

MARCH & APRIL 2022

# 55+ Adult News

## 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 registration required.

Brookview Wirth Lake Room

9–11:30 am

\$1 per week, payable at Guest Services

## WEEKLY CARD & GAME GROUPS

New players are always welcome! Please arrive 10 minutes before the scheduled start time to get set up. All groups meet in the Brookview Valley Room. No registration required.



DAY	GROUP	TIME
Monday	Dominoes	1 pm
Tuesday	Cribbage	1 pm
Wednesday	500	1 pm
	Hand & Foot <small>(does not meet 4th Wed)</small>	10 am
Thursday	Euchre	1 pm
Friday	Bridge	9:30 am

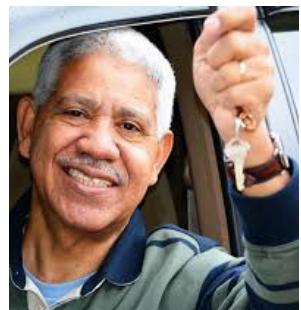
## 55+ ADULT NEWSLETTER SUBSCRIPTION

Subscribe to our bi-monthly newsletter to stay in the know! Subscriptions run January–December and must be renewed each December by mail, online, or walk-in at Brookview.

\$5 res, \$8 non-res      Y3200G

## DEFENSIVE DRIVING

Adults age 55+ can save up to 10 percent, get a three-year discount 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, however, attendance is required to receive a certificate of completion.



Register in advance with the Minnesota Safety Council by mail (make checks payable to "Minnesota Safety Council") and mail to 474 Concordia Ave, St Paul, MN, 55103, or by phone with Visa or MasterCard by calling 651-291-9150.

## 4-HOUR REFRESHER COURSES

Brookview Valley North Room

Thu, Mar 10, Apr 14, or May 12

9 am–1 pm

\$23 per person

## DRIVER IMPROVEMENT PROGRAM

For ages 55+ and taught by certified instructors 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, call the Minnesota Safety Center at 1-888-234-1294 or visit [www.mnsafetycenter.org](http://www.mnsafetycenter.org). Fees collected in class.

## 4-HOUR REFRESHER COURSES

Brookview Valley North Room

Tue, Mar 1, Mon, Mar 28, or Thu, May 5

12:30–4:30 pm

\$24 per person



## **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 pre-registration required.

**Brookview Valley North Room**

10-11:15 am



**THU, MAR 17**

### **25 Documents Needed Before You Pass Away**

The emotional consequences and negative ripple effects of failing to keep your documents in order can cause frustration, delays, and a financial burden on your loved ones and heirs. You may have a simple Will in place, but that only scratches the surface of what is needed in case you pass away or become incapacitated. What have you done about your financial accounts? Insurance policies? Medical wishes? What if you're divorced? Own a business? Have a blended family? What about property you may own or pets you care deeply about? Who will know what to do if you aren't around to tell them?

In this educational workshop, you will learn the 25 documents most experts recommend you collect and maintain so family members aren't left scrambling to find important papers and information in a time of loss and confusion. Instructor is Jeff Litfin, Certified Estate Planner at Generations Legal Services.

**THU, APR 21**

### **Social Security Optimization**

Do you know the most optimal time for you to start taking your Social Security?

Your Social Security decision could be the biggest financial decision you make in your life and you only have one chance to get it right. Three out of four people unknowingly take a reduction in their Social Security income and 40% of them look back and wish they would have done something different. This class will familiarize you with the various Social Security filing strategies which will enable you to know what questions to ask, prior to filing, to help you make the best decision for your retirement.

Presenter, Jonathan "JR" Rice, is one of the partners with Diversified Wealth Management. He has over 20 years of experience and has earned the designation of National Social Security Advisor.

Securities offered through Securities America Inc., member FINRA/SIPC and advisory services offered through Securities America Advisors, Inc., Diversified Wealth Management and the Securities America Companies are independently owned.

## **COFFEE TALK**

Join us for coffee, juice, treats, and informative programs. Register at 763-512-2345 to ensure treats and coffee for everyone.

**Brookview Valley North Room**

10-11:15 am

\$2, payable at the door

**WED, MAR 23**

### **Transforming Lives of Youth in the Congo**

Minnesota has connections to the Democratic Republic of Congo, even though we're half a world away. Come hear the story of the life-changing work of Let Africa Live, through their professional skills training, and trauma healing, with former child soldiers and survivors of sexual violence. Elizabeth Andress, a resident of Golden Valley, and Kubisa Sosthene, founder of Let Africa Live in the DRC, will tell of their friendship, the project, and the impact on young people's lives.

**WED, APR 27**

### **Australia, the Land Down Under - Part 1**

This presentation will take you from the first known existence of the Australian Aboriginals; 48,000 years ago, up to the year 1770, when Lieutenant James Cook, the Captain of the "Endeavor," sailed into Botany Bay, claiming the continent for England.



This presentation is by Peter Denny, a proud Australian who has lived in Golden Valley, MN for the past 21 years. Peter's ancestors, emigrated to Canada from Inverness, Scotland to Ontario. Peter's great grandfather moved from Woodstock Ontario to Australia in 1905.

## TAI CHI CLASSES WITH MARIE MATHAY

Join Certified Instructor Marie Mathay for these ancient Tai Chi exercises. Wear loose, comfortable clothing and flat shoes.

**\*SPECIAL!\*** Register for a second class in the same session for only \$37! Classes must be purchased together.

Brookview Wirth Lake Room

\$84 res, \$89 non-res

### SUN STYLE TAI CHI

Sun Style Tai Chi movements are gentle, smooth, and graceful, promoting better balance, strength, flexibility, and stress reduction. This form is endorsed by the Arthritis Foundation, the CDC, the WHO, Mayo Clinic, and Harvard Medical School, for its proven health benefits in over three hundred medical studies.

Tue, Mar 8–Apr 19

Beginners	9–10 am	W2207C
Advanced	10:15–11:15 am	W2207D

Tue, Apr 26–Jun 7

Beginners	9–10 am	S2224A
Advanced	10:15–11:15 am	S2224B

### YANG STYLE TAI CHI

Practiced for martial arts as well as its health benefits. Classic Yang is the most popular style of Tai Chi worldwide. You will learn the Chen Man Ch'ing 37 Form. Pure, simple, and refined, it embraces all of the Tai Chi principles and teaches much more than simple movements. Discover a sustaining, lifelong practice.

Thu, Mar 10–Apr 21

10–11 am	W2208C
5:30–6:30 pm	W2208D

Thu, Apr 28–Jun 9

10–11 am	S2209A
5:30–6:30 pm	S2209B

## YOGA FLOW WITH LAURA

Classes combine yoga postures, targeted core work, and breath/body awareness. All classes end with an optional guided relaxation, taking 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 \$36 res, \$39 non-res

Tue, Mar 8–29 W2206A

5:30–6:45 pm

## BALLROOM DANCING

Looking for a unique and romantic Valentine's Day gift idea? Give your partner four fun-filled weekly dates learning to dance together! Learn steps and turns for popular ballroom dances, including swing, waltz, foxtrot, and salsa. Dance moves are easier than you think, and you're sure to be successful.

For more information, visit ConstantineDance.com.

Brookview Wirth Lake Room \$59 per person

Sun, Apr 24–May 22 (no class May 8) S2405A

4–5:30 pm

## TOTAL BODY FITNESS

Get started with your fitness goals! This class holds positive energy plus tips and tools to help you stay on track and motivated. This 45-minute strength training plus cardio combo class, will focus on functional movement, core strength, and correct form. There will be time for questions and goal setting (optional) after class. If weather permits, the class may move outside on occasion. Suggested equipment: one set of light to medium weights (use your discretion), yoga mat or pad, towel, and water bottle.

Instructor Kari Nelson is Personal Trainer certified by the American Council on Exercise (ACE) and is a Golden Valley resident and business owner. Visit

[www.Athenafitness.life](http://www.Athenafitness.life) for more information.

Brookview Wirth Lake Room

Sat, May 7–Jun 25

9–9:45 pm

\$75 res, \$80 non-res

S2223A



# INTRODUCTION TO NORDIC WALKING

Enjoy the outdoors and empower your walking by adding Nordic Walking poles. Nordic Walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show that by using Nordic Walking poles, you increase your heart rate on average 10-15 % more than normal walking. Nordic Walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout. Wear comfortable walking shoes and dress for the weather.

Additional \$3 for Nordic walking pole rental (payable to instructor at time of class). If you have your own Nordic Walking poles, (Not trekking or hiking poles) there will not be a fee for pole use.

# **PEDAL PUSHERS BIKING GROUP KICK-OFF EVENT**

Join Pedal Pushers leader, Nancy, as we present our 2022 season. Nancy and others may share stories of their winter adventures, and we will present the 2022 ride schedule. Pedal Pushers bikes to and from various areas in the Twin Cities on easy 6+ mile trips, with frequent stops. Get some exercise and meet some fantastic people. Rides are a couple times a month June thru October. Pre-registration is required.

**Brookview Valley North Room**  
**Tue, May 17**  
**10 am**  
**S2218A**

## **SENIOR LAWN BOWLING CLINIC**

Plan to attend the clinic taught by an official at the Brookview rinks. At the clinic, you will learn the rules of the game, vocabulary that is 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 that 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 time of the clinic, you can sign up for a league to be played at Brookview starting the following week. NOTE: Sunscreen is an absolute must when bowling in the sun, along with a sun visor or hat.

## Brookview Lawn Bowling Rinks

**Wed, Jun 1  
10-11:30 am  
\$3 per person  
S2101A**



## **SENIOR LAWN BOWLING LEAGUE**

Take part in the 8th annual lawn bowling 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-soled shoes only on the court. Register individually or as a team of 4-8 players. Fee includes eight weeks of league play, game equipment, and official. Min of 4 teams, max of 16.

Brookview Lawn Bowling Rinks  
Wed, Jun 8-Jul 27  
10-11 am  
\$5 league fee, plus \$3 per week  
Register/cancel by Jun 7  
S3302A

**FREE MEDICARE COUNSELING BY SENIOR LINKAGE LINE®**

You've got questions. We've got answers. Senior LinkAge Line® trained counselors meet with you one-on-one at Brookview to provide informed, unbiased assistance while navigating the often-complex process of enrolling in Medicare or supplemental health insurance policies.

You can register at [trellisconnects.org](http://trellisconnects.org) or by calling Senior LinkAge Line® at 800-233-2433. In addition, join Senior LinkAge Line® for a virtual presentation on Medicare 101, Health Care Fraud and Scams, Health Care Directives, or How the Senior LinkAge Line Can Help You. Visit [trellisconnects.org](http://trellisconnects.org) for more event dates and times.

## Brookview Rice Lake Room

Thu, Apr 14 or May 12

9 am, 10:30 am, or 12 pm



# Adult Trip Program

**Comfortable motor coaches, good food, knowledgeable tour guides—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.\***

**PLEASE NOTE:** Medicine Lake Tours in partnership with the Hopkins Activity Center and Golden Valley Parks and Recreation Department, will now be requiring all travel guests to wear a mask. We ask our participants to comply with this request while on the tour bus and while indoors when not eating or drinking. Your cooperation is greatly appreciated!

# Chocolate Tasting

Arrive in the tiny village of Afton, MN at the historic Afton House Inn, overlooking the St. Croix River Valley. Enjoy the charm of this historic country inn. Each space is unique in decor, with an antique ambiance, along with the modern conveniences. The Afton House Inn was originally built in 1867 by Civil War veteran Charles Cushing when he returned from the war. It catered to railroad workers, lumbermen, and travelers. Since then, it has been everything from a boarding house to a restaurant and it's on the National Register of Historic Places. It is a unique piece of architecture from that era.

Enjoy dining in the Wheel Room or Pennington Room. This modern property is filled with antique ambiance. Menu includes chicken crepes served with rice pilaf, fresh vegetables, rolls with butter, and coffee or hot tea. After lunch, there will be a chocolate tasting. Take a few minutes before departure to look around the property and view the unique bed and breakfast rooms.

Leave Afton and arrive in Stillwater for a Chocolate Tasting and tour at the Rivertown Inn. It was built in 1884 at the height of Minnesota's logging boom. It's a magnificently restored lumber baron mansion turned boutique-style bed and breakfast located three blocks above historic downtown Stillwater.

Disembark at the Water Street Inn for another Chocolate Tasting and tour. It is a distinctive and romantic 61-room hotel overlooking the St. Croix River. The circa-1890 redbrick inn has a tin ceiling in its lobby and is amidst the quaint boutiques and galleries of historic Stillwater.

**Thu, Apr 28**      **\$84**  
**9:45 am pick-up**      **Register/cancel by Mar 28**  
**4:30 pm return**      **Y3284A**

## **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 in Nowthen at the Nowthen Alliance Church. Menu includes grilled chicken breast, potato, salad, vegetable, bread, coffee, and dessert. Continue the barn tour after lunch. Some barns across the state were built in Gothic style, some have a silo, others feature a cupolas or vents.

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.

**Wed, May 18**  
**10:20 am pick-up**  
**3:30 pm return**  
**Register/cancel by Apr 18**  
**\$85**  
**Y3285A**



## Adult Trip Program (continued)

### La Crosse, Wisconsin River Cruise

Arrive at L.A.R.K. Toy's in Kellogg, MN for coffee and a treat (included) while you shop in this very unique toy store. It is the largest of its kind in the USA. Thousands of visitors pass through their doors every year to see this collection of antique toys, wooden toys, specialty toys, a large hand-carved operating carousel (cost about \$2 per person), and a large bookstore. Leave Kellogg, MN and enjoy the colorful great Mississippi River Road, it is one of the most scenic byways in American.

Arrive in La Crosse, Wisconsin and board the La Crosse Queen. The vessel has a climate controlled main cabin surrounded by windows. It will seat 80 passengers, and the covered upper deck seats an additional 50 guests. Leave to cruise on the Mississippi River. The La Crosse Queen is a modern-day replica of the grand riverboats that plied the Mississippi River in the late 19th Century. She is one of the few authentic Mississippi River paddlewheel riverboats still in operation in the country today. Enjoy a buffet service luncheon in the main cabin. Menu includes Swedish meatballs and ham, potato, vegetable, rolls, dessert, and coffee.

Step back in time to when the most popular means of travel from town to town along the Mississippi River was by riverboat. Take in the scenic treasures of the Mississippi River, including one of the oldest swing bridges still in operation today, the wild life; see the Lock and Dam system, and other scenic and historic sites along the Upper Mississippi River.

**Tue, Jun 21**  
**8:25 am pick-up**  
**6:50 pm return**  
**Register/cancel by May 23**  
**\$93**  
**Y3250A**



### Owatonna, MN Step-Back-In Time

Arrive at the State School Orphanage Museum, located in the Owatonna City Administration Building Complex. Take time to use the facilities and walk down the hall to the Performance Hall of the Owatonna Art Center. Coffee and donut holes are available for self-service. Enjoy a presentation about the State School Orphanage. Beginning in 1886, and continuing for the following 60 years, the Minnesota State School for Dependent and Neglected Children, served as the temporary home for thousands of children of all ages. More than 10,000 different and personal stories are a part of the orphanage's past. Relive this unique chapter of America's history as you listen to the accounts of this self-sustaining institution that operated until 1942. Weather permitting, visit Cottage 11 which is one of the former cottages at the Orphanage that has been restored.

Arrive at Torey's Restaurant for lunch. Menu includes a luncheon buffet with assorted salads, hot entrees, sides, beverage, and a cookie or brownie for dessert.

After lunch, a local guide will step-on the motor coach and give a riding tour of the beautiful and historic downtown district of Owatonna. Encounter a blend of architectural styles from the late 1800s to early 1900s, including historic homes, schools, churches, and other buildings. The National Farmers' Bank was designed by world-renowned architect, Louis Sullivan. Highlights include stained glass windows, gold leaf arches, chandeliers, and murals. Drop off the guide and leave downtown for the Russell Stover Candy Kitchen. Purchase chocolates, candies, ice cream, and other gift items.

**Tue, Jul 21**  
**7:55 am pick-up**  
**5:05 pm return**  
**Register/cancel by Jun 20**  
**\$86**  
**Y3300A**

## Saint Paul Saints Baseball Game

Arrive at the CHS Field in downtown St. Paul, where the bus will drop off at the 4th Street entrance and return later for pick up. There is a considerable amount of walking from the bus drop off area to the seats. The luggage bays under the motor coach will accommodate portable wheelchairs, walkers, and canes. There is plenty of time to walk to your seats and purchase concessions. Vendors will be serving hot dogs, bratwursts, burgers, sub sandwiches, ice cream, pretzels, kettle corn, pastries, candy, and beverages. The Saint Paul Saints Team Store will carry everything from shirts, hats, and sweatshirts to mini bats and CHS Field Merchandise. Reserved seats are in section 111 for the matinee game vs the Columbus Clippers.

**Wed, Aug 10**      **11:20 am pick-up**      **Register/cancel by July 7**  
**\$58**      **4:45 pm return**      **Y3249A**



## 55+ Adult Community Services

### 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**

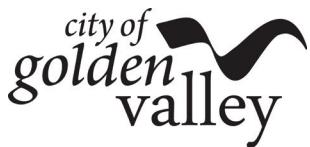
Senior Dining provides a delicious noon meal at Crystal Community Center. A donation of \$4 is requested at the door, but no one will be denied a meal. Takeout meals are also available. Reserve your lunch by calling at least three days in advance between 9-11:30 am. Ask a friend to join you for a great 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.

HOME relies completely on the generosity of volunteers to fulfill all their requests. The volunteer opportunities are flexible and great for individuals as well as groups. Call or email us at [HOME@seniorcommunity.org](mailto:HOME@seniorcommunity.org).



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

GOLDEN VALLEY ACTIVITY & TRIP REGISTRATION FORM



First & Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ D.O.B: \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Contact Name & Phone (if different from above): \_\_\_\_\_

Special Needs, Disabilities, or Allergies we should be aware of: \_\_\_\_\_

Participant's First & Last Name	Trip/Activity Name	Trip/Activity Code	Pick-up Site	Special Requests	Fee
<b>PAY</b> <input type="checkbox"/> Cash	CC # _____			Sec. Code _____	<b>TOTAL</b>
<b>INFO:</b> <input type="checkbox"/> Check	Exp Date _____	Sign for credit card: _____			

**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: \_\_\_\_\_