Computer & Technology

- Android Phone & Tablet
- Computer Buddy Club
- Intro to Facebook
- Intro to Podcasts
- Intro to Social Media
- Intro to Twitter
- Intro to Uber
- Open Computer Lab


Out & About

- Fly Over America at MOA
- Holiday Flowers & Holiday Bazaar
- Jacob Marley’s Christmas Carol! at DayTrippers
- Mamma Mia
- Russian Art Center, Orthodox Cathedral & Murray’s
- “100 Years of Sinatra” at Paramount Theater
- The Bikini’s at DayTrippers
- Viking Museum Tour & Casper’s

See pages 21 – 23.

Birthday Party in the Park!

- Dan Newton
- Lenox Satin Dolls
- Lyndon Grittlin
- Mary Franz

See page 28.
Upcoming Events

Open Woodshop
For more details see page 7.
Instructor: Kevin Terry

L230W20
Tues./Thurs., Dec. 3 – Mar. 31
(No class Tues., Feb. 25 and Mar. 3)
6 – 9 p.m.
Member: $2

Help a senior who otherwise might not receive gifts this holiday season. (Call Home Instead at 763.544.5988 if you know someone who may not receive any holiday gifts.) The ornaments will be set up Wednesday, November 13 and we invite you to take an ornament and purchase the items for that person, put the items in a gift bag (unwrapped), attach the ornament and drop off the gift bag in the office. Please bring your bag to the Lenox office by Thurs., Dec. 12. Your participation can make a difference in another senior’s life! For more information call 952.928.6443.

A national project by Home Instead Senior Care.

Drawing Without Tears Using a Camera Lucida
Use a toy Camera Lucida (Crayola Sketch Wizard)
Work from photos, either on paper or viewed with a smart phone or tablet.
The camera lucida projects a ghost image of the photo onto your drawing.
Trace the important features and go on to complete the drawing.
Discuss line, shading and blending techniques, composition and other artistic considerations.
For more details see page 7.
Instructor: Judy Goebel

L260W20
Wed., Feb. 12 – Mar. 18
10 a.m. – Noon
Art Room 108
Member: $30
Nonmember: $35

American Mahjongg
Learn to play the intriguing game of Mahjongg
The Chinese ruling class developed this game
Played previously? Refresh your skills!
Price includes National Mahjongg League Playing Card.
For more details see page 8.
Instructor: Jody Brennan

L296W20
Wed., Mar. 4 – Apr. 8
1:30 – 3:30 p.m.
Card Room
Member: $60
Nonmember: $67

Brighten a Local Senior’s Holiday: Be a Santa to a Senior!

St. Louis Park Senior Program
A program of St. Louis Park Community Education
Lenox Community Center, 6715 Minnetonka Boulevard, St. Louis Park, MN 55426
www.slpcommunityed.com
952-928-6444
LENOX Foundation
Winter Fundraiser with Nelson's Meats

Monday January 27th

For every Sloppy Joe sandwich with 2 sides purchased between 11 AM until 5 PM Nelson’s Meats will donate $5.00 to the Lenox Foundation 
Supporting the SLP Senior Program

Take Out or Eat In

Monday, January 27
6318 Minnetonka Blvd

11 AM – 5 PM
952-935-9092

952-928-6444
LENNOX FOUNDATION

Winter Fundraiser
Tuesday, February 25th
AT PARKWAY PIZZA

10% of all sales at Parkway Pizza on Tuesday, February 25th will be donated to the Lenox Foundation

Supporting the SLP Senior Program

Entire Menu Applies

- Dine In
- Delivery
- Take Out

Bring Family and Friends!

Tuesday, February 25  11 AM – 10 PM
PARKWAY PIZZA  6325 Minnetonka Blvd.
952-929-0095
Open Painting
Members are welcome to come and paint on their own. Please sign in and out in the Main Office, Room 113. Room availability may change due to facility needs.
Fri., Dec. 6 – Mar. 28
(No open painting Fri., Nov. 29)
9 a.m. – Noon
FREE to members

Oil Painting
Gain confidence in your ability to translate your subject to canvas as you strengthen your observational skills, build a reliable process for planning and developing your unique voice. Whether a beginner or more experienced painter, this workshop will help to identify a focus in your painting practice. Each morning Suzi will demonstrate a variety of topics including setting up a composition using design protocols, then leaving the rest of the class for your own work. Open to oil, water soluble oil, acrylic, or even pastels. Ask for a supply list for the class when registering.
Instructor: Suzi McArdle

Hardanger Seminar
Have you taken the Beginner Hardanger Class and are not sure where to go next? Or perhaps you stitched Hardanger Embroidery years ago and would like to pick it up again, but not sure how. Buy an all included kit with some stitches new to you, or find an advanced pattern, and purchase materials, then sign up for this class. Two weeks between sessions gives lots of at home stitching time, but the classes provide individual instruction for the unfamiliar parts. Come into the Lenox Office Fri., Jan. 3 or 17 between 1 and 4 p.m. for advice from Peggy Dokka on which materials to purchase.
Instructor: Peggy Dokka
L286W20 Tues., Feb. 18, Mar. 17 and 31
1 – 3 p.m.
Conference Room
Member: $30
Nonmember: $35

Beginning and Almost Beginning Crochet
Whether you are an absolute beginner or someone who learned to crochet once-upon-a-time and has forgotten how, this class is for you! We start at the beginning, looking at tools and materials and learn to make chain, slip stitch, single crochet and double crochet stitches, read patterns and follow diagrams. You will complete a dishcloth, scarf, granny squares and a small stuffed toy as part of class assignments. You will also get help and advice on selecting your next projects. A welcome letter with a supply list will be sent at registration. Here's what participants had to say about this class: “She is great! So patient and easy to learn from. Love her class!” “Judy is an excellent instructor whose casual style and the ability to meet students at their own level is awesome.”
Instructor: Judy Goebel
L207W20 Tues., Dec. 3 – Jan. 21
10 a.m. – Noon
Member: $69
Nonmember: $79
L208W20 Tues., Feb. 4 – Mar. 10
10 a.m. – Noon
Member: $69
Nonmember: $79
L209W20 Tues., Mar. 24 – Apr. 28
10 a.m. – Noon
Member: $69
Nonmember: $79

New Year, New Techniques!
Are you curious about adding a little more color to your knitting? Each week of this class covers a different type of multiple-color knitting. Materials: Bring at least two colors of your favorite worsted-weight yarn (no cotton, please) and a set of size 7 or 8 double-pointed knitting needles. Week 1: Fair-Isle Colorwork Week 2: Double Knitting Week 3: Intarsia Week 4: Slipped-Stitch Knitting.
Instructor: Lara Neel
6 – 8 p.m.
Lenox Lounge
Price: $59

Hand Building Bowls for Empty Bowls
Empty Bowls is an annual event hosted by STEP in St. Louis Park to support efforts to eliminate hunger. This class is an opportunity to learn a fun craft and support this event. You will learn about food insecurity in St. Louis Park from a STEP staff member and Angela Jacob will teach you how to create your bowl. You will get to make two bowls, one to be donated to STEP for the Empty Bowls event and one to have for yourself. All supplies are included in class fee. All ages are welcome to attend, students under age 18 must be registered with a participating adult.
H303W20 Sat., Jan. 25 – Feb. 8
10 a.m. – Noon
High School Room B114
Price: $35

Intro to Pottery Studio
For complete beginners. Familiarize yourself with our studio under the guidance of instructor Jen Noetzli. Learn how to use the pottery wheel, gain experience with different glazes. You will learn all necessary techniques to participate in Open Pottery Studio in the future. Supply fee of $30 is included in tuition. Instructor will fire objects at no extra charge.
H103W20 Sun., Jan. 26 – Mar. 22
11 a.m. – 1 p.m.
High School Room B114
Price: $155

Fun with Watercolors — The Magic of Skies
You will learn how to make an outstanding painting with focus on stunning skies. You will learn techniques to create the atmospheric effects of fog, mist, storm, glorious sunset and sunrises. Skill level: beyond beginner.
Instructor: Vera Kovakovic
L264W20 Wed., Feb. 5 – Mar. 4
1 – 3 p.m.
Art Room
Member: $50
Nonmember: $79
Drawing Without Tears
Using a Camera Lucida

Do you envy people who can draw? Wish you could? In this class, we will use a simple child’s toy Camera Lucida (Crayola Sketch Wizard) in the way that many art historians believe the renaissance artists used newly available lenses and curved mirrors to create some of their greatest masterpieces. In class, we will work from photos, either on paper or viewed with a smart phone or tablet. The camera lucida projects a ghost image of the photo onto your drawing. You then trace the important features and go on to complete the drawing. In class, we will discuss line, shading and blending techniques, composition and other artistic considerations.

Instructor: Judy Goebel
L260W20 Wed., Feb. 12 – Mar. 18
10 a.m. – Noon
Member: $30
Nonmember: $35

Fun with Watercolors — Beautiful Florals

You will learn how to paint florals with an impact. We will use controlled, more precise approach as well as loose and flowing way to capture the brilliant essence of flowers. Skill level: beyond beginner.

Instructor: Vera Kovakovic
L265W20 Wed., Mar. 18 – Apr. 15
1 – 3 p.m.
Art Room
Member: $50
Nonmember: $59

Open Woodshop

Lenox has a shop with a variety of power and hand tools for your use. Pay at the door — Please bring exact change, or check, payable to ISD 283.

Instructor: Kevin Terry
L230W20 Tues./Thurs., Dec. 3 – Mar. 31
(No class Tues., Feb. 25 and Mar. 3)
6 – 9 p.m.
Lenox Woodshop
Member: $2
Nonmember: $5

Beginning Knitting

Learn how to make basic knit stitches and how to read a pattern. You will complete a hat and learn how to make a square that can grow into a scarf, afghan, or whatever you want! Instructor Lara Neel will bring a variety of needles and yarn for you to use on the first night so you can decide what you like best, then purchase by 2nd class.

Instructor: Lara Neel
L112W20 Wed., Feb. 19 – Mar. 18
6 – 8 p.m.
Lenox Lounge
Price: $59

Needlecraft

This group makes items for our Craft Sales.

Tues. (continuous)
9 a.m. – Noon
Craft Room
Free

Ponytail Canasta

1st and 3rd Thurs. (continuous)
1 – 3:30 p.m.
Card Room
Member: $1/time
Nonmember: $2/time

Bingo

Enjoy prizes.
1st and 3rd Wed. (continuous)
1 – 3:30 p.m.
Cafeteria Room
$3/time

Play 500

Mon. (continuous)
1 – 3:30 p.m.
Card Room
Member: $1/time
Nonmember: $2/time
Fri. (continuous)
1 – 3:30 p.m.
Card Room
Member: $1/time
Nonmember: $2/time
Fri. (continuous)
1 – 3:30 p.m.
Card Room
Member: $1/time
Nonmember: $2/time

Cribbage

Fri. (continuous)
1 – 3:30 p.m.
Card Room
Member: $1/time
Nonmember: $2/time
Fri. (continuous)
1 – 3:30 p.m.
Card Room
Member: $1/time
Nonmember: $2/time

Scrabble

We Scrabble players at Lenox have a great time! We follow relaxed rule in that we allow players to look up 2 or 3 letter words to help improve scores. We even have lists. We bring a snack to share and there is coffee at the center. Questions call Marlyce at 612.926.8178.

Wed. (continuous)
1 – 3 p.m.
Card Room
You are welcome to bring your own board.
Member: $1/time
Nonmember: $2/time

Table Tennis

Continuous daily – lower level
Resource Room
Pick-up key in office.
Member: $1/time
Nonmember: $2/time
Grand Ole Opry Country Music Jam Session

Wed., Dec. 4, Feb. 5 and Mar. 4 (No session Jan. 1)

All are welcome!

Want to put some fun in your life? Join us in playing and listening to country music. Guitar players, drummers, bass players, line dancers and singers of all ages and skill levels are welcome.

For information call 952-928-6444 or JUST COME!

1 – 3 p.m. Lenox Gym
Light refreshments available for purchase. Suggested donation $1

Ballroom Dancing

Join the crowd that loves to ballroom dance to Dick Macko’s Band. Everyone is welcome.

No partner necessary.

1 – 3:30 p.m.
Member: $5
Nonmember: $7
Includes refreshments

Satin Dolls & Company

The Senior Program’s tap dancers perform for reunions, church and synagogue functions, fairs, senior parties, and other social events.

For bookings and more information call Joan Madden at 612-925-3806.

American Mahjongg

Learn to play the intriguing game of Mahjongg, a game of chance and skill. The Chinese ruling class developed this game of tiles in the time of Confucius, but it has been modernized, simplified and Westernized for all to enjoy. Played previously? Refresh your skills! Price includes National Mahjongg League Playing Card.

Instructor: Jody Brennan

L296W20
1:30 – 3:30 p.m.
Member: $60
Wed., Mar. 4 – Apr. 8 Card Room
Nonmember: $67

Argentine Tango for Your Health

Come and participate in Passport to Live’s “Dance for Your Health” program at the Lenox Center, and learn an exciting, fun, beautiful, elegant dance… Argentine Tango. Dancing Argentine Tango provides significant health benefits by improving your balance, mobility, and mental acuity. It may also improve your confidence on the dance floor and it just happens to be fun and quite social. These sessions are specifically designed for seniors as well as persons with neurological disorders (such as Parkinson’s) and their caregivers or Alzheimer’s. Everyone and all skill levels are welcome.

No partner is required. No preregistration necessary.

Instructor: Len Mathe

Thurs., Dec. 5 – Mar. 26
10:30 – 11:30 a.m.
Cafeteria
Member: $1
Nonmember: $2

Friends of the Arts Scholarships

If you want to grow or develop in the arts but lack the financial resources, consider this local resource. Residents are eligible to apply for scholarships.

For information call 952-928-6422 or info@SLPFriendsoftheArts.org.
Improve the quality of your daily life by attending this class designed for seniors. This class focuses on stretching, balance, low impact aerobics and strength training. You will have so much fun in this class you might forget you are exercising! We welcome drop-ins: $5

Instructor: Katherine McGraw is a St. Louis Park resident and mother of 4 beautiful teenagers. She exudes a passion for fitness and has been teaching a wide variety of group fitness classes throughout the Twin Cities area since being certified in 1988. She is certified in ACE and BOSU, and licensed in Zumba, Zumba Toning, Zumba Gold, Zumba Core and Zumba Glutes.

All classes Mon., Wed. and Fri.
10:25 – 11:25 a.m.
Gym

L217W20 Dec. 2 – Dec. 30
(No class Mon., Dec. 23 and Wed., Dec. 25)
Member: $40 Nonmember: $48

L218W20 Jan. 6 – Jan. 31
(No class Wed., Jan 1, Fri., Jan. 3, and Mon., Jan. 20)
Member: $40 Nonmember: $48

L219W20 Feb. 3 – Feb. 28
(No class Mon., Feb.17)
Member: $40 Nonmember: $48

L220W20 Mar. 2 – Mar. 27
(No class Mon., Mar. 16 and 30)
Member: $40 Nonmember: $48

We welcome drop-ins: $5

* Many insurance companies encourage fitness and will help pay for your EnhanceFitness. Bring your insurance card to Toni and she can check your eligibility.
Breathing, Movement and Meditation

This 4 week class is perfect for those who wish to start meditating, or are returning to meditation after some time away. Each class will start with Pranayama (breath work), simple energy building movement exercises, and then move into a short guided meditation followed by a silent meditation. Class is held at Power & Finesse Fitness, 3941 Meadowbrook Rd., St. Louis Park, MN 55426, 612-272-1238.

Instructor: Laura Ocampo
Y175F19C Sun., Dec. 1 – Dec. 22
6 – 7 p.m. Power & Finesse Fitness
Price: $39.99

Interval Circuit

Studies show that interval training boosts the body’s metabolism. Circuit training is an effective method of exercising the whole body in a short period of time. Combine the two and you have a dynamically efficient strength and conditioning workout. All levels and abilities welcome. Our motto is, “We have to exercise in the morning before our brains realize what we are doing!” Bring a water bottle and towel.

Instructor: Cathy O’Donnell, Instructor Cathy O’Donnell has been working in the fitness industry since 1991 as both a Group Exercise Instructor and Personal Trainer, and holds multiple certifications.

L375W20 Mon. Mon., Jan. 6 – Mar. 30
7 – 7:45 a.m. Gym
Price: $66

7 – 7:45 a.m. Gym
Price: $72

L375W20 Fri. Fri., Jan. 10 – Mar. 27
7 – 7:45 a.m. Gym
Price: $72

Morning Yoga

If you can breathe, you can do yoga. Through mind, body and breath build strength, flexibility and balance. Enhance total fitness through poses centuries old. Wear clothing that allows movement both upright and laying down and bring a mat. Chairs are available.

Instructor: Elizabeth Rowan Keith
L198F19C Fri., Jan. 10 – Feb. 28
8 – 8:55 a.m. Lenox Gym
Member: $70
Nonmember: $80

Relax and Unwind: Yoga for Every Body

Want to do yoga, but think you’re too old, too fat, too out of shape, or that you don’t “look like a yogi?” This body-positive class was created for you! 60 minutes of gentle Hatha yoga combined with breathing and mindfulness exercises will help you reduce stress while improving balance, strength and body awareness. No flexibility, experience or fancy spandex pants required! Wear comfortable, stretchy clothes and bring a yoga mat. Perfect for beginners.

Instructor: Rachel Holdgrafer
L146W20 Wed., Jan. 22 – Mar. 25
7:30 – 8:30 p.m. Lenox Gym
Household Income Under $19,999: $10
Household Income $20,000 – $34,999: $15
Household Income $35,000 – $49,999: $20
Household Income $50,000 – $79,999: $25
Household Income Over $80,000: $30
Member: $70
Nonmember: $80

Ayurveda for Immune Health

This class will focus on Ayurvedic principles useful for keeping your immune system strong. Ayurveda says your immunity is related to your gut health. Learn Ayurvedic tips and tools to increase your immunity, fight diseases better and leave with home remedies for increasing your immune response. This class will also cover the basic principles of Ayurveda.

Instructor: Vanashree Belgamwar
L324W20 Tues., Jan. 28
6 – 7:30 p.m. Craft Room
Price: $29

Ayurveda for Respiratory Health

The respiratory system is a home of Kapha dosha. Learn how to keep the Kapha in balance this winter and simple home remedies for colds, flu, coughs. This class will also cover the basic principles of Ayurveda.

Instructor: Vanashree Belgamwar
L325W20 Thurs., Feb. 27
6 – 7:30 p.m. Card Room
Price: $29

Overcome Your Carbohydrate Cravings

Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype — just the facts.

Instructor: Janice Novak
L127F19 Thurs., Dec. 5
6 – 7:30 p.m. Computer Lab
Price: $39

Natural Living: Ditch the Chemicals and Switch to Nature

Learn about many of the chemicals found in conventional products and even some organics and how they affect the body. Discover natural substitutions and easy DIY recipes using essential oils. You will make a scrub cleaner, all purpose cleaner and room spray using Young Living Essential Oils. A $20 material fee is payable to the instructor at class.

Instructor: Gina A Corradi
L317S20 Thurs., Apr. 23
7 – 9 p.m. Art Room
Price: $19
Guided Meditation
Reduce anxiety and increase wellness in mind and body through meditation. Allow music and guidance from a moderator to create safe, supportive space for relaxation, clarity, and healing. A good form for beginners.

L301W20 Thurs., Dec. 5 – Jan. 23
8 – 9 a.m. Little Theater
Member: $45 Nonmember: $50

L302W20B Thurs., Feb. 6 – Mar. 26
8 – 9 a.m. Little Theater
Member: $45 Nonmember: $50

Homemade Egg Rolls and Samosas
Restaurant-quality egg rolls and samosas can be made right in your own kitchen. These appetizers are jammed with flavors from around the world and can be a quick way to incorporate leftovers into something new and fun to eat. Make a variety of egg rolls, samosas and dipping sauces in class. A $20 material fee is payable to the instructor at class.

Instructor: Selam (Mimi) Ponds

L307W20 Tues., Mar. 23
6 – 8 p.m. Lenox Kitchen
Price: $39

Exercise Workshop
Learn about STEP Therapies Land Exercise group! This workshop will cover basic exercise programming recommendations for seniors, people living with neurologic conditions or mobility challenges. We will discuss getting started, staying motivated and general guidelines for healthy exercise.

Instructor: Brian Eipperle

L295W20 Wed., Dec. 11
10 – 11 a.m. Craft Room
Free, please register

Fabulous Fish Dishes
Learn to create delicious fish dishes using a few basic techniques. This menu starts with a mixed greens and garden vegetable salad with a homemade creamy garlic dressing. We’ll grill fresh tuna steaks with a fabulous Mediterranean style relish served with pasta tossed with garlic in olive oil. Moist, flaky Atlantic salmon is slow baked with an oven dried tomato and dill butter sauce. Walleye Pike will be lightly breaded and pan-fried to a crispy golden brown and served with homemade tartar sauce and mashed potatoes. Key lime pie finishes topped with fresh whipped cream. All materials included in registration price.

Instructor: Jeff Sandino

L312W20 Tues., Mar. 24
6 – 9 p.m. Lenox Kitchen
Price: $45

Metro Dining Cards
Cards available mid May in the Lenox Office Room 113.

Two sets of cards available: one for Mpls/West Metro and one for Anoka/Northwest.

Metro Dining Cards are good from May 2019 through May 2020.

$25 per set, 138 area restaurants to choose from! Proceeds benefit the St. Louis Park Senior Program.

Lenox Community Center,
6715 Minnetonka Blvd.
St. Louis Park, MN 55426
952-928-6444 or www.slpcommunityed.com

iPhone Basics
Do you have an iPhone but feel you are not fully understanding how to use it? This is the course for you. We will go over each topic slowly, together, and in detail. The first day: the basics, including but not limited to, general operation of phone, on / off, charging, low power mode, buttons (what do they do?), Change background, change sounds the phone makes. On the second day, we will look at how to, call family, text family, favorites, check the weather, check the news, how to take pictures and find pictures time permitting. Come with your phone fully charged and a notepad to take personal notes.

Instructor: Christopher Haugen

L303W20 Tues. Nov. 19 and Thurs. Nov. 21
6 – 7:30 p.m. Computer Lab
Member: $35 Nonmember: $40

L304W20 Tues. Dec. 3 and Thurs. Dec. 5
6 – 7:30 p.m. Conference Room
Member: $35 Nonmember: $40

6 – 7:30 p.m. Card Room
Member: $35 Nonmember: $40

6 – 7:30 p.m. Conference Room and Craft Room
Member: $35 Nonmember: $40

6 – 7:30 p.m. Card Room
Member: $35 Nonmember: $40
**Intro to Social Media**

What is your #1 question on social media? We'll cover this and more! This class will go over step-by-step basics for Facebook, Instagram, Snapchat, Twitter and YouTube. Common questions and insights on social media will be reviewed so that you're up to date on the latest buzzwords and topics. Come and learn to share, search and connect and leave savvy as ever! No prior experience required.

*Instructor: Nickie Welsh*

**L277W20**
6 – 7:30 p.m.  
Member: $10  
Nonmember: $12

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**Open Computer Lab**

Would you like the opportunity to check your email, research your family history, find out what Google is all about, or play games online? Sign in and out at the main office, Room 113.

9:30 a.m. – Noon  
Fri., Dec. 6 – Mar. 27  
Computer Lab  
FREE

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**Intro to Twitter 101**

Have you been curious as to what Twitter is exactly? In this class, we'll go over all the basics you need to know about one of the largest social media platforms in the world. You’ll learn how to create a profile, read what others are saying, send a Tweet, and more. Whether you are just curious as an observer or you would like to become a user yourself, this is the class you need to stay up to date in today's digital world.

*Instructor: Nickie Welsh*

**L278W20**
6 – 7:30 p.m.  
Member: $10  
Nonmember: $12

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**Android Phone and Tablet**

Do you want to learn how to customize your Android phone or tablet, take advantage of all its great features and have fun? In the first class, you will learn how to set up your device to work the way YOU want it to work. You will set up wallpaper, the homepage, control the sounds it makes and then, learn how to control it with voice commands and more. In the second class, we will practice doing some common tasks using the applications that came with your device such as checking email, taking photos and sharing, saving information, etc. Our third class will be applications—where to get them and how to do it safely, download and install them. We will discuss resources when things go wrong. Be sure to bring your Android phone or tablet with a well charged battery, and set up your Google account for it ahead of time. **Note: *This class is not appropriate for Windows or Apple Devices.***

*Instructor: Judy Goebel*

**L242W20**
10 a.m. – Noon  
Wed., Jan. 8 – Jan. 22  
Member: $30  
Nonmember: $35

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**Intro to Podcasts**

Have you heard about Podcasts and would like to learn more? In this class, we will learn all about how to listen to these digital audio shows online, select your favorite topics and even learn about any subject. You’ll see how Podcasts are now one of the most popular tools for learning and personal growth, as well as a fun form of entertainment! No prior experience required.

*Instructor: Nickie Welsh*

**L279W20**
6 – 7:30 p.m.  
Member: $10  
Nonmember: $12

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**Intro to Uber**

Do you hate to drive in bad weather or when it’s dark outside? Expand your transportation options and independence through the ride sharing service, Uber. In this training workshop, students will learn the basics and gain the knowledge on how to use Uber if needed. No experience required and training materials will be provided for each attendee.

*Instructor: Nickie Welsh*

**L280W20**
6 – 7:30 p.m.  
Member: $10  
Nonmember: $12

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**Intro to Facebook**

Are you new to Facebook or just getting started? Learn how to use the world’s most popular social media site to safely connect with family and friends. Attendees will learn to log in, create their page, post photos and learn the top tips for utilizing the site. We’ll also review the recommended privacy settings. You’ll leave this training with the knowledge on how to navigate confidently through the website.

*Instructor: Nickie Welsh*

**L296W20**
6 – 7:30 p.m.  
Member: $10  
Nonmember: $12
Computer & Technology/Lifelong Learning

Computer Buddy Club

The club provides weekly topics and HELP for you and your “BOX.” Get on our weekly email list and get tips, schedules and more! Scanning is available to digitize photographs!

NEW! Don’t use email very much? Get info about the buddies at our website! www.seniorcomputerbuddies.blogspot.com.

Questions? Call John McHugh at SLP City Hall TV department: 952-924-2528. Or email him at jmchugh@stlouispark.org.

Leader: John McHugh, SLP City Hall Community TV Coordinator, Room 110.

1 – 3 p.m.
Member: $1
Nonmember: $2

SLP Senior Program

Laptop Mentoring

Need help with your laptop? John McHugh will help members of the Senior Program by appointment only.

10 – 11:20 a.m.
FREE
Inquire in Lenox Office, Room 113 or call 952-928-6444.

Retaining Adaptability and Vitality while Aging

Any Minnesotan will know animals exposed to hardship often live longer! In this class, we will discuss the biological principle of hormesis, how low exposure to something harmful can actually be beneficial. You are not a machine, but a living, breathing biological wonder that has an inner mechanism for self-repair. As time goes on, this mechanism becomes stronger. Secondary aging can be enhanced through lifestyle factors and our environment. Find out why life gets better after 50.

Instructor: Deborah Walters

L291W20
12:30 – 2 p.m.
Member: $25
Nonmember: $30
Fri., Oct. 11 – Nov. 22
Little Theater

St. Louis Park Writers

Do you love to write? Are you a storyteller? If you’ve told it, it’s time to write it. Come and explore all forms of writing, because you can’t do it wrong.

1 – 3 p.m.
FREE
Wed. (continuous)
Conference Room

After the War to End All Wars

World War I did not end all wars. This course will focus on the Russian revolution and civil war, the mixed results the war had on western Europe, and the fate of the European colonies in Africa, the Middle East, and Asia. In addition, we will examine the complex effects the war and peace treaties had on the United States during and after the so-called Roaring Twenties and the long shadow WWI cast on the 20th and 21st century.

Instructor: Janet Woolman

L210W20
12:30 – 2 p.m.
Member: $25
Nonmember: $30
Fri., Oct. 29 – Nov. 26
Little Theater

These are OLLI Courses.

Savvy Social Security for Widowed and Divorced

Understanding Social Security is critical to your retirement. Discussion includes factors to consider when deciding when to apply for benefits, survivor benefits, divorced-spouse benefits, and divorced-spouse survivor benefits. What to do if your marital status changes, or if you lose your spouse, and other strategies.

Instructor: Robert Davis

L102F19
6:30 – 8:30 p.m.
Card Room
Price: $19

Good Life Expo

Focused on bringing together all that makes for a good life! Connect with people and small business owners from all over the Twin Cities who are committed to healthy mind, body, and spirit. We invite you to meet new people, connect with friends and practitioners and try new things at the Good Life Expo. Find products and experiences that bring joy to your soul. We’ll have energy workers, handmade jewelry, home goods like pottery and art, essential oils, rocks, crystals and more. Join us for this Saturday event at the Good Life Expo! www.ExpoGoodLife.com.

No registration required.

Hosts Heidi Steffens, owner of My Spirit Experience in St. Louis Park www.myspiritexperience.com and Michelle Aalbers, owner of Jai Dee L.L.C. www.jaideewellness.com

Sat., Dec. 7
10 a.m. – 3 p.m.
Central Community Center Gym
Free, no registration needed
Movie Archivist: Bob DeFlores is known nationally as a film consultant and archivist. He supplies film for documentaries for major television networks. Over the years Bob has worked with many celebrities on their film libraries. His presentations are huge favorites at Lenox.

It's A Wonderful Life

George Bailey has so many problems he is thinking about ending it all — and it's Christmas! As the angels discuss George, we see his life in flashback. As George is about to jump from a bridge, he ends up rescuing his guardian angel, Clarence - who then shows George what his town would have looked like if it hadn't been for all his good deeds over the years. If you have never seen this movie don't miss it and if you have you know you want to see it again! This is the BEST! Bob will surely have some surprises and anecdotes about the stars, Jimmy Stewart and Donna Reed.

L267W20
1 – 3:30 p.m.
Member: $10
Nonmember: $12

“American Dance” — The Greatest Tap Dancers

A look at some of the great tap dancers of the past. Tappers like Hal Leroy, Bill Bojangles Robinson The Nicolas Brothers, Fred Astaire and Ginger Rogers, Ray Bolger, Buddy Ebsen, Shirley Temple and famed dancers of the Cotton Club and Apollo Theaters. The program will also include a wonderful cartoon and other features.

L268W20
1 – 3:30 p.m.
Member: $10
Nonmember: $12

His Girl Friday (continued)

Johnson, newly engaged to another man. Burns suggests they cover one more story getting themselves entangled in a case of murder. His Girl Friday has been noted for its surprises, comedy and rapid, overlapping dialogue. His Girl Friday was #19 on American Film Institute's 100 Years... 100 Laughs. Bob will bring along some surprises to add to this hilarious comedy!

L266W20
Wed., Dec. 18
1 – 3:30 p.m.
Little Theater
Member: $10
Nonmember: $12

Royal Wedding

A brother and sister dance act romance when booked in London during the Royal Wedding of Queen Elizabeth. Starring Fred Astaire, Jane Powell, and Peter Lawford, this movie has the most memorable dance scene in movies when Fred Astaire dances on the ceiling. Bob DeFlores will tell you all about what went on in the making of this wonderful film, and add some fun surprises.

L276W20
Wed., Mar. 18
1 – 3:30 p.m.
Little Theater
Member: $10
Nonmember: $12
Books Alive
This group has fun together performing theatrical oral readings, making books come alive for children and adults. Books Alive tours as Asset Champions encouraging literacy and active aging. Participants must be Senior Program members. There is no charge for this course and no registration is needed. For more information call Friends of the Arts at 952-928-6422.

Instructor: Mark O Schwartz

Prepare Your Own Will
This course will provide you with all the instruction, forms, witnesses and notaries necessary to allow most everyone to prepare and walk away with his/her own simple will. Will forms are included in tuition. Instructor Adam Altman is a practicing attorney experienced in drafting wills. Please bring a blue pen with you to class. When registering as a couple, choose per couple price, but register just one person per couple.

Instructor: Adam Altman

Native American Studies Video Series
This series is taught by Dr. Elizabeth Rowan Keith, a professor of Native American Studies. We will watch a film about each topic and have a discussion on how these pieces of our past have created the world we know today.

Thurs., Dec. 5, Songs of the Spirit: Native American musicians Joanne Shenandoah, R. Carlos Nakai and Bill Miller join The New Mexico Symphony Orchestra to connect all people across time and space through music of the 21st century.

Thurs., Dec. 12, Maria Tallchief: The first American prima ballerina, Maria Tallchief, was born to the Osage in Oklahoma. After returning from the role and international performance, she became director of the Chicago City Ballet and is credited with breaking barriers for others in dance.

Thurs., Jan. 14, Te Ata: This film is based on the life of Mary Thompson Fisher, an honored storyteller of the Chickasaw.

Thurs., Jan. 30, Skins: Produced, directed and performed by Native people, this story takes place on the Pine Ridge Reservation. Police officer, Rudy Yellowshirt, navigates a land, culture and family affected by painful history. Ultimately, it is the story of the power of love between two brothers.

History of the Minnesota Vikings Part I
The Minnesota Vikings have been an NFL franchise for nearly 60 years. This course will cover the history of the team, from an expansion team in 1961 through four Super Bowl appearances; a journey of accomplishment and disappointment. You do not have to take the first course to take the second.

Instructor: Tom Rooney

History of the Minnesota Vikings Part II
The Minnesota Vikings have been an NFL franchise for nearly 60 years. This course will cover the history of the team, from an expansion team in 1961 through four Super Bowl appearances; a journey of accomplishment and disappointment. You do not have to take the first course to take the second.

Instructor: Tom Rooney

Courses are OLLI Courses.
**First Ladies Part 1**
Travel back through time with historian and storyteller, Doug Ohman as he shares interesting stories, photographs and forgotten memories about America’s best loved First Ladies. Part 1 – 1789 (Martha Washington) – 1861 (Mary Todd Lincoln)
*Instructor: Doug Ohman*

L212W20  
1 – 3 p.m.  
Member: $10

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**First Ladies Part 2**
Travel back through time with historian and storyteller, Doug Ohman as he shares interesting stories, photographs and forgotten memories about America’s best loved First Ladies. Part 2 – 1865 (Eliza Johnson) – 1933 (Eleanor Roosevelt)
*Instructor: Doug Ohman*

L213W20  
1 – 3 p.m.  
Member: $10

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**First Ladies Part 3**
Travel back through time with historian and storyteller, Doug Ohman as he shares interesting stories, photographs and forgotten memories about America’s best loved First Ladies Part 3 – 1945 (Bess Truman) – 2017 (Melania Trump)
*Instructor: Doug Ohman*

L214W20  
Member: $10  
Nonmember: $12

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**The Unvarnished Truth of the James Gang**
Tom Ryther, the Twin Cities newscaster for many years is the instructor for this program. Tom has studied the James Gang since his childhood in Missouri. This presentation has been a labor of love and research with visits to the James homestead, robbery and getaway sites and has visited with many of the living relatives of the James Family. Tom is a true expert on the famous James Family.
*Instructor: Tom Ryther*

L237W20  
Mon., Jan. 6  
1 – 3 p.m.  
Little Theater  
Member: $10  
Nonmember: $12

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**Unique Animals and Plants of Australia**
Learn about the oh-so-unique animals, plants, and habitats of the Land Down Under. Discover Queensland’s rain-forest, the Great Barrier Reef, Sydney and the Blue Mountains, the Hunter and Borossa Valleys wine country, and the splendid wildlife of Kangaroo Island and Tasmania.
*Instructor: Lee Ann Landstrom*

L236W20  
Mon., Jan. 14  
10 – 11 a.m.  
Little Theater  
Member: $7  
Nonmember: $10

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**Display Case**
The handmade crafts in the display case are for sale year round!
Thursday Seminars with Dan Hartman

Instructor: Dan Hartman is a military historian who has taught seminars throughout the Twin Cities Metropolitan Area. He has a Master Degree from Mankato State University in Political Science and courses in Government from Hamline University. He taught college level classes throughout Minnesota and Wisconsin.

The Louvre, Notre Dame and Delacroix

Travel with me to Paris on a spring day and view the “Delacroix Exhibit” at the Louvre. Look at the history of the Louvre and Notre Dame in Paris. Then examine Delacroix’s painting to understand the works of art that made him one of France’s great artists of the 19th Century. French painter Eugène Delacroix (1798–1863) produced an extraordinarily vibrant body of work, setting into motion a cascade of innovations that changed the course of art.

L261W20 1 – 3 p.m. Little Theater
Member: $10
Nonmember: $12

The Nissim de Camondo Museum in Paris (continued)

20th Century home. I will tell you of the life and times of the “de Camondo” family as bankers, philanthropists, collectors of art and how they lived and what happened to them.

L262W20 1 – 3 p.m. Little Theater
Member: $10
Nonmember: $12

Avignon, Home of the Popes

The focus will be on the history of Avignon, France, the capital of Provence and the move of the Popes from Rome in the 1200s AD. The popes stayed there for 80 years before they moved back to Rome. After that Anti-Popes arose in France which led to the Great Schism.

L263W20 1 – 3 p.m. Little Theater
Member: $10
Nonmember: $12

Annual Medicare Update

Learn about the recent changes in Medicare benefits and coverage, and how these changes affect you. We will cover the importance of reviewing Medicare Part D coverage during the Annual Open Enrollment Period (Oct. 15 – Dec. 7), how to use Medicare.gov to make health insurance comparisons, how Part D works, the impact of the Affordable Care Act, and the new 5-star plans. Extra Help, a program for people with lower incomes that may reduce prescription drug costs, will be explained.

Instructor: Lukus Zaker, Senior Linkage Line MAAA.

L281W20 Wed., Jan. 15 4:30 – 6 p.m. Craft Room Free
L282W20 Fri., Mar. 20 10 – 11:30 a.m. Craft Room Free

STEP 101: A look into the response to residents with critical needs by St. Louis Park Emergency Program

St. Louis Park Emergency Program (STEP) is a food shelf and social service agency whose mission is to respond to the critical and emergency needs of residents in your community. Come tour our facility and learn how we serve members of our community. On the tour you might be surprised to learn how many residents in the St. Louis Park community struggle to get their basic needs met and understand how STEP responds to those struggles in order to empower and restore hope. Learn how you can get involved in STEP’s mission and help community members fulfill their basic needs. This is a free class. Please wear comfortable clothing as STEP is a combination of a warehouse and office setting. STEP in on 6812 W. Lake St., St. Louis Park, MN.

Y110W20 Thurs., Jan. 16 5 – 6 p.m. STEP Free, but please register
Photo Organization —
Print and Digital
A photograph captures a moment that is gone forever! Are your photographs in a box, drawer, suitcase, phone, camera chip, external hard drive or all of the above? Are they securely backed up? Understand why photo organization/scrapbooking is more difficult today versus years ago. The number one goal is to SAVE — ORGANIZE - SHARE your photos. Discover alternatives to get every printed/digital photo, video and memorabilia in one location, from scanning to storage and organization. You’ll leave with options to access every photo you own and be able to share them with family and friends.

Instructor: Susan H. DeJute
L195W20
Tues., Jan. 21
6:30 – 7:30 p.m.
Craft Room
Price: $20

Estate Planning Solutions
When should a Trust be considered, and when is a Will sufficient? Why are a Health Care Directive and Power of Attorney needed during your lifetime? What methods are available to help protect your children's inheritance? Get these answers and learn ways to avoid probate. Discussion of common mistakes will help you avoid the unwanted consequences that others have faced. Bonnie Wittenburg, an estate planning, probate and trust administration lawyer, will lead this presentation. Here's what participants had to say: "It made me realize how much I don't know." "Very informative without being boring. Easier to follow and understand than I thought."

Instructor: Bonnie Wittenburg
L149W20
Mon., Jan. 28
6:30 – 7:30 p.m.
Card Room
Price: $19

Lunch and Learn —
The Option for Affordable Senior Living and Oasis
A little education can provide direction as you consider the many senior housing options available today. From living at home or with family, to senior community options. Too often, seniors are not aware of the many programs that can help with health care expenses, leisure activities and senior living costs.

Instructor: Dan & Mary Tillman
L285W20
Mon., Feb. 3
11:30 a.m. – 1 p.m.
Craft Room
Free, but please register

Makeup Bootcamp for
Women 40 and Better
When is the last time you updated your makeup and beauty regime? Has your skin changed over time? What about your hair color? Join this “boot camp” to update your look with tips and techniques for ageless beauty. Learn about a variety of products, some may be completely new to you, application, and the latest trends in makeup and skincare. Julie Sherman is a makeup artist with 30 years of experience. No products or services will be sold. This class is essential for busy, beautiful women who could use a little updating!

Instructor: Julie Sherman
L135W20
Tues., Feb. 4
7 – 9 p.m.
Card Room
Price: $39

Health Care Fraud —
Preventing Medicare Fraud and Avoiding Scams
This presentation will teach you how to detect Medicare fraud and what to do if Medicare Fraud is suspected. We discuss the top scams currently being directed towards seniors and highlight why seniors are specifically targeted. Tips will be offered on how to avoid falling for scams and where to get help.

Instructor: Lukus Zuker, Instructor with the Senior Linkage Line MAAA.
L283W20
Wed., Feb. 19
1 – 2:30 p.m.
Craft Room
Free, but please register

The 3 “C’s” —
Cents, Coins and Currency
Quips and clips about the item we all need and want. Follow the history of coins and currency with fun songs about money such as Brother can you spare a dime. Benjamin Franklin quotes about money and much more. Come for a fun and interesting class with a different kind of take on history in America.

Instructor: Gary Blessman
L240W20
Thurs., Jan. 23
10 – 11:30 a.m.
Little Theater
Member: $7
Nonmember: $10
Climate Reality Conversation
More than 70% of Americans believe that climate change is happening but we rarely talk about it with others. Join us for an interactive dialogue about what is happening to our climate, what the future holds, and what we can do about it. No matter how much you know about the climate crisis, all are welcome to the conversation. We will share some climate realities and why they are important and discuss how we as individuals and a community are uniquely positioned to tackle this critical issue. You will leave with ideas for actions you can take to positively influence climate change.

L323W20 Thurs., Feb. 27 7 – 8:30 p.m. Craft Room
Free, but please register

Lunch and Learn —
The Emotional Ups and Downs of Decluttering
Whatever the reason, you may have come to the realization that it is time to downsize. This decision can be an emotional one, especially if you have lived in your home for many years. Join us as we discuss how much time you will need to downsize. Tossers vs Keepers and how both have value. Why you need to create five piles- no exceptions and getting ready to move on.

Instructors: Dan & Mary Tillman

L284W20 Mon., Mar. 16 11:30 a.m. – 1 p.m. Craft Room
Free, but please register

Civil War — Can You Win the Battle?
Major battles in the Civil War, can you win with your troop's strength? This course covers the Eastern theater, Western theater and the Trans-Mississippi.

Instructor: Gary Blessman

L241W20 Thurs., Mar. 12 10 – 11:30 a.m. Little Theater
Member: $10 Nonmember: $7

Discover Your Roots
Learn how to start researching your family tree! We'll cover free tools for starting your family tree, how to gather and add family information, how to use free online databases and how to find other family tree information. Paper forms will be provided at the first class; feel free to bring your electronic device if you’ve already started your family tree in a database or online.

Instructor: Mary Wickersham

L152W20 Tues., Mar. 17 – Mar. 31 6:30 – 8 p.m. Computer Lab
Price: $25

Women in Islam
This presentation covers Islamic teachings about the different roles of Muslim women in society, including cultural differences. We will talk about common misconceptions regarding Muslim women and explain gender equity in the spiritual, social, and economic aspect of life. Muslim women and culture/diversity will also be discussed. The presentation is concluded with examples of Muslim women and their role in history and today.

L319W20 Thurs., Mar. 19 6:30 – 8:30 p.m. Little Theater
Price: $7

Before and After the Funeral
After a loved one dies, family members are bombarded with a multitude of questions related to decisions that must be made before the funeral. Working through those questions ahead of time will ease the burden on the deceased’s loved ones. A second flurry of activity occurs after the funeral related to the legal settlement of the deceased’s estate. Learn when probate is and isn’t necessary, and outline the steps that the deceased’s loved ones can expect in settling the deceased’s affairs. Bonnie Wittenburg, an estate planning, probate and trust administration lawyer, and Jeanne McGill, an independent funeral consultant, will lead the presentation.

L128W20 Tues., Mar. 31 6:30 – 8 p.m. Card Room
Price: $19
NOTE: Lunch Bunch reservations are taken on a first-come first-served basis. Most restaurants are wheelchair-accessible. Please be aware that many restaurants do not accept personal checks or credit cards. We ask all participants to carry cash to cover their lunch check.

The Lexington

Remember the Lexington! A Summit Hill institution since 1935, this old-world American return with contemporary takes on hearty classics — think beef stroganoff and chicken pot pie — alongside steakhouse fare, plus an extensive cocktail and wine offering. The restored space features wood-paneled walls, elegant chandeliers and jewel-toned banquettes, as well as modern art to accent the dining room.

Mill Creek Inn (continued)

Mill Creek Inn

They've been cooking up good food and fun in Buffalo, Minnesota since 1989. Please join us at the Mill Creek Inn, a restaurant offering great home cooked lunch and award-winning bloody Mary’s. The menu has something for everyone. cadillac shrimp, flatbreads, soups, specialty chili, burgers, ribeye, and the best walleye sandwich in town. When your done there’s, cheesecake waiting.

Choo Choo Restaurant Loretto

Choo Choo Restaurant Loretto will ever eat. They also have a full menu with soups like their special cabbage and ham, salads, burgers, and hot sandwiches. We will be sitting the real caboose which the restaurant was built around.

L292W20
10:45 a.m. – 2 p.m.
Member: $12
Nonmember: $15

Mon., Jan. 13

Lenox Lounge

Lunch Bunch prices are for bus travel only. Price for lunch is on you.
Holiday Flowers and Holiday Bazaar

Arrive at the Como Park Conservatory. Enjoy the Holiday Flower Show at your own pace. It is a tradition that began in 1925 and continues to be a popular attraction each year. The 2019 Winter Flower Show will feature purple Azaleas, jewel tones with dark red Cyclamen, blue Pansies, dark pink/maroon Oriental Lilies, Velthemia, various Amaryllis. Opened to the public in 1915, Como Park Conservatory was placed on the National Register of Historic Places in 1974. The garden occupies approximately one-half acre under glass. Wander through the misty fern room and exotic tropical gardens and enjoy the breathtaking flowers. Perfectly landscaped displays present fragrant and colorful plantings. Spend time in the Garden Safari Gift Store. After the conservatory, we will go to the St. Paul Hotel. Luncheon Service at M ST. Café. It is the latest in the lineage of extraordinary restaurants at The Saint Paul Hotel. Menu: Sideboard buffet. Each day features hot entrees with side dishes, salad, soup, coffee or tea. After lunch, walk across the street to the Landmark Center for the 41st Annual Old-Fashioned Holiday Bazaar. The Bazaar will feature quality handcrafted items including, jewelry, wreaths, paintings, woven and wearable art, handmade lotions, soaps and more. Enjoy delicious treats, Festive Music and Holiday Shopping. The Landmark Center Holiday Bazaar is a favorite attraction each year.

SRL401
10 a.m. – 4:45 p.m.
Lenox Lounge
Member: $70
Nonmember: $74

Jacob Marley’s Christmas Carol at the DayTrippers Theatre

Enjoy a delicious three entree buffet lunch and a wonderful salad bar, then sit back and enjoy Jacob Marley’s Christmas Carol. Everyone knows what happened to Ebenezer Scrooge — But, what happened to business partner Jacob Marley? MARLEY? Well Jacob Marley meets a little sprite in the afterlife named the Bogle. The Bogle makes Marley an offer: Redeem Marley and you yourself will be saved. So begins a hilarious journey that seems a little like Scrooge meets Judge Judy!

L215W20
Fri., Dec. 20
11:15 a.m. – 3:45 p.m.
Lenox Lounge
Member: $70
Nonmember: $75

Fly Over America at MOA

Fly Over America is a must-see attraction is a must-see attraction! It is a ride unlike anything Minnesota has ever seen. Riders are suspended in the air with feet dangling 10 to 40 feet above the ground and immersed in a giant half-spherical dome screen. Special effects including wind, scents and mist make you feel like you’re truly flying over the USA! This Virtual Flight is the Ultimate Flying Ride. After the ride, walk to the South side of the mall to The Radisson Blu FireLake Grill House. Have a petite luncheon. Sample menu: chicken and mushroom wild rice soup, half club sandwich — rotisserie chicken, rotisserie turkey, pecan bacon, provolone, tomato, field greens, coffee, tea or soda and a blueberry lemon white chocolate cookie. After lunch take time on your own at the Mall of America. You may want to shop along the pedestrian walkways, featuring hundreds of stores.

L231W20
Wed., Jan. 8
9:15 a.m. – 2:30 p.m.
Lenox Lounge
Member: $55
Nonmember: $60

Please arrive in the Lenox Lounge 15 minutes prior to departure on all trips.
Mama Mia at the Chanhassen Dinner Theatre

Join us for lunch and a matinee performance of “Mamma Mia”. One mom. One daughter. Three possible dads. And a trip down the aisle you’ll never forget! ABBA’s hits tell the hilarious story of a young woman’s search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter’s quest to discover the identity of her father brings three men from her mother’s past back to the island they last visited 20 years ago. The story-telling magic of ABBA’s timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show. A large cast, non-stop laughs and explosive dance numbers combine to make Mamma Mia! a guaranteed smash hit! Guests can walk inside the theater to the gift stores, if they have time after lunch.

L204W20 9:45 a.m. – 4:45 p.m.  
Wed., Jan. 22  
Lenox Lounge  
Member: $94

L206W20 9 a.m. – 4 p.m.  
Tues., Feb. 18  
Lenox Lounge  
Member: $82

Russian Art Center, Orthodox Cathedral and Murray’s Steak House

Arrive at the Museum of Russian Art in South Minneapolis where a docent will reveal a spectacular museum that showcases Soviet-era Russian art. Exhibitions are on display at the museum. It is located in the former Mayflower Church. Julie Snow Architects turned this vacant church into a niche museum. After our tour, we will have lunch at Murray’s Steak House. It is a classic upscale restaurant, serving customers in stylish surrounds since 1946. Menu: boneless short ribs of beef with mashed potatoes, gravy, green beans, breadbasket with garlic toast, mini chocolate mousse and coffee or tea. Arrive at *St Mary’s Orthodox Cathedral in NE Minneapolis. Tour one of the areas Orthodox Church of America, formerly the Russian Orthodox Greek Catholic Church of America, recognized as such by its mother church in Russia. It adopted its present name on April 10, 1970. Established in 1794 in Alaska, then Russian territory, the Russian Orthodox mission spread to other parts of the North American continent after the sale of Alaska to the United States (1867). This beautiful church reflects its Russian heritage in architecture and tradition.

“100 Years of Sinatra” at St. Cloud Paramount Theatre

We will enjoy a fabulous buffet lunch at the 400 Club Restaurant in Rockville. After lunch, we will arrive at the Paramount Theatre in St. Cloud. A turn-of-the-century historic 700-seat theater that was renovated in 1998. Andrew Walesch and his Big Band are back! Join Andrew Walesch and his big band as they take you through this journey in time and we celebrate Frank Sinatra’s legendary career. One of the most recognizable voices of all time, Frank Sinatra would have turned 100 years old in 2015. The “Chairman of the Board” enjoyed a recording career that spanned from 1935-1995. He sang with the most popular big bands of the ‘40s and won an Academy Award. He has sold hundreds of millions of records worldwide, received 11 Grammy Awards, and starred in 60 motion pictures. You will hear dozens of your favorites including, “That’s Life,” “Nice ‘n’ Easy,” “You Make Me Feel So Young,” “Fly Me to The Moon,” “New York, New York,” “My Way” and many, many others. Join Andrew Walesch and his big band as they take you through this journey in time and we celebrate Frank Sinatra’s legendary career.

L205W20 9:15 a.m. – 5:15 p.m.  
Tues., Mar. 3  
Lenox Lounge  
Member: $75  
Nonmember: $80
The Bikini’s at the DayTrippers Theatre

Have a delicious 3 main course brunch and salad bar and then sit back and enjoy “The Bikini’s”. Back together for the first time in 20 years, these ‘Jersey Girls will deliver sun, fun and a rocking’ good time that will have everyone dancing in the aisles! This girl-group re-unites to raise money for the good folks at Sandy Shores Mobil Home Beach Resort on the Jersey Shore. (Where one of them grew up) Join these four best friends, as they relive the past with hits, including... It’s in His Kiss, Yellow Polka Dot Bikini, Heat Wave, Under the Boardwalk, These Boots are Made for Walkin, The Twist, When Will I be Loved, Midnight Blue, I’m Every Woman, I Will Survive......and many more!

Viking Museum Tour with Lunch at Casper’s

Take a guided tour of the Vikings Museum. It is a place for Vikings fans and Legends alike to experience the comprehensive history of the Minnesota Vikings and football in Minnesota. With a 360-degree video theater, multiple interactive exhibits and hundreds of historical artifacts, fans can learn the fascinating stories and insider details of the franchise throughout its over 50-year history in fun and unique ways. This is a guided tour of the Vikings Museum only. It does not include admission into the TCO Performance Center. After the tour, take time to revisit exhibits of special interest to you, and spend time at the official Minnesota Vikings Locker Room Store. Arrive in Eagan for lunch at Casper’s Cherokee Restaurant. Luncheon service — chicken entrée with tossed salad, baked potato with sour cream, rolls, beverage and dessert. Arrive at Abdallah’s Chocolates store in Apple Valley. This is a fourth-

Viking Museum Tour with Lunch at Casper’s (continued)

Please arrive in the Lenox Lounge 15 minutes prior to departure on all trips.

Volunteer Opportunities
Lenox Senior Program

1. Proofreading the Newscaster
2. Writing Bulbs for Santa to a Senior
3. Needle Crafters for Tuesdays AM
4. Help sorting the Bread Donations
5. Rides for seniors who don’t drive to Lenox events

952-928-6444
Letter From The President

In October, I took a road trip with my spouse and my dog. We headed west without a real plan. We stopped wherever we wanted regardless of weather, we explored little towns and hiked around hills and monuments. We didn’t have a destination, but we got somewhere and enjoyed getting there. Too often we head for a destination, hurrying to get there, exhausted when we arrive, then hurry back home. We forget that the prize is not the destination, but the joy we have in the journey. As autumn wanes and winter approaches, take the time to enjoy and reflect on your journey.

The Lenox Foundation is beginning its capital campaign. We have a goal of raising $10,000 to invest in the Senior Program. You will see a poster in the Lenox lobby showing the amount we have raised. We send request letters to members of the Senior Program, friends of the Senior Program and St. Louis Park businesses. When you receive your “ask” letter, take time to reflect on your journey with the Senior Program and the importance of it continuing as an integral part of the St. Louis Park community. If you know someone or some entity that should get a request letter, but may not have, give that information to a Foundation board member. Help us meet our goal.

We are so enjoying our relationship with the (kind of) new Adult Services Manager, Angie Martinez Grande. She is so personable, helpful and has so many good ideas. I hope you get to know her.

In addition to our annual campaign, we are having another fundraiser this trimester at Nelson’s Meats on January 27. For each Sloppy Joe sandwich with 2 hot sides purchased, Nelson’s will give $5 to the Lenox Foundation. The Parkway Pizza fundraiser happens on February 25 and Lenox Foundation will receive 10% of Parkway’s revenue on that day. You will find more information about the fundraisers. We count on you to support our efforts.

Please remember the Lenox Foundation when you wish to honor or remember someone with a monetary gift this holiday season. If you wish to contribute your skills, the Lenox Foundation is seeking new Board members, so contact me at 612-735-2371.

Judith Cook, President
Lenox Foundation

Foundation donations from June – Sept. 2019

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<th>Businesses</th>
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<td>Citizen’s Independent Bank</td>
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Video Club
Arlyce Wiersma

Seeking Senior Program Advisory Council Members!
Are you willing to give input and direction about the growth and/or development of the Senior Program? Would you like to learn more about the Senior Program and its operation? We are seeking members to fill Advisory Council openings. Duties and responsibilities include:
- Attend monthly meetings
- Serve a two-year term
- Participate in discussions
- Support special events and other program offerings
- Actively connect with other members to learn their thoughts, concerns and or recommendations.

Call 952-928-6444 or see page 25 for more information!

Lenox Foundation Board Meeting Schedule 2019 – 2020
All meetings are held at Lenox Community Center Craft Room
9 – 10:30 a.m.
Fri., Jan. 17     Fri., May 15
Fri., Mar. 20     Fri., July 17

A Chance to Contribute Your Skills
The Lenox Foundation is seeking new Board members.

- Meet every other month — 6 meetings a year
- Support the St. Louis Park senior program
- Help with an annual fund raising campaign and business supported fund raisers
- Participate in planning and publicity
- Join current Board members in a well-organized 30+ year Foundation

If you are interested in becoming a Board member or know someone who is, you may contact Judith Cook at 612-735-2371 or jcook42@comcast.net.

For more information visit our internet site, LenoxFoundation.net.
We are like pencils… The best part of us is inside. We make marks as we touch others’ lives. We make mistakes. We erase. BUT we become better as we are sharpened.

So, true… and how do we become sharpened? The experts have been telling us that we stay alert, sharp and the list of good things goes on and on… IF we partake in things around us. We here at Lenox have many things to do and those things keep us young, interesting and sharp. For example, there is a wonderful group that meets on Tuesday morning and they do crafts together. If you have a craft or a problem with a craft, join them because they are so knowledgeable and want to share with you all they do. You can also purchase those craft items from them. They show some of their things in the Showcase on main floor by the East door. Check it out!! And another example to hopefully get you involved in things at Lenox is our Wood Shop. For years they have continued to make toys and other items. Many of you have moved from your homes where you had a wood shop and those days of tinkering around with the saw, sander and wood have passed. Take it up again and use the Lenox equipment. Look into all those opportunities. Now I know many of you love to dance and have not done so in a while. Join the Ball Room Dance group and sharpen up your two step. Come and just watch if you like. Great music to tap your toe to. Hey you and/or accept donations.

How many of you are like me? I love when the temperature is between 75 and 82. But when it gets cold outside I admit I want to stay indoors. But that is not good for us to just stop being active. So, force yourself to get out and among the other people. Warm weather or Cold weather, Lenox Center is a perfect place to go. Sign up for classes or events and go out and enjoy them. Once you step outside your door you realize that cold is not so bad and all you have to do is continue stepping outside each day.

Support your community as well. Shop local. Many area grocery stores deliver to help us all out too. Remember our STEP located right here in St. Louis Park on 6812 West Lake Street down from McDonalds. They can help you and/or accept donations.

And let me end with my COFFEEOLOGY — Espresso yourself… so many blends, so little time. Take life one sip at a time and stay grounded. Better Latte than never. Take time to smell the coffee.

Birdie Elkofska Chair, St. Louis Park Senior Program Advisory Council

NEWSCASTER from cover to cover and other activities at LENOX???? Just read this NEWSCASTER from cover to cover and mark things of interest and follow up at the Office for more details.

How many of you are like me? I love when the temperature is between 75 and 82. But

For Sale: Books And Puzzles

These items are available for purchase in the Lounge across from the Art Room.

Prices: Books 50¢
Puzzles 50¢

We are OPEN…by appointment only!

Senior Video Club

SVC activities are by appointment, at SLP City Hall! We are on the #17 bus line, the same as Lenox Community Center! If you wondered when you should start your home audio-video project… the answer is… This Year!

Here’s what you can do:
Transfer photographs and slides to video. Transfer your home video cassette (VHS) recordings to DVD! This is a service ($10 per DVD) which benefits the Lenox Foundation.

We are OPEN… by appointment only!
Community TV Coordinator / City of St. Louis Park, 5005 Minnetonka Blvd., St. Louis Park, MN 55416, Office: 952-924-2528, www.stlouispark.org
Experience LIFE in the Park.

Community Ed/Lenox Staff
Lisa Greene, Community Education Director
Angie Martinez Grande, Adult Programs Supervisor
Senior Program
Toni Nelson, Administrative Assistant
Adult Enrichment
Kathy Steffes, Administrative Assistant
Building Operations Coordinator
Tim Donahue

SVC activities are by appointment, at SLP City Hall! We are on the #17 bus line, the same as Lenox Community Center! If you wondered when you should start your home audio-video project... the answer is... This Year!

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We are OPEN… by appointment only!
Community TV Coordinator / City of St. Louis Park, 5005 Minnetonka Blvd., St. Louis Park, MN 55416, Office: 952-924-2528, www.stlouispark.org
Experience LIFE in the Park.

Open Computer Lab
Would you like the opportunity to check your email, research your family history, find out what Google is all about, or play games online? Sign in and out at the main office, Room 113.

Fri., Dec. 6 – Mar. 27
(No Open Painting Fri., Nov. 29)
9:30 a.m. – Noon
Computer Lab
FREE
Where will you go in 2020?

Wednesday, February 5th
— at 10:00 AM —

Join us at the Lenox Community Center to learn about the exciting world of escorted travel. Landmark Tours provides Unforgettable Travel Experiences through the United States, Canada, Central America, and Europe. Information and literature will be available on-site.

Call for a Catalog: 612-230-2040

ALL TRIPS INCLUDE

- Roundtrip Airfare from MSP / Airport Greeting
- Quality Accommodations in Great Locations
- Baggage Handling at Hotels
- Professional Tour Manager & Local Guides
- Deluxe Motorcoach Transportation
- Daily Breakfast & Many Quality Meals

Best of Norway
Olso, Lillehammer, Bergen
May 9 - 19, 2020

Alaska Land & Cruise
including Denali National Park
2 Itineraries Available!

Ireland: Emerald Explorer
Dublin, Cliffs of Moher
September 21 - 29, 2020

Iceland & the Northern Lights
Golden Circle & South Coast
October 4 - 10, 2020

Canadian Rockies
Banff, Lake Louise, Glacier Nat’l Park
August 9 - 15, 2020

Panama Canal
Western Caribbean Ocean Cruise
November 29 - December 11, 2020

Yellowstone & The Grand Tetons
with a Wildlife Safari
May 30 - June 5, 2020

European River Cruises
Spring, Summer, Fall, Christmas
4 Luxury Itineraries Available!

Autumn in New England
Boston, the Berkshires, Maine
2 Departures Available!

Albuquerque Balloon Fiesta
Garden of the Gods, Santa Fe, Taos
2 Departures Available!

Germany, Switzerland, Austria
with the Oberammergau Passion Play
3 Departures Available!

New York City
9/11 Memorial, Ellis Island
2 Itineraries Available!

For a list of all trips visit www.GoWithLandmark.com
Motorcoach Tours with Medicine Lake Tours

Pella and Amana Colonies, IW

Day 1 — We will leave the Twin Cities at 7 a.m. Have lunch in Ames, Iowa and then travel to Pella, Iowa where a guide will give a tour of this unique and historic village. There are more than 28,000 tulips and flowering plants throughout the village. Drive outside of town to see the Red Rock Hydroelectric Project. Lodging is at the Holiday Inn, in Pella. Tonight, have a traditional Dutch Dinner with local entertainment at the Graham Center at Central College.

Day 2 — After breakfast we will tour the historic Scholte House, home of Pella’s founder. Spend time at the Pella Historical Village and Vermeer Mill. Specialized Dutch food is only available during the festival. Have lunch at one of the downtown cafes, food trucks or concession stands. This afternoon you have reserved seats for the Grandstand Street and Stage Performance. There is Dutch dancing and singing, the Parade of Provinces, a Dutch Costumed Style Show, Presentation of the Queen and Her Court, Street Scrubbing and the Presentation of the Colors. If you want to shop or visit other downtown sights during the parade, they are within walking distance. There are Museums, a Quilt Show, Flower Beds, Shops, Cafés, Antique Displays and more. After the parade travel to Coralville, Iowa for lodging at the Drury Inn.

Day 3 — Have breakfast at the hotel. Meet an Amana Colonies certified tour guide to learn about the unique history of this German settlement in the era of communal living. Experience what life was like for the separatist pioneers. Have lunch at the Ox Yoke Inn “An Amana

Pella and Amana Colonies, IW (continued)

Colonies Tradition Since 1940.” They are world famous for serving family-style traditional meals made from timeless Old-World German and American recipes passed down from mother to daughter. After lunch, you will have a short time to explore, on your own, before we return to the Twin Cities at approximately 7:30 p.m. The Pella Tulip Festival site has limited areas for motor coaches to drop off and pick up passengers. Guests will need to walk several blocks to enjoy the attractions offered on this trip. Walkers, canes and wheelchairs will fit under the motor coach.

L309W20
7 a.m. – 7:30 p.m.
1 Per room: $755
2 Per room: $585
Deposit refundable until Mar. 3, 2020: $100
March 23, 2020: $0

Apostle Islands and Bayfield, WI

Day 1 — Leave at 7 a.m. and stop for coffee. In Ashland have lunch at the Deep-Water Grill. At the marina in Bayfield, board the Apostle Island Cruise. Learn about the under-water history of Lake Superior on a comfortable adventure into the legend and lore of Lake Superior and the Apostle Islands. This is a memorable Shipwrecks, Sea Caves and Lighthouse Tour. Glimpse the legendary shipwrecks from the glassed section in the bottom of boat. Cruise past Honeymoon Rock on Basswood Island and view the two lighthouses on Long Island. Cruise along the high cliffs just south of Bayfield. Check into the Legendary Waters Hotel. The resort is built on the shores of Lake Superior with an indoor swimming pool and fitness center. It is located adjacent to the casino. Tonight, have a group dinner.

Apostle Islands and Bayfield, WI (continued)

Day 2 — Have breakfast at the hotel and take the Madeline Island Ferry from Bayfield to the picturesque town of LA Pointe on Madeline Island. It is the largest of the Apostle Islands. Meet a local guide for a tour of the island. Hear about The Apostle Islands and how they were named for the twelve apostles, but indeed number twenty-two, ranging in size from three acres to fourteen thousand acres. Have lunch at the Pub Restaurant and visit the Madeline Island Historical Museum. This evening enjoy a special performance under the big-top canvas tent at Lake Superior Big Top Chautauqua in Washburn. Lake Superior Big Top Chautauqua is a performing arts organization with a rich history. Wander through the grounds and pick up a snack (on own) at the concession stands. Be seated in an intimate 900-seat, all-canvas, state-of-the-art tent theater, producing and presenting a summer season of concerts and other surprises.

Day 3 — Have breakfast and visit the Apostle Island National Lakeshore Visitor Center. Watch a video and learn about the National Lakeshore. A local tour guide will give a tour of the historic village of Bayfield. Spend time at one of the orchards and hear about the history of the area. Have a specialty Victorian luncheon at the Old Rittenhouse Inn amidst antiques and fireplaces. It is a Queen Anne-style mansion restored to its original splendor. Distinctive touches with this three-course lunch is considered an entertaining experience that is not soon forgotten. Bid adieu to this unique delightful area and enjoy the carefree ride home. Return to the Twin Cities at approximately 6:30 p.m.(B.L)

L308W20
Wed., May 6 – Fri., May 8
Golden Valley Park and Rec.
1 Per room: $775
2 Per room: $595
Deposit per person: $185
Refundable if you cancel by Apr. 27, 2020: $185

952-928-6444
Birthday Party in the Park! Free  1:30 – 3 p.m  
2nd Wed. of the Month  
Gym  
Join us for our monthly celebration. Enjoy food, entertainment, laughter and great conversation. See old friends, meet new ones and have a fun filled afternoon. If you are celebrating your birthday you are our special guest. We invite everyone to bring a treat to share and bring a friend along.  
Food. Friends. Fun = The Best at Lenox!

Dec. 11  Lenox Satin Dolls  
Join us for an hour of song and dance from our own Lenox Satin Dolls. Enjoy fabulous tap dance and great music. You will be tapping your feet along with these terrific dancers.

Jan. 8  Mary Franz  
Make It Mary, Mary Franz will entertain you with a wonderful program of guitar and songs from the “Oldies but Goodies Era”

Feb. 12  Dan Newton  
Daddy Squeeze and his award-winning accordion will entertain you with valentine music from around the world. This is a show you won’t forget.

Mar. 11  Lyndon Griffin  
Join us for “If we only had Ireland Over Here!” A program of history legends and the wonderful music of Ireland. Sing and laugh along with Lyndon as he brings all the Irish fun to Lenox!
December 13

**A Christmas Story**  PG

This beloved holiday movie follows the wintry exploits of youngster Ralphie Parker, who spends most of his time dodging a bully and dreaming of his ideal Christmas gift, a “Red Ryder air rifle.” Ralphie struggles to make it to Christmas Day with his glasses and his hopes intact. Starring: Darrin McGavin and Zack Ward

December 27

**My Dog Skip**  PG

Set in Mississippi in the late 40s, shy young Willie Morris lives with his parents, and when his only friend goes off to war, he's left alone. His father, who lost a leg fighting in the Spanish Civil War, is withdrawn, so his mother buys him a dog and his life is transformed. Starring: Frankie Muniz and Kevin Bacon

January 10

**True Grit**  PG13

After an outlaw named Tom Chaney murders her father, feisty 14-year-old farm girl Mattie Ross hires Rooster Cogburn, a boozy, trigger-happy lawman, to help her find Chaney and avenge her father. Starring: Jeff Bridges and Hailee Steinfeld

January 24

**Home Alone**  PG

When bratty 8-year-old Kevin McCallister acts out the night before a family trip to Paris, his mother makes him sleep in the attic. After the McCallisters mistakenly leave for the airport without Kevin, he awakens to an empty house and assumes his wish has come true. Starring: McCauley Culkin and Joe Pesci

February 14

**Miss Congeniality Part 1**  PG13

A domestic terrorist, “The Citizen”, threatens to bomb the upcoming 75th annual Miss USA beauty pageant in San Antonio, Texas. FBI agent Eric Matthews is in charge, and he plants an undercover agent, Grace Hart, at the contest in place of Miss New Jersey. Starring: Sandra Bullock and Michael Caine

February 28

**Miss Congeniality Part 2**  PG13

Several weeks after the events of the first film, FBI agent Gracie Hart has become a celebrity after she infiltrated the beauty pageant on her last assignment. Her fame resulted in her cover being blown while she is trying to prevent a bank heist. Starring: Sandra Bullock and William Shatner

March 13

**Joe Versus the Volcano**  PG

Joe Banks is dying, apparently. This is good news, since his life was not much worth living anyway. On the upside, a strange millionaire offers Joe a way to die with meaning and dignity: by hurling himself into a volcano. Starring: Lloyd Bridges & Tom Hanks

March 27

**St. Vincent**  G

Maggie a struggling single woman, moves to Brooklyn with her 12-year-old son, Oliver. Having to work very long hours, she has no choice but to leave Oliver in the care of Vincent, a bawdy misanthrope next door. Oliver sees the good in Vincent that no one else can. Starring: Melissa McCarthy and Bill Murray

10 a.m. – Noon
Member: Children: FREE
Nonmember: $1

Children invited to the G or PG movies.
FREE Legal Consultations
Call 612-334-5970. You will need to provide your full name, phone number and age. Must be over 60 and live in Hennepin County.

Use of Office Equipment
Copies for personal use are available to members for 15¢ per copy. If the office is busy you may be asked to come back at another time.

Foot Care Clinic
Call Happy Feet at 763-560-5136 for a half-hour appointment. To cancel, call Happy Feet at least 24 hours in advance, or a fee will be charged to you. 2nd and 3rd Wed. of the month.

Wed., Dec. 11 and 18, Jan. 8 and 15, Feb. 12 and 19, and Mar. 11 and 18
9 a.m. – 3 p.m.
$36 payable to Happy Feet

FREE Blood Pressure Check
Second Tues. of the month.
Tues., Dec. 10, Jan. 14, Feb. 11 and Mar. 10
9 – 9:30 a.m.

Resource Books Available Free at Lenox
Senior Housing Directory Created by Care Options Network
Health Care Choices for Minnesotans on Medicare Prepared by The Minnesota Board on Aging

Transportation Options:
Metro Transit: 612-373-3333 / Metro Mobility: 651-602-1111
or www.metrocouncil.org. Reservations required three business days in advance. For information call 763-529-1252.

Deikel Transportation Program of Jewish Family Services of Minneapolis call 952-546-0616.

East Side Neighborhood Services
Are you 55 or older and seeking employment? Paid employment training is available for low-income seniors or veterans 55 and older living in Hennepin County. Senior Community Services Employment Program (SCSEP) participants gain valuable on-the-job training through paid work at local non-profits & government organizations including schools, libraries, social service agencies, nursing home care facilities and senior centers. Questions: Ron Lee 612.787.4066

Hennepin County Library at — Home Service
Call 612-543-8850 or visit the website:
http://www.hclib.org/pub/info/Outreach/at_home.cfm

STEP: St. Louis Park Emergency Program
To volunteer call Allison Johnson at 952-925-4899.

Community Action Partnership of Suburban Hennepin County Services
For help with energy assistance, community resources, home buyers or owners services, renters services and homeless services call 952-933-9639.

Disability LinkAge Line 1-800-333-2433
Open between 8 a.m. – 4:30 p.m. on weekdays. Messages may be left.

Grocery Shopping for an Elderly Neighbor/Parent?
Store to Door is a nonprofit grocery shopping and delivery service to seniors, age 60 +, delivering groceries throughout the Twin Cities. They are committed to giving seniors personal, reliable access to their choice of food and household essentials so you or a loved one can continue to live in your home. Clients order and receive groceries every other week. There is a minimum grocery order of $40. To register for Store to Door or if you have questions please call 651-642-1892.

Hotline for Vets — LinkVet
Call 1-888-546-5838 or www.minnesotaveterans.org

Senior LinkAge Line 1-800-333-2433
The Senior LinkAge Line (SLL) is a service of the Area Agencies on Aging in partnership with the Minnesota Board on Aging. The SLL provides information and assistance to seniors, Medicare beneficiaries, and the people who care about them. Call 1-800-333-2433 from 8a.m. to 4:30 p.m., weekdays. Messages can be left after hours.

Fare for All at Vista Lutheran Church
Individuals pay $20 per package. At 4003 Wooddale Avenue South, St. Louis Park, MN, 55416. Call 763-450-3880 or online at www.fareforall.org.

St. Louis Park Resource Directory
Guide online at www.NORCMN.org

St. Louis Park Historical Society
Sat., 1 – 4 p.m. or by appointment, call 952-583-9893. 3546 Dakota Ave. So., just west of the Central Building.

Senior Outreach
Staff member meets with seniors and/or family members in their homes to identify specific needs and find resources suited to ones unique situation and budget. For information call 952-767-7888.
Senior Community Services Provides Programs to Help St. Louis Park Seniors

Attention older adults, age 60+! Do you need help around the house? We offer an array of affordable services designed to help you stay in your home. Our handypersons can help with that dripping faucet that’s just getting worse or with those other repairs that you just haven’t taken care of. Our homemakers can help with routine cleaning tasks and also run errands for you. This time of year, yard work might be on your mind as well. We provide mowing services and tackle small yard projects as well. We are a trusted non-profit that has been working with older adults since 1950. We partner with cities in Hennepin County to offer affordable help so you can stay in the home of your choice. Call today at 952-746-4046 to get more info or visit us on the web at seniorcommunity.org. We look forward to hearing from you soon!

Medicare and Health Insurance Counseling

Trained counseling staff and volunteers can help you navigate your choices for a Medicare Supplement, Part D plan, Social Security concerns, long term care, medical bill organization and more in person, over the phone or in presentations. For information or an appointment call Toni at 952-928-6443.

1 – 3 p.m. Wed., Dec. 4, Jan. 1, Feb. 5 and Mar. 4

CareNextion

One-Stop Resource for Caregivers provides a free, easy-to-use website allowing family members and other care groups to easily communicate, share schedules and find assistance for your loved ones. This online tool enables you to bring together the support needed to help your loved one live a vital and engaging life. For a free phone consultation, please call 612-770-7005, online at CareNextion.org or contact scsvolunteer@seniorcommunity.org

Senior Partners Care

Seniors who meet the program’s eligibility requirements submit an application to Senior Community Services. Upon acceptance, clients who use SPC healthcare partners for Medicare-approved services are eligible to have the balance on medical services and treatments (after Medicare payment) waived. For information call 952-767-0665 or 1-888-541-5488.

Second Harvest Heartland

The NAPS Program is for seniors 60+ and 130% below the poverty level, and provides free food once a month to them. FREE, nutritious food for seniors 60+. Who is eligible? Men and women 60 years and older. Eligibility also determined by household size and income (at or below 130% of the poverty level). Please call Second Harvest Heartland — NAPS at Metro: 651-484-8241 Toll Free: 1-800-365-0270

HOME Can Help

Speaking of HOME, here are some fun facts that you may not know about our HOME program:

Did you know?
HOME stands for Household and Outside Maintenance for Elderly.
Did you know?
• 1/3 of people over the age of 65 fall every year
• Part of the reason is your physical environment – your home
• For a limited time, we are offering you a FREE Home Health and Safety Assessment and a Written Report.

Did you know?
We provide senior homemaking services – vacuuming, dusting, sweeping/mopping floors, cleaning bathrooms, cleaning kitchens, and changing bed linens and more.
This can also be a great relief to family members who find themselves balancing time to keep their own home comfortable.

Did you know?
We have Handymen available to provide assistance around the home. They can help with changing light bulbs, installing grab bars, fixing leaky faucets, repairing running toilets, installing new faucet and light fixtures, checking carbon monoxide and smoke detectors, changing furnace filters, and hanging wall decorations and mirrors.

For more information on HOME or to schedule a FREE Home Health and Safety Assessment call 952-746-4046 or visit www.seniorcommunity.org

Project SOAR (Adults with Disabilities Program)

For over 30 years, Project SOAR has been a leader in providing options and positive experiences for adults with disabilities in Community Education. Project SOAR provides specially designed enrichment classes in arts, crafts, sewing and cooking. We also offer recreational and leisure activities such as bowling, movie night, bingo and dances to meet the diverse needs of the participants. Project SOAR will provide accommodations such as sign language interpreters for participants to gain access to these classes and activities if needed.

If you know someone who would benefit from Project SOAR, please call us or go online to learn more about our program. A full catalog of services, classes and activity offerings is on our website or can be mailed to you. You can even register online for your classes. Go to www.projectsoarmn.org, or call 952-401-6898.

Project SOAR is a Community Education program, supported by the Hopkins, Minnetonka, St. Louis Park and Wayzata School Districts. However, you don’t have to live in those areas, to participate in the Project SOAR program.
Name_____________________________________________________________________
Address_____________________________________________________________________
Phone (home)_________________________________________________________________
Phone (cell)_________________________________________________________________
email___________________________________________________________________________
City________________________________________ Zip _______________________
Emergency Contact
Phone (home)_________________________________________________________________
Phone (work)_________________________________________________________________

Class or Outing Title_________________________________________________________
Class No.________________________
Date____________________________ Fee___________________________

Optional demographic information
Gender: □ Female □ Male □ Other________________________
Racial/ethnic background (mark all boxes that apply):
□ White □ Native Hawaiian or Other Pacific Islander □ Black/African/African American
□ Hispanic or Latino □ American Indian/Alaskan Native □ Asian
□ Other________________________

Class or Outing Title_________________________________________________________
Class No.________________________
Date____________________________ Fee___________________________

Total Fees________________________ Check #________________________

Please enclose a check, payable to ISD #283, or call to register with Mastercard, Visa or Discover.

Permission and Waiver
I agree to allow myself to participate in the above St. Louis Park Community Education activities. In consideration of your accepting this registration, I hereby, for myself and my heirs, waive any and all rights and claims for damages I may have against ISD #283 or the City of St. Louis Park and its representatives, for any and all injuries from whatever cause suffered by the above participation in the indicated activity. In case of an emergency, the staff has my permission to use their judgment with regard to treatment until emergency personnel and/or my emergency contact is notified. I also understand that the information that I have provided will be distributed to individuals involved in each program.

Registration Signature__________________________ Date________________________

You can register for both adult and senior classes on the same form.
Memberships & Discounts

Exercise Insurance Statement
Many insurance companies encourage fitness and will help pay for your classes. Bring your insurance card to Toni and she can check your eligibility.

Tuition Assistance
Tuition assistance is available for class program reductions. Individuals must complete an application for each individual class or program every time they register. This will be followed by a phone call to determine if the individual is eligible and meets the program guidelines. Applications are available in the Lenox Office, Room 113, or call 952-928-6443.

Wellness Center Discount
Members receive a reduced fee at the Wellness Center, located at Jones Harrison Residence, 3700 Cedar Lake Avenue, Minneapolis, MN. Participants are entitled to supervised use of all fitness equipment, the warm water pool, plus classes. To learn more call 612-225-1125.

Senior UCare Discounts
If you have UCare insurance, you are eligible for a one-time $15 discount per year. Call 952-928-6443 for details.

Disability Access
Call Project SOAR, the adults with Disabilities program to request accommodations for successful participation in classes or programs 952-401-6898.

Friends of the Arts Scholarships
If you want to grow or develop in the arts but lack the financial resources, consider this local resource. Residents are eligible to apply for scholarships. For information call 952-928-6422 or info@SLPFriendsoftheArts.org.

Mission Statement of St. Louis Park Senior Program
Our mission is to improve and enhance the lives of adults age 55 and older in St. Louis Park and our broader community. This is done by:
- Offering a variety of programs that include social, recreational, educational and physical aspects
- Striving to provide cooperative programs with other service providers
- Having a warm and welcoming environment
- Being a resource to members

Membership Benefits
Do you see something interesting in the Newscaster, Community Education or Parks & Recreation catalogues? Stop by Lenox Community Center between 8:30 a.m. – 4 p.m. Monday – Friday to learn more about the Senior Program. Volunteers will help you complete a short application form. Membership benefits include:
- The Newscaster, the program’s newsletter mailed to members.
- Reduced or nominal fees for program activities and outings.
- Wide array of programs in a spacious facility.
- Becoming part of a warm and welcoming community.
- Volunteer and leadership opportunities.
For more information call a hospitality committee member at 952-928-6444 or check online at www.slpcommunityed.com.

Senior Program Membership Rates

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<th>Type</th>
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<tr>
<td>Regular</td>
<td>$30/year</td>
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<td>Associate</td>
<td>$30 (for spouse between 50-55)</td>
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Metro Dining Cards
Cards available mid May in the Lenox Office Room 113.

Two sets of cards available:
one for Mpls/West Metro and one for Anoka/Northwest.
Metro Dining Cards are good from May 2019 through May 2020.
$25 per set, 138 area restaurants to choose from! Proceeds benefit the St. Louis Park Senior Program.

Lenox Community Center,
6715 Minnetonka Blvd.
St. Louis Park, MN 55426
952-928-6444 or
www.slpcommunityed.com
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<td>Open Painting</td>
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| **MHSRC:** Minnesota Highway Safety & Research Center/Senior Driver Refresher Classes | **Lunch Bunch**                                                          | **Closed**                                                                 | **Guided Meditation** 8  
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| **LL:** Lifelong Learning                                                | **Lunch Bunch**                                                          | **Closed**                                                                 | **Guided Meditation** 8  
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Kiwannis 9  
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Argentine Tango 10:30  
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<p>| <strong>O&amp;A:</strong> Out &amp; About                                                   |                                                                        |                                                                          |                                                                        |                                                                        |</p>
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<td>LL: History of the MN Vikings Part II</td>
<td>Men's Group</td>
<td>Drawing without Tears</td>
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<td>10:25</td>
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<td>8:30 T'ai Chi Bo</td>
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<tr>
<td>1</td>
<td>O&amp;A: “100 Years of Sinatra”</td>
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<td>Computer Buddies</td>
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<td>Warm Water Pool</td>
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<td>Woodworking Shop</td>
<td>10 Blood Pressure Check</td>
<td>Foot Care Clinic</td>
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<td>New Members Tour</td>
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<td>SLP Writers</td>
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<td>Advisory Council</td>
<td>Birthday Party in the Park: Lyndon Griffin</td>
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<td>iPhone Basics</td>
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<td>LL: Lunch &amp; Learn — The Emotional Ups &amp; Downs of Decluttering</td>
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<td>LB: The Lowell Inn</td>
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**Don't Forget**

- Apr. 2 (Thurs.) Viking Museum Tour & Lunch at Casper’s: 8:45 a.m.
- Apr. 9 (Thurs.) SLP Senior Program: 4 hrs
- Apr. 14 (Tues.) Genealogy Help Group: 6 p.m.
- Apr. 23 (Thurs.) SLP Senior Program: 4 hrs
- Apr. 23 (Thurs.) Natural Living: Ditch the Chemicals & Switch to Nature: 7 p.m.
This group meets every Tuesday and offers educational speakers. All are welcome.
Member: $2 includes roll
Nonmember: $4 includes roll

New Members
Cindy Amundsen  Caron Hassen  Irene Pieper
Don Balkenende  Nancy Homdrom  Kittey Reese
Linda Berszenski  Andrea Jones  Cynthia Rice
Debra Bohn  Olga Knapp  Shirley Simmons
Catherine Breier  Marilyn Krueger  Elizabeth Ann
Dennis Bryan  Heather Mainella  Steblay
Steve DeVries  Nemanic Mary Lou  Rita Stuewe
Nemanic Douglas  Beckie O’Connor  Beverly Thompson
Barbara Engelland  Jane Olofson  Susan Wakefield
Theresa Ernst  Ann Olson  Thomas Wiederholt

Personal Notes:
Wishing you well in a hurry, then Wishing you a little bit more – Hope you’ll not only feel better, But better than ever before!
Joyce Carlson, Fran Doring, Louise Griver, Bruce Harrington and Mary Lou Wilkenson

Our Sympathy To:
The Family of Sherm Stanchfield
Roger Friauf on the death of his wife.

Sunshine and Good Cheer
Do you know a member who is ill, in the hospital, or has experienced a death in the family? Call 952-928-6444 with the person’s name and concern.

Program Hours/Closures
Mon. – Fri.  8:30 a.m. – 4 p.m.
Center Closed:
Tues., Dec. 24, Wed. Dec. 25, Tues., Dec. 31,
If ISD #283 is closed, the Senior Program is closed.

Minnesota Highway Safety & Research Center (MHSRC) Driver Refresher Class – 4 hours

2019 – 2020 Minnesota Highway Schedule
This four-hour class is open to all who have taken the eight-hour class within the last three years. Walk-in registrations will be accepted at the discretion of the instructor. To register call 1-888-234-1294

4 hour a.m. classes
Wed., Dec. 4  9 a.m. – 1 p.m.
Thurs., Mar. 12  9 a.m. – 1 p.m.
Thurs., Apr. 23  9 a.m. – 1 p.m.
Tues., May 14  9 a.m. – 1 p.m.
Mon., June 1  9 a.m. – 1 p.m.
Tues., July 14  9 a.m. – 1 p.m.
Thurs., Sept. 17  9 a.m. – 1 p.m.
Tues., Oct. 6  9 a.m. – 1 p.m.
Thurs., Dec. 3  9 a.m. – 1 p.m.

4 hour p.m. classes
Thurs., Jan. 9  1 – 5 p.m.
Thurs., Feb. 6  1 – 5 p.m.
Thurs., Apr. 9  1 – 5 p.m.
Wed., Sept. 23  1 – 5 p.m.
Mon., Oct. 12  1 – 5 p.m.
Tues., Nov. 12  1 – 5 p.m.

4 hour p.m. classes
Mon., Feb. 3  5 – 9 p.m.
Thurs., Mar. 19  5 – 9 p.m.
Wed., Sept. 2  5 – 9 p.m.
Thurs., Sept. 3  5 – 9 p.m.
Thurs., Oct. 15  5 – 9 p.m.

8 hour classes
Wed., and Thurs., Sept. 2 and 3  5 – 9 p.m.

Minnesota Highway Safety and Research Center the MHSRC provides certified professionals with the most up-to-date research in the field of driver safety. No written or behind the wheel tests will be given. Walk-in registrations will be accepted at the discretion of the instructor. To register call 1-888-234-1294.
$22 for 4 hours payable to MHSRC $26 for 8 hours payable to MHSRC

This group meets every Tuesday and offers educational speakers. All are welcome.
Member: $2 includes roll
Nonmember: $4 includes roll
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Sarah Binfet, Au.D and Kara Balken, Au.D
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4415 West 36 1/2 St.
St. Louis Park, MN 55416

villa at St. Louis Park
952.641.9200
7500 W 22nd St.
St. Louis Park, MN 55426

www.villahc.com
Brighten a Local Senior’s Holiday:  Be a Santa to a Senior!

Help a senior who otherwise might not receive gifts this holiday season. (Call Home Instead at 763.544.5988 if you know someone who may not receive any holiday gifts.)

- The ornaments set up Wed., Nov. 13.
- Take an ornament and purchase the items for that person.
- Put the items in a gift bag (unwrapped) and attach the ornament.
- Drop off the gift bag in the office.
- Bags need to be in the Lenox office by Thurs., Dec. 12.

For more information call 952.928.6443.

A national project by Home Instead Senior Care.

Metro Dining Cards

Cards will be available mid May in the Lenox Office Room 113.

Two sets of cards available:
- one for Mpls/West Metro
- one for Anoka/Northwest.

Metro Dining Cards are good from May 2019 through May 2020.

$25 per set, 138 area restaurants to choose from! Proceeds benefit the St. Louis Park Senior Program.

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St. Louis Park, MN 55426
952-928-6444 or www.slpcommunityed.com

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“The Physical Therapy and Occupational Therapy teams were knowledgeable and nurturing. They knew exactly what I needed to do to recover and challenged me to do it.”
- Sharon S., Transitional Care Patient -
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Visit us online or call today to schedule a tour!

TheGlennHopkins.com 952-955-4736
TheGlennMinnetonka.com 952-955-7931

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Web: aquilacommons.com

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North Memorial Health Connect

North Memorial Health Connect is a medical alert service that provides products that call for help when someone has an injury, medical event or safety issue. North Memorial Health Connect offers cellular and landline-based services and serves customers who are at risk for falls, diabetic customers who can’t feel their feet or legs, and customers with COPD and heart conditions.

Events are monitored and reported around-the-clock, and automatic fall detection services call for help in the event of a fall. North Memorial Health Connect products are also registered by the Food and Drug Administration (FDA).

Contact us:
For more information, call (763) 581-3911 or email connect@northmemorial.com.

North Memorial Health
northmemorial.com

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HomInsteadMPLS.com

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North Memorial Health Connect is a medical alert service that provides products that call for help when someone has an injury, medical event or safety issue. North Memorial Health Connect offers cellular and landline-based services and serves customers who are at risk for falls, diabetic customers who can’t feel their feet or legs, and customers with COPD and heart conditions.

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North Memorial Health
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With chef-prepared meals, enriching activities and inspired spaces, like our rooftop veranda and underground theater, Global Pointe has everything you need to enjoy life just a little bit more.

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Brighten Someone’s Holiday: Be a Santa to a Senior!
The ornaments will arrive Wed., Nov. 13
Bring in the gifts by Thurs., Dec. 12
For more information call 952-928-6443.
See details on page 2.

The Unvarnished Truth of the James Gang
Instructor: Tom Ryther, a past Twin Cities newscaster has studied the James Gang since he was young.
L237W20 Mon., Jan. 6
1 – 3 p.m. Little Theater
Members: $10 Nonmembers: $12
See details on page 16.

Join the Lunch Bunch at
The Lexington
L290W20 Fri., Dec. 13
Mill Creek Inn
L292W20 Mon., Jan. 13
Choo Choo Restaurant Loretto
L293W20 Mon., Oct. 28
The Lowell Inn
L289W20 Mon., Mar. 23
Lenox Lounge
Member: $12 Nonmember: $15
See details on page 20.

First Ladies
With historian and storyteller, Doug Ohman.
Part 1 L212W20 Mon., Dec. 9
Part 2 L213W20 Mon., Jan. 27
Part 3 L214W20 Mon., Feb. 24
1 – 3 p.m. Little Theater
Members: $10 Nonmembers: $12
See details on pages 16.

All activities and events at Lenox Community Center,
6715 Minnetonka Blvd., St. Louis Park, MN 55426
Registration online for Senior Program Activities at
www.slpcommunityed.com or call 952-928-6444 for information.