



## COVID-19 Guidelines

In light of the governor's plan to phase out COVID-19 restrictions, the City of Minnetonka is currently reviewing its guidelines around indoor programming, capacity limits and masks. New guidelines will be announced soon. Until that time, we ask that you please follow current Community Center COVID-19 safety regulations.

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



## EVENTS

### Monthly Meal To-Go: Taco Fiesta

Drive through the Minnetonka Community Center parking lot and pick up a delicious meal to go! Sponsored by Nothing Bundt Cakes. **Register by June 1.**

Meal: Hard or soft shell tacos, ground beef, toppings, rice, beans and dessert.

Day	Date	Time	Cost	Course
F	June 4	11 a.m.-noon (pick-up)	\$8	31100103-01



### Movie & Lunch To-Go: Emma

Revel in the antics of young Emma Woodhouse as she tasks herself with matchmaking for her friends and family, in amusingly misguided and meddlesome ways. Sponsored by Orchards of Minnetonka. **Register by June 18.**

Meal: Thai chicken rice bowl with vegetables, peanut sauce and dessert

Day	Date	Time	Cost	Course
W	June 23	10:30 a.m.	\$8	3100201-01

## GENERAL PROGRAMS



### British History: Four English Towns

These British towns have fascinating stories to tell. We'll "visit" several and hear their tales. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	June 3 & 10	1-3 p.m.	\$14	3180102-01

### British History: Royal Kingdoms, Part 1

We'll trace the unique relationship between the British monarchy and the country it serves, from ancient kingdoms to the present day. Instructor: Terry Kubista

Day	Date	Time	Cost	Course
Th	June 17 & 24	1-3 p.m.	\$14	3180103-01



## Parking Lot Bingo

Join us for eight rounds of Parking Lot Bingo with KSTP news anchor Chris Egert! We'll give you the radio station to tune into so you can play from the comfort of your car. Sponsored by Stone Bay Senior Living. **Register by June 1.**

Day	Date	Time	Cost	Course
Th	June 3	10:30 a.m.	Free	3191113-02

## Introduction to Amateur Astronomy: Summer Night Sky Observing

Learn about and observe unique summer constellations. Instructor: Patrick Drigans.

Day	Date	Time	Cost	Course
Th	June 24	6:30-8 p.m.	\$10	3180407-01

## PRESENTATIONS

### 25 Essential Documents

In this free educational workshop, you'll learn about the 25 documents experts recommend you save and maintain to better organize your estate.

Day	Date	Time	Cost	Course
Tu	June 8	10:30-11:30 a.m.	Free	3180401-01

### CaptionCall Resource

CaptionCall phones are for individuals with hearing loss, so they can better feel connected. In this free seminar, you'll learn how this captioned phone service can benefit your relationships and restore your independence and self-esteem!

Day	Date	Time	Cost	Course
F	June 11	10:30-11:45 a.m.	Free	3180410-01

## Finding Peace in a Tumultuous World

This impactful workshop will guide you toward peace of mind, joy for life and an increased ability to navigate external challenges. We'll focus on practical and evidence-based HeartMath® strategies that you can use every day to feel centered. Presented by Lynne Jensen.

Day	Date	Time	Cost	Course
Th	June 17	10 a.m.-noon	\$10	3180414-01



## Presidential Mothers and Wives

This free presentation explores the important wives and mothers of U.S. presidents and their impact on policy, culture and the 45 men who have held our country's highest office. Presented by Phil Kibort.

Day	Date	Time	Cost	Course
F	June 18	10:30-11:30 a.m.	Free	3180411-01

## Hospice Demystified

We'll discuss hospice eligibility, as well as the benefits and services that can be expected with hospice care. We'll also bust some common hospice myths. Presented by Grace Hospice.

Day	Date	Time	Cost	Course
Th	June 24	10-11 a.m.	Free	3180413-01

## NASA Knowledge

Count down to some fascinating inside information on the NASA space program. This free, in-person presentation comes courtesy of Randee Gurban, Solar System Ambassador.

Day	Date	Time	Cost	Course
W	June 30	10:30-11:30 a.m.	Free	3180405-01





## Fitness

For a complete listing and program descriptions, visit [minnetonkamn.gov/register](http://minnetonkamn.gov/register).

### FITNESS

#### Slow Flow Vinyasa Yoga (Evening)

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	June 2-23	6-7 p.m.	\$24	3091201-02



#### Senior Softball

Ages 70 and older. Our most excellent slow-pitch softball league has modified rules allowing for competitive play, without the risk of serious injury. Due to COVID-19, special regulations will apply. Registration is accepted throughout the season.

Day	Date	Time	Cost	Course
M, W	June 2-Oct. 27	9 a.m.	\$25	3120201-01

## 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 worker Sara Roberts is available through the Minnetonka nonprofit called Senior Community Services. Sara can help you find trusted and affordable resources for financial assistance, medical or legal issues, housing alternatives or other life changes. Please contact her directly at 612-868-6720 or [s.roberts@seniorcommunity.org](mailto:s.roberts@seniorcommunity.org) to set up an appointment.

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



## Line Dance

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

### Beginner

Day	Date	Time	Cost	Course
Th	June 3-24	2-2:55 p.m.	\$36	3090601-02

### Intermediate

Day	Date	Time	Cost	Course
Th	June 3-24	1-1:55 p.m.	\$36	3090602-02

## Save the Date: Tuesday, June 15 at 8 a.m.!

Registration opens for July and August sessions of Tu/Th Chair Supported and Intermediate Yoga with Nancy Holasek. Class size updates to be announced soon.



## This Summer! Al & Almas Boat Cruise

Make sure to check out our July & August Senior Scripts for specific dates and times!



## 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](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.