

The Crystal Friendship Center

For 55+



Mon-Th: 10:00 am-9:00 pm, Fri: 10:00 am-4:30 pm, Sat: Tournaments
 Membership Fee \$12 for Crystal residents and \$19 for non-residents per year

DAILY ACTIVITIES AT THE FRIENDSHIP CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am-1:00 pm	Pickleball			Pickleball	
12:00 pm	Duplicate Bridge	Open Game Day			Party Bridge
12:30 pm	Billiards	Billiards	Billiards 500	Billiards Whist	Billiards
5:30 pm			Hand & Foot		
6:00 pm					Friday Night Pickleball
6:30 pm	500	Whist Cribbage		Open Game Night	

MONTHLY ACTIVITIES AT THE FRIENDSHIP CENTER

				Duplicate Bridge	
Donut Talk	Defensive Driving	500 Tournament	Whist Tournament	Whist Tournament	Party Bridge Tournament
Third Wednesday 10:00-11:30 am	Days vary schedule on page 19	12:30 pm First Saturday	12:30 pm Second Saturday	12:00 pm Third Saturday	12:00 pm Fourth Saturday

55 + Activities



HOLIDAY LUNCHEON

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. Doors open at 11:30 am. Call to see if space is available.

Day	Date/Time	Fee
Tuesday	Dec 1 12:00-1:30 pm	\$9 residents \$12 non-residents
Location	Crystal Community Center	

HOLIDAY BAND CONCERT

Join us for the Robbinsdale City Band under the direction of Mike Serber. Be entertained with traditional band music and holiday favorites. There is nothing like a sing-a-long to start off the holiday season.



Day	Date/Time	Fee
Thursday	Dec 3 7:00 pm refreshments 7:30-8:30 pm concert	Free
Location	Crystal Community Center	

HOLIDAY TEA

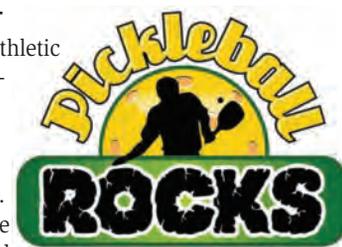
Join us for a delightful afternoon with entertainment by the ladies singing group, "The Happy Notes," followed by delicious finger foods and desserts. Festive attire is encouraged. Bring your own tea cup and saucer to add to the fun. Register by December 9.

Activity#	Day	Date/Time	Fee
F44002A1	Monday	Dec 14 1:00-2:30 pm	\$9
Location	Brookview Community Center, Golden Valley		



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 convenience, purchase a punch card and save. One punch per time.

Day	Date/Time
Monday/Thursday	9:00 am-1:00 pm
Fee	\$2/time or \$1/time for Crystal Friendship members \$10 for punch card with 10 punches for Crystal Friendship members \$15 for punch card with 10 punches
Location	Crystal Community Center

BABY BOOMERS & BEYOND BODY & BALANCE WORKOUTS

Come join us for some fitness fun on Fridays! Workouts emphasize general fitness and balance at your level! Nancy Stoneberg, certified personal trainer and owner of StoneFitness has dedicated much of her time in training and educating 55 + and helping them realize that it's never too late to make a positive difference in strength, balance and overall wellness. These classes are for all levels and abilities. The four sessions do not all need to be used in a specific month. Call Robbinsdale Parks and Recreation at 763-531-1278 to register.

Date/Time	Fee
Fridays, Jan 8-29; Feb 5-26; Mar 4-25 9:00-9:45 am	\$24/session
Location	Robbinsdale Police & Fire Building, 41st & Hubbard, Robbinsdale

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.



Day	Date/Time
Tuesday/Friday	8:00 am-2:00 pm
Wednesday	12:00-2:00 pm
Fee	Free
Location	Crystal Community Center



MHSC DRIVER IMPROVEMENT

PROGRAM (4-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 four 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. Session 1 register by January 31; Session 2 register by February 26; Session 3 register by April 3.

Activity#	Day	Date/Time	Fee
W41001A1	Wednesday	Feb 10 5:30-9:30 pm	\$20
W41001A2	Monday	Mar 7 5:30-9:30 pm	\$20
W41001A3	Wednesday	Apr 13 5:30-9:30 pm	\$20
Location	Crystal Community Center		

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. Session 1 register by January 13; Session 2 register by February 12, Session 3 register by March 2.

Activity#	Day	Date/Time	Fee
W41002A1	Saturday	Jan 23 8:30 am-4:30 pm	\$24
W41002A2	Wednesday-Thursday	Feb 17-18 5:30-9:30 pm	\$24
W41002A3	Saturday	Mar 12 8:30 am-4:30 pm	\$24
Location	Crystal Community Center		



AARP SMART DRIVER 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.

Activity#	Day	Date/Time	Fee
W41003A1	Thursday	Dec 10 9:00 am-1:00 pm	\$17 residents with AARP Membership
W41003A2	Thursday	Jan 14 9:00 am-1:00 pm	\$22 residents without AARP Membership
W41003A3	Thursday	Feb 11 9:00 am-1:00 pm	\$19 non-residents with AARP membership
W41003A4	Thursday	Mar 10 9:00 am-1:00 pm	\$24 non-residents without AARP membership
Location	Crystal Community Center		

“SOCIAL MEDIA BASICS”



Social Media basics for adults, including Facebook, Twitter and Instagram covering security and privacy settings, publishing content and responding appropriately. Stay connected with friends and family near and far. Participate and contribute to social networking sites. This course is a great introduction, and will help you easily understand in greater detail all the positive aspects of the social landscape that you might have been missing. Registration deadline five days before class begins.

Activity#	Day	Date/Time
W30014A1	Tuesday	Jan 26 10:00-11:45 am
Call 763-512-2340 to register	Thursday	Feb 11 1:00-2:45 pm
W30014A2	Wednesday	Mar 9 1:00-2:45 pm
Call 763-512-2340 to register	Wednesday	Apr 6 1:00-2:45 pm
Fee	\$6 Crystal & Golden Valley residents \$7 non-residents	
Location	Jan 26 & Mar 9: Crystal Community Center Feb 11 & Apr 6: Brookview Community Center, Golden Valley	

DONUT MAKE YOU WONDER?

Join us for informative programs, coffee, and donuts. The program is held at the Crystal Community Center, 4800 Douglas Drive North. The \$2 fee is payable at the door, but you must register in advance so there are enough donuts for everyone. Call 763-531-0052 to register for this fun educational opportunity.

“REMEMBERING VIETNAM: THE GOOD, THE BAD, AND THE UGLY”



Beyond the Yellow Ribbon (BTYR) Quad Communities, is a nonprofit organization providing assistance to military veterans and their families in Crystal, Robbinsdale, New Hope, and Golden Valley. The program is presented in connection with the 50th Anniversary commemoration of the Vietnam War by the Department of Defense and Veteran’s Day. The program will be moderated by Marshall Tanick, President of the BTYR organization and a Golden Valley attorney. Panelists who will discuss their diverse backgrounds and perspectives on the Vietnam Era will include a military combat veteran, military nurse, native Vietnamese, anti-war (peace) advocate, and a TV journalist who covered the War. The presentation will be followed by questions and answers. Register by November 13.

Activity#	Day	Date/Time
W45001A1	Wednesday	Nov 18, 10:00-11:30 am

“MEET THE PHARMACIST”

The New Hope Walgreens Pharmacist will share with us the latest information about vaccinations and any new requirements that may be in store. Michelle Lemke will present to us and allow time for questions. Register by January 15.



Activity#	Day	Date/Time
W45001B1	Wednesday	Jan 20, 10:00-11:30 am

“CARVING MOUNT RUSHMORE”



Today, more than 2 million people each year visit Mount Rushmore in the Black Hills of South Dakota. Fourteen years, four hundred workers, 450,000 tons of rock, nearly one million dollars. Those are some of the statistics behind the carving of Mount Rushmore. The story is even more interesting. The original idea for the carving was to generate tourism, so it seems to be a success. But, the actual carving is a story of inspiration, celebration, anger, bitterness, and perseverance. Bio: David Jones has been making historical presentations since 1996 and has spoken more than 400 times to a total of more than 11,000 people! Register by February 12.

Activity#	Day	Date/Time
W45001C1	Wednesday	Feb 17, 10:00-11:30 am

“BALANCE & FALL PREVENTION”

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.

Activity#	Day	Date/Time
W45001D1	Wednesday	Mar 16, 10:00-11:30 am

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

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.



Activity#	Day	Date/Time
W45001E1	Wednesday	Apr 20, 10:00-11:30 am



Osher Lifelong Learning Institute (OLLI) is an affiliated program of the University of Minnesota College of Continuing Education.

Limited space for Crystal Residents or Crystal Friendship Center Members.

INTRODUCTION TO ARISTOTLE'S "NICOMACHEAN ETHICS"

Introduction to a classical political psychology which incorporates recognition of the essentially political nature of the human psyche. 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. Register by January 15.

Activity#	Day	Date/Time	Fee
W30005A1	Mondays	Jan 25-Mar 7 10:00-11:30 am (No class Feb 15)	Free
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 per visit or \$10 for a 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 life-long process. We meet on the third Tuesday of the month at Robbinsdale City Hall from 1:00 to 3:00 pm. Fee: \$2 per visit or \$10 for a one-year membership.

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, payable at the door. Call 763-531-0052 to make your reservation. Thanks to our sponsor, Brookdale Healthcare Services!

**NALAH & THE PINK TIGER AND NALAH GOES TO MAD HOUSE CITY
AUTHOR: ANNE SAWYER-AITCH**

Nalah and the Pink Tiger was inspired by Anne's lively little niece. Sawyer-Aitch wrote the story over two years ago, then developed a style which she calls Illuminated Illustration, featuring multiple layers, cut-outs, and backlighting. Anne has also created and produced puppet shows that go with her books. Register by November 30.

Bio: Anne is a Minnesota State Arts Board Roster Artist, stilt-walker, illustrator, and playwright. She specializes in puppetry, blending the mysterious art of shadow play with technology in her Magic Lantern Puppet Theater productions.

Activity#	Day	Date/Time
W45002A1	Thursday	Dec 3, 6:30-7:15 pm
Location		Crystal Community Center

**"THE SEA WING DISASTER:
TRAGEDY ON LAKE PEPIN"
AUTHOR: FRED JOHNSON**

The July 13, 1890, capsizing of the steamer Sea Wing and the death of 98 of its passengers horrified Minnesota and the nation. A severe Lake Pepin storm hammered the riverboat, its attached barge, and their 215 passengers during a Sunday evening return voyage to Red Wing. Residents of that city, home to most of the victims, suffered through four days of anguish. The wreck of the Sea Wing ranks among the most deadly accidents on the nation's inland waters. Register by February 5.

Bio: Red Wing native Frederick L. Johnson taught in St. Paul Public Schools for 34 years, 1967-2001, earning the Minnesota Chamber Foundation's Education Excellence Award in 1987 and receiving a 1990 national Thanks to Teachers award at the Kennedy Center Education Leadership Institute in Washington, D.C. He was a member of a 12-person team selected to teach in the People's Republic of China in 1988, and a two-time recipient of Minnesota Historical Society's Excellence in Teaching History (1990 and 1992). As a writer, he served as an associate editor and reporter for the South Washington County (MN) Bulletin from 1970 to 1983, winning Minnesota Newspaper Association First Places for reporting in 1975 and again in 1977.

Activity#	Day	Date/Time
W45002B1	Wednesday	Feb 10, 7:00-8:30 pm
Location		Crystal Community Center

COMMUNITY TRIPSTERS

Come and enjoy these day trips with friends, or join us by yourself and make new friends! This series is sponsored with 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, lunch, tax and gratuity unless otherwise indicated.** Be sure you pay attention to the deadlines, space permitting!

MINNEAPOLIS RIVER FRONT TOUR

Take a riding tour of the historic Minneapolis Riverfront District. The guide will weave intricate history of the buildings, the river, the landscape, bridges and neighborhoods into an interesting story. Visit the Mill City Museum for a Flour Tour, movie of "Minneapolis in 19 Minutes Flat," and time in the gift store and exhibits. Enjoy lunch at Jax Cafe, serving Minnesotans since 1933, a landmark that was established by Stanley Kozlak. He left Poland as a teenager and built a restaurant business that would support three generations after him. Menu: 1. Chicken and Dumplings with cranberry sauce, Jax House salad, bread and butter, coffee, tea or milk 2. Strawberry Spinach Salad with Grilled Chicken Breast, Spinach, Strawberries, Red Onion, Toasted Almonds and Wedge of Brie, tossed in Sesame Honey Vinaigrette, rolls and butter, coffee, tea or milk. Register by December 21.

Activity#	Day	Date/Time	Fee
W44512A1	Thursday	Jan 21 9:00 am-3:15 pm	\$64
Bus Pick-up	Crystal Community Center		

OLD LOG THEATER: "THE WEDDING SINGER"

Arrive at the Old Log Theater, and enjoy lunch in the Old Log Dining Room. 1. Beef Short Rib with Potatoes and Seasonal Vegetable, 2. Tilapia with Potatoes and Seasonal Vegetable, 3. Vegetarian Pasta - Pesto Cream Sauce, with Seasonal Vegetables and Herbs, 4. Boneless Chicken Breast with Potatoes and Seasonal Vegetable, Dinner Rolls, Coffee, Tea or Soft Drink, Dessert. "The Wedding Singer" takes us back to a time when hair was big, greed was good, collars were up, and a wedding singer might just be the coolest guy in the room. Based on the hit Adam Sandler movie! Register by January 11.

Activity#	Day	Date/Time	Fee
W44506A1	Wednesday	Feb 10 11:15 am-4:15 pm	\$69
Bus Pick-up	Crystal Community Center		

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. Gaming tables include Blackjack, Craps, Roulette, Mississippi Stud, and more! 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 with the day of the trip to pick up your new players card! Register by Thursday, March 10.

Activity#	Day	Date/Time	Fee
W44514A1	Thursday	Mar 17 8:45 am-5:15 pm	\$23
Bus Pick-up	Crystal Community Center		

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.

Activity#	Day	Date/Time	Fee
W44513A1	Thursday	Apr 7 10:15 am-1:30 pm	\$51
Bus Pick-up	Crystal Community Center		

Senior Dining

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 763-531-1183. Call a friend to join you for a great meal at a reasonable cost of \$4.00, payable at the door.

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 2 through April 12 from 9:00 am-3:00 pm. Appointments are scheduled on a first-come, first-serve basis. For more information about this service, call 763-531-1189, or visit www.aarp.org/money/taxes/aarp-taxaide