

VETERANS MONTH PROGRAMMING

To honor those who served, it is our pleasure to offer the following four programs free to veterans and their spouses. (Listed fee applies to all other registrants.)

Exploring Veterans Benefits

VA accredited attorney Mary Frances Price discusses health care, home care and assisted living, surviving spouse benefits, as well as income and property tax benefits for veterans.

Day	Date	Time	Cost	Course
Th	Nov. 8	1-2 p.m.	\$2	1180404-01

1936 Berlin Olympics: The Nazi Games

The 1936 Berlin Olympic Games are notorious for the tightly controlled image the Nazis presented to the world. We'll look at the history of the Olympics and the legacy of the 1936 Games. Presenter: David Jones

Day	Date	Time	Cost	Course
F	Nov. 9	10:30 a.m.-noon	\$4	1180409-01

Reassessing Pearl Harbor

Presenter James Johns looks at the misinformation and myths surrounding that fateful day.

Day	Date	Time	Cost	Course
Th	Nov. 15	10-11 a.m.	\$2	1180402-01

Lunch and a Movie: Mark Felt: The Man Who Brought Down the White House

The true story of "Deep Throat," the whistleblower behind the Watergate scandal. Menu: Fried chicken, potato wedges, coleslaw, roll, dessert. **Register by Nov. 6. Sponsored by The Glenn-Minnetonka.**

Day	Date	Time	Cost	Course
F	Nov. 9	Noon	\$6	1100203-01

PRESENTATIONS

Alzheimer's
Awareness Month

National Memory Screening Day

Sign up for a free 15-minute memory screening. Limited spots available. **Sponsored by: Emerald Crest.**

Day	Date	Time	Cost	Course
Tu	Nov. 13	9 a.m.-3 p.m.	Free	1180415-(01-22)

Community Connections: Alzheimer's

Each month, Minnetonka Senior Services partners with Lake Minnetonka Area Senior Care Providers to offer education and resources around a new topic.

Day	Date	Time	Cost	Course
M	Nov. 26	10:15 a.m.	Free	1180417-01

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	Nov. 6	Noon-1:15 p.m.	Free	4180702-11

Wellness Series - Non-Surgical Treatment of Osteoarthritis

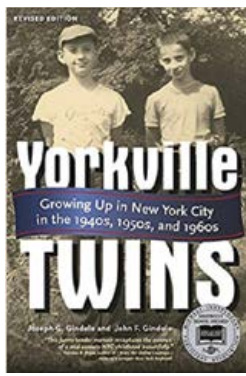
Learn the causes of osteoarthritis and how to minimize the pain and loss of function that accompanies this disease. Presenter: Dr. Maria C. Ryan, Twin Cities Orthopedics.

Day	Date	Time	Cost	Course
F	Nov. 16	10:30-11:30 a.m.	Free	1180802-03



Yorkville Twins: A Time to Remember, Looking Back to Yesteryear

Based on their award-winning memoir, join twins Joe and John Gindele as they share their adventures growing up in mid-century New York City.



Day	Date	Time	Cost	Course
Th	Nov. 1	1-2:30 p.m.	\$4	1180410-01

CLASSES

Nature

Traveling Naturalist: Moose is Loose

Melonie Shipman, a lifelong naturalist, will explain how these fascinating vegetarians manage long, snowy winters and a variety of predators.

Day	Date	Time	Cost	Course
W	Nov. 14	10:30-11:30 a.m.	\$4	1100303-03

Art

Watercolor: Winter Landscapes

Learn the makings of a good design and how to choose and edit reference photos for better paintings. Each class starts with a demo. Supply list provided at registration. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
M	Nov. 26-Dec.17	10 a.m.-noon	\$40	1130105-01



History

WWI: The Middle Eastern Front

This seminar will focus on the Ottoman Empire (Turkey and Arabia) and its involvement in the Great War. Instructor: Dan Hartman.

Day	Date	Time	Cost	Course
W	Nov. 7	10:30 a.m.-12:30 p.m.	\$6	1180202-05

WWI: The Paris Peace Treaty of 1919

We'll dive into the peace conference that ended WWI and the details of the peace treaty. Instructor: Dan Hartman.

Day	Date	Time	Cost	Course
W	Nov. 21	10:30 a.m.-12:30 p.m.	\$6	1180202-06

British History

The Coal House - Wales in the 1920s

Learn about life in 1927 Wales when men faced the dangers and hardships of work at the coalface and women put in long hours on the home front. Instructor: Terry Kubista.



Day	Date	Time	Cost	Course
Th	Nov. 1-15	1-3 p.m.	\$21	1180101-03

A Few Good Scottish Islands

Take a 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

Technology

How to Register Online

Learn how to set up an online registration account and search for programs on the city's website. Basic computer skills required.

Day	Date	Time	Cost	Course
W	Nov. 28	10-11 a.m.	Free	1180604-01

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



Fitness Programs

For a complete listing and program descriptions, visit 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. 3-Dec. 31	M, W, F	9-10 a.m.	*\$12	4090702-03
Chair Yoga	Elizabeth Kelly	Nov. 7-Dec. 19	W	5:30-6:30 p.m.	\$42	1090101-05
Intermediate Yoga	Nancy Holasek	Nov. 6-Dec. 18	Tu	11 a.m.-noon	\$42	1090201-03
Line Dance: Beginner	Tricia Wood	Nov. 1-29	Th	2-2:55 p.m.	\$38	1090601-03
Line Dance: Intermediate	Tricia Wood	Nov. 1-29	Th	1-1:55 p.m.	\$38	1090602-03
Strength and Mobility	Dr. Anna Hagens	Nov. 13-Dec. 18	Tu	1:30-2:30 p.m.	\$72	1091301-03
Tai Chi Chih: Open Practice	Monica Campbell	Sept. 12-Dec. 19	W	2:15-3:15 p.m.	\$75	1090304-01
Tai Chi Health and Wellness	Ron Erdman-Lutz	Nov. 1-Dec. 6	Th	6-7 p.m.	\$45	1090401-02
Tai Chi Chih: Platters, Taffies, 6 Healing Sounds	Susan Sobelson	Nov. 19-Dec. 17	M	10-11 a.m.	\$25	1090303-01
Yogilates	Elizabeth Kelly	Nov. 7-Dec. 21	W	6:45-7:45 p.m.	\$42	1091201-02
Zumba Gold	Renee Rahimi	Oct. 22-Dec. 10	M	12:45-1:45 p.m.	\$36	1090501-02

*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:** Nov. 2, 14 and 16 from 9:30-11:30 a.m.
- **Foot Care Services:** Call 763-560-5136. Every Friday, 8 a.m.-4 p.m.

To learn more, call 952-939-8393, pick up the monthly calendar or visit 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

Sips & Songs - BandanAhhh!

Enjoy a special holiday concert full of seasonal songs and other favorites. Light refreshments and treats start at 10:30 a.m.; the music kicks off at 11 a.m. Visit 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

Monthly Party: Thanksgiving

Celebrate and be thankful with good food and friends! Menu: Turkey, stuffing, mashed potatoes, corn, cranberries, roll. **Register by Nov. 15. Sponsored by: Brookdale.**

Day	Date	Time	Cost	Course
Tu	Nov. 20	Noon-1:30 p.m.	\$7	1100106-01

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.

Kiwanis Lights Mankato

Our first stop will be Charley's Restaurant in Mankato for dinner. From there, we'll head to the Sibley Park Kiwanis holiday lights display. Experience the synthetic skating rink, live reindeer and horse-drawn wagon rides. Concessions are available in the warming house.

Register by Nov. 16.

Day	Date	Time	Cost	Course
F	Dec. 7	2:30-8 p.m.	\$65	1110107-01

A Grand Christmas

Tour the James J. Hill Mansion, former home of the Great Northern Railway Empire builder. After the tour, we'll head to Grand Avenue for lunch at Tavern on Grand, then visit the Alexander Ramsey House. Take a guided tour and experience the sights, sounds and tastes of a Victorian Christmas. **Register by Nov. 16.**

Day	Date	Time	Cost	Course
W	Dec. 19	8:45 a.m.-3:30 p.m.	\$74	1110108-01

More programs online!

For information on monthly interest groups and health and community services, visit 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



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.