

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! We offer a variety of programming opportunities, a large gathering room, and a book and puzzle library, and a billiards room. The Crystal Friendship Center is open to all individuals age 55 and better for a **yearly fee of \$12 for Crystal residents and \$16 for non-residents starting in 2012**, which allows the member to:

- participate in and receive discounts for all center activities
- receive the *Prime Time News* – a quarterly newsletter

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

CRYSTAL FRIENDSHIP CENTER HOURS

Monday-Wednesday	10:00 am-9:00 pm
Thursday	10:00 am-4:30 pm
Friday	10:00 am-4:30 pm
Saturday Tournaments.....	12:30 pm-4:30 pm

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: December 26, January 16, February 20 (meet December 27, January 17, February 21)
- Bridge** Tuesday, Friday
- 500** Wednesday
- Whist** Thursday

EVENING GAMES

- 500** Monday (entry fee: 25¢)
 No meeting date: December 26
- 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)
 January 7, February 4, March 3
 *No tournament December 3
- Whist** (\$3 entry fee)
 December 10, January 14, February 11, March 10
- Duplicate Bridge** (\$3 entry fee)
 December 17, January 21, February 18, March 17
- Bridge** (\$2 entry fee)
 December 31, January 28, February 25, March 24
 *No tournament December 24



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

55+ Activities

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 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. 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. Friendship Center members will receive Crystal resident rates.

Thursday, December 89:00 am-1:00 pm

Thursday, February 99:00 am-1:00 pm

Thursday, March 159:00 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

AAA 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. Have your driver's license number available for efficient registration. Register by February 17.

Saturday, March 3 9:00 am-5:00 pm
(45 minute Lunch Break)

Location: Crystal Community Center

Fee: \$21 AAA Member (must show AAA card at class)

\$24 Non-AAA Member

HOLIDAY LUNCHEON

Tuesday, November 29

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. Friendship Center members will receive Crystal resident rates. Doors open at 11:30 am. Register by Wednesday, November 23.

Location: Crystal Community Center

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



HOLIDAY BAND CONCERT

Thursday, December 1

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

Monday, December 12

1:00-2:30 pm

You are cordially invited to High Tea. The afternoon begins with tea and a performance by pianist Dan Wascoe. Dan has lived in Golden Valley for more than 50 years and has played piano for 60 years. Petite sandwiches and desserts will be served. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun. 5 Cities Transportation available for this event. Register by Wednesday, December 7.

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

Fee: \$7

55+ Activities

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, 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!

IT'S A WONDERFUL LIFE ST. PAUL HOTEL

Tuesday, December 13

The year is 1946 and a radio broadcast "It's a Wonderful Life" takes place before a live audience in the famous Promenade Ballroom of the legendary Saint Paul Hotel. You will travel back in time when radio was king and a live broadcast was a thrill of a life time. A festive three-course lunch created by the St. Paul Hotel's Executive Chef will be served during this smash hit. Don't miss this show filled with music, live sound effects and tons of fun. Register by December 2.

Fee: \$67 Pick-up: 12:15 pm Return: 3:45 pm



DESTINATION DUBLIN KEEGAN'S IRISH PUB

Tuesday, March 6

Experience a bit of Edwardian Dublin at Keegan's Irish Pub. The pub was designed and built in Waterford, Ireland and transported in pieces to Minneapolis. Irish craftsmen followed to reconstruct this authentic pub. At Keegan's you will have the opportunity to practice the fine art of conversation, enjoy good food, drink and music in the finest Irish tradition. Select #1 - Beer Crisped Fish-n-Chips or #2 - Half sandwich of corned beef piled high with Swiss cheese and Dijon mustard and Chips. Chips are Keegan's crispy wedge fries. Dessert and beverage included with both selections. Register by February 20.

Fee: \$54 Pick-up: 12:30 pm Return: 3:30 pm

CAPITOL AND CARNIVAL

Wednesday, February 1

Enjoy a 45 minute guided tour of one of the grandest monuments of the American Renaissance! When the Minnesota State Capitol opened to the public on January 2, 1905, Minnesotans felt an immense pride in what was recognized immediately as one of the country's great artistic masterpieces, as it still is today. Like a powerful white magnet, the Capitol has for generations drawn crowds to its broad



granite steps and grand interior spaces-for state funerals, political rallies and demonstrations, festivals and marathon races. The Capitol is truly a building of the people, by the people, and for the people. After the tour we will arrive at the Union Depot Place with the beautifully preserved, neo-classical grandeur of the historic train station. Have lunch at Christos Greek Restaurant. After lunch we will drive around Rice Park to see the Winter Carnival Ice Sculptures. (The driver can drop off those who want to walk through the park for a close up view, if weather conditions permit). Register by January 16.

Fee: \$43 Pick-up: 9:00 am Return: 1:45 pm

FARIBAULT WOOLEN MILL

Thursday, April 19

Tour the newly re-opened Faribault Woolen Mill. The mill dates back to The Civil War and was closed after collapsing into foreclosure in 2009.



Chuck and Paul Mooty, from the Twin Cities, have saved from extinction the country's last mill turning raw wool into finished blankets. Faribault Blankets/Faribo Blankets have been a purveyor of quality wool, wool blankets, and wool products since 1865. They are manufactured entirely in the United States of America in the mill that resides on the banks of the Cannon River in Faribault, MN. After the tour, shop for a wide range of woven goods including soft wool blankets, vintage wool scarves, and other wool home, men's, and women's accessories. Enjoy lunch at the Depot Restaurant with a special menu including beverage and dessert. Then, we will tour The Paradise Center for the Arts, site of the Faribault Opera House built in 1929. The Faribault Art Center, Merlin Players, and the Faribault Area Community Theater joined forces to create a facility that features performing arts space, gallery space, and support areas. The last stop is at The Cheese Cave, a cheese retail store with samplings and pairings. The Faribault Dairy Company is known for cave aged blue cheese in the sandstone caves that were carved into the river bluffs. The store offers dozens of different cheeses, as well as pastas, sauces, cheese-making kits and high-quality, high-end foods that pair well with cheese, such as crackers, condiments, gourmet olives and other items. Purchases are on your own. Register by April 2.

Fee: \$49 Pick-up: 9:00 am Return: 3:30 pm

55+ Activities

5 CITIES SENIOR TRANSPORTATION

Five Cities Senior Transportation is a transportation service serving persons 60 and older in the cities of Brooklyn Center, Crystal, Golden Valley, New Hope and Robbinsdale. Riders may be transported to grocery stores, Target, Wal-Mart, shopping malls, city sponsored senior activities, and senior dining. Bi monthly schedules list dates and destinations. 28 passenger, life equipped vehicles are used. The suggested donation to ride with Five Cities is \$3.50 with the handy punch pass or \$4.00 cash. Home and apartment pickups are available. Contact Rita DeBruyn, Senior Program Coordinator, for more information: 763-531-1259.

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 office on the first business day of the month. Call 763-531-1259 for more information about specific dining destinations. Voice mail reservations will not be registered until after the in-person phone calls have been received. If you leave a voice mail, you will be contacted to confirm your reservation and to be informed if you are on the regular list or the waiting list.

Tuesday, January 17 **Red Lobster, Maple Grove**
(Reservations begin December 30)

Tuesday, February 21 **Outback Steakhouse, Bloomington**
(Reservations begin February 1)

Tuesday, March 20 **Carol's Restaurant, Blaine**
(Reservations begin March 1)

Tuesday, April 17 **Cracker Barrel, Lakeville**
(Reservations begin March 20)

AFTERNOON VIVACE CONCERT



Vivace means full of life! Enjoy this free concert performed by the Artaria String Quartet. The Landmark Center Thursday concert is sponsored by The Schubert Club and performed in Courtroom #317. After the concert, try lunch or dessert at Anita's Café on the main floor of the Landmark Center (cost on your own). Register

with 5 Cities at 763-531-1259 at least one week before the concert.

Thursday, January 26.....**Pick-up: 10:45 am, Depart: 2:00 pm**
Fee: \$7 or two punches from the punch pass.

5 CITIES SPECIAL DESTINATIONS

MUSEUM OF RUSSIAN ART

Antiques from the Ukraine: Golden Treasures and Lost Civilization

The Museum of Russian Art announces its upcoming exhibition of intriguing artifacts from the prehistoric Trypillian culture and a unique collection of gold objects crafted by and for the nomadic Scythians that roamed the Ukrainian steppe from the 8th-4th centuries BC. This dizzying array of golden treasures tells a fascinating story of the steppe nomads who, in the 4th century BC, amassed great wealth selling grain to Greek colonies along the northern Black Sea shores. Other displays will include artifacts dating to the Byzantine and Kievan periods of the region's history. The Museum of Russian Art is proud to be one of only three American venues hosting this private collection from Kyiv, Ukraine. Lunch is on your own at Patrick's. Register with New Hope Recreation at 763-531-5151 by January 26.

Friday, February 3.....**Pick-up: 10:15 am, Depart: 2:15 pm**
Fee: \$8 or two punches from the punch pass



MACY'S FLOWER SHOW

Spring is in bloom at the annual Macy's Flower Show! Experience the flower show on a self guided tour. Step into Towers of Flowers and discover a magical world of soaring floral architecture, magnificent rolling landscapes and specialty gardens bursting with color, fragrance and imagination. Enjoy an elegant traditional dining experience at the Oak Grill Restaurant on the 12th floor or at the 12th Floor Skyroom food court that offers deli soups, sandwiches, pasta, Mexican food and a world famous salad bar! Call 5 Cities Transportation at 763-531-1259 to register by March 23. If you are unable to attend after making a reservation, call to cancel so someone from the wait list can take your place. *Note: This bus is not equipped with a lift.

Friday, March 30..... **Pick-up: 9:15 am, Depart: 1:00 pm**
Fee: No cost for admission to show. A Special Destination fare of two punches from the pass card or \$7 cash for the 5 Cities Transportation bus can be paid to the driver on the day of the trip. Lunch cost and any purchases are on your own.

55+ Activities/Resources

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.



JFK ASSASSINATION: THE MYSTERY AND THE LEGEND



President John F. Kennedy was assassinated 48 years ago in Dallas, Texas. With the passage of time has come much discussion, debate and controversy. Despite the official conclusion that Lee Harvey Oswald acted alone, more than 70 percent of the

Americans say they believe there was a conspiracy. David Jones of Minneapolis, has researched this pivotal event thoroughly and presented this material to thousands of people. The presentation will be very balanced and will give you chance to decide for yourself who shot JFK.

Wednesday, January 18 10:00-11:30 am

BASEBALL IN MINNESOTA

Discover the history of Minnesota baseball from the perspective of baseball historian, Stew Thornley. Enjoy images of ballparks such as Nicollet Park in Minneapolis and Lexington Park in St. Paul and the teams that played there. Join Stew, author and official score keeper for the Minnesota Twins, as he captures the spirit of Minnesota's baseball of both yesterday and today.

Wednesday, February 15 10:00-11:30 am

CAN DO CANINES: HOW DOGS CAN HELP

Join staff and a graduate team from Can Do Canines. You will learn how assistance dogs help people, the different types of assistance dogs that are being trained and hear firsthand from a working team about the bond they share.



Wednesday, March 21 10:00-11:30 am

CONTAINER GARDENING FOR EVERYONE!

Think spring and get ready for the gardening season! If you have room for only one container or have a deck full of containers, you will enjoy this informative and fun talk given by Master Gardener Connie Young. You will get tips on keeping your containers looking good all season, plant combinations, and new plants to try, and much more! Connie Young has been a Hennepin County Master Gardener for 12 years. She gardens with her husband at their home in Bloomington. Her gardens have been featured in *Garden Gate Magazine* and the *Star Tribune*.

Wednesday, April 18 10:00-11:30 am

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 7 through April 10 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.

ADAPTIVE RECREATION RESOURCES

REACH FOR RESOURCES: 952-988-4177

REACH is an agency which serves individuals with developmental disabilities and their families in the West and Northwest metro area. Services include Adaptive Recreation for youth and adult, information, referral, advocacy and counseling.

Windows of Opportunity: 763-504-6990

Windows of opportunities provides recreation, education and support for people with disabilities ages 16 and up.

Courage Center: 763-520-0520

Courage Center offers something for everyone, including lifetime sports you can enjoy with your family such as skiing or horseback riding, competitive team sports such as basketball or power soccer, and creative activities such as arts, crafts and photography. Courage Center Sports & Recreation offers a wealth of seasonal activities that encourage an active, healthy lifestyle for youth and adults.

Project SOAR: 952-401-6898

Project SOAR provides specially designed Community Education programs, developed just for adults with disabilities. Assistance is available for sign language interpreters and classroom assistants, as well as referrals to agencies and resources.