

## EVENTS

### Golden Lunch & Movie: The Beatles: Eight Days a Week - The Touring Years

From gigs at Liverpool's Cavern Club to their final concert in 1966 in San Francisco, this insightful documentary centers on the Beatles' touring years. Main course: pulled pork sandwiches. **Sponsored by Nothing Bundt Cakes. Register by May 3.**

Day	Date	Time	Cost	Course
W	May 8	Noon-3 p.m.	\$6*	3100201-01

\*This event is free for those 90+; those 85+ receive a flower.

### Lunch & Movie: Free Solo

In this heart-pounding, Academy Award-winning documentary, rock climber Alex Honnold seeks to become the first person to ascend Yosemite's El Capitan without ropes or safety gear. Main course: Chicken fajitas. **Sponsored by Oasis. Register by May 28.**

Day	Date	Time	Cost	Course
F	May 31	Noon-3 p.m.	\$6	3100201-01

## DAY TRIPS

### MN History Center First Avenue Exhibit

Celebrate the musicians and regulars who called First Avenue their rock 'n' roll home. **Register by May 13.**

Day	Date	Time	Cost	Course
Tu	June 11	9:15 a.m.-2:30 p.m.	\$71	3110102-01

### "42<sup>nd</sup> Street"

Travel to the Ordway Center in St. Paul for an evening performance of this classic musical. **Register by May 24.**

Day	Date	Time	Cost	Course
Tu	Aug. 6	6:15-11 p.m.	\$94	3110104-01

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



Join us for the Seniors Expo, featuring a can't-miss presentation, exhibitors, refreshments and prizes!

**Tuesday, May 14**

**FREE**

**9-10 a.m.: Presentation with MaxLiving**

**10 a.m.-12:30 p.m.: Exhibit Hall Open**

**Minnetonka Community Center**

For a list of our Gold Level sponsors who will be at the Expo, visit [eminnetonka.com/seniorscript](http://eminnetonka.com/seniorscript) and click on the May 2019 calendar.



## CLASSES

### Nature

#### Traveling Naturalist: Nature's Carpenters - Beavers and Muskrats

Learn how these remarkable animals construct their homes and how they've impacted waterways and even the course of history. Instructor: Melonie Shipman.

Day	Date	Time	Cost	Course
W	May 1	10:30-11:30 a.m.	\$4	3181001-01

#### Community Connections: Birding with Stan Tekiela

Each month, Minnetonka Senior Services partners with the Lake Minnetonka Area Senior Care Providers to provide free education and resources. This month, join Stan Tekiela as he discusses birding!

Day	Date	Time	Cost	Course
M	May 20	10:15-11:30 a.m.	Free	3180416-01



## Art

#### Fun with Watercolor: Florals, Sea Shells & Small Natural Treasures

Learn how to paint flowers, leaves, seashells and other natural treasures. Basic watercolor skills required. Supply list provided at registration. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
M	May 6- June 3*	10:00 a.m.-noon	\$40	3130101-01

\* No Class 5/27



### British History

#### The Titanic

Examine evolving attitudes toward the Titanic as an engineering feat. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	May 2 & 9	1-3 p.m.	\$14	2180101-05

#### Queen Victoria

History remembers the Queen's blissful marriage to Prince Albert and her withdrawal from public life after his untimely death. But there's much more to her story. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	May 16-30	1-3 p.m.	\$21	2180101-06

## REMINDER

The Minnetonka Community Center is closed for Memorial Day, Monday, May 27.



## Fitness

For a complete listing and program descriptions, visit [eminnetonka.com/register](http://eminnetonka.com/register) or pick up a brochure at the community center.

### Line Dance

Line dancing is not just the boot scootin' boogie anymore! Learn to samba, twist, tango, Charleston and more!

#### Beginner

Day	Date	Time	Cost	Course
Th	May 2-30	2-2:55 p.m.	\$44	3090601-01

#### Intermediate

Day	Date	Time	Cost	Course
Th	May 2-30	1-1:55 p.m.	\$44	3090602-01



### Therapeutic Pilates

Learn posture alignment techniques, core strengthening exercises, flexibility, balance, and breathing techniques from a Live Your Life physical therapist.

Day	Date	Time	Cost	Course
M	May 6- June 24*	10:15-11:15 a.m.	\$98	3090901-01

\*No class May 27

### Chair Supported Yoga

Most of chair-supported yoga takes place while seated. Guided breath work and visualization help to release tension, relax and restore the body and clam the mind. Instructor: Elizabeth Kelly.

Day	Date	Time	Cost	Course
W	May 8- June 26	5:30-6:30 p.m.	\$48	3090101-05

### Yogilates

This class integrates the core strengthening and alignment principles of Pilates with hatha yoga. Please bring a yoga mat. Instructor Elizabeth Kelly.

Day	Date	Time	Cost	Course
W	May 8-June 26	6:45-7:45 p.m.	\$48	3091201-01

## SERVICES



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

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

**Free Blood Pressure Checks:** May 3, 8, 17 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

## The Delacroix Exhibit at the Louvre

Travel with us to the Louvre, where we'll study the paintings that made Eugene Delacroix one of France's most influential 19<sup>th</sup> century artists. Instructor: Dan Hartman.

Day	Date	Time	Cost	Course
W	May 8	10:30 a.m.-12:30 p.m.	\$6	3180201-01

## The Nissim de Camondo Museum in Paris

Gaze upon an extraordinary collection of 18<sup>th</sup> century decorative arts and learn all about the Camondo family. Instructor: Dan Hartman.

Day	Date	Time	Cost	Course
W	May 22	10:30 a.m.-12:30 p.m.	\$6	3180201-02



## 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	May 7	Noon-1 p.m.	Free	4180703-05

### Journeying into the Big Questions

Why am I here? What is my purpose? We'll move toward finding answers to life's biggest questions. Instructor: Jackie Mielke.

Day	Date	Time	Cost	Course
W	May 22	9:30-11:30 a.m.	\$12	3180401-01

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](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.