

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, Senior Dining, Golden Valley Seniors, and Mary Wanderers. We'll supply the materials and coffee. You bring your time, talent, and occasionally, a treat.

Brookview Valley Room
9:30–11:30 am

Friday Open Painting Studio

Looking for a creative end to the week? Michelle, our coordinator, 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. No pre-registration required.

Brookview Wirth Lake Room
9–11:30 am

\$1/week payable at Guest Services

Pedal Pushers Daytime Biking Group

This longtime group bikes 6+ easy miles to and from various areas in the Twin Cities with frequent stops. Get some exercise, meet some fantastic people, and bike some trails you never knew existed. Rides begin at 9:30 am on Tuesdays and Thursdays through October, with a couple each month. Register to ride and to be put on the mailing list for ride information.

Tue & Thu through Oct

9:30 am

\$5/person (one time registration fee)

S2215A

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.

DAY	GROUP	TIME
Mon	Dominoes	1 pm
Tue	Cribbage	1 pm
Wed	500	1 pm
	Hand & Foot <i>(does not meet 4th Wed)</i>	10 am
Thu	Euchre	1 pm
	Poker	1 pm
Fri	Bridge	9:30 am

Helping You Through The Medicare Maze

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. Appointment required. Call 763-512-2345 at least 3 days in advance.

Brookview Rice Lake Room

Thu, Jun 13, Jul 11, Aug 8

10 am, 11 am, or 12 pm available

55+ Senior Newsletter Subscription

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

Finances, investments, and things related to money are shared. Join us as we hear speakers from organizations working with finances, investments, and government present information important for today and tomorrow. No registration required.

Brookview Valley North Room
10–11:15 am

THU, JUN 20 Top 10 Do's And Don'ts Of Estate Planning

This session will use actual examples of Wills, Trust, and Powers of Attorney to illustrate what works and what does not work when crafting your estate plan. Come and learn common planning errors that people make even when they think everything is in order! Topics covered will include the interplay between beneficiary designations and your Will, making sure you have a plan to allow money for expenses after death so your children don't get stuck with the bill, and essential language for your power of attorney to make sure you are protected. The presenter, Mary Frances Price, is a local attorney with years of estate planning and administration experience.

THU, AUG 15 Safe Guarding Our Seniors

Senior financial abuse is often under-reported and misunderstood. Have you been pressured to provide personal information over the phone or via email? Have you received a phone call or letter informing you that you've won a large amount of money? Recognize the red flags that let you know when something isn't quite right. Understand the credible resources available to you and be empowered to take action when a financial scam or fraud crosses your path. Presented by the Better Business Bureau.

Coffee Talk

Join us for juice, treats, informative programs, and of course, coffee! Call the Parks and Recreation office at 763-512-2345 to register in advance so there are treats and coffee for all.

Brookview Valley North Room 9:45–11 am
\$2 payable at door, unless otherwise noted

WED, JUN 26 Use Of Body Cameras Presented By Golden Valley Police

Join us as the Golden Valley Police talk about the use of Body Cameras and other technology used in policing. Register by Jun 25.

WED, AUG 28 Take Me To Target Field, At Brookview

Love the Twins? Fascinated by baseball history? This is a unique opportunity for baseball fans to enjoy a one of a kind presentation by Clyde Doepner, Minnesota Twins' Curator of artifacts and memorabilia. Enjoy stories about Clyde's long relationship with management, players, and memorabilia. Available to all ages 4+ with an adult. \$3/ adult & child pair, \$1/add'l child with an adult. Register by Aug 27.

Living Wise And Well

It's a fact—people are living longer and healthier! Join us for information on becoming a happy and healthier you. Refreshments provided by Calvary. No registration required. **NOTE:** No July meeting.

Calvary Center Cooperative Prairie Room 2–3:15 pm

THU, JUN 6 Gratitude

Once a year as a country, we celebrate a national holiday of Thanksgiving – a tradition in this country for a very long time. Expressing gratitude and thanks needs to be more than once a year. Research has shown that regularly giving thanks leads to healthier and happier lives. We will explore the elements of expressing gratitude and the positive effects it can have for our lives. Presented by Mark Scannell, author of *The Gratitude Element*.

THU, AUG 1 Elements Of Fiction

Award-winning Minnesota author Connie Claire (Peterson) Szarke will present Elements of Fiction, bringing us aware of how writers must focus on a variety of elements in order to create successful novels. Music is also included. Connie's trilogy novels, enjoyed by men, women, and young adults, include *Delicate Armor*, a coming of age family saga set in the 1950s; *A Stone for Amer*, a 1919 homesteader in Eastern Montana; and *Lady in the Moon*, A Novel in Stories. Visit her website at: www.connieclaireszarke.com.



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. Taught by certified instructors and offered by the Minnesota Safety Council. No tests are given, but attendance is required to receive the certificate of completion.

Registration and 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.

4-HOUR REFRESHER COURSES

Brookview Valley North Room
Thu, Jun 13, Jul 11, or Aug 8
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 age 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 North Room
Wed, Jun 12 or Jul 11 (only need to attend one day)
12:30–4:30 pm
\$22/person



Concerts in the Park

Bring a lawn chair or blanket and come enjoy the summer concert series at Brookview Park.

All concerts are held at 7 pm at the large picnic pavilion, unless noted with an *, which are held at the gazebo.

- JUN 3 Golden Valley Orchestra**
Music of stage and screen, with hits from opera, Broadway, and movies you love
- JUN 10* Stomp N Dixie**
A razzmatazz style of bass walking, guitar chunking, and horns riffing
- JUN 17 Pan-Handlers Steel Drum Band**
Instrumental covers of popular tunes on steel drums
- JUN 20 Robbinsdale City Band**
Entertainment by one of the longest continuously active community bands in Minnesota
- JUN 24 Plymouth Concert Band**
Concert band music, with light marches and medleys from popular movies
- JUL 8 John Philip Sousa Band + Ice Cream Social**
A summertime favorite, paired with the annual Ice Cream Social
- JUL 15* Banjo Boys**
Variety of pop, swing, blues, country, and ragtime hits, featuring vocal harmony and sing-a-long
- JUL 22* Vinnie Rose**
Local acoustic guitarist and vocalist playing pop, rock, country, R&B, and blues
- JUL 29* Tailspin**
A fun mix of classic and current country and rock songs
- AUG 5* Wondercure**
Cover tunes from the '70s
- AUG 12* Percolators**
'60s rock in three-part harmony



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! Must be purchased together.

Brookview Wirth Lake Room
(unless otherwise noted)
\$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.

8:30–9:30 am
Tue, Jun 25–Aug 13 (no class Jul 2)
S2207B

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.

9:45–10:45 am
Tue, Jun 25–Aug 13 (no class Jul 2)
S2208B

SHIBASHI QIGONG

Cultivate more energy and promote better health 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.*

Brookview Basketball Court
9:30–10:30 am
Thu, Jun 27–Aug 15 (no class Jul 4)
S2210B



Happy Hour Yoga On The Green

Start your evening on the Brookview lawn bowling green with some yoga and a designated cocktail. This class is for participants of all levels, but you must be at least 21 years old to participant. All classes are held outside. In the event of bad weather, a makeup day may be held at the end of the session. Instructor Marie Hartke has 200 HRTT (yoga teaching certification) in vinyasa, restorative, and yin styles. She has taught at Three Rivers Parks District, Nexus Human Performance, and The Gem Life studio at the Hewing Hotel.

Brookview Lawn Bowling Green
6–6:45 pm
Session \$92 resident, \$97 non-resident
Drop-in \$25 resident, \$27 non-resident

Mon, Jun 24–Jul 15
S2212B

Mon, Sep 9–30
S2212C

Line Dancing For Fun And Fitness

Start your morning off with a smile. Discover why line dancing is so much fun and such a great workout. Line dancing is recommended as a moderate-intensity aerobic exercise to improve balance and strengthen heart and bones. Learn the steps that will make you feel confident joining any dance line, whether country, Latin, or American. Instructor Annette Fragale is certified as an instructor and dance judge by the National Teacher's Association (NTA) and Country Western Line Dance Association (CWLDA).

Brookview Wirth Lake Room
Wed, Jun 5–26
10–11 am
\$32 resident, \$35 non-resident
S2404A



Senior Lawn Bowling League

Take part in the 5th summer season of lawn bowling and join a league. Game equipment is provided and an official is present during league play. No special clothing is required; however, teams with all members competing in white top and white or khaki bottoms receive one point before match play begins. No heeled shoes—flat-bottom shoes only on the court. Register individually or as a team of four to eight players. Minimum of four teams/maximum of 16. Weekly fee includes six weeks of play, equipment, and official.

Brookview Lawn Bowling Rinks

Wed, Jun 12–Jul 24 (no league play Jul 3)

10–11 am

\$5 league fee, plus \$3 + tax/week

S3302A

Register/cancel by Mon, Jun 10

Senior Lawn Bowling Clinic

Lawn bowling is one of the easiest sports to learn. It is an excellent sport for all ages, teaching coordination and mental focus. The sportsmanship and camaraderie is a plus as well. This clinic, taught by an official at the Brookview rinks, will cover the rules of the game, vocabulary unique to bowls, the proper way to hold and deliver your bowls, and the etiquette that governs behavior on the greens. All you will need that day is flat-soled shoes so you don't damage the surface of the green. You do NOT have to buy special shoes that are just for lawn bowling. At the clinic, you can sign up for a league to be played at Brookview starting the following week. **NOTE:** Sunscreen and a sun visor or hat are absolute musts when bowling in the sun.

Brookview Lawn Bowling Rinks

Wed, Jun 5

10–11:30 am

\$3/person

S2101A

55+ Senior Community Information

Senior Outreach And Caregiver Services 612-770-7005

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.

Help At Your Door 651-642-1892

Help At Your Door is a nonprofit organization that provides critical services to thousands of seniors, individuals with disabilities, and caregivers across the greater metro area of Minneapolis and St Paul. Their mission is to help seniors and individuals with disabilities maintain their independence and continue living in their homes. Services include grocery assistance, home support (cleaning and repair), and transportation.

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.

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

The mission of HOME (Household and Outside Maintenance for the Elderly) is to assist those age 60+ with household chores to help promote independence. Seniors contribute to the cost of the service based on their monthly income and their ability to pay. HOME also accepts some insurance payments as well as the Elderly Waiver and the Alternative Care Grant.



Mary's Wanderers 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 by mail, online, or in person at Brookview. Use the trip code and select meal choice (if offered) when registering. Pick-ups are available at Golden Valley City Hall or Calvary Center Cooperative (if five or more requests).

Bell Museum And Lunch At Jax Cafe

Jax Cafe has served Minnesotans since 1933 and is a landmark established by Stanley Kozlak, who left Poland as a teenager and started a restaurant business. Menu: Oven-roasted chicken with mashed potatoes, gravy, vegetable, chocolate mousse, and coffee, tea, or milk. Next stop is the New Bell Museum to see "One Giant Leap" at the Whitney and Elizabeth MacMillan Planetarium. After the show, tour the Bell Museum, which brings together science, art, and the environment with a unique Minnesota perspective. The new facility features a digital planetarium, high-tech exhibits, famous wildlife dioramas, outdoor learning experiences, and more. The tour covers the permanent galleries, including world renowned wildlife dioramas that span space and time. Visit the Touch and See Lab, the first natural history museum discovery room in the world. The learning continues outside with a second-floor green roof and observation deck, along with sustainable landscaping, geology exploration area, and solar station.

NOTE: If guests cannot walk or stand for an hour, they may consider bringing a portable wheelchair.

Thu, Jul 11

\$84

10:30 am pick-up

5:15 pm return

Y3270A

Register/cancel by May 20

Lakewood Cemetery And Lakes Of Minneapolis

A professional guide will give a narrated sightseeing tour around the Lakes of Minneapolis. Enjoy the scenery as you learn about the history and culture on this riding tour. Tour Lakewood Cemetery and its architectural centerpiece, the Memorial Chapel. The chapel was completed in 1910 and is the most perfect example of Byzantine mosaic art in the United States. The cemetery presentation highlights Lakewood's rich local history, famous memorials, beautiful gardens, artistic monuments, and architecture. Founded in 1871, it is a place of beauty and solace. Next is lunch at Patrick's Bakery and Café, located in the Bachman's Store in Minneapolis. Menu: Soup and sandwich special served with coffee, tea, or milk, with a mini pastry for dessert. After lunch, shop in the Bachman's Gift Store and Garden Center.

Fri, Aug 16

\$71

8:45 am pick-up

4:20 pm return

Y3271A

Register/cancel by Jul 15

Mamma Mia At Chanhassen Theatre

Start with lunch at the Chanhassen Dinner Theater, selecting from a limited menu that includes entrée, salad, vegetable, bread, potato or rice, and beverage. If there's time after lunch, walk inside the theater to the gift stores before enjoying the matinee performance of *Mamma Mia*. One mom. One daughter. Three possible dads. And a trip down the aisle you'll never forget! ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago. The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter, and friendship, creating an unforgettable show. A large cast, non-stop laughs and explosive dance numbers combine to make *Mamma Mia* a guaranteed smash hit!

Wed, Sep 4

\$88

10:15 am pick-up

4:50 pm return

Y3278A

Register/cancel by Aug 5



Mackinac Island

DAY 1—MON, SEP 16 Leave Golden Valley at 7 am. Make a stop for coffee in Menomonie, WI and have lunch in Wausau, WI. In Escanaba, MI, lodging at the Comfort Inn. Dinner at the Stonehouse Restaurant. [C,L,D]

DAY 2—TUE, SEP 17 Travel to St Ignace and take the ferry to Mackinac Island. There is not motor travel on the island. Take time to dine and shop in the unique setting of this small village. There are fudge shops, art galleries, and a variety of gift stores. Rent a bicycle and see the island as the locals do, go hiking, or join an architectural walking tour. Maybe go to the stables and saddle up for a horseback ride to unique areas reserved for horsemen. The Mackinac Island Butterfly House welcomes visitors to see hundreds of live butterfly species from around the world. Visit Ste Anne's Church Museum or climb the Tower at Mission Point. There are spas, parasailing opportunities, fishing excursions, catamaran cruises to see the straits, or play golf at one of the premier courses. Lodging for two nights at the Lake View Hotel. [B,D]

DAY 3—WED, SEP 18 Take the horse drawn carriage tour of the island and her history and see points of interest such as Skull Cave, Arch Rock, Governor's Mansion, and more. At the Grand Hotel, enjoy the exceptional luncheon buffet. The hotel is the world's largest summer hotel and premier attraction on Mackinac Island. After meal service, stroll along the majestic porch, view the glorious gardens, take photographs, enjoy the magnificent art in the hotel, and purchase a souvenir in the gift shop. The remainder of the day is free for personal activities and dining. [B,L]

DAY 4—THU, SEP 19 Take the ferry to Mackinaw City. Travel over the Mackinac Bridge. Enjoy the scenic route to the picturesque village of Traverse City, MI. Stroll along the enchanting beachside main street shopping district. Take time for lunch and visit galleries, gift stores, and specialty shops. Continue to Ludington and check into the Holiday Inn. Have a group dinner tonight. [B,D]

DAY 5—FRI, SEP 20 This morning, board the 410-foot S.S. Badger for a relaxing four-hour cruise across Lake Michigan between Ludington, MI and Manitowoc, WI. While aboard this huge ship you can enjoy games, see movies, watch satellite TV, and shop in the gift store. Take time to stroll or lounge on the spacious outside decks. Have lunch before disembarking in Manitowoc. Return to Golden Valley at approximately 7:30 pm. [B,L]

FEE INCLUDES: Deluxe motor coach transportation, lodging for four nights, meals as indicated [C-Coffee, B-Breakfast, L-Lunch, S-Supper, D-Dinner], attractions as outlined in itinerary, tour host Mary Odell, Golden Valley Seniors, and gratuities on included meals and attractions.

Mon–Fri, Sep 16–20

\$995/person (two per room), \$1,395/person (one per room)

\$110 deposit per person is due by Jul 8 and is not refundable

Final payment is due by Mon, Aug 5

Payments are not refundable after the listed deadline

Y3273A



All Aboard For Brunch

At the Osceola and St Croix Valley Railway, the restored historical equipment is operated by the Minnesota Transportation Museum. Return to 1948 as you enjoy a colorful trip on a vintage train from Osceola to Marine on St Croix. Have a champagne brunch in the historic dining car adorned with curtains and linen tablecloths. Anticipated Menu: Scrambled eggs with ham, roasted herbed potatoes, bread, fresh fruit, sparkling, cider, champagne, water, soda, coffee, or hot tea. As we travel high on the bluffs, take in the beautiful scenic woodlands full of wildlife in the backwaters. Cross the St Croix River on a swing bridge that used to open to let the steamboats pass through. Stop at Pine Tree Apple Orchard to shop before arriving back in Golden Valley. Restrooms are available on board the train.

Tue, Sep 24

Y3271A

\$84

Register/cancel by Aug 19

9:20 am pick-up

3:45 pm return



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: _____