

City  
of

# Golden Valley Seniors Newsletter

Senior Office 763-512-2339

## August Events

### LIVING WISE and WELL—August 4

1:00 PM

Calvary Center Cooperative  
7600 Golden Valley Road

#### Easy Indoor Container Gardening



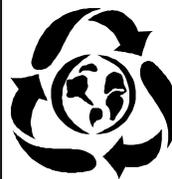
It's easy to liven up your living space with plants. Learn which plants and herbs are easy to care for, even if you do not have a "green thumb", while adding color and delightful fragrance to your home. Bring an empty

4-6" pot if you want to bring a plant home. Plants and speaker provided by *The Garden Club of Golden Valley Evening Group.*

### Money Matters— Thursday, Aug 18

10:00—11:00 a.m.

*Energy Conservation for Your Home.*



This presentation provides practical tips for conserving energy and for taking control of energy costs. The speaker will discuss and make recommendations for energy-saving tips throughout the entire home.

*Presented by CenterPoint Energy Speakers Bureau*

### PEDAL PUSHERS



Join Nancy as we bike the Twin Cities area. Bring a snack and water for the ride. All rides start at 9 AM

**Tuesday, August 9—Tour of Golden Valley** with Sergeant Dennis Arons.

Register by August 8.

**Tuesday, August 30— Cedar Trail, Farmer's Market, Sculpture Garden**

Register by August 29.

### COFFEE TALK—Wednesday, Aug 24



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

*Freighter Odyssey*

Dale Stenseth took a four and a half month trip around the world on a working freighter. Come and hear about his experiences and the ports he visited. Register by August 22.



### FREE BLOOD PRESSURE SCREENING

Wednesday, August 24 & September 28  
11:00-11:30 AM

Brookview Community Center  
No appointment needed!



### Remember When?...with Jan



1:00 p.m. Dover Hills Apartments  
2400 Rhode Island Ave. N  
Thursday, Aug 25—Remembering  
Barns and Silos

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



## September Events

### LIVING WISE and WELL—Sept. 1

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, September 15  
10:00—11:00 a.m.



*Be Aware—Scams are everywhere!*



Scams happen everywhere, even in Golden Valley. Hear who scammers target, what constitutes a “scam”, past and present scams and when to involve the police department.

*Presented by Sergeant Dennis Arons, Golden Valley Police.*

### PEDAL PUSHERS



Join Nancy as we bike the Twin Cities area. Bring a snack and water for the ride. Rides start at 9 AM

Tuesday, Sept. 13—To be determined

Register by September 12

Tuesday, Sept. 27—Mendota Trail

Register by September 26

### 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, Sept 22 –Remembering Fall: Colors and Activities.*

### COFFEE TALK—Wednesday, Sept 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

### Gasoline Stations—An icon of the American landscape



This interesting talk will discuss the rise in automobile ownership, gasoline marketing, and the style and diffusion of gasoline stations in Minneapolis in the last century. The expansion of stations to neighborhoods was part of the larger diffusion of commercial ventures from the core cities of Minneapolis and St. Paul that began in the 1880's.

*Presented by Paula Pentel, whose thesis on Gasoline Stations fulfilled her requirements for a Masters of Arts Degree from the U of M. Ms. Pentel teaches at the U of M, is a resident and council member of Golden Valley. Register by Sept. 26*

### GOLDEN TONES CHORUS KICK OFF



Thursday, September 22

9:45 AM

WE'RE BACK! Come and see what we are all about. Practices are Thursdays from 10:30-11:30 a.m. in the music room at Calvary. We perform monthly at local care centers and senior centers and finish the year with an out-of-town performance. Proven fact - Singing and laughing can add years to your life! Check us out!

Calvary Lutheran Church Fireside Room,  
7520 Golden Valley Road

Practice held immediately following kick-off. Chorus meets Thursdays at 10:30 AM

**Brookview Community Center is closed Monday, Sept 5 for Labor Day.**

# Classes

## 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 September 5.

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

Visit their art show displayed at the Golden Valley Library, August 30-September 19.

## INTERMEDIATE BRIDGE

Made for the player who has basic knowledge of the game, sharpen your skills with instructor Dick Welander.



Friday, September 2-October 21

Time: 9-10:30 a.m.

Fee: \$31 residents/\$36 non-residents.

Code: 10716

## TAI CHI for HEALTH & ARTHRITIS-BASIC



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.

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

Tuesday, Sept. 6-October 18 (7 classes)

8:45-9:45 AM

Code 10953

## TAI CHI for HEALTH & ARTHRITIS 2-MOVING ON



For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey. Taught by Certified Instructor Marie Mathay and endorsed by the Arthritis Foundation. Wear comfy clothes.

9:45-10:45 AM

Tuesday, Sept. 6-October 18 (7 classes)

Code: 10956

Current session information:

Tuesday, July 12-August 16

## Defensive Driving Course - 4-HOUR COURSE



Thursday, August 11

Thursday, September 8

Thursday, October 13

9 AM-1 PM

\$17/person

## 8 Hour course for first timers

Tuesday, October 18 & 25

6:00-10:00 PM

\$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.

# Center Happenings & more

## 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.

**Par 3 Golf League**- Thursday mornings, May 5 - September 15. Join anytime during the season

**Pedal Pusher Bicycle Group**- Twice a month May-September. Call to be on the mailing list.



## 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, August 9, September 13, October 11*  
Appointments at 9:00, 10:00 or 11:00 a.m.

Call 763-512-2339 to make an appointment.

## 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, August 9 and 16

Tuesday, September 13 and 20

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

## SAVE THE DATE:

M, October 17—It's A Golden Day in Golden Valley. Celebrating the 50th Anniversary of the Golden Valley Senior program.

W, October 19—Medicare Advantage & Part D Presentation

M, December 12-Holiday Tea



## 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.

## COMPUTER HELP at GV LIBRARY



830 Winnetka Ave N.

Volunteers are usually\* available to give one-on-one help with basic computer skills on:

Mondays: 11:30-2:30

Wednesdays: 11:30-2:30

Saturdays: 11:00-1:00

\*NOTE: Please call ahead to be sure a volunteer will be available.

Welcome and thank you to **Pinnacle Services** for sponsoring Coffee Talk and to **Golden Valley Rehab & Care Center** for their donation to keep Money Matters and the Living Wise and Well programs affordable for you.



## The Mary Wanderers Trips

### Lunch Cruise & Centennial Showboat Tuesday, August 16



Enjoy a one-hour narrated lunch cruise on the Harriet Bishop. Buffet menu: Sun-burst salad, sautéed chicken breast, roasted garlic potato puree, vegetable sauté, rolls/butter, cheesecake, coffee. After lunch, we'll walk three blocks to the Centennial Showboat for a performance of the melodrama "Demon Barber on Fleet Street" performed by the U of M Showboat Players.

Cost: \$77

11:15 AM Bus leaves City Hall/Calvary

5:45 PM @ return

Last day to register or cancel is July 25

Code: 10487

### Northstar Rail and Wobegon Trail – Thursday, Sept. 8



Arrive at the campus of St. Benedict's for a Chicken Dinner at the

Gorecki Center. After lunch, we will venture along the Lake Wobegon Trail to explore two historic churches with volunteer guides before arriving at the Big Lake Northstar Corridor Rail Station. Sit back and enjoy this new commuter rail operated by Metro Transit from Big Lake to Minneapolis before returning to GV.

Cost: \$54

11 AM Bus leaves City Hall/Calvary Coop

6:30 PM @ return

Last day to register or cancel is August 15

Code: 10484

### 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

### Tuesday, August 2—Code 10483

The clue for today's outing is "Round and round we go, where we stop only Mary will know". Register by July 22.

Fee: \$12 includes tour and bus. All other costs are on your own.

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

### SAVE THE DATE(S):

Information in the next newsletter.

T, December 13—"It's A Wonderful Life" at the St. Paul Hotel with light lunch.

TH, January 12—"A Mighty Fortress Is Our Basement" at the Plymouth Playhouse. Chicken dinner buffet before the play.

W, February 1—High Tea at the St. Paul Hotel

### Geritol Frolics—Friday, October 14



Start the day in Baxter at the Christmas Point Wild Rice Company, a family owned and operated store, that proudly features products produced "up North". Browse the three floors of unique items and/or enjoy coffee and treats in their café (on your own). Lunch at Prairie Bay Restaurant. Menu: Salad, glazed chicken breast, garlic mashed potatoes, caramel apple bread pudding and coffee/tea. Arrive at Franklin Arts Center for the 2 PM performance of the 2011 *Geritol Frolics*. More than 50 performers over the age of 50 create a show full of singing, dancing and comedy— a definite must-see! We'll stop on the way home to stretch our legs and get a snack (on your own).

Cost: \$62

8:45 AM Bus leaves City Hall/Calvary

8:00 PM @ return

Last day to register or cancel is Sept 21

Code: 10501

## The Mary Wanderers Trips

### Hairspray at the Chanhassen –



**Wed, October 26**

It's 1962, and pleasantly plump Baltimore teen Tracy Turnblad

has only one desire – to dance on the popular "Corny Collins Show." When her dream comes true, Tracy is transformed from social outcast to sudden star, but she must use her newfound power and the help of a crazy cast of characters, to dethrone the reigning Teen Queen, win the affections of heartthrob Link Larkin, and integrate a TV network, all without denting her 'do!' Don't miss Hairspray which won eight 2003 Tony Awards including Best Musical.

Cost: \$71 Code: 10503

11:00 AM Bus leaves City Hall/Calvary

5:00 PM @ return

Last day to register or cancel is Sept 27

### "Everybody Loves Opal" at Old Log



**Thursday, November 10**

Our afternoon begins with lunch—your choice of Walleye, Chicken Breast, Pork Chop or Vegetarian Lasagna. (Please indicate food choice when registering).

Then off to the theater to see "Everybody Loves Opal!" Opal Kronke lives in a tumbledown mansion at the edge of town. Her only companion is her cat, Tanner. Into her life come three rascals. These three swindlers decide they are going to take out an insurance policy on Opal, bump her off and collect the money. They soon find out that Opal has more lives than her cat! Laughs abound as each of their plots fail and Opal's belief that there is good in everyone eventually wins everyone over.

Cost: \$51 Code: 10504

11:45 AM Bus leaves City Hall/Calvary

4:45 PM @ return

Last day to register or cancel: October 21

### Austin Holiday – Friday, November 11



Our day begins at the historic Hormel House, the stately home of George A. and Lillian Hormel from 1901 to 1926, with coffee and treats in the dining room.

This home is annually decorated for the holiday season by local merchants, florists, designers and collectors. Guides are stationed in twelve rooms to talk about the home, architecture and decorations. Note: three rooms are upstairs - no elevator. Lunch is at The Old Mill Restaurant located in the historic Ramsey Flour Mill on the Red Cedar River. Menu: Grilled Breast of Chicken on a bed of wild rice, tossed salad, fruit garnish, roll, beverage and dessert. After lunch, it's the SPAM® Museum featuring 16,500 square feet of SPAM® artifacts, history and fun. Hear about the role of SPAM® Classic in World War II, see exciting videos and much more. The SPAM® Museum offers SPAM® products, collectible SPAM® memorabilia, and SPAM® products, even the hard-to-find varieties.

Cost: \$59 Code: 10479

8:45 AM Bus leaves City Hall/Calvary

5:45 p.m. @ return

Last day to register/cancel is October 24

### "Plaid Tidings" at the Chanhassen

**Wednesday, Nov. 30**



Enjoy lunch off of the matinee menu before entering the Fireside Theater. Your favorite Plaid Boys (Sparky, Smudge, Frankie and Jinx) have returned to Earth,

overtaken by the Christmas spirit. Enjoy audience favorites like their riotous version of "The Ed Sullivan Show" featuring the Rockettes, the Chipmunks, and even the Vienna Boys Choir. This "heaven-sent" holiday treat will put you in the holiday mood.

Cost: \$58 Code: 10505

11:30 AM Bus leaves City Hall/Calvary

4:15 PM @ return

Last day to register or cancel is Nov. 4

## The Mary Wanderers Trips

### Amtrak to Milwaukee—September 20-23, 2011



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

\$200 deposit due August 1. Final payment 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  
Tour Director, Mary Odell. Travel insurance available. Call for brochure.

**DAY 1:** Leave about 6:00 AM for the Amtrak Station. Board Amtrak Train # 28 for coach class rail service to Milwaukee. By mid-afternoon the train will arrive at the Milwaukee Depot. Tour the Harley-Davidson Museum®. Dinner at Mader's German Restaurant. Check into the Country Inn & Suites for two nights.

**DAY 2:** Light breakfast at the hotel. Tour the Jelly Belly Center/Factory. Next, tour the Civil War Museum which is dedicated to the Midwest's role in the War. After a box lunch leave for the Danish Kringle Bakery to sample treats and make purchases. This afternoon meet Fred Hermes and see one of the largest organs ever built by Wurlitzer. Be entertained with some great musical selections and learn about the history and equipment used in theaters. Later, take time to shop in Greendale at the Reiman Visitor Center and the *Taste of Home* Outlet Store. Dinner at The Harmony House Restaurant.

**DAY 3:** Light breakfast at the hotel. Tour the Villa Terrace and the Renaissance Gardens, overlooking Lake Michigan. Stop at the Milwaukee Art Center to see the wings close and reopen. Have lunch at Watts Tea Room. A local guide will give a tour of downtown Milwaukee. Travel to Ft. Atkinson and check into the Holiday Inn Express. Have dinner and enjoy the evening performance "*Seven Brides for Seven Brothers*" at the Fireside Theater.

**DAY 4:** Light breakfast at the hotel and board the bus. Make a brief stop in New Glarus, and drive past the trolls in Mt. Horeb. In Mazomanie have lunch at the Old Feed Mill Restaurant. Estimated return 6:30 p.m.

### Winter Wonderland—December 3-4, 2011

**PRICE:** \$355 per person (2/room)/\$395 per person (single). **CODE:** 10653. **Deposit:** \$100.00 per person is due by OCTOBER 14, 2011. **Final Payment:** OCTOBER 31, 2011. Includes: motor coach transportation, lodging, meals as indicated by [C-coffee and rolls, B-breakfast, L-lunch, D-dinner, S-supper], Attractions as outlined, Gratuities on included meals and attractions, Mary Odell, Tour Director.

**DAY 1:** Leave @ 7:00 AM. Mid morning **coffee** stop. Experience "**Norskedalen's Old Fashioned Christmas**".



Begin with a **Norwegian lunch** and enjoy a celebration of the Holidays. Enjoy horse-drawn wagon rides around the decorated grounds, cabins and Bekkum Homestead. Hum along with area musicians and watch local artisans demonstrate traditional crafts. Check into the Best Western Riverfront Hotel in La Crosse. Drive through the **Rotary Light Display** that illuminates Riverside Park with more than 2.4 million lights. Enjoy the live nativity scene, visit with Santa or his reindeer. The dazzling lights display includes animated and musical exhibits. Have **dinner** before hearing **Handel's Messiah** at Viterbo University. [C,L,D]

**DAY 2:** Have **breakfast** at the hotel. [NOTE: transportation to early church service may be arranged]. Celebrate a **Victorian Christmas** at the historic **Hixon House**. Glimpse into the elegant Victorian lifestyle enjoyed by lumberman-financier Gideon Hixon. The restored residence is decorated for the holidays and costumed Docents share stories about the history of the house, the Hixon family and early La Crosse. **Sunday Brunch at Schmidy's Restaurant**. Tour **Chapels of St. Rose**. Designed by European Architects, it is Romanesque in style, with Corinthian pillars and windows of Bavarian glass. Altars of Italian marble are decorated with gold bronze, onyx pillars, and inlaid mosaics of Venetian glass and mother of pearl. Leave La Crosse and visit the Winona annual "**Christmas Candlelight House Tour**." Each homeowner shares their special traditions in the spirit of hospitality. Make a midway stop for supper and return @ 8PM. [B,L,S]



## 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 9:30-10:30 a.m. Exact times given by 5 Cities staff.

August 23—Antiquity Rose, Excelsior

Reservations begin July 29

September 27—Dock Café, Stillwater

Reservations begin September 1

### Vivace Concert Series



*Special Destination Fare applies*

**Thursday, October 27**

**Landmark Center**

Concert at the Landmark center 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.\*\*NOTE: Bus is NOT equipped with a lift.

### **KING TUT EXHIBIT and OMNI THEATER—Friday, August 5**

Call New Hope Park and Recreation, 763-531-5151, to see if there are openings for this outing.

### **Minnesota Landscape Arboretum – October 7**



The Minnesota Landscape Arboretum features more than 1,000 acres of magnificent gardens, model landscapes, and natural area with extensive collections of northern-hardy plants. We'll enjoy a tram tour around the scenic 3 mile loop with time for lunch and exploring on your own. On our trip home, we will make a stop at the Apple House. All purchases are on your own.

**Cost:** \$10 includes admission and guided tour of the Arboretum Display Gardens plus special destination fare for the bus. Lunch at Oswald Visitor Center Restaurant and any purchases at the Apple House are on your own.

**Register:** With New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. \$10 payment is due at time of registration. Pay bus fare to driver day of trip.

**Deadline:** September 26, 2011 or sooner if spaces fill.

9:30 AM Bus leaves Golden Valley City Hall, (upper lot)

2:45 PM @ return

### **Westminster Forums**



Westminster Presbyterian Church hosts the forums. We will be going to lunch after the forum (cost on your own). Register with 5 Cities.

11:00 AM Bus leaves Golden Valley City Hall/2:30 p.m. approximate return

Thursday, October 20 - Economist Jeffrey Sachs

Thursday, November 17 - Photographer Annie Leibovitz

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

### 2011 MEMBERSHIP DONATIONS



Help support your program. Donation is good through December 2011. **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!**

### 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.

### 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.

### Senior Community Services Outreach Program - 952-746-4028

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

### 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

### 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

Target - 4<sup>th</sup> Friday

See calendar for other destinations.

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.

### LinkVet—NEW HOTLINE FOR VETS

**1-888-546-5838**

This toll-free hotline provides referrals and crisis intervention for veterans and their families and provides counseling 24 hours a day, seven days a week.

Pinnacle Services Home Care is offering 4 hours of Home Care for private pay referrals at NO CHARGE for the month of August 2011. Depending on the services needed each referral could save up to \$125. For information call Mark at 612-977-3114.

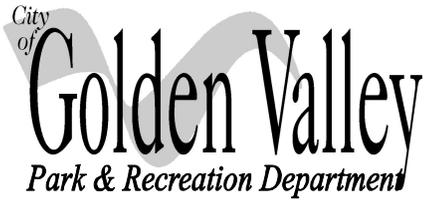
### BOWLING AT TEXA-TONKA LANES



8200 Minnetonka Boulevard

12:15 PM every Tuesday

Men and Women are welcome to join us when you can.



**PRSRT STD  
US Postage  
PAID  
Permit 1659  
Twin Cities 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: \_\_\_\_\_