

May-June 2019

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: 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!

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.

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 GYMS 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 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 to 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

CROSSPOINT TOURS & TRAVEL

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 to 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 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 to 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 to 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 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 \$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 16 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.