

City of

# Golden Valley Seniors Newsletter

Senior Office 763-512-2339



## It's A Golden Day in Golden Valley - Monday, October 17



Join us in celebrating the 50<sup>th</sup> Anniversary of the Golden Valley Senior Program. We'll be looking back at 50 years of quality programming that put the Golden Valley Senior Program in the national spotlight.

Share the memories with *Barbara Bailey*, who started the program and was the program coordinator for 28 years. Sing-a-long with the *Golden Tones* and listen to the toe-tapping music of *The Banjo Boys* while enjoying pie and ice cream. There may even be a couple of surprises - an afternoon you will not want to miss!

Time: 1:00-3:00 p.m.

Cost: \$5

Register by October 12 Code: 10949



### Medicare Advantage and Part D Presentation - Wed, Oct. 19, 10 AM



There is a new annual enrollment period for Drug and Medicare Advantage Plan changes which will begin on October 15, and end on December 7, 2011.

Even if you are happy with your current Part D and/or Medicare Advantage coverage, it is recommended to check it every year to be sure there are no benefit surprises for the New Year. Hear a free, unbiased educational presentation on: what is a Medicare Advantage plan, how it works, comparison of the various plans, and their advantages and disadvantages.

Part D topics include: The Part D benefit, a comparison of prescription coverage currently available from your Medicare supplement or employer retiree plan versus Part D coverage, and obtaining information about the plans available to you.

Presented by Senior Community Services, a non-profit agency. FREE!

### PAINTING CLASS ART SHOW



**November 1-27**

Golden Valley Library

The "Painting with Judy" class is displaying their artwork at the Golden Valley Library. Stop by during library hours and view the beautiful work created by the students. *Join us for the Opening Reception: Monday, Oct. 31 from 2-3:30 PM*

### HOLIDAY TEA - Mon, December 12 1:00-2:30 PM



You are cordially invited to High Tea. The afternoon begins with tea and a performance by pianist *Dan Wascoe*. Dan has lived in Golden Valley for more than 50 years and has played piano for 60 years. Petite sandwiches and desserts will be served. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun. 5 Cities Transportation available for this event.

Register by Wednesday, December 7  
Cost: \$7 Code: 10952

## Groups and Events

### LIVING WISE and WELL

1:00 PM

Calvary Center Cooperative  
7600 Golden Valley Road

#### TH, October 6—Navigating the Holidays Around Your Waistline



The holidays bring out the best in people – especially the cooks! How do you avoid the holiday weight gain without hurting the host/hostesses feelings? Learn simple tips to keep your holiday weight gain to a minimum.

*Presented by Covenant Village staff.*

#### TH, November 3—Keep Your Holidays Safe by Practicing Safe Decorating



Many injuries occur while decorating your home for the holidays. Tripping over cords, slipping off ladders, losing your balance can easily be prevented by learning safer ways to decorate your home. *Presented by Nadine Reiser, Right At Home Health Care.*

### Money Matters

10:00—11:00 a.m.

#### Owning Property in Two States



**Thursday, October 20 – Part 1**  
**Thursday, November 17 - Part 2**

Many people own property in two states. Maybe it's a cabin in Wisconsin, a hunting lodge in South Dakota or a winter home down south. Learn about residency issues and estate planning issues around owning property in two different states. *Planned by Jeanine Strand, Ameriprise Financial Services, Inc.*

### 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.

*Friday, Oct 28 –Remembering Halloween Costumes*

*Thursday, November 17 – Remembering Quilts and Afghans*



### COFFEE TALK—Wednesday, Oct. 26



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

Fee: \$2.00, payable at the door.

9:45 AM Refreshments

10:00 AM Speaker

### 125 Years of Law in Golden Valley



Did you know that Golden Valley has been the site of many important legal cites? We'll hear about landmark legal cases from A (alimony) to Z (zoning).

*Presented by Marshall Tanick, Mansfield, Tanick & Cohen, P.A. in conjunction with the 125<sup>th</sup> Anniversary of Golden Valley.*

No Coffee Talk in November or December

### FREE BLOOD PRESSURE SCREENING

Wednesday, October 26

11:00-11:30 AM

Brookview Community Center

No appointment needed! Provided by Ambassador Care Center staff.

*No screening in November*



### GOLDEN TONES CHORUS



Thursdays, 10:30-11:30 AM

Calvary Church Music Room

7520 Golden Valley Road

Come and see what we are all about. Meet in the music room at Calvary. We perform monthly on Thursdays at local care centers and senior centers and finish the year with an out-of-town performance. Proven fact - Singing can add years to your life!

### PEDAL PUSHERS—Final Ride of year



Join Nancy as we bike the Twin Cities area. Bring a snack and

water for the ride. Ride starts

at 10 AM

Tuesday, October 18—Uptown & Pot-luck  
Register by October 17

# Classes

## PAINTING with JUDY

**Mondays, 9:30-11:30 AM**



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.

Class is continuous through November 28.

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

*See their art displayed at the Golden Valley Library, November 1-27.*

## Yoga with Annette—code 11027

Yoga can help reverse the aging process by improving flexibility, massaging the inner



organs, strengthening the muscles, improving balance, circulation and digestion. Class is appropriate for all levels. Annette's classes are easy to follow, non-intimidating and fun.

Bring an exercise mat.

Tuesdays, Oct. 4-Nov. 29 (No Class 11/8)

11:00 am – 12:00 pm

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

## 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, Oct 25-December 20 (7 classes)

8:45-9:45 AM

Code 10958

## 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, Oct 25-December 20 (7 classes)

Code: 10957

Current session information:

Tuesday, September 6-October 18

## Defensive Driving Course - 4-HOUR COURSE



Thursday, October 13

Thursday, November 10

Thursday, December 8

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.



## 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. They are here to aid you in your selection process.

Thursday, October 13

Thursday, November 10

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, October 11 and 18

Tuesday, November 15

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

**BINGO** every Tuesday at 2:00 PM at Country Villa, 7475 Country Club Drive  
A fun, FREE event.

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.



## 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, Senior Dining and Golden Valley Seniors. We'll supply the materials and coffee. "The more the Mary-ier."

## GOLDEN VALLEY LIBRARY

830 Winnetka Ave N

Registration required for all programs. Call 612.543.6375 to register.

### Spring-Flowering Bulbs



Sat., October 1, 2011, 1:00 p.m.  
Fall's the time to plant those beautiful spring-flowering bulbs. Learn from a Master Gardener how to plant many types and enjoy slides of spring-flowering favorites. *Presented in collaboration with the Hennepin County Master Gardeners, U of M Extension.*

### Intro to Shakespeare



Sat., October 29, 2011, 1:00 p.m.  
Delve into Shakespeare – even if you never have before! Learn about his plays, characters, the language of the text and what it means. See just how cool the Bard can be! No experience necessary. *Presented in partnership with the Guthrie Theater.*

**NO ACTIVITIES on November 8  
CENTER CLOSED November 11,24,25**

## 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

### 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 Schmidty'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]

### **“It's A Wonderful Life” at the St. Paul Hotel— Tuesday, December 13**



Arrive at the legendary Saint Paul Hotel located on Rice Park in downtown St. Paul. Since 1910, the hotel has seen great success and has hosted U.S. Presidents, international leaders, royalty, gangsters, and movie stars. Be seated in the famous Promenade Ballroom for the thirty minute pre show. A light lunch will be served during the unique “*It's a Wonderful Life - A Live Radio Play.*” A special menu will be created: (This is a sample from last year: First Course: Composed Cheese, Sausage & Berries, Cherry Soup, Shrimp & Tortellini Brochette with Sun-Dried Tomatoes & Pesto Dipping Sauce. Second Course: Miniature Chicken Pot Pie, Third Course: Peppermint Bombe with Holiday Garnish). Throughout the lunch service you will return to 1946 and a radio broadcast. Don't miss out on this beloved holiday classic; complete with man-made sound effects, old-style commercials and live music. Cash bar available.

**Cost:** \$67

**12:40 PM Bus leaves City Hall/Calvary**

**4:30 PM @ return**

Last day to register or cancel: Nov. 14

Code: 10481



## The Mary Wanderers Trips

### TRIP REMINDER:

**Friday, October 14—Geritol Frolics**

8:45 AM Bus leaves City Hall/Calvary

8:00 PM @ return

### "A Mighty Fortress is Our Basement"



**Thursday, Jan. 12, 2012**

The Church Basement Ladies are at it again! It's 1960 and Beverly gets her first pair of high heels for confirmation; Pastor announces his impending nuptials; Mrs. Snustad and Mrs. Gilmer-son plan a food booth at the County Fair to raise money; and Mrs. Engelson embarks on a spontaneous driving lesson. In the rural church basement kitchen in the spring, a reformation is underway and your favorite ladies are facing it head-on. Through it all these "bulwarks never failing" stand strong in their faith and friendships. A church basement chicken dinner will be served before the play.

Cost: \$53

11:30 AM Bus leaves City Hall/Calvary

5:00 PM @ return

Last day to register or cancel: Dec. 9

Code: 10966

### HIGH TEA at the ST. PAUL HOTEL



**Wednesday, Feb. 1, 2012**

Experience High Tea at The Saint Paul Hotel. After a brief introduction to the hotel, enjoy a five course, two-hour event fashioned after England's Afternoon Tea. Tea is served in an assortment of antique cups and saucers, collected over the years just for the tea service. The Chef creates a seasonal tea menu for every occasion. [Sample menu: 1st Course: Onion Tart in Puff Pastry, Salmon/Asparagus Tea Sandwich. 2nd Course: Petite Chicken Pot Pie. 3rd Course: Pumpkin Biscuit with Spiced Orange Honey. 4th Course: Chocolate Dipped Shortbread, Brownie, Mini Cream Puff. 5th Course: Blackberry Tart and Chocolate Dipped Strawberry.] After tea walk around Rice Park to see the Ice Sculptures. Dress for walking outdoors in mid-winter weather conditions.

Cost: \$58

12:30 PM Bus leaves City Hall/Calvary

4:00 PM @ return

Last day to register or cancel: **Dec. 19**

Code: 10499

### "Forever Plaid" - Chanhassen Dinner Theater - Wednesday, February 22, 2012



Enjoy lunch before seeing one of Chanhassen's most popular musicals, *Forever Plaid*. An affectionate musical homage to the close-harmony 'guy groups' that reached the height of popularity during the 1950's. Funny and timelessly tuneful, this clean-cut musical revue features '50's-style crooning and hilarious antics that will have you laughing yourself to tears. The Plaids perform precision harmonies, squabble boyishly, and execute their delightfully outlandish choreography with over-zealous precision. Filled with dozens of '50's pop hits including: "Catch A Falling Star," "Chain Gang," "Day-O," "Love is A Many Splendored Thing," and many, many more! Join the legions of *Forever Plaid* fans—you'll be glad you did.

Cost: \$59

11:30 AM Bus leaves City Hall/Calvary/4:15 PM @ return

Last day to register or cancel is January 25, 2012

Code: 11077

## 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.

October 25—Rudy's Red Eye Grill, White Bear Lake

Reservations begin September 30

November 22—Olive Garden, St. Louis Park

Reservations begin November 1

Vivace Concert Series  
Special Destination Fare applies



**Thursday, October 27**

**"All Mozart" at 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. *Register with 5 Cities Transportation.*

### Reminder—Minnesota Landscape Arboretum – October 7

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: Reawakening American Virtue*

**\*\*Thursday, December 8 - Chris Matthews: Jack Kennedy, Elusive Hero\*\*NEW!**

### MN History Center—1968: The Year that Rocked the World—Tues, November 8

Curator Brian Horrigan shares stories and insights on the development and creation of MHS's major new traveling show, "The 1968 Project". In addition, the MHS Teen Advisory Council performs a reader's theatre presentation of "1968: Teen to Teen", created by playwright Cory Hinkle based on oral histories from the generation who came of age during that chaotic, incredible year.

9:35 AM Bus leaves Golden Valley City Hall, 7800 Golden Valley Rd (upper lot)

2:00 pm Depart History Center for home

**\*Cost:** If you wish to tour the exhibits, Seniors in Mind participants receive the group admission rate of \$8. Lunch is on your own at the Minnesota Café. Register by Nov 1.

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 receive a schedule.

## For Your Information

### Spaghetti Dinner and Silent Auction



Thursday, November 3  
5:30-7:00 PM

Ambassador Care Center  
8100 Medicine Lake Road

Tickets are \$8 and can be purchased in advance or at the door.

100% of proceeds benefit the residents  
Eat in or Take out available.

Call 763-544-4171 for more information,  
to purchase tickets or donate to the silent  
auction.

### At Home Library Service



**612-543-8850**

Service is available free-of-charge to any resident of Hennepin County who is unable to visit the library due to illness, disability or visual impairment. A person only needs to sign up by phone M-F from 10AM-5PM. Delivered to your home via mail or by a volunteer—Large print or regular print books, magazines, book or music on CD and DVD's. Check it out—the easy way.

### Golden Valley Historical Society



Invites you to join the historical society and help reach their goal of having a museum in the basement of the "Little White Church", 6731 Golden Valley Road. Very interesting programs are held on the 2nd Thursday of the month, Sept-May at 7:00 PM. Refreshments and social time follows each program. Dues are \$20/year for a single membership and \$25 for a family. For more information call Betty Crews at 763-544-6382.

### 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.

### 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.

### Fare For All – 763-450-3880

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

### COMMUNITY PHONE NUMBERS

5 Cities Transportation—763-531-1259

Dinner At Your Door—763-531-1183

Golden Valley Seniors—763-512-2339

HOME North—952-746-4046

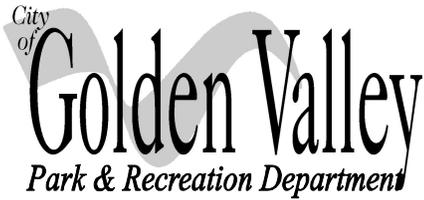
LinkVet Hotline—1-888-546-5838

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  
Twin Cities MN**

**200 Brookview Parkway S.  
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: \_\_\_\_\_