

## Winter/Spring registration is now open!

Sign up for programs running January-April.



## EVENTS

### Lunch & Movie: The Best of Enemies

The true story of the unlikely friendship between Ann Atwater, an outspoken civil rights activist, and C.P. Ellis, a local Ku Klux Klan leader. **Register by Jan. 21. Sponsored by RidgePointe.**

Meal: Tater tot hot dish, coleslaw, bread roll, fruit and dessert.

Day	Date	Time	Cost	Course
F	Jan. 24	Noon	\$6	2100201-01

## Free Tax Prep

Set up your tax appointments with an AARP volunteer tax-aid beginning Jan. 2. Appointments are Mondays & Thursdays, Feb. 3-April 13.

- Renters can schedule appointments for February-April.
- Homeowners for March & April.



## Do You Have A Dietary Restriction?

Beginning January 2020, restrictions we can accommodate are: gluten free, vegetarian, vegan and/or nut free. Requests must be made at the time of registration.



## GENERAL PROGRAMS

### Memory Café

Our Memory Café is a welcoming place for people living with dementia and their caregivers. The MacPhail Center for Music leads music-focused programs with dementia-trained staff. A support group during the Memory Café is facilitated by a licensed social worker with Senior Community Services. **Registration required.**

Day	Date	Time	Cost	Course
Tu	Jan. 7	1:30-3 p.m.	Free	2180701-05
Tu	Jan. 21	10 a.m.-noon	Free	2180701-01

## British History: The Gunpowder Plot

Discover why James I, King of the United Kingdom, was the target of a small group of Catholic militants. Presented by Terry Kubista.

Day	Date	Time	Cost	Course
Th	Jan. 9-30	1-3 p.m.	\$28	2180101-01

## Art History with Dan Hartman

### Claude Monet

Day	Date	Time	Cost	Course
W	Jan. 15	10:30 a.m.-12:30 p.m.	\$6	2180201-01

### Vincent Van Gogh

Day	Date	Time	Cost	Course
W	Jan. 29	10:30 a.m.-12:30 p.m.	\$6	2180202-01

## Uber & Lyft

Learn how to use Uber and Lyft services from your phone. Instructor: Abbey Key

Day	Date	Time	Cost	Course
W	Jan. 22	10:30 a.m.-noon	\$7	2180501-01



## PRESENTATIONS

## History of Minnetonka: Milling History

An informative presentation on the first settlers who milled on Minnehaha Creek during the 19th century.

Day	Date	Time	Cost	Course
M	Jan. 6	10:30-11:30 a.m.	\$2	2180208-01

## Hands Only CPR

Learn hands-only CPR from the Minnetonka Fire Department. This presentation is free.

Day	Date	Time	Cost	Course
M	Jan. 13	10:15-11:30 a.m.	Free	2180401-01



## Parkinson's Basics

We'll discuss motor and non-motor symptoms, Parkinson's management, and how to live well with the disease. Presented by the Parkinson's Foundation.

Day	Date	Time	Cost	Course
W	Jan. 8	10:30-11:30 a.m.	Free	2180404-01

## Travelogue: Easter Island and Patagonia with Steve & Barb Pieh

Learn the fascinating history of Easter Island and view beautiful photos of the Patagonia Region of southern Chile. Presented by Steve and Barb Pieh.

Day	Date	Time	Cost	Course
Th	Jan. 16	10-11 a.m.	Free	2180415-01

## Traveling Naturalist: Dog On It!

Discover how dogs became domesticated and different breeds evolved around the world. Presented by Melonie Shipman.

Day	Date	Time	Cost	Course
Th	Jan. 23	10:30-11:30 a.m.	\$4	2190701-01

## Community Connections: Local History

Each month, Minnetonka Senior Services and Lake Minnetonka Area Senior Care Providers provide free education and resources for seniors, their family and friends. In January, join the Minnetonka Historical Society as they explore our city's history.

Day	Date	Time	Cost	Course
M	Jan. 27	10:15 a.m.	Free	2180407-01



## Fitness

For a complete listing and program descriptions, visit [minnetonkamn.gov/register](http://minnetonkamn.gov/register) or pick up a brochure at the community center.

### FITNESS

#### Chair Supported Yoga

Most movements take place while seated and are accompanied by guided breath work to relax and restore.

Day	Date	Time	Cost	Course
W	Jan. 8-Feb. 26	5:30-6:30 p.m.	\$48	2090101-05

#### Yogilates

Yogilates integrates yogic focus, strength, balance and flexibility work.

Day	Date	Time	Cost	Course
W	Jan. 8-Feb. 26	6:45-7:45 p.m.	\$48	2091201-01



#### Line Dance

Line dancing improves health, enriches memory and reduces stress.

##### Intermediate

Day	Date	Time	Cost	Course
Th	Jan. 16- Feb. 6	1-1:55 p.m.	\$36	2090602-01

##### Beginner

Day	Date	Time	Cost	Course
Th	Jan. 16- Feb. 6	2-2:55 p.m.	\$36	2090601-01



### SERVICES



**Free Medicare Counseling:** Appointment needed. Call 800-333-2433.

**Free Social Worker Consultations:** Appointment needed. Call 952-939-8393.

**Free Blood Pressure Checks:** January 3, 8, & 17 from 9:30-11:30 a.m. Walk-ins only.

**Foot Care Services:** Appointment needed. Call 763-560-5136. Every Friday, 9 a.m.-4 p.m.

For more information, call Minnetonka Senior Services at 952-939-8393

## Travel Showcase

Join Landmark Tours as they showcase their 2020 travel opportunities.

Day	Date	Time	Cost	Course
W	Jan. 29	10:30-11:30 a.m.	Free	2191001-01



## DAY TRIPS

### Vikings Museum

Take a guided tour of the Minnesota Vikings Museum. We'll have lunch at Casper's Cherokee Restaurant followed by a stop at Abdallah's Chocolates in Apple Valley. **Register by Jan. 13.**

Menu: Chicken entrée with tossed salad, baked potato and dessert.

Day	Date	Time	Cost	Course
Th	Feb. 13	9:45 a.m.-3:45 p.m.	\$74	2110102-01



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



**11280 Wayzata Blvd. | 763-591-4868**  
between BLVD Restaurant & Dick's Sporting Goods

#### Hours

Wednesday-Saturday, 10 a.m.-4 p.m.  
Sundays, 11 a.m.-4 p.m.

## Registration required for all programs.\*



14600 Minnetonka Blvd.  
Minnetonka, MN 55345



[minnetonkamn.gov/register](http://minnetonkamn.gov/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.