

Free Income Tax Preparation

There may be a few appointments left. Feb 5–April 11.

Appointment required.

Call 952-939-8393 to check availability. For property tax or rent rebate only, call after April 11 to get scheduled.

AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

EVENTS

Monthly Party: Valentine's Day

Love is in the air. Enjoy a 30-minute sing-a-long with our Senior Chorale, followed by lunch. Sponsored by Inherited Stories.

Register by: Feb. 9 (or until full)

Menu: Meatloaf, mashed potatoes, roasted carrots & dessert*

Day	Date	Time	Cost	Course
W	Feb. 14	11:30 a.m.	\$8	2100102-01

Lunch and Movie: The Hill

In honor of spring training, the remarkable true-life story of Rickey Hill's improbable journey to play Major League Baseball. Runtime: 2Hr6min. Sponsored by The Glenn Hopkins

Register by: Feb. 22 (or until full)

Menu: Loaded baked potato bar, salad, dessert*

Day	Date	Time	Cost	Course
Tu	Feb. 27	Noon	\$8	2100202-01

*Please indicate when registering if needing a gluten free, vegetarian, vegan, and/or nut free meal.

You Say It's Your Birthday?!

Calling all leap year babies! Let us celebrate you on this special occasion. Anyone born on Feb. 29 from 4 years old to 108 years old. We'll have cake and ice cream. Not a leap year baby? We need you, too. **Register by: Feb 26 (or until full)**

Day	Date	Time	Cost	Course
Th	Feb. 29	1–2 p.m.	\$5	#2100101-01



Parking Lot Bingo: Bold North Style

KSTP Morning Newscaster and Minnesota Live Host Chris Egert braves the February cold with us! He'll call eight Bingo games on the radio, while you listen from the comfort of your car. Honk your horn if you win Ice Arena B parking lot on the City of Minnetonka campus. **Register by Noon, Feb. 15.**

Day	Date	Time	Cost	Course
F	Feb. 16	1–2 p.m.	FREE	2191113-01

3-Day Alpine Ski Clinic

Learn to ski again, safely and gently. Hyland Hills Ski Instructor Roger Wangen will be your instructor for three consecutive mornings at Hyland Hills to build your confidence and sharpen skills. Transportation provided from the community center to Hyland. Fee includes lessons, equipment rental, lift ticket and transportation.



Day	Date	Time	Cost	Course
M,Tu,W	Feb. 5–7	8:15 a.m.–noon	\$160	2091001-02

Minnesota to Maine: A Solo trip and What I Discovered

Caregiving can take its toll and taking care of yourself is key. Tracy Beckman shares his inspiring story of how a 1,600 mile bike ride from Minnesota to Maine saved his life.

Day	Date	Time	Cost	Course
Th	Feb. 8	10–11:15 a.m.	FREE	2180702-02

CLOSED

Minnetonka Community Center
Feb. 19 President's Day

Memory Café

Caregiving for a partner or parent with dementia? Come try our Memory Café. It's a 90-minute program for the loved one with dementia and immediate family caregiver. We begin together as a group; introduce ourselves and enjoy snacks and refreshments. Then loved ones, volunteers and The MacPhail Center for Music enjoy music activities, while caregivers meet in a separate room for a support group. Hennepin County Library is also on site with a variety of wonderful books and resources. **Meets on the 1st or 3rd Tuesday of the month from 1:30-3 p.m.** Call 952-939-8393 for more information. Registration is required.

Dementia Friends Minnesota

Dementia is not a normal part of aging. Learn what normal aging is, five key messages about dementia, tips to communicate with a person living with dementia and what you can do as a caregiver, friend or neighbor.



Day	Date	Time	Cost	Course
Tu	Feb. 6	12-1:15 p.m.	FREE	4180705-01

Bring Warm Clothes: Letters & Photos from Minnesota's Past

Longtime, award winning reporter and author Peg Meier, talks about her book celebrating the heartiness and humor of the people who chose to call Minnesota home. More than 200,000 copies later, the book, based on letters and journal entries kept at the Minnesota Historical Society, is still finding new fans.

Day	Date	Time	Cost	Course
M	Feb. 26	10:30-11:30 a.m.	\$4	2180102-01



Coffee & Conversation

The Civil War: Sherman through the Carolinas

Longtime Minnetonka resident and former teacher, Joyce Hinderks, along with husband Jim bring us this thought provoking series on the Civil War. This month's history lesson is on the relatively unknown story of Gen. William T Sherman's march through the Carolinas. 400 miles through one of the worst winters on record. Enjoy coffee & treats during the presentation. *Sponsored by The Glenn Minnetonka.*

Day	Date	Time	Cost	Course
Tu	Feb. 13	10:30-11:45 a.m.	\$5	2180402-02

Make sure to register for the Hinderks' final two Civil War presentations on March 6 and April 12 at 10:30 a.m.

Time Waits for No One...So Let's Get To It

With the New Year comes new goals to get things in order.
Sponsored by: Shalom

Financial Wellness

Day	Date	Time	Cost	Course
W	Feb. 21	10:30-11:30 a.m.	FREE	2180201-02

Funeral Planning

Day	Date	Time	Cost	Course
W	March 20	10:30-11:30 a.m.	FREE	2180201-03

Know Your Rights

Day	Date	Time	Cost	Course
W	April 24	10:30-11:30 a.m.	FREE	2180201-04

Hands Only CPR

The Minnetonka Fire Department is here to teach the two steps to save a life. Does not qualify as a certification class.

Day	Date	Time	Cost	Course
M	Feb. 12	1-2 p.m.	FREE	2180401-02

ART

Acrylic Painting

Paint a portrait you never thought you could. Step by step, instructor Terri Berg teaches this fun way of painting. You provide one 11"x14" canvas, and Terri supplies all the paint, brushes and other supplies.

Scottish Scene

Day	Date	Time	Cost	Course
W	Feb. 7-28	1-3 p.m.	\$50	2130302-01

Irish Scene

Day	Date	Time	Cost	Course
W	Mar. 6-27	1-3 p.m.	\$50	2130303-01

Fun with Watercolor: Beginner's Express

This one-day workshop is perfect for anyone interested in learning more about the art of painting with watercolor. Students will learn fundamental concepts of design, color theory, values and will practice basic techniques. Pack a lunch and drink. Supply list provided at sign up. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
M	March 11	9:30 a.m.-3:30 p.m.	\$55	2130103-01

FITNESS

Strength & Balance Cardio Fitness

It's never too late to build strength and improve balance. This class includes a combination of chair and standing exercises to stretch and strength train using resistance bands and light weights. Modifications can be made to meet you where you're at. Instructor: Tyler Xiong, Fox Rehabilitation Exercise Physiologist



Day	Date	Time	Cost	Course
F	Feb. 2-23	11 a.m.-noon	\$36	2091301-02
F	March 8-29	11 a.m.-noon	\$36	2091301-03

Mat Pilates

Learn the foundations of the Pilates Matwork exercises, paying careful attention to proper form. Certified Pilates Instructor Lesley Koehnen will cue each exercise and give individual modifications for different body injuries, aches and pains so you can move more confidently and get stronger. Must be able to get down to and up from the floor. Yoga mat required.

Beginner

Day	Date	Time	Cost	Course
W	Feb. 7-28	2:15-3:15 p.m.	\$36	2090901-06

Intermediate

Day	Date	Time	Cost	Course
Tu	Feb. 6-27	8:10-9:10 a.m.	\$36	2090901-02

Chair Supported Yoga

Day	Date	Time	Cost	Course
Tu	Feb. 6-27	9:45-10:45 a.m.	\$24	2090101-02
Th	Feb. 8-29	9:45-10:45 a.m.	\$24	2090101-06

Gentle Yoga

Day	Date	Time	Cost	Course
Tu	Feb. 6-27	11 a.m.-noon	\$24	2090201-02
Th	Feb. 8-29	11 a.m.-noon	\$24	2090201-06

Slow Flow Yoga with Karen Murray

Day	Date	Time	Cost	Course
W	Feb. 7-28	6-7 p.m.	\$24	2090203-02

Yoga & Strength with Karen Murray

Day	Date	Time	Cost	Course
Th	Feb. 8-29	6-7 p.m.	\$24	2090205-02

Holistic Self Care with Karen Murray

Day	Date	Time	Cost	Course
M	Feb. 12	10:30-11:30 a.m.	\$10	2090204-02
Tu	Feb. 20	6-7 p.m.	\$10	2090204-06

Line Dancing

Beginner & Intermediate classes. Choreographer: Kerry Maus

Beginner

Day	Date	Time	Cost	Course
Th	Feb. 22-March 21	2-2:55 p.m.	\$36	2090601-02

Intermediate

Day	Date	Time	Cost	Course
Th	Feb. 22-March 21	1-1:55 p.m.	\$36	2090602-02

Finding Joy in the Journey

Join Joan and Susie for this mid-week mood boost. Explore mind and body with 30 minutes of yoga followed by an hour of journaling using imagery, colors and art materials. This class is for anyone who feels the stress of everyday life or is working through an illness or loss of a partner. This course will help you find joy in the journey. Fee covers two instructors and art supplies for class. Yoga mat and non-lined journal required.

Day	Date	Time	Cost	Course
W	Feb. 7-28	1-2:30 p.m.	\$50	2090905-01

Winter/Spring Tune Up

An opportunity to tune the body and spirit with crystal bowl healing sounds and gentle yoga. The fee covers the cost of two instructors, Birgit Kraus & Susie Schwartz

Day	Date	Time	Cost	Course
M	Feb. 12	4:30-5:30 p.m.	\$22	2090904-02

Hikes to Jidana Park

Day time and a full moon walk from the community center to Jidana Park. Two miles round trip with a meal served about the half way point and enjoyed around a campfire.



Day	Date	Time	Cost	Course
F	Feb. 9	10 a.m.-noon	\$7	2190802-01
Th	Feb. 22	5:30-7:30 p.m.	\$7	2190803-02

Woodcarving 102

Enjoy carving and want to practice? Instructor Tom Deveny helps you build your carving confidence to create a work of art over four weeks. Blanks provided. Supply list provided at sign up.

Day	Date	Time	Cost	Course
W	Feb. 7-28	9:30-11:30 a.m.	\$50	2130202-01

Defensive Driving

Save up to 10% on your car insurance. If you've taken a state approved eight hour driving safety course, renew through this four-hour refresher class. To register: Call the MN Highway Safety & Research Center at 1-888-234-1294 or online at driverdiscountprogram.com

Day	Date	Time	Cost
Th	Feb. 1	9 a.m.-1 p.m.	\$24
Tu	Feb. 20	5:30-9:30 p.m.	\$24
Th	March 7	5:30-9:30 p.m.	\$24
Th	March 14	9 a.m.-1 p.m.	\$24
W	March 27	5:30-9:30 p.m.	\$24

8-Hour First Time Class

Day	Date	Time	Cost
	Feb. 8 & 15	5:30-9:30 p.m.	\$28

DAY TRIPS

The Color Purple at the Ritz Theater

Built in 1926 for \$45,000, the Ritz Theater in Northeast Minneapolis became an entertainment hub for Polish films, theater and concerts. In 2016, Theater Latté Da became the permanent owner of the Ritz. It is now the only nonprofit professional theater in the Twin Cities exclusively producing musical theater. You'll get to enjoy a matinee performance of The Color Purple in this historic space. Enjoy lunch at The Local before the show. Sponsored by Inherited Stories **Register by: March 12 (or until full)**

Menu: (choose at sign up) Fish & Chips, Reuben Sandwich or Shepherd's Pie

Day	Date	Time	Cost	Course
Th	April 11	11:15 a.m.-3:15 p.m.	\$90	2110103-01



SERVICES

Blood Pressure Screenings: First and third Friday and second Wednesday of the month, 9:30-10:30 a.m. FREE!

Medicare Counseling: Schedule a one-on-one appointment with a trained Medicare counselor in-person or over the phone by calling the Senior Linkage Line at 1-800-333-2433.



Transit Link: Transportation from your home to events. Call 651-602-5465 for fees and schedule.

Household and Outside Maintenance for Elderly (H.O.M.E.): Help with indoor and outdoor chores to help people remain independent in their own home. More info: Senior Community Services at 952-746-4046



Senior Outreach: Licensed Social Worker Sara Roberts can help you find trusted and affordable resources for financial assistance, medical or legal issues, housing alternatives or other life changes. Contact Sara at 612-868-6720 or s.roberts@seniorcommunity.org to set up an appointment.

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.