

## FREE INCOME TAX HELP

Beginning Jan. 2, 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. Homeowners may schedule any time after March 1.



## 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
M	Jan. 14	10:15-11:30 a.m.	Free	2180401-01

### Defensive Driving

Register through MN Highway Safety Center, 1-888-234-1294, or visit [mnsafetycenter.org](http://mnsafetycenter.org) for all classes. 4-hour renewal session:

Day	Date	Time	Cost
Th	Jan. 17	9 a.m.-1 p.m.	\$22
Tu	Jan. 22	5:30-9:30 p.m.	\$22

## REMINDER

To please pay your annual fee for the following programs:

Class	Cost	Course
Bird Club	\$20	4190502-04
Bike Club	\$10	4120105-01
Over 50 & Fit	\$12	4090702-04

## Community Connections: Fall and Balance

Encore Rehabilitation Services helps you minimize the risk of falls by demonstrating simple exercises that will improve your balance. In addition, they will offer free balance screenings. Sponsored by **Hillcrest of Wayzata Rehabilitation and Health Care Center**.

Day	Date	Time	Cost	Course
M	Jan. 28	10:15-11:30 a.m.	Free	2180407-01



## Dementia Friends

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

Day	Date	Time	Cost	Course
Tu	Jan. 8	Noon-1:15 p.m.	Free	4180703-04

## CLASSES

### Nature

#### Traveling Naturalist: It's a Sled Dog's Life

These four-legged athletes pull sleds across miles of snow and ice. Get an insider's look at sled dogs and their mushers.

Day	Date	Time	Cost	Course
Tu	Jan. 15	1-2 p.m.	\$4	2190701-01

## CLASSES

### Art

#### Fun with Watercolor for Beginners

Learn about 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. A supply list is provided at registration. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
M	Jan. 28-March 4*	10 a.m.-noon	\$50	2130103-01

\*No class Feb. 18



### Technology

#### Online Selling: Craigslist

Learn how to open a Craigslist account and safely sell items. Basic computer skills required. Personal laptops are recommended for optimal learning experience. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
M	Jan. 7-14	10:15 a.m.-12:15 p.m.	\$18	2180604-01

#### Online Selling: eBay

Learn how to open an online eBay store, ship items and track tax info. Basic computer skills required. Personal laptops are recommended for optimal learning experience. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
M	Jan. 28-Feb. 4	1-3 p.m.	\$18	2180605-01



### History

#### Soviet Leaders and Soviet Intelligence Services

Take a fascinating look at how Soviet leaders used information provided by their intelligence services. Instructor: Tom Troy.

Day	Date	Time	Cost	Course
Tu	Jan. 8-29	1-2:30 p.m.	\$12	2180209-01

#### American Indian Wars: Seminole

Learn about the events that led to President Andrew Jackson's signing of the Indian Removal Act. Instructor: Dan Hartman.

Day	Date	Time	Cost	Course
W	Jan. 16	10:30 a.m.-12:30 p.m.	\$6	2180201-01

#### American Indian Wars: Apache

Delve into the armed conflict between the United States Army and the Apache nations of the Southwest. Instructor: Dan Hartman.

Day	Date	Time	Cost	Course
W	Jan. 23	10:30 a.m.-12:30 p.m.	\$6	2180202-01

### British History

#### The Cecils: William & Robert

Learn about the founders of the British M15 and M16 Intelligence Agencies. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	Jan. 10-31	1-3 p.m.	\$28	2180101-01



## Fitness Programs

For a complete listing and program descriptions, visit [eminnetonka.com/register](http://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	Jan. 10-Feb. 28	Th	9:45-10:45 a.m.	\$48	2090101-02
Chair Yoga	Elizabeth Kelly	Jan. 9-Feb. 27	W	5:30-6:30 p.m.	\$48	2090101-03
Intermediate Yoga	Nancy Holasek	Jan. 8-Feb. 26	Tu	11 a.m.-noon	\$48	2090201-01
Intermediate Yoga	Nancy Holasek	Jan. 10-Feb. 28	Th	11 a.m.-noon	\$48	2090201-02
Line Dance - Beginner	Tricia Wood	Jan. 17-Feb. 7	Th	2-2:55 p.m.	\$38	2090601-01
Line Dance - Intermediate	Tricia Wood	Jan. 17-Feb. 8	Th	1-1:55 p.m.	\$38	2090602-01
Strength and Mobility	Physical Therapist	Jan. 15-Feb. 19	Tu	1:30-2:30 p.m.	\$72	2091301-01
T'ai Chi Chih Instruction	Monica Campbell	Jan. 7-Feb. 25**	M	10-11 a.m.	\$30	2090301-01
T'ai Chi Chih Instruction	Susan Sobelson	Jan. 9-Feb. 27	W	1-2 p.m.	\$40	2090301-02
T'ai Chi Chih Practice	Monica Campbell	Jan. 7-Feb. 25**	M	11:15 a.m.-12:30 p.m.	\$30	2090303-01
T'ai Chi Chih Practice	Susan Sobelson	Jan. 9-Feb. 27	W	2:15-3:30 p.m.	\$40	2090303-03
Therapeutic Pilates	Dr. Sarah Petrich	Jan. 7-Feb. 25 **	M	10:15-11:15 a.m.	\$72	2090901-01
Yogilates	Elizabeth Kelly	Jan. 9-Feb. 27	W	6:45-7:45 p.m.	\$48	2091201-01
Zumba Gold	Renee Rahimi	Feb. 4-Mar. 11**	M	12:45-1:45 p.m.	\$30	2090501-01

\*Annually \*\* No class 1/21 or 2/18

## SERVICES



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

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

**Free Blood Pressure Checks:** Jan. 4, 9, & 18 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**

## EVENTS

### Lunch and a Movie: Only the Brave

"Only the Brave," based on the true story of the Granite Mountain Hotshots, is the heroic tale of a local unit of firefighters that becomes one of the most elite firefighting teams in the nation. Menu: Beef stroganoff, tossed salad, breadstick, dessert. **Register by Jan 22.**

**Sponsor: Cherrywood Pointe.**

Day	Date	Time	Cost	Course
F	Jan. 25	Noon	\$6	2100201-01

### Sips and Songs: Bill Koncar

Enjoy light refreshments and socializing before taking in local entertainer Bill Koncar. Bill is a strolling accordionist who frequently performs at restaurants including Gasthof zur Gemutlichkeit, as well as the Minnesota State Fair.

Day	Date	Time	Cost	Course
W	Jan. 30	10:30 a.m.-noon	\$3	2100301-01

## 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](http://eminnetonka.com/recbrochure).

### Churches in Minneapolis

Board the bus for this amazing architectural tour of two historic Minneapolis churches. First stop is the Basilica of Saint Mary Catholic Church, featuring French architecture and angelic renderings. After the tour, spend the lunch hour at Jax Café. Our second stop is the newly renovated Westminster Presbyterian Church. **Register by Jan. 18.**



Day	Date	Time	Cost	Course
W	Feb. 20	9:30 a.m.-3:15 p.m.	\$67	2110101-01

## More Programs Available!

Visit [eminnetonka.com/recbrochure](http://eminnetonka.com/recbrochure), or pick up a program guide at the Community Center.

**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.