Minnehaha Creek Canoe Trip Steve Pieh

Wednesday or Thursday, June 7 or 8, 9 a.m.–1 p.m.

Enjoy a relaxing two—mile canoe paddle between Grays Bay Dam and I-494, with a picnic stop at Jidana Park. Relax in front of a campfire and roast hot dogs. Canoeing experience and ability to enter and exit safely independently recommended. Meet at Community Center.

Cost: \$10

(June 7 Course #3190101-01) (June 8 course #3190101-02)

Balance Screenings Dr. Eva Norman

Monday, June 12, 10 a.m.-noon

Are you feeling unsteady? Are you fearful of falling? You can take action to reduce your risk of falling. Appointments required for 15-minute time block.

Cost: Free! (Course #3180801-06)

Monthly Programs

Monthly Party: Bingo Bash

Thursday, June 15, noon

Celebrate with us! Enjoy a meal and play bingo after lunch.

Menu: Brats, beans, chips, watermelon and root beer floats

Sponsored by: The Glenn - Minnetonka Bingo Prizes Sponsored by: WestRidge Cost: \$7 due Monday, June 12 (Course #3100103-01)

Lunch and a Movie: Hidden Figures

Friday, June 23, noon

In the race to space between the United States and the Soviet Union during the Cold War, three black female mathematicians play a key role in launching astronaut John Glenn into outer space, making him the first American to orbit Earth.

Menu: Submarine sandwiches, pasta salad, chips and a treat

Sponsored by: Nothing Bundt Cakes Cost: \$5 due Tuesday, June 20 *(Course #3100202-01)*

iPhones and iPads: Capabilities and How to Use Them Abbey Key

Thursday, June 22,

10 a.m.-noon

This class will go over the basics of how to use your device. Learn how to access and manage apps, emails, phone contacts and photos. Bring your device(s) and questions.

Cost: \$7 (Course #3180602-01)

One-on-One Electronics Workshop: Click and Conquer Abbey Key

Friday, June 23,

8:30 a.m.-4 p.m.

Sign up for a private 30–minute session. Ask questions about a laptop, camera, iPhone, iPad, Kindle or cell phone. By appointment only.

Cost: \$12 (Course #3180601-01)



Al and Alma's Boat Trip

Monday, July 24 or Aug. 14, 11:15 a.m.–1 p.m.

Enjoy a relaxing cruise and a light lunch on Lake Minnetonka. Transportation is not provided, meet at Al and Alma's, 5201 Piper Road, Mound, MN 55364.

Menu: Sandwich, salad, chips, dessert, and water or coffee, cash bar available

Cost: \$22 due Thursday prior
(July 24 Course #3110105-01)
(Aug. 14 Course #3110105-02)

Email Updates

Stay up-to-date on the latest events! Receive weekly email updates on senior happenings! Send your email address to *spieh@eminnetonka.com*.

Save the Dates: Garden and Plant Sale

Tuesdays, July 11 and July 18
More information to come!

The DNA Side of Genealogy Alice Eichholz, Ph.D.

Thursday, June 1, 10-11 a.m.

You took a DNA test, now what? The excitement of DNA testing leads to a sized learning curve about what to do with the results. Learn how DNA is used to solve genealogical problems.

Provided by the Genealogy Club. **Cost:** *Free!* (Course #3180901-01)

Community Connections: Gardening

Monday, June 26, 10:15–11:15 a.m. Join us for a presentation about gardening provided by Lake Minnetonka Senior Care Providers: Community Connections.

Cost: Free! (Course #3180414-01)

Wellness Series presented by Minnetonka Medical Center and North Memorial Medical Center

Benefits of Exercise

Tuesday, June 27, 10-11 a.m.

Exercise is medicine. Review the physical and mental benefits of exercise. Learn how to implement exercise into your life, no matter your ability level. Learn different types of exercise for strength, stretching and balance. Presented by Dr. Maria Ryan.

Cost: \$2 (Course #3180801-02)

Heart Failure 101

Tuesday, July 25, 10-11 a.m.

Find out the signs and symptoms of heart failure. Explore different treatment options available. Learn how and when to get assistance for worsening symptoms. Presented by Dr. Niemczyk, North Memorial Medical Center.

Cost: \$2 (Course #3180801-03)

952-939-8393 1 eminnetonka.com/seniorservices

Fitness Programs

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

at the community center	<i>51</i> •					
Program	Instructor	Dates	Day	Times	Fee	Course #
Over 50 and Fit	Jean McSwiggen John Nally Julie Fleischhacker	Jan. 1–Dec. 31	M, W, F	9–10 a.m.	\$12 (annually)	4090702-02
Basic Mat Pilates	Elizabeth Kelly	July 12–Aug. 30	W	6:15–7:15 p.m.	\$48	3090904-02
Chair Yoga	Nancy Holasek	July 11–Aug. 29	TU	9:45–10:45 a.m.	\$48	3090101-03
Chair Yoga	Elizabeth Kelly	July 12-Aug. 30	W	5–6 p.m.	\$48	3090101-06
Chair Yoga	Nancy Holasek	July 13–Aug. 31	TH	9:45–10:45 a.m.	\$48	3090101-04
Dance Series: Wedding	Tricia Wood	June 3–July 1 (no class June 17)	S	10–10:50 a.m.	\$52	3091001-03
Dance Series: Latin	Tricia Wood	June 3–July 1 (no class June 17)	S	11–11:50 a.m.	\$52	3091001-04
Intermediate Yoga	Nancy Holasek	July 11–Aug. 29	TU	11 a.m.–noon	\$48	3090201-03
Intermediate Yoga	Elizabeth Kelly	July 12–Aug. 30	W	7:30–8:30 p.m.	\$48	3090201-06
Intermediate Yoga	Nancy Holasek	July 13–Aug. 31	TH	11 a.m.–noon	\$48	3090201-04
Line Dance: Beginner	Eileen Ronning	June 1–22	TH	12:30–1:30 p.m.	\$32	3090601-04
Line Dance: Beginner	Eileen Ronning	July 6–27	TH	12:30–1:30 p.m.	\$32	3090601-05
Line Dance: Intermediate	Eileen Ronning	June 1–22	TH	1:45–2:45 p.m.	\$32	3090602-02
Line Dance: Intermediate	Eileen Ronning	July 6–27	TH	1:45–2:45 p.m.	\$32	3090602-03
T'ai Chi Chih: Workshop	Susan Sobelson	June 12	М	10–11:45 a.m.	\$5	3090301-01
T'ai Chi Chih: Workshop	Susan Sobelson	June 26	M	10–11:45 a.m.	\$5	3090301-02
T'ai Chi Chih: Workshop	Susan Sobelson	July 10	M	10–11:45 a.m.	\$5	3090301-03
T'ai Chi for Health and Wellness	Ron Erdman- Luntz	June 1–July 13 (no class June 15)	TH	6–7 p.m.	\$54	3090401-01
Therapeutic Pilates	Dr. Sarah Petrich	June 5–July 10 (no class July 3)	М	8:30–9:30 a.m.	\$50	3090901-02
Zumba Gold	Renee Rahimi	June 5–July 31 (no class July 3)	М	12:45–1:45 p.m.	\$36	3090501-01
Zumba Gold Toning	Renee Rahimi	June 7–Aug. 2	W	12:30–1:30 p.m.	\$36	3090501-02

Fitness Highlights

Dance Series: Ballroom and Latin-Tricia Wood

Learn waltz, rumba and salsa, a variety of social dances for different musical styles.

Dance Series: Wedding-Tricia Wood

Learn waltz, rumba and swing for dances that cover a variety of music played at receptions and galas.

Intermediate Yoga-Elizabeth Kelly and Nancy Holasek

Class includes standing and balance postures, guided breath work and visualization.

T'ai Chi Chih Workshop-Susan Sobelson

First 30 minutes are instruction, followed by an hour of practice. All levels welcome.

Therapeutic Pilates-Dr. Sarah Petrich

Focus on re-balancing typical asymmetries that lead to more torque, tension and compression.

Detailed descriptions found online, in the summer brochure or by phone.

Bean Bags Friday, June 9, 10:15 a.m.-noon

Socialize with your peers and join in a game of bean bags.

Free! No reservation needed.

Athletic Activities



Outdoor Pickleball

Mondays-Fridays, May-October,

- Monday-Fridays, 7:30-11 a.m.
- Mondays, Wednesdays, Fridays, 4 p.m.– dusk
- Saturdays, 9 a.m.–noon

Minnetonka Pickleball Club plays at Meadow Park on Oakland Road, where a total of eight courts are avalaible. All ability levels welcome. **Cost:** *Free!*

Softball 70+

Mondays and Wednesdays, April-October, 9 a.m.-noon Slow pitch



softball is played at Big Willow Park, 11522 Minnetonka Blvd. Modified rules allow for competitive play without the risk of serious injury. Registration will be accepted througout the season and takes place at the field. Cash or check accepted.

Cost: \$25 (Course #3120201-01)

Bike Club

Tuesdays, Wednesdays, Thursdays, April-October, 9 a.m.

Looking for a great co-ed senior group to bike at various scenic metro locations? Bike as often as your schedule permits. For more info visit mtkabikers.org

Cost: \$10 (annually) (Course #4120103-01)

Art Programs

Art Series: Artist Sketchbook Draw and Paint Gin Weidenfeller

Wednesdays, June 21–July 12, 1–3 p.m. Explore a variety of drawing exercises, color and texture choices, idea creation and subjective expression. Experiment with drawing or painting your favorite subject. Supplies provided, but you may bring your own. No class Wednesday, July 5.

Cost: \$60 (Course #3130101-01)

Education Programs

Defensive Driving

Register through MN Highway Safety Center, 1-888-234-1294, or visit mnsafetycenter.org for all classes.

4-hour renewal sessions:

- \$22, Tuesday, June 6, 9 a.m.-1 p.m.
- \$22, Tuesday, June 20, 9 a.m.-1 p.m.

History Programs

British History: A Short History of Ireland *Terry Kubista*

Thursday, June 1, 1-3 p.m.

A summarized history of Ireland in just two hours, with apologies to all involved. **Cost:** \$7 (Course #3180101-02)

History: Minnesota Iron Range Dan Hartman

Wednesday, June 14, 10:30 a.m.–12:30 p.m.

The Iron Range refers to a number of iron ore mining districts around Lake Superior. Natural ores were produced 1848 until the mid–1950s when taconites and jaspers started to become the major source of iron production.

Cost: \$5 (Course #3180201-02)

History: The Black Death in Europe Dan Hartman

Wednesday, June 28, 10:30 a.m.–12:30 p.m.

The Black Death was one of the most devastating pandemics in human history, resulting in the deaths of up to 200 million people, learn how the plague created a series of religious, social and economic upheavals. **Cost:** \$5 (Course #3180201-03)

History: French and Indian War Dan Hartman

Wednesday, July 12, 10:30 a.m.—12:30 p.m.

Learn about the French and Indian War and the role that 22–year–old George Washington played in the event.

Cost: \$5 (Course #3180201-04)

Day Trips*

Afton House Inn & Cruise



Tuesday, July 18

Tour the Afton House Inn overlooking the St. Croix River Valley and enjoy dining in the Wheel Room or Pennington Room. After lunch, relax or visit a few shops near the inn. Then walk a couple blocks down a paved pathway to the boat dock where you'll board the Afton Cruise Lines. You'll enjoy an hour and a half cruise along the shores of the St. Croix River. The scenery is ever-changing, from rugged to woodlands, and majestic views with wildlife abound. The boat has a cash bar available.

Menu: Chicken crepes served with rice pilaf, fresh veggies, rolls, coffee or tea, pound cake with blueberries and whipped cream

Cost: \$69 includes tours, meal, transportation and guide (*Course# 3110102-01*)

Estimated trip time: 9:45 a.m.—4:45 p.m. Register or cancel by: Friday, June 16

New Prague Murals and Music



Wednesday, Aug. 9

Listen to a presentation from a New Prague Historical Society and Library guide. Then take a riding tour to see the murals and other projects in New Prague. Highlights will include the New Prague Library and Log House, Czech/Slovak Sculpture, Lekarna Mural, New Prague Schoolhouse Mural and the Czechoslovakia Mural. Eat lunch at Ettlin's Cafe. New Prague's Czech Singers will fill the dining room with ethnic tunes. After lunch, explore the downtown district shops, including Czech Bakery, boutiques, cafes and consignment shops.

Menu: Roast pork with salad, dumplings, sauerkraut, beverage and kolacky

Cost: \$68 includes tours, meal, transportation and guide (Course #3110103-01)

Estimated trip time: 8:45 a.m.–3:15 p.m. **Register or cancel by:** Friday, July 7

Upcoming: Taylors Falls Boat Cruise Sept. 7

*For a complete listing of day trips search trips on our website or pick up a flyer at the community center. Trips meet in the community center lobby.

952-939-8393 eminnetonka.com/seniorservices

Interest Groups

Interest groups are coordinated and led by seniors in the community. All groups meet at the Minnetonka Community Center, unless noted otherwise. For a complete list of groups go to eminnetonka.com/interestgroups.

Book Club

3rd Thursday, 1 p.m. Salt to the Sea by Ruta Sepetys

Garden Club

2nd Monday, 1 p.m. Planning for plant sale

Geneology Club

1st Thursday, 10 a.m. DNA Speaker Alice Eichholz (See page 1 for more information)

Crafting for a Cause

2nd Friday, 9 a.m.

New members welcome!

Cribbage

Thursdays, 10 a.m. Bring cribbage board and a deck of cards.

Dominoes

1st and 3rd Thursdays, 1 p.m. New members welcome!

Duplicate Bridge

Thursdays, 6 p.m. Join in! Partners needed!

500 Card Club

2nd and 4th Tuesday, 10 a.m. Wednesdays at 6:30 p.m. New members welcome!

Services

Blood Pressure Screenings

1st and 3rd Fridays; 2nd Wednesdays 9:30-11:30 a.m., Free! Provided by volunteer nurses.

Happy Feet

1st, 2nd, 3rd and 4th Friday, 9 a.m. - 3 p.m., \$37

Provided by nurses specializing in foot care. For appointment call 763-560-5136.



Contact and Registration Information

Register in person, over the phone, online or by mail.



14600 Minnetonka Blvd.,



eminnetonka.com/register



Program Locations

Meet at Minnetonka Senior Services at the Minnetonka Community Center, unless otherwise noted.

Cancelation Information

Program Cancelations

Refunds will only be made if registration is withdrawn before the advertised deadline. If no deadline is given, registration must be withdrawn at least two business days prior to the start date of the program. Partial credit will be considered if injury or serious illness occurs. In such case, a physician's verification may be required.

Trip Cancelations

Refunds are assessed a \$5 administrative fee and only granted prior to the registration deadline or in the event that a replacement is found.





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., Thursdays until 8 p.m.

Senior Community Services

Senior Outreach Social Worker Lisa Engdahl

2nd and 4th Tuesdays, Free!

Discuss finances, transportation, personal care, medical care, home maintenance and more. Call 952-939-8393 for an appointment.

Medicare Counseling

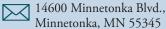
1st and 3rd Mondays, Free!

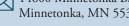
Discuss Medicare, supplemental insurance, Part D coverage, billing issues, resources and more! Call 952-939-8393 to schedule an appointment.

HOME

Household and Outside Maintenance for Elderly (HOME) is available for Minnetonka residents 60 and older. For information call 952-746-4046 or visit the Community Center on Fridays, 9 a.m. - noon. Some of the chores HOME can help with include the following:

- Yard mowing and clean up
- Painting
- Housekeeping
- Household repairs





Office Hours

Monday – Friday, 8 a.m. – 4:30 p.m.

Administrative Staff

Kate Egert, kegert@eminnetonka.com Sue Svec, ssvec@eminnetonka.com

Senior Services and Activities Manager

Steve Pieh, 952-939-8366 spieh@eminnetonka.com

Senior and General Programs Manager

Alicia Watts, 952-939-8369 awatts@eminnetonka.com

To develop and promote programs and services in our community to meet the diverse needs of those 55 and older.

Monday	Tuesday	Wednesday	Thursday	Friday
,			1	2
Minn Senic	netonka or Services Activities. Lifelong Learning.		Yoga 9:45/11:00 Cribbage 10:00 DNA side of Genealogy 10:00 Woodcarvers 10:00 British History 1:00 Dominos 1:00 Line Dance 12:30/1:45 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	Exercise 9:00 Happy Feet 9:00 HOME Office Hours 9:00 Blood Pressure 9:30 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00
5	6	7	8	9
Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Zumba Gold 12:45 Bulls & Bears 1:00 Medicare Counseling 1:00 Rummikub 1:00 Billiards 2:00	Defensive Driving 9:00 Yoga 9:45/11:00 Poker 10:00 Bingo 12:40 Billiards 1:00 Tale Spinners 1:00	Canoe Trip 9:00 Exercise 9:00 Mahjongg 10:00 A.A./Al-Anon 10:30 Zumba Gold Toning 12:30 Social Bridge 12:45 Billiards 1:45 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30	Canoe Trip 9:00 Yoga 9:45/11:00 Caregiver Conversations 10:00 Cribbage Cribbage 10:00 Woodcarvers 10:00 Line Dance 12:30/1:45 Bunco 1:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	Crafting for a Cause 9:00 Exercise 9:00 Happy Feet 9:00 HOME Office Hours 9:00 Computer Club 10:00 Bean Bags 10:15 Billiards 1:00 Oil Painting Drop In 1:00
12	13	14	15	16
Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Balance Screenings 10:00 Ham Radio 10:00 Tai Chi Chih 10:00 Tonka Tale Tellers 10:00 Zumba Gold 12:45 Garden Club 1:00 Hand, Foot, & Toe 1:00 Billiards 2:00	Yoga 9:45/11:00 500 Cards 10:00 Advisory Board 10:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00	Exercise 9:00 Blood Pressure 9:30 Mahjongg 10:00 A.A./Al-Anon 10:30 History: Iron Range 10:30 Zumba Gold Toning 12:30 Social Bridge 12:45 Billiards 1:45 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30	Day Trip 9:45 Yoga 9:45/11:00 Cribbage 10:00 Woodcarvers 10:00 Monthly Party 12:00 Book Club 1:00 Dominos 1:00 Line Dance 12:30/1:45 Billiards 3:00 Duplicate Bridge 6:00	Exercise 9:00 Happy Feet 9:00 HOME Office Hours 9:00 Blood Pressure 9:30 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00
Pilates	20 Defensive Driving 9:00 Yoga 9:45/11:00 Poker 10:00 Shutterbugs 10:00 Bingo 12:40 Billiards 1:00 Tale Spinners 1:00	21 Exercise 9:00 Mahjongg 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Zumba Gold Toning 12:30 Art Series 1:00 Billiards 1:45 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30	Yoga 9:45/11:00 Cribbage 10:00 iPhones & iPads 10:00 Woodcarvers 10:00 Bunco 1:00 Line Dance 12:30/1:45 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	One-on-One Electronic 8:30 Exercise 9:00 Happy Feet 9:00 HOME Office Hours 9:00 Computer Club 10:00 Lunch & Movie 12:00 Billiards 1:00 Oil Painting Drop In 1:00
26 Pilates 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00 Community Connections 10:15 Zumba Gold 12:45 Hand, Foot, & Toe 1:00 Billiards 2:00	Yoga 9:45/11:00 500 Cards 10:00 Benefits of Excercise 10:00 Bingo 12:40 Billiards 1:00 Senior Outreach 1:00 Tale Spinners 1:00	28 Exercise 9:00 Mahjongg 10:00 A.A./Al-Anon 10:30 History: Black Death 10:30 Zumba Gold Toning 12:30 Social Bridge 12:45 Art Series 1:00 Billiards 1:45 Evening Yoga 5:00/7:30 Mat Pilates 6:15 500 Cards 6:30	29 Adopt a Highway 9:00 Yoga 9:45/11:00 Cribbage 10:00 Woodcarvers 10:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	Exercise 9:00 HOME Office Hours 9:00 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00

Group	Meeting day	Information		
Advisory Board	2 nd Tuesday at 10 a.m.	Illomation		
AA/Al-Anon	Wednesdays at 10:30 a.m	All ages welcome. New members welcome		
		All ages welcome. New members welcome.		
Art Drop In	Mondays from 9 a.m. to Noon	Informal, drop in and create!		
Billiards	Every afternoon - time varies	See calendar page for times.		
Bingo	Tuesdays at 12:40 p.m.	Join the fun!		
Bird Club	1st Friday of the month at 10 a.m.	On a break for summer, meets again in Sept.		
Book Club	3 rd Thursday of the month at 1 p.m.	Salt to the Sea by Ruta Sepetys		
Bucket List Book Club	4 th Tuesday at 7:15 p.m.	On a break for summer, meets again in Sept.		
Bulls & Bears Investment Club	1st & 3rd Monday of the month at 1 p.m.	Learn about investing!		
Social Bridge	Wednesdays at 12:45 p.m.	1st, 2nd, 3rd place and grand slam prizes awarded.		
Duplicate Bridge	Thursdays at 6 p.m.	Join in! Partners needed!		
Bunco	2^{nd} & 4^{th} Thursdays at 1 p.m.	Don't know how to play? They will teach you.		
Caregiver Conversations	2 nd Thursday at 10 a.m.	New members welcome!		
Chorale	Wednesdays at 10 a.m.	On a break for summer, meets again in Sept.		
Computer Club	Fridays at 10 a.m. Website: <i>mscig.wordpress.com</i>	This group examines topics of interest. Experience ranges from beginner to expert.		
Crafting for a Cause	2 nd Friday at 9 a.m.	New members welcome!		
Cribbage	Thursdays at 10 a.m.	Bring cribbage board and a deck of cards.		
Dominoes	1st & 3rd Thursdays at 1 p.m.	New members welcome!		
500 Card Club	2 nd & 4 th Tuesday at 10 a.m.	Wednesdays at 6:30 p.m.		
Garden Club	2 nd Monday at 1 p.m.	Planning for Plant Sale		
Genealogy Club	1st Thursday at 10 a.m.	DNA Speaker Alice Eichholz		
Ham Radio	2 nd Monday at 10 a.m.	New members welcome!		
Hand, Foot, & Toe	2 nd & 4 th Monday 1 p.m.	We'll teach you how to play!		
Mahjongg	Wednesdays at 10 a.m.	New members welcome!		
Oil Painting Drop In	Fridays at 1 p.m.	New members welcome!		
Pickleball Open Play	Tuesdays and Wednesdays, 7:30-10 a.m. Thursdays and Fridays, 7:30-9:30 a.m.	<i>Williston Fitness Center: 14509 Williston Dr.</i> League Play: Wednesdays, 1-4 p.m.		
Poker	1st & 3rd Tuesday at 10 a.m.	Join us for a good game of poker.		
Rummikub	1st & 3rd Monday at 1 p.m.	We'll teach you how to play!		
Shutterbugs	3rd Tuesday at 10 a.m.	New members welcome!		
Tonka Tale Tellers	2 nd Monday at 10 a.m.	Tells tales at elementary schools.		
Tale Spinners	Tuesdays at 1 p.m.	Story writing group. New members welcome!		
Woodcarvers	Thursdays at 10 a.m.	Group members share ideas and work independently.		