



Seniors Newsletter

Senior Office • 763-512-2339

HOLIDAY CONCERT



Thursday, December 6

Crystal Community Center
4800 Douglas Drive North

7:00 PM Refreshments

Enjoy a 7:30PM holiday band concert and sing-a-long with the Robbinsdale City Band. Donation for refreshments



STAR OF BETHLEHEM



Saturday, December 8

1:00 PM

Golden Valley Library

The story of the Star of Bethlehem has inspired writers, artists and astronomers for many years. This presentation explores the night sky as it appeared at that time and suggests that the Wise Men may actually have seen something extraordinary in their nightly observations. We will tie the Bible, recorded history and modern astronomy together to try to solve this age-old mystery. Register by Dec. 5. Presented by Bill Arden, Associate Professor, Augsburg College.

Mary Wanderers Travel Show



Monday, January 28

1:00PM

The adventures begin as we kick-off the *Mary Wanderers*, our 2013 travel program with a "meet and greet". Meet Alice and Mary our trip planner and escort, and greet your fellow travelers as you enjoy pie and ice cream. Games! Prizes! And More!

\$4. Code: 11759

Last day to register/cancel: January 23

HOLIDAY TEA



Monday, December 10
1:00 PM

Be entertained by the *Ho Ho Holiday Show*, a fast-paced program with lots of music, holiday comedy and Christmas message! Audiences are laughing out loud at Kevin Doely's life-like vent figures and puppets. Kevin has been entertaining audiences for many years with a blend of comedy, storytelling, music, and audience participation! Petite sandwiches and desserts will be served. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun.

Register with Golden Valley Seniors by Wednesday, December 5

Cost: \$7. Code: 11545

Vision Loss Resources - TH, December 6



1:00 PM at Calvary Cooperative

Have you been diagnosed with Macular Degeneration, Glaucoma, Cataracts, or lost vision from a stroke? Vision Loss Resources offers help with appliance marking, books on tape, 411 exemption, volunteer readers and shoppers, support groups, and living skills classes for people who are blind or visually impaired to learn safe cooking techniques, how to thread a needle or knit by feel, write checks and more to keep you independent and involved in the activities you enjoy! All of the services are free and they do not sell anything. Presented by Renee Youngberg, Vision Loss Resources.

BROOKVIEW will be closed:
December 24, 25, January 1, 21

JANUARY SPEAKERS

Tai Chi, The Natural Way to Feel Good—Thursday, January 3



1:00-2:00PM at Calvary Coop
Tai Chi 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! Arthritis Foundation Certified Instructor, Marie Mathay, will talk about and demonstrate the benefits of this ancient Chinese program.

Tax Changes for 2013



Thursday, January 17
10-11 AM at Brookview

Learn what's new for preparing your Federal and State tax returns. Presented by Brenda Lutter, H & R Block Golden Valley

Back on the Street



Wednesday, January 23
9:45-11 AM at Brookview

Sgt. Denny Arons is going back on the street after serving as Detective Sergeant of Investigations. Join us as Sgt. Arons talks with us about what's happening in the Golden Valley PD.

Call the office to register by January 21. \$2, payable at the door, includes refreshments

Author Dialogue with Mary Logue



Sat, January 26
1:00 PM, Golden Valley Library

Minnesota Book Award winner and Golden Valley resident Mary Logue will talk about her latest book, Killer Librarian. Writing as Mary Lou Kirwin, her newest book moves "across the pond" where small town librarian Karen Nash is on a trip to London. When her boyfriend goes missing and a friend is permanently withdrawn, Karen uses her research skills to check out his disappearance. You'll want to get a copyright away! Books available for purchase and signing.

2013 MEMBERSHIP DONATIONS



Help support your program. Donation is good through 12/13
Fee: \$5 for Golden Valley residents and \$8 for non-residents, payable to "City of Golden Valley."

Code: 11758

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

FREE BLOOD PRESSURE CHECK

No screening in December

Wednesday, January 23

Wednesday, February 27



11:00-11:30 AM

Brookview Community Center

No appointment needed! Provided by Ambassador Care Center staff.

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, December 11 & 18

Tuesday, January 8 & 15

Tuesday, February 12 & 19

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

NOTE: Fee is increasing to \$34 starting January 2013.

Groups & Insurance Counseling

DAYTIME PICKLEBALL



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

Pickleball is a game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. This is not a league...come when you can....just drop in. Equipment available on a limited basis. Gym shoes required. \$2.00 each week. Pay at front counter.

Mondays with Mary—9:30 AM



Join Mary on Mondays 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. Check the calendar for meeting dates.

Cards & Groups

Mondays with Mary:

Mondays, 9:30AM

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

Bridge:

Thursdays, 6:30PM

Fridays, 9:00AM

Cribbage—Tuesdays, 1PM

Dominoes—Mondays, 1PM

Euchre—Thursdays, 1PM

500—Wednesdays, 1PM

Jigsaw Puzzle during Center hours

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

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

Money Matters—December 20



10:00AM

We will discuss a hot investment/economic topic of the day and plan the 2013 meeting schedule.

Special treats! Bring ideas.

Remember When?...with Jan

1:00 p.m.

Dover Hills Apartments

2400 Rhode Island Ave. N

Thursday, December 27 – Remembering New Year's Eve Parties

Thursday, January 24 –Remembering Nursery Rhymes and Children's Stories

No registration needed-just come!



GOLDEN TONES



Calvary Church Music Room,
7520 Golden Valley Road

Come and see what we are all about. Practices are Thursdays from 10:30-11:30 AM 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!

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.

Monday, November 26

Thursday, December 6

Thursday, January 10

Appointments: 9:00, 10:00 or 11:00 AM.
Call to make an appointment.



Paint, Bridge and Exercise Classes

NEW! Monday Morning Paint



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.

INTERMEDIATE BRIDGE LESSONS



**Fridays, January 11-March 1
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: 11775

ENHANCE FITNESS



**Mondays & Wednesdays
11:40 AM-12:40 PM**

Enhance Fitness 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!

January 7-February 20 (no class 1/21, 2/18)

\$30 residents/\$35 non-residents
CODE: 11781

FREE to U Care members.

NOTE: U Care ID Number required when registering.

TAI CHI for HEALTH & ARTHRITIS-BASIC



**Tuesday, Jan 8-Feb 19
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 11761

TAI CHI for HEALTH & ARTHRITIS 2-MOVING ON



**Tuesday, Jan 8-Feb 19
9:45-10:45 AM**

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.

\$45/Resident, \$50/Non-resident
Code: 11767

Current session information:

Tuesday, October 30-December 18

TAI CHI for HEALTH & ARTHRITIS - ENHANCEMENT



**Thursday, Jan 10-Feb 21
8:30-9:30 AM**

Add a second day to practice and enhance your Tai Chi experience. This class is for all levels of Tai Chi. NOTE:

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

Instructor: Marie Mathay.

\$35/resident, \$40/non-resident
Code: 11773



The Mary Wanderers One Day Trips

TRIP REMINDER:

New Ulm Holiday – Fri, December 14

7:40 AM Bus leaves City Hall/Calvary

Return @ 6:15 PM

Bye Bye Birdie - Chanhassen Theater



Wed, January 9, 2013

When Elvis-like rock & roll star Conrad Birdie is about to be inducted into the Army,

the teen nation is united by a national publicity contest where Birdie will bid a teenage girl goodbye with an all-American kiss live on the *Ed Sullivan Show*. Kim MacAfee of Sweet Apple, Ohio wins the honor and all the telephones in her town are ringing off the hook. When Birdie arrives in Sweet Apple people of all ages begin to swoon and the entire town is reeling. Enjoy hits like: "Put On A Happy Face," and "Kids." Before the show enjoy lunch and coffee/tea from the matinee menu. *\$70 includes lunch, main theater reserved seating, transportation and escort.*

11:00 AM Bus leaves City Hall/Calvary

Return @ 5:00 PM

Last day to register/cancel: Dec. 10

Code: 11581

Celtic Folklore—Friday, March 1



Enjoy a wonderful Irish afternoon at the Lake Elmo Inn. Lunch will be served family style: Corned Beef and Cabbage, Braised Short Ribs, Roasted Baby Red Potatoes, Roast-

ed Rutabaga and Carrots, Rolls and Butter, Coffee, Bread Pudding with Irish Whiskey sauce. Sit back and enjoy a Celtic Folklore performance by *Clairseach*. Ann & Charlie Heymann gently weave ballads, instrumental tunes and stories into their program. Ann is the world's foremost performer on the wire-strung traditional Irish/Scottish harp that disappeared two hundred years ago. Charlie, sings lilting songs in Gaelic and English, playing traditional instruments such as the cittern, bodhran, button accordion and bones. *\$54 includes lunch, Celtic Folklore performance, transportation and escort.*

10:25 AM Bus leaves Calvary Co-op/City Hall

Return @ 2:45 PM

Last day to register or cancel: February 11

Code:11585



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.
10:30 AM Bus at Calvary Coop & Apts
10:35 AM Golden Valley City Hall
10:30 AM-3 PM Mary stops and return to GV

Friday, Jan 11—Code 11576

You "cotta" join us for a guided tour of 120 rare objects from the "Eighth Wonder of the World". Brunch (on your own) prior to tour. Cost: \$21 includes tour, bus, escort. All other costs are on your own. **Register by Dec 21.**

Ice and Chocolate



Tuesday, February 26

Arrive at the IMAX Theater to see *To The Arctic*. The film takes you on a never before seen journey into the lives of a mother polar bear and her two seven-month old cubs as they navigate the changing Arctic wilderness they call home. Captivating and intimate footage brings moviegoers up close and personal with this family's struggle to survive in a frigid environment of melting ice, immense glaciers, spectacular waterfalls and majestic snow-bound peaks. After the show, visit the gift store before arriving at Abdallah's Chocolates. Enjoy a brief on-coach welcome including the history of the fourth-generation, family-owned business. Sample delicious candies and receive discount coupons to purchase specials. Our final stop is a three-course lunch in *The Technique Restaurant* at the Le Cordon Bleu Culinary Program at Brown College. Savor the fine-dining experience as you enjoy the menu the French Cooking School students have prepared for us today.

\$55/person includes IMAX tickets, Abdallah's, gourmet lunch, escort and motorcoach transportation.

8:05 AM Bus leaves Calvary Coop/City Hall

Return @ 2:45 PM

Last day to register or cancel: February 12

Code: 11575

Classes & GV Library Programs Information

Defensive Driving Course—4-HOUR COURSE



Thursday, December 13
Thursday, January 10
Thursday, February 14
9 AM-1 PM
\$17/person

8-HOUR COURSE

Saturday, April 27

9:00AM-5:00PM

\$18/person

Register with MN Safety Council

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

Introduction to Home Brewing



Wednesday, January 9, 16, 23
Brookview Community Center
6:00-8:30 PM

Homebrewing is a fun and rewarding hobby that has recently seen an explosion in popularity. This class will teach you all you need to know to make your first batch of homebrewed beer, from basic equipment to brewing process, and ingredients to bottling. Offered in partnership with Robbinsdale Community Education. Min 10/Max 30.
Code: 11757

\$69. Register by December 31

Tax Assistance 2013



Thursdays, February 7-April 11
10:30AM-1:30PM

Golden Valley Library

Help with filling out income tax forms is offered free on a first-come, first-served basis to people with **uncomplicated** income taxes. Bring all information needed. Tax forms are filed electronically. Service provided by volunteers from AARP programs. The volunteers attend training but are not professional tax accountants. Registration taken at the door the day of the service starting at 10:00 AM. **NOTE: NO TAX ASSISTANCE AT BROOKVIEW**

GOLDEN VALLEY LIBRARY

The following programs will be held at the Golden Valley Library, 830 Winnetka Ave N. Registration is required for all programs. Call 612.543.6375 for more information.

Computer Help



Learn to use computers at the Golden Valley Library. 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
Tuesdays, Wednesdays and Thursdays: 11:30AM-2:30PM

No appointments necessary. Please call to make sure a volunteer is available.

Poetry Lovers Converge



Do you love poetry? Everyone (kids to teens to seniors!) is invited to read an original or a favorite poem, or just come and listen. In all languages, for all ages and all authors. Readings begin at 6:30PM.

December 3, 2012

January 7, 2013

February 4, 2013

March 4, 2013

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.

NOTE: Fares will be increasing in January 2013 to \$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"

Fare for Special Destination trips: \$7 cash for round-trip transportation or two punches from the bus pass. **Starting January 1 fares will increase to \$8 cash or 2 punches from the punch 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.

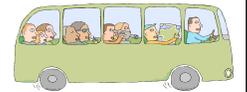
No outing in December

T, Jan 22—Red Lobster. Reservations begin Dec 28

T, Feb 26—Pannekoeken Reservations begin Feb 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.*

"The Best Christmas Pageant Ever" and Poinsettia Exhibit at Como Park - December 7, 2012. Trip is full.

Russian Museum of Art—TH, January 10, 2013



Take a guided tour through **two** exhibits: *Discovering 20th Century Russian Masters: Nicolai Fechin.* This 20th century Russian-American artist is renowned as much for his impressionistic scenes of the American southwest as for his Russian roots. *Cast Icons: Preserving Sacred Traditions.* Following the museum, we will have lunch at a local restaurant known for their homemade soups, sandwiches and desserts (on your own). **Cost: \$11 includes museum admission and escort. Special Destination fare of \$8 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. Limit of 18. 9:30 AM Bus leaves Golden Valley City Hall/1:15 PM Depart for home.**

Last day to register/cancel: December 27, 2012

Vivace! Afternoon Concert at the Landmark Center - Thursday, February 21



Enjoy the concert performed by *Zeitgeist* a "new music" group and then have lunch at Anita's Cafe at the Landmark Center (on your own). Special destination fare applies. *Register with 5 Cities by February 14. 11:00 AM Bus leaves Golden Valley City Hall/2:30 PM approximate return*

Macy's Flower Show – Thursday, March 28



Spring is in bloom! Experience the Macy's flower show on a self-guided tour. Step into Towers of Flowers and discover a magical world of soaring floral architecture, magnificent rolling landscapes and specialty gardens bursting with color, fragrance and imagination. Enjoy an elegant traditional dining experience at the Oak Grill Restaurant on the 12th floor or at the 12th Floor Skyroom food court that offers deli soups, sandwiches, pasta, Mexican food and a world famous salad bar!

Fee: No cost for admission to show. A Special Destination fare of two punches from the pass card or \$8 cash for the 5 Cities Transportation bus can be paid to the driver on the day of the trip. Lunch cost and any purchases are on your own. *Register: with the 5 Cities Transportation office at 763-531-1259 by March 21.* If you are unable to attend after making a reservation, please call to cancel so someone from the wait list can take your place. 9:45 a.m. Bus leaves Golden Valley City Hall (upper lot) 1:00 p.m. Depart for home .

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—Wednesday, 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. **NOTE: Fares will be increasing in January 2013 to \$5 cash or \$4 for the punch pass round trip.**

Special destination fares will increase to \$8 cash or 2 punches from the punch pass. Purchase a 4 round-trip ride pass for \$16 or an 8 round-trip ride pass for \$32.

Punch passes can be purchased from the driver with cash or check made payable to "Prism."

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.

HOME—952-746-4046



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

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 on requests made less than 5 business days prior to the start of a program or after the deadline date.

Senior Dining - 612-269-8462



provides a delicious noon meal at Calvary Lutheran Church, 7520 Golden Valley Rd. 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 hot, delicious meals to your door M-F, at a reasonable price. If you are interested in this program, call Joanne at 763-531-1183 from 8:30-11:30 am for information and a menu.

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 some-

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.

FREE COMMUNITY MEAL



Calvary Church Gym, 7520 Golden Valley Rd
"Come. Meet. Eat." is the slogan
5:30-6:30PM Every Tuesday evening.
No reservations needed

Seasons Greetings

*from the Golden Valley Senior Program Staff
Jeanne, Mary, Jan, Bev and Nancy*

For Your Information

Annual Christmas Boutique

Saturday, December 1, 2012, 10:00 AM–3:00 PM

Covenant Village, 5825 St. Croix Avenue



Get your Christmas shopping done at Covenant Village! We are inviting a variety of vendors and expect to offer something for everyone. Enjoy complimentary refreshments and the music of **Coventry Carolers**. The dining room will participate as well, offering a good selection of their famous cookie and scone dough as well as fruit cake for purchase. Lunch available to purchase for the first 100 shoppers. Bring in one **new unwrapped toy** to donate to Toys for Tots.

Widowed Support Group meets every Sat.



at the New Hope Country Kitchen, 42nd & Winnetka, at 2 PM and the 1st Thursday of the month at Evans Nordby Funeral Home, 6000 Brooklyn Boulevard at 1:30PM. For information call Helga at 763-561-5697. Join us!

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.

Store to Door—651-642-1892



Need groceries for yourself? Store To Door is a nonprofit providing grocery & prescription delivery services to elderly in Twin Cities metro. This service is provided by volunteers. Other opportunities include: Volunteer Shoppers -Work in partnership with five metro Cub Foods to shop client orders & prepare orders for delivery. Shoppers hours 6 a.m. to 10 a.m. 3 month commitment. Volunteer Order Takers -call clients each week entering their order online into our order database. One year commitment requested. Contact Kristen Hoplin at (651) 642-1892. www.storetodoor.org

SUPPER WITH SANTA volunteers needed.



Friday, December 2
Brookview Community Ctr
5:30-8:30 PM

Help with set-up, serving pizza and clean-up.

Contact Brian at 763-512-2366 or e-mail at berickson@goldenvalleymn.gov for information and/or to volunteer.

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.

Carrier Alert—651-291-0211



Are you living alone and worried about getting help if you're in distress? Carrier Alert is a free program available to seniors and people with disabilities living in the metro area. Ask for a Carrier Alert registration form at your local participating post office or call 2-1-1 or 651-291-0211 to request a registration form be mailed to you.

The program is supported by the National Association of Letter Carriers and the US Postal Service.



Find us on the web!
www.goldenvalleymn.gov/recreation



Thank you to **Golden Valley Rehab & Care Center** and **Calvary Center Coop** for their treat donations to keep our programs affordable for you.



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

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

Golden Valley Registration Form—2012/2013

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 |
|--------------------------|---------------|-----------------------|--------------|-----|
| | | | | |
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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: _____