

# ROBBINSDALE SENIOR NEWSLETTER

A BI-MONTHLY PUBLICATION OF ROBBINSDALE RECREATION SERVICES

March-April 2014

## 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.*

*Annual membership fees are due!*

### Wednesday, March 12, 2014

Guest Speaker: Cynthia Frances, Copperfield Hill.



HELP THE ENVIRONMENT!  
BRING YOUR OWN MUG TO  
FRIENDLY ROBINS!

### 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 March 10 & April 14.**

### **Current Senior Commissioners are:**

David Bjorkquist      Jerry Ruppert  
Char Anderson      Darlene Gobel  
Bea Nyback

*Openings on the Senior Commission in Ward 1 and Ward 3. Applications available at City Hall or call 763-531-1278 to have one mailed to you.*



## 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: March 18, 2014**

**Time:** 1:00-3:00 pm

**Program: Frank Lloyd Wright**

**Date: April 15, 2014**

**Time:** 1:00-3:00 pm

**Program: Landmark Library**

## 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: March 4, 2014**

**Book: *Wilderness* by Lance Weller**

**Date: April 1, 2014**

**Book: *Secret Partners: Big Tom Brown & the Barker Gang* by Tim Mahoney**

## INDOOR WALKING

Join us for some fun indoor walking at Robbinsdale City Hall, non-holiday Mondays from 11:30 am-Noon. The weather is always ideal and the scenery will change, since we'll be walking to special walking videos! FREE!

## 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: March 19, 2014**

**Early Minnesota Twins Announcers:**

**Halsey Hall, Ray Scott & Herb Carneal**

Twins fans in the 1960s were fortunate to have a top-notch broadcast crew on television and radio in Ray Scott, Herb Carneal, and Halsey Hall. This presentation will cover the three great Twins announcers of the 1960s and serve as a preview to the upcoming Twins season. Our speaker is Stew Thornley, author and official score keeper for the Minnesota Twins.

**Time: 10:00 am**

**Cost: \$2 payable at the door**

**Registration: 763-531-1272**

**Register by March 14**

**Date: April 16, 2014**

**American Swedish Institute:  
A Year of Swedish Traditions**

Why do Swedes hop like frogs around the maypole? How do Swedish families celebrate Sankta Lucia? Why do we leave rice pudding for the tomte, the Christmas elf? Join us along with the American Swedish Institute, as we explore their Swedish holiday basket, full of objects showing how Swedes celebrate a year of traditions.

**Time: 10:00 am**

**Cost: \$2 payable at the door**

**Registration: 763-531-1272**

**Register by April 11**



## 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, 10:00 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:**

**March 13 – On the Beach**

**March 27 – The Heiress**

**April 10 – Cleopatra**

**April 24 – The Bad and the Beautiful**

## 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.

**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 know German restaurant, Black Forest Inn. Lunch is paid on your own, directly to restaurant.

**Cost: \$25**

**Deadline: March 11, 2014**

**Wednesday, April 30, 2014** (*Waitlist at this time*)

**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>.

The Historical Society meets the 4<sup>th</sup> 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. The Historical Society welcomes guests.

### **Robbinsdale Historical Museum**

The Robbinsdale Historical Museum is located at 4915 42<sup>nd</sup> 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](http://www.robbingallery.org)  
Gallery hours are: Noon-4:00 pm on Wednesdays thru Saturdays & 5:30-8:30 pm Thursdays  
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.

### **Pickleball**



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 FUN. Pickleball is played on a court roughly half the size of a tennis court. Crystal & Golden Valley offer Pickleball for 55+ at the Crystal Community Center on Mondays and Thursdays: 9:00am – 12:00pm. Just drop in/ no advanced registration--\$2/time. Call Crystal Recreation 763-531-0052 for more information. Equipment is provided to try the game. Gym shoes are required. Pickleball is also coming to the Robbinsdale Community Gyms on Saturday mornings in April! More details to come!

### **2014 Paint-A-Thon Applications Available**



Metro Paint-A-Thon helps low-income seniors and people with physical disabilities. Residents of Hennepin County are eligible. Homeowners are matched with volunteer teams who will scrape, prime and paint the exterior of their home, garage or other structure at no cost to the homeowner. Find more program details including eligibility requirements outlined on the 2014 homeowner application available by calling 612-276-1579 or at [www.paintathon.mccc.org/homeapp.php](http://www.paintathon.mccc.org/homeapp.php)

## VOLUNTEER OPPORTUNITIES

### MONDAY BUNCH

On non-holiday Mondays between 9-11:30 am, 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.

### 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.**



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

### BROOKLYN CENTER WATER EXERCISE Classes meet at the Brooklyn Center Community Center, 6301 Shingle Creek Parkway

#### 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.

#### Arthritis Water Exercise

Exercise in warm water with guidance from a trained Arthritis Foundation instructor. This program can help decrease pain and stiffness. Class concentrates on walking, warm ups, range of motion of all major joints & low-impact exercises. Call: 763-569-3400

**Cost:** \$3 per session