



55+ Adult News

JAN & FEB 2024

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, Jan 11, Feb 8, Mar 14
9, 10:15, or 11:30 am

Free

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 Y3200J



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 (bring a partner)	12:30 pm
Fri	Party Bridge	9:30 am

Winter Fest

JAN 27

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, live DJ music, a bonfire with hot chocolate and marshmallow roasting, and more!

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. You must register in advance to attend. Please use the code provided for each program and register online at webtrac.goldenvalleymn.gov or by calling Brookview Guest Services at 763-512-2345.

THU, JAN 18

2023 Tax Impacts
Y3101D

Tax laws and their impacts will be presented and discussed. Learn about tax changes in 2023. Presented by Andrew Jensen, H&R Block, Golden Valley.

THU, FEB 15

Estate Planning Strategies: How to Protect Your Assets from the Nursing Home
Y3101E

Worried about potential nursing home, long-term care, and assisted living costs? Come learn advanced strategies you can use to protect your hard-earned money to ensure something is left behind for loved ones in the event you need some level of care in the future. Presented by Jeff Litfin, Certified Estate Planner, Generations Legal Services.

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, Feb 8 or Apr 11	9 am-1 pm

COFFEE TALK

Join us for coffee, treats, and informative programs. You must register in advance to attend. Please use the code provided for each program and register online at webtrac.goldenvalleymn.gov or by calling Brookview Guest Services at 763-512-2345.

WED, JAN 24

Energy and Transportation in Golden Valley
Y3100D

Did you know that Golden Valley has one of the highest ownership rates of electric vehicles in the metro? Come learn more about clean transportation and renewable energy in Golden Valley, as we talk about the city's Energy Action Plan. More information will be shared about strategies to reduce energy use, resources available to save money on energy bills, and transportation options in our community.

WED, FEB 28

History of Brookview Golf Course
Y3100E

Brookview Then and Now – join us on a journey through the 96 years of the fascinating history of Brookview Golf. Presented by Brookview Golf Course Management.

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.minnesotasafetycouncil.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
Thu, Jan 4 or Feb 26	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

\$78 res, \$83 non-res

Tue, Jan 9-Feb 13

Beginners 9-10 am W2207A

Advanced 10-11 am W2207B

Tue, Feb 27-Apr 2

Beginners 9-10 am W2207C

Advanced 10-11 am W2207D

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, Jan 11-Feb 15 W2208A

Thu, Feb 29-Apr 4 W2208B

10-11 am

\$78 res, \$83 non-res



YOGA FLOW WITH DALE

This flow style yoga focuses on your personal experience. Class 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 9-Mar 12

5:30-6:45 pm

\$100 res, \$110 non-res

W2206B

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 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.

Brookview Wirth Lake Room

Sun, Jan 21-Feb 11

6-7:30 pm

\$65 res, \$70 non-res

W2403A

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.****

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

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



Art in Bloom at Minneapolis Institute of Art Fri, Apr 26

Enjoy imaginative floral interpretations of selected works of art from Minneapolis Institute of Art's permanent collection, created by more than 100 commercial florists and individual artists. Guests are invited to experience the floral fragrance throughout the museum. This is a self-guided experience throughout the campus. Browse floral-inspired merchandise in the Art In Bloom Pop-up Shop, and visit the Gift Store and Café.

Minneapolis Institute of Art inspires wonder through the power of art. MIA enriches the community by collecting, preserving, and making accessible outstanding works of art from the world's diverse cultures. In 1883, 25 citizens of Minneapolis founded the Minneapolis Society of Fine Arts, committing them to bringing the arts into the life of their community. More than a century later, the museum they created, the Minneapolis Institute of Art, stands as a monument to a remarkable history of civic involvement and cultural achievements. MIA's permanent collection has grown from 800 works of art to more than 89,000 objects. The collection includes world-famous works that embody the highest levels of artistic achievement, our objects span from about 20,000 BCE and representing the world's diverse cultures across six continents. The museum has seven curatorial areas: Arts of Africa and the Americas; Contemporary Art; Decorative Arts, Textiles and Sculpture; Asian Art; Paintings; Photography and New Media; and Prints and Drawings.

Leave MIA and arrive at Jax Café in Minneapolis. Take the elevator to the Cosmopolitan Room on the second floor for lunch, which includes baked chicken with mashed potatoes, gravy, vegetable, chocolate mousse, coffee, tea or milk. Tables will be assigned to each bus group in attendance. Jax Café has been serving Minnesotans since 1933. It's a landmark that was established by Stanley Kozlak. He left Poland as a teenager and established a restaurant business that would support three generations after him.

Fri, Apr 26 \$87
9:45 am pick-up **Register/cancel by Mon, Mar 18**
3:05 pm return **Y3316A**



**2024
ARTIST
SHOWCASE**

ON VIEW **OPENING NIGHT**
Jan 19–Feb 24, 2024 **Fri, Jan 19 | 5–8 pm**

GALLERY
Brookview Golden Valley
 316 Brookview Pkwy S, Golden Valley, MN 55426

An exhibition celebrating artists in St Louis Park
 and Golden Valley

Learn more at www.slpfota.org.



**WINTER MARKET
IN THE VALLEY**

Farmers Market 2023–24

Second Sunday of the month

NOV–MAR | **10 AM–1 PM**

Local Food & Community Spirit!

WWW.MARKETINTHEVALLEY.ORG

BROOKVIEW GOLDEN VALLEY
 316 Brookview Parkway S

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 Fri, Jan 19**
\$4/person **1 pm** **W3103B**





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 _____ Cash CC # _____ Sec. Code _____ INFO: _____ Check Exp Date _____ Sign for credit card: _____					TOTAL

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: _____