

SEPTEMBER, OCTOBER, NOVEMBER, DECEMBER 2016

Prime Time News

NEWSLETTER OF THE CRYSTAL FRIENDSHIP CENTER

Senior Spotlight



**HAND AND FOOT PLAYERS
CELEBRATE AND HAVE FUN!**

Recreation Office

763-531-0052

8:00 am- 4:30 pm

Monday-Friday

CONTACT

INFORMATION:

Recreation Supervisor

Marcia Bach

763-531-1153

Senior Dining

Dinner at Your Door

Cherie & Joanne

763-531-1183

9:00 am-1:00 pm

District #281

Community Education

763-504-6990

INSIDE THIS ISSUE:



★ The Hand and Foot players had fun celebrating Roger McConico's birthday (front row)! This group enjoys playing Hand and Foot on Wednesdays at the Crystal Community Center at 5:30-9:00 pm.
★ New players are welcome, and if you've never played the game, someone will teach you! (Roger also plays Whist and Pickleball!)

JOIN IN ON THE FUN!

Activities & More	2
Adult/Senior Activities	3
Community Tripsters	4
Senior Activities	5
55+ Programs	6
Seasonal Activities	7
Etc.	8

Activities and More

CRYSTAL FRIENDSHIP CENTER

We offer a variety of programming opportunities, a large gathering room, a book and puzzle library, and a billiards room. 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**, which allows the member to: participate in and receive discounts for select center activities and receive the *Prime Time News* – a quarterly newsletter. **Note the *Prime Time News* may be purchased at the Crystal Community Center front desk for 50¢ a copy for non-members.**

CRYSTAL FRIENDSHIP CENTER HOURS

Monday– Thursday	10:00 am- 9:00 pm
Friday	10:00 am– 4:30 pm
Saturday Tournaments	11:00 am– 4:30 pm

MINNESOTA ROOM PHONE NUMBER

763-531-1182

WEEKLY FRIENDSHIP CENTER GROUPS

We welcome you to join our many card groups that meet throughout the week. After the second day as a visitor, a membership card is required. Come early if you do not have a partner to make arrangements for a place at a table. Limit of 33 tables.

DAY GAMES–

- Duplicate Bridge**Monday-12:00 pm
- No cards: September 5– meet Tuesday, September 6
- Mah Jongg**.....Tuesday-10:00 am
- Open Game Day**.....Tuesday-12:00 pm
- 500**Wednesday– 12:30 pm
- Whist**Thursday-12:30 pm
- No cards: November 24
- Party Bridge**Friday– 12:00 pm
- No cards: November 11 and 25
- Billiards**.....Monday-Friday– 12:30 pm



EVENING GAMES–

- 500**Monday– 6:30 pm
- No cards: September 5
- Whist and Cribbage**.....Tuesday– 6:30 pm
- Hand and Foot**.....Wednesday– 5:30 pm
- Open Game Night**.....Thursday— 6:00 pm
- No cards: November 24



SATURDAY CARD TOURNAMENTS

Tournaments are held in the Minnesota Room. A partner is required to play in the tournament; however, a Crystal Friendship membership is not necessary to participate. Payment is taken when both partners are present. Limit of 33 tables.

- 500** (\$1.50 entry fee)-**12:30 pm**..... September 3, October 1, November 5, (no tournament in December)
- Whist** (\$3 entry fee)-**12:30 pm**.....September 10, October 8, November 12, December 10
- Duplicate Bridge** (\$2 entry fee)-**12:00 pm**...September 17, October 15, November 19, December 17
- Bridge** (\$2 entry fee)-**12:00 pm**.....September 24, October 22, November 26, December 31



HAND & FOOT

OPEN GAME DAY & NIGHT



- Come play **HAND & FOOT** on Wednesdays at 5:30- 8:30 pm, **OPEN GAME DAY** on Tuesdays at 12:00-3:00 pm and **OPEN GAME NIGHT** on Thursdays from 6:00-9:00 pm. Any game can be played on Tuesdays and Thursdays. If you'd like to stop by and learn any of the games, this is a great chance to do so. There is no fee, but after two visits, a Crystal Friendship Center membership is required.

BINGO !!

- 11:00 AM-12:00 PM**
- SECOND TUESDAY OF THE MONTH**
- September 13, October 11**
- November 8, December 13**

FREE!



2 Thanks to our sponsor North Ridge Health & Rehab

Adult/Senior Activities

Call the Crystal Recreation Department at 763-531-0052 to register for classes. The Crystal Community Center is located at 4800 Douglas Drive North, Crystal, MN 55429.

MHSC 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. Register 10 days before each class

Saturday, September 178:30 am-4:30 pm

Saturday, November 12.....8:30 am-4:30 pm

Location: Crystal Community Center

Fee: \$24 (September 17)

\$26 (November 12)



MHSC DRIVER IMPROVEMENT PROGRAM (4-HOUR CLASS)

The Driver Improvement Program course is taught by a Minnesota Highway Safety Center trained instructor. This refresher class is 4 hours. Register by September 3, October 1, November 5, November 27.

Tuesday, September 20.....5:30-9:30 pm

Tuesday, October 18.....5:30-9:30 pm

Thursday, November 17.....5:30-9:30 pm

Tuesday, December 6.....5:30-9:30 pm

Location: Crystal Community Center

Fee: \$20 (September 20)

\$22 (October 18, November 17, December 6)



AARP DRIVER'S SAFETY PROGRAM REFRESHER COURSE (4-HOUR CLASS)

Do you want to receive up to a 10% discount on your car insurance for the next three years? You must have completed an eight-hour class in order to register for this four-hour, state-approved refresher course. While no driving or testing 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. Friendship Center members will receive Crystal resident rates. Register one week prior to the class start date.

Thursday, September 89:00 am-1:00 pm

Thursday, October 13.....9:00 am-1:00 pm

Thursday, November 109:00 am-1:00 pm

Thursday, December 8.....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



OSHER LIFELONG LEARNING INSTITUTE

The Osher Lifelong Learning Institute (OLLI), an affiliated program of the University of Minnesota College of Continuing Education, presents these classes.

Registration is limited. Registration Deadline: ten days before class begins. Classes held at Crystal Community Center. Call 763-531-0052 to register.



“THE TRIAL OF SOCRATES: THE ORIGINS OF POLITICAL PHILOSOPHY”

This class will return to Plato's *Apology* (the trial of Socrates); Aristophanes' *The Clouds* (political critique of Socrates); and the beginning of Plato's *Republic* (the extended defense of Socrates). The instructor is Michael Ormand, who 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. Register by September 23.

Mondays, October 3-31.....10:00-11:30 am

Fee: FREE for Friendship Center members and Crystal residents.

JOY OF PAINTING® THE BOB ROSS® METHOD

All you need is the desire to make beautiful things happen on canvas. With the Bob Ross Wet-on-Wet Technique® and a little dedicated practice, masterpieces that you never dreamed possible will flow from your brush. Classes are especially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½ hours you will bring home a fall scene in October and a winter scene in November ready to frame. Taught by certified instructor, Kittie Swanson. Call Golden Valley Parks and Recreation at 763-512-2366 to register for Session 1 by October 3 and Session 2 by November 7. Includes all materials.



Saturday, October 8 OR November 12..... 1:00-4:30 pm

Location: Brookview Community Center, Golden Valley

Fee: \$60 Crystal and Golden Valley residents and

Friendship Center Members; \$65 Non-residents (Includes all materials)

MAH JONGG LESSONS

Mah Jongg is a game that originated in China. It is commonly played by four players. The class will consist of learning the tiles, rules, and how to put together hands (based on distributed cards). Tiles are provided. Register by September 6.



Tuesdays, September 13– October 4...1:00-3:00 pm
Fee: \$20 for 4 classes

COMMUNITY TRIPSTERS

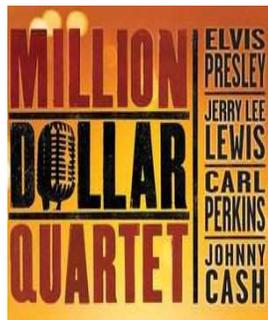


Enjoy these day trips with friends, or join us by yourself and make new friends! This program series is sponsored with the cities of Brooklyn Center and New Hope with pick-ups in each city. The cost of each trip is all-inclusive for the entire day including transportation, tours, escort, tax and gratuity unless otherwise indicated. For more detailed information stop by the Crystal Community Center and pick up a flier today.

“MILLION DOLLAR QUARTET” OLD LOG THEATER

“*Million Dollar Quartet*” is a Tony Award Winning Musical, which is set on December 4, 1956, when a twist of fate brought ELVIS PRESLEY, JOHNNY CASH, JERRY LEE LEWIS and CARL PERKINS together at Sun Records for one of the greatest jam sessions ever. Featuring a score of rock hits including “*Blue Suede Shoes*,” “*Great Balls of Fire*,” “*Walk the Line*,” “*Hound Dog*” and more. Before the show, lunch will be served in the Old Log Dining Room. Select your lunch choice at registration: 1. Beef Short Rib with Potatoes, 2. Tilapia with Potatoes, 3. Vegetarian Pasta – Pesto Cream Sauce and Herbs, 4. Boneless Chicken Breast with Potatoes; all entrees served with vegetables, rolls, dessert, coffee, tea or soft drink. Register by September 19. Bus pick up at Crystal Community Center.

Wednesday, October 1211:15 am-4:15 pm
Fee: \$70



CHRISTMAS AT MAYOWOOD

At the Olmstead County Historical Center, view a video, and enjoy holiday refreshments. Tour the recently restored historic Mayowood Mansion, the former residence of Drs. Charles H. and Charles W. Mayo. (Participants will need to manage steps, walk and stand during the 1 hr. 15 min. mansion tour). After the tour travel to Mantorville MN, a tiny village that was once a booming community that was bypassed by the railroad. Have lunch at the historic Hubbell House. Select your lunch choice at registration: Roast Beef or Hubble Baked Chicken both served with salad, starch, vegetable, rolls, beverage and sherbet. End the day with a visit to the Chocolate Shoppe and spend time shopping in Mantorville Square. Register by October 17. Bus pick up at Crystal Community Center.



Tuesday, November 157:45 am-3:30 pm
Fee: \$61

TREASURE ISLAND CASINO

Upon arrival pick up your new Island Passport Club player card and receive \$20 in slot play credit that you can use at one of the 2,200 state-of-the-art slot machines. The casino also offers over 50 table games including blackjack, poker, video keno, video poker and bingo. Enjoy \$3 off your meal at one of the three restaurants. If you have an Island Passport Club 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 Tuesday, October 25. Bus pick up at Crystal Community Center.



Tuesday, November 19:00 am-4:00 pm
Fee: \$23

HOLIDAY LIGHTS TOUR

A local guide will take you through the streets of St. Paul bathed in lights. View impressive displays throughout the city. Neighborhoods have private homes aglow to celebrate the season. Owners have gone above and beyond to spread holiday cheer! Take in the official Christmas tree in Rice Park where the entire block is draped in twinkling lights! Before the tour enjoy an early dinner at Casper’s Cherokee Sirloin Room in West St. Paul. Select your dinner choice at registration: Sirloin or Chicken served with tossed salad, baked potato with sour cream, rolls, beverage and dessert. Register by November 21. Bus pick up at Crystal Community Center.



Thursday, December 8.....3:15-8:45pm
Fee: \$63

Senior Activities

“LOCAL AUTHOR SERIES”

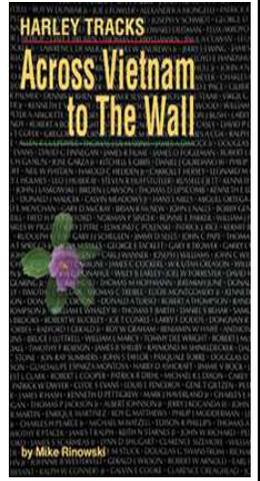
The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and Robbinsdale Area Schools are offering a new “Local Author Series.” The fee is \$3.00 for the presentation and includes refreshments. Call 763-531-0052 to make your reservation.

“HARLEY TRACKS: ACROSS VIETNAM TO THE WALL”

Wednesday, October 12 7:00-8:30 pm

Author: Mike Rinowski

In 2008, an unexpected phone call led Mike Rinowski to a job in Hanoi, Vietnam. The dynamics of development and trade allowed the import of a Harley Davidson. His plan was to make a living and enjoy a ride on his day off. But eight months after his 2008 Fat Boy arrived, his joy ride rolled into a journey he could not have imagined, or planned. While he crossed a land of beauty, his awareness grew to its time as a battlefield, and to the men and women who died there. At the southern tip, he decided to ride back across the country to honor American and allied veterans lost in the Vietnam War; and that was the beginning of his four year journey. 41,000 miles alone across Vietnam to honor our veterans who fought and died there, then across America, to end with a joy ride across Canada in 2013. **Fee at the door is \$3. Register by October 7.**



FALL YARD & GARDEN CARE

Tasks and guidelines for preparing your lawn and gardens in the fall for a better growing season the next year. Register by September 23.



Wednesday, September 28.....7:00-8:30 pm
 Fee: \$5
 Location: Crystal Community Center

PERENNIAL GARDEN BASICS

This program provides a broad overview of how to grow perennial garden plants. A review of common perennials will be provided along with the desired growing conditions and best practices. Register by October 21.



Wednesday, October 26.....5:30-7:00 pm
 Fee: \$5
 Location: Crystal Community Center

SPECIAL INTEREST GROUPS

BOOK DISCUSSION GROUP

The Book Discussion group is for you if you like to read and then talk to someone else about the book. The group meets the first Tuesday of the month at the Robbinsdale City Hall from 1:00 to 2:30 pm. Join us anytime – new people are welcome. Fee: \$2 or \$10 for one year membership.



MOVIE DISCUSSION SERIES



Join us on Thursdays at 10:00 am in the Robbinsdale Safety Building, 4101 Hubbard N (lower level). Watch a movie on the big projection screen with surround sound, and discuss the movie afterwards.
 Fee: \$1

ROVING MINDS

This program is dedicated to the idea that learning is a lifelong process. We meet on the third Tuesday of the month at Robbinsdale City Hall from 1:00 to 3:00 pm. Fee: \$2 or \$10 for one year membership.



FOR MORE INFORMATION CALL 763-531-1272

55+ Programs

DONUT MAKE YOU WONDER?



Join us on the **third Wednesday** of the month at **10:00-11:30 am** for informative programs, coffee, and donuts. The cities of Crystal, Brooklyn Center, Golden Valley, Robbinsdale & Robbinsdale Area Schools offer the program at the Crystal Community Center. The **\$2 fee** is payable at the door, but you must register at least three days in advance. Call 763-531-0052 to register. **SPONSOR: MINNESOTA MEDICARE CONSULTANTS**

“ANNUAL MEDICARE TUNE-UP”



Get the details about changes in Medicare and the supplements for 2017. Noticed your drugs have gotten more expensive? In the doughnut hole? Learn how to control spiraling drug and out of pocket expenses and how to get some prescriptions for free. With over 30 years of experience, Medicare veteran Leslee Gold returns to Crystal Community Center to teach Medicare beneficiaries the pitfalls to avoid and how to save big dollars when accessing benefits. Register by September 15

Wednesday, September 21.....10:00– 11:30 am

“NAVIGATING SOCIAL SECURITY”



This presentation is an objective look at when and how to claim Social Security. What are the steps to guide you through the application process? Things you should know about before you apply? What are the tax impacts on Social Security benefits? Presented by Gene Montanez, a Medicare Insurance Specialist. In addition to basic Social Security, Gene will discuss recent changes in Law starting April of this year. Register by October 14.

Wednesday, October 19.....10:00-11:30 am

“STATUE OF LIBERTY: TWO DECADES OF EFFORT, ALMOST IMPOSSIBLE ODDS”

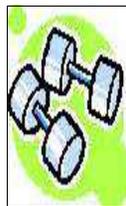
The Statue of Liberty stands proudly in New York Harbor, but how did the Statue come to be? What does it symbolize? Join us for a compelling look at the idea, the construction and the meaning behind one of the most recognizable symbols in the world. 2016 is the 130th Anniversary of the Statue of Liberty! Speaker, David Jones has presented many interesting historical topics at previous Donut Talks. Register by November 11.



Wednesday, November 18.....10:00-11:30 am

55+ FITNESS

BABY BOOMERS & BEYOND BODY & BALANCE WORKOUTS



Nancy Stoneberg, certified personal trainer and owner of StoneFitness, trains and educates 55+ to make a positive difference in strength, balance and overall wellness. Classes are for all levels and abilities. Call 763-531-0052 to register.

Fridays, On-going.....9:00-9:45 am

Fee: 5 use pass- \$30

Location: Robbinsdale Police & Fire Bldg., 41st & Hubbard

TO YOUR HEALTH GYM WALK

The Crystal Community Center is available for walking depending on scheduled activities. **FREE!** Closed on September 5, November 11, 24, 25, December 26.

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



PICKLEBALL 55+

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. Pickleball uses a plastic whiffle ball and a paddle and is played on a court roughly half the size of a tennis court. This is not a league...for all levels of play...come when you can...just drop in...with no advanced registration. Equipment is provided for you to try the game. Gym shoes are required. For your convenience, purchase a punch card and save. One punch per time. No Pickleball on September 5, November 24 or December 26.



Mondays and Thursdays.....9:00 am-1:00 pm

Location: Crystal Community Center

Fee: \$3/day or \$2/day for Crystal Friendship members
\$12 for punch card with 10 punches for Crystal Friendship Center members & Golden Valley residents
\$17 for punch card with 10 punches for non-residents



Seasonal Activities



HOLIDAY BAND CONCERT

Thursday, December 1
7:00 pm– Refreshments
7:30-8:30 pm– Concert



Don't miss this **FREE** concert with the Robbinsdale City Band under the direction of Mike Serber. Come and be entertained with traditional band music and holiday favorites. There is nothing like a sing-a-long to start off the holiday season.

Location: Crystal Community Center
Fee: FREE

HOLIDAY LUNCHEON

Tuesday, December 6
12:00-1:30 pm



Enjoy a delicious catered holiday meal while being entertained by the talent and energy of Totino Grace's "Company of Singers." Holiday tunes and debut of their new show will be included in the program. Register by Wednesday, November 23, space permitting. Doors open at 11:30 am.

Location: Crystal Community Center
Fee: \$9 residents/Friendship Center Members
\$12 non-residents

HOLIDAY TEA

Monday, December 12
1:00-2:30 pm



Join us for a delightful afternoon with entertainment by singer Ross McLeod, followed by delicious finger foods and desserts. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun. Register by Wednesday, December 7 by calling 763-531-0052.

Location: Brookview Community Center,
Golden Valley

Fee: \$9

HOLIDAY PARTIES

Bring your holiday spirit and a favorite packaged dish or treats to share!

Monday, December 19– 11:00 am- Duplicate Bridge

Tuesday, December 20- 12:00 pm– Open Game Day

Tuesday, December 20– 6:30 pm- Cribbage and Whist

Wednesday, December 21– 11:30 am– 500 and All Groups Welcome

Wednesday, December 21– 5:30 pm –Hand & Foot

Thursday, December 22– 12:00 pm– Pickleball & Whist

Thursday, December 22– 6:00 pm– Open Game Night

Friday, December 23– 12:00 pm– Bridge



CRYSTAL FROLICS SENIOR TOURNAMENT WINNER

BILLIARDS– Craig Tekse

BRIDGE– Barb Teresi & Mike Teresi

CRIBBAGE– Jerry Bourgeois

DOMINOES– Shirley Madsen

DUPLICATE BRIDGE–

SECTION A NS– Dave Gustafsen & Dale Taylor

SECTION A EW– Dorothy & Herb Hein

SECTION B NS– Pauline Ratner & Lenore Miller

SECTION B EW– Phyllis Olsson & Mary Lynn Steele

SECTION C NS– Gordy Hale & Tom Cullinane

SECTION C EW– Gary Ellis & Russ Nelson

500– Marvin Ruehn & Chuck Huselit

HAND AND FOOT– Jim Berenson & Gary Minks

PICKLEBALL– Jan Du Bois

P*KER– Dodie Dougherty

WHIST– Duane Kaup, Steve LeClair, JoAnn Braun,
Carolyn Woelber



THANK YOU!! CRYSTAL FROLICS SPONSOR
ST. THERESE OF NEW HOPE

**MEDICARE
PRESENTATION
TUESDAY, OCTOBER 4
10:00-11:00 AM
CRYSTAL COMMUNITY
CENTER**



Annual Election Period for Medicare supplements is soon! No matter which company you have for your supplement of Part D, a consultant is available to answer your questions. Attend a presentation on "What you don't know will cost you big money this year!" Medicare is changing and this is a great opportunity to gather NEW information for 2017. Refreshments will be served. Register by September 29.

FEE: FREE

Location: Crystal Community Center

PICKLEBALL PLAYERS ENJOY FROLICS !!



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

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.

Call a friend to join you for a great meal at a reasonable cost of \$4.00, payable the day of senior dining.



**CRYSTAL FRIENDSHIP CENTER
4800 DOUGLAS DRIVE NORTH
CRYSTAL, MN 55429**

