

ROBBINSDALE SENIOR NEWSLETTER

A BI-MONTHLY PUBLICATION OF ROBBINSDALE RECREATION SERVICES

January – February 2012

FRIENDLY ROBINS SENIOR CLUB

The Friendly Robins Senior Club meets every Wednesday from 12:30 p.m.-3:00p.m. at the Robbinsdale Police & Fire Station, 4101 Hubbard Avenue North. Dues are \$5.00 per year. Meetings are held in the Community meeting room, lower level. Meetings begin with announcements, followed by door prizes, refreshments, Bunco and card playing. The business meeting is held on the second Wednesday. **Wii and Pool** begin at 11:30am on Friendly Robin Wednesdays. The winners of a game of four players will get their \$1 back!☺ Visitors and new members are welcome! **A \$1 refreshment fee is taken at door.**

FRIENDLY ROBINS SENIOR CLUB



**HELP THE ENVIRONMENT!
BRING YOUR OWN MUG TO
FRIENDLY ROBINS!**

Wednesday, January 4, 2012

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, January 11, 2012

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Business meeting followed by 500 and Bunco.

Wednesday, January 18, 2012

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, January 25, 2012

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, February 1, 2012

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, February 8, 2012

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Business meeting and Valentine Party followed by 500 and Bunco.

Wednesday, February 15, 2012

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, February 22, 2012

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, February 29, 2012

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.



MEMBER FEEDBACK APPRECIATED

Friendly Robins Club leaders appreciate your feedback. Please let club officers and/or Rita know if there is something you would like to do at a club gathering. Thank you! ☺

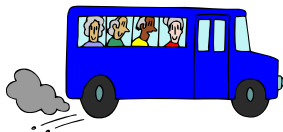
FIVE CITIES TRANSPORTATION

Persons of all cultural backgrounds, who are 60 years or older, and a resident of Crystal, Brooklyn Center, New Hope, Golden Valley, or Robbinsdale, may ride the Five Cities bus.

Phone: 763-531-1259

Visit us on the web at:

www.5citiesmn.org



Scheduled destinations

include: grocery shopping, senior club meetings, senior dining, Wal-Mart, Target, and Ridgedale. Call 763-531-1259 for a bi-monthly trip schedule.

Fare: the fare per round trip is \$3.50 with the punch pass or \$4.00 cash.

Special Destination Fare: Special destinations include: Forum and the Fork, Seniors in Mind, Afternoon Vivace, Nature of Things, and Local Motion. Special destinations are outside of the regular five cities boundaries and pickups are primarily at one central location in each city. Special Destination fare is 2 punches from the punch pass (\$7) or \$7 if paying cash.

Punch Passes are available in \$14 or \$28 amounts and may be purchased from the Five Cities bus drivers.

Riders who live in both private homes and any apartment are welcome!

Apartments on the Robbinsdale schedule:

Lee Square-4400 36th Avenue North

Bridgeway-3755 Hubbard Avenue North

Cambridge-3711 West Broadway

Broadway-3837 West Broadway

Robinwood-3850 West Broadway

Robbins Landing-4300 Robbins Landing

Broadway Court-4600 41st Avenue North

Copperfield Hill-4200 40th Avenue North

Chelsea Park-4200 45th Avenue North

Regent Apts – 4150 42nd Ave.

Lilac Parkway-4223 County Road 81

Robins Way-5500 42nd Avenue North

Coachlite-4259 West Broadway

Apts. at 5800 42nd Avenue North

Meet the Five Cities office personnel:

Monday – Nancy Schmidt

Tuesday – Bea Nyback

Wednesday – Joyce Boyko

Thursday – Mike Galajda

Friday – Joyce Boyko

Prism Express - a compliment to the Five Cities Transportation Project, offers rides to medical appointments, hair appointments, and other single on demand destinations. If you need a ride, call 763-529-1252.



TELEPHONE NUMBERS

City of Robbinsdale	763-537-4534
Recreation Services	763-531-1278
Sunshine Lady-Donna Stangler	763-535-0479
First Call for Help	651-291-0211
Senior Outreach	952-746-4028
Five Cities Transportation	763-531-1259
PRISM Express	763-529-1252
H.O.M.E. Program	952-746-4046
Rita DeBruyn	763-531-1274

COMMUNITY EVENTS

ROBBINSDALE HISTORICAL SOCIETY

The Historical Society meets the 4th Tuesday of the month during March, April, May, Sept., Oct. and Nov., 1:00 p.m. in the Community meeting room Police & Fire Bldg, 4101 Hubbard Ave No. The Historical Society welcomes guests.

Next Meeting date: March 27.

Robbinsdale Historical Museum

The Robbinsdale Historical Museum is located at 4915 42nd Avenue North in the Historical Library building. Open Fridays, 10:00 a.m.-4:00 p.m. and Saturdays from 11:00 a.m.-4:00 p.m. except on holidays and during inclement weather.

Men's Mornings at the Museum on Fridays

Join a group of men who love to remember the great history and people of Robbinsdale. (Please note, WOMEN ARE WELCOME, too.) The coffee pot is on at the Museum Friday mornings. Just poke your nose into the museum and you will be invited to join the discussion...or just listen. Any time around 10:00am or later – come on in.

The Robin Gallery, located in the Historical Robbinsdale Library, is operated by volunteers of the North Hennepin Artists Association. Regular gallery hours are Tuesdays through Saturdays 11:00am-4:00pm and Thursday evenings, 5:30-8:30pm.

ROBBINSDALE SENIOR COMMISSION

The purpose of the Robbinsdale Senior Commission is to improve the lives of older citizens in the City of Robbinsdale. The public is welcome to attend the Commission meetings, which are held on the second Monday of the month at 9:30 a.m. at Robbinsdale City Hall, 4100 Lakeview Avenue North.

Next Meeting Dates:

January 9 and February 13.

Senior Commissioners are:

Virginia Anderson David Bjorkquist
Tony Harmon Darlene Gobel
Lila Werner
Bea Nyback

SENIOR PROGRAMS

ROVING MINDS

DISCUSSION STUDY GROUP

The Roving Minds is a group that is curious about a variety of subjects and enjoys learning about and discussing them. The group meets at Robbinsdale City Hall in the Sixth Corner (back meeting room). The 2011-2012 discussion topic will be:

National Parks and Cities in the United States

Tuesday, January 17, 2012

Topic: Smokey Mountains National Park

Tuesday, February 21, 2012

Topic: Hawaii

In addition to exploring national parks, the PBS video, National Parks: America's Best Idea is being viewed throughout the year.

BOOK DISCUSSION GROUP

If you enjoy books, the book discussion group could be for you. We discuss, learn, laugh and enjoy each others friendship over books.



Time: 1:00-2:30pm

Location: Sixth Corner - Robbinsdale City Hall

Date: January 3, 2012

Book: Ragtime by EL Doctorow

Date: February 7, 2012

No book group – we will be attending Ragtime at the Park Square Theater

SENIOR DINING

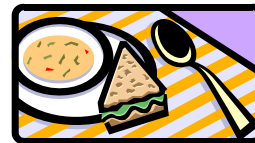
Lunch is served Monday through Friday at the Crystal Community Center, 4800 Douglas Drive in Crystal. The suggested contribution is **\$3.50.**



To make your reservation, call Audrey – 763-531-1183 at the Crystal dining site.

The Volunteers of America Senior Nutrition program serves all seniors age 60 and over, regardless of race, color, sex, disability, national origin, creed or religion. The program is funded through a contract with the Metropolitan Area Agency on Aging, Inc., as part of the Older Americans Act Program and participant contributions.

BRUNCH BUNCH



Each 4th Tuesday of the month, the Five Cities bus will take a group of brunch goers from Golden Valley and Robbinsdale to an area restaurant. (Crystal and New Hope Brunch Bunch go to the same restaurant on the third Tuesday of the month.) Lunch is on your own and space is limited to twenty-eight persons.

Reservations: 763-531-1259

Date: January 24, 2012

Restaurant: Red Lobster in Maple Grove

Registration begins: December 30

Date: February 28, 2012

Restaurant: Outback Steakhouse in Bloomington

Registration begins: February 1

MOVIE DISCUSSION GROUP

Good conversations, great movies, and much fun are practically guaranteed. Refreshments too!! The big screen television is great! Movie-goers are encouraged to attend as many movies as possible to be able to make comparisons among the films. All are welcome as your schedule (and movie appreciation) permits. Movies are shown on various Thursdays, 9:30 a.m. in the community meeting room, Police & Fire Station, 4101 Hubbard Ave No. Please call 763-531-1274 for a detailed flyer. **Cost: \$1**



Upcoming winter movies and dates:

January 19 Philadelphia Story

February 2 Breakfast at Tiffany's

February 16 Johnny Belinda

February 23 The Harvey Girls

March 1 The Benny Goodman Story

March 8 Grapes of Wrath

DONUT MAKE YOU WONDER?



Join a curious group on the third Wednesday of the month for informative programs and delicious donuts.

Programs held at Crystal Community Center, 4800 Douglas Drive. The program is cooperatively sponsored by the cities of Crystal, New Hope, Brooklyn Center, Robbinsdale, and School District 281.

January 18

Program: JFK Assassination:

The Mystery and the Legend

President John F. Kennedy was assassinated 48 years ago in Dallas, Texas. With the passage of time has come much discussion, debate and controversy. Despite the official conclusion that Lee Harvey Oswald acted alone, more than 70 percent of Americans say they believe there was a conspiracy. David Jones of Minneapolis, has researched this pivotal event thoroughly and presented this material to thousands of people. The presentation will be balanced and will give you a chance to decide for yourself: who shot JFK?

February 15

Program: The History of Baseball in Minnesota

Discover the history of Minnesota baseball from the perspective of baseball historian, Stew Thornley. Enjoy images of ballparks such as Nicollet Park in Minneapolis and Lexington Park in St. Paul. And the teams that played there. Join Stew, author and official scorekeeper for the Minnesota Twins, as he captures the spirit of Minnesota baseball from yesterday and today.

March 21

Program: Can-Do Canines

Join staff and a graduate team from Can Do Canines. You will learn how assistance dogs help people, the different types of assistance dogs that are trained and hear from a working team about the bond they share.

Time: 10:00am Cost: \$2 payable at the door
Registration: 763-531-1274

SPECIAL DESTINATIONS

Explore local sites, sounds, art, culture and nature on a Five Cities Transportation Special Destination. Meet new people and have great fun.

Afternoon Vivace - Landmark Center

Date: Thursday, January 26, 2012

Program: Enjoy a concert by the *Artaria String Quartet* presented by the Schubert Club. Concerts are held in lovely Courtroom 317 of the historic Landmark Center in downtown St. Paul.

Following the concert there is time for a leisurely lunch or dessert at Anita's Café on the main floor.

Registration with Five Cites: 763-531-1259

Cost: No charge for the concert

Lunch: On your own at Anita's Cafe

Special Destination Bus Fare: 2 punches (\$7) from punch pass or \$7 cash. *Payable to bus driver*

Pick up at Robbinsdale City Hall: 10:30AM

Westminster Town Hall Forum

The Westminster Presbyterian Church in downtown Minneapolis hosts one of the most prestigious speaker series in the country: The Westminster Town Hall Forum. A concert precedes the forum and each is followed by a light lunch reception. There is no charge for program.

Programs: Winter and spring programs are not available at time of printing the newsletter. Please call early in 2012 for speakers and dates.

Registration with Five Cites: 763-531-1259

Cost: No charge for forum, concert, or reception.

Special Destination Bus Fare: 2 punches (\$7) from punch pass or \$7 cash. *Payable to bus driver*

Pick up at Robbinsdale City Hall:

Museum of Russian Art

Date: February 3, 2012

Exhibit: The Museum of Russian Art is hosting an exhibition of artifacts dating from the Neolithic age to the Byzantine era. Presented in conjunction with the Government of Ukraine and the Museum of National Cultural Heritage PLATAR, the exhibition will include unique clay objects from one of the most ancient civilizations of the world, the Trypillian culture, which flourished approximately 7,000 years ago. The lost world of this sophisticated matriarchal society comes to life in the fascinating figurines of the Great Goddess and in the highly stylized patterns decorating Trypillian earthenware. The Museum of Russian Art is one of only three American venues hosting this private collection. The tour will be conducted by docent Carol Rudie who has a PhD in Russian Art History and a passion she loves to share.

Lunch is on your own at Patrick's Café and Bakery at Bachman's in Richfield

Registration and Cost: \$8 includes admission to the Museum of Russian Art, guided tour and escort. Please register with the New Hope Parks and Recreation by phone with a credit card at 763-531-5151 or mail to New Hope Parks and Recreation, 4041 Xylon Avenue N., New Hope, MN 55428.

Deadline: January 26, 2012 or when filled.

Special Destination Bus Fare: 2 punches (\$7) from punch pass or \$7 cash. *Payable to bus driver*

Pick up at Robbinsdale City Hall: 10:00 AM

Macy's Flower Show

Date: Friday, March 30, 2012

Program: Spring is in bloom at the annual Macy's Flower Show. Experience the flower show on a self guided tour. Step into Towers of Flowers and discover a magical world of soaring floral architecture, magnificent rolling landscapes and specialty gardens bursting with color, fragrance and imagination. Enjoy an elegant traditional dining experience at the Oak Grill Restaurant on the 12th floor or at the 12th Floor Skyroom food court that offers deli soups, sandwiches, pasta, Mexican food and a world famous salad bar.

Registration with Five Cites: 763-531-1259

Deadline: March 23 or until spaces fill.

Cost: No charge for show. Lunch on your own.

Special Destination Bus Fare: 2 punches (\$7) from punch pass or \$7 cash. *Payable to bus driver*

Pick up at Robbinsdale City Hall: 9:00AM

Science Museum of Minnesota: Real Pirates

Date: April 17, 2011

Program: Tuesday is Senior Day at the Science Museum of Minnesota – and we will be exploring pirates. For generations Hollywood has glamorized the adventure packed portrayal of pirates. But what was life on the high seas really like during the Golden Age of Piracy? Discover the perils and privileges of the 18th century pirate life. Dive into the wreck of the Whydah to discover the true stories of Captain Bellamy and his crew. Examine more than 200 artifacts in the world's first exhibition of authentic pirate treasure. Touch real pirate gold. Marvel at gold and silver coins from all over the world, cannons, swords, and pistols along with the ship's massive bell, and discover the advanced technology that revealed these treasures to the modern world.

Registration and Cost: \$26 includes admission to the exhibit, museum admission, Omnitheatre film, coffee break, and escort. Please register with the New Hope Parks and Recreation by phone with a credit card at 763-531-5151 or mail to New Hope Parks and Recreation, 4041 Xylon Avenue N., New Hope, MN 55428.

Deadline: April 2 or sooner if spaces fill.

Special Destination Bus Fare: 2 punches (\$7) from punch pass or \$7 cash. *Payable to bus driver*

Pick up at Robbinsdale City Hall: 9:00AM

TRIPS - OUT AND ABOUT

Out and About trips offer recreational day trips around the city and around the state. For a detailed flyer or to register for Out & About trips, call the Recreation Office at 763-531-1278.

Wednesday, February 22, 2012

Chanhassen Dinner Theater Presents:

Forever Plaid

Forever Plaid, the original, is also coming to Chanhassen! Fantastically funny, and timelessly tuneful, this clean cut musical revue features 50's style crooning and hilarious antics that will have you laughing yourself to tears. The four Plaids perform precision harmonies, squabble boyishly, and execute their delightfully outlandish choreography with over-zealous precision. Just a few of the songs you will hear are: Catch a Falling Star, Chain Gang, Day-O, Heart and Soul, Love is a Many Splendored Thing, and Three Coins in the Fountain. You will choose your dinner entrée when you are seated at Chanhassen.

Cost: \$59.00 Check availability

TRIPS

TWIN CITIES ARTS SAMPLER

The Twin Cities Arts Sampler offers stimulating cultural and educational experiences. For a detailed flyer or to register for Art Sampler trips, call the Recreation Office at 763-531-1278.

February 7, 2012 – *Ragtime* at Park Square Theater with lunch at Great Waters Brewery. This Tony award winning musical tells the story of three groups in America, a Harlem musician courting the woman he loves, a matriarch of a WASP family living the good life in New Rochelle New York, and an immigrant artist bent on achieving success. The stories intertwine in turn of the century America. Lunch is at the Great Waters Brewery.

Cost: \$68.00 Check availability

February 29, 2012 – Guthrie Theater presents *End of the Rainbow* and Lunch at Peter's Grill On the McGuire Proscenium Stage, the Guthrie Theater is presenting the American premiere of *End of the Rainbow*. A smash hit in London, this show was nominated for four Olivier awards. Olivier Award winner Tracie Bennett repeats her London performance of Judy Garland in the final years of her career. The play will move to Broadway in March 2012. Lunch will be hosted by Peter's Grill.

Cost: \$73.00 Check availability

SENIOR OUTREACH

Senior Community Services Senior Outreach 10709 Wayzata Blvd Suite 111, Minnetonka

This service provides in home counseling and case management to frail elderly and their families to help older people remain independent. The staff assists seniors to identify and connect with the right combination of services. Helps older adults access the most appropriate and cost effective services available from a wide array of programs. Support groups for seniors and caregivers are available also. *For Appointments Call: Lee Ann Eiden 952-934-3370.*

Need Help with Medicare and Health Insurance Questions?

**Brooklyn Center Community Center
6301 Shingle Creek Parkway**

Call Kathy Flesher of the Brooklyn Center Senior Program at 763-569-3405 to make an appointment for the second Wednesday of the month.

- **Hospital bills**
- **Medicare or insurance forms**
- **Problems about health insurance.**
- **Medicare supplements**
- **Medicare Part D**
- **Long-Term Care Insurance Plans**
- **Appeals**



A health insurance counselor from **Senior Community Services** will be available for hour long appointments.

WATER EXERCISE IN BROOKLYN CENTER

SilverSneakers – Silver Splash

Activate your aqua urge for variety. Silver Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special SilverSneakers kickboard is used to develop strength, balance and coordination.

Call: 763-569-3400

Cost: No charge SilverSneakers participant.
Low class fee of under \$3 per session.

Location: Brooklyn Center Community Center,
6301 Shingle Creek Parkway, Brooklyn Center

Arthritis Water Exercise

Joining a water exercise class gives you opportunity to exercise in warm water with guidance from a trained Arthritis Foundation instructor. Participating can help decrease pain and stiffness. Class concentrates on walking, warm ups, range of motion of all major joints and low-impact exercises.



Call: 763-569-3400

Cost: \$3 per session

Location: Brooklyn Center Community Center,
6301 Shingle Creek Parkway, Brooklyn Center

VOLUNTEER OPPORTUNITIES

MONDAY BUNCH

Every Monday, anytime from 9am-3pm, a lively bunch of volunteers gathers at Robbinsdale City Hall for odds and end jobs and lots of good fun and conversation. The door is always open and you are welcome to come and join in the fun. Call Rita, for more information at 763-531-1274.

YARN IS NEEDED!



When you are sorting through your closets and find yarn, material or unfinished craft projects, be sure to donate any usable materials to the Warm Up Minnesota supply. More knitters and crocheters are always welcome. Batting for quilts and stuffing for pillows is always appreciated, too. Just drop it off in the back room of City Hall. You will be warmly welcomed.

DINNER AT YOUR DOOR

Dinner at your Door is seeking drivers to deliver meals to shut-ins. Deliveries are Monday – Friday. Drivers usually drive just once per month. Deliveries take about 1½ hours. Call Ruby Van Horn at: 763-588-3933.

WARM-UP MINNESOTA



Folks who knit and/or crochet are always welcome to join the Warm-up Minnesota volunteers. Afghans have been donated to The Veterans Home, Habitat for Humanity, and North Memorial Hospice. Yarn is available in the Senior Program office.

NORTH MEMORIAL HOSPITAL

Interesting openings are available in a variety of departments. You can work as often or as seldom as you choose. Please call Maureen Vanek, Manager, Volunteer Services, Lifeline, and Patient Escort, at 763-520-5649.



ROAD TO RECOVERY

Cancer patients from this area need help getting to their medical treatments and appointments. Road to Recovery, an American Cancer Society program, needs kind people to volunteer their time and use their personal vehicles to drive patients to and from their appointments. For more information, call Mary Wiles at 651-255-8183.

Warmly Rita

With warm and toasty wishes for a healthy hopeful year.

Warmly, with love and hugs,

A handwritten signature in red ink that reads "Rita" followed by a simple smiley face.

Rita

HAPPY NEW YEAR