

55+ Adult News

JAN & FEB 2025

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



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 9 & Feb 13
9, 10:15, or 11:30 am



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 | Code: Y3200K



Join us for the... 2025 TRAVEL SHOW

The adventures begin as we kick-off the annual travel program with a meet and greet! Hear from Alice, our trip planner, and Sandy, our escort. Greet fellow travelers and be the first to hear about our travel adventures, from day trips to extended trips. Enjoy games, prizes, and more! Event is free, but registration is required to attend.

Hopkins Activity Center (33 14th Ave N)

Mon, Jan 27 | 2:30-3:30 pm
Register/cancel by Fri, Jan 24
W3103B



Brookview will be Closed

Wed, Jan 1 - New Year's Day

Mon, Jan 20 - Martin Luther King, Jr Day

Mon, Feb 17 - Presidents' Day

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.

Brookview Valley North Room | 10-11:15 am

THU, JAN 16

2024 Tax Impacts

Code: Y3101A

Tax laws and their impacts will be presented and discussed, along with 2024 tax changes. Presented by Andrew Jensen, H&R Block, Golden Valley.

THU, FEB 20

Estate Planning

Code: Y3101B

Join us for an educational seminar about all things estate planning. Bring your questions and we'll share all your options here in Minnesota to avoid both living and death probate, and how you can put a plan in place that's legally enforceable and provides peace of mind for yourself and your heirs. Presented by Mike Myers with Legacy Assurance Plan.

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.

Brookview Valley North Room | 10-11:15 am
\$2, payable at time of registration

WED, JAN 22

How to Avoid the Nursing Home

Code: Y3100A

As we plan our lives with our loved ones, most of us would say that we want to live in the community versus a nursing home as we age. This is a great goal, but how do we achieve it? How can we avoid moving our loved ones there? Learn about how to physically, emotionally, financially, and creatively take steps to reduce the risk of moving to a facility. Presented by Krystal Wiebusch, who is a LSW with the local non-profit, Senior Community Services. She has been working with older adults and their families since 1998.

WED, FEB 26

Bread Machine Simplification

Code: Y3100B

Learn simple, easy ways to make healthy bread, as well as techniques to make your machine last longer. A flour grinder will also be shown. Presented by Dale Stenseth.



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 500	10 am 1 pm
Thu	Duplicate Bridge (<i>bring a partner</i>)	12:30 pm
Fri	Party Bridge	9:30 am

PARTY BRIDGE IS LOOKING FOR MORE MEMBERS!

This fun and friendly group plays every Friday 9:30 am-noon at Brookview in the Valley Room. Just show up and enjoy the game with us!



PRECISION DRIVING CENTER DRIVER DISCOUNT PROGRAM

Driver Discount Program (DDP) courses are approved by the Minnesota Department of Public Safety and will save you 10 percent on your auto insurance premiums. Courses are taught by certified instructors through Precision Driving Center of Minnesota, a Division of St. Cloud State University. All courses include a certificate upon completion.

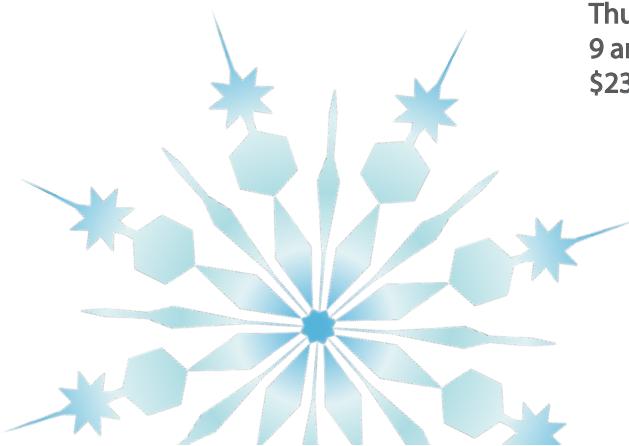
To register, visit www.stcloudstate.edu/precisiondrivingcenter or call toll free 1-888-234-1294, Mon-Fri, 8 am-4 pm.

Brookview Valley North Room

Tue, Jan 14 or Thu, Feb 13

12:30-4:30 pm

\$24/person



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.

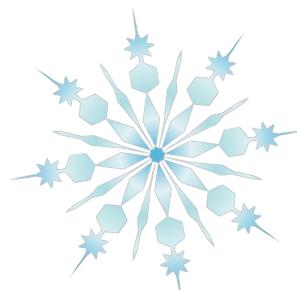
4-HOUR REFRESHER COURSES

Brookview Valley North Room

Thu, Feb 13

9 am-1 pm

\$23/person



SUN STYLE TAI CHI

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. Taught by certified instructor Marie Mathay. Wear loose, comfortable clothing, and flat shoes.

Brookview Wirth Lake Room

\$78 res, \$81 non-res

Tue, Jan 7-Feb 11

Beginners	9-10 am	W2207A
Advanced	10-11 am	W2207B

Tue, Feb 25-Apr 1

Beginners	9-10 am	W2207C
Advanced	10-11 am	W2207D

ADVANCED YANG STYLE TAI CHI

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. Taught by certified instructor Marie Mathay. Wear loose, comfortable clothing, and flat shoes.

Brookview Wirth Lake Room

Thu, Jan 9-Feb 13 W2208A

Thu, Feb 27-Apr 3 W2208B

10-11 am

\$78 res, \$81 non-res

WOMEN'S SELF DEFENSE

Take control of the situation with basic self defense moves that are easy to remember. Master Tom Malone will teach escapes, kicks, and strikes that really work, as well as what to do and say when in a compromised situation. Class is open to females ages 13 and up.

New Hope City Hall (4401 Xylon Ave N)

Sun, Jan 26

1-2:30 pm

\$39 res, \$42 non-res

Register by Sun, Jan 19

W2213A



YOGA FLOW

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 yoga beginners as well as those who already practice. Wear comfortable clothes and bring a yoga mat. A blanket and small pillow are optional for the guided relaxation. Instructed by Dale Kukielka.

Brookview Wirth Lake Room

Tue, Jan 14-Mar 18

5:30-6:45 pm

\$100 res, \$110 non-res

W2206A



EASY PARTNER DANCING FOR ALL OCCASIONS

No matter the occasion—be it a wedding, company party, reunion...you name it—you can be one of the best dancers! Taking steps from classic ballroom dances, learn mini-routines that are easy to remember and danceable to all your favorite songs, including rock, jazz, blues, country, pop hits, and more. Song requests accepted. Dancing improves physical, emotional, and cognitive health and adds laughter and romance to your relationship. Make it a dance class date night! If you think you have no rhythm and two left feet, this is the perfect course for you! Couples stay dancing together and singles rotate with other singles. Casual dress. For more information, visit www.ConstantineDance.com.

Brookview Wirth Lake Room

Sun, Jan 19-Feb 9

3-4:30 pm

\$67 res, \$72 non-res

W2403A

STRENGTH AND BALANCE WITH TYLER



Join us for a fun, easy, and engaging 60-minute strength and balance class designed for those looking to improve their stability, strength, and overall well-being. Using simple therapy bands, this session offers a combination of seated and standing exercises that are both safe and effective. We start with a gentle warm-up, followed by 15 minutes of balance training, then 30-45 minutes of strength training. We'll conclude with a 5-minute cool-down, incorporating light stretches and deep breathing to help you relax. Whether you're a beginner or experienced, you can participate at your own pace in a supportive, friendly environment.

Brookview Wirth Lake Room

Mon, Jan 13-Mar 3 (no class Jan 20 & Feb 17)

9-10 am

\$108 res, \$118 non-res

W2219A

SAMPLE CLASS

If you're unsure about committing to the full-length class, try the sample session to decide if it's the right fit for you!

Brookview Wirth Lake Room

Mon, Jan 6

9-9:30 am

\$10 res, \$12 non-res

W2219B



WINTER MARKET IN THE VALLEY

Farmers Market 2024–25

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

ARTIST SHOWCASE

A COMMUNITY ART EXHIBIT

ST. LOUIS PARK & GOLDEN VALLEY

WESTWOOD HILLS NATURE CENTER

2025

 friends of the arts

 Westwood Hills NATURE CENTER

The 2025 Artist Showcase Returns To Westwood Hills Nature Center

This exhibit celebrates artists in St Louis Park and Golden Valley, building connections between local artists and our communities. The Artist Showcase encourages artists of all backgrounds and creatives of all ages who live, work, or study in St Louis Park and Golden Valley to submit their work.

To apply to be part of this community-engaged event visit slpfota.org/artistshowcase. The exhibition opens to the public Jan 24, 2025 with a gala featuring art, music, and much more! Artwork will remain on display at Westwood Hills Nature Center until Feb 24, 2024.

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.

PICK-UPS: All pick-ups are at Golden Valley City Hall under the water tower.

Lunar New Year Celebration at Orchestra Hall

SAT, FEB 8

The Grammy Award-winning Minnesota Orchestra, now in its second century, ranks among America's top symphonic ensembles. Enjoy the musical talents of Norman Huynh, Ying Li, and Gao Hong and celebrate the Year of the Snake as we gather to share music that honors family traditions and themes of unity and health.

Sat, Feb 8 **6 pm pick-up** **Register/cancel by Fri, Jan 3**
\$72 **9:40 pm return** **Y3325A**



Capitol Civil War Tour

TUE, MAR 18

Enjoy a 90-minute guided Civil War tour of the Minnesota State Capitol in St Paul (guests will need to walk or stand for the duration of the tour). Learn how Minnesotans played important roles in the Civil War by looking at historic artifacts, art, and memorials.

Highlights include six renowned Civil War paintings of Minnesota regiments in battle or key events, conserved battle flags (along with a flagstaff that survived the Battle of Gettysburg), and displays

featuring how African Americans, Native Americans and women from Minnesota contributed to the war effort. Examine governors' portraits that help tell the story of how their lives were changed as young men by their wartime experiences.

The tour will conclude at the House of Representatives, where you'll meet Minnesota State Representative Cheryl Youakim for a behind-the-scenes look at areas of the Capitol not on the usual tour. Take a few minutes to look around at areas of special interest to you.

Lunch is at Buca di Beppo in St Paul. Menu: Mixed green salad and Caesar salad, fresh-baked house bread, spaghetti marinara and fettuccine alfredo, chicken parmigiana, and beverage.

NOTE: Canes, walkers and collapsible wheelchairs will fit under the motor coach.

Tue, Mar 18 **9:05 am pick-up** **Register/cancel by Mon, Feb 17**
\$91 **2:45 pm return** **Y3326A**

Target Field Tour and Murray's Steak House

WED, APR 9

Take a 90-minute walking/standing tour of Target Field and go behind the scenes to experience the ballpark as only players and staff do. Hear the history of the ballpark and of the Minnesota Twins. Highlights may include Delta SKY360° Club, Herb Carneal Press Box, private luxury suite level, Budweiser Roof Deck, service level, various bars and restaurants, the Clubhouse, batting cage, and dugouts.

After the tour, shop at the Twins New Era Team Store, home for authentic Twins merchandise and collectibles. **NOTE: Credit card transactions only.**

Lunch is at Murray's Steak House, which has been serving customers in stylish surroundings since 1946. Menu: Short ribs, mashed potatoes, green beans, tiny chocolate dessert, and beverage.

Wed, Apr 9 10:45 am pick-up Register/cancel by Mon, Mar 10
\$98 3:15 pm return Y3327A

"40,000 Tulips in Bloom" at the Minnesota Landscape Arboretum

TUE, MAY 6

Arrive at the MN Landscape Arboretum, established in 1958 with the primary objective of testing plants for landscape use in Minnesota. It includes over 1,000 acres of rolling terrain featuring unique public gardens, spectacular annual and perennial display gardens, collections of plants developed for northern climates, natural and native areas, and demonstration gardens. There are natural stands of maple, linden, ash, and oak trees. Portions of the land are dedicated to marsh lands, orchards, and landscaped gardens.

Every May at the Arboretum, 40,000 gorgeous tulips are on display in a variety of colors. Spring also features acres of blooming crabapple trees and azalea bushes, wildflowers, daffodils, and lovely hanging baskets and planters.

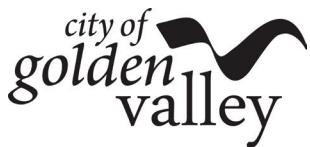
Have a casual lunch in the MacMillan AC Room. Lunch will be presented in a Souvenir Flowerpot and include a turkey sandwich, chips, fruit, cookie, and bottled water.

After lunch, half of the group will meet in front of the Oswald Visitors Center to board the tram. The other half will visit the grounds at their own pace and take the 1:30 pm tram. On the tram, enjoy a narrated riding tour of the gardens and woodlands, highlighting the many collections, display gardens, and demonstration gardens. The tram travels along the trails for a "class on the move."

Before departing, shop at the Arboretum Gift Store where there are a wide variety of books, gifts, and items for nature lovers.

Tue, May 6
9:40 am pick-up
4:05 pm return
\$98
Register/cancel by Mon, Apr 7
Y3328A





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: _____