

Senior News

Senior Office: 763-512-2339

Happy Feet Foot Care Clinic

This clinic is conducted by licensed nurses who specialize in routine foot care for elder and diabetic feet through Happy Feet, Inc. They work on corns, calluses, thick or curled toe nails, and ingrown nails, if they are not well-advanced. A foot soak and massage are provided with each visit. Please bring a bath towel. Call Happy Feet at 763-560-5136 to schedule your half-hour appointment.

Need to cancel your appointment?

You must call Happy Feet at least 24 hours in advance, or you may be charged a fee.

Brookview Community Center
Every Friday
 12-3 pm
 \$34, payable day of service
 with cash or check only



Medicare And Health Insurance Counseling

Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make an appointment with Marsha, who can answer your Medicare insurance questions, help you with insurance forms, or guide you through supplemental or Part D insurance. She'd love to work with you! Call at least three days in advance of appointment date.

Brookview Community Center
 Thur, June 16, July 14, Aug 11
 Appointment times are 9, 10, and 11 am

Mondays With Mary

Join Mary to make door decorations, greeting cards, placemats, party favors, and more. We work on projects for Ambassador Care Center, Dinner At Your Door, Golden Valley Rehab and Care Center, Senior Dining, Golden Valley Seniors, and Mary Wanderers. We'll supply the materials and coffee. You bring your time, talent and treats!

Brookview Community Center
Mondays (no meeting July 4)
 9:30-11:30 am



Blood Pressure Screening

Stop by Brookview on the fourth Wednesday of the month for a FREE blood pressure check. Service is provided by Barb Burger, LPN, Ambassador Good Samaritan. No appointment necessary. Service offered first come, first served.

Brookview Community Center
 Wed, June 22, July 27, Aug 24
 11-11:30 am **FREE**

Friday Films At Meadow Ridge

From Fred Astaire to Steve Z'ahn, we've got you covered. Enjoy musicals, documentaries, classic movies and more! Refreshments provided to compliment the film. NOTE: Films had not been selected at time of publication. To be placed on the mail or e-mail list and/or to register (by the Wednesday before the film), call 763-512-2339.

Meadow Ridge Senior Living (7475 Country Club Dr)
 Fri, June 17, July 15, Aug 19
 2 pm **FREE**



Brian Erickson Is Taking Over Senior Programs!

Brian Erickson, who has worked for the Golden Valley Parks and Recreation Department since 2001, has been slowly transitioning into Jeannie's former role, since her retirement in February 2016. Brian's prior experience mainly focused on programs for youth, but is excited and looking forward to this new chapter working with senior programs and activities. Stop in and say hello! Contact Brian at 763-512-2366 or berickson@goldenvalleymn.gov.

Coffee Talk

Join us for juice, treats, informative programs, and of course, coffee! Call the senior office to register in advance so there are treats and coffee for all.

Brookview Community Center

9:45–11:15 am

\$2, payable at the door



WED, JUNE 22

Bird Conservation

Established in 1979, Audubon Minnesota shares Audubon's 100-year heritage of working to protect our environment. Audubon Minnesota believes that what is good for birds is good for people too, including healthy habitats and clean water and air. Learn about the Audubon Society and local birds and their behaviors, with emphasis on identification. Presented by Jim Egge, Minnesota Audubon Society. Register by June 20.

WED, JULY 27

Headwaters Relief Organization

This Minnesota-based, non-profit disaster relief organization organizes volunteers to support the emotional, cleanup, and rebuilding needs of families and communities ravaged by disaster. Hear about its history and how it gives people hope when it's really needed. Presented by Doug Nathan, Headwaters Relief Organization. Register by July 25.

Money Matters

Join us as we hear speakers from companies dealing with finances and investments present information important to today's investor. Donations accepted for refreshments. No pre-registration required.

Brookview Community Center

10–11:15 am

THUR, JUNE 16

Services Available For Staying In Your Home

Did you know there are services and agencies to help you maintain your independence and stay in your home? Learn about available services, what questions to ask agencies when looking for services, the cost of these services, and how to determine what services you need. Presented by Crystal Stuewe from Services At Home, Good Samaritan Society.

THUR, JULY 21

Senior Medical Patrol-Prevent Medicare Fraud And 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 www.MyMedicare.gov website and how the Senior LinkAge Line® can assist seniors and their families. Presented by Emily Justman from Minnesota Area Agency on Aging.

Living Wise And Well

It's a fact! People are living longer and healthier. Join us for this free program that offers information each month for a happy, healthier you. Refreshments provided by Calvary Center Cooperative. No pre-registration.

Calvary Center Cooperative

1–2:30 pm

FREE

THUR, JUNE 2

Simple Gardening

Learn simple gardening tips for planting a container or small outdoor garden plot from Barbara Ego of the Golden Valley Garden Club. Barb will also talk about Bokashi, a unique recycling program that turns garbage into compost.

THUR, JULY 7

What's the difference between Palliative Care and Hospice?

Palliative care is specialized medical care for people with serious illnesses. It is focused on providing patients with relief from the symptoms, pain, and stresses of a serious illness—whatever the diagnosis. The goal is to improve quality of life for both the patient and the family. Learn more about palliative care, how/when to request it, and how it differs from hospice care. Presented by Libby Swanson, Park Nicollet Health Services.

THUR, AUG 4

Digestive Issues and Simple Solutions

There's something about digestive difficulties that makes them hard to discuss in polite company—which leaves many of us suffering one problem or another in silence. What's more, digestive disorders are placing a growing burden on Americans, causing an unprecedented number of clinic visits and hospitalizations. Fixes can be as simple as making informed lifestyle changes or taking over-the-counter remedies. Hear what the most common issues are and simple fixes. Presented by Michael Stockman, MD, and Barb Burger, LPN, Ambassador Good Samaritan Care Center.



Tai Chi Classes With Marie Mathay

The Tai Chi classes are endorsed by the Arthritis Foundation and taught by Certified Instructor Marie Mathay. Wear comfy clothes for these classes.

Brookview Community Center
\$45 resident/\$48 non-resident



TAI CHI SPECIAL RATE!

Register for a second class in the same session and pay only \$30 for your second class. Must be purchased together.

TAI CHI FOR HEALTH & ARTHRITIS – BASIC

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!

Tue, June 21–Aug 9
8:30–9:30 am
S2207A

TAI CHI FOR HEALTH & ARTHRITIS 2 – MOVING ON

For persons who have completed at least one session of Tai Chi, we continue on our Tai Chi journey, endorsed by the Arthritis Foundation.

Tue, June 21–Aug 9
9:40–10:40 am
S2208A

Baby Boomers And Beyond Body And Balance Workouts

Nancy Stoneberg, certified personal trainer and Twin Cities Live fitness consultant, has dedicated much of her time to training and educating the 55+ crowd and helping them realize it's never too late to make a positive difference in strength, balance, and overall wellness. Get a great workout, with professional supervision. The classes are for all levels and abilities. Nancy's motto is "YES, YOU CAN!" Register for one month or more. Make-ups allowed.



Robbinsdale Police/Fire Building Community Room
(41st & Hubbard Ave N, Robbinsdale)
9–9:45 am
\$24/class

June 3–24 **July 1–29** **Aug 5–26**
S3102C S3102D S3102E

Yoga Flow With Laura

This non-competitive class combines yoga postures, targeted core work, and breathing awareness and ends with a blissful guided relaxation. Appropriate for beginners to yoga as well as those who already practice. Benefits include increased strength, flexibility, body awareness, and mental clarity. Bring a sticky mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.

Brookview Community Center
5:30–6:45 pm

Tue, June 21–July 19 (5 sessions)
\$50 resident/\$53 non-resident
S2206C

Tue, July 26–Aug 30 (5 sessions - no class Aug 9)
\$50 resident/\$55 non-resident
S2206D

Defensive Driving 4-Hour Refresher

Adults age 55+ can save up to 10% with a three-year discount on car insurance premiums, and become better drivers by taking a state-approved National Safety Council Defensive Driving course. No tests are given, but attendance is required to receive the certificate of completion.



Registration & Certificate of Completion

To guarantee certificate at class completion, register at least seven days in advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to 474 Concordia Ave, St Paul, MN, 55103. Call 651-291-9150 to register with Visa or MasterCard.

Brookview Community Center
Thur, June 9, July 14, Aug 11
9 am–1 pm
\$17/person

Friday Open Painting Studio

Looking for a creative start to the week? 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.

Brookview Community Center
Weekly on Fridays
9–11:30 am
\$1/week payable at the front desk



Card And Game Groups

All groups meet at Brookview Community Center, unless otherwise noted. No pre-registration required. Join us!

GROUP	DAY	TIME
Dominoes	Monday	1 pm
Cribbage	Tuesday	1 pm
Hand & Foot	Tuesday	1 pm
500	Tuesday	6:30 pm
500	Wednesday	1 pm
Euchre	Thursday	1 pm
Bridge	Thursday	6:30 pm
Bridge	Friday	9:30 am



Senior Lawn Bowling Clinic

You will learn the rules of the game, vocabulary that is unique to bowls, the proper way to hold and deliver your bowls, and the etiquette that governs behavior on the greens. Wear flat-soled shoes, sunscreen and a hat.

Brookview Lawn Bowling Greens \$3/person
Wed, June 1 S2101A
10–11:30 am



Senior Lawn Bowling League

Take part in the second summer season of lawn bowling! Game equipment is provided and an official is present during league play. No special clothing is required; however, teams with all members competing in white tops and white or khaki bottoms receive one point before match play begins. Flat-bottom shoes only on the court. Register individually or as a team of 4-8 players. Min of four teams, max 16. Weekly fee includes six weeks of league play, game equipment, prizes, and official.

Brookview Lawn Bowling Greens
Wed, June 8–July 13
10–11 am
\$5 league fee, plus \$3/week
S3302A
Register or cancel by June 3

Pickleball

Pickleball is a game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn but can develop into a quick, fast-paced, competitive game for experienced players. This is not a league. Come when you can—just drop in. Limited equipment available. Gym shoes required.

Crystal Community Center
Mondays and Thursdays
9 am–1 pm
\$2/week, payable at the door



Pedal Pushers

Brush off your bicycle and join us! We meet twice per month and ride 10–12 miles on local trails. Wear your helmet and bring a water bottle and snack. Optional lunch after the ride. Ride information is sent to individuals interested in joining. Call 763-512-2339 to be placed on the mailing list.



VOLUNTEER OPPORTUNITY

We are looking for adults to volunteer at the annual kids Penny Carnival on Friday, July 29 from 10 am–1 pm at Brookview Park.

Volunteers will run small carnival games for the kids, which are located in the covered shelter. This community event has years of history and children look forward to it every year.

Please join us in July!

For more information and to volunteer, contact Brian at 763-512-2366 or email at berickson@goldenvalleymn.gov.



Mary Wanderer Trips

Comfortable motor coaches, good food, knowledgeable tour guides, and Mary as our escort! Our trips are planned with you in mind. Trip registrations are taken on a first-come, space-available basis in person, by mail, or online at <https://webtrac.goldenvalleymn.gov>. Use the code number and state your pick-up location and meal choice (if offered) when registering.

Pick-ups available at Calvary Cooperative/Apartments or Golden Valley City Hall.

The Saints Are Marching In

Wed, June 29

To the CHS field. Join us cheering on the St Paul Saints in their new ballpark, CHS Field. The St Paul Saints belong to the North Division of the American Association of Independent Professional Baseball. Use your "Saint Bucks" for lunch in the ballpark. There are plenty of good ol' ballpark fixings each year. Staples of hotdogs, bratwurst, burgers, steak sandwiches, fresh cheese curds, sub sandwiches, ice cream, and more, along with a variety of beverages. Check out the Saints Team Store for your Saints gear before the 1:05 game against the Sioux Falls Canaries.

Wed, June 29

\$57

11:40 am pick-up

4:15 pm approximate return

Register/cancel by May 16

Y3210A



Spam Makeover

Fri, July 22

Arrive in downtown Austin to visit the NEW Spam® Museum, reopening spring 2016. The museum features audios, videos, and displays depicting the rich history of Hormel Food. The self-guided tour is interactive, educational, and fun for all ages. The Spam® Museum gift store has collectible memorabilia and Spam® products, even the hard-to-find varieties. Lunch will be at The Old Mill Restaurant, located in the historic Ramsey Flour Mill on the Red Cedar River. (**Lunch Menu:** Grilled chicken breast served on a bed of wild rice blend, house salad with parmesan peppercorn dressing, dinner roll, beverage, and a small dessert.) After lunch, we'll be spending time at the ArtWorks Center and the Rydjour Bike Shop. The ArtWorks Center is a space for the creative community. A clay studio is housed in the lower level. There are exhibits and a retail store on the main floor, and galleries on the second level. Just down the street is the Rydjour Bike Museum, with a collection of vintage and collectible bikes. On display are 84 bikes, antique jerseys, paintings, advertisements, and memorabilia. Other boutiques are located within walking distance.

Fri, July 22

\$54

7:45 am pick-up

4:45 pm approximate return

Register/cancel by June 27

Y3211A



Minnesota Centennial Showboat Theater Presents *Under The Gaslight*

Tues, July 19

A dark secret shatters Laura's dream of marrying Captain Trafford, so she runs away from home. When a villain plots to abduct Laura, a disabled soldier fights to save her. Will she ever see her home or "her intended" again? Laura's heart pounds as a steam engine roars down the tracks...is this the end? This will be the last season that the Minnesota Centennial Showboat will run, so get your tickets now! Since 1958, the Showboat has combined the talents of young actors and actresses with musical interludes from the golden age of vaudeville, thrilling drama, and beautiful summer evenings right on the Mississippi. Over the years, tens of thousands of Minnesotans and their families have made the Centennial Showboat the signature event of their summers. Lunch will be enjoyed at Cherokee Tavern before the performance.

Lunch Menu (state choice when registering): 1) Sirloin, 2) Chicken Breast,

3) Walleye, 4) BBQ Pork Ribs. All meals include salad, dessert, and beverage.

Tues, July 19

\$63

11:45 am pick-up

5:30 pm approximate return

Register/cancel by July 8

Y3218A



Mary Wanderer Trips (continued...)

Glensheen Mansion Tour And Tall Ship Arrival

Thur, Aug 18

Enjoy lunch at the Midi Restaurant in Fitger's Inn, then on to Glensheen Mansion. The docent-led tour will take guests into the family living and work spaces, showcasing original interiors in styles ranging from Renaissance Revival and Colonial Revival to Arts and Crafts. Stories of the Congdon family and others who lived and worked at Glensheen bring this magnificent mansion to life. The tour includes the basement, first, and second floors. If you are unable to climb stairs, a video is available for viewing. As you stroll through the manicured lakefront grounds of the estate, keep your eye peeled for the possibility of seeing the dozen tall ships expected to arrive in Duluth Harbor that afternoon. Bring your binoculars! THIS YEAR - The world's largest Viking ship is on its way from Norway to America and will be sailing through Duluth during the Tall Ships Festival. (NOTE: Exact schedule of arrival is determined by weather, ship traffic, and the 2016 Tall Ships officials.) Before and after the guided tour, visit the museum store located in the carriage house. As we head home, we'll make a short stop at a fast food restaurant (on own) for a snack.

Lunch Menu (state choice when registering): 1) Lake trout with lemon butter sauce, or 2) Chicken salad with ranch dressing. Both served with fresh green beans, roasted baby red potatoes, petite mini-desserts, and coffee or tea.

Thur, Aug 18

\$77

8:30 am pick-up

7:30 pm approximate return

Register/cancel by July 18

Y3212A

Gull Lake Luncheon Cruise

Wed, Sept 21

Board the sleek North Star yacht on the southeast shore of Gull Lake in the beautiful Brainerd Lakes area. The North Star has a glass-enclosed main deck plus an upper deck patio. The two-hour cruise reveals scenic views and joyful sounds of wildlife as the vessel glides through the water. Enjoy a luncheon buffet with salads, sandwiches, chips, cookies, and beverage. A stop at Thielen's Meat Market in Pierz will finish the day. Thielen's is known around the world for having the very best quality fresh and smoked meats, especially its bacon, which is famous for its leanness and great smoky flavor. You may want to bring a thermal bag to keep your goodies fresh.

Wed, Sept 21

\$71

8:50 am pick-up

5:30 pm approximate return

Register/cancel by Aug 15

Y3213A

Mamma Mia at Fireside Theatre

Sat, Dec 31, 2016–Sun, Jan 1, 2017

DAY 1 - Take this opportunity to ring in the New Year at the spectacular Fireside Theatre in Fort Atkinson, WI. Depart from Golden Valley City Hall at 9 am and stop for lunch at the Norske Nook Restaurant in Osseo, WI. Check into the Holiday Inn Express in Fort Atkinson and enjoy a welcome reception. Transfer to the Fireside Dinner Theatre for the annual New Year's Eve feast while enjoying the theater performance of "Mamma Mia." The show features the music of ABBA and has completed a fourteen-year run on Broadway. The Fireside Theatre brings to life the characters, story, and music that make "Mamma Mia" the ultimate feel-good show! A mother, a daughter, a Greek island paradise, a trip down the aisle you'll never forget, and the story-telling magic of ABBA's timeless songs propel this enchanting tale of love, laughter and friendship, creating an unforgettable show. [L,D]

Day 2 - Have breakfast at the hotel and travel to Wisconsin Dells for lunch. Enjoy the delectable culinary selection at the Trappers Turn Restaurant. It is located at the newly opened ultimate golf course created by Andy North and Roger Packard. They offer a New Year's Day Hot Buffet with a deluxe salad bar, hot bread station, a variety of desserts and beverages. The estimated return time to Golden Valley is 4:30 pm. [B,L]

Fee Includes: Deluxe motor coach transportation, lodging for 1 night, meals as indicated by [C – coffee & rolls, B - breakfast, L - lunch, D - dinner], attractions as outlined, Host Mary Odell from Golden Valley Seniors, and gratuities on included meals and included attractions.

Sat, Dec 31, 2016–Sun, Jan 1, 2017

\$425/person (double)

\$495/person (single)

\$115 deposit per person due Mon, Oct 31

Final payment due Fri, Nov 11

Payments are non-refundable after Oct 31

Y3219A



MAMMA MIA!

Community Information

H.O.M.E. 952-746-4046

Do you or a loved one need a little help around the house? Senior Community Services' Household and Outside Maintenance for Elderly (HOME) program may be able to provide you with relief. The HOME program provides affordable housekeeping and handyman services for seniors age 60 and older. Their network of skilled workers is pre-screened to ensure that you feel safe and confident about the services you receive.

HOME can help with:

- housekeeping
- laundry
- minor maintenance repairs
- snow shoveling
- lawn mowing
- seasonal yard work
- safety device installation
- interior/exterior painting
- window washing

Older adults contribute to the cost of these services based on their monthly income and ability to pay, making HOME the only program serving all of suburban Hennepin County that provides these services on a sliding fee scale. HOME also accepts some insurance payments as well as the Elderly Waiver and the Alternative Care Grant.

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 driver, call Joanne from 9:30–11:30 am for information and menu.

Senior Dining 763-531-1183

Senior Dining provides a delicious noon meal at Crystal Community Center. A donation of \$4 is requested at the door, but no one will be denied a meal. Takeout meals are also available. Reserve your lunch by calling at least three days in advance between the hours of 9–11:30 am. Menus are available in the kitchen.

Senior Community Services Outreach Program 952-746-4028

Experienced licensed social workers help clients age 55+ and their families find the most appropriate and affordable combination of services to help clients stay in the community as long as possible. Available support includes:

- Performing multidimensional assessments of client needs, strengths, and preferences
- Developing service/care plans
- Connecting clients with a broad range of services
- Monitoring services and helping to resolve problems
- Assisting in identifying financial programs (eg, food stamps, Medical Assistance, etc)
- Facilitating caregiver education and support groups
- Providing caregiver consultation/coaching as a member of Eldercare Partners

Practical and emotional concerns are addressed. Call Krystal for information or to make an appointment.

Senior Linkge Line 1-800-333-2433

Call us first with your questions. The trained staff and volunteers have access to local, state, and national information. If they cannot answer your question, they will find the number of someone who can.

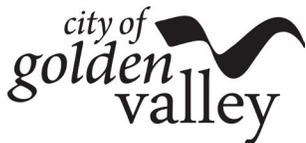
Community Phone Numbers

Crystal Community Center.....	763-531-0052
Dinner At Your Door/Senior Dining	763-531-1183
Golden Valley Seniors	763-512-2339
H.O.M.E.....	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

Home Safety Check For Seniors

No-cost home safety check for senior citizens is offered by the Household and Outside Maintenance for Elderly (HOME) Program of Senior Community Services. We will check your need for handrails, grab bars, smoke detectors, lighting, and other home safety components. Elders aged 60+ residing in suburban Hennepin County and Minneapolis are eligible for this limited time offer. No sales. For more information contact 952-746-4046 or email home@seniorcommunity.org for details. Senior Community Services is a nonprofit organization with five programs serving elders age 60+ and caregivers statewide. For information, visit www.seniorcommunity.org or call 952-541-1019. Seniors outside of Hennepin County should contact the Senior Linkage Line at 1-800-333-2433 for information about home safety checks in their area.





Parks & Recreation Department
 200 Brookview Parkway
 Golden Valley, MN 55426

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

GOLDEN VALLEY ACTIVITY & TRIP REGISTRATION FORM



First & Last Name: _____
 Address: _____ Phone: _____
 City: _____ State: _____ Zip: _____ D.O.B: _____
 E-mail: _____
 Emergency Contact Name & Phone (if different from above): _____
 Special Needs, Disabilities, or Allergies we should be aware of: _____

Participant's First & Last Name	Trip/Activity Name	Trip/Activity Code	Pick-up Site	Special Requests	Fee
PAY _____ Cash CC # _____ Sec. Code _____ INFO: _____ Check Exp Date _____ Sign for credit card: _____					TOTAL

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 and its partner cities or other governmental agencies (hereinafter collectively "City") 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 release and not hold the City liable for any claim, damages or loss resulting from participation in any such activity, including claims for injuries, death and resulting medical costs and attorney fees. The completion of your registration signifies your acceptance of this consent.

SIGN: _____ DATE: _____