



Senior News

Senior Office • 763-512-2339



CONCERTS IN THE PARK

7:00 PM at Brookview Park's Large Picnic Shelter

Bring a lawn chair or blanket and enjoy the summer concert series. Concerts are FREE. In case of inclement weather, concert may be canceled. Call the Activity Cancellation Line at 763-512-2350 for concert status.



June 9: *Golden Valley Orchestra*

June 16: *Ageless* — The musicians, age 13-16, play B.B. King to Taylor Swift.

June 23: *Plymouth Concert Band*

June 26: *Robbinsdale City Band*

June 30: *Stompin' Dixie* – Foot tapping, finger snapping, New Orleans, American songbook razzmatazz. Sponsored by Golden Valley Culvers.

July 7: *The Choo Choo Bob Show* – Experience your favorite children's TV show live! Join the cast as they have fun performing skits and original, train-inspiring songs that will get the whole family moving. Sponsored by Lupient Buick GMC

July 14: *John Philip Sousa Band* – Enjoy a summertime favorite during the 7th Annual Ice Cream Social. Sponsored by Golden Valley Envision Connection Board and the Golden Valley Bridge Builders.

July 21: *The Castaways* – Nationally known Minnesota based classic rock band will showcase their unique vocal and instrumental talents for an exciting sight and sound experience. Sponsored by Colonial Acres at Covenant Village of Golden Valley

July 28: *Mu Daiko* – Movement and sound with large Japanese drums. Don't miss this unique cultural experience full of energy and life! Sponsored by Golden Valley Federated Women's Club

August 4: *Calhoun Brass* – A variety of music styles that include classical, jazz, showtunes, and popular music.

August 11: *Bob the Beachcombers* – Rock & Roll music and fun for kids of all ages

Nordic Walking for Fun and Fitness—June 9 & 16



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 at Brookview Community Center

Fee: \$18 (includes pole rental) Code: 12762

PEDAL PUSHERS—the fun way to bicycle



Join us as we pedal our way on the paved paths of the Twin Cities. We meet at a designated location and then bike 6-12 miles, stopping along the way for short breaks. All riding levels welcome. Helmets required, water bottles and snacks strongly recommended. Call to be placed on the mailing list to receive meeting locations and directions. Dates:
Tuesday, June 3
Thursday, June 26
Tuesday, July 15
Thursday, July 31

LIVING WISE and WELL

1:00-2:15 PM

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

Keep Smiling - Thursday, June 5



Did you know that your diet, medications and their side effects can affect your oral health? Learn about oral hygiene needs and changes as you age plus some easy to do tips to keep that mouth healthy and smiling. *Presented by Nancy Hamson, RDH, Bassett Creek Dental.*

Ten Strategies for Healthy Living – Thursday, July 3



Learn ten easy ways for healthier living including: Strategies for healthy weight, alternative food choices, the “E” word (exercise), simple and fun strength training and how attitude affects your health. *Presented by Cynthia Hedberg, Good Samaritan Home Care.*

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 for all. \$2.00, payable at the door. Blood Pressure Screening immediately following the program.

Picturesque China - Wednesday, June 25



Phenix is back! Join us as she takes us on a journey of her beloved China. Beautiful pictures and wonderful stories – you’ll leave with a new perspective of her country. *Presented by Phenix Yu.*

Register by June 23.

Lawn Bowling, What’s it all about? - Wed, July 23



Look out the windows of the senior room and you’ll see the newest addition to Brookview—eight lawn bowling courts. Similar to bocce ball, the game can be played by all ages. Be the first to learn about the sport and try playing

the game if the weather and court conditions cooperate. *Presented by Brookview staff.*

Register by July 21.

MONEY MATTERS

10-11:15 AM

Brookview Community Center

Donation for treats. No need to pre-register.

Senior Medical Patrol-Prevent Medicare Fraud and Abuse - Thursday, June 19



Don’t be a target of Medicare fraud. Become familiar with examples of Medicare fraud and waste. Learn how to review billing statements and report system abuse. Learn about the website www.MyMedicare.gov and how the Senior LinkAge Line® can assist seniors and their families. *Presented by the MN Area Agency on Aging.*

Stock Market 101- Thursday, July 17



What do NASDAQ, Dow Jones and the S & P have in common? They are all Stock Markets. Learn the specifics of each and how they are used by market analysts and financial advisors. *Presented by Matt Buechel, Financial Advisor, Vice President, Morgan Stanley.*

Remember When?...with Jan

1:00 PM

*Dover Hills Apartments
2400 Rhode Island Ave. N*

Thursday, June 26—Remembering Birthdays

Thursday, July 24—Remembering Kitchens

No registration needed-just come!



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.

BOWLING AT TEXA-TONKA LANES



**8200 Minnetonka Boulevard
12:15 PM every Tuesday**

Join us when you can.

Brookview is closed on Friday, July 4th.



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, June 12

Thursday, July 10

Thursday, August 14

MONDAY MORNING PAINT CLASS



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.

TAI CHI for HEALTH & ARTHRITIS CLASSES



**SUMMER SPECIAL—Tues, June 17-Aug 12
9:00-10:00 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 12583

NOTE: No class on July 1. Class is for all levels.

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

Pickleball is played on a badminton or tennis court with the net lowered to 34 inches. A plastic 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.

DEFENSIVE DRIVING 4-HOUR COURSE



Thursday, June 12

Thursday, July 10

Thursday, August 14

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.

INTERMEDIATE BRIDGE LESSONS



Friday, June 6-August 1

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: 12445

NOTE: No class on July 4

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 (No meeting F, July 4)

Cribbage—Tuesdays, 1 PM

Dominoes—Mondays, 1PM

Euchre—Thursdays, 1 PM

500—Tuesdays, 6:30 PM and Wednesdays, 1 PM (No meeting T, July 15)

Jigsaw Puzzle during Center hours

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

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

Mary Wanderer's One Day Trips

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 horse-

radish 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 short 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

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 and cheering the hero 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



Spamtown Belle Cruise – Wednesday, August 20



Look out Austin, here we come! Take a self-guided tour of the Spam Museum, dedicated to the meat first created at the Hormel Foods Corporation plant in 1937. The museum features 16,500 sq. ft. of Spam artifacts and history, including the role of Spam Classic in WWII, videos, and more. The Museum offers Spam products, collectable memorabilia and hard-to-find Spam varieties. Lunch is at the Old Mill Restaurant. Enjoy Grilled Chicken Breast served on a bed of Wild Rice Blend, House Salad, Roll,

Beverage and Small Dessert, in the historic Ramsey Flour Mill on the Red Cedar River. On to the Hormel Institute to learn how foods, like chocolate, berries and nuts are beneficial to a healthy life. In the Institutes 70-year history, it has evolved into one of the leading research facilities in preventing and treating cancer. Next we will travel to the Eastside Lake Dock where half of the group will board the Spam Town Belle, a 36-foot paddlewheel boat, to enjoy a 30-minute cruise around 40-acre Eastside Lake in Austin. The rest of the group will visit Jay C. Hormel Nature Center full of grasses and flowering plants. The Visitors Center features an exhibit display area with live animals, touch tables, mounted animals and a nature library plus a restored prairie, hardwood forest, wetlands and meandering streams. Don't worry – we will switch so everyone has a chance to experience both activities before leaving Austin. We will make a short snack stop on the way home (on your own).

\$60 includes Spam Museum, lunch at Old Mill Restaurant, Hormel Institute, Spam Town Belle, Hormel Nature Center, motorcoach transportation and escort

7:40 AM Bus departs GV City Hall/Calvary Coop. 5:15 PM Approximate Return

Last day to register or cancel: August 3. Code: 12422

Mary Wanderer's One Day & Longer Trips

Old Log Theater—Wednesday, September 10



In small-town Springfield, the local radio station is sponsoring a rock-and-roll contest, and go-getter Denny is convinced he can win and become a star. He enlists his klutzy, nerdish friend Eugene and church-choir singer Wally to join him. Needing a sponsor, they apply to the owner of the local auto chain. He sends his top mechanic, handsome, hunky Skip and by the end they're incorporated in the new group, Denny and the Dreamers. Trouble comes in the form of Lois, who arrives to put some polish on the boys. Denny falls in love, Wally falls in line, Eugene falls apart, and along comes handsome heartthrob Skip to send the whole situation spinning. The '60s hits say it all: "Fools Fall in Love," "Tears on My Pillow," "Earth Angel," "Unchained Melody," and more. Winner of the LA Drama Critics Circle Best Musical Award, *Life Could Be a Dream* will leave you laughing, singing, and cheering. See it now before it heads to Broadway in 2016.

Please select menu choice for lunch when registering:

- * Meat Loaf with green beans, potatoes, beef gravy
- * Pan Seared Tilapia with green beans, potatoes, sauce
- * Rolled Penne Pasta with tomato sauce, shaved parmesan, asparagus and herbs
- * Roasted Chicken Breast, green beans, potatoes, gravy

All meals include Dinner Rolls, Dessert, Coffee or Tea
\$63 includes lunch, theater ticket, motorcoach & escort

11:00 AM Bus departs GV City Hall/Calvary Coop

4:30 PM Approximate Return

Last day to register or cancel: August 20

Code: 12427

Just Horsin' Around – Friday, September 19



Enjoy the Fall drive to Cedar Ridge Arabians, for a tour of the beautiful facilities including the horse barns, stall area, riding and training areas. See the award winning horses and their multitude of trophies and ribbons. Next, we will tour the Ames Percheron Farm, where we will view a multimedia presentation of daily operations plus see the magnificent horses. A Roast Pork Loin lunch will be at Emma Krumbes with baby-red mashed potatoes, gravy, vegetable, bread and beverage. Hope you have a sweet tooth, because our last stop is Jim's Candy Store and Apple Farm, the bright yellow hangar-like building on Highway 169. Yum!

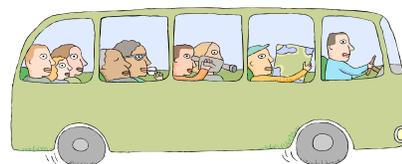
\$55 includes tours, lunch, motorcoach transportation and escort

8:40 AM Bus departs GV City Hall/Calvary Coop

3:15 PM Approximate Return

Last day to register or cancel: August 25

Code: 12423



Winona's Fall Colors—Tuesday, October 7



Bring your camera and enjoy the colorful drive along the Great Mississippi River Route before stopping at Pepin Heights Apple Orchard, first planted in 1949, where apples and specialized gifts are available. Off to Signatures Restaurant, set in the beautiful valley of the Bridges Golf Club in Winona. Menu: Herb Marinated Grilled Chicken topped with Citrus Burre Blanc, served with a Garden Salad, Wild Rice Medley, Vegetable, Baguette, Coffee and Tea. Our next stop is the world-class Marine Art Museum for a docent lead tour. The Museum features four major art collections, making it a regional and national attraction. Exhibits range from popular folk art with distinctive wood carved objects and hand painted sculptures that capture the spirit of river life, to amazing photographs featuring historic finds. We leave the Museum and travel along the Wisconsin side of the Mississippi River with a short stop at the Nelson Cheese Store, known for their delicious cheese products and ice cream cones (treats purchased are on your own).

\$67 includes lunch, admission and tour of Marine Museum, motorcoach transportation and escort

8:40 AM Bus departs GV City Hall/Calvary Coop. 3:15 PM Approximate Return

Last day to register or cancel: August 25. Code: 12441



Mary Wanderer's One Day & Longer Trips

Irving Berlin's White Christmas at the Orpheum Theater—Friday, November 28



The classic holiday movie comes to life on stage. *Irving Berlin's White Christmas* tells the story of two Army buddies putting on a show to save the failing Vermont Inn of their former commanding general and finding their perfect mates in the process. Full of dancing, laughter and some of the greatest songs ever written (*Blue Skies, Sisters, Happy Holidays, White Christmas*), *Irving Berlin's White Christmas* promises a merry and bright theatrical experience for the whole family. Reserved seats are on the main floor,

rows DD, EE, GG, and HH.

\$56 includes reserved theater seating, motorcoach transportation and escort

12:55 PM Bus departs GV City Hall/Calvary Coop. 5:15 PM Approximate Return

Last day to register or cancel: August 26 (NOTE EARLY DEADLINE)

Code: 12434

Branson Aglow for the Holidays – November 11-15



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

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

Final Payment: Friday, September 12, 2014. CODE: 12407

Day 1: Leave Golden Valley with a stop for coffee and rolls in Albert Lea. Make a lunch stop in Des Moines. Onto Kansas City and check into the Drury Inn, Independence, MO. Dinner at a BBQ Restaurant. [C,L,D]

Day 2: Travel to Branson with free time at the Grand Village Shops. Across the street, at the Moon River Theatre, enjoy the afternoon *Daniel O'Donnell Show*, an award-winning artist. We will check into the Radisson Hotel. Tonight is a Broadway-style experience at the majestic Sights & Sound Theatre to see "*Jonah*." [B,L]



Day 3: *The Bretts*, voted best morning show in Branson, will entertain and captivate you with musical versatility, creativity



and innovation. After lunch, see the *Todd Oliver and Friends Show*, with real-life talking dogs and hilarious comedy. Spend the evening at Silver Dollar City. "*An Old Time Christmas*" presents holiday shows throughout the park with a variety of shops and dining options (on your own). Climb onboard The Frisco Sing-Along Steam Train. The

Gifts of Christmas Holiday Light Parade will glide through the streets. See the musical five-story Special Effects Christmas Tree, as it twinkles and dances in unison with over one million lights in the square. [B,L]

Day 4: See a final morning show in Branson, and have a light lunch. Travel to Independence for lodging at the Drury Inn. Enjoy dinner at Ophelia's Restaurant, overlooking historic Independence Square. After dinner a special *Harry Truman presentation* will give you insight into the life of our 33rd President. [C,L,D]

Day 5: After breakfast leave Independence and have lunch in Des Moines. Return to the Twin Cities by early evening. [B,L]

Fee Includes: Deluxe motor coach transportation, Lodging for 4 nights; Meals as indicated: [C-coffee and rolls, B-Breakfast, L-lunch, D-Dinner]; Attractions as outlined in itinerary; Tour Director, Mary Odell; Gratuities on included meals and attractions.

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 763-512-2339 for a brochure.

Community Information

FREE BLOOD PRESSURE CHECK

11:00-11:30 AM at Brookview

Wednesday, June 25

Wednesday, July 23

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

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.

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

Friday, July 11, 18, 25 from 12-3 PM

Friday, August 1, 8, 15, 22, 29 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.

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!**

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 or trip is canceled by the Parks & Recreation Dept.

Find us at www.goldenvalleymn.gov the official website of the City of Golden Valley.

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.

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: _____