

# 55+ Adult News

MARCH & APRIL 2023

## **ELIZABETH SCHEU CLOSE: A Life In Modern Architecture Talk**

Elizabeth "Lisl" Scheu Close (1912-2011) was Minnesota's first modern architect. With her husband Winston Close, she founded the first architectural practice in the state dedicated to modern design. A specialist in residential architecture, she designed roughly 250 custom houses during her long career and more than 10,000 houses were produced from her designs. Jane King Hession, author of *Elizabeth Scheu Close: A Life in Modern Architecture*, will bring Lisl's life and career to light in this talk.

This is the third in Golden Valley Historical Society's "Voices in the Valley: Amplifying Underrepresented Histories in Golden Valley" series with Brookview Golden Valley partnering on this talk.

Brookview Bassett Creek Room

Wed, Mar 8

7 pm

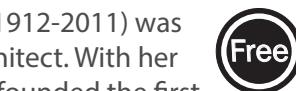
## **MEDICARE COUNSELING BY SENIOR LINKAGE LINE®**

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, Apr 13 or May 11

9 am, 10:30 am, or Noon



## **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	Hand & Foot	10 am
	500	1 pm
Thu	Duplicate Bridge (bring a partner)	12:30 pm
Fri	Party Bridge	9:30 am

## **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 pre-registration required.

Brookview Wirth Lake Room

9-11:30 am

\$1 per week, pay at Guest Services



## **INDOOR PICKLEBALL**

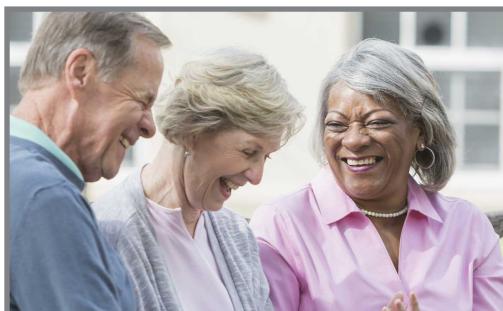
Bring your paddle and play pickleball with other enthusiasts in the community on our indoor courts. Open to all abilities. For more information, visit [goldenvaleymn.gov/Tennis-Courts](http://goldenvaleymn.gov/Tennis-Courts).

Davis Community Center

\$5 drop-in or \$40 10-punch pass

Sundays

1-3 pm



## **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

## **MONEY MATTERS**

Finances, investments, and things related to money are shared. Join us as we hear speakers from organizations working with finances, investments, and government present information important for today and tomorrow. No registration required.

Brookview Valley North Room | 10-11:15 am



**THU, MAR 16**

### **Secured Income – One Key to a Happier Life**

Income for life. It sounds like one of those lotto daydreams you might indulge in after a particularly hard day at the office. It's also one of the toughest aspects of retirement for investors to wrap their heads around: How do you use the investment portfolio you've accumulated to create a steady paycheck for life?

Creating a steady, reliable income stream is no easy task under the best conditions and it's all the more challenging when risks such as market volatility, inflation, longevity, and health expenses stand in your way. A sound strategy can help manage uncertainty and provide confidence to those looking to retire.

Explore strategies to increase income and enjoy life with confidence.

Presented by Logan Hershey, CPA, Financial Advisor at RBC Wealth Management, a division of RBC Capital Markets, LLC.

**THU, APR 20**

### **The 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. 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.

Presented by Jeff Litfin, Certified Estate Planner, Generations Legal Services.

## **COFFEE TALK**

Join us for coffee, 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 22**

### **Golden Valley Fire Department**

Did you know: people age 65 and above are twice as likely to be injured or die in a fire compared to the population as a whole? Come learn some simple tips to help you prevent common causes of fires and be able to safely escape if there is a fire in your home. Also, feel free to come with any fire safety questions you may have – we'll have time for Q&A too!

Presented by members of the Golden Valley Fire Department.

**WED, APR 26**

### **Golden Valley Downtown Study, Golden Valley's Evolving Downtown**

What is being planned for Golden Valley's Downtown? Are changes to the City Hall Campus in the works? What is even considered to be the Downtown? Discussion will cover the history and final report of the City's small area plan for the quadrants around Winnetka Avenue and Golden Valley Road, the findings from the Municipal Facilities Study, and updates on new development proposals in the area.

## **DRIVER IMPROVEMENT PROGRAM**

For ages 55+ and taught by certified instructors from the Minnesota Highway Safety Center. Minnesota State Law allows a 10% reduction in auto insurance premiums for three years upon completion of the course.

To register, call Minnesota Safety Center at 1-888-234-1294 or visit [mnsafetycenter.org](http://mnsafetycenter.org). Fees collected in class.

### **4-HOUR REFRESHER COURSE**

Brookview Valley North Room      Mon, Mar 27  
\$24 per person      12:30-4:30 pm

### **8-HOUR FIRST-TIMERS COURSE**

Brookview Valley North Room      Mon-Tue, Apr 17-18  
\$28 per person      5:30-9:30 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. 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. Instructed by Laura Lazowski.

Brookview Wirth Lake Room | 5:30-6:45 pm

Tue, Mar 14-Apr 11

\$50 res, \$53 non-res

W2206A

Tue, Apr 18-May 30 (no class May 23)

\$60 res, \$63 non-res

S2206A

## 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 9, Apr 13, May 11, or Jun 8

9 am-1 pm

\$23 per person

## TAI CHI CLASSES WITH MARIE MATHAY

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

### SUN STYLE

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, Mar 21-Apr 25

Beginners 9-10 am W2207C

Advanced 10-11 am W2207D

### BEGINNING TAI CHI & QIGONG

Decompress, relax, and explore simple basic, flowing Tai Chi and Qigong movements in this introduction to ancient Chinese exercises designed to heal and restore health. Many call it mindful, moving meditation. A great way to end a stressful day!

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

Thu, Mar 23-Apr 27

S2210A

5:30-6:30 pm

### ADVANCED YANG STYLE

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, Mar 23-Apr 27

W2208C

10-11 am



## **EASY PARTNER DANCING FOR ALL OCCASIONS**

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).

<b>Brookview Bassett Creek Room</b>	<b>Sun, Apr 3-24</b>	<b>S2504A</b>
<b>\$65 res, \$70 non-res</b>	<b>6:30-8 pm</b>	

## **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 [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.\***

### "Moving Classroom Tour" with Doug Ohman | Thu, Apr 27

Meet expert tour guide and speaker, Doug Ohman, while you traverse the metro area to discover some historic landmarks and interesting structures. Doug will weave together a variety of stories and reveal interesting historical information about some of Minnesota's most treasured buildings and places. Many historic sites are quickly being lost to history. Stops will be made along the route and may include a school, cemetery, cultural center, government building, house of worship, or other fascinating landmarks.

Have lunch at the Hen House Eatery in Minneapolis. Menu will include a cup of soup made from scratch daily, chicken salad sandwich, and beverage. Leave the Hen House and continue this "Moving Classroom Tour."

Doug has done extensive research and some of his published works include: "Minnesota Treasures," "Schoolhouses of Minnesota," "Courthouses of Minnesota," "Libraries of Minnesota," "Churches of Minnesota," and "Historic Homes of Minnesota." You can purchase your own copy from Doug personally.

Thu, Apr 27    10 am pick-up    Register/cancel by Mar 27  
\$93            4:30 pm return    Y3307A



### Winding Around Waconia | Thu, May 18

Meet a Carver County step-on guide who will introduce you to a variety of history, culture, art, crafts, and people around Waconia. You will get a view from the coach and also make some stops to get a close up view.

You will learn about the Barn Quilts, one of the largest open-air galleries in Minnesota amidst the beautiful countryside. Barn Quilts measure 8'x8' and weigh approximately 250 pounds. Quilt patterns are drawn to scale and painted on wooden panels that are hung on exterior walls of historic farm buildings. These beautiful pieces of artwork highlight the art of quilting while showcasing Carver County's historic agricultural icons.

Have lunch at Lola's Lakehouse located on the shores of Lake Waconia, the second largest lake in the metro area.

**Make menu choice at sign-up.** Menu options: 1) Oven roasted turkey sandwich (turkey, Swiss cheese, bacon, lettuce, tomato, mayo, cranberry wild rice bread, chips, and beverage. 2) Fish & Chips (Batter fried Atlantic cod, french fries, tartar sauce, lemon, and beverage).

After lunch, stop in St. Bonifacius to purchase meats at Mackenthun Sausage and Deli. They provide handmade smoked meats, sausages, jerky, apple wood smoked bacon and ham, brats, meat pies, Braunschweiger, and many other outstanding products.

Thu, May 18    9:10 am pick-up    Register/cancel by Apr 17  
\$87            4:20 pm return    Y3308A

## **Adult Trip Program (continued)**

**Trolley Tour of Rochester | Wed, Jun 14**

Arrive at the Apache Mall in Rochester then depart on a vintage red trolley for a narrated city tour. The open-air vehicles give you an up close view of public parks, gardens, and private homes. There are plastic window coverings if it rains. Hear the inside story of Rochester's amazing growth and transformation from a humble Midwestern farm town to a world-famous mecca for the medical arts. You will be delighted by hidden scenic and cultural gems along the route. Some of the highlights may include: downtown Rochester, Peace Plaza, historic Chateau Theatre, Mayo Civic Center, Rochester Art Center, Rochester Public Library, Rochester Farmer's Market, Rochester Civic Theatre, Silver Lake Park, Assisi Heights, Saint Mary's Hospital Campus and Chapel, History Center of Olmsted County, Mayowood Stone Barn, Mayowood Mansion, Apache Mall, Plummer House, "Pill Hill" National Residential Historic District, Mayo Foundation House, Soldiers Field Veterans Memorial, Soldiers Field Park, People's Food Co-op, Feith Family Statuary, Calvary Episcopal Church, and Mayo Clinic Campus. **[NOTE: Only patients at Mayo Clinic and their families can arrange for a tour. Outside visitors are no longer allowed to tour because of security, risk of infection, and patient's privacy.]**



The trolley will drop off passengers at Victoria's Ristorante in downtown Rochester, featuring made-from-scratch dishes in a lovely atmosphere.

**Make menu choice at sign-up.** Menu options: 1) Baked Mostaccioli (pasta baked with ricotta cheese, meat sauce, topped with mozzarella). 2) Walleye Sandwich (fresh Canadian walleye, breaded and deep-fried, served on special bread with Thousand Island dressing, onions, lettuce and tomatoes). 3) Chicken Honey Mustard Salad (grilled chicken, red and green leaf lettuce, feta cheese, roasted sun-dried tomatoes in olive oil, red onions, red peppers, and scallions with honey mustard dressing). All entrees include a beverage and ice cream.

**Wed, Jun 14**   **7:55 am pick-up**   **Register/cancel by May 15**  
**\$94**   **4:50 pm return**   **Y3209A**



**National Eagle Center and Chickadee Cottage | Wed, Jul 12**

Arrive at the Chickadee Cottage Café for lunch. Menu will include old fashioned chicken salad with grapes, almonds, and ring pasta in a delectable creamy dressing, colorful fresh fruit, homemade nut bread, beverage and dessert.

After lunch, arrive at the National Eagle Center to view exhibits and explore at your own pace. The National Eagle Center in Wabasha has reopened after a multimillion-dollar expansion. There are new exhibit spaces, classrooms renovations to the center's riverside building, and two buildings along Wabash's Main Street. Enjoy the platform for viewing interesting wildlife and bald eagles. See the Ambassador Eagles and engage with the staff about these rehabilitated eagles that are used for educational programs. Learn interesting facts, including how much an eagle weights and how big their wingspan is.

Wed, Jul 12 8:25 am pick-up Register/cancel by Jun 12  
\$96 5:50 pm return Y3309A



**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)



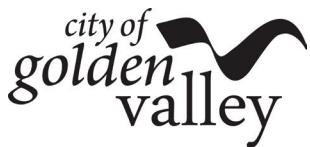
**RUN THE  
VALLEY**  
29TH ANNIVERSARY | 5 & 10K WALK & RUN

**Sat, April 15 | 8 am**

**Brookview Golden Valley  
316 Brookview Pkwy S**

7:45 am—0.2K Kids Fun Run  
8 am—10K race  
8:10 am—5k race  
8:15 am—5k walk

Sponsored by the Golden Valley Community Service Commission to benefit local residents in need.



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: \_\_\_\_\_