

City
of

Golden Valley Seniors Newsletter

Senior Office • 763-512-2339

December Happenings

LIVING WISE and WELL—Dec. 2

1:00 PM

Calvary Center Cooperative
7600 Golden Valley Road

Aging in Place: "New Trends"



The "new trend" is aging in place, having amenities where you live, and remaining in your community. This session will explore trends and needs such as preventive

health, companionship, home care, activities, etc and what local communities and services are doing to meet the 55 plus population.

Presented by Shayne Karasov, B.S., M.S.,
Home Health Care, Inc. Golden Valley

HOLIDAY TEA



**Tuesday, December 14
1:00 PM**

You are cordially invited to High Tea. The afternoon begins with tea and a toe-tapping performance by Rhythmic Feet followed by pianist Dan Wascoe. Dan has lived in Golden Valley for more than 50 years and has played piano for 60 years. Petite sandwiches and desserts will be served. Ladies, wear a festive hat/gloves and gentlemen a festive tie and be eligible for prizes. Bring your own tea cup and saucer to add to the fun. 5 Cities Transportation available for Golden Valley residents.

Call 763-531-1259 for bus info.

Register with Golden Valley Seniors by Tuesday, December 7

Cost: \$6. Code: 10606



STAR OF BETHLEHEM



**Wed, December 15
9:45 AM Refreshments
10:00 AM Speaker**

The story of the Star of Bethlehem has inspired writers, artists and astronomers for many years. This presentation explores the night sky as it appeared at that time and suggests that the Wise Men may actually have seen something extraordinary in their nightly observations. We will tie the Bible, recorded history and modern astronomy together to try to solve this age-old mystery. Presented by Bill Arden, Assistant Professor, Augsburg College.

Cost: \$3, payable at the door

Register by December 10.

HOLIDAY CONCERT—Thurs, Dec. 2



Crystal Community Center
4800 Douglas Drive North
7:00 PM Refreshments
7:30 PM Concert

Enjoy a holiday band concert and sing-a-long with the Robbinsdale City Band. Donation for refreshments

Center closed Dec 23, 24 & 31.



January Happenings

The Senior Center will be closed on January 1 and 17.

LIVING WISE and WELL—January 6

1:00 PM

Calvary Center Cooperative
7600 Golden Valley Road

Start 2011 on a Healthy Note



You know that exercise is beneficial to your overall health, but do you know why? Today we'll focus on exercise - the benefits of exercise as people age, the importance of maintaining proper balance through exercise, tips to incorporate into your existing exercise program, and much more.

Presented by Tony Mrnak, Wellness Center Manager, Jones-Harrison.

COFFEE TALK—Wednesday, Jan. 26



Join us for juice, sweet rolls, donuts, and, coffee.
Fee: \$2.00, payable at the door.
9:45 AM Refreshments
10:00 AM Speaker

How Can I Better Organize My Stuff?

Is your New Year's Resolution to better organize the stuff in your life? Today we'll learn easy tips to get better organized, what documents you need to keep and what documents you should shred.

Presented by Karen Bumgardner of Better Organization.

Register by January 24

Mary Wanderer's Travel Show

Monday, January 24
1:00-2:30 p.m.



Join me for these fun trips!

Be the first to find out about the fabulous trips planned by the Golden Valley Senior Program and escorted by Mary Odell. The adventures begin as we kick off the *Mary Wanderers* 2011 travel program with a "meet and greet". Meet Mary, the escort, and greet your fellow travelers as you enjoy pie and ice cream. Our adventures include one day trips, overnights and longer excursions.

Fee: \$4/person Code 10500

Register by January 20

Money Matters

Thursday, January 20
10:00—11:00 a.m.

What's New for Filing Your 2010 Returns



Tax season is here! Hear the new IRS regulations for the 2010 Tax Forms.

Presented by staff, H & R Block, Golden Valley Office.

No need to register - just come!

Remember When?...

with Jan

1:00 p.m. at Dover Hills Apartments, 2400 Rhode Island Ave. N
Let's go back and enjoy our special memories with our friends.

Thursday, December 30 —Remembering New Year's Eve

Thursday, January 27 —Remembering the House You Grew Up In



Classes

Open Painting

Mondays, 9:30-11:30 a.m.



Bring your supplies and start working on that painting. Participants will give guidance and encouragement on your project until Judy returns in May. View the students beautiful work in the senior room.

INTERMEDIATE BRIDGE



Made for the player who has basic knowledge of the game, sharpen your skills with instructor Dick Welander.

Friday, January 14-March 4

Time: 9-10:30 a.m.

Fee: \$31 for residents/\$35 for non-residents. CODE 10651

Yoga with Annette



Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestion.

Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Please bring an exercise mat.

Tuesday, Feb. 1-March 29 (9 Classes)

11:00 am - 12:00 pm

\$63/Resident, \$68/Non-Resident

Code: 10637

GOLDEN VALLEY LIBRARY

Program held at the GV Library
830 Winnetka Ave N

Master Gardener: Selection and Care of Trees and Shrubs

Saturday, Feb. 26, 1 p.m.



Trees and shrubs provide many, many years of beauty to your home landscape. Learn about selecting the right species for your site, soil conditions, proper planting, care and maintenance techniques. Presented in collaboration with the Hennepin County Master Gardeners, University of Minnesota Extension.



Defensive Driving Course - 4-HOUR REFRESHER COURSE



Thursday, December 9

Thursday, January 13

Thursday, February 10

Thursday, March 10

9 AM-1 PM

\$17/person

Register at least ten days in advance with the Minnesota Safety Council to receive certificate at class. Flyer available at Brookview. Call the Senior Office for the flyer or call the Minnesota Safety Council at 651-291-9150 for more information.

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. This course, taught by professional certified instructors, is offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.

Register through the MN Safety Council. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Indicate the Golden Valley Brookview location.

Center Happenings

Blood Pressure Screening

11:00-11:30 a.m.



*No screening in December
Wednesday, January 26*

This FREE service is provided by the staff from Ambassador Good Samaritan Care Center. No need to pre-register.

Happy Feet Foot Care Clinic

763-560-5136



The clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet.

They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a towel to dry your feet and your medical history with medications on your first visit.

Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. *If you need to cancel, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you.*

Tuesday, December 14 & 21 FEE:\$30
Tuesday, January 11 & 18 **FEE: \$32**

Fee: Payable to *Happy Feet Footcare, Inc.* and due at time of service

Cards & Groups at Brookview

Bridge:

1st & 3rd Tuesdays-12 pm-Women's Bridge
Thursdays, 6:30 pm-Open Bridge
Fridays, 9 am—Open Bridge

Cribbage—Tuesdays, 1 pm

Dominoes—Mondays, 1 pm

Euchre—Thursdays, 1 pm

500—Wednesdays, 1 pm

Jigsaw Puzzle during Center hours.

2011 MEMBERSHIP DONATIONS



Be the first to see what's happening. Receive your newsletter in the mail and help support your program.

Fee: \$5 for Golden Valley residents and \$8 for non-residents payable to "City of Golden Valley." **Code: 10609**

Send to Golden Valley Seniors, 200 Brookview Parkway, Golden Valley 55426

Thanks for your support!

Open Insurance & Medicare Answers



It is very important that you review your medical insurance information each year. Even if you are satisfied with your current plan, you should check if there is another plan in your area that offers better coverage at a lower price.

Now is the time to look at your health insurance plan and meet with our insurance counselor. He is here to aid you in your selection process.

Tuesday, December 14

Tuesday, January 11

Tuesday, February 8

Appointments at 9:00, 10:00 or 11:00 a.m.

Call 763-512-2339 to make an appointment.

GOLDEN TONES—Thursdays



Calvary Church
7520 Golden Valley Road

Practice Thursdays from 10:30-11:30 AM in the Calvary Church Music Room with monthly performances in the area. Proven fact! Singing can add years to your life! NEW VOICES WELCOME!

Mondays with Mary



Join Mary on Mondays at 9:30 a.m. to work on projects for Ambassador Care Center, Dinner At Your Door, and Golden Valley Seniors. We'll supply the materials and coffee.

"The more the Mary-ier."

The Mary Wanderers One Day Trips

TRIP REMINDERS:

PELLA IOWA-December 3-4
Information was mailed to participants.
FANNY HILL THEATER-Thursday, Dec 9
9:40 AM Bus leaves City Hall/Calvary
6:00 PM Return

OLD LOG THEATER—Thur, January 13



Our afternoon begins with lunch—your choice of Walleye, Chicken Breast, Pork Chop or Vegetarian Lasagna. (Please indicate food choice when registering).

Then off to the theater, where new seats and carpeting have been installed, to see *Jeeves in Bloom*, which follows the uproarious mishaps and misadventures of the lovable and loopy Bertie Wooster who manages time and again to put himself in precarious situations, only to be rescued by his brainy butler, Jeeves. This area-premier stars Old Log favorites, Tom Stoltz and Steve Shaffer.

Cost: \$52. Code: 10498
11:00 AM Bus leaves City Hall/Calvary
4:45 PM @ return

Last day to register or cancel: Dec. 30

TONY SANDLER LIVE



Saturday, February 12, 2011

Enjoy the restored State Theater to hear Tony Sandler, formerly of the famous singing duo Sandler & Young. He will perform a live show with the powerful delivery of the most romantic songs ever written. His 90-minute performance is accompanied by his musical ensemble.

Cost: \$60 Code: 10493
1:00 PM Bus leaves City Hall/Calvary
4:15 PM @ return
Last day to register or cancel: **Dec. 13**

HIGH TEA at the ST. PAUL HOTEL



Thursday, January 27, 2011

Experience High Tea at The Saint Paul Hotel. After a brief introduction to the hotel, enjoy a five course, two-hour event fashioned after England's Afternoon Tea. Tea is served in an assortment of antique cups and saucers, collected over the years just for the tea service. The Chef creates a seasonal tea menu for every occasion. [Sample menu: 1st Course: Onion Tart in Puff Pastry, Salmon/Asparagus Tea Sandwich, Shrimp, Pancetta and Rosemary Skewer. 2nd Course: Petite Chicken Pot Pie. 3rd Course: Pumpkin Biscuit with Spiced Orange Honey. 4th Course: Chocolate Dipped Cashew Shortbread, Fudge Brownie, Mini Cream Puff. Fifth Course: Blackberry Tart and Chocolate Dipped Strawberry.] After tea walk around Rice Park to see the Winter Carnival Ice Sculptures on display. Dress appropriate for walking outdoors in mid-winter weather conditions.

Cost: \$58 Code: 10499
12:30 PM Bus leaves City Hall/Calvary
4:00 PM @ return
Last day to register or cancel: **Dec. 13**

GOLDEN STRINGS at LAFAYETTE CLUB- Tuesday, April 12



Take a few minutes to look around "The Grand Old Lady of the Lake" before being seated for lunch in the Ballroom. Menu: House Salad, Rolls and Butter, Breast of Chicken Florentine, Fresh Vegetable, Whipped Potatoes, Heavy Coffee, Iced Tea, Gold Brick Sundae. The Golden Strings is a name known literally to a million people in the upper Midwest. Founded and lead by virtuoso violinist Clifford Brunzell, this unique group of musicians play music ranging from the classic to pops, from romance to jazz. An afternoon you won't want to miss.

Cost: \$60 Code: 10482
10:00 a.m. Bus pick-up/Return @ 3:15 p.m.
Last day to register or cancel: March 14

5 Cities Transportation Groups 763-531-1259

Call Five Cities Transportation at 763-531-1259 to register at least one week in advance, unless noted.

Pre-registration required for all trips. Home pick-ups available on a limited basis.

If you have a reservation & cannot attend, please inform the Five Cities office.

Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28.

Pay the driver with cash or check made payable to "Prism"

Fare for Special Destination trips: \$7 cash for round-trip transportation or two punches from the bus pass. No one will be denied a ride if unable to pay the full fare. Please contact the Five Cities office for information. A minimum of 12 riders required for Special Destination trips.

BRUNCH BUNCH



Order off the menu and pay with credit card or cash. Individual checks with tax and tip will be given. Bus picks up 9:30-10:00 a.m. Exact times given by 5 Cities staff.

Return @ 1p.m.

No outing in December

Tuesday, January 25—Red Lobster, Maple Grove.

Reservations begin December 30.

Vivace Concert Series



Special Destination Fare applies

Thursday, February 3

Landmark Center

Baroque concert followed by lunch at Anita's Café (on your own).

11:00 AM Bus leaves GV City Hall

2:00 PM Approximate Return

SPECIAL DESTINATIONS. Special Destination fare of \$7 or two punches from the bus pass applies to these outings. Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail, or walk-in, 4141 Xylon Ave N, New Hope MN, 55428.

Sleeping Beauty –Continental Ballet Co.-March 18



Performance at the Schneider Theater in Bloomington Center for the Arts.

In this classic fairy tale Princess Aurora has a spell cast on her that has put her to sleep for 100 years; only to be awakened by a kiss from her true love. The ballet celebrates her awakening. As one can imagine, special guests will be invited to the castle to celebrate this joyous occasion. In this fairy tale, traditional characters are among the guests. Lunch follows at David Fong's, a 50 year old Cantonese restaurant, known for using fresh ingredients and made from scratch food.

Menu choice: 1) Chicken Chow Mein, Sweet & Sour Chicken and Fried Rice

2) Teriyaki Chicken with Vegetables and Mashed Potatoes

Cost: \$10 for ballet and escort plus Special destination fare plus \$9/person for lunch (includes lunch, beverage, tax, and gratuity)

9:00 AM Bus leaves City Hall/Calvary/1:15 PM @ return

Last day to register or cancel: **January 13.** Please state menu choice when registering.

The Gospel According to Jerry– -Friday, April 15



A world premiere production performed at the MN Jewish Theater Co. in the intimate Hillcrest Center Theater in St. Paul. Jerry Silver is a divorced rabbi in a baseball cap searching to fill a person void. Nia Thompson is a reserved African American woman desperate to lose weight. Their lives intersect when Nia signs up for an overeaters' anonymous group that Jerry is leading for his master's degree. With just one participant enrolled for the group, Jerry must work hard to keep things flowing. A heart-warming relationship unfolds in this funny, new play that takes a contemporary look at family, Jewish-African American connections, stereotypes, and spirituality. Lunch precedes the play at one of our favorite deli's, Cecil's, where you will order off the menu.

Cost: \$12 for play and escort plus Special Destination fare and lunch (on your own)

11:45 AM Bus leaves Golden Valley City Hall/5:00 PM Return

Last day to register or cancel: March 18

For Your Information

CITY OF GOLDEN VALLEY WEBSITE
www.goldenvalleymn.gov

Thanks to our friends at *Golden Valley Rehab and Care Center* and *Sunrise Assisted Living* for their donation to keep Coffee Talk, Money Matters and the Living Wise and Well programs affordable for you.



HOME North 952-746-4046—NEW NUMBER



This program matches skilled workers (paid and volunteer) with those who need help with snow shoveling, cleaning windows, house cleaning and minor home repairs.

WELLNESS CENTER at JONES-HARRISON



Is offering GV Senior members an opportunity to join at a discounted rate of \$60/month with a \$25 one-time assessment fee. Membership includes initial assessment with a fitness specialist, use of the facility including the fitness equipment, therapeutic pool and all fitness classes. There is also an assisted membership for \$80/month with a \$25 one-time assessment fee. This membership includes one-on-one with a fitness specialist each session, use of the facility including the fitness equipment, therapeutic pool and all fitness classes. If you have insurance through BC/BS of Minnesota, UCare, United Healthcare and America's TPA and go to the Wellness Center 8-12 times per month (depending on your provider) you are eligible for a \$20/month reimbursement. There is reserved parking for users of the Wellness Center. Check it out!

Jones Harrison is located at 3700 Cedar Lake Avenue
Take Minnetonka Blvd to France Ave, North on France to Cedar Lake Avenue. Call Tony Mrnak at 612-225-1125 for a tour or for information.

It's More Than Just A Ride! **5 Cities Transportation** **763-531-1259**



Available for your grocery and shopping needs, the bus will pick you up at your door if you live in Golden Valley. We go to:

Cub Foods—Wednesdays
Walmart – 2nd Tuesday
Ridgedale—2nd Friday
Target – 4th Friday

Call the 5 Cities Office to be placed on the mailing list for the Golden Valley schedule.

FARE: The suggested fares are \$4 cash or \$3.50 for the punch pass round trip. Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28. Pay the driver with cash or check made payable to "Prism."

Over 20 years of experience and service!

PRISM Express—763-529-1252

is the curb-to-curb bus provided to residents of Golden Valley for medical appointments, personal shopping, banking, nursing home visits, etc. A \$6 per round trip donation is suggested. Call for information or to schedule a ride at least 3 working days in advance. Office is open M-F from 9-4.

Fare For All – 763-450-3880

Stretch your monthly food budget with Fare For All, a non-profit food-buying program that allows people to increase their food purchasing power. Each month, individuals pay \$10-17 per package and receive up to \$40 worth of fresh, quality food items, including fruits, vegetables and frozen meat item. Fare For All is open to everyone, regardless of income. Call for ordering and pick-up locations.

COMMUNITY PHONE NUMBERS

5 Cities Transportation—763-531-1259
Dinner At Your Door—763-531-1183
Golden Valley Seniors—763-512-2339
HOME North—952-746-4046
LinkVet Hotline—1-888-546-5838
PRISM Express—763-529-1252
Senior Dining—612-269-8462
Senior Linkage Line—1-800-333-2433
Senior Outreach—952-746-4028



**PRSRT STD
US Postage
PAID
Permit 1659
Minneapolis MN**

**200 Brookview Parkway
Golden Valley, MN 55426-1364**

Golden Valley Registration Form

First & Last Name: _____

Address: _____ **Home Phone:** _____

City: _____ **State:** _____ **Zip:** _____ **Work Phone:** _____

Emergency Contact Name & Phone (if different from above): _____

Special Needs, Disabilities, or Allergies we should be aware of: _____

Participant's First Name	Trip/Activity	Trip or Activity Code	Pick-up Site	Fee

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY
 In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

PAYMENT TYPE:
 Cash Check # _____
 (Checks payable to: City of Golden Valley)
 VISA MasterCard

Card #: _____

Expiration Date: _____

Signature for credit card payment:

TOTAL DUE: _____

OFFICE USE ONLY

FA \$ _____

GC \$ _____

Fee Paid: _____

Date: _____

Rec'd By: _____