

September-October 2018

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. For more information call 763-531-1278.

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: September 5, 12, 19, 26 and
October 3, 10, 17, 24, 31.*

Thank you Copperfield Hill and The Villa for your support by 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 at Robbinsdale City Hall, Sixth Corner for some socializing, crafting, coloring, solving puzzles and helping occasionally with small jobs. The door is always open, so come join the fun. For information call 763-531-1278.

Don't forget!!

***Robbinsdale Main Street Meet and Greet
Monday, September 10, 2018 from***

5:30-7:30pm.

***West Broadway; 41st-42nd Avenues N.
(rain or shine)***

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 **October 1, 6:00 pm** at Robbinsdale City Hall, 4100 Lakeview Ave. No.

Current Senior Commissioners are:

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

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" 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 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.

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.

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 2018-2019 Theme:

People That Changed the World

Date: September 18, 2018

Topic: Decide on topics for 2018-2019

Date: October 16, 2018

Topic: To be determined

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. Call 763-531-1272 to make your reservation by Friday before event.

Wednesday, October 10, 2018

Author: Fredrick Johnson

Book: *The Big Water: Lake Minnetonka and Its Place in Minnesota History*

Among Minnesota's greatest lakes, Minnetonka ranks second only to Superior in historical significance. The Big Water has played important roles: a home to Native Americans, a 19th century premier American resort, and early twentieth century enclave for wealthy Minneapolitans, a streetcar-reachable summer playground for Twin Cities residents and a home to prosperous Minneapolis suburbs. Author Fredrick Johnson offers an entertaining, wide-ranging discussion of his critically acclaimed, fully documented study of Lake Minnetonka. *Register by October 5.*

Time: 7:00-8:30 pm

Cost: \$3 payable at the door

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

September 6 – Apollo 13

September 20 – Ace in the Hole

October 4 – National Treasure 2

October 18 – Founder

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, September 4, 2018

Book: *Scruples & Drams*

Guest Author – Cynthia Frank-Stupnik

Date: Tuesday, October 2, 2018

Book: *Do Not Find Me* by Kathleen Novak

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.

Date: September 19, 2018

“The Civil War without Proper Names, Dates and Battles”

The focus of this presentation is on photography (then and now), maps, inventions, reenacting (living history), genealogy, etc. Gary Blessman, a resident of Crystal since 2001, is the business manager at Fourth Baptist Church. In 2008 he discovered the discharge papers of his great-great grandfather from the 126th Illinois Infantry and began researching his ancestor's regimental history. **Register by Sept. 14, call 763-531-1272.**

Date: October 17, 2018

Lots of Family Photos and Memorabilia?

Don't wait-Organize it!

You have 60, 70, 80 plus years of living AND precious memories in photos and memorabilia. Where do you begin to pass on something meaningful to your kids about your life and family heritage? Inspirational and informative, Jeff Baker, owner of Sagis Legacy, will provide practical ways to collect, prioritize, organize and preserve your stories, photo collections, family history, and unique heirloom documents so you and your family will continue to value them.

Registration: 763-531-1272 by October 12.

ROBBINSDALE COMMUNITY GYMS AND FITNESS CENTER (RCGFC)

Discounts available for adults 55+. The remodeled fitness area is worth checking out! 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, and is near the 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. For days and times, 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. Learn a combination of hand-eye coordination and mental focus to improve and develop fundamentals of pickleball.

Call 763-531-1272 for more information or to register. *Register by September 7.*

Where: Hidden Valley Park, New Hope

When: Wednesdays, Sept. 12-Oct. 17, 7-8 pm

Fee: \$65

KAYAK & CANOE ADVENTURES

Enjoy a leisure paddle on Cedar Lake, Lake of the Isles and Lake Calhoun. Open to all abilities. Fee includes instruction, solo kayaks, canoes, life jackets, guide and lunch. Register by Sept. 21. Call 763-531-1272 for more information. Limited spots are available.

Ages: 55+

Where: Cedar Point Beach on Cedar Lake

When: Wednesday, Sept. 26, 11:15 am-1:30 pm

Fee: \$30 per person

**CELEBRATE OKTOBERFEST at
BROOKVIEW GOLDEN VALLEY**

Don't miss this celebration of good food and German-style fun. Robbinsdale Area Schools Community Education, along with the cities of Brooklyn Center, Brooklyn Park, Crystal, Golden Valley, New Hope, Plymouth and Robbinsdale present an Oktoberfest Senior Lunch and Dance.

Thursday, October 4, 2018

11:30 am-1:30 pm

Brookview Golden Valley

During the luncheon, entertainer Squeezy Wes Miller will delight attendees with authentic polka and Oktoberfest accordion music. A seasoned accordion performer, Squeezy will be walking through the crowd to entertain audiences and provide a fun Oktoberfest party atmosphere. Afterwards, dance or just sit back and listen to the Fridley City Polka band, playing a variety of dance music, polkas and old time classics.

Tickets for the event are \$12 each and include entertainment and the luncheon below:

- Authentic German style soft pretzel sticks
- Bratwurst (Beef/chicken)
- Sauerkraut
- Traditional Potato Salad
- Apple Strudel
- Water, coffee and root beer.
- Beer will be available on a cash bar basis.

To register, call 763-531-1278 or register online at: <https://webtrac.robbinsdalemn.com>

Limited spaces are available. Registration will close when filled or no later than Wed, Sept. 26.

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 55422 2nd Thursday of the month; 11 am-1:30 pm. Please RSVP to choes@copperfieldhill.com or call 763-277-1001. Fee is \$5

September 13th – Music by Ross McCloud

October 11th ó Music by Mark Rowland

SAVVY SENIORS

Officer Casey Landherr will discuss how to recognize and avoid scams directed at older adults.

Where: Robbinsdale City Hall

When: Monday, November 5, 5:30-6:30 pm

Fee: Free, but must pre-register by calling 763-531-1278.

HOW TO USE YOUR SMARTPHONE

Do you have a smartphone or an iPad that you would be interested in learning how to use all the different features? These classes will help!

Where: New Hope City Hall

When: Tuesdays, 6:30-8:30 pm

Fee: \$10/person/session

September 18: Android Phone Session

October 9: iPad & iPhone Session

SOCIAL MEDIA BASICS

Is social media confusing to you? Learn safety measures along with the basics of using the different types of accounts.

Where: New Hope City Hall

When: Tuesday, October 23, 6:30-8:30 pm

Fee: \$10

SCORE YOUR SHORE

Do you live on a lake? Are you interested in citizen science? Come learn from Robbinsdale's Water Resources Specialist about the Score Your Shore Assessment created by the Minnesota Dept. of Natural Resources. It is a tool to evaluate the shoreline on your property and learn what landscaping helps or hurts the quality of the lake.

Wednesday, Sept. 19; 6:30-7:30 pm

Robbinsdale City Hall (Back Conference Room)

Fee: \$9 (includes handouts and a copy of the Score Your Shore Assessment.

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.

2018 Trips & Tours

October 8-12 ó Beautiful Door County

November 1-2 – A Fireside Dinner Theatre Christmas, Johnson Creek, Wisconsin

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 meeting will be September 25, 2018 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: 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 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

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 \$36/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 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. 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 \$5.50. 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.