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 advertised through this newsletter and on the City's website, may be scheduled for additional fees.
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
Dates: May 1, 8, 15, 22, 29 and June 5, 12, 19, 26

*Please note: If school district is closed due to inclement weather, Friendly Robins will not meet.

Thank you Copperfield Hill and The Villa for your support by providing treats to the Friendly Robins!

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 meetings are May 6 at 1:30 pm and June 3 at 1:30 pm at Robbinsdale City Hall, 4100 Lakeview Ave. No. There is one vacancy. Application available on City's website.

Current Senior Commissioners are:
David Bjorkquist (Chair), Duane Bengtson, Carmen Berrios, Gene Montanez, Michael Ruppert and Teresa Cleveland.

Medical Forms & Reflective Backpacks
The Senior Commission has developed these tools to assist residents. The completed form provides emergency responders with your current medical information in easy to read format and is placed in a special pouch for convenience. The "Safety has my Back" reflective backpacks provide pedestrians and bicyclists with a useful bag and contains safety tips. Medical forms may be picked up at City Hall or at Friendly Robins Cards & Bunco. Backpacks are at City Hall only.

Friday Fitness Fun for Baby Boomers & Beyond!
This program helps you realize it is never too late to make a difference in strength, balance & overall wellness. Questions, call 763-531-1278.
Robbinsdale Public Safety Building
Community Room, 41st & Hubbard Ave N
Fridays, 9:00-9:45 am $30 for 5 use punch pass

OPERATION CALL SAFE: Did you know?
Robbinsdale Police Department offers a safety check to Robbinsdale residents who have medical conditions or are living alone. You will be 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.
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.
Time: 10:00 am
Cost: $2 payable at the door
Date: May 15, 2019
Charles Lindberg: Triumph, Tragedy and Controversy
In 1927, Charles Lindbergh became the first pilot to fly solo from New York to Paris. This feat made him one of the biggest celebrities of his time. However, his life following the flight was filled with tragedy and controversy. Join us to explore the complicated life of a complex man.
Register by May 10; call 763-531-1272.

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 Police & Fire Station, Community Meeting Room (lower level), 4101 Hubbard Ave N, Robbinsdale
Cost: $2/meeting or $10 for the year
Time: 1:00-3:00 pm
Refreshments served.

Roving Minds 2019 Theme:
People That Changed the World
Date: May 21, 2019
Topic: Planning for 2019-2020

LOCAL AUTHOR SERIES
The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale & Robbinsdale Area Schools offer a “Local Author Series” at the Crystal Community Center, 4800 Douglas Drive.
Time: 7:00 pm
Cost: $3 payable at the door
* will meet again in fall 2019.

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, Sixth Corner (back meeting room)
Fee: $10/year or $2/time
Date: Tuesday, May 7, 2019
Book: The Rosie Project
by Graeme Simsion
Date: Tuesday, June 4, 2019
Book: Whistling Past the Graveyard
by Susan Crandall

MOVIE DISCUSSION GROUP
Good conversations, great movies, and much fun. 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. Call 763-531-1272 for a detailed flyer.
Cost: $1/time
May 2 – Raiders of the Lost Ark
May 16 – Gravity
June 13 – Hidden Figures

ROBBINSDALE COMMUNITY GYMNS AND FITNESS CENTER (RCGFC)
Meet your fitness goals! Discounts available for adults 55+. For current hours and fees, please check the City’s website or call 763-531-1272. The RCGFC is located within the Robbinsdale Middle School; our entrance (Door 18) faces east towards Regent Avenue N, by synthetic turf field.

ROBBINSDALE PICKLEBALL
Join us at the Robbinsdale Community Gyms on Saturday mornings from 9am-12pm for pickleball; fee is $2/time. Punch pass cards are available for savings. Crystal & Golden Valley also offer Pickleball for 55+ at the Crystal Community Center-$3/time. Call Crystal Recreation 763-531-0052. Equipment is provided to try the game. Gym shoes are required.
ADULT PICKLEBALL LESSONS
Pickleball is a combination of ping-pong, tennis, and badminton. It is played on a court similar to tennis, where players hit a whiffle ball with a paddle that is slightly bigger than a ping-pong paddle. This is an extremely fun sport that can easily translate to tennis or other hand-eye coordination sports. This is the fastest growing sport in America, so come give it a try!
Where: Hidden Valley Park, New Hope
When: Saturdays, July 13-August 17
Beginner class, 9-10 am
Intermediate class, 10-11 am
Fee: $65

ADULT TENNIS LESSONS
Have fun, stay in shape and meet new friends while playing the lifetime sport of tennis! Beginner classes are for those who have little or no tennis experience. Learn the basic strokes and begin to rally. All participants will be given a new HEAD tennis racquet!
Advanced Beginner classes are for those who know the basic strokes and are working further on ball tracking, movement and consistency. Players are ready for introductory social match play.
All classes taught by USTA-trained instructors.
Where: Cooper High School
8230 47th Ave N, New Hope
When: Wednesdays, July 10-August 14
Beginner, 6:15-7:15 pm
Advanced Beginner, 7:15-8:15 pm
Fee: $54

KAYAKING ADVENTURES
Enjoy a leisure paddle on Cedar Lake and Lake of the Isles. Open to all abilities. Fee includes instruction, solo kayaks, life jackets, guide and lunch. Register one week prior to program.
Ages: 55+
Where: Cedar Point Beach on Cedar Lake
When: 11:15 am ï 1:30 pm
Option 1: Tuesday, July 9
Option 2: Tuesday, August 6
Fee: $30/person/option

ADULT EXPLORER SERIES
With Three Rivers Park District
Outdoor, nature focused experiences that are affordable, great fun and accessible, too!
Ages: 18+
Get to Know Your Regional Trails Biking Tour
Where: Bassett Creek Park, Crystal
Date: June 5, 6-8 pm  Fee: $15

Birding
Where: Crystal MAC Wildlife Area, Brooklyn Park
Date: June 18, 6-8 pm  Fee: $15

River Rafting
Where: Coon Rapids Dam Regional Park
Date: July 25, 5:30-8:30 pm  Fee: $30

Archery
Where: Robbinsdale Community Gyms
Date: August 14, 6-8 pm  Fee: $15

LAKE MINNETONKA CRUISE
Welcome Aboard! You are invited to join us on a beautiful cruise along the shores of Lake Minnetonka, departing from Port of Excelsior. A buffet lunch will be served on board which includes assortment of chicken salad, turkey breast, and baked ham sandwiches, served with homemade coleslaw, fresh fruit, potato chips, pickle chips, cookie and bar tray. Register by July 17.
Activity: 221104
When: Wednesday, July 31, 2019
10:30 am - 2:00 pm
Where: Bus departs 10:30 am from Robbinsdale City Hall
Fee: $55/person (includes transportation, boat cruise, and lunch)
Register online at webtrac.robbinsdalemn.com or call 763-531-1278.

LEISURE AGE
Join us for cards, games and a light lunch. Sponsored by Robbinsdale United Church of Christ and Copperfield Hill and held at Robbinsdale United Church of Christ 4200 Lake Road, Robbinsdale 2nd Thursday of the month; 11 am-1:30 pm.
May 9th – Presentation by David Jones:
Charles Lindberg: Triumph, Tragedy and Controversy
Please RSVP to choes@copperfieldhill.com or call 763-277-1001. Fee is $5
Here’s your chance to travel beyond the Twin Cities without worrying about the driving. Visit the CrossPoint Tours & Travel website at www.crosspointtours.com or call 612-229-5276.

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 within our community. Call Ryan Parks, 763-531-1272.

ROBBINSDALE HISTORICAL SOCIETY
Interested in local history? Check out their website: http://robbinsdalehistoricalsociety.org. Next Historical Society Membership Meeting is May 28 at 1 pm.

Robbinsdale Historical Museum
The Robbinsdale Historical Museum is located at 4915 42nd Avenue North in the Historical Library building. Open Fridays and Saturdays, from 10:00 am – 3:00 pm, 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: Tues. & Thurs. from 5:30-8:30 pm and Fri. & Sat. from 1-5 pm. Please check their website for more information: www.robbingallery.org

You’re invited to join us at the Robbinsdale Police & Fire Building, Community Room:
Water Media for Everyone!
Come learn watercolor 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

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. 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

HAPPY FEET FOOTCARE
Reminder: Happy Feet Footcare provides foot care services and is now available at the Robbinsdale Police & Fire Building, Community Meeting Room. Happy Feet will provide care once a month and you may schedule routine appointments. Payment of $40/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.
Senior Community Services (SCS) develops, coordinates and provides services that help meet the needs of older adults and support their caregivers. The goal of SCS 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.

**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 $6.25. 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.

Do you have a competitive spirit? Do you want a STEP TO IT CHALLENGE fun and easy way to get in shape this spring? Then the four-week Step To It Challenge from May 1 to May 28, 2019 is for you!

Get active with Robbinsdale!
The long winter has kept many of us inside and caused a case or two of cabin fever. But spring is just around the corner so it’s time to break free from winter and get active! This fun, free, four-week challenge encourages all residents to be physically active as local communities engage in a friendly competition. Bragging rights will go to the three communities that are the most active.

Individual participants also have a chance to win Twins tickets and Step To It T-shirts. Individuals, including the over 65 crowd with the most steps from each of the 24 participating communities will also have the opportunity to be on field before a Twins home game during the 2019 season.

How does it work?
As a Step To It participant, you will keep an ongoing total of the steps you take during the challenge. Using an activity conversion chart at www.steptoit.org, other activities such as biking, skateboarding, Tai Chi, or even just mowing the lawn can count toward overall steps. Our Web site will allow you to record your steps online, or your step total can be called in or faxed. Best of all, it’s FREE!

Registration begins April 1

Register by going to the Step To It Challenge Web site at <www.steptoit.org>.