

**Winter/Spring registration  
opens Tuesday, Dec. 4 at 8 a.m.!**

**Sign up for programs running  
January-April.**

## HEALTH

### Balance and Fall Prevention Screenings

Schedule a 15-minute balance and fall prevention screening appointment. Screenings are conducted by Live Your Life Physical Therapy. Only a few spots left!

Day	Date	Time	Cost	Course
M	Dec. 3	11:15 a.m.-12:30 p.m.	Free	1180419-(09-13)

### Memory Café

A Memory Café is a welcoming place for people with cognitive impairment and their caregivers to socialize and share experiences. Our Minnetonka Memory Café is part of the city's continuing efforts to be a dementia-friendly community. Must be attended by the person with dementia and their caregiver.

Day	Date	Time	Cost	Course
Tu	Dec. 4	1:30-3:00 p.m.	Free	1180701-08

### Dementia Friends

Attend a free one-hour class to learn helpful ways to communicate and interact with people living with dementia, including Alzheimer's.

Day	Date	Time	Cost	Course
Tu	Dec. 4	Noon-1:15 p.m.	Free	4180702-12

## PRESENTATIONS

### Wellness Series - Arthritis

Join us as a doctor from Twin Cities Orthopedics shares ways to manage your arthritis through conservative treatments and also explains joint replacement options.

Day	Date	Time	Cost	Course
M	Dec. 10	10:30-11:30 a.m.	Free	1180802-04

### Journeying Into the Big Questions

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

Day	Date	Time	Cost	Course
Th	Dec. 6	1-3 p.m.	\$12	1180411-01



# CLASSES

## Nature

### Traveling Naturalist: Polar Bear Possibilities

We'll explore how polar bears compare to other bear species, their adaptations to the far north, their hunting life and how native cultures have related to these amazing animals throughout time.



Day	Date	Time	Cost	Course
Th	Dec. 13	10:00-11:00 a.m.	\$4	1100303-04



## Technology

### Devices for the Advanced User

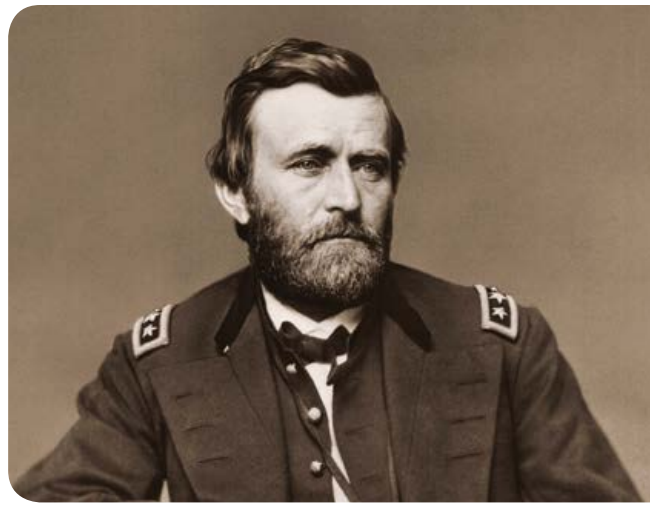
Take your tech skills to the next level. Topics include managing your storage, using the cloud, sharing photos and videos, limiting advertiser tracking and privacy. Please bring your device and questions. Instructor: Abbey Key.

Android Devices

Day	Date	Time	Cost	Course
Tu	Dec. 11	10 a.m.-noon	\$9	1180601-06

iPhones and iPads

Day	Date	Time	Cost	Course
Tu	Dec. 11	1-3 p.m.	\$9	1180601-05



## History

### After Reconstruction in the South

We'll learn about the "Compromise of 1877" that led to the removal of Ulysses S. Grant's federal soldiers from the South, giving rise to several extremist movements. Instructor: Dan Hartman.

Day	Date	Time	Cost	Course
W	Dec. 12	10:30 a.m.-12:30 p.m.	\$6	1180202-07

### A Few Good Scottish Islands

Beginning with Fair Isle and ending with the Isle of Skye, we'll take a historical trip around some of Scotland's lesser known islands. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	Dec. 6-20	1-3 p.m.	\$21	1180101-04





## 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	Jan. 8-Feb. 26	Tu	9:45-10:45 a.m.	\$48	2090101-01
Chair Yoga	Nancy Holasek	Jan. 10-Feb. 28	Th	9:45-10:45 a.m.	\$48	2090101-02
Chair Yoga	Elizabeth Kelly	Jan. 9-Feb. 27	W	5:30-6:30 p.m.	\$48	2090101-03
Intermediate Yoga	Nancy Holasek	Jan. 8-Feb. 26	Tu	11 a.m.-noon	\$48	2090201-01
Intermediate Yoga	Nancy Holasek	Jan. 10-Feb. 28	Th	11 a.m.-noon	\$48	2090201-02
Strength and Mobility	Dr. Megan McCallum	Jan. 15-Feb. 19	Tu	1:30-2:30 p.m.	\$72	2091301-01
T'ai Chi Chih Instruction	Monica Campbell	Jan. 7-Feb. 25	M	10-11 a.m.	\$30	2090301-01
T'ai Chi Chih Instruction	Susan Sobelson	Jan. 9-Feb. 27	W	1-2 p.m.	\$40	2090301-02
T'ai Chi Chih Practice	Monica Campbell	Jan. 7-Feb. 25	M	11:15 a.m.-12:30 p.m.	\$30	2090303-01
T'ai Chi Chih Practice	Susan Sobelson	Jan. 9-Feb. 27	W	2:15-3:30 p.m.	\$40	2090303-03
Therapeutic Pilates	Dr. Sarah Petrich	Jan. 7-Feb. 25	M	10:15-11:15 a.m.	\$72	2090901-01
Yogilates	Elizabeth Kelly	Jan. 9-Feb. 27	W	6:45-7:45 p.m.	\$48	2091201-01
Zumba Gold	Renee Rahimi	Feb. 4-March 11	M	12:45-1:45 p.m.	\$36	2090501-01

\*Annually

## SERVICES



- **Free Medicare Counseling:** 1st and 3rd Monday afternoon and evenings.
- **Free Social Worker Consultations:** 2nd and 4th Tuesday afternoons.
- **Free Blood Pressure Checks:** Dec. 7, 12, and 21 from 9:30-11:30 a.m.
- **Foot Care Services:** Call 763-560-5136. Every Friday, 8 a.m.-4 p.m.

For appointments & info, call 952-939-8393, pick up the monthly calendar or visit [eminnetonka.com/seniorservices](http://eminnetonka.com/seniorservices).

## Household & Outside Maintenance (HOME)

Get affordable help with household and maintenance tasks so you can stay in your home longer. Call **952-746-4046** for details.

## EVENTS

### Lunch and a Movie: Wonder

Based on the New York Times bestseller, "Wonder" tells the heartwarming story of August Pullman, a fifth-grade boy with facial differences as he attends a mainstream school for the first time.

Menu: Baked potato bar with Caesar salad. **Register by Dec. 11.**

**Sponsored by Nothing Bundt Cakes.**

Day	Date	Time	Cost	Course
F	Dec. 14	Noon	\$6	1100204-01

### Sips & Songs - BandanAhhh!

Enjoy a special holiday concert full of seasonal songs and other favorites from John Denver to Tony Bennet and The Carpenters. Light refreshments and treats start at 10:30 a.m.; the music kicks off at 11 a.m. Visit [bandanahhh.com](http://bandanahhh.com) to learn more about the musicians.

**Sponsored by: Cherrywood Pointe.**

Day	Date	Time	Cost	Course
W	Dec. 5	10:30 a.m.-noon	\$3	1100301-02

## DAY TRIPS

A full list of day trips, along with detailed descriptions and menus, can be found in the recreation brochure, in-person at the Community Center or online at: [eminnetonka.com/recbrochure](http://eminnetonka.com/recbrochure).

### Can Can Mini Golf and Abdallah's

We'll embark on an adventure to Can Can Wonderland in St. Paul to play 18 holes of putt putt mini golf! Then, it's over to Casper's Cherokee Restaurant in Eagan for lunch followed by a stop at Abdallah's Chocolates store to shop an array of treats and learn about the history of this family owned business.



Menu: Small sirloin or chicken entrée with tossed salad, baked potato with sour cream, rolls, beverage and dessert. **Register by Dec. 17.**

Day	Date	Time	Cost	Course
F	Jan. 18	10:50 a.m.-5:15 p.m.	\$66	1110109-01

## More programs online!

For information on monthly interest groups and health and community services, visit [eminnetonka.com/seniorscript](http://eminnetonka.com/seniorscript).

**Purchase items handcrafted by Minnetonka residents ages 55 and older.**



**11280 Wayzata Blvd. | 763-591-4868**

#### Regular Hours

Wednesday-Saturday, 10 a.m.-4 p.m.

Thursday: 10 a.m.-8 p.m.

#### Holiday Hours, Nov. 23-Dec. 23

Monday-Saturday: 10 a.m.-4 p.m.

Thursday: 10 a.m.-8 p.m.

Sunday: 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.