



The community center will be closed on July 4 for Independence Day

EVENTS

Classic Car Show

Do you have a classic car?

We'd love to have you show it off at our show. Call the main office at 952-939-8393 and register your car for free.

Wednesday, Aug. 16
10 a.m.-noon



Monthly Party: Summer Luau

Aloha! Put on your Hawaiian shirt and join the Minnetonka Community Center Ohana for lunch. Sponsored by Havenwood of Minnetonka. **Register by July 3**

Menu: Pulled BBQ chicken sandwiches, chips, pickle, dessert

Day	Date	Time	Cost	Course
F	July 7	Noon-1:30 p.m.	\$8	3100104-01

Bean Bag Summer Series

Grab a friend and sign up to throw bean bags in the Minnetonka Community Center courtyard. Registration is required.

Wednesday, July 19
10:15-11:15 a.m.

FREE

Course: 3120501-02



Movie & Lunch: 80 for Brady

Inspired by a true story. Four best friends and New England Patriots fans take a life-changing trip to the Super Bowl to see their hero Tom Brady play. This comedy doesn't come without some chaos when you've got a cast starring Rita Moreno, Lily Tomlin, Jane Fonda, and Sally Field. Movie run time: 1hr 38min. Sponsored by Amira Choice. **Register by July 24.**

Menu: Italian pasta salad, side salad and dessert



Day	Date	Time	Cost	Course
Th	July 27	Noon-3 p.m.	\$8	3100204-01

July is National

Ice Cream Month

So why don't we have some? Bring a lawn chair and we'll enjoy this tasty treat outside on the community center patio.

Monday, July 10
1-2 p.m.

Cost: \$3; Course: 3100301-01



GENERAL PROGRAMS

Wills vs. Trusts

Few people understand the difference between these two critical estate planning choices. Each one affects your estate in significantly different ways. Learn the difference so your loved ones can stay out of probate tomorrow. Presented by Certified Estate Planner Jeff Litfin.

Day	Date	Time	Cost	Course
Tu	July 11	10-11:30a.m.	\$2	3180420-01

Adopt a Highway

Help keep Minnetonka beautiful by picking up trash along Minnetonka Blvd between I-494 and County Road 73. Everyone walks approximately one mile, one way. Safety vests, pick-up sticks and bags are provided. Meet at the Minnetonka Community Center.

Program length is two to three hours total, dependent on amount of trash. Outdoor picnic lunch to follow.

Day	Date	Time	Cost	Course
W	July 12	9 a.m.	FREE	3190601-02



Memory Café Social

Come hear why this dementia program is important for those with dementia and their caregivers. This is an opportunity to preview the fall classes, enjoy light snacks and meet new people. Past participants, current participants, & new participants are welcome.

Day	Date	Time	Cost	Course
Tu	Aug. 1	1:30-3p.m.	FREE	3180701-05

Getting Around Town

Not driving anymore but need transportation? Consider a ride service. Tech expert Abbey Key navigates it all with us as she takes an in-depth look at how to create an Uber account, set up a profile and manage rides. Phones with chargers and credit cards recommended if wanting to set up an account.

Day	Date	Time	Cost	Course
Th	July 13	10 a.m.-noon	\$7	3180602-01

The National Park Service: 100 Years of Greatness

The 32nd President of the United States shares the story of the National Park Service. From the first National Park in Yellowstone to the oversight of more than 400 areas, Franklin D. Roosevelt shares how the park service has become an important part of our national and historic treasures. Presenter: Gary Stamm as Franklin D. Roosevelt. Sponsored by Broadwell Senior Living.

Day	Date	Time	Cost	Course
F	July 14	1-2 p.m.	\$4	3180408-01

British History: David Livingstone I Presume?

Believed to be lost forever, the New York Herald sent Henry Morton Stanley to search for Livingstone, paving the way for one of the most famous meetings in history; "Dr. Livingstone, I presume?"

Day	Date	Time	Cost	Course
Th	July 20	1-3 p.m.	\$7	3180101-03

A Presidential Series by Phillip Kibort

Fail to the Chief

What to know about the 12 least known presidents.

Day	Date	Time	Cost	Course
F	July 21	10:30-11:30 a.m.	\$2	3180208-01



Housing for the Future: The Challenge of Stuff

Is the garage or attic full of memories dating back decades? Are you in charge of a loved one's home after they pass? Find out where to start and what to do with all of it during this lunch and learn. Presented by real estate agents Mary & Dan Tillman.

Menu: Sandwich & chips

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



FITNESS

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

Gentle Yoga on Thursdays

Traditional yoga poses are practiced to strengthen and promote flexibility and balance. Instructor: Susie Blacker. Yoga mat required for class.

Day	Date	Time	Cost	Course
Th	*June 29-July 27	11 a.m.-noon	\$24	3090201-07
Th	Aug. 3-31	11 a.m.-noon	\$30	3090201-08

***No class July 6**



Strength & Balance Cardio Fitness **NEW!**

Join an Exercise Physiologist with FOX Rehabilitation for fitness on Fridays. This class includes a combination of chair and standing exercises. Designed for every level and includes stretching and strength training with resistance bands and light weights. Instructor will offer modifications to exercises as needed to make each class the best it can be for each participant.

Day	Date	Time	Cost	Course
F	July 7-28	11 a.m.-noon	\$36	3091301-02

Pilates Matwork

Create a more flexible, stable and strengthened body with certified pilates instructor Lesley Koehnen. Pilates mat required for class.

Day	Date	Time	Cost	Course
W	July 5-19	2:15-3:15 p.m.	\$27	3090901-03

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 Senior Linkage Line at 800-333-2433 for more information.

HOME program: The Household & Outdoor Maintenance Program for ages 60+ 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.

DAY TRIPS



Al & Alma's Boat Cruises

These popular lunch cruises are a great way to get out on Lake Minnetonka. Enjoy a 90 minute boat ride with lunch included. Transportation is NOT provided. Please meet at Al & Alma's. 5201 Piper Rd., Mound, MN 55364.

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

**** 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

Duluth Vista Fleet Cruise

Head north to take a summer cruise on Lake Superior. First stop: Tobie's in Hinckley to grab a famous caramel roll or other delicious pastry of your choice. Arrive in Duluth and board the Vista Star. The narrated cruise lasts one hour and passes through the famous aerial lift bridge. After the cruise, head to Blackwoods Restaurant for lunch. Bus heads home after lunch, with a rest stop mid-way before arriving in Minnetonka. Bus departs from the Minnetonka Community Center. Sponsored by The Glenn Minnetonka. **Register by: July 24 (or until full).**

Menu: (Choose at sign up) Chicken pot pie or Home-style meatloaf

Day	Date	Time	Cost	Course
W	Aug. 23	7:30 a.m.-7 p.m.	\$94	3110105-01



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.

Garden Club

Summer garden tour. July 10 at 11 a.m. Call the main office at 952-939-8393 if wanting to join the club & attend.

Bunco

Roll the dice & have some laughs! We play the 2nd & 4th Thursday of the month from 1-3 p.m.

Mahjong

Wednesdays from 8 am-noon in the Glen Lake Activity Room. Bring your own set if you have one.



Genealogy

First Thursday of the month from 10 a.m.-noon. Connect with others working to piece together the family tree.

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.