



55+ Adult News

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

Brookview Rice Lake Room
Thu, Jul 11, Aug 8, Sep 12
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 Code: Y3200J



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 8
Pavilion | The 1st John Philip Sousa Memorial Band
A summertime favorite paired with the annual Ice Cream Social |
| JUL 15
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 22
Gazebo | Power of 10 Jazz Quartet
Jazz standards plus music on the radio but with a jazz twist |
| JUL 29
Gazebo | Salsa Del Soul
High-energy dance music of the Spanish-speaking Caribbean |
| AUG 5
Pavilion | Capri Big Band
Big band swing with the music of Duke Ellington, Count Basie, Glenn Miller, Benny Goodman, and Ray Charles |



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. **NOTE: No meeting in July.**

Brookview Valley North Room | 10-11:15 am

THU, AUG 15

Understanding the Long-Term Care Insurance Claim Process

Code: Y3101K

Greg Getchell, Owner of Amada Senior Care, will share information on long term care insurance. He will focus on helping people who have long term care insurance understand what their policy covers and how to file a claim. It is often the case that policy holders purchased their policy 15-20 years ago from an agent that is retired or no longer in the insurance business. Greg will cover the important questions you need to ask to understand what your policy covers, how to know if you qualify for a claim, and how to navigate what can be an obstacle course of paperwork, phone calls and confusion.

THU, SEP 19

Unintended Consequences of Living Too Long and How To Prepare Oneself Economically Before You Cannot
Code: Y3101L

Economically smart seniors who have established retirement income streams are consistently educating themselves on financial topics that affect them in both positive and negative ways. They value any information that will protect and grow their financial estates, especially if it's cutting edge and directly related to their own lives and their heirs. Presented by Jay Dworsky, Financial Advisor RICP®. Jay's financial practice started in 2007 in Minneapolis. He's a Golden Valley resident, former owner/operator of assisted living, former schoolteacher, and girls' hockey/lacrosse coach.

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. **NOTE: No meeting in July.**

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

WED, AUG 21

Are You Strong Enough
Y3100K

Many chronic health conditions can be effectively managed with a physical activity routine. FOX Rehabilitation therapists will present on the benefits of physical activity and how they work with older adults to reach their goals.

WED, SEP 25

Bee Lawns. How to Install and Their Benefits
Y3100L

Bee lawns are grown with blooming ground cover plants such as clover, thyme, and self-heal combined with no-mow fescue grass mix, making a lawn more appealing visually than a standard grass lawn, while also being attractive to bees and other pollinators. Learn how to reduce mowing costs and eliminate the need for irrigation, fertilizers, and pesticides. Presented by Russ Henry, who is a landscaper, naturalist, gardener, educator, and owner of Minnehaha Falls Landscaping. Russ has guided his company in bee lawn installation and maintenance and is a bee lawn leader in the landscape industry. He is the founder of Bee Safe Minneapolis, a community initiative to protect pollinators.



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 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

Thu, Aug 15

5:30-9:30 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, Aug 8 or Oct 10

9 am-1 pm

\$23/person

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 500	10 am 1 pm
Thu	Duplicate Bridge (bring a partner)	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!

Market In The Valley Farmers Market 2024

Sundays

JUN 16-OCT 6

9 AM-1 PM

7800 Golden Valley Road
Behind City Hall under the Water Tower

LOCAL FOOD & COMMUNITY SPIRIT!

www.marketinthevalley.org



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

Tue, Jul 9-Aug 13

Beginners 9-10 am S2224C

Advanced 10-11 am S2224D

\$84 res, \$89 non-res

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 11-Aug 15

10-11 am

\$84 res, \$89 non-res

S2209A



YOGA FLOW WITH LAURA

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 Laura Lazowski.

Brookview Wirth Lake Room

Tue, Sep 3-Oct 22

5:30-6:45 pm

\$80 res, \$85 non-res

F2206A

EASY PARTNER DANCING FOR ALL OCCASSIONS

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, Sep 15-Oct 6

3-4:30 pm

\$67 res, \$72 non-res

F2403A



INTRODUCTION TO NORDIC WALKING

Enjoy the outdoors and empower your walking by adding Nordic Walking poles. Nordic Walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show that by using Nordic Walking poles, you increase your heart rate on average 10-15 % 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, dress for the weather and be prepared to walk a mile or more.

Additional \$3 for Nordic Walking pole rental (payable to instructor day of class). If you have your own Nordic Walking poles (not trekking or hiking poles), there will not be a fee for pole use.

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

Thu, Aug 8
9:30-10:45 am
S2222C

Mon, Sep 23
1:15-2:30 pm
F2215A



PEDAL PUSHERS BIKING GROUP

WEEKLY BIKING GROUP

This longtime group bikes to and from various areas in the Twin Cities, and usually stops for treats along the way. Get some exercise, meet some fantastic people, and bike some trails you never knew existed. Rides begin at 9:30 am on Tuesdays or Thursdays, with a couple rides each month. Rides are approximately 6-12+ easy miles, with frequent stops. Register to ride and to be put on the mailing list for ride information.

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



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.

Stillwater River Cruise | Tue, Aug 6

Arrive in Stillwater, the birthplace of Minnesota. It's former lumbering center located on the St. Croix River. This distinctive community has a wealth of 19th century Greek Revival, Queen Anne, and Italianate architecture. It offers an excellent blend of history, scenery, shopping, and culture.

Unload at the docks of the St. Croix Boat and Packet Company to board the scheduled cruise. **NOTE:** The boat staff is available to help guests who need assistance. Group Leader will need to advise the boat staff if someone needs help. They do have wheelchairs in the office to transport passengers. Depending on water levels, there could be considerable walking from the bus parking area to the boat landing. Gangplanks could be steep, but there are railings.

Depart for a cruise on the St. Croix River aboard one of the modern vessels from the St. Croix Boat and Packet Company fleet. It's climate controlled and fully accessible. Table seating is available on the first floor. Relax and enjoy the sights and sounds of the St. Croix River. **NOTE:** Cruise is not narrated. Feel free to bring cards or other games to play while cruising.

A deli luncheon is served buffet style as you cruise the St. Croix River. Lunch will include a variety of meats and cheeses, salads, dessert bars, coffee, and soft drinks. Lunch is included in the price. **NOTE:** Because this is a schedule cruise, everyone on the bus should have a sticker or name tag to indicate they have prepaid for their lunch and a beverage.

Boat will return to the Stillwater Docks and leave downtown Stillwater and head to the St. Croix Winery. Purchase award-winning local wines, grown and vinted at the orchard. The store also sells other tasty products and gifts.

Tue, Aug 6	10 am pick-up	Register/cancel by Mon, Jul 8
\$91	3:30 pm return	Y3321A

Schell's Brewery and New Ulm | Wed, Sep 25

Arrive at the New Ulm Visitors Center to use the facilities. There is self-serve coffee and treats at the center. A local guide will then step on the motor coach for a riding tour. Get an introductory view of this unique village. New Ulm is truly the Bavarian capital of the Midwest. The tour will include the history and points of interest: View the architecture downtown, see Herman Monument, drive past Governor John Lind's Home and author, Wanda Gag's Home. Drive past historic churches, museums, and memorials. The tour will conclude at the Glockenspiel Musical Clock Tower for the noon performance. It's one of the world's few free-standing carillon clock towers. It stands 45 feet high, and its largest Bourdon (bell) weighs 595 pounds, while the total weight of the bells is two tons. The bells chime the time of day in Westminster style. After the chimes play, walk a block (or reload the bus) to Veigel's Kaiserhoff Restaurant for lunch.

MENU (all meals include a beverage; make selection at sign up): 1) Landjaeger Old German Style Pork and Beef Smoked Sausage, served with hot German Potato Salad, sauerkraut, and fresh rye bread; 2) Beer Battered Cod Basket served with French fries, and coleslaw.

Leave Veigel's Kaiserhoff and arrive at August Schell's Brewery. Take a walking tour that includes the old brew house where you can view modern production. Visit the museum and hear about the historic buildings on the grounds. See the bottling and canning line, sample beers in the Rathskeller Tap Room, and stroll through the gardens and gift shop.

Wed, Sep 25	7:20 am pick-up	Register/cancel by Mon, Aug 26
\$97	5:45 pm return	Y3252A

NOTE: To enjoy this tour, visitors will need to walk or stand for over an hour. Collapsible wheelchairs, walkers and canes will fit in the motor coach luggage bays.



Stained Glass Tour | Wed, Oct 9

Enjoy the colorful drive along the Great Mississippi River Route. Make a comfort stop in Lake City along the shores of Lake Pepin at Stahlie Park Rest Area. After, arrive in Winona and experience masterpieces in the making during a tour of Associated Crafts and Willet Hauser. **NOTE:** On the tour, guests will be standing and walking for one hour. It's accessible and a collapsible wheelchair, walker, or cane will fit under the motor coach.

With over a century of history in stained glass window design, repair, and restoration Associated Crafts and Willet Hauser has become one of the largest stained glass studios in the world and one of the oldest in North America dating back to 1898. Today, their windows can be found throughout the United States and in 14 other countries. From religious institutions to commercial buildings, they have created and repaired thousands of stained glass windows over the last 125 years. At the studio, you will witness artisans creating and repairing stained glass windows by hand, as it has been done for over a thousand years.

After the tour, leave the stained glass studio and arrive at Signatures Restaurant at The Bridges Golf Club for a luncheon. MENU: Chicken Dumpling Soup, Build your own Salad (mixed greens, tomato, radish, carrots, red onions, cucumber, croutons, dressing), Build your own Sandwich (sliced turkey and ham, assortment of cheeses, lettuce, onion, tomato, mayo, mustard, bread), chips, cookie, coffee, tea or water.

Leave Signatures Restaurant and arrive at Saint Stan's for a guided tour. The Basilica of Saint Stanislaus Kostka is a historic church of the Roman Catholic Diocese of Winona with beautiful stained glass windows. It's a prominent fixture on Winona's skyline. Designed during the winter of 1893–4 in the Polish Cathedral style by the Winona architectural firm of C.G. Maybury and Son. After the tour, guests are invited to walk around the church and the grounds.

Stop in Rochester at the Apache Mall for a comfort stop.

Wed, Oct 9	7:20 am pick-up	Register/cancel by Mon, Sep 9
\$97	6 pm return	Y3323A



"Christmas Around the World" at Mayowood Mansion | Tue, Nov 19

Arrive at Mayowood Mansion, where visitors will need to be prepared to walk or stand for the duration of the 75-minute guided tour of the former residence of Drs. Charles H. and Charles W. Mayo. A national historic landmark situated on a wooded hillside overlooking the Zumbro River Valley. There will be many rooms uniquely decorated by volunteers and merchants in Rochester. Each is personalized by those who contribute to the holiday spirit. The mansion has been recently restored to its full former elegant glory. As you walk through the mansion, notice the Steinway Conservatory Grand piano, a 1914 Acolian & Company player pipe organ, a Kerman pattern Persian rug, crystal chandeliers and leaded stained glass doors and windows. At the conclusion of the tour, take a few minutes to enjoy the setting.

Leave the Mayowood Mansion and arrive at Victoria's Ristorante in downtown Rochester, featuring made-from-scratch dishes in a lovely atmosphere.

MENU (all meals include a beverage; make selection at sign up): 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).

After lunch, leave Rochester for Golden Valley.

Tue, Nov 19	7:40 am pick-up	Register/cancel by Mon, Oct 14
\$108	3:30 pm return	Y3277A



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: _____