



Golden Valley 55+ Senior Newsletter



316 Brookview Parkway S, Golden Valley, MN 55426 | 763-512-2345 | www.goldenvalleymn.gov

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 by calling Senior LinkAge Line® at 1-800-333-2433 or on line at trellisconnects.org.

Brookview Rice Lake Room
Thu, Mar 13, Apr 10, & May 8
9, 10:15, or 11:30 am

Weekly Card & Game Groups

New players always welcome! Please arrive 10 minutes prior to scheduled start time to get set up. No registration required.

Brookview Valley Room

Mon	Dominoes	1 pm
Tue	Cribbage	1 pm
Wed	Hand & Foot	10 am
Wed	500	1 pm
Thu	Duplicate Bridge	12:30 pm (Bring a partner)
Fri	Party Bridge	9:30 am

Golden Valley 55+ Senior News Subscription

Always be in the know!

Subscribe to Golden Valley's 55+ Golden News to be one of the first to know about all the great community offerings and events.

Subscriptions provide you with an annual bi-monthly (6 per year) newsletter. Subscriptions must be renewed each year in December by mail, on line, or walk-in at Brookview Guest Services.

\$5 Golden Valley resident
\$8 Non-resident
Code: Y3200K



Friday Open Painting Studio

Looking for a creative end to your week? Open painting studio attendees are here to guide you through your project. Bring your favorite medium and project to class. No registration required.

Brookview Wirth Lake Room
9-11:30 am
\$1/week, pay at Brookview Guest Services

Coffee Talk

Join us for coffee, juice, treats, and informative programs.

Fee of \$2 is payable at the door. You must register in advance to attend these speakers, so we can provide treats and coffee for everyone. Please use the code provided for each program and register on line at webtrac.goldenvalleymn.gov or by calling Brookview Guest Services at 763-512-2345.

Brookview Valley North Room | 10-11:15 am

WED, MAR 26 | Being Safe at Home

Code: Y3100C

Golden Valley Fire Department will talk about common causes of falls and how to prevent them followed by guidance on smoke and carbon monoxide alarms, staying safe while cooking, and more.



WED, APR 23 | How the Senior LinkAge Line® Can Help You

Code: Y3100G

The Senior LinkAge Line® (SLL) is a service of the Area Agencies on Aging in partnership with the Minnesota Board on Aging and provides information and assistance to seniors and caregivers.

This presentation will cover the SLL's role, provide resources to enable seniors to stay independent in their homes, and explain how staff and volunteers connect consumers to programs and services. We'll also get an introduction to SLL's public database, MinnesotaHelp.info.

Defensive Driving Program

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

Brookview Valley North Room

Thu, Apr 10

9 am-1 pm

\$24/person

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 on line at webtrac.goldenvalleymn.gov or by calling Brookview Guest Services at 763-512-2345.

Brookview Valley North Room | 10-11:15 am | Free

THU, APR 17 | Is There Really Free Money?

Code: Y3101A

Understand the latest television marketing on annuities--the free bonus monies and how it's possible. Presented by Jay Dworsky with Dworsky Wealth Management.

RUN THE VALLEY 2025
 30TH ANNIVERSARY | 5 & 10K WALK & RUN

SAT
APR 26
2025

Begins and ends at Brookview Golden Valley

Register at: www.goldenvalleymn.gov/RTV

CELEBRATING 30 YEARS!

Volunteers needed!
 Contact Brian Erickson at 763-512-2366.

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

Brookview Valley North Room
Wed, Mar 5
Mon, Apr 7
Wed, May 7
12:30-4:30 pm
\$24/person

55+ Lawn Bowling Group Play

Take part in our annual 55+ lawn bowling group. Game equipment is provided, and an official is present during play. No special clothing is required. No heeled shoes, flat-soled shoes only on the court.

Register individually or as a team of 4-8 players. League fee (due at registration), plus \$3/week (payable each week at rink) includes eight weeks of play, game equipment, and an official.

NOTE: Sunscreen is an absolute must when bowling in the sun, along with a sun visor or hat.

Brookview Lawn Bowling Green
Wed, Jun 4-Jul 30 (skip Jul 2)
10-11 am
\$5 league registration fee, plus
\$3/week at rink
Code: S2102A

55+ 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 is an excellent sport for all ages, teaching coordination and mental focus. The sportsmanship and camaraderie is an added benefit.

Plan to attend the clinic taught by an official at the Brookview rinks. At the clinic, 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. All you will need that day is flat-soled shoes so that you don't damage the surface of the green. You do NOT have to buy special shoes that are just for lawn bowling. At the time of the clinic, you can sign up for a league to be played at Brookview starting the following week.

NOTE: Sunscreen is an absolute must when bowling in the sun, along with a sun visor or hat.

Brookview Lawn Bowling Green
Wed, May 28
10-11:30 am
\$3/person
Code: S2101A



Sun Style Tai Chi

Sun Style Tai Chi's movements are gentle, smooth, and graceful, promoting better balance, flexibility, and stress reduction. This beginner's short form is endorsed by the Arthritis Foundation worldwide for its proven health benefits. Wear loose, comfortable clothing and flat shoes. All ages and abilities welcome. Taught by certified instructor Marie Mathay.

Brookview Wirth Lake Room

Tue, Feb 25-Apr 1

\$78 resident, \$83 non-resident
Beginner 9-10 am W2207C
Advanced 10-11 am W2207D

Tue, May 6-Jun 10

\$84 resident, \$89 non-resident
Beginner 9-10 am S2224C
Advanced 10-11 am S2224D

Yang Style Tai Chi

Explore the depth of Chen Man Ching's 37 forms. Knowledge of the form or advance permission is a prerequisite. Wear loose, comfortable clothing, and flat shoes. Taught by certified instructor Marie Mathay.

Brookview Wirth Lake Room

Thu, Feb 27-Apr 3

\$78 resident, \$83 non-resident
Advanced 10-11 am W2208B

Thu, May 8-Jun 12

\$84 resident, \$89 non-resident
Beginner 9-10 am S2209B
Advanced 10-11 am S2209C

Wedding Dance Rescue

Your wedding day is nearing, and you don't know how to dance. Not to worry! This single two-hour lesson will teach you and your partner everything you need to know to make your first dance much more interesting than shifting awkwardly from side to side. Learn an easy entrance, classic steps, simple sways, fancy twirls, and a romantic dip! Then, capture it on your camera to continue practicing up until the wedding day. Class is open to wedding couples and any other special pairings you plan to include on your wedding day. To reach the instructor in advance, visit ConstantineDance.com. See song ideas there, too!

Brookview Wirth Lake Room

Mon, May 12

6:30-8:30 pm
\$40 resident, \$43 non-resident
Code: S2315B

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 beginners to yoga 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 Laura Lazowski. Registration deadline is one week before start date or when full.

Brookview Wirth Lake Room

Tue, Apr 8-May 27

5:30-6:45 pm
\$80 resident, \$85 non-resident
Code: S2206A

MARKET IN THE VALLEY

Sun, Mar 9

10 am-1 pm

Brookview
Golden Valley

Local Food &
Community Spirit

WWW.MARKETINTHEVALLEY.ORG

55+ 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, on line, or in person at Brookview Guest Services. Use the trip code when registering and select a meal choice if offered.

TRANSPORTATION: Bus pick up and drop off will be at Golden Valley City Hall (7800 Golden Valley Rd) under the water tower.

Target Field Tour and Murray's Steak House

Wed, Apr 9

Take a 90-minute walking/standing tour of Target Field. Go behind the scenes and experience the ballpark as only players and staff do. Hear the history of the ballpark and of the Minnesota Twins. Highlights of the tour 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 Team Store for authentic Twins merchandise and collectibles.

NOTE: Only credit cards are accepted.

Have lunch at Murray's Steak House, which has been serving customers since 1946. Menu includes: Short ribs, mashed potatoes, green beans, dessert, and beverage.

\$98

10:15 am Pick up

3:15 pm Return

Register/cancel by Mon, Mar 10

Code: 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.

\$98

9:40 am Pick up

4:05 pm Return

Register/cancel by Mon, Apr 7

Code: Y3328A

Lunch at Lake City and Winona Boat Cruise

Wed, Jun 4

Experience up-close the beautiful Mississippi River and all it has to offer. Start with lunch at Kelly's Lake House in Lake City, with breathtaking views of Lake Pepin. Next stop is the Winona Levee boat dock to board the Winona Tour Boat. All trips are professionally guided and narrated by USCG-licensed captains, who will educate you with awesome insight and stories about the famed waterway, where it is common to see many types of wildlife such as eagles, deer, turtles, beaver, and more. Learn about the navigational channel and various types of commerce on the river. With windows all around, passengers get a great view. The cabin can be enclosed and climate controlled, with a restroom on board.

Menu: Petite sirloin luncheon special with potato, vegetable, roll, small dessert, and beverage.

\$102 **Register/cancel by Mon, May 5**
8:55 am Pick up **Code: Y3274A**
5:50 pm Return



Grease at Chanhassen Dinner Theatre

Wed, Jul 23

After lunch and gift store shopping (if time allows), enjoy a matinee performance of the musical, *Grease*. Join Sandy, Danny, and the rest of the Burger Palace Boys and Pink Ladies for an affectionate satire of high school life in the 1950s. Don't miss unforgettable tunes like "Summer Nights," "Look at Me, I'm Sandra Dee," "We Go Together," "Greased Lightnin'," "Beauty School Dropout," "Grease (Is The Word)," "Hopelessly Devoted to You," and "You're the One That I Want." It's a high-octane rock 'n' roll party packed with explosive energy!

Menu: Entrée, salad, vegetable, bread, potato or rice, and beverage.

\$110 **Register/cancel by Mon, Jun 23**
10:40 am Pick up **Code: Y3220A**
4:20 pm Return

Munsinger Gardens and Alcuin Library on St John's Campus

Tue, Aug 19

Nestled along the shores of the Mississippi River, the prestigious and nationally renowned Munsinger and Clemens Gardens attract visitors from all over the world. Enjoy a delightful self-guided stroll among the beautiful colors and inhale the garden fragrances. The Virginia Clemens Rose Garden features a series of plantings reminiscent of European gardens. **NOTE:** *This tour will require walking--wear durable and comfortable footwear. Gift items and refreshments are available for purchase in the Clemens Rest Area Garden, and restrooms are located on the north end of the building.*

Lunch is at Coyote Moon Grille Restaurant overlooking the Territory Golf Club in St Cloud. Menu will include an entrée, popover, salad, side dish, beverage, and dessert.

Last stop is the St John's University Campus in Collegeville to meet your Bible host for a presentation on the Saint John's Bible at the Alcuin Library. Spend time in the Bible Gallery to view 28 original pages of the Saint John's Bible and other exhibitions.

\$91
8:45 am Pick up
4:30 pm Return
Register/cancel by Mon, Jul 21
Code: Y3329A

Borealis Train to Milwaukee, Wisconsin

Mon-Wed, Jun 16-18

DAY 1 - MON, JUN 16 [S]

Leave Hopkins and Golden Valley mid-morning for the St. Paul Union Depot. Board The Borealis for a one-way trip to Milwaukee, Wisconsin. The train has a cafe car with sandwiches and drinks (on own). Arrive in Milwaukee in the late afternoon. Lodging is at the Drury Plaza Hotel, a historic renovation property. At the hotel, a Kickback supper is provided.



DAY 2 - TUE, JUN 17 [B,L,S]

After breakfast at the hotel, visit the Mitchell Park Horticultural Conservatory, better known as The Domes. It's a living museum filled with plants from across the globe. The Floral Show Dome transforms throughout the year with unique, themed floral shows. In the Desert Dome, you can explore the deserts of Africa, Madagascar, South America, and North America. In the Tropical Dome, step into the steamy rain forest and transport yourself to another world.

Next, tour the Harley-Davidson Museum, located on a 20-acre campus in downtown Milwaukee. See more than 450 motorcycles and artifacts, dating back to the oldest known Harley-Davidson motorcycle, Serial Number One. Learn stories of extraordinary products, people, history, and Harley-Davidson culture.

Have lunch at Mader's Restaurant where you'll enjoy German cuisine, Bavarian decor, and traditionally attired wait staff.

After lunch, tour Pabst Mansion. Visitors will learn about the Pabst family and details about the architecture and furnishings of the home. Conclude the tour with a PBR toast.

Following the Pabst Mansion, take a highlights tour of Milwaukee with a local sightseeing guide who will provide a general overview of the city. Hear about its historical background, neighborhoods, architecture, culture, and more.

Have a Kickback supper at the hotel.

DAY 3 - WED, JUN 18 [B,L]

After breakfast at the hotel, visit the North Point Lighthouse Museum. It was built in 1888 in Lake Park to mark the entrance of the Milwaukee River. The lighthouse was added to the National Register of Historic Places in 1984.

In Fitchburg, Wisconsin, have lunch at the historic Quivey's Grove Restaurant, a lovely country estate originally built in the mid-1800's.

On the way home, stop at the Menomonie Creamery (on own). Return to the Twin Cities early evening.

\$850 per person (2 per room)

\$1,070 (1 per room)

Code: Y3259A

Fee Includes:

- One Way Borealis Train Ticket to Milwaukee, Wisconsin
- Deluxe motor coach transportation
- Lodging for 2 nights
- Meals as indicated (C-coffee, B-breakfast, L-lunch, S-supper, D-dinner)
- Luggage service for one suitcase
- Attractions outlined in itinerary
- Tour Escort from Golden Valley
- Gratuities on included meals and attractions

Payments/Refunds:

\$200 deposit required to make a reservation by Apr 7. No refunds are issued after Apr 7. Final payment due Apr 28.

Tour Documents:

Mailed to registrants three weeks prior to departure

Travel Insurance:

Travel Guard 1-800-826-1300

TravelGuard.com

Trip Mate 1-800-874-2442

generaltravelinsurance.com

Allianz 1-866-672-9580

allianztravelinsurance.com



Parks & Recreation Department
316 Brookview Pkwy S
Golden Valley, MN 55426
763-512-2345

Golden Valley Program & 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	Program/Trip Name	Program/Trip Code	Special Requests	Fee
PAY INFO:	<input type="checkbox"/> Cash <input type="checkbox"/> Check	CC # _____ Exp Date _____	Sec. Code _____ 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: _____