

Winter/spring registration begins Thursday, December 16 at 8 a.m. for seniors!

These are for programs that run Jan.-April 2022.

Reminder: All programs for winter/spring are listed in the brochure- no need to wait for the monthly Scripts!



Mark your calendar! Call to schedule your AARP tax appointment beginning January 3rd at 8 a.m.!

Monthly Party: Holiday Gala

Join us for good food and good friends at our monthly parties! You can choose to dine in with us or take your meal to go! **Sponsored by Orchards of Minnetonka.** Register by Dec. 16 or until full.

Menu: Ham, scalloped potatoes, green beans, roll, & dessert.

Day	Date	Time	Cost	Course
Tu	Dec. 21	Noon	\$8	1100104-01

EVENTS



Movie & Lunch: The Secret: Dare to Dream

Miranda is a young widow trying to make ends meet while raising her three children and dating her boyfriend. A devastating storm brings an enormous challenge and a mysterious man, into Miranda's life. He reignites the family's spirit but, also holds an important secret – one that will change everything. **Sponsored by The Pillars of Shorewood Landing.** Register by Dec. 2 or until full.

Menu: Chili, cornbread, salad, & dessert.

Day	Date	Time	Cost	Course
Tu	Dec. 7	10:30 a.m.	\$8	1100204-01

GENERAL PROGRAMS

British History: Landscape Mysteries

Amazing, ancient forces acted to shape our landscapes. We'll reveal their influences on our past, present and future. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	Dec. 2-16	1-3 p.m.	\$21	1180101-04





Defensive Driving

If you've taken a state-approved 8-hour driver safety course, you can renew through this 4-hour refresher course. Bring your driver's license.

To register, call the Minnesota Highway Safety Center at 1-888-234-1294, Monday-Friday 8 a.m.-4 p.m., or register online at mnsafetycenter.org

Day	Date	Time	Cost
Th	Dec. 2	9 a.m.-1 p.m.	\$24
Tu	Dec. 14	9 a.m.-1 p.m.	\$24

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	Dec. 7	Noon-1:15 p.m.	Free	4180705-07

Memory Café

Our Memory Cafe is a welcoming place for people living with dementia and their caregiver to socialize and share experiences. The MacPhail Center for Music will lead music focused programs with dementia trained music staff. Enjoy coffee, a snack and a chance to socialize and meet other families living with dementia.

A support group during the Memory Café is facilitated by a licensed social worker with Senior Community Services.

Day	Date	Time	Cost	Course
Tu	Jan. 4	1:30-3 p.m.	Free	2180701-01
Tu	Jan. 18	1:30-3 p.m.	Free	2180701-05

British History: Coastal Britain Part 2

Every part of the 9,000 - mile coast has been covered to explore how human kind has shaped it and how it has shaped us. Share in the fascinating findings.

Day	Date	Time	Cost	Course
Th	Jan. 6-27	1-3 p.m.	\$28	2180101-0

PRESENTATIONS

History of Minnetonka: History Matters

The Minnetonka Historical Society will present the History of Glen Lake - about the people and businesses around the busy corner of Excelsior Boulevard and Eden Prairie Road. We will include history about the early settlers, trolley cars, Kraemer's Hardware, and the Glen Lake Sanatorium.

Day	Date	Time	Cost	Course
W	Dec. 1	1-2 p.m.	\$2	1180202-04



TECHNOLOGY

Windows Computer Basics 102

Windows users only. Not intended for Apple users.

Have the basics covered but want to learn more? Topics include, but are not limited to: working with the Cloud, online banking, filing and sharing photos, the Google Chrome web store and more. Laptops and power cords recommended. No tablets, iPads or cellphones. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
M	Dec. 6 & 13	10 a.m.-noon	\$18	1180601-02





Fitness

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

FITNESS

Over 50 and Fit

Join this social group for low impact fitness three days a week. Bring a towel or yoga mat if you'd like to do floor stretching (not a requirement for attending). Chairs are available for balance, if needed.

Day	Date	Time	Cost	Course
M, W, F	Jan. 3–Dec. 30	9–10 a.m.	\$12/year	4090702-07



Chair Supported Yoga

Most of chair-supported yoga takes place while seated on a chair and includes plenty of stretching and warm-up exercises. Guided breath work and visualization help to release tension, relax and restore the body and calm the mind. Instructor: Nancy Holasek.

Day	Date	Time	Cost	Course
Tu	Jan. 4–25	9:45–10:45 a.m.	\$24	2090101-01
Th	Jan. 6–27	9:45–10:45 a.m.	\$24	2090101-02



SERVICES



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

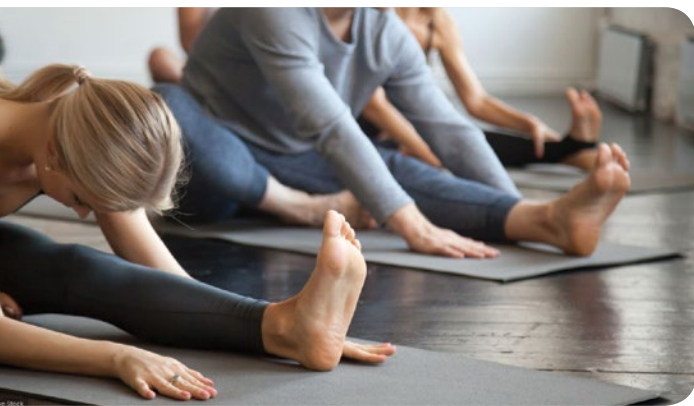
H.O.M.E. (Household and Outside Maintenance for Elderly): Call Senior Community Services at 952-746-4046 for more information.

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.

Free Medicare Counseling: Appointment needed. Call Trellis at 800-333-2433 for more information.

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



Intermediate Yoga

This class includes standing and balance postures. Guided breath work and visualization help release tension, relax and restore the body and calm the mind. Participants should have the ability to get up and down from the floor to complete postures while on the belly or back. Please bring a yoga mat to class. Instructor: Nancy Holasek.

Day	Date	Time	Cost	Course
Tu	Jan. 4-25	11 a.m.-noon	\$24	2090201-01
Th	Jan. 6-27	11 a.m.-noon	\$24	2090201-02

Line Dance

Learn line dancing to all genres of music! It's becoming more popular than ever, as more places are offering dancing. Learn a variety of fun modern and classic line dances and dance them to a variety of music genres. Line dancing improves health, enriches your memory, reduces stress, and increases energy levels! Instructor/Choreographer Kerry Maus.

Beginner

Day	Date	Time	Cost	Course
Th	Jan. 6-27	2-2:55 p.m.	\$36	2090601-01

Intermediate

Day	Date	Time	Cost	Course
Th	Jan. 6-27	1-1:55 p.m.	\$36	2090602-01



Purchase items handcrafted by Minnetonka residents ages 55 and older.

Do your holiday shopping here!



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.