

City
of

Golden Valley Seniors Newsletter

Senior Office • 763-512-2339

Summer Events

Concerts in the Park Brookview Park

7:00 PM

FREE!



Monday, June 11-Golden Valley Orchestra
Thursday, June 14-Robbinsdale City Band

Monday, June 18-Gypsy Mania
Monday, June 25-Beacon Hill Brass
Monday, July 9-Nuance a Duo
Monday, July 16-John Phillip Sousa Band
Monday, July 23-Banjo Boys

Bring a lawn chair or blanket. Concerts are @ 1-hour in length.

Pedal Pushers



Get out and enjoy the outdoors as we pedal our favorite trails, at your own pace. Rides are 12-20 miles depending on your speed. Rest and water stops taken during the ride. Call to be placed on the mailing list for specific details on each ride.

T, June 5-Mississippi Mile

T, June 26-LRT N

TH, July 12-Lake Nokomis/E River Road

TH, July 26-Lake Calhoun/Isles/Harriet with a stop at Great Harvest Bakery

Thank you to **Pinnacle Services** and to **Golden Valley Rehab & Care Center** for their donation to keep our programs affordable for you.



JUNE SPEAKERS

Keep your brain active this summer!

Postal Scams and Mail Fraud

Thursday, June 7

1:00PM at Calvary Center Coop
(Living Wise and Well)



Did you know that most frauds and scams share many common traits? Today learn tips to gain a better understanding of how to spot the most common scams. Arm yourself with this knowledge and avoid becoming a victim. Presented by Jeff Long, US Postal Service. FREE.

Why Smart People Make Bad Decisions.

Thursday, June 21

10:00AM at Brookview
(Money Matters)



Presented by Dale Stenseth

Donation for refreshments

The History of Ragtime

Wednesday, June 27

9:45AM at Brookview
(Coffee Talk)



Ragtime is an original musical genre which enjoyed its peak popularity between 1897 and 1918. Its main characteristic trait is its syncopated "ragged" rhythm which began as dance music in the red-light districts American cities years before being published as popular sheet music for piano. Presented and performed by Dan Wascoe. Register by June 25 by calling 763-512-2339. \$2 pay at the door for refreshments and speaker.

Summer events

JULY SPEAKERS

Parkinson's Disease-Thursday, July 5
1:00PM at Calvary Coop
(Living Wise & Well)



Park Nicollet Struthers Parkinson's Center, located in Golden Valley, is designated by the National Parkinson Foundation as a center of excellence. Realizing the significant and unique impact Parkinson's disease and related movement disorders have on you and your family, the goal is to improve quality of life at every stage and help people live well with Parkinson's disease. Presented by Ruth Hagestrom, Struther's Parkinson Institute. FREE

What is a Financial Planner and What Do They Do?



Thursday, July 19
10AM at Brookview
(Money Matters)

Presented by Matt Buechel,
Morgan Stanley Smith Barney
Donation accepted for refreshments

Top Dog Foundation-Wednesday, July 25
9:45AM at Brookview
(Coffee Talk)



"A Home for Every Aging Heart" is the mission of the Top Dog Foundation. Put two senior's together – a senior person (or family) and a senior dog – and the hearts do the rest. This group rescues senior (older) dogs and places them in new loving and permanent homes for dogs that are deemed un-adoptable because of age and health and would otherwise be unnecessarily euthanized. Learn about this amazing group and hear their success stories. Presented by Bobbi Gruman, Volunteer, Top Dog Foundation. Register by July 23.
\$2, payable at the door for refreshments

Remember When?...with Jan

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



Thursday, June 28 – Remembering
Burma Shave Signs

Thursday, July 26 – Remembering *Picnics and Picnic Food*

No registration needed-just come!

FREE BLOOD PRESSURE SCREENING

Wednesday, June 27
Wednesday, July 25

11:00-11:30 AM
Brookview Community Center



No appointment needed! Provided by
Ambassador Care Center staff.

Cards & Groups

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

All groups meet at Brookview. We are friendly and eager to have you join us.

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 3-September 13.

\$5 league fee must be paid in the golf office before tee-time can be selected.

Classes

A Matter of Balance



**Wed, June 6-August 1
10:00 AM-12:00 PM**

Fear of falling can be just as dangerous as falling itself.

People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. *A Matter of Balance*, an award-winning program developed by Boston University, is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. A workbook is provided at first class.

\$15 residents and non-residents
CODE: 11222

ENHANCE FITNESS



**Mondays & Wednesdays
11:30 AM-12:30 PM**

EnhanceFitness is lively, interactive, and fun! Designed for older adults, these popular group exercise classes feature cardiovascular conditioning, strength training, and balance exercises that help improve flexibility, bone density, and stability. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being. See the results!

June 13-July 30 (no class July 2 & 4)
\$30 residents/\$35 non-residents
CODE: 11220

FREE to U Care members.

NOTE: U Care ID Number required when registering.

Current session information:
April 25-June 11

TAI CHI for HEALTH & ARTHRITIS-BASIC



**Tuesday, June 19-August 28
(no class July 3)
8:30-9:40 AM**

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.

SUMMER SPECIAL! \$42/Resident,
\$47/Non-resident for 10 classes.
Code 11119

TAI CHI for HEALTH & ARTHRITIS 2-MOVING ON



**9:45-10:45 AM
Tuesday, June 19-August 28
(no class July 3)**

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.

SUMMER SPECIAL! \$42/Resident,
\$47/Non-resident for 10 classes.
Code: 11218

Current session information:
Tuesday, April 24-June 5

INTERMEDIATE BRIDGE LESSONS



**Fridays, June 8-July 27
9-11:30 AM**

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

\$31 residents/\$36 non-residents.
Code: 11186



Classes & Services

Defensive Driving Course - 4-HOUR COURSE



Thursday, June 14
Thursday, July 12
Thursday, August 9
9 AM-1 PM
\$17/person

Register at least ten days in advance with the Minnesota Safety Council to receive certificate at class. Flyer available at Brookview. Call the Senior Office for the flyer or call the Minnesota Safety Council at 651-291-9150 for more information.

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. This course, taught by professional certified instructors, is offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.

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

We'd be happy to send you a flyer to send to the MN Safety Council with your payment. Call the office at 763-512-2339.

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 you will be charged.*

Tuesday, June 12 & 19
Tuesday, July 10 & 17
Tuesday, August 14 & 21

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

Volunteers Needed to run a Carnival



Game, while seated and in the shade, at the Annual Penny Carnival on Friday, July 27th from 10:15AM until 12:45PM at Brookview Park. Call Brian Erickson with the Parks and Recreation Department to volunteer, 763-512-2366

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 Marsha, our insurance counselor. She is here to aid you in your selection process.

Thursday, June 14

Thursday, July 12

Thursday, August 9

Appointments: 9:00, 10:00 or 11:00 AM

Call 763-512-2339 to make an appointment.

The Mary Wanderers Trip Program

Lunch and Theater on MN Centennial Showboat

Tuesday, July 10

We're spending the afternoon on Harriett Island, where the Minnesota Centennial Showboat is docked.

Our buffet lunch of salad, chicken breast, roasted garlic potato puree, vegetable sauté, dinner rolls, raspberry swirl cheesecake and coffee will be served on the 2nd level (elevator available).

After lunch we move into the auditorium to see "The Vampire!" This haunting thriller, penned by J.R. Planche in 1820, comes to life on the moors of Scotland, and spins a story of true love, an imperiled heroine, breath-taking swordfights and high adventure. In keeping with 19th century traditions, audiences are invited to boo and hiss the bad guys and cheer the hero. The choreographed Olio's are a time honored tradition of the Showboat.

\$65 includes buffet lunch, reserved theater seating, motorcoach and escort 11:45 a.m. Bus leaves City Hall/Calvary Return @ 6:15 p.m.

Last day to register or cancel: June 11.
Code: 11088



Mankato Magic – Thursday, August 2



Arrive at the Hubbard House for a tour through the mansion that was home to the R.D. Hubbard family for 67 years. Built in several stages, beginning in 1871, it is one of the finest examples of Victorian style homes in Mankato. A local guide will join us as we drive past historic sites, through neighborhoods and the business district to talk about the history, culture and attractions of the area.

A "special of the day" lunch will be served at Charley's Restaurant.

Then off to the Betsy-Tacy Houses to experience the legacy of Maud Hart Lovelace, beloved author. Both houses are designated National Literary Landmarks and across the street from each other.

Then put on your purple -we're stopping at Vikings Training Camp (weather permitting). Spend a few minutes checking out the facility.

\$57 includes local guide, lunch, attractions, motorcoach and escort 8:10 a.m. Bus pick-ups Return @ 6:15 p.m.

Last day to register/cancel: July 16
Code: 11080



Boat Cruise on Green Lake—Thursday, September 20



Sit back and enjoy the ride to Willmar, where we will have lunch at the Oak Restaurant. Nestled between two lakes on Eagle Creek Golf Course, we'll enjoy a petite top sirloin, mixed greens salad, potato, vegetable, rolls and beverage. (Optional menu choice is Chicken Breast with Mushroom Alfredo Cream Sauce).

After lunch, we'll travel to Spicer to board the Green Lakes Cruises Houseboat. Our 1½ hour cruise, in the climate-controlled cabin, will give you time to relax and enjoy the gentle breezes of autumn. Be sure to enjoy the cookies and lemonade before departing the houseboat. State menu choice when registering.

\$69 includes lunch, 1½ hour boat cruise, motorcoach and escort.

8:55 a.m. Bus leaves City Hall and Calvary Coop/Return @ 4:45 p.m.

Last day to register or cancel: August 27
Code 11089

The Mary Wanderers Trip Program

Trip Reminder:

Cannon Falls – Friday, June 8

8:35 AM Bus pick-ups/Return @ 4:45

Meandering with Mary



For Golden Valley Senior members (dues must be current) our small bus takes us to wonderful local places, all favorites of Mary and Jeanne.

NOTE: Bus is not lift-equipped.

9:30 AM Bus at Calvary Coop & Apts

9:35 AM Golden Valley City Hall

10 AM-3 PM Mary stops and return to GV

Tuesday, August 7—Code 11081

We're hitting the East Side for breakfast, a tour of an historic residence and a "Mary treat" stop. Cost: \$8 includes tour, bus, escort. All other costs are on your own.

Last day to register/cancel: July 18

Friday, September 7—Code 11541

We're "roaming" this western town and shopping for the best deals—antiques, clothing, purses and more! Lots of places for coffee, lunch and treats. Cost: \$8 includes tour, bus, escort. All other costs are on your own. Last day to register/cancel: August 24

SAVE THE DATES:

October 4—Trempealeau County, WI

This trip is in the planning stages. See the next newsletter for details.

Friday, December 14—New Ulm Holiday

Tannebaum Walk, Menzel Christmas Village, Glockenspiel Clock, Veigel's Kaiserhoff Restaurant, Wanda Gag home, Tea at Lind House. Cost: \$75. Deadline: 11/26

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."

Christmas at Mayowood

Tue, November 13



We arrive at the Olmstead County Historical Center for a brief introduction while enjoying refreshments.

We then drive to the former residence of Drs. Charles H. and Charles W. Mayo, a national historic landmark, situated on a hillside overlooking the Zumbro River Valley. Over 20 rooms have been "adopted" and decorated by area merchants and residents. Notice the Steinway Conservatory Grand Piano, a 1914 Acolian & Company player pipe organ, a Kerman pattern Persian rug, crystal chandeliers and leaded stained glass doors and windows. NOTE: There is **not** an elevator to the 2nd floor.

Our 1:00PM lunch will be at the historic Hubbell House in Mantorville, a short drive from Mayowood. Enjoy the delicious menu: Sirloin Steak, salad, potato, vegetable, rolls, beverage and sherbet. (Optional menu choice is Hubble Baked Chicken) before returning home. State menu choice when registering.

\$57 includes refreshments, Mayowood entrance, lunch, motorcoach and escort 7:45 a.m. Bus leaves City Hall/Calvary Return @ 4:30 p.m.

Last day to register or cancel: October 22
Code: 11079

2012 MEMBERSHIP DONATIONS



Help support your program.

Donation is good through 12/12

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

Code: 11112

Send to Golden Valley Seniors, 200 Brookview Parkway S, Golden Valley, MN 55426. **Thanks for your support!**

Extended Trips

Fall Colors on the Mississippi River—October 15-17 (motorcoach & river cruise)

\$545 per person (2 per room)/\$635 per person (single room)

Includes: Deluxe motorcoach transportation, lodging for 2 nights, meals as indicated:

[C=Coffee Stop, B=Breakfast, L=Lunch, D=Dinner], attractions, gratuities on included meals, and Mary Odell, escort.

Deadline: \$200 deposit per person by August 20.

NOTE: After August 20 payments are NOT refundable. Final Payment Due: Sept. 7

Call for detailed brochure. Travel Insurance available. CODE: 11187

October 15: Leave Golden Valley City Hall at 7:30 a.m. Have coffee and rolls at Trumbles in Albert Lea. In Cedar Falls have lunch at the Happy Barn Restaurant. Continue to Moline and check into the Radisson Commons Hotel. You can spend time at The John Deere Pavilion, located across the street from the hotel. This evening dine (on own) at a variety of nearby restaurants. [C,L]



October 16: Leave early for the Celebration Belle. Depart for the 100-Mile Mississippi River all-day cruise from The Quad Cities to Dubuque, IA in the glorious fall color season. On board chefs prepare three fresh meals right on the boat. Enjoy breakfast, lunch, dinner and snacks. The 800 passenger, Celebration Belle is accessible with an elevator. This is a narrated excursion with the Captain pointing out interesting sites plus onboard activities and exceptional entertainment. Experience locking thru Lock and Dams and see the beauty in the Mississippi River with two observation decks to sit and enjoy the views. Visit the gift shop and stop in the pilot house to say hello to the captain. Disembark in Dubuque, IA and check into the Best Western Plus hotel. [B,L,D]



October 17: Have breakfast at the hotel. Tour the Vesterheim Norwegian-American Museum, which houses over 24,000 artifacts, including large samplings from the fine, decorative, and folk arts. There is a collection of 12 historic buildings on the site. Have lunch at the Hotel Winneshiek in Decorah, IA. The hotel has been restored to its turn-of-the-century grandeur with an airy, three-story atrium. A snack stop (on your own) before returning to Golden Valley @ 6:00 p.m. [B,L]



Bayfield, WI, Old Rittenhouse Inn, Holiday Dinner Concert-December 4-5



\$330 per person (2 per room)/\$365 per person (1 per room) CODE 11189

Includes: Deluxe coach transportation, Lodging for 1 night, Meals as indicated by [C-coffee, B-breakfast, L-lunch, D-dinner], Attractions as outlined, Gratuities on included meals and attractions, escort, Mary Odell.

Deadline: \$100 per person by Monday, October 15.

NOTE: After October 15, payments are not refundable. Final Payment Due: October 29, 2012.

December 4: Coffee stop, light lunch in Ashland, WI, tour of Murals in downtown Ashland, Bayfield shopping. Check into Bayfield's new Legendary Waters Hotel, on the shores of Lake Superior with a restaurant, indoor swimming pool, fitness center, with a casino adjacent to the hotel. Five-course dinner at the Old Rittenhouse Inn Wassail Dinner Concert. (The word Wassail once meant a special holiday non-alcoholic drink) with festive holiday music by the Rittenhouse Chamber Singers. [C,L,D]

December 5: Light breakfast at the Legendary Waters Hotel, riding tour of Bayfield, with a local guide. Conclude the tour at Le Chateau Boutin, a sprawling lakefront home built in 1908. Enjoy lunch and bid adieu to this unique area. Enjoy the carefree ride home with a quick snack stop (on your own). Return to Golden Valley at approximately 5:00 p.m. [B,L]

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 "Prism"

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.

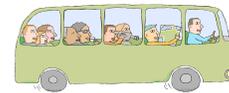
T, June 26—Maynard's. Reservations begin June 1

T, July 24—Cherokee Sirloin. Reservations begin 6/29

T, Aug 28—Sarna's Grill. Reservations begin August 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, Wal-Mart and more.

Call **763-531-1259** to receive a schedule.



SPECIAL DESTINATION OUTINGS. Special Destination fare of \$7 or two punches from the bus pass applies to these outings. Bus Fee *only* is paid to driver day of trip. *Bus is not lift-equipped.*

Lyndale Park Rose Garden and Trolley - Wednesday, June 27

This fun starts with lunch at Burger Jones (lunch cost is on your own). Then off for a tour of the Lyndale Park Rose Garden, the second oldest public rose garden in the United States. The 1.5 acre garden showcases 3,000 plants in 100 different varieties. After the tour, we will take a fifteen-minute ride on the Como-Harriet Streetcar Line. *Fee: \$8 includes tour, trolley ride, and escort. Special Destination fare applies. Lunch cost/purchases 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. Payment is due at time of registration. Refunds allowed **up to the deadline date and are subject to a \$5 service fee.***

10:35 AM Bus leaves Golden Valley City Hall/2:30 PM Depart for home. Last day to register/cancel: June 18

Seniors in Mind: Woody Guthrie Reflected – Tuesday, July 10 at the Minnesota History Center

Minnesota folkies Pop Wagner, Charlie Maguire and bluesman Tony Glover present a 100th birthday musical tribute to Woody Guthrie inspired by the vibrant paintings in the Smithsonian American Art Museum's "1934: A New Deal for Artists" currently on display at the History Center. In the mid-1930s the New Deal increasingly focused on the common people—the Americans with whom Guthrie most identified and through his music he became a spokesman for the oppressed and victims of the Great Depression.

Cost: Special Destination Fare applies. Lecture is free. Does not include \$9 senior admission to History Center Museum exhibits (optional) and lunch at Café Minnesota (on your own).

9:35 AM Bus leaves Golden Valley City Hall/2:00 PM Depart History Center for home

Register with 5 Cities Transportation, 763-531-1259. Last day to register/cancel: June 29

Minneapolis Pops Concert - Thursday, July 26

The concert will be held at the Nicollet Island Pavilion, by St. Anthony Falls. The concert is indoors, the building is air-conditioned and wheelchair accessible. After the **Free** concert we will stop at Kieran's Irish Pub for lunch, ordered off the menu. Limited apartment pick-ups available.

Cost: Special Destination Fare. Lunch cost is on your own.

9:30 AM Bus leaves Golden Valley City Hall/1:45 PM Return

Register with the 5 Cities Transportation, 763-531-1259. Last day to register/cancel: July 12.

5 Cities Transportation Groups 763-531-1259

SPECIAL DESTINATION OUTINGS. Special Destination fare of \$7 or two punches from the bus pass applies to these outings. Bus Fee *only* is paid to driver day of trip. *Bus is not lift-equipped.*

Minnesota Landscape Arboretum - Thursday, August 16

Upon arrival, we'll enjoy a narrated tram tour along the scenic 3 mile loop. After the tour you'll have time for lunch and exploring on your own. All purchases are on your own.

Fee: \$10 includes admission, a tram seat, and a 10% gift store coupon. Special Destination fare applies. Lunch cost/purchases 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. Payment is due at time of registration. Refunds allowed **up to** the deadline date and are subject to a \$5 service fee.

11:00 AM Bus leaves Golden Valley City Hall/3:00 PM Depart for home

Last day to register/cancel: August 6

SAVE THE (tentative) DATE: Information in the next senior newsletter.

Baker Park Tram and Lunch—September 27

Tornado Alley at the Science Museum of Minnesota—October 16

Landmark Center Concert—November 8

For Your Information

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 apartment or home, if you live in Golden Valley, to go to:

Cub Foods—Wednesdays

Wal-Mart – 2nd Tuesday

Target – 4th Friday

And 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."

COMMUNITY PHONE NUMBERS

5 Cities Transportation—763-531-1259

Dinner At Your Door—763-531-1183

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

Store to Door—651-642-1892

AUGSBURG COLLEGE OF THE THIRD AGE PRESENTS:

"Africa: Mything the Point"—Saturday, June 16

The classes labeled Africa: Mything the Point can best be understood as new lenses through which to learn about and challenge false beliefs about Africa's past.

"Becoming a Peacemaker"—Saturday, July 21

We live in a divided world often filled with conflict and anger. This lecture will focus on strategies for bringing peace into your world and your relationships (work, family, home, and neighborhood) through mediation and conflict resolution. We will discuss some simple and practical tools for anger management and peacemaking.

Augsburg College Faculty, current and retired, are the presenters. Always interesting and thought-provoking.

Hosted by: Parkshore Senior Community Assisted Living

3633 Park Center Blvd

St. Louis Park, MN 55416

Community Room – Lower Level

2:30-3:30 p.m.

FREE! No reservations needed



PRISM Express—763-529-1252



is the curb-to-curb bus for medical appointments, personal shopping, banking, nursing home visits, etc. within the service area. A \$7/ round trip donation is suggested. Call M-TH from 9-4 for info or to schedule a ride at least 3 working days in advance.



**PRSRRT STD
US Postage
PAID
Permit 1659
Twin Cities MN**

**200 Brookview Parkway S.
Golden Valley, MN 55426-1364**

Golden Valley Registration Form—2012

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: _____