

March-April 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 SENIOR CLUB:

The Friendly Robins Senior Club meets Wednesdays in March. Activities include; visiting with friends, special speakers, refreshments, and door prizes along with playing cards, Bunco and other games. There are periodic business meetings held to discuss programs. Club Membership ends March 31, 2017 and we'll no longer accept dues.

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, March 8, 2017

Guest Speaker – Chiropractor with
Robin Wellness Center

*Thank you Copperfield Hill
for providing treats to the Friendly Robins!*

FRIENDLY ROBINS CARDS & BUNCO

As of April 1, the Friendly Robins Senior Club will become 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.**



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

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, **March 6, 2017 and April 3, 2017 at 6:00 pm** at Robbinsdale City Hall, 4100 Lakeview Avenue North.

Current Senior Commissioners are:

David Bjorkquist (Chair), Teresa Cleveland (Vice Chair), Gene Montanez, Duane Bengtson & Jerry Ruppert. *There are two openings. To be a member, you need to be at least 55 years old and a current resident of the City of Robbinsdale. If interested or know of someone who might be, please call 763-531-1278 for an application.*

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 a Friendly Robins meeting.

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.

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

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: March 21, 2017

Topic: **Generation X**

Date: April 18, 2017

Topic: **Baby Boomer 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, March 7, 2017**

Book: *The Last Mile*

By David Baldacci

Date: **Tuesday, April 4, 2017**

Book: *A Night Divided*

By Jennifer Nielsen



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:**

March 9 – Little Miss Sunshine

March 23 – Rear Window

April 6 – Monuments Men

April 20 - Vertigo

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)

ADULT FAIRY GARDEN HOUSE

Create your own fairy house out of clay to make a wonderful and whimsical addition to your garden. Register online or call 763-531-1278.

When: Saturdays, April 22 & 29, 9-11 am

Where: Crystal Community Center

Fee: \$44

BIRDING HIKE

Learn to locate and identify some of spring's new arrivals. Tips and tricks from a Three Rivers Park naturalist. Register online or call 763-531-1278.

Ages: 17 and older

When: Tuesday, April 25, 10 am – 12 pm

Where: Sochacki Park, 3500 June Ave N.

Fee: \$5

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!**

Wednesday, April 12, 2017

Author: Doug Ohman

Book: *Minnesota Byways with Doug Ohman*

Join us for an evening with nationally known photographer, author and storyteller Doug Ohman. He was commissioned by the Minnesota Historical Society to photograph a series of books called Minnesota Byways Series and covers his



books Barns of Minnesota, Churches of Minnesota, Libraries of Minnesota, Courthouses of Minnesota, Schoolhouses of Minnesota, and Cabins of Minnesota. Doug will share the stories behind the books, his travels through Minnesota and share his stunning photographs of many of Minnesota's vanishing landmarks and treasures. Register by April 7.

Time: 7:00-8:30 pm

Cost: \$3 payable at the door

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: March 15, 2017

The Great Depression & Dust Bowl in Minnesota

The Great Depression originated in the United States with the stock market crash of October 29, 1929. Between 1929 and 1932, worldwide GDP fell by an estimated 15%. By comparison, worldwide GDP fell by less than 1% from 2008 to 2009 during the Great Recession. The negative effects of the Great Depression lasted until the beginning of World War II. The Dust Bowl was a period of severe dust storms that greatly damaged the ecology and agriculture of the US and Canadian prairies during the 1930s; severe drought and a failure to apply dry land farming methods to prevent wind erosion caused the phenomenon. With insufficient understanding of the ecology of the plains, farmers had conducted extensive deep plowing of the virgin topsoil of the Great Plains. This one two punch will be looked at as it effected Minnesota. Happening at the same time lead to many failed farms. Minnesota lived through this period and became stronger.

Time: 10:00 am Cost: \$2 payable at the door
Registration: 763-531-1272 by March 10.

Date: April 19, 2017

What to Do When Someone Dies

Do you know the important tasks that must be taken care of if someone dies? Elder Law Attorney Elizabeth Michaelis will discuss the practical considerations in handling someone's affairs, as well as the four main tasks when you are responsible for settling the estate. This presentation explains the role of the personal representative (Executor), the family members and others, in an orderly estate administration. Elizabeth Michaelis, J.D., M.B.A, practices in trusts, wills and estates, and elder law. She is the founder of Guardian Counsel, LLC.

Time: 10:00 am Cost: \$2 payable at the door
Registration: 763-531-1272 by April 14.

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.

Thursday, April 27, 2017

Plymouth Playhouse presents *Rise Up, O Men*
Sixth in the Church Basement Ladies series, *Rise Up, O Men* is a brand new musical comedy featuring the men of the church and your favorite church basement ladies who serve them. As these hard-working farmers discuss their scrap lumber piles and benefits of weld vs solder, they unintentionally disrupt the order of the kitchen. But that's what happens when you let the rooster in the hen house. Lunch will be served at the Green Mill prior to the performance.

Cost: \$60 Deadline to register: April 5

Wednesday, May 17, 2017

St. Paul Gangster Tour & 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 to register: May 2

CROSSPOINT TOURS & TRAVEL

Here's your chance to travel beyond the Twin Cities without worrying about the driving. For more information on these trips, flyers available with complete details at City Hall; visit the CrossPoint Tours & Travel website at www.crosspointtours.com or call 612-229-5276.

May 4-6 -Pella Tulip Festival & Amana Colonies Deadline to register: April 1

May 28-June 4- Cruise To Cuba, Make History Deadline to register: March 24

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 March 28 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.

HENNEPIN ARTISTS OF

ROBBIN GALLERY

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. Check their website for more information: www.robblingallery.org.

WEATHER RESILIENT YARDS

A Metro Blooms Workshop

Get an overview of Minnesota's changing weather patterns and ways to mitigate the impact in your own yard. You will learn there are many ways to create a more resilient landscape that can improve the microclimate in your own yard and protect our natural environment.

Where: Crystal Community Center

When: Thursday, May 4, 6-9 pm

Fee: \$15/household – must register online at Metroblooms.org or call 651-699-2426

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

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.

WARM-UP MINNESOTA



Folks who knit and/or crochet are always welcome to join the Warm-up Minnesota volunteers. Afghans have been donated to various local facilities. Yarn is available in the Senior Program office.

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. Wednesday of the month, please call the Brooklyn Center Senior Program at 763-569-3405.

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.



2017 PAINT-A-THON

We help homeowners to continue living independently by matching them with volunteer teams who

will scrape, prime, and paint the exterior of their home, garage, or other structure at no cost to the homeowner. Despite the economic challenges Metro Paint-A-Thon has faced, we are committed to continue to serve eligible homeowners.

Interested homeowners and agencies can find more program details including eligibility requirements on the homeowner application: www.gmcc.org/paintathon/homeownerapplication You may also contact the Metro Paint-A-Thon at 612-276-1579 to have a copy of the application mailed or emailed to you.

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.

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.



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 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 2017 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.