

City of Golden Valley *Seniors Newsletter*

Senior Office 763-512-2339

April Events

TAX ASSISTANCE



March 26 & April 2—9:00-12 noon. First come-first served basis for simple tax returns. Registration begins at 8:15 a.m.

Spring Sing – Sunday, April 26th



Hear six senior choruses, perform in this FREE annual choral event. Donations accepted. Sponsored by the Minnesota Senior Choral

Association.

Site: Shepherd of the Valley Lutheran Church, 12650 Johnny Cake Ridge Road, Apple Valley

Time: 2:00 p.m.

2009 Senior Spring Forum Wednesday, April 29



8:30 AM-12:00 PM
Brooklyn Park Community Ctr
5600-85th Avenue North

Hear presentations about diabetes, reverse mortgages and easy chair exercises. Visit over 45 informational booths. Coffee and treats provided.

FREE! Call 763-503-2520 to register by April 24.

Sponsored by NW Hennepin Human Services Council and Senior Leadership Committee.

Pedal Pushers Kick-Off

Wednesday, April 8



Join Nancy, our fearless leader, as we plan our 2009 Pedal Pusher season. Nancy will show slides of her and Keith's 2008 travel adventures. Refreshments will be served.

Time: 10:00 a.m.

Fee: Donations accepted for refreshments

Register by calling the senior office at 763-512-2339 by April 7

Senior Golf Par 3 League Kick-off

Thursday, April 30



Kick off the 2009 golf season with Ben Disch, Brookview's new Golf Manager. Learn about the Senior Golf League and meet the committee members. League registration will also be taken that day.

Time: 9:30 a.m.

No pre-registration needed for kick-off

Join us for: (details inside)

April 2—Living Wise and Well

April 2—Golden Tones performance

April 3—Meandering with Mary

April 9—Defensive Driving (4 hour)

April 14—Health Insurance Counseling

April 14 & 21—Defensive Driving (8 hour)

April 16—Money Matters, Forum & the Fork, Armchair Travel

April 21—Happy Feet Foot Clinic

April 22—Coffee Talk, Blood Pressures, Golden Strings trip

April 23—Remember When..with Jan

April 28—Brunch Bunch

May Events

OILS and ACRYLICS with JUDY



Learn something new this year. Instructor Judy Baron is back! Judy will guide you to paint with oils or acrylics.

Classes are small to allow for individual help. Students need to bring all painting supplies.

Time: 9:30-11:30 a.m.

Dates: Mondays, starting May 4.

Class is continuous through

December 14. No class on 5/25, 9/7

Fee: \$38 for a 6 class punch pass.

Brookview Senior Patron Golf League Kick-off – Tuesday, May 5



This senior golf league will play the 18-hole course at Brookview. Learn about this new league and meet the

committee members. \$25 league registration will also be taken that day.

Note: You must be a valid Brookview Senior Patron card holder to register/play. First day of play is Tuesday, May 19

Time: 9:30 a.m.

No pre-registration needed for kick-off.

Bowling Tournament

Tuesday, May 12



It's our annual bowling tournament hosted by Texa-Tonka Lanes. Fee includes three games, shoes, ball, coffee, cookies and prizes.

Site: Texa-Tonka Lanes
8200 Minnetonka Boulevard
St. Louis Park

Time: 12:30 p.m.

Fee: \$4 payable at Texa-Tonka Lanes
No registration necessary.

A great way to spend the afternoon!

Valley Days—May 15 and 16

Friday, May 15—Brookview Park

Bring a picnic supper and enjoy entertainment and Battle of the Bands. Fireworks at 9:15 PM.

Saturday, May 16—City Hall Campus

*8-10 AM Pancake Breakfast-Calvary Church
9:45 AM Parade (Golden Valley Road) 10-6 Children's Games, Art Show, Music, Classic Cars on display, Food, Beer Tent, 7-10 PM Street Dance*



LET'S PLAY EUCHRE

Thursday, May 28

12:30-1:00 p.m.



Learn the fastest game in town in less than 30 minutes!

If you have played 500, Lola and the Euchre players guarantee you can learn the game of Euchre in 15 minutes. Take the FREE lesson and then stay and play the game.



Join us for: (details inside)

- May 1—Meandering with Mary
- May 4—Oil and Acrylics Class begins
- May 7—Forum and the Fork
- May 11-16—Kentucky Trip
- May 12—Health Insurance Counseling, With Seniors in Mind, Bowling Tournament
- May 13—Advisory Committee Meeting
- May 14—Defensive Driving 9 AM (4 hour)
- May 15—Vivace Concert
- May 15-16—Valley Days
- May 19—Defensive Driving 6 PM (4 hour)
- May 21—Money Matters, Armchair Travel
- May 26—Brunch Bunch
- May 27—Coffee Talk, Blood Pressure Screen
- May 28—Let's Play Euchre, Remember When
- May 29—Jordan, MN trip

Center Happenings

COFFEE TALK



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

9:45 a.m.—Refreshments

10:00 AM—Speaker

Fee: \$2.00, payable at the door.

Wed, April 22—It's More Than Just Books

Have you been to your local library lately? Wii games, computer classes, and home delivered books are some of the "other" things the library has to offer. With forty-one libraries, more than 5 million books, CDs and DVDs in 40 world languages, and 1,600 public computers, the library is committed to serving as the County's partner in lifelong learning with programs for all ages. See what the library can do for you with Librarian Jeanne Stevens. Register by April 20.

Wednesday, May 27—Legacy Letters

Diane Nimmer, Life Coach, will introduce you to the importance of your own life story and a method for passing on the life lessons that you have taken pride in learning for future generations to enjoy and appreciate. Creating this will of values to accompany your will of valuables is a gift from you to your family. Call by May 25

Money Matters

10:00—11:00 a.m.



April 16—Aging & the Law: Protecting Your Finances

Presented by Elizabeth Michaelis, Guardian Counsel Law Office

May 21—Retirement Planning in Turbulent Times

Presented by Jonathan Pyne, Evergreen Financial Group

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

Living Wise and Well

1:00 PM



*Calvary Center Cooperative
7600 Golden Valley Road*

It's a fact! People are living longer and healthier. Join us for this free program that offers information each month for a happy, healthier you. No pre-registration necessary.

Thursday, April 2—The how, what & why of Clinical Research



You've seen the ads "inviting interested persons the opportunity to participate in a research study if they meet the study criteria". Learn the facts behind the studies – and how it may benefit you and future generations. Presented by Karla McBrady and Dr. Gary Berman from Clinical Research Institute.

Thursday, May 7— NO MEETING

Blood Pressure Screening

11:00-11:30 a.m.



Wednesday, April 22

Wednesday, May 27

This FREE service is provided by the staff from Ambassador Good Samaritan Home Health. No need to pre-register—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, April 23—Remembering the Fabulous Forties

Thursday, May 28—Remembering Gardens

Center Happenings

Happy Feet Foot Care Clinic



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, April 21, 9 a.m.-2:30 p.m.
Tuesday, May 19, 9 a.m.-2:30 p.m.
Tuesday, June 16, 9 a.m.-2:30 p.m.

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

Mondays with Mary



Join Mary on Mondays at 9:30 a.m. to work on projects for Ambassador Care Center, Dinner At Your Door, and

Golden Valley Seniors. We'll supply the materials and coffee. "The more the Mary-ier." *No meeting May 11, 25.*

Cards & Groups at Brookview

Bridge:

1st & 3rd Tuesdays-Women's Social 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 during Center hours.

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, April 14

Tuesday, May 12

Appointments at 9:00, 10:00, & 11:00 a.m.

Call 763-512-2339 to make an appointment. Sponsored by SCS.

CRIBBAGE—NEW!

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

WOMEN'S SOCIAL 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.

ARMCHAIR TRAVEL AT COUNTRY VILLA



2:00 p.m.

7475 Country Club Drive

Join world-traveler, Dick Kain, as he shares his adventures.

Thursday, April 16-Galapagos Islands

Thursday, May 21—Iceland



If you did not receive this newsletter in the mail, it means you have not sent your 2009 \$5 donation. It's never too late! Send it to: Golden Valley Seniors, 200 Brookview Parkway, Golden Valley, MN 55426

CLASSES

Defensive Driving Course - 4-HOUR REFRESHER COURSE



Thursday, April 9, May 14, June 11
9:00 a.m.-1:00 p.m.
\$17/person

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. \$18

4-HOUR EVENING COURSE WILL BE HELD ON MAY 19 FROM 6-10 P.M. \$17

Register for these courses through the MN Safety Council. See above for mailing address.

Oil & Acrylics with Judy



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

Judy is back! And ready to guide you to paint with oils or acrylics. Students need to bring all painting supplies.

Dates: Mondays, starting May 4. Class is continuous through December 14. No class 5/25

Fee: \$38 for a punch pass good for 6 classes.

INTERMEDIATE BRIDGE



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

Friday, April 3-May 22

Time 9-10:30 a.m.

Fee: \$29 CODE 9718

For Your Information

METRO PAINT-A-THON



Your home may be eligible for a free painting if you meet the following guidelines:

You are the owner and occupant of a single family home and over 60 years of age and

Your monthly income is less than \$1735 for one person in the home or \$2353 for two people in the home.

For application or information call 612-721-8687 x 321. Deadline to apply is May 8.



Thanks to our friends at Golden Valley Rehab and Care Center for their donation to keep Coffee Talk, Money Matters and the Living Wise and Well programs affordable for you.

HOSPICE OF THE TWIN CITIES, is a non-



profit, community-based hospice that serves the 14-county metro area.

Volunteers are needed. Training provided at the Plymouth office,

Highway 55 & 169 on April 7,9,14,16,21,21 & 28 from 6-9 p.m. For more information or to register for the training call Kristin or Deb at 763-531-2424 or 763-253-2114.

COMMUNITY PHONE NUMBERS



Senior Dining—763-545-5659

Dinner At Your Door—763-531-1183

PRISM Express—763-529-1252

LinkVet Hotline—1-888-546-5838

Senior Outreach—763-450-4310

Senior Linkage Line—1-800-333-2433

HOME Northwest—763-450-4311

The Mary Wanderers-One Day trips

Trip Reminders:

Friday, April 3—Meandering with Mary

9:30 AM Depart City Hall/Calvary Coop

Wednesday, April 22—Golden Strings

10:00 AM Depart City Hall/Calvary Coop

Friday, May 1—Meandering with Mary

9:30 AM Depart City Hall/Calvary Coop

May 11-16—Springtime in Kentucky

Bus times given with itinerary

Friday, May 29—Exploring Jordan, MN

9:00 AM 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, 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

Friday, June 19—Code 9481

Everything's coming up roses today on our tour. To completely participate in this outing you should be able to walk 2-3 blocks without assistance. Lunch following the tour.

Register by June 12, space permitting.

Friday, July 17—Code 9482

It's off to the market we go on today's outing with a coffee stop, lunch and "Mary stop" before returning home. Register by July 10, space permitting.

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

Last day to register or cancel May 11

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

Last day to register or cancel June 8

Code: 9465

The Mary Wanderers-One day trips

Lunch Cruise & U of M Centennial Showboat



Tuesday, July 21

We'll shove off from Harriet Island for a narrated lunch cruise down the Mississippi

River on the Harriet Bishop. This riverboat offers enclosed climate controlled decks plus an open third deck with restrooms on all three decks. The buffet menu is: Grilled Chicken Breast with dried cherry sauce, mixed greens salad, roasted garlic potato puree, vegetable sauté, rolls/butter, raspberry swirl cheesecake, coffee/iced tea. After lunch we'll walk one block to the Centennial Showboat for a performance of the comedy "Is There A Doctor in the House?" performed by the U of M Showboat Players. The play is a comedy of misdirection, mistaken identities, and misdiagnosis with music and olios for a healthy dose of ol' fashioned fun.

Cost: \$77

11:15 AM Bus leaves GV City Hall/Calvary
5:45 PM @ return

Last day to register or cancel is June 22
Code: 9473

Resorting Past-Wednesday, August 5



A quick coffee stop and treat at McDonalds before visiting the Preserve the Tradition

Museum in Dalton, filled with

fishing, hunting and natural history items from the personal collection of Steve Flack. Mr. Flack has traveled the world and has obtained numerous hunting awards. Off to lunch at the Ten Mile Lake Resort family owned and operated since 1906. Menu: Broasted Chicken, potato salad, vegetable, roll/butter, dessert bar and beverage. We're not done yet! Our last stop before heading home is the new Minnesota Lakes Maritime Museum in Alexandria, where Minnesota's maritime and resorting past is preserved. This museum, filled with handcrafted wood boats, antique rods and reels, classic canoes and more was featured "On the Road with Jason Davis", and celebrates Minnesota's obsession with nature and fishing.

Cost: \$59

8:00 AM Bus leaves GV City Hall/Calvary
5:30 PM @ return

Last day to register or cancel is July 20
Code: 9474

Lanesboro & the Commonweal Theater—Friday, September 18



Our afternoon begins in the tiny village of Lanesboro with lunch at the Pedal Pusher's Café. Menu: Roast Pork Loin, mashed potatoes/gravy, vegetable, roll/butter, dessert, coffee/tea/milk. After lunch there will be time to shop the stores along main street before seeing the performance at the Commonweal Theater of "The Rainmaker", a play about faith, reality, trust and transformation. On the way home, we'll make a short stop to stretch our legs and get a treat (on your own).

Cost: \$65

8:00 AM Bus leaves GV City Hall/Calvary
6:30 PM @ return

Last day to register or cancel is August 10
Code: 9476



The Mary Wanderers-Extended trips

Bayfield and the Apostle Islands – August 19 & 20, 2009



Day 1: Leave early and stop for coffee and rolls. In Bayfield, Wisconsin have a special three-course lunch at the Old Rittenhouse Inn. Lodging is at the Hotel Chequamegon in Ashland, featuring Victorian charm and elegance. The lakefront hotel has a restaurant, indoor swimming pool and is near shopping. Tonight enjoy a special performance under the big-top canvas tent at Lake Superior Big Top Chautauqua. [C,L]

Day 2: Take the Ferry from Bayfield to the picturesque town of LaPointe on Madeline Island, the largest of the Apostle Islands. Meet a local guide for a historical tour of the island. Have an early lunch at the Pub Restaurant, and visit the Historical Museum. Make a stop for supper and return to Golden Valley at approximately 8:00 p.m. [L,D]

Cost: \$385 per person (2 per room)/\$465 per person (single room)

Deposit: \$100.00 per person is due on July 1, 2009

Final Payment: July 15, 2009

Cancellation: If you cancel after 7/1/09, payments are non-refundable because of prepaid reservations.

Insurance: Cancellation Insurance for this trip is \$30.00.

CODE 9475



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 ride to 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, April 28—Dangerfield's

Reservations begin April 1

Tuesday, May 26—Minnesota Machine Shed

Reservations begin May 1

Tuesday, June 23—To Be Determined

Reservations begin June 1

FORUM and the FORK

Special Destination Fare applies.



Westminster Church hosts the forums. Lunch (on your own) after the forum.

Thursday, April 16—Gwen Ifill

Ms. Ifill is moderator and managing editor of PBS' Washington Week and senior correspondent for The NewsHour with Jim Lehrer.

Thursday, May 7—Eboo Patel

Mr. Patel is the founder and Executive Director of the Interfaith Youth Core, a Chicago-based nonprofit group committed to building mutual respect among religiously diverse young people. He is the author of the book "Acts of Faith: The Story of an American Muslim and the Struggle for the Soul of a Generation."

9:30 AM Bus leaves GV City Hall

2:30 PM Approximate return

Register at least one week prior to forum.

Vivace! Concert Series



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.

WITH SENIORS IN MIND



**The Songs She Sang Back Home
Tuesday, May 12**

Vocalists Andrea Leap and Patty Nieman with pianist Jerry Rubino perform popular American music of the 1940s by such breakthrough artists as Harry James, Johnny Mercer, and Frank Loesser. These composers made their mark in the history of music with witty lyrics, innovative melodies and the uncanny ability to capture and reflect the cultural changes in America.

Cost: 5 Cities fare.

Register with 5 Cities by May 6





**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: _____