



Senior News

Senior Office • 763-512-2339

Special Interest

Medicare Advantage & Part D Presentation



Wednesday, October 22, 10:00 AM

Brookview Community Center

Refreshments served at 9:45 AM

The Annual Enrollment Period for Medicare Advantage and Drug Plans begins on October 15, 2014 and ends on December 5, 2014 with selections effective on January 1, 2015. 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.

Call 763-512-2339 to register by October 20.

Fee: \$2, payable at the door for materials and treats.

Holiday Tea – Monday, December 15



Brookview Community Center

1:00PM

Join us for our annual holiday event, a delightful afternoon with entertainment followed by delicious finger foods and desserts. Our entertainer is Jim Berner, who performs songs and stories of the pop and country singers of the 1940's through 1960's and has been a staple at the Minnesota State Fair for eleven years. He promises to put you into the holiday mood. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun.

Register by December 8.

Cost: \$9

Code: 12812

Calling all goblins and ghosts - look what's brewing at the Brookview Par 3 Golf Course during October...

Brookview Ghoulish Golf Course



On Saturdays and Sundays in October, plus the MEA break, the Brookview Par 3 Golf Course will go through a spooky transformation. The check-in building will be decorated for Halloween. Big orange pumpkin-faced putting cups will be installed in all the putting greens (much easier for kids and beginners). Each hole will be a spooky Halloween theme, look for the black cat hole, the spider web hole, the skeleton hole, and more. All golfers get a small treat at the end of the round.

No golf clubs? No golf balls? No problem. Free rental clubs and golf balls available to anyone who would like to use them. Keep an eye out for our resident golf pro during the month of Halloween, Jack O. Lantern. The spirits are summoning you, please call 763 512-2330 to book a weekend tee time or just drop in on your broom. As Halloween creeps closer, we will be "lurking" for you at Brookview.

Fee: \$12.50 per person Or \$7.00 per person if you're wearing any Halloween or orange clothing or are in costume. Folks are just dying to play Brookview in October!

A perfect way to spend a fun time with the kids and grandkids.



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.

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Call 763-512-2339 to register by October 20.

No program in November.

FREE BLOOD PRESSURE CHECK



11:00-11:30 AM at Brookview

Wednesday, October 22

No check in November

No appointment needed! Provided by Ambassador Care Center staff.

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.

CANCELLATION/REFUND POLICY

Refund requests for classes or trips will be assessed a \$5 administrative fee. No refunds will be given after the registration deadline date. Full refunds are given only when a program or trip is canceled by the Parks & Recreation Dept.

LIVING WISE and WELL

1:00-2:15 PM

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

Natural Solutions to Sleep Problems



Thursday, October 2

This talk covers the three natural solutions to sleep problems: vitamins, exercise and physical treatment. You will learn that there are treatable reasons for your sleep problems and that sleeping pills only mask the real cause. *Presented by Stephen Johnson, DC.*

Your Thyroid: It's More Important than You



Think – Thursday, November 6

Through the hormones it produces, the thyroid gland influences almost all of the metabolic processes in your body. Learn about the function of the thyroid and thyroid disorders and how most thyroid problems can be managed well if properly diagnosed and treated. *Presented by Michael Stockman, MD, and Barb Burger, LPN, Ambassador Health Care.*

MONEY MATTERS

10-11:15 AM

Brookview Community Center

Donation for treats. No need to pre-register.

How to Spend Your Savings Strategically



Thursday, October 16

Living off your retirement savings is more complicated than many people anticipate. Take out too much and you could end up running out. Take out too little and you could get hit with a major tax penalty. Learn the important questions to ask before you start turning that nest egg into a paycheck. *Presented by Skip Johnson, Great Waters Financial, Fox9 analyst.*

Pawn Shops: What Are They?



Thursday, November 20

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 & Chuck Armstrong, Pawn America.*

Creative Arts Sampler



Thursdays, October 9—November 13

1:00-2:30 PM

Get creative by dabbling in the arts - no experience necessary. Immerse yourself in hands-on activities and rediscover your experimental, playful, focused, expressive self. Participate in paper and paint crafts, creative drama, rhythms, and oral interpretation of poems. Instructor Carolyn Papke is an artist and retired teacher. Limit of 10 in the class.

\$45 for residents/\$50 for non-residents

Code: 12813

Watercolor Basics



Wednesdays, October 1 - November 5

6:30-8:30 p.m.

A class for beginners or people who want to renew their watercolor skills. 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 previous sessions. 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.

\$55 residents/\$60 non-residents. Code:12814

More Watercolor & Drawing Opportunities



Wednesdays, Nov. 12—Dec. 10

6:30-8:30 p.m.

Extend your basic knowledge of watercolor and/or drawing by trying various styles and studies of nature, landscape, and people through guided instruction. Study pictures provided, or bring your own photos. Supply list provided. Students are responsible to bring their own supplies. Instructor Carolyn Papke is an artist and retired teacher. Limit of 10. *No class on November 26.*

\$45 for residents/\$50 for non-residents.

Code:12815

Holiday Centerpiece with some Holiday Cheer Class



Thursday, December 18

6:00-8:30 PM

Brookview Community Center Grill

Bring Holiday Cheer home this season with a magnificent table centerpiece hand crafted by YOU! Join us to make your own centerpiece from winter greenery and other season items. Participants must provide a vase or container; we will supply the materials and instruction. Please bring a floral or pruning scissors if you have one. Snacks will be provided. Wine and beer available for purchase.

\$35 residents/\$41 non-residents. Last day to register/cancel: December 10. Code: 12947



Joy of Painting® the Bob Ross® Method Paint Classes

1:00-4:30 PM

All you need is the desire to make beautiful things happen on canvas. With the *Bob Ross Wet-on-Wet Technique®* and a little dedicated 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. The finished painting is pictured in the Fall Park and Recreation brochure. Taught by certified instructor, Kittie Swanson. Min 5/Max 15 *\$60/residents, \$65/non-residents includes all materials*

Fall Scene—Saturday, October 11

Last day to register/cancel: October 2

Code: 12810

Winter Scene— Saturday, November 8

Last day to register/cancel: October 30

Code: 12811



WRITER'S WORKSHOP—Mondays

Start at the Beginning—October 20

6:00-7:30 PM

An idea for a great story has been haunting you for some time. You know you have always had a talent for writing, and now you want to start moving beyond putting the words on paper. Discover how to start becoming a "writer".

Find the Right Publisher—October 20

7:30-9:00 PM

You have your ideas or may be have even finished an article or book - now is the time to begin finding the publisher for your project. What steps should you take to find the perfect match for your project?

Moving from Hobby to Full-Time—December 15

6:00-7:30 PM

Look at the financial potential of a writing opportunity. What does it take to move from a hobby to a writing career. Look at contracts, publishing terms, and opportunities to do more with your writing interests.

Edit & Complete Your Project—December 15

7:30-9:00 PM

The idea is there, the words are down on paper, and you need that extra motivation to finish. How do you take your project beyond the first draft? Learn the steps to polish and edit your work, then take a look at the self-publishing and e-book options.

Charlene Torkelson is an author/illustrator with over 70 published books and articles. Optional *The Writers' Workbook* (\$10) is available at class.

Fee: \$20 residents/\$25 non-residents per workshop or \$72 residents/\$77 non-residents for entire series

WINTER MEDITATION—Saturday, December 20



9:30-10:30 AM

Welcome the dark, cozy, contemplative energy of the magical season of Winter into your body, heart and mind. Meditation can be done in a chair or on the floor (bring mat for this option). Wear comfy clothes. Facilitated by Laura Lazowski.

\$10 for residents/\$15 for non-residents.

Code: 12937

TAI CHI for HEALTH & ARTHRITIS—Tuesdays



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! All Tai Chi classes are taught by Certified Instructor Marie Mathay.

\$45/Resident, \$50/Non-resident (7 classes)

Tuesday, October 28-December 16 (No Nov 4)

BEGINNERS/BASIC: 8:30-9:30 AM. Code: 12449

LEVEL 2: 9:35-10:35 AM. Code: 12802

BEGINNING YANG STYLE TAI CHI & INTRODUCTION TO QIGONG—Thursdays from 9-10AM

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800's and has many variations. Learn the basic "Grasp the Bird's Tail" sequence and further exploration of the Short Form. Cultivate more energy and balance through a series of ancient, gentle breathing and moving exercises called Qigong, the perfect companion to a Tai Chi practice.

\$45/Resident, \$50/Non-resident (No class Nov 27)

Thursdays, October 30-December 18. Code: 12804

TAI CHI FOR DIABETES—Thursdays from 10-11AM

Tai Chi for Diabetes is a low-impact, slow, and mindful exercise program designed by Dr. Paul Lam to help prevent and improve the control of diabetes. Based on ancient Chinese exercises, Tai Chi for Diabetes will help you reduce stress and maintain physical and mental balance. No Tai Chi experience necessary. All abilities welcome.

\$45/Resident, \$50/Non-resident (No class Nov 27)

Thursdays, October 30-December 18. Code: 12806

DAYTIME YOGA with ANNETTE



Tues, November 11-December 16

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. Annette's classes are easy to follow, non-intimidating and fun for all fitness levels. Bring an exercise mat.

\$48/Resident, \$53/Non-Resident Code: 12942

Classes and Interest Groups

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.

DEFENSIVE DRIVING 4-HOUR COURSE



Thursday, October 9

Thursday, November 13
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 CLASS—Tuesday, October 14 & 21, 6-10 PM
Cost: \$18/person

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.

Confused about Medicare?



Want to compare health insurance options before the December deadline? 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 9

Thursday, November 13

Thursday, December 11

PEDAL PUSHERS—the fun way to bicycle



We meet at a designated location and bike 6-12 miles, stopping along the way for short breaks. Helmets required, water bottles and snacks

strongly recommended. Call to be placed on the mailing list to receive meeting locations and directions. *Last ride is: T, October 7—Midtown Greenway*

Remember When?...with Jan



1:00 PM

Dover Hills Apartments

2400 Rhode Island Ave. N

Thursday, October 23—Remembering Hats

Thursday, Nov 20—Remembering Snail Mail vs E-mail

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, *Additional fee charged.

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

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.



BOWLING AT TEXA-TONKA LANES

8200 Minnetonka Boulevard

12:15 PM every Tuesday. Join us!

Mary Wanderer's One Day Trips

TRIP REMINDERS:

Winona's Fall Colors—Tuesday, October 7

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

3:15 PM Approximate Return

"Radio Man" at the History Theater—October 16

8:55 AM Bus departs GV City Hall/Calvary Coop.

2:30 PM Approximate Return

Green Line Light Rail – Wednesday, November 5

9:25 AM Bus departs.

2:15 PM Approximate Return.

Branson Aglow for the Holidays – November 11-15

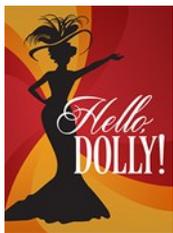
Irving Berlin's White Christmas at the Orpheum

Theater—Friday, November 28

12:55 PM Bus departs

5:15 PM Approx. Return

"Hello Dolly!" at the Chanhassen



Wednesday, January 28

Arrive at the Chanhassen for lunch from the matinee menu. Then sit back and enjoy the enduring classic "Hello Dolly". Dolly Levi is a delightfully scheming busybody who makes her living as a matchmaker in glamorous

New York City. She's out to make a match for Horace Vandergelder, the "well-known half-a-millionaire," with the charming hat maker, Irene Molloy - but in the process, Dolly snares a groom for herself. Dolly masterfully orchestrates romance and adventure in a glittering mixed up night on the town. HELLO, DOLLY! has garnered universal praise receiving ten Tony Awards. Audiences will love hits such as "Put on Your Sunday Clothes," "It Only Takes A Moment," "Before The Parade Passes By," "Elegance," "Ribbons Down My Back," "It Takes A Woman" and the show's rousing title tune hailed as one of the greatest production numbers in American musical theatre history, "Hello, Dolly!"

\$75 includes lunch, theater ticket, reserved seating motorcoach transportation and escort

10:25 AM Bus departs GV City Hall/Calvary Coop

4:45 PM Approximate Return

Last day to register or cancel: December 22

Code: 12431

Duluth Aglow in the Season – T, December 9



We'll make a quick rest stop (on your own) before arriving at the Glensheen Mansion in Duluth. The docent-led tour will take you into the family living and work

spaces, decorated for the holidays. The tour includes the basement, first floor and second floor. NOTE: If you are unable to climb stairs, a video is available for viewing. Take some time to visit the Museum Store, inspired by the elegance of the mansion, located in the Carriage House. Our meal will be in The Carriage House: Salad, Ham, Au Gratin Potatoes, Vegetable, Roll/Butter, Coffee or Tea. We will leave Glensheen and arrive at Bayfront Festival Park to experience "Bentleyville Tour of Lights."

Volunteers work for weeks to put together a magical place to celebrate the Holiday Season. Dress for the weather since this is a walking tour through this display filled with millions of lights, Christmas trees and music. There is a gift store inside a warm building plus an open-air merchandise area with approximately 15 fire pits. Throughout the 20-acre area, there is complimentary hot cocoa, coffee, popcorn, cookies and marshmallows that you can roast over the fire. A trip to definitely put you in the holiday mood. **Donations are accepted at Bentleyville. Bentleyville has a community mission of raising funds to provide new unwrapped toys and food items for families in need,.

NOTE: Weather and road conditions may require this trip to be re-scheduled. Save Tuesday, December 16 as the make-up date. A decision to cancel the trip will be made on Monday, December 8 at 1:00 PM.

\$70 includes Glensheen tour, lunch at Glensheen, Bentleyville, motorcoach transportation and escort
10:15 AM Bus departs GV City Hall/Calvary Coop
9:30 PM Approximate Return

Last day to register or cancel: November 10

Code: 12424

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

Community Information

2014 Raking Blitz in Golden Valley



Between Friday October 24 and Monday November 3, volunteers will be assigned to assist Golden Valley residents who can no longer keep up with their fall yard maintenance. Volunteers will rake and bag leaves and take them to the curb.

Raking dates and times will be arranged with the individual homeowners. The residents will provide their own bags. The Raking Blitz is a cooperative program with Senior Community Services Home Program, Calvary Lutheran Church and assistance from area churches.

Call HOME at 952-746-4046 by October 10th if you would like to take part in this program.



Golden Valley Library Programs

The following programs are 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 these times:

Mondays & Thursdays: 9:00 a.m. – 12:00 p.m.

Tuesdays & Wednesdays: 11:00 a.m. – 2:00 p.m.

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

Poetry Lovers Converge

Wednesday, Oct 1, Nov 5, Dec 3

6:30 p.m. – 8:00 p.m.

You are invited to read an original or favorite poem, or just come and listen. In all languages, for all ages and all authors. Bring your friends!

Friends of the Library Used Book Sale:

Sat. Oct. 18 - 9:00 a.m. - 5:00 p.m.

Sun. Oct. 19 - Noon - 4:00 p.m. - Bag sale all day

Bargain hunters and book lovers take note: The Friends of the Golden Valley Library will hold a sale of hundreds of adult and children's fiction and nonfiction books in hardcover and paperback, music CDs and DVDs. Most books are withdrawn from the Hennepin County Library system or donated by the public. Funds raised will benefit the library.

The senior room will be closed on:

November 4—Election Day

November 11—Veteran's Day (after 12:00 PM)

November 27 and 28—Thanksgiving

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, October 3, 10, 17, 24, 31 from 12-3 PM

Friday, Nov 7, 14, 21 from 12-3 PM

Friday, December 5, 12, 19

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 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: _____