



Senior News

Senior Office • 763-512-2339

Special Events

HOLIDAY CONCERT—Thursday, December 4



Crystal Community Center
4800 Douglas Drive North
7:00 PM Refreshments

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

Holiday Centerpiece with 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 seasonal 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

Holiday Glitters Dance—Wed, December 3



1:00-3:30 PM
Plymouth Creek Center
14800-34th Avenue North

A lovely afternoon of music by the Dick Macko Trio. Enjoy the beautiful Plymouth Creek Center decorated in the splendor of the season. A variety of bars, cookies, cheeses and crackers will be served with punch and coffee.

\$8 in advance, \$10 at the door

Call 763-509-5280 to register with a credit card.

Holiday Tea – Monday, December 15



1:00PM
Brookview Community Center

Join us for our annual holiday event, a delightful afternoon with entertainment followed by soup, 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.

\$9

Last day to register/cancel: December 8.

Code: 12812

Mary Wanderers Travel Show



Monday, January 26
1:00 PM
Brookview Community Center

The adventures begin as we kick-off the *Mary Wanderers*, our 2015 travel program with a "meet and greet". Be the first to preview our travel adventures. Meet Alice and Mary our trip planner and escort, and greet your fellow travelers as you enjoy desert and ice cream. Games! Prizes!

\$4

Last day to register/cancel: January 22

Code: 12975



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

COFFEE TALK



9:45-11:00 AM

Brookview Community Center

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 Check immediately following the program.

No program in December

Beyond the Yellow Ribbon



Wednesday, January 28

A Yellow Ribbon Community unites all areas within a community to create a comprehensive network that connects and coordinates agencies, organizations, resources and employers for the purpose of proactively supporting Servicemembers and military families. Learn about this program and how you can become involved. *Presented by Marshall Tanick and Lynn Gitelis.* Register by January 26.

FREE BLOOD PRESSURE CHECK



11:00-11:30 AM at Brookview

No check in December

Wednesday, January 28

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.

Remember When?...with Jan

1:00 PM

Dover Hills Apartments

2400 Rhode Island Ave. N

No registration needed-just come!



Wednesday, December 17 – Remembering Favorite Christmas Cards

Thursday, January 22 – Remembering Valentines

Brookview Community Center is closed:

December 24, December 25

January 1, January 19

LIVING WISE and WELL

1:00-2:15 PM

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

The Power of Flowers - Thursday, December 4



Flowers are the perfect pick-me-up. The colors, beauty, and smell brighten a room (and person) immediately. We'll learn when to give flowers, what's appropriate, how to use flowers in decorating and more. Be ready to treat your

senses! *Presented by Frank Bohlander, Best Wishes Floral, Golden Valley.*

No meeting in January due to holiday

MONEY MATTERS

10-11:15 AM

Brookview Community Center

Donation for treats. No need to pre-register.

Hot Topics – Thursday, December 18



Bring a hot topic or news item to discuss and help plan the 2015 program.

Tax Changes for 2015 - Thursday, January 15



It's time to think about filing taxes again. Learn what's new for preparing your 2014 Federal and State tax returns. *Presented by Brenda Lutter, H & R Block Golden Valley*

2015 MEMBERSHIP DONATION



Be the first to see what's happening with the senior program when the newsletter arrives in your mail. Membership is good through December 2015. **Fee:** \$5 for Golden Valley residents and \$8 for non-residents, payable to "City of Golden Valley." **Code: 12997**
Send to Golden Valley Seniors, 200 Brookview Parkway S, Golden Valley, MN 55426. **We really appreciate your support!**



WRITER'S WORKSHOP—Mondays



Moving from Hobby to Full-Time— Monday, 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—Mon, 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

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

INTERMEDIATE BRIDGE LESSONS***



Friday, January 9-February 27 9-10:30 AM

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

\$33 residents/\$36 non-residents.

Code: 12976

****Class will be dependent on instructor's health*

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, \$48/Non-resident (7 classes)

Tuesday, January 6-February 17

BEGINNERS/BASIC: 8:30-9:30 AM. Code: 12981

LEVEL 2: 9:35-10:35 AM. Code: 12988

BEGINNING YANG STYLE TAI CHI & INTRODUCTION TO QIGONG—Thursdays, 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, \$48/Non-resident

Thursdays, January 8-February 19. Code: 12994

TAI CHI FOR DIABETES—Thursdays, 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, \$48Non-resident

Thursdays, January 8-February 19 Code: 12996

NOTICE! PHONE REGISTRATIONS NO LONGER ACCEPTED!



Starting January 1st, phone registrations will no longer be accepted. We are required to have a signed and dated liability waiver for each person/program/trip. Registration can be done in person, fax and mail.

HAPPY NEW YEAR

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

Classes and Interest Groups

MONDAY OPEN STUDIO

 **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. **\$1 per week starting January 1. Pay at the front desk.**

DEFENSIVE DRIVING 4-HOUR COURSE



Thursday, December 11
Thursday, January 8
Thursday, February 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

8 HOUR CLASS—Saturday, February 28
9:00 AM-5:00 PM
\$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. Mention the Golden Valley location when registering.

Confused about Medicare?



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 11
Thursday, January 8
Thursday, February 12

PICKLEBALL



Mondays & Thursdays 10:00 AM -2:00 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. This is not a league, come when you can. Equipment available on a limited basis. Gym shoes required.

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.

Tax Assistance 2015

 **Thursdays, February 5-April 9**
9:30AM-1:30PM
Golden Valley Library

Help with filling out income tax forms is offered free on a first-come, first-served basis to people with uncomplicated income taxes. Trained volunteer tax counselors will help seniors and individuals with low to moderate income with routine forms. Please bring the following records and information:

- New 2014 tax form booklets
- Copy of 2013 tax returns and claim for property tax refund
- All documents and information concerning 2013 income, adjustments, deductions, credits and payments
- 2014 property tax statement or Certificate of Rent Paid Card with mailing label, if you received one from either the Minnesota Department of Revenue or IRS

Tax forms are filed electronically. Service provided by volunteers from AARP programs. Taxpayers with unusual or complex tax questions should seek help from the IRS or paid preparers.

Registration taken at the door the day of the service starting at 9:00 AM

Mary Wanderer's One Day Trips

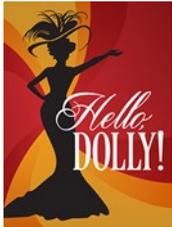
TRIP REMINDERS:

Duluth Aglow in the Season – T, December 9

10:15 AM Bus departs GV City Hall/Calvary Coop

9:30 PM Approximate 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

GET THE SCOOP ON TRIPS AT THE TRAVEL SHOW:

Gangsters and Grand

All Aboard for Brunch

St. Croix River Cruise

Old Log

Magical Garden

Hutch

Chanhassen Theater

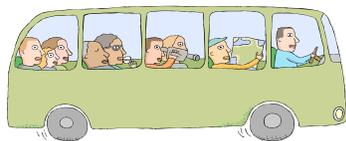
New Ulm

Holiday Tea in Austin

Lake Geneva

Fall Colors on the North Shore

Holly and Ivy



"Triple Espresso" at the Music Box Theater



Thursday, February 12, 2015

Arrive at Ping's Szechuan Restaurant for the all-you-can-eat lunch buffet featuring award-winning Asian cuisine. The buffet includes appetizers, fried rice, mild and spicy entrees, salads, fruits, and hot tea. Enjoy the homemade Hawaiian donuts for dessert. Off to the Music Box Theater for "Triple Espresso-a highly caffeinated comedy". Meet Hugh Butternut, Buzz Maxwell and Bobby Bean, a musician, an illusionist and a comic entertainer for whom nothing ever goes quite the way it was meant to be. It's a high-energy, vaudeville-inspired comedy that grabs the funny bone and just won't let go!

\$70 includes buffet lunch, theater ticket, motorcoach transportation and escort

10:30 AM Bus departs GV City Hall/Calvary Coop

3:30 PM Approximate Return

Last day to register or cancel: Friday, January 9

Code: 12973

"Ring of Kerry" at the Paramount Theater



Friday, March 13

This Friday the 13th will be your lucky day! We'll arrive at Ciatti's Ristorante for lunch. Menu: Chicken Marsala, House Salad, Vegetable, Bread, cookie and soda or coffee. Off to the Paramount Theater, a renovated 700-seat theater. Visit the Visual Arts Center and/or the Gallery and Gift Store before the 1:30 p.m. performance.

"Ring of Kerry" is a bursting-with-energy Irish music group that captures the hearts of listeners. All five of its musicians sing and play several instruments. From the thundering sound of the bodhran to the sparkle of the hammered dulcimer; from the lilt 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.

\$70 includes lunch, Ring of Kerry performance, motorcoach transportation and escort.

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

4:45 PM Approximate Return

Last day to register or cancel: Friday, February 13

Code: 12998

Mary Wanderer's Extended Trip

EXTENDED TRIPS

Join tour escort Mary Odell for these fabulous trips! Details for extended trips with brochures will be available at the Travel Show on January 26 and in the senior office after January 26.

A Summer Adventure in Lake Geneva, Wisconsin – June 24-26



Enjoy the colorful drive through Wisconsin to the picturesque village of Lake Geneva. The area was a popular summer retreat for the barons of wealth in lumber, cattle, oil, steel, cement, manufacturing, and durable goods. Cruise Lake Geneva aboard the **U.S. Mail Boat**, as postal delivery is made to the beautiful mansions on the lake, built from the 1850's through the heyday of the Roaring 1920's. Enjoy a dinner and show at the **Dancing Horses Dinner Theater**. In Genesee Depot, tour the **Ten Chimneys Estate**, created by theatre legends Alfred Lunt and Lynn Fontanne. At the **Fireside Theatre** in Ft. Atkinson, have the Signature Buffet Dinner before the performance "Guys On Ice."



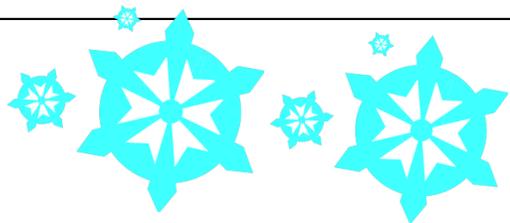
Fee: \$595 per person (2 per room)/\$795 per person (1 per room) includes: Lodging for two nights, meals, tours and attractions, deluxe motorcoach transportation, and tour escort Mary Odell.

Deposit: \$100.00 per person to make a reservation. Space is limited and registrations are taken on a first come basis. **Due:** Monday, April 27, 2015

Final Payment: Friday, May 15, 2015

Cancellation: Payments are non-refundable after April 27, 2015

CHECK THIS OUT!



BROOKVIEW GRILL OPEN FOR THE WINTER SEASON

The Brookview Grill will be **open** this winter season beginning Friday, December 12 through February 16 offering a wonderful winter food menu, full line of on-sale beverages, a place to warm-up, restrooms & locker rooms and the new outdoor fire pit will be glowing. The Grill is located at Brookview Community Center with perfect access to the new winter multi-use recreation trails. We like to say we are the Hot Chocolate and S'more specialists! Please call 763-512-2300 (press option 2 and then press option 1) for updated Grill information and weather closure updates. The Brookview grill will not open when the temperature exceeds 10 below zero or a combination of temperature/wind chill exceeding 15 below zero.

Grill Hours

Fridays: 11:00 am – 9:00 p.m.

Saturdays: 10:00 a.m. – 8:00 p.m.

Sundays: 10:00 a.m. – 5:00 p.m.

Winter Break Weekdays (December 22 – January 2) 10:00 a.m. – 5:00 p.m.

Christmas Eve closed

Christmas Day closed

New Years Eve 10:00 a.m. – 3:00 p.m.

New Years Day 10:00 a.m. – 5:00 p.m.

Martin Luther King Day 10:00 a.m. – 5:00 p.m.

Presidents' Day 10:00 a.m. – 5:00 p.m.



Community Information

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.

One-on-One Computer Help

Volunteers are usually* available at the following times to give you one-on-one help with basic computer skills:

Mondays & Thursdays: 9 a.m. – 12 p.m.

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

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

Poetry Lovers Converge

**First Wednesdays, December 3, January 7, February 4
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. Led by poet and Golden Valley Librarian, Guthema Roba. No registration required

Focus on Poetry:

**Mondays: Nov. 17, Dec. 15, Jan. 26 and Feb. 23
6:30—8:00 p.m.**

This venue is where poetry lovers meet once a month to discuss a particular poet or share poems inspired by that poet. All ages welcome. Led by poet and Golden Valley Librarian, Guthema Roba. No registration required.

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.

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 needs, strengths, and preferences, service/care plans and more. Call Krystal at 952-746-4028 for information or to make an in-home appointment.



BOWLING AT TEXA-TONKA LANES

8200 Minnetonka Boulevard
12:15 PM every Tuesday. Join us!

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, December 5, 12, 19 from 12-3 PM

Friday, January 9, 16, 23, 30 from 12-3 PM

Friday, February 6, 13, 20, 27 from 12-3 PM

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

Senior Dining – 763-531-1183



Senior Dining provides a delicious noon meal at Crystal Community Center. A donation of \$3.75 is requested, but no one will be denied a meal.

Take out meals are also available. Call from 9:00AM-11:30 AM for reservations and questions.

Dinner At Your Door-763-531-1183

Friendly volunteer drivers deliver hot, delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne at 763-531-1183 from 9:30-11:30 AM for information and menu.

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.

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 Dining—763-531-1183

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—2014/2015

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 myself, I authorize the City of Golden Valley/sponsoring cities to disclose to the City's insurer, attorney, staff, 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 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 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 this registration signifies your acceptance of this consent.
 Signed _____ Date _____

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: _____