



City offices and the Community Center will be closed Monday, July 4 in observance of Independence Day.

EVENTS

Monthly Party: Summer Luau

Enjoy a meal with friends or take your lunch to go! Register by July 5. Sponsored by Nothing Bundt Cakes.

Menu: Pulled BBQ chicken sandwiches, chips, pickle and dessert

Day	Date	Time	Cost	Course
F	July 8	Noon	\$8	3100104-01



Movie & Lunch: Death on the Nile

Belgian sleuth Hercule Poirot's spectacular Egyptian vacation aboard a river boat becomes a terrifying search for a murderer after a picture-perfect couple's honeymoon is cut tragically short. Sponsored by Orchards of Minnetonka. Register by July 25.

Menu: Italian pasta salad, side salad and dessert

Day	Date	Time	Cost	Course
Th	July 28	10:30 a.m.	\$8	3100203-01

GENERAL PROGRAMS

Parking Lot Bingo

Join us for Bingo from the comfort of your car via FM radio! We will provide the cards for this free event; you provide the blotter, marker, highlighter or pen to mark with. This will take place in the Ice Arena B parking lot (where the farmers market is usually held, across from the amphitheater.) Register by noon on July 18.

Day	Date	Time	Cost	Course
Tu	July 19	10 a.m.	Free	3191113-02



Adopt a Highway

Help keep Minnetonka beautiful by picking up trash along Minnetonka Boulevard between I-494 and County Road 73. Everyone walks approximately one mile, one way. Safety vests, pick-up sticks and bags are provided. Meet at the Minnetonka Community Center. Program length is two to three hours total, dependent on how much trash there is to pick up. There will be an outdoor picnic lunch.

Day	Date	Time	Cost	Course
Th	July 14	9 a.m.	Free	3190601-02

Introduction to Amateur Astronomy

Whether you're up north at the cabin or having a stay-cation this summer, the sky will be in the same place. And what's up there is a vast world of constellations, planets and meteor showers. Instructor: Patrick Drigans.

Day	Date	Time	Cost	Course
Tu	July 26	6:30-8 p.m.	\$10	3180407-02

ART

Fun with Watercolor: Light and Color in Summer Landscapes

Students will learn how to focus on light, color and the importance of skies to create stunning landscapes. Reference photo analysis will precede actual painting. Each class starts with a demo followed by individual guidance. Supply list provided at registration. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
Tu	July 26–Aug. 23	10 a.m.–noon	\$50	3130102-01



PRESENTATIONS

The Washington Monument: Centerpiece of the National Mall

The 555-foot Washington Monument stands proudly in the center of the National Mall in Washington DC. Building the monument involved disagreements about the design, political infighting, inability to raise money and a 22-year interruption in the building phase. Join us as we explore this fascinating story. Sponsored by Avidor Minnetonka. Presented by David Jones.

Day	Date	Time	Cost	Course
Th	July 7	10:30 a.m.–noon	\$4	3180205-01

Grand Tour of Central Europe

Join us at the Community Center to “visit” popular sites of Paris, including Notre Dame, the Louvre, Montmartre and a river cruise to the Eiffel Tower. Also, tour southern Germany’s Rhine River castles, medieval Rothenburg and Munich, and take a gondola ride up into the Swiss Alps. Presented by Bill Jepson.

Day	Date	Time	Cost	Course
Th	July 14	10-11 a.m.	\$3	3180401-01



Traveling Naturalist: Loosey Goosey

Alaskan natives said “Fox come, birds go,” including the Aleutian Cackling Goose. Learn the impacts of introduced species and the complex coordination of Endangered Species Act recovery through the eyes of staff who led the effort. Sponsored by Amira Choice. Presented by Melonie Shipman.

Day	Date	Time	Cost	Course
Th	July 21	10:30–11:30 a.m.	\$5	3181002-01



Parkinson’s: DBS Therapy

Deep brain stimulation (DBS) therapy has been proven to be an effective treatment option for symptoms of Parkinson’s disease that are not adequately controlled by medications. The latest advancements to DBS offer innovations in the way the therapy is delivered and how it is controlled. Presented by Rebecca Smaby, MSN, RN.

Day	Date	Time	Cost	Course
Tu	July 26	10–11 a.m.	Free	3180404-04

Self Defense for Seniors

This presentation will provide you practical and proven applications of principles that will help you stay safe regardless of your experience, agility or strength. This course was created for people who want to get through a day safely and how to respond if faced with a threat. Instructor: Chris Sankey from Conditioned Response Personal Safety and Defense.

Day	Date	Time	Cost	Course
W	July 27	11 a.m.–noon	\$5	3180406-01



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. Instructor: Karen Murray.

Day	Date	Time	Cost	Course
W	July 6-27	6-7 p.m.	\$24	3091201-03

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. Instructors: Karen Murray.

Day	Date	Time	Cost	Course
Th	July 7-28	6-7 p.m.	\$24	3090101-09

T'ai Chi Chih Workshop

Beginner - Newcomers and all levels of T'ai Chi Chih students welcome.

Our first half hour consists of brief instruction on a movement or principle, followed by a 15-minute break and full practice.

Join us for just the instruction portion, practice or both; however, no admittance once the full practice has begun

at 11:30 a.m. The deadline to register for each workshop is the Friday before class or until full, whichever comes first. Instructor: Susan Sobelson.



Day	Date	Time	Cost	Course
W	July 13	10:45 a.m.-12:30 p.m.	\$5	3090301-04
W	July 27	10:45 a.m.-12:30 p.m.	\$5	3090301-05

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.



Line Dance

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

Beginner

Day	Date	Time	Cost	Course
Th	July 21-Aug. 11	2-2:55 p.m.	\$36	3090601-03

Intermediate

Day	Date	Time	Cost	Course
Th	July 21-Aug. 11	1-1:55 p.m.	\$36	3090602-03

DAY TRIPS

Al & Alma's Boat Cruise

Enjoy a relaxing cruise on beautiful Lake Minnetonka, including a light lunch. Transportation is NOT provided. Please meet at Al & Alma's, 5201 Piper Road, Mound. Boarding begins at 11:15 a.m. Registration required.

Menu: Sandwich, salad, chips, dessert and water or coffee; cash bar available.

Day	Date	Time	Cost	Course
M	July 18	11:30 a.m.-1 p.m.	\$24	3180402-03
M	July 25	11:30 a.m.-1 p.m.	\$24	3180402-04
M	Aug. 1	11:30 a.m.-1 p.m.	\$24	3180402-05
M	Aug. 8	11:30 a.m.-1 p.m.	\$24	3180402-06

Octagon House

Enjoy a light lunch followed by a guided tour of the Octagon House. The Octagon House is a fine example of the eight-sided dwelling popular in America in the mid-1800s. Such a house was considered conducive to healthy living as light and air could enter from eight directions. Register by July 11.



*Tour includes second floor with no elevator. Those guests who cannot climb a flight of stairs can be seated on the main floor.

Menu: Chicken salad sandwich, cup of soup, chips, beverage and a cookie.

Day	Date	Time	Cost	Course
Tu	Aug. 16	10 a.m.-4:15 p.m.	\$80	3110104-01

Handcrafted Items

by Minnetonka residents
ages 55 and older.



**Credit cards
now accepted!**

Hours

Thursday-Saturday
Noon-5 p.m.



11280 Wayzata Blvd. | 763-591-4868

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.