

March-April 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 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

*Dates: March 7, 14, 21, 28 (see below)
and April 4, 11, 18, 25*

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>.

Wednesday, March 28, 2018

Nightingale Home Healthcare will be available starting at 12:30 pm to provide free treats and vitals screenings, including blood pressure and oxygen readings. Nightingale offers RN/PT/OT/SP services post hospital stay or transitioning home from an inpatient rehab program.

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

Thank you Copperfield Hill for your continued 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

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, **March 5 and April 2 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 and Gene Montanez.

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 pouches 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 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, 41st & 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.

Wednesday, April 11, 2018

Meet the Author: Bill Schrankler

Book: ***Shadows of the Time...Minnesota's Surviving Depots***

Author Bill Schrankler will discuss his new book, “Shadows of Time... Minnesota’s Surviving Depots”. The book brings to life 168 of Minnesota’s remaining rail road depots, including the local depots – New Brighton, North St. Paul, Rutledge, St. Anthony Park (2), St. Paul and White Bear. Bill will share entertaining, fact filled information gathered along with hundreds of photographs, maps and other images. His narrative provides a look at Minnesota railroad history through brief studies of the aging structures that range from opulent buildings to small wooden structures. Book will be available for purchase at the special rate of \$27.

Register by April 6.

Time: 7:00-8:30 pm

Cost: \$3 payable at the door

Thanks to our sponsor, *Brookdale Healthcare Services!*

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: March 20, 2018

Topic: To be determined

Date: April 17, 2018

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, Sixth Corner (back meeting room)

Fee: \$10/year or \$2/time




Date: Tuesday, March 6, 2018

Book: *Room* by Emma Donoghue

Date: Tuesday, April 3, 2018

Book: *Girl in Translation*
by Jean Kwok

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**

March 8 – *River of No Return*

March 22 – *The Great Outdoors*

April 5 – *We Are Marshall*

April 19 – *Message in a Bottle*

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

Next Donut Make you Wonder programs:

Date: March 21, 2018

Recycling Myths and Mysteries Solved – Mostly!

Most people think recycling is something new, but resourceful humans first began recycling in prehistoric times. Ingenious minds are always looking for ways to turn trash into treasure. More than 1,000 Minnesota manufacturers use recycled material to make their new products. What they want to make determines what you can put in your recycling cart. Recycling Manager Tim Pratt answers questions about what can go in your cart and what can't, and he shows us how recycling helped us win the Revolutionary War and World War II.

Registration: 763-531-1272 by March 16.

Date: April 18, 2018

Feet First – The Only Way I'm Leaving My House

This class takes a look at tips and techniques to help you stay in your home. It covers the common causes of having to leave your home and provides common sense hints, best practices, and resources to avoid pitfalls. The course is taught by Stephen Laliberte. Steve is a recognized speaker in the Twin Cities senior community. He has taught hundreds of classes on valuing your possessions and downsizing. Stephen is owner of Liberty Holdings a group of companies that provides senior services that include Odds & Ends Again consignment store, Sort Toss Pack senior moving services, and Odds & Ends Again Realty.

Registration: 763-531-1272 by April 13.

ROBBINSDALE COMMUNITY GYMS AND FITNESS CENTER

Discounts available for adults 55+. The recently remodeled fitness area is worth checking out! For current hours and fees, please check the City's website. 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, Tuesdays and Thursdays from 9am-1pm and Fridays from 7-9 pm. Just drop in/no advance registration-\$3/time. For more information, call Crystal Recreation 763-531-0052. Equipment is provided to try the game. Gym shoes are required.

How to Use Your Smartphone

Did you recently get an iPad or iPhone and need some help learning how to use it? Have you had it for a while and have questions? This class is for you! Instructor Duff Watson will provide information on the device, and allow time for questions and one on one help. Bring your charged iPad or iPhone to class.

Where: New Hope City Hall

When: Tuesdays, 6:30-8:00 pm

Fee: \$10/person/session

April 17-Android Phone Session (*Register by Apr 10*)

May 15-iPad & iPhone Session (*Register by May 8*)

Register online at webtrac.robbinsdalemn.com or call 763-531-1278.

Social Media Basics

Is social media confusing to you? Are you interested in learning how to safely post information? Do you want to understand who sees what? Learn about the different types of social media platforms, why you might want to have an account, and how to set up various types of accounts. Bring your charged device to class if you have one (smartphone, laptop, tablet).

Where: New Hope City Hall

When: Tuesday, April 24, 2:00-4:00 pm

Fee: \$10 (*Register by April 17*)

Register online at webtrac.robbinsdalemn.com or call 763-531-1278.

ST. CROIX RIVER LUNCHEON CRUISE

Welcome Aboard! You are invited to join us on a beautiful two hour boat trip along the shores of Minnesota and Wisconsin on the Scenic St. Croix River, departing from Hudson, Wisconsin. A buffet lunch will be served on board which includes sliced meats and cheeses with fresh bakery roll, sandwich condiments, assorted fresh fruit display, pasta salad, chef's choice of hot entrée and gourmet cookie. *Register by July 19.*

Activity: 221102

When: Thursday, August 2, 2018
10:00 am - 3:00 pm

Where: Bus departs **10:00 am** from
Robbinsdale City Hall

Fee: \$52/person (includes transportation,
boat cruise, lunch)

**Register online at webtrac.robbinsdalemn.com
or call 763-531-1278.**

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

May 3-5 – Pella Tulip Festival & Amana Colonies

May 23-June 1 – Majestic Alaska

July 18-25 – Italy Adventure

July 30-August 2 – Medora Western Adventure

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! Call 763-531-1220 for more information.

ROBBINSDALE HISTORICAL SOCIETY

Interested in local history? Check out their website: <http://robbinsdalehistoricalsociety.org>. Next meeting will be March 27, 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: 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

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

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.

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 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.

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 \$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.



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 1–May 28, 2018 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 2018 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.