



# 55+ Adult News

SEP & OCT 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://trellisconnects.org) or by calling Senior LinkAge Line® at 800-333-2433.

Brookview Rice Lake Room

Thu, Sep 12 & 19, Oct 10 & 17, Nov 14 & 21  
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



## OKTOBERFEST



Tue, Oct 3 | 11:30 am-1:30 pm

Edinburgh Golf Course

8700 Edinbrook Crossing, Brooklyn Park

\$20/person

*Don't forget to register by Tue, Sep 18  
with the City of Brooklyn Park at 763-493-8333  
or [www.brooklynpark.org/registration](https://www.brooklynpark.org/registration).*

## 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



**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](http://webtrac.goldenvalleymn.gov) or by calling Brookview Guest Services at 763-512-2345.

Brookview Valley North Room | 10-11:15 am

**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.

**THU, OCT 17**

**Options For Care, Planning For Your Golden Years**  
Code: Y3101M

Lindsay Dodge, Intake Coordinator with Visiting Angels, and Janelle Meyers, Certified Senior Advisor with Choice Connections, are excited to share different options for care that people may need as they age. You will be engaged in conversation and have an opportunity to ask questions about home care and senior living.

**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](http://webtrac.goldenvalleymn.gov) or by calling Brookview Guest Services at 763-512-2345. **NOTE: No meetings in November or December.**

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

**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.

**WED, OCT 23**

**The Night Owl Sings and Other Stories of Old Age**  
Y3100M

Author, Judy McConnell, presents her new book, *The Night Owl Sings and Other Stories of Old Age*. These stories about love, marriage, motherhood, and friendship, reveal the shifting tides of life as one experiences the ups and downs of the aging years, years that challenge us to make choices and uncover who we are and who we have been. Visit Judy's website at: [www.agreatbook.net](http://www.agreatbook.net).



## 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](http://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

Mon, Sep 16 | 12:30-4:30 pm

Mon, Oct 28 | 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, Oct 10 or 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.

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

THROUGH  
OCT 6

9 AM-1 PM

LOCAL FOOD & COMMUNITY SPIRIT!

7800 Golden Valley Road  
Behind City Hall under the Water Tower

[WWW.MARKETINTHEVALLEY.ORG](http://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**

**\$78 res, \$81 non-res**

**Tue, Sep 17-Oct 22**

**Beginners 9-10 am F2207A**

**Advanced 10-11 am F2207B**

**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.

**NOTE: No class Nov 28.**

**Brookview Wirth Lake Room**

**10-11 am**

**\$78 res, \$81 non-res**

**Thu, Sep 9-Oct 24 F2209A**

**Thu, Nov 7-Dec 19 F2209B**



## 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**

**5:30-6:45 pm**

**\$80 res, \$85 non-res**

**Tue, Sep 3-Oct 22 F2206A**

**Tue, Oct 29-Dec 17 F2206B**

## 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](http://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**  
**Mon, Sep 23**  
**1:15-2:30 pm**  
**\$9 res, \$12 non-res**  
**F2215A**

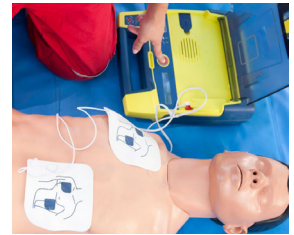
## WOMEN'S SELF DEFENSE

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.

**Crystal Community Center**      **\$39 res, \$42 non-res**  
**Sat, Sep 28**      **F2316A**  
**1-2:30 pm**

## HANDS-ONLY® CPR & AED TRAINING

According to the American Heart Association, more than 350,000 cardiac arrests occur outside of the hospital each year, and about 90 percent of those cases are fatal.



The percentage of fatal cases drops to 55 percent when proper bystander CPR is administered. In a Heart Safe Community like Golden Valley, the goal is to decrease that number even more. The Hands-Only® CPR and AED Training class is an opportunity to learn the skills that could save a co-worker, family member, or even a stranger. No previous CPR training is required.

**Brookview Valley North Room**      **\$10/person**  
**Thu, Oct 24**      **Y3102C**  
**7-8:30 pm**

## Mark Your Calendars For Fall Clean-Up Events

### FALL LEAF DROP-OFF

- Sat, Oct 26  
8 am–1 pm
- Fri, Nov 8  
8 am–3 pm
- Sat, Nov 2  
8 am–1 pm
- Sat, Nov 9  
7 am–1 pm

**@ Brookview Park**

Provides residents a monitored site to dispose of their leaves at no charge.

[www.goldenvalleymn.gov/Yard-Waste-Disposal](http://www.goldenvalleymn.gov/Yard-Waste-Disposal)

### MIGHTY TIDY DAY

**SAT, OCT 12, 8 AM–1 PM**

**@ Brookview Park**

Unload unwanted items like old mattresses and sofas, broken bicycles, ancient appliances, old tires, outdated computers, televisions, and other things piling up around your home. Fees apply.

For more details, check the City website.

[www.goldenvalleymn.gov/Mighty-Tidy](http://www.goldenvalleymn.gov/Mighty-Tidy)

## 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.**

### 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.

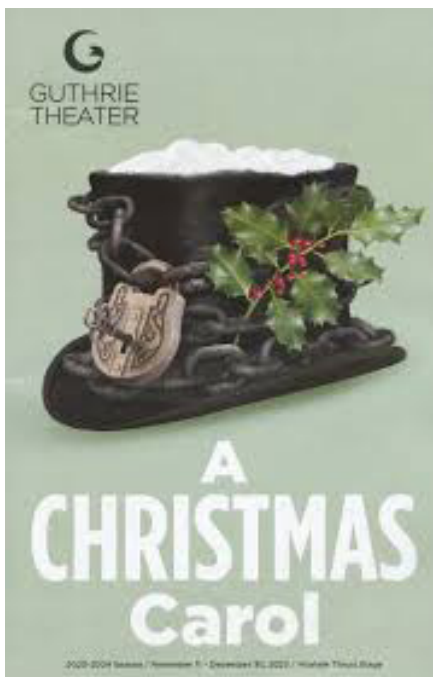
Leave the Mayowood Mansion and arrive at Victoria's Ristorante in downtown Rochester, featuring made-from-scratch dishes in a lovely atmosphere.

### 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



## A Christmas Carol at The Guthrie Theater Thu, Dec 5

Arrive at the Guthrie Theater for the timeless holiday performance, *A Christmas Carol*, by Charles Dickens, adapted by Lavina Jadhvani, directed by Addie Gorlin-Han, and based on the original direction by Joseph Haj.

A miserly and miserable man, Ebenezer Scrooge, greets each Christmas with "Bah! Humbug!" until he is visited one Christmas Eve by the Ghosts of Christmas Past, Christmas Present, and Christmas Future. In Charles Dickens' beloved classic, the three spirits show Scrooge happy memories from his past, difficult realities from the present, and a grim future should he continue his closed-hearted ways. Throughout his journey, Scrooge is forced to reckon with the man he has become and contemplate the man he could be — but only if his restless night leads to a change of heart by morning.

Thu, Dec 5            12:10 pm pick-up            Register/cancel by Thu, Oct 1  
\$94                    3:30 pm return            Y3324A



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
<b>PAY</b> _____ Cash      CC # _____ Sec. Code _____ <b>INFO:</b> _____ Check      Exp Date _____ Sign for credit card: _____					<b>TOTAL</b>

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: \_\_\_\_\_