



Line Dance

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

Beginner

Day	Date	Time	Cost	Course
Th	Aug. 18–Sept. 8	2–2:55 p.m.	\$36	3090601-04

Intermediate

Day	Date	Time	Cost	Course
Th	Aug. 18–Sept. 8	1–1:55 p.m.	\$36	3090602-04

DAY TRIPS

Day Trip: Gammelgården & Swedish History

Gammelgården ('Old Farm' in Swedish) of Scandia has preserved, presented and promoted Swedish immigrant heritage and history. Visitors can step back in history and experience the lives of early Swedish immigrants. Following lunch, visit the Elm Church to hear about the congregation that was organized on May 19, 1854. After leaving Scandia, stop by Pine Tree Apple Orchard to shop many different apple varieties and baked goods. Register by Aug. 15.

Sample Menu: Smorgasbord - Open faced roast beef on Swedish limpa, Swedish potato salad, fresh fruit, Swedish cream apple pie

Day	Date	Time	Cost	Course
Th	Sept. 15	8:45 a.m.–4 p.m.	\$72	1110102-01



Look for these upcoming September programs!

Registration opens Aug. 11.

Who Will Inherit the Mess?

Tuesday, Sept. 6 at 10:30 a.m.

Home Doctor For You

Wednesday, Sept. 7 at 10:30 a.m.

The Great Fathers of US Presidents

Wednesday, Sept. 7 at 10:30 a.m.

Acrylic Painting: Underwater

Wednesdays, Sept. 7-28 at 1 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.



AUGUST 2022

SENIOR SCRIPT

Programs and services for those 55+

Fall Registration opens

Thursday, Aug. 11
8 a.m.

These are programs that run September–December. Pick up a brochure at the Community Center or visit minnetonkamn.gov/recbrochure to browse our great list of fall programs.



Seniors Day is Sunday, Aug. 21!

We value and appreciate you and your contributions to our Minnetonka community. Thank you for all you do, seniors!

EVENTS



Classic Car Show

Calling all classic car owners, blues lovers and root beer float aficionados! Join us at our Ice Arena B parking lot for a display of cool wheels and tunes, courtesy of the Detroit Don King Blues Band. Sponsored by Sunrise Senior Living. Register by Aug. 8.

Want to show off your classic car in our show? Call us at 952-939-8393.

Day	Date	Time	Cost	Course
W	Aug. 10	10 a.m.–noon	Free	3180422-01

Monthly Party: Pork Chop Lunch

Enjoy a meal with friends or take your lunch to go! Sponsored by Orchards of Minnetonka. Register by Aug. 9.

Menu: Pork chop, applesauce, twice baked potato and dessert

Day	Date	Time	Cost	Course
F	Aug. 12	Noon	\$8	3100105-01

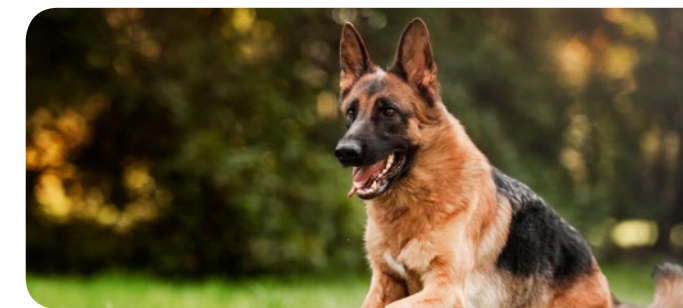


Movie & Lunch: Dog

Army Ranger Briggs and Lulu, a Belgian Malinois, buckle up for a road trip down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they'll drive each other crazy, break a handful of laws and learn to let down their guards to have a chance of finding happiness. Sponsored by Amira. Register by Aug. 17.

Menu: Hamburgers, chips, salad and dessert.

Day	Date	Time	Cost	Course
M	Aug. 22	10:30 a.m.	\$8	3100204-01



Make note! Beginning in September, we will no longer be offering meals to go. Also, the Lunch & Movies will begin at noon with lunch first followed by a movie.

GENERAL PROGRAMS

Dementia Friendly Training

Learn what is normal aging compared to the early signs and symptoms of Alzheimer's disease. Learn helpful communication, everyday task tips and conversation hints for those living with dementia.

Day	Date	Time	Cost	Course
Tu	Aug. 2	Noon-1:15 p.m.	Free	4180706-04

British History: Stirling and Oxford

Learn what life would have been like for people living in Stirling and Oxford through some of the most important periods in British history. Explore the city of Stirling and Stirling Castle looking for sites and memories of the Stewart period. Visit the university town of Oxford seeking memories of the British Civil War period.

Day	Date	Time	Cost	Course
Th	Aug. 4-18*	1-3 p.m.	\$14	3180103-01

*No class Aug. 11



Memory Café Kickoff

Learn about our Memory Café and our fall activities. Light refreshments provided. There will not be a support group. New participants welcome.

Day	Date	Time	Cost	Course
Tu	Aug. 16	1:30-3 p.m.	Free	3180701-08



Parking Lot Bingo

Join us for Bingo in the Ice Arena B parking lot from the comfort of your car via FM radio. Minnetonka Senior Services will provide the cards for this free event, and you provide the instrument to mark with - blotter, marker, highlighter or pen. Register by Aug. 29 at noon.

Day	Date	Time	Cost	Course
Tu	Aug. 30	10 a.m.	Free	3191113-03

From Bloomers to Bikinis: The History of Shady Oak Lake

In the era of bloomers, farmers settled around the hills of Shady Oak Lake planting crops, including the famed raspberries that made our area the "Raspberry Capital of the World." In winter, Shady Oak waters spawned another valuable industry that employed hundreds. Then came the era of the bikini with thousands frolicking on her beaches and leaving unnamed items of the Industrial Revolution deep below her waves. Presenter: Petey Ellis.

Day	Date	Time	Cost	Course
W	Aug. 3	1 p.m.	\$2	3180201-01



Safe Banking for Seniors: Identifying and Avoiding Scams

Fraudsters have become increasingly common and extremely sophisticated. Learn how to protect yourself from common scams and fraud with this free presentation by Minnwest Bank. Presenters: Robert McMillan and Nicole Boelter.

Day	Date	Time	Cost	Course
Th	Aug. 11	10-11 a.m.	Free	3180423-01



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	Aug. 3-24	6-7 p.m.	\$24	3091201-04

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	Aug. 4-25	6-7 p.m.	\$24	3090101-12

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 then a full practice. Join us for just the instruction portion, or our 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	Aug. 10	10:45 a.m.-12:30 p.m.	\$5	3090301-06
W	Aug. 24	10:45 a.m.-12:30 p.m.	\$5	3090301-07

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 1st and 3rd Friday and 2nd Wednesday 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.

