



Senior News

Senior Office • 763-512-2339

HOLIDAY CONCERT



Thursday, December 5
Crystal Community Center
4800 Douglas Drive North

7:00 PM Refreshments

Enjoy a 7:30PM holiday band concert and sing-along with the Robbinsdale City Band. Donation for refreshments.

LIVING WISE and WELL—Thursday, December 5 1:00-2:15 PM



Calvary Center Cooperative
7600 Golden Valley Rd
Join us for this **FREE** program. No pre-registration necessary.

Senior Medical Patrol: Prevent Medicare Fraud & Abuse. 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 Michael Aguirre, MN Area Agency on Aging.*

MONDAY MORNING PAINT CLASS ART SHOW



December 9-30, 2013
Golden Valley Library

The Monday Morning Paint Class, under the guidance of Michelle Basman and Judy Baron, is displaying their artwork at the Golden Valley Library. Stop by during library hours and view the beautiful work created by the students and instructors.

Brookview Community Center is closed December 24, December 25, January 1, and January 20.

HOLIDAY TEA



Monday, December 16
1:00 PM

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

Cost: \$8

Code: 12378

Last day to register/cancel: December 11

MONEY MATTERS—Thursday, December 19



10-11:15 AM

Brookview Community Center
Donation for treats

Hot Topic Discussion . Bring a "hot topic" to discuss and help plan the 2014 program.

Mary Wanderers Travel Show



Monday, January 27

1:00 PM

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

Cost: \$4

Code: 12426

Last day to register/cancel: January 22

Seasons Greetings

from the Golden Valley Senior Program Staff
Jeanne, Mary, Jan, Bev and Nancy

LIVING WISE and WELL—Thursday, January 2

Simple Exercises: Focus on Shoulders
1:00-2:15 PM

Calvary Center Cooperative
7600 Golden Valley Rd

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

Many seniors have shoulder problems and suffer from rotator cuff problems as well as frozen shoulder syndrome. Learn some simple exercises to stay fit this winter along with how to keep healthy shoulders. *Presented by Sue Johnson, OTR/L, Golden Valley Rehab and Care Facility.*



MONEY MATTERS—Thursday, January 16

Tax Changes for 2014
10-11:15 AM

Brookview Community Center

Learn what's new for preparing your Federal and State tax returns. *Presented by Brenda Lutter, H & R Block, Golden Valley*

Donation for treats accepted.



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!

COFFEE TALK—Making A Difference: Sharing Your Time, Talents and Treasure

Wednesday, January 22

9:45AM Treats/10:00AM Speaker

Identify the values that are most important to you, explore ways to share your resources to make a difference and create a personal giving plan. Everyone has the ability to give back to others, whether financially or through one's time and talents. This presentation offers suggestions for creating a personal giving plan appropriate to one's interests, abilities and resources. We trust it will open opportunities for giving that participants had not previously thought possible. Free workbooks provided. *Presented by Perry Jacobson, Financial Associate, Thrivent Financial for Lutherans® and Sue Klaseus, Director of Resource Development, Good Samaritan Ambassador.* Register by January 17. **NOTE:** \$2/person fee for today's program will be provided by Thrivent Financial.



Remember When?...with Jan

1:00 PM

Dover Hills Apartments
2400 Rhode Island Ave. N

Thursday, December 26—Remembering Favorite Holiday Gift: Given or Received

Thursday, January 23—Remembering TV Variety Shows from the 50's and 60's.

No registration needed—just come!



2014 MEMBERSHIP DONATION



Be the first to see what's happening with the senior program when the newsletter arrives in your mailbox. Donation 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, 4800 Douglas Dr. N. *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, December 12
Thursday, January 9
Thursday, February 13

Tax Assistance 2014—TH, February 6-April 10



**Golden Valley Library, 830 Winnetka Ave 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.

Fitness and Exercise

TAI CHI for HEALTH & ARTHRITIS CLASSES



**BASIC—Tues, January 7-February 18
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 12450

LEVEL 2—MOVING ON

**Tuesday, January 7-February 18
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: 12456

**ENHANCEMENT—Thurs, January 9-February 20
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: 12460

ENHANCE FITNESS

**Mondays & Wednesdays thru December 23
11:40 AM-12:40 PM**

NOTE: UCare has decided to no longer support the program in 2014. The last class will be held Dec 23.

PICKLEBALL



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

**Crystal Community Center
4800 Douglas Drive N**

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

DAYTIME YOGA with ANNETTE



**Tuesdays, January 21-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. Please bring a yoga or exercise mat.

\$56/Resident, \$61/Non-Resident
Code: 12493



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

Classes

Holiday Keepsake Plate—Monday, December 9



6:00-8:00 PM

Crystal Community Center
4800 Douglas Drive N

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

\$17 residents of Crystal, Golden Valley, New Hope, Robbinsdale \$24 non-resident.
Code 12377

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

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

\$40 for residents/\$45 for non residents for a 6-punch card. Punch cards may be purchased at the Recreation office. No class December 23, 30, January 20.

Check out the exhibition of their work at the Golden Valley Library during the month of December.

Watercolor and Drawing Class



Wednesday, January 8-29

6:30-8:30 PM

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. A simple supply list will be provided. Limit: 10. Instructor Carolyn Papke is an artist and retired teacher.

\$35 residents/\$40 non-residents
Code:12492

DEFENSIVE DRIVING COURSES



4-HOUR COURSE

Thursday, December 12
Thursday, January 9
Thursday, February 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

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

INTERMEDIATE BRIDGE LESSONS



Friday, January 10-February 28

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: 12444

Easy Homemade Chocolates



Sunday, February 9

2-4 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



The Mary Wanderers One Day Trips

A Flaming Tour of Glass and Grub



Wednesday, February 12

We arrive at a building 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 the heart of downtown Minneapolis, appropriately located in a beautiful underground space. It is a chef-owned award-winning restaurant known for creating made-from-scratch meals. 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

Our day begins at the Coyote Moon Grille Restaurant overlooking the Territory Golf Club in St. Cloud. Enjoy the lunch buffet with several entrees, side dishes, salads, beverage and dessert. Next stop, the Paramount Theatre, a turn-of-the-century historic 700-seat theater that was 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 that captures the hearts of listeners. 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. Audiences always react with great enthusiasm!

\$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



We 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 in the gift store. After the tour, meet in the Atrium for a relaxing self-service Victorian Cream Tea. An elegant three-course tea is presented on elegant buffet tables with savories and sweets. Menu: Four varieties of finger sandwiches, fresh scones with clotted cream and preserves, and a colorful assortment of dessert treats. Servers offer guests, endless cups of Earl Grey tea from silver trays. Our final stop is the Octagon House for a docent-led tour. This home, built for Judge John Shaw Moffat and his wife, is an example of the novel eight-sided dwelling popular in the mid-1800's. The home 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

Community Information

FREE BLOOD PRESSURE CHECK

11:00-11:30 AM at Brookview

No screening in December

Wednesday, January 22

No appointment needed! Provided by Ambassador Care Center staff.



AUTHOR TALK at the Golden Valley Library



Charlie Quimby

Saturday, December 7 at 1:00 PM

Golden Valley novelist, Charlie Quimby, will read from his new book "Monument Road." This modern western brings together unlikely characters in a Colorado town, undergoing a radical transformation. Quimby says that seeing the community unity of Golden Valley has a definite influence upon the story.

Happy Feet Foot Care Clinic—763-560-5136



Conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage provided with each visit. Bring a towel and your medical history with medications on your first visit.

Call 763-560-5136 to schedule your half-hour appointment. *If you need to cancel, you must call Happy Feet at least 24 hours in advance, or you will be charged.* **NOTE:** Clinic moves to Fridays from 12-3 PM starting December 27.

Tuesday, December 10, 17

Friday, December 27, January 3, 10, 17, 24, 31

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

HOME—952-746-4046



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

Senior 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

5 Cities Transportation—763-531-1259

Dinner At Your Door—763-531-1183

Fare For All—763-540-3880

Golden Valley Seniors 763-512-2339

HOME—952-746-4046

LinkVet Hotline—1-888-546-5838

Senior Dining at Calvary Church—612-269-8462

Senior Linkage Line—1-800-333-2433

Senior Outreach—952-746-4028

Store to Door—651-642-1892

5 Cities Transportation & PRISM Express Notice

The Five Cities Transportation Program provides buses for its service through a contract with PRISM Express. As you may have heard, PRISM Express is discontinuing its transportation services due to financial issues. Unfortunately, this means the Five Cities Transportation Program provided service through November 13, 2013. *We are sorry for any inconvenience, but due to the short notice given us, we are also dealing with the situation as best as possible.*

We have started exploring different options for the Five Cities Transportation Program. Once we have gathered this information, we will make a decision on whether or not the services can be continued. This decision will be made by December 31, 2013.

Below is a list of alternatives available for helping you purchase groceries and prescriptions after November 13, during the time the 5 Cities Transportation Program is being evaluated. Each service has different requirements and fees. Check the websites or call directly for more details.

Name	Phone	Website
Store to Door	651-642-1892	www.storetodoor.org
Gopher Grocery	612-379-1007	www.gophergrocery.com
Coborns	763-971-4900	www.cobornsdelivers.com
Lunds/Byerlys	952-897-9800	www.lundsandbyerlys.com
Walgreens	Call your local store for details	
CVS	Call your local store for details	
Cub Foods	Through Store to Door (see above)	

In addition, these transportation program options are available through the Metropolitan Council:

Transit Link is the Twin Cities dial-a-ride public minibus service. It is wheelchair accessible. Operates Monday–Friday, 6 am–7 pm. Fares are based on the distance traveled and range from \$2.25 each way to \$6.75 each way. Call 651-602-5465 to reserve a ride.

Metro Mobility is a shared public transportation service that is wheelchair accessible. Riders must apply to ride and certify that they cannot use regular fixed-route buses due to a disability or health condition. Operates Monday–Friday, 5 am–10 pm and Saturday–Sunday, 8 am–4 pm. Cost to ride is \$3 or \$4 each way. Call 651-602-1111 for additional information

If you have any questions, call the 5 Cities Transportation office at 763-531-1259.

PRISM Express

PRISM Express is discontinuing its transportation services due to financial issues. The decision to close this program was not easy. Moving forward, the organization will focus on core competencies, such as the food shelf (which serves over 500 families each month), while enhancing supportive social services, advocacy and education. In addition to the Food Shelf, Clothing Boutique and Ways to Work car ownership programs, PRISM will continue to provide seasonal programs including the upcoming Holiday Program, the Birthday Room (ensuring kids have fun and caring birthdays), and Back to School Supplies program. For information call 763-529-1350.





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

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

Golden Valley Registration Form—2013/2014

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: _____