

# Golden Valley Seniors Newsletter

Senior Office 763-512-2339

## April Happenings

### LIVING WISE and WELL—April 1



1:00 PM

Calvary Center Cooperative  
7600 Golden Valley Road

#### Are Your Feet Happy?

Your feet take a beating everyday. Hear ways to keep them (and you) happy. Presented by Happy Feet, Inc.

### 2010 Senior Spring Forum



Wednesday, April 14

8:30 AM-12:00 PM

Brooklyn Park Community Center  
5600-85th Avenue North

Hear presentations on *Safe & Effective Use of Medications, Healthy Sleep and Age Wave*. Visit the 45+ vendors. Coffee and treats provided. Call 763-503-2520 to register by April 7. Sponsored by NW Hennepin Human Services Council and Senior Leadership Committee. **FREE!**

### COFFEE TALK—Wednesday, April 28



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

Fee: \$2.00, payable at the door.

9:45 AM Refreshments

10:00 AM Speaker

#### Wednesday, April 28 – Zoey's Story

*Zoey's Story* is a collection of actual events in her life as "told" by her through her owner, Larry. Follow this Black Lab's adventures through dog obedience and therapy training and share her humorous, tender and occasionally sad moments with her friends and adopted family. Books available for purchase. Register by April 26.

### PEDAL PUSHER KICK-OFF



Tuesday, April 6

10:00 AM

Join Nancy, our fearless leader, as we plan our 2010 Pedal Pusher season. Nancy will show slides of her and Keith's 2009 travel adventures to Indochina. See the unveiling of the new "Pedal Pushers" t-shirt (available for purchase). Refreshments will be served.

Fee: Donations accepted for treats  
Register by April 2. Call 763-512-2339.

### Money Matters



Thursday, April 15

10:00—11:00 a.m.

*Reading Stock Charts for Buy and Sell Signals*

If you are a long term (investor) or short term (trader), come join us in a discussion on understanding technical analysis. This is basic, not advanced, chart reading. Presented by Larry Klick, member.

### Senior Golf Par 3 League Kick-off



Thursday, April 29

9:30 AM

Kick-off the 2010 golf season with Ben Disch, Brookview Golf Manager. Learn about the Senior Golf League. \$5 league registration will be taken that day. No pre-registration needed for kick-off

### FREE TAX ASSISTANCE through AARP on



THURSDAY, APRIL 1, 8, 15.

9:00 AM-12:00 PM.

## May Happenings

### Today's News Media: Who Can We Trust?



**Wednesday, May 5**

Golden Valley Library  
830 Winnetka Avenue N.

6:00 PM Check-in and Refreshments

6:30 PM Speaker

It can be so confusing and frustrating. It's no longer just commercial TV and radio, the daily newspaper, news magazines and public broadcasting it's also cable TV, the Internet and its bloggers, unending talk, radio, specialty publications, and your cellphone that insist on keeping you "informed" and "in touch." How do we sort out what is important, what we need, what to believe? What is the truth? Who decides what we see and hear? Presented by Frank Wright, former Associate Editor, Washington Bureau Chief, Managing Editor & Foreign Correspondent, StarTribune through the Augsburg College of the Third Age program.

Call 763-512-2339 to register by April 30.

### Money Matters



**Thursday, May 20**

**10:00—11:00 a.m.**

*Probate: Understand It; Avoid It!*  
One of our favorite speakers will explain the Probate Court system in simple, easy-to-understand language.

*Presented by Elizabeth Michaelis,  
Attorney, Guardian Counsel Law Office  
Donation accepted for refreshments*

*Valley Days—May 21 and 22*

**Friday, May 21—Brookview Park**

*Bring a picnic supper. Fireworks at dusk.*

**Saturday, May 22—City Hall Campus**

*Pancake Breakfast at Calvary Church,  
Parade, Art Show, Music, Classic Cars on  
display, Food, Beer Tent, Street Dance*

### Oils and Acrylics with Judy



**Mondays, starting May 3**

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

Judy's back from Arizona! Bring your supplies and start working on that painting. Our class is small so Judy can work with you, giving guidance and encouragement on your project. Students need to bring all painting supplies.

Class does not meet Monday, May 31.

*Fee: \$39 for 6 class punch card.*

### Bowling Tournament



**Tuesday, May 11**

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!

### COFFEE TALK—Wednesday, May 26



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

### Why Do We Say Such Things?



Many words and phrases we use today either don't make sense or have changed meanings and are no longer used in the same way. You'll be surprised and entertained by this look at our changing language. Words and phrases have stories and learning those stories is called Etymology. Believe it or not, Etymology can be fun! Presented by Conrad Posz, Ph.D. and Covenant Village resident. Register by May 24 by calling 763-512-2339.

# Classes

## TOTAL BODY WORKOUT

This one-hour class has three parts: a 20-minute low-impact aerobic warm up, muscle toning with weights and bands, and a cool-down component. Mats provided.

*Mondays, April 5-May 17, 9:00-10:00 AM*

*Wednesdays, April 7-May 26, 8:45-9:45 AM*

## TOTAL BODY STRETCH

Renew yourself with a gentle workout for every muscle group. Safe and effective, refreshing and energizing. Dress a little warmer and bring a towel. Mats are provided.

*Fridays, April 9-May 28, 9:00-10:00 AM*

Classes held at Crystal Community Center  
4800 Douglas Drive

Fee: \$45/15 class punch card, non-residents

\$39/15 punch card Crystal resident

\$5 drop-in fee

## Yoga with Annette



A gentle, non-religious approach to Yoga. The class includes stretching, strengthening and balance for the body. Wear comfortable clothes and bring a mat. *Code: 10231*

*Tuesdays, April 6-May 25 (no May 4)*

*11:00 AM-12:00 PM*

Fee: \$56/Res, \$60/Non-Res

## Senior Surf Day



Thursday, May 13, 9:00-11:00 AM  
Golden Valley Library

Learn computer basics and how to navigate and search the internet.

Get hands-on experience with help from Senior LinkAge Line volunteers. Registration required. Call 952-847-5475 or [www.hclib.org](http://www.hclib.org).

## 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 9-May 28*

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

*Fee: \$30 for residents/\$34 for non-residents. CODE 10430*

## Oils and Acrylics with Judy



***Mondays, starting May 3  
9:30-11:30 a.m.***

***See information on page 2***



## Defensive Driving Course - 4-HOUR REFRESHER COURSE

Thursday, April 8, May 13, June 10, July 8 from 9 AM-1 PM

Wednesday, May 19 from 6-10 PM

\$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, April 28*

*Wednesday, May 26*

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, April 20

Tuesday, May 18

Tuesday, June 15

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 31.

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, April 13*

*Tuesday, May 11*

*Tuesday, June 8*

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, April 22—Remembering Catalogues*

*Thursday, May 27—Remembering "Made in the USA"*

## 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

**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.

**Friday, May 14—Code 10037**

A quick coffee stop before arriving at our destination where spring flowers and plants will brighten our day. Lunch and "Mary stop" before returning home. Register by May 7.

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**

*Many thanks to the Card and Group Leaders for coming early, setting up the tables, making coffee, greeting people at the door, cleaning up, etc. You keep things running smoothly. And thank you to the people who spend part of you day with us—you are the reason that the Golden Valley Seniors and Brookview is a friendly and safe place for all.*

*Thank You*

**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

**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

## The Mary Wanderers One Day and Longer Trips

### Behind the Scenes



**Wednesday, June 9**

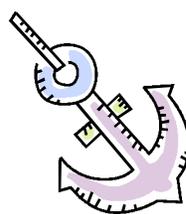
We meet Paul Nolan, a jockey with over 1,000 victories, giving us a tour of the Canterbury stables. We then tour the Canterbury building and learn the history of the track. A roast chicken lunch will be served at Dangerfield's, a local favorite. On to Rahr Malting Company, an internationally known business 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

### Lunch Cruise on Lake Minnetonka



**Monday, July 12**

We'll shove off from Al and Alma's for a 1½ hour lunch cruise on Lake Minnetonka. The main cabin area is climate controlled with seating, large windows for viewing and restrooms. If you'd rather be outside, there is also an upper deck. A plated lunch of salad, sandwich, chips, dessert, coffee/water will be served. Bar service is available (on your own). The boat is not "legally handicapped accessible" but the crew is available to assist you with the steps.

Cost: \$32

10:00 AM Bus leaves GV City Hall/Calvary Coop

2:15 PM @ return

Last day to register or cancel is June 28

Code: 10046

### Tall Ships Festival – Friday, July 30



Breakfast at Tobie's starts the day as we head north to Duluth. Enjoy the beautiful view of the harbor along Skyline Drive before arriving at the Harbor Drive Docking Area to view the Tall Ships, a large traditionally rigged sailing vessel. You can view from a distance or wait in line to enter the vessels. Lunch is on your own and Canal Park is a short walk away, along the waterfront. We will make a short stop before returning home (on your own).

Cost: \$63

7:55 AM Bus pick-ups

6:00 PM @ return

Last day to register or cancel is June 21

Code: 10048

### Mora Tour of Gardens



**Saturday, July 31**

Our morning begins at the Kanabec History Center for brunch. The menu has not been set, but Mary guarantees it will be fabulous! Time to shop the gift store and antique shop before leaving the Center. This afternoon the Mora Town and Garden Club will present private gardens for your enjoyment. Walk through unique and diverse landscapes with artists stationed throughout the tour with items for sale.

Cost: \$49

9:25 AM Bus pick-ups

5:30 PM @ return

Last day to register or cancel is July 5

Code: 10033

## The Mary Wanderers Extended Trips

### 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.

### Mackinac Island – August 31-September 3

**DAY 1—TUESDAY, AUGUST 31:** Leave Golden Valley, stop for coffee and lunch, before arriving at the Super 8 Motel in Escanaba, Michigan, a standard property with swimming pool. Dinner at The Terrace Bay Inn [C,L,D]

**DAY 2—WEDNESDAY, SEPTEMBER 1:** After a continental breakfast, travel to St. Ignace by sightseeing ferry to Mackinac Island, where old-fashioned carriages (motor travel is not allowed), historic sites and quaint shops await you. Enjoy a luncheon buffet at the Grand Hotel, the world's largest summer hotel. Take time to explore the hotel and its gardens (don't forget to bring your camera). Lodging at the Island House Hotel, an historic country inn on Mackinac Island. Dinner is on your own tonight. [B,L]



**DAY 3—THURSDAY, SEPTEMBER 2:** Have breakfast before taking a Horse Drawn Carriage History Tour of the Island, seeing points of interest such as Skull Cave, Arch Rock, Governor's Mansion and more. Spend leisure time on the island before we ferry back across the Straits of Mackinac to the mainland. See the Mackinac Bridge, one of the longest suspension spans in the world. Travel along the shores of Lake Michigan to Escanaba for lodging at the Super 8 Motel with dinner at the Stonehouse Restaurant. [B,D]



**DAY 4—FRIDAY, SEPTEMBER 3:** After a continental breakfast, leave Escanaba and enjoy the scenery as we travel through Michigan, Wisconsin and Minnesota. We'll stop for lunch and make a rest stop to purchase cheese before returning to Golden Valley. [B,L]

**Cost: \$625** per person (2 per room), **\$790** per person (1 per room). **Deposit: \$200/person** due by June 28

Final payment due July 26. Cancellation: After June 28, payments are not refundable. Travel insurance is available for purchase. Call for insurance brochure.

Code: 10130



### DUTCH CHRISTMAS IN PELLA, IOWA—DECEMBER 3-4, 2010.

Call for brochure.

## 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, April 27- Sarnac Classic Grill

Reservations begin April 1

Tuesday, May 25- Carol's in Blaine

Reservations begin April 30

### Vivaçø! Concert Series



Special destination fare applies

**Thursday, April 22  
Landmark Center**

After the concert, lunch at Anita's (on own)

11:00 AM Bus leaves GV City Hall

2:00 PM Approximate Return

Register with 5 Cities Transportation

### FORUM and the FORK



**Special Destination Fare applies.**

Westminster Church hosts the forums and the light lunch at the church after the forum.

*Thursday, May 6—Challenges to Peace in the Middle East.* Hanan Ashrawi is founder and secretary-general of Miftah, The Palestinian Initiative for the Promotion of Global Dialogue, which is committed to the principles of democracy and human rights and to efforts to end Israeli occupation on humanitarian grounds.

11:00 AM Bus leaves GV City Hall

2:30 PM Approximate return

Register at least one week prior to forum.

### 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!

### Ballroom Dancing



Join the crowd that loves to ballroom dance to Dick Macko's Band. It's a great way to fight the winter blahs. Everyone is welcome. No partner necessary.

Thursdays (continuous)  
1 - 3:30 p.m. Gym  
Lenox Community Center, 6715 Minnetonka Blvd, St. Louis Park  
Fee: \$5 at the door, includes refreshments

### 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.

### Golden Valley Historical Society



Invites you to join the historical society and help reach their goal of having a museum in the basement of the "Little White Church", 6731 Golden Valley Road. Very interesting programs are held on the 2nd Thursday of the month, Sept-

May at 7:00 PM. Refreshments and social time follows each program. Dues are \$20/year for a single membership and \$25 for a family. For more information call Betty Crews at 763-544-6382.

### 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.

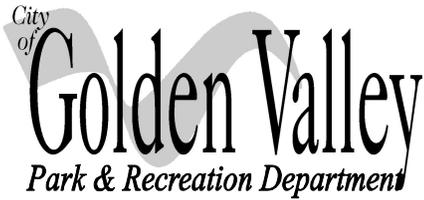
#### Fare For All - 763-450-3880



Stretch your monthly food budget with Fare For All, a non-profit food-buying program that allows people to increase their food purchasing power. Each month, individuals pay \$10-17 per package and receive up to \$40 worth of fresh, quality food items, including fruits, vegetables and frozen meat item. Fare For All is open to everyone, regardless of income. Call for ordering and pick-up locations.

#### COMMUNITY PHONE NUMBERS

5 Cities Transportation—763-531-1259  
Dinner At Your Door—763-531-1183  
HOME Northwest—763-540-4311  
LinkVet Hotline—1-888-546-5838  
PRISM Express—763-529-1252  
Senior Dining—612-269-8462  
Senior Linkage Line—1-800-333-2433  
Senior Outreach—763-450-4310



**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: \_\_\_\_\_