

# The Crystal Friendship Center

For 55+



Mon-Wed: 10:00 am-9:00 pm, Thur-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 P*ker
5:30 pm			Hand & Foot		
6:30 pm	500	Cribbage Whist			

## MONTHLY ACTIVITIES AT THE FRIENDSHIP CENTER

Donut Talk	Defensive Driving	500 Tournament	Whist Tournament	Duplicate Bridge Tournament	Party Bridge Tournament
Third Wednesday 10:00-11:30 am (Not held June-August)	Days vary schedule on page 16	12:30 pm First Saturday	12:30 pm Second Saturday	12:00 pm Third Saturday	12:00 pm Fourth Saturday

## 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.... Nancy's motto is "YES, YOU CAN!" Call Robbinsdale Parks and Recreation at 763-531-1278 to register.

Date/Time	Fee
Fridays, Sep 4-25 9:00-9:45 am	\$24/session
Fridays, Oct 2-23 9:00-9:45 am	\$24/session
Fridays, Oct 30-Nov 20 9:00-9:45 am	\$24/session
<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 September 7, November 11, November 26-27, December 24-25.

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	

**\*\*CRYSTAL COMMUNITY CENTER GYM CLOSED FOR MAINTENANCE JULY 27-AUGUST 28 - NO ACTIVITIES\*\***

## 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 7, November 26 or December 24.

Day	Date/Time
Monday/Thursdays	9:00 am-1:00 pm
<b>Fee</b>	\$2/time or \$1/time for Crystal Friendship members \$10 for punch card with 10 punches for Crystal Friendship members, Crystal and Golden Valley residents \$15 for punch card with 10 punches
<b>Location</b>	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
Thursday, Sep 17 9:30 am	Golden Valley Area with GV Police
Tuesday, Sep 29 9:30 am	Dakota Rail Trail
Tuesday, Oct 13 9:30 am	Midtown Greenway Pot Luck Lunch

## LAWN BOWLING LEAGUE

Lawn bowling is one of the easiest sports to learn to play. You will find that bowls 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 is provided and an official is 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 3.

Day	Date/Time	Fee
Wednesdays	Sep 9-Oct 14 10:00-11:00 am	\$5 league fee & \$3 per week
<b>Location</b>	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, consultants are 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 2016. Refreshments will be served. Register by September 23.

Activity#	Day	Date/Time	Fee
8640	Monday	Sep 28 10:00-11:00 am	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. Register 10 days before each class.

Activity#	Day	Date/Time	Fee
8322	Monday	Sep 14 5:30-9:30 pm	\$20
8529	Monday	Oct 12 5:30-9:30 pm	\$20
8530	Monday	Nov 16 5:30-9:30 pm	\$20
8531	Monday	Dec 7 5:30-9:30 pm	\$20
<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. Register 10 days before each class.

Activity#	Day	Date/Time	Fee
8323	Saturday	Sep 19 8:30 am-4:30 pm	\$24
8533	Wednesday and Thursday	Oct 21-22 5:30-9:30 pm	\$24
<b>Location</b>	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 2 and Session 2 by November 6.

Activity#	Day	Date/Time	Fee
8663	Saturday	Oct 10 1:00-4:30 pm	\$60/Crystal and Golden Valley residents
8664	Saturday	Nov 14 1:00-4:30 pm	\$65/non-residents
<b>Location</b>	Brookview Community Center, Golden Valley		



### 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
8011	Thursday	Sep 10 9:00 am-1:00 pm	\$17 residents with AARP Membership
8012	Thursday	Oct 15 9:00 am-1:00 pm	\$22 residents without AARP Membership
8013	Thursday	Nov 12 9:00 am-1:00 pm	\$19 non-residents with AARP membership
8014	Thursday	Dec 10 9:00 am-1:00 pm	\$24 non-residents without AARP membership
<b>Location</b>	Crystal Community Center		

## 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 at least three days in advance so there are enough donuts for everyone. Call 763-531-0052 to register for this educational opportunity.

## “BOOKS AND A WHOLE LOT MORE!”



Books and a whole lot more! Hennepin County Library staff will introduce you to some of the many library services available to seniors, and take you on a guided tour of the library’s redesigned website. Learn how to access and download free e-books, and get some ideas for your next

great book to read, whether it’s on the printed page or on an e-reader, tablet or smartphone. Register by September 11.

Day	Date/Time
Wednesday	Sep 16, 10:00-11:30 am



## “IF HEARING IS BELIEVING, THEN I DON’T KNOW WHAT TO BELIEVE LATELY!”

Do you ever wonder how your ears and hearing work? Don’t miss this chance to learn more about a fascinating and important topic. What causes hearing loss? How is it connected to aging, dementia or other issues? If you need hearing aids, what should you know to make the right decisions? How can you help parents with the process? Jerri McMahan has practiced in hearing health care for more than 30 years and she’s joined by her associate, John Ottman, both from the Miracle-Ear clinic in Crystal. You can expect an informal, objective and informative session with plenty of time for questions. Register by October 16.

Day	Date/Time
Wednesday	Oct 21, 10:00-11:30 am

## “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.

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

## Osher Lifelong Learning Institute (OLLI)

An affiliated program of the University of Minnesota College of Continuing Education  
**Limited space for Crystal residents or Crystal Friendship Center members.**

### “THE TRIAL OF SOCRATES, PIETY AND OBEDIENCE TO THE LAWS”

The voyage started two years ago with readings of Plato’s “Apology” then the “Republic” (an expanded defense of Socrates) the “Symposium” and the “Pheadrus” and the “Gorgias” which addressed the issues of eros, immoderation and persuasion. In the fall we will return to the Apology, and supplement it with the more accessible discussions of piety and obedience to the law in the “Euthryphro” and the “Crito.” Michael Ormand 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 11.

Activity#	Day	Date/Time	Fee
8589	Mondays	Sep 21-Nov 9 (No class Oct 5) 10:00-11:30 am	FREE
<b>Location</b>		Crystal Community Center	

### “CURRENT ECONOMIC AND BEHAVIORAL ISSUES”

This course will follow current macroeconomic issues as the economy still struggles to overcome the downdraft from the Great Recession. It will look at the big picture and use video and internet downloads. There will be a particular focus on income and wealth distribution, drawing on the theories of Robert Reich and Thomas Piketty. In addition, behavioral economics will be introduced with the work of Daniel Kahneman, Daniel Ariely, and Richard Thaler. The implications of behavior on economics will also be addressed. Instructor is Don Renner. Register by September 13.

Activity#	Day	Date/Time	Fee
8590	Wednesdays	Sep 23-Nov 4 10:00-11:30 am	FREE
<b>Location</b>		Crystal Community Center	

## 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. Thanks to our sponsor, Brookdale Healthcare Services!



### THE LAST KEEPER AT SPLIT ROCK LIGHTHOUSE

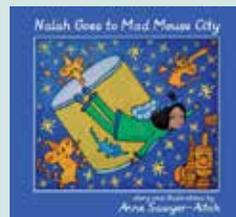
**AUTHOR: MIKE ROBERTS**



In 1969, Mike Roberts turned off the light at Split Rock Lighthouse when he was the last duty officer to serve at the iconic landmark. Hear the stories of life at Split Rock, of Lake Superior and of making ends meet on the North Shore. Mike will also share stories about his years working for the U.S. Coast Guard. Register by October 9.

Bio: Mike Roberts, Retired US Coast Guard, Lighthouse Keeper and Author. Mike enlisted in the Coast Guard in April 1966 and was sent to boot camp in Cape May, New Jersey for training. He was transferred to the Duluth Lifeboat Station and served on Search and Rescue & Aids to Navigation while there. He went to Split Rock Lighthouse in December of 1966 and was stationed there until it was permanently closed in January 1969. Mike was the last keeper at the Split Rock Light House.

Day	Date/Time
Wednesday	Oct 14, 7:00-8:30 pm
<b>Location</b>	Crystal Community Center



### 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. Several of Anne's projects include her multi-media show, Children and Other Optical Illusions at Open Eye Figure Theatre and a commissioned piece titled, Shadows of the Floating World for the Minneapolis Institute of Arts.

Day	Date/Time
Thursday	Dec 3, 6:30-7:15 pm
<b>Location</b>	Crystal Community Center



### MAH JONGG CLASSES

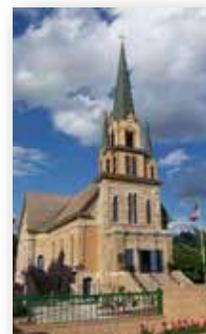
Mah Jongg is a game that originated in China. It is commonly played by four players. The class will consist of learning the tiles, rules, and how to put together hands (based on distributed

cards). Tiles are provided. Register by September 1.

Activity#	Day	Date/Time	Fee
8639	Tuesdays	Sep 8-29 1:00-3:00 pm	\$20 for 4 classes
<b>Location</b>	Crystal Community Center		

### CHURCHES OF MINNESOTA TOUR

Led by photographer and historian Doug Ohman, you will gather in the morning for an overview of Minnesota's religious heritage and a visual presentation of the state's church architecture. We'll then embark on a bus tour and visit the Memorial Chapel at Lakewood Cemetery (Minneapolis), which was modeled after the Hagia Sophia in Istanbul and is on the National Register of Historic Places, and the lesser-known gem, Our Lady of Lourdes, the oldest church in continuous use in Minneapolis. The luncheon buffet of assorted meats, cheeses and salads will be at Hennepin Avenue United Methodist Church. Call Robbinsdale Area Schools/Community Ed at 763-504-6999 to register.



Date/Time	Fee
Tuesday, Sep 22 9:00 am-4:00 pm	\$65
<b>Location</b>	Sandburg Learning Center 2400 Sandburg Lane, Golden Valley

## 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!

### ARBORETUM IN THE FALL

Enjoy lunch at Lord Fletcher's Old Lake Lodge overlooking Lake Minnetonka. A lunch of grilled chicken breast with au gratin potatoes, seasonal vegetable, salad, bread and coffee or tea will be served. Apples will be available for purchase grown at the Arboretum orchards. Arrive at the MN Landscape Arboretum, established in 1958. The Arboretum includes over 1,000 acres of rolling terrain. Enjoy the grounds and visit the gift shop. End the day by boarding the Trumpet Creeper Tram for a narrated riding tour of the gardens and woodlands, highlighting the many collections, display and demonstration gardens. Register by August 31

Activity#	Day	Date/Time	Fee
8465	Tuesday	Sep 15 10:30 am-4:45 pm	\$66
<b>Bus Pick-up</b>	Crystal Community Center		

### INTO THE WOODS

Arrive at Cabin Ridge Rides in Cadott, WI, and board an accessible horse drawn wagon. Upon reaching the cabin, you will be treated to a delicious meal in the gas lit lodge of Cabin Ridge. Menu: Hot Beef Stew with potatoes, meat and vegetables, corn bread, beverage, and dessert. Learn about 200 years of family history along the creek, and enjoy some folk music by a local musician. Leave for the Autumn Harvest Winery and Orchard. Sample a variety of products including wines and apples. Register by October 5.



Activity#	Day	Date/Time	Fee
8665	Tuesday	Oct 20 8:45 am-5:00 pm	\$65
<b>Bus Pick-up</b>	Crystal Community Center		



### THE BUDDY HOLLY STORY (HISTORY THEATRE)

Spend the HOLLY-days at the History Theatre to see the award winning production of Buddy - The Buddy Holly Story. Part biography, part rock 'n' roll concert, this musical is a celebration of the life and music of Buddy Holly. Buddy crossed racial barriers with his music and left an indelible legacy in just four short years. Hear his hit songs including "Peggy Sue,"

### 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 their card to spend on the machines. If you don't have a TLC card and would like one, tell us when you register; the card is the only mechanism you have to redeem the "comp" money. Your card will be waiting for you. Bring your friends; open to all adults 50 + . Register by October 26.

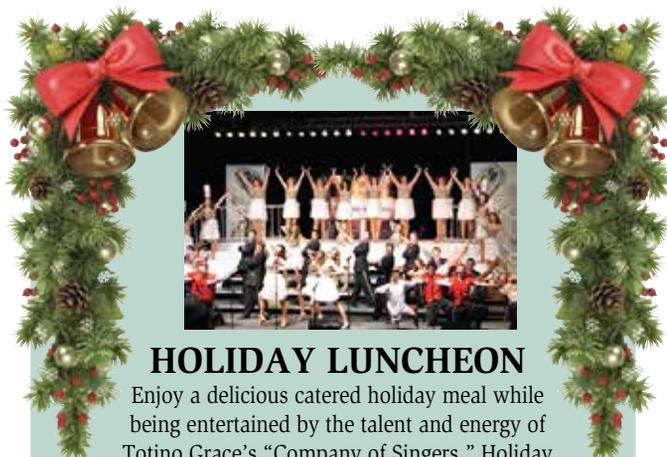


Activity#	Day	Date/Time	Fee
8534	Wednesday	Nov 4 8:45 am-5:15 pm	\$6
<b>Bus Pick-up</b>	Crystal Community Center		

### COMO CONSERVATORY 100TH ANNIVERSARY TOUR

Celebrate a Century at the Marjorie McNeely Conservatory at Como Park with a guided tour through some of the gardens and a behind the scenes tour in the greenhouse! After the tour you will have time to explore the conservatory gardens and the fall flower show on your own. Then enjoy lunch at Public Kitchen + Bar; in St. Paul's Lowertown in the historic Noyes & Cutler building with arched windows overlooking Mears Park. Choose from the lunch menu of: 1. Pork Tenderloin with squash puree & braised apples 2. Noyes & Cutler Burger with bourbon glazed bacon, white cheddar cheese and garlic aioli 3. Mixed Greens Salad & Home-Made Tomato Basil Soup. Meal is served with dessert, water, ice tea or coffee. Registration by November 4.

Activity#	Day	Date/Time	Fee
8666	Thursday	Nov 19 9:10 am-2:45 pm	\$66
<b>Bus Pick-up</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 debut of their new show will be included in the program. Register by November 18. Doors open at 11:30 am.

Activity#	Day	Date/Time	Fee
8051	Tuesday	Dec 1 12:00-1:30 pm	\$9 residents and Friendship Center Members \$12 non-residents
<b>Location</b>		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-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
<b>Location</b>		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
8668	Monday	Dec 14 1:00-2:30 pm	\$9
<b>Location</b>		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 9:30 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.