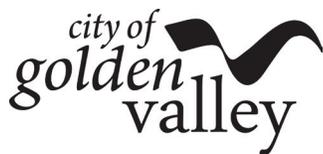


April & May 2018



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, April 12, May 10, June 14, July 12, Aug 9
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, place mats, 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



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)
Every Friday
9-9:45 am
\$30/5 class punch pass

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!



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

9:45–11 am

\$2 payable at door

WED, APRIL 25

The Vietnam Experience

A US military combat veteran, a native Vietnamese official, a journalist, and an anti-war protest activist will discuss their different and shared perspectives on the Vietnam War. The program is sponsored by Beyond The Yellow Ribbon Quad Communities (BTYR) and will be moderated by BTYR President Marshall Tanick, of Golden Valley. *Register by April 24.*

WED, MAY 23

Road Scholars

Discover 5,500 new ways to learn and travel with Road Scholar. Road Scholar (Roadscholar.org) is the leading not for-profit organization that provides educational learning adventures for adults and families. Road Scholar programs will help you explore the best of the US and the world, whether you love to hike, study art, try new cuisine, or discover other cultures. Come and hear from Jenny Peterson, Road Scholar Ambassador and current RS leader, about fantastic learning and travel opportunities for you and your families, including our very popular grandparent/grandchildren programs. *Register by May 22.*

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, 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.

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. *NOTE: There is no meeting in May.*

Calvary Center Cooperative Prairie Room

2–3:15 pm

THUR, APRIL 5

History Of Tonka Toys

Do you remember the days when you played with your Tonka Toys, which were made in Minnesota? Presenter Duane Farr will share his personal history, knowledge, and talk about his collection of Tonka Toys. Bring your own Tonka Toy and share your story. Questions encouraged.

THUR, JUNE 7

Protect Yourself From Fraud

A member of the Golden Valley Police Department will share ways to protect yourself from being scammed and protecting your personal and financial information. There will also be a question and answer period at the end of the presentation.

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>. 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 MN Safety Council. Make checks payable to "MN Safety Council" and mail to 474 Concordia Ave, St Paul, MN, 55103. Call 651-291-9150 to register with credit card.

4-HOUR REFRESHER COURSES

Brookview Valley Room North
Thur, April 12, May 10, June 14
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.

4-HOUR REFRESHER COURSES

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

FINANCIAL CONSIDERATIONS FOR SENIORS

April 10, 2018 • 6 pm
Meadow Ridge Senior Living
7475 Country Club Dr

For more information,
contact Tony Rubin at 612-340-4589.

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 for 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, April 17–May 29

8:30–9:30 am

S2207A

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, April 17–May 29

9:45–10:45 am

S2208A

YANG STYLE TAI CHI PRACTICE GROUP

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, April 19–May 31

9–10 am

S2209A

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, April 19–May 31

10:15–11:15 am

S2210A

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.**

Lord Gordon Gordon At The Minnesota History Center

In 1871 an impostor 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, dessert; 2) Chicken entree with sides, rolls, beverage, dessert.

Thur, May 10

\$77

8:55 am pick-up

3 pm approximate return

Register/cancel by April 2

Y3246A

Frank Sinatra At Sidekick Theatre

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. Matinée performance: "From AVA to Eternity" The Life and 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

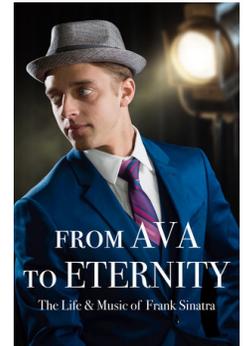
\$67

10:30 am pick-up

4 pm approximate return

Register/cancel by April 16

Y3247A



Guys And Dolls At Old Log Theater

Lunch at Old Log Theater, then enjoy a performance of Guys and Dolls, directed by R. Kent Knutson. Set in Damon Runyon's mythical New York City, Guys and Dolls is an oddball romantic comedy. Gambler Nathan Detroit tries to find the cash to set up the biggest craps game in town while the authorities breathe down his neck. Meanwhile, his girlfriend and nightclub performer, Adelaide, laments that they've been engaged for 14 years. Nathan turns to a fellow gambler, Sky Masterson, for the dough, and Sky ends up chasing the straight-laced missionary, Sarah Brown, as a result. Guys and Dolls takes us from the heart of Times Square to the cafes of Havana, Cuba, and even into the sewers of New York City, but eventually everyone ends up right where they belong. Considered by many to be the perfect musical comedy, Guys and Dolls ran for 1,200 performances when it opened on Broadway in 1950. It received nearly unanimous positive reviews from critics and won a bevy of awards, including Tony Awards, Drama Desks, and Oliviers. Frequently revived, the show has been done with numerous all-star casts, including productions/concerts featuring Ewan McGregor, Jane Krakowski, Brian Stokes Mitchell, and Jessica Biel.

Lunch Menu (choose entree option when registering): 1) Braised boneless short rib, 2) Seared pork chop, 3) Dill-roasted tilapia, or 4) Angel hair pasta with garden marinara. Includes (except pasta) mashed potatoes, seasonal vegetable, coffee, tea or soft drink, and dessert.

Wed, June 6

\$69

10:45 am pick-up

4:35 pm approximate return

Register/cancel by May 8

Y3248A

St Paul Saints Ball Game

See a Saints baseball game at CHF Field in St Paul. The St Paul Saints belong to the North Division of the American Association of Independent Professional Baseball. St Paul's baseball history stretches from Fort Street Grounds to Lexington Park and Midway Stadium to CHS Field. Use your "Saints Bucks" for lunch in the ballpark. There are plenty of good 'ol ballpark options, ranging from the main staples of Ballpark Frank hot dogs, to bratwursts and burgers, to steak sandwich with onions and peppers. There are also fresh cheese curds, fish and chips, sub sandwiches, ice cream, soft pretzels, Angie's Kettle Corn, and assorted candy. Along with food, the concession stand offers a variety of beverages. The Saints team store is run by Goldy's Locker Room and will carry everything from shirts, hats, and sweatshirts, to mini bats and CHS Field merchandise. Bus drop-off and pick-up site is at the 4th St entrance to CHS Field, and there is a considerable amount of walking from there to the seats.

Wed, June 13

\$58

11:40 am pick-up

4:45 pm approximate return

Register/cancel by May 7

Y3249A



La Crosse, Wisconsin River Cruise

Arrive at LARK Toys in Kellogg, MN for coffee and a treat (included). This very unique toy store is the largest of its kind in the US. Thousands of visitors pass through its doors each year to see a collection of antique toys, wooden toys, specialty toys, a large hand carved operating carousel (cost: about \$2 per person), and a large bookstore. From Kellogg, enjoy the colorful Great Mississippi River Road, one of the most scenic byways in America, on the way to La Crosse, WI, where you'll board the La Crosse Queen for a Mississippi River cruise with buffet service luncheon in the main cabin. The vessel has a climate controlled main cabin surrounded by windows that seats 80 passengers, as well as a covered upper deck that seats an additional 50 guests. The La Crosse Queen is a modern-day replica of the grand riverboats that plied the Mississippi River in the late 19th Century. She is one of the few authentic Mississippi River paddle wheel riverboats still in operation in the country today. Step back in time to when the most popular means of travel from town to town along the river was by riverboat. Take in the scenic treasures of the Upper Mississippi River, including one of the oldest swing bridges still in operation today, the wild life, the lock and dam system, and other scenic and historic sites.

Lunch Menu: Swedish meatballs and ham, potato, vegetable, rolls, dessert, and coffee dessert.

Wed, July 11

\$76

8:05 am pick-up

6:45 pm approximate return

Register/cancel by June 11

Y3250A

West Side Story At Guthrie Theater With Lunch At Sea Change

Arrive at the Guthrie Theater and have a light lunch in the Sea Change Restaurant. Then, relax in the Guthrie Theater public spaces and spend time at the gift store before heading to your reserved seats main floor center in the Wurtele Thrust Stage (there are some steps). West Side Story is an iconic American musical set in 1957 when two rival gangs, the Jets and the Sharks, are prowling the streets of Manhattan's West Side. When Tony falls for Maria, the sister of a rival gang member, a rumble is planned. Like Romeo and Juliet, they're caught in an ages-long feud with no escape, even as they pledge their love for each other. Through the genius of Bernstein and Sondheim, incomparable hits like "Maria," "Tonight," "Cool," and "I Feel Pretty," are merged with the greatest love story ever told in this larger-than-life musical. NOTE: Run time is expected to be about two hours and 30 minutes. Sometimes late guest arrivals, technical difficulties, and the bus loading process will delay the actual leave time.

Lunch Menu: Crab cake BLT with fries, coffee, tea, fountain soda. (Note: A vegetarian omelet with mixed greens can be preordered, but it must be indicated at time of registration.)

Wed, Aug 1

\$81

10:10 am pick-up

4:15 pm approximate return

Register/cancel by June 11

Y3251A

WEST
SIDE
STORY

August Schell Brewery And New Ulm

Arrive at the New Ulm Visitor Center to use the facilities. There is self-serve coffee available. Leave Visitor Center and arrive at the historic Lind House (there are four steps into the house), designed by Frederick Thayer in the Queen Anne style. Staff will give a brief introduction before a luncheon served in an elegant Victorian home with lace table linens. After lunch, tour the home that was the center of social, cultural, and state functions during the family's residence from 1887–1901. Next head to the August Schell Museum of Brewing, founded in 1860. Take time to visit the gift store and stroll through the beautiful gardens before starting the tour. The brewery is housed in the original brick building. Learn about the history of the founding family and of the brewery. The tour ends with assorted beer and 1919 Root Beer sampling in the Rathskellar Tap Room. You will go up to the old copper kettle area. A short video will show the production areas and more of the brewing process. Part of the tour is outside, and steps are involved, so wear appropriate footwear. Stop at Jim's Candy Store near Jordan. It is the bright yellow hangar-like building that calls to motorists traveling along Hwy 169. You can purchase candy, fruits, vegetables, and other specialty items.

Lunch Menu: Stuffed pork loin, herb dressing, mashed potatoes and gravy, glazed carrots, a petite cream puff, water, and coffee.

Tue, Aug 21
\$72

8:35 am pick-up
5:50 pm approximate return

Register/cancel by June 23
Y3252A



Senior Golf Leagues

Call Brookview Golf Course at 763-512-2305 for more information on these and other league offerings.

SENIOR PAR 3 LEAGUE

Men and women age 55 and older are invited to play at the Brookview Par 3 Course on Thursday mornings, May 3–Sept 13. Tee times start at 7:30 am with weekly sign-up. A \$5 league fee is collected at the kick-off meeting April 19 at 10 am in the Brookview Valley Room.

SENIOR PATRON 18-HOLE REGULATION LEAGUE

This senior golf league will play the 18-hole course at Brookview Tuesdays, May 1–Aug 28. A \$20 league registration is due before your first week of play. NOTE: You must be a valid Brookview Senior Patron card holder to register and play.



Pedal Pusher Kick-off Event

This longtime group bikes to and from various areas in the Twin Cities and usually stops for treats along the way. Rides vary from 6–12 miles. Get some exercise, meet some fantastic people, and bike some trails you never knew existed. Rides are on Tuesdays or Thursdays from May–October, twice a month. New this year, we require a \$5 registration fee to ride and to be put on the mailing list for ride information.

Brookview Valley North
Tue, May 22
10 am



Pedal Pusher Daytime Biking Group

This longtime group bikes to and from various areas in the Twin Cities and usually stops for treats along the way. Rides vary from 6–12 miles. Get some exercise, meet some fantastic people, and bike some trails you never knew existed. Rides are on Tuesdays or Thursdays from May–October, twice a month. New this year, we require a \$5 registration fee to ride and to be put on the mailing list for ride information.

Rides begin at 9 or 9:30 am
\$5/person
S2215A

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

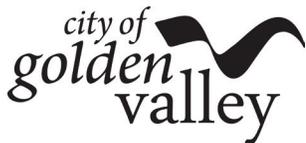
The mission of the H.O.M.E. Program is to assist those age 60 and older with household chores to help promote independence. Each year H.O.M.E. receives a growing number of requests for help with leaf raking, window washing, yard clean up, gardening, snow removal, lawn mowing, basement cleaning, and garage 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



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
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: _____