



Senior Newsletter

Senior Office • 763-512-2339

OCTOBER SPEAKERS

LIVING WISE and WELL—Understanding Psoriasis Thursday, October 3, 1:00-2:15 PM

Calvary Center Coop, 7600 Golden Valley Rd
Join us for this FREE program that offers information for a happy, healthier you. No pre-registration necessary.



Psoriasis is not just skin deep! During this interactive presentation, you will learn about signs and symptoms of psoriasis, various treatment options, as well as lifestyle strategies that enable psoriasis patients to lead healthier and happier lives. *Presented by Dianne Burd, CSW and health educator, Abbott Immunology.*

MONEY MATTERS—2013 Legal Update: Wills, Trusts & Other Estate Planning Tools Thursday, October 17, 10-11:15 AM

Brookview Community Center
Join us as we hear speakers from companies dealing with finances and investments present information important to today's investor. No pre-registration necessary. Donation for refreshments.



Many people become disabled and die without preparing important estate planning documents. By not planning, you may give up control of the disposition of the assets you spent a lifetime acquiring. This session will focus on new laws and policies related to key elements of your estate plan. *Presenter, Elizabeth Michaelis, JD,* will highlight the reasons to have a written plan, how property is transferred when someone dies, and the importance of planning for disability. Those with additional questions are welcome to stay for a 30-minute Q&A session immediately following the presentation.

Senior Center is closed on T, November 5 (Election Day), Mon, November 11 (Veteran's Day), TH, November 28 & F, November 29 (Thanksgiving)

COFFEE TALK—Medicare Advantage & Medicare Part D - Wednesday, October 23



9:45 –11AM, \$2.00, payable at the door
Join us for juice, rolls, and coffee. Call 763-512-2339 to register.

The Annual Enrollment Period for Medicare Advantage and Drug Plans begins on October 15, 2013 and ends on December 7, 2013 with selections effective on January 1, 2014. Even if you are happy with your current Medicare coverage, it's recommended to check every year to be sure there are no surprises for the New Year. Get tools and learn what you need to know to be a smart Medicare Plan user and why it is important for you to take advantage of the annual election period. The presentation is an unbiased educational opportunity and not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency. *Register by Oct 21*

NOVEMBER SPEAKERS

LIVING WISE and WELL—1:00-2:15 PM

Calvary Center Coop, 7600 Golden Valley Road.
Join us for this FREE program. No pre-registration necessary.

Vital Signs – Thursday, November 7



Why are vital signs taken during your clinic visit? Why does your Doctor measure vital signs and what do the numbers tell him/her? *Presented by Dr. Stockman and Barbara Burger, Ambassador Health Care Center.*

MONEY MATTERS—Power of Attorney



Thursday, November 21, 10-11:15 AM
Brookview Community Center
Today we will discuss some of the important nuances you should know when setting up a Power of Attorney, to ensure your money and property are safe. *Presented by Roy Henline, Roy B. Henline Law Office, Maple Grove.* No pre-registration necessary. Donation accepted for refreshments.

HOLIDAY TEA

**Monday, December 16
1:00 PM**



The afternoon will begin with a program of musical entertainment performed by **Carol Z**, sure to put you in the holiday mood. Petite sandwiches and desserts will be served following the performance. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun.

Register with Golden Valley Seniors by Wednesday, December 11

Cost: \$8.

Code: 12378

Confused about Medicare?



Want to compare health insurance options? Need help with hospital or Medicare forms? Make a **free** appointment with Marsha to answer your Medicare Insurance questions,

assist you with insurance forms or guide you through supplemental or Part D insurance. Appointment times are 9:00AM, 10:00AM, 11:00AM.

Thursday, October 10

Thursday, November 14

Thursday, December 12

Mondays with Mary—9:30 AM



Join Mary on Mondays to work on door decorations, greeting cards and placemats for Ambassador Care Center, GV Rehab & Care Center, Dinner At Your Door, and Golden Valley Seniors. We'll supply the materials and coffee. *No meeting November 11*

GOLDEN TONES—Our Musical Ambassadors!



Calvary Church Music Room
7520 Golden Valley Road

Practices are Thursdays from 10:30-11:30 AM in the music room at Calvary. We perform monthly at local care centers and finish the year with an out-of-town performance. Proven fact - Singing and laughing can add years to your life!

DEFENSIVE DRIVING COURSES



4-HOUR COURSE

Thursday, October 10

Thursday, November 14

Thursday, December 12

9 AM-1 PM. \$17/person

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. No tests are given. Attendance is required to receive the certificate

8-HOUR COURSE for first timers will be held Tuesday, October 15 & 22 from 6-10 PM. Cost \$18

Registrations taken by the MN Safety Council. By phone with a Visa or MasterCard, **651-291-9150** or mail (checks payable to "Minnesota Safety Council") and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Have your driver's license ready to complete registration for the Golden Valley location.

Remember When?...with Jan

1:00 p.m.

Dover Hills Apartments

2400 Rhode Island Ave. N



Thursday, October 24—Remembering Favorite Books

Thursday, November 21—Remembering Heroes

No registration needed-just come!

Cards & Groups

Mondays with Mary—Mondays, 9:30AM

Bowling—Tuesdays, 12:15 PM at Texa-Tonka Lanes, 8200 Minnetonka Blvd. *Additional fee charged

Bridge: Thursdays, 6:30 PM and Fridays, 9 AM

Cribbage—Tuesdays, 1 PM

Dominoes—Mondays, 1PM

Euchre—Thursdays, 1 PM

500—Tuesdays, 6:30 PM and Wednesdays, 1 PM

Jigsaw Puzzle during Center hours

Pickleball—Mondays & Thursdays, 9-12 at Crystal Community Center, 4800 Douglas Dr. N. *Additional fee charged.

Groups meet at Brookview except Bowling and Pickleball. Join us.

Fitness and Exercise

TAI CHI for HEALTH & ARTHRITIS CLASSES



**BASIC—Tues, October 29-December 17
8:30-9:40 AM**

This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention!

Taught by Certified Instructor Marie Mathay.

\$45/Resident, \$50/Non-resident

Code 12236 (No class November 5)

LEVEL 2—MOVING ON

Tuesday, October 29-December 17

9:45-10:45 AM

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey.

\$45/Resident, \$50/Non-resident

Code: 12242 (no class November 5)

**ENHANCEMENT—Thurs, October 31-December 19
9-10:00 AM**

Add a second day to practice and enhance your Tai Chi experience. Class is for all levels of Tai Chi.

NOTE: You must be registered in a Tuesday class to participate in the Enhancement class.

\$35/resident, \$40/non-resident

Code: 12246 (no class November 28)

ENHANCE FITNESS



Mondays & Wednesdays

11:40 AM-12:40 PM

Designed for older adults, these group classes feature cardiovascular conditioning, strength training, and balance exercises that help improve flexibility, bone density, and stability. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being.

October 28-December 23 (Code: 12380)

No class November 11

\$30 residents/\$35 non-residents

FREE to U Care members. NOTE: U Care ID Number required when registering.

DAYTIME YOGA with ANNETTE



Tues, October 1-November 19

11:00AM– 12:00PM

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 a yoga or exercise mat.

\$56/Resident, \$61/Non-Resident

Code: 12248 (No Class Nov 5)

PICKLEBALL



Mondays, & Thursdays 9:00 am -12:00 pm

Crystal Community Center

4800 Douglas Drive N

Pickleball is played on a badminton or tennis court with the net lowered to 34 inches. A plastic ball (similar to a whiffle ball) and paddles are used. It's an easy game to learn, and can develop into a quick, fast-paced, competitive game once learned. This is not a league, come when you can. Equipment available on a limited basis. Gym shoes required. Drop-in Fee: \$2.00 per time or one punch from the punch card (10 punches for \$15.00) payable at the front desk at Crystal.

BELLY DANCE BEGINNER LEVEL CLASS



Thursdays, October 24 - December 19

7.00 - 8.30 PM

This dance art form offers the benefits of low impact exercise proven to relieve stress to your lower back, strengthen abdominals, and improve posture and balance. Whether you are taking it with you friends or by yourself classes offer relaxed and supportive environment. Wear comfortable loose clothing and join the class for fun and health benefits. No previous dance experience needed. Movements are broken down to simple steps and techniques. We learn to play finger cymbals too! (No class Nov.28)

\$80 residents/\$85 non-residents

Code 12344



Craft and Art Classes

Monday Morning Paint with Michelle Mondays, 9:00-11:00 AM



Michelle has experience painting in watercolors, acrylics and oil. She is here to guide you through your project. Bring your favorite medium and project to class.

\$39 for residents/\$44 for non residents for a 6-punch card. Punch cards may be purchased at the Recreation office. No class November 11

Joy of Painting® the Bob Ross® Method



All you need is the desire to make beautiful things happen on canvas. With the *Bob Ross Wet-on-Wet Technique*® and a little practice, masterpieces that you never dreamed possible will flow from your brush. Classes are specially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½ -hours you will bring home a fall scene ready to frame. Finished painting on display in the senior room. Taught by certified instructor, Kittie Swanson. Min 5/Max 15.

\$60/residents, \$65/non-residents includes all supplies

FALL SCENE CLASS—Saturday, October 26

9:30AM-1:00PM (Code: 12332) Register by 10/16.

WINTER SCENE CLASS—Saturday, November 23

9:30AM-1:00PM (Code 12327) Register by 11/8

Watercolor Basics



A class for beginners or people who want to renew their watercolor skills, and advanced exercises for former participants. Course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Each student will build on skills learned in the previous session. (An understanding of drawing skills will enhance your painting results.) A supply list will be provided. Students are responsible to bring their own supplies. Instructor Carolyn Papke, is an artist and retired teacher. Limit of 10.

Wednesdays, October 30 – December 4
6:30-8:30 p.m. (Code 12329)

\$50 for residents/\$55 for non-residents

Delightfully Decorated Cookies



Decorated Sugar Cookies are a staple on holiday cookie trays, but they're also incredibly popular for baby showers, bridal showers, birthday parties, even weddings. In this class, you will learn how to make the hard-drying icing that allows you to decorate cookies like a pro. The instructor walks students through recipes, tricks and techniques to make the most adorable and delicious cookies around. Participants need to bring a dozen round, flat baked cookies and a container to bring your completed treats home in. Register by November 11.

Class is being held at the Crystal Community Center, 4800 Douglas Drive

Sunday, November 17, 1-3:30PM (Code 12376)

\$21/person residents of Crystal, Golden Valley, New Hope, Robbinsdale \$28/person non-residents

Holiday Keepsake Plate



Make your own personalized holiday keepsake plate. This plate will be as unique as your family. This will be a great family heirloom or a special gift. Each piece of pottery will be clear glazed and fired by Color Me Mine staff, and will be available for pick-up by December 18. Participants may not need the full 2 hours to complete their project. Register by December 2.

Class is being held at the Crystal Community Center, 4800 Douglas Drive

Monday, December 9, 6:00-8:00PM (Code 12377)

\$17 residents of Crystal, Golden Valley, New Hope, Robbinsdale \$24 non-resident

Membership Donation. Donation is good through



Dec. 2013. **Fee:** \$5 for Golden Valley residents and \$8 for non-residents, payable to "City of Golden Valley." **Code: 11758.**

Thanks for your support!

The Mary Wanderers One Day Trips

TRIP REMINDER:

Thursday, October 10—Whistle Down the Valley
10:25 AM Bus leaves Calvary Coop/GV City Hall
3:30 PM Estimated Return

CITY OF LAKES - Wednesday, November 6



Start with a tour of Lakewood Cemetery and its centerpiece, the Memorial Chapel. The presentation highlights Lakewood's history, memorials, gardens, and monuments.

Off to lunch at Granite City for a cup of soup, half-sandwich, French fries and beverage. Our on-bus professional guide will tour the Chain of Lakes, a drive through the Kenwood area to see the Sculpture Gardens and Walker Art Center. In downtown, view the buildings that create the skyline, see the historic riverfront area and stop at the I-35 W Memorial.

\$59 per person (Code: 11580)

8:55 a.m. Leave Calvary Co-op/GV City Hall

3:30 p.m. Estimated return

Last day to register/cancel: October 21

FIDDLER ON THE ROOF – Wed, November 20



CHANHASSEN DINNER THEATER

Enjoy lunch, your choice from the Chanhasen matinee menu, before the show. **Fiddler on the Roof** is a musical story centered on Tevye, the father of

five daughters, and his attempts to maintain his family and Jewish religious traditions while outside influences encroach upon their lives. He must cope both with the strong-willed actions of his three older daughters—each one's choice of husband moves further away from the customs of his faith—and with the edict of the Tsar that evicts the Jews from their village. This Tony Award-winning musical is a timeless classic with a rousing and heartwarming score which includes Tradition; Matchmaker, Matchmaker; If I Were a Rich Man and Sunrise, Sunset.

\$71 includes lunch, center main floor reserved seating, transportation and escort.

10:45 a.m. Leave City Hall/Calvary Co-op

4:30 p.m. Estimated Return

Last day to register/cancel: October 18

Code: 11566

Meandering with Mary



For Golden Valley Senior members (dues must be current) our small bus takes us to special places. NOTE: Bus is not lift-equipped.

9:25 AM Bus at Calvary Coop & Apts

9:30 AM Golden Valley City Hall upper lot

9:30 AM-3 PM Mary stops and return to GV

Tuesday, November 19—Code 11567

It's beginning to look a lot like _____ (fill in the blank) at today's Mary destination. Register by November 7.

Cost: \$10 includes tour and bus. Lunch and "Mary stops" are on your own.

HOLIDAY LIGHTS TOURS—Wed, December 4



Our magical evening begins with an early dinner at Fabulous Fern's, a trendy neighborhood restaurant in St. Paul. Enjoy Fern's Pot Roast served with carrots, peas, pearl onions and

baby red potatoes in beef gravy, bread, beverage and dessert. After dinner, we'll pick up our guide who will give us a tour of St. Paul, magically lit with Christmas lights. From individual homes and neighborhoods, whose owners have gone out of their way to spread holiday cheer, to viewing St. Paul's official Christmas tree in Rice Park, aglow with twinkling lights, it will be a magical way to start the holiday season.

\$56 per person

3:15 p.m. Leave Calvary Co-op/GV City Hall

8:30 p.m. Estimated return

Last day to register/cancel: November 18

Code: 11563

Mary Wanderers Travel Show—Mon, January 27



1:00PM

The adventures begin as we kick-off the *Mary Wanderers*, our 2014 travel program with a "meet and greet". Meet Alice and Mary our trip planner and escort, and greet your fellow travelers as you enjoy dessert and ice cream. Games! Prizes! And More!

\$4. Code: 12404

Last day to register/cancel: January 22, 2014

The Mary Wanderers Extended Trip

OLD WORLD CHRISTMAS MARKET at the Osthoff Resort—December 10-12



\$510 per person (2 per room)/\$605 per person (single room). Code 12226

Includes: Deluxe coach transportation, 2 nights lodging, Meals as indicated, Attractions as outlined, Tour Director, Mary Odell, Gratuities on included meals and attractions. **Deposit:** \$50/person due **October 4. Final Payment** due **November 1, 2013. Cancellation:** After 10/4/13 payments are not refundable. Call for brochure and travel insurance information.

DAY 1: Breakfast at the Norske Nook. In Fond du Lac visit the **Kristmas Kringle Shoppe** with 10,000 sq. ft. of exciting glass ornaments, collectibles and gifts for every occasion. Check into the four-diamond **Osthoff Resort** on Elkhart Lake, WI. Relax or explore the property (indoor pool, two whirlpools, fitness center, the Aspira Spa and Gift Shoppe) before a **German "Abendessen" dinner**. This evening a German **Storyteller** will present folklore of the German culture. [B,D]

DAY 2: Have **breakfast** and experience a **"Sheep to Shawl" demonstration**. On to the **Old World Christmas Market**, reminiscent of the centuries-old Christkindlesmarkt of Nüremberg, German. Browse for unique and specialty items among international and regional artisans -Czech blown-glass ornaments, Russian nesting dolls and Santa's, German hand-carved smokers and nutcrackers, stained glass art, alpaca products, Estonia woolens, Plauen lace, fine woodwork, and more! Have lunch (on own) at the Old World Food Court. Enjoy delectable German fare, such as, bratwurst, hot glühwein, sauerbraten, dumplings, Wiener schnitzel, potato pancakes, pulled pork and apple strudel. Father Christmas roams the market merrily greeting children of all ages. This afternoon take a trip to the **Kohler Design Center**. Explore 3 levels of innovative, inspirational kitchen and bath fixtures crafted from lustrous materials and exquisite artistry. Don't miss Kohler's colorful history lesson in the lower level of the Design Center with a look at the beginnings of the company and the Village of Kohler, one of the first planned communities in the United States. Tonight have a group **dinner at the Osthoff Resort**. Continue the winter fun on a horse-drawn hay **wagon ride** through the winding and snow-covered roads of charming Elkhart Lake while singing Christmas carols. [B,D]

DAY 3: Enjoy **breakfast** and leave for the exclusive **Wreath Factory and Gifts** in Plymouth, WI. See a wreath making **demonstration**, then take time to shop. The factory has been in the business of making the holidays a little bit merrier since 1983. Stop at the **Silver Coach Restaurant** in Stevens Point for lunch. Estimated return time is 6:00 PM. [B,L]



5 Cities Transportation

Call **Five Cities Transportation at 763-531-1259 to register at least two days 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.

Fares are \$5 cash or \$4 for the punch pass round trip. Purchase a 4 round-trip ride pass for \$16 or an 8 round-trip ride pass for \$32. Pay the driver with cash or check made payable to "Prism"

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 9:30-10:30 a.m. Exact times given by 5 Cities staff.

T, Oct. 22—Lake Elmo Inn Reservations begin 10/1

T, Nov 26—Olive Garden. Reservations begin 11/1

December - no outing

T, January 28—Red Lobster Reservations begin 12/31



Do your shopping with us! We'll stop at your home or apartment complex and take you to Cub,

Target, Wal-Mart and more.

CRYSTAL CUB FOODS – GROCERIES/PHARMACY/BANK - Wednesday, October 2, 9, 16, 23 & 30, Nov 6, 13, 20, 27

T, Oct 8 & Nov 12—WALMART & SEARS—Brooklyn Ctr

F, Oct 4 & Nov 1—WEST RIDGE MARKET PLAZA

F, Oct 11 & Nov 8—CRYSTAL CENTER & TARGET

F, Oct 18—RIDGEDALE SHOPPING CENTER

F, Nov 22— SUPER TARGET, PLYMOUTH

Call **763-531-1259** to receive a schedule with times.

Community Information

FREE BLOOD PRESSURE CHECK

11:00-11:30 AM at Brookview

Wednesday, October 23

No screening in November

No appointment needed! Provided by Ambassador Care Center staff.



PAINT CLASS ART EXHIBIT

Golden Valley Library
Month of December



It's your chance to see the art work created and painted by the Monday Morning painting class. The class, under the guidance of Michelle Basman, have worked with watercolors and oils. You'll be amazed and inspired! Exhibit open during library hours.

Happy Feet Foot Care Clinic—763-560-5136

 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 provided with each visit. Bring a towel and your medical history with medications on your first visit.

Call 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 you will be charged.*

Tuesday, October 8 & 15, November 12 & 19, December 10, 17

Fee: \$34. Payable to Happy Feet Footcare, Inc.

HOME—952-746-4046



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

SENIOR LINKAGE LINE -1-800-333-2433



Call us first with your questions. Our staff and volunteers have access to local, state and national information. If we can't answer your question, we'll give you the number of someone who can.

ANNUAL SPAGHETTI DINNER & SILENT AUCTION



Thursday, October 3 from 5-7:30PM

Good Samaritan Ambassador
8100 Medicine Lake Rd.

\$10/person in advance/\$12 at the door for adults. \$5 for kids under 10. Take out available. Proceeds benefit the memory garden.

BOWLING AT TEXA-TONKA LANES



8200 Minnetonka Boulevard

12:15 PM every Tuesday

Join us when you can.

CANCELLATION/REFUND POLICY

Refund requests for classes or trips will be assessed a \$5 administrative fee. Full refunds are given only when a program is canceled by the Parks & Recreation Department. No refunds will be given less than 5 business days prior to the start of a program or after the registration deadline date.

PRISM Express—763-529-1252

is the door-to-door bus for medical appointments, personal shopping, banking, nursing home visits, etc. within the service area. Fares are based on income. Call M-TH from 9-4 for info or to schedule a ride at least 3 working days in advance.

COMMUNITY PHONE NUMBERS

5 Cities Transportation—763-531-1259

Dinner At Your Door—763-531-1183

Fare For All—763-540-3880

Golden Valley Seniors 763-512-2339

HOME—952-746-4046

LinkVet Hotline—1-888-546-5838

PRISM Express—763-529-1252

Senior Dining at Calvary Church—612-269-8462

Senior Linkage Line—1-800-333-2433

Senior Outreach—952-746-4028

Store to Door—651-642-1892





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

**PRSRRT STD
US Postage
PAID
Permit No.1659
Twin Cities, MN**

Golden Valley Registration Form—2013

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: _____