

EVENTS

Dementia Friends Training

What is normal aging and when is it time to be concerned? Plus, tools and tips to communicate and engage with someone who has dementia.

Day	Date	Time	Cost	Course
Tu	Oct. 3	Noon-1:15p.m.	FREE	4180707-05

Singles Group: Let's Bowl, Let's Bowl, Let's Rock n Roll!

Meet there. Pay your own way. RSVP by Oct. 2 by calling 952-939-8393. Tuttle 107 Shady Oak Rd., Hopkins, MN

Day	Date	Time	Cost	Course
T	Oct. 3	1-4 p.m.	varies	1180411-01

Octoberfest

Come eat with us! Menu: Brats, roasted potatoes, broccoli slaw, root beer, dessert. **Register by Sept. 29 or until full.** Sponsored by WestRidge.

Day	Date	Time	Cost	Course
W	Oct. 4	Noon-1:30 p.m.	\$8	1100102-01

Mahjongg

Learn to play the ancient Chinese game of Mahjongg, a tile game of chance and skill. For new players or those wanting to sharpen their skills. Instructor: Carole Harris

Day	Date	Time	Cost	Course
T	Oct. 10-Nov. 21	10 a.m.-noon	\$70	1190201-01

Stroke Awareness

What to do if someone is having a stroke and how to spot the signs and symptoms. Plus learn about Park Nicollet's Stroke INSPIRE program designed to help stroke survivors and caregivers. Instructor: Liz Holt, BSN, RN and Lynn Kloeckner, MS, OTR/L.

Day	Date	Time	Cost	Course
W	Oct. 11	10:30-11:30 a.m.	FREE	1180410-01

Book & Pie SALE

Tuesday, Oct. 24
11 a.m.-4 p.m.

Great books for only \$1. Stay for a sloppy joe lunch and a slice of pie for dessert. Or take your chances to see what's left during the blow out sale from 3-4 p.m. \$3 for all the books you can fit in a paper shopping bag.



We need your book donations! **Donations for the book sale will be accepted ONE DAY ONLY. Monday, Oct. 23 from 9 a.m.-3 p.m.** Pull into the circle drive at the community center and we will unload the books for you. No cookbooks or magazines.

Do you qualify for a free laptop or tablet?

- Must be 60 or older
- Live in Hennepin or Carver County
- Living alone monthly income \$2,500 or less
- Couple/Household combined monthly income of \$3,300 or less

Call 952-939-8393 to sign up. Devices are limited. No walk ins. Must be available two dates: Monday, Oct. 16 from 1-3 p.m. to complete the application process;

Monday, Oct. 30 from 1-3 p.m. to pick up your device. This opportunity is available through a grant to Senior Community Services from the State of Minnesota Department of Human Services.



Presidential Children

Phil Kibort gives his final presentation: The POTUS children and how they turned out.

Day	Date	Time	Cost	Course
F	Oct. 13	10:30-11:30 a.m.	\$2	1180202-01

ICA Food Shelf: The Need to Feed

There is a great need to feed people in our community. Join us as ICA talks about why the need is increasing and how ICA helps people in more ways than one.



Day	Date	Time	Cost	Course
M	Oct. 16	10:30-11:30 a.m.	FREE	1180401-01

Traveling Naturalist: Loons

They've had a good summer in Minnesota. Now it's time to head south. Melonie Shipman will share fascinating facts about our state bird. Sponsored by Ridgehaven Crumbl.



Day	Date	Time	Cost	Course
Th	Oct. 19	10:30-11:30 a.m.	\$5	1100303-01

Lunch and Movie: Book Club: The Next Chapter

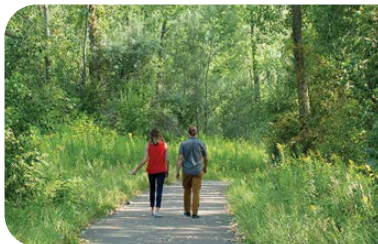
A star-studded cast including Diane Keaton, Mary Steenburgen, Jane Fonda and Candice Bergen. Follow the journey of four best friends as they take their book club to Italy. Runtime: 1hr 47m Sponsored by RidgePointe.

Menu: Wild rice soup, salad, roll and dessert

Day	Date	Time	Cost	Course
F	Oct. 27	Noon-3 p.m.	\$8	1100202-01

Tonka Treks

Looking for a faster pace? Join us for a brisk two-mile hike departing from the community center. We will go rain, shine or snow.



Day	Date	Time	Cost	Course
Th	Oct. 5	10:15-11 a.m.	FREE	1190804-02
M	Nov. 6	10:15-11 a.m.	FREE	1190804-03

Full Moon Hike to Jidana Park

Take a relaxing evening walk to Jidana Park from the Minnetonka Community Center. (two miles roundtrip) Enjoy dinner and a campfire as we hope for a clear sky to see the full moon. Bring a flashlight.

Day	Date	Time	Cost	Course
Th	Oct. 26	5:30-7:30 p.m.	\$5	1190803-01

Computer Basics 101 for Windows

We cover the basics. From turning the computer on and its functions to creating a Word document, email, browsing the internet, sending and receiving photos and more.

Day	Date	Time	Cost	Course
Tu	Oct. 10 & 17	9:30-11:30 a.m.	\$18	1180602-01

Computer Basics 102 for Windows

Tech expert Abbey Key takes things a step further following 101. In 102 we learn to work with the cloud, transfer, file and share photos and more.

Day	Date	Time	Cost	Course
Th	Nov. 2 & 9	9:30-11:30 a.m.	\$18	1180603-01

Acrylic Painting: Fall Flowers

Grab a friend and fill your afternoon with fun. Create two completed artworks over four weeks to take home. You provide the canvas and instructor Terri provides everything else.

Day	Date	Time	Cost	Course
W	Oct. 25-Nov. 15	1-3 p.m.	\$50	1130303-01

Parking Lot Bingo

Join us for Bingo from the comfort of your car via FM radio in the Ice Arena B parking lot. When you win, honk your horn! **Register by Oct. 11 at Noon or until full.** Sponsored by Sholom.



Day	Date	Time	Cost	Course
F	Oct. 13	1-2 p.m.	FREE	1191113-01

Living Alone

If you live alone, it sure helps to know you have a team of people and tools to rely on to help when you need it. The Minnetonka Police Department, Minnetonka Fire Department and Senior Community Services will talk about how to stay in your home, be independent and thrive!

Day	Date	Time	Cost	Course
W	Oct. 25	10:30-11:30 a.m.	FREE	1180408-01



FITNESS

Classes for 55 and better at the community center offer a variety of levels. **Registration is required.** Space is limited. For details call the main office, see our fall brochure or go online at minnetonkamn.gov/register.

Over 50 & Fit Cardio	M, W, F 9-10 a.m.
T'ai Chi Chih Beginner	Tu 1-2 p.m.
T'ai Chi Chih Going Deeper(Advanced)	M 10-11:15 a.m. / W 1-2:15 p.m.
Chair Supported Yoga	Tu or Th 9:45-10:45 a.m.
Gentle Yoga for Every Body	Tu or Th 11 a.m.-noon
Mat Pilates	Tu 8:10-9:10 a.m. / W 2:15-3:15 p.m.
Slow Flow Yoga	W 6-7 p.m.
Line Dancing I	Th 2-2:55 p.m.
Line Dancing II	Th 1-1:55 p.m.
Yoga & Strength	Th 6-7 p.m.
Strength & Balance Cardio Fitness	M 8:45-9:45 a.m. / F 11 a.m.-noon

Increase Your Joy Through Yoga & Creative Arts

Through yoga, journaling, collage and other expressive art activities, learn practices that awaken creativity and offer the opportunity to explore internal awareness. Instructors: Susie Schwartz & Joan Saunders. Yoga mat required.

Day	Date	Time	Cost	Course
W	Oct. 4-25	1-2:15 p.m.	\$50	1090904-01

Happy Feet Footcare

Has a new phone number. Call 763-346-3390 to schedule an appointment with a foot care nurse.

Walk in and get your blood pressure checked **FREE**

9:30-10:30 a.m. on the 1st and 3rd Friday and 2nd Wednesday of each month.



Coffee & Conversation

City Series

Do things seem different from when you were a kid? Come and learn about how our climate is changing and what it means for the city's trees, wetlands, butterflies and bees. Plus, share your own personal stories and learn what you can do right now to help combat climate change and leave a more resilient community for the next generation.



Day	Date	Time	Cost	Course
M	Oct. 30	10:30-11:30 a.m.	FREE	1180409-01

DAY TRIPS

Duluth for the Holidays

Our annual trek up north is a favorite! Tour the Glensheen Mansion decked out for the holidays. Have lunch at Blackwoods Family Restaurant. Then walk through Bayfront Park into Bentleyville.

Register by Oct. 30 or until full.

Day	Date	Time	Cost	Course
W	Nov. 29	9:30 a.m.-10 p.m.	\$95	1110106-01

The Nutcracker at the Orpheum Theater

Let the music of Tchaikovsky take you away in this classic ballet. Enjoy hor d'oeuvres on the way to the show. **Register by Oct. 9 or until full.**

Day	Date	Time	Cost	Course
Th	Nov. 30	5:15-10 p.m.	\$110	1110107-01

Rotary Lights in Riverside Park

Dinner at Ciatti's Italian Grill, then tour through millions of twinkling lights to celebrate the season. Register by Nov. 6.

Day	Date	Time	Cost	Course
W	Dec. 6	1-10 p.m.	\$88	1110108-01

The Lion King

The Orpheum comes alive with the Serengeti. Tickets on sale now so don't miss this incredible show. Lunch included. Register by Nov. 6.

Day	Date	Time	Cost	Course
Th	April 25	11:30a.m.-4:15 p.m.	\$125	1110110-01

Medicare Open Enrollment period Oct. 15-Dec. 7

New to Medicare? Need a cheaper or better plan? Schedule a free one-on-one appointment to meet with a trained Medicare Counselor from the Senior Linkage Line at the Minnetonka Community Center. 1-800-333-2433. *The Senior Linkage Line is a state agency, not affiliated with any insurance companies.*

Need Help at Home?

Sara Roberts, Licensed Social Worker with SCS can connect you with programs providing financial assistance, shopping, house cleaning, fall clean up, shoveling, and more. Call 612-868-6720 or email Sara at s.roberts@seniorcommunity.org



SENIOR
COMMUNITY
SERVICES

Coming in November

HONORING OUR VETERANS

Minnesota Aviation Hall of Fame

Two Veterans bring us this presentation on the earliest days of aviation in Minnesota. Sponsored by Deephaven Woods.

Day	Date	Time	Cost	Course
Th	Nov. 2	1-2 p.m.	FREE	1180402-01

Mission 91: My Dad's Story

A Minnesota Native tells the story of his father's WWII mission. A Jewish man captured, interrogated and held captive for 20 months in Germany, while documenting it all. Fasten your seatbelts to learn about Staff Sergeant Bernard Tuvman from enlistment to liberation. Part of this presentation will "put you inside the cockpit" while on a bombing mission.

Day	Date	Time	Cost	Course
W	Nov. 8	10:30-11:30 a.m.	\$4/FREE*	1180403-01

*Fee waived for Veterans/spouses of Veterans

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.