

## FALL REGISTRATION

Fall registration begins August 6 at 8 a.m.

Register in person at the Minnetonka Community Center, over the phone by calling 952-939-8393, or online at [eminnetonka.com/register](http://eminnetonka.com/register).

## EVENTS

### Lunch & Movie: Crazy Rich Asians

Based on the bestselling novel, *Crazy Rich Asians* is a hilarious and heartwarming romantic comedy that's full of surprises.

**Sponsored by Sunrise. Register by August 6.**

Menu: Chicken pasta salad

Day	Date	Time	Cost	Course
F	Aug. 9	Noon	\$6	3100204-01

### Monthly Party: Pork Chop Lunch

Menu: Grilled pork chops, twice baked potatoes, applesauce and dessert. **Sponsored by RidgePointe. Register by August 16.**

Day	Date	Time	Cost	Course
W	Aug. 21	Noon	\$7	3100105-01



## DAY TRIPS

### Granite Falls - Fagen Fighters WWII Museum

The Fagen Fighters WWII Museum is home to a pristine collection of fully operational, active aircraft and vehicles from World War II, as well as fine art, bronze sculptures and several interactive displays. **Register by Aug. 8.**

Menu: Soup and sandwich buffet

Day	Date	Time	Cost	Course
Th	Sept. 12	7:30 a.m.-5:30 p.m.	\$65	3110108-01

### Chateau St. Croix Winery

Visit the picturesque St. Croix Valley wineries. First stop is the St. Croix Winery Store in Stillwater. Purchase award-winning local wines, grown and vinted at the orchard. Speaking of the orchard, that's our next stop, followed by lunch at the Lowell Inn. Then it's on to Northern Vineyards and Chateau St. Croix Winery. **Register by Aug. 22.**

Menu: Chicken à la King

Day	Date	Time	Cost	Course
F	Sept. 27	9:15 a.m.-5:30 p.m.	\$75	3110109-01

### Al and Alma's Boat Cruise

Enjoy a relaxing cruise and light lunch on Lake Minnetonka. Meet at Al and Alma's, 5201 Piper Road, Mound. **Register by Aug. 1.**

Day	Date	Time	Cost	Course
M	Aug. 5	11:15 a.m.-1 p.m.	\$18	3180402-03

Check out upcoming excursions and day trip menus in the recreation brochure, available at the Community Center and online: [eminnetonka.com/recbrochure](http://eminnetonka.com/recbrochure).

## CLASSES/PROGRAMS

### Computer Basics 102

Move beyond the basics. Topics include: working with the Cloud, online banking, transferring and sharing photos, digital library books and more. Personal laptops are recommended for an optimal learning experience. Instructor: Abbey Key.

#### Windows

Day	Date	Time	Cost	Course
M	Aug. 5-12	10 a.m.-noon	\$7	3180603-01

#### Mac

Day	Date	Time	Cost	Course
M	Aug. 5-12	1-3 p.m.	\$7	3180603-02



### Defensive Driving

Already taken a state-approved eight-hour driver safety course? You can renew through this four-hour refresher class. To register, call the Minnesota Highway Safety Center at 888-234-1294, or register online at [mnsafetycenter.org](http://mnsafetycenter.org).

Day	Date	Time	Cost
Tu	Aug. 6	9 a.m.-1 p.m.	\$22
Th	Aug. 15	9 a.m.-1 p.m.	\$22
Tu	Aug. 27	9 a.m.-1 p.m.	\$22



### Dementia Friends

Attend a free one-hour class to learn about dementia and how to make a difference in the lives of people living with the disease.

**Registration required.**

Day	Date	Time	Cost	Course
Tu	Aug. 6	Noon-1 p.m.	Free	4180703-08



### Fun with Watercolor: Getting Started

Learn basic concepts and techniques and enjoy the magic of watercolor. Ideal for beginners and those wanting to refresh their skills. Class starts with demo followed by individual guidance. Please bring a bag lunch. A supply list will be provided at the time of registration. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
M	Aug. 26	9 a.m.-3:30 p.m.	\$40	1130101-01





## Fitness

For a complete listing and program descriptions, visit [eminnetonka.com/register](http://eminnetonka.com/register) or pick up a brochure at the community center.

### T'ai Chi Chih Workshops

Our first half-hour centers around instruction on a movement or principle, followed by a full practice. Join us for the instruction portion only, or just the practice, or both! No admittance once the full practice has begun at 11:30 a.m. Participants must register for each workshop by the Friday before class. Instructor: Susan Sobelson.

Day	Date	Time	Cost	Course
W	Aug. 7	10:45 a.m.-12:30 p.m.	\$5	3090301-07
W	Aug. 21	10:45 a.m.-12:30 p.m.	\$5	3090301-08

### Line Dance

Learn line dancing to all genres of music! Line dancing improves health, enriches your memory, reduces stress and increases energy levels. Instructor: Kerry Maus.

#### Beginner

Day	Date	Time	Cost	Course
Th	Aug. 8-29	2-2:55 p.m.	\$35	3090601-04

#### Intermediate

Day	Date	Time	Cost	Course
Th	Aug. 8-29	1-1:55 p.m.	\$35	3090602-04



### Fall Prevention through Strengthening, Conditioning and Balance Training

This group class is individually tailored and taught by a physical therapist. We begin by assessing your strength and balance and then develop the class based on those results and your requests.

Instructor: A Live Your Life Physical Therapist.

Day	Date	Time	Cost	Course
Tu	Aug. 13-Sept. 17	1:30-2:30 p.m.	\$84	3091301-04

## SERVICES



**Free Medicare Counseling:** Appointment needed. Call 800-333-2433.

**Free Social Worker Consultations:** Appointment needed. Call 952-939-8393.

**Free Blood Pressure Checks:** August 2, 14, 16 from 9:30-11:30 a.m. Walk-ins only.

**Foot Care Services:** Appointment needed. Call 763-560-5136. Every Friday, 8 a.m.-4 p.m.

For more information, call Minnetonka Senior Services at 952-939-8393



## PRESENTATIONS

### Vision Loss Resources

Join Vision Loss Resources as they discuss the four main causes of vision loss, as well as tips and tools to better function with low vision.

Day	Date	Time	Cost	Course
Th	Aug. 8	10-11 a.m.	Free	3180404-04

### Traveling Naturalist: Here Kitty, Kitty

Learn how cats stand apart from dogs in terms of their lifestyles, hunting techniques and relationships to humans. Instructor: Melonie Shipman.

Day	Date	Time	Cost	Course
Th	Aug. 22	10:30-11:30 a.m.	\$4	3181004-01



### Community Connections: Simple Technologies that Can Change Your Life

Get the lowdown on various devices that can support you at home. We'll demonstrate several technologies in each of five general categories: health, safety, social, education and environmental. Presented by Augustana Care Learning Lab for Eldercare Technologies.

Day	Date	Time	Cost	Course
M	Aug. 26	10:15 a.m.	Free	3180421-01

### Hands-Only CPR

Learn how to perform this easy to master, lifesaving technique. Class is taught by the Minnetonka Fire Department.

Day	Date	Time	Cost	Course
W	Aug. 28	10:15-11:30 a.m.	Free	3180403-06

**Purchase items handcrafted by Minnetonka residents ages 55 and older.**



**11280 Wayzata Blvd. | 763-591-4868**

#### Hours

Wednesday-Saturday, 10 a.m.-4 p.m.  
Sundays, 11 a.m.-4 p.m.

### Registration required for all programs.\*



14600 Minnetonka Blvd.  
Minnetonka, MN 55345



[eminnetonka.com/register](http://eminnetonka.com/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 one week prior to the start of the program or by the stated registration deadline.

#### 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.