

DAY TRIPS

Old Log Theater: Escape to Margaritaville

Welcome to Escape from Margaritaville, where people come to get away from it all and stay to find something they never expected. This musical-comedy features several original songs and Jimmy Buffet classics. Register by May 13. Seating for lunch begins at 11:30 a.m. The show begins at 1:30 p.m.



Transportation is NOT provided for this trip. Meet at the Old Log Theater.

Day	Date	Time	Cost	Course
Th	May 26	11:30 a.m.	\$55	3110101-01



Country Artists Day Trip

Take a tour of the Bonnie Mohr Studio, located on the family dairy farm near Glencoe, Minn. Mohr is one of the most respected painters of rural America. After lunch, head to Country Side Art Gallery. Wildlife painter and photographer Carl J. Melichar welcomes visitors to his farm, which was homesteaded in the middle 1800s. On the way home, stop at Bongards Creamery Retail Store. Register by May 13. Sponsored by Pillars of Shorewood Landing. Masks are recommended on the bus*.

Day	Date	Time	Cost	Course
W	June 15	9 a.m.-4 p.m.	\$77	3110102-01

Depart from the Minnetonka Community Center

*Subject to change

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.



MAY 2022

SENIOR SCRIPT

Programs and services for those 55+

We accidentally played an April fool's joke on you!

Our longtime yoga instructor, Nancy Holasek, is retiring at the end of May. She has made such a positive impact with Minnetonka Senior Services. Thank you, Nancy!

EVENTS

Movie and Lunch: King Richard

Join us for an Oscar-nominated movie based on the true story of Venus and Serena Williams. Their father shows how family and perseverance can achieve the impossible and impact the world. After the movie, join us in person for lunch or take your meal to go. Sponsored by WestRidge of Minnetonka. Register by May 6.

Menu: Baked feta pasta, breadstick, side salad and dessert

Day	Date	Time	Cost	Course
W	May 11	10:30 a.m.	\$8	3100201-01



Movie and Lunch: Belfast

In 1960s Belfast, Buddy's family lives in a largely Protestant district with a few Catholic families, but one day his community is suddenly turned upside down. Buddy's family gets caught in the mayhem and must decide to stay or leave the place they call home. After the movie, join us in person for lunch or take your meal to go. Sponsored by Amira Choice. Register by May 19.

Menu: Sloppy joes, coleslaw, potato chips and dessert

Day	Date	Time	Cost	Course
Tu	May 24	10:30 a.m.	\$8	3100201-02

GENERAL PROGRAMS

British History: Spooky Old England

"The United Kingdom has more ghosts per square mile than anywhere else on earth." Hang on as we explore the ghosts of old England. It goes without saying that some are in the castles, but some are walking the streets and byways of modern Britain. Instructor: Terry Kubista.

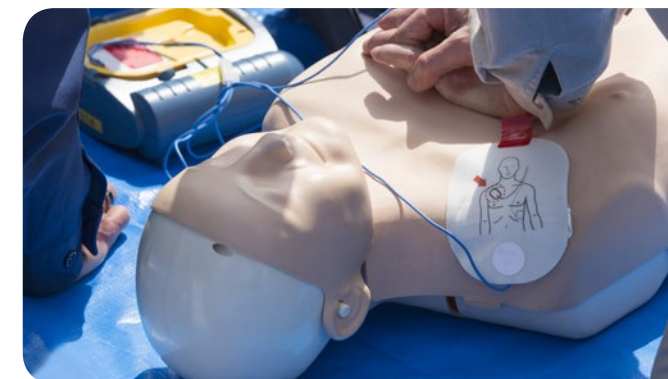
Day	Date	Time	Cost	Course
Th	May 5-26	1-3 p.m.	\$28	3180101-01



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
F	May 20	10:30-11:30 a.m.	Free	3180403-04



TECHNOLOGY



Android Phone 101

Learn the basics of Android phones. Topics include but are not limited to: email, texting, passwords, Wi-Fi, settings, photos, GPS and apps. Cell phones and chargers recommended. Please know your passwords. No computers or tablets. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
Tu	May 3	9-11 a.m.	\$9	3180604-01

Android Phone 102

Let's learn some tricks and tips for Android. Topics 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. Please know your passwords. No computers or tablets. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
Tu	May 17	9-11 a.m.	\$9	3180605-01

PRESENTATIONS

History of Minnetonka: Minnesota's Involvement in the Civil War

The City of Minnetonka Historical Society will feature guest speaker Tom Peterson. He will present on Minnesota's involvement in the Civil War focusing on the First Minnesota Volunteer regiment.

Day	Date	Time	Cost	Course
W	May 4	1-2 p.m.	\$2	3180202-01



Traveling Naturalist: Foxy Lady

With their high heels, silky coats and tiny figures, the foxy ladies of North America charm even their larger relatives. Red, grey, swift or arctic—their fast moves and wily ways enable them to maneuver through almost any environment. Presenter: Melonie Shipman. Sponsored by Orchards of Minnetonka.



Day	Date	Time	Cost	Course
Th	May 5	10:30-11:30 a.m.	\$5	3181001-01

The Health of Presidents

Learn about the health of many of our former presidents. We will discuss the known and unknown diseases they had and died from. Sponsored by The Glenn Minnetonka. Presented by Phillip Kibort.

Day	Date	Time	Cost	Course
F	May 6	10:30-11:30 a.m.	\$2	3180206-01



Grand Tour of Italy

Join us to "virtually visit" the fascinating sites of Italy: Rome, Vatican City, Florence, Venice, Pisa, Pompeii, Capri and the Amalfi Coast. Presented by Bill Jepson.

Day	Date	Time	Cost	Course
Tu	May 17	10-11 a.m.	\$2	3180301-01

Charles Lindbergh: Triumph, Tragedy & Controversy

In 1927, Charles Lindbergh became the first pilot to fly solo from New York to Paris. This feat made him one of the biggest celebrities of his time. However, his life following was filled with tragedy and controversy. Presented by David Jones. Sponsored by The Glenn Hopkins.

Day	Date	Time	Cost	Course
Th	May 12	10:30 a.m.-noon	\$4	3180204-01



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 muscles good blood flow, strength and flexibility and to relax the mind and nervous system. Instructor: Karen Murray.

Day	Date	Time	Cost	Course
W	May 4-25	6-7 p.m.	\$24	3091201-01

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	May 5-26	6-7 p.m.	\$24	3090101-03

Line Dance

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

Beginner

Day	Date	Time	Cost	Course
Th	May 19-June 16*	2-2:55 p.m.	\$36	3090601-01

Intermediate

Day	Date	Time	Cost	Course
Th	May 19-June 16*	1-1:55 p.m.	\$36	3090602-01

*No class June 2

SERVICES

Foot Care Clinic: Happy Feet is currently not taking new clients at the Minnetonka Community Center. For more information, call Happy Feet at 763-560-5136.

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.

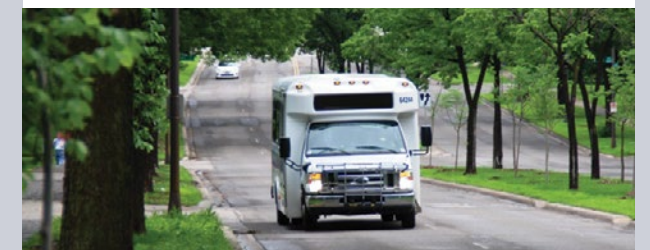
Free Medicare Counseling: Appointment needed. Call Trellis at 800-333-2433 for more information.

HOME program: Staff and volunteers are available to help with indoor and outdoor chores. Email home@seniorcommunity.org or call 952-746-4046 to learn more.



Senior Outreach Services: Helps seniors and their family members access the most appropriate and affordable combination of services to help seniors stay in their community. To make an appointment, contact Sara Roberts, LSW at s.roberts@seniorcommunity.org or 612-868-6720.

Volunteer opportunities are also available. Visit seniorcommunity.org/volunteer, email scsvolunteer@seniorcommunity.org or call 952-767-7894.



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