CONTROL DATA/CERIDIAN RETIREE CLUB

NEW EVENTS

Camelot - Chanhassen
Wife Begins at Forty - Daytrippers
That’ll Be the Day - Red Wing
Mozart and Me - Ames

SEMINAR / EDUCATION

Winter Series

AARP SMART DRIVER COURSE - Wednesday, January 25, 8:00 a.m. - noon  Guy Moore will be our instructor. A registration form is included in this mailing. You do NOT have to be an AARP member to attend this class.

NOTE: This is the last AARP Driver Course until April 2017.

LOW MAINTENANCE LAWN CARE - Tuesday, February 21, 9:00 a.m. - Be prepared before the snow melts to tackle the best way to take care of your lawn next spring.

SEVEN DEADLY GARDENING SINS - Tuesday, March 21, 9:00 a.m. - New or seasoned gardeners, come and find out about mistakes commonly made in gardening so you can avoid making them. Learn what to do instead and why.

2017 TWINS TICKETS

The Club has not yet purchased tickets for 2017. Watch for a spring newsletter for more info.

CLUB MEMBERSHIP

The Club’s membership totals remain stable while experiencing a slow decline. The Bloomington Sun’s October 27 edition printed a story about our Club which has been the recipient of many favorable comments. This positive story has resulted in renewed interest in joining the Club by some ex-CDC employees. See page 8.

SUNSHINE

GET WELL/THINKING OF YOU

Alan Matzke
Jill Metzger
Don Wilkie

SYMPATHY

Family of John Black
Family of Donald Fransen
Family of Allen Halverson
Family of Elaine (Mike) Johnston
Family of Edward Knutson
Family of Marlys Liska
Family of Gayle Norberg
Cherie Niesen on the death of her Mother, Dena
Family of Douglas Reimann
Family of Bill Robbins
Family of Richard E. & Delores G. Smith
Family of John Trammell

CHRISTMAS HOLIDAY EVENT

Reservations for this event are not as many compared to the same time last year. This event has been extremely popular and deservedly so. The last date to make reservations is Wednesday, December 7. The last date you can cancel remains Monday, December 5. A reservation form is again part of this mailing. Do not miss this event — ask anyone who has attended.

Techie News is a part of this newsletter
PRESIDENT’S LETTER

Another calendar year has quickly passed and as we all know, time speeds by when we are having fun! For sure, it was a very special, fun-packed year for me as I had the honor of serving as President of the Control Data/Ceridian Retirees Club for the year, 2016.

As retired members of Control Data/Ceridian, we enjoy a unique benefit with an active Retirees Club that sponsors so many exciting events throughout the year! The spring and fall luncheons, the Christmas party, the summer picnic, the golf outings, along with the many educational seminars and entertainment venues are all wonderful opportunities to enrich our lives.

All this activity would not be possible without the great work accomplished by a very dedicated Board of Directors with the assistance of Chuck Woldum, our Club’s great Managing Director.

Chuck Woldum has served the Retirees Club with steadfast, determined, good work since its beginning almost 30 years ago. At a recent Retirees Board meeting, our guest speaker, Norbert Berg, retired Deputy Chairman of Control Data, extended his heartfelt “thank you and appreciation” to Chuck and the entire Board of Directors for the Club’s successful activities over the years.

What a pleasure it has been to have had the opportunity to work with so many great people! And, hats off to all the Club’s Retirees who help make our events so enjoyable.

Gary Polaczyk.

TIME TO RENEW YOUR MEMBERSHIPS

A membership renewal form for 2017 is enclosed. Guest Memberships must also be renewed. Please complete the form and return with a check as indicated on the form. Thank you.

KING AND I TICKET PRICES

Regrettably, the per ticket prices were published in error in the November newsletter. A corrected reservation form is included in this mailing. Reservations and checks received to date have been returned. Sorry for the inconvenience.

ELECTRONIC MAILING

If you have a problem retrieving an electronic mailing, please contact our computer advisor John Janes by email: jjanes4@yahoo.com

Please remember, no address changes will be accepted by calling the club office.

BE SURE TO SEND ANY ADDRESS CHANGES TO THE CLUB OFFICE VIA U.S. MAIL, OR EMAIL AT: ceridian.retirees@yahoo.com

REFERENCE PHONE NUMBERS

Pension Information
Pension Payment Hotline: 1-800-728-3123

Benefits Services: 1-888-899-3575

St. Croix Bluffs Rec Park: 651-430-8240
(Washington County Lake Elmo Park Reserve)

Retirees Club: 952-853-6562

Questions for this number relate only to Club activities, seminars and membership.

Email: ceridian.retirees@yahoo.com

WATCH FOR NEW EVENTS

Continue to suggest new events, seminar subjects and speakers, shows, one-day trips, etc. When the event schedule has the day/date/time open and the costs are within the club’s budget, we will try to schedule your suggested event. Send your suggestion to the club office. Thanks.
# SCHEDULED EVENTS / SEMINARS

## 2016 / 2017

**Event Coordinator**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Page</th>
<th>Contact</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon., Dec. 5</td>
<td>AARP Smart Driver Course - sold out</td>
<td>Board</td>
<td>952-853-6562</td>
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<tr>
<td>Tue., Dec. 6</td>
<td>Elk &amp; Moose Population - seminar - sold out</td>
<td>Board</td>
<td>952-853-6562</td>
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<tr>
<td>Sat., Dec. 10</td>
<td>Christmas Party *</td>
<td>9</td>
<td>Board</td>
<td>952-853-6562</td>
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<tr>
<td>Sat., Dec. 17</td>
<td>White Christmas - Ordway *</td>
<td>5</td>
<td>Chuck Woldum</td>
<td>952-888-1065</td>
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<tr>
<td>Sat., Jan. 21</td>
<td>1964 - The Tribute (Beatles) - Ames *</td>
<td>7</td>
<td>Judy Moss</td>
<td>952-808-5540</td>
</tr>
<tr>
<td>Wed., Jan. 25</td>
<td>AARP Smart Driver Course *</td>
<td>7</td>
<td>Board</td>
<td>952-853-6562</td>
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<tr>
<td>Thur., Jan. 26</td>
<td>Coffee Concert - Orchestra Hall *</td>
<td>11</td>
<td>John Jaros</td>
<td>952-894-1134</td>
</tr>
<tr>
<td>Wed., Feb. 1</td>
<td>Camelot - Chanhassen *</td>
<td>11</td>
<td>Tom Moore</td>
<td>763-546-3784</td>
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<tr>
<td>Sun., Feb., 12</td>
<td>Little Shop of Horrors- Artistry *</td>
<td>13</td>
<td>Linda Hauck</td>
<td>952-854-4727</td>
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<tr>
<td>Tue., Feb. 21</td>
<td>Low Maintenance Lawn Care - seminar *</td>
<td>13</td>
<td>Board</td>
<td>952-853-6562</td>
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<tr>
<td>Sat., March 4</td>
<td>The King and I - Orpheum *</td>
<td>15</td>
<td>Chuck Woldum</td>
<td>952-888-1065</td>
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<tr>
<td>Thur., March 9</td>
<td>Wife Begins at Forty - Daytrippers</td>
<td>15</td>
<td>Maureen Danner</td>
<td>952-300-1080</td>
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<tr>
<td>Fri., March 17</td>
<td>That’ll Be The Day - Red Wing *</td>
<td>17</td>
<td>Dave Moen</td>
<td>952-846-8451</td>
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<tr>
<td>Sun., March 19</td>
<td>Mozart and Me - Ames *</td>
<td>17</td>
<td>Dean Nerdahl</td>
<td>952-831-4804</td>
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<tr>
<td>Tue., March 21</td>
<td>Seven Deadly Gardening Sins - seminar *</td>
<td>19</td>
<td>Board</td>
<td>952-853-6562</td>
</tr>
</tbody>
</table>

* Announcement enclosed
** Call Event Coordinator for seat availability
*** Date Change

Daytrippers in Bloomington is at Old Shakopee Road and Old Cedar
Ames in Burnsville is at 12600 Nicollet
Artistry in Bloomington is at 1800 West Old Shakopee Road

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**Ticket Reservations:** If an event is SOLD OUT, even though your reservation was received before the cutoff date, we will put your reservation on a wait list and you will be notified.

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**REMEMBER TO CHECK YOUR TICKETS TO VERIFY DATE, TIME AND LOCATION**

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**Event Questions?** - Call the Event Coordinator with questions/concerns about an event.
CRITICS CORNER

CABARET
BY JUDY MOSS

This musical was attended by 38 retirees and their guests on October 22 at the Orpheum. The setting was the bawdy Kit Kat Club in Berlin before WWII in 1929-1930. All the performers were very flexible and acrobatic, with high kicks and good choreography. The scantily clad women at the Club are “directed” by the Club’s emcee, and his performance was outstanding.

The story is about an American writer arriving in Berlin with little money but ambition to write a novel. He falls for the Kit Kat Club’s star performer, Sally Bowles (a role in the movie version by Liza Minelli). He becomes worried about the impending war, and wants to leave for America, but can’t convince Sally. Their landlady, Fraulein Schneider, and her gentleman caller, Herr Schultz, are planning to marry, but the politics surrounding them squash their plans because he is Jewish.

An orchestra of at least 15 members played many recognizable pieces, some sung in German, including “Willkommen,” “Money,” and “Cabaret.” All performers received a standing ovation.

TOUR OF U.S. BANK STADIUM
By Nancy Dostal

Our group of 56 retirees boarded a bus for a tour of the beautiful new Vikings Stadium. The stadium has many suites plus several private clubs (6), which include Medtronic, Mystic Lake, Delta, Hyundai, Buffalo Wild Wings and FMP. The seating in these clubs is among the best in the house, topped only by the Owners Suites. It’s hard to find words to describe this stadium, awesome is the only word I can think of and Minnesota should be proud to have such a beautiful stadium for our Vikings to play in. I think everyone was impressed with the size of the stadium and all it has to offer. Vikings artwork decorates the hallways, clubs, and locker rooms, with many, many pictures of past team members. Everyone enjoyed the tour. Two separate tours were held (October 20 and 26) to accommodate the large retirees’ response to this unique event.

After the stadium tour, we enjoyed lunch at Jax Café and then boarded the bus back to Bloomington. When we watch the next Vikings game we can think of when we were in the stands on the 50 yard line, or when we stood on the sidelines of the field and cheer our team on to WIN!
RESERVATION FORM

AARP 4-HR. SMART DRIVER COURSE
December 5 - 8:00 a.m.- Noon
Creekside Community Center
Coordinator: Board - 952-853-6562

Last day to register or cancel: November 23, unless sold out
Costs Per Person: $5.00 (checks not returned)
Instructor: Guy Moore - class limited to 35 participants
PLEASE BRING YOUR AARP MEMBERSHIP CARD (if you have one) AND YOUR DRIVER'S LICENSE TO CLASS
To be eligible you must have taken the 8-hour course.
YOU DO NOT HAVE TO BE AN AARP MEMBER TO ATTEND

WHITE CHRISTMAS - Ordway
Saturday, December 17 - 2:00 p.m.
Coordinator: Chuck Woldum - 952-888-1065

Cost Per Person
Active Member: $65.00
Inactive Member: $105.00

Last day to register unless sold out or cancel: December 1
Tickets mailed: December 2

This unforgettable Holiday musical returns with the great Irving Berlin songs, fantastic singing and dancing, breathtaking sets and the spirit of Christmas.

RESERVATION FORM

AARP SMART DRIVER - Monday, December 5

Check amount $ _______________ No. Reservations __________
Retiree Name ____________________________ Spouse/Guest Name ____________________________
Active Club Members - Retiree? Yes ______ Spouse? Yes _____ Annual Guest? Yes____
Names of Guests (non-members MUST pay full guest price) _______________________________________
Retiree’s address: Street_______________________ City ___________________ State _____ Zip ________
Phone # ___________________ Cell Phone #_____________________ Email __________________________

WHITE CHRISTMAS - December 17

Check amount $ _______________ No. Reservations __________
Retiree Name ____________________________ Spouse/Guest Name ____________________________
Active Club Members - Retiree? Yes ______ Spouse? Yes _____ Annual Guest? Yes____
Names of Guests (non-members MUST pay full guest price) _______________________________________
Retiree’s address: Street_______________________ City ___________________ State _____ Zip ________
Phone # ___________________ Cell Phone #_____________________ Email __________________________
Thanks to those that continue to sign up to receive the newsletter electronically. We really appreciate it.

**Techie Questions from Members**

Do you have any specific questions about technology or something specific you would like to see covered in this column? Send your suggestions, questions, and comments to the club at ceridian.retirees@yahoo.com. We will try to address them in future issues.

Let me start by wishing everyone a very Happy Holiday and hope you all have a very enjoyable holidays. I was trying to figure out what to write about for the last article of the year. I looked at some of the lists of technology gift ideas and decided that I couldn’t do that justice in this column. Then I ran across some information on when support ends for Microsoft products. While most of you may not care it does impact how long Microsoft provides patches that will continue to keep your devices safe. So here is the list for some of the more common products – note Microsoft could change any of these at any time:

**Windows 10**
- Mainstream support ends: October 13, 2020
- Extended support ends: October 14, 2025

**Windows 8/8.1**
- Mainstream support ends: January 9, 2018
- Extended support ends: January 10, 2023

**Windows 7**
- Mainstream support ends: No longer supported
- Extended support ends: January 14, 2020

**Windows Vista**
- Mainstream support ends: No longer supported
- Extended support ends: April 11, 2017

**Office 2010**
- Mainstream support ends: No longer supported
- Extended support ends: October 13, 2020

**Office 2007**
- Mainstream support ends: No longer supported
- Extended support ends: October 10, 2017
**1964 TRIBUTE TO THE BEATLES**
Saturday, January 21 - 8:00 p.m.
Coordinator: Judy Moss - 952-808-5540

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<thead>
<tr>
<th>Cost Per Person</th>
<th>Active Member</th>
<th>Inactive Member</th>
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<td></td>
<td>$20.00</td>
<td>$35.00</td>
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Last day to register or cancel unless sold out: January 15

Tickets mailed: January 16

This dynamic show is an accurate recreation of a Beatles concert live from songs, voices, instruments, suits, haircuts, down to the Beatle Boots. A regular at the Carnegie Hall, they have perfected their craft while headlining more than 100 shows around the globe each year. Don’t miss this performance that *Rolling Stone* calls the “Best Beatles Tribute on Earth.” This show always sells out.

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**AARP 4-HR. SMART DRIVER COURSE**
Wednesday, January 25 - 8:00 a.m. - Noon
Creekside Community Center
Coordinator: Board - 952-853-6562

Last day to register or cancel: January 15, unless sold out

Costs Per Person: $5.00 (checks not returned)
Instructor: Guy Moore - class limited to 35 participants

PLEASE BRING YOUR AARP MEMBERSHIP CARD (if you have one) AND YOUR DRIVER’S LICENSE TO CLASS

To be eligible you must have taken the 8-hour course. YOU DO NOT HAVE TO BE AN AARP MEMBER TO ATTEND.

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**RESERVATION FORM**

**1964 TRIBUTE TO THE BEATLES - January 21**

Check amount $ ____________  No. Reservations ____________
Retiree Name ____________________________  Spouse/Guest Name ____________________________
Active Club Members - Retiree? Yes _______  Spouse? Yes _____  Annual Guest? Yes_____

Names of Guests (non-members MUST pay full guest price) ____________________________
Retiree’s address: Street_______________________  City ___________________  State _____  Zip ________
Phone # ___________________  Cell Phone # ___________________  Email __________________________

**AARP SMART DRIVER - Wednesday, January 25**

Check amount $ ____________  No. Reservations ____________
Retiree Name ____________________________  Spouse/Guest Name ____________________________
Active Club Members - Retiree? Yes _______  Spouse? Yes _____  Annual Guest? Yes_____

Names of Guests (non-members MUST pay full guest price) ____________________________
Retiree’s address: Street_______________________  City ___________________  State _____  Zip ________
Phone # ___________________  Cell Phone # ___________________  Email __________________________
Group activities benefit Bloomington company retirees

Experts agree that staying in contact with friends and having a good time can lead to a better aging life.

In his book “The Blue Zones,” Dan Buettner quotes Dr. Robert Kane, director of the Center on Aging and director of the Geriatric Center at the University of Minnesota, on one of the keys to successful aging, social connectedness: “Most people enjoy the company of other people, particularly people who they feel care about them.”

Retiree clubs, one such outlet, have members who like to socialize, particularly with people they know.

One of the biggest clubs in this area is offered to past employees of Control Data or Ceridian, a computer company based in Bloomington. At the pinnacle of its success, it employed 69,000 staff members worldwide. During that time, 24,000 lived in the Twin Cities area. So it is understandable that the company has one of the largest retiree clubs in the Twin Cities area, with 1,700 active members, including 586 spouses and an additional 300 inactive members.

There are other retiree clubs with many members from companies such as 3M, Honeywell and General Mills. There is no doubt, however, that this club has more activities than any other in the area, producing up to 75 different educational, social and recreational events for its members in one year, according to Charles “Chuck” Woldum, the club’s executive director.

At a recent annual meeting, members cited health benefits from the club, saying that depression is greatly reduced with so many places to go. Others say that getting out is important and is an alternative to staying home, doing nothing and becoming bored, lonely or depressed. Woldum wants all those who worked at least 10 years at the company to know about this benefit – just call the retirees office at 952-853-6562.

Woldum said that the club averages 5,700 to 6,800 members and guests who participate in at least one club program a year. He is confident no other retirees club in the state has more participation. That’s a far cry from 1979 when the club started with 140 members, including 33 spouses.

Woldum said that at one time the club had all kinds of fitness activities: golf, softball leagues and bowling teams. Now, as members age, they attend events that “get them up and around.”

Woldum figured the target year will be 2022 when funding may be depleted and the club might need to close. For now, he hopes all Control Data and Ceridian retirees who served at least 10 years with the company will sign up for the fun that members and their spouses are having in this amazing retirees club.

Don Heinzman is a columnist for ECM Publishers Inc. Reactions to this column — and to any commentary on these pages — are always welcome. Send to: editor.suns@ecm-inc.com.
CHRISTMAS / HOLIDAY DINNER DANCE
Saturday, December 10, 2016

Knights of Columbus Hall
1114 West 79th Street (American Boulevard)
Bloomington, MN

Coordinator: BOARD - 952-853-6562

<table>
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<th>Active Members</th>
<th>Inactive Members/Guests</th>
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<tr>
<td>$10.00</td>
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</table>

Costs Per Person:

Reservation cutoff: December 5. This is also the last day you can cancel.
No tickets mailed / check in at the door

Door opens - 5:30 p.m.  Dinner Served - 6:00 p.m.  Cash Bar
Dance begins - 7:00 p.m. & ends - 9:30 p.m.

Menu: Hot Buffet of roast beef, ham, potatoes, vegetable, roll, butter, milk, tea, coffee and dessert

You cannot enjoy an evening like this anywhere else !!!

THE MOONLIGHT SERENADERS ORCHESTRA RETURNS
A TRUE BIG BAND

Sing along
Dancing
Retiree Gifts from Santa

CHRISTMAS/HOLIDAY DINNER DANCE - Saturday, December 10, 2016

Check amount $ ______________  No. Reservations __________

Retiree Name __________________________  Spouse/Guest Name __________________________
Active Club Members - Retiree? Yes _____ No _____  Spouse/Guest Yes _____ Annual Guest ________

Names of Guests (non-members MUST pay full guest price) ______________________________________

No need for address (no tickets mailed - check in at the door)

Phone # __________________________  Email __________________________

Any special needs?  Wheelchair access _____  Other ___________________________________________
**CRITICS CORNER**

<table>
<thead>
<tr>
<th><strong>SPAM MUSEUM</strong></th>
<th><strong>THE BAKER'S WIFE</strong></th>
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<td><strong>BY TOM MOORE</strong></td>
<td><strong>BY NANCY DOSTAL</strong></td>
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Thirty-one Ceridian retirees left Creekside early Tuesday morning for a comfortable bus ride to downtown Austin, MN and the new SPAM museum. The day before had been a completely gray, no color anywhere, so the bright sunshine and picturesque view of evaporating fog rising up from an expansive prairie was quite unexpected and welcome.

The museum, reopened this spring, was right in town, surrounded by clean, well-kept, interesting and prosperous stores, houses and gardens. Really an attractive place to visit, and only a short road trip from the Twin Cities. The museum itself features audios, videos, recipes and displays showing the rich history of Hormel foods. Its gift shop sells souvenirs, clothing and beautifully arrayed cans of real SPAM in dozens of original and exotic flavors. Did you know that Korea is one of the largest purchasers of SPAM? Elegant gift packs of two to twelve cans are available to be sent around the world for weddings, parties or any holiday. Actually the boxes are very nice.

From the museum we were bused to lunch at The Old Mill Restaurant, overlooking the Red Cedar River, a real old mill stream. Well served and delicious food. Be sure and find yourself a table next to a window with a view of the waterfalls, gardens and ducks.

Our bus went back into town to visit The Artworks Center and exhibits of vintage and collectible bikes at the Rydjer Bike Museum. Many “shoppes” of reasonably priced crafts and clothing were available in the same area. Easy walking.

And, almost as an anti-climax, our next stop before home was the Russell Stover Candy Store in Owatonna. Ice cream sundaes and candy samples. Mountains of half-priced Halloween stuff. Ceridiants are a sturdy lot but even we were challenged. We had a good day. Buses are sure convenient and are a friendly way to travel.

The Baker’s Wife is a musical comedy about romance, love and bread. The inhabitants of a rural French town have been without a baker for weeks, leaving them starved for a staple they can hardly live without. An amiable new baker and his young bride arrive and contentment is restored. In this little Provencal village, the new baker Aimable, settles down with his wife Aurelie who is beautiful and much younger than he. But when a handsome ladies’ man seduces the young baker’s wife away, the baker loses the will to bake. Hungry for their daily bread, the townspeople must work together to reunite the pair. Aurelie eventually returns to her husband and the town is content once again.
COFFEE CONCERT
Thursday, January 26 – 11:00 a.m.
Coordinator: John Jaros - 952.894.1134
Doors open at 9am for coffee and donuts. A preconcert talk in the Atrium begins at 10:15.

Cost Per Person | Active Member | Inactive Member
$30.00 | $50.00

Last day to register or cancel unless sold out: January 15
Tickets mailed: January 16

This Mendelssohn, Beethoven and Dvorak concert was originally to be conducted by Sir Neville Marriner. He has recently passed away, and the replacement conductor is Courtney Lewis.

CAMELOT - Chanhassen
Wednesday, February 1
Coordinator: Tom Moore - 763-546-3784
Doors Open: 11:00 a.m.
Lunch: 11:30
Show: 1:00 p.m.

Cost Per Person | Active Member | Inactive Member
$35.00 | $60.00

Last day to register or cancel unless sold out: January 20
Tickets Mailed: January 23

A great Broadway musical that starred Richard Burton, Julie Andrews and Robert Goulet.
The love story of King Arthur, Lady Guinevere and Sir Lancelot. A Lerner and Lowe production.

RESERVATION FORM
COFFEE CONCERT - JANUARY 26

Check amount $ ____________ No. Reservations _________
Retiree Name ___________________ Spouse/Guest Name ___________________
Active Club Members - Retiree? Yes _____ Spouse? Yes _____ Annual Guest? Yes_____
Names of Guests (non-members MUST pay full guest price) ________________________________
Retiree’s address: Street_______________________ City ___________________State _____ Zip ________
Phone # ___________________ Cell Phone #_____________________ Email __________________________

CAMELOT - February 1

Check amount $ ____________ No. Reservations _________
Retiree Name ___________________ Spouse/Guest Name ___________________
Active Club Members - Retiree? Yes _____ Spouse? Yes _____ Annual Guest? Yes_____
Names of Guests (non-members MUST pay full guest price) ________________________________
Retiree’s address: Street_______________________ City ___________________State _____ Zip ________
Phone # ___________________ Cell Phone #_____________________ Email __________________________
7 SURPRISING SIGNS OF AGING

Shrinking
You may think it’s a myth that people shrink with age, but it’s true. In fact, women shrink an average of 1.97 inches and men 1.18 inches from age 30 to 70 years, according to the Baltimore Longitudinal Study of Aging.

Drooping Earlobes
Over the years, sun exposure combined with loss of collagen and elasticity in the skin of the earlobes can cause them to become wrinkled, thin and droopy, says New York City-based dermatologist Kally Papantoniou, D.M.D. Years of wearing pierced earrings may also make your lobes more prone to sagging.

Sore Feet
It’s no wonder that after walking (the suggested) 3-million-plus steps a year—for many years—your feet may hurt now and then. But there is an ailment that age plus weight can really aggravate: It’s plantar fasciitis, a condition affecting about 2 million Americans a year.

Dry Mouth
While having a dry mouth isn’t a direct result of aging, it’s a common symptom of some medications for age-related conditions, says Natalie Hastings, D.M.D., a division chair of clinical general dentistry at the University of California, San Francisco School of Dentistry. More than 400 medications cause dry mouth.

Hairless Legs and Feet
Just as we lose hair on our heads, hair growth on legs may diminish over time. But one cause may be something to worry about. Hair follicles are nourished by blood flow. If your arteries, which deliver oxygen-rich blood to the extremities, clog plaque (due to age, diet, lifestyle or genetics), the hair on your legs and feet could fall out.

Spotted Hands
Despite their name, those liver spots on the backs of your hands have nothing to do with the health of that organ. These flat, dark markings are a sign of sun exposure says Craig Vander Kolk, M.D., director of cosmetic medicine and surgery at Mercy Medical Center in Baltimore.

Disappearing Eyebrows
Pluck-happy in your earlier years? You may be paying the price now. When hair is traumatically pulled out of the follicle repeatedly, it might not grow back says Papantoniou. The result: eyebrows that are sparse even decades later.

Reprinted with permission, Walgreens 2016
**LITTLE SHOP OF HORROR**

- **Artistry**
- **Sunday, February 12**
- **2:00 p.m.**
- **Coordinator: Linda Hauck - 952-854-4727**

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<td></td>
<td>$20.00</td>
<td>$35.00</td>
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*Last day to register or cancel unless sold out:*

A zany musical comedy that will have you screaming with laughter. Story of Seymour who grows a new kind of singing plant that becomes a sensation. Come laugh as Seymour enjoys fame and fortune and has to keep this ever-growing plant alive.

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**LOW MAINTENANCE LAWN CARE**

- **seminar**
- **Creekside Community Center**
- **February 21 - 9:00 a.m.**
- **Coordinator: Board - 952-853-6562**

<table>
<thead>
<tr>
<th>Costs Per Person</th>
<th>$5.00 (checks not returned)</th>
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</table>

*Last day to register or cancel unless sold out:*

In this seminar you will gain a better understanding of how to create a healthy, environmentally friendly lawn. Taught by Sam Bauer, Extension Educator – Turf grass Science from the University of Minnesota Extension, you will learn about turf grass species selection, soil types and preparation, fertility and watering practices and pest management. He will focus on the creation of sustainable lawns that require less fertilizer and water, along with reducing the use of pesticides.

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**RESERVATION FORM**

**LITTLE SHOP OF HORRORS - February 12**

- **Check amount $_______________**
- **No. Reservations __________**

- **Retiree Name_________________________**
- **Spouse/Guest Name____________________**

- **Active Club Members - Retiree? Yes______**
- **Spouse? Yes _____ Annual Guest? Yes_____**

- **Names of Guests (non-members MUST pay full guest price)____________________________**

- **Retiree’s address: Street___________________ City________________ State _____ Zip ______**

- **Phone # ___________________ Cell Phone #_____________________ Email __________________________**

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**LOW MAINTENANCE LAWN CARE - SEMINAR - February 21**

- **Costs Per Person: $5.00 (checks not returned)**

- **Retiree Name_________________________**
- **Spouse/Guest Name____________________**

- **Active Club Members - Retiree? Yes______**
- **Spouse? Yes _____ Annual Guest? Yes_____**

- **Names of Guests (non-members MUST pay full guest price)____________________________**

- **Retiree’s address: Street___________________ City________________ State _____ Zip ______**

- **Phone # ___________________ Cell Phone #_____________________ Email __________________________**
WITTICISMS

Q: What do you call a long-necked pink bird with a hacking cough?
A: A phlegmingo.

Q: Did you study Greek mythology?
A: No—history is my Achilles’ elbow.

Q: Do they have blood banks in England?
A: No, but they have a liver pool.

Patient: I can’t stop whistling at women on the street.
Shrink: Hmm. Sounds like too much pestosterone.

Reprinted with permission, AARP Bulletin October 2016
THE KING AND I - Orpheum
Saturday, March 4 - 2:00 pm
Coordinator: Chuck Woldum - 952-888-1065

Cost Per Person  Active Member  Inactive Member
$ 30.00        $ 45.00

Last day to register or cancel unless sold out: February 20  Tickets mailed: February 21

The Tony award musical by Rodgers and Hammerstein with a great story and fantastic songs you will sing and hum for days.

WIFE BEGINS AT FORTY
Daytrippers Theater (Bloomington Eagles Club)
Thursday, March 9
Coordinator: Maureen Danner - 952-300-1080

Doors open 11:30am; Lunch at 12:00, Show begins 1:30pm

Last day to register or cancel unless sold out: February 24

Cost Per Person  Active Member  Inactive Member
$ 25.00        $ 40.00

A laugh a minute comedy with wife Linda, husband George and George’s father. These three, their neighbors and son make for a belly rolling good time.

RESERVATION FORM

THE KING AND I - March 4

Check amount $ _______________  No. Reservations ____________

Retiree Name ____________________________  Spouse/Guest Name ____________________________

Active Club Members - Retiree? Yes _______  Spouse? Yes _____  Annual Guest? Yes_____

Names of Guests  (non-members MUST pay full guest price) ___________________________________

Retiree’s address: Street_______________________  City ___________________State _____ Zip ________

Phone # ___________________  Cell Phone #_____________________  Email __________________________

WIFE BEGINS AT FORTY - March 9

Check amount $ _______________  No. Reservations ____________

Retiree Name ____________________________  Spouse/Guest Name ____________________________

Active Club Members - Retiree? Yes _______  Spouse? Yes _____  Annual Guest? Yes_____

Names of Guests  (non-members MUST pay full guest price) ___________________________________

Retiree’s address: Street_______________________  City ___________________State _____ Zip ________

Phone # ___________________  Cell Phone #_____________________  Email __________________________
THAT’LL BE THE DAY - Sheldon Theater/Red Wing
Friday, March 17
Coordinator: Dave Moen - 952-846-8451
Bus leaves Creekside at 10:15 a.m. Lunch at St. James: 11:45 Show: 1:30 p.m.
Last day to register unless sold out or cancel: March 3
No Tickets, check in at bus.
Cost Per Person
Active Member $50.00
Inactive Member $75.00
Many great songs of Roy Orbison, Linda Ronstadt, Gene Pitney.

MOZART AND ME - Ames Theater
Friday, March 19 - 2:00 p.m.
Coordinator: Dean Nerdahl - 952-831-4804
Last day to register unless sold out or cancel: March 10
Tickets mailed March 12
Cost Per Person
Active Member $10.00
Inactive Member $15.00
Dakota Valley Symphony is proud to present its talented Concertmaster and new Principal Clarinetist in a special concert of the musical genius that is Mozart.

RESERVATION FORM

THAT’LL BE THE DAY - March 17
Check amount $ ____________ No. Reservations ________
Retiree Name ______________________ Spouse/Guest Name ______________________
Active Club Members - Retiree? Yes _____ Spouse? Yes _____ Annual Guest? Yes____
Names of Guests (non-members MUST pay full guest price) ______________________________________
Retiree’s address: Street_______________________ City __________________ State _____ Zip ________
Phone # ___________________ Cell Phone # __________ Email __________________________

MOZART AND ME - March 19
Check amount $ ____________ No. Reservations ________
Retiree Name ______________________ Spouse/Guest Name ______________________
Active Club Members - Retiree? Yes _____ Spouse? Yes _____ Annual Guest? Yes____
Names of Guests (non-members MUST pay full guest price) ______________________________________
Retiree’s address: Street_______________________ City __________________ State _____ Zip ________
Phone # ___________________ Cell Phone # __________ Email __________________________
Vikings Stadium Tour October, 2016

Paul and Linda Henry

Martha and Demetriou Demetrious

Betty and Bud Kamp
New or seasoned gardeners, come and find out about mistakes commonly made in gardening so you can avoid making them. Learn what to do instead and why. "The 7 Deadly Gardening Sins" were inspired by JoAnne's sense of humor, her desire to help other gardeners, and her pet peeve "Failure to Deadhead." JoAnne Sabin has been a U of M Extension Master Gardener in Dakota County since 2004. She has been teaching gardening and honeybee related topics throughout Minnesota since then including presentations at garden expos, garden clubs, and both the Dakota County and State Fair.

RESERVATION FORM

SEVEN DEADLY GARDENING SINS - SEMINAR - March 21

Costs Per Person: $5.00 (checks not returned)

Retiree Name ____________________________ Spouse/Guest Name ________________________

Active Club Members - Retiree? Yes _____ Spouse? Yes _____ Annual Guest? Yes____

Names of Guests (non-members MUST pay full guest price) _______________________________________

Retiree’s address: Street_______________________ City ___________________ State _____ Zip ________

Phone # ___________________ Cell Phone #_____________________ Email __________________________
Marty and Winnie Friede
Steve and Judy Adkins
Gale Anderson
Marty and Winnie Friede
Control Data/Ceridian Retirees Club
Membership and Guest Membership
Renewal Form - 2017

Please renew on or before January 31, 2017

Name(s) ________________________________________________________________________
Street __________________________________________________________________________
City _______________________________ State __________ Zip ___________
Phone ____________________ Cell: __________________  Email_________________________

Enclose check made out to Ceridian Retirees Club

Renew:

Retiree only ________ $10.00
Retiree & Spouse ________ $20.00
Single Retiree and Guest Membership ________ $20.00
Guest Membership for Single Lifetime Member ________ $10.00
Spouse of deceased employee ________ $10.00

These Memberships expire on 12/31/2017

Enclosed is my check for: $________________

CHECKS ONLY, please to:
Ceridian Retirees Club - Membership
3311 East Old Shakopee Road
Bloomington, MN  55425
VERY INTERESTING!
Can you guess which of the following are true and which are false?

1. Apples, not caffeine, are more efficient at waking you up in the morning.
2. Alfred Hitchcock didn’t have a belly button.
3. A pack-a-day smoker will lose approximately 2 teeth every 10 years.
4. People do not get sick from cold weather; it’s from being indoors a lot more.
5. When you sneeze, all bodily functions stop, even your heart.
6. Only 7 percent of the population are lefties.
7. Forty people are sent to the hospital for dog bites every minute.
8. Babies are born without kneecaps. They don’t appear until they are 2-6 years old.
9. The average person over 50 will have spent 5 years waiting in lines.
10. The toothbrush was invented in 1498.
11. The average housefly lives for one month.
12. 40,000 Americans are injured by toilets each year.
13. A coat hanger is 44 inches long when straightened.
14. The average computer user blinks 7 times a minute.
15. Your feet are bigger in the afternoon than any other time of day.
16. Most of us have eaten a spider in our sleep.
17. The REAL reason ostriches stick their head in the sand is to search for water.
18. The only two animals that can see behind themselves without turning their heads are the rabbit and the parrot.
19. John Travolta turned down the starring roles in “An Officer and a Gentleman” and “Tootsie.”
20. Michael Jackson owns the rights to the South Carolina state anthem.
21. In most television commercials advertising milk, a mixture of white paint and a little thinner is used in place of the milk.
22. Prince Charles and Prince William NEVER travel on the same airplane, just in case there is a crash.
23. The first Harley Davidson motorcycle built in 1903 used a tomato can for a carburetor.
24. Most hospitals make money by selling the umbilical cords cut from women who give birth. They are used in vein transplant surgery.
25. Humphrey Bogart was related to Princess Diana. They were 7th cousins.
26. If coloring weren’t added to Coca-Cola, it would be green.

They are ALL true….no go back and think about # 16.
Happy Holidays
CHANGE SERVICE REQUESTED

RETIREES CLUB