

FREE INCOME TAX HELP

Appointments can be made at Senior Services or by calling 952-939-8393. *Appointments are required and no walk-ins are allowed.*

- Mondays and Thursdays, Feb. 4–April 15.
- Appointment times: 12:30 p.m.; 1:45 p.m.; 3 p.m.

Renters may schedule appointments for February–April. Homeowners may schedule appointments for March & April.



PRESENTATIONS

Memory Café

A Memory Café is a welcoming place for people with cognitive impairment and their caregivers to socialize and share experiences. Must be attended by the person with dementia and their caregiver. **Registration required. No walk-ins allowed.**

| Day | Date | Time | Cost | Course |
|-----|---------|---------------|------|------------|
| Tu | Feb. 5 | 1:30–3 p.m. | Free | 2180701-06 |
| Tu | Feb. 19 | 10–11:30 a.m. | Free | 2180701-02 |

Dementia Friends

Attend a free one-hour class to learn helpful ways to communicate and interact with people living with dementia, including Alzheimer's. Registration Required.

| Day | Date | Time | Cost | Course |
|-----|---------|----------------|------|------------|
| Tu | Feb. 5 | Noon–1:15 p.m. | Free | 4180703-01 |
| Tu | March 5 | Noon–1:15 p.m. | Free | 4180703-02 |

GENERAL PROGRAMS

Hands Only CPR

Learn how to do hands only CPR from the Minnetonka Fire Department. This presentation is free.

| Day | Date | Time | Cost | Course |
|-----|---------|------------------|------|------------|
| Th | Feb. 7 | 6:30–7:45 p.m. | Free | 2180401-05 |
| W | Feb. 20 | 10:15–11:30 a.m. | Free | 2180401-02 |

Defensive Driving

Register through MN Highway Safety Center, 1-888-234-1294, or visit mnsafetycenter.org for all classes.

4-hour renewal session:

| Day | Date | Time | Cost |
|-----|---------|----------------|------|
| M | Feb. 4 | 5:30–9:30 p.m. | \$22 |
| Tu | Feb. 12 | 9 a.m.–1 p.m. | \$22 |

8-hour first time class:

| Day | Date | Time | Cost |
|--------|--------------|----------------|------|
| Tu, Th | Feb. 26 & 28 | 5:30–9:30 p.m. | \$26 |

Avoiding Common Scams

Join attorney Diane Krenz and other victim advocates to learn how to avoid common scams targeting older adults. Presented by: **Hennepin County Attorney's Office.**

| Day | Date | Time | Cost | Course |
|-----|---------|-----------------|------|------------|
| W | Feb. 27 | 10:30 a.m.–noon | Free | 2180413-01 |



CLASSES

Nature

Traveling Naturalist: Wolves of Land

Wolves are among the most misunderstood of wild animals. Learn the truth behind these communication specialists of the animal kingdom. Instructor: Melonie Shipman.

| Day | Date | Time | Cost | Course |
|-----|---------|------------------|------|------------|
| F | Feb. 15 | 10:30-11:30 a.m. | \$4 | 2190701-02 |

Full Moon Hike to Jidana Park

Take a relaxed evening walk to Jidana Park from the Minnetonka Community Center (two miles roundtrip). Enjoy roasting brats over a campfire under the full moon, with refreshments.

| Day | Date | Time | Cost | Course |
|-----|---------|----------------|------|------------|
| Tu | Feb. 19 | 5:30-7:30 p.m. | \$4 | 2190803-01 |

Introduction to Amateur Astronomy

Learn about constellations, celestial objects and astronomy technology. After a brief introduction, walk outside and join us for a stargazing session. Instructor: Patrick Drigans.

| Day | Date | Time | Cost | Course |
|-----|---------|-------------|------|------------|
| Tu | March 5 | 6:30-8 p.m. | \$10 | 2180301-01 |



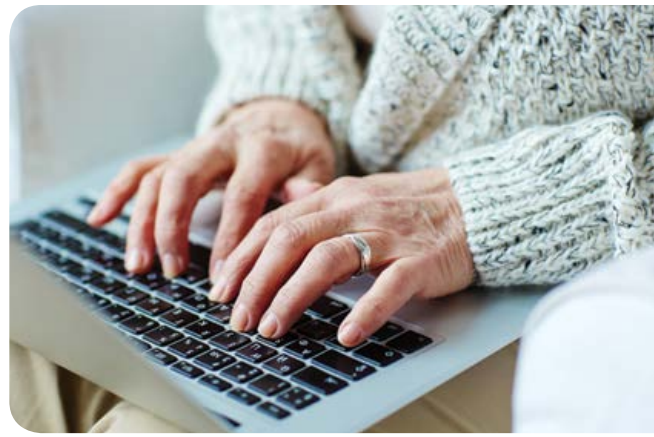
Art

Fun with Watercolor for Beginners

Soft pastels are a fun and inexpensive way to get creative. Learn foundational concepts of color theory and basic techniques for landscapes, florals and other subjects. Class starts with an instructor demo and continues with guidance through the painting process. Instructor: Vera Kovacovic.

| Day | Date | Time | Cost | Course |
|-----|------------------|--------------|------|------------|
| M | Feb. 4-March 11* | 10 a.m.-noon | \$50 | 2130103-01 |

*No class Feb. 18



Technology

Online Selling: Etsy

Learn how to open an online Etsy store, package and ship items, and maintain proper cataloging and tax responsibilities. Basic computer skills required. Personal laptops are recommended for optimal learning experience. Instructor: Abbey Key.

| Day | Date | Time | Cost | Course |
|-----|-----------------|-----------------|------|------------|
| Tu | Feb. 26-March 5 | 9:30-11:30 a.m. | \$18 | 2180606-01 |

Working with the Cloud

Learn how to sync your devices, transfer photos from your phone and upload them to the cloud for sharing. Please bring your phones, laptops and charging cords to this hands-on class. Instructor: Abbey Key.

Android Devices:

| Day | Date | Time | Cost | Course |
|-----|---------|-----------------|------|------------|
| Th | Feb. 28 | 10:00 a.m.-noon | \$10 | 2180501-01 |

Apple Devices:

| Day | Date | Time | Cost | Course |
|-----|---------|----------|------|------------|
| Th | Feb. 28 | 1-3 p.m. | \$10 | 2180501-02 |





Fitness Programs

For a complete listing and program descriptions, visit eminnetonka.com/register or pick up a brochure at the community center.

| PROGRAM | INSTRUCTOR | DATES | DAY | TIMES | FEE | COURSE # |
|---------------------------|--------------------------------------|--------------------|---------|-----------------------|-------|------------|
| Over 50 and Fit | Julie Fleischhacker Allen Hazen | Jan. 2-Dec. 30* | M, W, F | 9-10 a.m. | \$12* | 4090702-04 |
| Chair Yoga | Nancy Holasek | March 5-April 30** | Tu | 9:45-10:45 a.m. | \$48 | 2090101-04 |
| Chair Yoga | Nancy Holasek | March 7-April 25 | Th | 9:45-10:45 a.m. | \$48 | 2090101-05 |
| Chair Yoga | Elizabeth Kelly | March 6-April 10 | W | 5:30-6:30 p.m. | \$36 | 2090101-06 |
| Intermediate Yoga | Nancy Holasek | March 5-April 30** | Tu | 11 a.m.-noon | \$48 | 2090201-03 |
| Intermediate Yoga | Nancy Holasek | March 7-April 25 | Th | 11 a.m.-noon | \$48 | 2090201-04 |
| Line Dance- Beginner | Tricia Wood | Feb. 28-March 21 | Th | 2-2:55 p.m. | \$38 | 2090601-02 |
| Line Dance- Intermediate | Tricia Wood | Feb. 28-March 21 | Th | 1-1:55 p.m. | \$38 | 2090602-02 |
| Strength and Mobility | Live Your Life Physical Therapist | Feb. 26-April 2 | Tu | 1:30-2:30 p.m. | \$72 | 2091301-02 |
| T'ai Chi Chih Instruction | Monica Campbell | March 4-April 22 | M | 10-11 a.m. | \$40 | 2090301-03 |
| T'ai Chi Chih Instruction | Susan Sobelson | March 6-April 24 | W | 1-2 p.m. | \$40 | 2090301-04 |
| T'ai Chi Chih Practice | Monica Campbell | March 4-April 22 | M | 11:15 a.m.-12:30 p.m. | \$40 | 2090303-02 |
| T'ai Chi Chih Practice | Susan Sobelson | March 6-April 24 | W | 2:15-3:30 p.m. | \$40 | 2090303-04 |
| Therapeutic Pilates | Live Your Life Physical Therapist | March 11-April 15 | M | 10:15-11:15 a.m. | \$72 | 2090901-02 |
| Yogilates | Elizabeth Kelly | March 6-April 10 | W | 6:45-7:45 p.m. | \$36 | 2091201-02 |
| Zumba Gold | Renee Rahimi | Feb. 4-Mar. 11** | M | 12:45-1:45 p.m. | \$30 | 2090501-01 |

*Annually ** No class 2/18 or 4/9

SERVICES



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

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

Free Blood Pressure Checks: Feb. 1, 13 & 15 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

History

American Indian Wars: Dakota War of 1862

Learn about the Dakota War of 1862, also known as the Sioux Uprising, which culminated with the mass execution of 38 Dakota men on Dec. 26, 1862, in Mankato, MN. Instructor: Dan Hartman.

| Day | Date | Time | Cost | Course |
|-----|---------|-----------------------|------|------------|
| W | Feb. 13 | 10:30 a.m.-12:30 p.m. | \$6 | 2180203-01 |

American Indian Wars: Sand Creek Massacre

Explore the 1864 Sand Creek Massacre in Colorado, in which hundreds of Native Americans lost their lives. Instructor: Dan Hartman.

| Day | Date | Time | Cost | Course |
|-----|---------|-----------------------|------|------------|
| W | Feb. 20 | 10:30 a.m.-12:30 p.m. | \$6 | 2180204-01 |

British History

Walking Through History

Explore Wiltshire, The Lake District, Cornwall and Lancaster during the Industrial Revolution. Instructor: Terry Kubista.

| Day | Date | Time | Cost | Course |
|-----|-----------|----------|------|------------|
| Th | Feb. 7-28 | 1-3 p.m. | \$28 | 2180101-02 |

EVENTS

Monthly Party: Valentine's Day

Enjoy a delicious meal with friends! Menu: Swedish meatballs, mashed potatoes, broccoli, bread roll and dessert. **Register by Feb. 8. Sponsored by: Cherrywood Pointe.**

| Day | Date | Time | Cost | Course |
|-----|---------|----------------|------|------------|
| W | Feb. 13 | Noon-1:30 p.m. | \$7 | 2100102-01 |

Lunch and a Movie: Mama Mia 2

Join the celebration, sing and dance, and discover how it all began! Ten years after Mamma Mia! The Movie premiered, you're invited back to the magical Greek island of Kalokairi in an all-new musical sequel based on the songs of ABBA. Menu: Chicken salad sandwich, side salad, fruit, chips and dessert. **Register by Feb. 19. Sponsored by: Brookdale Living.**

| Day | Date | Time | Cost | Course |
|-----|---------|------|------|------------|
| F | Feb. 22 | Noon | \$6 | 2100202-01 |

DAY TRIPS

More detailed descriptions and day trip menus can be found in the recreation brochure, in-person at the Community Center or online at: eminnetonka.com/recbrochure.

No Blarney Irish Tour

Don your green and get ready to take in plenty o' Irish history! There's no blarney on this two-hour riding tour through St. Paul where we'll learn all about the city's Irish immigrants. We'll then head to the St. Paul Hotel to learn the history of this Twin Cities landmark. Stay and enjoy lunch at M St. Café before boarding the bus for a dessert stop at Sweet Chocolat in Arden Hills. **Register by Feb. 15. Sponsored by: Cherrywood Pointe.**

| Day | Date | Time | Cost | Course |
|-----|----------|----------------|------|------------|
| Tu | March 19 | 10 a.m.-4 p.m. | \$70 | 2110102-01 |

More Programs Available!

Visit eminnetonka.com/recbrochure, or pick up a program guide at the Community Center.

Registration required for all programs.*



14600 Minnetonka Blvd.
Minnetonka, MN 55345



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.