

55+ Adult News

MAY & JUNE 2023

WEEKLY CARD & GAME GROUPS

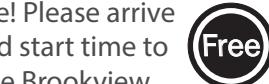
New players are always welcome! Please arrive 10 minutes before the scheduled start time to get set up. All groups meet in the Brookview Valley Room. No registration required.

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

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 800-333-2433.

Brookview Rice Lake Room
Thu, May 11, Jun 8, or Jul 13
9 am, 10:30 am, or Noon



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



CONCERTS IN THE PARK

7 pm | Brookview Park

Bring a lawn chair or blanket and come enjoy the free summer concert series. All concerts held at the gazebo or large pavilion as indicated.

JUN 5 Pavilion	Golden Valley Orchestra Music of stage and screen, with hits from opera and Broadway
JUN 12 Gazebo	Dred I Dread Reggae music for all ages
JUN 15 Pavilion	Robbinsdale City Band Entertainment by one of the longest continuously active community bands in Minnesotan *Held on a Thursday
JUN 19 Gazebo	Pan Handlers Mix of rock, pop, and Caribbean music played on steel drums
JUN 26 Gazebo	Percolators '60s rock in three-part harmony
JUL 10 Pavilion	The 1st John Philip Sousa Memorial Band A summertime favorite paired with the annual Ice Cream Social
JUL 17 Pavilion	Women's Drum Center World music offered by three performance groups of the Women's Drum Center. West African, Brazilian, and Japanese Taiko.
JUL 24 Gazebo	Salsa Del Soul High-energy dance music of the Spanish-speaking Caribbean
JUL 31 Pavilion	Capri Big Band Big band swing with the music of Duke Ellington, Count Basie, Glenn Miller, Benny Goodman, and Ray Charles
AUG 7 Gazebo	Sawyer's Dream Family-friendly vocal harmony Americana

PEDAL PUSHERS BIKING GROUP

This longtime group bikes to and from various areas in the Twin Cities and usually stops for treats along the way. Rides are 6+ easy miles with frequent stops. Get some exercise, meet some fantastic people, and bike some trails you never knew existed. Register to ride and to be put on the mailing list for ride information. Group meets Tuesdays and Thursdays a couple of times a month.

Tue or Thu, Jun-Oct **\$5/person**
Rides begin at 9:30 am **S2215A**



PEDAL PUSHERS KICK-OFF EVENT

Nancy, our Pedal Pushers leader, will share stories of her and Keith's latest adventures AND present the 2023 ride schedule. Pre-registration is required.

Brookview Valley North Room **S2218A**
Tue, May 16 **10 am** 

DEFENSIVE DRIVING

Adults age 55+ can save up to 10%, get a three-year discount on 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 MN Safety Council. No tests are given, however, attendance is required to receive a certificate of completion.

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

4-HOUR REFRESHER COURSES

Brookview Valley North Room **\$23/person**
Thu, May 11, Jun 8, or Jul 6 **9 am-1 pm**

55+ LAWN BOWLING CLINIC

Lawn bowling is one of the easiest sports to learn. It is excellent for all ages, teaching coordination and mental focus. The sportsmanship and camaraderie is a plus as well. You will find that bowls increases hand-eye coordination, helps with focus and concentration, and strengthens your legs, back, and arms. This clinic, taught by an official at the Brookview rinks, will cover the rules of the game, vocabulary 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 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 Brookview lawn bowling league that starts the following week.

NOTE: Sunscreen and a sun visor or hat are absolute musts when bowling in the sun.

Brookview Lawn Bowling Rinks

Wed, May 31
10-11:30 am
\$3/person
S2101A



55+ LAWN BOWLING LEAGUE

Take part in the seventh summer season of lawn bowling and join a 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 tops 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.

NOTE: Sunscreen and a sun visor or hat are absolute musts when bowling in the sun.

Brookview Lawn Bowling Rinks

Wed, Jun 7-Jul 26
10-11 am
\$5 league fee, plus \$3/week
S2102A

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, May 9-Jun 13

Beginners 9-10 am S2224A

Advanced 10-11 am S2224B

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

Thu, May 11-Jun 15

5:30-6:30 pm

\$84 res, \$89 non-res

S2210B

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

Thu, May 11-Jun 15

10-11 am

\$84 res, \$89 non-res

S2209A

INTRODUCTION TO NORDIC WALKING

Nordic walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show when using Nordic walking poles, you increase your heart rate on average 10-15 percent 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.



Bring your own Nordic walking poles (not trekking or hiking poles), or rent them for an additional \$3 (payable to instructor at time of class).

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

Wed, May 10 1:30-2:45 pm S2222A

Tue, May 23 6:30-7:45 pm S2222B

Thu, Jun 8 6:30-7:45 pm S2222C

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

Tue, Jun 6-Aug 29 (no class Jul 4)

5:30-6:45 pm

\$120 res, \$130 non-res

S2206B

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 mini-routines 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.

Brookview Bassett Creek Room **Mon, Jun 5-26** **S2405B**
\$65 res, \$70 non-res **6:30-8 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 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.

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 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.

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 weighs 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

Duluth Vista Fleet Cruise | Tue, Aug 8

Arrive at Tobie's Restaurant in Hinckley to purchase refreshments (on own). After arriving in Duluth, if time permits, we'll take the colorful Skyline Drive overlooking the Twin Ports of Superior and Duluth. Nestled on a rocky hillside, it overlooks the city and Lake Superior, the largest freshwater lake in the world.

Arrive at the waterfront in downtown Duluth to board the Visa Star for a narrated 60-minute sightseeing cruise. Experience the wonders of Lake Superior as you cruise next to 1,000-foot lake freighters and oceangoing vessels. Pass underneath the Aerial Lift Bridge. See a variety of ships in the beautiful waters of the Twin Port Harbor.



After the cruise, board the motor coach and travel to the Blackwoods Restaurant for lunch. Locally owned and family-operated since the early 90's. Everything is fresh and made from scratch into slow-cooked classic meals.

Make menu choice at sign up. Menu options: **1) Chicken pot pie** simmered with fresh carrots, green peas, potatoes, and pearl onions with a flaky, golden pie crust. Served with a side of cranberry chutney. **2) Home-style meatloaf**, covered in rich gravy, served with mashed potatoes. Both entrees are served with fresh baked corn bread and house made sweet butter, petite dessert, and beverage. Trip leader will give each passenger a color coded slip with menu choice to be put at their place setting.

Leave Duluth and make a comfort stop at a rest area or fast food restaurant (on own).

Tue, Aug 8 7:45 am pick-up Register/cancel by Jul 10
\$93 6:45 pm return Y3310A

Door County Tour | Tue-Fri, Sep 12-15

SPACE IS STILL AVAILABLE! Call Brookview Guest Services at 763-512-2345 for all the details!

Highlights include: Visit to Washington Island, visit Bjorklund Chapel, tour of Eagle Bluff Lighthouse, performance at Peninsula Players Theatre, tour of Door County Maritime Museum, and much more!

Fee includes: Deluxe motor coach transportation, lodging for three nights at Rowley's Bay Resort, meals, attractions as outlined in full itinerary (available at Brookview Guest Services), tour leader from Golden Valley Parks and Recreation, and gratuities on the included meals and attractions.

Tue-Fri, Sep 12-15	Deposit: \$215 is due on Mon, Jun 5	\$975/person (double)
7:30 am pick-up on Sep 12	Final payment due: Mon, Jul 10	\$1,235/person (single)
8 pm return on Sep 15	Cancel/refund: Not offered after Mon, Jun 5	Y3235A

Great Northern Railway | Wed, Sep 27

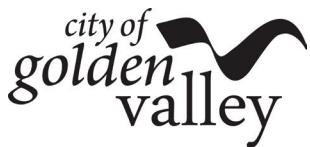
Make a comfort stop at the Goose Creek Rest Area near Harris, MN. Arrive at the NW Wisconsin Regional Visitor Center in Trego, WI. Take time to use the restroom and visit the gift shop before loading on the train.

The historic Wisconsin Great Northern Railroad recreates the atmosphere of rail travel using rebuilt cars from 1912 to 1918. Ride the rails to Bean Creek. Have lunch in the dining car. Menu includes a chicken entrée with rice, vegetable, dinner roll, cookie, and beverage. After lunch, enjoy the relaxing scenery from the train as it travels into rural Wisconsin.

Depart Trego with a stop at Burnett Dairy Cooperative retail store near Grantsburg, WI where coffee, ice cream, fried cheese curds, and other concessions are available for purchase.

Wed, Sep 27 7:45 am pick-up Register/cancel by Aug 27
\$99 4:30 pm return Y3233A





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
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: _____