

Full Moon Hike to Jidana Park

Take a relaxed evening walk to Jidana Park from the Minnetonka Community Center (two miles roundtrip). Enjoy roasting brats over a campfire under the full moon, with refreshments.

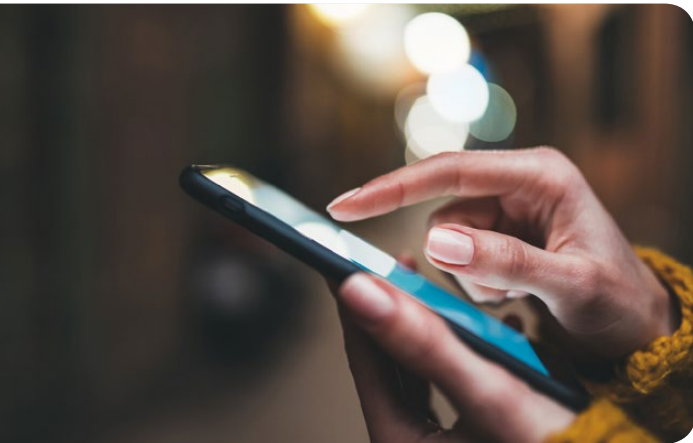
Day	Date	Time	Cost	Course
Tu	Feb. 15	5:30-7:30 p.m.	\$4	2190801-01

Android Phones 101

Learn the basics of Android phones, including email, texting, passwords, Wi-Fi, settings, photos, GPS and apps. Cell phones and chargers recommended. Please know your passwords. No computers, tablets or iPhones. Instructor: Abbey Key.

Please arrive by 8:45 a.m. to prepare and be ready to start the class on time.

Day	Date	Time	Cost	Course
F	Feb. 17	9-11 a.m.	\$9	2180605-01



Hands Only CPR

Learn how to do hands only CPR from the Minnetonka Fire Department. This presentation is free.

Day	Date	Time	Cost	Course
Th	Feb. 18	10:30-11:30 a.m.	Free	2180401-02



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.



FEBRUARY 2022

SENIOR SCRIPT

Programs and services for those 55+

EVENTS

Monthly Party: Valentine's Day

Enjoy a meal with friends or take it to go! Register by Feb. 9. Sponsored by Orchards of Minnetonka.

Menu: Meatloaf, mashed potatoes, broccoli, gravy, and roll

Day	Date	Time	Cost	Course
M	Feb. 14	Noon	\$8	2100102-01



Movie and Lunch: The Call of the Wild

Jack London's classic tale of a canine who's stolen from his California home and ends up as a sled dog in Alaska, where he becomes prospector John Thornton's steadfast companion. Register by Feb. 18. Sponsored by RidgePointe.

Menu: Tater tot hot dish, side salad, roll, & fruit

Day	Date	Time	Cost	Course
W	Feb. 23	10:30 a.m.	\$8	2100202-01



Need Assistance with your Rent Rebate or Property Tax refund?

AARP tax volunteers can help you with that in April! Call us at 952-939-8393 to get on the list!

Free Smoke Alarm Replacement & Testing for Seniors!

Did you know you only have 3-5 minutes to escape from your home in a fire before heat and toxins prevent your evacuation? Smoke alarms should be tested monthly and batteries replaced regularly. Smoke alarms should be located on every level and in every bedroom. They must be replaced every 10 years, if yours is yellow with age, it is time to replace it. Minnetonka Fire can send a firefighter to your home to replace batteries and smoke alarms for those who need them, these are donated to us by the Red Cross. Call 952-939-8331 to schedule an appointment for your smoke alarm installation, or if you have questions.



Blood Pressure has returned!

Get your blood pressure checked from retired nurses here at the Community Center. They will be here 9:30-10:30 a.m. on the 2nd Wednesday and 3rd Friday of each month! Walk-ins only. Masks required.



GENERAL PROGRAMS

Dementia Friendly Training

Learn helpful communication strategies, everyday task tips and conversation hints to engage with those living with dementia.

Day	Date	Time	Cost	Course
Tu	Feb. 1	Noon-1:15 p.m.	Free	4180706-01



Memory Café

Our Memory Café 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	Feb. 1	1:30-3 p.m.	Free	2180701-02
Tu	Feb. 15	1:30-3 p.m.	Free	2180701-06

British History: History's Mysteries Part 2

Learn about different sites that the local people have explored and labeled as important finds. Should the locals go back to their "day jobs"? Instructor: Terry Kubista

Day	Date	Time	Cost	Course
Th	Feb. 3-24	1-3 p.m.	\$28	2180101-02

Defensive Driving

If you've taken a state-approved eight-hour driver safety course, you can renew through this four-hour refresher class. Bring your driver's license.

To register, call the Minnesota Highway Safety Center at 1-888-234-1294, Monday-Friday, 8 a.m.-4 p.m., or register online at driverdiscountprogram.com

4-Hour Refresher Class

Day	Date	Time	Cost
Th	Feb. 3	9 a.m.-1 p.m.	\$24
Tu	Feb. 22	5:30-9:30 p.m.	\$24

8-Hour First Time Class

Day	Date	Time	Cost
Th	Feb. 10 & 17	5:30-9:30 p.m.	\$28



VIRTUAL: Instant Piano for Busy People

Learn how to play the piano in just a few hours, via Zoom! This virtual class will get you playing the way professionals do, using chords. Course includes an online book and online follow up video lessons. You must have your own piano to participate.

Day	Date	Time	Cost	Course
M	Feb. 7	6:30-9:30 p.m.	\$50	2180412-01

VIRTUAL: Instant Guitar for Busy People

Learn how to play the guitar in just a few hours, via Zoom! This virtual class will teach you basic chords and get you playing along with your favorite songs! Course includes an online book and online follow-up video lessons. You must have your own guitar to participate.

Day	Date	Time	Cost	Course
Tu	Feb. 8	6:30-9:00 p.m.	\$50	2180413-01



Fitness

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

FITNESS

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: Kerry Maus.

Beginner

Day	Date	Time	Cost	Course
Th	Feb. 3-Mar. 10*	2-2:55 p.m.	\$36	2090601-02

* No class Feb. 17

Intermediate

Day	Date	Time	Cost	Course
Th	Feb. 3-Mar. 10*	1-1:55 p.m.	\$36	2090602-02

* No class Feb. 17



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.

Blood Pressure Checks: Free blood pressure checks from 9:30-10:30 a.m. on the 2nd Wednesday and 3rd Friday of each month! Walk-ins only. Masks required.

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