

55+ Adult News

MAY & JUN 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, May 9, Jun 13, Jul 11
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 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.

JUN 3 Pavilion	Golden Valley Orchestra Music of stage and screen, with hits from opera and Broadway
JUN 10 Gazebo	Los Rebeldes Their style from the north blends with the traditions of the south to bring the musical styles of Tex-Mex, Conjunto, Country, Folk-Rock, and cumbia alive on stage
JUN 17 Gazebo	Percolators '60s rock in three-part harmony
JUN 20 Pavilion	Robbinsdale City Band Entertainment by one of the longest continuously active community bands in Minnesotan *Held on a Thursday
JUN 24 Gazebo	Pan Handlers Mix of rock, pop, and Caribbean music played on steel drums
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.

Brookview Valley North Room | 10-11:15 am

THU, MAY 16**25 Documents Needed For Effective Life Planning****Y3101H**

The emotional consequences and negative ripple effects of failing to keep your documents in order can cause frustration, delays, and a financial burden on your loved ones and heirs. You may have a simple WILL in place, but that only scratches the surface of what is needed in case you pass away or become incapacitated. What have you done about your financial accounts? Insurance policies? Medical wishes? What if you're divorced? Own a business? Have a blended family? What about property you may own or pets you care deeply about? Who will know what to do if you aren't around to tell them? Should you consider a Trust? In this educational workshop, you will learn the 25 documents most experts recommend you collect and maintain so family members aren't left scrambling to find important papers and information in a time of loss and confusion. Instructor is Jeff Litfin, Certified Estate Planner, Generations Legal Services.

THU, JUN 20**Social Security Optimization for 2024****Y3101J**

Making a well-informed decision about when to begin Social Security can positively impact retirement income. First, you must understand the basics of social security benefits to ensure you make the best decision based on your unique circumstances. We will discuss factors that impact social security benefit including spousal benefits, full retirement age, filing strategies, and more. If you are nearing retirement and want to know how Social Security benefits fit into your plan, please join us. Presented by Logan Hershey, CPA*, Financial Advisor at RBC Wealth Management, a division of RBC Capital Markets, LLC. *RBC WM Financial Advisors do not provide tax or legal advice.

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

THU, MAY 22**Fraud and Scams Targeting Seniors****Y3100J**

Worried that you could be (or have been) a victim of fraud? This presentation will teach you how to detect a variety of fraud activities, including Medicare fraud and what to do if fraud is suspected. We discuss the top scams currently being directed towards older adults and highlight why seniors are specifically targeted. Tips will be offered on how to avoid falling for scams and where to get help. Presented by the Senior Linkage Line.

WED, JUN 26**What Meals on Wheels Can Provide To You and Others****Y3100H**

CEAP Meals on Wheels provides hot, nutritious, lunch-time meals for seniors and for individuals who are not able to prepare meals or leave their homes. CEAP Meals on Wheels recipients are active participants in a collective effort to grow a more equitable, healthy, and joyful community through access to food. Meals on Wheels is about freedom for our homebound neighbors; freedom from worrying about meals; freedom to stay safe and independent in their own homes; and freedom from the health risks associated with isolation and a lack of nutrition.



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.

8-HOUR FIRST TIMER COURSE

Brookview Valley North Room

Mon-Tue, May 6-7

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, Jun 13 or Aug 8

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!

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, Jun 4-Aug 27

5:30-6:45 pm

\$130 res, \$140 non-res

S2206B

WEDDING DANCE RESCUE

Is your wedding day nearing and you don't know how to dance? Not to worry! In this single two-hour lesson, you and your fiancé will be taught everything you need to know to make your first dance much more interesting than shifting awkwardly from side to side. Learn an entrance onto the dance floor, easy steps and turns that fit with most songs, and an impressive dip to end your dance. Class is geared to bride/groom, but father/daughter, mother/son, and parents of the bride/groom may also attend. To reach the instructor in advance of your lesson to share your song or discuss your needs, visit www.ConstantineDance.com. Casual dress.

Brookview Bassett Creek North Room

Tue, May 21

6:30-8:30 pm

\$35 per person

S2314A



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	Wed, May 29	Wed, Jun 12	Thu, Aug 8
\$9 res, \$12 non-res	1:15-3:30 pm	9:30-10:45 am	9:30-10:45 am
	S2222A	S2222B	S2222C



55+ LAWN BOWLING

Join us for another year of lawn bowling at Brookview! Please remember we only allow flat-bottom shoes on the court so we don't damage the surface of the green, and sunscreen and a sun visor or hat are an absolute must when bowling in the sun. See you on the rinks!

LAWN BOWLING CLINIC

Lawn bowling is one of the easiest sports to learn to play. You will find that bowls increase your eye-hand coordination, strengthens your legs, back, and arms, and helps with your focus and concentration. It's an excellent sport for all ages, teaching coordination and mental focus. The sportsmanship and camaraderie is an added benefit. Taught by a Brookview official, you will learn the rules of the game, vocabulary that is unique to bowls, the proper way to hold and deliver your bowls, and the etiquette that governs behavior on the greens. At the clinic, you can sign up for a Brookview league to be played starting the following week.

Brookview Lawn Bowling Rinks Wed, May 29 10-11:30 am \$3/person S2101A

LAWN BOWLING LEAGUE

Take part in the eighth summer season of lawn bowling and join a league. Game equipment is provided and an official is present during league play. No special clothing is required; however, teams with all members competing in white tops and white or khaki bottoms receive one point before match play begins. Register individually or as a team of 4-8 players. Fee includes eight weeks of league play, game equipment, and official.

Brookview Lawn Bowling Rinks Wed, Jun 12-Jul 31 10-11 am \$5 league fee, plus \$3/week S2102A



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

KICK-OFF EVENT

Join Pedal Pushers leader, Nancy, as we present our 2024 Pedal Pusher season. Nancy and others may share stories of their winter adventures, and we will present the 2024 ride schedule. This kick-off event is Free, but pre-registration is required.

Brookview Valley North Room Tue, May 7 10 am S2218A 



Get active with your community!

Do you have a competitive spirit? Do you want a fun and easy way to kick-start a spring exercise program? Then the four-week *Step to it* challenge is for you!

Step to it is a free activity that motivates people of all ages and abilities to become more physically active during the month of May. Local communities engage in a friendly competition to determine which is most active.

HOW DOES IT WORK?

The challenge is from May 1–28, 2024. Everyone can join!

- Participate as an individual or with a group.
- It's not just about walking. Almost any activity will be converted to steps when you enter it in your activity account.
- Log your activity daily or weekly in your online *Step to it* account or by keeping track manually.
- Best of all, it's FREE!

Registration begins Apr 1, 2024 at www.steptoit.org.



Step to it

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.

Treetop Trail at Minnesota Zoo | Wed, Jun 26

Arrive at The Mason Jar Kitchen in Eagan for a lunch. Enjoy made-from-scratch classic comfort food in a modern space hung with Mason jars. Trip leader will give each passenger a slip with menu choice to be put at their place setting.

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

1) 10,000 Lakes Chicken Pot Pie (roasted chicken, mushrooms, potato, mirepoix vegetables, wild rice, corn; topped with cheddar cheese, scratch-made pastry); 2) Tater Tot Hotdish (seasoned ground beef, corn, house-made cream of mushroom, tater tots; topped with cheddar cheese)

After lunch, take time to purchase some sweet treats. The award-winning bakery has artisan cupcakes, macaroons, and other handmade confections. You can also purchase Minnesota's Sebastian Ice Cream.

Arrive at the Minnesota Zoo to venture along the Treetop Trail, the World's Longest Elevated Pedestrian Loop. The 1.25-mile Treetop Trail gives guests a bird's eye view to acres of hardwood forest, wetlands, wildlife, and some of the Zoo's beloved animals. Spend time at the Zoo's exhibits and attractions at your own pace, and include: Minnesota Trail, featuring animals native to Minnesota; Northern Trail, featuring animals of the north (above the 45th parallel north), Tropics Trail, an indoor walking trail featuring animals from the tropics; Discovery Bay, an activity area themed around marine wildlife; Grizzly Coast, a part-indoor, part-outdoor new multi-million exhibit featuring animals from Russia's Far East and the Kamchatka Peninsula; Family Farm, themed around farm animals; and more!

Wed, Jun 26	\$91
10:10 am pick-up	Register/cancel by Mon, May 20
4:20 pm return	Y3319A

NOTE: There is a considerable amount of walking to enjoy this trip. Most areas are accessible. Collapsible wheelchairs, walkers, and canes will fit in the luggage bays under the bus. There are areas throughout the Zoo to be seated and relax.



Adult Trip Program (continued...)

BEAUTIFUL: The Carole King Musical At Chanhassen Theatre | Wed, Jul 24

Arrive at The Chanhassen Dinner Theater for lunch where you will select from a limited menu which will include an entrée, salad, vegetable, bread, potato or rice, and beverage. After lunch, guests can walk inside the theater to the gift stores if they have time.

Experience the captivating journey of Carole King in *BEAUTIFUL: The Carole King Musical*. This sensational show traces Carole's remarkable rise from humble beginnings to a music industry legend. With a compelling storyline, it showcases her collaborations with Gerry Goffin, Cynthia Weil, and Barry Mann at 1650 Broadway, resulting in iconic hits like "Up on the Roof." In Act II, Carole's personal struggles lead to her finding her own voice as a singer-songwriter, culminating in the powerful songs, "It's Too Late" and "(You Make Me Feel Like) A Natural Woman," from her groundbreaking album, *Tapestry*. *BEAUTIFUL: The Carole King Musical*, takes you on an inspiring journey, highlighting Carole's passion, resilience, and musical genius. Through the infectious energy of songs like "The Loco-Motion," it celebrates the joyful spirit of her music. The emotional depth of ballads like "Will You Love Me Tomorrow" showcases Carole's ability to touch hearts with her soulful lyrics. And with iconic anthems such as "You've Got a Friend," the show captures the essence of Carole King's artistry and leaves a lasting impact.

Wed, Jul 24 **\$107**
10:40 am pick-up **Register/cancel by Mon, Jun 24**
4:20 pm return **Y3320A**



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:** This cruise is not narrated. Guests can bring cards, bingo, 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 the 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 **\$91**
10 am pick-up **Register/cancel by Mon, Jul 8**
3:30 pm return **Y3321A**

Black Hills, South Dakota | Mon-Fri, Sep 9-13

MON, SEP 9

Leave Golden Valley at 7 am and Hopkins at 7:20 am. Have lunch (included) in Sioux Falls, SD. Check into the Best Western Graham's Hotel in Murdo, SD. Dinner (included) will be at a nearby restaurant. [L,D]

TUE, SEP 10

Have breakfast (included) at the hotel. Drive through Badlands National Park on the Badlands Loop Road through the park. At Mount Rushmore National Memorial, take time for lunch (on own) and enjoy the majestic 60-foot faces of four U.S. Presidents: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln. They tell the story of the birth, growth, development, and preservation of this country. Mount Rushmore brings visitors face to face with the rich heritage we all share. It is "American History Alive in Stone." Lodging is at the Ramada by Wyndham in Keystone, SD, near shopping and dining on the Keystone City Boardwalk. Enjoy a Cowboy Chuckwagon dinner (included) and see a popular music variety show at Fort Hays Old West Town and Dinner Show. [B,D]

WED, SEP 11

Have breakfast (included) at the hotel. In Custer State Park, take the Buffalo Safari Jeep Tour. It's an exciting off-road adventure deep into the wildlife herds! Have lunch at the State Game Lodge (included). Next, visit Crazy Horse Memorial. Go down to the work site. At the Native American Educational and Cultural Center Complex, gather around to experience the Native American Dance Performance. After the performance, explore the complex. This evening, ride the 1880 Train through the colorful Black Hills. The train is pulled by an authentic steam locomotive and features vintage cars, providing a memorable experience for thousands of tourists. Have dinner (included) in Hill City at the Alpine Inn. [B,L,D]

THU, SEP 12

Have breakfast (included) at the hotel. In Deadwood, tour the Ta'Tanka Story of the Bison. Kevin Costner invites you to experience the history inspired by his time with the Lakota People while filming Dances with Wolves. In downtown Deadwood, take time for lunch (on own) and do some sightseeing and shopping. Have an early dinner (included) at Wall Drug and continue to Murdo for lodging at Best Western Graham's Hotel. [B,D]

FRI, SEP 13

Have breakfast (included) at the hotel. In Mitchell, SD visit the unique Corn Palace. It's redecorated each year with naturally colored corn and other grains and native grasses to make it "the agricultural show place of the world." A different theme is chosen each year and murals are designed to reflect that theme. Have lunch (included) and return to the Twin Cities at approximately 6:15 pm. [B,L]

Fee includes: Deluxe motor coach transportation, lodging for four nights, meals as indicated [C-Coffee, B-Breakfast, L-Lunch, S-Supper, D-Dinner], attractions as outlined in itinerary, tour leader from Golden Valley Parks and Recreation, and gratuities on the included meals and attractions.

Fee:

\$1,120 per person (2 per room)

\$1,470 per person (1 per room)

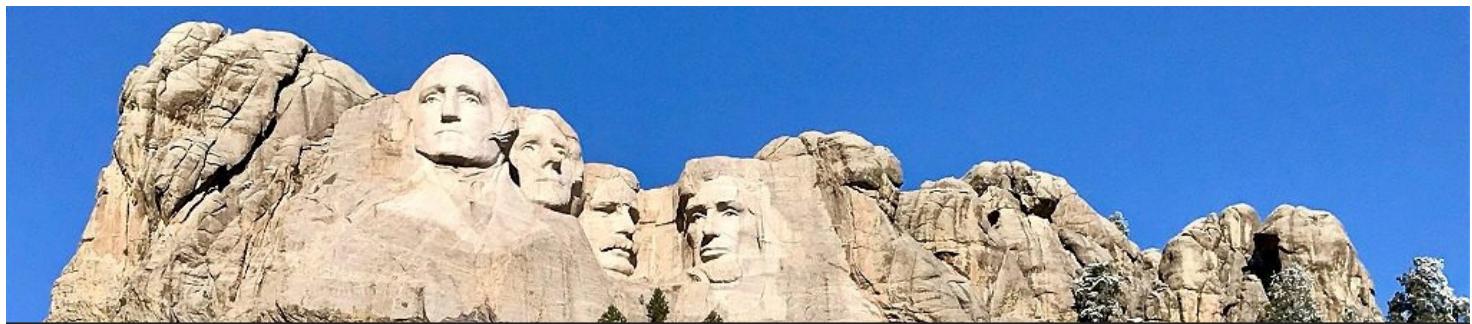
Y3322A

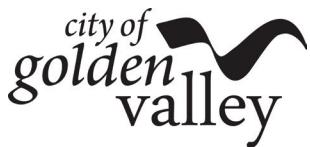
Deposit: \$250 deposit required to make a reservation by Mon, Jul 8

Final Payment Due: Mon, Jul 29

Cancellation: Payments are not refundable after Mon, Jul 8

Travel Insurance: Contact Travel Guard at 1-800-826-1300 or www.TravelGuard.com





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: _____