

## REMINDER

Summer registration begins Tuesday, March 10 at 8 a.m.! Summer programs run from May-August.



## Lunch & Movie: Downton Abbey

The Crawley family, wealthy owners of a large estate in the English countryside, prepare for the most important moment of their lives: a royal visit from the King and Queen of England. Experience the scandal, romance and intrigue of Downton. Sponsored by Nothing Bundt Cakes. **Register by March 10.**

Menu: Tomato soup, grilled cheese, garden salad and dessert.

Day	Date	Time	Cost	Course
F	March 13	Noon	\$6	2100203-01

## EVENTS

### Balance Screenings

Take action to reduce your risk of falls. Appointments are required for 15-minute time blocks. Provided by Live Your Life Physical Therapy.

Day	Date	Time	Cost	Course
M	March 2	10:30 a.m.-12:30 p.m.	Free	2180406 (02-09)

### Sips & Songs: Kevin & Heidi Cheng

Enjoy light refreshments and socializing, then get swept away by the virtuosic violin and piano music of this talented team. Sponsored by Cherrywood Pointe of Minnetonka.

Day	Date	Time	Cost	Course
Th	March 12	10:30 a.m.	\$3	2100301-01



### Monthly Party: St. Patrick's Day

Wear your green and celebrate St. Patty's Day with good friends and a great meal! Sponsored by The Glenn Hopkins. **Register by March 12.**

Menu: Beef stew, cabbage, soda bread and dessert.

Day	Date	Time	Cost	Course
Tu	March 17	Noon	\$7	2100103-01

### Hearing Screenings

Schedule a quick and effective 10-minute hearing screening provided by Hearing Solutions.

Day	Date	Time	Cost	Course
W	March 25	10 a.m.-noon	Free	2180411 (01-12)



## GENERAL PROGRAMS

### Dementia Friends

Learn helpful communication strategies, everyday task tips and conversation hints to engage with those living with dementia.

Day	Date	Time	Cost	Course
Tu	March 3	Noon-1:15 p.m.	Free	4180704-02

### Art History with Dan Hartman

Learn about these fascinating artists and the stories behind their work!

#### Henri de Toulouse-Lautrec

Day	Date	Time	Cost	Course
W	March 11	10:30 a.m.-12:30 p.m.	\$6	2180213-01

#### Auguste Rodin

Day	Date	Time	Cost	Course
W	March 25	10:30 a.m.-12:30 p.m.	\$6	2180205-01

### Hike to Jidana Park

Winter in Jidana is something to behold! Take a relaxed walk to Jidana Park from the Minnetonka Community Center (two miles roundtrip) and roast brats over a campfire.

#### Full Moon Hike

Day	Date	Time	Cost	Course
F	March 6	5:30-7:30 p.m.	\$4	2190801-01

#### Winter Day Hike

Day	Date	Time	Cost	Course
W	March 11	11 a.m.-1:30 p.m.	\$4	2190802-01



### Fun with Mandalas: Create a Personal Healing Mandala

Create your own mandala, an ancient and beautiful healing symbol. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
Th	March 12	9 a.m.-3:30 p.m.	\$40	2130105-01

### Fun with Watercolor: Spring Colors and Light

Use color and light to create more vibrant paintings. We'll work on a variety of spring related subjects, such as florals, landscapes, still life and animals. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
M	March 16-April 13	10 a.m.-noon	\$50	2130103-01



### Hopkins PROPEL Technology: One-on-One

The smart and talented Hopkins High School seniors offer us free one-on-one training on cell phones, iPads, iPods and computers.

Day	Date	Time	Cost	Course
M	March 16	1:30-2:30 p.m.	Free	2180419-01

### One-on-One Electronics Workshop: Click & Conquer

Sign up for a private 30-minute session to ask questions about your laptop, camera, iPhone, iPad, iPod, Kindle or cell phone. By appointment only. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
Th	March 19	9 a.m.-3:30 p.m.	\$16	2180603 (01-12)



## 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

#### Therapeutic Pilates

Therapeutic Pilates is a gentle, low-impact full body workout that focuses on improving posture, breathing habits, balance, flexibility and core strength. Please bring your own yoga mat.

Day	Date	Time	Cost	Course
M	March 2-April 6	8:30-9:30 a.m.	\$84	2090901-02



#### New! Tranquil Yoga

Enhance strength and balance while developing a calming approach to mental and physical wellness. Instructor: Elizabeth Keith.

Day	Date	Time	Cost	Course
Sa	April 4- June 13	9-10 a.m.	\$60	3090904-01



#### New! Mindful Breathing

The practice of mindfulness reduces anxiety, relieves stress, enhances cognitive and cardiac function, and results in an improved outlook on life. Calm your mind and body by learning and practicing a new breath technique each week. Instructor: Elizabeth Keith.

Day	Date	Time	Cost	Course
Sa	April 4- June 13	10:20-11:20 a.m.	\$60	3091201-01

### SERVICES



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

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

**Free Blood Pressure Checks:** March 6, 11 & 20 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



## PRESENTATIONS



### Traveling Naturalist: Backyard Suspects

The crimes: littering, hole-digging, damaging plants, teasing family pets and more. Learn the personality profiles on a homeowner's most-wanted list. Instructor: Melonie Shipman.

Day	Date	Time	Cost	Course
F	March 27	10:30-11:30 a.m.	\$4	2190701-02

### Introduction to Amateur Astronomy: Spring Night Sky

We'll learn all about spring constellations before gazing into the night sky. Instructor: Patrick Drigans.

Day	Date	Time	Cost	Course
W	April 1	6:30-8 p.m.	\$10	2180301-01



## DAY TRIP

### Barns of Minnesota

Photographer and expert guide Doug Ohman gives an entertaining tour of historic barns in Anoka and Sherburne Counties. We'll have lunch at the Links Golf Club in Ramsey, then continue the tour to learn about the breathtaking barn landmarks along rural byways.

**Register by March 20.**

Menu: Chicken breast in rosemary sauce, potatoes, salad and dessert.

Day	Date	Time	Cost	Course
W	April 29	10 a.m.-3:30 p.m.	\$76	2110104-01



## 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.