

EVENTS

Monthly Party: Oktoberfest

Enjoy a German-themed meal at the Community Center, or take it to-go! Sponsored by Bren Road Station. **Register by Oct. 5.**

Menu: Brats, roasted potatoes, keg root beer & dessert.

Day	Date	Time	Cost	Course
F	Oct. 8	Noon	\$8	1100102-01



Movie & Lunch: The War with Grandpa

Peter and his grandfather used to be close. But when Grandpa Ed moves in, Peter is forced to give up his most prized possession, his bedroom, and will stop at nothing to get it back. Sponsored by Cherrywood Pointe of Minnetonka. **Register by Oct. 26.**

Menu: Butternut squash soup, side salad, bread roll & dessert

Day	Date	Time	Cost	Course
F	Oct. 29	10:30 a.m.	\$8	1100202-01



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	Oct. 5	Noon-1:15 p.m.	Free	4180705-06

British History: Royal Upstairs

Get an inside, firsthand account of royal visits, from the extraordinary food to the extravagant décor and garden preparations. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	Oct. 7-28	1-3 p.m.	\$28	1180101-02



Memory Café

A Memory Café is a welcoming place for people with dementia and their caregivers to socialize and share experiences.

This month we will be making Fairy Gardens! Create your own tiny land of enchantment in an indoor container to enjoy year-round.

Registration is required for each free monthly program. Please register the names of both the participant and caregiver, as both must attend. Pairs may attend one café per month.

Day	Date	Time	Cost	Course
Tu	Oct. 5	1:30-3 p.m.	Free	1180701-02
Tu	Oct. 19	1:30-3 p.m.	Free	1180701-06

PRESENTATIONS

History of Minnetonka: Minnetonka's Rich History as Written by its First Historian, Dana Frear

Travel back to the 1800s when flour mills were humming near the Burwell House and tourists were moving from trolleys to boats on Lake Minnetonka.

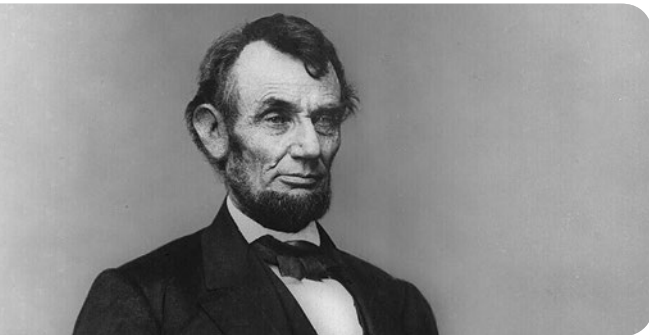
Day	Date	Time	Cost	Course
W	Oct. 6	1-2 p.m.	\$2	1180202-02



Racially Restrictive Covenants

Minnetonka City Attorney Corrine Heine discusses the history and impact of racial housing covenants, the Mapping Prejudice Project and more.

Day	Date	Time	Cost	Course
T	Oct. 12	10:30-11:30 a.m.	Free	1180409-01



The Lincoln Assassination: A Fragile Time

The Civil War was ending and emotions were high when John Wilkes Booth assassinated Abraham Lincoln. Join us to explore this fragile time in our history and the plot that nearly toppled the government. Presenter: David Jones. Sponsored by WestRidge of Minnetonka.

Day	Date	Time	Cost	Course
Th	Oct. 14	10:30 a.m.-noon	\$4	1180402-01

TECHNOLOGY



Windows Computer Basics 101

Windows users only. Not intended for Apple users.

Join us for a fun and easy intro to computers! Topics include basic computer parts and functions, creating a Word document, email, sending and receiving photos, Google maps, browsing the web, the importance of security and more. Laptops and power cords recommended. No tablets, iPads or cellphones. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
M	Oct. 11 & 18	10:30 a.m.-12:30 p.m.	\$18	1180601-01

Help with Medicare

Have questions about your Medicare eligibility? Trellis is here to help by providing unbiased information about your Medicare options so you can select the plan that works best for you. Schedule an in-person or phone appointment by calling 800-333-2433 or visiting Trellis online at trellisconnects.org.





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

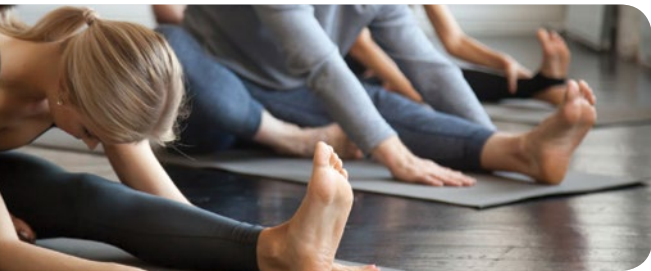
Day	Date	Time	Cost	Course
W	Oct. 6-27	6-7 p.m.	\$24	1090203-02



Evening Chair Supported Yoga

Most of chair-supported yoga takes place while seated and includes plenty of stretching and warm-up exercises. Guided breath work and visualization help to release tension and restore the body and mind. Instructor: Karen Murray

Day	Date	Time	Cost	Course
Th	Oct. 14- Nov. 4	6-7 p.m.	\$24	1090204-02



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 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

Book & Pie SALE

MINNETONKA SENIOR SERVICES, in coordination with the Senior Advisory Board, are thrilled to host the annual book and pie sale!

- Most books are \$1.
- Purchase pie by-the-slice, sloppy joes and coffee.
- If books are still on the shelves after 3 p.m., be sure to stop by for steep discounts at the blowout sale, 3-4 p.m. and pay \$3 for all you can fit in a bag!
- Donate books for the sale Friday, Oct. 22 and Monday, Oct. 25, 9 a.m.-3 p.m.

Tuesday, Oct. 26
11 a.m.-4 p.m.

Minnetonka Community Center
Banquet Room



Purchase items handcrafted by Minnetonka residents ages 55 and older.

Reopening Oct. 7!



11280 Wayzata Blvd. | 763-591-4868

Hours

Thursday-Saturday, Noon-5 p.m.

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.