

# Golden Valley Seniors Newsletter

Senior Office 763-512-2339

## February Happenings

**Brookview Community Center and the Senior Office will be closed on Monday, February 15.**

### COFFEE TALK—Wednesday, Feb 24



Join us for juice, sweet rolls, donuts, informative programs and, of course, coffee.

Fee: \$2.00, payable at the door.  
9:45 AM Refreshments  
10:00 AM Speaker

### "The Link"

The evidence linking animal abuse to human violence is convincing. People who abuse animals rarely stop there; research has shown consistent patterns of animal cruelty among those who commit violent crimes. Animal abuse is also a common component of family violence. Today we will learn more about *The Link* and what can be done to prevent it.

Presented by staff from the Animal Humane Society. Register by February 22

### GOLDEN TONES 2010



Sing in the New Year with the Golden Tones. The members sing together and entertain each month on Thursday afternoons

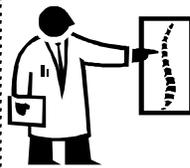
for local senior centers, care centers, and churches. Our finale is the *Spring Sing*. Interested in joining? The only requirement is to enjoy music and people! Call the Senior office at 763-512-2339 for a practice and performance schedule.

Thursdays, 10:30-11:30 a.m.

Location: Calvary Church Music Auditorium, 7520 Golden Valley Road

Living Wise and Well presents

### Help That Achy Back of Yours



Thursday, February 4  
1:00 p.m.

Calvary Center Cooperative  
7600 Golden Valley Road

Do you get frustrated when you have difficulties doing simple tasks because your back hurts? Everyday your back is put into vulnerable positions that contribute to back pain and stiffness. Learn how to reduce those aches and pains and if you don't have an achy back, find out how to keep it that way.

Presented by Jason Fenske, D.C.,  
Advanced Medical of Twin Cities, P.C.

No registration necessary—just come  
Fee: Free

### Money Matters



Thursday, February 18  
10:00—11:00 a.m.

*A Gift of Love to Survivors:  
Funeral and Memorial Preplanning Makes Cents*

Preplanning is an important part of estate planning that is a special gift for family and loved ones. Learn some of the reasons people choose to plan ahead and how you can set your wishes in writing and make sure everything is taken care of. *Presented by Kathy Klein, Washburn-McReavy*

## March Happenings

### 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:

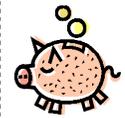
Thursday, March 4, 11, 18, 25  
Thursday, April 1, 8, 15

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

1. Social Security cards of all taxpayers.
2. Copy of your 2008 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 2009)
  - d. 1099-INT (Interest received in 2009)
  - e. 1099-DIV (Dividends received in 2009)
  - f. All other income information
  - g. Real Estate taxes paid in 2009 or Hennepin County 2009 Property Tax statement
  - h. Certificate of Rent Paid for 2009 Hennepin County 2010 Property Tax Statement (available in mid-March 2010)

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

### Money Matters



**Thursday, March 18**  
**10:00—11:00 a.m.**

*How to Gain the Highest Return in Personal Real Estate.*

Topics covered include the current state of the housing market, understanding current home values, market studies, marketing your home, and how to make down-sizing easy and profitable.

*Presented by Michelle Williams, Realtor, Auctioneer, Appraiser*

### LIVING WISE and WELL—March 4

1:00 PM

Calvary Center Cooperative  
7600 Golden Valley Road



Join us for this free program that offers information for a happy, healthier you.

#### Immunizations: Up-to-Date?

We know that children need to have immunizations for disease, but what about adults? Today we'll learn what immunizations and vaccines are recommended for adults and why. Find out if you are "up to date".

Presented by Kim Miles, MN Visiting Nurse Association.

### COFFEE TALK—Wednesday, Mar 24



Join us for juice, sweet rolls, donuts, informative programs and, of course, coffee.

Fee: \$2.00, payable at the door.

9:45 AM Refreshments

10:00 AM Speaker

### Native American Folklore and Natural Remedies



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 22.

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

### TIME TO PAY YOUR 2010 DUES



Still a deal! Be the first to have Senior information on trips and activities. CODE 10052

\$5 for residents/\$8 for non-residents

**This is your last mailed newsletter if dues are not paid.**

**THANKS FOR YOUR SUPPORT—we really appreciate it!**

## Classes

### *Open Painting*



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

Bring your supplies and give each other guidance and encouragement on your project. Students need to bring all painting supplies.

Dates: Mondays. No meeting January 18

Fee: *FREE.*

### **INTERMEDIATE BRIDGE**



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

*Friday, March 19-May 7*

*Time 9-10:30 a.m.*

*Fee: \$30 for residents/\$34 for non-residents  
CODE*

### **Doug Ohman—Sat, February 20 Minnesota Byways**

**1:00 PM**

**Golden Valley Library, 830 Winnetka Ave N**



Doug Ohman, Midwest photographer of historic architecture, will present highlights of barns, churches, courthouses, schoolhouses, homes and cabins from his "Minnesota Byways" series.

Books available for purchase and signing. Sponsored by the Friends of the Golden Valley Library

### **Yoga with Annette**



A gentle, non-religious approach to Yoga taught by Annette Fragale. The class includes stretching, strengthening and balance for the body. Wear comfortable clothes and bring a mat.

Class meets at Brookview  
Tuesdays, February 2-March 23  
11:00 AM-12:00 PM  
Fee: \$56/Res, \$60/Non-Res  
Code: 10107

### **Defensive Driving Course - 4-HOUR REFRESHER COURSE**



Thursday, February 11, March 11, April 8, May 13  
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. Flyer available at Brookview. Call the Senior Office for the flyer or 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.*

### **Defensive Driving 8-hour First Timers Course**

Time: 6:00-10:00 p.m.

Wednesday, April 14 & 21

Cost: \$18/person

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

# Center Happenings

## Blood Pressure Screening

**11:00-11:30 a.m.**



*Wednesday, February 24*

*Wednesday, March 24*

This FREE service is provided by the staff from Ambassador Good Samaritan Home Health. No need to pre-register.

## 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, February 16

Tuesday, March 16

Tuesday, April 20

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 February 15.

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.

## 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 9*

*Tuesday, March 9*

*Tuesday, April 13*

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

Call 763-512-2339 to make an appointment.

## Remember When?...

*with Jan*



1:00 p.m.

Dover Hills Apartments

2400 Rhode Island Ave. N

FREE

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

*Thursday, February 25—Remembering Favorite Expressions*

*Thursday, March 25 –Remembering Hats*

## Cards & Groups at Brookview

### Bridge:

1st & 3rd Tuesdays-12 pm-Women's 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.

## The Mary Wanderers One Day trips

### 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.

#### 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

#### Thursday, February 4—Code 10028

Our factory tour is part of a chain, started in 1896, which produces well over 20,000 pieces each year nation-wide. After the tour we'll "tuck in" for lunch. You'll definitely want to be awake for this one. Register by January 27.

#### Friday, April 16—Code 10043

A quick coffee stop before arriving at our destination where we'll be "fired up" by our tour guide. See the creative process from start to finish. Time to shop in the gallery before heading to lunch. Register by April 8.

Cost is \$6.50 for the bus and escort. Lunch and treats are on your own.

DUE TO THE POPULARITY OF THESE TRIPS, YOU MUST BE A MEMBER OF THE GOLDEN VALLEY SENIORS TO MEANDER WITH MARY

#### TIME TO PAY YOUR 2010 DUES

Still a deal! Be the first to have Senior information on trips and activities.

\$5 for residents/\$8 for non-residents  
CODE 10052

This will be your last newsletter in the mail, if your 2010 dues are not paid. It's never too late!

Send it to:

Golden Valley Seniors,  
200 Brookview Parkway  
Golden Valley, MN 55426



#### St. Paul Church Tour



#### Tuesday, February 9

Our first stop is the Cathedral of St. Paul, designed by E.L. Masquerary to resemble the medieval cathedrals of Europe. Enjoy sautéed sirloin sandwich on ciabatta bread, fresh fruit and coffee at WA Frost before touring Central Presbyterian Church, founded by Alexander Ramsey, Henry Rice and Rev. John Riheldoffer, and located across Cedar Street from the first State House and Capitol. Our last stop is the Virginia Street Swedenborgian Church, designed by Cass Gilbert to reflect the beliefs of Swedenborgian faith, constructed in 1886.

Cost: \$53

9:40 AM Bus pick-ups

Return @ 3:30 p.m.

Code: 10030

**Call to see if there are openings.**

#### Chanhassen Dinner Theater



#### Wednesday, Feb. 24

FOOTLOOSE bursts onto the Chanhassen stage. Ren, a teen from Chicago, moves with his mother to a small town after his father abandons the family. To his shock, dancing and rock 'n' roll are forbidden! It doesn't take Ren long to shake up the status quo, and soon the whole class is on their feet sending the town into a frenzy. Lunch with coffee or tea is served before the show.

Cost: \$65

10:45 a.m. Bus pick-ups

Return @ 2:45 p.m.

Last day to register or cancel: Jan. 20

CODE: 10026

**Call to see if there are openings.**

## The Mary Wanderers One Day Trips

### The Perfect Couple



**Thursday, March 11**

We'll start with an Italian lunch of mixed green salad, Chicken Parmigiana, spaghetti with marinara sauce, cheesecake and beverage in the cozy wine room of a local restaurant. Following lunch, we'll be entertained by Dominic Castino (Chanhassen Dinner Theater) and Cheryl Morrissey. Join this versatile duo on a musical journey as they travel the bumpy and funny road to romance. Enjoy a mix of standards, Steve and Eydie style duets, and selections from the heartwarming show "I Do, I Do". Their onstage chemistry clicks and makes for a snappy cabaret-style show.

Cost: \$47

11:00 AM Bus pick-ups

Return @ 2:45 p.m.

Last day to register or cancel: Feb. 22

CODE: 10040

### Mamma Mia!

THE SMASH HIT MUSICAL INSPIRED BY THE SONGS OF ABBA™



**Saturday, March 13**

On the eve of her wedding, a daughter's quest to discover the identity of her father brings 3 men from her mother's past back to the island they last visited 20 years ago. The storytelling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, and every night everyone's having the time of their lives. Seats are on main floor, section 1, Rows U-Y at the Orpheum Theater.

Cost: \$96

12:50 PM. Bus pick-ups

Return @ 5:30 PM

Code: 10029

**Call to see if there are openings.**

### The Dixie Swim Club at the Old Log Wednesday, March 24



We'll start the afternoon with lunch at the Old Log before the play. Free from husbands, kids, and jobs, five southern women, whose friendship began on their college swim team, meet every August at the same beach cottage for a long weekend to laugh, catch up, and meddle in each other's lives. The play focuses on four of those weekends over a span of thirty-three years and demonstrates the power of teamwork and the strength of love. Please state menu choice when registering: Smoked Pork Chop, Walleye Pike, Roasted Chicken Breast, or Vegetarian Lasagna.

Cost: \$48

10:45 AM Bus pick-ups

Return @ 4:45 p.m.

Last day to register or cancel: March 10

Code: 10025

### Golden Strings at the LaFayette Club Wednesday, April 21



"The Grand Old Lady of the Lake" is set on a hilltop overlooking Lafayette Bay. The original building was an elaborate creation of James J. Hill. Take a few minutes to look around before being seated for lunch in the Ballroom. Menu: House Salad, Rolls and Butter, Breast of Chicken Florentine, Fresh Vegetable, Whipped Potatoes, Heavy Coffee, Iced Tea, Gold Brick Sundae. The Golden Strings is a name known literally to a million people in the upper Midwest. Founded and lead by virtuoso violinist Clifford Brunzell, this unique group of musicians play 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 pick-ups

Return @ 3:15 p.m.

Last day to register or cancel: March 22

Code: 10039

## The Mary Wanderers One Day and Longer Trips

### Thursday, May 6 – Red Wing



We're traveling to Red Wing to hear the history of the First Methodist Church – its building and congregation and then enjoy a performance of the Golden Valley Golden Tones and the Red Wing Silver Tones. A box lunch will be served at the church before stopping at the NEW Red Wing Shoe Company's Museum and Retail Store. The new building opened on August 3, 2009 and measures 17,800 sq.ft. It houses the world's largest boot – size 638½ D standing 16 feet tall and weighing 2,300 pounds – which took 13 months to complete. Take time to browse this quaint town before heading home.

Cost: \$41 includes performance, box lunch, motorcoach, and escort.

9:30 a.m. Bus pick-ups

Return @ 4:00 p.m.

Last day to register or cancel is April 19  
Code: 10038

### Wednesday, June 9



#### Behind the Scenes

We meet Paul Nolan, a jockey with over 1,000 victories, giving us a tour of the Canterbury stables. We then tour the Canterbury building and learn the history of the track. A roast chicken lunch will be served at Dangerfield's, a local favorite. On to Rahr Malting Company, an internationally known business for a tour of this malting business. We're not done yet! We'll tour the historic Brewery House, built in 1856 by Herman Strunk, one of the first brewers in MN. The home has been restored with beautiful antiques and gardens. Our final stop is at the Savage Library to meet members of the Dan Patch Society where we will see memorabilia and hear about the famous harness horse.

Cost: \$57 CODE 10044

8:40 AM pick-ups/4:15 PM @ return

Last day to register or cancel is May 17

## GRAND MARAIS, GUNFLINT TRAIL, SPLITROCK LIGHTHOUSE – June 15-17, 2010

**DAY 1 - TUESDAY, JUNE 15, 2010.** Leave early from Golden Valley. Stop for **coffee and rolls** at **Tobies Restaurant** in Hinckley.



Have lunch at the **Rustic Inn Restaurant** in Two Harbors. Continue along the North Shore to Grand Portage. Tour **The National Monument Heritage Center**. The building houses exhibit galleries about Ojibwe culture and the fur trade. Late this afternoon check into the Best Western Superior Inn, Grand Marais, located on Lake Superior a few blocks from shops, restaurants and a beach. Its natural setting requires all guests to manage a flight of stairs. Bags will be delivered to your room. Tonight in Grand Marais the evening is free with several restaurants to choose from for dinner (on own). [C,L]

**2 - WEDNESDAY, JUNE 16, 2010.** After breakfast at the hotel we'll spend the day celebrating the Gunflint Trail. Travel along the trail and see how recent fires and storms impacted the area. The **Kerfoot Family** at the Gunflint Lodge will host a **Shore Lunch**. A lecturer from the **Gunflint Trail Historical Society** will give a presentation. After learning about the project, you will get an advanced look at the historic **Chik-Wauk Lodge**. The site will include a nature center on 50-acre grounds. The Grand Opening celebration is July 4, 2010. Tonight have **dinner** (included) at the **Birch Terrace Restaurant** a former fur trading post converted into a restaurant in a restored 1898 home. [B,L,D]



**DAY 3 - THURSDAY, JUNE 17, 2010.** After breakfast at the hotel, enjoy the idyllic small town flavor of Grand Marais. Late morning leave Grand Marais and travel back along the North Shore to the **Split Rock Lighthouse, celebrating their 100-year anniversary**. Have a box lunch before a guided tour. Shipwrecks from a mighty 1905 November gale prompted this rugged landmark's construction. Completed by the U.S. Lighthouse Service in 1910, Split Rock Light Station was soon one of Minnesota's best-known landmarks. Restored to its 1920s appearance, the lighthouse offers a glimpse of lighthouse life in this remote and spectacular setting. Have **dinner** at the **New Scenic Café** in Duluth. Return to the Golden Valley by 8:00 p.m. [B,L,D]



**\$480** per person (2 per room)/**\$525** per person (1 per room) **Deposit: \$130.00** per person due by April 30, 2010. **CODE 10129**  
Final Payment: Due May 10, 2010. Cancellation: After 4/30/10 payments are not refundable.  
Travel insurance is available for purchase. **BROCHURE AVAILABLE IN THE SENIOR OFFICE.**

## 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.

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

**Fare for Special Destination trips:** \$7 cash for round-trip transportation or two punches from the bus pass. 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 23—50's Grill**

Reservations begin January 29

**Tuesday, March 23—Pippin's Restaurant**

Reservations begin February 26

**Tuesday, April 27—Sarnac Classic Grill**

Reservations begin April 1

### WITH SENIORS IN MIND—March 9 Special destination fare applies

#### Minnesota State Parks



Take an armchair tour of Minnesota's treasured system of state parks (sixty six to be exact) captured through the lens of photographer Doug Ohman and pen of writer Chris Niskenen. Each chronicled the parks through the eyes of rangers, naturalists and long time users. The result is a published book by the Minnesota Historical Society Press that is an invitation to see Minnesota's natural world at its best.

**To register:** Call 5 Cities.

9:35 AM Bus leaves GV City Hall

2:00 PM Depart History Center for home

#### **Tuesday, July 13—Strike Up the Band: A Musical Salute to Minnesota's Greatest Generation with the MN State Band.**

A rousing concert will be presented by the acclaimed 50-member Minnesota State Band.

**To register:** Call 5 Cities.

9:35 AM Bus leaves GV City Hall

2:00 PM Depart History Center for home

### NATURE OF THINGS

Special destination fare applies

**Friday, April 30: Dead Sea Scrolls.**



Experience this once-in-a-lifetime opportunity to witness one of the greatest archaeological finds of the 20th century—*The Dead Sea Scrolls*, which include the earliest known Biblical writings. These 2,000 year-old, authentic text fragments are steeped in scientific, religious, and cultural significance. The Science Museum's one-of-a-kind exhibition invites visitors to learn about the science behind *The Dead Sea Scrolls*, and to reflect upon their significance.

Cost: \$26 includes admission to Dead Sea Scrolls, all regular exhibits and the *Arabia* omnifilm. In addition a fare of two punches from the pass card or \$7 cash for the 5 Cities Transportation bus payable to the driver on the day of the trip. Lunch is on your own.

Last day to register or cancel is April 15, or sooner if spaces fill.

Register with New Hope Recreation by phone with a credit card at 763-531-5151, or by mail with a check to 4401 Xylon Ave N, New Hope MN 55428.

Schedule:

9:30 AM Bus leaves GV City Hall/Calvary

2:45 PM Bus leaves Museum



## For Your Information

### 2010 MEMBERSHIP DONATIONS

Still a deal! 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 for Golden valley residents and \$8 for non-residents payable to "City of Golden Valley." **Code: 10052**

Send to Golden Valley Seniors  
200 Brookview Parkway  
Golden Valley 55426



Thanks for your support!

### Senior Dining - 763-545-5659



provides a delicious noon meal at Calvary Lutheran Church, 7520 Golden Valley Road. A donation of \$3.25 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.

### 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.

### 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.

### BOWLING AT TEXA-TONKA LANES



8200 Minnetonka Boulevard  
12:15 PM every Tuesday  
Men and Women are welcome to join us when you can.  
\$4.00 for 3 games.

### NORTH MEMORIAL—763-520-4834

offers grief seminars and support groups. "Understanding Grief" a 90-minute presentation is offered on the 1st Wed of the month at 2:00 PM. Call for location and to register.

### It's More Than Just A Ride!

### 5 Cities Transportation 763-531-1259



Available for your grocery and shopping needs, the bus will pick you up at your door if you live in Golden Valley. We go to:  
Cub Foods every Wednesday  
Walmart – 2<sup>nd</sup> Tuesday  
Target – 4<sup>th</sup> Friday

Call the 5 Cities Office to be placed on the mailing list for the Golden Valley schedule.

**FARE:** The suggested fares are \$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. Pay the driver with cash or check made payable to "First Transit."

Over 20 years of experience and service!

### 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 snow shoveling, cleaning windows, house cleaning and minor home repairs.

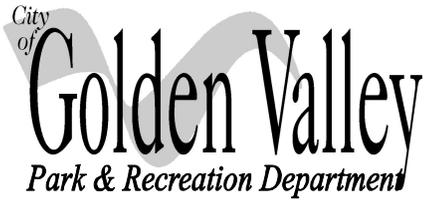
### SENIOR LINKAGE LINE –1-800-333-2433



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 Community Services Outreach Program – 763-450-4310

Senior Outreach provides in-home counseling and case management to individuals and their families to help older people remain independent.



**PRSRT STD  
US Postage  
PAID  
Permit 1659  
Minneapolis MN**

**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/Activity	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 # \_\_\_\_\_  
 (Checks payable to: City of Golden Valley)  
 VISA  MasterCard

Card #: \_\_\_\_\_  
 Expiration Date: \_\_\_\_\_  
 Signature for credit card payment: \_\_\_\_\_

**TOTAL DUE:** \_\_\_\_\_

**OFFICE USE ONLY**

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