

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, Doug, 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
Wed, Dec 11, Jan 8, Feb 12, March 11, April 8
9:30 am, 11 am, or 12:30 pm available

HOLIDAY TEA

Join us for a delightful afternoon with entertainment by Tim Patrick, followed by delicious finger foods and desserts. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun.

Brookview Bassett Creek Room
Mon, Dec 9
1–2:30 pm
\$10/person
F3301A
Register by Dec 6



MARY WANDERERS TRAVEL SHOW

The adventures begin as we kick-off the Mary Wanderers, our 2020 travel program with a “meet and greet.” Meet Alice and Mary, our trip planner and escort, and greet your fellow travelers as you enjoy dessert. Be the first to hear about our travel adventures of single day and longer trips. Games! Prizes! And More!

Brookview Bassett Creek Room
Mon, Jan 27
1 pm
\$4/person
F3103B
Register/cancel by Jan 24



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, JAN 22

Lifesprk

Too often, seniors and their families enter onto this roller coaster ill-prepared to handle what life is about to bring them. This has tremendous costs: emotional, physical, financial, and many other impacts that greatly impact the quality of life they are able to have. Lifesprk attempts to prevent seniors from getting on this roller coaster of health care crisis from the beginning, or get them off as quickly and effectively as possible. They have been doing this for 15 years. Presented by Josh Berg, Lifesprk Director of Growth. Register by Jan 15.

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 musi-cian with more than 25 years of experience. You may have seen him at the Minnesota State Fair. Register by Feb 19.



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 meeting in January.

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.

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, JAN 16

2020 Tax Impacts

Discussion of 2019 tax law changes. Minnesota voted to conform to Federal, and did so retroactively. In addition, we will also talk about retirement income and its taxation.

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.



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, Dec 12, Jan 9, or Feb 14

9 am–1 pm

\$18/person

DRIVER IMPROVEMENT PROGRAMS

This is a Minnesota Highway Safety and Research Center

(MHSRC) Driving Improvement Program for those over 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, Jan 13, or Thu, Feb 27 (only attend one)

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, Jan 7–Feb 18
8:30–9:30 am
W2207A

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, Jan 7–Feb 18
9:45–10:45 am
W2208A

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, Jan 9–Feb 20
9–10 am
W2209A

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, Jan 9–Feb 20
10:15–11:15 am
W2210A



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, Feb 4–March 24
11 am–noon
\$64 resident, \$67 non-resident
W2201A

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, Feb 3–March 23
6–7 pm
\$64 resident, \$67 non-resident
W2202A



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

\$55 resident, \$59 non-resident

Tue, Jan 7–Feb 11 (no class Jan 25)

W2206A

Thu, Jan 9–Feb 13 (no class Feb 6)

W2206B



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 (does not meet 4th Wed)	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.*

RUSSIAN ART CENTER, ORTHODOX CATHEDRAL, AND MURRAY'S STEAK HOUSE

At the Museum of Russian Art, located in the former Mayflower Church in South Minneapolis, a docent will guide you through spectacular Soviet-era Russian art and exhibits. The museum also supports and publishes academic research on Russian painting during the Soviet era. The gift store features unique and distinctive items gathered from around the world.

After lunch at Murray's Steak House, a classic upscale restaurant serving customers in stylish surrounds since 1946, the next stop is St Mary's Orthodox Cathedral in NE Minneapolis. Before it adopted this name in 1970, it was formerly the Russian Orthodox Greek Catholic Church Of America and was recognized by its mother church in Russia. Established in 1794 in Alaska, then Russian territory, the Russian Orthodox mission spread to other parts of North America after the sale of Alaska to the United States in 1867. Be seated and hear about the history and culture of this beautiful church that reflects its Russian heritage in architecture and tradition.

MENU: Boneless short ribs of beef with mashed potatoes and gravy, green beans, bread basket with garlic toast, mini chocolate mousse, and coffee or tea.

Tue, Feb 11 9 am pick-up Y3283A
\$86 4:20 pm return Register/cancel by Jan 20

100 YEARS OF SINATRA AT ST. CLOUD PARAMOUNT THEATER

After lunch at the 400 Club Restaurant in Rockville, MN, head for the Paramount Theatre in St Cloud, a turn-of-the-century historic 700-seat theater renovated in 1998. Visit the Visual Arts Center in the lower level and the Paramount Gallery and Gift store next door, which features Minnesota artists.

Join Andrew Walesch and his Big Band as they take you through a journey in time and celebrate Frank Sinatra's legendary career during a matinee performance of 100 Years of Sinatra. One of the most recognizable voices of all time, Frank Sinatra would have turned 100 years old in 2015.

The "Chairman of the Board" enjoyed a recording career from 1935–1995 and sang with the most popular big bands of the '40s. He has sold hundreds of millions of records worldwide, won an Academy Award and 11 Grammy Awards, and starred in 60 motion pictures.

You will hear dozens of your favorites including, That's Life, Nice 'n' Easy, You Make Me Feel So Young, Fly Me To The Moon, New York, New York, My Way, and many others.

MENU: Lunch buffet with a couple of entrees, side dishes, salads, beverage, and dessert.

Tue, March 3 9:30 am pick-up Y3282A
\$77 5:15 pm return Register/cancel by Jan 27



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

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





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: _____