



Senior News

Senior Office • 763-512-2339

LIVING WISE and WELL

1:00-2:15 PM

Calvary Center Cooperative
7600 Golden Valley Rd

Join us for this FREE program. No pre-registration necessary.

The Songs of Our Lives—Thursday, February 6



Meet Maureen Pranghofer, a Golden Valley resident, who is truly amazing! Her life has had ups and downs. She has taken her life experiences and made an entertaining presentation entitled *The Songs of Our Lives*. Through listening, discussion, name that tune, and perhaps enjoying some of your musical talents, we will explore the songs that are a part of Maureen's life. You may even learn about the songs in your lives as well. Presented by Marie Pranghofer.

A Fond Farewell—Thursday, March 6



Learn options as to what you need for funeral arrangements at home and how to compare apples to apples when comparing costs. Can you buy your casket at Sam's Club or Costco? Can ashes be spread in a public place? Be educated about innovative, creative and proper funeral pre-planning. Presented by Jeanne McGill, CSA, CPC.

MONEY MATTERS

10-11:15 AM

Brookview Community Center
Donation for treats

Loss of Privacy—Thursday, February 20



Privacy topics have been in the news for the last year. Most articles cite the NSA, but many organizations, both public and private are interested in us and our activities. After a review of key terms and news, Dale will lead a discussion on important questions. Are we guaranteed privacy? Should we be concerned? Are there benefits to being spied on? Where are we most exposed? Presented by Dale Stenseth, Money Matters member, voracious reader and researcher of personal interest topics.

Innovative, Creative and Cost Effective Funeral



Preplanning—Thursday, March 20

Learn options as to what you need for funeral arrangements at home and how to compare apples to apples when comparing costs. Can you buy your casket at Sam's Club or Costco? Can ashes be spread in a public place? Be educated about innovative, creative and proper funeral preplanning. Presented by Jeanne McGill, CSA, CPC.



COFFEE TALK—Join us for juice, treats and coffee. Call 763-512-2339 to register so there's treats and coffee for everyone. \$2.00, payable at the door. Blood Pressure Screening immediately following the program.

Brookview Community Center, 9:45-11:00 AM

Emergency Services: Are You Prepared? - Wednesday, February 26

Today's presentation will answer the questions: What is a medical emergency? When should I call 911? What is a "File of Life"? What are the symptoms of a Heart Attack and Stroke? Presented by Steve Baker, GV Fire Education Specialist, Paramedic. Register by February 24.

How Fire Proof Are You? – Wednesday, March 26

No one gets more excited about fire safety than Steve Baker, the Fire Education Specialist for Golden Valley. Steve will share the history of the Golden Valley Fire Department and how it operates plus teaching you about the value of a fire safety plan, how to control cooking fires and everything you wanted to know about smoke alarms. Register by March 24.

Remember When?...with Jan

1:00 PM

Dover Hills Apartments
2400 Rhode Island Ave. N



Thursday, February 27—Remembering Telephones
And Party Lines

Thursday, March 27—Remembering Favorite
Magazines

No registration needed—just come!

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!

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 February 17*

BOWLING AT TEXA-TONKA LANES



8200 Minnetonka Boulevard
12:15 PM every Tuesday

Join us when you can.

2014 MEMBERSHIP —LAST NEWSLETTER IF YOU HAVEN'T PAID FOR 2014



Be the first to see what's happening with the senior program when the newsletter arrives in your mailbox. Membership is good through December 2014.

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

Code: 12399

Send to Golden Valley Seniors, 200 Brookview Parkway S, Golden Valley, MN 55426 or register by phone with a Visa or Mastercard. **We really appreciate your support!**

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, **Sundays, 3-5PM at Davis Community Center**, *Additional fee charged.

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

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, February 13
Thursday, March 13
Thursday, April 10

Tax Assistance 2014—TH, February 6-April 10



Golden Valley Library, 830 Winnetka N
9:30AM-1:30PM.

Help with filling out income tax forms is offered free on a first-come, first-served basis to people with **uncomplicated** income taxes. Please bring all information needed including your tax forms, property tax information and direct deposit information (if applicable). Tax forms are filed electronically. Service provided by volunteers from AARP programs. The volunteers attend training but are not professional tax accountants. Registration taken at the door the day of the service starting at 9:00 AM.



Brookview Community Center is closed February 17 for President's Day.

Classes

TAI CHI for HEALTH & ARTHRITIS CLASSES



**BASIC—Tues, February 25-April 8
8:30-9:30 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 12451

LEVEL 2—MOVING ON

**Tuesday, February 25-April 8
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: 12457

**ENHANCEMENT—Thurs, February 27-April 10
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: 12461

MONDAY MORNING PAINT CLASS 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.

\$40 for residents/\$45 for non residents for a 6-punch card. Punch cards may be purchased at the Recreation office. No class February 17.

INTERMEDIATE BRIDGE LESSONS



**Friday, April 4-May 23
9-10:30 AM**

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

\$33 residents/\$38 non-residents.
Code: 12443



PICKLEBALL

Mondays, & Thursdays 9:00 AM -12:00 PM

Crystal Community Ctr, 4800 Douglas Drive N
Fee: \$2/visit or one punch from the punch card (10 punches for \$15.00) payable at Crystal

Sundays, 3:00-5:00 PM

Davis Community Center, 5430 Glenwood Ave
Fee: \$4/visit or one punch from the punch card (10 punches for \$28) payable at Davis.

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. No black soles please.

DAYTIME YOGA with ANNETTE



Tuesdays through March 11

11:00 AM– 12:00 PM

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. Bring a yoga or exercise mat.

\$56/Resident, \$61/Non-Resident
Call for next session dates.

INTRODUCTION TO DRAWING



Wednesday, March 5—April 9

6:30-8:30 PM

Through guided exercises this course will help beginners to see and draw accurately, and those with experience to get their drawing skills back up to speed. Drawing techniques include gesture, contour, value, positive/negative space, perspective, and proportions of objects related to nature, landscape, and people. Participants should bring: an inexpensive 9x12 spiral bound sketch book, two pencils (soft 2 or 3B and hard HB or 2H), and one Pigma Micron black pen #03 or #05.
\$55/Resident, \$60/Non-Resident
Code: 12566

Classes

EASY HOMEMADE CHOCOLATES



Sunday, February 9
2:00-4:00 PM
 Crystal Community Center
 4800 Douglas Drive N.

Homemade Chocolates are the perfect gift for your Valentine. In this two-hour class, participants will learn to make peanut butter and candy cane chocolate truffles, perfect for gift-giving. Each student will leave with 1-2 dozen chocolates. *Food Allergy Warning: We will use peanuts in this class!* Teens 15 and older are welcomed at this class if signed up with an adult. Register by February 1. *\$23 residents of Golden Valley, Crystal, New Hope, Robbinsdale/\$30 non-residents*
 Code:12491

FLOWER POT DECORATING CLASS



Monday, March 10
6:00-8:00 PM
 Crystal Community Center
 4800 Douglas Drive N.

Spring fever has hit! Now it is the perfect time to create your own flower pot that will be ready for your spring flowers. Each piece of pottery will be clear glazed and fired by Color Me Mine staff, and will be available for pick-up by March 17. Participants may not need the full 2 hours to complete their project. Register by February 28. *\$27 residents of Crystal, Golden Valley, New Hope, Robbinsdale \$34 non-residents*
 Code: 12565

BELLY DANCE BEGINNER LEVEL CLASS



Thursdays, March 13-May 1
7.00 - 8.30 PM
 Class is structured to benefit participants with no previous dance experience and focuses on core muscle toning, body coordination and body muscle strengthening. Wear comfortable clothing and join the class for fun and health benefits. Movements are broken down to simple steps and techniques. We learn to play finger cymbals too! Class taught by Tatyana Butkova.
\$64 residents/\$69 non-residents
 Code 12554

DEFENSIVE DRIVING COURSES



4-HOUR COURSE
Thursday, February 13
Thursday, March 13
Thursday, April 10
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

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. You will need your driver's license number to complete registration for the Golden Valley location.

8-HOUR FIRST TIMERS COURSE

Saturday, April 26
9:00AM-5:00PM
\$18/person

See above for registration information.

WATERCOLOR BASICS



Wednesdays, April 16-May 21
6:30-8:30 PM

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.) Students are responsible to bring their own supplies. Call for supply list. Instructor Carolyn Papke, is an artist and retired teacher. Limit of 10.

\$50 for residents/\$55 for non-residents
 Code: 12567



Mary Wanderer's One Day Trips

A Flaming Tour of Glass and Grub



Wednesday, February 12

We arrive in the artisan's industrial park in Minneapolis to descend the stairs into FOCl-The Center for Glass Arts. Lined with blazing furnaces, we will experience a glass blowing demonstration. The raw products are carefully mixed and melted then formed into beautiful bowls, vases and other unique creations by artisans. The Glass Center Gift Gallery features glasswork by dozens of artists from the Center for Glass Arts. Lunch will be at Hell's Kitchen in downtown Minneapolis, appropriately located in an underground space. About the name...it's about dedicated staff working behind the stove in a hot kitchen to prepare excellent food. Menu: Half Sandwich, Cup of Soup, Beverage and Cookie. NOTE: Steps are involved in today's tour. Stable footwear, suitable for standing, is recommended.

\$58/person includes glass tour/demonstration, gourmet lunch, escort and motorcoach.

9:55 AM Bus leaves Calvary Coop/City Hall

2:30PM Approximate Return

Last day to register or cancel: Monday, February 3

Code: 12421

"Ring of Kerry" at the Paramount Theater



Friday, March 14

Begin at the Coyote Moon Grille overlooking the Territory Golf Club, St. Cloud. Enjoy the lunch buffet with several entrees, side dishes, salads, beverage and dessert. Next, the Paramount Theatre, an historic theater renovated in 1998. Visit the Visual Arts Center, located on the lower level of the Theatre. Next door is the Paramount Gallery & Gift store featuring Minnesota Artists in All Mediums. Head into the theatre for the "Ring of Kerry" performance. *Ring of Kerry* is a bursting-with-energy Irish music group. All five of its engaging musicians sing and play several instruments. From the thundering sound of the bodhran to the sparkle of the hammered dulcimer; from the lilt and rhythm of fiddle and guitar to the haunting wails of the flute and pennywhistles, the band has developed a blend that is animated, ruggedly beautiful and fun.

\$68 includes lunch, Ring of Kerry performance, motorcoach transportation and escort.

9:55 AM Bus leaves Calvary Co-op/ City Hall

4:45 PM Approximate Return

Last day to register or cancel: Monday, February 17

Code: 12425

Hudson: A Victorian Experience—Thursday, April 10



Arrive at the Phipps Center for a behind-the-scenes tour. Overlooking the St. Croix River, the Phipps Center opened in 1983 and is devoted to the continued pursuit and development of the performing and visual arts. Enjoy a performance on the Wurlitzer console Opus 2131, a one-of-a-kind art deco model. After the tour, spend time in the Art Gallery to enjoy the exhibition and discover unique affordable handmade gifts from area artists. After the tour, meet in the Atrium for a relaxing self-service Victorian Cream Tea. An elegant three-course tea is presented on buffet tables with savories and sweets. Menu: Four varieties of finger sandwiches, fresh scones with clotted cream/preserves, and an assortment of dessert treats. Servers offer guests, endless cups of Earl Grey tea from silver trays. Final stop is the Octagon House for a docent-led tour. This home, an example of the novel eight-sided dwelling popular in the mid-1800's, has been restored with Victorian era furnishings and has a Carriage House and Museum Gift Shop.

\$59 includes tours, Victorian Cream tea, motorcoach transportation and escort

9:25 AM Bus departs Calvary Coop/Golden Valley City Hall/3:45 PM Approximate Return

Last day to register or cancel: March 31

Code:12419



Mary Wanderer's One Day & Longer Trips

Steel Magnolias at the Old Log Theater



Wednesday, April 30

A celebration of the love, intimacy, and strength of six southern women who are

steel magnolias. A story of the lives and friendship of six women in Louisiana. Supporting each other through their triumphs and tragedies, they congregate at Truvy's beauty shop to ponder the mysteries of life and death, husbands and children – and hair and nails – all the important topics that truly unite and celebrate women.

Lunch will be enjoyed before the show in the Old Log Dining Room. State your menu choice when registering:

- 1) Braised Short Rib, mashed potato, roasted squash, jus
- 2) Chicken Breast, risotto, sweet corn, sundried tomato, chicken sauce
- 3) Shrimp and Grits, sausage, cheddar, onion
- 4) Smoked Pork Chop, fried green tomatoes, sweet corn, okra
- 5) Roasted Artichoke, collard greens, mushrooms, lemon, caper

All meals include: Mixed green salad (orange, endive, blue cheese), corn bread and carrot cake.

\$58 includes lunch, theater, transportation, escort.

11:15 AM Bus departs Golden Valley City Hall/Calvary Cooperative/4:30 PM Approximate Return

Last day to register/cancel: April 9

Code: 12420

Augusta Amish Tour



Wednesday, May 14

Start the day with a hearty brunch at the Norske Nook. Menu: The Lefse Omelet Wrap (hash browns, eggs, cheese, and sausage links wrapped

inside lefse) lots of coffee followed by a piece of their famous Norske Nook homemade pie. Next stop is Weavers County Mennonite Store, offering bulk foods, cooking supplies and spices with unique items operated by the Mennonites. Enjoy the ride to Augusta. Stop at the Wood Shed, a unique country store featuring gift items, candies, Amish crafted quilts, wall hangings, baskets, dolls and handcrafted furniture. Board the motorcoach with a local guide to visit the nearby Amish community. The Amish came to Augusta in 1978 and have grown to over 150 families. See the horse-drawn buggies, one-room schools, Amish only grocery stores, horse teams in the fields, and green houses. Please respect their beliefs –no photographs of the people.

\$67 includes brunch at Norske Nook, guided tour, motorcoach transportation and escort

8:25 AM Bus departs GV City Hall/Calvary Coop

5:45 PM Approximate Return

Last day to register or cancel: May 5

Code:12430

Bayfield, Apostle Islands and Big Top Chautauqua – July 9-11

\$585 per person (2 per room)/\$745 (1 per room)

Day 1: Stop for coffee on our way to Ashland before lunch at the Deep Water Grill. In Bayfield board the Glass Bottom Boat. Explore artifacts, shipwrecks and learn about the underwater history of Lake Superior. Check into the Legendary Waters Hotel. The resort is built on the shores of Lake Superior with an indoor swimming pool and fitness center, located adjacent to a casino. This evening stroll along the streets of historic Bayfield with a costumed "Heritage Guide" hearing lively tales of early life in the rugged frontier town. [C, L]



Day 2: Enjoy breakfast before taking the Madeline Island Ferry from Bayfield to Madeline Island. Enjoy a guided tour of the island. Lunch is at the Pub Restaurant. Visit the Madeline Island Historical Museum, comprised of four historic log structures dating back to 1835. Back to Bayfield to relax or explore the city. Tonight we'll be enjoying a special performance under the big-top canvas tent at Lake Superior Big Top Chautauqua, a performing arts organization with a rich history. Before the show, wander through the grounds. [B, L]



Day 3: Have breakfast before boarding the bus for the Apostle Island National Lakeshore Visitor Center, where we'll see a video and hear a short talk by the Park Ranger. Enjoy a specialty Victorian luncheon at the Old Rittenhouse Inn, a Queen Anne-style mansion restored to its original splendor. This entertaining three-course lunch is the perfect way to bid adieu to this area and return home. [B, L]

Includes: Deluxe motor coach transportation, Lodging for 2 nights, Meals as indicated: [C-coffee and rolls, B-Breakfast, L-lunch], Attractions: As outlined in itinerary, Tour Director, Mary Odell, Gratuities on included meals and attractions.

Deposit: \$100.00 per person is due Friday, May 9, 2014. Final Payment: Friday, June 6, 2014. CODE: 12409

Cancellation: After 5/9/13 payments are not refundable. Travel Insurance: To cover loses if you cancel due to an emergency you can purchase travel insurance. Call for brochure.

Community Information

FREE BLOOD PRESSURE CHECK

11:00-11:30 AM at Brookview

Wednesday, February 26

Wednesday, March 26

No appointment needed! Provided by Ambassador Care Center staff.



Golden Valley Library



The following programs will be held at the Golden Valley Library, 830 Winnetka Ave N. Call 612.543.6390 for more information.

Computer Help. Volunteers provide one-on-one help with basic computer skills. No registration is necessary. Call the library to find times that a volunteer is available: 612-543-6390.

Poetry Lovers Converge. Everyone (kids to teens to seniors!) is invited to read an original or a favorite poem, or just come and listen. In all languages, for all ages and all authors. Readings begin at 6:30 p.m. on the first Monday of the month. February 3, March 3, April 7

Happy Feet Foot Care Clinic—763-560-5136



Pam, our licensed nurse, is specialized in routine foot care for elder and diabetic feet. She works 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.*

Friday, February 7, 14, 21, 28 from 12-3 PM

Friday, March 7, 14, 21, 28 from 12-3 PM

Friday, April 4, 11, 18, 25 from 12-3 PM

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

HOME—952-746-4046



Need help around the house? 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 Community Services Outreach Program

952-746-4028

 Experienced licensed social workers assist you and your family to access the most appropriate and affordable combination of services to help clients stay in the community as long as possible. Available support includes: assessments of client needs, strengths, and preferences, service/care plans and more. Call Krystal at 952-746-4028 for information or to make an in-home appointment.

BALLROOM DANCING in St. Louis Park

Thursdays, 1-3:30 PM
Lenox Community Center
Live music by the Dick Macko Band



Dance and sing-a-long to a sentimental journey from Big Band Swing and Foxtrot, Waltzes, Mixers, Polkas, and more! Large hardwood dance floor. All skill levels welcome. Refreshments served.

Lenox Community Center, 6715 Minnetonka Blvd

General Admission \$7

Questions??? Call 952-928-6444

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.

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.

COMMUNITY PHONE NUMBERS

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

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—2014

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: _____