

# 55+ Adult News

NOV & DEC 2023

## 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, Nov 2, 9, Dec 7, 14  
9, 10:15, or 11:30 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



## 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



## 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

## Holiday Tea

Mon, Dec 4  
1-2:30 pm | \$10/person  
Brookview Bassett Creek Room  
Register by Nov 27 | F3301A

Join us for a delightful afternoon with entertainment by members of the Golden Valley Orchestra and the music of Tim Patrick, followed by delicious finger foods and desserts.

Festive attire encouraged. Bring your own tea cup and saucer to add to the fun.

## 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.

**\*NEW REGISTRATION PROCESS\*** You must register in advance to attend. Please use the code provided for each program. Registration is taken online at [webtrac.goldenvalleymn.gov](http://webtrac.goldenvalleymn.gov) or by calling Brookview Guest Services at 763-512-2345.

**No talks scheduled in November or December. Check out and sign up for future talks online. See you in 2024!**



## COFFEE TALK

Join us for coffee, treats, and informative programs. Register at 763-512-2345 to ensure treats and coffee for everyone.

**\*NEW REGISTRATION PROCESS\*** You must register in advance to attend. Please use the code provided for each program. Registration is taken online at [webtrac.goldenvalleymn.gov](http://webtrac.goldenvalleymn.gov) or by calling Brookview Guest Services at 763-512-2345.

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## 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, Nov 9 or Dec 14	9 am-1 pm



## DRIVER IMPROVEMENT PROGRAM

The Minnesota Highway Safety and Research Center (MHSRC) Driving Improvement Program is for those ages 55+. Classes are taught by a certified instructor 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, visit the Minnesota Safety Council website at [www.mnnesotasafetycouncil.org](http://www.mnnesotasafetycouncil.org) or call toll free at 1-888-234-1294 or visit. Fees collected day of class.

### 4-HOUR REFRESHER COURSE

Brookview Valley North Room	\$24/person
Wed, Nov 1	5:30-9:30 pm
Mon, Nov 27	12:30-4:30 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, Nov 14-Dec 19

Beginners 9-10 am F2207C

Advanced 10-11 am F2207D

### 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, Nov 9-Dec 21

(no class Nov 23)

10-11 am

\$84 res, \$89 non-res

F2209B



## YOGA FLOW WITH LAURA

This non-competitive flow style yoga focuses on your personal experience. Classes combine 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 Laura Lazowski.

Brookview Wirth Lake Room

Tue, Oct 31-Dec 19

5:30-6:45 pm

\$80 res, \$85 non-res

F2206B



## 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.\***

### 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 Mon, Nov 13**  
**\$88**                   **8:50 pm return**                   **Y3313A**



### Art Deco and Art of Charles M Schulz | Wed, Feb 7

Arrive at the 4th Street Entrance of St. Paul City Hall for an Art Deco Tour. All guests must go through security. The driver will stay on the bus so your belongings will be secure. Take a tour of the Ramsey County Courthouse and Saint Paul City Hall. Tour the architecturally significant spaces and features within Saint Paul City Hall/Ramsey County Courthouse. It is a 21-story Art Deco skyscraper, which opened to the public in 1932. The building serves as the main location for Minnesota's Second Judicial Court and City Hall. It contains The Vision of Peace, the world's largest carved onyx statue. The building has 23 kinds of wood from 18 countries and various marbles throughout. This is a working building; not all rooms are available to tour at all times. The building is subject to security issues and government regulations that may require last-minute restrictions and changes.

Board the motor coach at the 4th St entrance of St. Paul City Hall. Arrive at Degidio's Restaurant for lunch. Menu: Parmesan Crusted Chicken Breast served over Spaghetti with Tomato Sauce and Baked Mozzarella, and Garlic Bread.

Leave Degidio's Restaurant. Arrive at the History Center in St. Paul (Bus will drop off and pick up at the Kellogg Blvd entrance, next to parking lot). This is a self-guided experience. Spend time at the exhibit, The Life and Art of Charles M. Schulz. Walk through the space and explore Schulz's personal history, his role as the inspiration and artistic talent.

**Wed, Feb 7**   **9:25 am pick-up**   **Register/cancel by Tue, Jan 9**  
**\$87**                   **3:45 pm return**                   **Y3314A**

### 2024 TRAVEL SHOW

The adventures begin as we kick-off the annual travel program with a meet-and-greet with Alice, our trip planner, and Sandy, our trip escort. Enjoy dessert and coffee as you meet your fellow travelers. 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 22**   **Register/cancel by Jan, 19**  
**\$4/person**                   **1 pm**                   **W3103B**

## **Sinatra – My Way at St Cloud Paramount Theater | Tue, Mar 12**

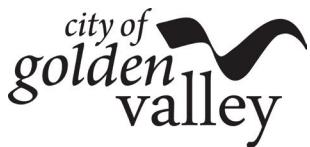
Arrive for lunch at Coyote Moon Grille Restaurant overlooking the Territory Golf Club in St. Cloud. Menu includes an entrée, popover, salad, side dish, beverage, and dessert.

Leave the Coyote Moon Grill Restaurant. Arrive at the Paramount Theatre in St. Cloud, a turn-of-the-century historic 700-seat theater that was renovated in 1998. Visit the Visual Arts Center, located in the lower level of the Paramount Theatre. Next door is the Paramount Gallery and Gift Store, featuring Minnesota Artists in All Mediums.

Be seated for *Sinatra – My Way*, with Andrew Walesch and his Orchestra. Like a good many before him, singer and pianist Andrew Walesch somehow manages to encapsulate the sophistication of a cosmopolite and the self-effacing charm of a country boy. Whether composing and arranging or appearing in settings ranging from solo artist to big band, this St. Cloud, Minnesota native, who criss-crosses the country playing dates big and small, is as respectful of his predecessors as he is ready to take a leap into the unknown and chart a new course. In his monthly, sold-out shows with his 10-piece band, Walesch is a traditionalist and an iconoclast rolled into one. His audiences include jazz enthusiasts of a certain age, as well as a younger crowd compelled by his down-home insouciance, and the knowing irreverence of a tried-and-true American nightclub entertainer. His vocal and piano chops, along with his keen sensibility to find and interpret a great lyric, have led to some great opportunities for Walesch, including an appearance on the nationally syndicated NPR broadcast Mountain Stage and more recently, an invitation to perform at the 33rd Annual Cabaret Convention at the Rose Theater at Jazz at Lincoln Center in New York City. In 2023, Andrew accepted the position of artistic director of the MIM Music Theater in Phoenix, Arizona where he now resides.

**Tue, Mar 12**   9:30 am pick-up      **Register/cancel by Tue, Jan 9**  
**\$97**            5:15 pm return      **Y3315A**





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: \_\_\_\_\_