



2 Duluth
Sail & Rail

3 Sticks
& Stones

7 ThrivExpo
2016

**JULY/AUGUST
2016**

**ON THE COVER:
Spring Tea Celebration**

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Summer is in full swing there's already some sneak peek programs listed in this issue for fall and winter! Hang on to your hats folks - it'll be here before you know it! We're here to help you through the beautiful transition of all the extreme seasons this great state has to offer. We have programs that take you outdoors to enjoy the sights and sounds of the trees and trails to the air conditioned theaters, ice rinks and sports turfs. We have something for everyone's abilities, activity level and interest at heart. If there's an activity you don't see in our newsletter that you'd like to see in a future offering, don't hesitate to reach out and request one - we're always looking for great ideas. One senior day you won't want to miss this fall is the ThrivExpo on September 22nd from 1:00-3:30. It's an excellent opportunity to walk around and visit with vendors that are your local resources for information on everything from financial, health care, housing,

activities, assistance and so much more. We will be giving away many new door prizes this year, enjoying refreshments and listening to entertainment. Also something new to check out this fall is the new Senior Matters topics and Computer Tutor classes. These series will go through the fall and winter so it will give you something to look forward in the long months ahead. If you want to get a away on a great day trip, try one of our coach bus trips. One of the most popular will be to see the new US Bank Stadium where the Minnesota Vikings will play this fall! Tip on registering for our trips - don't wait to register. The popular trips will fill fast - sometimes even two months before departure. If I can be of any assistance, please don't hesitate to contact me. My office hours are M-F 8:00-1:00. Call or stop in and say hello anytime.

Lesley



"SMART DRIVER" CLASSES

An auto insurance discount can be obtained by those ages 50 and over who complete an introductory eight hour Smart Driver course. A four hour refresher course is needed every three years thereafter. AARP members are eligible for a discounted rate, however, your membership number must be provided at the time of registration. Payment must be made at the time of registration. Please see our current program brochure for our cancellation policy.



Eight-Hour Class
\$23 AARP Members
\$28 Non-Members

Mon. & Wed. July 25 & 27
 #13508 5:30 pm-9:30 pm

Mon. & Wed. Sept. 12 & 14
 #13972 9:00 am-1:00 pm

Mon. & Wed. Oct. 24 & 26
 #13973 5:30 pm-9:30 pm

Four-Hour Class
\$20 AARP Members
\$25 Non-Members

Monday July 11
 #13511 9:00 am-1:00 pm

Monday July 18
 #13512 5:30 pm-9:30 pm

Monday August 1
 #13513 9:00 am-1:00 pm

Monday August 22
 #13514 5:30 pm-9:30 pm

Monday September 19
 #13976 9:00 am-1:00 pm

Monday October 17
 #13974 9:00 am-1:00 pm

DAY TRIPS

Duluth Sail & Rail

Upon arrival to Duluth, we will enjoy a Lake Superior harbor cruise aboard the Vista Star. At the completion of the cruise, we will have lunch (on your own) in Canal Park. There will be time to enjoy the many shops and visit the Marine Museum. Next, we'll board the North Shore Scenic Railroad. Departing from Historic Union Depot, we will ride in comfort on the historic rails of the DM & IR Railroad. The cars are beautifully reconditioned, climate controlled and equipped with modern facilities. This narrated excursion will take us along Duluth's downtown, waterfront and residential areas and through the scenic wonderlands of Lake Superior's North Shore. Tour includes deluxe transportation, tour guide, train excursion, Lake Superior cruise and visit to Canal Park. **Register by August 5.**

Community Center
 Tuesday September 13
 8:00 am - 7:45 pm
 #13983 \$105

New Brighton hosting & escorting

Osceola/St. Croix Valley Train

Join us for a train ride that will take us on a 50-minute, round trip coach excursion between Osceola and Dresser, Wisconsin. The Minnesota Transportation Museum's Osceola and St. Croix Valley Railroad is a heritage railroad in Osceola, Wisconsin out of the historic 1916 SSO Line depot. We hope to see some beautiful Wisconsin fall colors while aboard the Pumpkin Express. **Register by October 7.**

Community Center
 Friday October 21
 8:30 am - 3:00 pm
 #13984

Call for pricing on this tour. Details for a lunch package were still being planned at time of printing.

St. Anthony Community Services
 hosting & escorting

MINI TRIPS

Surly Brewing Co. Tour & Lunch

On a tour of the Surly brewery in Minneapolis you will see firsthand where and how the beer is made. **Tours involve stairs and standing for over an hour.** After our tour we will visit the Beer & Restaurant to enjoy lunch on your own tab before we come home. Price includes transportation, 4 samples (non-alcoholic options available) and a tasting glass to take home. **Register by September 8.**

Community Center
 Tuesday November 15
 10:00 am - 2:00 pm
 #13982 \$19



US Bank Stadium Tour

Your ninety-minute guided adventure through U.S. Bank Stadium will give you behind-the-scenes access to the new home of the Minnesota Vikings. Discover the inner workings of U.S. Bank Stadium including VIP-accessible only clubs and suites, the press box, the art collection, team locker room, stadium floor, and so much more. Tour Guides are knowledgeable and are well-versed on building architecture, Vikings history, and sustainability features of U.S. Bank Stadium. All tours are wheelchair accessible. **Be sure to wear comfortable shoes as there will be a lot of walking.** Specific tour routes are established each day based on events and activities in the stadium; therefore, all sites on the tour are subject to current availability. After touring the facility we will be stopping for lunch.

Call for details such as date, time, lunch option and pricing on this great tour.

St. Anthony Community Services
 hosting & escorting

***If you register for this tour through the City of New Brighton, it will be mandatory to board the bus at our facility. These tours are partnered with the City of Roseville and St. Anthony Community Services. Bus will pick up and drop off guests at each of the locations.**

LIVING THE ACTIVE LIFE: Taking mini trips to the next level

We are excited to offer a "Living The Active Life" type of programming for the "active and adventurous" adult. These types of activities are great for you to try without having to invest a lot of time or money and to be able to cross it off that bucket list.



Icon indicates degree of difficulty.

If you have any other ideas or would like to provide feedback, please contact Lesley Young at 651-638-2148 or via email at Lesley.young@newbrightonmn.gov. Future programs being considered are curling, pool, bike trail riding, disc golf, archery, rock climbing and paintball.

Curling & Lunch at Sticks & Stones



Learn to curl at Fogerty Ice Arena in Blaine! A great introduction to the sport of Curling where you will learn the physical play, rules and strategy where within minutes you are throwing rocks and sweeping. You will finish off the session playing a mini game with each other. Dress in layers arena temp is 45-50 degrees. You'll be on the ice for about two hours. Bring a small hat/headband and lightweight gloves to keep your hands warm while still allowing you to feel the stone. Fleece/velour jackets are poor choices due to leaving fluff balls on the ice. Clean shoes required that are not worn from the parking lot into the building. Athletic shoes are fine. Avoid shoes with eyelets or metal on top. If your feet tend to get cold, consider wearing two pairs of socks. The club will supply all other equipment for your lesson. Open to adults ages 50+. Transportation in a 14-passenger van is provided. Lunch is on your own tab after spending time on the ice. **Register by September 8.**

Community Center
Thursday September 15
10:00 am - 2:00 pm
#13981
Call for pricing information



EXTENDED TRAVEL

We are happy to collaborate with the following tour companies to provide extended travel opportunities. Trips typically include flights, luxury motor coach transportation on tours, a knowledgeable tour guide, three star hotel accommodates (or better) and several meals. Contact information is listed for more information. **Travel shows are held at the New Brighton Community Center.** If you are unable to make a show and would like a brochure, please call 651-638-2130.

**Landmark
Tours**

888-231-8735

Travel Show

Wednesday, September 28, 10:00 am

Islands of Hawaii

4 Island Cruise and Tour

Departs: Feb. 23-March 5, 2017

...and so many more !



collette
guided by travel

888-631-8687

Discover Tuscany

Departs: April 20-28, 2017

Land & Air \$2,999



EDUCATION & ENRICHMENT WORKSHOPS

Workshop registration is required to plan for facility space and refreshments. Each of our EEW's will be sponsored by the participating company who will also provide a short description of their products or services.

Estate Planning

Learn about what documents are needed and why they are essential for people to have in possession in the state of Minnesota. We will discuss the differences on Wills and Trusts and the pros/cons of each, tax consequences for estate planning and the documents required. Receive handouts and estate planning checklists. There will be plenty of time for open questions. Presented by Jeff Carlyle and Chris MacLennan.

Register by July 15.

Community Center Room 222
 Wednesday July 20
 1:00 pm-2:30 pm
 #13581 FREE

Preventing Medicare Fraud and Avoiding Scams

Don't be a target of Medicare fraud and abuse. This presentation will teach you how to detect Medicare fraud and how to report to the Office of the Inspector General. The presentation will also highlight why seniors are targeted for scams and the top scams currently directed toward seniors. Tips will be offered on how to prevent falling for scams. Workshop presented by Metropolitan Area Agency on Aging. **Register by September 27.**

Community Center Room 224
 Tuesday October 4
 1:00 pm - 2:00 pm
 #13987 Free



CLUB 55

Movie Madness

Community Center Room 218
 Wednesday July 6
 12:00 pm-2:15 pm
 #13587 Free for Club 55
 \$2 for non-members

Hitch



Community Center Room 218
 Wednesday September 14
 12:00 pm-2:30 pm
 #13588 Free for Club 55
 \$2 for non-members



Eddie The Eagle

CLUB 55

Make payment (and return to):

\$10

Class #13291

New Brighton Parks & Recreation
 400-10th Street NW • New Brighton, MN 55112

FIRST NAME _____ LAST NAME _____

BIRTHDATE (MO/DAY/YEAR) _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PRIMARY PHONE _____

EMAIL ADDRESS _____

I would like to be put on the mailing list to receive the senior Active Life Newsletter.

I would like to know about volunteering with New Brighton Parks & Recreation.

(Please Note: Club 55 membership does not include access to the New Brighton Community Center fitness area or the indoor track. For details on fitness center memberships, check at Guest Services.)

CLUB 55 BENEFITS

Members who join Club 55 get to exclusively participate in these events FREE OF CHARGE:

- Movie Madness
- Summer Luau On The Patio
- Soup Swap
- Holiday Party & Entertainment

Membership dollars have enhanced our existing programs and have also helped defray the costs of room supplies in our senior room.

Thank you for joining and supporting Club 55

JULY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pinochle 12:30-3pm
4 4th of July COMMUNITY CENTER CLOSED 	5 CB 9-Noon 500 12:45-3:30pm	6 Stitches 9-11am DB 9-Noon ☞ Movie Mad 12-2:15pm	7 CMC 9-10:30am DB 12-3:30pm Dominoes 1-3pm	8 Pinochle 12:30-3pm
11 ☞ AARP 9:00am Mahjongg 9-Noon H&F 12:30-3:30pm	12 CB 9-Noon 500 12:45-3:30pm	13 Stitches 9-11am DB 9-Noon	14 CMC 9-10:30am DB 12-3:30pm Dominoes 1-3pm	15 Pinochle 12:30-3pm
18 ☞ Skyrock Farms 9:00am Mahjongg 9-Noon H&F 12:30-3:30pm ☞ AARP 5:30pm	19 CB 9-Noon 500 12:45-3:30pm	20 Stitches 9-11am DB 9-Noon BPC 10:30-Noon ☞ EEW: Estate Plan 1:00pm	21 CMC 9-10:30am DB 12-3:30pm Dominoes 1-3pm	22 Pinochle 12:30-3pm
25 Mahjongg 9-Noon H&F 12:30-3:30pm ☞ AARP 5:30pm	26 CB 9-Noon 500 12:45-3:30pm	27 Stitches 9-11am DB 9-Noon ☞ AARP 5:30pm	28 CMC 9-10:30am DB 12-3:30pm Dominoes 1-3pm	29 Pinochle 12:30-3pm

BPC = Blood Pressure Check
CB = Contract Bridge

CMC = Color Me Calm
DB = Duplicate Bridge

500 = 500 Club
H&F = Hand & Foot

☞ Denotes registration required for this program

FITNESS PROGRAMS

GROUP FITNESS CLASSES

New Brighton Parks and Recreation offers a wide variety of group fitness classes for adults 55+, including water aerobics, yoga, Tai Chi Chih, Stretch and Tone and many more.

For class times and pricing:

- see current program brochure
- pick one up at New Brighton Community Center
- call Guest Services at 651-638-2130
- visit www.newbrightonmn.gov

Register by the fifth of each month for select classes to receive the Early Bird rate of \$5 off the Member rate (i.e. July 5 for August classes).

OUTDOOR PICKLEBALL

Two tennis courts are lined for pickleball open play at Hansen Park (1555 5th Street NW) and Hidden Oaks Park (1550 29th Avenue NW). Participants will need to bring their own pickleball paddle and ball. No Fee.

Hidden Oaks
Mon. & Wed.
9:00-11:00 am

Tuesday
5:30-8:00 pm

Hansen Park
Friday
5:30-8:00 pm

June 1-Oct. 12
Adults

May 31-Oct. 11
Adults

June 3-Oct. 14
Adults

PICKLEBALL OPEN GYM

Adult Pickleball Open Gym
Community Center Gymnasium
Tues. & Thurs. 1:00-3:00 pm
Friday 9:00-11:00 am
March 1-September 2
(No pickleball)
\$3 per visit
(no charge with NBCC Membership)



AUGUST 2016

New Brighton Stockyard Days: August 7 - 15			Parade: August 11	
Monday	Tuesday	Wednesday	Thursday	Friday
1 Mahjongg 9-Noon ☞ AARP 9:00am H&F 12:30-3:30pm	2 CB 9-Noon 500 12:45-3:30pm	3 Hiking 8:30-11:30am Stitches 9-11am DB 9-Noon	4 CMC 9-10:30am DB 12-3:30pm Dominoes 1-3pm	5 Pinochle 12:30-3pm
8 Mahjongg 9-Noon H&F 12:30-3:30pm	9 CB 9-Noon 500 12:45-3:30pm	10 Hiking 8:30-11:30am Stitches 9-11am DB 9-Noon	11 CMC 9-10:30am DB 12-3:30pm Dominoes 1-3pm	12 Pinochle 12:30-3pm
15 Mahjongg 9-Noon H&F 12:30-3:30pm	16 CB 9-Noon ☞ Miss. River Boat 10:30am 500 12:45-3:30pm	17 Hiking 8:30-11:30am Stitches 9-11am DB 9-Noon ☞ Sleep Problems 1:00pm	18 CMC 9-10:30am DB 12-3:30pm Dominoes 1-3pm	19 Pinochle 12:30-3pm
22 Mahjongg 9-Noon ☞ Como/Snuffy's 10:30am H&F 12:30-3:30pm ☞ AARP 5:30pm	23 CB 9-Noon 500 12:45-3:30pm	24 Hiking 8:30-11:30am Stitches 9-11am DB 9-Noon BPC 10:30am-Noon	25 CMC 9-10:30am DB 12-3:30pm Dominoes 1:00-3:00pm	26 Pinochle 12:30-3pm
29 Mahjongg 9-Noon H&F 12:30-3:30pm	30 CB 9-Noon 500 12:45-3:30pm ☞ Luau on the Patio 1:00pm	31 Hiking 8:30-11:30am Stitches 9-11am Dup. Bridge 9-Noon		
BPC = Blood Pressure Check CB = Contract Bridge		CMC = Color Me Calm DB = Duplicate Bridge	500 = 500 Club H&F = Hand & Foot	
☞ Denotes registration required for this program				

SNEAK PEEK AT UPCOMING EVENTS

SEPTEMBER

NBCC Annual Maintenance

September 5-9 - Community Center
Closed

Movie Madness

Wednesday, Sept. 14, 12:00 pm-2:30 pm

Senior Matters: The Aging Brain

Wednesday, Sept. 21, 1:00 pm-2:30 pm

ThrivExpo 2016

Thursday, Sept. 22, 1:00 pm-3:30 pm

OCTOBER

Soup Swap

Monday, Oct. 17, 1:00 pm-2:30 pm

Senior Matters: Is 100 The New 80

Thursday, Oct. 20, 1:00 pm-2:30 pm

Tech Ed: Internet Access & Web Browsing

Wednesday, Nov. 9, 9:00 am

NOVEMBER and beyond...

Senior Matters: Health Screenings

Wednesday, Nov. 16, 1:00 pm-2:30 pm

Club 55 Holiday Party

Wednesday, Dec. 14, 1:00 pm-2:30 pm

Senior Matters: Mixing & Mingling

Wednesday, Dec. 21, 1:00 pm-2:30 pm

SENIOR MATTERS



Series 1: Sleep Problems & Patterns in Older Adults

It's not uncommon for older adults to be sleep deprived. Our first of five "Senior Matters" sessions will present information on sleep cycle changes and disorders in older adults; sleep problems due to medical conditions; sleep hygiene recommendations; potential consequences of sleep deprivation, cognitive behavior and medications to help improve sleep. Refreshments served. Presented by Karen Gaskell. **Register by August 15.**

Community Center Room 224
Wednesday August 17
1:00 pm-2:30 pm
#13988 \$15

Series 2: The Aging Brain

Investigating the aging brain is the topic of the second of five "Senior Matters" sessions. We will discuss normal age-related memory loss, mild cognitive impairment and various types of dementia such as Alzheimer's disease. You won't want to miss this highly informative session. Refreshments served. Presented by Karen Gaskell. **Register by Sept 19.**

Community Center Room 224
Wednesday September 21
1:00 pm - 2:30 pm
#13989 \$15

Mark your calendars for the 5th annual ThrivExpo for adults 55+. ThrivExpo focuses on helping seniors age well as they live and "thrive" in their community. Join us for an afternoon filled with exhibitors, door prizes, refreshments and so much more. If you are interested in becoming an exhibitor for this event, please contact Lesley Young at Lesley.young@newbrightonmn.gov or 651-638-2148.

Community Center
Thursday September 22
1:00 pm-3:30 pm
ThrivExpo—FREE
(vendor registration - \$55)

COMPUTER TUTOR

Internet & Security

This topic focuses on daily individual computer technology use. We will talk about personal computer essential and benefits we gain from using it at home or out in public. We go into detail about the challenges we face when we have poor computer security in place. We explore effective solution options and recommendations to better safeguard and protect our data privacy and personal documents. Class taught by Raythecomputerguy. **Register by August 15.**

Community Center Room 218
Thursday September 15
9:00 am - 11:00 am
#13990 \$25

E-Mail

In this 3 part series class we will be going over a lot of material. This email account management class is divided into three classes: Basic, Intermediate and Advanced. The Basic course talks about email concept, history, new account creation, creating contact lists, email exchange process, differences between both private/public email ownership and its pros/cons, and finally discuss email exchange tools available. The Intermediate course expands on contact list management, creating and organizing email folders, study differences between email types (legitimate, junk, trash, spam), handle email attachments, learn different email status (drafts, sent, fail, delete, block, group, storage, and saving email account password). We discuss in detail the thing to look for or actions to take to keep away email solicitors, online advertisings, and scams targeting us. The Advanced course talks about the ART of WRITING email, things to do and not to do, email signatures, cc:, bcc:, hiding email addresses, send mass group emails, and sound security. We study using Cloud technology to share and/or store email information online. Participant must commit to all three classes upon registration. Classes taught by Raythecomputerguy. **Register by September 26.**

Community Center Room 218
Monday, Wednesday, Friday October 3, 5, 7
1:00 pm - 2:30 pm
#13991 \$30



New Brighton Parks & Recreation
400 - 10th Street NW
New Brighton, MN 55112
www.newbrightonmn.gov

Community Center Hours

Monday-Friday 6:00 am-10:00 pm
Saturday 8:00 am-10:00 pm
Sunday 10:00 am-6:00 pm

Upcoming Holiday Hours

July 4 Closed
September 5 Closed

Community Center

Annual Maintenance

September 6-9 Closed

The Active Life Newsletter

is published by New Brighton
Parks & Recreation six times a year.
For more information, please contact:
Lesley.Young@newbrightonmn.gov

Featured Program

Summer Luau on the Patio

Put on your island wear and celebrate the end of summer sipping tropical drinks and nibbling on fresh fruits of the islands! Listen to the sounds of the seas and transform yourself on the beautiful beaches of the Pacific all while enjoying patio games and visiting with other Club 55 friends on the patio of the New Brighton

Community Center.

Register by August 23.

Community Center Patio

Tuesday August 30
#13589 1:00 pm-2:30 pm

FREE to NBCC Club 55 Members
\$5 for Non-Members

