

Minnetonka Script

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

November/December 2011

This month

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*The Minnetonka
Community Center will
be closed November 11, 24
& 25, and December 26, for
Veterans Day, Thanksgiving
and Christmas.* ☺



Our mission...

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

Thanksgiving party is November 17

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. Dean Elstad will briefly discuss the changes to Minnetonka's recycling program. Thanks to Home Care Assistance Minneapolis for providing dessert.

Course #23906

Thursday, November 17, 12 p.m.

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

Holiday gala is December 15

CELEBRATE THE HOLIDAY BY ENJOYING TIME WITH FRIENDS AND A LUNCH BUFFET OF an egg bake with cheese and sausage, hashbrowns, French toast, oven chicken, green beans, Caesar salad, fruit bowl and assorted desserts. Dean Elstad will briefly discuss the changes to Minnetonka's recycling program, then enjoy the musical talents of the Grace Notes Trio.

Course #23910

Thursday, December 15, 12 p.m.

Cost: \$7 payable to MSS by Monday, December 12. ☺

Holiday tea with Tara B is December 19

ENJOY AN AFTERNOON OF ENTERTAINMENT PROVIDED BY TARA BRUESKE, A TALENTED pianist and vocalist with a degree in music. Following Tara's musical performance, tea, apple cider and treats will be available.

Course #23911

Monday, December 19, 1 p.m.

Cost: \$3 payable to MSS by Thursday, December 15. ☺

Volunteer accompanist wanted

THE MINNETONKA SENIOR CHORAL IS LOOKING FOR A VOLUNTEER ACCOMPANIST FOR their choir. The choir rehearses at the Minnetonka Community Center every Wednesday from 10 a.m. to 12 p.m. September through May. The choir performs approximately 15 concerts per year. Questions or interest in volunteering, please contact Roger Hoel at (952) 401-5954. ☺

Activity level scale

THE SCALE IS BASED ON THE LEVEL OF ACTIVITY AND physical ability needed to perform that activity.

Activity Scale:

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

Enjoy lunch and a movie: “The Secret Life of Bees”

SET IN SOUTH CAROLINA IN 1964, THIS IS THE TALE OF Lily Owens, a 14 year-old girl who is haunted by the memory of her late mother. To escape her lonely life and troubled relationship with her father, Lily flees with Rosaleen, her caregiver and only friend, to a South Carolina town that holds the secret to her mother’s past. Taken in by the intelligent and independent Boatwright sisters, Lily finds solace in their mesmerizing world of beekeeping.

Course #23912

Friday, November 18, 12 p.m.

Menu: Open faced turkey sandwich, potatoes, green beans & dessert.

Cost: \$5 payable to MSS by Wednesday, November 16. ☞

Let’s talk turkey

THE MINNESOTA TURKEY RESEARCH AND PROMOTION Council will have a speaker here to discuss all things turkey. Did you know 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, 10:30 a.m.

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

Osteoporosis

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.

Course #23907

Wednesday, November 9, 10:30 a.m.

Cost: \$2 payable to MSS by Monday, November 7. ☞

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 granddaughter Jennifer Dahlquist (brand manager of 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. ☞

Answering the call

LEARN HOW TO CREATE A SENIOR EMERGENCY KIT, HOW to use it and why to have one. This kit is to help organize medical, financial and legal documents. Provided by Home Instead Senior Care. Refreshments provided.

Course #23908

Monday, November 14, 10:30 a.m.

RSVP for this free event by Thursday, November 10. ☞

Health and wellness Q & A

YOU ARE INVITED TO THIS ONE-HOUR PRESENTATION regarding all things health and wellness. The primary focus of the presentation will be answering and discussing pre-submitted questions from the audience in the effort to clarify and expand one’s health and wellness knowledge. If you have a health and wellness question on your mind, please submit the question to Nicole Gorman.

Presenter Tony Mrnak graduated from the University of St. Thomas with a degree in Corporate Fitness. He is certified through the American Council on Exercise as a Certified Personal Trainer in addition to being certified through the American Senior Fitness Association as a Long-Term Care Fitness Leader. He is currently managing the Wellness Center at Jones-Harrison.

Course #23914

Tuesday, November 15, 10:30 a.m.

Cost: \$2 payable to MSS by Monday, November 14. ☞

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.

- **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. ☺

Enjoy lunch and a movie: "My Sister's Keeper"

ANNA FITZGERALD LOOKS TO EARN MEDICAL emancipation from her parents, who until now have relied on their youngest child to help their leukemia-stricken daughter Kate remain alive.

Course #23913

Friday, December 9, 12 p.m.

Menu: Casserole, side salad and dessert.

Cost: \$5 payable to MSS by Wednesday, December 7. ☺

Money matters

COME LEARN ABOUT FOUR MISTAKES INVESTORS make with their money. This program is being provided by Home Instead Senior Care. Refreshments provided.

Course #23915

Tuesday, December 6, 10:30 a.m.

RSVP for this free program by Friday, December 2. ☺

Understanding psoriasis

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. Refreshments will be provided.

Course #23909

Wednesday, December 7, 10:30 a.m.

RSVP for this free program by Monday, December 5. ☺

Navigating Medicare

THINKING OF GETTING READY TO RETIRE? FAMILY member or caregiver to someone who has Medicare coverages? Already have Medicare and just want to know more about it?

We will discuss Medicare Parts A, B and D. The class is an educational opportunity; it is offered in cooperation with Senior Community Services (SCS), a non-profit agency.

Course #23964

Thursday, January 19, 6:30-9 p.m.

Cost: \$10 payable to MSS by Tuesday, January 17. ☺

Winter games

DO YOU HAVE CABIN FEVER? IF SO, JOIN US FOR AN entertaining afternoon of games. In leau of the 2013 Fall Fitness Fest, we will be offering outdoor games that will be played inside! We will have bean bags, Polish golf, putt-putt Nintendo Wii and board games available. Throughout the afternoon enjoy some refreshing treats.

Course #23969

Thursday, January 26, 1-4 p.m.

Cost: \$2 payable to MSS by Wednesday, January 25. ☺

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

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

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.
Bingo	Tuesdays at 12:45 p.m.	
Bird Club	1 st Friday of the month at 10 a.m.	November 4–Gustave Axelson, topic: Gray Jays December 2–Stan Tekiela, topic: Eagles
Book Club	3 rd Thursday of the month at 1 p.m.	November 17–The Story of a Marriage by Andrew Sean Greer. December 15–Healer by Carol Cassella
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: 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 & 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.	November 22–A River Runs Through It by Norman Maclean December 27–Emma by Jane Austen
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.

Minnetonka Red Hatters

THE RED HATTERS' ARE GATHERING FOR GREAT FOOD IN November and December. Please see details below.

- **November 16**—Luncheon at Christos Restaurant located on Highway 7 in Minnetonka at 1 p.m. Call Shirley at (952) 934-3811 to RSVP.
- **December 14**—Luncheon downtown at the Hilton Hotel at 1 p.m. For more information or to RSVP call Thelma at (952) 938-0393. ☺

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. ☺

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. ☺

Volunteer opportunities:

Volunteers needed

- *Script* folding is Tuesday, December 13, 9 a.m. Thank you to Pinnacle Services for providing treats.

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. ☺

Income tax volunteers needed

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 #23968** ★★☆☆ ☺

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
22634	T	Beg. ★★	November 1-22	9:45- 10:45 a.m.	\$15
22636	TH		November 3-17		\$12
22640	T		December 6-27		\$15
22642	TH		December 8-29		\$15

Course	Day	Level	Date	Time	Fee
22637	T	Int. ★★★	November 1-22	11 a.m.- 12 p.m.	\$15
22639	TH		November 3-17		\$12
22643	T		December 6-27		\$15
22645	TH		December 8-29		\$15

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
22635	W	Beg. ★★	November 2-23	6:15-	\$15
22641			December 7-28	7:15 p.m.	\$15

Course	Day	Level	Date	Time	Fee
22638	W	Int. ★★★	November 2-23	7:30-	\$15
22644			December 7-28	8:30 p.m.	\$15

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	10-11 a.m.	\$32
22605		Int. ★★★	-December 19	11:30–12:30 p.m.	\$32

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! ★★★ ☺

Course	Day	Date	Time	Fee
22601	M	November 28 -December 19	1-2 p.m.	\$20

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

Classes listed on the right column of this page, as well as page 8, will be available for registration December 1 at 8:30 a.m. for Minnetonka residents and December 2 at 8:30 a.m. for non-residents.

Tai Chi Chih—Monica Campbell

TAI CHI CHIH IS A SERIES OF 19 EASY-TO-LEARN movements and one pose. A moving meditation with many health benefits: blood pressure control, flexibility, balance and reduced stress. Enjoy this beautiful form and experience 'Joy through Movement.' ☺

Course	Day	Lvl	Date	Time	Fee
23944	M	Beg. ★★	January 9-March 26	10-11 a.m.	\$45
23945		Int. ★★★		11:30–12:30 p.m.	\$45

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! ★★★ ☺

Course	Day	Date	Time	Fee
23933	M	January 9-February 13	1-2 p.m.	\$30
23934		February 20-March 26		\$30

Line dance—Annette Fragale

LEARN TO "HITCH" AND "VINE" AND DANCE IN A LINE TO A variety of upbeat music. Some line dance experience preferred for beginning level course. For those who have had 50 previous lessons which is required for intermediates course, you will be reviewing many of the line dances you have learned over the years. ☺

Course	Day	Lvl	Date	Time	Fee
23940	TH	Beg. ★★	February 9-March 29	12:30-1:30 p.m.	\$40
23941		Int. ★★★		1:45–2:45 p.m.	\$40

Oil Painting—Marcella Nordseth

LEARN ABOUT COMPOSITION, HOW TO LOOK AT OBJECTS and how to mix colors. ☺

Course	Day	Date	Time	Fee
23942	F	January 6-February 24	1–3:30 p.m.	\$56
23943		March 9-April 27		\$56

Classes continued...

British History—Terry Kubista

TRIFLE IS A BRITISH DESSERT MADE BY MIXING FRUIT, cake, whipped cream and other secret ingredients together to yield a delicious concoction. This quarter we are mixing “places to go” with “people to meet” and “conflicts of interest.” This interesting mix will yield a new “taste” of British history.

Part I – Places to go and things to see

- Stratford on Avon, Chatsworth House, Canterbury Cathedral and selected English gardens.

Part II – Conflicts of interest

- Wars of the Roses, Agincourt, Culloden and Hastings

Part III – People you should meet

- Cardinal Reginald Pole, Benjamin Disraeli/William Gladstone, William Cecil, Cecil Rhodes and T.E. Lawrence ☺

Course	Day	Part	Date	Time	Fee
23935		I	January 5-26		\$25
23936	M	II	February 2-23	1-3 p.m.	\$25
23937		III	March 1-29		\$30

Waving the bigger American flag: Gain and Shame from T.R. to Woodrow Wilson—Dick Sadler

ALONG WITH THE GAINS MADE IN HUMAN RIGHTS IN succeeding generations of Americans, there were also severe hardships endured by millions because of race, gender, class status or working conditions. At times, changes were militantly effected by common people who defined their rights and fought to gain them. Using Howard Zinn's *A People's History of the United States*, we will focus on the time of “empire building” and social reform at the beginning of the 20th century. Coffee, DVD's, handouts and dicussion, all hot, included. This class meets every other Wednesday. ☺

Course	Day	Date	Time	Fee
23938	W	January 11-March 7	10-12 p.m.	\$25

****Art classes with Gin Weidenfeller and history class with Tom Schmid also available. Stop by the center for more information.**

Waving the bigger American flag: Immigration in Minnesota & Beyond—Dick Sadler

MINNESOTA AND THE NATION HAVE HISTORICALLY experienced large numbers of immigrants, people with dreams of owning land, of escaping poverty through new jobs or study, of living beyond the harsh political injustices in thier homeland. We will study the League of Women Voters' *Immigration in Minnestoa* booklet as well as other resources to learn of challenges and opportunities presented by new arrivals. Coffee, DVD's and discussion, all hot, included. This class meets every other Wednesday. ☺

Course	Day	Date	Time	Fee
23939	W	March 28-May 23	10-12 p.m.	\$25

Beginning & Intermediate Yoga — Nancy Holasek

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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
23946	T		January 3–24		\$15
23948	TH	Beg. ★★	January 5–26	9:45– 10:45 a.m.	\$15
23952	T		February 7–28		
23954	TH		February 2–23		\$15

Course	Day	Level	Date	Time	Fee
23949	T		January 3–24		\$15
23951	TH	Int. ★★★	January 5–26	11 a.m.– 12 p.m.	\$15
23955	T		February 7–28		
23957	TH		February 2–23		\$15

Wednesday evening Yoga classes also available. Contact the center for more information or to register.

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. ☞

Trips still available for registration:

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 trip available

THE TRIP LISTED BELOW IS TO A LOCAL ART VENUES which has 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.

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

Penumbra Theatre

ENJOY A THEATRICAL PERFORMANCE OF “I WISH YOU Love” by Dominic Taylor. This performance captures the essence of Nat King Cole’s music and dreams of a nation and is an intimate portrait of his life.

Course #23713

Wednesday, November 30

Cost: \$10 includes play, transportation & escort.

Pick-up time: 9:15 a.m.

Estimated Return time: 1:15 p.m.

Registration Deadline: Friday, November 18. ☞

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.

Florida Sunshine

January 24–February 8

Cost is \$2,469 per person, double occupancy. ☞

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Yoga 9:45 Craft Committee 10:00 Poker Club 10:00 Int. Yoga 11:00 Bingo 12:45 Tale Spinners 1:00 Civil War History 1:00 Billiards 1:00 Parkinson's Support 4:00</p>	<p>2</p> <p>Exercise 9:00 Chorale 10:00 A.A./Al-Anon 10:30 Let's Talk Turkey 10:30 Social Bridge 12:45 Billiards 1:00 Yoga 6:15 OLLI 7:00 Int. Yoga 7:30</p>	<p>3</p> <p>Yoga 9:45 Carvers 10:00 Cribbage 10:00 Scribblers 10:00 Int. Yoga 11:00 Chess 12:00 Beg. Line Dance 12:30 Before the Bundt 1:00 British History 1:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00</p>	<p>4</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>7</p> <p>Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Tai Chi Chih 10:00/11:30 Exec Board Mtg 10:00 Health Insurance 1:00 Zumba Gold 1:00 Billiards 2:30</p>	<p>8</p> <p>Yoga 9:45 500 Cards 10:00 Advisory Board 10:00 Int. Yoga 11:00 Bingo 12:45 Tale Spinners 1:00 Civil War History 1:00 Senior Outreach 1:00 Billiards 1:00</p>	<p>9</p> <p>Exercise 9:00 Blood Pressure 9:30 Chorale 10:00 History-Am. Flag 10:00 Osteoporosis 10:30 A.A./Al-Anon 10:30 Social Bridge 12:45 Still Life Art Class 1:00 Billiards 1:00 Yoga 6:15 500 Cards 6:30 Int. Yoga 7:30</p>	<p>10</p> <p>Defensive Driving 9:00 Yoga 9:45 Carvers 10:00 Scribblers 10:00 Legal Counsel 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>11</p> <p>Center Closed in Observance of Veterans Day</p>
<p>14</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 Answering the Call 10:30 Garden Club 1:00 Zumba Gold 1:00 Billiards 2:30</p>	<p>15</p> <p>Yoga 9:45 Poker Club 10:00 Health Q&A 10:30 Int. Yoga 11:00 Bingo 12:45 Tale Spinners 1:00 Civil War History 1:00 Billiards 1:00</p>	<p>16</p> <p>Austin Holiday Trip 8:30 Exercise 9:00 Chorale 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Still Life Art Class 1:00 CNI 1:00 Billiards 1:00 Yoga 6:15 Int. Yoga 7:30</p>	<p>17</p> <p>Yoga 9:45 Carvers 10:00 Scribblers 10:00 Cribbage 10:00 Int. Yoga 11:00 Chess 12:00 Thanksgiving Party 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</p>	<p>18</p> <p>Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer 10:00 Lunch & Movie 12:00 Billiards 1:00 Oil Painting 1:00</p>
<p>21</p> <p>Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Tai Chi Chih 10:00/11:30 Let's Talk Energy 10:30 Health Insurance 1:00 Billiards 2:30</p>	<p>22</p> <p>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>23</p> <p>Exercise 9:00 Chorale 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00 Yoga 6:15 500 Cards 6:30 Int. Yoga 7:30</p>	<p>24</p> <p>Center Closed in Observance of Thanksgiving Day</p>	<p>25</p> <p>Center Closed in Observance of Thanksgiving holiday</p>
<p>28</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>	<p>29</p> <p>Bingo 12:45 Billiards 1:00 Tale Spinners 1:00</p>	<p>30</p> <p>Exercise 9:00 Penumbra Theatre 9:15 Chorale 10:00 History-Am. Flag 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Winter Registration 8:30 Carvers 10:00 Cribbage 10:00 Scribblers 10:00 Chess 12:00 Beg. Line Dance 12:30 British History 1:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00	2 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Bird Club 10:00 Computer 10:00 Billiards 1:00
5 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 Billiards 2:30	6 Yoga 9:45 Craft Committee 10:00 Poker Club 10:00 Money Matters/Sr. Deals 10:30 Int. Yoga 11:00 Village Xmas Trip 12:15 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00 Parkinson's Support 4:00	7 Exercise 9:00 Chorale 10:00 Psoriasis Program 10:30 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00 Yoga 6:15 OLLI 7:00 Int. Yoga 7:30	8 Defensive Driving 9:00 Yoga 9:45 Carvers 10:00 Scribblers 10:00 Legal Counsel 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	9 Exercise 9:00 Happy Feet 9:00 Computer 10:00 Lunch & Movie 12:00 Billiards 1:00
12 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 Do-it-Yourself Facelift 10:30 Zumba Gold 1:00 Billiards 2:30	13 Script Folding 9:00 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	14 Exercise 9:00 Blood Pressure 9:30 Chorale 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00 Yoga 6:15 500 Cards 6:30 Int. Yoga 7:30	15 Yoga 9:45 Carvers 10:00 Scribblers 10:00 Cribbage 10:00 Int. Yoga 11:00 Chess 12:00 Holiday Gala 12:00 Beg. Line Dance 12:30 Book Club 1:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00	16 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer 10:00 Billiards 1:00
19 Exercise 9:00 Art Drop In 9:00 Digital Camera 9:00 Tai Chi Chih 10:00/11:30 Holiday Tea 1:00 Health Insurance 1:00 Zumba Gold 1:00 Billiards 2:30	20 Yoga 9:45 Poker Club 10:00 Int. Yoga 11:00 Bingo 12:45 Tale Spinners 1:00 Billiards 1:00	21 Exercise 9:00 A.A./Al-Anon 10:30 Social Bridge 12:45 CNI 1:00 Billiards 1:00 Yoga 6:15 Int. Yoga 7:30	22 Yoga 9:45 Carvers 10:00 Scribblers 10:00 Legal Counsel 10:00 Int. Yoga 11:00 Chess 12:00 Beg. Line Dance 12:30 Bunco 1:00 Int. Line Dance 1:45 Billiards 3:00 Duplicate Bridge 6:00	23 Exercise 9:00 Computer 10:00 Billiards 1:00
26 Center Closed in Observance of Christmas Day	27 Yoga 9:45 500 Cards 10:00 Int. Yoga 11:00 Bingo 12:45 Billiards 1:00 Tale Spinners 1:00 Senior Outreach 1:00 Great Books 7:15	28 Exercise 9:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00 Yoga 6:15 500 Cards 6:30 Int. Yoga 7:30	29 Yoga 9:45 Carvers 10:00 Scribblers 10:00 Int. Yoga 11:00 Chess 12:00 Billiards 3:00 Duplicate Bridge 6:00	30 Exercise 9:00 Computer 10:00 Billiards 1:00

Minnetonka Recreation Services
14600 Minnetonka Blvd.
Minnetonka, MN 55345

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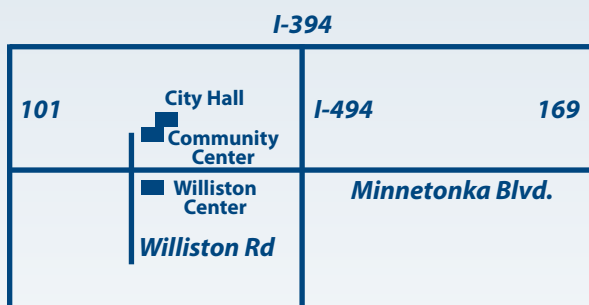
Editor: Nicole Gorman

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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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Non-Emergency Police 952-939-8500

Williston Center 952-939-8370

Public Works 952-988-8400