



55+ Activities



Crystal Friendship Center

The Friendship Center extends a special welcome to the 55+ population! We are dedicated to helping you live a purposeful life! Have a look at our rich variety of programming opportunities to help you pursue your interests, cultivate friendships, and meet your recreational desires. We offer a large gathering room, book and puzzle library, and a billiards room. Let us enhance your quality of life with a warm and welcoming atmosphere full of others, like you, looking for a way to give your life meaning after retirement. The Crystal Friendship Center is open to all individuals age 55 and better for a yearly fee of \$10 for Crystal residents and \$12 for non-residents per year which allows the member to:

- participate in and receive discounts for all center activities
- receive the *Prime Time News* – a quarterly newsletter with advance notice of trips, classes, special events, entertainment and parties

Please note the *Prime Time News* may be purchased at the Crystal Community Center front desk for 50¢ a copy for non-members.

WEEKLY FRIENDSHIP CENTER CARD GROUPS

We welcome you to join our many card groups that meet throughout the week. After your second day as a visitor, a membership card is required. The day games begin at 12:30 pm with the evening groups at 6:30 pm. Entry fee to weekly games is 50¢ unless otherwise noted. Come early if you do not have a partner to make necessary arrangements for a place at a table. Limit of 33 tables.

DAY GAMES

- Duplicate Bridge** Monday
No meeting date: September 6
- Party Bridge** Tuesday, Friday
No meeting date: November 26,
December 24, 31
- 500** Wednesday
- Whist** Thursday
No meeting date: November 11, 25

EVENING GAMES

- 500** Monday (entry fee: 25¢)
No meeting date: September 6
- Whist** Tuesday
- Cribbage** Tuesday

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. Card tournaments start at 12:30 pm. Limit of 33 tables.

- 500** (\$1.50 entry fee) September 4, October 2,
November 6
- Whist** (\$3.00 entry fee) September 11, October 9,
November 13, December 11
- Duplicate Bridge** (\$2.00 entry fee) September 18, October 16,
November 20, December 18
- Bridge** (\$2.00 entry fee) September 25, October 23
November 27

AARP DRIVER'S SAFETY PROGRAM REFRESHER COURSE



Do you want to receive up to a 10% discount on your car insurance for the next three years? You must have completed the 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. Course fills quickly. Have your driver's license number available for efficient registration. To receive the AARP membership discount, you must register at the front desk during regular office hours with proof of your membership.

- Thursday, September 9** 9:00 am-1:00 pm
- Thursday, October 14** 9:00 am-1:00 pm
- Thursday, November 4** 9:00 am-1:00 pm
- Thursday, December 2** 9:00 am-1:00 pm

Location: Crystal Community Center

- Fee: \$12 residents with AARP membership
\$16 residents without AARP membership
\$18 non-residents with AARP membership
\$20 non-residents without AARP membership



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HOLIDAY LUNCHEON

**Tuesday, November 30
Noon-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 November 24, space permitting. Doors open at 11:30 am.

Location: Crystal Community Center

Fee: \$8 residents, \$11 non-residents

HOLIDAY BAND CONCERT

**Thursday, December 2
7:00-8:30 pm**

Join us for 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. Coffee and cookies served at 7:00 pm with the concert beginning at 7:30 pm.

Location: Crystal Community Center



HOLIDAY TEA

**Tuesday, December 14
1:00-2:30 pm**

You are cordially invited to High Tea. The afternoon begins with tea and a toe-tapping performance by Rhythmic Feet. Musical entertainment will follow while petite sandwiches and desserts are served. Ladies, wear a festive hat and gentlemen a festive tie and be eligible for prizes. Bring your own tea cup and saucer to add to the fun. 5 Cities Transportation is available for this event. Register by Tuesday, December 7.

Location: Brookview Community Center,
200 Brookview Parkway
in Golden Valley

Fee: \$6 residents of Crystal, Golden Valley
\$9 non-residents



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.

BRAIN GYM TEASER

Have you ever noticed that stress, injury or anxiety has interfered with your life? Using a fun, easy assessment technique you can see how your brain, body and nervous system interrelate. Come see how you can improve concentration, memory, reading, writing, organizing, coordination and more! You will learn a basic set of Brain Gym® movements to apply to yourself. Simple, easy, fun! Judy Besch, MAEd is a Licensed Brain Gym® Instructor. Register by September 12.



Wednesday, September 15..... 10:00-11:30 am



THE MAGICAL LAND: THE GALAPAGOS ISLANDS

Presented by LeeAnn Landstrom, naturalist and supervisor at Eastman Nature Center. As a biologist, Ms. Landstrom's lifelong dream was to visit the islands that so influenced Charles Darwin. Through slides and artifacts, experience the stark and varied islands and the unusual animals that inhabit this extraordinary landscape. Register by October 17.

Wednesday, October 20..... 10:00-11:30 am



SHOWTIME CHORUS SINGS

Showtime is a local musical entertainment troupe composed of energetic, fun-loving seniors from the area who will sing and entertain you with songs of yesterday and today with a special holiday twist. They have performed at a variety of community centers, senior centers, churches and events for many years. After their performance join them for a sing-a-long to get you in the mood for the coming holiday season. Register by November 14.

Wednesday, November 17 10:00-11:30 am





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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 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, tax and gratuity unless otherwise indicated. You may begin registration immediately for these trips, and be sure you pay attention to the deadlines, space permitting!

RIDE THE RAILS

Wednesday, September 29



Our first stop will be the Crystal Lake Cheese Factory in Comstock, Wisconsin where you'll be able to purchase cheese and take a peek inside the factory area through viewing windows. Then we are off

to Spooner to board the Wisconsin Great Northern Railroad. This historic railroad recreates the atmosphere of rail travel using rebuilt cars from 1912 to 1918. Following our lunch of Chicken Cordon Bleu, Long Grain and Wild Rice, California Mixed Vegetables, Dinner Roll, Cookie and Coffee or Lemonade you can sit back and enjoy the relaxing scenery from the train as it travels into the changing colors of autumn. Following the train excursion, our final stop will be the Burnett Dairy Cooperative near Grantsburg. We'll have time to purchase an ice cream cone and sample fresh cheese. Register by August 27.

Fee: \$69

Depart: 7:30 am Return: 5:30 pm

BELLS AND WHISTLES

Tuesday, November 9



Lunch at Gorecki Center on the campus of St. Benedicts. Enjoy baked chicken, potatoes and gravy, corn, breads, strawberry shortcake and coffee.

Next we will venture on the Lake Webegon trail to explore historic churches. Volunteers share the history and inspiration of these small churches that were built as the center of the community when transportation was limited. Flash forward to 2010 when we board the new commuter rail from the NorthStar Corridor Rail Station in Big Lake. Travel the speed of 79 miles per hour making stops in Elk River, Anoka and Minneapolis. Our motor coach will be waiting to take us back to our departure points. Register by October 22.

Fee: \$54/person

Pick-up: 11:00 am Return: 6:45 pm

ON GOLDEN POND AT FANNY HILL DINNER THEATRE

Wednesday, October 6



This is the love story of Ethel and Norman, who are returning to their summer home on Golden Pond for the forty-eighth year. Wry humor, much affection, and a keen sense of *life well-lived* have made this show a timeless classic. Before the show, we'll enjoy a wonderful Fanny Hill meal! Register by September 10.

Fee: \$56 Pick-up: 9:45 am Return: 5:30 pm

IT'S NIFTY FIFTY DAY AT ST. CROIX CASINO

Wednesday, October 20

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! The "nifty fifty" will receive an extra \$5 in cash, may purchase a hot dog at the sandwich stand for 50 cents and are eligible for the \$50 cash drawing every half hour. If you do not have a TLC card and would like one, tell us when you register. We will send the information to the casino in advance and your card will be waiting for you. In addition to the "nifty fifty" bonus for TLC members, each person will receive \$5 to spend at the casino. Register by October 12.

Fee: \$6

Pick-up: 8:45 am Return: 5:15 pm



VILLAGE CHRISTMAS AND LIGHTS

Wednesday, December 1

The first stop in Chippewa Falls is the Bridgewater Restaurant for baked chicken, potatoes and gravy, vegetables and ice cream. After lunch we will go to the Cook-Rutledge Mansion. Step inside this extravagant Victorian mansion for a guided tour and experience the grand life-style of the lumber era, that is decorated for the holiday season. We will stop at Leinie Lodge Hospitality Center, browse the gift store and sample the "flavor of the north wood's" including this year's seasonal brew. Before leaving the city we will ride through the dazzling Christmas Village in Irving Park with more than 100,000 lights and over 100 illuminated scenes. On the way home there will be a quick stop at a fast food restaurant for those who want to purchase a sandwich or snack. Register by November 15.

Fee: \$57

Pick-up: 11:00 am Return: 8:00 pm (approximate)

OLD LOG THEATER JEEVES IN BLOOM

Wednesday, January 26

In this play, the tranquil, peaceful English countryside becomes anything but, when the lovable, loopy Bertie and his unflappable butler, Jeeves, arrive for a visit. Now Bertie is dodging an enraged chef wielding a meat cleaver, hiding from a starry-eyed young woman, and helping Aunt Dahlia to commit a felony. Prior to the show, we'll enjoy a wonderful Old Log lunch with an entrée choice of walleye, pork chop, roasted chicken breast or veggie lasagna. Register by January 10.

Fee: \$46

Pick-up: 11:00 am Return: 4:45 pm



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EXTENDED TRIP



Extended Trips are co-sponsored with the cities of Brooklyn Center, Golden Valley and New Hope. The cost is based on two people per room for hotel stay, transportation, tour director, guide, some meals, tax and gratuity. Single rooms are available for an additional cost. Complete trip information is available at the Crystal Community Center or by calling 763-531-1153. Departure locations will be determined by the number of registrations per city.

A KERSTMAS IN PELLA

December 3-4, 2010

2-Day Motor Coach Tour
 \$75 deposit due by October 18, 2010
 \$325.00/person (2/room)
 \$415.00/person (1/room)

Includes:

- Deluxe motor coach transportation
- Lodging for 1 night
- Meals: 1 Coffee and roll stop, 2 Lunches
- Attractions: Pella Christmas tour of homes, Walk in Historical Village, Vermeer Mill Interpretive Center, Lights Display, Festival of Trees
- Tour Director – Mary Odell

Gratuities included on meals and attractions

SPECIAL INTEREST GROUPS

Specific information can be found in the *Prime Time News*, the newsletter of the Crystal Friendship Center.

BOOK DISCUSSION GROUP

The Book Talkers 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. For information, call Rita at 763-531-1274.

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 35" TV and discuss the movie afterwards.
 Fee: \$1.00

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. with our yearly kick-off on September 21. The study topic for 2010-2011 is "Cities in the United States."

PEDAL PUSHERS SENIOR BICYCLE TRIP PROGRAM

REGISTER FOR EACH RIDE BY CALLING 763-512-2339
by 3:00 pm the day before the ride

Mendota – Big Rivers

Meet at free, public parking lot in Mendota, which is located about 2 blocks from Axel's Restaurant. We will bike 10-12 miles with rest stops along the trail. Lunch at Axel's, 1318 Sibley Memorial Highway, after the ride. Directions: 494 east to Pilot Knob Road, travel north to Mendota Heights Road. West on Mendota Heights Road (becomes Sibley Memorial Highway) to the stone overlook trailhead on the left.

Thursday, September 2..... 9:00 am



Lake Rebecca

Meet at the Lake Rebecca Main parking lot, 9831 Rebecca Park Trail, Rockford by the play area. We will bike several loops of the trail, 6-12 miles, before having a pie and coffee together (thanks Loretta). Directions: West on 394, continue on US-12/Wayzata Blvd. Turn right at County Line Rd SE/SE Gabler Avenue, continue to follow County Line Rd SE. County Line Rd SE turns slightly right and becomes County Road 50/Rebecca Park Trail.

Thursday, September 9..... 9:00 am

Midtown Greenway

We'll meet at Nancy and Keith's home, 3141 Hennepin Avenue, and place our items to share in Nancy's kitchen and refrigerator (if needed), before heading west from the Uptown area on the Midtown Greenway. After the ride, we'll pot-luck it at Nancy's. Park on the side streets. In case of rain, we'll meet at Nancy's at 11:00 to prepare for lunch at 11:45 am.

Thursday, October 7..... 10:00 am



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5 CITIES SPECIAL DESTINATIONS

The 5 cities of Crystal, Brooklyn Center, Golden Valley, New Hope and Robbinsdale work cooperatively to provide transportation to those 60 years and older. Fares of \$7/person or two punches from the bus pass is required for 5 Cities Special Destinations. All other costs are on your own. Make reservations through the 5 Cities office at 763-531-1259, unless otherwise indicated in the program write-up.

NATURE OF THINGS Minnesota Landscape Arboretum



The Minnesota Landscape Arboretum features more than 1,000 acres of magnificent gardens, model landscapes and natural area from woodlands to wetlands to prairie with extensive collections of northern-hardy plants. We'll enjoy a 3-mile tram tour and then you'll have time for lunch and exploring on your own. On our trip home, we will make a quick stop at the Apple House. All purchases are on your own. Register by September 22 with 5 Cities at 763-531-1259. **Friday, October 1**..... **Pick-up: 9:15 am**
Fee: \$9 for admission in addition to the 5 Cities transportation donation

AFTERNOON VIVACE CONCERT

Vivace means full of life! Enjoy this free concert performed by professional musicians at the Landmark Center. After the concert, try lunch or dessert at Anita's Café on the main floor of the Landmark Center (cost on your own). Special fare applies. Register with 5 Cities at 763-531-1259. **Thursday, October 21** **Pick-up: 10:45 am**
Fee: \$7 or two punches from the punch pass



BRUNCH BUNCH

Join us for lunch on the third Tuesday of each month. Individual checks (including tax and gratuity) will be given. Reservations are taken through the 5 Cities Transportation

office on the first business day of the month, unless otherwise indicated in the flyer.

- Tuesday, September 21**..... **Dock Café**
(Registration begins September 1)
- Tuesday, October 19**..... **Cracker Barrel**
(Registration begins October 1)
- Tuesday, November 16**..... **Olive Garden**
(Registration begins October 29)

THE LOCAL MOTION

Museum of Russian Art



Enjoy a guided tour featuring A Homespun Life: Textiles of Old Russia. This original exhibition presents over one hundred artifacts revealing the rich peasant culture of northern and central Russia in the 19th and early 20th centuries. Following the museum, we will have lunch at

Patrick's Café and Bakery, which is located in the Bachman's on Lyndale. You'll also have some time to do a little shopping. Register by October 28 with with 5 Cities at 763-531-1259. **Thursday, November 4** **Pick-up: 10:15 am**
Fee: \$8 includes admission, guided tour and escort.

American Swedish Institute

Ingebretson's on Lake Street will be our first stop for a little bit of shopping. The next stop is the American Swedish Institute, a historic house, museum and cultural center. We'll enjoy a guided tour of their beautiful Holiday Exhibits. You'll have time to shop



in the Museum gift shop. Our final stop is Milda's for lunch or a light snack. All purchases are on your own. Register with New Hope Parks and Recreation at 763-531-5151 with Visa or MasterCard or by mail or walk-in. Register by November 24. **Friday, December 3, 2010** **Pick-up: 9:30 am**
Fee: \$9 includes museum admission, tour and escort.

SENIOR COMMUNITY RESOURCES

District #281 Community Education
763-504-6990

5 Cities Transportation • 763-531-1259

PRISM Express • 763-529-1252

Dinner At Your Door • 763-531-1183

Senior Dining • 763-531-1183

HOME Northwest • 763-504-6984