

## AARP Foundation®

# TAX-AIDE

Free tax assistance for those who need it most

These free appointments are for moderate-to low-income individuals with basic taxes. Starting at 8 a.m. Jan. 3, call 952-939-8393 to schedule a tax appointment.

**Mondays & Thursdays**

**Feb. 6-April 17**

**12:30, 1:45 and 3 p.m.**

**Renters appointments: February-April**

**Homeowners appointments: March-April**

## EVENTS

### Movie and Lunch: Downton Abbey: A New Era

The sequel you've been waiting to see. The Crawley family learns of the Dowager Countess' mysterious past. Learn why the British are coming to the south of France. Register by Jan. 20. Sponsored by The Key.

Menu: Swedish meatballs, mashed potatoes, gravy, green beans and dessert



Day	Date	Time	Cost	Course
Tu	Jan. 24	10:30 a.m.	\$8	2100201-01

## PRESENTATIONS



### Coffee & Conversation

### Minnetonka Schools Supt. David Law

Attend an informal conversation with the new leader of Minnetonka Public Schools. Supt. David Law will talk about the state of the school district, the goals and theme for the current year and the exciting new opportunities in the works. Sponsored by Westridge.



Day	Date	Time	Cost	Course
Th	Jan. 26	10-11 a.m.	FREE	2180402-01

### To Move or Not to Move? That is the Question

The process of moving when you're older can be daunting and navigating through the options can be overwhelming. We will discuss moving versus staying in your home, the different types and levels of senior housing, decluttering and downsizing. Presented by Susan Krantz.

Day	Date	Time	Cost	Course
Th	Jan. 12	10-11:15 a.m.	FREE	2180404-01

### Lights, Camera, Action in Minnesota

"Days When the Rains Came" brings the big screen to the Twin Cities. Hear from Minnesota native and writer, Marisa Coughlan, on the movie being shot here in the west metro and what inspired her to come home and write a love letter to Minnesota.



Day	Date	Time	Cost	Course
F	Jan. 13	10:45-11:45 a.m.	FREE	#2180406-01

## Travelogue: The Amazon with the Piehs

Enjoy a travelogue to Peru and the remote Amazon Basin Jungle. Learn about the unique animals, plants and amazing changing water levels of this remote part of the world. Steve Pieh and Barb Kern-Pieh will share highlights from their recent trip to the Amazon.



Day	Date	Time	Cost	Course
W	Jan. 18	10:45-11:45 a.m.	FREE	2180405-01
W	Jan. 18	1-2 p.m.	FREE	2180405-02

## DAY TRIPS

### Russian Art Center & Moscow on the Hill

The Museum of Russian Art marks its 20th anniversary with a special exhibition showcasing the museum's diverse and rich collection. Lunch follows at Moscow on the Hill. Register/cancel by Jan. 3.



Lunch: Russian garden salad with dill-mustard dressing, Moscow fries, Khachapuri Gergian cheese bread, Pelmeni meat dumplings and Pushkin, a traditional honey-chocolate cake.

Day	Date	Time	Cost	Course
W	Jan. 25	9:30 a.m.-2:30 p.m.	\$82	2110103-01

### All You Need is Love: A Beatles Tribute

The sounds of the Fab Four are all you need to warm up in February. Enjoy the best Beatles hits in the show "All You Need is Love" at Bloomington's Ives Auditorium. Register/cancel by Jan. 16.



Lunch: Honey garlic chicken, cheesy potatoes, roasted vegetables, winter salad, roll and dessert.

Day	Date	Time	Cost	Course
W	Feb. 15	11 a.m.-3:45 p.m.	\$88	2110101-01

## GENERAL PROGRAMS

### Memory Café

Our Memory Cafe is a welcoming place for people living with dementia and their caregivers to socialize and share experiences. The MacPhail Center for Music leads music-focused programs with dementia-trained staff. Enjoy refreshments and snacks and meet other families living with dementia.

A support group during the Memory Café is facilitated by a licensed social worker with Senior Community Services.

Day	Date	Time	Cost	Course
Tu	Jan. 3	1:30-3 p.m.	FREE	2180701-01
Tu	Jan. 17	1:30-3 p.m.	FREE	2180701-05

### Caregiver Conversations Support Group

Meets on the second Thursday of every month at 10 a.m.

### British History: The Speaker's Choice

Occasionally, Mr. Kubista likes to add in something – a timely topic or a new happening that begs to be explored. Trust the presenter and be ready for anything as we kick off 2023.

Day	Date	Time	Cost	Course
Th	Jan. 5-26	1-3 p.m.	\$28	2180101-01

### Hands-Only CPR

The Minnetonka Fire Department teaches the new way to save a life, hands-only CPR. This class is not a certification class.

Day	Date	Time	Cost	Course
F	Jan. 6	1-2:15 p.m.	FREE	2180401-01

### Computer Basics 101 for Windows

Need to know it but confused about where to start? Take this easy and fun introduction to the world of computers. Topics include basic computer parts and functions, creating a Word document, email, sending and receiving photos, Google maps, browsing the web, saving favorite sites, the importance of security and more. Laptops and computer cords recommended. No tablets, iPads or cellphones. Instructor: Abbey Key.



Day	Date	Time	Cost	Course
Tu	Jan. 24 & 31	1-3 p.m.	\$18	2180605-01



## FITNESS

See our full list of fitness offerings in our winter/spring 2023 brochure at [minnetonkamn.gov/brochure](http://minnetonkamn.gov/brochure) or at the community center.



### Over 50 and Fit

Join this social group and enjoy music and fitness three days a week. Bring a towel or yoga mat if you'd like to do floor stretching (not a requirement for attending). Chairs are available for balance, if needed. Enjoy treats and coffee after the last Friday of the month.

Day	Date	Time	Cost	Course
M, W, F	Jan. 4–Dec. 29	9–10 a.m.	\$12/year	4090702-08

### Beginner/Intermediate Mat Pilates

Pilates Matwork coordinates awareness of breath, core and movement to create a more flexible, stable and strengthened body. Participants should be able to get down on the floor comfortably and should bring a yoga mat to each class. The instructor will give individual modifications and variations to help participants feel comfortable. Instructor: Lesley Koehnen, certified Pilates instructor.



Day	Date	Time	Cost	Course
W	Jan. 4–25	2:15–3:15 p.m.	\$36	2090901-01
W	Feb. 1–22	2:15–3:15 p.m.	\$36	2090901-02

**NEW!**

## 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:** The Household & Outdoor Maintenance Program takes care of the person by helping them take care of the home they love. Call 952-746-4046 to learn more. (HOME is currently not taking new requests for snow removal.)



SENIOR  
COMMUNITY  
SERVICES

**Senior Outreach Services:** Licensed Social Worker Sara Roberts can help with housing, caregiver support, financial resources, medical or legal issues and more. Call 612-868-6720 or email [s.roberts@seniorcommunity.org](mailto:s.roberts@seniorcommunity.org).

**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.



SENIOR SERVICES



## Mark your calendar for these upcoming February programs!

### Coffee & Conversation – Feb. 6 at 1 p.m.

Twin Cities native and international speaker Jesse Ross helps you take on the fourth quarter of your life with purpose.

### Valentine's Lunch – Feb. 14 at noon

## Yoga & Strength

**NEW!**

For those who want to build strength at any age, especially good for maintaining muscle and flexibility. This is a full body-mind workout with yoga and small hand weights and is suitable for those who are beginning an exercise program. Modifications are demonstrated. Please bring a yoga mat to class. Instructor: Karen Murray.

Day	Date	Time	Cost	Course
Th	Jan. 5-26	6-7 p.m.	\$24	2090205-01
Th	Feb. 2-23	6-7 p.m.	\$24	2090205-02

## 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: Abbi Rose.

Day	Date	Time	Cost	Course
Sa	Jan. 7-28	9:45-10:45 a.m.	\$24	2090101-03

## Gentle Yoga

This class includes standing and balance postures. Guided breath work and visualization help release tension, relax and restore the body and calm the mind. Participants should be able 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	Jan. 7-28	11 a.m.-noon	\$24	2090201-03



# 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 or by the advertised registration deadline to receive a refund.

### 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.