

LAWN BOWLING IS COMING TO GOLDEN VALLEY!!!



Be the first to learn about lawn bowling and join a league!

Lawn Bowling, What's it all about? - Wed, July 23, 9:45 AM

Look out the windows of the senior room and you'll see the newest addition to Brookview—eight lawn bowling courts. Similar to bocce ball, the game can be played by all ages. Be the first to learn about the sport and try playing the game if the weather and court conditions cooperate. \$2, payable at the door for refreshments. Register by July

21. *Presented by Brookview staff.*

Lawn Bowling Grand Opening Weekend – Saturday, August 16 and Sunday, August 17

Clinics and events will take place throughout the weekend. Play will be FREE all weekend. This is an excellent chance to learn the game of Lawn Bowling and get some practice in before league play.

Senior Lawn Bowling League Kick-off – Tuesday, September 9, 9:00 AM

Brookview Golf Course Grill

This is your chance to learn about the Senior Lawn Bowling League. Watch a demonstration, learn the rules. Refreshments! League play immediately following the demonstration.

Senior Lawn Bowling League – Tuesday, September 9-October 7, 10:00-11:00AM

Brookview Lawn Bowling Courts

Take part in the first season of lawn bowling and join a league. The league begins on Tuesday, September 9 from 10-11AM with four weeks of league play and an end of the season tournament on Tuesday October 7. Game equipment is provided and an official is present during league play. No special clothing is required, however teams with all members competing in white top and white or khaki bottoms receive 1 point before match play begins. No heeled shoes, flat-bottom shoes only on the court.

Register individually or as a team of 4. Minimum of 16/Maximum of 32.

Registration and payment taken at the Brookview Golf Office, 763-512-2300.

\$35/person includes demonstration, 4 weeks of league play, end-of-season tournament, game equipment, official, and tournament prizes.

Last day to register/cancel: August 29

CONCERTS IN THE PARK



7:00 PM at Brookview Park's Large Picnic Shelter

Bring a lawn chair or blanket and enjoy the summer concert series. Concerts are FREE. In case of inclement weather, concert may be canceled. Call the Activity Cancellation Line at 763-512-2350 for concert status.

July 28: *Mu Daiko* – Movement and sound with large Japanese drums. Don't miss this unique cultural experience full of energy and life! Sponsored by Golden Valley Federated Women's Club

August 4: *Calhoun Brass* – A variety of music styles that include classical, jazz, showtunes, and popular music.

August 11: *Bob the Beachcombers* – Rock & Roll music and fun for kids of all ages

SPECIAL EVENTS



Senior Lawn Bowling League Kick-off – Tuesday, September 9, 9:00 AM

Brookview Golf Course Grill

See page 1

Senior Lawn Bowling League – Tuesday, September 9-October 7, 10:00-11:00AM

See page 1

Senior Resource Fair—Wednesday, September 10, 1:00-3:30 PM



Calvary Lutheran Church, 7520 Golden Valley Road

Speakers, vendors that assist you in your home and add to the fullness of your life, light refreshments. Visit the Golden Valley Seniors table!. FREE! Sponsored by Calvary Center Coop. Call 763-544-1090 for details.

Par 3 Golf League Shotgun Tournament and Brunch—Thursday, September 11, 8:00 AM



Par 3 League players—enjoy the final day of play with a shotgun tournament, putting contest and banquet. Cost: \$9 for brunch + green fees. Register by September 4.

MATTER OF BALANCE CLASS—Tuesdays, September 16-November 11 (no class on November 4)



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 (included in fee). Last day to register/cancel: September 5.

Fee is \$20. Code: 12809

Mary Lahammer – Monday, September 29, 1:00 PM



Calvary Center Cooperative, 7600 Golden Valley Road

Mary Lahammer has been a program host and political reporter for Twin Cities Public Television since 1998. She has won several Emmys and numerous other awards for her anchoring, reporting, producing and photography. Mary's trademark has been getting politicians to open up and trust her including Governors from Jesse Ventura to Mark Dayton and Senators Al Franken and Norm Coleman. Her talk will be on an insider's view of politics and stories you didn't know. Sponsored by Golden Valley Seniors and Calvary Center Cooperative.

NOTE: Speaker has confirmed the date, but her schedule is subject to change.

Call Calvary Cooperative at 763-544-1090 to reserve your seat. *Seating is limited.*

Medicare Advantage & Medicare Part D Presentation – Wednesday, October 22, 10:00 AM



Brookview Community Center

Refreshments served at 9:45 AM

The Annual Enrollment Period for Medicare Advantage and Drug Plans begins on October 15, 2014 and ends on December 5, 2014 with selections effective on January 1, 2015. Even if you are happy with your current Medicare coverage, it's recommended to check every year to be sure there are no surprises for the New Year. Get tools and learn what you need to know to be a smart Medicare Plan user and why it is important for you to take advantage of the annual election period. The presentation is an unbiased educational opportunity and not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency. Call 763-512-2339 to register by October 20.

Fee is \$2, payable at the door for materials and treats.

COFFEE TALK



Brookview Community Center

9:45-11:00 AM

Join us for juice, treats and coffee. Call 763-512-2339 to register so there are enough treats for all. \$2.00, payable at the door.

Blood Pressure Screening immediately following the program.

Minnesota in the Civil War: Battery I, 1st U.S.



Artillery – Wednesday, August 27

Battery I, 1st US Artillery is dedicated to preserving and honoring the memory of the original Civil War era

military unit. Our speaker comes in uniform and brings period equipment, talking about being a soldier during the Civil War. Learn about Minnesota Civil War history, drill, rations, bugle calls, equipment, flags, casualties, disease and what soldiers did to avoid the boredom of military service. Presented by Stephen Johnson, DC, and member of Battery I, 1st U.S. Artillery. Register by August 25.

Coffee with A Cop - Wednesday, September 24



“Coffee With A Cop” encourages citizens to become familiar with the

officers who serve their community, ask questions, and express concerns. There is a short presentation at 10 a.m. but you are invited to drop in any time during the two-hour gathering to chat with an officer and other staff to discuss and learn about neighborhood issues, traffic concerns, crime prevention, and how to connect with the GVPD through social media and other technological tools. Register by September 22.

FREE BLOOD PRESSURE CHECK

11:00-11:30 AM at Brookview

Wednesday, August 27

Wednesday, September 24

No appointment needed! Provided by Ambassador Care Center staff.



Mondays with Mary—9:30 AM



Join Mary on Mondays to work on items for Ambassador Care Center, GV Rehab & Care Center, Dinner At Your Door, and Golden Valley Seniors. We'll supply the materials and coffee.

LIVING WISE and WELL

1:00-2:15 PM

Calvary Center Cooperative, 7600 Golden Valley Rd FREE. No need to pre-register. Just come!

Osteoarthritis – Thursday, August 7



Learn about the most common form of arthritis that affects 27 million Americans. Understand the symptoms of osteoarthritis and how it's diagnosed, the risk factors and causes, how osteoarthritis can affect you, and how pain can be treated and managed. *Presented by The Arthritis Foundation.*

My Walk with Alzheimer's – Thursday, Sept. 4



Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. It is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 50 to 80 percent of dementia cases.

Presented by Bruce Erickson.

MONEY MATTERS

10-11:15 AM

Brookview Community Center

Donation for treats. No need to pre-register.

Second Harvest – Thursday, August 21



Second Harvest Heartland is one of the nation's largest, most efficient and most innovative food banks. In 2013, we delivered more than 65 million meals to nearly 1,000 food shelves, pantries and partner programs serving 59 counties in Minnesota and Wisconsin. Second Harvest Heartland helps relieve hunger not only by sourcing, warehousing and distributing food, but through data-driven thought leadership and community partnerships that help improve the region's larger hunger relief system. *Presented by Kaia Arthur, Second Harvest, Outreach Coordinator.*

Adjusting your portfolio to profit in today's markets – Thursday, September 18



Find out where we are in this economy and how to adjust your portfolio to reflect the best investment options. *Presented by Larry Klick, Money Matters member.*

Creative Arts Sampler



**Thursdays, October 9 to November 13
1:00-2:30 PM**

Get creative by dabbling in the arts - no experience necessary. Immerse yourself in hands-on activities and rediscover your experimental, playful, focused, expressive self. Participate in paper and paint crafts, creative drama, rhythms, and oral interpretation of poems. Instructor Carolyn Papke is an artist and retired teacher. Limit of 10 in the class.

Fee: \$45 for residents/\$50 for non-residents
Code: 12813

Joy of Painting® the Bob Ross® Method Fall Scene



**Saturday, October 11
1:00-4:30 PM**

All you need is the desire to make beautiful things happen on canvas. With the *Bob Ross Wet-on-Wet Technique*®

and a little dedicated practice, masterpieces that you never dreamed possible will flow from your brush. Classes are specially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½ -hours you will bring home a fall scene ready to frame. Finished painting is on display in the senior room. Taught by certified instructor, Kittie Swanson. Min 5/Max 15
\$60/residents, \$65/non-residents

Last day to register/cancel: October 2
Code: 12810

Winter Scene Class—Saturday, November 8



Watercolor Basics

**Wednesdays, October 1 - November 5
6:30-8:30 p.m.**

A class for beginners or people who want to renew their watercolor skills. Course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Each student will build on skills learned in previous sessions. An understanding of drawing skills will enhance your painting results. A supply list will be provided. Students are responsible to bring their own supplies. Instructor Carolyn Papke is an artist and retired teacher. Limit of 10. \$55 for residents/\$60 for non-residents.

Code:12814

TAI CHI for HEALTH & ARTHRITIS—Tuesdays



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! All Tai Chi classes are taught by Certified Instructor Marie Mathay.

\$45/Resident, \$50/Non-resident (7 classes)

Tuesday, September 9-October 21

BEGINNERS/BASIC: 8:30-9:30 AM. Code: 12453

LEVEL 2: 9:35-10:35 AM. Code: 12459

BEGINNING YANG STYLE TAI CHI & INTRODUCTION TO QIGONG—Thursdays from 9-10AM

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800's and has many variations. Learn the basic "Grasp the Bird's Tail" sequence and further exploration of the Short Form. Cultivate more energy and balance through a series of ancient, gentle breathing and moving exercises called Qigong, the perfect companion to a Tai Chi practice.

\$45/Resident, \$50/Non-resident (7 classes)

Thursdays, September 11-October 23. Code: 12803

TAI CHI FOR DIABETES—Thursdays from 10-11AM

Tai Chi for Diabetes is a low-impact, slow, and mindful exercise program designed by Dr. Paul Lam to help prevent and improve the control of diabetes. Based on ancient Chinese exercises, Tai Chi for Diabetes will help you reduce stress and maintain physical and mental balance. No Tai Chi experience necessary. All abilities welcome.

\$45/Resident, \$50/Non-resident (7 classes)

Thursdays, September 11-October 23. Code: 12805

DAYTIME YOGA with ANNETTE



**Tues, Sept 16 – Oct. 28 (no class 9/30)
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. Annette's classes are easy to follow, non-intimidating and fun for all fitness levels. Bring an exercise mat.

\$48/Resident, \$53/Non-Resident

Classes and Interest Groups

MONDAY MORNING PAINT CLASS



Mondays, 9:00-11:00 AM

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.

\$40 for residents/\$45 for non residents for a 6-punch card. Punch cards may be purchased at the Recreation office. (No class September 1)

DEFENSIVE DRIVING 4-HOUR COURSE



Thursday, August 14

**Thursday, September 11
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—Tuesday, October 14 & 21, 6-10 PM
Cost: \$18/person**

Registrations taken by 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. You will need your driver's license number to complete registration for the Golden Valley location.

INTERMEDIATE BRIDGE LESSONS



Friday, September 5-October 24

9-10:30 AM

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

\$33 residents/\$38 non-residents. Code: 12446

Confused about Medicare?



Want to compare health insurance options? Need help with hospital or Medicare 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, August 14

Thursday, September 11

PEDAL PUSHERS—the fun way to bicycle



Join us as we pedal our way on the paved paths of the Twin Cities. We meet at a designated location and then bike 6-12 miles, stopping along the way for short breaks. All riding levels welcome. Helmets required, water bottles and snacks strongly recommended. Call to be placed on the mailing list to receive meeting locations and directions. Dates:
Thursday, July 31—Cedar Lake/Farmer's Market
Tuesday, August 5—Lake Rebecca
Tuesday, August 26—Mendota Trail. Lunch at Axel's
Tues, September 9—Ride with the Golden Valley Cops
Thursday, September 25—Dakota Rail Trail

Remember When?...with Jan

1:00 PM

Dover Hills Apartments

2400 Rhode Island Ave. N

Thursday, August 28—Remembering Clotheslines

Thursday, Sept 25—Remembering Remedies That We Would Rather Forget!

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. *Additional fee charged

Bridge: Thursdays, 6:30 PM and Fridays, 9 AM

Cribbage—Tuesdays, 1 PM

Dominoes—Mondays, 1PM

Euchre—Thursdays, 1 PM

500—Tuesdays, 6:30 PM and Wednesdays, 1 PM

Jigsaw Puzzle during Center hours

Pickleball—Mondays & Thursdays, 9-12 at Crystal Community Center, *Additional fee charged.

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

Brookview is closed on Monday, September 1st for Labor Day.

Mary Wanderer's One Day Trips

Spamtown Belle Cruise – Wednesday, August 20



Take a self-guided tour of the Spam Museum, featuring 16,500 sq. ft. of Spam artifacts and history. Lunch is at the Old Mill Restaurant on the Red Cedar River: Grilled Chicken

Breast on Wild Rice Blend, House Salad, Roll, Beverage and Small Dessert. On to the Hormel Institute which has evolved into one of the leading research facilities in preventing and treating cancer. Next travel to Eastside Lake Dock where half of the group will board the Spam Town Belle, a 36-foot paddlewheel boat, to enjoy a 30-minute cruise around 40-acre Eastside Lake in Austin. The rest of the group will visit Jay C. Hormel Nature Center full of grasses and flowering plants. Don't worry – we will switch so everyone has a chance to experience both activities before leaving. We will make a snack stop on the way home (on your own).

\$60 includes Spam Museum, lunch, Hormel Institute, Spam Town Belle, Hormel Nature Center, motor-coach transportation and escort

7:40 AM Bus departs City Hall/Calvary Coop

5:15 PM Approximate Return.

Last day to register or cancel: August 1.

Code: 12422

Just Horsin' Around – Friday, September 19



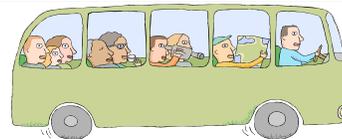
Enjoy the Fall drive to Cedar Ridge Arabians, for a tour of the beautiful facilities including the horse barns, stall area, riding and training areas. See the award winning horses and their multitude of trophies and ribbons. Next, we will tour the Ames Percheron Farm, where we will view a multimedia presentation of daily operations plus see the magnificent horses. A Roast Pork Loin lunch will be at Emma Krumbees with baby-red mashed potatoes, gravy, vegetable, bread and beverage. Hope you have a sweet tooth, because our last stop is Jim's Candy Store and Apple Farm, the bright yellow hangar-like building on Hwy 169.

\$55 includes tours, lunch, motorcoach and escort

8:40 AM Bus departs GV City Hall/Calvary Coop

3:15 PM Approximate Return

Last day to register or cancel: August 25



Old Log Theater—Wednesday, September 10



In small-town Springfield, the local radio station is sponsoring a rock-and-roll contest, and go-getter Denny is convinced he can win and become a star. He enlists his klutzy, nerdish friend Eugene and church-choir singer Wally to join him. Needing a sponsor, they apply to the owner of the local auto chain. He sends his top mechanic, handsome, hunky Skip and by the end they're incorporated in the new group, Denny and the Dreamers. Trouble comes in

the form of Lois, who arrives to put some polish on the boys. Denny falls in love, Wally falls in line, Eugene falls apart, and along comes handsome heartthrob Skip to send the whole situation spinning. The '60s hits say it all: "Fools Fall in Love," "Tears on My Pillow," "Earth Angel," "Unchained Melody," and more. Winner of the LA Drama Critics Circle Best Musical Award, *Life Could Be a Dream* will leave you laughing, singing, and cheering. See it now before it heads to Broadway in 2016.

Please select menu choice for lunch when registering:

- * Meat Loaf with green beans, potatoes, beef gravy
- * Pan Seared Tilapia with green beans, potatoes, sauce
- * Rolled Penne Pasta with tomato sauce, shaved parmesan, asparagus and herbs
- * Roasted Chicken Breast, green beans, potatoes, gravy

All meals include Dinner Rolls, Dessert, Coffee or Tea

\$63 includes lunch, theater ticket, motorcoach & escort

11:00 AM Bus departs GV City Hall/Calvary Coop. 4:30 PM Approximate Return

Last day to register or cancel: August 20. Code: 12427

Mary Wanderer's One Day Trips

Winona's Fall Colors—Tuesday, October 7



Bring your camera and enjoy the colorful drive along the Great Mississippi River Route before stopping at Pepin Heights Apple Orchard, first planted in 1949, where apples and specialized gifts are available. Off to Signatures Restaurant, set in the beautiful valley of the Bridges Golf Club in Winona. Menu: Herb Marinated Grilled Chicken topped with Citrus Burre Blanc, served with a Garden Salad, Wild Rice Medley, Vegetable, Baguette, Coffee and Tea. Our next stop is the world-class Marine Art Museum for a docent lead tour. The Museum features four major art collections, making it a regional and national attraction. Exhibits range from popular folk art with distinctive wood carved objects and hand painted sculptures that capture the spirit of river life, to amazing photographs featuring historic finds. We leave the Museum and travel along the Wisconsin side of the Mississippi River with a short stop at the Nelson Cheese Store, known for their delicious cheese products and ice cream cones (treats purchased are on your own). *\$67 includes lunch, admission and tour of Marine Museum, motorcoach transportation and escort 8:40 AM Bus departs GV City Hall/Calvary Coop. 3:15 PM Approximate Return*
Last day to register or cancel: September 15
Code: 12441

Green Line Light Rail – Wednesday, November 5



The bus will take us to the Target Field station where we will board the green line light rail that travels between Minneapolis and St. Paul. Arrive at the Union Depot, to meet our tour guide and explore the history, artwork and recent renovation of this building. Lunch will be the buffet at Christos Greek Restaurant featuring first-rate Greek food with salads, entrees, vegetables, beverage. As we leave, we'll drive by the U of M campus to see the bronze statue of "Goldy Gopher". If you ask, Mary may lead you in the Minnesota Rouser!
\$57 includes tour, lunch, motorcoach, escort 9:25 AM Bus departs. 2:15 PM Approximate Return.
Last day to register or cancel: October 14.
Code: 12442

"Radio Man" at the History Theater



Thursday, October 16

Join the celebration of A Prairie Home Companion's 40th Anniversary through a quirky and satiric journey into the memories of its creator, Garrison Keillor. The "On Air" lights flash and the show begins. The host, played by Pearce Bunting (HBO's Boardwalk Empire), presides over a parade of singing groups, the private eye Guy Noir, the cowboys Dusty and Lefty, and the people of Lake Wobegone arguing about morality and a bag of frozen peas. The lines between imagination and reality are blurred as a young boy reminisces about his radio dreams, a producer chastises the host, and the stage manager somehow keeps the show rolling along. It's a day of rollicking humor and the first full-length play written by America's foremost storyteller and humorist. After the show, enjoy a turkey dinner with all the trimmings, including dessert, at Key's Café.

\$62 includes reserved theater tickets, turkey dinner at Key's Café, motorcoach transportation and escort 8:55 AM Bus departs GV City Hall/Calvary Coop. 2:30 PM Approximate Return
Last day to register or cancel: September 8

Irving Berlin's White Christmas at the Orpheum Theater—Friday, November 28



The classic holiday movie comes to life on stage. *Irving Berlin's White Christmas* tells the story of two Army buddies putting on a show to save the failing Vermont Inn of their former commanding general and finding their perfect mates in the process. Full of dancing, laughter and some of the greatest songs ever written. Reserved seats are on the main floor, rows DD, EE, GG, and HH.

\$56 includes reserved seating, motorcoach, escort 12:55 PM Bus departs. 5:15 PM Approx. Return.

Last day to register or cancel: August 26 (NOTE EARLY DEADLINE).

Code: 12434

Mary Wanderer's Long Trip

Branson Aglow for the Holidays – November 11-15



\$950 per person (2 per room)/\$1,195 (1 per room).

Deposit: \$225.00 per person is due Friday, August 8.

Final Payment: Friday, September 12, 2014. CODE: 12407

Day 1: Leave Golden Valley with a stop for coffee and rolls in Albert Lea. Make a lunch stop in Des Moines. Onto Kansas City and check into the Drury Inn, Independence, MO. Dinner at a BBQ Restaurant. [C,L,D]

Day 2: Travel to Branson with free time at the Grand Village Shops. Across the street, at the Moon River Theatre, enjoy the afternoon *Daniel O'Donnell Show*, an award-winning artist. We will check into the Radisson Hotel. Tonight is a Broadway-style experience at the majestic Sights & Sound Theatre to see "*Jonah*." [B,L]



Day 3: *The Bretts*, voted best morning show in Branson, will entertain and captivate you with musical versatility, creativity and innovation. After lunch, see the *Todd Oliver and Friends Show*, with real-life talking dogs and hilarious comedy. Spend the evening at Silver Dollar City. "*An Old Time Christmas*" presents holiday shows throughout the park with a variety of shops and dining options (on your own). Climb onboard The Frisco Sing-Along Steam Train. The *Gifts of Christmas Holiday Light Parade* will glide through the streets. See the musical five-story Special Effects Christmas Tree, as it twinkles and dances in unison with over one million lights in the square. [B,L]



Day 4: See a final morning show in Branson, and have a light lunch. Travel to Independence for lodging at the Drury Inn. Enjoy dinner at Ophelia's Restaurant, overlooking historic Independence Square. After dinner a special *Harry Truman presentation* will give you insight into the life of our 33rd President. [B,L,D]

Day 5: After breakfast leave Independence and have lunch in Des Moines. Return to the Twin Cities by early evening. [B,L]

Fee Includes: Deluxe motor coach transportation, Lodging for 4 nights; Meals as indicated: [C-coffee and rolls, B-Breakfast, L-lunch, D-Dinner]; Attractions as outlined in itinerary; Tour Director, Mary Odell; Gratuities on included meals and attractions.

Cancellation: After 8/8/14 payments are not refundable. Travel Insurance: To cover loses if you cancel due to an emergency you can purchase travel insurance. Call 763-512-2339 for a brochure.

Community Information

COMMUNITY PHONE NUMBERS

Dinner At Your Door—763-531-1183

Fare For All—763-540-3880

Golden Valley Seniors 763-512-2339

HOME—952-746-4046

LinkVet Hotline—1-888-546-5838

Senior Linkage Line—1-800-333-2433

Senior Outreach—952-746-4028

Store to Door—651-642-1892

PICKLEBALL



Mondays, & Thursdays 9:00 AM -12:00 PM

Crystal Community Ctr, 4800 Douglas Drive

Fee: \$2/visit or one punch from the punch

card (10 punches/\$15.00) payable at Crystal

Pickleball is played on a badminton or tennis court with the net lowered to 34 inches. A plastic 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. No black soles please.

Brookview is closed on Monday, September 1st for Labor Day.

Community Information

Happy Feet Foot Care Clinic—763-560-5136



Pam, our licensed nurse, is specialized in routine foot care for elder and diabetic feet. She works 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.*

Friday, August 1, 8, 15, 22, 29 from 12-3 PM
Friday, September 5, 12, 19, 26 from 12-3 PM
Friday, October 3, 10, 17, 24, 31 from 12-3 PM
Fee: \$34. Payable to *Happy Feet Footcare, Inc.*

Store to Door – 651-642-1892



Store To Door, a non-profit grocery shopping and delivery service for seniors, needs volunteers! Volunteer Order Takers call clients from their homes each week and enter orders into an online ordering system. Volunteer shoppers work in partnership with several metro area Cub Foods and work to shop and prepare orders for weekday morning deliveries. Call 651-642-1892 or visit www.storetodoor.org

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.

Golden Valley Historical Society



Invites you to join the historical society in 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 information call Betty Crews at 763-544-6382.

Golden Valley Library



The following program is held at the Golden Valley Library, 830 Winnetka Ave N. Call 612.543.6390 for more information.

Computer Help at the Golden Valley Library

Volunteers are available to provide one-on-one computer help at these times:

Mondays & Thursdays: 9:00 a.m. – 12:00 p.m.

Tuesdays & Wednesdays: 11:00 a.m. – 2:00 p.m.

No appointment necessary. Please call ahead to be sure a volunteer is available.

Poetry Lovers Converge

**Wednesday, Aug 6, Sept 3, Oct 1, Nov 5, Dec 3
6:30 p.m. – 8:00 p.m.**

You are invited to read an original or favorite poem, or just come and listen. In all languages, for all ages and all authors. Bring your friends!

Author Talk: Guthema Roba – Saturday, September 6

1:00 p.m. Guthema Roba, a poet and librarian at the GV Library, returns with his newest book of meditational poetry, "Wake Up and Roar." No registration required.

HOME—952-746-4046



Need help around the house? This program matches skilled workers (paid and volunteer) with those who need help with fall yard work, cleaning windows, house cleaning and minor home repairs.

Senior Community Services Outreach Program

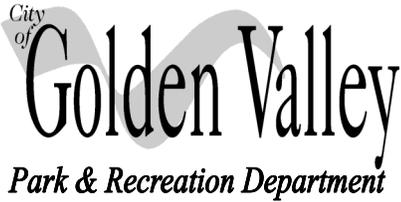
952-746-4028

 Experienced licensed social workers assist you and your family to access the most appropriate and affordable combination of services to help clients stay in the community as long as possible. Available support includes: assessments of needs, strengths, and preferences, service/care plans and more. Call Krystal at 952-746-4028 for info. or to make an in-home appointment.

CANCELLATION/REFUND POLICY

Refund requests for classes or trips will be assessed a \$5 administrative fee. No refunds will be given after the registration deadline date. Full refunds are given only when a program or trip is canceled by the Parks & Recreation Dept.

Find us at www.goldenvalleymn.gov the official website of the City of Golden Valley.



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

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

Golden Valley Registration Form—2014

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: _____