

## Best wishes to Nancy Holasek, our yoga instructor of 16 years.

Holasek is retiring at the end of April. She has greatly impacted many people and will be missed.

## EVENTS

### Movie and Lunch: Just Mercy

*Just Mercy* follows young lawyer, Bryan Stevenson, and his history-making battle for justice. After graduating from Harvard, Bryan heads to Alabama to defend those who are wrongly condemned. Join us in person or take your meal to go! Sponsored by Orchards of Minnetonka. Register by April 26.

Menu: fried chicken, mashed potatoes, side salad and dessert

Day	Date	Time	Cost	Course
F	April 29	10:30 a.m.	\$8	2100204-01



### Parking Lot Bingo

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 Thursday, April 21.

Day	Date	Time	Cost	Course
F	April 22	1-2 p.m.	Free	2191113-04

## GENERAL PROGRAMS

### Dementia Friends

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

Day	Date	Time	Cost	Course
Tu	April 5	Noon-1:15 p.m.	Free	4180706-02



### Introduction to Amateur Astronomy: Spring Night Sky Observing

Learn about constellations for spring, the types of celestial objects that can be observed and how to observe them. After an introduction and informational teaching, walk outside for a high-tech star gazing session. Instructor: Patrick Drigans

Day	Date	Time	Cost	Course
Tu	April 5	7:30-9 p.m.	\$10	2180301-01

### Mahjongg

Learn to play the ancient Chinese game of Mahjongg, a tile game of chance and skill. This is a great class for refreshing your skills. Instructor: Carole Harris

Day	Date	Time	Cost	Course
W	April 6-May 18	10 a.m.-noon	\$63	2190201-01



## Safety and Hugs for a New Generation

Many grandparents are providing a significant level of child care 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. Instructor: Joan Mitchell, a certified American Red Cross instructor

Day	Date	Time	Cost	Course
W	April 6	9-11:30 a.m.	\$45	2180405-02
W	April 20	9-11:30 a.m.	\$45	2180405-03

## British History: Four Cathedral City Towns

Probe the personalities of the men and women who wore the crown and visit the sites of where it happened: Hastings, Bosworth Field, the tower of London, etc. Discover the tensions between authoritarian order and rule by consent of the governed which make Britain unique. Instructor: Terry Kubista

Day	Date	Time	Cost	Course
Th	April 7-28*	1-3 p.m.	\$21	2180101-04

\* No class April 14



## Hands-Only CPR

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

Day	Date	Time	Cost	Course
Th	April 14	10:30-11:30 a.m.	Free	2180401-04

## Adopt a Highway

Help keep Minnetonka beautiful by picking up along Minnetonka Boulevard between I-494 and County Road 73. Volunteers are dropped off on the four route corners and walk one mile, back to the center of the route. Safety vests, garbage bags and pick-up sticks provided. Treats and coffee following the event at the Minnetonka Community Center.

Day	Date	Time	Cost	Course
W	April 20	1-3 p.m.	Free	2190601-01



## PRESENTATIONS

### CaptionCall Telephone

CaptionCall phones are for individuals with hearing loss so they can feel better connected to others. 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
M	April 11	10:30-11:30 a.m.	Free	2180420-02

### Home Sweet Home

Learn about technology platforms that allow caregivers to take a proactive approach to helping their loved ones not only stay in the home longer, but also thrive in it. Senior Living Insights will provide home safety recommendations and caregiver technology in this free presentation.

Day	Date	Time	Cost	Course
W	April 13	1-2 p.m.	Free	2180406-01

### The History of Earth Day

Join Christine Petersen from the city's Natural Resources Division to learn about some of the successes that came from Earth Day. She will tell you why it's still relevant and share suggestions about how we can care for the earth every day.

Day	Date	Time	Cost	Course
F	April 22	10:30-11:30 a.m.	Free	2180407-01



## Fitness

For a complete listing and program descriptions, visit [minnetonkamn.gov/register](http://minnetonkamn.gov/register).

### FITNESS

#### T'ai Chi Chih Advanced Practice

A full silent practice led by accredited instructors for advanced T'ai Chi Chih students. Instructors: Monica Campbell and Susan Sobelson

Day	Date	Time	Cost	Course
M	April 25-May 23	10-11 a.m.	\$25	2090303-03
W	April 6-May 4	1-2 p.m.	\$25	2090303-06
F	April 15-May 20*	10-11 a.m.	\$25	2090303-09

\* No Class April 22

#### Slow Flow Vinyasa Yoga

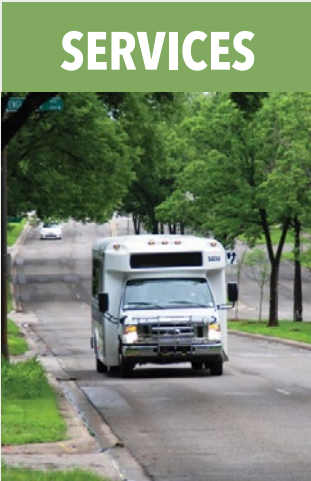
A relaxing yet invigorating style of yoga where participants hold poses for a few breaths. Designed to give all of the muscles good blood flow, strength and flexibility and to relax the mind and nervous system. Instructor: Karen Murray

Day	Date	Time	Cost	Course
W	April 6-27	6-7 p.m.	\$24	2090203-03

#### Evening Chair Supported Yoga

Most chair-supported yoga takes place while seated 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: Karen Murray

Day	Date	Time	Cost	Course
Th	April 7-28	6-7 p.m.	\$24	2090101-10



## 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 2<sup>nd</sup> Wednesday and 3<sup>rd</sup> 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](mailto: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

SENIOR SERVICES

## Line Dance

Line dancing improves health, enriches memory, reduces stress and increases energy levels. Instructor: Kerry Maus.

### Beginner

Day	Date	Time	Cost	Course
Th	April 14–May 5	2–2:55 p.m.	\$36	2090601-04

### Intermediate

Day	Date	Time	Cost	Course
Th	April 14–May 5	1–1:55 p.m.	\$36	2090602-04

## 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](http://mtkabikers.org) has the most up-to-date information including updates on if the kickoff meeting will be changed to a virtual meeting.

## Senior Softball

*Ages 70 and older*

Our slow-pitch softball has modified rules allowing for competitive play without the risk of serious injury. Play usually begins the last week of April and goes until the last week in October, weather permitting. Registration is accepted throughout the season.

Day	Date	Time	Cost	Course
M, W	April–October	9 a.m.	\$25	3120201-01

*Location: Big Willow Park (Minnetonka)*

## ART

### Fun with Watercolor: Strategies for Successful Paintings

Learn about the editing steps necessary before starting a painting. The class will focus on editing for better design such as cropping, simplification, values and techniques. Each class starts with a demo. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
Tu	April 26–May 24	10 a.m.–noon	\$50	2130105-01

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](http://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.