

SENIOR SCRIPT

Programs and services for 55+ at the community center

Every morning is a new opportunity.

It's easy to get stuck in the monotony and comfort of doing the same thing every day. How about taking one step out of the comfort zone? Join us here at the City of Minnetonka Community Center. Everyone was new once. We'd love to be a new part of your day, too!

Al & Alma's Lunch Cruises on Lake Minnetonka



Being on Lake Minnetonka on a Monday for lunch is a great way to soak up the summer. Boat departs from Al and Alma's in Mound. Transportation NOT provided. Lunch included: Ham & turkey croissant, chips, carrots, cookie. Cash bar on board boat. **Register/Cancel by: 30 days before each trip (or until full)**

Day	Date	Time	Cost	Course
M	July 27	11:30 a.m.-1 p.m.	\$27	3180402-01
M	Aug. 3	11:30 a.m.-1 p.m.	\$27	3180402-02
M	Aug. 10	11:30 a.m.-1 p.m.	\$27	3180402-03

PRESENTATIONS

The State of American Democracy in the 21st Century

David Schultz, Hamline University distinguished professor of political science and legal studies, spends an hour with us.



Day	Date	Time	Cost	Course
M	June 15	10:30-11:30 a.m.	\$3	3180205-01

Minnesota from the Road with Doug Ohman

When we think of summer, we think of road trips. What a great way to see our wonderful state. Historian and Photographer Doug Ohman has traveled far and wide and is full of facts to share about all the different areas.

Day	Date	Time	Cost	Course
Heartland Lakes to the Red River Valley				
M	June 29	10:30-11:30 a.m.	\$6	3180215-01
Southern Prairies and Pipestone Tour*				
Tu	July 14	1-2 p.m.	\$6	3180216-01
Scenic River Bluff Tour*				
M	Aug. 17	10:30-11:30 a.m.	\$6	3180217-01

*Sponsored by: **Senior Care Authority**

Climate Change Impacts on Our National Parks

The National Park Service was founded 100 years ago. How have things evolved in places like Voyageurs, Glacier Bay, Denali, Everglades and the Grand Canyon? Dr. Mark Seeley discusses which of our national parks are being impacted by climate change and what the future holds. Dr. Seeley is a professor emeritus at the University of Minnesota and provides weather insight on PBS and Minnesota Public Radio. This presentation was originally scheduled for March.

Day	Date	Time	Cost	Course
M	June 22	10:30-11:30 a.m.	\$8	3180400-01

Travelogue with the Piehs: The Azores

More than 3,400 miles from Minnesota sits a cluster of small islands in the North Atlantic called the Azores. Steve Pieh and Barb Kern-Pieh visited these volcanic islands and will share their travels.

Day	Date	Time	Cost	Course
W	June 24	10:30-11:30 a.m.	FREE	3180204-01

Minnetonka Community Center

CLOSED

✓ Friday, June 19 for Juneteenth

From Bloomers to Bikinis: The History of Shady Oak Lake

In the age of bloomers, farmers settled around the hills of Shady Oak Lake planting crops, including the famed raspberries that made our area the "Raspberry Capital of the World". In winter, Shady Oak waters spawned another valuable industry employing hundreds. Then came the era of the bikini with thousands frolicking on Shady Oak's beaches and leaving unnamed items of the Industrial Revolution deep below the surface. Don't miss this joint presentation from the City of Minnetonka and City of Hopkins Historical Societies.



Day	Date	Time	Cost	Course
Th	June 18	1-2 p.m.	\$2	3180407-01

Brain Health Series

If you're an adult 40+, this series is for you. While dementia becomes more common as we age, it's not inevitable. Lower Dementia Risk Founder, Hal Kaufman, says there are some things we can control. Come ready to learn and go home feeling empowered. Sponsored by: **JFCS Minnesota**.

Session II: The Lifestyle Factors That Lower Dementia Risk

We can't change our genes, but our daily choices have a powerful impact on our brain health. This session highlights habits which can make a difference, including movement, nutrition and social connection.

Day	Date	Time	Cost	Course
Th	June 4	6-7:30 p.m.	\$8	3180412-02

Session III: Create Your Brain Health Action Plan

If you've ever thought "I should do more for my brain, but I don't know where to start," this session is for you. We'll create a realistic, personalized plan with clear actions and strategies for handling obstacles. Leave with a written, personal commitment to your brain health and a clean set of next steps to begin right away. Sponsored by: **Home Instead**.

Day	Date	Time	Cost	Course
W	July 15	6-7:30 p.m.	\$8	3180412-03

Mini Medical School Series

Former Chief Medical Officer at Children's Hospitals and Clinics of Minnesota, Dr. Phil Kibort brings in five specialists in different areas of medicine. Each will focus on basic anatomy, physiology and the common diseases in those areas affecting adults. Each specialist will give two separate, 90-minute talks. Each presentation is \$3.

Neurology	June 11 and 23	10-11:30 a.m.	3180211-01 and 02
Cardiology	July 16 and 21	10-11:30 a.m.	3180212-01 and 02
Oncology	Aug. 13 and 18	10-11:30 a.m.	3180213-01 and 02
*Pulmonology	Sept. 10 and 22	10-11:30 a.m.	1180204-01 and 02
*Gastroenterology	Oct. 20 and 27	10-11:30 a.m.	1180205-01 and 02

***Registration for the Sept. and Oct. presentations opens Aug. 13.**

Presidential Series

Dr. Phil Kibort's other vocation is U.S. Presidential history. He's been studying it for more than 25 years and shares his knowledge with us every summer. All presentations are from 10:30 a.m.-Noon. \$3 each.

Best Prepared to be President	June 17	3180207-01
Most Impactful POTUS (Good and Bad)	July 8	3180208-01
The Great Campaigns	Aug. 26	3180209-01
*The Children of Presidents (Famous and Infamous)	Sept. 23	1180202-01
*How do They Rank?	Oct. 28	1180203-01

***Registration for the Sept. and Oct. presentations opens Aug. 13.**

Canasta

Mondays
10:30 a.m.-12:30 p.m.
Must know how to play



Cribbage

Thursdays 10 a.m.-Noon.
We'll teach you how to play
Third Thursday 6-9:30 p.m.
Must know how to play



SPECIAL INTEREST GROUPS

Tale Spinners

1st & 3rd Tuesdays 1-3 p.m.
Come write with us & share your stories



Bulls & Bears Investment Club

What's going on in the markets
2nd Tuesday 1-3 p.m.

Men's Discussion Group

Coffee & conversation
Mondays 9-10:30 a.m.



TECHNOLOGY

Digital Photo Workshop Part I: Transfer, Edit and Organize

Learn how to transfer photos from phone to computer, do basic editing, label, organize and create folders. Windows computers and android phones only. Computer skills are required. Must know passwords. Instructor: Abbey Key

Day	Date	Time	Cost	Course
Th	June 11	1-3 p.m.	\$15	3180604-01

Digital Photo Workshop Part II: Saving and Working with the Cloud

Learn how to save your work on a USB and/or external hard drive. Upload pictures/files and create links to photo albums for sharing using the cloud via Google Drive. Windows computers only. No phones. Must know passwords. Instructor: Abbey Key

Day	Date	Time	Cost	Course
Th	June 25	1-3 p.m.	\$15	3180605-01

One on One Tech Help

Get free assistance with volunteers from the Senior Community Services Technology, Education and Connection & Help Program. These 50-minute appointments at the community center are free to those 60+ thanks to a grant from Hennepin County. Appointments are on the 1st & 3rd Mondays and 2nd & 4th Wednesdays. Registration is required. Call the main office to schedule or go online at minnetonkamn.gov/register.

EVENTS

Lunch and Movie: Soul on Fire

Based on the true story of John O'Leary and how the worst day of his life changed his life forever. His mission: you get one life; make yours matter. Starring John Corbett and William H. Macy, the movie is about loving the life you're living right now and not the life you think you should or could have had. Runs 1hr52min. Lunch: Italian pasta salad, fruit, roll, dessert. **Register/cancel by: June 5.** Sponsored by: **RidgePointe.**

Day	Date	Time	Cost	Course
W	June 10	Noon-3 p.m.	\$10	3100203-01

Lunch and Movie: The Magic of Belle Isle

Monte Wildhorn is a famous author who moved to Belle Isle to give up on life. He discovers it's never too late to rewrite your own story. Directed by the late Rob Reiner. Stars Oscar Winner Morgan Freeman Runtime: 1hr49min Lunch: BBQ chicken sliders, chips, fruit and dessert. **Register/cancel by: June 23 (or until full)**

Day	Date	Time	Cost	Course
F	June 26	Noon-3 p.m.	\$10	3100204-01

Minnetonka Memory Café Nature Walk and Picnic

Our memory café is a place for people living with dementia and their immediate caregiver to socialize and share experiences. Volunteers engage with those living with dementia, while a licensed social worker with Senior Community Services conducts a caregiver support group. In June we will take an easy nature walk outside followed by a picnic. The first Tuesday is designed for those in the early stages of dementia or recently diagnosed. The third Tuesday is designed for those in the middle stages of dementia who can still participate but may require additional support. Thank you to our sponsors, **Home Instead** and **Amira Choice.**

Day	Date	Time	Cost	Course
Tu	June 2	11 a.m.-1 p.m.	FREE	3180701-03
Tu	June 16	11 a.m.-1 p.m.	FREE	3180701-04

Canasta

Canasta is a card game developed in Argentina and Uruguay in the 1940s. Fun, exciting and full of variations, come learn how to play with Instructor Pat Blake!

Day	Date	Time	Cost	Course
Tu	June 2-16	9-11 a.m.	\$20	3190301-01



Whether you love vintage, antique, classic or muscle cars, join us for a showcase of pristine vehicles.

Enjoy live music by The OutCats Band and treat yourself to delicious root beer floats.

This fun-filled event is free, but registration is required by Aug. 14.

Wednesday, Aug. 19

10 a.m.-noon

Minnetonka Ice Arena B Parking Lot

Course 3180422-01 Sponsored by: **Westridge**

Let us know if you have a classic car to show!

DAY TRIPS

Our day trips depart from the Minnetonka Community Center. Trip fee includes coach bus transportation, attraction, meal(s) (if listed) and volunteer trip escort. Call the main office for more details.

<p>Mille Lacs Lake Fishing Excursion W July 22 9 a.m.-6:30 p.m. \$107</p>	<p>Register/ cancel by: June 22</p>	<p>Grab a friend, get your fishing license and get ready to spend nearly four hours fishing on world famous Lake Mille Lacs. Enjoy a broasted chicken or fish 'n' chips lunch at Twin Pines' Restaurant first before heading out with an expert guide aboard a Twin Pines pontoon. All bait, tackle, rods and reels provided. Guide will clean your fish. Bring a cooler to take home your catch.</p>
<p>Saint Paul Saints Game W Aug 5 11:30 a.m.-4:45 p.m. \$76</p>	<p>Register/ cancel by: June 29</p>	<p>See the Saints take on the Louisville Bats. ChatBLT, the Saints 4-legged mascot is sure to be squealing on the field. Seats are spacious. Lunch is on your own at the ballpark. First pitch at 1:07 p.m. Bus pulls up to main entrance.</p>
<p>3-Day Trip to Galena, Illinois Tu, W, Th Sept. 15-17 \$785 per person (2 per room) \$1,025 per person (1 per room)</p>	<p>\$225 Deposit due by July 13 Final payment due July 27</p>	<p>Day 1: Travel to Decorah, Iowa for lunch. Visit Vesterheim Nat'l Norweigain American Museum. Check into the DeSoto House Hotel, oldest operating hotel in Illinois. Dinner and Explore Galena. Day 2: Trolley tour of history and architecture of Galena. Tour U.S. Grant House and Museum, eat and shop in historic downtown Galena. Elegant dinner at DeSoto House Hotel. Day 3: Effigy Mounds National Monument in Harpers Ferry, Iowa. Lunch in LaCrosse, WI before heading home. Register/cancel by: July 13.</p>

SERVICES

Blood Pressure Checks: Retired nurses volunteer to do these free checks on the 1st & 3rd Friday of the month and the 2nd Wednesday from 9:30-10:30 a.m. No registration required.

Foot Care: Nurses from two organizations visit the community center to trim toenails & keep feet healthy!

- **Happy Feet:** Every Friday. Appointment required. Call 763-346-3390 to schedule.
- **Sparkling Feet:** 2nd Tuesday and 3rd Wednesday of every month. Appointment required. Call 952-204-9406 to schedule.

Medicare Counseling: Questions about your current plan coverage? Minnesota Aging Pathways has trained counselors who aren't affiliated with any insurance company. Call 1-800-333-2433 to schedule a free appointment. If you have questions about Medicare, call Minnesota Aging Pathways FIRST.



Senior Community Services

Senior Community Services' mission is to help older adults and caregivers live safely, independently, and connected to community. This Minnetonka based non-profit offers several programs designed to help older adults thrive.



HOME Program: Help with indoor & outdoor chores to help people remain independent in the home they love. Call 952-746-4046.

Outreach: Need trusted, affordable resources for financial assistance, medical or legal issues, caregiving support, housing alternatives or other life changes? Contact Lee Ann at 612-770-7005 or l.eiden@seniorcommunity.org

Phones are answered 8 a.m.-4:30 p.m. Monday through Thursday and 8 a.m.-Noon on Fridays now through Sept. 4.

Registration required for all programs.*



14600 Minnetonka Blvd.
Minnetonka, MN 55345



minnetonkamn.gov/register



952-939-8393

Office Hours

Monday-Friday
8 a.m.-4:30 p.m.

Mission

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

Program Locations

Meet at Minnetonka Senior Services at the Minnetonka Community Center, unless otherwise noted.

Program Cancellation

Withdrawing from a program must be done at least seven days before the start or by the originally advertised registration/cancellation deadline to receive a refund. Cancellations are subject to a 10% service fee.

Trip Cancellation

Refunds only granted prior to the registration deadline or in the event that a replacement is found.

* Programs with low enrollment will be canceled.