

City  
of

# Golden Valley Seniors Newsletter

Senior Office 763-512-2339

## February Happenings

### LIVING WISE and WELL—February 3

1:00 PM

Calvary Center Cooperative  
7600 Golden Valley Road

#### Laughter IS the Best Medicine



Join us and plan to laugh! Come and hear how to put humor and laughter back into your life. Share your joys and hopes with others and learn tips on how to put some play time into your day because laughter IS the best medicine. *Presented by Deanna Soukup, RN, Fairview Homecare and Hospice*

### Money Matters

Thursday, February 17

10:00—11:00 a.m.

#### Take Control of Your Retirement Income



Learn ways to plan for retirement income that can last through your whole retirement such as: Set up a retirement income stream aligned with your retirement goals; align tax treatments with your investment objectives; plan for inflation, economic challenges and a potentially long retirement.

*Presented by Jeanine Strand, Ameriprise*

### COFFEE TALK—Wednesday, Feb. 23



Join us for juice, sweet rolls, donuts, and, coffee.  
Fee: \$2.00, payable at the door.  
9:45 AM Refreshments  
10:00 AM Speaker

#### You Want Me to What??

Keeping in contact with our kids and grandkids is more than phoning each other. E-mail, texting, Facebook and Skype are the new methods of staying in touch. We'll have a short overview of each method with time for questions and answers. Register by February 21.

*Presented by Adam Knauer, City of Golden Valley.*

### Remember When?...

with Jan

1:00 p.m.

Dover Hills Apartments  
2400 Rhode Island Ave. N

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

*Thursday, Feb. 24 —Remembering Hobbies*



### MORE FEBRUARY HAPPENINGS:

February 3—Vivace! Concert—Call 5 Cities  
February 9—Advisory Group-1 PM  
February 10-Defensive Driving—9 AM  
February 12—Tony Sandler  
February 23—Blood Pressure Screening-11AM  
See inside for details.

The Center is closed  
Monday, February 21 in  
honor of President's Day.



## March Happenings

### LIVING WISE and WELL—March 3

1:00 PM

Calvary Center Cooperative  
7600 Golden Valley Road

#### Staying Safe



Safety is a primary concern in every city. Today our speaker from the Golden Valley Police Department will talk about the role of the Police Department, when you should call the emergency number or non-emergency number, what to do until help arrives, safety issues and answer your questions. *Presented by the Golden Valley Police Department.*

### Money Matters

Thursday, March 17

10:00—11:00 a.m.

#### Ways to Help Yourself Stay Sane in a Crazy Market



Keeping your cool can be hard to do when the market goes on its periodic roller-coaster rides. It's useful to have strategies in place that prepare you both financially and psychologically to handle market volatility. Today, learn 11 ways to keep yourself from making hasty decisions that could have a long-term impact on your ability to achieve your financial goals.

*Presented by James Bear, J. Alan Financial*

### COFFEE TALK—Wednesday, March 23



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

Fee: \$2.00, payable at the door.

9:45 AM Refreshments

10:00 AM Speaker

#### "Attitudes At Every Altitude"



Today meet *Gregg Proteaux*, a flight attendant, who has found himself facing many challenges he never expected when he became a flight attendant.

"Because of security hassles and those frustrating fees, passengers who used to come on the plane laughing and smiling aren't so happy anymore". Realizing the need to bring laughter back into the cabin, Gregg started writing his observations and recently compiled them into a book. Be ready to laugh, because real life is funnier than fiction. Books available for purchase. Register by Mar21

### Remember When?...with Jan

1:00 p.m. at Dover Hills Apartments  
2400 Rhode Island Ave. N

Let's go back and enjoy our special memories.

Thursday, March 24 -

*Remembering Your First Car*



### TAI CHI for HEALTH & ARTHRITIS

DEMO on Tuesday, March 29

9:45-10:45 AM



For centuries, the Chinese have recognized the beneficial effects of Tai Chi to improve health, balance and flexibility. This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Join Certified Instructor Marie Mathay for a demo class March 29th. **Register by March 25.** Limit of 30. Wear comfy clothes. Fee: \$2, payable at the door.

#### OTHER MARCH HAPPENINGS:

March 10—Defensive Driving—9 AM

March 15—Meandering with Mary

March 18—Continental Ballet-Call New Hope

March 23—Blood Pressure Screening-11 AM

See inside for details



## Classes

### Yoga with Annette—code 10637



Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestion. Exercises are appropriate for all fitness levels. Annette's classes are easy to follow, non-intimidating and fun. Please bring an exercise mat. Tuesday, Feb. 1-March 29 (9 Classes)  
11:00 am - 12:00 pm  
\$63/Resident, \$68/Non-Resident

### TAI CHI for HEALTH & ARTHRITIS



For centuries, the Chinese have recognized the beneficial effects of Tai Chi to improve health, balance, and flexibility. This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

Tuesday, April 5-May 10  
9:45-10:45 AM  
\$42/Resident, \$47/Non-resident  
Code: 10673

### 3-D DRAWING—code 10632



Hands-on exercises explore basic perspective principles to create depth and dimension in your sketches/drawings. Explore using geometric shapes/forms to draw nature subjects & floral forms in realistic & abstract style. Experiment using a variety of drawing tools and materials to create original sketchbook and journal entries. Thursday, February 17 & 24  
1:00-2:30 PM  
\$36 Resident/\$41 Non-resident

### Master Gardener: Selection and Care of Trees and Shrubs



**Saturday, Feb. 26, 1 p.m.**  
**Golden Valley Library—FREE**

### INTERMEDIATE BRIDGE—code 10652



Made for the player who has basic knowledge of the game, sharpen your skills with instructor Dick Welander. Friday, April 1-May 20  
Time: 9-10:30 a.m.  
Fee: \$31 residents/\$35 non-residents.

### SKETCH 'N' JOURNAL—code 10631



Use words, line drawings, brush strokes, and colors to capture your environment and experiences. Explore visual & verbal note taking methods, apply color to express ambiance or mood, and draw/paint/collage bits'n'pieces to illustrate a vignette. Create a portfolio of journal entries.

Thursday, March 24 & 31  
1:00-2:30 PM  
\$36 Resident/\$41 Non-resident

### Safeguard Your Senior Years: Masters Safety Seminar



Tuesday, April 12, 2011  
6 -9 p.m.  
GV Public Safety Building  
Learning how to be safe is a life-long process. Join the Golden Valley Police and Fire Departments for a FREE seminar about safety issues that most often affect adults and elders. Learn from professionals and take home valuable lessons on how to keep you and your loved ones safe. Get the latest information about... • Crime Prevention Basics • Fire Prevention and Safety • Avoiding Identity Theft and Frauds • Emergency Medical Concerns • Resources For Golden-Agers • More. Seminar includes dinner & giveaways. Call the Golden Valley Police Department at 763-593-8079 to register for the seminar.

## Classes

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



Thursday, February 10  
Thursday, March 10  
Thursday, April 14  
9 AM-1 PM  
\$17/person

**8 HOUR CLASS FOR 1ST TIMERS  
TUESDAY, April 19 & 26  
6-10 PM  
Cost: \$18/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.

## Tax Information

### **IT'S TAX TIME!**



AARP will be offering free tax help to seniors and disabled with low and moderate 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 3, 17, 31  
Thursday, April 7, 14

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

1. Last years tax return
2. Social Security cards for all taxpayers and dependents
3. Photo ID
4. All income statements
  - a. W-2's
  - b. 1099's (Pension and Distributions from IRA's
  - c. SSA-1099 (Social Security received in 2010)
  - d. 1099-INT (Interest received in 2010)
  - e. 1099-DIV (Dividends received in 2010)
  - f. Statement of Unemployment compensation received in 2010
  - g. Any other INCOME information
5. Mortgage interest paid in 2010
6. Real Estate taxes paid in 2010 or Hennepin County 2010 Property Tax Statement
7. Certificate of Rent Paid in 2010
8. Hennepin County 2011 Property Tax Statement (not available until March 2011)

Bring a blank check for Direct Deposit of your refund (used only to verify routing and account information)

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

# Center Happenings

## Blood Pressure Screening

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



Wednesday, February 23  
Wednesday, March 23

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 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 and your medical history with medications on your first visit.

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, February 8 & 15  
Tuesday, March 8 & 15

Fee: \$32. Payable to *Happy Feet Footcare, Inc.* and due at time of service

## Cards & Groups at Brookview

### Bridge:

Thursdays, 6:30 pm-Open Bridge  
Fridays, 9 am- Open Bridge

**Cribbage**- Tuesdays, 1 pm

**Dominoes**- Mondays, 1 pm

**Euchre**- Thursdays, 1 pm

**500**- Wednesdays, 1 pm

**Jigsaw Puzzle** during Center hours.



## WOMEN'S SOCIAL BRIDGE GROUP

is looking for new members. We play the 1st & 3rd Tuesdays at The Heathers Apts, 2900 Douglas Dr N, from 12-3 p.m. All playing levels welcome. Call Barb Ego at 763-544-0897 for info.

## 2011 MEMBERSHIP DONATIONS



This is your last newsletter if your membership is not paid. Help support your program.

**Fee:** \$5 for Golden Valley residents and \$8 for non-residents payable to "City of Golden Valley." **Code: 10609**

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

**Thanks for your support!**

## 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.

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, February 8, March 8, April 12*  
Appointments at 9:00, 10:00 or 11:00 a.m.

Call 763-512-2339 to make an appointment.

## GOLDEN TONES—Thursdays



Calvary Lutheran Church  
7520 Golden Valley Road

Practice Thursdays from 10:30-11:30 AM in the Calvary Church Music Room with monthly performances in the area.

Proven fact! Singing can add years to your life! **NEW VOICES WELCOME!**

## Mondays with Mary



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

**BINGO** every Tuesday at 2:00 PM at Country Villa, 7475 Country Club Drive  
Join us for this FREE event.

## 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 :

9:30 a.m. Bus leaves Calvary Coop & Apts

9:35 a.m. Bus leaves City Hall (water tower)

10 am-2 pm Mary stops and return to GV

#### Friday, February 25—Code 10489

Arrive at our destination where we will "investigate" the world's largest gathering of collectables related to this Victorian character and his creator. Tour includes walking. Lunch before returning to Golden Valley. Register by Feb 16, space permitting.

#### Tuesday, March 15—Code 10490

A quick coffee stop before arriving at our destination where today we will partake in the 13th year of a local fundraiser. Lunch is a "free-will" donation (\$5-\$10 suggested). A Mary dessert stop before returning home. Register by March 7, space permitting.

#### Friday, April 29—Code 10491

We're going to an "artsy" place for coffee where "blooming art" is sure to brighten your day. Lunch at a favorite of Mary's before returning home. Register by April 21, space permitting

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

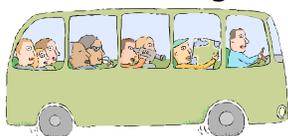
**DUE TO THE POPULARITY OF THESE TRIPS, YOU MUST BE A MEMBER OF THE GOLDEN VALLEY SENIORS TO REGISTER.**

**NOTE:** Bus is **NOT** lift-equipped.

#### **BUS PICK-UPS FOR ONE-DAY TRIPS:**

Golden Valley City Hall, 7800 Golden Valley Road, upper lot by water tower

Calvary Center Cooperative, 7600 Golden Valley Road. Limited guest parking



### KING TUT EXHIBIT & OMNI THEATER

**Friday, March 25**



Arrive at the Science Museum to attend the Omnitheater show *Mummies: Secrets of the Pharaohs*. Four decades before

King Tut's tomb was discovered, 40 royal mummies were discovered in a single tomb. This film sheds light on the fascinating subject of mummies and the mysterious process of mummification. Then enter the exhibit *Tutankhamun: The Golden King and the Great Pharaohs*. Discover more than 100 authentic artifacts illuminating the lives of the rulers buried in the Valley of the Kings, including King Tut, the most famous of them all.

Cost: \$49 CODE 10485

11:45 AM Bus pick-up/4:15 PM Return

Last day to register/cancel: March 9

### Plymouth Playhouse

**Wednesday, April 6**



A chicken dinner buffet before the play. A non-stop pop musical blast from the past,

featuring your favorite songs from the 50's and 60's, The play takes you to the 1958 Springfield High School prom where we meet the Wonderettes, four girls with hopes and dreams as big as their crinoline skirts and voices to match! Fast-forward ten years to Act Two when they meet again at their high school reunion. See what happens as we rediscover their lives and loves through their special brand of tightly harmonized "Shing-a-lings" and "shoop-de-doods". A play you won't want to miss.

Cost: \$50 CODE 10492

11:30 AM Bus pick-up/4:00 PM return

Last day to register/cancel: March 3

## The Mary Wanderers Trips

### **GOLDEN STRINGS at LAFAYETTE CLUB- Tuesday, April 12**



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: \$60

10:00 a.m. Bus pick-up/Return @ 3:15 p.m.

Last day to register or cancel: March 14

Code: 10482

### **WINONA-WATKINS & MORE**



#### **Tuesday, May 3**

A quick stop for coffee before arriving in Winona. First stop, the Watkins Store, filled

with historical memorabilia and their high-quality products. Lunch will be at the Signatures Restaurant at the Bridges Golf Club. Menu: Herb-marinated Grilled Chicken, Garden Salad, Wild Rice Medley, Vegetable, Warm Baguette, Coffee/Tea. After lunch we will have a guided tour of the historic Watkins Mansion, listed on the National Registry of Historic Places. Attached to the mansion is Watkins Manor. Here, the **Golden Tones** will perform for us and the residents of the Manor in the Great Hall. Time to say good-bye as we leave Winona with a rest stop (on your own) before returning home.

Cost: \$52

8:00 AM Bus pick-up/5:30 PM return

Last day to register or cancel: April 11

CODE: 10488

### **FARIBAULT—Wednesday, May 18**



We arrive in Faribault to visit Donahues Greenhouses where the colors and fragrances will amaze you. Their specialty is Clematis vines and they raise over 130 varieties. Next stop is the Ivan Whillock Wood Carving Studio, whose artwork is found in churches, businesses and private collections around the world. Lunch will be at Monte's Steakhouse followed by a tour of The Paradise Center for the Arts. Originally the Faribault Opera House, built in 1929, it has been transformed into a comprehensive center for the arts. Before leaving, it's a "must stop" at The Cheese Cave, a store that offers dozens of different cheeses, as well as pastas, sauces, cheese making kits and high end foods. They are well known for their cave-aged blue cheese. Yummy!

Cost: \$47 CODE: 10478

9:00 AM Bus pick-up/4:20 PM return

Last day to register or cancel: May 2

### **Dubuque , Galena and Springfield**

**June 21-24, 2011**



Price: \$615/person (double),  
\$765/single

Price Includes:

Deluxe motor coach transportation, Lodging for 3 nights, Meals: 1 Coffee & Rolls, 3 Breakfasts, 4 Lunches, 2 dinners  
Attractions: National Mississippi River Museum & Aquarium, Progressive Victorian Dinner, Historical tour of Galena, Ulysses S. Grant home, Lincoln Presidential Library and Museum, Lincoln home site, Old State Capitol, Lincoln-Herndon Law Office, Lincoln Tomb, Quivey's Grove.

Gratuities on included meals and attractions

Deposit: \$200.00/person due by May 5

Final Payment: Due May 19

Call for brochure and Travel insurance info

CODE: 10654

## 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 %Rism+

**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.

### BRUNCH BUNCH



Order off the menu and pay with credit card or cash. Individual checks with tax and tip will be given. Bus picks up 9:30-10:00 a.m. Exact times given by 5 Cities staff.

February 22—Outback Steakhouse.

Reservations begin January 28.

March 22—Dehn's Country Manor, Maple Grove.

Reservations begin March 1

### Vivace Concert Series



*Special Destination Fare applies*

**Thursday, February 3**

**Landmark Center**

Baroque concert followed by lunch at Anita's Café (on your own).

11:00 AM Bus leaves GV City Hall

2:00 PM Approximate Return

**SPECIAL DESTINATIONS.** Special Destination fare of \$7 or two punches from the bus pass applies to these outings. **Register with New Hope Parks & Recreation by phone with credit card at 763-531-5151, by mail/walk-in, 4141 Xylon Ave N, New Hope 55428.** \*\*NOTE: Bus is NOT equipped with a lift.

### **Sleeping Beauty –Continental Ballet Co.-March 18**

Performance at Bloomington Center for the Arts. Lunch follows at David Fong's.

9:00 AM Bus leaves City Hall/Calvary/1:15 PM @ return. Last day to register was **January 13**

### **The Gospel According to Jerry– -Friday, April 15**



A world premiere performed in the intimate Hillcrest Center Theater, St. Paul. Jerry Silver is a divorced rabbi in a baseball cap searching to fill a personal void. Nia Thompson is a reserved African American woman desperate to lose weight. Their lives intersect when Nia signs up for an overeaters' anonymous group that Jerry is leading.

With just one participant enrolled for the group, Jerry works hard to keep things flowing. A heart-warming relationship unfolds in this play that takes a contemporary look at family, Jewish-African American connections, stereotypes, and spirituality. Lunch precedes the play at Cecil's, where you will order off the menu.

Cost: \$12 for play and escort plus Special Destination fare and lunch (on your own)

11:45 AM Bus leaves Golden Valley City Hall/5:00 PM Return

Last day to register or cancel: March 18

### **The Raptor Center—Friday, May 6**



We will be introduced to three raptors, view a video, visit the outdoor housing area (has stairs with no railings) and finally learn about The Raptor Center and its important role in protecting raptors and the world we share. Following our tour, we will have lunch at Eddington's, which specializes in fresh breadsticks and 8 varieties of soup.

**Cost:** \$6 includes Raptor Center tour and escort. plus Special Destination fare. Lunch cost and any purchases are on your own

9:30 AM Bus leaves Golden Valley City Hall/1:15 PM Return

Last day to register or cancel: April 27

## For Your Information

Neighbors **HELPING** Neighbors



### **ANNOUNCES SPRING CLEANING BLITZ! SATURDAY, APRIL 30**

FREE lawn raking and ground-floor exterior window washing is available to Golden Valley residents on April 30th even if you are able to do the work or can afford to have it done . You supply the leaf bags and volunteers from Calvary Lutheran Church, Valley Community Presbyterian Church and HOME are ready and eager to help you. Take advantage of this opportunity by calling **952-746-4046 by March 30th.**

Neighbors Helping Neighbors is a collaboration between PRISM, Calvary Lutheran Church, HOME North, Valley Community Presbyterian Church and the City of Golden Valley.

### **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 \$1800 for one person in the home or \$2500 for two people in the home.

For application or information call 612-721-8687 x 321. Deadline to apply is May 6.



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

**CITY OF GOLDEN VALLEY WEBSITE**  
[www.goldenvalleymn.gov](http://www.goldenvalleymn.gov)

### **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 to go to:

- Cub Foods—Wednesdays
- Walmart – 2<sup>nd</sup> Tuesday
- Ridgedale—2nd Friday
- 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 "Prism."

*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. within the service area. A \$6/round trip donation is suggested. Call for info or to schedule a ride at least 3 working days in advance. Office is open M-F from 9-4.

### **HOME North 952-746-4046**

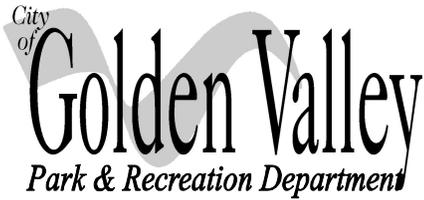


This program matches skilled workers (paid and volunteer) with those who need help with snow shoveling, cleaning windows, house cleaning and minor home repairs.

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