and demonstrate how to make these delectable, surprise-filled treats.

Course #23831

Thursday, November 3, 1 p.m.

Cost: \$2 payable to MSS by Monday, October 31. ☞

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.	
Bingo	Tuesdays at 12:45 p.m.	
Bird Club	1 st Friday of the month at 10 a.m.	October 7–Bob Holtz will present on problems and locations of bird migrations.
Book Club	3 rd Thursday of the month at 1 p.m.	October 20–Potato in a Rice Bowl by Peggy Keener. Peggy will be at the October 20 meeting.
Social Bridge	Wednesdays at 12:45 p.m.	1 st , 2 nd & 3 rd place and grand slam prizes awarded. New participants welcome.
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: Mtk-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 & 3 rd 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.	October 25–Rosencrantz and Guildenstern are Dead by Tom Stoppard
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 calendar page for availability.
The Landing Shop	Open Wednesday - Saturday from 10 a.m. to 4 p.m.	The Landing Shop is located at 11280 Wayzata Blvd. Phone (763) 591-4868.
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 good game of poker.
Scribblers	Thursdays at 10 a.m.	This group writes and shares their short stories, essays or poems, letters and memoirs.
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.

Bird club update

A BIG THANK YOU TO LEROY AND MARGE FRANKENSTEIN, who have led the Bird Club since its beginning in November 1998, into the very large and wonderful group it is today.

They arranged all the speakers, made the coffee and treats and called folks to remind them of the monthly meetings. They have retired now from those duties, but we thank them for all their past help. We also thank Lois and Richard King, who will now coordinate the group.

The bird club meets on the first Friday of the month at 10 a.m., with excellent speakers. ☺

Volunteer opportunities:

Adopt-A-Highway

VOLUNTEERS ARE NEEDED FOR OUR ADOPT-A-HIGHWAY fall clean-up. Volunteers will meet at the center.

Supplies will be provided.

Wednesday, October 12, 1 p.m. ☺

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

- Script folding is Tuesday, October 18, 9 a.m. Thank you to Pinnacle Services for providing treats.
- Volunteers are needed for monthly parties and other special events.
- Adopt-A-Highway volunteers are always needed. The next Adopt-A-Highway event will be held on Wednesday, October 12 at 1 p.m. ☺

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 at (952) 939-8366 if interested. ☺

Over 50 and Fit exercise group

THIS EXERCISE GROUP MEETS EVERY MONDAY, Wednesday and Friday from 9–10 a.m. Annual fee of \$12. **Course #20889** ★★☆☆ ☺

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 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, call (952) 939-8393 to make an appointment for the second or fourth Tuesday of the month. ☺

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. 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

THESE GENTLE YOGA CLASSES ARE GEARED TOWARD THE older adult with lots of stretching and warm-ups. The yoga postures help build strength, stamina, and increase flexibility and range of motion. Guided breath-work and visualization help to release, relax, and restore the body, and calm the mind.

Chair Supported Yoga:

Most of the class is done while seated on a chair. Some standing and balance postures are done, using the chair as a prop or support if necessary.

Intermediate Yoga Class:

This class includes standing and balance postures. Students should have the ability to get down to and up from the floor for postures completed while on the belly or backside of the body. Many seated postures are also done on the floor. **Please bring a yoga mat or towel to class.**

Course	Day	Level	Date	Time	Fee
22628	T		October 4–25		\$15
22630	TH	Beg.	October 6–27	9:45–	\$15
22634	T	★★	November 1–22	10:45 a.m.	\$15
22636	TH		November 3–17		\$12

Course	Day	Level	Date	Time	Fee
22631	T		October 4–25		\$15
22633	TH	Int.	October 6–27	11 a.m.–	\$15
22637	T	★★★	November 1–22	12 p.m.	\$15
22639	TH		November 3–17		\$12

New Evening Yoga — Nancy Holasek

THE EVENING YOGA CLASSES HAVE THE SAME descriptions as the daytime classes, please see the information above. **Please bring a yoga mat or towel to class.**

Course	Day	Level	Date	Time	Fee
22629	W	Beg.	October 5–26	6:15–	\$15
22635		★★	November 2–23	7:15 p.m.	\$15

Course	Day	Level	Date	Time	Fee
22632	W	Int.	October 5–26	7:30–	\$15
22638		★★★	November 2–23	8:30 p.m.	\$15

Zumba Gold—Jan Gamble

ZUMBA GOLD IS A DANCE FITNESS CLASS WHICH USES THE exciting Latin and international dance rhythms of the original Zumba class and modifies them for beginner participants and others who may desire a less intense, low impact workout. Using dance and fitness moves you will experience a complete body workout while learning the basic steps to salsa, meringue, cha-cha and other rhythms. No dance experience is necessary. Comfortable clothing and workout shoes are recommended. Bring water, you will sweat! Classes available on Wednesdays too, see flyer at center for more information. ★★★

Course	Day	Date	Time	Fee
22600	M	October 10 -November 14	1-2 p.m.	\$30
22601		November 28 -Decemeber 19		\$20

The American Civil War: background to aftermath—Tom Schmid

OVER THE NEXT FOUR YEARS THE CIVIL WAR, A CENTRAL event in American history will be commemorated. How would the United States resolve the clash between slavery and the ideals of the revolution? The answer came 150 years ago with the beginning of America's bloodiest war. This class will be concerned with the ideas and events that lead to the armed conflict and the consequences that remain to the present.

Course	Day	Date	Time	Fee
22614	T	October 18 -November 22	1-3 p.m.	\$36

Fall art classes—Gin Weidenfeller

- October Art Class – *Botanical Art*: Learn and apply drawing and painting methods to illustrate botanical specimens. Use color, water soluble pencil, watercolor, gouache, pen or ink to create realistic or abstract life studies of plant forms.
- November Art Class – *Still Life Art*: Develop keen observation skills as you draw objects and nature subjects from life. Learn about composition, contours, textures, shapes, shading and space to create realistic or abstract still life drawings and paintings. Use graphite or charcoal pencil, pen or ink, and watercolor. *Materials will be provided.*

Course	Day	Date	Time	Fee
22597	W	October 19 & 26	1-2:30 p.m.	\$40
22598		November 9 & 16		\$40

British History—Terry Kubista

The Pillars of the Earth: Part II

THE HISTORY OF ENGLAND IS TOLD IN ITS BUILDINGS. The castle, the abbey and the cathedral will be discussed. Why they were built, and the effects that they had on the local people will be discussed using the book, "The Pillars of the Earth" by Ken Follett as a guide. The buildings discussed will include the Tower of London, Westminster Abbey, and the ruins of Woburn Abbey.

Course	Day	Date	Time	Fee
22612	TH	October 27-December 8 <i>(No class week of Thanksgiving)</i>	1-3p.m.	\$35

Tai Chi Chih—Monica Campbell

TAI CHI CHIH IS A SERIES OF 19 EASY-TO-LEARN movements and one pose. This moving meditation which may improve balance and flexibility, reduce stress, increase energy and more.

Course	Day	Lvl	Date	Time	Fee
22604	M	Beg. ★★	November 7 -Decemeber 19	10-11 a.m.	\$32
22605		Int. ★★★		11:30 -12:30 p.m.	\$32

Line dance—Eileen Ronning

LEARN TO HITCH AND VINE AND DANCE IN A LINE TO A variety of upbeat music. No previous dance experience needed for beginning level course, 50 previous lessons required for intermediates course.

Course	Day	Lvl	Date	Time	Fee
22608	TH	Beg. ★★	December 1-22	12:30-1:30 p.m.	\$20
22609		Int. ★★★		1:45 -2:45 p.m.	\$20

Community dance is October 14

COME MOVE YOUR FEET TO THE BIG BAND SOUND OF Dick Macko at the annual community ballroom dance Friday, October 14, 6:15-10 p.m. Dance lessons will be provided from 6:15-7 p.m. by Char Torkelson, dance to follow. Cost is \$13 per person and pre-registration is required. Cost will be \$15 at the door.

To register for this event, please call (952) 401-6800 or visit www.minnetonkacommunityed.org.

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.
- Please note that trips are subject to change. ☺

The trip information listed below is for registered participants.

Jazz MN at Hopkins High School

Saturday, October 1, 7:30 p.m.
Transportation on your own. ☺

Fall Spooner train

Wednesday, October 5
Pick-up time: 8:00 a.m.
Estimated Return time: 4:30 p.m. ☺

Austin holiday

EXPERIENCE THE RUSSELL STOVER CANDY STORE IN Owatonna, then be amazed by two private collections of more than 500 Nativity sets from around the world and over 400 teddy bears dressed for the holidays. Enjoy a lunch of grilled chicken breast on a bed of wild rice, tossed salad, fruit garnish, roll, beverage and dessert at The Old Mill Restaurant, located in the historic Ramsey Flour Mill on the river. ★★★

Course #22987

Wednesday, November 16

Cost: \$60 includes tours, lunch, transportation & escort.

Pick-up time: 8:30 a.m.

Estimated Return time: 4:45 p.m.

Registration Deadline: Friday, October 28. ☺

Village Christmas

VISIT THE COOK RUTLEDGE MANSION, BUILT IN 1873, for a guided tour. The mansion will be decorated for the holiday season. Following the tour, enjoy lunch at Bridgewater Restaurant. Menu includes roast pork, mashed potatoes and gravy, vegetable, beverage and dessert. Experience the impressive and dazzling Christmas Village on display at Irving Park—more than 100,000 lights and over 100 illuminated scenes create a wonderful holiday display. ★★

Course #23643

Tuesday, December 6

Cost: \$58 includes tours, lunch, transportation & escort.

Pick-up time: 12:15 p.m.

Estimated Return time: 7:45 p.m.

Registration Deadline: Thursday, November 10. ☺

Art grant trips available

THE TRIPS THAT ARE LISTED BELOW ARE TO LOCAL ART venues that have been made possible in part by a grant provided by the Minnesota State Arts board, through an appropriation by the Minnesota State Legislature from the Minnesota arts and cultural heritage fund with money from the vote of the people of Minnesota on November 4, 2008. Also made possible by Senior Community Services (SCS).

- **Penumbra Theatre:** Wednesday, November 30, 9:15 a.m.–1:15 p.m. Enjoy the performance of “I Wish You Love” by Dominic Taylor. Cost is \$10 payable by Friday, November 18. **Course #23713**

More art grant trips will be available in 2012. Please look in future *Scripts* for more information. ☺

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. Otherwise stop by the center to pick up a brochure.

Smoky Mountains **October 18–26**
 Cost is \$1,275 per person, double occupancy. ☺

Washington DC in the Fall **October 19–27**
 Cost is \$1,275 per person, double occupancy. ☺

Branson Holiday **November 6–10**
 Cost is \$720 per person, double occupancy. ☺

Branson Lights **November 19–23**
 Cost is \$720 per person, double occupancy. ☺

Florida Sunshine **January 24–February 8**
 Cost is \$2,469 per person, double occupancy. ☺

Gone to Texas **February 10–24**
 Cost is \$1,850 per person, double occupancy. ☺

Arizona **February 15–March 1**
 Cost is \$2,200 per person, double occupancy. ☺

Washington DC & New York City **April 12–24**
 Cost is \$1,825 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.

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:

- *Thursday, October 13, 9 a.m.–1 p.m.* Cost: \$20
- *Thursday, November 10, 9 a.m.–1 p.m.* Cost: \$20
- *Thursday, December 8, 9 a.m.–1 p.m.* Cost: \$20

Four-hour renewal evening course:

- *Thursday, October 20, 6–10 p.m.* Cost: \$20

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

Let H.O.M.E. help with fall raking

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 for the winter snow. Our volunteers are also able to help with window washing, garage cleaning, and many other tasks you may have.

H.O.M.E. 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 at (952)746-4046. Fees for service are based on monthly income. H.O.M.E. is a program of Senior Community Services.

Evening campfire October 9

TAKE A RELAXING EVENING WALK FROM THE Minnetonka Community Center to Jidana Park. Sit around the campfire and enjoy food and beverages under the full moon. Meet at the community center.

Course #22866

Sunday, October 9, 6:30–8:30 p.m.

Cost: \$4 payable to Minnetonka-Hopkins Recreation department. Call (952) 939-8203 to register. ☺

Support senior services

MINNETONKA SENIOR SERVICES IS SELLING LOGOED t-shirts. If you are interested in purchasing a t-shirt, stop by the front desk. The cost is \$6. Thank you for your continued support. ☺

Helpful Numbers

Minnetonka Senior Center.....952-939-8393

H.O.M.E.: Tim Morin.....952-939-8363

Senior Linkage Line.....1-800-333-2433

Hopkins Activity Center.....952-939-1333

ICA Food Shelf.....952-938-0729

Meals On Wheels.....(West of I-494) 952-474-5227

Meals On Wheels.....(East of I-494) 952-935-9028

Police Non-Emergency.....952-939-8500

Minnetonka City Hall.....952-939-8200

Transit Link.....651-602-5465

Minnetonka Red Hatters

RED HATTERS' ARE GATHERING FOR GREAT FOOD ON Wednesday, October 12. Luncheon at Lola's Lakehouse Restaurant in Waconia at 1 p.m. To carpool, meet at Lund's parking lot at 12:15 p.m. Call Anna at (952) 935-8343 or Joan at (952) 474-5593 to RSVP. 🍷

Spooktacular concert Oct. 23

ENJOY AN AFTERNOON OF MUSIC AS THE MINNETONKA Symphony Orchestra present their annual "Spooktacular" Concert Sunday, October 23, 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. 🍷

Upcoming senior events:

THE FOLLOWING LIST IS OF UPCOMING EVENTS DURING the months of November and December. 🍷

November events:

- **Osteoporosis presentation:** Wednesday, November 9, 10:30 a.m. Learn simple guidelines in regard to exercise and bone health, as well as calcium and vitamin D intake recommendations through food and supplementation. Facilitator: Ashley Elmer, D.C. Avalon Chiropractic. Cost: \$2 payable by Monday, November 7.
- **Answering the call:** Monday, November 14, 10:30 a.m. Learn how to create a senior emergency kit and discover how to use it and why to have one. Being prepared and organized with important information. This kit is to help organize medical, financial and legal documents. Provided by Home Instead Senior Care. RSVP for this free event by Thursday, November 11. Refreshments provided.
- **Health & Wellness Q & A program:** Tuesday, November 15, 10:30 a.m.
- **Thanksgiving party:** Thursday, November 17, 12 p.m. Enjoy a traditional meal of turkey, stuffing, mashed potatoes, gravy, corn, cranberries, dinner roll and pumpkin dessert. During your meal enjoy live background piano music by Vern Drilling. Thanks to Home Care Assistance Minneapolis for providing dessert. Cost is \$7 payable by Thursday, November 10.
- **Lunch & movie:** Friday, November 18, 12 p.m.
- **Let's talk energy presentation:** Monday, November 21, 10:30 a.m. Inna Sicard presents the different forms of energy and how they affect us. Cost is \$5 payable by Thursday, November 17.

December events:

- **Senior deals program:** Tuesday, December 6, 10:30 a.m. Come hear about deals within the Twin Cities for seniors. This program is being provided by Home Instead Senior Care. RSVP for this free program by Friday, December 2. Refreshments provided.
- **Understanding Psoriasis:** Wednesday, December 7, 10:30 a.m. Psoriasis is not just skin deep! During this interactive presentation, you will learn about the signs and symptoms, various treatment options, as well as lifestyle strategies that enable psoriasis patients to lead healthier and happier lives. Dianne Burd, presenter, is a clinical social worker. RSVP for this free program by Monday, December 5. Refreshments will be provided.
- **Lunch & movie:** Friday, December 9, 12 p.m.
- **Do-it-yourself facelift presentation:** Monday, December 12, 10:30 a.m. You don't have to have surgery to look younger. There are several options for non-surgical do-it-yourself facelifts that you can try in the comfort of your own home. Facial exercises and changes in lifestyle are the cheapest, safest and easiest ways for a do-it-yourself facelift. This is an interactive class including exercises, self massage, unique masks and much more. Cost is \$5 payable by Thursday, December 9.
- **Holiday gala:** Thursday, December 15, 12 p.m. Enjoy the musical talents of the Grace Notes Trio. A buffet luncheon will be served. Cost is \$7 payable by Monday, December 12.
- **Holiday tea with Tara B:** Monday, December 19, 1 p.m. Enjoy an afternoon of entertainment provided by Tara Brueske. Tara is a talented pianist and vocalist with a degree in music. Following Tara's musical performance, tea, apple cider and treats will be available. Cost is \$3 payable by Thursday, December 15.

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.
- Browse for handmade items such as baby items, doll items, kitchen items, afghans & quilts, clothing, knick-knacks, jewelry, cards, purses & bags, wood toys and much more!
- The shop is open Wednesdays through Saturdays, 10 a.m. to 4 p.m. Extended hours during the month of December, Monday-Saturday from 10 a.m. to 4 p.m. Phone: (763) 591-4868. 🍷

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Book Drop Off 9-3 Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Tai Chi Chih 10:00/11:30 Exec Board Mtg 10:30 Health Insurance 1:00 Zumba Gold 1:00 Beginning Bridge 1:00 Billiards 2:30</p>	<p>4</p> <p>Book Drop Off 9-3 Yoga 9:45 Craft Committee 10:00 Poker Club 10:00 Int. Yoga 11:00 Anniversary Party 12:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00 Parkinson's Support 4:00</p>	<p>5</p> <p>Spooner Train Trip 8:00 Exercise 9:00 Chorale 10:00 A.A./Al-Anon 10:30 Book & Pie Sale 12-6 Social Bridge 12:45 Billiards 2:30 Yoga 6:15 OLLI 7:00 Int. Yoga 7:30</p>	<p>6</p> <p>Hike to Jidana 9:00 Yoga 9:45 Carvers 10:00 Cribbage 10:00 Scribblers 10:00 Legal Counsel 10:00 Breathe Better 10:30 Int. Yoga 11:00 Chess 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>7</p> <p>Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Bird Club 10:00 Computer 10:00 Billiards 1:00 Oil Painting 1:00</p>
<p>10</p> <p>Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Tonka Tale Tellers 10:00 Ham Radio 10:00 Tai Chi Chih 10:00/11:30 Garden Club 1:00 Zumba Gold 1:00 Beginning Bridge 1:00 Billiards 2:30</p>	<p>11</p> <p>Yoga 9:45 500 Cards 10:00 Advisory Board 10:00 Int. Yoga 11:00 Bingo 12:45 Tale Spinners 1:00 Senior Outreach 1:00 Billiards 1:00</p>	<p>12</p> <p>Exercise 9:00 Blood Pressure 9:30 Chorale 10:00 History-Am. Flag 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Adopt-A-Highway 1:00 Zumba Gold 1:00 Billiards 2:30 Yoga 6:15 500 Cards 6:30 CareNextion Demo 6:30 Int. Yoga 7:30</p>	<p>13</p> <p>Defensive Driving 9:00 Yoga 9:45 Carvers 10:00 Scribblers 10:00 Int. Yoga 11:00 Chess 12:00 Beg. Line Dance 12:30 Bunco 1:00 British History 1:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00</p>	<p>14</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>17</p> <p>Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Tai Chi Chih 10:00/11:30 Health Insurance 1:00 Zumba Gold 1:00 Tech Day 1:00 Beginning Bridge 1:00 Billiards 2:30</p>	<p>18</p> <p>Script Folding 9:00 Yoga 9:45 Poker Club 10:00 Medicare Part D 10:00 Int. Yoga 11:00 Bingo 12:45 Tale Spinners 1:00 Civil War History 1:00 Billiards 1:00</p>	<p>19</p> <p>Exercise 9:00 Chorale 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Botanical Art 1:00 BNI 1:00 Zumba Gold 1:00 Billiards 2:30 Yoga 6:15 Int. Yoga 7:30</p>	<p>20</p> <p>Yoga 9:45 Carvers 10:00 Scribblers 10:00 Cribbage 10:00 Exercise Talk 10:30 Int. Yoga 11:00 Chess 12:00 Beg. Line Dance 12:30 British History 1:00 Book Club 1:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00 Defensive Driving 6:00</p>	<p>21</p> <p>Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer 10:00 Billiards 1:00 Oil Painting 1:00</p>
<p>24</p> <p>Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Tai Chi Chih 10:00/11:30 Zumba Gold 1:00 Beginning Bridge 1:00 Billiards 2:30</p>	<p>25</p> <p>Flu Shots 9-12 Yoga 9:45 500 Cards 10:00 Int. Yoga 11:00 Bingo 12:45 Billiards 1:00 Tale Spinners 1:00 Civil War History 1:00 Senior Outreach 1:00 Great Books 7:15</p>	<p>26</p> <p>Exercise 9:00 Chorale 10:00 History-Am. Flag 10:00 A.A./Al-Anon 10:30 Great Singers 10:30 Social Bridge 12:45 Billiards 1:00 Botanical Art 1:00 Zumba Gold 1:00 Yoga 6:15 500 Cards 6:30 Int. Yoga 7:30</p>	<p>27</p> <p>Yoga 9:45 Carvers 10:00 Scribblers 10:00 Int. Yoga 11:00 Chess 12:00 Beg. Line Dance 12:30 British History 1:00 Bunco 1:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00</p>	<p>28</p> <p>Exercise 9:00 Computer 10:00 Billiards 1:00 Oil Painting 1:00</p>
<p>31</p> <p>Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Tai Chi Chih 10:00/11:30 Zumba Gold 1:00 Billiards 2:30</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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Community center hours are Monday – Friday, 8 a.m. – 4:30 p.m.

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Minnetonka Community Center 952-939-8393

City Hall 952-939-8200

Non-Emergency Police 952-939-8500

Williston Center 952-939-8370

Public Works 952-988-8400