

Welcome back!

We're thrilled to announce that Minnetonka Senior Services will reopen its doors on Thursday, July 1!

Registration is required for all programs and interest groups (including cards & games), and class size is limited.



EVENTS



Monthly Meal To-Go: Summer Luau

Drive through the Minnetonka Community Center parking lot to pick up your meal to go! Sponsored by Cherrywood Pointe. **Register by July 2.**

Meal: Pulled BBQ chicken sandwiches, chips, pickle and dessert.

Day	Date	Time	Cost	Course
W	July 7	11 a.m.-noon	\$8	3100104-01

Movie and Lunch To-Go: "Please Stand By"

Inspired by her no-nonsense caregiver, a brilliant young autistic woman escapes from her care home for the road trip of a lifetime to deliver her 450-page script to a screenwriting competition. Sponsored by WestRidge. **Register by July 26.**

Meal: Poppy seed chicken salad with side salad and dessert.

Day	Date	Time	Cost	Course
Th	July 29	10:30 a.m.	\$8	3100203-01

GENERAL PROGRAMS

Dementia Friends Class

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

Day	Date	Time	Cost	Course
Tu	July 13	Noon-1 p.m.	Free	4180705-04

Musicals with James Shaw

Join James Shaw, a talented pianist, on a historic tour of the American musical and how it has transformed over the years. James will play music from a variety of famous shows! Sponsored by Sholom Senior Living.

Day	Date	Time	Cost	Course
W	July 14	10:30-11:30 a.m.	\$3	3180406-01



British History: Royal Kingdoms Part 2

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	July 15 & 29	1-3 p.m.	\$14	3180103-02



Volunteer: Adopt A Highway

Help keep Minnetonka beautiful by picking up along Minnetonka Boulevard between I-494 and County Road 73. Volunteers will drive to their assigned location and walk approximately one mile. Safety vests, bags and pickup sticks are provided. The program lasts two to three hours.

Day	Date	Time	Course
Th	July 15*	9 a.m.	3190601-02

*Free outdoor picnic lunch following our volunteer work!

Location: Meet at the Minnetonka Community Center



Fun with Watercolor: Skies and Trees in Summer Landscape

Students learn intermediate techniques using washes to create luminous skies, as well how to paint a variety of trees into the landscape. Class starts with a demo, followed by individual guidance. Supply list provided at registration. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
M	July 19-Aug. 16	10 a.m.-noon	\$50	3130103-01
Tu	July 20-Aug. 17	10 a.m.-noon	\$50	3130103-02

PRESENTATIONS

Statue of Liberty: Two Decades of Effort, Almost Impossible Odds

The Statue of Liberty stands proudly in New York Harbor, but how did the Statue come to be? And what does it symbolize? Join us for a compelling look at the idea, construction and the meaning behind one of the most recognizable symbols in the world. Instructor: David Jones. Sponsored by The Glen Hopkins.

Day	Date	Time	Cost	Course
Th	July 8	10:30 a.m.-noon	\$4	3180409-01

Traveling Naturalist: Wiley Coyote

This mid-size canine is unlikely to be outwitted by a roadrunner, or much of anything else. Learn all about coyotes with Melonie Shipman.

Day	Date	Time	Cost	Course
Th	July 8	10:30-11:30 a.m.	\$4	3181001-01

The Family Love Letter

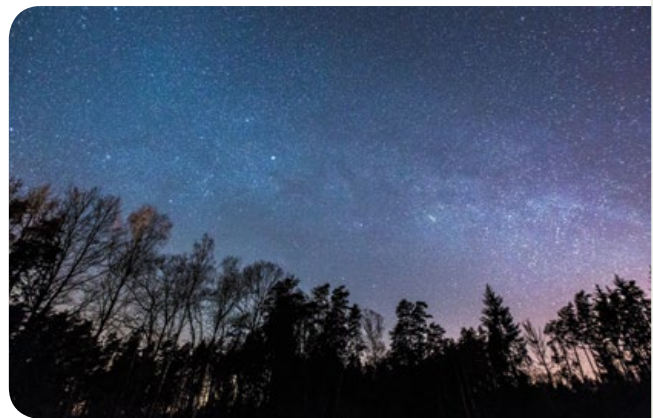
In this free educational workshop, you'll learn about the most important documents to save and maintain to better organize your estate. Instructor: Jeff Litfin, Certified Estate Planner, Generations Legal Services

Day	Date	Time	Cost	Course
W	July 21	10:30-11:30 a.m.	Free	3180404-04

Introduction to Amateur Astronomy: Summer Night Sky Observing

Learn about and observe summer constellations. Then, impress your family and friends at your next outdoor gathering! Instructor: Patrick Drigans.

Day	Date	Time	Cost	Course
Tu	July 27	6:30-8 p.m.	\$10	3180407-02





Fitness

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

FITNESS



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.

Instructor: Karen Murray

Day	Date	Time	Cost	Course
W	July 7-28	6-7 p.m.	\$24	3091201-03

Line Dance

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

Beginner

Day	Date	Time	Cost	Course
Th	July 1-29*	2-2:55 p.m.	\$36	3090601-03

Intermediate

Day	Date	Time	Cost	Course
Th	July 1-29*	1-1:55 p.m.	\$36	3090602-03

*No class July 8.



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 to set up an appointment.

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

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	July 10-Aug. 28	9-10 a.m.	\$48	3090904-03



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	July 10-Aug. 28	10:20-11:20 a.m.	\$48	3090801-03

Over 50 & Fit

Enjoy group fitness led by excellent volunteer instructors. Please bring a towel or yoga mat for floor stretches. Chairs are available for balance, if needed.

Day	Date	Time	Cost	Course
M,W,F	July 2-Dec. 31	9-10 a.m.	\$6	4090702-06



Al & Alma's Boat Cruise

Enjoy lunch and a cruise on beautiful Lake Minnetonka! **All participants will meet at Al & Alma's***. Boarding begins at 11:15 a.m. Although the boat is not ADA accessible, the crew will of course help you board the steps. **Registration opens July 1.**

Menu: Sandwich, salad, chips, dessert bar or cookie, coffee or water. The cash bar will also be open.

Day	Date	Time	Cost	Course
M	July 19	11:30 a.m.-1 p.m.	\$20	3180402-01
M	July 26	11:30 a.m.-1 p.m.	\$20	3180402-02
M	Aug. 2	11:30 a.m.-1 p.m.	\$20	3180402-03
M	Aug. 9	11:30 a.m.-1 p.m.	\$20	3180402-04

*Al & Alma's- 5201 Piper Road, Mound, MN 55364

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.