

# 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	
10:00 am		Mah Jongg			
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				Open Game Night	
6:30 pm	500	Whist Cribbage			

## MONTHLY ACTIVITIES AT THE FRIENDSHIP CENTER

Donut Talk	Bingo	500 Tournament	Whist Tournament	Duplicate Bridge Tournament	Party Bridge Tournament
10:00-11:30 am Third Wednesday	11:00 am- 12:00 pm Second Tuesday	12:30 pm First Saturday	12:30 pm Second Saturday	12:00 pm Third Saturday	12:00 pm Fourth Saturday





## HOLIDAY BAND CONCERT

Join us for this FREE concert with 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-along to start off the holiday season!

Day	Date/Time	Fee
Thursday	Dec 1 7:00 pm refreshments 7:30-8:30 pm concert	Free
<b>Location</b>		Crystal Community Center

## 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 the debut of their new show will be included in the program. Register by November 23. Doors open at 11:30 am.



Activity#	Day	Date/Time	Fee
F44001A1	Tuesday	Dec 6 12:00-1:30 pm	\$9 residents and Friendship Center Members \$12 non-residents
<b>Location</b>		Crystal Community Center	

## HOLIDAY TEA

Join us for a delightful afternoon with entertainment by singer Ross McLeod, 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 12 1:00-2:30 pm	\$9
<b>Location</b>		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 workout, 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 November 24, December 26, January 2, 16 and February 20.

Day	Date/Time	Fee
Mondays/Thursdays	9:00 am-1:00 pm	\$3/day or \$2/day for Crystal Friendship members \$12 for punch card with 10 punches for Crystal Friendship members, Crystal and Golden Valley residents \$17 for punch card with 10 punches for non-residents or non-Crystal Friendship members
<b>Location</b>		

## FRIDAY NIGHT PICKLEBALL 55 + (DROP-IN)

Day	Date/Time	Fee
Fridays	Jan 6-27, Feb 3,17, 24 6:00-9:00 pm	\$3 per time
<b>Location</b>		Crystal Community Center

## BABY BOOMERS & BEYOND BODY & BALANCE WORKOUTS

Enjoy fitness fun on Fridays! Workouts emphasize general fitness and balance at your level! Nancy Stoneberg, certified personal trainer will help with strength, balance and overall wellness. These classes are for all levels and abilities. (Passes can be picked up in the Community Room in Robbinsdale before the first class you attend.)

Activity#	Date/Time	Fee
W42501	Fridays (on-going) 9:00-9:45 am	5 use pass \$30
<b>Location</b>		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-12:00 pm. The Crystal Community Center will be closed on November 25 and December 26.

Day	Date/Time	Fee
Tuesdays/Fridays	8:00 am-2:00 pm	Free
Wednesdays	12:00-2:00 pm	Free
<b>Location</b>		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. Registration deadline is 10 days before the class.

Activity#	Day	Date/Time	Fee
F41001A3	Tuesday	Dec 6 5:30-9:30 pm	\$22
W41001A1	Wednesday	Jan 11 5:30-9:30 pm	\$22
W41001A2	Wednesday	Feb 15 5:30-9:30 pm	\$22
W41001A3	Thursday	Mar 23 5:30-9:30 pm	\$22
<b>Location</b>	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. Registration deadline is 10 days before the class.

Activity#	Day	Date/Time	Fee
W41002A1	Saturday	Jan 21 8:30 am-4:30 pm	\$26
W41002A2	Saturday	Mar 11 8:30 am-4:30 pm	\$26
<b>Location</b>	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. Registration deadline is one week before the class.

Activity#	Day	Date/Time	Fee
F41003A4	Thursday	Dec 8 9:00 am-1:00 pm	\$17 residents with AARP Membership
W41003A2	Thursday	Jan 12 9:00 am-1:00 pm	\$22 residents without AARP Membership
W41003A3	Thursday	Feb 9 9:00 am-1:00 pm	\$19 non-residents with AARP membership
W41003A4	Thursday	Mar 9 9:00 am-1:00 pm	\$24 non-residents without AARP membership
<b>Location</b>	Crystal Community Center		

### SPECIAL INTEREST GROUPS

For more information call 763-531-1272.

#### 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.

## DONUT MAKE YOU WONDER?

Join us for informative programs, coffee, and donuts hosted by the cities of Crystal, Brooklyn Center, Golden Valley, Robbinsdale & Robbinsdale Area Schools. 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 or go on-line to register for this fun educational opportunity.

### “DOWNSIZING MADE EASY”



This class will help you make a plan. You will learn how to sort through your possessions. You will receive resources on where to donate, recycle, and sell items. You will get tips on what can't be donated and what items have negative value. Register by January 13.

Activity#	Day	Date/Time	Fee
<b>W45001A1</b>	Wednesday	Jan 18 10:00-11:30 am	\$2
<b>Location</b>	Crystal Community Center		

### “FRAUD FIGHTERS”

People aged 50+ control over 70% of the nation's wealth and the scammers know it. Understanding the latest trends and tactics in fraud can help us all protect our own savings. Jay Haapala is Associate State Director of Community Outreach with AARP Minnesota and leads the state's Fraud Watch Network which serves to educate consumers about fraud, scams and identity theft. Register by February 10.



Activity#	Day	Date/Time	Fee
<b>W45001B1</b>	Wednesday	Feb 15 10:00-11:30 am	\$2
<b>Location</b>	Crystal Community Center		

### “THE GREAT DEPRESSION & DUST BOWL IN MINNESOTA”



The Great Depression originated in the United States with the stock market crash of October 29, 1929. Between 1929 and 1932, worldwide GDP fell by an estimated 15%. By comparison, worldwide GDP fell by less than 1% from 2008 to 2009 during the Great

Recession. The negative effects of the Great Depression lasted until the beginning of World War II. The Dust Bowl was a period of severe dust storms that greatly damaged the ecology and agriculture of the US and Canadian prairies during the 1930's; severe drought and a failure to apply dry land farming methods to prevent wind erosion caused the phenomenon. Minnesota lived through this period and became stronger. Register by March 10.

Activity#	Day	Date/Time	Fee
<b>W45001C1</b>	Wednesday	Mar 15 10:00-11:30 am	\$2
<b>Location</b>	Crystal Community Center		



## LOCAL AUTHOR SERIES

The cities of Crystal, Brooklyn Center, 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!

### “THE ART OF ROME” AUTHOR:



#### GREG PULLES

Greg Pulles has visited Rome some 13 times and written and photographed an 800 page book, Sacred Places, Rediscovering the Churches of Rome, a guidebook to Rome, Due Centi Luoghi, and a book on the

Tuscan sculptors Nicola and Giovanni Pisano. In this presentation he will take us on a virtual tour of all the art in Rome, using his photography, taking us from the ancient classical, to the early Christian art, then the dark ages, interrupted by the

9th century Carolingian, the revival beginning with the Cosmati stonecutters in the eleventh century, then the early Renaissance, the high Renaissance, and finally the baroque. You will learn of the great artists, sculptors, and architects including Torriti, Arnolfo, Bramante, Michelangelo, Raphael, Caravaggio, Caracci, Bernini, Borromini and da Cortona. Register by February 3.

Activity#	Day	Date/Time	Fee
<b>W45002A1</b>	Wednesday	Feb 8 7:00-8:30 pm	\$3
<b>Location</b>	Crystal Community Center		

## COMMUNITY TRIPSTERS

This series of trips 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, lunch, tax and gratuity unless otherwise indicated. Be sure you pay attention to the deadlines, space permitting!



### “GRACE” YELLOW TREE THEATER, OSSEO

We head to Lynde’s in Osseo for a home cooked meal. This restaurant opened in 1981 by Chuck and Jan Lynde along with their son Mark, has a great reputation of home cooked meals and delicious Sunday brunches. The lunch menu is a chicken breast, vegetable, potatoes, coleslaw, rolls, dessert. After lunch we travel to the Yellow Tree Theater to watch the performance of “Grace”. A wide-eyed young Minnesota couple have just begun a new life in sunny, promise filled Florida with big plans to open a chain of motels. As the real estate deal threatens to unravel, Steve acquires an itch he can’t scratch and Sara is drawn to an unlikely new friend. Destinies collide in this darkly comic, eerily tragic and timely play that plunges headfirst into questions of faith and grace. Register by January 20.

Activity#	Day	Date/Time	Fee
<b>W44502A1</b>	Wednesday	Feb 22 11:15 am-4:45 pm	\$61
<b>Bus Pick-up</b>	Crystal Community Center		

### “THAT’LL BE THE DAY” – SHELDON THEATRE & ST. JAMES HOTEL



Enjoy a day in Red Wing with lunch at the historic St. James Hotel and a performance at the Sheldon Theatre! Luncheon menu: Tuscan chicken served with a vegetable, roll, cookie, and coffee. After lunch discover the beauty

of the B. Sheldon Theatre, founded in 1904. This “glittering jewel box,” as it was called after its 1986 refurbishing, was the first city owned theater in America. Then put your hands together for the musical “That’ll Be The Day”: Music of Roy Orbison, Linda Ronstadt and Gene Pitney. Regional songstress Colleen Raye, with Wayne Lachau, Debbie O’Keefe and The Echoes Rock and Roll Band premiere an all new show including such favorites as “Pretty Woman”, “You Got It,” “Crying,” “Town Without Pity,” “Blue Bayou,” “That’ll Be The Day,” and more. Filled with stories and humor as well as masterful musicianship and impressive vocals, the show will take you on an emotional, energetic and nostalgic journey you won’t forget. Register by February 13.

Activity#	Day	Date/Time	Fee
<b>W44503A1</b>	Friday	Mar 17 9:30 am-5:30 pm	\$77
<b>Bus Pick-up</b>	Crystal Community Center		

### AARP TAX AID

The Crystal Community Center 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 7 through April 11 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](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**

### 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.

