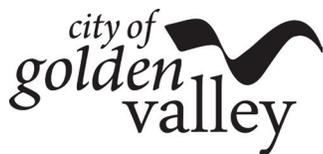


February & March 2018



SENIOR NEWS

763-512-2345

www.goldenvalleymn.gov

Helping With The Medicare Maze

Going to retire and need your Medicare questions answered? Wondering about your choices with supplemental coverage? Have questions about Part D? Worried about the details in filing a claim or appeal? Do you need help through the Medicare maze? Marsha will meet with you one-on-one to answer your Medicare Insurance questions, assist you with insurance forms, or guide you through supplemental or Part D insurance. She would love to work with you. Appointments are required at least three days in advance by calling 763-512-2345.

Brookview Rice Lake Conference Room
Thur, Feb 8, March 8, or April 12
Times are 10 am, 11 am, 12 pm

Weekly Card & Game Groups

These 55+ adult card and game groups will resume the week of Dec 4 in the new Brookview! New players are always welcome. Please arrive at least 10 minutes before the scheduled start time to get set up. All groups meet at Brookview in the Valley Room. No pre-registration required. We look forward to seeing you there!

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



Mondays With Mary

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

Brookview Valley Room South
Every Monday
9:30-11 am



Brookview Presentation: "Midcentury Modernism In The Twin Cities' Suburbs"

FREE

The new Brookview was designed to complement the wonderful mid-century modern architecture throughout Golden Valley and our surrounding suburbs. Please join Larry Millett, author of *Minnesota Modern: Architecture and Life at Midcentury*, for a exploration of Twin Cities modern architectural design and the rich and varied landscape of midcentury modernism. Millett, a native of Minneapolis, is a renowned author specializing in Minnesota architecture. His extensive background includes writing and editing for the St Paul Pioneer Press, publishing more than 20 books, and contributing to many local and national magazines.

Brookview Bassett Creek Room
Sat, March 3 • 1-2 pm
Free and open to all

ANNUAL SENIOR NEWSLETTER SUBSCRIPTION

Don't miss out on all the great 55+ happenings at Brookview. Subscribe to our bi-monthly newsletter to stay-in-the know! Subscriptions run January-December. That's six newsletters mailed right to your door!

Subscriptions need to be renewed each year in December by mail, online, or walk-in at Brookview.

\$5 resident
\$8 non-resident
Y3200C

ADDED BONUS >> NEW FOR 2018!
The ever-popular, mini sticky calendars are back!
Subscribe today to receive yours!



Tai Chi Classes With Marie Mathay

For centuries, the Chinese have recognized the beneficial effects of Tai Chi to improve health, balance, and flexibility. Join Certified Instructor Marie Mathay in this gentle, slow-moving series of ancient Tai Chi exercises designed to enhance physical and mental well-being. Wear loose, comfortable clothing and flat shoes.

TAI CHI SPECIAL! Register for a second class in the same session and pay only \$37 for the second class. Classes must be purchased together.

Brookview Wirth Lake Room

Per class: \$56 resident/\$59 non-resident

TAI CHI FOR HEALTH & ARTHRITIS – BASIC

Great for beginners, Sun style Tai Chi introduces basic Tai Chi and Qigong principles and movements, activates internal energy, and promotes the calming harmony of body, mind, and breath. All ages and abilities welcome.

Tue, Feb 20–April 3

8:30–9:30 am

W2207B

TAI CHI FOR HEALTH & ARTHRITIS 2 – ADVANCED

This advanced class is for those who have learned the first half of the form in our Basic class. We will continue our Tai Chi journey through the full 41 set of movements.

Tue, Feb 20–April 10

9:40–10:40 am

W2208B

BEGINNING YANG STYLE TAI CHI

One of the older and most popular styles of Tai Chi practiced today, Yang style dates from the 1800s and has many variations. Join instructor Marie Mathay in learning Chen Man Ching's 37 Short Form. **Qualifies for reduced rate if purchased with another Tai Chi or Qigong class in this session.*

Thur, Feb 22–April 5

9–10 am

W2209B

SHIBASHI QIGONG

Cultivate more energy and better balance through this series of gentle breathing and moving exercises called Shibashi Qigong. An easy "follow-the-leader" style of 36 movements designed for healing and restoring health, Shibashi is a great intro to ancient Chinese healing exercises. Suitable for all ages and abilities. **Qualifies for reduced rate if purchased with another Tai Chi or Qigong class in this session.*

Thur, Feb 22–April 5

10:15–11:15 am

W2215B

HealthRHYTHMS® Group Empowerment Drumming

Participation in active group percussion experiences has physical benefits, including sustained physical activity, relaxation, and use of fine motor skills. A strong sense of group identity and a feeling of belonging is created because participants are actively making music together and because the sustained repetition of the steady beat acts to bring people together physically, emotionally, and mentally (rhythmic entrainment). Percussion activities can be done with little or no previous musical background or training, making these experiences accessible to virtually all people. Facilitator Cheri Bunker has 12 years of experience and has been trained by the Remo Drum Corporation by Music Therapist Christine Stevens and Neurologist Barry Bittman. Drums and percussion provided. **Call Crystal Recreation at 763-531-0052 to register by Feb 21.**

Crystal CommunityCenter

Mon, Feb 26

10:30–11:30 am

\$5/person

Baby Boomers & Beyond Body & Balance Workouts

Come join us for some fitness fun on Fridays! Nancy Stoneberg, certified personal trainer and Twin Cities Live fitness consultant, has dedicated much of her time to training and educating people age 55+. She helps individuals realize it's never too late to make a positive difference in strength, balance, and overall wellness. These classes are for all levels and abilities. Nancy's motto is "YES, YOU CAN!" Once registered, your punch pass will be available for pick up at your first class. Class schedule will also be available at class.

Call Robbinsdale Parks and Recreation at 763-531-1278 or visit www.robbinsdalemn.com to register.

Robbinsdale Police & Fire Building
(41st & Hubbard Ave)

Fridays ongoing

9–9:45 am

\$30/5 class punch pass



Hands-Only® CPR And AED Training

There are more than 400,000 Sudden Cardiac Arrests each year in the USA, making Heart Disease and Sudden Cardiac Arrest the #1 killer in the country. Statistics show higher survivability when victims are treated with early, effective CPR combined with use of an Automated External Defibrillator (AED). Take this opportunity to make a difference for a co-worker, family member, or even a stranger. Learn the lifesaving skills of adult Hands-Only® CPR and AED Awareness in one hour! No previous CPR training is required.

Brookview Wirth Lake Room
Tue, Feb 27
7–8 pm
\$10/person
W2306A



Reading Partners Are Seeking Volunteers

Reading Partners is a national non-profit dedicated to closing the achievement gap by helping elementary students from low-income communities boost their reading confidence and competence. This is done by collaborating with Title I schools and community volunteers to increase the amount of time and personnel available during the school day to deliver data-driven, one-on-one tutoring to students in grades K-5. Reading Partners is seeking to recruit volunteers to help students learn specific skills necessary to become proficient readers.

Become a Reading Partners tutor:

- No formal teaching experience is required
- Tutors must be 14 years old or older
- Commit just one hour a week, mid-Sept through June

Reading centers are open Mon-Thurs, 8:30 am-3 pm at 13 schools in Minneapolis-St. Paul. See a full list of tutoring locations at: <http://readingpartners.org/twin-cities>.

Reading Partners provides tutors with:

- A highly effective, easy to use curriculum
- In-person training and ongoing support
- The opportunity to make a difference in a child's life

For more information please visit us online at <http://readingpartners.org>, or email us at volunteerTC@readingpartners.org.

Defensive Driving

Adults age 55+ can save up to 10 percent, get a three-year discount on car insurance premiums, and become better drivers by taking a state-approved National Safety Council Defensive Driving course. These classes are taught by professional certified instructors and offered by the Minnesota Safety Council. No tests are given, but attendance is required to receive the certificate of completion.

Registration & Certificate of Completion

To guarantee a 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 credit card.

8-HOUR FIRST-TIMERS COURSE

Brookview Valley Room North
Sat, March 3 & 10 (must attend both days)
9 am–1 pm
\$19/person

4-HOUR REFRESHER COURSES

Brookview Valley Room North
Thur, Feb 8, March 8, or April 12
9 am–1 pm
\$18/person

Driver Improvement Programs

This is a Minnesota Highway Safety and Research Center (MHSRC) Driving Improvement Program for those over 55. Classes are taught by a certified instructor from the Minnesota Highway Safety Center. Minnesota State Law allows a 10 percent reduction in auto insurance premiums for three years upon completion of the course.

To register, visit the Minnesota Safety Center website at www.mnsafetycenter.org or call toll free at 1-888-234-1294. Fees collected day of class.

8-HOUR FIRST-TIMERS COURSE

Brookview Valley Room North
Tue & Wed, March 27 & 28
(must attend both days)
5:30–9:30 pm
\$26/person

4-HOUR REFRESHER COURSES

Brookview Valley Room North
Wed, March 7, or April 25
5:30–9:30 pm
\$22/person



Money Matters **FREE**

With consumer costs rising, finances and investments are of more interest than ever. Join us as we hear speakers from companies dealing with finances and investments present information important to today's investor. No pre-registration required.

Brookview
Valley Room North
10–11:15 am

THUR, FEB 15 Investing 105 – Market Update 2018

After a review of stock market highlights of the previous 12 months, we'll look at recent news and events and Federal Reserve activities. We'll examine the results of a one-year-long net-performance comparison of the S&P 500 index mutual fund with a large cap value fund. Finally, we'll briefly review the new Department of Labor Fiduciary Rules. Presented by Dale Stenseth.



THUR, MARCH 15

How Am I Going To Pay For This?

This session will focus on how to build a plan to pay for home care, assisted living, memory care, and/or nursing care, including Medicare, long-term care insurance, Veterans Benefits, and Medicaid. Learn what the different types of senior housing are, the estimated costs of medical care, as well as eligibility requirements for programs, and what can be done to protect your estate. The speaker, Mary Frances Price, is a local Elder Care attorney and community educator.

THUR, APRIL 19

Are You Getting All You Can Out Of Social Security?

Maximize your Social Security benefits for retirement in our Social Security Strategy Class. There are strategies that can add thousands of dollars to some couples' retirement income. During this workshop, you learn Social Security strategies that could increase your overall benefit amount. Presented by Joshua Legband.

THUR, MAY 17

Home Care Options

Explore different options to aging in place and staying in your home as long as possible. Presented by Beth Guntzel of Services At Home with The Good Samaritan Society.

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 Valley Room North
\$2 payable at the door
9:45–11 am

WED, FEB 28

History Of The American Flag

Presenter Richard Middleton will give us the history of the American Flag. See actual flags and hear the stories that surround them. After receiving a Distinguished Military Graduate Officer commission in the United States Army, Middleton was selected to be an instructor at the US Military Academy at West Point, NY. *Register by Feb 27.*

WED, MARCH 28

Caring For The Caregiver

Learn why identifying as a caregiver is important. This presentation will help you find the resources available for caregivers and those they care for. The importance of self-care will also be highlighted. *Register by March 27.*

Living Wise And Well **FREE**

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

Calvary Center Cooperative Prairie Room
2–3:15 pm

THUR, FEB 1

Songs And Stories Of The Music From The '50s–'70s

Hear the songs and stories behind the music legends of pop, country, and jazz of the 1940s, 1950s, 1960s, and 1970s. Presenter Jim Berner is a professional vocalist, entertainer, and musician with more than 25 years of experience. You may have seen him at the Minnesota State Fair.

THUR, MARCH 1

How To Protect Your Photos Before Disaster Strikes

As we all know, disasters just do not happen during the spring and summer storm seasons. Most people do not have a disaster plan in place. However, it is a great time for a family to consider how to protect some of its most treasured assets—photos, photo albums, and digital images and files. Professional photo organizer and expert Beth Gibson Lilja will discuss the importance of having a plan in place before a disaster hits. Beth will educate the group on how to get started organizing and protecting these precious family memories.

Community Information

Senior Community Services Caregiver Services 612-770-7005

Senior Outreach and Caregiver Services provides support to friends, spouses, and other family members who help an older adult remain at home. The staff not only assists these caregivers in connecting with needed services and resources for their loved ones, but gives support to them as well. The licensed social workers can provide consultation, caregiver support groups, family meeting facilitation, and coaching to the caregiver. Call today for more information!

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 9–11:30 am. Ask a friend to join you for a great meal at a reasonable cost.

Help At Your Door 651-642-1892

Help at your door is a non-profit providing services for senior and people with disabilities. They provide assistance, home support, transportation, and bundled services. Call or visit www.helpatyourdoor.org.

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

H.O.M.E. stands for Household and Outside Maintenance for the Elderly. H.O.M.E. provides affordable services that help seniors continue to live independently in their homes. The core staff, along with skilled workers and volunteers, provides homemaking and home maintenance services for residents age 60 and older in Golden Valley. Seniors contribute to the cost of the service based on their monthly income and their ability to pay. H.O.M.E. also accepts some insurance payments as well as the Elderly Waiver and the Alternative Care Grant. H.O.M.E. helps with:

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

The mission of the H.O.M.E. Program is to assist those age 60 and older with household chores to help promote independence. Each year H.O.M.E. receives a growing number of requests for help with leaf raking, window washing, yard clean up, gardening, snow removal, lawn mowing, basement cleaning, and garage sweeping. They rely completely on the generosity of volunteers to fulfill these requests. The volunteer opportunities are flexible and great for individuals as well as groups. Call or email us today at HOME@seniorcommunity.org.

THREE ONE SIX
BAR + GRILL

Expanded Menu + Full Bar
+ Craft Brews
+ Friendly Atmosphere

OPEN DAILY
10 am - 9 pm

JOIN US FOR HAPPY HOUR!
DAILY 3-6 PM

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.**

Tastes Of Germany

Fri, March 2

Begin at The Winzer Stube German Restaurant in downtown Hudson (guests need to manage a flight of stairs into the ambiance of the wine cellar atmosphere), where traditional recipes are recreated from the Mosel, Rhein, and Alsace regions of Germany. We will enjoy a cup of soup made in-house from scratch using fresh vegetables and herbs. Bread is served with unsalted whipped butter.



Choose soup option when registering:

- 1) Hühnersuppe (chicken, vegetables, and tiny flour dumplings)
- 2) Pilzsuppe (cream of mushroom soup, as seen on Rebecca's Garden Show)

Upon arrival in the heart of historic and picturesque downtown Stillwater, we'll visit the Kathe Wohlfahrt of America and discover the unforgettable charm of items reminiscent of Christmas stores in Germany. It all began with a Christmas music box from the Erzgebirge region as a gift for friends in America. The business idea grew out of a love for a traditional Christmas, in harmony with an enthusiasm for preserving customs and the associated craftsmanship. From there we'll head for the Gasthaus Bavarian Hunter Restaurant in Stillwater. This family-owned German restaurant offers great food, atmosphere, and Gemütlichkeit that guests have enjoyed over the past 40 years. Danke schön and Prosit!

Choose entree option when registering:

- 1) Bratwurst/Knackwurst Combo – One bratwurst sausage and one knackwurst sausage, served with hot potato salad and sauerkraut.
- 2) Sauerbraten – Marinated beef roasted with special seasonings and served in the traditional Bavarian style, with mashed potatoes and red cabbage.

Conclude this tasting tour at the Black Forest Inn, which has been serving authentic German specialties in Minneapolis since 1965. We will enjoy homemade German Chocolate Cake served with coffee.

Fri, March 2

\$70

10 am pick-up

4:30 pm approximate return

Register/cancel by Feb 12

Y3245A

Dance Til You Drop At The Minnesota History Theatre

Thur, March 29

Dance Til You Drop—It Is A Dance Theater Experience—1933. The Stock Market Crash of 1929 left thousands of people out in the cold. These were desperate times that called for desperate measures, hence the rise of the dance marathon fad! Here in Minneapolis, Callum deVillier and Vonnie Kuchinski won't stop until they set a world record and go home with the prize money. After all, how hard could it be to dance for a few hours... days... weeks... months?

This electrifying new work will explore the psychology of dance marathons.

What motivated people to participate in this crazy endeavor?

What drew in the spectators?

How far can we push the human body and spirit?

After the show, head on over to popular Grand Avenue for lunch at Tavern On Grand in The Lake Room.

Choose menu option when registering:

- 1) Walleye Basket (fillet, cut into pieces, battered and deep-fried), seasoned Tavern Fries, cole slaw, beverage, ice cream
- 2) Grilled Chicken Breast, seasoned Tavern Fries, cole slaw, beverage, ice cream.

Thur, March 29

8:55 am pick-up

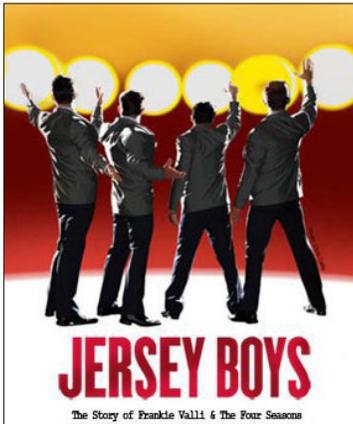
3 pm approximate return

\$76

Y3244A

Register/cancel by Feb 12





Jersey Boys At Orpheum Theatre

Thur, April 26

Jersey Boys, the 2006 Tony, Grammy, and Olivier Award®-winning Best Musical about Rock and Roll Hall of Famers The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito, and Nick Massi. This is the true story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds, and sold 175 million records worldwide – all before they were 30! *Jersey Boys* features their hit songs “Sherry,” “Big Girls Don’t Cry,” “Rag Doll,” “Oh What a Night,” and “Can’t Take My Eyes Off You.” Seats are in Section 3 MF, Rows Q, R, S, T, Seats 1-13.

Thur, April 26

Register/cancel by Jan 23

\$74

Y3242A

6:30 pm pick-up

10:30 pm approximate return

Sidekick Theatre Wednesday

Wed, May 16

Arrive at the elegant jewel-box Gideon S. Ives Auditorium located on the 80-acre Heritage Center campus along the Minnesota River in Bloomington. Have lunch in the dining space. Menu: Chicken Breast with Cream Sauce, Parsley Potatoes a Vegetable Du Jour, Dinner Rolls, Dessert, Coffee, and Hot Tea. After lunch, move into the carefully crafted 443-seat theater space. The \$20 million state-of-the-art concert hall opened in 2016 with sophisticated state-of-the-art technology. Matinee performance: “From AVA to Eternity” The Life & Music of Frank Sinatra. Created and Performed by Brian Pekol. Before he was “Chairman of the Board,” he was simply Francis Albert Sinatra, a man whose humble beginnings in Hoboken, New Jersey led to his becoming the best-known entertainer of the twentieth century. With timeless songs sure to evoke memories from decades past, this musical experience is a tribute to the complex psyche and unforgettable voice of Frank Sinatra.

Wed, May 16

Register/cancel by April 16

\$67

Y3247A

10:30 am pick-up

4 pm approximate return

Lord Gordon Gordon At The Minnesota History Center

Thur, May 10

In 1871 an imposter going by the name of Lord Gordon Gordon wanders into Minnesota and causes such a stir that he nearly ignites a war with Canada. A fake. A fraud. A snake-charmer. This con artist would dazzle and swindle his way into the hearts and wallets of some very well-to-do Minnesotans and then take them on a journey as twistedly bizarre as Glensheen. Hold on tight and take this wacky, wickedly funny, and musically smart journey through the exploits of Lord “Oh, Lordy!” Gordon Gordon! After the show, enjoy lunch at Casper’s Cherokee Sirloin Room in West St Paul.

Choose menu option when registering:

- 1) Small sirloin, tossed salad, baked potato with sour cream, rolls, beverage, and dessert
- 2) Chicken entree with sides, rolls, beverage, and dessert

Thur, May 10

\$77

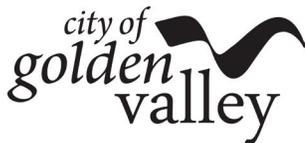
8:55 am pick-up

3 pm approximate return

Register/cancel by April 2

Y3246A





Parks & Recreation Department
 316 Brookview Pkwy S
 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: _____