

Intermediate Yoga

This class includes standing and balance postures. Guided breath work and visualization help release tension, relax and restore the body and calm the mind. Participants should have the ability to get up and down from the floor to complete postures while on the belly or back. Please bring a yoga mat to class. Instructor: Nancy Holasek.

Day	Date	Time	Cost	Course
Tu	Jan. 4-25	11 a.m.-noon	\$24	2090201-01
Th	Jan. 6-27	11 a.m.-noon	\$24	2090201-02



Line Dance

Learn line dancing to all genres of music! It's becoming more popular than ever, as more places are offering dancing. Learn a variety of fun modern and classic line dances and dance them to a variety of music genres. Line dancing improves health, enriches your memory, reduces stress, and increases energy levels! Instructor/Choreographer Kerry Maus.

Beginner

Day	Date	Time	Cost	Course
Th	Jan. 6-27	2-2:55 p.m.	\$36	2090601-01

Intermediate

Day	Date	Time	Cost	Course
Th	Jan. 6-27	1-1:55 p.m.	\$36	2090602-01

Advanced T'ai Chi Chih Practice

A full silent practice led by accredited instructors for advanced T'ai Chi Chih students. Led by Monica Campbell (Monday & Friday) & Susan Sobelson (Wednesday). Instructor approval required for new students.

Day	Date	Time	Cost	Course
F	Jan. 21-Feb. 18	10-11 a.m.	\$25	2090303-07
M	Jan. 24-Feb. 28*	10-11 a.m.	\$25	2090303-01
W	Jan. 26-Feb. 23	1-2 p.m.	\$25	2090303-04

* No Class Feb. 21

Purchase items handcrafted by
Minnetonka residents ages 55 and older.



11280 Wayzata Blvd. | 763-591-4868

Hours

Thursday-Saturday, Noon-5 p.m.

Registration required for all programs.*



14600 Minnetonka Blvd.
Minnetonka, MN 55345



minnetonkamn.gov/register



952-939-8393

Office Hours

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

Mission

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

Program Locations

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

Program Cancellation

Participants wishing to withdraw from a program must do so at least one week prior to the start of the program or by the stated registration deadline.

Trip Cancellation

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

* Programs with low enrollment will be canceled.



JANUARY 2022

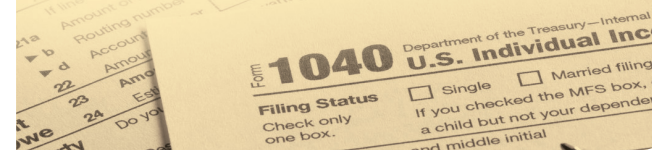
SENIOR SCRIPT

Programs and services for those 55+

FREE Tax Prep with an AARP volunteer tax-aid!

Begin scheduling your tax appointment on January 3rd! Appointments are Mondays & Thursdays, Feb.-April.

- Renters can schedule appointments for Feb.-April.
- Homeowners for March & April.
- Call 952-939-8393.



GENERAL PROGRAMS

Memory Café

Our Memory Cafe is a welcoming place for people living with dementia and their caregivers to socialize and share experiences. The MacPhail Center for Music will lead music focused programs with dementia trained music staff. Enjoy coffee, a snack and a chance to socialize and meet other families living with dementia.

A support group during the Memory Café is facilitated by a licensed social worker with Senior Community Services. Paid caregivers must stay with their client and cannot attend the support group.

Day	Date	Time	Cost	Course
Tu	Jan. 4	1:30-3 p.m.	Free	2180701-01



British History: Coastal Britain Part 2

Every part of the 9,000-mile coast has been covered to explore how human kind has shaped it and how it has shaped us. Share in the fascinating findings.

Day	Date	Time	Cost	Course
Th	Jan. 6-27	1-3 p.m.	\$28	2180101-01



EVENTS



Movie and Lunch: 12 Mighty Orphans

Haunted by his mysterious past, a devoted high school football coach leads a scrawny team of orphans to the state championship during the Great Depression and inspires a broken nation along the way. Register by Jan. 20. Sponsored by Westridge.

Menu: Swedish meatballs, mashed potatoes, gravy, green beans, & dessert

Day	Date	Time	Cost	Course
Tu	Jan. 25	10:30 a.m.	\$8	2100201-01

Fire Department Tour

Enjoy a tour of the new fire department! Learn about the many unique features. Meet at the fire station on the Civic Center campus next to City Hall.

Day	Date	Time	Cost	Course
Tu	Jan. 11	10:30-11:30 a.m.	Free	2180400-01

Hands Only CPR

Learn how to do hands only CPR from the Minnetonka Fire Department. This presentation is not a certification class.

Day	Date	Time	Cost	Course
Th	Jan. 20	10:30-11:30 a.m.	Free	2180401-01

Burns Day Tea

A Burns supper is a celebration of the life and poetry of the poet Robert Burns, author of many Scots poems. The celebrations are normally held on or near the poet's birthday, Jan 25, known as Burns Night, Robert Burns Day or Robbie Burns Day. Join us for an afternoon tea with scones, crème, and plenty of poetry readings! Presented by Terry Kubista.

Day	Date	Time	Cost	Course
F	Jan. 28	1-3 p.m.	\$4	2180103-01



PRESENTATIONS

Finding Peace Anytime, Anywhere

Do you find yourself being sucked into a whirlpool of fear, doubt, worry, stress or overwhelm due to daunting challenges that may feel outside your control? This highly impactful 2-hour workshop will guide you to find peace of mind, joy for life and an increased ability to effectively navigate life regardless of outer circumstances. We will focus on practical evidence-based HeartMath® strategies that you use every day to create the life you are seeking in the world. Presented by Lynne Jensen. Sponsored by Amira of Minnetonka.

Day	Date	Time	Cost	Course
Th	Jan. 6	10 a.m.-noon	\$10	2180416-01



CaptionCall

CaptionCall phones are for individuals with hearing loss so they can better feel connected. In this free seminar, you'll learn how this captioned phone service can benefit your relationships and restore your independence and self-esteem.

Day	Date	Time	Cost	Course
Tu	Jan. 18	10-11 a.m.	Free	2180420-01

You Can Tell YOUR Story

You've lived a life that is unique, compelling and deserving of a lasting a memoir. Cavitt Productions can provide you with some tools to help you get started doing it yourself. Presented by Cavitt Productions.

Day	Date	Time	Cost	Course
W	January 19	10:30-11:30 a.m.	\$2	2180402-01

ART

Fun with Watercolor – Introduction to Watercolor

Students will learn basic concepts of design, use of color, values and shapes. We will practice foundational techniques using reference images. This class will qualify you for any other watercolor classes. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
Tu	Jan. 11-25	10 a.m.-noon	\$30	2130101-01



Fitness

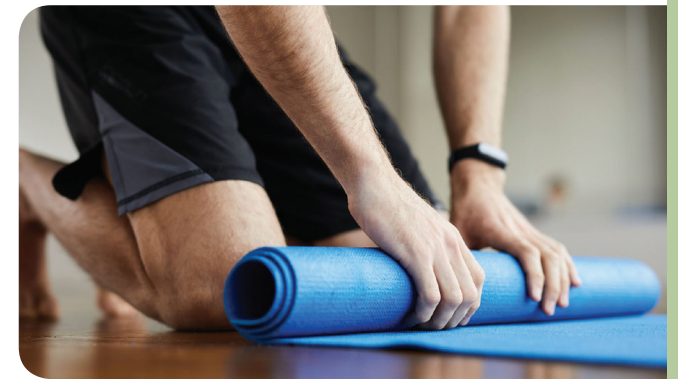
For a complete listing and program descriptions, visit minnetonkamn.gov/register.

FITNESS

Over 50 and Fit

Join this social group, and enjoy music and fitness three days a week. Bring a towel or yoga mat if you'd like to do floor stretching (not a requirement for attending). Chairs are available for balance, if needed. Enjoy treats and coffee after the last class of the month.

Day	Date	Time	Cost	Course
M, W, F	Jan. 3-Dec. 30	9-10 a.m.	\$12/year	4090702-07



Chair Supported Yoga

Most of chair-supported yoga takes place while seated on a chair and includes plenty of stretching and warm-up exercises. Guided breath work and visualization help to release tension, relax and restore the body and calm the mind. Instructor: Nancy Holasek.

Day	Date	Time	Cost	Course
Tu	Jan. 4-25	9:45-10:45 a.m.	\$24	2090101-01
Th	Jan. 6-27	9:45-10:45 a.m.	\$24	2090101-02



SERVICES



Foot Care Clinic: Fridays at the Community Center. For appointments and fees, call Happy Feet at 763-560-5136.

H.O.M.E. (Household and Outside Maintenance for Elderly): Call Senior Community Services at 952-746-4046 for more information.

Transit Link: Transportation from your home to events. Call 651-602-5465 for a schedule and fees.

Senior Outreach: Licensed social worker Sara Roberts is available through the Minnetonka nonprofit called Senior Community Services. Sara can help you find trusted and affordable resources for financial assistance, medical or legal issues, housing alternatives or other life changes. Please contact her directly at 612-868-6720 or s.roberts@seniorcommunity.org to set up an appointment.

Free Medicare Counseling: Appointment needed. Call Trellis at 800-333-2433 for more information.

For more information, call Minnetonka Senior Services at 952-939-8393