

EVENTS

Sips & Songs: Manny Cortez

Enjoy light refreshments and the vocal stylings of Manny Cortez, who performs popular songs from the 40s, 50s and 60s!

Sponsored by WestRidge of Minnetonka.

Day	Date	Time	Cost	Course
W	Sept. 11	10:30 a.m.-noon	\$3	1100301-01

Fall Hike to Jidana Park

Take a two-mile, round-trip hike from the Minnetonka Community Center to Jidana Park. We'll roast brats over a campfire and enjoy coffee and dessert.

Day	Date	Time	Cost	Course
M	Sept. 16	11 a.m. -1 p.m.	\$4	1190802-01

Monthly Party: Italian Lunch

Take your taste buds to Italy!

Sponsored by Seniors Choice of MN. Register by Sept. 12.

Menu: Spaghetti and meat sauce, garlic bread, salad, dessert.

Day	Date	Time	Cost	Course
T	Sept. 17	Noon-1:30 p.m.	\$7	1100101-01

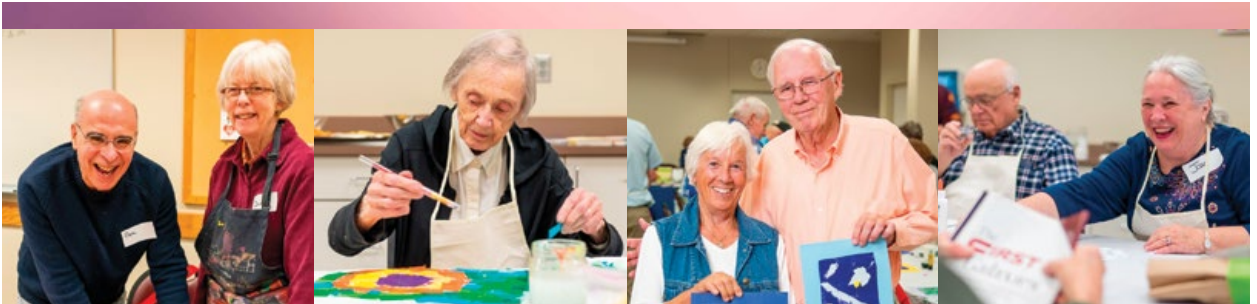
Lunch & Movie: Poms

Don't miss this comedy starring Diane Keaton about a group of women who start a cheerleading squad from their retirement home. **Sponsored by RidgePointe of Minnetonka.**

Register by Sept. 24

Menu: Turkey and cheddar croissant, broccoli slaw, dessert.

Day	Date	Time	Cost	Course
F	Sept. 27	Noon	\$6	1100201-01



The Art of Living with Dementia

Photos by Eric Mueller

Throughout September, stop by the Community Center to experience The Art of Living with Dementia, a powerful, beautiful photo and story exhibit that's helping to raise awareness and increase support for those living with dementia and their caregivers.

DAY TRIPS

What a Hoot: International Owl Center

Visit the International Owl Center in Houston, MN. Learn all about these fantastic creatures and take in beautiful fall colors! **Register by September 6.**

Menu: Grilled chicken with citrus beurre blanc

Day	Date	Time	Cost	Course
W	Oct. 9	8 a.m.-6 p.m.	\$75	1110102-01



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

GENERAL PROGRAMS

Memory Café

A memory café is a welcoming place for people living with dementia and their caregivers to socialize and share experiences.

This month we'll take a field trip to the Minnesota Landscape Arboretum. Transportation is not provided, and we'll meet at the Arboretum: 3675 Arboretum Blvd., Chaska, MN 55318

Please note: There are no caregiver support groups at the September cafes. **Registration required.**

Day	Date	Time	Cost	Course
T	Sept. 3	1:30-3 p.m.	Free	1180701-05
T	Sept. 17	10-11:30 a.m.	Free	1180701-01

Introduction to Astronomy

Learn about constellations by season, types of celestial objects and how to observe them. After a short lesson, we'll head outside for a high tech star gazing session. Instructor: Patrick Drigans.

Day	Date	Time	Cost	Course
T	Sept. 24	7:30-9 p.m.	\$10	1180301-01



Working with the Cloud

Learn how to use the Cloud; from syncing your devices to transferring photos from your phone to your computer. Please bring your phones, laptops and charging cords to this hands-on class. Instructor: Abbey Key.

Android

Day	Date	Time	Cost	Course
M	Sept. 23	10 a.m.-noon	\$9	1180601-01

Apple

Day	Date	Time	Cost	Course
M	Sept. 23	1-3 p.m.	\$9	1180601-02





Fitness

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

PRESENTATIONS

Apollo: Why We Went to the Moon

Learn more about this seminal event that's arguably humankind's greatest technological achievement.

Day	Date	Time	Cost	Course
Th	Sept. 5	10-11 a.m.	\$4	1180421-01



Balance and Fall Prevention and Screenings

Take action to reduce your risk of falls. After our presentation, a limited number of free 15-minute balance screenings are available by appointment only, and are provided by a Live Your Life physical therapist.

Presentation

Day	Date	Time	Cost	Course
M	Sept. 9	10:30-11:30 a.m.	\$2	1180419-01

Screenings

Day	Date	Time	Cost	Course
M	Sept. 9	11:30 a.m.-12:30 p.m.	Free	1180419-(02-05)

A Lifetime of Luck & Pluck

Join author Bette Hamel as she presents on the unique adventures she's had as a journalist.

Day	Date	Time	Cost	Course
M	Sept. 9	10:30-11:30 a.m.	Free	1180405-01

SERVICES



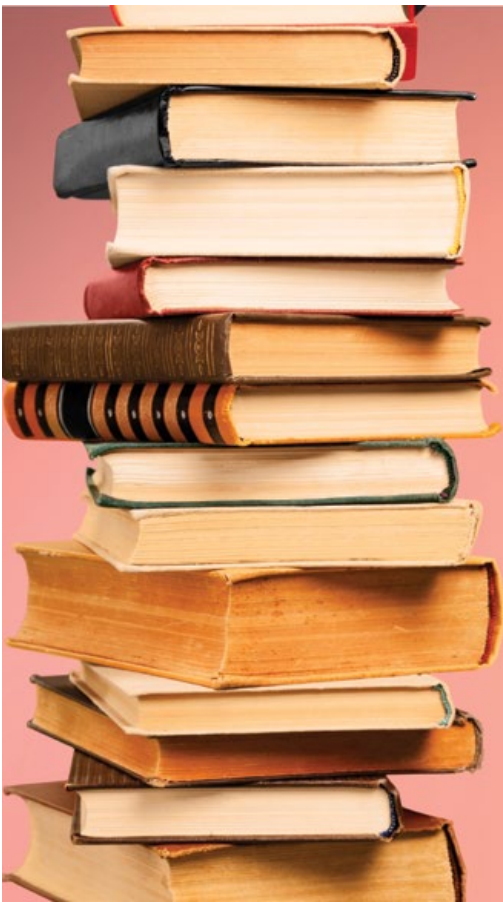
Free Medicare Counseling: Appointment needed. Call 800-333-2433.

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

Free Blood Pressure Checks: September 6, 11, 20 from 9:30-11:30 a.m. Walk-ins only.

Foot Care Services: Appointment needed. Call 763-560-5136. Every Friday, 9 a.m.-4 p.m.

For more information, call Minnetonka Senior Services at 952-939-8393



BOOK & PIE SALE

Minnnetonka Senior Services, in conjunction with the Senior Advisory Board, are thrilled to host the annual book and pie sale!

Donate Books

Friday & Monday
 Sept. 20 & 23
 9 a.m.-3 p.m.

Book Sale

Tuesday
 Sept. 24
 11 a.m.-4 p.m.

PRESENTATIONS

Top Spine Exercises for Seniors

Learn the top exercises to help you maintain a healthy spine.
 Presenter: Dr. Kyle LeDuc from Health Connection Family Chiropractic.

Day	Date	Time	Cost	Course
M	Sept. 16	1-2 p.m.	Free	1180802-01

Essential Planning for Families Dealing with Memory Loss

Attorney Mary Frances Price discusses how to choose the right power of attorney and manage health care documents, wills and trusts for families caring for loved ones with memory loss.

Day	Date	Time	Cost	Course
Th	Sept. 19	10:30-11:30 a.m.	\$2	1180702-01

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.