



JANUARY & FEBRUARY 2023

# 55+ Adult News

## 2023 TRAVEL SHOW

The adventures begin as we kick-off the annual travel program, with a meet and greet. Hear from Alice, our trip planner, and Sandy, our escort. Greet your fellow travelers, as you enjoy dessert and coffee. Be the first to hear about our travel adventures, consisting of one day and longer trips. Games! Prizes! And More!

Brookview Bassett Creek Room

Mon, Jan 23

1 pm

\$4 per person

Register/cancel by Jan 20

W3103A



## FRIDAY OPEN PAINTING STUDIO

Looking for a creative end to the week? 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

## 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 Y3200H



## INTERGENERATIONAL CHESS

Free

Begin your morning with some conversation starters, along with activities that build a community around the game of Chess. Students from Breck High School will be paired with adult participants for some intergenerational play and learning. Program is free, but registration is still required.

Brookview Valley Room

Wed, Jan 3-Mar 15

10:45-11:45 am

Free (registration required)

W2324A



## 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.

Free

DAY	GROUP	TIME
Mon	Dominoes	1 pm
Tue	Cribbage	1 pm
Wed	Hand & Foot	10 am
	500	1 pm
Thu	Duplicate Bridge	1 pm
	(2nd & 4th Thu only, bring a partner)	12:30 pm
Fri	Party Bridge	9:30 am

### 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. *NOTE: No meeting in Nov or Dec.*

**Brookview Valley North Room**  
10-11:15 am



**THU, JAN 19**

#### *2022 Tax Impacts*

New tax laws and their impacts will be presented and discussed. Learn about tax law changes in 2022.

Presented by Andrew Jensen, H&R Block, Golden Valley.

**THU, FEB 16**

#### *Where There's a WILL, There's (not always) a WAY*

Many articles, lawyers, and estate planning experts tell us repeatedly to "get a WILL done." But one of the most dangerous misunderstandings in estate planning is the belief that all you need is a WILL (not true). Another common myth is that WILLs take care of everything and avoid Probate (they don't).

WILLs have their place in the estate planning toolbox, but they should never be the only tool a family uses to protect their assets or their estate in the event of a death or incapacitation.



You still have to address ALL of your assets. Most people place far too much faith in their traditional WILL—not knowing they are inevitably setting up their heirs for a lengthy and costly Probate procedure.

In this educational workshop, you will gain a basic understanding of WILLs—including what they do and what they don't do. Come and learn valuable information about WILLs, TRUSTs, and Probate avoidance. Don't leave a mess behind! Join us for a relaxed but thorough discussion on these and other estate planning fundamentals.

Presented by 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 Nov and Dec.*

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

**WED, JAN 25**

#### *The Adventures of Travel*

Adventure has different meanings and comfort levels for each person.

Presenter Dale Stenseth, will share stories about his adventures and travels.



Growing up, he traveled a lot by train. As a teenager, he traveled solo to Vancouver and Seattle to visit relatives and see the Seattle World's Fair. After early retirement, he traveled around the world as a passenger on a sea-going freighter.

Dale's thirst for adventure and travel was fueled by his teenage heroes including Marco Polo, Mark Twain, and Amelia Earhart.

**WED, FEB 22**

#### *Should I Stay or Should I Go? Before and After the Funeral*

After a loved one dies, it feels like there are a million questions that need to be answered. Understanding what processes take place before and after the funeral, will help you make better plans to ease the burden on your loved ones and give you peace of mind.

There are approximately 65 decisions that need to be made before the funeral. Who is responsible for payment, types of services, who needs to be notified, what does the family need, is the funeral for the person who died or those who are still living? After death, who is responsible for paying the deceased bills and taking care of the deceased possessions? What happens if there is/isn't a Will? How are assets transferred to heirs? Is probate necessary? How long does probate take? Great information that we all need to know for decision we are going to make.

Presented by Jeanne McGill, CSA, SPS & Mary Frances Price, Elder Law Attorney.



## 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, Jan 12, Feb 9 or Mar 9

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

Wed, Jan 18 or Thu, Feb 23

12:30-4:30 pm

\$24 per person

## 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](http://trellisconnects.org) or by calling Senior LinkAge Line® at 800-333-2433.

Brookview Rice Lake Room

Thu, Jan 12, Feb 9, or Mar 9

9 am, 10:30 am, or 12 pm

**2023  
ARTIST  
SHOWCASE**

**ON VIEW**  
Jan 15–Feb 11, 2023

**OPENING NIGHT**  
Fri, Jan 13 | 5-8 pm

**GALLERY**  
**Westwood Hills Nature Center**  
8300 W Franklin Ave, St Louis Park, MN 55426

An exhibition celebrating artists in St Louis Park  
and Golden Valley

Learn more at [www.slpfota.org](http://www.slpfota.org).



## LEARN TO PARTNER DANCE

Out of ideas for a Valentine's gift? How about giving dance lessons? Spend quality time learning to dance with your partner, just for fun, or to prepare for an upcoming special event! Learn miniroutines that are easy to remember and danceable to all your favorite songs. Dance the night away to rock, blues, country, pop, latin hits, classic ballroom, and more!

Dancing adds laughter and romance to your relationship, and you might just discover a new healthy hobby to last a lifetime. If you think you have no rhythm and two left feet, this is the perfect course for you!

Couples stay dancing together. Singles are welcome and rotate with other singles. Casual dress. Song requests accepted.

For more information, visit [ConstantineDance.com](http://ConstantineDance.com).

**Brookview Bassett Creek Room**    \$65 res, \$70 non-res  
**Sun, Feb 19-Mar 12**    **W2403A**  
**6-7:30 pm**

## YOGA FLOW WITH LAURA

This non-competitive flow style yoga focuses on your personal experience. Classes combines 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.

Benefits include increased strength, flexibility, body awareness, and mental clarity. Appropriate for beginners to yoga as well as those who already practice.

Wear comfortable clothes and bring a yoga mat. Blanket and small pillow are optional for relaxation. Instructed by Dale Kukielka.

**Brookview Wirth Lake Room**    **Tue, Jan 3-Mar 7**  
**\$100 res, \$105 non-res**    **W2206B**  
**5:30-6:45 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 \$42! 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**

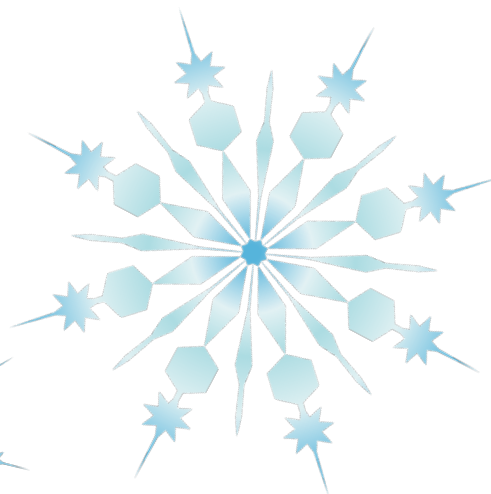
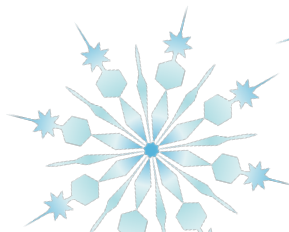
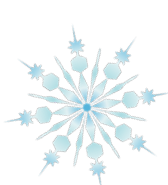
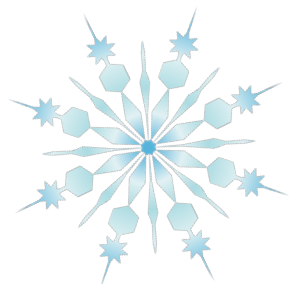
**Tue, Jan 10-Feb 14 (no class Oct 4)**  
**Beginners 9-10 am W2207A**  
**Advanced 10-11 am W2207B**

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

**Thu, Jan 12-Feb 16**  
**Beginners 5:30-6:30 pm W2208B**  
**Advanced 10-11 am W2208A**





## PICKLEBALL

Bring your paddle and play Pickleball with other enthusiasts in the community. Indoor courts are available as listed. For up-to-date information, visit [www.goldenvalleymn.gov/Tennis-Courts](http://www.goldenvalleymn.gov/Tennis-Courts).

### INDOOR OPEN TO ALL

Davis Community Center  
\$5 drop-in or \$40 10-punch pass

Sundays (no Dec 25)  
1-3 pm

## 55+ Adult Community Services

### SENIOR OUTREACH AND CAREGIVER SERVICES 612-770-7005

Available to help older adults and their families access appropriate and affordable services for their unique needs. Our licensed social workers also host Caregiver Support Groups in several locations. Please call or visit [seniorcommunity.org](http://seniorcommunity.org) for more information.

### SENIOR LINKAGE LINE 1-800-333-2433

This telephone information and referral service helps senior citizens and family members of Hennepin County locate needed services close to home such as home meal programs, congregate dining, counseling, transportation, reassurance, daycare centers, volunteer opportunities, and health services. Call Mon-Fri from 8:30 am-4:30 pm.

### HOME PROGRAM 952-746-4046

The HOME (Household and Outdoor Maintenance for the Elderly) program provides help with indoor and outdoor chores like housekeeping, minor home repairs, painting projects, and lawn care/snow removal. Personal technology support and coaching is also available. Call Mon-Fri from 8:30 am-4:30 pm or email [home@seniorcommunity.org](mailto:home@seniorcommunity.org).

### WIDOW ASSISTANCE

A widow support group meets Saturdays at the New Hope Country Kitchen (42nd and Winnetka) at 2 pm. New people are always welcome!

### DINNER AT YOUR DOOR 763-531-1183

Volunteer drivers deliver delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne from 9:30-11:30 am for information. Menus are available.

### SENIOR DINING 763-531-1183

Senior Dining provides delicious noon meals at Crystal Community Center for seniors age 60 and older. Tasty meals and eating with friends make this a great program. A donation of \$3.50 is requested, but no one will be denied a meal. Call from 8:30-11:30 am for reservations.

### CARENATION.ORG 612-770-7005

Free, online tool (and smartphone app) that helps caregivers coordinate and connect with others to support their older adult loved one. Call or visit [carenation.org](http://carenation.org) to learn more and create a care team.



SENIOR  
COMMUNITY  
SERVICES



## 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!

### **The Prom at Chanhassen Dinner Theater | Wed, Feb 15**

Arrive at The Chanhassen Dinner Theater for lunch. Upon arrival at the theater, guests will select from a limited menu which will include: Entrée, salad, vegetable, bread, potato or rice, and beverage. After lunch if time permits, guests can walk inside the theater to the gift stores.

Enjoy the matinee performance *The Prom*. Throw on a corsage, grab your dance partner, and throw up those jazz hands because...you belong at the Prom! Chanhassen Dinner Theatres is thrilled to bring audiences a brand-new Broadway musical that Variety calls, "so full of happiness that you think your heart is about to burst!" Four fabulous fading Broadway stars are in desperate need of a new stage. When they hear that trouble is brewing around a small-town Indiana prom – and the press is involved – they know that it's time to put a spotlight on the issue...and themselves. The town's parents want to keep the dance on the straight and narrow, but when one student just wants to bring her girlfriend to the prom, the entire town has a date with destiny. Now, Broadway's brassiest are coming to join the fight and they're ready to kick-ball-change the world! Tony nominated for Best Musical and winner of Best Original Score, *The Prom* has winning comedy and song, and a playful book (loosely based on a true story) that will remind you of what Broadway heart and fierceness are all about.

Wed, Feb 15    10:25 am pick-up    Register/cancel by Jan 16  
\$108            4:50 pm return            Y3305A

### **Memphis and the Meantimes at Ives Auditorium | Thu, Mar 23**

Arrive at the elegant jewel-box Gideon S. Ives Auditorium located on the 80-acre Heritage Center campus along the Minnesota River in Bloomington. Lunch will be in the dining space and served buffet style. Menu includes: Entrée, potatoes or rice, vegetable, dinner rolls, dessert, and beverage. After lunch, visit to the second floor Masonic Museum and Library where six galleries showcase the history of Masonry in Minnesota.

Move into the carefully crafted 443-seat theater space. The \$20 million state-of-the-art concert hall opened in 2016 with sophisticated technology. Enjoy the matinee performance, Memphis and the Meantimes. This band is a celebration of the music that changed the world from Sun Records and the Grand Ole Opry. This is not new Country, this is the stuff new Country can only dream of being. Featuring songs from Cash, Haggard, Lewis, Orbison, Elvis and many others, Memphis and the Meantimes have been thrilling audiences for years by providing them with an 8-piece powerful presentation. Featuring the talents of Dan Neale, Lisi Wright, Ben Kaplan, Peter Guertin, John Wright, and vocals by Cate Fierro, Shalo Lee, and Mick Sterling, and from time to time very special guest vocalists. Memphis and the Meantimes is a joyful noise celebrating the best of American popular music.

Thu, Mar 23    10:40 am pick-up    Register/cancel by Feb 22  
\$92            4:20 pm return            Y3306A





## MEDLEY PARK COMMUNITY GARDEN

### OPENING SPRING 2023

For more information, look for the Winter Recreation Activities Catalog or visit the website by going to the link below or by scanning the QR code.

[www.goldenvalleymn.gov/  
Community-Garden](http://www.goldenvalleymn.gov/Community-Garden)



# Winter Fest

JAN  
28

Noon-2 pm | North Wesley Park  
Free and open to all!

Gather your family and friends and join us for some fun in a Golden Valley winter wonderland!

Enjoy sledding, ice skating, horse-drawn hayrides, a visit from the regal Snow Queen, live DJ music, a bonfire with hot chocolate and marshmallow roasting, and more!



## WINTER MARKET IN THE VALLEY

### FARMERS MARKET 2022-23

November-March | 10 am-1 pm

Second Sunday of the month | Brookview Golden Valley

Nov 13, Dec 11, Jan 8, Feb 12, and Mar 12

LOCAL FOOD & COMMUNITY SPIRIT!

[www.marketinthevalley.org](http://www.marketinthevalley.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> _____ Cash    CC # _____ Sec. Code _____ <b>INFO:</b> _____ Check    Exp Date _____ Sign for credit card: _____					<b>TOTAL</b>

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