

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

Brookview Rice Lake Room  
Thu, Jul 13, Aug 10, or Sep 14  
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.

**JUL 10**  
Pavilion

**The 1st John Phillip 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

## 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



### 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. **No meeting in July.**

Brookview Valley North Room | 10-11:15 am



**THU, AUG 17**

#### Estate Planning for Senior Living

Having a plan in place for senior living allows you to stay in control. During this session, you will learn about the different types of senior living option and what you need to have in order as you plan your future move.

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

### COFFEE TALK

Join us for coffee, treats, and informative programs. Register at 763-512-2345 to ensure treats and coffee for everyone. **No meeting in July.**

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

**WED, AUG 23**

#### Support Students At Your Local School With Ampack

Fewer than half of Minnesota students are reading and doing math at grade level. These skills are essential for success in the classroom and community. With your help, we can give kids more—more opportunities, more success, and more confidence. Come learn about AmeriCorps' opportunities to help in your community through service with Minnesota Reading Corps, Math Corps, and Early Learning Corps!

Whether helping preschoolers make a strong start, K-3 students to become better readers, or working with middle school students to build foundational math skills, we train people to make an impact as tutors. Placed in local schools, our tutors provide extra practice and support that results in incredible growth. Come learn about opportunities to support students in your local schools!

### 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 \$24/person  
Mon, Jul 17 5:30-9:30 pm



### 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, Jul 13, Aug 10, or Sep 14 9 am-1 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.

### 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, Jul 11-Aug 15

Beginners 9-10 am S2224C

Advanced 10-11 am S2224D

### 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 Park

Thu, Jul 13-Aug 17

10-11 am

\$84 res, \$89 non-res

S2209B

## 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, Jul-Oct

Rides begin at 9:30 am

\$5/person

S2215A

## 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.

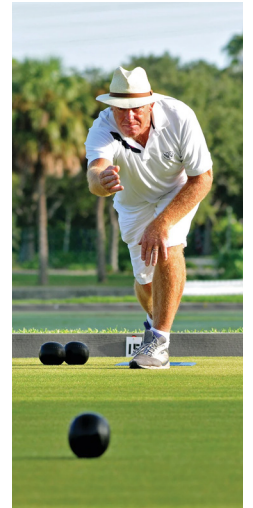
Brookview Lawn Bowling Rinks

Wed, thru Jul 26

10-11 am

\$5 league fee, plus \$3/week

S2102A



## 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

Mon, Aug 14 10-11:15 am S2222D

Tue, Aug 22 6:30-7:45 pm S2222E



## 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.\****

### 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).

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

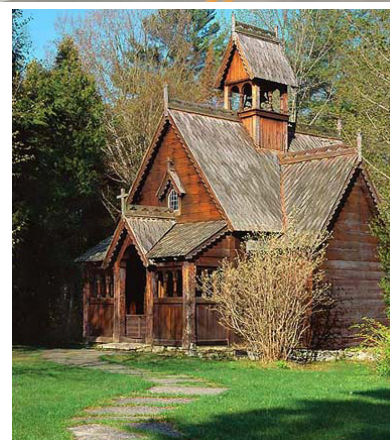
### Door County Tour | Tue-Fri, Sep 12-15

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

Highlights include: Visit to Washington Island, visit Bjorklunden 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.

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



## 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 the hopping 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.

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

## Harmony Amish | Tue, Oct 17

Harmony's Amish community is the largest in Minnesota and is strictly "Old Order," meaning the people are very private and have strong Christian convictions that bind their community together, enabling them to resist the ways of modern society.

The trip starts with a comfort stop at Shoppes On Maine – Target Store, Rochester. Pick up a cup of coffee (on own) at Starbucks Target or Caribou Coffee across the parking lot. Then on to Preston, MN for lunch at the Branding Iron.

Upon arrival in the tiny village of Harmony, a local guide will escort the group into the countryside where the Amish have settled. Stop to make purchases at the bakery. Harmony's Amish began their move to the area in 1974 and have grown to more than 100 families with three church "districts" and numerous one-room schools. They are a living link with the past through their visible authentic lifestyle, including no cars, telephones, electricity, or other modern conveniences.

Traveling through the beautiful rolling countryside you may see Amish farmers working in the fields with horse teams or moving about in their black buggies. Hear about their extraordinary way of life and their beliefs. Notice the Amish way of dress and how children stroll home from school swinging their lunch baskets. Stops are made where you can purchase some specialty crafted items and homemade goods (cash only).

**Menu:** Choose from the group menu with a seafood, pork, or chicken option served with potato, salad, bread, and beverage.

<b>Tue, Oct 17</b>	<b>7:40 am pick-up</b>	<b>Register/cancel by Sep 18</b>
<b>\$94</b>	<b>5:55 pm return</b>	<b>Y3311A</b>



## Adult Trip Program (continued)

### "Million Dollar Quartet" at Old Log Theater | Thu, Nov 9

Arrive at the Old Log Theater, located in Excelsior near Lake Minnetonka. Trip leader will pick up tickets at the box office upon arrival.

Have lunch in the Old Log Dining Room. **Make menu choice at sign up.** Menu options: **1) Bone-out short rib** with mashed potatoes, green beans, and au jus. **2) Chicken breast** with roasted red potatoes, green beans, and a sherry cream sauce. **3) Vegetarian pasta** made with house marinara and fresh vegetables. All meals include rolls, coffee, tea, and dessert.

After lunch, move into the theater for the performance Million Dollar Quartet. This Tony Award Winning Musical is set on December 4, 1956, when an extraordinary twist of fate brought Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins together at Sun Records for one the of the greatest jam sessions ever. Million Dollar Quartet brings that legendary night to life, featuring a score of rock hits including, "Blue Suede Shoes," "Fever," "That's All Right," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Who Do You Love?" "Sixteen Tons," "Flosom Prison Blues," "Hound Dog," and more. "Million Dollar Quartet, a buoyant new jukebox musical about a hallowed day in the history of rock 'n'roll." – New York Times

Thu, Nov 9	11 am pick-up	Register/cancel by Oct 9
\$95	4:10 pm return	Y3312A

### Kiwanis Lights In Mankato | Wed, Dec 13

Arrive in Mankato and have a meal at Number 4 American Bar and Kitchen. Lunch will include a classic chicken pot pie with a buttery flaky crust, beverage, and mini Crème Brûlée.

Leave the restaurant and arrive at the Sibley Park Kiwanis Holiday Lights Display with over one million lights. Older displays were created by volunteers who bended, welded, and molded metals into forms. They then attached color rope lights to the frame to create the display - some of them are over 15 feet high! Newer displays are significantly larger and often involve moving LED light bulbs. Santa's Toy Factory is 29 feet high and nearly 40 feet wide. Other displays include the Candy Cane Cottage, the Elves snowball fight, flying Santa, and the 19-piece Nativity scene. There are concessions for sale in the warming house. Heated rest rooms are located near the entrance. There is a skating rink with a synthetic surface, live reindeer, and animated and choreographed lights.

Wed, Dec 13	2:10 am pick-up	Register/cancel by Nov 13
\$88	8:50 pm return	Y3313A





# MUSIC ON THE PATIO

BROOKVIEW THREE ONE SIX BAR + GRILL FROM 6-8 PM

Sun, July 9	Chris Ryshavy
Sun, July 16	Ollie Lyle
Sun, July 23	Matt & Laurel
Sat, July 30	Tyler Herwig
Sun, Aug 6	Loren Wolfe
Sun, Aug 13	Alex Cole
Sun, Aug 20	Watson
Sun, Aug 27	Andy McClure

## MARKET IN THE VALLEY

### Farmers Market 2023

SUNDAYS

Through OCT 8 | 9 AM-1 PM

7800 Golden Valley Road  
Behind City Hall under the Water Tower

LOCAL FOOD & COMMUNITY SPIRIT!

[www.marketinthevalley.org](http://www.marketinthevalley.org)

## MOVIE ON THE GREEN AT BROOKVIEW

FRI, AUG 4

*Lyle, Lyle Crocodile*

8:30 PM

BROOKVIEW LAWN BOWLING GREEN

Three One Six Bar + Grill will be open for food and refreshments.

**NO CHAIRS ALLOWED**

FREE





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: \_\_\_\_\_