

REMINDER

The Minnetonka Community Center will be closed Thursday, July 4.

EVENTS

Monthly Party: Burger Bar

We'll have a blast while enjoying juicy burgers! **Sponsored by Oasis. Register by July 11.**

Day	Date	Time	Cost	Course
Tu	July 16	Noon-1:30 p.m.	\$7	3100104-01

Adopt a Highway (Then Enjoy a Picnic!)

Help pick up along Minnetonka Boulevard between I-494 and County Road 73. Meet at the Minnetonka Community Center. Everyone walks one mile, one way. Program length is two to three hours, after which we'll enjoy a free picnic lunch!

Day	Date	Time	Course
Th	July 18	9 a.m.	3190601-02

Ragtime with James Shaw

Take in the ragtime stylings of pianist James Shaw.

Day	Date	Time	Cost	Course
Th	July 25	10:30-11:30 a.m.	\$3	3190901-01

Lunch & Movie: On the Basis of Sex

Inspired by the powerful true story of Supreme Court Justice Ruth Bader Ginsburg and her fight for equal rights. **Sponsored by Beyond Expectations Home Health Care. Register by July 23.**

Main course: All beef hotdog with sauerkraut.

Day	Date	Time	Cost	Course
F	July 26	Noon-3 p.m.	\$6	3100203-01

DAY TRIPS

Al and Alma's Boat Cruise

Enjoy a relaxing cruise and light lunch on beautiful Lake Minnetonka. Meet at Al and Alma's, 5201 Piper Road, Mound. **Register by July 12.**

Day	Date	Time	Cost	Course
M	July 22	11:15 a.m.-1 p.m.	\$18	3180402-02

Trolley Tour of Rochester

Board a vintage red trolley for a narrated city tour and lunch at the Hubble House. Get up-close views of public parks, gardens, private homes and impressive Mayo Clinic sites. Main course: Roast beef or baked chicken. **Register by July 18.**

Day	Date	Time	Cost	Course
Tu	Aug. 20	8 a.m.-4 p.m.	\$74	3110107-01



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

CLASSES

Art

Fun with Watercolor: Summer Landscapes

Capture marvelous summer landscapes. Each class starts with an instructor demo, with reference pictures. Students are also encouraged to work from their own reference sources. Basic watercolor skills required. Supply list provided at registration. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
M	July 8-Aug. 5	10 a.m.-noon	\$50	3130102-01



Nature

Introduction to Amateur Astronomy

Whether you're up north or in your own backyard, learn how to really see the summer night sky. Instructor: Patrick Drigans.

Day	Date	Time	Cost	Course
W	July 17	6:30-8 p.m.	\$10	3180407-02

Traveling Naturalist: Loony Tunes

Meet our state bird, the common loon! We'll translate their beautiful calls, look closely at their unique habits and meet their closest kin. Instructor: Melonie Shipman.

Day	Date	Time	Cost	Course
Th	July 18	10:30-11:30 a.m.	\$4	3181003-01



Technology

Computer Basics 101

Join us for this easy and fun introduction to the world of computers. Topics include: basic computer parts and functions, Word documents, email, photos, Google maps, safe web browsing and more. Personal laptops are recommended for an optimal learning experience. Instructor: Abbey Key.

Windows

Day	Date	Time	Cost	Course
M	July 22 & 29	10 a.m.-noon	\$7	3180602-01

Mac

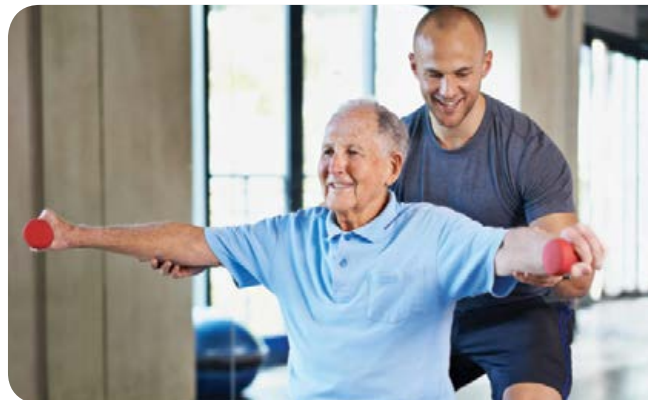
Day	Date	Time	Cost	Course
M	July 22 & 29	1-3 p.m.	\$7	3180602-02

Health

Fall Prevention through Strengthening, Conditioning & Balance Training

Lower your risk of falls, stay active and keep doing the things you love, all while working with a great group of people. Instructor: A Live Your Life Physical Therapist.

Day	Date	Time	Cost	Course
Tu	July 2-Aug. 6	1:30-2:30 p.m.	\$84	3091301-03





Fitness

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

Therapeutic Pilates

Learn posture alignment, core strengthening exercises, flexibility, balance and breathing techniques. This class is taught by a physical therapist certified in Pilates and postural restoration. Please bring a yoga mat. Instructor: A Live Your Life Physical Therapist.

Day	Date	Time	Cost	Course
M	July 8-Aug. 19*	10:15-11:15 a.m.	\$84	3090901-02

*No class Aug. 12.

T'ai Chi Chih Practice

This hour-long session is a full silent practice led by an accredited teacher and meant for students experienced in T'ai Chi Chih. Instructor permission is required to register. Instructor: Monica Campbell.

Day	Date	Time	Cost	Course
M	July 8-Aug. 19	11:15 a.m.-12:15 p.m.	\$35	3090302-02

Yogilates

Yogilates is a method of exercise that integrates the core strengthening and alignment principles of Pilates with hatha yoga. Please bring a yoga mat. Instructor: Elizabeth Keith.

Day	Date	Time	Cost	Course
W	July 10-Aug. 28	6:45-7:45 p.m.	\$48	3091201-02

Chair Supported Yoga

Most of chair-supported yoga takes place while seated and includes stretching and warm-up exercises. Guided breath work and visualization help to release tension, relax and restore the body and calm the mind. Instructor: Elizabeth Keith.

Day	Date	Time	Cost	Course
W	July 10-Aug. 28	5:30-6:30 p.m.	\$48	3090101-06



SERVICES



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

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

Free Blood Pressure Checks: July 5, 10, 19 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

GENERAL PROGRAMS

Dementia Friends

Learn about dementia and how to make a difference in the lives of people living with the disease. Registration is required.

Day	Date	Time	Cost	Course
Tu	July 9	Noon-1:15 p.m.	Free	4180703-07



Hands-Only CPR & Basic First Aid

Learn how to do hands-only CPR and administer basic first aid from the Minnetonka Fire Department.

Day	Date	Time	Cost	Course
F	July 12	10:15-11:30 a.m.	Free	3180403-05

Community Connections: Decluttering

Drowning in too much stuff? Get inspired to toss unwanted items and create a household space that feels light and lovely. Cathy Matrejek, owner of Changing Lifestyle Solutions, will share tips on how to declutter your life.

Day	Date	Time	Cost	Course
M	July 29	10:15-11:30 a.m.	Free	3180420-01



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



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.