



## FIFTY-FIVE FORWARD JULY UPDATES

### Randy Rolloff

Join us for this one man band and delicious pulled pork sandwich, complete with coleslaw, baked beans and fresh fruit! Finish with a cookie for dessert and then sit back and enjoy 40's, 50's, country and polka music with Randy! Not only is he a consummate entertainment professional, he is a crowd pleaser who never fails to entertain.

**WHERE:** Maple Grove Community Center

**DATE:** Thursday, July 20

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

**COST:** \$11.00

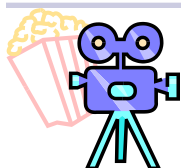
**Register by July 17**

**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.

**July 10 & July 24**

**La La Land**

**(Emma Stone, Ryan Gosling)**  
Drama, Romance, Musical  
(Rated PG-13)

**Free Popcorn & Pop!**



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### UTILITY MAILING VOLUNTEERS NEEDED

Thursday, July 13th at  
9:30 a.m. at the Maple Grove Community Center

## Tea on the Terrace

Where: MGCC  
 When: Monday, July 17  
 Time: 1:00 pm—2:30 pm  
 Fee: \$6.00—tea & treats  
 Code: 311304-02



## 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.\***

## More Upcoming Classes...

Studio Arts  
 August 1—August 29  
 9:30 a.m.—12:00 p.m.  
 \$45.00  
 Code: 311503-02

Oil Painting  
 Mia and the Goat  
 July 5—26  
 1:00 p.m.—3:30 p.m.  
 Code: 311501-03  
 6:30 p.m.—8:30 p.m.  
 Code: 311501-04  
 \$40.00



## Confused About Medicare?

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.

Medicare or insurance forms.

- ◆ Dealing with a problem with your health insurance.

A health insurance counselor from Health Insurance

Help, a program of Senior Community Services, will be available by appointment on **Thursday, July 13 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.
- 1<sup>st</sup> & 3<sup>rd</sup> Wed. , Quilting, 9:30 a.m.
- 1<sup>st</sup> 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.
  - 2<sup>nd</sup> & 4<sup>th</sup> Fri., Bingo, 1:00 p.m.
- Call Kris or Brenda with questions

## EATING FOR EYE HEALTH

Research reveals that the standard American diet does not provide our eyes with the nutrients they need. It is critical that our diet provides these nutrients, especially as we age. You will learn which foods help protect eyes against cataracts, glaucoma, age related macular degeneration, and retinopathy related to diabetes. You will sample two specific foods that support eye health. \$10.00 (Code: 311307-02)



Wednesday, July 19  
10:30 a.m. - 12:00 p.m.

## COMPUTER USERS GROUP

"Ask Ray, The Computer Guy" Join in this group conversation. Bring your questions or problems. Have ideas or topics to explore? Ray is here to help! Ray is a computer Science graduate from the U of M and retired from the State Of Minnesota and is serving the public through his technology knowledge. Ray has knowledge in PC and Mac and he wants you to have peace of mind around your computer. Check him out at [www.raythecomputerguy.com](http://www.raythecomputerguy.com)



Monday, July 10 from 9:00 - 11:00 am.

## Flatwater Kayaking Essentials

Maple Grove Parks and Recreation 55 Forward Program and Three Rivers Park are providing beginning kayaking instructions. This lesson will include safety, proper paddling form and paddle strokes while surrounded by the beauty of the park. Equipment provided. Meet at Fish Lake Regional Park Building. Dress for the activity and weather.

Fish Lake regional Park  
14900 Bass Lake Rd

Thursday, August 3  
1:00 p.m.—3:00 p.m.

\$31.50

Code: 311217-01



## Upcoming Classes

### Will You Run Out Of Money?

Discover how to avoid running out of money during retirement. How to get the most from Social Security, including the new benefits.

Tuesday, July 25  
Free  
Code 311320-08  
6:00 p.m.—7:00 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.

## Planning Your Move

Whether you're thinking about selling your home this fall or next spring, now's the time to get thinking about one of your biggest investments and what it means for your future. Planning Your Move will bring in three experts to teach you about getting your home ready to sell.

Guaranteed to get you inspired and organized for your next steps.

Maple Grove Community Center  
Thursday, July 13  
10:00 a.m. - 12:00 p.m.  
\$5.00

Code: 311311-01

