



Senior News

Senior Office • 763-512-2339

SPECIAL EVENTS

2014 Senior Spring Forum—Wednesday, April 23, 8:30 AM-12:00 PM



Brooklyn Park Community Center, 5600-85th Avenue North

The 2014 theme is "Why Should Kids Have All the Fun?" Bobby Jensen from KARE 11 is the featured speaker. Visit over 75 informational booths on aging including the Golden Valley Senior table. This FREE informative event is for Adults 55+ and family members. Coffee and treats. Doors open at 8 AM. Pre-registration recommended. To register call: 763-503-2520 or email: info@nwwhsc.org. Sponsored by NW Hennepin Human Services Council and Senior Leadership Committee.

Senior Par 3 Golf League Kick-off – Thursday, April 17, 10:30 AM



Kick-off the 2014 golf season with Ben Disch, Brookview's Golf Manager. Learn about the Senior Golf League and meet the committee members. Refreshments! Door prizes! \$5 league registration also taken that day. If you are unable to attend the kick-off, but want to play in the league, the league fee may be dropped off in the golf office.

Pedal Pushers Kick-Off – Thursday, May 1, 10:00 AM



Join Nancy, our fearless leader, as we plan our 2014 Pedal Pusher season. Nancy will show slides of her and Keith's fall adventure. The "Pedal Pushers" t-shirt will be available for purchase. Donation accepted for refreshments. Register by calling the senior office at 763-512-2339 by April 29.

Minnesota State Band Concert - Wednesday, May 7, 7:30 PM



Crystal Community Center, 4800 Douglas Drive N

The Minnesota State Band is the Official Band of the State of Minnesota and has been in existence since 1898. The 50+ member band is the only remaining State Band in the US.

The band is operated as a non-profit organization with an all-volunteer membership. The Band has represented Minnesota on six International Goodwill Tours since 1986. Donations welcome!

Nordic Walking Demo – Monday, May 12, 6:00 PM



Nordic walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show that by using Nordic Walking poles you increase your heart rate on average 10-15% more than normal walking, combining the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout. Try this for free and then sign up for a class in May or June. Poles provided.

Bowling Tournament – Tuesday, May 13, 12:30 PM



Texa-Tonka Lanes, 8200 Minnetonka Boulevard, St. Louis Park

It's our annual bowling tournament hosted by Texa-Tonka Lanes. Fee includes three games, shoes, ball, coffee, cookies and prizes.

\$5 payable at Texa-Tonka Lanes. No pre-registration necessary.

Senior National Health and Fitness Day—Wednesday, May 28



Join us at the YMCA-New Hope, 7601-42nd Ave N, for a sampling of classes just for Seniors. Several insurance carriers promote healthy living through the Silver Sneakers and Silver & Fit with reduced and reimbursed membership fees. Information was not finalized by newsletter deadline. Call 763-535-4800 after May 12th for schedule of events and classes.

LIVING WISE and WELL

1:00-2:15 PM

*Calvary Center Cooperative, 7600 Golden Valley Rd
FREE. No need to pre-register.*

Eating Wise, Eating Well– Thursday, April 3



Eating well is an essential part of a healthy life, and the older you get, the more important it becomes to make good food choices. It helps keep your body strong, your mind sharp, and your energy level up. Learn the types of healthy foods that should always be on your shopping list.

Presented by Karen Palmer, RD,LD, CDE, North Memorial Nutrition Educator.

NO MEETING - Thursday, May 1

COFFEE TALK



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

Join us for juice, treats and coffee. Call 763-512-2339 to register so there are enough treats/coffee for all. \$2.00, payable at the door. Blood Pressure Screening immediately following the program.

No Coffee Talk - Wednesday, April 23.

See you at the Senior Forum in Brooklyn Park. (Information on front page)

Finding Foxholes – Wednesday, May 28



Local author, Faye Berger, will speak about her new book *Finding Foxholes, a WWII Infantry Route, Then...and 48 Years Later.*

The framework for the book is Faye's trip retracing the infantry route of Faye's dad, PFC Russel E. Albrecht of Morgan, Minnesota, fighting on the front lines across Europe 1944-1945. Wounded twice and hospitalized for pneumonia, bronchitis and pleurisy, he was awarded the Bronze Star. Co-sponsored by the Golden Valley Friends of the Library. *Presented by Faye Berger.* Register by May 27, 12 noon.

Check the Golden Valley Recreation brochure for information about these classes: Ballroom Dance, Belly Dancing, Pilates, Evening Yoga and more!.

MONEY MATTERS

10-11:15 AM

*Brookview Community Center
Donation for treats. No need to pre-register.*

Managing Your Taxes: Use the Opportunities in Current Tax Laws – Thursday, April 17



During this presentation, you'll learn ways to: Manage the amount you pay to the government in taxes, align tax treatments with your investment objectives and how to find the right balance of before- and after-tax investments for your situation. *Presented by Michelle Young, CFP®, CDFA®, ChFC®, ADPA®, CRPC®, President, Certified Financial Planner™ professional, Young & Associates*

Pawn Shops: What Are They? – Thursday, May 15



Have you ever been to a pawnshop? For a lot of people, there seems to be something, well, shady about these places. But if you haven't been to a pawnshop, you may be missing out on some great bargains. Learn all about pawnshops and how they play an important role in many communities.

Presented by Jennifer Graner and Chuck Armstrong, Pawn America.

Remember When?...with Jan

1:00 PM

Dover Hills Apartments
2400 Rhode Island Ave. N



Thursday, April 24–Remembering Covered Bridges

Thursday, May 29–Remembering Grade School Days

No registration needed-just come!

2014 MEMBERSHIP



Be the first to see what's happening with the senior program when the newsletter arrives in your mail. 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!**

Mondays with Mary—9:30 AM



Join Mary on Mondays to work on items 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 May 26.*

PICKLEBALL



Mondays, & Thursdays 9:00 AM -12:00 PM
Crystal Community Ctr, 4800 Douglas Drive
Fee: \$2/visit or one punch from the punch card (10 punches/\$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.

Nordic Walking for Fun and Fitness



Nordic walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout that expends more calories without having to walk faster or work harder. Wear comfortable clothing and good walking shoes. Program will be held indoors if inclement weather. Poles provided. Limit of 15.

6:00-7:00 PM

Brookview Community Center

Fee: \$18 (includes pole rental)

Thursday, May 22 & 29. Code: 12761 **OR**

Monday, June 9 & 16. Code: 12762

DAYTIME YOGA with ANNETTE



Tuesdays April 8-May 27
11:00 AM– 12:00 PM

Yoga exercises are appropriate for all fitness levels. Bring a yoga or exercise mat.

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

CODE: 12752

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, April 10

Thursday, May 8

Thursday, June 12

Watercolor Basics



Wednesday, April 16-May 21

6:30-8:30 PM

A class for beginners or people who want to renew their 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. (An understanding of drawing skills will enhance your painting results.) A supply list will be provided. Students are responsible to bring their own supplies. Limit: 10. Instructor Carolyn Papke is an artist and retired teacher.

\$55 residents/\$60 non-residents

CODE:12567

Classes

TAI CHI for HEALTH & ARTHRITIS CLASSES



BASIC—Tues, April 15-May 27
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 12452

LEVEL 2—MOVING ON

Tuesday, April 15-May 27
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: 12458

ENHANCEMENT—Thurs, April 17-May 29

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: 12585

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 May 26*

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

A Matter of Balance



Wednesday May 7-June 25
10:00 AM-12:00 PM

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. *A Matter of Balance*, an award-winning program developed by Boston University, is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. A workbook is provided at first class.

Fee: \$20 includes workbook and refreshments
CODE: 12588

DEFENSIVE DRIVING COURSES



4-HOUR COURSE

Thursday, April 10

Thursday, May 8

Thursday, June 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

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.



Mary Wanderer's One Day 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
- 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

Decorah Iowa – Tuesday, June 17



A quick stop for coffee before arriving at the Hotel Winneshiek in Decorah for an early luncheon. Menu: Smørbrød Platter: Half Smoked Salmon on Pumpernickel with horseradish cream cheese and Half Craisin Chicken Salad on Wheatberry bread; fresh cucumber salad, kettle chips; Lingonberry Mousse for dessert and coffee or tea. Yum! Stroll through the lobby, which has been lovingly restored to its turn-of-the-century grandeur, with marble walls, terrazzo floors, a Waterford Crystal chandelier

and exquisite millwork. On to the Seed Savers Exchange, where we will meet a guide to learn how members have been passing on garden heritage by collecting and distributing rare garden seeds to other gardeners since 1975. After the tour, stroll through the beautiful display gardens, relax on the large shaded porches or visit the gift store and garden center. We'll say good-bye and return to Golden Valley with a stop for refreshments (on your own).

\$70 includes coffee stop, lunch at Hotel Winneshiek, guided tour, motorcoach transportation and escort
7:55 AM Bus departs GV City Hall/Calvary Coop/5:45 PM Approximate Return
Last day to register or cancel: May 27.
Code: 12435



Mary Wanderer's One Day & Longer Trips

U of M Showboat presents *Dr. Jekyll and Mr. Hyde*



— Thursday, July 17

We arrive at the Minnesota Centennial Showboat, docked on the Mississippi River overlooking downtown St. Paul. Take the elevator to the 2nd

floor for a buffet lunch: Salad, Sautéed Chicken Breast, Potato, Vegetable, Rolls, Dessert and Coffee. After lunch we move into the intimate 226-seat auditorium for a performance of "Doctor Jekyll and Mister Hyde" by Robert Louis Stevenson, a classic tale of good versus evil. The tale is about a London lawyer who investigates strange occurrences between his old friend, Dr. Henry Jekyll, and the evil Edward Hyde. The choreographed Olios interrupt the melodrama to amuse and entertain you throughout the show. Booing and hissing the villain is strongly encouraged!

\$66 includes buffet lunch, reserved theater tickets, motorcoach transportation and escort

12:10 PM Bus departs GV City Hall/Calvary Coop

5:00 PM Approximate Return

Last day to register or cancel: June 23

Code: 12433

Branson Aglow—November 11-15



Highlights:

Grand Village Shops

Daniel O'Donnell Show

"Jonah" at Sights & Sound Theatre

The Bretts Family Show

Todd Oliver and Friends Show

Silver Dollar City

An Old Time Christmas

Frisco Sing-Along Steam Train

Morning Show in Branson

Harry Truman presentation

Lodging at Radisson Hotel

1-coffee stop, 3-breakfasts, 5-lunches, 2-dinners

\$950 per person (2 per room)/\$1,195 (1 per room)

Deposit: \$225.00 per person is due Friday, August 8.

Final Payment: Friday, Sept 12. *CODE: 12407*

Cancellation: After 9/8/14 payments are not refundable. Travel Insurance: To cover loses if you cancel due to an emergency you can purchase travel insurance.

Call for brochure for complete trip information.

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.

Final Payment: Friday, June 6, 2014. *CODE: 12409*

Cancellation: After 5/9/14 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, April 23

Wednesday, May 28

No appointment needed! Provided by Ambassador Care Center staff.



Golden Valley Library



The following program is held at the Golden Valley Library, 830 Winnetka Ave N. Call 612.543.6390 for more information.

Computer Help at the Golden Valley Library

Volunteers are available to provide one-on-one computer help at the Golden Valley Library at these times:

Mondays: 9:00 a.m. – 12:00 p.m.

Tuesdays: 11:00 a.m. – 2:00 p.m.

Wednesdays: 11:00 a.m. – 2:00 p.m.

Thursdays: 9:00 a.m. – 12:00 p.m.

No appointment necessary. Please call ahead to be sure a volunteer is available.

TAX ASSISTANCE—TH, April 3, 10 from 9:30AM-1:30PM

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

Friday, May 2, 9, 16, 23, 30 from 12-3 PM

Friday, June 6, 13, 20, 27 from 12-3

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. No refunds will

be given if less than 5 business days prior to the start of a program or after the registration deadline date. Full refunds are given only when a program/trip is canceled by the Parks & Recreation Department.

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: _____