

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	March 17–April 7	2–2:55 p.m.	\$36	2090601-03

Intermediate

Day	Date	Time	Cost	Course
Th	March 17–April 7	1–1:55 p.m.	\$36	2090602-03



Minnetonka Bike Club

Enjoy the amazing trails of Minnetonka and the Twin Cities! We offer three groups, each with a different ability level and biking different speeds, distances and terrain. E-bikes are also welcome provided they are Class I. **Kickoff Meeting is April 6 at 10:30 a.m.***

Day	Date	Time	Cost	Course
Tu, W, Th	April–October	9 a.m.	\$10/year	4120108-01

*mtkabikers.org has the most up to date information including updates on if the kickoff meeting will be changed to a virtual meeting.

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.



Purchase items handcrafted by Minnetonka residents ages 55 and older.

New crafters welcome!



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.



MARCH 2022

SENIOR SCRIPT

Programs and services for those 55+

Summer registration begins March 10 at 8 a.m.

Register in person at the Minnetonka Community Center, over the phone at **952-939-8393** or online at minnetonkamn.gov/register.



EVENTS

Monthly Party: St. Patrick's Day

Enjoy a meal with friends or take it to go! Sponsored by Senior Asset. Register by March 14.

Menu: Beef stew, cabbage, soda bread, dessert

Day	Date	Time	Cost	Course
Th	March 17	Noon	\$8	2100103-01



Movie and Lunch: Dark Waters

Based on a true story, a corporate defense attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution. Sponsored by Orchards of Minnetonka. Register by March 24.

Menu: Chicken pot pie, mashed potatoes, asparagus, dessert

Day	Date	Time	Cost	Course
Tu	March 29	10:30 a.m.	\$8	2100203-01

Parking Lot Bingo

It's back! Join us for Bingo from the comfort of your car via FM radio! This will take place in the Ice Arena B parking lot on the City of Minnetonka campus (where the farmers market is usually held, across from the amphitheater). Space is limited. Must register by noon Tuesday, March 29.

Day	Date	Time	Cost	Course
W	March 30	1–2 p.m.	Free	2191113-03

ART

Fun with Watercolor: Images of Spring

Beyond Beginners

Students will learn different approaches to florals, landscapes, and still lifes. Focus will be on the use of color and techniques appropriate to subject matter. Each class will start with a demo followed by guidance. Supply list will be provided at sign up. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
Tu	March 8–April 5	10 a.m.–noon	\$50	2130103-01

Acrylic Painting

In this class, students will learn the basics and continue to build on what you learn over the course of four weeks. Students will complete two different pieces using a step-by-step approach. Students will need to provide two canvases approximately 11x14". Instructed by Terri Berg.

Day	Date	Time	Cost	Course
W	March 9–30	1–3 p.m.	\$55	2130301-01



GENERAL PROGRAMS

Safety and Hugs for a New Generation

Many grandparents are providing a significant level of childcare to their grandchildren. Learn about accident prevention, what to do in case of an emergency, and the lifesaving skills for helping a child or baby who is choking. We will discuss some strategies for maintaining and enhancing relationships between you, your children, and other family members. Instructed by: Joan Mitchell, a certified American Red Cross instructor.

Day	Date	Time	Cost	Course
W	March 23	1-3 p.m.	\$45	2180405-01



British History: The Country House Revealed

Many of the great private homes remain closed to the public. These owners have allowed us to roam the corridors, tease out each home's story. Who built them, lived in them, and lost them. Uncover tales of excess and profligacy, power and ambition. Instructor: Terry Kubista

Day	Date	Time	Cost	Course
Th	March 3-24	1-3 p.m.	\$28	2180101-03

Minnetonka Police Department Tour

Enjoy a tour of the new Police Department! Learn more about this fascinating building from a Minnetonka Officer. Meet in the Police Department lobby that is located next to City Hall.

Day	Date	Time	Cost	Course
M	March 7	10:30-11:30 a.m.	Free	2180417-01



Hands Only CPR

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

Day	Date	Time	Cost	Course
M	March 14	10:30-11:30 a.m.	Free	2180401-03

Winter Day Hike to Jidana Park

Winter in Jidana is something to behold! Take a nice two mile round-trip from the Minnetonka Community Center to Jidana Park and back. We'll enjoy brats and coffee by the campfire. Dress for the weather. Snowshoes are not needed for this hike. Meet at Community Center main entrance for this free event.

Day	Date	Time	Cost	Course
Tu	March 15	11 a.m. - 1:30 p.m.	\$4	2190802-01

TECHNOLOGY

Android Phones 102

Let's learn some tricks and tips for Android! Topics will include but are not limited to: managing your storage, using the cloud, rearranging apps, sharing photos and video, casting and security. Cell phones and chargers recommended. Know your passwords. No computers or tablets. Instructor: Abbey Key.

**Please arrive no later than 8:45 to prepare and be ready to start the class at 9 a.m. **

Day	Date	Time	Cost	Course
Tu	March 15	9-11 a.m.	\$9	2180606-01

Hopkins ProPEL Technology: One on One

Hopkins ProPEL High School seniors offer free one-on-one training on cell phones, iPads, iPods, Androids, and more. This is a great way to learn about technology from helpful students. Registration required.

Day	Date	Time	Cost	Course
M	March 21	1:30-2:30 p.m.	Free	2180419-01



Fitness

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

FITNESS

Slow Flow Vinyasa Yoga

A relaxing yet invigorating style of yoga where participants hold poses for a few breaths. Designed to give all of the muscles good blood flow, strength and flexibility and to relax the mind and nervous system. Please bring a yoga mat to class. Instructor: Karen Murray

Day	Date	Time	Cost	Course
W	March 2-23	6-7 p.m.	\$24	2090203-02



T'ai Chi Chih Advanced Practice

This is a full silent practice led by accredited instructors for advanced T'ai Chi Chih students. No instruction. No beginners. Instructor approval required for class.

Day	Date	Time	Cost	Course
W	March 2-30	1-2 p.m.	\$25	2090303-05

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