

Bean Bag Summer Series



Let's kick off summer and spend the longest day of the year outside. Grab a friend and sign up to throw bean bags in the Minnetonka Community Center courtyard. Registration is required and space is limited. a

Wednesdays June 21, July 19, Aug. 16
10:15-11:15 a.m. 3120501-01 thru 03

FREE

DAY TRIPS

Al & Alma's Boat Cruises

Soak up summer on Lake Minnetonka. These popular lunch cruises will sell out, so act fast. Enjoy a 90 minute boat ride departing from Al & Alma's in Mound. Transportation is not provided. Boarding begins at 11:15 a.m.

Menu: Sandwich, salad, chips, dessert and water or coffee; cash bar available.

**** Registration for the June trips opens June 1 at 8 a.m. ****

Day	Date	Time	Cost	Course
M	June 19	11:30 a.m.-1 p.m.	\$25	#3180402-01
M	June 26	11:30 a.m.-1 p.m.	\$25	#3180402-02

**** Registration for the July & August trips opens July 3 at 8 a.m. ****

Day	Date	Time	Cost	Course
M	July 24	11:30 a.m.-1 p.m.	\$25	#3180402-03
M	July 31	11:30 a.m.-1 p.m.	\$25	#3180402-04
M	Aug 7	11:30 a.m.-1 p.m.	\$25	#3180402-05
M	Aug 14	11:30 a.m.-1 p.m.	\$25	#3180402-06

Day Trip: Lake City Lunch & River Boat Tour

Board the coach bus for a relaxing ride to Lake City for lunch. Enjoy the special of the day at Kelly's Lake House with breathtaking views of Lake Pepin. After lunch, board the bus and head to Winona. Take a 90 minute Mighty Mississippi River Boat Tour. Keep an eye out for wildlife, enjoying great views; learn about the navigational channel, lock and dam system and various types of commerce on the river. Beverages available for purchase on boat. Stop at the Apache Mall in Rochester for a snack on your own before heading back to Minnetonka. **Deadline to register: June 23.**



Day	Date	Time	Cost	Course
Tu	July 18	9 a.m.-6 p.m.	\$90	3110104-02

EVENTS

Monthly Party: Taco Fiesta

Enjoy a meal with friends. **Register by June 12 (or until full).**

*Menu: Walking beef tacos, rice, beans & dessert

Day	Date	Time	Cost	Course
Th	June 15	Noon	\$8	3100103-01

Lunch & Movie: A Man Called Otto

Fall in love with the grumpiest man in America. Starring Tom Hanks. Based on the book, A Man Called Ove. Movie run time: 2hr, 6min. **Register by June 26 (or until full)**

*Menu: Chicken breast, rice, green beans, fruit, and dessert

Day	Date	Time	Cost	Course
Th	June 29	Noon	\$8	3100202-01

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

James Shaw: Music of the 40s & 50s

Grab a seat and get ready to tap your feet as the incomparable James Shaw entertains on the piano, adding a bit of musical history to some favorite tunes from the 40s and 50s.



Day	Date	Time	Cost	Course
W	June 28	10:30 a.m.	\$3	3100303-01

DEMENTIA-FRIENDLY PROGRAMS

Dementia Friends Training

A trained dementia friends champion leads this session. What is normal aging and when is it time to be concerned? Plus, learn tools and tips to communicate and engage with someone who has dementia.



Day	Date	Time	Cost	Course
Tu	June 6	Noon-1:15 p.m.	FREE	4180707-03

Minnetonka Memory Café

Head outside to take in the fresh air and nature as we walk to Jidana Park. 1.5 – 2 mile round trip walk. Trail is part pavement, part limestone and mainly flat. These walks are for people with dementia while their caregivers attend a support group with Senior Community Services Licensed Social Worker LeeAnn Eiden. Meet at the Minnetonka Community Center.



Day	Date	Time	Cost	Course
Tu	June 6	1:30-3 p.m.	FREE	3180701-02 (for early-stage dementia)
Tu	June 20	1:30-3 p.m.	FREE	3180701-04 (for middle-to-late-stage dementia)

PRESENTATIONS

Estate Planning Strategies

Brand new for 2023, certified estate planner Jeff Litfin returns with strategies to help in your planning while learning to avoid the most common and costly mistakes.

Day	Date	Time	Cost	Course
Tu	June 6	10-11:30 a.m.	\$2	3180417-01

Housing for the Future: Do you have a Plan?

Knowledge is power. Thinking ahead and taking action when it comes to future housing needs can bring peace of mind. Presented by real estate agents Mary and Dan Tillman. Sandwich lunch provided.

Part 1: When is the Right Time to Downsize?

What are the costs? Do you buy first or sell first?

Day	Date	Time	Cost	Course
M	June 12	1:30 a.m.-1 p.m.	\$2	3180412-01

Part 2: The Challenge of Stuff

Where to start and what to do with all of it.

Day	Date	Time	Cost	Course
Tu	July 25	11:30 a.m.-1p.m.	\$2	3180413-01

Part 3: Explore the Options that Can Help Veterans Thrive

This seminar partners with Veterans Administration to find out what benefits are available to you.

Day	Date	Time	Cost	Course
Tu	Aug. 22	11:30 a.m.-1 p.m.	\$2	3180414-01

United States Flag: Origins, Evolution & Symbolism

Join presenter David Jones on Flag Day to learn about the history of this important symbol of our identity and national pride. Sponsored by Deephaven Woods.

Day	Date	Time	Cost	Course
W	June 14	10:30-11:30 a.m.	\$4	4180706-03

A Presidential Series by Phillip Kibort

A Friday summer series May through August.

Unexpected Presidents

The people who become president unexpectedly after a death of their predecessor or as a dark horse when they ran for office. In July, Kibort presents Fail to the Chief.

Day	Date	Time	Cost	Course
F	June 16	10:30-11:30 a.m.	\$2	3180207-01

The Minnesota State Fair Today

With less than two months until opening day, explore behind-the-scenes preparation and take a look at the current-day Great Minnesota Get-Together, one of North America's largest events right in our own backyard.

Day	Date	Time	Cost	Course
Tu	June 27	10-11 a.m.	FREE	3180410-01



FITNESS

55+ classes at the community center offer a variety of ability levels. **Registration is required.**

Slow Flow Vinyasa Yoga

A relaxing yet invigorating style of yoga designed to give all of the muscles good blood flow, strength and flexibility and to relax the mind and nervous system.



Day	Date	Time	Cost	Course
W	June 7-28	6-7 p.m.	\$24	3091201-02

Yoga & Strength

Building strength is even more important as we age. This is a full body-mind workout with yoga and hand weights. Great for beginners.

Day	Date	Time	Cost	Course
Th	June 1-22	6-7 p.m.	\$24	3091101-02

T'ai Chi Chih Workshops

Newcomers & all levels of T'ai Chi Chih welcome. The first half hour includes brief instruction on a movement or principle followed by a 15-minute break and then a full practice. Join us for the instruction portion, practice or both. No admittance once the full practice has begun at 11:30 a.m.

Day	Date	Time	Cost	Course
Tu	June 13	12:30-2 p.m.	\$5	3090301-03
Tu	June 27	12:30-2 p.m.	\$5	3090301-04



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 Senior Linkage Line 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
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.

Advanced T'ai Chi Chih Practice

Go deeper into the practice.

Day	Date	Time	Cost	Course
M	July 3-Aug. 7	10-11:15 a.m.	\$30	3090302-02

Line Dancing

Line dancing improves health, enriches memory, reduces stress and increases energy levels.

Line Dancing I

Day	Date	Time	Cost	Course
Th	June 29-July 20	2-2:55 p.m.	\$36	3090601-03

Line Dancing II

Day	Date	Time	Cost	Course
Th	June 29-July 20	1-1:55 p.m.	\$36	3090602-03

Mat Pilates

Create a more flexible, stable and strengthened body with Certified Pilates Instructor Lesley Koehnen.



Day	Date	Time	Cost	Course
W	June 7-28	2:15-3:15 p.m.	\$36	3090901-02

Defensive Driving Classes

Save 10 percent on your car insurance. Classes are held at the Minnetonka Community Center, but registration is through the MN Highway Safety & Research Center. Call 1-888-234-1294 or register online at driverdiscountprogram.com

4 hour refresher

June 22, July 11, Aug. 1, Aug. 17, Aug. 29

9 a.m.-1 p.m.

July 24

5:30-9:30 p.m.

8 hour first time

Sept. 19 & 21

(two classes, four hours each)

5:30-9:30 p.m.



ST. CLOUD STATE
UNIVERSITY

Special Interest Groups

From Bunco to Bingo, Cribbage to 500, we have more than two dozen special interest groups. See the complete list online: minnetonkamn.gov/our-city/senior-services/interest-groups.

Tale Spinners

Meets twice a month on the first and third Tuesday from 1-3 p.m. Writing can include short stories, novels, poetry, plays, family history and more. Brainstorm, share and critique with others.

Men's Discussion Group

Mondays; 9-10:30 a.m. Join us for coffee and doughnuts in the Glen Lake Activity Room every Monday in June.

NEW Special Interest Group for Singles

Join us for a kick-off and planning meeting in the dining room on June 21 from 6-9 p.m. Bring a dessert to share and your favorite card or table game to play and teach.

Ham Radio

Meets outside for the summer on the second Monday of the month from 10 a.m.-noon at Meadow Park, 2725 Oakland Rd. If it rains, meet at the Minnetonka Community Center.

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 seven days before the start 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.