

EVENTS

Monthly Party: Bingo Bash

Join us as we socialize, play bingo and enjoy delicious food.
Main course: Brats

**Sponsored by Sunrise of Minnetonka.
Register by June 11.**

Day	Date	Time	Cost	Course
F	June 14	Noon-1:30 p.m.	\$7	3100103-01



Lunch & Movie: I Can Only Imagine

The inspiring true story behind the band MercyMe's chart-topping song that has inspired hope and faith in so many people.
Sponsored by Cherrywood Pointe. Register by June 18.

Day	Date	Time	Cost	Course
F	June 21	Noon-3 p.m.	\$6	3200202-01

DAY TRIPS



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 June 7.**

Day	Date	Time	Cost	Course
M	June 17	11:15 a.m.-1 p.m.	\$18	3180402-01

Hudson, WI River Cruise

Take a cruise on the St. Croix River aboard the Afton Princess and enjoy excellent views, woodlands and wildlife along the shores. Participants must walk three blocks and manage gangplanks to get on and off the boat. Main course: Sandwich buffet. **Register by June 6.**

Day	Date	Time	Cost	Course
F	July 12	10:15 a.m.-3:30 p.m.	\$71	3110106-01

St. Paul Saints Game

Take in a fun minor league baseball game: St. Paul Saints vs. Kansas City T-Bones, at the CHS Field in downtown St. Paul. **Register by June 6.**

Day	Date	Time	Cost	Course
W	July 17	11:30 a.m.-4:45 p.m.	\$49	3110103-01

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

CLASSES

Nature

Traveling Naturalist: Churchill, Manitoba Through the Year: Belugas, Polar Bears & Northern Lights

This remote community is the center point of unique nature experiences. Learn about beluga whales, polar bears and the origin of the Northern Lights. Instructor: Melonie Shipman.

Day	Date	Time	Cost	Course
Th	June 6	10:30-11:30 a.m.	\$4	3181002-01



Balance Screenings

Work with a Live Your Life physical therapist to reduce your risk of falling. Appointments are required for these 10-minute time blocks.

Day	Date	Time	Cost	Course
M	June 3	10:30 a.m.-12:30 p.m.	Free	3180418

Defensive Driving

Save at least 10% on your car insurance by going back to school! This class covers defensive driving tips, rules of the road and more. Register by calling the MN Highway Safety Center at 888-234-1294 or online at mnsafetycenter.org.

Day	Date	Time	Cost
Tu	June 4	9 a.m.-1 p.m.	\$22
Tu	June 18	9 a.m.-1 p.m.	\$22

Technology

Be on the lookout for our Computer Basics 101 class in next month's Script!

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	June 4	Noon-1:15 p.m.	Free	4180703-06

Memory Café

A Memory Café is a welcoming place for people with cognitive impairment and their caregivers to socialize and share experiences. Join staff from the Minnetonka Center for the Arts, as well as a licensed social worker from Senior Community Services. Registration is required for each monthly program. Please register the names of both the participant and caregiver, as both must attend.

Day	Date	Time	Cost	Course
Tu	June 4	1:30-3:00 p.m.	Free	3180701-07



Hands-Only CPR

Learn how to do hands-only CPR from the Minnetonka Fire Department.

Day	Date	Time	Cost	Course
M	June 17	10:15-11:30 a.m.	Free	3180403-04

Community Connections: How to Pay for Housing

Each month, Minnetonka Senior Services partners with the Lake Minnetonka Area Senior Care Providers to provide free education and resources. This month, join Mary Francis Price as she discusses different ways to pay for senior housing.

Day	Date	Time	Cost	Course
M	June 24	10:15-11:30 a.m.	Free	3180417-01



Fitness

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

Zumba Gold

Ditch the workout and join the party! Zumba Gold is a Latin-inspired dance & fitness program featuring easy-to-follow rhythms and a variety of upbeat music. Instructor: Renee Rahimi.

Day	Date	Time	Cost	Course
M	June 3-July 15*	12:45-1:45 p.m.	\$36	3090501-01

* No class July 1

T'ai Chi Chih Workshop

All levels welcome! Learn a T'ai Chi Chih movement, followed by a 15-minute break, and then a full practice. Must register by the Friday before class. Instructor: Susan Sobelson.

Day	Date	Time	Course
W	June 5	10:45 a.m.-12:30 p.m.	3090301-03
W	June 19	10:45 a.m.-12:30 p.m.	3090301-04

Line Dance

Line dancing is not just the boot scootin' boogie anymore! Learn to samba, twist, tango and Charleston. Instructor: Tricia Wood of Dance and Entertainment Studios.

Intermediate

Day	Date	Time	Cost	Course
Th	June 6-June 27	1-1:55 p.m.	\$35	3090602-02

Beginner

Day	Date	Time	Cost	Course
Th	June 6-June 27	2-2:55 p.m.	\$35	3090601-02



SERVICES



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

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

Free Blood Pressure Checks: June 7, 12, 21 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

INTEREST GROUPS



Ham Radio

Join us for some amateur radio discussion and practice.

Second Monday of each month at 10 a.m.

Tale Spinners

This is a casual group of writers who work together to improve their writing skills, provide motivation and ideas, and offer feedback. Whether you're a poet, short story writer, essayist, novelist or recording family anecdotes and histories – we'd love to have you!

Every Tuesday at 1 p.m.

Poker

Sit with us for a good game of poker! We play a variety of versions.

First and third Tuesday of each month at 10 a.m.

Caregiver Conversations

Explore the challenges and rewards of the care giving journey. A licensed social worker from Senior Community Services leads this group and provides resources.

Second Thursday of each month at 10 a.m.

For a full list of Interest Groups, view our online calendar at eminnetonka.com/seniorscript or in person at the Minnetonka 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



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.