

Golden Valley Seniors Newsletter

Senior Office 763-512-2339

April Events

LIVING WISE and WELL—April 7

1:00 PM

Calvary Center Cooperative
7600 Golden Valley Road

What to Expect and/or Prepare for Joint Replacement



You've been told that you need a joint replaced—now what? Stephanie is back to talk about the questions you should be asking before surgery, what is the procedure like, how could the

surgery impact the quality of your life and the post-op care and options necessary and/or available to you. *Presented by Stephanie Frager, OTD, OTR/L Therapist, Golden Valley Rehab and Care Center.*

NOTE: No meeting in May

2011 Senior Spring Forum

Wednesday, April 13

8:30 AM-12:00 PM



Brooklyn Park Community Center
5600-85th Avenue North

Hear presentations about living with grace, purpose and joy. Visit over 75 informational booths on aging. Coffee and treats provided. **FREE!**

Call 763-503-2520 to register by April 6. Sponsored by NW Hennepin Human Services Council and Senior Leadership Committee.

COFFEE TALK—Wednesday, April 27



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

"Gumption: lessons on old age, loneliness, and a hotdish". *Gumption* is about the social support network of some old guys in rural Minnesota 1986-1996, a true story. Golden Valley resident, Faye Berger, heard the stories from her dad who started the group, eventually known in the area as "The Gang". Limited to the six that fit in a car, "The Gang" traveled to restaurants, toured the countryside, and even ventured on a cruise, all in their 80s and 90s. Faye has taken the stories and written a book. Be ready to be entertained and inspired. Register by April 25.

Senior Par 3 Golf League Kick-off



Thursday, April 28

9:30 AM

Kick-off the 2011 golf season with Ben Disch, Brookview's Golf

Manager. Learn about the Senior Golf League and meet the committee members. Refreshments! Door prizes! \$5 league registration also taken that day. If you are unable to attend the kick-off, but want to participate in the league, the league fee may be dropped off in the golf office.

Money Matters— Thursday, April 21

10:00—11:00 a.m.



**What You've Always
Wanted to Know about
Banks.**

The U.S. banking industry has been in existence since the 1790's. The basic concept of banking has not changed but the business people conduct with their bank has changed over the years. Hear about the services banks provide (for free or fee) and why they are needed in today's society. *Presented by Maggie Slaker and Brenda Hayle, Central Bank.*

May Events

Bowling Tournament



**Tuesday, May 10
12:30 PM**

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

Pedal Pushers Kick-Off



**Thursday, May 12
10:00 AM**

Join Nancy, our fearless leader, as we plan our 2011 Pedal Pusher season. Nancy will show slides of her and Keith's 2010 travel adventures. The "Pedal Pushers" t-shirt will be available for purchase.

Fee: Donation accepted for refreshments
Register by May 10

GOLF LEAGUES



Senior Par 3 League

Men and Women, age 55 and older, are invited to play at the Brookview Par 3 Course on Thursday mornings. Tee times start at 7:30 AM with weekly sign-up. The season will be from May 5-September 15. \$5 league fee is collected at the kick-off meeting on April 28th. Call 763-512-2314 for information

Senior Patron 18-Hole Regulation League

This senior golf league plays the 18-hole course at Brookview. \$25 league registration is due May 11. Note: You must be a valid Brookview Senior Patron card holder to register and play. League plays on Tuesdays, May 17-August 23. Call 763-512-2314 for information.

COFFEE TALK—Wednesday, May 25



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

Modern Chinese History 1911-present
Phenix is back with her enthusiasm and willingness to share her love of China. Today we'll hear about the Chinese Revolution and China's role in today's world. Register by May 23.

**Brookview Community Center is closed
May 30 in honor of Memorial Day**

Money Matters

**Thursday, May 19
10:00—11:00 a.m.**



What to Do if Interest Rates Rise, Getting Ready for Expansion, and Maybe it is Time to Invest for Dividends.

Presented by Larry Klick

Valley Days—Brookview Park

Saturday, May 21, 9:30A-9:30P

9:30A-Parade, 10-6-Art Show & Food, 11-6-Music, 11-3-Classic Cars, 3:30-5:30-Bingo, 6:30-9:30-Street Dance, 9:30P- Fireworks. See you there!

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.

*Thursday, Apr 28 -Remembering Work Life
Thursday, May 26—Remembering Storms*



Check this out in the newsletter:

Westminster Forum—May 5

Raptor Center—May 6

Winona—May 3

Faribault—May 18

NEW Meandering with Mary trip-May 20

NEW Tour of Target Field—June 7

NEW Twins Game—June 29



Classes

Yoga with Annette—code 10681



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, April 5-May 24 (8 Classes)

11:00 am – 12:00 pm

\$56/Resident, \$61/Non-Resident

OILS and ACRYLICS with JUDY



Looking for a creative outlet? Instructor Judy Baron will teach you to paint pictures in acrylics or oil. Classes are small to allow for individual help. If new to the class, leave your name and number and Judy will call you about the supplies to bring to class.

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

Mondays, starting May 2. Class is continuous through November 28. No class on 5/30, 7/4, 9/5.

Fee: 6-punch card-\$39/residents, \$44/non-residents. Punch cards may be purchased at the Recreation office.

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, May 17-June 28 (no class 6/21)

9:45-10:45 AM

\$42/Resident, \$47/Non-resident

Code: 10714

INTERMEDIATE BRIDGE



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.

Code: 10652

Defensive Driving Course - 4-HOUR REFRESHER COURSE



Thursday, April 14

Thursday, May 12

Thursday, June 9

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.

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 31, 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) or for payment of owed taxes.

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



Dubuque Iowa, Galena and Springfield Illinois - June 21-24, 2011—Code 10654



Price: \$615/person (double room), \$765/person (single room). **\$200 deposit due May 5.** Final payment due May 19. Price Includes: Deluxe motor coach transportation, Lodging for 3 nights, Meals: 1 Coffee & Rolls, 3 Breakfasts, 4 Lunches, 2 dinners. Tax and gratuity on included meals and attractions. Travel insurance available. Call for complete brochure.

DAY 1: Stop for coffee in Albert Lea. Have a light lunch before touring the National Mississippi River Museum & Aquarium in Dubuque, Iowa. Experience six dynamic aquariums, historical exhibits, tour the William M. Black steamboat and watch as a boat is launched into the Mississippi River. Stay at the Best Western Midway Hotel. Enjoy a Progressive Victorian Dinner amidst the restored elegance of the 1800's.

DAY 2: After breakfast travel to Galena. Meet a step-on-guide to visit a bygone era where steam boating and lead mining once ruled the day. Tour the former home of Ulysses S. **Grant**, the Civil War General and 18th President of the U.S. Have lunch at the historic DeSoto House Hotel. Leave Galena and travel to Springfield, IL. Check into the Hilton Inn for two nights lodging.

DAY 3: Breakfast at the hotel. Tour the Abraham Lincoln Presidential Library and Museum which features hi-tech exhibits, interactive displays and multimedia programs. Have a light lunch at the Museum Restaurant before touring the Lincoln Home historic site built in 1839. Next we travel to the Old State Capitol historic site for a tour. Leave the Capitol for the Lincoln-Herndon Law Offices. Conclude the day at the Lincoln Tomb, final resting place of Abraham Lincoln, his wife Mary, and three of their four sons. Have dinner at the Chesapeake Restaurant.

DAY 4: Breakfast before we board the bus. Lunch stop at historic Quivey's Grove Restaurant near Madison, WI. We will make a short stop (on your own) before returning to the Twin Cities at approximately 7:30 PM.

Center Happenings

Blood Pressure Screening

11:00-11:30 a.m.



Wednesday, April 27
Wednesday, May 25

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, April 12 & 19
Tuesday, May 10 & 17

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.

CANASTA ANYONE?????



We are looking for people interested in playing Canasta. We are looking at Tuesday morning or afternoon or Friday afternoon. If you are interested in playing call the senior office at 763-512-2339 with your preferred playing day. Once we get people we'll start the group.

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, April 12, May 10, June 14
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." No meeting 5/30.

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

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

Meandering with Mary



For Golden Valley Senior members, our 28 passenger bus takes us to wonderful local places, all favorites of Mary and Jeanne.

Schedule :

9:30 a.m. Bus leaves Calvary Coop & Apts
9:35 a.m. Bus leaves City Hall (water tower)
10 am-3 pm Mary stops and return to GV

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. Register by April 21, space permitting Cost is \$6.50 for the bus and escort. Lunch and treats are on your own.

Friday, May 20—Code 10496

History abounds at this St. Paul Center, and this exhibit is one you can sink your "presidential teeth" into. Right, George? Cost is \$15 for bus, exhibit and escort. Lunch and treats are on your own.

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

AMTRAK TO MILWAUKEE-Sept 20-23



Price: \$775/person (double room), \$895/person (single room). CODE 10655

\$200 deposit due August 1.

Final payment due August 12.

Price Includes: Amtrak ticket and Deluxe motor coach transportation, Lodging for 3 nights
Meals: 3 Breakfasts, 3 Lunches, 3 dinners
Gratuities on included meals and attractions

Highlights: Harley Davidson Museum tour, Jelly Belly Center tour, Midwest Civil War Museum, Reiman Visitor Center, Villa Terrace and Renaissance Garden Tour, Milwaukee Art Center, Milwaukee City Tour, Fireside Dinner Theater.

Travel insurance available. Call for brochure.

WINONA-WATKINS & MORE



Tuesday, May 3

A quick stop for coffee before arriving in Winona. First stop, the Watkins Store. 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. CODE: 10488

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

Last day to register or cancel: April 11

FARIBAULT—Wednesday, May 18



We arrive in Faribault to visit Donahues Greenhouses. Their specialty is Clematis vines and they raise over 130 varieties.

Next stop is the Ivan Whillock Wood Carving Studio, whose artwork is found around the world. Lunch will be at Monte's Steakhouse followed by a tour of The Paradise 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

The Mary Wanderers Trips

TARGET FIELD TOUR & LUNCH



Tuesday, June 7

Experience the magnificence of Target Field on a unique guided behind-the-scenes look at one of MLB's best and newest ballparks.

Learn about the history of the Twins and baseball in Minnesota, the unique attributes and background of the Target Field site and how eco-friendly Target Field will be for generations to come.

Walk over *two miles* through exciting spaces. Viewing areas are subject to change but may include the Twins dugout, Metropolitan Club, Event Suites and Delta SKY360 Legends Club. Visit the Champions Club where our World Series trophies reside. Walk along Target Plaza to see the flag pole from Met Stadium. Stand in the Press Box to take in the breathtaking views of Target Field and the Minneapolis skyline. Experience the sweeping views from the Terrace Level and enjoy the Budweiser Roof Deck and Twins Pub. Viewing areas are subject to change due to other events scheduled in the ballpark. No video photography allowed. Conclude the tour at the Majestic Pro Shop where you will have a few minutes to shop.

Lunch will be at Jax Cafe, a landmark established in 1933 by Stan Kozlak who left Poland as a teenager and established a restaurant business that would support three generations after him. Menu: Chicken and Dumplings luncheon served with cranberry sauce, House salad, bread and butter, coffee, tea or milk

Cost: \$57

10:15 AM Bus pick-up/3:15 PM return

Last day to register or cancel: May 24

CODE: 10497

SAVE THE DATE

Friday, July 15—Owatonna.

Wednesday, July 20—"On Golden Pond" at the Old Log Theater, lunch & tour

Tuesday, August 16-Lunch Cruise and MN Centennial Showboat's production of "Demon Barber of Fleet Street

Minnesota Twins vs LA Dodgers



Wednesday, June 29

Help cheer the Twins to victory at Target Field as they play the LA Dodgers in this 12:10 start time game. Our confirmed seats are in the

Field Box section. Dress for the weather, as seats may be in the open. Game is played rain or shine.

Target Field offers plenty of concessions, sit down dining and stores throughout the stadium. The Twins allow guests to bring food into Target Field. Containers must be soft-sided and fit under the seat. Food that could be thrown must be cut into sections (apples/oranges). Sealed, bottled water 32oz or less, juice boxes and liquids required for legitimate medicinal purposes are also permitted.

NOTE: Buses are required to park in designated spaces located two or three blocks from the entrance. Guests will return to the bus after the game. If needed, bring your portable wheel chair. It will fit in the baggage area of the motorcoach.

Cost: \$59.

10:45 AM Bus pick-up/3:15 PM return

Last day to register or cancel: May 23

Code: 10480

Lunch Cruise on Lake Minnetonka

Monday, July 11



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: \$34

10:00 AM Bus pick-up/2:15 PM @ return

Last day to register or cancel is June 27

Code: 10495

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.

April 26—Al Bakers, Eagan

Reservations begin April 1

May 24—Carol's, Blaine

Reservations begin April 29

Vivace Concert Series



Special Destination Fare applies

Thursday, July 28

Nicollet Island Pavilion

Minneapolis Pops concert (indoors, air-conditioned and free goodies) followed by lunch at Kieran's Irish Pub (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. **NOTE: Bus is NOT equipped with a lift.

The Power of Forgiveness by Frederic Luskin—Thursday, May 5



Frederic Luskin, Ph.D., is the Director of the Stanford University Forgiveness Project and serves as co-chair of the Garden of Forgiveness Project at Ground Zero in Manhattan. His extensive research on forgiveness therapy has demonstrated the power of forgiveness to affect physical and emotional change in individuals and organizations. A "Breads and Spreads" reception follows the forum at the Church. *Co-sponsored by the Westminster Counseling Center.* Forum held at Westminster Presbyterian Church.

Cost: Special Destination Fare

11:00 AM Bus leaves Golden Valley City Hall/2:30 PM Return

Register with the 5 Cities office, 763-531-1259 by April 27

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.

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.

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

GOLDEN VALLEY, Crystal, New Hope, Robbinsdale and Brooklyn Center residents— do your shopping with us! We'll stop at your home or apartment complex and take you to Cub, Target, Walmart and more. Call **763-531-1259** to get a schedule of when and where we go.

For Your Information

CALLING ALL GV RESIDENTS



Have you lived in Golden Valley 75 years or more? If so, the GV Historical Society is looking to honor you on Wednesday, September 7th as part of the 125th anniversary City of Golden Valley celebration. The luncheon will be held at the GV Country Club. Call Don Anderson at 763-588-8578 for information.

METRO PAINT-A-THON



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

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

Your monthly income is less than \$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.

Senior Dining - 612-269-8462



provides a delicious noon meal at Calvary Lutheran Church, 7520 Golden Valley Road. A donation of \$3.50 is requested, but no one will be denied a meal. Take out meals are also available. Call Tom from 9 AM-1 PM 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.



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

CITY OF GOLDEN VALLEY WEBSITE
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 - 2nd Tuesday
Ridgedale—2nd Friday
Target - 4th 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

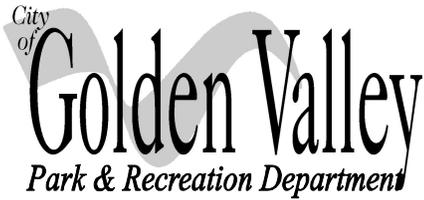


This program matches skilled workers (paid and volunteer) with those who need help with snow shoveling, cleaning windows, house cleaning and minor home repairs.

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: _____