

## REMINDER

Summer registration begins March 12 at 8 a.m.!

Browse programs at

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

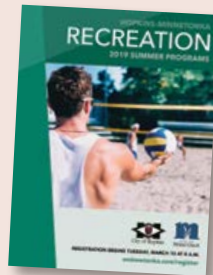
Register in person at the

Minnetonka Community

Center, over the phone at

952-939-8393 or online

at [eminnetonka.com/register](http://eminnetonka.com/register).



## PRESENTATIONS

### 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	March 5	Noon-1:15 p.m.	Free	4180703-02

### Travel Showcase by Landmark Tours

Attend Landmark Tours' FREE presentation on exciting national and international travel opportunities. Trip destinations include: Yellowstone and the Grand Tetons, New York City, Nova Scotia, England, Scotland & Wales, a Prague to Budapest cruise, and many more.

Day	Date	Time	Cost	Course
Tu	March 12	10-11 a.m.	Free	2110301-01

## 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
F	March 15	10:15-11:30 a.m.	Free	2180401-03

### Basic First Aid and Hands Only CPR

Review basic first aid knowledge and skills. Then learn Hands Only CPR. If you've already had CPR, please stay for a review.

Day	Date	Time	Cost	Course
M	March 18	10:30 a.m.-noon	Free	2180414-01

### 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
Tu	March 5	9 a.m.-1 p.m.	\$22
Th	March 14	5:30-9:30 p.m.	\$22
M	March 25	5:30-9:30 p.m.	\$22



## Community Connections: Holocaust Survivor

Dr. Robert Fisch survived a Nazi concentration camp during WWII. His story of tragedy and triumph is deeply impactful. Find out how he landed in Minnesota and how his life inspired an exhibit at the Minnesota History Center.

Day	Date	Time	Cost	Course
M	March 25	10:15-11:30 a.m.	Free	2180409-01

## CLASSES

### Nature

#### 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



#### Winter Day Hike to Jidana Park

Take a nice 1.5-mile walk from the Minnetonka Community Center to Jidana Park. Enjoy roasting brats over the campfire. Please wear appropriate winter clothing.

Day	Date	Time	Cost	Course
Th	March 7	11 a.m.-1:30 p.m.	\$4	2190802-01

## Art

#### Fun with Watercolor Beyond Beginners

Build on basic concepts while exploring new techniques. You may work from your own references. Class starts with an instructor demo and continues with guidance through the painting process. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
M	March 18-April 15	10 a.m.-noon	\$50	2130105-01



## Technology

#### One-on-One Electronics Workshop: Click & Conquer

Sign up for a private 30-minute session to ask questions about your laptop, camera, iPad, iPod, Kindle or cell phone. By appointment only. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
M	March 11	9 a.m.-3 p.m.	\$16	2180603

#### Hopkins ProPEL Technology One-on-One

Hopkins High School seniors offer free one-on-one training on cell phones, iPads, iPods and more. It's a great way to learn about technology from helpful students. **Registration required.**

Day	Date	Time	Cost	Course
M	March 11	1:30-2:30 p.m.	Free	2180404-01

## Facebook

Learn how to open an account, manage your profile, add friends, upload photos, create events and more! Please bring your phones and/or laptops to this hands-on class for an optimal learning experience. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
Th	March 21	10 a.m.- noon	\$9	2180607-01



## 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	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
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	Renee Rahimi	April 1-May 6	M	12:45- 1:45 p.m.	\$36	2090501-02

\*Annually \*\* No class 4/9 ^No class 3/18

## SERVICES



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

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

**Free Blood Pressure Checks:** March 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: Battle of Little Big Horn

Learn about the Battle of Little Big Horn (Custer's Last Stand), the most significant conflict of the Great Sioux War of 1876. Instructor: Dan Hartman.

Day	Date	Time	Cost	Course
W	March 13	10:30 a.m.-12:30 p.m.	\$6	2180205-01

### American Indian Wars: Black Hills Sioux War

Explore the Great Sioux War, also known as the Black Hills War, and how the discovery of gold set off the conflict. Instructor: Dan Hartman.

Day	Date	Time	Cost	Course
W	March 27	10:30 a.m.-12:30 p.m.	\$6	2180206-01

## British History

### A Few Old British Saints

Investigate the lives of Saint Aidan of Lindisfarne, St. Wilfrid of Northumbria, St. Margaret Plitherow and St. Margaret Pole. Instructor: Terry Kubista

Day	Date	Time	Cost	Course
Th	March 7-28	1-3 p.m.	\$28	2180101-03

## EVENTS

### Sips & Songs: Tim Patrick

Have some light refreshments before enjoying a performance by Tim Patrick! Tim is a dynamic Sinatra-style singer who performs regularly in the Twin Cities area with his swingin' Blue Eyes Band. **Sponsored by: New Perspective - Carlson Parkway.**

Day	Date	Time	Cost	Course
F	March 8	10:30 a.m.-noon	\$3	2100301-02

### Monthly Party: St. Patrick's Day

Enjoy a delicious Irish-themed meal while catching up with friends! Menu: Beef stew, cabbage, soda bread and dessert. **Register by: March 12. Sponsored by: Havenwood of Minnetonka.**

Day	Date	Time	Cost	Course
F	March 15	Noon-1:30 p.m.	\$7	2100103-01

## 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).

### Minneapolis Library & Foshay Tower

Spend a day delving into architecture and history in downtown Minneapolis. First stop is the Minneapolis Library where we'll take a tour before boarding the bus to the Foshay Tower. Enjoy lunch at Key's Café, then take the elevator to Foshay's 30<sup>th</sup> floor for a self-guided tour and incomparable views. **Register by March 11.**

Day	Date	Time	Cost	Course
Th	April 11	9:45 a.m.-3:30 p.m.	\$66	2110103-01

## More Programs Available!

Visit [eminnetonka.com/recbrochure](http://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](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.