



Senior News

Senior Office • 763-512-2339

Meadow Ridge Tour And Lunch **FREE**

Join us for a luncheon in our private dining room. Beginning with a tour of Meadow Ridge and ending with a delicious lunch prepared by our in-house chef. Sponsored by Meadow Ridge. RSVP to Pam Wolfe at 651-706-3591.

Meadow Ridge Senior Living
 (7475 Country Club Dr)
 Thur, Oct 13
 Noon



JOIN US FOR OUR 1 YEAR ANNIVERSARY PARTY!
 Meadow Ridge Senior Living
 Fri, Nov 18
 2 pm

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
 2nd and 4th Friday each month
 (no care Nov 11, 25, Dec 23)
 9 am–3:30 pm
 \$36, payable day of service
 with cash or check only



Blood Pressure Screening **FREE**

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, Oct 26, Nov 23, Dec 28
 11–11:30 am

Holiday Tea

Join us for a delightful afternoon with entertainment by the ladies singing group, "The Happy Notes," followed by delicious finger foods and desserts. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun.

Brookview Community Center
 Mon, Dec 12
 1–2:30 pm
 \$9/person
 F3301A
 Register by Dec 9



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 Dec 26)
 9:30–11:30 am



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, Oct 13, Nov 10, & Mon, Nov 28
 Appointment times are 9, 10, and 11 am
 (Oct 13 times will be 10 am, 11 am, and 12 pm)

Living Wise And Well **FREE**

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 Co-op. No pre-registration required. *No meeting in November.*

Calvary Center Cooperative
1–2:30 pm

THUR, OCT 6 Age Is Just A Number

Barry ZeVan was Inducted into the Minnesota Broadcasting Hall of Fame in 2013 and continuously in the professional broadcasting and entertainment industry since age 5½. Barry is a Telly Award-winning and three-time Emmy-nominated producer, writer, director, talent, and production designer locally, nationally, and internationally. He garnered the highest local ratings in US television broadcasting history as "Barry ZeVan, The Weatherman" in Minneapolis-St Paul in the mid-1970s. His recent Minneapolis Star Tribune blogs reflect his unusually remarkable life experiences with colleagues and friends who are, and were, global leaders in the entertainment and political arenas. His autobiographic memoir, released in January 2016, is entitled, "Barry ZeVan – My Life Among The Giants, A Memoir," and subtitled "Thank You, Jerry Stiller.... for urging me to write this book."

THUR, DEC 1 Holiday Decorating Made Easy

Frank is back with easy decorating ideas to make your space alive for the holidays. Presented by Frank Bohlander, Best Wishes Floral, Golden Valley.

Money Matters **FREE**

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, OCT 20 Estate Planning

What does estate planning mean and what does it consist of? Do I need to do estate planning? What are the estate planning options and how do I do it in the most economical way? This presentation will answer all your questions and separate the myths from reality.

THUR, NOV 17 Be Wise, Be Informed, Be Empowered

Gary Johnson is the senior outreach manager for the Better Business Bureau of Minnesota and North Dakota. He has been associated with the BBB since 2004 and brings 40 years of business experience to the speaker's platform. His program of "BE Wise, Be Informed, Be Empowered" will cover topics like Scam Alerts, BBB Business Reviews, and how to empower yourself to take action to protect yourself and others in today's marketplace.

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, OCT 26 Spring Flowering Bulbs

Fall's the time to plant those beautiful spring-flowering bulbs. Learn from a Master Gardener how to plant many types and enjoy slides of spring-flowering favorites. Register by Oct 25.



Defensive Driving Courses

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.

8-HOUR FIRST-TIMERS COURSE

Brookview Community Center
Sat, Oct 15
9 am–5 pm
\$18/person

4-HOUR REFRESHER COURSES

Brookview Community Center
Thur, Oct 13, Nov 10, Dec 8
9 am–1 pm
\$17/person

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.

All classes are held at Brookview Community Center

◆ 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, Oct 25–Dec 13 (No class Nov 8)

8:30–9:30 am

\$45 resident/\$48 non-resident

F2207B

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, Oct 25–Dec 13 (No class Nov 8)

9:40–10:40 am

\$45 resident/\$48 non-resident

F2208B

YANG STYLE TAI CHI PRACTICE GROUP

Join Marie in learning the Cheng Man Ching 37, one of several Yang forms widely practiced today. This is an advanced class suitable for those who wish to further their tai chi study.

Thur, Oct 27–Dec 15 (No class Nov 24)

9–10 am

\$49 resident/\$52 non-resident

F2209B

SHIBASHI QIGONG – PART 1 & 2

Cultivate more energy, strength, flexibility, and better balance through this series of gentle Chinese moving and breathing exercises. Each part consists of 18 follow-the-leader exercises. Part 1 heals and restores health; Part 2 builds strength and stamina. Suitable for all ages and abilities. Perfect on its own or as a complement to your tai chi practice. No experience necessary.

Thur, Oct 27–Dec 15 (no class Nov 24)

10–11 am

\$49 resident/\$52 non-resident

F2210B

Daytime Yoga With Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, and 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 an exercise mat. Annette is the host of award winning Channel 18TV show, *Yoga on the Go*.

Brookview Community Center

11 am–noon

Tue, Oct 4–Nov 22 (no class Nov 8)

\$56 resident/\$60 non-resident

F2201A

Tue, Nov 29–Dec 20

\$32 resident/\$35 non-resident

F2201B



Joy Of Painting® The Bob Ross® Method

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 especially 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 in October and a winter scene in November ready to frame. Taught by certified instructor, Kittie Swanson. Fee covers all materials.

Brookview Community Center

1–4:30 pm

\$60 resident/\$65 non-residents

Sat, Oct 8

F3101A

Register by Oct 2

Sat, Nov 12

F3101B

Register by Nov 6



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. You do not need to pre-register for these groups. Just stop in and join us!

| GROUP | DAY | TIME |
|----------|-----------|---------|
| Dominoes | Monday | 1 pm |
| Cribbage | Tuesday | 1 pm |
| 500 | Tuesday | 6:30 pm |
| 500 | Wednesday | 1 pm |
| Euchre | Thursday | 1 pm |
| Bridge | Thursday | 6:30 pm |
| Bridge | Friday | 9:00 am |

Pickleball 55+

Pickleball is for people of all athletic abilities, described as a combination of ping pong, tennis and badminton. It's a great work out, very social, and a competitive and athletic game. Pickleball uses a plastic whiffle ball and a paddle and is played on a court roughly half the size of a tennis court. This is not a league...for all levels of play...come when you can...just drop in... with no advanced registration. Equipment is provided for you to try the game. Gym shoes are required. For your convenience, purchase a 10 punch card and save! One punch per visit.

Crystal Community Center

Every Mon & Thur (No meeting on Nov 24, Dec 26)

9 am–1 pm

Daily: \$3, or \$2 for Crystal Friendship members

Punch Card: \$12 Crystal Friendship members & Golden Valley residents, \$17 non-residents

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-up location is at Golden Valley City Hall under the water tower.

Ozark Jubilee Country Christmas At Treasure Island Event Center

Thur, Nov 10

Ozark Jubilee features an all-star cast of Branson's top entertainers. "This dynamic show salutes the music of the great Legends of country music in the first half of the show. The second half of the show is a variety of Christmas music that will touch your heart, from traditional standards such as "Silent Night" and "White Christmas" to more contemporary selections. This show features vocals, comedy, and instrumentals. World-class fiddler Doofus Doolittle presents his unique brand of humor and some of the best fiddle and violin music ever.

Enjoy his stories about some of the legendary artists he has performed with. He will salute comedians of yesteryear such as Archie Campbell, String Bean, and Minnie Pearl. Enjoy this holiday musical event with the sounds of laughter, bluegrass, gospel, country, and traditional Christmas music. Treasure Island will extend \$10 per person slot play for those who attend. Lunch will be roasted turkey dinner, potatoes and gravy, vegetable, bread and butter, pumpkin pie, coffee, and tea.

Thur, Nov 10

\$73

9:45 am pick-up

5:35 pm approximate return

Register/cancel by Oct 3

Y3221A



Mary Wanderer Trips (continued...)

Camelot **At The Chanhassen Dinner Theater** **Wed, Nov 16**

Enjoy lunch and a matinee performance of *Camelot*, the legendary tale of King Arthur, his knights of the Round Table, their valiant adventures, and a love story for the ages. *Camelot* features music, book, and lyrics by the creative duo Alan Jay Lerner and Frederick Loewe (*My Fair Lady*, *Brigadoon*) and is based on the King Arthur legends found in T.H. White's novel *The Once and Future King*.

In the story, Guinevere, King Arthur's lovely wife, encourages him to establish the Knights of the Round Table. As the Knights grow in fame, Lancelot, the most celebrated knight of all, becomes friend and confidant to Arthur when rumors begin to circulate about Lancelot and Guinevere. Can Camelot

be the idealistic place of Arthur's dreams? Winning multiple Tony Awards, including Best Musical Score, *Camelot* features well-known songs "I Wonder What the King is Doing Tonight," "What Do The Simple Folk Do?," "If Ever I Would Leave You," and the beloved title song, "Camelot." This crowd-pleasing musical is filled with romance, pageantry, humor, and a rich, stirring story that stands the test of time. For lunch, select from a limited menu, which includes a beverage.

Wed, Nov 16

\$74

10:15 am pick-up

4:45 pm approximate return

Register/cancel by Oct 7

Y3220A



Deck The Halls In Mankato **Fri, Dec 9**

The trip begins with a short stop at the Minnesota Landscape Arboretum Gift Store to shop. Browse through the remodeled store filled with great ideas for Christmas gifts, including a great mix of merchandise produced in Minnesota by local artisans. Upon arrival in Mankato, take a guided tour of the historic Hubbard House, showcasing traditional Victorian Christmas decorations. The mansion was home to the R.D. Hubbard family for 67 years and was built in several stages beginning in 1871. It is one of the finest examples of Victorian-style homes in Mankato. After our time at the Hubbard House, we arrive at Charley's Restaurant, serving Mankato for more than 25 years with fine dining and a family atmosphere.

The chef will prepare an early dinner menu with beverage and small dessert. After dinner, it will be time to see the Kiwanis Holiday Lights Display at Sibley Park, at which time everyone will be divided



into two groups. The first half of the group will board a horse drawn wagon for a ride through the park, while the second half enjoys activities in the park. Park amenities include paved pathways, concessions for sale in the warming house, heated rest rooms near the entrance, a skating rink with a synthetic surface, live reindeer, and animated choreographed lights. Then the second group will take the wagon ride and the first group will enjoy the park. There are more than one million lights in the park. Older displays were created by volunteers who bended, welded, and molded metals into forms. They then attached color rope lights to the frames to create the display. Displays include the Candy Cane Cottage, the Elves' snowball fight, flying Santa, and the 19-piece Nativity scene.

Fri, Dec 9

\$66

11:45 am pick-up

8:20 pm approximate return

Register/cancel by Nov 14

Y3217A

Mary Wanderer Trips (continued...)

Mamma Mia at Fireside Theatre

Sat, Dec 21, 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 14-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, where you'll enjoy the delectable culinary selection at the Trappers Turn Restaurant, located at the newly opened ultimate golf course created by Andy North and Roger Packard. The New Year's Day Hot Buffet features 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 one night, meals as indicated [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 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



Vikings Stadium Tour And Lunch At Jax Cafe

Tue, Feb 28

Arrive at U.S. Bank Stadium and take a ninety-minute walking tour of new stadium. You will get a behind-the-scenes look at clubs and suites, the press box, and the Minnesota Vikings Locker Room. Tour guides will lead the exploration of the stadium, sharing facts and figures that highlight the Nordic-inspired architectural features, roof structure and the signature glass pivoting doors. U.S. Bank Stadium tours also include an opportunity to take in the one-of-a-kind Minnesota-based art collection furnished by the Minnesota Vikings. After the tour, there will be time to visit the gift shop. After the tour, you will head to Jax Café, for lunch. NOTE: Canes, walkers and wheelchairs will fit under the motor coach for guests with mobility limitations.

Menu (state choice when registering): Polish Sausage and Sauerkraut with Potato Cheese Pierogis, Oven Roasted Chicken with Mashed Potatoes/Gravy, and Vegetable, or Swedish Meatballs with Potatoes and Vegetable.

Tue, Feb 28

\$72

9:10 am pick-up

2:30 pm approximate return

Register/cancel by Jan 16

Y3223A



Mary Wanderer Trips (continued...)

Tulip Time Tue, May 9–Sat, May 13, 2017

DAY 1 (Tue, May 9): Leave Golden Valley City Hall at 7 am. Stop for lunch (included) at Quivey's Grove near Madison, WI. It is a lovely country estate originally built in the mid-1800's. Continue to Alsip, IL for lodging at the Double Tree by Hilton. [C,L]

DAY 2 (Wed, May 10): Have breakfast (included) and travel to Holland, MI. At the Dutch Marktplaats, enjoy the tastes, sights, sounds, and crafts of 19th Century Holland. Stroll through displays and demonstrations by craftspeople. Next is the Volksparade, where thousands of locals are dressed in Dutch costumes and participate in the official Street Scrubbing. Have dinner (included) and check into the Holiday Inn Express for two nights. [B,D]

DAY 3 (Thur, May 11): Have breakfast (included) before a Dutch-costumed guide boards our coach for a narrated tour. See Holland's historic areas, city parks, Hope College, and view of the windmill. Buffet lunch (included) hosted by a local church. Visit Windmill Island Gardens featuring 36 acres of manicured gardens. It's home to over 150,000 tulips and the nearly 250-year-old working Dutch windmill. Dutch folk dancing, the Posthouse museum, and the antique Dutch carousel offer highlights of cultural history. Have dinner (included) and see the talented headliner Tulip Time entertainment. [B,L,D]

DAY 4 (Fri, May 12): Have breakfast (included) and spend time at Nelis' Dutch Village Family Theme Park and enjoy the authentic Dutch architecture. Dressed in native costumes including wooden shoes, characters demonstrate life in those days. After lunch (on own), visit Veldheer's Tulip Gardens and DeKlomp Wooden Shoe and Delft Factory. Each May, there are acres filled with over 5 million tulips. At the Factory, artisans carve wooden shoes and paint delftware. Travel to Alsip, IL for lodging and dinner (included) at Double Tree in Alsip, IL. [B,D]

DAY 5 (Sat, May 13): Have breakfast (included) at the hotel. In Wisconsin Dells, have lunch (included) at the High Rock Café. Walk down the street to Swiss Maid Fudge and Candy Connection Chocolate Store. Estimated return time is 5:30 p.m. [B,L]

Fee Includes: Deluxe motor coach transportation, lodging for 4 nights, meals as indicated [B-breakfast, L-lunch, S-supper, D-dinner], attractions as outlined, hosted by Mary Odell from Golden Valley Seniors, gratuities on included meals, and attractions. Travel Insurance is available through Travel Guard by calling 1-800-826-1300 (ARC #49317 Silver Plan). Tour documents are sent approximately two weeks before departure from Medicine Lake Tours. Baggage handling for one suitcase included. Final documents are sent approximately two weeks prior to departure.

May 9-13, 2017

\$880/person (double), \$1,210/person (single)

\$135 deposit per person is required to make a reservation

Final payment due by March 30, 2017

Payments are non-refundable after March 3, 2017.

Y3224A



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, snow shoveling, lawn mowing, seasonal yard work, safety device installation, interior/exterior painting, window washing, and more.

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.

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.



Parks & Recreation Department
 200 Brookview Parkway
 Golden Valley, MN 55426
 763-512-2345

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 |
|---|--------------------|--------------------|--------------|------------------|--------------|
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| | | | | | |
| | | | | | |
| 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: _____