

55+ Adult News

MAY & JUNE 2022

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 |
|-----|---------------------------------------|---------|
| Mon | Dominoes | 1 pm |
| Tue | Cribbage | 1 pm |
| Wed | 500 | 1 pm |
| | Hand & Foot (no mtg 4th Wed) | 10 am |
| Thu | Duplicate Bridge (2nd & 4th Thu only) | 1 pm |
| Fri | Bridge | 9:30 am |



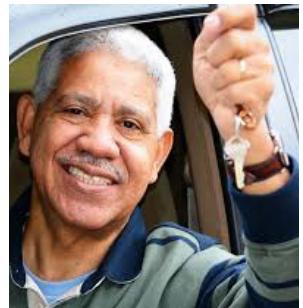
55+ ADULT NEWSLETTER SUBSCRIPTION

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, May 12, Jun 9 or Jul 14

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. Fees collected in class.

4-HOUR REFRESHER COURSES

Brookview Valley North Room

Thu, May 5, Jun 8, or Thu, Jul 14

12:30-4:30 pm

\$24 per person

8-HOUR FIRST-TIMERS COURSE

Brookview Valley North Room

Wed, May 11 & Thu, May 12

(must attend both days)

5:30-8:30 pm

\$28 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, MAY 19

Retirement Roadblocks: Seven Financial Risks to Avoid

Retirement obstacles can be easier to avoid when you know what lies ahead. While the road to financial freedom in retirement may have its twists and turns, having the knowledge ahead of time can help straighten the path.

Presenter Jonathan "JR" Rice is one of the partners with Diversified Wealth Management. He has more than 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.

THU, JUN 16

Long-Term Care: Legal And Practical Solutions

What are key legal and practical concerns when planning for long-term independent living or medical care? What can you do now to ease the transition for yourself and your loved ones?

Elizabeth Michaelis, elder law and estate planning attorney, together with Bob Anderson, a case manager from Senior Community Services, will provide an overview of legal tools and resources available for assessing needs, identifying housing options, and understanding government benefits programs.

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, MAY 25

Australia, the Land

Down Under - Part 2

This second presentation discusses the serious colonization of Australia, from 1771 through Federation, January, 25, 1901. This tumultuous period ended with Australia's independence from Great Britain, one of the most celebrated and proud days for all of Australians. Peter will transport you from the prisons of England on board the convict ships for the eight-month journey through poorly charted oceans to Sydney Cove, New South Wales. You will come to understand how the convicts dealt with horrific conditions and finally made a life for themselves in that Land Down Under called Australia.

WED, JUN 22

Navigating Senior Living Options

During A Pandemic

Learn about the many options in senior living and tips for navigating the process of moving to senior living while in a pandemic. Information will also touch on the cost of assisted living and payment options.

Presented by Janelle Meyers, LALD and Certified Senior Advisor® with Choice Connections.

55+ Adult Community Services

SENIOR OUTREACH AND CAREGIVER SERVICES

612-770-7005

Provides support to help older adults remain at home.

SENIOR DINING

763-531-1183

Provides a delicious noon meal at Crystal Community Center. Reservation required.

H.O.M.E.

952-746-4046

H.O.M.E. (Household and Outside Maintenance for the Elderly) assists with household chores.

HELP AT YOUR DOOR

651-642-1892

Provides critical services to seniors, individuals with disabilities, and caregivers.

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 \$130 res, \$140 non-res
Tue, Jun 7-Aug 30 S2206B
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 Bassett Creek Room \$59 res, \$64 non-res
Sun, May 24-Jun 14 S2405B
6:30-8 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 for more information.

Brookview Wirth Lake Room **\$75 res, \$80 non-res**
Sat, May 7-Jun 25 **S2223A**
9-9:45 pm

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 \$37! Classes must be purchased together.

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.

**Brookview Wirth Lake Room
\$84 res, \$89 non-res**

Tue, Jul 5-Aug 16
Beginners 9-10 am **S2224C**
Advanced 10:15-11:15 am **S2224D**

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.

Brookview Park
Thu, Jul 7-Aug 18 **\$84 res, \$89 non-res**
10-11 am **S2209C**

Brookview Wirth Lake Room
Thu, Jul 7-Aug 18 \$84 res, \$89 non-res
5:30-6:30 pm S2209D



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). If you have your own Nordic Walking poles (not trekking or hiking poles), there will not be a fee for pole use.

Brookview Park Large Shelter \$9 res, \$12 non-res

| | | |
|-------------|--------------|--------|
| Tue, May 3 | 1:30-2:45 pm | S2222A |
| Tue, May 17 | 1:30-2:45 pm | S2222B |
| Wed, Jun 8 | 6:30-7:45 pm | S2222C |
| Tue, Jun 28 | 10-11:15 am | S2222D |

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



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 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 for more event dates and times.

Brookview Rice Lake Room

Thu, May 12, Jun 9 or Jul 14

9 am, 10:30 am, or 12 pm



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 \$3 per person
10-11:30 am 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
S3302A**



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!

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 **Register/cancel by May 23**
8:25 am pick-up **\$93**
6:50 pm return **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 **Register/cancel by Jun 20**
7:55 am pick-up **\$86**
5:05 pm return **Y3300A**

Adult Trip Program (continued)

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**



Stillwater Trolley Tour

Arrive in Stillwater and board a colorful old-time Stillwater trolley for a narrated tour of the history, folklore, and old mansions. Journey back in time to the era of Victorian finery and turn-of-the-century charm. Nestled in the wooded hills and bluffs of the beautiful St. Croix River, Stillwater is a treasure that time forgot. Multicolored Victorian homes dot the landscape. This distinctive community has a wealth of 19th century Greek Revival, Queen Anne, and Italianate architecture. See the historic Stillwater Lift Bridge, constructed in 1931. Hear about Stillwater's Founders and the influential Lumber Barrons. Enjoy the beautiful views of the St. Croix River.

After the tour, reboard the motor coach and head to the Lowell Inn, which opened its doors in 1927. Elmer Lowell created a lush and elegant hotel that still stands the test of time. Fine dining rooms were established and have been restored. Have lunch at the Lowell Inn, better known as the "Mt. Vernon of the Midwest." Menu includes: Chicken ala King (tender pieces of chicken, mushrooms, red and green peppers in a sherry cream sauce served over a puff pastry shell), mashed potatoes, vegetable of the day, beverage, and a small dessert.

Leave the Lowell Inn. The bus will drop guests at the Pedestrian Plaza Bus loading area on N. Water St. near the public rest rooms (Commercial Ave - if it continued to the river). A Visitors Guide outlines a variety of establishments in downtown Stillwater. You can purchase coffee, candy, gifts, brew, and more.

Leave downtown Stillwater and make a stop at Aamodts Apple Orchard and St. Croix Winery.

Thu, Sep 15 **Register/cancel by Aug 15**
8:45 am pick-up **\$94**
4 pm return **Y3301A**



Bayfield and Apostle Islands

DAY 1 – WED, SEP 21

6:40 AM: Leave Maetzold Field in Hopkins, 1215 1st St N, Hopkins (NE corner of 14th Ave and 1st St N, across the street from the Activity Center at 33 14th Ave N). **7 AM:** Leave Golden Valley City Hall, 7800 Golden Valley Rd (under water tower). En route, we will stop for morning coffee and have lunch in Ashland, WI. At the marina in Bayfield, board the Apostle Island Cruise. Learn about the history of Lake Superior on a comfortable adventure into the legend and lore of Lake Superior and the Apostle Islands. This is a memorable tour about shipwrecks, sea caves, and lighthouses. Glimpse the legendary shipwrecks from the glassed section in the bottom of boat. Cruise past Honeymoon Rock on Basswood Island and view the two lighthouses on Long Island. Cruise along the high cliffs just south of Bayfield. Later this afternoon, check into the Legendary Waters Hotel. The resort is built on the shores of Lake Superior with an indoor swimming pool and fitness center. It's located adjacent to the casino. Tonight, have dinner at the hotel. [C,L,D]

DAY 2 – THU, SEP 22

Have breakfast at the hotel and take the Madeline Island Ferry from Bayfield to the picturesque town of LaPointe on Madeline Island, the largest of the Apostle Islands. Meet a local guide for a tour of the island. Hear about The Apostle Islands and how they were named for the twelve apostles, but indeed number twenty-two, ranging in size from three to fourteen thousand acres. Have lunch at the Pub Restaurant and visit the Madeline Island Historical Museum. Return to Bayfield and tour the Bayfield Winery. Tonight, have dinner at the Bayfield Inn. [B,L,D]

DAY 3 – FRI, SEP 23

Have breakfast and visit the Apostle Island National Lakeshore Visitor Center. Watch a video and learn about the National Lakeshore. A local tour guide will give a tour of the historic village of Bayfield. You'll spend some time at one of the orchards and have a special Victorian luncheon at the Old Rittenhouse Inn, amidst antiques and fireplaces. It's a Queen Anne-style mansion restored to its original splendor with distinctive touches. The three-course lunch is considered an entertaining experience that is not soon forgotten. Bid adieu to this unique delightful area and enjoy the carefree ride home. Return to the Twin Cities at approximately 6:30 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 leader from Golden Valley Parks and Recreation, and gratuities on the included meals and attractions.

Deposit: \$125 is due on Monday, July 18, 2022. Additional reservations can be taken after this date if space is available.

Final Payment: Due August 8, 2022

Cancellation: Payments are not refundable after Monday, July 18, 2022

Travel Insurance: Purchase through Travel Guard at www.travelguard.com, or call 1-800-826-1300 Medicine Lake Tours ARC #49317.

Baggage: One suitcase per person, plus a personal case.

Tour Documents: Final documents are sent two weeks prior to departure.

Responsibilities: Medicine Lake Tours acts as an agent in arranging transportation, lodging, dining services, sightseeing tours, and other suppliers of services. No liability shall be incurred by Medicine Lake Tours because of injury, loss, delay, or other complications experienced by tour participants. Medicine Lake Tours reserves the right to make changes as may be necessary for the smooth and efficient operation of the tour, using comparable suppliers. All suppliers are independent of Medicine Lake Tours. We are neither responsible nor liable for actions or defaults of those not directly under our control.

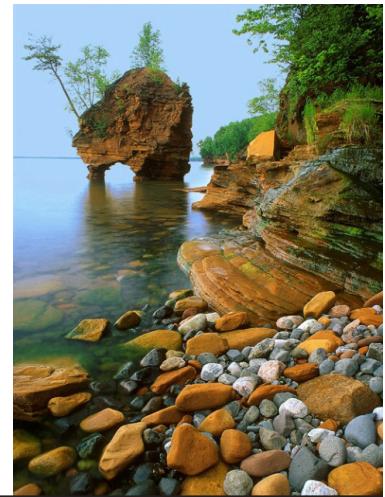
Wed, Sep 21-23, 2022

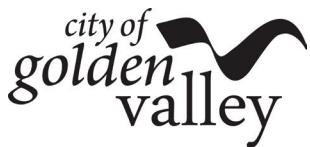
\$710 per person (2 per room)

\$908 person (1 per room)

Register/cancel by Jul 18

Y3301A





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 |
|--|--------------------|-----------------------------|--------------|------------------|--------------|
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| PAY <input type="checkbox"/> Cash | CC # _____ | | | Sec. Code _____ | TOTAL |
| INFO: <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: _____