

May-June 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.

***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

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 meetings are Monday, **May 1, 2017 and June 5, 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 and overall wellness. For more information, please 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

NORDIC WALKING

Discover the benefits of fitness walking with poles. All equipment provided by Hoigaards. Preregister by June 1 with Recreation Services.

When: Wed. June 7, 7-8 pm

Where: Sanborn Park Building

Fee: \$7

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.

Roving Minds 2016-2017 Theme:

American Generations

Date: May 16, 2017

Topic: Millennial Generation

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, May 2, 2017

Book: *Our Souls at Night*

By Kent Haruf

Date: Tuesday, June 6, 2017

Book: *Silent Sister*

By Diane Chamberlain

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, 10:00 am 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:**

May 4 – Lincoln

May 18 – The Grapes of Wrath

June 8 – The King's Speech

ROBBINSDALE PICKLEBALL



Join us at the Robbinsdale Community

Gyms on Saturday mornings from

9:00 am-12 pm; 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:

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.

ONLINE BANKING & ONLINE SELLING

You will learn about Online Banking and bill

pay...an overview of electronic home

finance. Getting your banking online, getting your

payees set up, and managing your bank balance

will be covered. Online Selling...a guide for how

it works and how to protect yourself will also be

discussed. Various sites will be explained...eBay,

Facebook, OfferUp, Etsy, Craigslist, and

Amazon. You'll also learn about how to create a

post, and payment options to include PayPal,

Amazon Wallet, Credit Card, Check/Cashier's

Check, and Cash. Stephanie and Shelly Lipetzky

started a small business called Sane & Simple TC,

and they work with individuals to organize and

simplify your lives. They'll help you understand

skills that may intimidate or overwhelm you.

When: Thursday, May 11, 9:30-10:30 am

Where: Brooklyn Center Community Center

FEE: \$5.00 (includes light breakfast)

Register by May 6

(Online or call 763-531-1278)

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.

Date: May 17, 2017

Herbs in the Garden and in the Kitchen

Culinary Herbs belong in every kitchen and on every kitchen table. Learn techniques for growing herbs in your garden or on your deck. Learn harvesting and preserving methods so fresh or preserved herbs are at hand for every day meals. Bring your questions or experiences to share!

Time: 10:00 am Cost: \$2 payable at the door

Registration: Call 763-531-1272 by May 12.

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.

Wednesday, May 17, 2017 Still have openings!

St. Paul Gangster Tour and Wabasha Street Caves Tour

Our famous crook's tour! Explore with us the sites of nightclubs, kidnappings, and gun battles associated with the 1930's gangsters like John Dillinger, Ma Barker and Babyface Nelson. See the sights where the gangsters lived it up as they planned and executed some of the most notorious crimes ever perpetrated in the upper Midwest. Your guide takes you past the most infamous gangster hideouts and the famous nightclubs where many gangsters spent time socializing with the public. Following the Gangster Tour, a buffet lunch will be served at the historic Wabasha Street Caves. After lunch, we'll have a guided tour of the Wabasha Street Caves.

Cost: \$64 Deadline extended to May 9

Thursday, June 22, 2017

Taylor Falls Scenic Boat Tour

Since 1906 tourists by the thousands have enjoyed the scenic beauty of the world famous Dalles of the St. Croix River by excursion boat. Your licensed boat pilot and tour guide will point out the unique rock formations that were left behind as the glaciers retreated thousands of years ago. Among the most outstanding formations is the huge stone cross for which the St. Croix River was named. "St. Croix" means Holy Cross. Other sites that can be seen from the boat include: the world's largest glacial kettles or "pot holes", Lion's Head, Turk's Head and the highlight of the boat tour, The Old Man of the Dalles - the most outstanding natural rock face you'll ever see. Buffet lunch will be served during the boat tour.

Cost: \$44 Deadline to register: June 9

Thursday, July 20, 2017

SteppingStone Theatre presents *Aladdin Jr*

Welcome to Agrabah, the City of Enchantment! Based on the Academy Award-winning adventure, Disney's Aladdin, Jr. is sure to thrill teen performers and audiences of all ages. Featuring favorite songs, and a large cast of townspeople, courtiers, sidekicks, a chorus of dancing Genies, and a long list of familiar characters, there is something for everyone in this tale for the ages about discovering you are more than your outward appearance. Lunch will be served after the performance at Snuffy's Malt Shop in St. Paul.

Cost: \$42 Deadline to register: June 7

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 5-15-Romantic Rhine & Mosel River Cruise

July 24-26-Medora Western Adventure

July 30-August 10-Alaska Adventure Cruise

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 May 23 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.



STEP TO IT CHALLENGE

Do you have a competitive spirit? Do you want a fun and easy way to get in shape this spring? Then the four-week Step To It Challenge from May 1–May 28, 2017 is for you!

Get active with Robbinsdale!

The recent rainy weather has kept many of us inside and caused a case or two of cabin fever. It's time to break free from the gloom and get active! This fun, free, four-week challenge encourages all residents to be physically active as local communities engage in a friendly competition.

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 have the opportunity to be on the field before a 2017 Twins home game.

All you need to do is 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, vacuuming, Tai Chi, or mowing the lawn can count! The 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! Register by going to the Step To It Challenge Web site at www.steptoit.org or you can call 612-348-5618.