

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



Weekly Card & Game Groups

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	Hand & Foot	10 am
<i>(does not meet the 4th Wed of the month)</i>		
Wednesday	500	1 pm
Thursday	Euchre & Poker	1 pm
Friday	Bridge	9:30 am

Helping You Through 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 21, March 14, or April 11
10 am, 11 am, or 12 pm

Open Painting Studio

Looking for a creative end to the week? Coordinator, Michelle, has experience painting in watercolors, acrylics and oil. Open studio attendees are here to guide you through your project. Bring your favorite medium and project to class.

Brookview Wirth Lake Room
Fridays
9–11:30 am
\$1/week payable
at Guest Services



55+ Senior Newsletter Subscription

BE IN THE KNOW!

Subscribe to our bi-monthly newsletter to stay in the know. Subscriptions run January–December and cost \$5 for residents of Golden Valley and \$8 for non-residents (use code Y3200D when registering). 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.

Money Matters **FREE**

With consumer costs rising, finances and investments are of more interest than ever. Join us as we hear speakers working 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 21 Investing 105—Market Update 2019**

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. We'll review the importance of asset allocation. Finally, we'll look at ways to simplify our portfolios. Presented by Dale Stenseth.

THUR, MARCH 21 Revocable Trust

A Revocable Living Trust may not be for everyone, but for many people, taking the time to secure a Trust now can save time, money, and frustration for their loved ones in the future. Popular presenter Elizabeth Michaelis will explain in understandable terms what a Revocable Living Trust is, how it can help you avoid probate and secure your estate, and how to assess if a Revocable Trust makes sense for you. Presented by Elizabeth E. Michaelis, JD, MBA, Guardian Counsel Law Office.

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 7 Stroke Basics

Participants will be able to gain a greater understanding of stroke, how it occurs, and how to recognize the signs. We will discuss the varying short- and long-term effects, prevention of future strokes, and behavior vs symptoms. Presented by Kayla Reininger, Minnesota Brain Injury Alliance.

THUR, MARCH 7 Eating Well—Healthy Choices To Reduce Inflammation

Inflammation is the body's natural response to injury, infection, or what it sees as a foreign invader. Though acute inflammation is short-lived, chronic inflammation is a continual response of the immune system and can lead to degeneration—aging the body and creating disease conditions. In this class you will learn what lifestyle choices you can make to prevent inflammation and promote good health and a long life. Presented by Lynda Binius Enright, MS, RDN, LD, CLT.

Coffee Talk

Join us for juice, treats, informative programs, and of course, coffee! Call the Park and Recreation 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, FEB 20
Yorkville Twins**

Twin brothers Joseph and John Gindele grew up on the rough streets of Yorkville, on Manhattan's ethnic Upper East Side, over 60 years ago. This is their story—what the city was like then, how it changed, and how two kids from immigrant parents became accomplished Minnesota schoolteachers with earned doctorate degrees. It's an American tale, full of adventures and laughs, sweet memories, and sad moments. How did their Czech and German parents and seven siblings ever survive living with twins who share special bonds and predictive abilities? *Register by Feb 19.*

WED, MARCH 20**Downsizing Made Easy**

This presentation will help you make a plan and set goals according to your schedule. You will learn how to sort through your possessions and receive resources on where to donate, recycle, and sell items. You will get tips on what can't be donated and what items have negative value. Presented by Stephen Laliberte, COO of Sort Toss Pack, LLC. *Register by March 19.*



Defensive Driving

Adults age 55+ can 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 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.

8-HOUR FIRST-TIMERS COURSE

Brookview Valley North Room

Sat, March 2 & 9

(must attend both days)

5:30–9:30 pm

\$26/person

4-HOUR REFRESHER COURSES

Brookview Valley Room North

Thur, Feb 14, March 14, or April 11

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, call 1-888-234-1294, or visit www.mnsafetycenter.org. Fees collected day of class.

8-HOUR FIRST-TIMERS COURSE

Brookview Valley Room North

Wed & Thur, March 27 & 28 (must attend both days)

5:30–9:30 pm

\$26/person

4-HOUR REFRESHER COURSES

Brookview Valley Room North

Tue, Feb 11 or Wed, April 3

12:30–4:30 pm

\$22/person

Indoor 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. Equipment available on a limited basis. Gym shoes required.

Davis Community Center Gyms

Sundays from 3–5 pm

\$5/at door, or

\$40/10-time punch pass



Volunteers Needed!

READING PARTNERS

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. Reading Partners is seeking to recruit volunteers to help students learn skills necessary to become proficient readers. For information, please visit us online at <http://readingpartners.org>, or email volunteerTC@readingpartners.org.

COVENANT RETIREMENT COMMUNITY

Covenant Retirement Communities is actively recruiting volunteers to assist with our SAIDO Learning® memory support program. Volunteers assist with 30-minute session weekly. Free training provided. For more information, please contact Mary Beth Snyder 763-732-1407 or MBSnyder@covenantretirement.org.



Mary Wanderer's Trip Program

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.**

Mobsters In Minneapolis

Meet a costumed Mill City Mobster for a riding tour. This fun adventure will reveal that St. Paul wasn't the only city to host the crime and corruption of the gangsters. Yes Minneapolis had them too! Venture through the crime laden city of Minneapolis and explore the not so wholesome people of this city's past. Visit the sites of the 3rd Northwestern Bank hold-up by the Barker/Karpis gang, the site of Babyface Nelson's traffic violation, and the murder site of journalist Walter Liggitt. Your guide, a two-bit gangster hoodlum or one of their gun molls, will show you how the Twin Towns transformed one of the largest areas of crime in the country during the 1920's and 1930's. After dropping off the guide, arrive in Northeast Minneapolis at the cozy Keegans Irish Pub for a n/a beverage and entree. Keegan's Pub was designed and built by O'Sullivan Interiors in Waterford, Ireland. Irish craftsmen came to Minneapolis to reconstruct the pub in this location. It is authentic and in keeping with the historic preservation district in northeast Minneapolis. The staff invites you to share a bit of Edwardian Dublin with good food in the finest Irish tradition.

Lunch Menu (choose entree when registering): 1) Beer Crisped Fish-n-Chips - Batter fried icelandic cod with lemon wedge, homemade tartar sauce, and malt vinegar, Keegan's crispy wedge fries. 2) Half Sandwich - Lean corned beef piled high with swiss cheese and Dijon mustard, and chips. Both served with beverage and cookie.

Wed, March 13

\$74

10:30 am pick-up

3 pm return

Y3263A

Register/cancel by Feb 11

Hello Dolly At The Orpheum Theatre

The darling of Broadway has returned! With a successful revival lighting up Broadway *Hello, Dolly!* is heading out on a national tour. With four Tony's under its belt, including Best Revival and Best Actress for Better Midler, Jerry Herman's musical comedy is back where it belongs. With memorable classics such as 'Before the Parade Passes By' and 'Put on Your Sunday Clothes,' *Hello, Dolly!* is ready to reclaim the hearts of the American people. Based on Thornton Wilder's play *The Matchmaker* *Hello, Dolly!* was an instant success when it first debuted in 1964. Winning an unprecedented 10 Tonys at that year's ceremony it was soon adapted for the big screen featuring a cast led by Barbra Streisand and a young Michael Crawford. This 2017 revival is directed by four-time Tony winner Jerry Zaks (*Sister Act*) who's talent has brought *Hello, Dolly!* back into the lime light. In 1880's New York a rich and cantankerous widower by the name of Horace Vandergelder is on the lookout for a wife. To help him on his quest he engages the services of professional matchmaker Dolly Gallagher Levi, but little does he know that Dolly has his perfect match in mind from their very first meeting - herself! Now all she has to do is make Horace realize it as well.

Thur, April 25

\$82

6:30 pm pick-up

11:45 pm return

Y3264A

Register/cancel by Jan 21



Kentucky Commonwealth

DAY 1 MON, MAY 13 Leave Golden Valley at 7 am. Lunch at Quivey Grove Restaurant in Madison, WI. Continue to Merrville, IN for lodging at Hilton Garden Inn. [C,L]

DAY 2 TUE, MAY 14 Travel to Louisville, KY for lunch at The Derby Café. Take the Historic Walking Tour of Churchill Downs Racetrack and visit the Derby Museum. Learn about a thoroughbred's life, along with the history of the race dating back to 1875. Travel to the Lexington area for lodging. [B,L]

DAY 3 WED, MAY 15 Spend the morning at the Kentucky Horse Park. Take a horse drawn trolley tour. See the Hall of Champions presentation. Visit the International Museum of the Horse. Take time for lunch (on own) at the Bit & Bridle Cafeteria. Take a guided tour at Woodford Reserve Distillery. Dinner at Shaker Village of Pleasant Hill. [B,D]

DAY 4 THUR, MAY 16 Tour the Mary Todd Lincoln House, girlhood home of Mary Todd, the future first lady and wife of the 16th President, Abraham Lincoln. Take a guided tour through the fourteen-room house containing period furniture, portraits, and artifacts. Leave the museum and have lunch. Travel to Muncie, IN for lodging. [B,L]

DAY 5 FRI, MAY 17 Lunch at the Blue Gate Restaurant in Shipshewana. See the matinee musical, "A Simple Sanctuary," a compelling story about the price of freedom and the solace found in sanctuary of true community. Lodging in Hammond, IN at the Holiday Inn. [B,L,D]

DAY 6 SAT, MAY 18 Leave Hammond, IN and stop for lunch near Wisconsin Dells. Estimated return to Golden Valley is 6:30 pm. [B,L]

Fee includes: Deluxe motor coach transportation, lodging for five nights, meals as indicated [C-Coffee, B-Breakfast, L-Lunch, S-Supper, D-Dinner], attractions as outlined in itinerary, tour host Mary Odell, and gratuities on the included meals and attractions.

Mon-Sat, May 13-18, 2019

\$1,135/person (2/room), \$1,550/person (1/room)
\$135/person non-refundable deposit due by Mar 4
Final payment due by March 25

Payments are not refundable after deadlines
Y3267A

Redlin Art Center, Watertown, SD

Start your trip with coffee and rolls at Bumps Café in Glencoe. Upon arrival at Redlin Art Center, pick up a cup of coffee and be seated in the 108-seat auditorium for a presentation. After the introduction, view a 20-minute DVD production that is a tribute to Terry - "The Legacy of Terry Redlin: A Lifetime of Memories." Hear Terry talk about his process and techniques and will see never before seen footage of Terry painting at his easel. After the presentation, meet together on The Patio that overlooks a 30-acre park. The park was designed by Terry Redlin to attract wildlife and be inspired by nature's canvas. A picnic lunch will come in a special Redlin keepsake tin. (If weather is inclement, lunch will be in the theater.) Menu: Deli Sandwich, Side Salad, Dakota Style Chips, Cookie, Bottle of Water. Visitors will spend time at their own pace in the Gallery. It houses more than 150 oil paintings and each one marks a specific time in Terry Redlin's life. There are 3 stories of artwork to explore, in this massive 52,000-square-foot brick building. Terry's son, Charles, envisioned this grandeur setting that envelopes visitors as they entered. The Redlin Art Center opened its doors June 1997. You will want to shop in the gift stores before leaving Watertown. Make a fast food stop (on own) at the McDonald's in Montevideo, MN.

Wed, May 22

\$75

6:40 am pick-up

6:50 pm return

Y3268A

Register/cancel by April 22



42nd Street At Ordway Theatre

The Ordway Center in St. Paul will present an Ordway Original, *42nd Street*. Come and hear the brand-new beat. This classic tale of wide-eyed Peggy Sawyer dreaming of tapping her way to Broadway will knock you off your feet. Reimagined for a 21st century audience, they will feature local talent, masterful dancing, and funk-jazz orchestrations of hit songs like "We're in the Money," "Lullaby of Broadway," and of course, its title track.

Tue, Aug 6

\$98

6:15 pm pick-up

11 pm return

Y3265A

Register/cancel by May 28



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.

Brookview Wirth Lake Room
Tue, March 5–April 23
11 am–noon
\$64 resident, \$67 non-resident
W2201B



Pilates-Inspired Workout With Annette

When was the last time you found yourself with an amazing set of abs? Challenge your powerhouse with the body-slimming, core-shaping exercises that have made Pilates the most popular method to tone and sculpt long, lean muscles. This easy, energizing routine promises to improve flexibility, balance, and posture, and maximize your mental and physical health. Exercises are appropriate for all fitness levels. Please bring an exercise mat.

Brookview Wirth Lake Room
Mon, March 4–April 22
6–7 pm
\$64 resident, \$67 non-resident
W2202B

Baby Boomers Body & Balance Workouts

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 robbinsdalemn.com to register.

Robbinsdale Police & Fire Building
(41st & Hubbard Ave)
Every Friday
9–9:45 am
\$30/5 class punch pass



Tai Chi Classes With Marie Mathay

Join Certified Instructor Marie Mathay for these ancient Tai Chi exercises. Wear loose, comfortable clothing and flat shoes. **SPECIAL! Register for a second class in the same session for only \$37! Classes must be purchased together.*

Brookview Wirth Lake Room
\$56 resident, \$60 non-resident

TAI CHI FOR BEGINNERS

Based on Sun style Tai Chi, these gentle yet powerful movements will promote physical and mental well-being. Improve balance, strength, and flexibility. Great for joint pain and stress reduction.

Tue, March 5–April 16
8:30–9:30 am
W2207B

TAI CHI ADVANCED SUN STYLE

For those who have completed at least one Basic session. Continue your Tai Chi journey, learning, and practicing all Sun style 41 form.

Tue, March 5–April 16
9:45–10:45 am
W2208B

YANG STYLE TAI CHI PRACTICE GROUP

Learn Chen Man Ching's 37 forms and deepen your practice. **Qualifies for reduced rate.*

Thur, March 7–April 18
9–10 am
W2209B

SHIBASHI QIGONG

Cultivate more energy and by practicing these 36 ancient Chinese exercises. Meant for healing and enhancing health. Promotes and strengthens the flow of energy throughout the body. **Qualifies for reduced rate.*

Thur, March 7–April 18
10:15–11:15 am
W2210B

55+ Senior Community Information

Senior Community 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.

Jewish Family and Children's Service of Minneapolis 952-546-0616

JFCS moved from Minnetonka to Golden Valley in February. For more than a century, JFCS has provided programs, services, and support for thousands in the Jewish and broader communities. JFCS provides help in areas including aging services, career services, children and family services, community engagement, and counseling and mental health support. Some programs highlighted for seniors are:

50+ Platinum Program

Adults 50+ living in Hennepin County who want to retool and re-enter the workforce to achieve career success are assisted by the Platinum Program. Assistance includes employment plan development, résumé assistance, coaching in networking, job search, interview skills, and more. Services are offered at no cost to those who meet eligibility requirements. To learn more, call our Career Services intake line at 952-417-2111.

Jacob Garber Transportation

Convenient, reliable transportation for ambulatory adults age 60+ living in our service area. To register to become a rider, call our intake department at 952-546-0616. Rides are available Mon–Fri from 8 am to 3:30 pm. Make reservations at least one business day in advance.

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

Household and Outside Maintenance for the Elderly 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+ 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. Services provided include: housekeeping, laundry, minor maintenance repairs, snow shoveling, lawn mowing, seasonal yard work, safety device installation, interior/exterior painting, and window washing.

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.

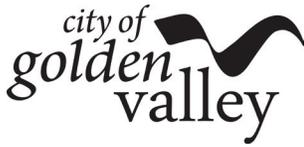
Senior Dining 763-531-1183

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.





Parks & Recreation Department
 316 Brookview Pkwy S
 Golden Valley, MN 55426
 763-512-2345

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: _____