

July-August 2017

ROBBINSDALE 55+ NEWSLETTER

A BI-MONTHLY PUBLICATION OF ROBBINSDALE RECREATION SERVICES

Online copies available to download from City of Robbinsdale's website.

Printed copies available at Robbinsdale City Hall & in the Community Room at Robbinsdale Public Safety.

Fee to receive a copy in the mail is \$5/year May 1-April 30.

FRIENDLY ROBINS CARDS & BUNCO

As of April 1, the Friendly Robins Senior Club became Friendly Robins Cards & Bunco. Adults looking for some socialization, a chance to play games, such as Bunco, 500, or games/cards of your choice are welcome on Wednesdays throughout the year. This is an "open" format, no membership or preregistration is required! Based on interests, additional special events may be scheduled for additional fees. These events will be advertised through this newsletter and on the City's website.

When: Wednesdays*, 12:30-3:00 pm

Where: Police & Fire Building,
4101 Hubbard Avenue North,
Community meeting room, lower level.

Fee: \$1 paid at the door.

Wednesday, August 2, 2017

Friendly Robins Summer Picnic

The picnic features worry free weather...it may rain but it does not matter for we are in the comfort of the community room at the public safety building. The menu will include gourmet hotdogs, potato salad, coleslaw, baked beans, relishes (sweet pickle, catsup, mustard, onions), pickles, potato chips, ice cream (make your own sundaes), coffee or lemonade.

Registration form included in newsletter.

Fee: \$6 **Deadline: July 26, 2017**

*Thank you Copperfield Hill & Robbinsdale Rehab
for providing treats to the Friendly Robins!*

TELEPHONE NUMBERS

City of Robbinsdale	763-537-4534
Recreation Services	763-531-1278
First Call for Help	651-291-0211
Senior Outreach	952-746-4028
H.O.M.E. Program	952-746-4046
Senior Program Office	763-531-1274

MONDAY BUNCH

On *non-holiday* Mondays between 9-11:30 am, you're invited to join us for some socializing, crafting, coloring, solving puzzles and helping occasionally with small jobs. Group meets at Robbinsdale City Hall in the Sixth Corner. The door is always open, so come join in the fun. For information, please call 763-531-1278.

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. Next meeting is Monday, **October 2, 2017 at 6:00 pm** at Robbinsdale City Hall, 4100 Lakeview Avenue North.

Current Senior Commissioners are:

David Bjorkquist (Chair), Teresa Cleveland (Vice Chair), Duane Bengtson, Carmen Berrios, Rebecca Carpenter, Gene Montanez and Jerry Ruppert.

Medical Forms

The Senior Commission developed this tool to assist residents. When 911 emergency help is called to a home, information provided on the form may help responders! Heart of Robbinsdale and Senior Craft sale funds helped purchase special pouches for the forms. Pick yours up at City Hall or at Friendly Robins Cards & Bunco.

Friday Fitness Fun for Baby Boomers & Beyond!

This program is taught by Nancy Stoneberg, our local *Twin Cities Live* fitness celebrity. She has dedicated time in training and educating 55+; helping individuals realize it is never too late to make a difference in their own strength, balance & overall wellness. Questions, call 763-531-1278.

When: Fridays, 9:00-9:45 am

Where: Community Room, Robbinsdale Public Safety Building, 41st & Hubbard Ave N

Fee: \$30 for 5 use punch pass

Come try Friday Fitness Fun for Baby Boomers & Beyond on Friday, July 7 for FREE as part of celebrating Whiz Bang Days!

WHIZ BANG DAYS MOVIE

The City of Robbinsdale will be showing the classic movie, "The Mighty Ducks", on Thursday, July 6, at 1:00 pm as a Whiz Bang Days event which will take place in the Community Room of the Robbinsdale Public Safety Building, 41st and Hubbard Avenues. Learn about City programs and see what the Senior Commission has to offer. There will be special pedestrian and bicycle safety presentations before the movie. Refreshments will be provided. All ages welcome. FREE!



For the complete list of Whiz Bang Days Activities, please check www.whizbangdays.gov

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. Nonmembers, come a time or two just to see what Roving Minds do.

Location: Robbinsdale City Hall, 4100 Lakeview Ave. N, Sixth Corner (back meeting room)

Cost: \$2/meeting or \$10 for the year

Time: 1:00-3:00 pm

Refreshments are served.

We will meet again in September. Have a great summer!

BOOK DISCUSSION GROUP

If you enjoy books, this discussion group could be for you. We discuss, learn, laugh and enjoy each other's friendship over books.

Time: 1:00-2:30pm

Location: Robbinsdale City Hall, 4100 Lakeview Ave. N., Sixth Corner (back meeting room)

Fee: \$10/year or \$2/time

Upcoming Discussions:

Date: Tuesday, July 11, 2017

Book: *Honeymoon*

By James Patterson

Date: Tuesday, August 1, 2017

Book: *Lone Survivor*

By Marcus Luttrell



MOVIE DISCUSSION GROUP



Good conversations, great movies, and much fun are practically guaranteed. Refreshments too!! Movie-goers are encouraged to attend as many movies as possible to be able to make comparisons among the films. All are welcome! Movies are shown on various Thursdays, 1:00 pm in the community meeting room, Police & Fire Bldg., 4101 Hubbard Ave. N. Please call 763-531-1272 for a detailed flyer.

Cost: \$1/time

Upcoming movies:

July 6 – *The Mighty Ducks*

August 10 – *Walk the Line* (summer potluck)

ROBBINSDALE PICKLEBALL



Pickleball at the Robbinsdale Community Gyms on Saturday mornings will resume in September. The gyms are closed for renovation. Crystal & Golden Valley also offer Pickleball for 55+ at the Crystal Community Center on Mondays and Thursdays: 9:00am–12:00pm. Just drop in/ no advance registration-\$2/time. For more information, call Crystal Recreation 763-531-0052. Equipment is provided to try the game. Gym shoes are required.

LOCAL AUTHOR SERIES

The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and Robbinsdale Area Schools are offering a new "Local Author Series" at the Crystal Community Center, 4800 Douglas Drive N. Call 763-531-1272 to make your reservation by the Friday before event. Thanks to our sponsor, **Brookdale Healthcare Services!** *This program will meet again in the fall!*

DONUT MAKE YOU WONDER?



Join a curious group on the third Wednesday of the months of September thru May 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.

We will meet again in September!

OTHER PROGRAMS?

Looking for your input....

If there are other programs you may be interested in, please let us know. We will see if it is something we can add to our list or possibly help you find it being offered within our community. Just call Ryan Parks, 763-531-1272.

OUT AND ABOUT

To register for these trips, call the Recreation Office at 763-531-1278. If you have some suggestions for trips, call Ryan at 763-531-1272.

Friday, September 15, 2017

Lake Minnetonka Boat Cruise

Join us for an early afternoon cruise on beautiful Lake Minnetonka. Departing from the port of Excelsior, your cruise will take you past century old lake cottages from the past to luxurious mansions in the millions, all from the comfort and excitement aboard the Paradise Destiny II. The lake is made up of a number of a series of bays, points and islands with 31 interconnecting channels covering 22.2 square miles of water and 125 miles of main lake shoreline not counting islands and channels. Lake Minnetonka's historical past and exciting waters await you! Buffet lunch will be enjoyed during the sightseeing cruise.

Cost: \$55 Deadline: September 1, 2017

CROSSPOINT TOURS & TRAVEL

Here's your chance to travel beyond the Twin Cities without worrying about the driving. For more information on these trips, visit the CrossPoint Tours & Travel website at www.crosspointtours.com or call 612-229-5276

2017 Trips & Tours

July 24-26 – Medora Western Adventure

July 30-August 10 – Alaska Adventure Cruise

September 3-9 – Niagara Falls & Canada

September 10-16 – Door County &
Mackinac Island

You're invited to join us at the Robbinsdale Police & Fire Building, Community Room:

Water Media for Everyone!

Come learn water color tips while enjoying the chance to paint. Instruction provided. Meets on Mondays, 1-4 pm; \$7 paid at door to offset instructor costs.

Birdtown Artists-Open Studio

Network with other artists-bring your own supplies. All media and skills welcome. Tuesdays, 7-9 pm, September-May

ROBBINSDALE HISTORICAL SOCIETY

Interested in local history? Check out their website: <http://robbinsdalehistoricalsociety.org>. Next meeting will be September 26, 2017 in the Historical Museum/Art Gallery. Guests welcome!

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

Do you love to remember the great history and people of Robbinsdale? (Please note, Women are welcome, too.) Join us for coffee at the Museum Friday mornings after 10 am. Just poke your nose into the museum and you will be invited to join the discussion...or just listen.

ROBBIN GALLERY HENNEPIN ARTISTS

This is a local nonprofit artists' cooperative with a mission to bring art to the community while helping artists grow and learn to develop their skills and creativity. Volunteers of the organization staff the Robbin Gallery which is located at 4915 42nd Avenue North in the Historical Library building. Gallery hours are: Tuesdays & Thursdays from 5:30-8:30 pm and Fridays & Saturdays from 1:00-5:00 pm. Please check their website for more information: www.robbingallery.org

SENIOR OUTREACH

10709 Wayzata Blvd Ste. 111 Minnetonka

Senior Community Services (SCS) develops, coordinates and provides services that help meet the needs of older adults and support their caregivers. SCS goal is to assist seniors to remain independent by working closely with families, volunteers, local communities, funders and other community partners. For more information on all their services and programs, check their website: www.seniorcommunity.org or call their main line: 952-541-1019. Listed below are details of some of their programs.



Household & Outside Maintenance for the Elderly (HOME)

This program connects a network of skilled workers to provide services such as: installing grab bars, faucet repairs, small repairs, changing furnace filters, vacuuming, dusting, laundry, seasonal yard work, window washing, snow shoveling and more to those in need. Through partnerships, HOME is able to offer these services on a sliding fee scale that is based on ability to pay. For more information call 952-746-4046 or visit website at www.seniorcommunity.org.

Need Help with Health Insurance Questions? A health insurance counselor from Senior Community Services will be available for hour long appointments at the Brooklyn Center Community Center, 6301 Shingle Creek Parkway. To make an appointment for the second Wednesday of the month, please call the Brooklyn Center Senior Program at 763-569-3405.

VOLUNTEER OPPORTUNITIES

Here are some volunteer opportunities that we know serve our community and are always looking for help. If you know of other agencies, let us know and we can contact them.

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 North Memorial Volunteer Services 763-581-3926 or check their website at www.northmemorial.com.



ROAD TO RECOVERY

Help cancer patients from this area get to their medical treatments and appointments by volunteering to drive them in your own vehicle for this American Cancer Society program. For information, call Mary Wiles at 651-255-8183.

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 Joanne at: 763-531-1183

OPTIONS FOR MEALS

Dinner at Your Door



For those who may be home bound for a bit, Dinner at Your Door provides a hot, noon meal at the reasonable price of \$4.90. Volunteers deliver to your door. Call Joanne: 763-531-1183.

Senior Dining

Lunch is served Monday through Friday at the Crystal Community Center, 4800 Douglas Dr. in Crystal. The suggested contribution is \$4.00. To make your reservation, please call Sherry at 763-531-1183 at least three days in advance.

HAPPY FEET FOOTCARE



Reminder: Happy Feet Footcare provides foot care services and is now available at the Police & Fire Building, Community Meeting Room. Happy Feet will provide care at the Community Meeting Room once a month and routine appointments may be scheduled. Payment of \$34/visit is due at the time of service. Please call Tammy Royle to schedule an appointment or address questions and concerns at 763-560-5136.

OPERATION CALL SAFE

Did you know? Robbinsdale Police Department offers this safety check to Robbinsdale residents who have medical conditions or are living alone. If registered in the program, you are required to call the hotline every morning. If they don't hear from you, someone from the Police Department will follow up to make sure you are safe! Call 763-531-1220 for more information.