

Covid-19 Guidelines

In accordance with state guidelines, the Minnetonka Community Center is only open for select senior programs and rentals. Only registered participants and scheduled rentals may enter the community center, and only during their specific scheduled times.

Registration is required for all programs, and class size is limited.



EVENTS

Movie & Lunch To-Go: News of the World

Five years after the end of the Civil War, Capt. Jefferson Kyle Kidd (Tom Hanks) crosses paths with a 10-year-old girl he must escort home across the unforgiving Texas plains. Sponsored by Orchards of Minnetonka. **Register by April 30.**

Meal: Sloppy joes, coleslaw, potato chips and dessert

Day	Date	Time	Cost	Course
W	May 5	10:30 a.m.	\$8	3100201-01

Movie & Lunch To-Go: Mulan

To save her ailing father from serving in the Imperial Army, a fearless young woman disguises herself as a man to battle northern invaders in China. Sponsored by The Glenn Hopkins. **Register by May 20.**

Meal: Chicken Caesar salad wrap, fruit and dessert.

Day	Date	Time	Cost	Course
Tu	May 25	10:30 a.m.	\$8	3100201-02

GENERAL PROGRAMS

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	May 4	Noon-1 p.m.	Free	4180705-03



British History: Brunel, Ships and the Thames

The Thames River has fed the city of London since the end of the Ice Age, some 14,000 years ago. And it has great stories to tell. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	May 6-27	1-3 p.m.	\$28	3180102-01





Fitness

For a complete listing and program descriptions, visit minnetonkamn.gov/register.

FITNESS

Guided Imagery Meditation

Calm your mind through guided imagery to achieve a meditative state. Meditation reduces anxiety, promotes clarity and supports the body and mind. A yoga mat is recommended. Instructor: Dr. Elizabeth Rowan Keith

Day	Date	Time	Cost	Course
Sa	May 1–June 19	10:20–11:20 a.m.	\$48	3090801-02



Tranquil Yoga

Return to the ancient roots of yoga through the connection of mind, body and breath. Enhance strength and balance while developing a calming approach to mental and physical wellness. A yoga mat is required. Instructor: Dr. Elizabeth Rowan Keith

Day	Date	Time	Cost	Course
Sa	May 1–June 19	9–10 a.m.	\$48	3090904-02



SERVICES



Foot Care Clinic: Fridays at the Community Center. For appointments and fees, call Happy Feet at 763-560-5136.

H.O.M.E. (Household and Outside Maintenance for Elderly):

Call Senior Community Services at 952-746-4046 for more information.

Transit Link: Transportation from your home to events. Call 651-602-5465 for a schedule and fees.

Senior Outreach: Licensed social workers are available through the Minnetonka nonprofit Senior Community Services and can help you find trusted and affordable resources for financial assistance, medical or legal issues, housing alternatives or other life changes. Call 612-770-7005 to speak with a social worker.

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

Parking Lot Bingo

Join us for eight rounds of Parking Lot Bingo from the comfort of your car! We'll give you the radio station to tune into. **Register by May 7.**

Day	Date	Time	Cost	Course
Tu	May 11	1 p.m.	Free	3191113-01

Crash Course for eBay

Learn how to open an online store, take good photos, ship and catalogue your sales. Advanced computer skills are required. Please bring your laptops/phones with their chargers. Instructor: Abbey Key

Day	Date	Time	Cost	Course
Th	May 13 & 20	9-11 a.m.	\$18	3180602-01

Selling on Craigslist, Facebook Marketplace and Nextdoor

We'll learn how to open accounts, take great photos, fill out listing templates, communicate with buyers and safely sell items. Advanced computer skills are required. Laptops and/or phones with their chargers are required. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
Tu	May 25	9:30 a.m.-noon	\$12	3180602-02



Fun with Watercolor: Florals

Create luminous floral images, while practicing detailed and looser approaches. Each class starts with a demo followed by individual guidance. Supply list provided at registration. Instructor: Vera Kovacic.

Day	Date	Time	Cost	Course
Tu	May 25-June 22	10 a.m.-noon	\$50	3130102-01

PRESENTATIONS



Traveling Naturalist: Otterly Wonderful Otters

Learn all about these fascinating, playful mammals. Presented by: Melonie Shipman. Sponsored by WestRidge.

Day	Date	Time	Cost	Course
Th	May 6	10:30-11:30 a.m.	\$4	3181005-01

Prohibition: A Grand Misadventure

In 1920, the United States entered a period during which the manufacture, sale and transportation of intoxicating liquors was banned. At the same time, the country entered a period of lawlessness and corruption, unequalled in its history. Presented by: David Jones. Sponsored by Bren Road Station.

Day	Date	Time	Cost	Course
Th	May 13	10:30 a.m.-noon	\$2	3180408-01

Planning and Considerations for Senior Housing Options

Learning about your housing options today can greatly ease your future living transition. Presented by: Brad Johnson of Oasis Senior Advisors

Day	Date	Time	Cost	Course
W	May 19	10-11 a.m.	Free	3180301-01





T'ai Chi Chih Practice

T'ai Chi Chih students learn to go deeper in their practice. Instructor: Monica Campbell

Day	Date	Time	Cost	Course
M	May 3–June 28*	10–11 a.m.	\$40	3090302-01
F	May 7–June 25	10–11 a.m.	\$40	3090302-03

*No class May 31.



Slow Flow Vinyasa Yoga

A relaxing yet invigorating style of yoga where participants hold poses for a few breaths. Slow flow Vinyasa builds strength and flexibility, while relaxing the mind and nervous system. Please bring a yoga mat to class. Instructor: Karen Murray

Day	Date	Time	Cost	Course
W	May 5–26	6–7 p.m.	\$24	3091201-01



Line Dance

Line dancing improves health, enriches memory, reduces stress and increases energy levels! Instructor: Kerry Maus.

Beginner

Day	Date	Time	Cost	Course
Th	May 6–27	2–2:55 p.m.	\$36	3090601-01

Intermediate

Day	Date	Time	Cost	Course
Th	May 6–27	1–1:55 p.m.	\$36	3090602-01

REMINDER

Summer registration is now open! Programs run from May-August.



Registration required for all programs.*



14600 Minnetonka Blvd.
Minnetonka, MN 55345



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.