

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

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? Our volunteer, 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 the Senior LinkAge Line 1-800-333-2433, Medicare is Option 2.

Brookview Rice Lake Room
Thu, Feb 13, March 12, April 9
10 am, 11 am, or 12 pm available

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, FEB 26

Songs and Stories of the Music from the 50s to the 70s

Hear the songs and stories behind the music legends of pop, country, and jazz of the 1940s, 1950s, 1960s, and 1970s. Present-er Jim Berner is a professional vocalist, entertainer, and musician with more than 25 years of experience. You may have seen him at the Minnesota State Fair. Register by Feb 19.

WED, MARCH 25

Recycling and Organics

Confused about what can and cannot be recycled? What do those numbers and symbols mean on recyclable items? Bev Mathiasen, municipal service manager for Republic Services, will help answer these and whatever other recycling questions you may have. She will also touch on organics recycling, which is already in some communities and may be coming to Golden Valley. Register by March 18.



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 Y3200E 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, FEB 20

Investing Update 2020

Join us for a review of market performance for the last year, Federal Reserve activities, portfolio risk reduction ideas, book reviews, continuing technology changes, and recent scam.

THU, MARCH 19

Estate Planning For Retirees

Plan your estate to help ensure your assets pass to your family – intact! Presented by Jordan Ohlin, Client Relation Coordinator, Mullen and Guttman PLLC.

Learn how:

- a living trust may transfer your assets to your family quickly, without the cost or delay of probate and taxes
- to keep your existing trust updated to accommodate changes in your situation and the law
- to protect your assets and your children’s inheritance to try to avoid potential lawsuits and creditors
- to help ensure your assets are managed as you desire in the event you become disabled, ill, or incapacitated

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, FEB 6

Tales and Songs About Joy and Perils of Love

Carol McCormick, in costume as Ms. Val N. Tine, will share heartwarming stories and songs celebrating the joys and perils of love. Carol has been a professional storyteller for over 35 years using this ancient art form to pass on wisdom, build community, provoke laughter, and spark imagination.

THU, MARCH 5

Meditation Made Simple

Learn about what meditation is and what it is not. You'll leave with a solid understanding of meditation, and will have the opportunity to partake in a meditation or not. Presented by Laura Lazowski, certified yoga instructor and meditation coach.

THU, APRIL 2

Yorkville Twins

Twin brothers Joseph and John Gindele grew up on the rough streets of Yorkville, on Manhattan’s ethnic Upper East Side, more than 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 school teachers with 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 a special bond and predictive abilities?



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, Feb 13, March 12, April 9
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
Mon, Thu, Feb 27
12:30–4:30 pm
\$22/person

8-HOUR COURSE

Brookview Valley North Room
Tue–Wed, March 3–4
5:30–9:30 pm
\$26/person

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.



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
\$63 resident, \$67 non-resident (unless otherwise noted)

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 3–April 14
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 3–April 14
9:45–10:45 am
W2208B

YANG STYLE PRACTICE GROUP

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800s and has many variations. Join Marie in learning Chen Man Ching's 37 forms and deepening your practice.

**Qualifies for reduced rate.*

Thu, March 5–April 16
9–10 am
W2209B

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.*

Thu, March 5–April 16
10:15–11:15 am
W2210B



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, March 31–May 19
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. Annette's classes are always easy to follow, non-intimidating, and fun. Many elements of yoga are included. 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
Mon, March 30–May 18
6–7 pm
\$64 resident, \$67 non-resident
W2202B



YOGA FLOW WITH LAURA

This non-competitive flow style yoga focuses on your personal experience. Classes combine yoga postures, targeted core work, and breath/body awareness. All classes end with an optional guided relaxation that takes each practice to a deeper level. Appropriate for beginners to yoga as well as those who already practice. Benefits include increased strength, flexibility, body awareness, and mental clarity. Wear comfortable clothes and bring a yoga mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.

Brookview Wirth Lake Room

5:30–6:45 pm

\$66 resident, \$70 non-resident

Tue, Feb 18–March 24

W2206C

Thu, Feb 20–March 26

W2206D



LOCAL AUTHOR SERIES

LAKE SUPERIOR FLAVORS

From the founders of the popular food website Heavy Table comes a celebration of food culture around the shores of the greatest of the Great Lakes: Lake Superior. Author James Norton and photographer Becca Dilley take readers on a culinary tour hitting high-traffic tourist spots and off-the-beaten-path discoveries. Presentation fee includes refreshments.

Sponsored by the cities of Crystal, Brooklyn Center, Golden Valley, Robbinsdale, and Robbinsdale Area Schools.

Crystal Community Center

Wed, April 22

7–8:30 pm

\$3/person at the door

Register by April 17 by calling 763-512-2345

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

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

WINTER MARKET IN THE VALLEY

FARMERS MARKET 2019

December–March | 10 am–2 pm

Second Sunday of the Month

Dec 8, Jan 12, Feb 9, and March 8

Brookview Golden Valley
316 Brookview Pkwy S

LOCAL FOOD & COMMUNITY SPIRIT!

www.marketinthevalley.org



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. *All pick-ups are at Golden Valley City Hall under the water tower.*

CHOCOLATE TASTING

The historic Afton House Inn overlooks the St Croix River Valley in the tiny village of Afton, MN. Explore the few small shops nearby, then enjoy lunch in the Wheel Room or Pennington Room followed by a chocolate tasting. This modern property is filled with antique ambiance. You may even be able to view the unique Bed and Breakfast rooms.

Leave Afton for a chocolate tasting at the Phipps Inn, a luxurious 1884 Victorian mansion nestled in the charming setting of Hudson's historic Third Street. Step through the door and back one hundred years into a more graceful era of sparkling chandeliers and finely crafted furnishings.

The final chocolate tasting is at the Outing Lodge at Pine Point, a stately 19th Century European country home surrounded by 360 acres of wooded rolling farmland. The Lodge was renovated in the 1980s with a reverence for its historic past; thus it retains a certain simplicity in the architecture of its interiors. In the common area, wide-planked wooden floors and paneling cut from 100-year-old pine and fir beams proudly show cracks and imperfections, providing an enchanting backdrop for the elegant Early American and European antique furnishings. Numerous candelabra and seven massive fireplaces give it the feeling of a grander, bygone era.

MENU: Chicken crepes served with rice pilaf, fresh vegetables, rolls and butter, and coffee or hot tea.

Tue, April 21	9:45 am pick-up	Y3282A
\$77	4:30 pm return	Register/cancel by March 23

BISON HERD AND MANKATO

Arrive at Minneopa State Park where Scott Kudelka, the Minneopa Area Naturalist, will introduce you to this unique bison herd. At one time, there were 30 million plains bison roaming throughout North America. Take the three-mile drive on a gravel road through the 330-acre park. From inside the motor coach, catch a glimpse as these beautiful giants and the newborns are free to roam on the plains. A stop will be made the Seppmann Grist Mill overlook. Bring your field glasses to increase your chances to spot the bison. The animals like to roam, so sightings are not guaranteed. This herd is unique, having high quality genetics descending from the type of bison Lewis and Clark gazed upon in the 1830s. Currently, the herd has approximately 130 bison at three different sites: Blue Mounds State Park, Minneopa State Park, and the Minnesota Zoo. Eventually the herd will grow to a 500-animal population occupying several locations.

Have lunch at Charley's Restaurant serving Mankato for over 25 years with fine dining and a family atmosphere. Enjoy a carefully prepared "Special of the Day" luncheon with dessert and beverage.

On the way home, stop at Jim's Candy Store near Jordan. It's the bright yellow hangar-like building that calls to motorists traveling along Highway 169. You can purchase candy, fruits, vegetables, and other specialty items.

Fri, May 22	8:40 am pick-up	Y3286A
\$67	5:20 pm return	Register/cancel by April 20



PELLA AND AMANA COLONIES, IOWA

DAY 1—WED, MAY 6, 2020: After a 7 am departure, stop for lunch (included) in Ames, IA followed by a guided tour of the unique village of Pella, where more than 28,000 tulips and other flowering plants flourish. Drive outside of town to see the Red Rock Hydroelectric Project. Then enjoy a traditional Dutch Dinner (included) with local entertainment at the Graham Center at Central College. Lodging is at the Holiday Inn–Pella, which has an elevator. [L,D]

DAY 2—THU, MAY 7, 2020: After breakfast (included), tour the historic Scholte House, home of Pella's founder. Spend time at the Pella Historical Village & Vermeer Mill. Specialized Dutch food is only available during the festival. Have lunch (on own) at one of the downtown cafes, food trucks, or concession stands. In the afternoon you have reserved seats for the Grandstand Street and Stage Performance, which features Dutch dancing and singing, the Parade of Provinces, a Dutch costumed style show, presentation of the Queen and Her Court, Street Scrubbing, and the Presentation of the Colors. If you want to shop or visit other downtown sights during the parade, they are within walking distance. There are museums, a quilt show, flower beds, shops, crafts, antique displays, and more. After the parade travel to Coralville, IA, for lodging at the Drury Inn (which has an elevator). Have supper (included) at the hotel. [B,S]

DAY 3—FRI, MAY 8, 2020: After breakfast (included) at the hotel, meet an Amana Colonies certified tour guide to learn about the unique history of this German settlement in the era of communal living. Experience what life was like for the separatist pioneers. Have lunch (included) at the Ox Yoke Inn, "An Amana Colonies Tradition Since 1940." It is world famous for serving family-style traditional meals made from timeless old-world German and American recipes passed down from mother to daughter. After lunch, you will have a short time to explore, on your own before we return to the Twin Cities. Return time will be approximately 7:30 pm. [B,L]

The Pella Tulip Festival site has limited areas for motor coaches to drop off and pick up passengers. Guests will need to walk several blocks to enjoy the attractions offered. Walkers, canes, and wheelchairs will fit under the motor coach.

FEE INCLUDES: deluxe motor coach transportation, lodging for two nights, meals as indicated [C-coffee & rolls, B-breakfast, L-lunch, S-supper, D-dinner], attractions as outlined in schedule, host Mary Odell from Golden Valley Seniors, and gratuities on the included meals and attractions.

Wed–Fri, May 6–8, 2020 \$585/person (2/room), \$755/person (1/room)
Y3201B \$100/person non-refundable deposit due March 3

BARN TOUR WITH DOUG OHMAN

Expert tour guide, Doug Ohman, will give an interesting and entertaining tour of historic barns in Anoka and Sherburne Counties. Doug has researched the route to introduce you to a variety of barn structures in the area. Minnesota's barns are remarkable testaments to a Midwestern way of life, one centered on the land, work, family, ingenuity, and perseverance. Barns are breathtaking landmarks along the byways of rural Minnesota.

Have lunch at The Links Golf Club in Ramsey. It was designed by Joel Goldstrand and opened in 1992. It's one of Minnesota's few true Scottish links style golf courses.

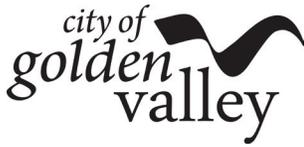
Continue the barn tour after lunch. Some barns across the state were built in Gothic style, some have a silo, and others feature a cupolas or vents.

NOTE: In the hard-covered book "Barns of Minnesota," photographer Doug Ohman showcases the vast array of the exceptional landmarks, built by hand in wood, stone, brick, or metal and dating as far back as 1880. Ohman's photographs capture the beauty of the barn from the outside in.

MENU: Chicken breast in rosemary sauce, potato, salad, bread, coffee, and cookie.

Wed, June 10 10:15 am pick-up Y3285A
\$81 3:30 pm return Register/cancel by May 11





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: _____