

The Minnetonka Community Center will be closed Feb. 20 for Presidents Day.

AARP Foundation®

TAX-AIDE

Free tax assistance for those who need it most

Tax appointments are full. Call to be placed on wait list. Appointments are available for those NOT filing a federal or state return and need property tax refund or rent rebate processed.

EVENTS

Monthly Party: Valentine's Lunch

Enjoy a hearty lunch to warm your heart in the middle of winter. Sponsored by The Orchards of Minnetonka. **Register by Feb. 9, or until full.**

Menu: Meatloaf, mashed potatoes and gravy, vegetable, roll and dessert.

Day	Date	Time	Cost	Course
Tu	Feb. 14	Noon	\$8	2100102-01

Movie and Lunch: 'Till'

"Till" is a profoundly emotional film about the true story of Maime Till Mobley's relentless pursuit of justice for her 14-year-old son, Emmett Till, who was brutally lynched in 1955 in Mississippi. The film shows Maime's journey of grief turned into action. Sponsored by Nothing Bundt Cakes. **Register by Feb. 15 at noon, or until full.**

Menu: Tater tot hot dish, side salad, roll, fruit and dessert.

Day	Date	Time	Cost	Course
Th	Feb. 23	Noon	\$8	2100202-01

Parking Lot Bingo: Bold North Style

From the comfort of your car via the FM dial, listen to eight Bingo games called. We provide the cards; you bring the instrument with which to mark. One card per game. Get a good Bingo and honk your horn! Sponsored by The Glenn Minnetonka. **Register by Feb. 8 at noon.**



Day	Date	Time	Cost	Course
Th	Feb. 9	1-2 p.m.	FREE	2191113-01

Location: Ice Arena B parking lot, City of Minnetonka campus

ART

Acrylic Painting: Strange Things

Explore painting with unique tools. Using things like spoons and loofa sponges, we will create two full art pieces. Please bring two 9"x12" canvases or larger. All other supplies provided. Instructor: Terri Berg.

Day	Date	Time	Cost	Course
W	Feb. 15-March 8	1-3 p.m.	\$50	2130302-01



GENERAL PROGRAMS

Memory Café

Our Memory Café 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 coffee, a snack and a chance to socialize and meet other families living with dementia. A licensed social worker with Senior Community Services facilitates a support group during Memory Café. Paid caregivers must stay with their client and cannot attend the support group.

Day	Date	Time	Cost	Course
Tu	Feb. 7	1:30-3 p.m.	FREE	2180701-02 (For those in the early stages of dementia)
Tu	Feb. 21	1:30-3 p.m.	FREE	2180701-06 (For those in the middle/late stages of dementia)



Hands-Only CPR

Learn how to do hands-only CPR from the Minnetonka Fire Department. This is not a CPR certification course.

Day	Date	Time	Cost	Course
M	Feb. 7	10:30-11:45 a.m.	FREE	2180401-02

Winter Day Hike to Jidana Park

Winter in Jidana is something to behold. Hike to Jidana Park from the Minnetonka Community Center. Distance is about two miles round trip. We'll enjoy brats and coffee by the campfire.

Day	Date	Time	Cost	Course
Th	Feb. 23	11 a.m.-1:30 p.m.	\$4	2190802-01



Child Safety for Grandparents

Are you a new grandparent? If it's been awhile since you wrestled with a car seat, performed origami with a swaddle, or been tested by a toddler, you may want a refresher on the latest child safety guidelines. We will also discuss strategies to maintain and enhance relationships between you, your children, and other family members. Instructor: Joan Mitchell, certified American Red Cross instructor.

Day	Date	Time	Cost	Course
W	Feb. 8	1-3:30 p.m.	\$30	2180407-01



GENERAL PROGRAMS



Coffee & Conversation

Coffee & Conversation: Intentional Drip

As you take on the fourth quarter of your life, where do you want to be intentional? What is the legacy you want to leave? Spend an hour with Jesse Ross, a consultant to General Mills and the NBA. Whether you have a year or 10 years, it's never too late to start living intentionally. Sponsored by Amira Choice.



Day	Date	Time	Cost	Course
M	Feb. 6	1-2 p.m.	\$4	2180402-02

Apollo: Why We Went to the Moon

July 1969 was the first time man ventured beyond the earth's boundaries to explore a new world. Join David Jones for a non-technical discussion about the many forces – political, social and financial – at work that led us to the moon. Sponsored by Sholom.

Day	Date	Time	Cost	Course
Tu	Feb. 28	10:30 a.m.-noon	\$5	2180214-01



FITNESS

Mat Pilates Beginner/Intermediate

Beginner/Intermediate

Pilates Matwork coordinates awareness of breath, core and movement to create a more flexible, stable and strengthened body. Pilates Matwork is done on the floor so participants should be able to get down comfortably. Individual modifications and variations of exercises provided. Bring a yoga mat. Instructor: Lesley Koehnen, certified Pilates instructor.

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

Yoga

Come try out one of several yoga offerings this winter!

Chair-Supported Yoga with Susie Blacker

Day	Date	Time	Cost	Course
T	Feb. 7-28	9:45-10:45 a.m.	\$24	2090101-04
Th	Feb. 2-23	9:45-10:45 a.m.	\$24	2090101-05

Gentle Yoga with Susie Blacker

Day	Date	Time	Cost	Course
Th	Feb. 2-23	11 a.m.-noon	\$24	2090201-05

Slow Flow Yoga with Karen Murray

Day	Date	Time	Cost	Course
W	Feb. 1-22	6-7 p.m.	\$24	2090203-02
Sa	Feb. 4-25	10:30-11:30 a.m.	\$24	2090203-03

Yoga & Strength with Karen Murray

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

Laughter Yoga with Karen Murray

Day	Date	Time	Cost	Course
F	Feb. 10	6:30-7:30 p.m.	\$6	2090204-02

SERVICES

Happy Feet Footcare: Call 763-560-5136 to schedule an appointment with a foot care nurse. \$45 cash, check or credit. Fridays, 9 a.m.-4 p.m. Pre-scheduled appointments only.

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 with housing, caregiver support, financial resources, medical or legal issues and more. Call 612-868-6720 or email s.roberts@seniorcommunity.org.

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



Line Dancing

Line dancing I is ideal for beginners, as well as those who are still getting comfortable with the steps. Line Dancing II teaches more intricate, syncopated steps and turns. Line dancing improves health, enriches memory, reduces stress and increases energy levels. Instructor: Kerry Maus.

Line Dancing I

Day	Date	Time	Cost	Course
Th	Feb. 9-March 16*	2-2:55 p.m.	\$36	2090601-02

*No class Feb. 16 or March 2

Line Dancing II

Day	Date	Time	Cost	Course
Th	Feb. 9-March 16*	1-1:55 p.m.	\$36	2090602-02

*No class Feb. 16 or March 2



TECHNOLOGY

Computer Basics 102 for Windows

This class includes working with the cloud, online banking, transferring, filing and sharing photos. Laptops or android phones and charges are needed for this class. No iPads or tablets. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
F	Feb. 10-17	1-3 p.m.	\$18	2180606-01

SCS One-on-One Tech Appointments

Sign up for a one-on-one, in-person appointment with a Senior Community Services (SCS) tech. Get free help with your Apple or Android cellphone, tablet, laptop or desktop. Registration is required. Each appointment is 55 minutes. This free service is offered through a grant from Hennepin County.

Day	Date	Time	Cost	Course
W	Feb. 8	1, 2 or 3 p.m.	FREE	2180601-07-09
W	Feb. 22	1, 2 or 3 p.m.	FREE	2180601-10-12
W	March 8	1, 2 or 3 p.m.	FREE	2180601-13-15

DAY TRIPS

The National Eagle Center



NATIONAL
EAGLE
CENTER

Located on the banks of the Mississippi River, Wabasha's National Eagle Center is a destination for hundreds of eagles to hunt and breed. Explore the newly renovated center and see eagles up close during a private, one-hour presentation. Lunch at Beth's Twin Bluff Café. Sponsored by Amira Choice. **Register/cancel by Feb. 20, or until full.**

Lunch: Meatloaf and mashed potatoes, vegetable, cole slaw and pie.

Day	Date	Time	Cost	Course
Th	March 23	8:15 a.m.-5:30 p.m.	\$92	2110102-01



**Handcrafted Items by
Minnetonka residents
ages 55 and older.**

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 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.