

March, April, May 2016

# Prime Time News

Newsletter of the Crystal Friendship Center



## Senior Spotlight

### CRIBBAGE HOLIDAY PARTY



The Cribbage group on Tuesday nights enjoyed a holiday party with Santa (Bob Gacek) and his elf, (Linda Frank), front row center. They have so much fun playing cribbage...every week is a party! Thank you to our volunteer leader, Gene Neisen!



#### Recreation Office

763-531-0052

8:00 am- 4:30 pm

Monday-Friday

[www.crystalmn.gov/recreation](http://www.crystalmn.gov/recreation)

#### CONTACT INFORMATION:

#### Recreation Supervisor

Marcia Bach

763-531-1153

[marcia.bach@crystalmn.gov](mailto:marcia.bach@crystalmn.gov)

#### Senior Outreach

952-746-4028

#### Senior Dining

#### Dinner at Your Door

Cherie & Joanne

763-531-1183

9:00 am-1:00 pm

#### District #281

#### Community Education

763-504-6990

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# Spring into Action

We're almost through a Minnesota winter! Now is the time to spring into action and get in shape! Stop by the Crystal Community Center today to get registered, or call 763-531-0052.

## LINE DANCING

Start your morning off with a smile. Line dancing is recommended as a moderate aerobic exercise that works to improve balance and strengthen heart and bones. This fun class will make you feel confident with any dance line whether country, Latin, or American. Instructor Annette Fragale is certified by NTA and CWLDA. She has taught for 30 years. Call 763-531-0052 to register by June 1.



**Tuesdays, June 7-28.....11:00 am-12:00 pm**  
**FEE: \$25 Crystal and Golden Valley Residents**  
**\$27 Non-Residents**

## SENIOR PAR 3 GOLF LEAGUE KICK-OFF

Kick-off the 2016 golf season with Ben Disch, Brookview's Golf Manager. Refreshments! Door prizes! \$5 league registration also taken that day. If you are unable to attend the kick-off, but want to play in the league, the league fee may be dropped off in the golf office. **Call 763-512-2339 to register for the kick-off by April 18.**

**Thursday, April 21.....10:00 am**  
**Fee: FREE**

**The Grill at Brookview, Golden Valley**

## SENIOR LAWN BOWLING CLINIC

Plan to attend the clinic taught by an official at the Brookview rinks. At the clinic you will learn the rules of the game, vocabulary that is unique to bowls, the proper way to hold and deliver your bowls, and the etiquette that governs behavior on the greens. Shoes need to be flat soled so that you don't damage the surface of the green. You do NOT have to buy special shoes that are just for lawn bowling. Sunscreen: An absolute must when bowling in the sun and a sun visor or hat. At the time of the clinic, you can sign up for a league to be played at Brookview starting the following week. **Call 763-512-2340 to register.**

**Wednesday, June 1.....10:00-11:30 am**  
**Fee: \$3.00**

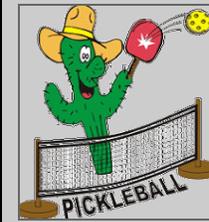
**Brookview Lawn Bowling Rinks, Golden Valley**

## LAWN BOWLING LEAGUE

Game equipment is provided and an official is present during league play. No special clothing is required, however teams with all members competing in white top and white or khaki bottoms receive 1 point before match play begins. Register individually or as a team of 4-8 players. Minimum of 4 teams/ Maximum of 16. **Call 763-512-2340 to register by June 4.**

**Wednesdays, June 8- July 13.....10:00-11:00 am**  
**Fee: \$5.00 league fee and \$3.00 per week**

**Brookview Lawn Bowling Rinks, Golden Valley**



## PICKLEBALL

**Mondays and Thursdays**  
**9:00 am-1:00 pm**  
**Crystal Community Center**  
**(GYM CLOSED 4/25-5/6)**

Pickleball is for people of all athletic abilities, described as a combination of ping pong, tennis and badminton. It's a great work out, very social, and a competitive and athletic game. It's also a good way to spend time with friends and family. Pickleball uses a plastic whiffle ball and a paddle and is played on a court roughly half the size of a tennis court. The cities of Crystal and Golden Valley are offering Pickleball at the Crystal Community Center. This is not a league...come when you can...just drop in...with no advanced registration. Equipment is provided for you to try the game. Gym shoes are required. Call Crystal Recreation 763-531-0052 or Golden Valley Recreation 763-512-2339 with questions. For your convenience, purchase a punch card and save. One punch per time.

**FEE: \$2/time or \$1/time for Crystal Friendship members OR \$10 for punch card with 10 punches for Crystal Friendship members and Crystal and Golden Valley residents**

## SPRING OUTDOOR PICKLEBALL

Courts are reserved for pickleball play! Bring your paddle!  
**Tuesdays (when weather permits).....9:00-11:00 am**  
**Fee: FREE**  
**Medley Park Courts, 2331 Ensign Ave N, Golden Valley**

## PEDAL PUSHERS KICK-OFF

Join Nancy, our fearless leader, as we plan our 2016 Pedal Pusher season. Nancy will show slides of her and Keith's latest adventure AND we will plan the 2016 ride schedule. Register by calling the Golden Valley senior office at 763-512-2339 by May 13.

**Tuesday, May 17.....10:00 am**  
**Brookview Community Center, Golden Valley**

## 55+ HEALTH GYM WALK

The Crystal Community Center will have one to three gyms available for walking depending on scheduled activities. Recreation programs and rentals take priority and hallways may be available for walking when there is an event or rental. Black soled shoes not allowed. Families with children will be allowed to walk on Tuesdays and Fridays from 11:00 am-2:00 pm. **FREE!**



**Tuesdays and Fridays .....8:00 am-2:00 pm**  
**Wednesdays .....12:00 pm-2:00 pm**

# Activities and More

## CRYSTAL FRIENDSHIP CENTER

The Crystal Friendship Center is open to all individuals age 55 and better for a **yearly fee of \$12 for Crystal residents and \$19 for non-residents**. We welcome you to join our many groups that meet throughout the week at the Crystal Friendship Center. After your second day as a visitor, a membership card is required. Come early if you do not have a partner to make necessary arrangements for a place at a table.

### SENIOR SPRING BRUNCH WEDNESDAY, MAY 11

Attend the Senior Spring Brunch to recognize all of the Friendship Center volunteers who serve the membership all year long!

**DATE:** Wednesday, May 11

**TIME:** 10:00 -11:30 am

**PLACE:** Crystal Community Center

**FEE:** \$4.00- resident or Friendship Center member  
\$5.00- non-resident (includes brunch & entertainment)

**VOLUNTEERS:** No charge

**REGISTER BY:** Wednesday, May 4 (Call 763-531-0052)



### WEEKLY GAMES

#### WEEKDAY GAMES

**Duplicate Bridge**.....Monday- 12:00 pm  
(Not held May 30, meets May 31)

**Billiards**.....Monday-Friday- 12:30 pm

**Open Game Day**....Tuesday- 12:00 pm

**500**.....Wednesday- 12:30 pm

**Whist**.....Thursday- 12:30 pm

**Party Bridge**.....Friday- 12:00 pm



#### EVENING GAMES

**500**.....Monday- 6:30 pm  
(Not held: May 30)

**Whist**.....Tuesday- 6:30 pm

**Cribbage**.....Tuesday- 6:30 pm

**Hand & Foot**.....Wednesday- 5:30 pm

**Open Game Night**...Thursday- 6:30 pm



### AARP SMART DRIVER REFRESHER COURSE (4 HOUR)

Do you want to receive up to a 10% discount on your car insurance for the next three years? If you have had a previous 8-hour class, register for this 4-hour, state-approved refresher course. While no driving is necessary, attendance is required for credit and certificate. To receive the AARP membership discount, you must register at the front desk during regular office hours with proof of your membership. Register 6 days before class.

**Thursday, March 10** .....9:00 am-1:00 pm

**Thursday, April 14** .....9:00 am-1:00 pm

**Thursday, May 12** .....9:00 am-1:00 pm

Location: Crystal Community Center

Fee: \$17 residents with AARP membership

\$22 residents without AARP membership

\$19 non-residents with AARP membership

\$24 non-residents without AARP membership

### MHSC DRIVER IMPROVEMENT PROGRAM

The Driver Improvement Program course is taught by a Minnesota Highway Safety Center trained instructor. The class will explore changes in laws, the latest in vehicle technology, and provide you with easy-to-use defensive driving tips. In addition, we will explore traffic safety and accident prevention. The classroom sessions are eight hours in length. Completion of this course allows for a 10% reduction on automobile insurance premiums for those over the age of 55. Have your driver's license number available for efficient registration. Register 10 days before class.

**Wednesday, April 13 (4-Hour)**.....5:30- 9:30 pm

**Saturday, May 7 (8-Hour)**.....8:30 am- 4:30 pm

Location: Crystal Community Center

Fee: \$20 4 Hour Class

\$24 8 Hour Class



### SATURDAY CARD TOURNAMENTS

Tournaments are held in the Minnesota Room at the Crystal Community Center. A partner is required to play in the tournament. A Crystal Friendship membership is not necessary to participate. Entry fee is taken when both partners are present.

**500** (\$1.50 entry fee).....March 5, April 2, May 7,  
June 4 (12:30 pm)

**Whist** (\$3.00 entry fee)...March 12, April 9, **May 14 (1:30 pm)**, June 11 (12:30 pm)

**Duplicate Bridge** (\$3.00 entry fee)...March 19, April 16,  
May 21, June 18 (12:00 pm)

**Bridge** (\$2.00 entry fee)....March 26, April 23, May 28,  
June 25 (12:00 pm)



### SENIOR DINING (Age 60+)

Senior nutritional meals are served Monday-Friday at the Crystal Community Center at 12:00 pm. Reserve your lunch by calling three days in advance at 763-531-1183. Cost is \$4.00, payable the day of senior dining.



### Northwest Hennepin Area SENIOR SPRING FORUM

**Wednesday, April 13**  
8:30 am - 12 pm- FREE EVENT!  
Community Activity Center  
5600 85th Avenue No.

# COMMUNITY TRIPSTERS

Come and enjoy these day trips with friends, or join us by yourself and make new friends! This program series is sponsored by the Cities of Crystal, Brooklyn Center and New Hope with pick-ups in each city. The cost of each trip is all-inclusive for the entire day including transportation, escort, tax and gratuity unless otherwise indicated.

## DIAMOND JO CASINO NORTHWOOD, IOWA



Try your luck on St. Patrick's Day and head South across the border to Diamond Jo Casino in Northwood, Iowa! Upon arrival pick up your new Diamond Jo Player Card and receive \$10 in slot play credit that you can use on one of the 1,002 slot machines from pennies to high limit. **The all you can eat buffet lunch is included in the fee.** At registration please provide your full name, address, phone number and date of birth so player cards can be made. If you already have a Diamond Jo player card provide that number at registration. Remember to bring your picture ID the day of the trip to pick up your new players card! Register by March 10.

**Thursday, March 17 .....8:45 am-5:15 pm**  
**Fee: \$23**

## DULUTH & GLENSHEEN MANSION

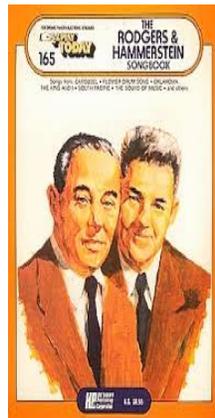


Enjoy a morning stop at Toby's in Hinckley for coffee and a roll. Arrive at Fitger's Inn, an 1885 renovated historic brewery on the shores of Lake Superior, for lunch at the Midi Restaurant. Choose at registration: 1. Lake Trout with a Lemon Butter Sauce, 2. Baked Chicken; Entrees served with salad, fresh green beans, roasted baby red potatoes, petite desserts, coffee or tea. After lunch tour the newly restored historic Glensheen Mansion, visit the gift shop, Carriage House and stroll the 7 acre estate on the shore of Lake Superior. The docent led tour will include the family living and work spaces. During the tour hear stories of the Congdon family. Guests who cannot manage the stairs can watch a video tour of the upper floors. Register by Monday, April 25.

**Tuesday, May 10.....7:00 am-6:15pm**  
**Fee: \$77**

## ORCHESTRA HALL COFFEE CONCERT

**"RODGERS AND HAMMERSTEIN"**  
Arrive at Orchestra Hall and enjoy coffee and donuts in the lobby before the show. Then, rediscover the best of Rodgers and Hammerstein's marvelous musicals on film-complete with the Minnesota Orchestra delivering the soundtrack live as highlights from these unforgettable stories are shown on the silver screen. The classic musicals of Rodgers and Hammerstein: South Pacific, Carousel, The King and I, State Fair, The Sound of Music and Oklahoma! Register by February 16.



**Thursday, April 7.....10:15 am-1:30 pm**  
**Fee: \$51**

## ST. PAUL SAINTS BALL GAME

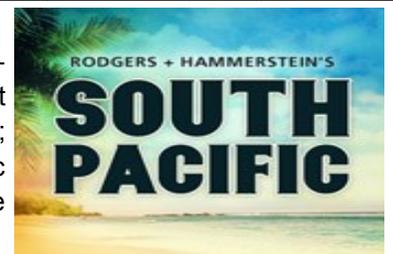


Spend a summer afternoon at the new ball park in St. Paul – CHS Field. The St. Paul Saints baseball team is a 24 year member of the North Division of the American Association of Independent Professional Baseball and will be playing their second season at CHS field. Enjoy your reserved seats for a matinee game against the Sioux Falls Canaries. For lunch use your *Saints Bucks* to choose from the variety of good 'ol ballpark food! Stop by the Saints Team Store to view the shirts, hats, mini-bats and CHS field merchandise. Return times are approximate. Register by Monday, May 23.

**Wednesday, June 29.....11:30 am-4:30 pm**  
**Fee: \$58**

## GUTHRIE THEATER "SOUTH PACIFIC"

Upon arrival at the Guthrie Theater, a light luncheon will be served at the Sea Change Restaurant. Choose at registration: 1.Crabcake BLT with French Fries; 2. Vegetarian Omelet with Mixed Greens; 3. Cobb Salad with Smoked Bacon, Egg, Chicken and Bleu Cheese; Beverage: Coffee, Hot or Iced Tea or Fountain Soda. After lunch, visit the gift store. Music by Richard Rodgers, lyrics by Oscar Hammerstein II include "Bali Hai," "There is Nothin' Like a Dame," and "Some Enchanted Evening." Register by Tuesday, May 24.



**Wednesday, July 20.....11:00 am-4:15 pm**  
**Fee: \$70**

# DONUT TALK & LOCAL AUTHORS

## DONUT MAKE YOU WONDER?

Join us for informative programs, coffee and donuts. The Donut Make You Wonder series runs September through May. The program is held at the Crystal Community Center from **10:00-11:30 am** and is sponsored with the cities of Brooklyn Center, New Hope, Robbinsdale, and School District #281. A **\$2 fee** is collected at the door, however, **you must register at least three days in advance so there are enough donuts for everyone. Call 763-531-0052 to register today!**

### “BALANCE & FALL PREVENTION”

**Wednesday, March 16**

Have you fallen in the past year? How many times have you fallen in the past year? Are you afraid of falling? Having a major fall can change one's life forever. It could mean giving up living a full independent life. Attend this presentation to learn the many ways you can stay **FALL FREE** and continue to Live Your Life active and healthy. Dr. Eva Norman, Physical Therapist, will also be available to screen your balance and determine your risk of falling. Register by March 11.



### “THE ABC’S AND 1-2-3’S OF TENDING OUR TREASURES”

**Wednesday, April 22**

This presentation takes an entertaining look at valuing your possessions. It will answer questions like: What determines value? How do you know what things are worth? How does the market influence value? What are the best avenues for selling treasures? Presented by Stephen Laliberte who is an owner of Odds & Ends Again, a consignment store in Shoreview, and Sort Toss Pack, a senior move management company. For the past four years Steve has seen how various treasures sell in the store, on Craigslist, and on eBay. Register by April 15.



### “OLDER BARNs OF MINNESOTA—BEYOND THE GLORY DAYS”

**Wednesday, May 18**

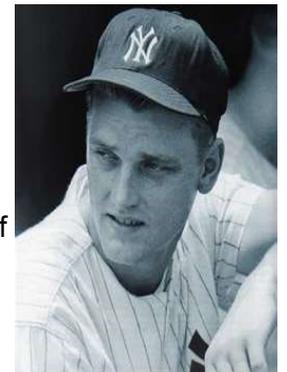
Sher Curry is a dedicated nature photographer with a passion for wonderful old barns that are still standing. This all-season photo presentation features the antique treasures still standing in the fields of Minnesota. Along with viewing many wonderful shots of the barns, Sher will have photography tips and suggestions to help you improve your own skills. Register by May 13.



## BROOKDALE SENIOR SERVICES LOCAL AUTHOR SERIES

**“ROGER MARIS AND A CAST OF HUNDREDS” Wednesday, April 13—7:00-8:30 pm**

In this historical narrative, the author describes the events in Major League Baseball (MLB) in the years 1957 through 1968. In his unique approach, Gregory Rom reports on individual games of the leading teams in each pennant race. Rom summarizes the key games and player performances of each World Series of the twelve-year period. He even references important historical events in the world, which took place on the same days when some of the important games were played. Gregory Rom is a 38-year resident of Maple Grove, MN. He was born in Fargo, ND and is a 1968 graduate of Moorhead High and later a graduate of Concordia College. The MLB career of Fargo's own Roger Maris spanned the twelve years from 1957 through 1968. In that time, Maris appeared in seven World Series with the New York Yankees and St. Louis Cardinals. People in the Fargo-Moorhead area were greatly saddened by his death from cancer at the early age of 51.



**FEE: \$3.00 ( Payable at the door).....Call 763-531-0052 to register by April 8**

# CRYSTAL ACTIVITIES

## STEP TO IT CHALLENGE MAY 1-28, 2016



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 2016 season. Register on the Step to It website starting April 1 at [www.steptoit.org](http://www.steptoit.org)

## BIKE RODEO Wednesday, May 4 6:00-8:00 pm Sonnesyn Elementary 36th & Boone



Bring your grandchildren for a great family event. Kids test your safety skills as you navigate your bikes through a course supervised by police personnel and volunteers. Get a free bicycle safety check, enjoy refreshments, and enter a door prize drawing to win a new bike! Sponsored by the cities of Crystal, Golden Valley and New Hope. Door prize drawings will be held between 7:30 and 8:00 pm.

## ARBOR DAY AND PARK CLEAN-UP

Everyone is welcome to help us celebrate Arbor Day. Join in the park clean-up and help the Parks Department plant trees in the park. Learn about trees and tree diseases. A variety of trees will be given away on a first come first served basis. This is a great event for family or scout troops. Refreshments will be served.



**Wednesday, May 4 .....6:00 pm**  
**Location: North Lions Park, 61st & Kentucky**

## MINNESOTA STATE BAND CONCERT

The Minnesota State Band is the Official Band of the State of Minnesota and has been in existence for 115 years (since 1898). The 50+ member band is the only remaining State Band in the United States. While at one time the band received funding from the State of Minnesota, the band is now operated as a non-profit organization with an all volunteer membership. The Band has represented the State of Minnesota on six International Goodwill Tours since 1986.

**Wednesday, May 18 .....7:30-8:30 pm**  
**Location: Crystal Community Center**  
**Fee: Free – Donations welcome!**



## VEHICLE FAIR

Families are invited to come and see “up close” some of the vehicles that come and go through your neighborhood. Bring grandchildren! A wide variety of trucks and cars will be on display to explore. A free-will donation of a non-perishable food for the local food shelf will be accepted at this event. If weather is



questionable, call the Crystal Program Cancellation Line, 763- 531-1173, after 9:30 am.

**Saturday, May 14 .....10:00 am-12:00 pm**  
**Location: Crystal Community Center Parking Lot**

# Senior Programs



**HAPPY 99th BIRTHDAY!!!  
ROSE METCHNEK**



**HAPPY 90th BIRTHDAY!!!  
DOROTHY DOTY**

## SPECIAL INTEREST GROUPS



### BOOK DISCUSSION GROUP

If you enjoy reading, join in our fun drop-in book discussions. The group is sponsored by the cities of Brooklyn Center, Crystal and Robbinsdale and is open to anyone regardless of where they live. **FIRST TUESDAY** of every month at Robbinsdale City Hall, 4100 Lakeview Ave, from 1:00 to 2:30 pm. Join us anytime – new people are welcome. For information, call 763-531-1274.

### MOVIE DISCUSSION SERIES

Join us on Thursdays at 9:30 am in the Robbinsdale Safety Building, 4101 Hubbard N (lower level). Watch a movie on the 35" TV and discuss the movie afterwards. Fee: \$1.00.



### 55+ BINGO

**BINGO** Refreshments, prizes, and fun brought to you by North Ridge Health and Rehab and The Residence at North Ridge. No registration—just come and have fun!

**SECOND TUESDAY** of each month beginning March 8  
**11:00 am-12:00 pm**  
Crystal Community Center

## OSHER LIFELONG LEARNING INSTITUTE



The Osher Lifelong Learning Institute (OLLI), an affiliated program of the University of Minnesota College of Continuing Education, presents this class. **Registration is limited. Registration Deadline: ten days before class begins. Classes held at Crystal Community Center. Fee: FREE for Friendship Center members and Crystal residents. Call 763-531-0052 to register.**

### SKYWARN SPOTTER

As partners in the National Oceanographic and Atmospheric Administration (NOAA) Skywarn program. This **3-hour course** was developed by the National Weather Service as a training tool for weather spotters. This course will focus on three main areas: Spotter safety; Activities during the anticipation/planning stage of a storm; Step-by-step spotting techniques for identifying and reporting severe weather. John Lindstrom; Adjunct Instructor of Industrial Safety; Hennepin Technical College, Retired Fire Marshal and Helicopter Pilot.

**Thursdays, April 7 & 14.....10:00-11:30 am**

### POLITICAL LEADERSHIP

The course will discuss the peculiar status of the politician in power in society. Some of the greatest contributions to this study have come from early 20th century German sociologists such as Max Weber. Machiavelli's Prince will be read along with the valuable contributions of American political scientists to the discussion. Register by March 22.

**Fridays, April 1– May 13 (No class April 29)...12:30-2:00 pm**

Happy 90th Birthday, Harriet Van Beusekom!!



### AARP TAX AID

The Crystal Community is a host site for AARP tax aid for the elderly, disabled and low-income population in the north suburbs. Service is Tuesdays, February 3- April 14 at 9:00 am and volunteer aides leave promptly at 4:00 pm. First come-first serve basis. For more information, call 763-531-1189, or visit [www.aarp.org/money/taxes/aarp-taxaide](http://www.aarp.org/money/taxes/aarp-taxaide).

### SENIOR COMMUNITY RESOURCES

District #281 Community Education

763-504-6990

Dinner At Your Door • 763-531-1183

Senior Dining • 763-531-1183

HOME Northwest • 952-746-4046

Crystal Friendship Center  
4800 Douglas Drive North  
Crystal, MN 55429

