

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.



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, 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 and child pair, \$1/add'l child with an adult. Register by Aug 27.

WED, SEPT 25 | Dementia

The one-hour informal discussion led by Jan Schultz includes fun activities and interaction. You'll learn what dementia is and tips for communicating with people who have dementia. Everyone who attends is asked to consider a practical action that can help someone in their community. Every action counts, big or small!

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, 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.

THU, SEPT 19 | Steps To Sell Your Home, From Start To Finish

Overwhelmed by the thought of downsizing? Wondering if updates are necessary when selling your home? Would you like to know the options for senior living? How do estate sales work? We can answer all your questions about the process of selling your home from beginning to end. We show you how easy it can be. Presenter: Anne Saatela, Keller Williams.

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.

Calvary Center Cooperative
Prairie Room | 2–3:15 pm

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.

THU, SEPT 5 | Watergate: The Minnesota Connections

In marking the 45th anniversary of the Watergate scandal, which culminated in the resignation of President Richard Nixon in August 1974, this presentation will highlight a number of connections between Watergate and Minnesota, including Golden Valley. Presenter: Marshall Tanick, Golden Valley attorney and historian.



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, Aug 8, Sep 12, or Oct 10
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, Aug 28 or Oct 16 (only need to attend one)
5:30–9:30 pm
\$22/person

8-HOUR COURSE

Brookview Valley North Room
Wed, Oct 23 and Thu, Oct 24
5:30–9:30 pm
\$26/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.

AUG 5* Wondercure

Cover tunes from the '70s

AUG 12* Percolators

'60s rock in three-part harmony

Ballroom Dancing For Beginners

Learn easy steps and turns in popular ballroom dances, including waltz, foxtrot, swing, salsa, and more. Dance in sync, gain confidence, and have fun on the floor in surprisingly little time! Practice your moves to uplifting songs played at most social gatherings and weddings. Spice up your relationship with four fun-filled dates, and create a life-long hobby to enjoy together. The perfect course for anyone getting married or preparing for an upcoming event. Couples stay together, and singles rotate with other singles. Open to teens and adults of all ages, and prior students are encouraged to return for practice. Free make-up lessons. For more information, visit www.ConstantineDance.com, or call instructor Deanna Constantine at 612-240-8329.

Brookview Bassett Creek North Room
Sun, Sep 29–Oct 20
4–5:30 pm
\$59/person
F2403A



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)
\$63 resident, \$67 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, Sep 10–Oct 22
8:30–9:30 am
F2207A

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, Sep 10–Oct 22
9:45–10:45 am
F2208A

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
Thu, Sep 12–Oct 24
10:15–11:15 am
F2210A



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
Mon, Sep 9–30
6–6:45 pm
Session \$92 resident, \$97 non-resident
Drop-in \$25 resident, \$27 non-resident
S2212C

MELT Method Class

The MELT Method is an innovative self-treatment system that restores the body's connective tissue to help eliminate chronic pain and improve performance. The repetitive stress of daily living literally gets stuck in the connective tissue, which surrounds every joint, muscle, nerve, bone, and organ. "Stuck stress" accumulates in the body and causes dehydration in the connective tissue. MELT heightens your body's ability to repair and heal itself. MELT balls and roller are used and will be available at class for use or purchase. Wear comfortable loose clothing and bring a yoga mat. Instructed by Beth Glommen, certified MELT instructor.

INTRO CLASS

Brookview Wirth Lake Room
Tue, Sep 3–Oct 8
7:15–8:15 pm (first night goes until 8:45)
\$50
F2310A



Daytime Yoga With Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, and improving balance, posture, circulation, and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating, and fun. Please bring an exercise mat. Annette is the host of award winning TV show Yoga on the Go (Channel 20 or Channel 859).

Brookview Wirth Lake Room

Tue, Sep 24–Oct 29

11 am–noon

\$48 resident, \$51 non-resident

F2201A



Senior Lawn Bowling League

Take part in the fifth fall 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 4–8 players.

Brookview Lawn Bowling Rinks

Wed, Aug 28–Sep 18

10–11 am

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

F3302A

Register/cancel by Tue, Aug 28

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! 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 at Golden Valley City Hall or Calvary Center Cooperative (if 5 or more requests).

"Ripcord" At Ives Auditorium

The elegant jewel-box Gideon S. Ives Auditorium is located on the 80-acre Masonic Heritage Center campus along the Minnesota River in Bloomington. Enjoy a matinee performance of "Ripcord," a comedy by David Lindsay-Abaire. When cantankerous Abby is forced to share her room in assisted living with endlessly chipper Marilyn, the two women make a seemingly harmless bet that quickly escalates into an hilarious game of practical jokes and one-upmanship, revealing hidden truths that neither wants exposed. Note: There is time during intermission, after lunch, or before lunch for participants to visit the Masonic Museum and Library on the second floor. Six galleries showcase the history of Masonry in Minnesota. **Buffet Lunch Menu:** Cold salad, chef's choice, chicken breast in herb and wine cream sauce, seasonal vegetables, rolls, parsley potatoes, dessert, coffee or tea, and dessert.

Wed, Oct 23 10:420 am pick-up Y3281A
\$77 4:20 pm return Register/cancel by Sep 23

Winona Tour Boat

Start with a comfort stop (on own) at the Apache Mall Food Court in Rochester before arriving at the Winona Levee. Enjoy coffee and treats upon boarding the Winona Tour Boat while taking in up-close the beautiful Mississippi River. The tour is professionally guided and narrated by USCG-licensed captains, who will educate you with awesome insights and stories about the famed waterway. Learn about the navigational channel and various types of commerce on the river. With windows all around, passengers get a great view, and the cabin can be enclosed and climate controlled. There is a rest room on board. After the boat tour, stop at Signatures Restaurant in Winona, which is set in the pleasant valley of Bridges Golf Club and offers fresh regional foods that will dazzle your palate. Return trip includes stop at Pepin Heights Apple Orchard in Lake City. **Lunch Menu:** Herb marinated grilled chicken topped with citrus burre blanc, served with a garden salad, wild rice medley, chef choice of vegetable, warm baguette with butter, coffee, decaffeinated coffee, or tea.

Thu, Oct 10 6:45 am pick-up Y3274A
\$85 6:05 pm return Register/cancel by Sep 9

"Shoji Tabuchi" At St. Cloud Paramount Theater

Arrive at The Coyote Moon Restaurant for lunch, which overlooks the Territory Golf Club in St. Cloud. Enjoy a lunch buffet with entrees, side dishes, salads, beverage, and dessert. After lunch, head to the Paramount Theatre, a turn-of-the-century historic 700-seat theater that was renovated in 1998. Visit The Visual Arts Center and the gift store, featuring Minnesota artists in all mediums. Then, sit back and relax for the matinee performance of "Shoji Tabuchi." Shoji Tabuchi was born in Daishoji, Japan. He was trained on the violin in the Suzuki method from a young age, but he fell in love with country music as a college student after seeing Roy Acuff play. For the past 30 years, he has been the featured attraction at the Shoji Tabuchi Theatre in Branson, MO. Tabuchi has played with country stars such as Conway Twitty, Johnny Cash, and Dolly Parton. His shows feature country music, Christmas classics, and a wide variety of songs from multiple genres. He was named Instrumentalist of the Year four years in a row, and Entertainer of the Year by the Ozark Music Awards.

Mon, Nov 4 9:30 am pick-up Y3279A
\$95 5:15 pm return Register/cancel by Oct 11



Promote Patriotism At Fagen Fighters WWII

Leave Golden Valley and make a comfort stop (on own) in Hutchinson, MN at a fast food restaurant. Arrive in Granite Falls, MN for a guided tour of the Fagen Fighters WWII Museum. "Promote Patriotism - Preserve History - Inspire The Future!" This home features a pristine collection of fully operational, active aircraft and vehicles from World War II. Also featured are fine art, bronze sculptures, interactive multimedia displays, and an ever-growing library. The facility is designed as a self-guided experience and gives a rare look into the lives and legacy of the Greatest Generation. Take time to absorb the exhibits, watch the videos on interactive screens, peruse the library, and tour the three building with planes. After leaving the museum, arrive at Granite Run Golf Course for lunch in a scenic rural setting. On the way back to Golden Valley, stop at Bongards Creamery Retail Store near Norwood Young America. **Lunch Menu:** Soup and make-your-own sandwich buffet, featuring chicken noodle soup, square croissants, turkey, ham, cheese, lettuce, tomatoes, onions, pickles, beverage, chocolate fudge brownies.

Thu, Nov 7 7 am pick-up Y3275A
\$70 5:35 pm return Register/cancel by Oct 7

Kansas City Seasonal Decor

DAY 1—TUE, DEC 3: Leave Golden Valley at 7 am and stop for lunch at the Wood Shed Restaurant in Des Moines. In Kansas City, view the 15-block holiday light spectacle on the famed Country Club Plaza, a local tradition that features thousands of glimmering, jewel-colored lights that accentuate every dome, tower, and window of the Spanish-inspired shopping district. Designed in 1922 as the nation's first suburban shopping district, the Plaza is an outdoor museum of romantic Spanish architecture and European art. Since then, its open-air public art gallery has continuously added to its collection, with fountains, sculptures, and murals that bring the very best of the Old World and the new. Lodging for two nights at the Drury Inn in Overland Park, KS. [C,L,S]

DAY 2—WED, DEC 4: At the Hallmark Center, discover how a teenager from Nebraska tucked two shoe boxes of postcards under his arms and set out to create an iconic company. Tour special exhibits and learn about the company's past and present-day operations. Its seasonal decorations are delightful. For lunch, enjoy some Kansas City BBQ. Next, visit The National Museum of Toys and Miniatures at the University of Missouri Kansas City. It opened in 1982 to educate, inspire, and delight adults and children through the collection and preservations of miniatures. Later in the afternoon, tour the Victorian John Wornall House, all dressed in seasonal attire. It is furnished to represent the daily life of a prosperous family. The house was built in 1858 in the Greek Revival style of architecture, with bricks hand-fired on the property. It is one of the four remaining Civil War period homes in the Kansas City area. In the evening, enjoy dinner and a performance at the New Theater in Overland Park. [B,L,D]

DAY 3—THU, DEC 5: Tour Kansas City with a local guide to see notable structures. Drive past one of the world's first glass-curtain buildings listed on the National Register in 1971. See the remarkable Union Station, the Cathedral of Immaculate Conception, and more. Travel to Des Moines for lunch and return to Golden Valley at approximately 7:30 pm. [B,L]

FEE INCLUDES: Deluxe motor coach transportation, lodging for two 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 the included meals and attractions.

Tue–Thu, Dec 3–5

\$570/person (two per room), \$700/person (one per room)

\$75/person non-refundable deposit due Oct 7

Final payment due Oct 21

All payments are non-refundable after the listed deadline.

Y3276A





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: _____