FRIENDLY ROBINS SENIOR CLUB
The Friendly Robins Senior Club meets Wednesdays. Club activities include visiting with friends; special speakers, refreshments, door prizes along with playing cards and Bunco. There are periodic business meetings held to discuss programs. Optional playing Wii games begins at 11:30 am on meeting dates. Visitors and new members are welcome!
When: Wednesdays, 12:30-3:00 pm
Where: Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level.
Dues: Annual membership of $6.00 plus a $1 refreshment fee paid at the door.
HELP THE ENVIRONMENT! BRING YOUR OWN MUG TO FRIENDLY ROBINS!

Wednesday, January 1, 2014
Friendly Robins will not meet on New Year’s Day.

MEMBER FEEDBACK APPRECIATED
Friendly Robins Club leaders appreciate your feedback. Please let club officers know if there is something you would like to do or a speaker you would like to hear at a club meeting.

ROBBINSDALE SENIOR COMMISSION
The purpose of the Robbinsdale Senior Commission is to improve the lives of older citizens in the City of Robbinsdale. The public is welcome to attend the Commission meetings, which are held on the second Monday of the month at 9:30 a.m. at Robbinsdale City Hall, 4100 Lakeview Avenue North.
Next meetings are January 13 & February 10.
Current Senior Commissioners are:
David Bjorkquist Jerry Ruppert
Char Anderson Darlene Gobel
Lila Werner Bea Nyback

TELEPHONE NUMBERS
City of Robbinsdale 763-537-4534
Recreation Services 763-531-1278
Sunshine Lady-Donna Stangler 763-535-0479
First Call for Help 651-291-0211
Senior Outreach 952-746-4028
H.O.M.E. Program 952-746-4046
Senior Program Office 763-531-1274

ROVING MINDS DISCUSSION STUDY GROUP
The Roving Minds is a group that is curious about a variety of subjects and enjoys learning about and discussing them.
Location: Robbinsdale City Hall, 4100 Lakeview Ave. N. in the Sixth Corner (back meeting room). Non members are encouraged to come a time or two just to see what Roving Minds do.
Cost: $1 each meeting Refreshments are served.
2013-2014 Theme: Architectural Wonders & The Architects
Date: January 21, 2014
Time: 1:00-3:00 pm
Program: Willis Tower in Chicago
Date: February 18, 2014
Time: 1:00-3:00 pm
Program: TBD

BOOK DISCUSSION GROUP
If you enjoy books, this discussion group could be for you. We discuss, learn, laugh and enjoy each other’s friendship over books.
Time: 1:00-2:30pm
Location: Robbinsdale City Hall, 4100 Lakeview Ave. N., Sixth Corner (back meeting room)
Date: January 7, 2014
Book: The Orphan Masters Son by Adam Johnson
Date: February 4, 2014
Book: The Absolutely True Diary of a Part Time Indian by Sherman Alexie
DONUT MAKE YOU WONDER?
Join a curious group on the third Wednesday of the months of September thru May for informative programs and delicious donuts. Programs held at Crystal Community Center, 4800 Douglas Drive. The program is cooperatively sponsored by the cities of Crystal, New Hope, Brooklyn Center, Robbinsdale, and School District 281.

Donut Make You Wonder Programs:

Date: January 15, 2014
National Dizzy and Balance Center
Join us for this informative talk provided by the National Dizzy and Balance Center, a unique outpatient clinic system that combines medical doctors, audiologists, and physical therapists all within the same facility to offer a true multidisciplinary approach to balance disorders. Recent research shows 1/3 of people have experienced dizziness or imbalance at some point in their life. Oftentimes this is due to a vestibular disorder. The presentation will discuss the causes of dizziness, imbalance, and falls and what you can do about it! Learn about their unique approach to patient care that utilizes state-of-the-art diagnostic balance labs to more accurately diagnose patients and administer effective rehabilitation treatment protocols.
Time: 10:00 am
Cost: $2 payable at the door
Registration: 763-531-1272
Register by January 10

Date: February 19, 2014
The Lincoln Assassination
What really did happen on Good Friday, April 14, 1865? David Jones has researched the details surrounding the assassination of Abraham Lincoln at the Ford Theater by John Wilkes Booth and presents his findings in an interesting, informative way.
Time: 10:00 am
Cost: $2 payable at the door
Registration: 763-531-1272
Register by February 14

MOVIE DISCUSSION GROUP
Good conversations, great movies, and much fun are practically guaranteed. Refreshments too!! Movie-goers are encouraged to attend as many movies as possible to be able to make comparisons among the films. All are welcome as your schedule (and movie appreciation) permits. Movies are shown on various Thursdays, 9:30 am in the community meeting room, Police & Fire Station, 4101 Hubbard Avenue North. Please call 763-531-1272 for a detailed flyer.
Cost: $1

Upcoming movies:
January 16 – You Can’t Take It With You
January 30 – Hud
February 13 – Suddenly Last Summer
February 27 – Woman of the Year

OUT AND ABOUT
Out and About trips offer recreational day trips around the city and around the state. To register for these Out & About trips, call the Recreation Office at 763-531-1278.

Thursday, February 13, 2014
Park Square Theatre presents:
The Diary of Anne Frank
Among eight Jews hiding in Nazi-occupied Amsterdam, Anne Frank emerges from history as a lyrical and intensely gifted young woman. Be inspired by this timeless account of a girl whose imagination and hope would not be stifled by adversity. Lunch will be served at Great Waters Brewing Company after the performance.
Cost: $55 Deadline: January 24, 2014
Out & About Trips—continued

Tuesday, March 18, 2014
The Museum of Russian Art
The Museum of Russian Art announces *The Romanovs: Legacy of an Empire Lost*, an exhibition dedicated to the 400th anniversary of the Romanov dynasty.

In 1613, a sixteen-year-old Mikhail Romanov was elected Tsar of Russia, inaugurating a 300-year dynasty. This exhibition provides an overview of the three centuries of the Romanov rule, focusing on the tragic end of the dynasty in 1917-1918 after the Bolshevik revolution. The events that led to the collapse of imperial rule in Russia are well known, but what happened to their scattered property after the Bolsheviks seized power is a story still being unearthed. This multi-media exhibition will explore the multifaceted history of the dynasty and its afterlife.

*The Romanovs: Legacy of an Empire Lost*, will feature loans from over fifteen museums and private collections. Many of the objects will be exhibited for the first time. Lunch at the well known German restaurant, Black Forest Inn. Lunch is paid on your own, directly to restaurant.

Cost: $25 Deadline: March 4, 2014

Wednesday, April 30, 2014
Old Log Theater presents:
*Steel Magnolias*

A celebration of the love, intimacy, and strength of six southern women who are steel magnolias. A story of the lives and friendship of six women in Louisiana. Supporting each other through their triumphs and tragedies, they congregate at Truvy’s beauty shop to ponder the mysteries of life and death, husbands and children – and hair and nails – all the important topics that truly unite and celebrate women. Lunch will be enjoyed before the show in the Old Log Dining Room.

Cost: $58 Deadline: April 9, 2014

Thursday, May 22, 2014
History Theatre presents:
*Working Boys Band*

In a world before child labor laws, many young people got factory jobs to help their families get by. One visionary educator saw music as a way to bring structure and meaning into the lives of those children and so in 1918 Professor C. C. Heintzman formed the Working Boys Band. Through music, discipline, and compassion, the Professor shaped a rough-and-tumble group of young men into a Twin Cities institution. This world premiere musical celebrates the place of music in the lives of young people with a flourish of romance, a crescendo of patriotism, and the growing drumbeat of the approaching Great War. Lunch will be enjoyed at Fabulous Fern’s after the performance.

Cost: $60 Deadline: April 15, 2014

COMMUNITY EVENTS

Robbinsdale Historical Society
Website: [http://robbinsdalehistoricalsociety.org](http://robbinsdalehistoricalsociety.org). The Historical Society meets the 4th Tuesday of the month during March, April, May, Sept., Oct. and Nov., 1:00 p.m. in the Community meeting room, Police & Fire Bldg, 4101 Hubbard Ave No. 1. The Historical Society welcomes guests.

Next Meeting will be in March.

Robbinsdale Historical Museum
The Robbinsdale Historical Museum is located at 4915 42nd Avenue North in the Historical Library building. Open Fridays, 10:00 a.m.-4:00 p.m. and Saturdays from 11:00 a.m.-4:00 p.m. except on holidays and during inclement weather.

Men’s Mornings at the Museum on Fridays
Join a group of men who love to remember the great history and people of Robbinsdale. (Please note, WOMEN ARE WELCOME, too.) The coffee pot is on at the Museum Friday mornings. Just poke your nose into the museum and you will be invited to join the discussion…or just listen. Any time around 10:00am or later – come on in!
Robbin Gallery
Located in the Historical Robbinsdale Library, is operated by volunteers of the Hennepin Artists of Robbin Gallery. Check their website for more information: www.robbingallery.org
Regular gallery hours are:
Wednesdays -Saturdays Noon-4:00pm and Thursday evenings, 5:30-8:30pm.
You're invited to join:
Water Media for Everyone! Meets on Mondays, 1-4 pm, Robbinsdale Police & Fire Building, Community Room; $7 paid at door. For more information, please contact Suzi McArdle, instructor, at 612-281-6781.

VOLUNTEER OPPORTUNITIES

MONDAY BUNCH
On non-holiday Mondays between 9am-3pm, a lively bunch of volunteers gathers at Robbinsdale City Hall for odds and end jobs and socializing. The door is always open and you are welcome to come and join in the fun. For more information, please call 763-531-1274.

WARM-UP MINNESOTA
Folks who knit and/or crochet are always welcome to join the Warm-up Minnesota volunteers. Afghans have been donated to various local facilities. Yarn is available in the Senior Program office.

NORTH MEMORIAL HOSPITAL
Interesting openings are available in a variety of departments. You can work as often or as seldom as you choose. Please call Maureen Vanek, Manager, Volunteer Services, Lifeline, and Patient Escort, at 763-520-5649.

ROAD TO RECOVERY
Cancer patients from this area need help getting to their medical treatments and appointments. This American Cancer Society program needs kind people to volunteer their time and personal vehicles to drive patients to appointments. For information, call Mary Wiles at 651-255-8183.

DINNER AT YOUR DOOR
Dinner at Your Door is seeking drivers to deliver meals to shut-ins. Deliveries are Monday – Friday. Drivers usually drive just once per month. Deliveries take about 1½ hours. Call Ruby Van Horn at: 763-588-3933.

FIVE CITIES TRANSPORTATION
Five Cities Senior Transportation used PRISM Express buses. Since PRISM Express has been discontinued due to financial reasons, Five Cities Senior Transportation will not be able to continue as in the past. Staff from the five cities are reviewing the program to determine if the need is still there. For updated information, please visit the website: www.5citiesmn.org.

We did discover there are some grocery delivery services that are available.

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<tr>
<th>Name</th>
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<tr>
<td>Store to Door</td>
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Many individual pharmacies also offer delivery services, individuals should check with their pharmacy for details

OTHER OPTIONS FOR MEALS

Dinner at Your Door
For those who may be home bound for a bit, Dinner at Your Door provides a hot, noon meal at the reasonable price of $4.25. Volunteers deliver the meal to your door. Call Joanne: 763-531-1183.

Senior Dining
Lunch is served Monday through Friday at the Crystal Community Center, 4800 Douglas Dr. in Crystal. The suggested contribution is $3.50. To make your reservation, call Leslie Nelson at 763-531-1183 at least three days in advance. The Volunteers of America Senior Nutrition program serves all seniors age 60 and over.
SENIOR OUTREACH

Senior Community Services Senior Outreach
10709 Wayzata Blvd Suite 111, Minnetonka
This service provides in home counseling and case management to frail elderly and their families to help older people remain independent. The staff assists seniors to identify and connect with the right combination of services. Helps older adults access the most appropriate and cost effective services available from a wide array of programs. Support groups for seniors & caregivers available. For Appointments: Call Lee Ann Eiden or Krystal at 952-746-4028.

Need Help with Medicare and Health Insurance Questions?
A health insurance counselor from Senior Community Services will be available for hour long appointments at the Brooklyn Center Community Center. 6301 Shingle Creek Parkway. Call the Brooklyn Center Senior Program at 763-569-3405 to make an appointment for the second Wednesday of the month. Issues covered:

- Hospital bills
- Medicare or insurance forms
- Medicare Part D
- Medicare supplements
- Problems about health insurance.
- Long-Term Care Insurance Plans
- Appeals

PICKLEBALL 55 +
Pickelball is for people of all athletic abilities and is described as a combination of ping pong, tennis and badminton. It is a great work out, very social, and a competitive athletic game. Pickleball uses a plastic whiffle ball, a paddle and is played on a court roughly half the size of a tennis court. The cities of Crystal and Golden Valley are offering Pickleball at the Crystal Community Center. This is not a league…come when you can….just drop in with no advanced registration. Equipment is provided to try the game. Gym shoes are required. Call Crystal Recreation 763-531-0052 or Golden Valley Recreation 763-512-2339 with questions. Mondays and Thursdays: 9:00am – 12:00pm Location: Crystal Community Center 4800 Douglas Drive Fee: $2 per time

WATER EXERCISE IN BROOKLYN CENTER

SilverSneakers – Silver Splash
Activate your aqua urge for variety. Silver Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability required! Develop strength, balance & coordination using a special SilverSneakers kickboard. Call: 763-569-3400 Cost: No charge SilverSneakers participant. Low class fee of under $3 per session. Location: Brooklyn Center Community Center, 6301 Shingle Creek Parkway, Brooklyn Center

Arthritis Water Exercise
Join a water exercise class: exercise in warm water with guidance from a trained Arthritis Foundation instructor. Participating can help decrease pain and stiffness. Class concentrates on walking, warm ups, range of motion of all major joints and low-impact exercises. Call: 763-569-3400 Cost: $3 per session Location: Brooklyn Center Community Center, 6301 Shingle Creek Parkway, Brooklyn Center

Happy New Year