



FALL YARD AND 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.

Activity#	Day	Date/Time	Fee
F30007A1	Wednesday	Sep 28 7:00-8:30 pm	\$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.

Activity#	Day	Date/Time	Fee
F30003A1	Wednesday	Oct 26 5:30-7:00 pm	\$5
Location		Crystal Community Center	

GETTING THE MOST FROM YOUR PERENNIAL GARDEN

Learn more about managing your perennial garden, from diseases, pest and dividing techniques. We will also discuss how to renovate and rejuvenate a mature garden. Register by October 21.

Activity#	Day	Date/Time	Fee
F30004A1	Wednesday	Oct 26 7:00-8:30 pm	\$5
Location		Crystal Community Center	

\$SAVE

Sign up for both the Perennial Garden Basics and Getting the Most From Your Perennial Garden and get a discount.

Activity#	Day	Date/Time	Fee
F3002A1	Wednesday	Oct 26 5:30-8:30 pm	\$8
Location		Crystal Community Center	

THE HEART OF HERBS

Take the mystery out of both growing and using/storing these easy care plants for landscaping, food and drink use, pollination, decorating and more. Register by November 11.

Activity#	Day	Date/Time	Fee
F30006A1	Wednesday	Nov 16 7:00-8:30 pm	\$5
Location		Crystal Community Center	



PET PORTRAITS

Paint a portrait of your furry loved one (teens 16 and older are welcome to sign up). Once you have signed up, e-mail a photo of your pet to merrytimearts@comcast.net with the subject line Pet Portraits (one pet/person/canvas). Vanessa Merry of Merry Time Arts will transfer your image to a 16 x 20 canvas for you to paint in class and will help you create an amazing portrait of your pet. Register by September 23.



Activity#	Day	Date/Time	Fee
F30001A1	Saturday	Oct 8 1:00-4:00 pm	\$27
Location		Crystal Community Center	



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 1.

Activity#	Day	Date/Time	Fee
F44003A1	Tuesdays	Sep 13-Oct 4 1:00-3:00 pm	\$20 for 4 classes
Location		Crystal Community Center	

Osher Lifelong Learning Institute

OLLI is an affiliated program of the University of Minnesota College of Continuing Education.

“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.

Activity#	Day	Date/Time	Fee
F30005A1	Mondays	Oct 3-31 10:00-11:30 am	FREE
Location		Crystal Community Center	

The Crystal Friendship Center

For 55+



Mon-Thur: 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	Cribbage Whist			

MONTHLY ACTIVITIES AT THE FRIENDSHIP CENTER

Donut Talk	Bingo	500 Tournament	Whist Tournament	Duplicate Bridge Tournament	Party Bridge Tournament
Third Wednesday 10:00-11:30 am (Not held June-August)	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

55 + Activities

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. Call 763-531-0052 to register. (Passes can be picked up in the Community Room in Robbinsdale before the first class you attend.)

Activity	Date/Time	Fee
F42501A1	Fridays (on-going) 9:00-9:45 am	5 use pass \$30
Location	Robbinsdale Public 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 September 5, November 11, November 24-25, December 25-26.

Day	Date/Time	Fee
Tuesdays/Fridays	8:00 am-2:00 pm	Free
Wednesdays	12:00-2:00 pm	Free
Location	Crystal Community Center	

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, 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.

Day	Date/Time
Mondays/Thursdays	9:00 am-1:00 pm
Fee	\$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
Location	Crystal Community Center

PEDAL PUSHERS SENIOR BICYCLE TRIP PROGRAM

Bike helmets are required for this program. We make frequent water/rest stops. Bring water and a snack for the ride. Sometimes we stop for coffee, treats or lunch. (All stops optional and costs are on your own.) Participants are responsible for their own transportation and transporting their bicycle to/from the location. Bicycle trips start at 9:30 am. Our escort is Nancy Sjoquist, who has a degree in Therapeutic Recreation from the University of Minnesota and years of bicycle experience. Register for each ride by calling 763-512-2339 by 3:00 pm the day before the ride.

Date/Time	Location
Tuesday, Sep 6 9:30 am	Big Stone Mini Golf Sculpture
Tuesday, Sep 20 9:30 am	Golden Valley Police Ride
Tuesday, Oct 4 9:30 am	Pot Luck at Nancy & Keith's House

LAWN BOWLING LEAGUE

Lawn bowling is one of the easiest sports to learn to play. You will find that bowling increases your eye-hand coordination, strengthens your legs, back, and arms, and helps with your focus and concentration. It is an excellent sport for young people as well as adults, teaching coordination and mental focus. The sportsmanship and camaraderie is a plus as well. Game equipment present during league play. Register individually or as a team of 4-8 players. Participating cities: Golden Valley, Crystal, Edina and St. Louis Park. Call 763-512-2340 to register by September 1.



Day	Date/Time	Fee
Wednesdays	Sep 7-Oct 12 10:00-11:00 am	\$5 league fee & \$3 per week
Location	Brookview Lawn Bowling Courts, Golden Valley	

MEDICARE PRESENTATION

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.

Activity#	Day	Date/Time	Fee
F43501A1	Tuesday	Oct 4 10:00-11:00 am	Free
Location	Crystal Community Center		



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.

Activity#	Day	Date/Time	Fee
S41002A1	Saturday	Sep 17 8:30 am-4:30 pm	\$24
F41002A1	Saturday	Nov 12 8:30 am-4:30 pm	\$26
Location	Crystal Community Center		

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. You must have completed an eight hour class in order to register for this four hour, state approved refresher course. 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. Register 10 days before each class.

Activity#	Day	Date/Time	Fee
S41001A3	Tuesday	Sep 20 5:30-9:30 pm	\$20
F41001A1	Tuesday	Oct 18 5:30-9:30 pm	\$22
F41001A2	Thursday	Nov 17 5:30-9:30 pm	\$22
F41001A3	Tuesday	Dec 6 5:30-9:30 pm	\$22
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
S41003A4	Thursday	Sep 8 9:00 am-1:00 pm	\$17 residents with AARP Membership
F41003A2	Thursday	Oct 13 9:00 am-1:00 pm	\$22 residents without AARP Membership
F41003A3	Thursday	Nov 10 9:00 am-1:00 pm	\$19 non-residents with AARP membership
F41003A4	Thursday	Dec 8 9:00 am-1:00 pm	\$24 non-residents without AARP membership
Location	Crystal Community Center		

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 763-512-2340 to register for Session 1 by October 3 and Session 2 by November 7.

Activity#	Day	Date/Time	Fee
F40501A1	Saturday	Oct 8 1:00-4:30 pm	\$60/Crystal and Golden Valley residents \$65/non-residents
F40501A2	Saturday	Nov 12 1:00-4:30 pm	
Location	Brookview Community Center, Golden Valley		

DONUT MAKE YOU WONDER?

Join us on the third Wednesday of the month for informative programs, coffee, and donuts. The program is held at the Crystal Community Center. **The \$2 fee is payable at the door**, but you must register by registration deadline so there are enough donuts for everyone. Call 763-531-0052 to register for this educational opportunity.

“ANNUAL MEDICARE TUNE-UP”



Knowledge is powerful. Approach the 2017 open enrollment Medicare season well-armed. Noticed your drugs have gotten more expensive? In the doughnut hole? Learn how to control spiraling drug and out-of-pocket expenses.

Learn how to get some prescriptions for free. Get the details about changes in Medicare and the Medicare supplements for the upcoming season. With over 30 years of experience in helping match beneficiaries to the correct plans, 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. Learn about your annual Medicare tune-up. Everything you need to know in one Donut Talk! Register by September 16.

Activity#	Day	Date/Time	Fee
F45001A1	Wednesday	Sep 21 10:00-11:30 am	\$2
Location		Crystal Community Center	



“NAVIGATING SOCIAL SECURITY”

This presentation is an objective look at when and how to claim Social Security. It will answer questions like: 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? The workshop will guide those new to Social Security or those just turning 65 years old with a brief overview of Social Security and the application process. 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, that have removed file-and-suspend and retroactive unsuspended benefits, as well as changes in filing a restricted application. Register by October 14.



Activity#	Day	Date/Time	Fee
F45001B1	Wednesday	Oct 19 10:00-11:30 am	\$2
Location		Crystal Community Center	

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

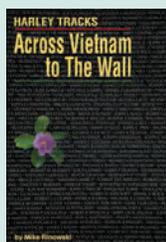
The Statue of Liberty stands proudly in New York Harbor, but how did the Statue come to be? What does it symbolize? Join us for a compelling look at the idea, the construction and the meaning behind one of the most recognizable symbols in the world. 2016 is the 130th Anniversary of the Statue of Liberty!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



Activity#	Day	Date/Time	Fee
F45001C1	Wednesday	Nov 16 10:00-11:30 am	\$2
Location		Crystal Community Center	

LOCAL AUTHOR SERIES

Sponsored by Brookdale Senior Living Solutions!



HARLEY TRACKS: ACROSS VIETNAM TO THE WALL

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

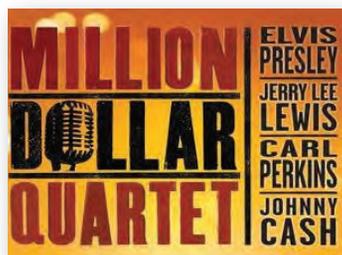
and allied veterans lost in the Vietnam War; and that was the beginning of his four year journey. 41,000 miles alone across Vietnam to honor our veterans who fought and died there, then across America, to end with a joy ride across Canada in 2013. His book, *Harley Tracks: Across Vietnam to The Wall*, tells a story like no other. Readers have praised it as poignant and epic, bold and brazen, and one of a kind. Visit his web site for more information, excerpts, photos, and the book: www.harleytracks.com. Come and meet Mike and hear about his journey and the land and people he discovered that led him to write his story *Harley Tracks: Across Vietnam to The Wall*. Register by October 7.

Activity#	Day	Date/Time	Fee
F45002A1	Wednesday	Oct 12 7:00-8:30 pm	\$3
Location		Crystal Community Center	

COMMUNITY TRIPSTERS

This series of day trips 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!

MILLION DOLLAR QUARTET OLD LOG THEATER



Million Dollar Quartet is a Tony Award Winning Musical, which is set on December 4, 1956, when an extraordinary 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. *MILLION DOLLAR QUARTET* brings that legendary night to life, featuring a score of rock hits including *Blue Suede Shoes*, *Fever*, *That's All Right*, *Great Balls of Fire*, *Walk the Line*, *Whole Lotta Shakin' Goin' On*, *Who Do you Love?*, *Sixteen Tons*, *Folsom Prison Blues*, *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 Seasonal Vegetables, dinner rolls, dessert, coffee, tea or soft drink. Register by September 19.

Activity#	Day	Date/Time	Fee
F44501A1	Wednesday	Oct 12 11:15 am-4:15 pm	\$70
Bus Pick-up	Crystal Community Center		

TREASURE ISLAND CASINO

Try your luck at Treasure Island Casino near Red Wing, MN in the 150,000 square foot casino floor bustling with excitement! 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. When you are ready for a break enjoy \$3 off your meal at one of the three restaurants. At registration provide your full name, address, phone number and date of birth so player cards can be made. If you already 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 October 25.



Activity#	Day	Date/Time	Fee
F44502A1	Tuesday	Nov 1 9:00 am-4:00 pm	\$23
Bus Pick-up	Crystal Community Center		

CHRISTMAS AT MAYOWOOD



Start the day at the Olmstead County Historical Center. View a short video about this unique county, enjoy holiday refreshments and view displays. Next, 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.) Many rooms are personalized and uniquely decorated by volunteers and merchants in Rochester who contribute to the holiday spirit. As you are guided through the mansion, notice the Steinway Conservatory Grand piano, a 1914 Acolian & Company player pipe organ, a Kerman pattern Persian rug, crystal chandeliers and leaded stained glass doors and windows. 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, vegetable, fresh rolls, beverage and sherbet. End the day with a visit to the Chocolate Shoppe and spend time shopping in Mantorville Square featuring collectibles, candles, greeting cards, rugs, books and more. Register by October 17.

Activity#	Day	Date/Time	Fee
F44503A1	Tuesday	Nov 15 7:45 am-3:30 pm	\$61
Bus Pick-up	Crystal Community Center		

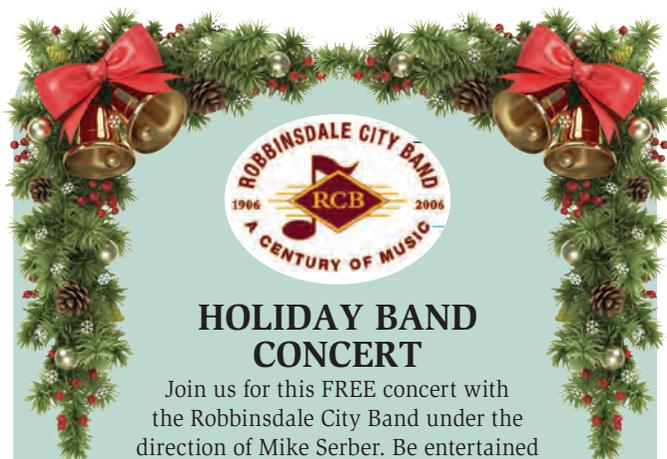
HOLIDAY LIGHTS TOUR

Driving Through A Winter Wonderland, a local guide will take you through the streets of St. Paul to view impressive displays throughout the city. Neighborhoods have private homes decorated to celebrate the season.



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.

Activity#	Day	Date/Time	Fee
F44504A1	Thursday	Dec 8 3:15-8:45 pm	\$63
Bus Pick-up	Crystal Community Center		



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
Location	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.

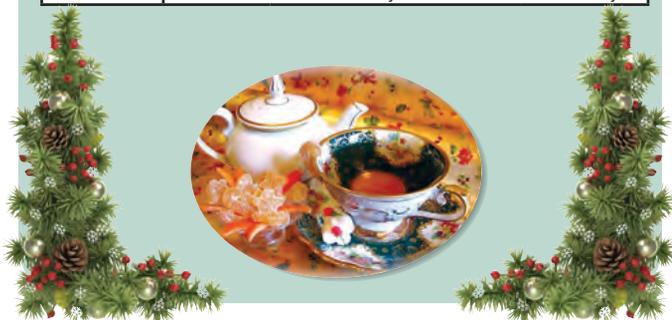


Activity#	Day	Date/Time	Fee
F44001A1	Tuesday	Dec 6 12:00-1:30 pm	\$9 residents and Friendship Center Members \$12 non-residents
Location	Crystal Community Center		

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
Location	Brookview Community Center, Golden Valley		



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.

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.