



# Senior Newsletter

Senior Office • 763-512-2339

## FEATURED CLASS—Elders CLIMBing – April 2013



Explore your creative side! In a series of four classes, Actor-Educators from CLIMB Theatre will lead you in a series of creative activities. Together, you and the CLIMBers will explore old stories and invent new stories and characters that grow from the theatre activities. Part of the final class includes a sharing of some of the created scenes, stories and characters. Limit:20 people.

Cost: \$5.00 for 4 classes

Wednesdays, April 3, 10, 17, 24

Last day to register/cancel: March 27

10:00-10:45 AM

Code: 11846

## Nordic Walking



Nordic walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout that expends more calories without having to walk faster or work harder. Wear comfortable clothing and good walking shoes. Program will be held indoors if inclement weather. Poles provided. Limit of 15.

May 6 & 13 (Code 12021)

OR June 3 & 10 (code 12022)

6:00-7:15 PM

Davis Community Center, 5430 Glenwood Avenue

Fee: \$18 (includes pole rental)

## “COP TALK” Breakfast —Friday, May 10



9:00 AM at Public Safety (Police)  
7800 Golden Valley Road

“Your police department is preparing a recipe for safety and we need you!” The officers that protect you will be preparing breakfast plus giving a presentation full of information. To register call 763-512-2507 or email [darons@goldenvalleymn.gov](mailto:darons@goldenvalleymn.gov) by May 2. **FREE!**

## SPECIAL EVENTS

### 2013 Senior Spring Forum—Wednesday, April 17

8:30 AM-12:00 PM



Brooklyn Park Community Ctr, 5600-85th Ave

“Here’s To Your Health and Happiness”, focusing on fitness, health and wellness, featuring

Belinda Jensen at 11AM. Over 70 vendors to

visit. Coffee and treats provided. FREE! Preregister by calling 763- 503-2520 or emailing [info@nwhhsc.org](mailto:info@nwhhsc.org).

Sponsored by NW Hennepin Human Services Council Senior Leadership.

### Senior Par 3 Golf League Kick-off – TH, April 18



10:30 AM.

Learn about the Senior Golf League and meet the committee members. Refreshments! Door prizes! \$5 league fee taken that day.

### Pedal Pushers Kick-Off – Tuesday, April 23, 10 AM



Join Nancy, our leader, as we plan our 2013 season plus show slides of her and Keith’s trip to the Albuquerque Balloon Festival.

Donation accepted for refreshments. Register by April 22.

### Minnesota State Band Concert - W, May 1



7:30 PM, Crystal Community Ctr

4800 Douglas Drive N

The Official Band of the State of Minnesota has been in existence since 1898. The 50+ member band is the only remaining State Band in the United States. Free. Donations welcome!

### “COP TALK” Breakfast —Friday, May 10

See article on left

### Bowling Tournament – Tuesday, May 14, 12:30 PM



Texa-Tonka Lanes, 8200 Minnetonka Blvd

It’s our annual bowling tournament hosted by Texa-Tonka Lanes. Fee includes

three games, shoes, ball, coffee, cookies

and prizes. Cost is \$5 payable at Texa-Tonka Lanes.

No pre-registration necessary.

### APRIL SPEAKERS

#### Falling Got You Down? - Thursday, April 4

1:00 PM, *Calvary Center Coop*



This program is for you if you are concerned about falls, want to start improving balance, flexibility and strength, if you have fallen in the past, or if you have restricted activities because of falling concerns. Carol will help you view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercises to increase strength and balance. *Presented by Carol Hagberg*

#### 5 Deadly Mistakes IRA Owners Make and How They May Cost You – Thursday, April 18

10:00 AM at *Brookview*



You will learn how to avoid 5 mistakes that can wreck the most important investment you'll ever make – your retirement account. Learn the easy way to make sure your retirement accounts match your financial needs and how to avoid letting past employers “steal” your retirement savings.

*Presented by Jim Bear, J. Allen Financial*

#### Dakota War of 1862 – Wednesday, April 24

9:45 AM, *Brookview Community Center*



*\$2 payable at the door includes refreshments*

The Sioux Uprising, was an armed conflict between the U.S. and several bands of the Eastern Dakota Sioux in MN. It began on August 17, 1862, and ended with a mass execution of 38 Dakota men on December 26, 1862. In April 1863 the Dakota were expelled from MN to Nebraska and South Dakota. The program will end by looking at what happened after 1863 to the Dakota Indians. Register by 4/22.

*Presented by WD Hart, historian.*

### GOLDEN VALLEY LIBRARY PROGRAMS

830 Winnetka Ave N. Call 612.543.6375 for info.

#### Computer Help



Volunteers are usually available at the following times to give you one-on-one help with basic computer skills:

Mondays: 11:30AM-2:30PM and 3– 5PM

Tue, Wed and Thur: 11:30AM–2:30PM

No appointments necessary. Call to verify that a volunteer is available.

### MAY SPEAKERS

#### Retirement Financial Mistakes – Thursday, May 16



10:00 AM at *Brookview*

Financial problems that retirees encounter will be addressed by *Larry Klick, Money Matters member.*

#### Costumes of China – Wednesday, May 22



9:45 AM at *Brookview*

*\$2 payable at the door includes refreshments*

Phenix is back! Always delightful, this time she will be talking about and showing costumes from China. With China's long history, vast land and 56 nationalities, there are many different cultures, customs and costumes. One of the most popular clothing is "Qipao" in modern China. There are so many beautiful designs, styles, ornaments, decorations even flower pot shoes.

*Presented by Phenix Yu. Register by May 20.*

### Remember When?...with Jan

1:00 p.m.

Dover Hills Apartments

2400 Rhode Island Ave. N

*Thursday, April 25 – Remembering Early Airplane Trips*

*Thursday, May 23 –Remembering My First Bicycle*

*No registration needed-just come!*



### Cards & Groups

**Mondays with Mary**—Mondays, 9:30AM

**Bowling**—Tuesdays, 12:15 PM at Texa-Tonka Lanes, 8200 Minnetonka Blvd.

#### Bridge:

Thursdays, 6:30 PM

Fridays, 9:00 AM

**Cribbage**—Tuesdays, 1 PM

**Dominoes**—Mondays, 1PM

**Euchre**—Thursdays, 1 PM

**500**—Wednesdays, 1 PM

**Jigsaw Puzzle** during Center hours

**Pickleball**—Mondays & Thursdays, 10 AM at Crystal Community Center, 4800 Douglas Dr. N.

Groups meet at Brookview except Bowling and Pickleball. Join us.

## Classes

### Navigating Medicare – Monday, May 13, 6:30 PM



Getting ready to retire? Already have Medicare and just want to know what is going on? Learn about Medicare Parts A, B and D coverages. The class is educational and not a sales pitch; offered by Senior Community Services, a non-profit agency. Min: 6 \$10 includes instructor fee, class materials and refreshments. NOTE: couples may share materials and pay only one fee.

Last day to register or cancel: May 6. Code: 12216

### TAI CHI for HEALTH & ARTHRITIS CLASSES



#### BASIC—Tuesday, April 16-May 28 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.

*\$45/Resident, \$50/Non-resident  
Code 11763*

#### LEVEL 2—MOVING ON: Tuesday, April 16-May 28 9:45-10:45 AM

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey.

*\$45/Resident, \$50/Non-resident  
Code: 11769*

#### ENHANCEMENT—Thursday, April 18-May 30 9-10:00 AM

Add a second day to practice and enhance your Tai Chi experience. Class is for all levels of Tai Chi.

NOTE: You must be registered in a Tuesday class to participate in the Enhancement class.

*\$35/resident, \$40/non-resident  
Code: 11848*

### INTERMEDIATE BRIDGE LESSONS



#### Fridays, June 7-August 2 9-10:30 AM

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

*\$32 residents/\$37 non-residents. Code: 11777*

### A Matter of Balance-Wednesday June 5-July 31



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. No class July 3

10:00 AM-12:00 PM

Fee: \$20 includes workbook and refreshments  
CODE: 11850

### ENHANCE FITNESS



#### Mondays & Wednesdays

11:40 AM-12:40 PM

Designed for older adults, these group 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.

*April 22-June 3 (no class May 27)*

*\$30 residents/\$35 non-residents*

CODE: 11778

**FREE to U Care members.** NOTE: U Care ID Number required when registering.

### Monday Morning Paint with Michelle



Mondays, 9:00-11:00 AM

Looking for a creative start to the week? Michelle has experience painting in watercolors, acrylics and oil. She is here to guide you through your project. Bring your favorite medium and project to class.

*\$39 for residents/\$44 for non residents for a 6-punch card. Punch cards may be purchased at the Recreation office. No class May 27.*

## Classes and More

### Daytime Yoga With Annette: Tue, April 2-May 21



11:00 AM – 12:00 PM

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 always easy to follow, non-intimidating and fun. Please bring an exercise mat. \$56/Resident, \$61/Non-Resident. Code: 11886

### PICKLEBALL



Mondays, & Thursdays 10:00 am -12:00 pm  
Crystal Community Center  
4800 Douglas Drive N

Pickleball is played on a badminton or tennis court with the net lowered to 34 inches. A plastic ball (similar to a whiffle ball) and paddles are used. It's an easy game to learn, and can develop into a quick, fast-paced, competitive game once learned. This is not a league, come when you can. Equipment available on a limited basis. Gym shoes required. \$2.00 each week. Pay at front counter.

### Confused about Medicare?



Going to retire and need Medicare questions answered? Need help with hospital forms? Make a **free** appointment with Marsha to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. Appointment times are 9:00AM, 10:00AM, 11:00AM. Thursday, April 11, May 9, June 13

**Membership Donation.** Donation is good through Dec. 2013. **Fee:** \$5 for Golden Valley residents and \$8 for non-residents, payable to "City of Golden Valley." **Code: 11758. Thanks for your support!**



### CANCELLATION/REFUND POLICY

**All refund requests will be assessed a \$5 administrative fee.** Full refunds are given only when a program is canceled by the Parks & Recreation Department. No refunds will be given less than 5 business days prior to the start of a program or after the registration deadline date.

### Defensive Driving Course—4-HOUR COURSE



Thursday, April 11

Thursday, May 9

Thursday, June 13

9 AM-1 PM

\$17/person

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. No tests are given. Attendance is required to receive the certificate

**8-Hour Class - Sat, April 27, 9AM-5PM**

**Cost: \$18**

**Register for either class through the MN Safety Council.** By phone with a Visa or MasterCard, **651-291-9150** or mail (checks payable to "Minnesota Safety Council") and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Have your driver's license information handy to complete registration. Indicate the Golden Valley Brookview location.

### Happy Feet Foot Care Clinic—763-560-5136



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 provided with each visit. Bring a towel and your medical history with medications on your first visit.

Call 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.* Nurses are here:

Tuesday, April 9 & 16, May 7 & 14, June 11 & 18  
Fee: \$34. Payable to *Happy Feet Footcare, Inc.*

### FREE BLOOD PRESSURE CHECK



Wednesday, April 24

Wednesday, May 22

11:00-11:30 AM at Brookview

No appointment needed! Provided by Ambassador Care Center staff.

**AARP TAX ASSISTANCE—Thursdays Feb 7-April 11 10:30-1:30 at the Golden Valley Library**

## The Mary Wanderers One Day Trips

### St. Cloud – Thursday, May 2

**Stearns History Museum** Start the morning with coffee and rolls at Nelson's Bakery before arriving at the Whitney Senior Center. Enjoy a performance by the "Golden Tones", Golden Valley's Senior Chorus, while dining. Menu: Entrée, vegetable, salad, bread, dessert and beverage. After lunch, we will tour the Stearns History Museum where two floors of exhibits provide an entertaining learning experience. Take time to shop the Museum Store and enjoy a root beer float before heading home. \$50 per person

8:45 AM Bus leaves Calvary Co-op/GV City Hall (water tower)

4:00 PM Estimated return time to Golden Valley.

Last day to register/cancel: April 15

Code: 11559

### Mason City Iowa Architecture—Wed, May 15



Stop for coffee/rolls in Albert Lea. Arrive in Mason City to tour the Historic Park Inn, designed by Frank Lloyd Wright and built in 1910. The Park Inn Hotel is the last Wright designed hotel

in the world, and a complete renovation has restored the Prairie School building to a functional hotel. Have lunch at the historic Decker Home B & B, built in the 1890's. Menu: Chicken Salad Croissant, Wild Rice Soup, Beverage, Dessert. Arrive at the Architectural Interpretive Center to tour The Stockman House. Learn about the history, visionaries, and the architects responsible for the Prairie School presence in Mason City. The Frank Lloyd Wright Stockman House was Wright's first and only Prairie School style house designed in Iowa. After the tour, visit the ice cream shop. Leave Mason City and make a rest stop at the Travel Center for snack (on own). \$69 per person

7:10 AM Bus leaves Calvary Co-op/GV City Hall

6:15 p.m. Estimated return

Last day to register/cancel: May 3.

Code: 11577



### Meandering with Mary

**For Golden Valley Senior members** (dues must be current) our small bus takes us to special places.

NOTE: Bus is not lift-equipped.

9:25 AM Bus at Calvary Coop & Apts

9:30 AM Golden Valley City Hall

9:30 AM-3 PM Mary stops and return to GV

### Friday, April 26—Code 11560

Heading west to see some great "neigh"bors in action with food stops along the way.

Cost: \$21 includes tour, bus and escort. Food stops on your own. Last day to register/cancel: April 17

### Friday, May 31—Code 11570

Minnesota's "North" role in history is highlighted today with an exhibit of more than 100 items.

Yummy stops for coffee and lunch.

Cost: \$10 for bus and escort. Exhibit and food stops are on your own. Last day to register/cancel: May 22

### Green Lake Cruise—Tuesday, June 11



Arrive at the Oak Restaurant near Willmar, nestled between two lakes on Eagle Creek Golf Course. Menu: Fabulous Fast Lane Buffet with Soup and Salad, Two Entrees, Vegetable, Potato, Bread, Dessert and Beverage. Arrive on Green Lake in Spicer to board Green Lake Cruises Houseboat. Take a relaxing cruise in the climate controlled cabin. Have some cookies and lemonade and enjoy the gentle breezes of autumn, joyful sounds of wildlife and watch the brilliant changes of the sky across the lake as the houseboat glides through the water. Note: There are only a dozen seats in the main cabin. Access to the deck for remaining passengers is a ladder-type stairs. \$69 per person

8:55 a.m. Bus leaves Calvary Co-op/GV City Hall

4:45 p.m. Estimated return

Last day to register/cancel: May 17

Code: 11589

### SAVE THE DATE!

TH, July 25—Glensheen Mansion and the Parade of Sails/Tall Ships (ship arrival is weather dependent)

F, August 9—Grape Escape

TH, September 5—Old Log Theater

## The Mary Wanderers Extended Trips

### Beautiful Southwestern Wisconsin – June 18-20



**\$515 per person (2 per room)/\$595 (1 per room)**

**Includes:** Deluxe motor coach transportation, Lodging for 2 nights, Meals as indicated, Attractions as outlined, Tour Director, Mary Odell, Gratuities on included meals and attractions. **Deposit:** \$75.00/person is due Friday, May 3. **Final Payment:** Friday, May 17. **CODE: 11782.** Cancellation: After 5/3/13 payments are not refundable. Travel In-

surance: To cover loses if you cancel due to an emergency, you can purchase travel insurance. Call for trip and insurance brochure.

**DAY 1:** Stop for **coffee and rolls**. In North Freedom, WI, have a **box lunch** and board the **Mid-Continent Railway** for a memorable seven-mile train ride in restored steel coaches built in 1915. At the historic depot, walk through the Coach Shed filled with restored wooden passenger, freight cars and displays from the turn of the century. Tour **The National Mustard Museum**, the world's largest collection of prepared mustards and memorabilia. Travel to New Glarus and check into the **Chalet Landaus Inn** for two nights. The hotel is a perfect blend of modern convenience and old-fashioned Swiss décor. Enjoy **dinner** at the Landaus Inn. [C,L,D]

**DAY 2:** Enjoy **breakfast** at the hotel. In Monroe, tour the chalet-style plant, known for their Swiss & specialty cheeses, at **Alp and Dell Store and Emmi Roth USA**. Tour the **Minhas Craft Brewery**, the second oldest brewery in the nation. The museum features hundreds of brewery advertising artifacts. Take time for lunch (on own) at **Monroe's historic Courthouse Square** with unique stores, eclectic restaurants and more. Return to New Glarus for a guided tour of the village (can you find all 15 cows?) Take time to shop, sightsee or relax. Tonight enjoy a **Swiss Dinner** and hear **Swiss Entertainment** at the historic New Glarus Hotel. [B,D]

**DAY 3:** Have **breakfast** at the Inn. Travel to Baraboo to tour the **International Crane Center**, the only place in the world where you can see all fifteen crane species. ICF has gained acclaim as one of the world's leaders in the conservation of endangered species. Have **lunch** at **The Loose Moose**. An afternoon rest stop (on own) and return to the Twin Cities @ 6:15 p.m. [B,L]



### Fall in Door County Wisconsin - September 30-October 3 (BY POPULAR DEMAND!)



**\$725 per person (2 per room)/\$895 per person (1 per room)**

**Includes:** Deluxe coach transportation, 3 nights lodging, Meals as indicated, Attractions as outlined, Tour Director, Mary Odell, Gratuities on included meals and attractions. **Deposit: \$200/person due June 1. Final Payment** due August 1. **CODE: 11588**

No refunds after 6/1/13. Travel Insurance: To cover loses if you cancel due to an emergency, you can purchase travel insurance. Call for trip and insurance brochure.

**DAY 1:** Enjoy a **coffee break** and **lunch** before entering "THE DOOR" area. In Sturgeon Bay, tour the **Door County Maritime Museum**. The museum covers 150 years of boat and shipbuilding. On to Rowley's Bay and check into **Rowley's Bay Resort** for three nights. Enjoy a relaxing **dinner** in the resort dining room. [C,L,D]

**DAY 2:** Have **breakfast** at the resort. Drive to Northport and board the **Washington Island Ferry**. Tour **Washington Island** aboard the **Cherry Train Tram**. The **narrated tour** highlights the history of the island. Make stops at sights on the route and conclude with a **traditional Washington Island luncheon**. Ferry back and tour the **Eagle Bluff Lighthouse**. Hear the personal stories of the keepers who manned the light from 1868 to 1926. Return to Rowley's Resort for a **traditional Door County Fish Boil and Swedish Smorgasbord**. A **storyteller** will provide an entertaining look at the folklore of this Door County tradition. [B,L,D]

**DAY 3:** Have **breakfast** at the resort. See the **sights of Door County with a local guide**. Tour the **hand-carved Bjorklunden Chapel**. Have **lunch at Al Johnson's Restaurant**. This complex of buildings from Sweden invites exploration. The sod roof is kept well trimmed by goats! After lunch, wander through quaint villages with shops, working artist studios, cafes and galleries. Look for products from the abundant cherry harvest and apple orchards. Enjoy **entertainment by pianist Dan Meunier**. [B,L,D]

**Day 4:** Have **breakfast** at the resort. Tour **Lambeau Field Stadium**, the Packers' history-rich facility first-hand and see several behind-the-scenes areas. Have **lunch**, and make a cheese stop enroute. Return @ 6:30 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.

Fares are \$5 cash or \$4 for the punch pass round trip. Purchase a 4 round-trip ride pass for \$16 or an 8 round-trip ride pass for \$32. Pay the driver with cash or check made payable to "Prism"

**Special Destination fare:** \$8 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, Apr 23—Eden Ave Grill Reservations begin Apr 1  
T, May 28—TBD. Reservations begin May 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 \$8 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.*

#### Art in Bloom at Minneapolis Institute of Arts – Thursday, April 25

This spring celebration highlights the talents of more than 150 floral artists, whose work will be on view next to the works of art that inspired them. You're invited to experience the floral fragrance throughout the museum, a docent tour, and browse in the Art in Bloom Shop. Wear comfortable shoes for the walking tour. Following the MIA, we will have lunch at McCoy's Public House, St. Louis Park (on your own). **Indicate menu selection when you register: 1) Buttermilk Cobb Salad 2) Turkey Club Sandwich 3) Real McCoy Burger 4) Fish & Chips.** Register with 5 Cities by Apr 18 9:30 AM Bus leaves Golden valley City hall (water tower)/2:45 PM Depart for home  
Fee: Special destination fare applies.

#### Minnesota Landscape Arboretum- Friday, June 7

Upon arrival, we'll enjoy a narrated tram tour along the scenic 3 mile loop featuring 1,137 acres of public gardens and over 5,000 plant species. After the tour, we'll have time for lunch at the Oswald Visitor Center Restaurant and time to explore on your own. (All purchases including lunch on your own.) Fee: **\$16 includes tour, tram 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.** Last day to register/cancel: May 29 11:00 AM Bus leaves Golden Valley City Hall/3:00 PM Depart for home

#### Minneapolis Pops Concert - Wednesday, July 17

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 a local restaurant for lunch, ordered off the menu. Lunch cost is on your own. Limited apartment pick-ups available.  
Cost: Special Destination Fare. 9:30 AM Bus leaves Golden Valley City Hall/1:45 PM Return

#### 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. Fares are based on income. Call M-TH from 9-4 for info or to schedule a ride at least 3 working days in advance.

#### SENIOR LINKAGE LINE –1-800-333-2433



Call us first with your questions. Our staff and volunteers have access to local, state and national information. If we can't answer your question, we'll give you the number of someone who can.



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

**PRSRRT STD  
US Postage  
PAID  
Permit No.1659  
Twin Cities, MN**

**Golden Valley Registration Form—2013**

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