

## Mondays With Mary

Join Mary to make door decorations, greeting cards, placemats, party favors, and more. We work on projects for Ambassador Care Center, Dinner At Your Door, Senior Dining, Golden Valley Seniors, and Mary Wanderers. We'll supply the materials and coffee. You bring your time, talent, and occasionally, a treat.

Brookview Valley Room  
9:30–11:30 am

## Friday Open Painting Studio

Looking for a creative end to the week? Michelle, our coordinator, has experience painting in watercolors, acrylics, and oil. 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/week payable at Guest Services

## Pedal Pushers Daytime Biking Group

This longtime group bikes 6+ easy miles to and from various areas in the Twin Cities with frequent stops (usually including one 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 from May through October, with a couple each month. Register to ride and to be put on the mailing list for ride information.

Tue & Thu, May–Oct  
9:30 am  
\$5/person (one time registration fee)  
S2215A

### COME TO THE PEDAL PUSHER KICK-OFF EVENT!

Join Nancy, our Pedal Pusher leader, as we present our 2019 Pedal Pusher ride schedule. Nancy will also share stories of her and Keith's latest adventures. This event is free and open to all 55+ interested in joining Pedal Pushers. Call 763-512-2345 to register by May 20.

Brookview Valley Room  
Tue, May 21  
10 am



## 55+ Senior Newsletter Subscription

Subscribe to our bi-monthly newsletter to stay in the know. Subscriptions run January–December and cost \$5 for residents of Golden Valley and \$8 for non-residents (use code Y3200D when registering). That's six newsletters mailed right to your door! Subscriptions need to be renewed each year in December by mail, online, or walk-in at Brookview.



## Weekly Card & Game Groups

New players are always welcome. Please arrive at least 10 minutes before the scheduled start time to get set up. All groups meet at Brookview in the Valley Room. No pre-registration required.

DAY	GROUP	TIME
Mon	Dominoes	1 pm
Tue	Cribbage	1 pm
Wed	500	1 pm
	Hand & Foot	10 am
	<i>(does not meet 4th Wed)</i>	
Thu	Euchre	1 pm
	Poker	1 pm
Fri	Bridge	9 am

## Helping You Through The Medicare Maze

Going to retire and need your Medicare questions answered? Wondering about your choices with supplemental coverage? Have questions about Part D? Worried about the details in filing a claim or appeal? Do you need help through the Medicare maze? Marsha will meet with you one-on-one to answer your Medicare Insurance questions, assist you with insurance forms, or guide you through supplemental or Part D insurance. Appointment required. Call 763-512-2345 at least 3 days in advance.

Brookview Rice Lake Room

Thu, Mar 14, Apr 11, May 9, Jun 13, Jul 11, Aug 8  
10 am, 11 am, or 12 pm available

## Living Wise And Well

It's a fact—people are living longer and healthier! Join us for this free program that offers monthly information for a happy, healthier, and smarter you. Refreshments provided by Calvary Center Cooperative. No pre-registration required. **NOTE:** No meeting in May or July.

Calvary Center Cooperative Prairie Room  
2–3:15 pm

**THU, APR 4**

### Jewelry Maintenance And Appraisals

A discussion on the importance of maintaining the safety of your diamonds. Presented by Bob Zagaros, Bergstrom Studio.

**THU, JUN 6**

### Gratitude

Once a year as a country, we celebrate a national holiday of Thanksgiving – a tradition in this country for a very long time. Expressing gratitude and thanks needs to be more than once a year. Research has shown that regularly giving thanks leads to healthier and happier lives. We will explore the elements of expressing gratitude and the positive effects it can have for our lives. Presented by Mark Scannell, author of *The Gratitude Element*.

## Coffee Talk

Join us for juice, treats, informative programs, and of course, coffee! Call the Parks and Recreation office at 763-512-2345 to register in advance so there are treats and coffee for all.

Brookview Valley North Room

9:45–11 am

\$2 payable at door, unless otherwise noted

**WED, APR 24**

### Judy McConnell, Author of *Dreamhouse*

Judy McConnell of St. Louis Park is the author of *Dreamhouse*, a novel that features a strong female character who becomes actively involved in the women's rights movement. The character is based on the author's own experiences. She was pretty active herself in the 1960s and 70s. Judy will bring along some clippings from the era to share. *Dreamhouse* is a story about marital conflict, family tragedy, and mystery, interwoven with a tale of friendship among a group of women navigating the dawn of the women's liberation movement. Part family drama, part recent history, McConnell traces one women's journey from her role as a giddy new bride steeped in the conventions of the early 1960s to a seasoned, mature woman who understands that compromise is not a dead end, but a doorway to a new understanding. Register by Apr 23.

**WED, MAY 22**

### Norman Mitchell, Author of *The Hidden One*

Norman Mitchell has lived in Minnesota for over thirty years, although he was born and grew up in New York City. His first story was published at the age of six in the school's literary magazine. In the fourth grade, he discovered a love of history, especially Russian, German, and Blakan, and that, along with writing, has been a lifelong passion. This Golden Valley resident will share his book, *The Hidden One*, a novel that is part history thriller, and part urban fantasy. It sprawls through the 20th century, reminding us of how our current geopolitical world came about, and asking what is hidden from us and what lies beneath our sense of reality. Register by May 21.



## 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. No pre-registration required.

**Brookview Valley North Room**  
10–11:15 am

### **THU, APR 18** **Reverse Mortgages**

Hear and learn about the pros and cons of reverse mortgages. One of the questions seniors face today is how reverse mortgages work and how safe are they? Dallas Janes, Loan Officer with Crimson Mortgage, will provide you the information to make the best decision.

### **THU, MAY 16** **Anatomy Bequest Program**

What is whole body donation and how does it support medial advancement in MN? What research is supported through donation at the U of MN and can a person be an organ donor and a whole body donor? Hear the answers to these questions and others. Presented by the University of Minnesota Medical School Anatomy Bequest Program.

## Defensive Driving

Adults age 55+ can save up to 10 percent, get a three-year discount on car 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 Minnesota Safety Council. No tests are given, but attendance is required to receive the certificate of completion.

**Registration and Certificate of Completion:** To guarantee a certificate at class completion, register at least seven days in advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St Paul, MN, 55103. Call 651-291-9150 to register with credit card.

### **4-HOUR REFRESHER COURSES**

**Brookview Valley North Room**  
Thu, Apr 11, May 9, Jun 13, or Jul 11  
9 am–1 pm  
\$18/person

## Local Author Series— The Glensheen Mansion Murders

Former Star Tribune reporter Joe Kimball, who has covered the case from the beginning, discusses the inside story of the infamous murder of Elisabeth Congdon, the wealthy Duluth dowager who was smothered in her bed in the 39-room Glensheen Mansion. Her night nurse was beaten to death with a candlestick holder on the mansion's grand stairway as she tried to protect the partially-paralyzed heiress. Police immediately suspected Congdon's adopted daughter and her new husband of the crime. They said the motive was to speed up the inheritance. The husband was convicted but the daughter, Marjorie Congdon Caldwell Hagen, was found not guilty of charges that she helped plan the murders. But that's not the end of the story. Marjorie has been in the news, and in prison, in the years since the mansion murders. Bigamy charges, two arson convictions, charges of another murder, and the mysterious death of an elderly man she befriended in Arizona have kept her story alive. Come and hear all about this infamous mystery! Fee includes refreshments. Pre-registration is required by calling 763-512-2345 by Fri, Apr 5.

**Crystal Community Center**

Wed, Apr 10

7–8:30 pm

\$3/person payable at the door

## Driver Improvement Programs

This is a Minnesota Highway Safety and Research Center (MHSRC) Driving Improvement Program for those over age 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 Center website at [www.mnsafetycenter.org](http://www.mnsafetycenter.org) or call toll free at 1-888-234-1294. Fees collected day of class.

### **4-HOUR REFRESHER COURSES**

**Brookview Valley North Room**  
Wed, Apr 3 or June 12  
(only need to attend one day)  
12:30–4:30 pm  
\$22/person



## Tai Chi Classes With Marie Mathay

Join Certified Instructor Marie Mathay for these ancient Tai Chi exercises. Wear loose, comfortable clothing and flat shoes. **SPECIAL!** Register for a second class in the same session for only \$37! Must be purchased together.

Brookview Wirth Lake Room  
(unless otherwise noted)  
\$56 resident, \$60 non-resident

### TAI CHI FOR BEGINNERS

Based on Sun style Tai Chi, these gentle yet powerful movements will promote physical and mental well-being. Improve balance, strength, and flexibility. Great for joint pain and stress reduction.

8:30–9:30 am

Tue, Apr 23–Jun 4	Tue, Jun 25–Aug 13
S2207A	(no class Jul 2)
	S2207B

### TAI CHI ADVANCED SUN STYLE

For those who have completed at least one Basic session. Continue your Tai Chi journey, learning, and practicing all Sun style 41 form.

9:45–10:45 am

Tue, Apr 23–Jun 4	Tue, Jun 25–Aug 13
S2208A	(no class Jul 2)
	S2208B

### YANG STYLE TAI CHI PRACTICE GROUP

Learn Chen Man Ching's 37 forms and deepen your practice. *\*Qualifies for reduced rate.*

9–10 am

Thu, Apr 25–Jun 6  
S2209A

### SHIBASHI QIGONG

Cultivate more energy and promote better health by practicing these 36 ancient Chinese exercises. Meant for healing and enhancing health. Promotes and strengthens the flow of energy throughout the body. *\*Qualifies for reduced rate.*

10:15–11:15 am	Brookview Basketball Court
Thu, Apr 25–Jun 6	9:30–10:30 am
S2210A	Thu, Jun 27–Aug 15
	(no class Jul 4)
	S2210B

## Line Dancing For Fun And Fitness

Start your morning off with a smile. Discover why line dancing is so much fun and such a great workout. Line dancing is recommended as a moderate-intensity aerobic exercise to improve balance and strengthen heart and bones. Learn the steps that will make you feel confident joining any dance line, whether country, Latin, or American. Instructor Annette Fragale is certified as an instructor and dance judge by the National Teacher's Association (NTA) and Country Western Line Dance Association (CWLDA).

Brookview Wirth Lake Room  
Wed, Jun 5–26  
10–11 am  
\$32 resident, \$35 non-resident  
S2404A



## Senior Golf Leagues

Call Brookview Golf Course at 763-512-2305 for more information on these and other league offerings. For information on green and cart fees, see the golf section of this catalog.

### SENIOR PAR 3 LEAGUE

Men and women age 55 and older are invited to play at the Brookview Par 3 Course on Thursday mornings, May 2–Sep 12. Tee times start at 7:30 am with weekly sign-up. A \$5 league fee is collected at the kick-off meeting on Thu, Apr 25, at 10 am in the Brookview Valley Room.

### SENIOR CLUB MEMBER 18-HOLE REGULATION LEAGUE

This senior golf league will play the 18-hole course at Brookview on Tuesdays, Apr 30–Aug 27. A \$20 league registration is due before your first week of play. **NOTE:** You must be a valid Brookview Senior Club Member card holder to register and play.

## Senior Lawn Bowling League

Take part in the 5th 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 top and white or khaki bottoms receive one point before match play begins. No heeled shoes—flat-bottom shoes only on the court. Register individually or as a team of four to eight players. Minimum of four teams/maximum of 16. Weekly fee includes six weeks of league play, game equipment, and official.

### Brookview Lawn Bowling Rinks

Wed, Jun 12–Jul 24 (no league play Jul 3)

10–11 am

\$5 league fee, plus \$3 + tax/week

S3302A

Register/cancel by Mon, Jun 10

## Senior Lawn Bowling Clinic

Lawn bowling is one of the easiest sports to learn. It is an excellent sport for all ages, teaching coordination and mental focus. The sportsmanship and camaraderie is a plus as well. This clinic, taught by an official at the Brookview rinks, will cover the rules of the game, vocabulary 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 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 clinic, you can sign up for a league to be played at Brookview starting the following week. **NOTE:** Sunscreen and a sun visor or hat are absolute musts when bowling in the sun.

### Brookview Lawn Bowling Rinks

Wed, Jun 5

10–11:30 am

\$3/person

S2101A



## Pickleball

Pickleball is a game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn but can develop into a quick, fast-paced, competitive game for experienced players. This is not a league. Come when you can...just drop in.

### Davis Community Center

Sundays through May 19

3–5 pm

\$5/person or \$40/10-punch pass



**Get active  
with your  
community**

Hennepin County's four-week Step To It Challenge 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.

### A CHANCE TO WIN PRIZES!

Participants have a chance to win Twins tickets and Step To It T-shirts. Each community awards four Minnesota Twins tickets to the individual with the highest total of steps in their age bracket. These individuals are also recognized on the field at a 2019 Twins game.

### HOW DOES IT WORK?

The challenge is May 1–28, 2019. Everyone can join! It's not just about walking. Most activities can 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.

**Registration begins Apr 1. Visit the Step To It Challenge website at [www.steptoit.org](http://www.steptoit.org).**



# Mary's Wanderers Trip Program

Comfortable motor coaches, good food, knowledgeable tour guides, and Mary as our escort—our trips are planned with you in mind! Trip 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 are available at Golden Valley City Hall or Calvary Center Cooperative (if five or more requests).

## Redlin Art Center, Watertown, SD

Start off with coffee and rolls at Bumps Café in Glencoe. Upon arrival at Redlin Art Center, pick up a cup of coffee and be seated in the 108-seat auditorium for a presentation. After the introduction, view a 20-minute DVD production that is a tribute to Redlin—"The Legacy of Terry Redlin: A Lifetime of Memories." It includes Redlin talking about his process and techniques as well as never-before-seen footage of him painting at his easel. After the presentation, meet on the patio that overlooks a 30-acre park. The park was designed by Redlin to attract wildlife and be inspired by nature's canvas. A picnic lunch will come in a special Redlin keepsake tin. (If weather is inclement, lunch will be in the theater.) Menu: Deli sandwich, side salad, Dakota-style chips, cookie, bottle of water. Visitors will spend time at their own pace in the Gallery, which houses more than 150 oil paintings—each one marking a specific time in Redlin's life. There are three stories of artwork to explore in this massive 52,000-square-foot brick building. The Redlin Art Center opened in June 1997. Return trip includes a fast food stop (on own).

Wed, May 22

\$75

6:40 am pick-up

6:50 pm return

Y3268A

Register/cancel by Apr 22

## Treasure Island Spirit Of The Water Cruise

From the Treasure Island Marina, board the Spirit of the Water, an elegant 100-passenger yacht, for a relaxing cruise down the scenic Mississippi River. A themed buffet menu will be announced closer to the trip date and will include and entrée, salad, potatoes or rice, vegetable, dessert, water, coffee, or tea. A cash bar will also be available. **NOTE:** Water levels will determine the amount of walking that is required to enjoy the trip. Guests may need to walk about three blocks and may need to manage narrow, and possibly steep, gangplanks to board the boat.

Thu, Jun 20

9:45 am pick-up

Y3269A

\$83

4:20 pm return

Register/cancel by May 20

## Tenderly, The Rosemary Clooney Musical At Old Log Theater

Arrive at the Old Log Theater and have lunch in the Old Log Dining Room. Make menu choice at sign up:

1) Braised boneless short rib; 2) Seared pork chop; 3) Dill roasted tilapia; or 4) Angel hair pasta with garden marinara. All served with dinner rolls, coffee or tea, and dessert. After lunch, enjoy the theater performance, *Tenderly, The Rosemary Clooney Musical*. It offers a fresh and remarkably personal picture of the woman whose talent and personality made her a legend. In *Tenderly*, Rosemary's journey starts with her simple Maysville, Kentucky childhood and follows her rise to Hollywood stardom. With her signature songs, we learn both the story of her successes on film, radio, and TV, as well as her struggles in her personal life—with a career fading during the advent of rock-and-roll and her battles with addiction and depression. Audiences stand and cheer as they rejoice at her triumphant comeback and even more successful career as a jazz singer.

Wed, May 29

\$79

10:50 am pick-up

4:10 pm return

Y3280A

Register/cancel by Apr 29



## Bell Museum And Lunch At Jax Cafe

Jax Cafe has served Minnesotans since 1933 and is a landmark established by Stanley Kozlak, who left Poland as a teenager and started a restaurant business. Menu: Oven-roasted chicken with mashed potatoes, gravy, vegetable, chocolate mousse, and coffee, tea, or milk. Next stop is the New Bell Museum to see "One Giant Leap" at the Whitney and Elizabeth MacMillan Planetarium. After the show, tour the Bell Museum, which brings together science, art, and the environment with a unique Minnesota perspective. The new facility features a digital planetarium, high-tech exhibits, famous wildlife dioramas, outdoor learning experiences, and more. The tour covers the permanent galleries, including world renowned wildlife dioramas that span space and time. Visit the Touch and See Lab, the first natural history museum discovery room in the world. The learning continues outside with a second-floor green roof and observation deck, along with sustainable landscaping, geology exploration area, and solar station. **NOTE:** If guests cannot walk or stand for an hour, they may consider bringing a portable wheelchair.

Thu, Jul 11

\$84

10:30 am pick-up

5:15 pm return

Y3270A

Register/cancel by Mon, May 20

## 42nd Street At Ordway Theatre

The Ordway Center in St. Paul will present an Ordway Original, *42nd Street*. Come and hear the brand-new beat. This classic tale of wide-eyed Peggy Sawyer dreaming of tapping her way to Broadway will knock you off your feet. Reimagined for a 21st century audience, they will feature local talent, masterful dancing, and funk-jazz orchestrations of hit songs like "We're in the Money," "Lullaby of Broadway," and of course, its title track.

Tue, Aug 6

\$98

6:15 pm pick-up

11 pm return

Y3265A

Register/cancel by May 28

## 55+ Senior Community Information

### Senior Outreach And Caregiver Services 612-770-7005

Provides support to friends, spouses, and other family members who help an older adult remain at home. The staff not only assists these caregivers in connecting with needed services and resources for their loved ones but gives support to them as well. The licensed social workers can provide consultation, caregiver support groups, family meeting facilitation, and coaching to the caregiver.

### Help At Your Door 651-642-1892

Help At Your Door is a nonprofit organization that provides critical services to thousands of seniors, individuals with disabilities, and caregivers across the greater metro area of Minneapolis and St Paul. Their mission is to help seniors and individuals with disabilities maintain their independence and continue living in their homes. Services include grocery assistance, home support (cleaning and repair), and transportation.

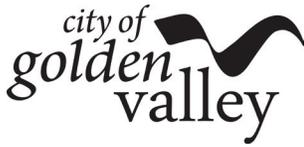
### Senior Dining 763-531-1183

Senior Dining provides a delicious noon meal at Crystal Community Center. A donation of \$4 is requested at the door, but no one will be denied a meal. Takeout meals are also available. Reserve your lunch by calling at least three days in advance between 9-11:30 am. Ask a friend to join you for a great meal at a reasonable cost.

### H.O.M.E. 952-746-4046

The mission of HOME (Household and Outside Maintenance for the Elderly) is to assist those age 60+ with household chores to help promote independence. Seniors contribute to the cost of the service based on their monthly income and their ability to pay. HOME also accepts some insurance payments as well as the Elderly Waiver and the Alternative Care Grant.





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: \_\_\_\_\_