



FIFTY-FIVE FORWARD OCTOBER UPDATES

The Banjo Boy Variety Band

With a delicious pot roast and baby red potatoes meal, you can't beat this fall afternoon. After this delicious meal stay for Maple Grove's own, Dave Fuehauf and the Banjo Boy Variety Band! They will charm you with the best American music, including swing, ballads, blues, ragtime and the old-time banjo. Just the perfect blend of food and entertainment for this luncheon!

WHERE: Maple Grove Community Center

DATE: Thursday, October 19

TIME: Gather 11:30 a.m., lunch 12:00 p.m. with entertainment to follow.

COST: \$11.00

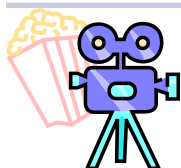
Register by October 16

Pre-registration required: online (WebTrac), mail or in person

CONTACT INFORMATION

• *Kris Orluck*
763-494-6514
korluck@maplegrovern.gov

• *Brenda Krapfl*
763-494-6499
bkrapfl@maplegrovern.gov



Monday Movies & Popcorn

All movies are shown at Arbor Lakes

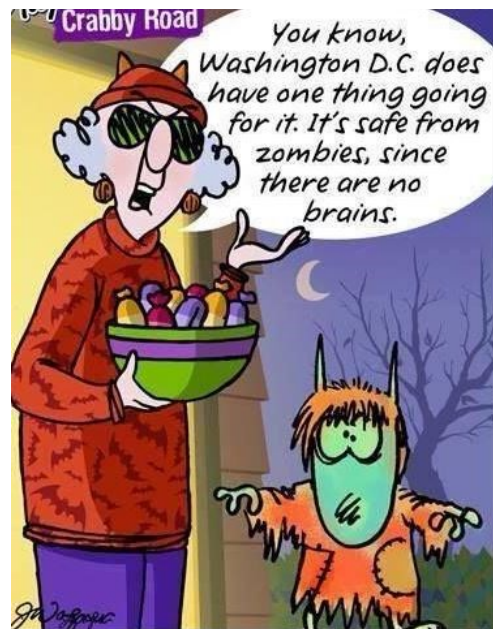
Senior Living (12001 80th Ave N)
You must call Kris at 763-494-6514 or Brenda at 763-494-6499 for a reservation.
Show times are 9:30 a.m. & 12:30 p.m.

October 9 & 23

Wonder Women
(Gal Godat & Chris Pine)

Action, Adventure
(Rated PG-13)

Free Popcorn & Pop!



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UTILITY MAILING VOLUNTEERS NEEDED

Thursday, October 5th at
9:30 a.m. at the Maple Grove Community Center

AFTER THE FUNERAL

No matter how well-prepared for death one is, there will always be tasks left for survivors to do. Most of them can be undertaken in an orderly fashion over time, but some typically need immediate attention. Come learn about what needs to be done, when and by whom.

Tuesday, October 3
6:30 p.m. – 7:30 p.m.
Free
Code: 411320-16

Help is on the way if you need assistance with:

- ◆ Comparing various types of health insurance options.
- ◆ Sorting your medical and hospital bills.
- ◆ Figuring out

Help is here to walk you through the Medicare Maze! Get help with understanding your supplemental options.

Happy Feet



Routine feet care including a foot soak and massage - \$36.00.

2nd Thursday, 3rd Wednesday & 4th Monday monthly.

You MUST Call 763-560-5136 for an appointment.

Confused About Medicare?

Medicare or insurance forms.

- ◆ Dealing with a problem with your health insurance.

A health insurance counselor from Health Insurance

HISTORY SERIES; AMERICAN PRESIDENTS

A Series of Seminars on the Individuals who held the Office. Who were they & what did they do?

John Quincy Adams, Andrew Jackson, & Martin Van Buren

Tues Oct 17
10:00 a.m.-12:00 p.m.
\$10.00 Code: 411318-03

William Henry Harrison, John Tyler & James K. Polk

Tues Oct 31
10:00 a.m.-12:00 p.m.
\$10.00 Code: 411318-04

Help, a program of Senior Community Services, will be available by appointment on **Thursday, October 12 from 12:30 p.m. - 3:30 p.m.** Call Kris, at least one week in advance, at 763-494-6514 to make an appointment .



REGULAR HAPPENINGS AT SENIORS OF THE GROVE



Mondays

- Knitting Group, 12:00 p.m.
- Cribbage, 1:00 p.m.

Tuesdays

- Hand & Foot, 9:00 a.m.
- Duplicate Bridge, 12:00 p.m.
- Pinochle, 6:30 p.m.

- Mexican Train, 1:00 p.m.
- Woodcarving, 12:30 p.m.

Wednesdays

- Social Bridge, 12:30 p.m.
- 1st & 3rd Wed. , Quilting, 9:30 a.m.
- 1st Wed. Book Club, 9:30 a.m.

Thursdays

- Mah Jong, 9:00 a.m.
- ACBL Bridge, 12:00 p.m.
- "500", 1:00 p.m.

Fridays

- Scrabble, 1:00 p.m.
 - 2nd & 4th Fri., Bingo, 1:00 p.m.
- Call Kris or Brenda with questions



HONORING CHOICES

This is a 2-part workshop designed to guide you through the process of an advanced-care planning program. Who will make the decision for you in case you can't and other questions. We will also share resources, next steps and follow up.

Wednesday, October 4 & 11
9:30 a.m.—11:30 a.m.
Free
Code: 411320-17

HERBAL NUTRITION AND WILD EDIBLES

with Dan Hollenkamp, Master Herbalist

Good health shouldn't be complex or confusing. I provide nothing cutting edge or flashy. I will teach about the plants that grow all around us every day and how to use them. So come out and have a cup of tea with me and let's talk about how to have good health.

Tuesdays, Oct 10, 24, Nov 7, 21, Dec 5, 19
9:00 – 10:00 a.m.
\$50.00 Code: 411308-01

Mind Fit Basics

Would you like to have some fun while improving your brain health? In this 1 hour class, we will introduce science-based interactive brain games that can delay cognitive decline in the areas of memory, executive functioning , language , attention and visual-spatial perception.

Refreshment and snacks provided.

**Thursday, October 12
9:30 a.m.**

homecareassistance.com

**R.S.V.P. to Kris Orluck at
763-494-6514.**

Upcoming Classes at

Great Decisions

Prospects for Afghanistan & Pakistan

Does the U.S. face a no win situation in Afghanistan and Pakistan?

Wednesday, October 18

\$8.00

Code 411305-02

9:30 a.m.—11:30 a.m.

Chess—NEW

**Join a new group forming!
Play Chess, socialize and
have fun. Thursdays
Starting October 5th from
2:00 p.m.—4:00 p.m.**



These are a sampling of programs. For more of the program details refer to the Parks & Recreation Brochure, or call Kris at 763-494-6514.



Hearing Care Presentation & Screening

Did you know that 1 in 5 of us has hearing loss, and if you are older than 65, one in three experience loss. Hearing loss affects our whole life, from the joys of hearing the birds chirp, having a conversation at the dinner table or hearing in a crowded room.

Learn about different types of hearing loss, treatments, screenings, how hearing aids work and which choice is the best option for you.

Thursday, October 26

1:00 p.m.—4:00 p.m.

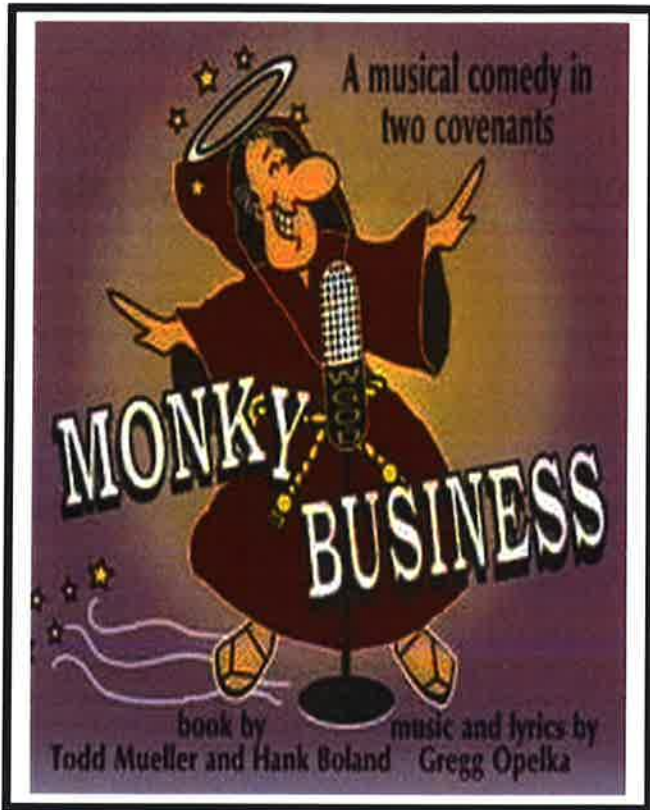
Free

Code: 411320-07



Daytrippers Theatre

Day Trippers at Bloomington Eagles Club



After this delicious meal, enjoy the fun-loving monks of Saint Bernard's monastery are in a jam. Abbot Costello and his four beleaguered brethren have just learned that a real-estate developer is about to turn their monastery into a gambling hall called Bernie's Casino Royale. Unless the merry Men in Brown can raise \$250,000 dollars by midnight, they are done for. Luckily, the Brothers have a divine plan. They've rented religious radio station WGod for the night and are hosting a radiothon fundraiser with plenty of singing, dancing and vaudeville routines. Abbot Costello, Brother Lee Love, Brother Brooks, Brother Clarence and Brother Forte all take turns strutting their stuff, and the pledged donations from the listeners start streaming in. But, unbeknownst to the other four, one of the monks is really a devil in disguise and is out to sabotage their plan. Good and evil race to beat a midnight deadline in this hilarious hit musical.

START WITH A BUFFET LUNCH LUNCH INCLUDING CHICKEN KIEV, ROAST LOIN PORK, SAUSAGE AND KRAUT WITH SALAD, POTATO, BEANS AND BREAD.

Wednesday, November 1, 2017	Bus leaves MGCC at 11:30 AM; Returns approx. 4:00 PM	Cost:\$53.00: Includes lunch, show and motor coach
Last day to Register or Cancel: October 16, 2017		

'Monkey Business' - Wednesday, November 1, 2017
Day Trippers Dinner Theatre /Bloomington Eagle Club
Code: 411801-08

Name _____ Telephone _____
 Address _____
 Email Address _____

Enclosed \$53.00 and registration information for each individual registering.
 Mail to: Maple Grove Parks & Rec., 12951 Weaver Lake Rd., Maple Grove, MN 55369
 Questions? Kris / 763-494-6514 or Brenda / 763-494-6499

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	8:00 Arthritis Swim 10:00 Stepping On 10:30 iPad Workshop 12:00 Knitters 1:00 Cribbage 5:30 MHSRC 8-Hour	8:00 Swim Fitness 8:00 Stillwater Trip 8:30 – 12 Tai Chi 9:00 Arthritis Swim 9:00 Hand & Foot 12:00 Dup. Bridge 12:30 Woodcarvers 1:00 Mexican Train 5:30 MHSRC 8-Hour 6:00 Caregiver Support 6:30 After the Funeral	8:00 Swim Fitness 8:30 MHSRC Refresher 9:00 Crafters 9:00 Quilting 9:30 Honoring Choices 9:30 Book Club 9:30 Strengthening 10:30 Chair Yoga 12:30 Bridge 6:30 Avoid Guardianship	8:00 Swim Fitness 9:00 Arthritis Swim 9:00 Happyfeet 10:00 Thinking Cremation? 12:00 ACBL Bridge 1:00 500 1 & 6 Oil Ptg 4:00 Shibashi Tai Chi	8:00 Arthritis Swim 9:30 Writing Group 11:00 FREE Bingo 1:00 Scrabble	7
8	8:00 Arthritis Swim 9:30 & 12:30 Movies 10:00 Stepping On 10:00 Marty Haggard T 12:00 Knitters 12:30 Intro Pickleball 1:00 Cribbage 1:00 Creative Greeting Cards	8:00 Swim Fitness 8:30 – 12 Tai Chi 9:00 Arthritis Swim 9:00 Herbal Nutrition 9:00 Hand & Foot 12:00 Dup. Bridge 12:30 Woodcarvers 1:00 Mexican Train 6:30 Pinochle 6:30 Retire Wisely	8:00 Swim Fitness 9:00 Crafters 9:30 Honoring Choices 10:30 Be My Baby Trip 9:30 Strengthening 10:30 Chair Yoga 12:30 Bridge	8:00 Swim Fitness 9:00 Happyfeet 9:00 Arthritis Swim 10:00 Cupcake Converse. 12:00 ACBL Bridge 12:30 Insurance Help 1:00 500 1 & 6 Oil Ptg 4:00 Shibashi Tai Chi	8:00 Arthritis Swim 9:30 Non-Fiction Book Club 1:00 BINGO 1:00 Scrabble	14
15	8:00 Arthritis Swim 10:00 Stepping On 12:00 Knitters 12:30 MHSRC Refresh 1:00 Cribbage 1&6 Calligraphy	8:00 Swim Fitness 8:00 Treasure Island Trip 8:30 – 12 Tai Chi 9:00 Arthritis Swim 9:00 Hand & Foot 10:00 History Series 12:00 Dup. Bridge 12:30 Woodcarvers 6:30 Pinochle	8:00 Swim Fitness 9:00 Happyfeet 9:30 Strengthening 9:00 Quilting 9:00 Great Decisions 10:30 Chair Yoga 12:30 Bridge 5:30 AARP Refresher	8:00 Swim Fitness 9:00 Arthritis Swim 11:30 Lunch & Entertain 12:00 ACBL Bridge 1:00 500 1 & 6 Oil Ptg 4:00 Shibashi Tai Chi	8:00 Arthritis Swim 9:30 Writing Group 1:00 Scrabble	21 9:00 AARP 8-Hour
22	8:00 Arthritis Swim 9:00 Happyfeet 9:30 & 12:30 Movies 9:30 Color Me Happy 10:00 Stepping On 10:00 Essential Oils 12:00 Knitters 1:00 Cribbage 1&6 Calligraphy	8:00 Swim Fitness 8:30 – 12 Tai Chi 9:00 Arthritis Swim 9:00 Herbal Nutrition 9:00 Hand & Foot 9:30 Studio 12:00 Dup. Bridge 1:00 Mexican Train	8:00 Swim Fitness 9:00 Crafters 9:00 Happyfeet 9:30 Strengthening 10:30 Grease Trip 10:30 Chair Yoga 12:30 Bridge 6:30 Estate Planning	8:00 Swim Fitness 9:00 Arthritis Swim 9:00 Mahjongg 1:00 500 1 & 6 Oil Ptg 1:00 Hearing Care / Screen 4:00 Shibashi Tai Chi 6:30 Essential Oils	8:00 Arthritis Swim 1:00 Scrabble	28
29	8:00 Arthritis Swim 10:00 Stepping On 12:00 Knitters 1:00 Cribbage 1&6 Calligraphy	8:00 Swim Fitness 8:30 – 12 Tai Chi 9:00 Arthritis Swim 9:00 Hand & Foot 10:00 History Series 12:00 Dup. Bridge 12:30 Woodcarvers 1:00 Mexican Train	8:00 Swim Fitness 9:00 Crafters 9:00 Happyfeet 9:30 Strengthening 10:30 Grease Trip 10:30 Chair Yoga 12:30 Bridge 6:30 Estate Planning	8:00 Swim Fitness 9:00 Arthritis Swim 9:00 Mahjongg 1:00 500 1 & 6 Oil Ptg 1:00 Hearing Care / Screen 4:00 Shibashi Tai Chi 6:30 Essential Oils	8:00 Arthritis Swim 1:00 Scrabble	29

