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.

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<tr>
<th>DAY</th>
<th>GROUP</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Dominoes</td>
<td>1 pm</td>
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<tr>
<td>Tue</td>
<td>Cribbage</td>
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<tr>
<td>Wed</td>
<td>500</td>
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<td>Hand &amp; Foot (no mtg 4th Wed)</td>
<td>10 am</td>
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<tr>
<td>Thu</td>
<td>Duplicate Bridge (2nd &amp; 4th Thu only)</td>
<td>1 pm</td>
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<tr>
<td>Fri</td>
<td>Bridge</td>
<td>9:30 am</td>
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CONCERTS IN THE PARK
7 pm | Brookview Park Gazebo
Bring a lawn chair or blanket and come enjoy the free summer concert series. All concerts held at the Gazebo unless otherwise noted.

JUL 11  The 1st John Philip Sousa Memorial Band
A summertime favorite paired with the annual ice cream social
*Held at the Large Pavilion

JUL 18  Salsa Del Soul
High-energy dance music of the Spanish-speaking Caribbean

JUL 25  Banjo Boy Variety Band
Variety of pop, swing, blues, country, and ragtime hits featuring vocal harmony

AUG 1  Stomp N’ Dixie
A rassmatazz style bass walking, guitar chunking, and horns riffing

AUG 8  Capri Big Band
Big band swing with the music of Duke Ellington, Count Basie, Glenn Miller, Benny Goodman, and Ray Charles
*Held at the Large Pavilion

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

MEDICARE COUNSELING BY SENIOR LINKAGE LINE®
Senior LinkAge Line® trained counselors meet with you one-on-one 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.

Brookview Rice Lake Room
Thu, May 12, Jun 9 or Jul 14
9 am, 10:30 am, or 12 pm
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. NOTE: No meeting in July.

Brookview Valley North Room
10-11:15 am
THU, AUG 18
Wills vs Trusts

Few people understand the difference between these two critical Estate Planning choices. Each one affects your estate assets in significantly different ways—especially in regards to the amount of control and protection your family will have (or not have) in the future. How and when are assets distributed? What about Probate avoidance and the impact a Will or a Trust will have not only on your Executor, but also on your heirs or beneficiaries? Also, is anyone even considering the tax ramifications?

Get answers to these questions and more. Come learn the difference today so your loved ones can stay out of Probate tomorrow. This one-hour workshop will be followed by a Q&A session. Instructor is Jeff Litfin, Certified Estate Planner, Generations Legal Services.

COFFEE TALK
Join us for coffee, juice, treats, and informative programs. Register at 763-512-2345 to ensure treats and coffee for everyone. NOTE: No meeting in July.

Brookview Valley North Room
10-11:15 am
$2, payable at the door

WED, AUG 24
Watergate at 50: Recalling the Minnesota Connections
Twin Cities attorney and historian, Marshall Tanick, will unravel the many connections between Minnesota, especially Golden Valley and the western suburbs, to the Watergate break-in 50 years ago and its aftermath. He will also explain why Minnesota could be characterized as “Ground Zero” for Watergate.

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, Jul 14, Aug 11, or Sep 8
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, Jul 14, Tue, Aug 16, or Mon, Aug 19
5:30-9:30 pm
$24 per person
**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

**Nordic Walking Schedules**
- **55+ Lawn Bowling League**
  
Take part in the annual fall 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-bottom 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. Minimum of 4 teams/Maximum of 16.

**Brookview Lawn Bowling Rinks**
- **Wed, Aug 17-Sep 21**
  - **10-11 am**
  - $5 league fee, plus $3 per week  
  
**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

**Tai Chi Schedules**
- **5:30-6:30 pm**

**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**  
$84 res, $89 non-res

**Tai Chi Schedules**
- **7-8:15 pm**

**BALLROOM DANCING**

Have a fun-filled weekly date learning to ballroom dance with your partner. Practice in class to popular party and wedding dance songs. Lessons will build your confidence for dancing in front of others. Learn waltz, foxtrot, swing, rumba and more! Beginner level, 4-week courses offered seasonally. You will learn new steps in each, so attend any or all sessions.

**Brookview Bassett Creek Room**  
$59 res, $64 non-res

**Ballroom Dancing Schedules**
- **Sun, Aug 4-25**  
  - **6:30-8 pm**
PEDAL PUSHER'S BIKING GROUP
This longtime group bikes to and from various areas in the Twin Cities, and usually stops for treats along the way. Rides begin at 9:30 am and are 6+ easy miles on Tuesdays or Thursdays a couple times a month, June-October. Get some exercise, meet some fantastic people, and bike some trails you never knew existed!

REGISTER TO RIDE! We require a one-time $5 registration fee to ride and be placed on the mailing list for ride information. Please register in advance online at webtrac.goldenvalleymn.gov (code S2215A). Then, register for each ride by calling 763-512-2345.

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.

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.

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.
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!

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.

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<td>4:45 pm</td>
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Register/cancel by July 7

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.

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<tr>
<td>Thu, Sep 15</td>
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<td>4 pm</td>
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Register/cancel by Aug 15

763-512-2345  www.goldenvalleymn.gov
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: 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. MLT 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) Y3301A
Register/cancel by Jul 18 $908 person (1 per room)

763-512-2345  www.goldenvaleymn.gov
Lake Minnetonka Cruise

Arrive at the Port of Excelsior for a Lake Minnetonka Cruise. Board the Lady of the Lake, a historic sternwheeler which is handicapped accessible with an enclosed main cabin and equipped with table seating for 50 passengers. The second level is covered and requires climbing a flight of stairs (about 10 steps). It is the most popular seating area for cruising the lake with the open-air experience. The space can be enclosed with durable plastic window coverings if the weather requires it. The top deck is up an additional flight of stairs and is uncovered.

As the Lady of the Lake boat departs, hear a special Lady of the Lake live narration about Lake Minnetonka from the Captain and crew. They will talk about the Big Island as you view the waterfront mansions, restaurants, marinas, and gardens. In the mid-1800s, Lake Minnetonka enjoyed worldwide fame for its elegance and scenery. Large steamships on the lake accommodated thousands of passengers. There were huge waterfront hotels and constant scheduled rail service that catered to the elite families from the south that came here to avoid the heat. Relax and enjoy the view.

Return to the dock, reboard the motor coach, and head to Maynard’s Restaurant. Menu includes half sandwich, cup of soup, chips, beverage, and cookie.

After lunch, transfer to downtown Excelsior to shop. (Motor coach can make some shuttle runs along Water Street.) Enjoy the quaint shops along Water Street in downtown Excelsior. It’s about three blocks from the dock to the Excelsior Mill shops. Caspers, with whimsical home accessories; The Country Look in Antiques, featuring the charm of Colonial New England; and Excelsior Mill, a renovated lumberyard that was built at the turn of the century. It recreates the flavor of the past with a bench lined central “garden” court and a half dozen shops filled with distinctive gifts and accessories.

Wed, Oct 5
7:55 am pick-up
$85
Register/cancel by Sep 5
2:30 pm return Y3302A

Ozark Jubilee

Arrive at the Treasure Island Event Center in Welch, MN. Be seated in the ballroom for a served lunch. Sample menu: Roasted turkey dinner, potatoes and gravy, vegetable, bread with butter, pumpkin pie, coffee, and tea.

The Ozark Jubilee features an all-star cast of Branson’s top entertainers. This dynamic show salutes the music of the great Legends of Country Music in the first half of the show. The entire second half of the show will feature a total variety of holiday music. From the traditional standards such as “Silent Night” and “White Christmas,” to more contemporary holiday selections that will touch your heart. This show features vocals, comedy, and instrumentals. World-class fiddler, Doofus Doolittle, presents his unique brand of humor and some of the best fiddle and violin music ever. Enjoy his stories about some of the legendary artists he has performed with. He will salute comedians of yesteryears such as Archie Campbell, String Bean, and Minnie Pearl. Enjoy this holiday musical event with the sounds of laughter, Bluegrass, Gospel, Country, and traditional music.

At the conclusion of the show, take a few minutes to get refreshments, visit the casino, or relax in the lounge areas.

Wed, Nov 16
9:55 am pick-up
$94
Y3221B
5:45 pm return Register/cancel by Oct 10

763-512-2345 www.goldenvalleymn.gov
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:______________________________