

## EVENTS

### Lunch & Movie: Where the Crawdads Sing

Based on the bestselling novel about a woman, Kya, who raised herself in the marshes of the Deep South. Kya becomes the suspect in the murder of a man with whom she was once involved. Register by Oct. 28. Sponsored by Amira.

Menu: Chicken stir fry with vegetables, rice and dessert.

Day	Date	Time	Cost	Course
W	Nov. 2	Noon	\$8	1100203-01

### Monthly Party: Thanksgiving

Join us for a Thanksgiving meal with friends! Register by Nov. 8. Sponsored by Amira Choice.

Menu: Turkey, stuffing, mashed potatoes, gravy, cranberries, roll and dessert.

Day	Date	Time	Cost	Course
F	Nov. 11	Noon	\$8	1100103-01

Note: City offices are closed Nov. 11; however, the Community Center will be open for monthly party participants.

## DAY TRIP

### 'Beauty and the Beast' at the Ordway Theater

Step into an enchanted world as Broadway at the Ordway proudly presents Disney's "Beauty and the Beast" the beloved Broadway musical stage adaptation of the Academy Award-winning animated film.

Register by Nov. 28.



Day	Date	Time	Cost	Course
Th	Dec. 29	12:30-5:30 p.m.	\$110	1110108-01

City offices will be closed

Nov. 11, Nov. 24 and Nov. 25.

## GENERAL PROGRAMS

### Child Safety for Grandparents

Many grandparents are providing a significant level of child care to their grandchildren. Learn about accident prevention, what to do in 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 with your family. Instructed by Joan Mitchell, a certified American Red Cross instructor. Sponsored by The Glenn Hopkins.

Day	Date	Time	Cost	Course
W	Nov. 16	9-11:30 a.m.	\$25	1180403-03

### Introduction to Amateur Astronomy

Learn about and observe fall constellations. After an informal lesson, we'll head outside for a high-tech stargazing session. Instructor: Patrick Drigans.

\*Outdoor stargazing is weather dependent. If weather is not conducive for outdoor stargazing, an indoor simulated session with computer controlled telescope will occur.

Day	Date	Time	Cost	Course
W	Nov. 16	6:30-8 p.m.	\$10	1180301-03



As a way to say thank you to our veterans and their spouses, some events in November are free for veterans and/or their spouses. Look for the flag icon to see participating programs.

## ART

### Acrylic Painting: Holiday

In this session, you will focus on creating holiday-themed artwork. Bring two blank 11" x 14" canvases. Terri will provide the rest of the supplies. Instructor: Terri Berg.

Day	Date	Time	Cost	Course
W	Nov. 16–Dec. 7	1–3 p.m.	\$50	1130303-01



### Fun with Watercolor: Images of the Season

*Beyond Beginners*

Students will paint a variety of subjects from holiday still life to landscapes, plants and animals. Each class starts with a demo and guidance throughout the painting process. Reference images are provided. Supply list provided at registration. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
Tu	Nov. 29–Dec. 20	1–3 p.m.	\$40	1130102-01


## PRESENTATIONS

### Travel Showcase with Landmark Tours

Are you interested in traveling the world? See what's out there during this free presentation from Minnesota's own travel company, Landmark Tours.

Day	Date	Time	Cost	Course
Tu	Nov. 1	10–11 a.m.	FREE	1190707-01

### Estate Planning for Veterans

 This session will focus on estate planning topics with a special emphasis on issues unique to veterans and their families, including medical directives, coordination of VA life policies with your estate plan, use of powers of attorneys for veterans compared to the VA fiduciary process and more. Presenter: Minnesota Elder Law Attorney Mary Frances Price.

Day	Date	Time	Cost	Course
W	Nov. 9	10:30–11:45 a.m.	\$2	1180410-01


### Estate Planning 101: How to Avoid Probate Court

If your estate plan consists of nothing more than a traditional will, your estate will likely go through a costly and lengthy probate procedure when you are gone. Learn how to avoid that unpleasant scenario. Presenter: Jeff Litfin, certified estate planner.



Day	Date	Time	Cost	Course
Th	Nov. 10	10–11:30 a.m.	\$2	1180412-01


### Great Wonders of Our World Tour

 Travel through 5,000 years of time with your tour guide's photos and memories from 30 amazing places: from the Pyramids to the Parthenon, the Great Wall to the Vatican. Presenter: Bill Jepson.

Day	Date	Time	Cost	Course
Tu	Nov. 15	10:30–11:45 a.m.	\$2	1180201-01



### Traveling Naturalist: New Zealand's South Island

 Explore the least visited area of this ancient and unique landscape without leaving your chair. You will learn more about the sperm whale, the yellow-eyed penguin and the kiwi bird. Presenter: Melonie Shipman. Sponsored by Shalom Home-care & Hospice.

Day	Date	Time	Cost	Course
Th	Nov. 17	10:30–11:30 a.m.	\$5	1100303-02

### Firearms and Estate Planning

Did you know you need to have a plan for your firearms after you pass away? Learn what the state and federal requirements are to ensure proper handling of firearms in your estate plan. Presenter: Mary Frances Price, Minnesota Elder Law attorney. Location: Minnetonka Community Center.

Day	Date	Time	Cost	Course
W	Dec. 7	10:30–11:30 a.m.	\$2	1180411-01



## FITNESS

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

### Slow Flow Vinyasa Yoga

A relaxing yet invigorating style of yoga, where participants hold poses for a few breaths. Slow flow Vinyasa builds strength and flexibility, while relaxing the mind and nervous system. A yoga mat is required for class. Instructor: Karen Murray.

Day	Date	Time	Cost	Course
W	Nov. 2-16	6-7 p.m.	\$18	1090203-03

### Chair Supported Yoga

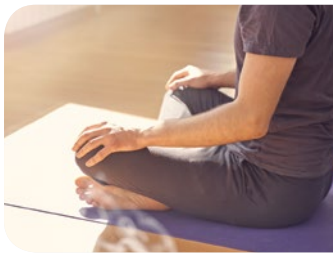
Most chair-supported yoga takes place while seated on a chair and includes plenty of stretching and warm-up exercises. Guided breath work and visualization help to release tension, relax and restore the body and calm the mind. Instructor: Karen Murray (Tu/Th); Abbi Rose (Sa).

Day	Date	Time	Cost	Course
Th	Nov. 3-17	6-7 p.m.	\$18	1090101-10
Sa	Nov. 5-Dec. 31*	9:45-10:45 a.m.	\$48	1090101-11

\*No class Dec. 24

### Gentle Yoga Level 1 (Saturday)

Gentle Yoga Level 1 includes standing and balance postures. Guided breath work and visualization help release tension, relax and restore the body and calm the mind. Participants should have the ability to get up and down from the floor to complete postures while on the belly or back. Please bring a yoga mat to class. Instructor: Abbi Rose.



Day	Date	Time	Cost	Course
Sa	Nov. 5-Dec. 31*	11 a.m.-noon	\$48	1090201-08

\*No class Dec. 24

### T'ai Chi Chih Instruction

*New and continuing students welcome*

T'ai Chi Chih is a series of 19 simple movements and one pose that make up a non-martial arts based moving meditation. Slow, gentle, repetitive movements alternate with brief pauses and can be done by people with varying levels of physical ability. Regular practice may result in improved balance and flexibility, increased energy and focus and a sense of calm and well-being. Instructor: Cindy Nelson.

Day	Date	Time	Cost	Course
Tu	Nov. 8-Dec. 20*	1-2 p.m.	\$30	1090301-02

\*No class Nov. 22

## 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](mailto: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](mailto:s.roberts@seniorcommunity.org) or 612-868-6720.

**Volunteer opportunities** are also available. Visit [seniorcommunity.org/volunteer](http://seniorcommunity.org/volunteer), email [scsvolunteer@seniorcommunity.org](mailto:scsvolunteer@seniorcommunity.org) or call 952-767-7894.



Mark your calendar for these upcoming December programs!

## British History: The British Empire/The Colonies

Learn about the value of the colonies and if it was worth the pain that it caused. Hear about the effect the British Empire of Victoria's age had on the world attitude today. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	Dec. 1-22	1-3 p.m.	\$28	1180101-04

## Movie & Lunch: Redeeming Love

Based on the bestselling novel, a young couple's relationship clashes with the harsh realities of the California Gold Rush of 1850. Facing demons that seem unsurmountable, Angel meets Michael, a farmer who wants her for his wife. Feelings of unworthiness cause Angel to run from the new life she doesn't think she deserves. When Michael sets out to find her, Angel discovers she has the power to choose the life she wants. Register by Dec. 1. Sponsored by RidgePointe.

Menu: Pulled pork sandwiches, potato chips, salad and dessert.

Day	Date	Time	Cost	Course
Tu	Dec. 6	10:30 a.m.	\$8	1100204-01

## Dementia Friends

Learn what normal aging is versus 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	Dec. 6	Noon-1:15 p.m.	Free	4180706-06

## Potential Minnetonka Community Center Renovation

The City of Minnetonka is currently considering planned updates of the Minnetonka Community Center. These updates include a new service desk and restrooms, along with updated flooring and finishes.

If construction bids are approved by council, renovation could begin by December and program locations may vary. We will keep you updated through the process.



# 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](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.