

## PRESENTATIONS

### Dementia Friends

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

Day	Date	Time	Cost	Course
Tu	Oct. 2	Noon-1:15 p.m.	Free	4180702-10

### Estate and Long Term Care Planning: The Best and Worst of 2018

This session will explore important estate and health care planning topics including powers of attorney, wills, trusts, disability planning, medical assistance, Medicare and more. Mary Frances Price is an elder care attorney and will use case studies to explain these topics.

Day	Date	Time	Cost	Course
W	Oct. 3	10:30-11:30 a.m.	\$2	1180403-01

### Hands-Only CPR

Learn how to perform this lifesaving technique. This is a free class, but registration is required. Class taught by the Minnetonka Fire Department.

Day	Date	Time	Cost	Course
W	Oct. 3	10:15 a.m.	Free	1180406-05
M	Oct. 22	10:15 a.m.	Free	1180406-06

### Wellness Series

#### Knee and Hip Replacement

Join Dr. Brian O'Neill from Twin Cities Orthopedics to learn when to consider total joint replacement.

Day	Date	Time	Cost	Course
F	Oct. 12	10:30-11:30 a.m.	Free	1180802-02

### Community Connections: Rescue Dogs

Hear from three area organizations that rescue dogs: Shih Tzu Rescue Organization of Minnesota, Safe Hands and Retrieve a Golden of Minnesota. Learn about their work, as well as volunteer and adoptive opportunities, and meet a few of their dogs!

Day	Date	Time	Cost	Course
M	Oct. 29	10:15 a.m.	Free	1180416-01

### Technology

#### Captioned Telephone

Learn about the captioned telephone, a no-cost tool for anyone with hearing loss. We'll discuss how the phone works and how to receive a complimentary CapTel.

Day	Date	Time	Cost	Course
F	Oct. 5	10:30 a.m.	Free	1180405-01

### Devices: For the Beginner

Have a new device and want to learn how to use it? Topics will include, but are not limited to: email, texting, passwords, Wi-Fi, settings, photos and GPS. Bring your device and your questions. Instructor: Abbey Key

#### iPhones & iPads

Day	Date	Time	Cost	Course
M	Oct. 8	10 a.m.-noon	\$9	1180601-03

#### Android Devices

Day	Date	Time	Cost	Course
M	Oct. 8	1-3 p.m.	\$9	1180601-04

### Computer Basics: File Maintenance

Understand the basics of computer operation using the Windows operating system. Topics include data storage, working with files, installing/uninstalling applications, getting help and computer safety issues. Topics of general interest can be addressed as time permits. All participants will receive a jump drive. Instructor: Tom Staehle.

Day	Date	Time	Cost	Course
Tu	Oct. 23-Nov. 13	9-11 a.m.	\$16	1180603-01

## One-on-One Cell Phone Help

Hopkins High School ProPEL students provide free one-on-one tech support to help you better use your smart phone and electronic devices.

Day	Date	Time	Cost	Course
Tu	Oct. 23	1:30-2:30 p.m.	Free	1180408-01

## CLASSES

### Nature

#### Traveling Naturalist: Crows vs. Owls

Through the eyes of native cultures and researchers, we'll explore the mental skills and behaviors of these amazing birds!

Day	Date	Time	Cost	Course
Th	Oct. 11	2-3 p.m.	\$4	1100303-02

#### Introduction to Amateur Astronomy

Learn about constellations, celestial objects and the equipment and technology needed to observe them. Then, walk outside for a star-gazing session. Instructor: Patrick Drigans

Day	Date	Time	Cost	Course
M	Oct. 29	6-7:30 p.m.	\$10	1180301-02

### Art

#### Fun with Watercolor

Learn a variety of techniques to create underpaintings, landscapes, still life and florals. Each class starts with a demo and continues with guidance through the painting process. Supply list provided at registration. \*No class Nov. 12. Instructor: Vera Kovacovic

Day	Date	Time	Cost	Course
M	Oct. 15-Nov. 19*	10 a.m.-noon	\$50	1130104-01

#### Watercolor: Floral Portrait Study

Paint a floral expression from live specimens. Mix and blend tints/shades and neutral tones to model light, shadow and form. Please bring your own supplies. Classroom supplies are also available. Paper furnished. Instructor: Gin Weidenfeller

Day	Date	Time	Cost	Course
W	Oct. 17	1-3 p.m.	\$20	1130102-01

## History

### WWI: The Naval & Air War

We will look at the naval aspect of the Great War, examining surface ships and the use of submarines in the North Atlantic. We'll then dive into the air war in Europe, learning how it was fought at this early stage of airplane technology.

Day	Date	Time	Cost	Course
W	Oct. 10	10:30 a.m.-12:30 p.m.	\$6	1180202-03

### WWI: The Eastern Front

The following seminar will cover the Eastern Front including Russia, the Balkans and the Italian Front.

Day	Date	Time	Cost	Course
W	Oct. 24	10:30 a.m.-12:30 p.m.	\$6	1180202-04

## British History

### A Few Hidden Villages of Great Britain

Join us as we roam the British countryside and explore the lure of the British country village. Visit Devon and Cornwall, Royal Deeside, Sussex and Kent, and East Anglia. Instructor: Terry Kubista

Day	Date	Time	Cost	Course
Th	Oct. 4-25	1-3 p.m.	\$28	1180101-02



### 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



## Fitness Programs

For a complete listing and program descriptions, please 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. 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
Dance Series: Ballroom	Tricia Wood	Oct. 6-27	Sa	10-10:55 a.m.	\$56	1091003-01
Dance Series: Latin	Tricia Wood	Oct. 6-27	Sa	11-11:55 a.m.	\$56	1091004-01
Intermediate Yoga	Nancy Holasek	Nov. 6-Dec. 18	T	11 a.m.-noon	\$42	1090201-03
Intermediate Yoga	Nancy Holasek	Nov. 8-Dec. 20	TH	11 a.m.-noon	\$42	1090201-04
Line Dance: Beginner	Tricia Wood	Oct. 4-25	TH	2-2:55 p.m.	\$38	1090601-02
Line Dance: Intermediate	Tricia Wood	Oct. 4-25	TH	1-1:55 p.m.	\$38	1090602-02
Strength and Mobility	Dr. Anna Hagens	Oct. 2-Nov. 6	T	1:30-2:30 p.m.	\$72	1091301-02
Strength and Mobility	Dr. Anna Hagens	Nov. 13-Dec. 18	T	1:30-2:30 p.m.	\$72	1091301-03
T'ai Chi Chih: Open Practice	Monica Campbell	Sept. 12-Dec. 19	W	2:15-3:15 p.m.	\$75	1090304-01
T'ai Chi Health and Wellness	Ron Erdman-Lutz	Nov. 1-Dec. 6	TH	6-7 p.m.	\$45	1090401-02
T'ai Chi Chih: Platters, Taffies, 6 Healing sounds	Susan Sobelson	Nov. 19-Dec. 17	M	10-11 a.m.	\$25	1090303-01
Therapeutic Pilates	Dr. Sarah Petrich	Oct. 1-Nov. 5	M	8:30-9:30 a.m.	\$72	1090902-01
Yogilates	Elizabeth Kelly	Nov. 7-Dec. 19	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

# American History

## Presidents Who Died in Office: What Happened?

Join Dr. Lorraine Kretchman on a fascinating journey to learn about the eight presidents who died while in office.

Day	Date	Time	Cost	Course
Tu	Oct. 23	10 a.m.-noon	\$6	1180203-01

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

Take a unique historical trip down memory lane in the 1940s, 50s and 60s. This humorous and endearing collection of stories involves immigrants, survival and coming of age in America.

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

## EVENTS

## Book and Pie Sale! Tuesday, Oct. 16 11 a.m.-4 p.m.

### Minnetonka Community Center Banquet Room

Donate books for the sale on Friday, Oct. 12 & Monday, Oct. 15 from 9 a.m.-3 p.m.



## Lunch and a Movie "The Young Victoria"

Emily Blunt and Rupert Friend star in the lavish historical drama, "The Young Victoria." **Sponsored by The Glenn-Hopkins. Register by Oct. 16.**

Menu: Chili, side salad, roll, dessert.

Day	Date	Time	Cost	Course
F	Oct. 19	Noon	\$6	1100202-01

## Monthly Party: Oktoberfest

Join us for good food and friends! **Register by Oct 25.**

Menu: Brats, sauerkraut, German potato salad, keg root beer. **Sponsored by: Brookdale.**

Day	Date	Time	Cost	Course
W	Oct. 30	Noon	\$7	1100102-01

## DAY TRIP

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](http://eminnetonka.com/recbrochure).

## New Ulm Christmas, Schell Brewing and Historic Holiday House

First destination is the New Ulm Visitors Center, then to the historic Lind House for a luncheon and tour. The August Schell Museum of Brewing will be our next stop, where we'll have a chance to look through the museum, tour the brewery and visit the gift store. End the tour in the Rathskellar Tap Room and sample an assortment of beer and 1919 Root Beer before heading home. **Register by Oct. 26.**

Day	Date	Time	Cost	Course
Tu	Nov. 27	9:15 a.m.-4:45 p.m.	\$71	1110106-01

## More programs online!

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

## 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.