

Golden Valley Seniors Newsletter

Senior Office • 763-512-2339

February Events

CRIBBAGE—NEW!

Cribbage will meet EVERY TUESDAY at 1:00 PM. Arrive by 12:30 to learn the game. New players always welcome. Join us!



Money Matters

Thursday, February 19
10:00 a.m.



Fixed Income Strategies

The global enhanced return strategy, once reserved for large banks and other major financial institutions, is now available to individual investors, generating consistently high yields while preserving capital. *Presented by Dallas Janes, Oxford Group*

Fee: Donation accepted for refreshments
No need to register—just come!

Living Wise and Well presents



What Happens at Adult Day Care?

Thursday, February 5
1:00 p.m.

Calvary Center Cooperative
7600 Golden Valley Road

Celebrating its 35th year, CareBreak is an adult day program that offers three levels of care with programs designed to provide activities based on cognitive ability through health, social, recreational and physical programs. Learn about this program from Lisa Desnick.

No registration necessary, just come.

Remember When?...

with Jan

1:00 p.m.
Dover Hills Mid Rise
2400 Rhode Island Ave. N
FREE



Let's go back and enjoy our special memories with our friends.

Thursday, Feb. 26—Remembering Hope Chests

Coffee Talk presents:



Our Changing Community Wednesday, February 25

9:45 a.m. Coffee & treats
10:00 a.m. Speaker

Minnesota continues to be a "melting pot". What immigrant populations are attracted to Minnesota and why? What are the laws governing immigration? Who's paying for our newest neighbors? *Presented by Legal Aid Society of Minnesota.*

Call 763-512-2339 to register so there are treats and coffee for everyone.

Fee: \$2.00, payable at the door.
Register by February 23

TAX ASSISTANCE

February 5 & 19—9:00-12 noon See article in this newsletter for info.

BLOOD PRESSURE SCREENING—WEDNESDAY, February 25 from 11-11:30 AM

March Events

Living Wise and Well presents:

Sleep Apnea



Thursday, March 5

1:00 p.m.

Calvary Center Coop
7600 Golden Valley Road

Are you one of the twelve million people that suffer from sleep apnea? People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times during the night and often for a minute or longer. Untreated, it can cause high blood pressure, memory problems, weight gain, impotency, and headaches. Fortunately, sleep apnea can be diagnosed and treated. Learn how from Jane Hegstrom, Allina Oxygen & Medical Supply Company

Cost: Free

No registration necessary, just come.

Coffee Talk presents:

Native American Folklore and Natural Remedies



Wednesday, March 25

9:45 AM—Refreshments

10:00 AM—Presentation

Sit back and enjoy as Shirley, a Native American storyteller, will re-tell several traditional stories and describe ancient remedies that are still used today in Native American culture. Register by March 23

Call 763-512-2339 to register so there are enough treats for everyone.

Fee: \$2.00, payable at the door

TAX ASSISTANCE



-Tuesday, March 5, 19, 26

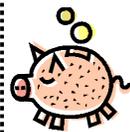
-9:00 AM-12:00 Noon

-First come-first served

-Registration begins at 8:15
each tax assistance day.

See article in newsletter on what to bring to make the tax process go smoothly.

Money Matters



Thursday, March 19

10:00 a.m.

Planning Ahead for Incapacity

What services are paid by Medicare and Medicaid for assisted living or nursing home stays? What are your rights? What are the income levels for Medicaid?
Presented by Elsa Marshall, Legal Aid Society of Minnesota.

Fee: Donation accepted for refreshments
No need to register—just come!

Remember When?...

with Jan



1:00 p.m.

Dover Hills Mid Rise

2400 Rhode Island Ave. N

FREE

We all have special memories and we usually start by saying "remember when?....." Let's go back and enjoy that time in our life with our friends.

Thursday, Mar. 26— Remembering Door to Door Salesmen

CRIBBAGE every Tuesday at 1:00

p.m. Come at 12:30 p.m. to learn the game. Keep your brain active this winter. New players are always welcome.

BLOOD PRESSURE SCREENING—WEDNESDAY, March 25 from 11-11:30 AM

Center Happenings

NEW! Happy Feet Foot Care Clinic



Happy Feet are now available to you! The foot-care clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet.

They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a towel to dry your feet.

Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. *If you need to cancel your appointment, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you.*

Tuesday, February 17, 9 a.m.-2:30 p.m.
Tuesday, March 17, 9 a.m.-1:30 p.m.
Tuesday, April 21, 9 a.m.-1:30 p.m.

Fee: \$30, payable to *Happy Feet Footcare, Inc.* and due at time of service

Open Insurance & Medicare Answers



It is very important that you review your medical insurance information each year. Even if you are satisfied with your current plan, you should check if there is another plan in your area that offers better coverage at a lower price.

Last year many seniors found that one company's enhanced plan provided better coverage for less money than its basic plan. Those who reviewed their coverage saved money

Now is the time to look at your health insurance plan and meet with George, our insurance counselor. He is here to aid you in your selection process.

Tuesday, February 10
Tuesday, March 10

Appointments at 9:00, 10:00, & 11:00 a.m.
Call 763-512-2339 to make an appointment.
Sponsored by SCS.

IT'S TAX TIME!



AARP will be offering free tax help to seniors and disabled with limited income. This service is provided on a first come -first served basis. Registration

begins at 8:15 a.m. each tax assistance day. Dates are:

Thursday, February 5, 19
Thursday, March 5, 19, 26
Thursday, April 2

Counselors are available from 9 AM-12 PM. To make your tax preparation go smoothly please bring:

1. Social Security cards of all taxpayers and dependants.
 2. Copy of your 2007 income taxes
 3. All income statements
 - a. W-2's (Earnings from work)
 - b. 1099's (Pension and Required Minimum Distributions from IRA's)
 - c. SSA-1099 (social security received in 2008)
 - d. 1099-INT (Interest received in 2008)
 - e. 1099-DIV (Dividends received in 2008)
 - f. All other income information
 - g. Dollar amount of Economic Stimulus Payment received in 2008
 - h. Real Estate taxes paid in 2008 or Hennepin County 2008 Property Tax statement
 - i. Certificate of Rent Paid for 2008
- Hennepin County 2009 Property Tax Statement (available in mid-March 2009)

Remember, the volunteers attend training but are not professional tax accountants.

AARP Tax-Aide Volunteers needed – if interested please contact Robert Post at 763-438-2376

Mondays with Mary



Join Mary on Mondays at 9:30 a.m. to work on projects for Ambassador Care Center, Dinner At Your Door, Golden Valley Seniors and Mary Wanderers. We'll supply the materials and coffee. "The more the Mary-ier".

CLASSES

Defensive Driving Course - 4-HOUR REFRESHER COURSE



Thursday, February 12, March 12, April 9

9:00 a.m.-1:00 p.m.

\$17/person (new price starting January 2009)

Register at least ten days in advance with the Minnesota Safety Council to receive certificate at class. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Indicate the Golden Valley Brookview location. Call the Minnesota Safety Council at 651-291-9150 for more information.

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. This course, taught by professional certified instructors, is offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.

8-HOUR COURSE WILL BE HELD TUESDAY, APRIL 14 & 21 FROM 6-10 P.M.

YOGA—A gentle, non-religious approach taught by Annette Fragale. Includes stretching, strengthening and balance for the body. Wear comfortable clothes and bring a mat. Tuesdays, February 3-March 24 from 11:00 AM-12 noon
Fee: \$56 Code 9436



Open Painting



Mondays, 9:30-11:30 a.m.

Bring your latest project and paint with friends. Ask each other for suggestions and advice. This takes the place of the Paint Class until Judy returns in May. Check out their projects in the Senior Room.
NO FEE.

INTERMEDIATE BRIDGE



Made for the player who has basic knowledge of the game, sharpen your skills through these classes instructed by Dick Welander.

Current class meets Fridays through March 13th. *Call for next class dates.*

Just For You at Brookview

WOMEN'S BRIDGE GROUP is looking for new members. We play the 1st & 3rd Tuesdays at Brookview from 12-3 p.m. Call Barb Ego at 763-544-0897 for information.

Cards & Groups at Brookview

Bridge:

Thursdays, 6:30 pm—Open Bridge

Fridays, 9 am—Open Bridge

Cribbage—Tuesdays, 1 pm

Dominoes—Mondays, 1 pm

Euchre—Thursdays, 1 pm

500—Wednesdays, 1 pm

Jigsaw Puzzle is ready to be worked on during Center hours.

GOLDEN TONES NEWS



The Golden Tones have been busy practicing for their upcoming **PERFORMANCES**. Come see us!

Proven fact! Singing and laughing can add years to your life! Check us out at on Thursdays at Calvary Lutheran Church, 7520 Golden Valley Road in the music room. We practice from 10:30-11:30 a.m. and perform once each month in local senior buildings, rehab centers and nursing homes. No experience necessary—just a love of music! Call for information, 763-512-2339.

The Mary Wanderers-One Day trips

Bus pick-ups for one day trips:
GV City Hall and Calvary Cooperative

Trip Reminders:

Tuesday, February 17-Butch Thompson
10:30 a.m. Depart City Hall/Calvary Coop



Meandering with Mary



For Golden Valley Senior members, our 28 passenger bus takes us to wonderful local places, all favorites of Mary and Jeanne. You'll eat, learn, eat, laugh and eat again. Cost for each trip is \$6.00 for the bus and escort. Lunch and treats are on your own.

Schedule :

9:25 a.m. Bus leaves Calvary Coop & Apts
9:30 a.m. Bus leaves City Hall (water tower)
10 am-2 pm Mary stops and lunch
2:45 p.m. Return to Golden Valley

Friday, February 20—Code 9400

February is National Chocolate Month and you can bet today's adventure will have some chocolate – it's a Mary tradition. Register by February 13, space permitting.

Friday, April 3—Code 9452

We'll be celebrating the wonderful colors and flowers of Spring on today's outing, with lunch and a "Mary stop" before coming home.

Register by March 27, space permitting.

Friday, May 1—Code 9453

We're going to a place where tapestries and "Art In Bloom" is sure to brighten your day. Lunch at The Arts Café plus a "Mary" stop on the way home.

Register by April 24, space permitting

Butch Thompson in Concert

Tuesday, February 17



Enjoy a wonderful afternoon at the new Prom Center. A lunch of Mixed Green Salad, Meat Loaf with Sun dried Tomato Bore-laise Sauce, Mashed Potatoes, Green Beans and Carrots, Rolls, Beverage, Ice Cream Sundae will be served in the ballroom. In a forty year career, pianist Butch Thompson has earned a worldwide reputation as a master of classic jazz piano. He is widely known for his 12-year stint as house pianist and bandleader on "A Prairie Home Companion". This concert includes love songs accented with stories and humor. Give yourself a belated Valentine's gift. Butch will knock your socks off!

Cost: \$57

10:30 a.m. Bus GV City Hall/Calvary Coop
Return @ 2:45 p.m.

Register by January 26, space permitting

Code: 9397

Church Basement Ladies 2-A

**Second Helping
Wednesday, March 18**



We'll start with a "Church Basement" buffet luncheon of wonderful "stick-to-your

-ribs comfort food". Enjoy Cole Slaw, Jello with fruit, Bread with butter, Baked Chicken, Mashed Potatoes and gravy, Vegetable, Dessert and coffee or iced tea. Then off to the theater where it's 1969. The world is changing and the ladies of the church prepare for changes of their own below the House of God. As always, you'll "laugh until your sidedish hurts" with their hilarious antics and down-to-earth charm from within the church basement.

Cost: \$50

11:15 a.m. Bus GV City Hall/Calvary Coop
Return @ 3:45 p.m.

*Register by February 17, space permitting
Code: 9394*

The Mary Wanderers-One day trips

East Side, West Side,



All Around the Town Friday, March 20

Celebrate the first day of Spring as we explore the ever-changing Twin Cities.

Our professional guide will take us from the birthplace of Minneapolis through lower-town St. Paul. Lunch will be at Casper's Cherokee Sirloin Room. Menu: Small Sirloin with tossed salad, baked potato, rolls, beverage and desert. A chicken entrée is also available. Please indicate meal choice when registering.

Cost: \$47

9:55 AM Bus leaves City Hall/Calvary Coop
Return @ 3:30 p.m.

Register by March 2, space permitting
Code: 9395

Golden Strings at the LaFayette Club Wednesday, April 22, 2009



"The Grand Old Lady of the Lake" is set on a hilltop overlooking Lafayette Bay. The original building with over 1,000 rooms was an elaborate creation of James J. Hill.

Take a few minutes to look around before being seated for lunch. Lunch will be served in the Ballroom. Menu: Lafayette House Salad, Assorted Rolls/Butter, Breast of Chicken Florentine, Fresh Vegetable, Whipped Potatoes, Heavy Coffee, Iced Tea, Gold Brick Sundae. The Golden Strings are known literally to a million people in the upper Midwest. Founded and lead by virtuoso violinist Clifford Brunzell, this unique group plays music ranging from the classic to pops, from romance to jazz. An afternoon you won't want to miss.

Cost: \$59

10:00 a.m. Bus GV City Hall/Calvary Coop
Return @ 3:15 p.m.

Register by March 23, space permitting
Code: 9396

Exploring Jordan



Friday, May 29

Today we're exploring the village of Jordan. Our costumed guide will inform us of the historic buildings reminiscent of a simpler time with a stop and tour at Brewery Antiques, housed in the historic Schutz & Hilgers Brewery built in 1867. Stroll down Water Street to browse and shop several antique stores including Gramma's Attic. Lunch will be "the special of the day" plus beverage and dessert at The Feed Mill Restaurant. After lunch we will tour the Nicolin Mansion and Maureen Carlson's Center for the Creative Arts. Before leaving we have to stop at Pekarna's Meat Market, an asset to the village for over 100 years. Bring a cooler if you think you may purchase their excellent homemade products.

Cost: \$47

9:00 AM Bus leaves GV City Hall/Calvary
Return @ 4:15 PM

Register by May 11, space permitting
Code: 9464

Granite and Gardens



Thursday, June 25

St. Cloud is called "Granite City" and recognized worldwide. We'll tour the "Stone Crafters" facility with a chance to visit and purchase items in the showroom. A buffet lunch will be at the Coyote Moon Grill overlooking the Territory Golf Club. After lunch we will stop at the Munsinger and Clemens Gardens (wear comfortable walking shoes) and tour the Stearns County History Museum before heading home

Cost: \$53

8:30 AM Bus leaves GV City Hall/Calvary
5:30 PM @ return

Register by June 8, space permitting
Code: 9465

The Mary Wanderers-Extended trips

May 11-17, 2009—Springtime in Kentucky (a Mary favorite)



What could be prettier than Kentucky in the Spring? **Day 1** is a leisurely drive through Wisconsin with stops for coffee, lunch and short breaks off the bus. **Day 2** Breakfast at the hotel and lunch in Cincinnati before arriving in Versailles, KY to tour the **Labrot & Graham/Woodford Distillery**. Off to Lexington where we will stay for three nights. Explore the area for dinner (on your own). **Day 3:** Enjoy breakfast before our tour of **Ashland-The Henry Clay Estate**, an 18-room mansion full of family heirlooms and beautiful gardens. Then off to lunch and the **Kentucky Horse Park**, a very unique facility, selected to host the FEI World Equestrian Games 2010. This working horse farm and educational theme park with museums and galleries, is set on 1,200 acres amidst Bluegrass Country. Our step-on guide will take us to visit some **private horse farms** in the area before heading back to the hotel (dinner on your own). **Day 4:** Have breakfast before touring the historic **Shaker Village of Pleasant Hill**, a National Historic Landmark, with costumed interpreters, weavers, woodworkers and beautiful gardens. Lunch together before visiting the **Kentucky Artisan Center** in Berea, the Folk Arts and Craft Capitol of Kentucky. Dinner will be in **Renfro Valley** before the "Front Porch Pickin" in the **Old Barn Theater**. **Day 5:** Breakfast before saying goodbye to Lexington. Today we are in Louisville to visit the **Kentucky Derby Museum** and **Churchill Downs**. Next, celebrate 200 years since Abraham Lincoln was born at his **Birthplace National Historic Site**. Then off to Bardstown to tour "**My Old Kentucky Home Federal Hill Mansion**" before checking in at the Hampton Inn where dinner will be served. **Day 6:** Breakfast before touring the **Indianapolis Speedway**, lunch, snack stop and dinner before saying "goodnight Mary". **Day 7:** Breakfast before loading the bus with a lunch stop before returning home. CALL FOR BROCHURE. **CODE 9353**

Cost: \$1,275 for a double room/\$1,600 for a single.

Deposit/Final Payment: \$150 deposit is due by Friday, March 20 on a space available basis.

Final payment is due on or before Friday, April 3.

Cancellation: After March 20 the deposit of \$150 is not refundable. After April 3, tour payments are non-refundable due to prepaid reservations and admissions.

October 1-5, 2009—Albuquerque Balloon Festival



Thursday, October 1: SuperShuttle will pick you up at your address and take you to the airport. Fly from MSP to Albuquerque, NM. The Albuquerque International Balloon Fiesta® is the world's largest hot air balloon festival. At lift off there are more than 700 balloons in the sky. This magical hot air balloon festival is considered to be the most photographed event in the world. Historically the clear blue morning skies, calm winds and mild temperatures make this a perfect place to fly hot air balloons. Transfer to the Hotel Albuquerque Marriott for 4 nights lodging, a 3-diamond AAA hotel. Located near restaurants and shopping, overlooking the Sandia Mountains. This evening there is a welcome reception at the hotel. [WR]

Friday, October 2: This morning, an Albuquerque sightseeing tour includes a visit to Old Town Albuquerque and the International Balloon Museum. Also visit the Indian Pueblo Cultural Center, a fascinating museum and crafts market collectively run by the 19 New Mexico pueblos. Later today take the world's longest tramway to Sandia Peak. [B]

Saturday, October 3: Get up very early to be at the pre-dawn world-famous Albuquerque Balloon Fiesta! Experience the Opening Ceremonies and the unforgettable Mass Ascension where hundreds of hot air balloons take off and turn the sky into a virtual rainbow of colors. Conditions are right during early morning hours for this weather dependent event. After returning to the hotel, you may want to catch a nap or venture out to enjoy personal activities. Considerations include visiting area gardens, artistic galleries, jeep tours, therapeutic spa treatments, shopping, or golfing. Join together for a group dinner this evening. [B,D]

Sunday, October 4: Journey north through dramatic landscapes to Santa Fe, the oldest seat of government in the United States. Experience this city up-close as you embark on a guided walking tour that includes the San Miguel Mission, the Palace of the Governors, the State Capitol, and Loretto Chapel's "Miracle Stairway." Enjoy lunch before returning to Albuquerque and the Balloon Fiesta to catch the popular Balloon Glow and After-Glow Fireworks Show. [B,L]

Monday, October 5: After breakfast transfer to the airport and fly back to the Twin Cities. SuperShuttle will return you to your pick-up address. [B]

Cost: \$2,250.00 per person (2 per room), \$2,705.00 per person (1 per room) **CODE: 9466**

Deposit: A \$250.00 non-refundable per person deposit is due to make a reservation. Because this is a special event space is limited. On Wednesday, May 27, 2009 deposits are due at the advertised rate. After Wednesday, May 27, 2009 reservations can be made at the current air and land prices if the space is still available.

Final Payment: Due July 20, 2009.

Insurance: Secondary travel coverage is included in the price of this trip. If you cancel for acceptable reasons, outlined in the details of coverage, you will be reimbursed by Travel Guard.

5 Cities Transportation Groups 763-531-1259

Call Five Cities Transportation at 763-531-1259 to register at least one week in advance. Pre-registration required for all trips. Home pick-ups available on a limited basis. If you have a reservation & cannot attend, please inform the Five Cities office.

Starting January 1st the fares will increase to \$4 cash or \$3.50 for the punch pass round trip

Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28 starting January 1
Pay the driver with cash or check made payable to "Laidlaw Transit Co."

Fare for Special Destination trips: \$7 cash for round-trip transportation or two punches from the bus pass starts January 1, 2009. No one will be denied a ride if unable to pay the full fare. Please contact the Five Cities office for information. A minimum of 12 riders required for Special Destination trips.

FIVE CITIES TRANSPORTATION ALSO GOES TO CUB, TARGET, WALMART & MORE! CALL FOR YOUR SCHEDULE TODAY!

BRUNCH BUNCH



Join us for lunch. Order off the menu and pay with credit card or cash. Individual checks with tax and tip will be given.

Bus picks up between 9:30-10:00 a.m.
Exact times given by 5 Cities staff. Return @ 1p.m.

Tuesday, February 24—50's Grill

Reservations begin January 30

Tuesday, March 24—Tavern on Grand

Reservations begin February 27

Tuesday, April 28—Dangerfield's

Reservations begin April 1

Vivace! Afternoon Concert Series

Mark these dates:

March 12—Landmark Center
11:00 AM Bus leaves GV
City Hall/Calvary Coop



Call 5 Cities to reserve your spot.

Friday, May 15—St. Paul Chamber Orchestra
Wooddale Church, Eden Prairie
Complimentary donut holes and coffee before
the 10:30 AM concert—Mendelssohn's Octet.
After the concert, lunch at Good Day Café (on
your own)

9:30 AM Bus leaves GV City Hall
Cost: \$10 for concert ticket *Register with the
New Hope Recreation Department, 4401
Xylon Ave N, New Hope, 55428, 763-531-
5151 by May 1*

Special destination fare is payable to driver
the day of the trip.

NATURE OF THINGS

Special Destination Fare applies.



Friday, February 6 – Dolphins and Whales 3D at the IMAX

Dive into a new adventure with
"Dolphins and Whales 3D" at the Apple
Valley IMAX theater. We will eat at J. Doolittles
Woodfire Grill before returning
home. Lunch is on your own.

9:30 am Bus leaves Golden Valley City Hall
Fee: \$6 for IMAX film, plus \$7 special
destination fare payable to driver.

*Register with the New Hope Recreation
Department, 4401 Xylon Ave N, New Hope,
55428, 763-531-5151 by January 30.*

WITH SENIORS IN MIND



Tuesday, March 10

Joseph Nicollet Maps the Midwest
Shawn Hoffman will portray French
explorer Joseph Nicollet who was in-
strumental in mapping the territory
that became Minnesota. Call for details.

FORUM and the FORK



Special Destination Fare applies.
Westminster Church hosts the forums.
Lunch (on your own) after the forum.

*Thursday, March 19—Strobe Talbot, Former
Clinton administrator.*

*Thursday, April 16—Gwen Ifill,
moderator of Washington Week, PBS.*

*Thursday, May 7—Eboo Patel,
President, International Youth Core*

9:30 AM Bus leaves GV City Hall
2:30 PM Approximate return
Register at least one week prior to forum.

FOR YOUR INFORMATION

SENIOR COFFEE FUND

Everyone is aware of the rising cost of groceries and paper products. The rising costs are also affecting the Senior Coffee Fund. Your donation to the coffee fund, when visiting Brookview, purchases not only coffee, but the coffee filters, plastic cups, forks/knives/spoons, plates and napkins. Plastic is a petroleum-based product and prices have almost doubled! Please consider donating to the coffee fund the next time you use a product.



Thanks much

2009 SENIOR MEMBERSHIP DUES

Support the Golden Valley Senior Program by paying your 2009 dues. Be the first to see what's happening with Golden Valley Seniors. Receive a newsletter in the mail and help support your senior program

Fee: \$5/person - payable to "City of Golden Valley." **Code: 9359**

Send to Golden Valley Seniors,
200 Brookview Parkway,
Golden Valley 55426



Note: This is the last newsletter by mail if dues are not renewed.

Thanks for your support!

ARMCHAIR TRAVEL AT COUNTRY VILLA



2:00 p.m.
7475 Country Club Drive
Join world-traveler, Dick Kain, as he shares his adventures.

Thursday, February 19-Kenya/Tanzania
Thursday, March 19-Norway
Thursday, April 16-Galapagos Islands

PRISM Express—763-529-1252

is the curb-to-curb bus provided to residents of Golden Valley for medical appointments, personal shopping, banking, nursing home visits, etc. A \$5 per round trip donation is suggested. Call for information or to schedule a ride at least 3 working days in advance. Office is open M-F from 9-4.

HOME Northwest 763-450-4311



This program matches skilled workers (paid and volunteer) with those who need help with yard clean-up, cleaning windows, house cleaning and minor home repairs. Snow removal applications will be taken starting mid-September.

Dinner At Your Door-763-531-1183



Friendly volunteers deliver delicious meals to your door. If you are interested in this program, call Joanne at 763-531-1183 from 8:30-11:30 am for information/menu.

MUSIC & DANCES at the GV VFW



7775 Medicine Lake Road
Sundays, 2-5 PM

Got the Sunday blues with no Viking games to watch? Come out and hear some great music by local musicians at the Golden Valley VFW. Bring your dancing shoes!

February 1, 15
March 1, 15, 29

\$5 donation includes music and refreshments. *Questions? 763-545-9996*

SENIOR LINKAGE LINE -1-800-333-2433



Call us first with your questions. Our trained staff and volunteers have access to local, state and national information. If we can't answer your question, we'll give you the number of someone who can.

Senior Dining - 612-269-8462



provides a delicious noon meal at Calvary Church, 7520 Golden Valley Road. A donation of \$3.00 is requested, but no one will be denied a meal. Take out meals are also available. Call from 8:30-11:30 am for reservations and questions.

Thanks to our friends at Golden Valley Rehab and Care Center for their donation to keep Coffee Talk at \$2 for 2009.



**PRSRT STD
US Postage
PAID
Mpls., MN
Permit #1659**

**200 Brookview Parkway
Golden Valley, MN 55426-1364**

Golden Valley Registration Form

First & Last Name: _____

Address: _____ **Home Phone:** _____

City: _____ **State:** _____ **Zip:** _____ **Work Phone:** _____

Emergency Contact Name & Phone (if different from above): _____

Special Needs, Disabilities, or Allergies we should be aware of: _____

Participant's First Name	Trip Name	Trip or Activity Code	Pick-up Site	Fee

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY
 In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

PAYMENT TYPE:
 Cash Check # _____
 VISA MasterCard

Card #: _____
Expiration Date: _____
Signature for credit card payment:

TOTAL DUE: _____

OFFICE USE ONLY

FA \$ _____
 GC \$ _____
 Fee Paid: _____
 Date: _____
 Rec'd By: _____