



55+ Adult News

NOV & DEC 2024

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, Nov 14 & 21
9, 10:15, or 11:30 am



2025 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



Holiday Tea

MONDAY,
DECEMBER 2,
2024

Join us for a delightful afternoon with entertainment by members of the Golden Valley Orchestra, along with David and Jeanie Johnston, performing as Ole and Lena for a Scandinavian Humor and Folk show. Enjoy delicious finger foods and desserts. Fee includes entertainment and refreshments. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun!

BROOKVIEW BASSETT CREEK ROOM

1-2:30 PM | \$12/PERSON

REGISTER BY NOV 27 | F3301A



Brookview will be Closed

Mon, Nov 11 - Veterans' Day
Thu, Nov 28 - Thanksgiving
Fri, Nov 29 - Day after Thanksgiving
Tue, Dec 24 - Christmas Eve
Wed, Dec 25 - Christmas Day
Wed, Jan 1 - New Year's Day



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.

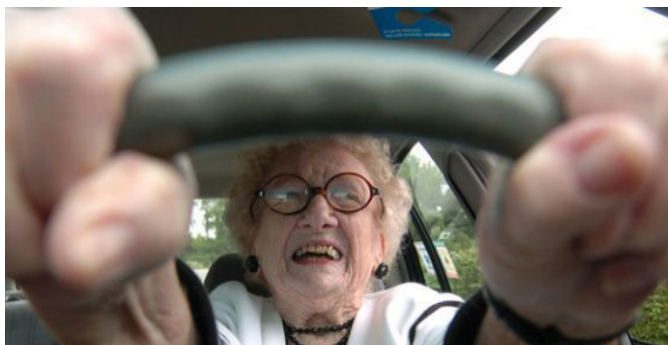
To register, visit www.stcloudstate.edu/precisiondrivingcenter or call toll free 1-888-234-1294, Mon-Fri, 8 am-4 pm.

Brookview Valley North Room

Thu, Nov 14 or Wed, Dec 11

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, Dec 12

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.



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



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!

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**



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, \$81 non-res

Tue, Nov 5-Dec 10

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 7-Dec 19 (no class Nov 28)

10-11 am

\$78 res, \$81 non-res

F2209B

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 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, Jan 19-Feb 9

3-4:30 pm

\$67 res, \$72 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.

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
\$98

10:45 am pick-up
3:15 pm return

Register/cancel by Mon, Mar 10
Y3327A



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, Hopkins)

Mon, Jan 27 | 2:30-3:30 pm

Register/cancel by Fri, Jan 24

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: _____