



# Golden Valley Seniors Newsletter

Senior Office • 763-512-2339

## June Happenings

### LIVING WISE and WELL—June 3

Nutrition Facts	
Per 1 burger (130g)	
Amount	% Daily Value
Calories 200	
Fat 9g	14%
Saturated Fat 2g	15%
Trans Fat 1g	
Cholesterol 70mg	
Sodium 600mg	33%
Carbohydrate 4g	1%
Fibre 0g	0%
Sugars 0g	
Protein 25g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%

1:00 PM

Calvary Center Cooperative  
7600 Golden Valley Road

### What are Labels Really Telling You?

Reading food labels helps you find out more about the foods you choose to purchase and eat. This education will help you unravel several food myths and learn how to see past the nutritional claims that are represented on the packaging. Current food trends will be discussed by separating fact from fiction and covering what will be more nutritionally satisfying for you and your body. Presented by *staff from Jones-Harrison*.

### PEDAL PUSHERS



9:00 AM

Join Nancy and the rest of the Pedal Pushers as we bike the Twin Cities area.

#### Tuesday, June 8—Baker Park

Meet at the parking lot north of Highway 12, 1/2 mile on County 29. Register by June 7. Call 763-512-2339.

#### Tuesday, June 22—LRT North

Meet at Minnetonka Community Center. Bike to Excelsior and back. Register by June 21. Call 763-512-2339.

### COFFEE TALK—Wednesday, June 23



Join us for juice, sweet rolls, and coffee.

Fee: \$2.00, payable at the door.

9:45 AM Refreshments

10:00 AM Speaker

### From Start to Finish, It Really is a Global Economy



You see the finished product on the shelf – Department 56, Hall-mark ornaments, snow globes – but did you know it takes creativity and manpower on both sides of the ocean to make that happen? Meet Cheryl Wold, a free-lance designer, who will take us through the fascinating process “from start to finish” from Minnesota to Taiwan, China and back. Register by June 21

### Money Matters



Thursday, June 17

10:00—11:00 a.m.

*End-of-Life Decision Making: preparing yourself and your loved ones for a difficult time.*

Are you concerned about how to provide help with financial and health needs during late-stage disability or dementia for a loved one or friend? We will discuss formal and informal tools to help manage assets and provide assistance with health care decision-making. This class will also provide tools for the critical task of organizing and safekeeping important financial and health care records so you can access them when needed.

*Presented by Elizabeth Michaelis, Attorney*

### CALVARY COOP RESOURCE FAIR



Thursday, June 24, 1-4 PM

7600 Golden Valley Road

Meet with representatives from agencies that can help you in your home or add enjoyment to your life. Refreshments will be served. FREE!

# July Happenings

**The Senior Center will be closed on Monday, July 5.**

## **LIVING WISE and WELL—July 1**

1:00 PM

Calvary Center Cooperative  
7600 Golden Valley Road

### **Being Social—It's Good for You!**



Have you noticed that being with other people makes you feel better? Talking, laughing, sharing coffee or a meal can actually make you live

longer! *Stephanie Frager, OTD, OTR/L, from Golden Valley Rehab and Care Center* will explain how our social contacts are important to good health.

## **COFFEE TALK—Wednesday, July 28**



Join us for juice, sweet rolls, donuts, and, coffee.

Fee: \$2.00, payable at the door.

9:45 AM Refreshments

10:00 AM Speaker

## **The First Eighty Nine Years**

In *The First Eighty-Nine Years*, Golden Valley resident and first-time author, Harriet Fleming, takes readers from her childhood growing up on a dairy farm in a small southeastern town in Minnesota, to her travels as a military wife. She reveals the heartbreak of divorce, the loneliness of widowhood and the pain of losing a daughter. Books available for purchase. Register by July 26.

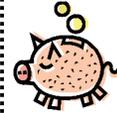
## **PEDAL PUSHERS JULY RIDES:**

**Tuesday, July 6**—Lake Nokomis, Minnehaha Park and East River Road Meet at Lake Nokomis Community Center. Register by July 2

**Thursday, July 15**—Midtown Greenway. Stop at the Farmer's Market. Register by July 14.



## **Money Matters**



**Thursday, July 15**  
**10:00—11:00 a.m.**

### **What to Do When Someone Dies**

Do you know the important tasks that must be taken care of if someone dies? *Attorney Elizabeth Michaelis, Guardian Counsel Law Office* will discuss the practical considerations in handling someone's affairs, as well as the four main tasks when you are responsible for settling the estate.

Donation accepted for refreshments.

## **GOLDEN VALLEY LIBRARY EVENTS**

830 Winnetka Avenue North

### **Senior Surf Day**

**Thurs, July 29, from 9:00- 11:00 AM**

Learn computer basics, how to navigate and search the Internet and how to access web-sites of interest to seniors. Get hands-on computer experience with help from representatives of the Senior LinkAge Line®.

Registration required. To sign up, call 952-847-5475 or visit [www.hclib.org](http://www.hclib.org).

**Author Anne Kerr**—"*Fujiyama Trays and Oshibori Towels, Recalling a time when passenger flight was an adventure and the Boeing Stratocruiser ruled the skies*"

**Saturday, July 24, 1:00 PM**

Kerr will share stories and photographs from her book; a memoir of her experiences as a Northwest Airlines stewardess in the 1950s. She'll revisit the golden age of commercial aviation before deregulation, bankruptcies, mergers and screening, when passengers dressed up for their flights and enjoyed live organ music while sipping champagne on their way to Chicago or New York. Winner of the 2009 Minnesota Aviation Hall of Fame Writer's Award. Books available for purchase and signing.

## Summer Concerts & Classes

### **BROOKVIEW CONCERTS IN THE PARK**

JUNE 14  
Golden Valley Orchestra

JUNE 17  
Robbinsdale City Band

JUNE 21  
Cathy DeCheine

JUNE 28  
Gypsy Mania Quartet

JULY 12  
Stompin' Dixie

JULY 19  
Tubby Esquire  
*Envision Ice Cream Social*

JULY 26  
Celebration Brass

AUGUST 2  
Lehto & Wright

AUGUST 9  
Blue Drifters

AUGUST 16  
Big Walter Smith

**Concerts start at 7:00 PM**  
**Bring your lawn chair!**

### *Oils and Acrylics with Judy*

**Mondays, 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. View their beautiful work in the senior room.

Class does not meet Monday, July 5.

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

### **INTERMEDIATE BRIDGE**



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

*Friday, June 4-July 23*

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

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

*CODE 10431*

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



Thursday, June 10  
Thursday, July 8  
Thursday, August 12  
Thursday, September 9  
9 AM-1 PM  
\$17/person

Register at least ten days in advance with the Minnesota Safety Council to receive certificate at class. 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.*

**Register through the MN Safety Council.** Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Indicate the Golden Valley Brookview location.

# Center Happenings

## Blood Pressure Screening

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



*Wednesday, June 23  
Wednesday, July 28*

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

## Happy Feet Foot Care Clinic

**763-560-5136**



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, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you.*

Tuesday, June 8 & 15  
Tuesday, July 13 & 20  
Tuesday, August 10 & 17

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 July 5.

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 our insurance counselor. He is here to aid you in your selection process.

*Tuesday, June 8  
Tuesday, July 13  
Tuesday, August 10*

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, June 24—Remembering 4th of July Celebrations*

*Thursday, July 22 -Remembering Soda Fountains and Ice Cream Parlors*

## 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 and Longer 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. Back in Golden Valley

#### Friday, August 6—Code 10036

"All aboard" for our latest adventure. A quick coffee stop before arriving at our destination where we'll be "engineered to take time and smell the roses". Dress for the weather and wear walking shoes. The "end-of-the-line" will be lunch at a local restaurant. Register by July 30.

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

#### 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 ships. 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

#### Behind the Scenes



#### Wednesday, June 9

Tour of the Canterbury stables and building, roast chicken lunch at Dangerfield's, tour of Rahr Malting Company and historic Brewery House. Final stop at the Savage Library to meet members of the Dan Patch Society.

Cost: \$57 CODE 10044

8:40 AM pick-ups/4:15 PM @ return  
CALL FOR OPENINGS.

#### Lunch Cruise on Lake Minnetonka

#### Monday, July 12



#### TRIP IS FULL.

1½ hour lunch cruise on Lake Minnetonka with 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 2:15 PM @ return  
Last day to register or cancel is June 28

#### 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

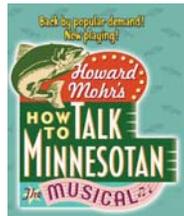
5:30 PM @ return

Last day to register or cancel is July 5

Code: 10033

## The Mary Wanderers One Day Trips

### How To Talk Minnesotan



**Thursday, August 12**

Minnesota's favorite "homegrown musical" is back by popular demand! Let the Humde family and friends at the Lost Walleye Lodge teach you the fine art of talkin' Minnesotan. Learn the positive power of the negative, accepting food on the third offer and the basic lessons – "you bet," "whatever," and "that's different." A fun way to spend the afternoon "don't cha know". A chicken buffet lunch will take place prior to the show at the Plymouth Playhouse.

Cost: \$50

11:00 AM Bus leaves City Hall/Calvary

3:30 PM @ return

Last day to register or cancel: July 26

Code: 10041

### Sweet Wisconsin Discoveries – Wednesday, August 18



We're heading east. First stop is the outlet store of Best Maid Cookies, made with all natural ingredients. Yum! Next we'll enjoy a delicious buffet lunch at the Westwind Restaurant with two hot entrees, salad bar, potato, vegetables, bread and beverage. Save room for dessert at the UW-River Falls Agriculture store for the fresh ice cream made on campus. Last stop before home is the award-winning River Chocolate Company which specializes in truffles, using local, organic creams and butters.

Cost: \$46

9:10 AM Bus leaves City Hall/Calvary

3:15 PM @ return

Last day to register or cancel is August 2

Code: 10051

### New Prague—Tuesday, September 14



We'll start the day at the 3-R Schoolhouse in Lonsdale. The historic building, erected in 1908, houses a museum on the first floor. The 2nd floor is preserved as the original school room. A lunch of "sandwich of the day", one side and beverage will be served at the Schumacher Grill. After lunch, stroll main street—make sure to stop in at the Czech Bakery! We'll then meet a local guide who will give us a bus tour of New Prague explaining how they are linked to Prague, Czechoslovakia, which concludes at St. Wenceslaus Church, built in 1906 and the town's biggest landmark.

Cost: \$52

9:00 AM Bus leaves City Hall/Calvary

4:00 PM @ return

Last day to register or cancel: August 23

Code: 10050

### FALL COLORS IN SPOONER

**Friday, October 8**



Our first stop is the Crystal Lake Cheese Factory where a viewing window allows a look inside the factory. Then off to Spooner to board the Wisconsin Great Northern Railroad, using rebuilt cars from 1912-1918. Enjoy Chicken Cordon Bleu, Rice Pilaf, California Mixed Vegetables, Roll, Cookie and Coffee in the dining car. After lunch, sit-back and enjoy the scenery from the train, before arriving at the depot. On our ride home, we will be stopping at the Burnett Dairy Cooperative which features quality dairy products including ice cream and cheese, all available for purchase.

Cost: \$69

7:40 AM Bus leaves City Hall/Calvary

5:15 PM @ return

Last day to register or cancel: Sept. 13

Code: 10034

## The Mary Wanderers Extended Trips

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

Tour documents will be mailed early June.

### Mackinac Island – August 31-September 3—Code 10130

**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 or trip brochure.



### Dutch Christmas in Pella Iowa – December 3-4

**Day 1:** Leave Golden Valley. Stop for rolls and coffee at Trumble's Restaurant in Albert Lea. Lunch will be at The Machine Shed in Des Moines, Iowa. Arrive in Pella for the Christmas Tour of Homes/Festival of Trees. The Pella Garden Club members present and serve as hostesses for the event—private homes decorated to elegance. Lodging tonight is at the Royal Amsterdam Hotel. Dinner is on your own with several places close to the hotel, along the Molengracht, the Dutch word for canal. After dinner, we'll board the bus for a Christmas Theater Show performed by the Union Street Players. After the show we'll enjoy the Country Christmas Lights Display. [C, L]



**Day 2:** Enjoy breakfast at the hotel, pack up and load the bus to enjoy the Dutch traditions of this area including the Historical Village Christmas Walk, Vermeer Windmill, Scholte House, the Festival of Trees at the Opera House with time to browse the Pella shops, where you may run into Sinter Klaus. We'll enjoy a Dutch theme luncheon and visit the Christmas Boutique in the Scholte Church. As we head home, we'll stop at the Trails Travel Center for supper (on own) before returning to Golden Valley.

**Cost: \$325.00** per person (2 per room), **\$415.00** per person (1 per room).

**Deposit: \$75**/person by October 18. Final payment due November 1.

Cancellation: After October 18, payments are not refundable. Travel insurance is available for purchase. Call for insurance or trip brochure.

Code: 10132



## 5 Cities Transportation Groups 763-531-1259

**Call Five Cities Transportation at 763-531-1259 to register at least one week in advance, unless noted.**

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, June 22—Maynard's, Excelsior

Reservations begin June 1

Tuesday, July 27—Afton House Catfish Saloon/Café.

Reservations begin July 1

### NATURE OF THINGS—Thursday, June 24 Noerenberg Gardens



Noerenberg Memorial Gardens is situated along the shore of Crystal Bay on Lake Minnetonka. Our tour guide will tell us about the gardens and the history of this beautiful property.

**Please note that this tour will involve quite a bit of walking on uneven ground.**

Following our time at Noerenberg Gardens, we will have lunch at Sunsets in Wayzata.

**Cost:** \$3 includes guided tour at Noerenberg Gardens plus two punches from the pass card or \$7 cash for the bus payable to the driver on the day of the trip. Lunch cost at Sunsets is on your own.

**Register:** With New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in.

**Deadline:** June 9, or sooner if spaces fill.

9:30 AM Bus leaves GV City Hall

1:15 PM Bus leaves Big Marina Grill

### WITH SENIORS IN MIND—July 13

Special Destination fare applies

#### Strike Up the Band: A Musical Salute



A rousing concert will be presented by the 50-piece Minnesota State Band. Established in 1898, it is the only remaining entity of its kind in the U.S. The program, narrated by Stan Turner, explores music from 1917-1945. Lunch (on own) at Minnesota Café.

**Cost:** In addition to bus cost, if you wish to view exhibits at the History Center the cost is \$8. Register with 5 Cities Transportation.

9:35 AM Bus leaves GV City Hall

2:00 PM Bus leaves History Center

### Vivace! Concert Series

Special destination fare applies



**Friday, July 23**

**Minneapolis Pops Orchestra  
Nicollet Island Pavilion**

The building is air-conditioned with chairs provided. After the concert, lunch at Big Marina Grill and Deli (on own).

9:30 AM Bus leaves GV City Hall

2:00 PM Approximate Return

Register with 5 Cities Transportation

### 5 Cities Transportation is available to



residents who live in Golden Valley. The bus will pick you up at your home or apartment

and take you to Cub (weekly), and monthly to Target, Walmart, Byerly's, and Ridgedale. Call 763-531-1259 for information and a schedule.

## For Your Information

### WELLNESS CENTER at JONES-HARRISON



Is offering the Golden Valley Seniors an opportunity to join at a discounted rate of \$60/month with a \$25 one-time assessment fee. Membership includes initial assessment with a fitness specialist, use of the facility including the fitness equipment, therapeutic pool and all fitness classes. There is also an assisted membership for \$80/month with a \$25 one-time assessment fee. This membership includes one-on-one with a fitness specialist each session, use of the facility including the fitness equipment, therapeutic pool and all fitness classes. If you have insurance through BC/BS of Minnesota, UCare, United Healthcare and America's TPA and go to the Wellness Center 8-12 times per month (depending on your provider) you are eligible for a \$20/month reimbursement. There is reserved parking for users of the Wellness Center. Check it out!

Jones Harrison is located at 3700 Cedar Lake Avenue  
Take Minnetonka Blvd to France Ave, North on France to Cedar Lake Avenue.  
Call Tony Mrnak at 612-225-1125 for a tour or for information.

### HOME North 952-746-4046—NEW NUMBER



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.

### FARMER'S MARKET at CALVARY COOP on



Tuesdays from 11 AM-1 PM starting June 22, in the south end of the parking lot. Vegetables, fruit and flowers all grown without pesticides, herbicides or insecticides. Some will be certifies organic. Public is welcome!

### 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.

### Senior Dining - 612-269-8462



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.

### COMMUNITY PHONE NUMBERS

5 Cities Transportation—763-531-1259  
Dinner At Your Door—763-531-1183  
Golden Valley Seniors—763-512-2339  
HOME North—952-746-4046  
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—952-746-4028



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