

March, April, May 2015

Prime Time News



Newsletter of the Crystal Friendship Center

Senior Spotlight



Recreation Office

763-531-0052

8:00 am- 4:30 pm

Monday-Friday

www.crystalmn.gov/recreation

CONTACT INFORMATION:

Recreation Supervisor

Marcia Bach

763-531-1153

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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Pool Players Celebrate



(l-r bottom row) Phil Zimmerman, Craig Tekse, Alvin Hedlund;
(l-r top row) Ken Perleberg , Deanna Craton, Marlys Hermansen,
Ed Fischer

A fun holiday celebration with a tipsy tree that made everything joyful and bright!!!



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.

STEP TO IT CHALLENGE MAY 3-30, 2015



The Step To It Challenge is a way to get moving again after a long winter. Twenty-three communities will compete to see which one has the most active residents. Crystal is the reigning Champ for highest average steps per resident. Help us repeat! Participants from each city will have a chance to be honored by Hennepin County and the Minnesota Twins at a Twins home game during the 2015 season. As a Step To It participant, you will keep an ongoing total of your activity during the challenge. Register on the Step to It website starting April 1 at www.steptoit.org.

SENIOR PAR 3 GOLF LEAGUE

Men and Women, 55+, are invited to play at the Brookview Par 3 Course on Thursday mornings. Tee times start at 7:30 am with weekly sign-up. Different contest each week. End-of-the-season tournament and awards brunch. **Call 763-512-2340 for information.**

Thursday, May 7– September 10.....Mornings
Fee: \$5 league fee & Weekly green fees
Brookview Par 3 Course, Golden Valley

SENIOR LAWN BOWLING CLINIC

It's your chance to learn the game of lawn bowling. At the clinic, taught by a lawn bowling official, 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. This is a hands-on clinic, so wear comfortable clothing, flat soled shoes, sunscreen visor or hat. **Call 763-512-2340 to register by May 28.**

Tuesday, June 2.....10:00-11:00 am
Fee: \$3.00
Brookview Lawn Bowling Courts, Golden Valley

LAWN BOWLING LEAGUE

The league begins on Tuesday, June 9 from 10-11AM with six weeks of league play. 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. No heeled shoes, flat-bottom shoes only on the court. Register individually or as a team of 4-8 players. **Call 763-512-2340 to register by June 4.**

Tuesdays, June 9– July 14.....10:00-11:00 am
Fee: \$5.00 league fee and \$3.00 per week
Brookview Lawn Bowling Courts, Golden Valley

TOTAL BODY WORKOUT

It's a proven fact exercise improves your life physically and mentally. This one-hour class is divided into three parts: 20-minute, low-impact aerobic warm up, muscle toning with weights and bands, and a cool down component. Mats provided.



Mondays, March 2– May 18.....9:00-10:00 am
Wednesdays, March 4– May 20.....8:45--9:45 am
Fee: \$45/15 class-punch card residents or current Friendship Center members
\$52/15 class-punch card non-residents



PICKLEBALL
Mondays and Thursdays
9:00 am-1:00 pm
Crystal Community Center
(NOT HELD May 25)

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
\$15 for punch card with 10 punches for non-members

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 Fridays8:00 am-2:00 pm
Wednesdays12:00 pm-2:00 pm
Location: Crystal Community Center

Activities and More

CRYSTAL FRIENDSHIP CENTER

The Friendship Center extends a special welcome to the 55+ population! 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. Please note the *Prime Time News* may be purchased at the Crystal Community Center front desk for 50¢ a copy for non-members.

SENIOR SPRING BRUNCH WEDNESDAY, MAY 13

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

DATE: Wednesday, May 13

TIME: 10:00 -11:30 am

PLACE: Crystal Community Center

FEES: \$4.00- resident or Friendship Center member

\$5.00- non-resident (includes brunch & entertainment)

VOLUNTEERS: No charge

REGISTER BY: Wednesday, May 6 (Call 763-531-0052)



WEEKLY FRIENDSHIP CENTER GROUPS

We welcome you to join our many card groups that meet throughout the week at the Crystal Friendship Center. After your second day as a visitor, a membership card is required. The day games begin at 12:30 pm *** and evening games begin at 6:30 pm. ***(**Duplicate Bridge and Party Bridge weekday games now start at 12:00 PM**). Come early if you do not have a partner to make necessary arrangements for a place at a table. Limit of 33 tables.

WEEKDAY GAMES

Duplicate Bridge...Monday- **Not held May 25 (meets May 26) *** STARTS AT 12:00 PM !!**

500.....Wednesday

Whist.....Thursday

Party Bridge.....Friday *****STARTS AT 12:00 PM !!**
(Not held April 3)



EVENING GAMES

500.....Monday- **Not held: May 25**

Whist.....Tuesday

Cribbage.....Tuesday



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. Card tournaments start at 12:30 pm. *** (**Duplicate Bridge starts at 12:00 pm**). Limit of 33 tables. **No tournament May 16 (Vehicle Fair)**



500 (\$1.50 entry fee).....March 7, April 4, May 2, June 6

Whist (\$3.00 entry fee).....March 14, April 11, May 10, June 13

Duplicate Bridge (\$3.00 entry fee)...March 21, April 18, May 9, June 20 *****STARTS AT 12:00 PM !!**

Bridge (\$2.00 entry fee)....March 28, April 25, May 23, June 27

SENIOR NUTRITION SERVICES (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.



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 129:00 am-1:00 pm

Thursday, April 99:00 am-1:00 pm

Thursday, May 149:00 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

AAA DRIVER IMPROVEMENT PROGRAM (8 HOUR CLASS)

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.

Saturday, April 11.....8:30 am- 4:30 pm

Location: Crystal Community Center

Fee: \$20 AAA Member (must show AAA card at class)

\$22 Non-AAA Member



COMMUNITY TRIPSTERS

Come and enjoy these day trips with friends, or join us by yourself and make new friends! This program series is sponsored with the Cities of 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. You may begin registration immediately for these trips, and be sure you pay attention to the deadlines, space permitting!



MINNEAPOLIS INSTITUTE OF ARTS "ART IN BLOOM"

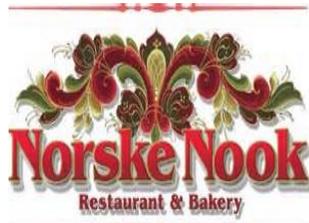
Enter a world of beautiful art and fresh flowers at the 32nd annual Art in Bloom exhibit in the Minneapolis Institute of

Arts. Enjoy a guided tour of floral arrangements that are designed by local florists to depict works of art while you view pieces of art throughout this lovely museum right in the heart of Minneapolis! After the tour you will have an hour to explore the museum on your own. From all of the walking you will have worked up an appetite for an upscale, unique and fun-dining experience in downtown Minneapolis at The Melting Pot. From the first piece of bread dipped to the last bite of dessert savored; enjoy the interactive practice of fondue dining. The menu includes a 3-course meal of: cheese fondue, entrée of chicken, shrimp, steak & vegetables and chocolate fondue for dessert. An absolutely delicious way to end the afternoon! Meal is served with water, coffee, tea or soda. Register by April 16.

Thursday, April 309:25 am-2:50 pm
Fee: \$65

AUGUSTA AMISH TOUR

Enjoy a scenic morning drive to Eau Claire for brunch at Norske Nook restaurant. Menu: Lefse Omelet Wrap, coffee and a slice of famous homemade pie! Then, on to Augusta for a guided tour of the amazing Amish community, home to over 150 families. See a living link with the past through the visible authentic lifestyle of the Amish. The tour will stop at Weavers Country Mennonite Store in Fall Creek with many local items for sale. Final stop is the Wood Shed Store, a unique country store featuring gift items, candies, Amish crafted quilts, wall hangings, baskets, rugs, dolls & furniture. Register by May 4.

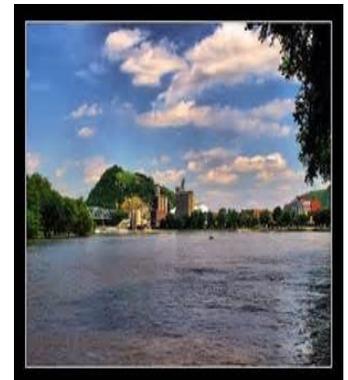


Tuesday, May 19.....8:15 am-5:45 pm
Fee: \$68

CRUISING TWO RIVERS

Travel to historic Red Wing and visit the new Pottery Museum. Enjoy a guided tour and see the amazing 70 gallon pottery jug. Then, spend time exploring the museum or shopping at the Pottery Place. Next, we head to the Treasure Island Marina to board the "Grand Duchess" for an afternoon cruise up the Mississippi and St. Croix Rivers. Traveling from Red Wing to Hudson, we'll see a Wildlife Refuge, Diamond Bluff, St. Mary's Point, Prescott, Afton, and Lake St. Croix. Appreciate the natural beauty and wildlife that can only be experienced by boat. The historic villages were settled on the bank of the beautiful river banks in the nineteenth century. As we cruise, enjoy a buffet style late-lunch of baked chicken, salad, vegetable, potatoes, rolls, dessert and beverage. Note: Participants will need to walk three blocks to board the boat. The main floor is wheelchair accessible. There is no elevator to the second floor. Register by June 22.

Tuesday, July 14.....10:15 am- 6:45 pm
Fee: \$59



IT'S NIFTY FIFTY DAY AT ST. CROIX CASINO

If you're 50 or older and have a TLC card, you can be one of the "nifty-fifty" with the extra perks for the day! Receive \$5 on your player's card for riding the bus, plus each "nifty-fifty" will swipe their TLC card at a kiosk for an extra \$5-\$50 on the card to spend on the machines. If you don't have a TLC card tell us when you register; the card is the only way you have to redeem the "comp" money. The information will be sent to the casino and your card will be waiting for you. Minimum of 40 people. Register by May 27.

Wednesday, June 3.....8:45 am- 5:15pm
Fee: \$6



ALIVE AND KICKIN'

Lunch at David Fong's Restaurant in Bloomington, a family tradition since 1958. All luncheons include your choice of Egg Roll or Cream Cheese Puffs, Fried Rice, Tea, and Fortune Cookie.



Choose your menu selection at sign up:

1. Sweet & Sour Pork, Egg Roll or Cream Cheese Puffs
2. Kung Bo Shrimp, Egg Roll or Cream Cheese Puffs
3. Chicken Chow Mein, Egg Roll or Cream Cheese Puffs
4. Beef with Garlic Sauce, Egg Roll or Cream Chees Puffs

Leave for the Bloomington Center for the Arts to enjoy *Winds of Change*, starring the beloved twenty-eight member senior ensemble *Alive & Kickin'*. The show is a captivating historical blend of personal stories and social advancements set to inspiring music of the ages. This highly creative show celebrates and reflects social change that moved us and honors innovative artists who stirred up the music scene. Register by May 18.

Thursday, June 11.....11:30 am- 5:00 pm
Fee: \$66

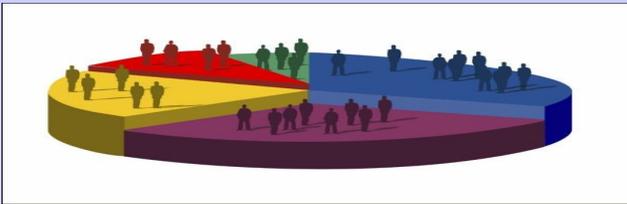
Donut Make You Wonder?

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!**

“TIMES THEY ARE A CHANGIN’” Wednesday, March 18

Michael Peterson, Research Analyst with the MN State Demographic Center will share with us key demographic changes affecting Minnesota. The unprecedented aging of our state coupled with an increasingly racially diverse future is driving Minnesota’s population. He will also share current and historical Census data with the State Demographic Center’s population projections. The State Demographic Center assists policymakers, state and local governments, businesses, non- profits, the media, and all Minnesotans locate and understand the demographic data they need to make smart decisions. Register by March 12.



“APOLLO: WHY WE WENT TO THE MOON” A NON-TECHNICAL LOOK AT MANKINDS’ GREATEST TECHNOLOGICAL ACHIEVEMENT Wednesday, April 22

In 1961, President Kennedy challenged us to go to the moon before the end of the decade, and this challenge is often cited as the reason for this success. However, without a number of other factors in place during the 1950’s and 1960’s, there is little doubt that the mission to the moon would have either failed or not been attempted at all. Even though the moon landing was our greatest technological achievement, this presentation will focus on the goal itself and what helped us to accomplish it. July of 1969 will be remembered for centuries to come as the first time that mankind ventured beyond the earth’s boundaries and explored a new world. Our speaker, David Jones has been making historical presentations since 1966. Register by April 16.



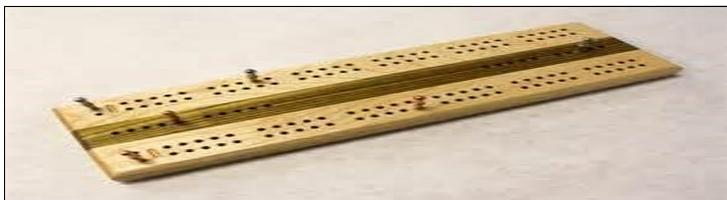
“PERENNIALS FOR SHADE” Wednesday, May 20

What can you grow in a garden that gets less than four hours of sun a day? Spring bulbs to deep-shade ground covers! Join us along with the University of Minnesota’s Master Gardener to explore perennials and the many types of ferns that thrive in shade. Register by May 1.



CRIBBAGE HOLIDAY PARTY!

Cribbage players know how to have fun! Even **SANTA (Bob Gazek)**, arrived with prizes for **Verne Schatz**. **Bob** played his accordion and everyone joined in for singing songs of the season. Fun times and good cheer were had by all!!!



CRYSTAL ACTIVITIES

BUNNY PLATE

Have fun doing this activity with a grandchild! All ages welcome to hop on over and paint a Bunny Bowl. "Paint by number" or let your creative side run wild, the Easter Bunny will love seeing your hand-painted creation.



Parent/child pairs can make a plate together or you can each make your own. Your finished piece can be filled with carrots and Jellybeans. Each piece of pottery will be clear glazed and fired by Color Me Mine staff, and will be available for pick-up by March 30. Program starts promptly at 9:30 am. Participants may not need the full hour and a half to complete their project and can leave once they have completed their project. Register by March 6.

Saturday, March 14.....9:30-11:00 am

Location: Crystal Community Center

**Fee: \$20/plate residents or Friendship Center Members
\$27/plate non-residents**

BIKE RODEO

**Wednesday, May 6
6:00-8:00 pm
Crystal Community
Center**



Bring your grandchildren for a great family event. Kids will have the opportunity to test their safety skills as they navigate their bikes through a short obstacle course (supervised by police personnel), get a free safety check for their bicycle, enjoy refreshments and enter a door prize drawing. Special appearances by McGruff, the Dare Officers and fire trucks. Door prize drawings will be held between 7:30 and 8:00 pm.

ARBOR DAY

Everyone is welcome to come to Forest Park to celebrate Arbor Day. The City Forester will be there to talk about trees, an important part of keeping our environment healthy. 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 136:30 pm

**Location: Forest Park
7001 48th Ave. No.**

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 137:30-8:30 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 1610:00 am-12:00 pm

Location: Crystal Community Center Parking Lot

Senior Programs



HAPPY 90th BIRTHDAYS!!!
HELEN HEDLUND (Above)
LORRIE PHILLIPS (Upper Right)

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. We meet the 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.



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— March 12 & 19—12:30-2:00pm

As partners in the National Oceanographic and Atmospheric Administration (NOAA) Skywarn program, trained weather spotters are the backbone of our community emergency preparedness. 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.

PLATO'S "GORGIAS" - March 23-May 11—10:00-11:30 am

After completing the "Phaedrus" in the Winter session, we will turn our attention to the "Gorgias," Plato's more esoteric discussion of rhetoric. Newcomers are welcome. Instructor: Michael Ormond taught political philosophy at California State Long Beach from 1967–1974. After receiving a law degree from the U of M in 1978, he practiced family law until his retirement in 2011.

"ANTIQUES AND ART"—March 23-May 11—12:30-2:00 pm

Participants will bring in items from their personal collections for discussion and/or identification. We will consider the history, its use, and relevant material. Themes (glass, art prints, jewelry, etc.) will be set at the first session, depending on the interests of class members. Instructor: Catherine Vesley, art historian, antiques collector and appraiser, painting restorer.

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

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 suburb area. This service will be available Tuesdays, February 3 through April 14. Service begins 9:00 am and volunteer aides leave promptly at 4:00 pm. First come-first serve basis. For more information about this service, call 763-531-1189, or visit www.aarp.org/money/taxes/aarp-taxaide.

Northwest Hennepin Area SENIOR SPRING FORUM

Wednesday, April 15
8:30 am – 12 pm– FREE EVENT!
Community Activity Center
5600 85th Avenue No.
Brooklyn Park, MN
Call: 763-503-2520 to register
Email: info@nwhhsc.org

HAPPY 90TH BIRTHDAY,
LIL HOPPONEN!



Crystal Friendship Center
4800 Douglas Drive North
Crystal, MN 55429

