

Book & Pie SALE

Come for the books
and stay for the food.

Minnetonka Senior Services, in coordination with the Senior Advisory Board, hosts this annual event. Doors open at 11 a.m. Grab a sloppy joe lunch and a slice of pie while you're here!

All books
are \$1

Blow out
sale

3-4 p.m.

\$5 for all the books you
can fit into a paper bag.

Tuesday, Oct. 22
11 a.m.-4 p.m.

Minnetonka Community Center Banquet Room

Donation Day

Monday, Oct. 21
9 a.m.-3 p.m.

One day only

We love your donations! Make sure they're in good condition. Please NO cookbooks, old textbooks, self-help or magazines.



EVENTS

The Maroons Concert

Learn about the rich history and artistic contributions that Africans brought to the Americas. The Maroons demonstrate soca, reggae, calypso and ska. Discover the sounds and influences of Afro-Caribbean rhythms and learn about traditional Caribbean instruments such as the steel pan, conga drums, fonde, rumba box, guitar and bass. The Maroons will take you around the world via maps, stories and music! *Brought to you by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to legislative appropriation from the arts & cultural heritage fund.



| Day | Date | Time | Cost | Course |
|-----|--------|-----------------------|------|------------|
| W | Oct. 9 | 11:30 a.m.-12:30 p.m. | \$3 | 1180801-01 |

Monthly Party

Join us for good food and good friends! Menu: Brats, beans, chips, coleslaw, apples & keg root beer

Register/cancel by Oct. 2.

| Day | Date | Time | Cost | Course |
|-----|--------|------|------|------------|
| M | Oct. 7 | Noon | \$8 | 1100102-01 |

Lunch & Movie: A Haunting in Venice

Get ready for a thriller. Agatha Christie's classic, "Hallow'e'en Party" was the inspiration for this major motion picture. A famed retired detective attends a séance. When one of the guests is murdered, it's up to him to crack the case. Starring Kenneth Branagh and Tina Fey. Runs: 1hr43min. Sponsored by Amira Minnetonka. **Register/Cancel by: Oct. 28.**

Menu: Bats & Cobwebs (baked bowtie pasta with meat sauce and mozzarella), salad and dessert.

| Day | Date | Time | Cost | Course |
|-----|---------|-------------|------|------------|
| Th | Oct. 31 | Noon-3 p.m. | \$8 | 1100202-01 |

Dementia Friends

There are many kinds of dementia & learning how to communicate with someone on that journey is key. Let us give you the tools to help.

| Day | Date | Time | Cost | Course |
|-----|--------|-------------|------|------------|
| T | Oct. 1 | Noon-1:15pm | FREE | 4180705-05 |

TECHNOLOGY

Who is Alexa & How Can She Help Me?

We'll introduce Alexa, share her résumé and provide guidance on how to use her. Presented by: Senior Community Services TECH Program.

| Day | Date | Time | Cost | Course |
|-----|---------|------------------|------|------------|
| M | Oct. 14 | 10:30-11:30 a.m. | FREE | 1180405-01 |

Computer Basics 101 for Windows

Take this easy and fun introduction to the world of computers. In this two day course, tech expert Abbey Key covers basic computer functions, creating a Word document, email, sending and receiving photos, browsing the web and more.

| Day | Date | Time | Cost | Course |
|------|--------------|-----------------|------|------------|
| Th-F | Oct. 17 & 18 | 9:30-11:30 a.m. | \$35 | 1180607-01 |

Click and Conquer During a Half Hour of Power

Sign up for a one-on-one, 30-minute session with tech expert Abbey Key. Come with your questions about your device.

| Day | Date | Time | Cost | Course |
|-----|---------|-----------------|------|---------|
| Tu | Oct. 8 | 9 a.m.-4 p.m. | \$15 | 1180602 |
| Th | Oct. 24 | 9 a.m.-4 p.m. | \$15 | 1180603 |
| F | Nov. 8 | 9 a.m. - 4 p.m. | \$15 | 1180604 |

Senior Community Services TECH One-on-One Appointments

Meet with a tech expert at the community center for a free, 55-minute appointment. Appointments are on Mondays and Wednesdays in the afternoon throughout the fall. Service funded by a grant from Hennepin County. Grant rules require participants to be 60+ and live in Hennepin County. Call the main office for dates, times and to schedule.

Coming in November

We honor our Veterans with several programs free for Veterans and spouses. Grab a flyer at the community center or give us a call for details!



Hopkins ProPEL Students Tech Help

Hopkins High School seniors in the ProPEL Program stop by to work with you one-on-one and answer questions about laptops, cell phones or tablets. Plus, hear about what they're doing in school. Snacks provided.

| Day | Date | Time | Cost | Course |
|-----|---------|----------------|------|------------|
| M | Oct. 28 | 2:10-3:10 p.m. | FREE | 1180605-01 |

PRESENTATIONS



Coffee & Conversation

The Jewish Community Relations Council (JCRC) of Minnesota and the Dakotas presents this thought-provoking series at a time in our history when it is of utmost importance to truly live out what it means to be a community.

The Oct. 7 Massacre

JCRC Judaism and Israel Education Director Holly Brod Farber will share the stories of people she knows who experienced Oct. 7, 2023, first-hand. These will be painful and difficult stories, told with the permission of the families, which will take Oct. 7 out of the headlines and into the lives of real Israelis.

We invite you to attend with an open heart, understanding that these are only a few of the many stories that can be told about that day and all that has happened in Israel and Gaza. The event will be centered on the people Holly personally knows and will not be an opportunity for debate.

| Day | Date | Time | Cost | Course |
|-----|--------|------------------|------|------------|
| Tu | Oct. 8 | 10:30-11:45 a.m. | \$5 | 1180409-02 |

Series continues:

Friday, Nov. 15: Antisemitism

Monday, Dec. 16: A Living Testimony from the Holocaust

Prohibition: A Grand Misadventure

Rather than curing the ills of society, Prohibition is remembered for creating some of the worst possible results. Presented by: David Jones

| Day | Date | Time | Cost | Course |
|-----|---------|------------|------|------------|
| Th | Oct. 17 | 10:30-noon | \$5 | 1180204-01 |

ART

These classes and programs are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to legislative appropriation from the arts and cultural heritage fund. This grant allows us to offer the following classes at a discount.



Watercolor & India Ink Composition

Enjoy exploring this fun mixed media. Use a variety of brushes and tools and learn paint layering techniques.

| Day | Date | Time | Cost | Course |
|-----|---------|-------------|------|------------|
| Th | Oct. 17 | 9 a.m.-noon | \$25 | 1190101-01 |

Charcoal & Chalk Pastel Composition

Do you like the look of charcoal? Enjoy learning how to use white and black charcoal and a blending stub to generate contrast and make your composition look realistic. Bring a favorite photo to class or use one of the instructor's as a guide.

| Day | Date | Time | Cost | Course |
|-----|---------|-------------|------|------------|
| Tu | Oct. 22 | 9 a.m.-noon | \$25 | 1190301-01 |

Art with Ashley: Learn to Weave

Looking for an evening class? This is it! Learn how to create a loom and weave with yarn to make a set of coasters to take home. All supplies included.

| Day | Date | Time | Cost | Course |
|-----|---------|----------------|------|------------|
| Tu | Oct. 22 | 5:30-7:30 p.m. | \$15 | 1130306-01 |

FITNESS

Pilates Matwork

This class is a great way to help you live the life you desire as you age. Certified Pilates Instructor Lesley Koehnen guides you step by step through these classes, with proper form and modifications if needed.

Beginner

| Day | Date | Time | Cost | Course |
|-----|-----------|----------------|------|------------|
| W | Oct. 9-30 | 2:15-3:15 p.m. | \$36 | 1090901-06 |

Intermediate

| Day | Date | Time | Cost | Course |
|-----|-----------|----------------|------|------------|
| T | Oct. 8-29 | 8:10-9:10 a.m. | \$36 | 1090901-02 |

EVENING CLASSES

Yoga Beginners Workshop

If you've never done yoga before, start here. Learn the basics and the benefits and how to practice the poses using proper alignment. This class is great for regular yogis, too. Instructed by: Karen Murray.

| Day | Date | Time | Cost | Course |
|-----|---------|-------------|------|------------|
| Tu | Oct. 22 | 6-7:30 p.m. | \$10 | 1090904-02 |

Slow Flow Yoga

A relaxing, yet invigorating style of yoga where participants hold poses for a few breaths. Designed to get the blood flow to all the muscles, relax the mind and nervous system. Instructed by: Karen Murray.

| Day | Date | Time | Cost | Course |
|-----|-----------|----------|------|------------|
| W | Oct. 2-23 | 6-7 p.m. | \$24 | 1090203-01 |

Yoga and Strength

Building strength is important for everyone. This class gives you a full body-mind workout using hand weights. Instructed by: Karen Murray.

| Day | Date | Time | Cost | Course |
|-----|-----------|----------|------|------------|
| Th | Oct. 3-24 | 6-7 p.m. | \$24 | 1090204-02 |

Tonka Treks

Roundtrip from the community center to various paths around the city campus at a pretty good pace. Paths will be paved, crushed limestone and/or dirt. We go rain, shine or snow.

| Day | Date | Time | Cost | Course |
|-----|--------|----------------|------|------------|
| Th | Oct. 3 | 3:30-4:15 p.m. | FREE | 1190804-02 |
| M | Nov. 4 | 10:15-11 a.m. | FREE | 1190804-03 |

Full Moon Hike to Jidana Park

Take a relaxed evening walk to Jidana Park from the community center. (Two miles roundtrip). Enjoy a campfire dinner under the light of the full moon! Bring a flashlight.



| Day | Date | Time | Cost | Course |
|-----|---------|----------------|------|------------|
| M | Oct. 14 | 5:30-7:30 p.m. | \$5 | 1190803-01 |

DAY TRIPS

Disney's 'The Little Mermaid' at the Ordway

This 8-time Academy Award winning show will have you singing along. Grandparents/parents are invited to bring children aged 10 and older. A snack box will be included on the way to the theater.

Deadline to register/cancel by Oct. 18 (or until full).

| Day | Date | Time | Cost | Course |
|-----|---------|--------------|-------|------------|
| F | Dec. 20 | 12:30-5 p.m. | \$111 | 1110107-01 |

Duluth for the Holidays

Enjoy a hearty lunch at Blackwoods Restaurant, tour the historic Glensheen Mansion decked out for the holidays, stroll through the millions of lights at Bentleyville along Lake Superior and stop for treats at Tobie's. **Register/cancel by Nov. 4 (or until full).** Sponsored by Stonebay of Orono.

| Day | Date | Time | Cost | Course |
|-----|--------|----------------------|-------|------------|
| Tu | Dec. 3 | 10:15 a.m.-9:30 p.m. | \$105 | 1110106-01 |



Handcrafted items by Minnetonka residents ages 55+.

Thursday-Saturday
Noon-5 p.m.

11280 Wayzata Blvd.
763-591-4868

Cash, check and credit cards accepted.



SPECIAL INTEREST GROUPS

We have more than 30 different groups that meet at the community center. See the complete list in the recreation brochure or call the main office for more info!



Dominos

1st & 3rd Thursday
1-3 p.m.



Social Bridge

Wednesdays
12:30-3:30 p.m.



Shutterbugs

3rd Tuesday
10 a.m.-noon



Woodcarvers

Thursdays
10 a.m.-noon

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.