

Summer registration begins Thursday, March 9 at 8 a.m.

Summer registration includes programs running May through August. Copies of the summer recreation brochure will be available the beginning of March.

How to register

- Online: minnetonkamn.gov/register
- In person: Minnetonka Community Center
- Phone: 952-939-8393



EVENTS



Monthly Party: St. Patrick's Day

Put on your green and have lunch with the leprechauns. Register by March 14. Sponsored by Westridge of Minnetonka.

*Menu: Beef stew, cabbage, soda bread and dessert

Day	Date	Time	Cost	Course
F	March 17	Noon	\$8	2100103-01

*In addition to the standard meal option, request gluten free, vegetarian, vegan and/or nut-free meals at the time of registration.

Movie and Lunch: Mrs. Harris Goes to Paris

Based on the novel by Paul Gallico, actor Lesley Manville plays a salt-of-the-earth cleaner who comes across the most beautiful thing she's ever seen, turning this into a whimsical adventure of making dreams come true. Lunch is served first in the dining room, followed by the movie with subtitles in the community room. Movie run time: one hour, 55 minutes. Register by March 23. Sponsored by RidgePointe.

*Menu: Chicken potpie, mashed potatoes, vegetable and dessert

Day	Date	Time	Cost	Course
Tu	March 28	Noon	\$8	2100203-01

*In addition to the standard meal option, request gluten free, vegetarian, vegan and/or nut-free meals at the time of registration.

Fire and Fall Prevention: Steps to Safety

At age 65, you are twice as likely as the rest of the population to be killed or injured by a fire; by age 85, it's four times as likely. The Minnetonka Fire Department will discuss key steps you can take in your home today to help keep you safe from a fire and on your feet.

Day	Date	Time	Cost	Course
W	March 8	10:45 a.m.-noon	FREE	2180414-01



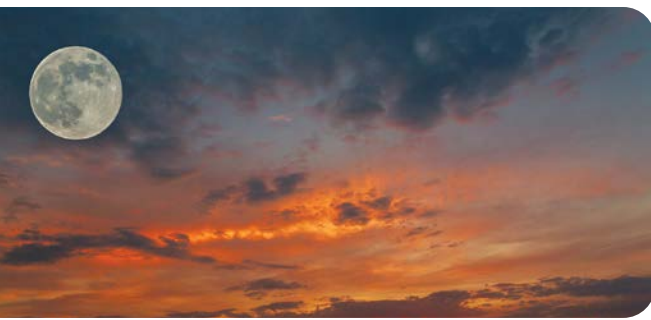
Coffee & Conversation

Coffee and Conversation: Hopkins Public Schools Supt. Dr. Rhoda Mhiripiri-Reed

Attend an informal conversation with the first woman to serve as the district's superintendent. Hear about the plan to take Hopkins from great to world class and how that is happening in the classrooms today. Sponsored by Amira.



Day	Date	Time	Cost	Course
M	March 20	11:30 a.m.-12:30 p.m.	FREE	2180402-04



Full Moon Hike to Jidana Park

Take a relaxed evening walk to Jidana Park. The walk is about two miles round trip. We'll light a campfire and enjoy roasted brats and refreshments. Bring a flashlight or headlamp. Snowshoes are not needed for this hike. Leave from the Minnetonka Community Center.

Day	Date	Time	Cost	Course
M	March 6	5:30-7:30 p.m.	\$4	2190803-01

Saving Money While Grocery Shopping



With the rising cost of food, you may be looking for ways to save money. Explore strategies to cut costs on food before, during and after your trip to the grocery store. Presented by: Nikki Johnson, University of Minnesota registered dietitian.

Day	Date	Time	Cost	Course
Tu	March 14	11a.m.-noon	FREE	2180403-02

How to Improve Strength & Balance

Overcome the fear of falling with ways to improve strength and balance. Occupational Therapist Kelly Palmer and Physical Therapist Jenny Jackson from FOX Rehabilitation say getting stronger is key, and it's not as hard as you might think. Mini balance assessments will be available.

Day	Date	Time	Cost	Course
Tu	March 14	1-2:15 p.m.	FREE	2180409-01

Landmark Tours - Summer and Fall 2023 Trips

Would you like to get away? Grab a friend and come hear about the great trips Landmark Tours has going around the United States and the world in 2023. Sponsored by Orchards of Minnetonka.

Day	Date	Time	Cost	Course
Th	March 16	10-11 a.m.	FREE	2180408-01

Acrylic Painting: Spring Landscapes

Create two works of art featuring spring landscapes. Please bring two canvases, 9"x 12" or larger. All other supplies will be provided. Instructor: Terri Berg.

Day	Date	Time	Cost	Course
W	March 22-April 12	1-3 p.m.	\$50	2130303-01



Child Safety for Grandparents

Are you a new grandparent? If it's been awhile since you wrestled with a car seat or been tested by a toddler, it's time for a refresher on the latest child safety guidelines. We will also discuss strategies to maintain and enhance relationships between you and your children. Instructor: Joan Mitchell, American Red Cross certified. Sponsored by The Key.

Day	Date	Time	Cost	Course
W	March 22	1-3:30 p.m.	\$30	2180407-02



Minnesota History: The Orphan Trains

Heavy European immigration to America in the 1800s resulted in thousands of orphaned and abandoned children. Learn about the "orphan trains" that brought more than 5,000 children to Minnesota.

Day	Date	Time	Cost	Course
Th	March 30	1-2:15 p.m.	\$2	2180209-01



FITNESS

T'ai Chi Chih

T'ai Chi Chih is a series of 19 simple movements and one pose that make up this moving meditation. Regular practice may improve balance and flexibility. We offer several levels.

Instruction (Beginner) Instructor: Cindy Nelson

Day	Date	Time	Cost	Course
Tu	March 7–April 25	1–2 p.m.	\$40	2090301-02

Going Deeper (Advanced) Instructor: Monica Campbell

Day	Date	Time	Cost	Course
M	March 20–April 17	10–11:15 a.m.	\$25	2090302-02

Practice (Advanced) Instructor: Susan Sobelson

Day	Date	Time	Cost	Course
W	March 22–April 26	1–2 p.m.	\$30	2090303-02

Line Dancing

Line dancing improves health, enriches memory and boosts energy levels. Grab a friend and learn fun dances to a variety of music. Instructor: Kerry Maus.

Line Dancing I

Day	Date	Time	Cost	Course
Th	March 23–April 13	2–2:55 p.m.	\$36	2090601-03

Line Dancing II

Day	Date	Time	Cost	Course
Th	March 23–April 13	1–1:55 p.m.	\$36	2090602-03



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.

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.



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.

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



TECHNOLOGY

Hopkins ProPEL One-on-One Technology Help

Hopkins High School students come to the community center to provide free, one-on-one or small group help with your cell phone, tablet or laptop.

Day	Date	Time	Cost	Course
M	March 27	2:20-3:20 p.m.	FREE	2180419-01

Selling on Craigslist, Facebook Marketplace and Nextdoor

It's time to sell those items you've collected over the years. Learn how to use online selling sites safely. Instructor Abbey Key covers how to open accounts, photograph items, complete a listing and communicate with buyers. Advanced computer skills required. Laptops with power cords recommended.



Day	Date	Time	Cost	Course
Tu	March 28	1-3:30 p.m.	\$12	2180604-01

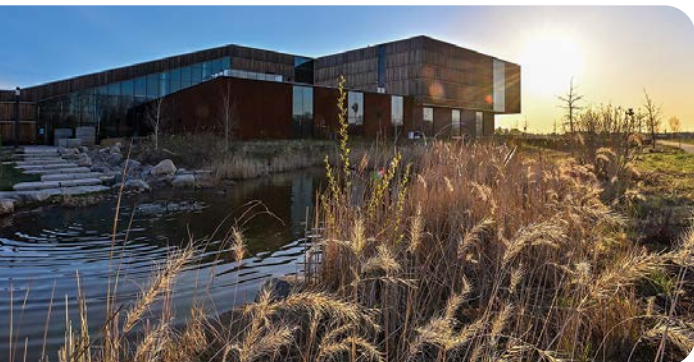
DAY TRIPS

Bell Museum

Head to the new Bell Museum to explore the incredible exhibits and see a state-of-the-art show at the planetarium. Lunch at Jax Café before going to the Bell. Cost includes coach bus ride, lunch and museum ticket. Register by March 20. Sponsored by Orchards of Minnetonka.

Lunch: Oven roasted chicken OR Swedish meatballs (choose at sign up), mashed potatoes, vegetable and dessert

Day	Date	Time	Cost	Course
F	April 21	10:15 a.m.-2:30 p.m.	\$82	2110104-01



Overnight Day Trip: Tulip Festival & Amana Colonies

NEW!

This three-day trip includes deluxe motor coach transportation, lodging for two nights and most meals and attractions.

- Day 1: Head to Pella, Iowa, blooming with more than 28,000 tulips.
- Day 2: Full day in Pella touring historic sites, see grandstand show and parade.
- Day 3: Guided tour of the historic German settlement, the Amana Colonies.

Full details in Winter/Spring Hopkins-Minnetonka Recreation Brochure or call 952-939-8393. Deadline for minimum \$125 deposit is March 3; final payment due by March 23.

Day	Date	Cost	Course
Wed-Fri	May 3-5	\$600 per person (2 per room) \$770 per person (1 per room)	2110105-01

Parking Lot Bingo: Bingo Springo!

Let's celebrate the start of spring with parking lot Bingo. Play Bingo from the comfort of your car listening to the games called on your FM radio. Location: Ice Arena B Parking Lot. Register by March 23 at noon. Sponsored by The Glenn Hopkins.

Day	Date	Time	Cost	Course
F	March 24	1-2 p.m.	FREE	2191113-03

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.