

Seniors Expo

Tuesday, May 1

Featuring exhibitors, health screenings, demonstrations, refreshments, and prizes!

9-10 a.m. Presentation: *Eating to Reduce Pain & Inflammation in Council Chambers*

10 a.m.-1 p.m. Exhibit Hall Open in Banquet Room

Sponsored by: Blue Cross Blue Shield, Brookdale Minnetonka, Deephaven Woods, Edina Realty, Havenwood of Minnetonka, Landings of Minnetonka, Legacy Care Home, Meals on Wheels South Shore, RidgePointe, The Glenn Minnetonka, Twin Cities Orthopedics.

Traveling Naturalist: Bald Eagles, Beyond the Basics

Wednesday, May 2, 10:30-11:30 a.m.

Join our traveling naturalist and learn about a different topic each month!

Instructor: Melonie Shipman

Cost: \$4 (Course #3181002-01)

Mind Fit Basics

Monday, May 14, 10:30-11:30 a.m.

Would you like to have fun while improving your brain health? In this one-hour class, we'll introduce interactive brain games to help with the delay of cognitive decline in the areas of memory, executive functioning, language, attention and visual-spatial perception.

Instructor: Amy Holmstrom

Cost: \$2 (Course #3180422-01)

Monthly Party:

Golden Gala

Wednesday, May 9, Noon

Join us for good food and friends! Register by May 4.

Menu: meatloaf, mixed veggies, potato and gravy, roll

Cost: \$7* (Course #3100102-01)

*Event is free for those 90+; those 85+ receive a flower

Wellness: Anterior Hip Replacement

Friday, May 18, 10:30-11:30 a.m.

Join us for information on hip arthritis diagnosis and treatment. Discuss hip and knee replacement and alternatives. Learn information about minimally invasive surgery, robotic surgery and direct anterior hip replacement.

Instructor: Twin Cities Orthopedics

Cost: Free (Course #3180801-01)

Lunch and a Movie:

The Post

Friday, May 18, Noon

When the Washington Post agrees to publish the leaked Pentagon Papers – which point to a secret escalation of the Vietnam War – the Nixon administration tries to block publication, setting off an epic legal and political battle. Register by May 15.

Menu: enchiladas, beans, rice, treat

Sponsored by The Glenn Minnetonka

Cost: \$6 (Course #3100201-01)

Community Connections: Eldercare Technologies

Monday, May 21, 10:15-11:15 a.m.

Identify ways devices and technology can be used to help give care and maintain independence in the home.

Cost: Free (Course #3180420-01)

Know a Travel Scam When You See It

Thursday, May 31, 10-11 a.m.

Learn what scams are out there and how to avoid them. If something sounds too good to be true, it probably is. Judy Peterson from Peterson Travel Pros will help you recognize scams while traveling or talking on the phone.

Instructor: Judy Peterson

Cost: \$2 (Course #318605-01)

Balance Screenings

Monday, June 4, 10:30 a.m.-12:30 p.m.

Do you feel unsteady? Are you fearful of falling? Take action to reduce your risk. Appointments required for a 15-minute time block.

Instructor: Live Your Life physical therapist

Cost: Free (Course #3180418-02/09)

Online Selling: A-Z

Mondays, June 11-July 2, 10 a.m.-Noon

Examine the various aspects of online selling. Learn how to research salable items, decide on the marketplace, photograph items and create online listings.

Instructor: Abbey Key

Cost: \$7 (Course #3180604-01)

Fitness Programs

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

Program	Instructor	Dates	Day	Times	Fee	Course #
Over 50 and Fit	Jean McSwiggen John Nally Julie Fleischhacker	Jan. 3-Dec. 31	M, W, F	9-10 a.m.	\$12 (annually)	4090702-03
Chair Yoga	Nancy Holasek	May 8-June 26	T	9:45-10:45 a.m.	\$48	3090101-01
Chair Yoga	Elizabeth Kelly	May 9-June 27	W	5:30-6:30 p.m.	\$48	3090101-05
Dance Series: Ballroom	Tricia Wood	May 5-26	SA	10-10:55 a.m.	\$56	3091006-01
Dance Series: Latin	Tricia Wood	May 5-26	SA	11-11:55 a.m.	\$56	3091002-01
Intermediate Yoga	Nancy Holasek	May 8-June 26	T	11 a.m.-noon	\$48	3090201-01
Intermediate Yoga	Nancy Holasek	May 10-June 28	TH	11 a.m.-noon	\$48	3090201-02
Line Dance: Beginner	Tricia Wood	May 3-24	TH	2-2:55 p.m.	\$38	3090601-03
Line Dance: Beginner	Tricia Wood	June 7-28	TH	2-2:55 p.m.	\$38	3090601-04
Line Dance: Intermediate	Tricia Wood	May 3-24	TH	1-1:55 p.m.	\$38	3090602-02
Line Dance: Intermediate	Tricia Wood	June 7-28	TH	1-1:55 p.m.	\$38	3090602-03
Meditation	Susan Nelson	June 1-22	F	10-11 a.m.	\$30	3091101-02
Strength and Mobility	Dr. Anna Hagens	May 15-June 19	T	1-2 p.m.	\$74	3091301-01
T'ai Chi Chih: Workshop	Susan Sobelson	June 11	M	10-11:30 a.m.	\$5	3090301-01
T'ai Chi Chih: Workshop	Susan Sobelson	June 25	M	10-11:30 a.m.	\$5	3090301-02
T'ai Chi Chih: Beginner	Monica Campbell	June 6-July 11 (No 7/4)	W	9-10 a.m.	\$30	3090303-01
T'ai Chi Chih: Open Practice	Monica Campbell	June 6-July 11 (No 7/4)	W	10:15-11:15 a.m.	\$30	3090302-01
T'ai Chi for Health and Wellness	Ron Erdman-Luntz	May 17-June 7	TH	6-7 p.m.	\$54	3090401-01
Therapeutic Pilates	Dr. Sarah Petrich	June 11-July 16	M	8:30-9:30 a.m.	\$69	3090901-02
Yogilates	Elizabeth Kelly	May 9-June 27	W	6:45-7:45 p.m.	\$48	3091201-01
Zumba Gold	Renee Rahimi	June 4-25	M	12:45-1:45 p.m.	\$24	3090501-01



Outdoor Pickleball

May-October

Try the fun and social game of pickleball. Eight courts are available. All ability levels welcome.

- Monday-Friday, 7:30-11 a.m.
- Monday, Wednesday, Friday, 4 p.m.-dusk
- Saturday, 9 a.m.-noon

Meadow Park on Oakland Road

Bike Club

Tuesday, Wednesday, Thursday, April-October, 9 a.m.

Enjoy the amazing trails of Minnetonka and the Twin Cities have to offer. The club's goal is to provide moderate exercise under safe conditions and encourage social interaction and friendship. There are three groups, each with different ability levels. More information is available at mtkabikers.org

Cost: \$10 per year (Course #4120104-01)

Senior Softball 70+

Monday and Wednesday, April-October, 9:30-10:30 a.m.

Enjoy slow-pitch softball at Big Willow Park. Modified rules allow for competitive play without the risk of serious injury. Registration is accepted throughout the season.

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

Register Early!

Programs are open for registration until filled, register by deadline, or canceled due to low enrollment.

Art

Colored Pencil Enrichment

Wednesdays, May 9 and 16, 1-3 p.m.

Explore colored pencil techniques and color schemes to enrich drawings or coloring book subjects. Line and color projects explore color mixing/shading, texture, color impact/mood statement and expression. Please bring your preferred supplies.

Instructor: Gin Weidenfeller

Cost: \$40 (Course #3130106-01)

Ceramics

Thursdays, May 10-31, 9:30-11:30 a.m.

Create clay sculptures that will relax and inspire. Open to all abilities, materials are included and projects will be fired for you at the Minnetonka Center for the Arts.

This project is brought to you by the Minnetonka Center for the Arts with a grant from the Minnesota State Arts Board.

Cost: \$60 (Course #3130110-01)

Defensive Driving

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

4-hour Refresher Session:

- May 3 and 15, 5:30-9:30 p.m., \$22
- May 22, 9 a.m.-1 p.m., \$22

8-hour First-Time Session:

- May 31 and June 7, 5:30-9:30 p.m., \$26

British History: The Mosaic

Thursday, June 14, 1-3 p.m.

Learn about a Roman Mosaic floor rumored to be buried in Cirencester, Gloucestershire, England.

Instructor: Terry Kubista

Cost: \$7 (Course #3180101-02)

History

CIA Cold War Covert Activities

Tuesdays, May 8-29, 1-2:30 p.m.

A look at some of the CIA's covert activities during the Cold War, including: fomenting rebellions, influencing elections, overthrowing governments and attempting invasions. Even successful operations that were successful had long-term negative repercussions.

Instructor: Tom Troy

Cost: \$12 (Course #3180202-01)

Brooklyn Bridge

Wednesday, May 16, 10:30 a.m.-12:30 p.m.

Join us on a journey about how the bridge was built. The Brooklyn Bridge is one of the greatest bridges ever built on the east coast of America. It is a suspension bridge in New York City. Started in 1869 and completed in 1883, it connects the boroughs of Manhattan and Brooklyn.

Instructor: Dan Hartman

Cost: \$6 (Course #3180201-01)

British History

Short Shakespeare

Thursdays, May 3-10, 1-3 p.m.

A quick study on Shakespeare's birthplace, Stratford on Avon, and how the playwright has impacted the modern world.

Instructor: Terry Kubista

Cost: \$14 (Course #3180101-08)

King Arthur: Fact or Fiction

Thursdays, May 17-31, 1-3 p.m.

Did King Arthur exist? Is he a legend based in reality? Where did his legend originate, and why are we still interested in his story?

Instructor: Terry Kubista

Cost: \$21 (Course #3180101-09)

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.

Minnesota Twins Game

Wednesday, July 11, 10:30 a.m.-4 p.m.

Enjoy a Twins game against Kansas City at Target Field, seats in the Skyline Deck section. We'll drop you off within two blocks of the stadium so you don't have to deal with traffic and parking!

Menu: on your own

Cost: \$62 (Course #3110111-01)

Register by June 1

La Crosse, Wis. River Cruise

Thursday, July 26, 8:30 a.m.-6:30 p.m.

First stop: LARK toys in Kellogg, Minn. for coffee and a treat. Spend time in a unique toy store, the largest of its kind. Board the La Crosse Queen, a replica of the grand 19th century riverboats. Take in the scenic Mississippi River, including one of the oldest swing bridges still in operation. On the way home, we'll stop at the Apache Mall Food Court (on your own) in Rochester.

Menu: Swedish meatballs, ham, potato, vegetable, roll, dessert and coffee

Cost: \$79 (Course #3110112-01)

Register by June 22

Al and Alma's

Monday, June 18, 11:15 a.m.-1 p.m.

A relaxing cruise and light lunch on Lake Minnetonka. Transportation isn't provided. Meet at Al and Alma's, 5201 Piper Road, Mound.

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

Cost: \$17 (Course #3110105-01)

Register by June 8

Memory Cafe

**Third Tuesday of every Month, May 15,
10-11:30 a.m.**

A welcoming place for people living with dementia and their caregivers to socialize and share experiences, facilitated by a licensed social worker. Participate in an art activity led by an instructor from the Minnetonka Center for the Arts.

This program is made possible by a grant through the Minnesota Arts and Cultural Heritage Fund.

Cost: Free (Course #3180701-02)

Pre-registration required

Dementia Friends

Tuesday, May 1, Noon-1 p.m.

Learn what is normal aging versus the early signs and symptoms of Alzheimer's Disease. Learn helpful communication, everyday task tips and conversation hints for those living with dementia.

Cost: Free (Course #4180702-05)

Interest Groups

Interest groups are coordinated and led by seniors in the community. All groups meet at the Minnetonka Community Center, unless noted otherwise. There are more than 30 different interest groups. For a complete list of groups, visit eminnetonka.com/interestgroups. More detailed information can be found on our calendar insert page located at the Community Center or online.

Bird Club

1st Friday, 10 a.m.

Bird Lore, Humor and Stories with Al Batt

Book Club

3rd Thursday, 1 p.m.

A Man called Ove-Fredrik Backman by Fredrik Backman

Bucket List Book Club

4th Tuesday, 7:15 p.m.

The Woman Warrior by Maxine Hong Kingston

Memory Loss and Driving

Wednesday, May 30, Noon-3 p.m.

Kathy Kiefer will talk about driving evaluation. A diagnosis doesn't mean the end of driving. Sponsored by Hopkins and Minnetonka Dementia Friendly Committees.

Cost: Free (Course #3180702-01)

Garden Club

Monday May 7, 1 p.m.

Date Change: Bailey's Nurseries Speaker

Services

Blood Pressure Screenings

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

Provided by volunteer nurses.

Happy Feet

Fridays, 9 a.m.-3 p.m., \$37

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

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. Provided by Metropolitan Area Agency on Aging.

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.

HOME

Household and Outside Maintenance for Elderly (HOME) is available for Minnetonka residents 60 and older. For information call 952-746-4046. Some things HOME can help with include:

- Housekeeping
- Household repairs



**Purchase items handcrafted by
Minnetonka residents.**


11280 Wayzata Blvd.


(Near 394 and Hopkins Crossroad)


763-591-4868

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

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

 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.

Cancellation Information

Program Cancellations

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.

Trip Cancellations

Refunds only granted prior to the registration deadline or in the event that a replacement is found.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Seniors Expo 9:00 Poker 10:00 Dementia Friends 12:00 Bingo 12:40 Strength and Mobility 1:00 Tale Spinners 1:00 Billiards 2:15	2 Exercise 9:00 Mahjongg 10:00 Mahjongg Class 10:00 A.A./Al-Anon 10:30 Traveling Naturalist 10:30 Social Bridge 12:45 Tai Chi Chih 1:00 Tai Chi Chih Open Practice 2:15 Billiards 3:30 500 Cards 6:30	3 Cribbage 10:00 Genealogy 10:00 Woodcarvers 10:00 Art: Watercolor 1:00 British History 1:00 Dominos 1:00 Line Dance 1:00/2:00 Billiards 3:00 Defensive Driving 5:30 Duplicate Bridge 6:00	4 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Bird Club 10:00 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00
	7 Men's Discussion Group 8:30 Art Drop In 9:00 Exercise 9:00 Tai Chi Chih 10:00/11:30 Zumba 12:45 Bridge II 1:00 Bulls and Bears 1:00 Garden Club 1:00 Medicare Counseling 1:00 Senior Outreach 1:00 Rummikub 1:00 Billiards 2:00	8 Yoga 9:45/11:00 500 Cards 10:00 Advisory Board 10:00 Bingo 12:40 History: CIA Cold War 1:00 Strength and Mobility 1:00 Tale Spinners 1:00 Billiards 2:15	9 Exercise 9:00 Blood Pressure 9:30 Mahjongg 10:00 Mahjongg Class 10:00 A.A./Al-Anon 10:30 Day Trip: Old Log 11:30 Monthly Party 12:00 Social Bridge 12:45 Art: Colored Pencil 1:00 Tai Chi Chih 1:00 Tai Chi Chih Open Practice 2:15 Billiards 3:30 Chair Yoga 5:30 Yogilates 6:45 500 Cards 6:30	10 Ceramics 9:30 Yoga 9:45/11:00 Caregiver Conversations 10:00 Cribbage 10:00 Woodcarvers 10:00 Art: Watercolor 1:00 British History 1:00 Bunco 1:00 Line Dance 1:00/2:00 Billiards 3:00 Duplicate Bridge 6:00
14 Men's Discussion Group 8:30 Art Drop In 9:00 Exercise 9:00 Ham Radio 10:00 Tai Chi Chih 10:00/11:30 Mind Fit Basics 10:30 Zumba 12:45 Bridge II 1:00 Hand, Foot, & Toe 1:00 Billiards 2:00	15 Yoga 9:45/11:00 Memory Café 10:00 Poker 10:00 Shutterbugs 10:00 Bingo 12:40 History: CIA Cold War 1:00 Strength and Mobility 1:00 Tale Spinners 1:00 Billiards 2:15 Defensive Driving 5:30	16 Exercise 9:00 Mahjongg 10:00 Mahjongg Class 10:00 A.A./Al-Anon 10:30 History: Brooklyn Bridge 10:30 Social Bridge 12:45 Art: Colored Pencil 1:00 Tai Chi Chih 1:00 Tai Chi Chih Open Practice 2:15 Billiards 3:30 Chair Yoga 5:30 Yogilates 6:45 500 Cards 6:30	17 Ceramics 9:30 Yoga 9:45/11:00 Cribbage 10:00 Woodcarvers 10:00 Art: Watercolor 1:00 Book Club 1:00 British History 1:00 Dominos 1:00 Line Dance 1:00/2:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	18 Exercise 9:00 Happy Feet 9:00 Blood Pressure 9:30 Computer Club 10:00 Meditation 10:00 Wellness: Hip Replacement 10:30 Lunch and a Movie 12:00 Billiards 1:00 Oil Painting Drop In 1:00
21 Men's Discussion Group 8:30 Art Drop In 9:00 Exercise 9:00 Community Connections: Eldercare Technologies 10:00 Zumba 12:45 Bridge II 1:00 Bulls and Bears 1:00 Medicare Counseling 1:00 Rummikub 1:00 Billiards 2:00 Medicare Counseling 6:00	22 Defensive Driving 9:00 Day Trip: Gangster Tour 9:45 Yoga 9:45/11:00 500 Cards 10:00 Bingo 12:40 History: CIA Cold War 1:00 Senior Outreach 1:00 Strength and Mobility 1:00 Tale Spinners 1:00 Billiards 2:15 Bucket List Book Club 7:15	23 Exercise 9:00 Mahjongg 10:00 Mahjongg Class 10:00 A.A./Al-Anon 10:30 Social Bridge 12:45 Billiards 1:00 Chair Yoga 5:30 Yogilates 6:45 500 Cards 6:30	24 Ceramics 9:30 Yoga 9:45/11:00 Cribbage 10:00 Woodcarvers 10:00 British History 1:00 Bunco 1:00 Line Dance 1:00/2:00 Billiards 3:00 Duplicate Bridge 6:00 Tai Chi 6:00	25 Exercise 9:00 Happy Feet 9:00 Computer Club 10:00 Billiards 1:00 Oil Painting Drop In 1:00
28 	29 Yoga 9:45/11:00 Bingo 12:40 History: CIA Cold War 1:00 Strength and Mobility 1:00 Tale Spinners 1:00 Billiards 2:15	30 Exercise 9:00 Mahjongg 10:00 A.A./Al-Anon 10:30 Memory Loss and Driving 12:00 Social Bridge 12:45 Billiards 1:00 Chair Yoga 5:30 Yogilates 6:45 500 Cards 6:30	31 Ceramics 9:30 Yoga 9:45/11:00 Cribbage 10:00 Travel Scams 10:00 Woodcarvers 10:00 British History 1:00 Billiards 1:00 Defensive Driving 5:30 Duplicate Bridge 6:00 Tai Chi 6:00	

Group	Meeting day	Information
Advisory Board	2 nd Tuesday at 10 a.m.	
AA/Al-Anon	Wednesdays at 10:30 a.m.	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	1 st Friday of the month at 10 a.m.	Bird Lore, Humor and Stories with Al Batt
Book Club	3 rd Thursday of the month at 1 p.m.	<i>A Man called Ove</i> by Fredrik Backman
Bucket List Book Club	4 th Tuesday at 7:15 p.m.	<i>The Woman Warrior</i> by Maxine Hong Kingston
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.	1 st , 2 nd , 3 rd place and grand slam prizes awarded.
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.	New members welcome!
Computer Club	Fridays at 10 a.m. Website: mscig.wordpress.com	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.
Dominos	1 st & 3 rd Thursdays at 1 p.m.	New members welcome!
Duplicate Bridge	Thursdays at 6 p.m.	Partners needed.
500 Card Club	2 nd & 4 th Tuesday at 10 a.m.	Wednesdays at 6:30 p.m.
Garden Club	2nd Monday at 1 p.m.	Date Change May 7, Bailey's Nurseries Speaker
Genealogy Club	1 st Thursday at 10 a.m.	New members welcome!
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!
Men's Discussion Group	Mondays at 8:30 a.m.	Weekly men's discussion group
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.	Williston Fitness Center: 14509 Williston Dr. League Play: Wednesdays, 1-4 p.m.
Poker	1 st & 3 rd Tuesday at 10 a.m.	Join us for a good game of poker.
Rummikub	1 st & 3 rd Monday at 1 p.m.	We'll teach you how to play!
Shutterbugs	3rd Tuesday at 10 a.m.	New members welcome!
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.