

November-December 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. For more information call 763-531-1278.

## 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, November 15, 2017

Guest Speaker – Jon Burkhaw  
Senior Community Services

### Wednesday, December 13, 2017

**12:30-3:00 pm, Annual Holiday Party at the Police & Fire Station, Community Meeting Room.** Prior registration with Recreation Services required. Call 763-531-1278 to register.

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

*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

## Special Holiday Events!

### Holiday Tree Lighting and Sing-A-Long

Tuesday, December 5, 2017

Robbinsdale City Hall

6-6:30pm

FREE



### Holiday Concert with Robbinsdale City Band

Thursday, December 7, 2017

Crystal Community Center

7:00 pm Coffee & Cookies

7:30-8:30 pm Concert

FREE



### Friendly Robins Holiday Party

Wednesday, December 13, 2017

Police & Fire Station,  
Community Meeting Room

12:30-3:00pm

Registration required. Call 763-531-1278.



### Holiday Movie Discussion & Potluck

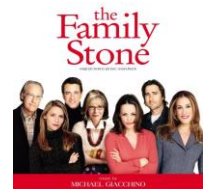
Thursday, December 14, 2017

Robbinsdale Police & Fire Bldg.

1:00 pm

**Movie:** *The Family Stone*

(Potluck-bring a dish to share)



## 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.

### OSSEO AREA SCHOOLS-Employment

Join the Osseo Area Schools Food & Nutrition Team! Work Monday-Friday during school hours. On-call positions available immediately (average 3 hours/day when called) at \$12.37/hour. Permanent positions may be available. If questions, call 763-391-7066 or 763-391-7007. Apply online <http://bit.ly/osseojobs>.

### 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 Mondays, **November 6 and December 4 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, 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, 41<sup>st</sup> & Hubbard Ave N  
Fee: \$30 for 5 use punch pass

### 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. Thanks to our sponsor, *Brookdale Healthcare Services!*

**The Local Author Series will meet again in April of 2018. Hope to see you then!**

### 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 served.**

#### Roving Minds 2017-2018 Theme:

*Women of the Ages*

**Date:** November 21, 2017

**Topic:** To be determined

**Date:** December 19, 2017

**Topic:** To be determined

#### 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

**Date:** Tuesday, November 7, 2017

**Book:** *Four Friends*

*By Robyn Carr*

**Date:** Tuesday, December 5, 2017

**Book:** *Hillbilly Elegy*

*By J.D. Vance*

**\*Holiday Potluck – 12:00 pm**



#### 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. Call 763-531-1272 for a detailed flyer.

**Cost: \$1/time**  
*November 2 – The Iron Lady*

*November 16 – Radio*

*December 14 – The Family Stone*



## **ROBBINSDALE COMMUNITY GYMS AND FITNESS CENTER IS NOW OPEN**

After being closed for several months for renovations, the Robbinsdale Community Gyms and Fitness Center (RCGFC) is now open! For current hours and fees, please check the City's website. Please join us for the free "Grand Re-opening" event on Saturday, December 2 from 10 am to 1 pm. This will be your opportunity to see all the changes, try out the new equipment, participate in activities that are offered, talk to different organizations and be eligible for discounts towards memberships. A specific schedule of activities will be available on the City's website closer to the event. 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; fee is \$2/time. Punch pass cards are available for savings. Crystal & Golden Valley also offer Pickleball for 55+ at the Crystal Community Center on Mondays and Thursdays: 9am-12pm. 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.



## **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: November 15, 2017**

### ***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 being trained and hear firsthand from a working team about the bond they share.

**Registration: 763-531-1272 by November 10.**

## **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.

**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! For information, call 763-531-1220.

## **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](http://www.crosspointtours.com) or call 612-229-5276.

### ***2018 Trips & Tours***

**February 19-26** – Oahu & Kauai Islands

**March 2-10** – Royal Clipper Tall Ship Cruise, The Grenadine Islands

**March 11-16** – Branson in the Spring

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 November 28 in the Historical Museum/Art Gallery. Guests welcome!

### **Robbinsdale Historical Museum**

The Robbinsdale Historical Museum is located at 4915 42<sup>nd</sup> 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 42<sup>nd</sup> 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](http://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](http://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](http://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](http://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 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.

## WINTER REMINDERS!



### ***Be in the know when there is snow!***

- Drivers: Watch out for pedestrians.
- Pedestrians-make sure you're visible!
- City ordinance-you have 12 hours to shovel your sidewalk after a snowfall.
- If you or your neighbor have trouble shoveling your sidewalks, ask for help.
- If you leave for the winter, be sure to arrange to have your sidewalks shoveled.

