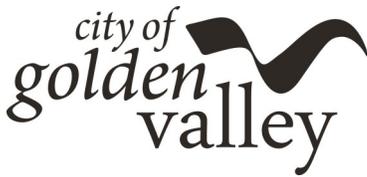


April and May 2015



Senior News

Senior Office • 763-512-2339

The Shifting Tides of Global Terrorism



Wednesday, April 8, 1:00 PM
Covenant Village-Golden Valley
5800 St. Croix Ave

Join Jarret Brachman to learn about the current state of Al-Qaida and how some of its members are using social media to wage a war amongst one another. *Jarret Brachman, Ph.D. is an internationally recognized specialist on counterterrorism and violent extremist movements.*

2015 Senior Spring Forum—Wednesday, April 15

8:30 AM-12:00 PM



Brooklyn Park Community Center
5600-85th Avenue North

Hear keynote speaker, Jack Farrell, Chairman and CEO of Haskell's, plus visit over 70 informational booths on aging. Coffee and treats provided. This FREE, helpful and informative event is for Adults 55+ and family members. Doors Open at 8 AM. Pre-registration is recommended. To pre-register, call: 763-503-2520 or email.info@nwhhsc.org.

Par 3 Golf League Kick-off –Thursday, April 23



10:00 AM
Brookview Grill

Learn about the Senior Golf League, meet the committee members and Brookview staff. Refreshments! Prizes! \$5 league registration taken that day. If you are unable to attend the kick-off, but want to play in the league, the league fee may be dropped off in the golf office before May 7.

GV REC CONNECT



A NEW online registration system will be available starting March 30. You will be able to set up your own account and PIN number plus register for programs, events and trips! Safe, secure and easy! Check it out at:

www.goldenvalleymn.gov

Go to Parks and Recreation

Register for Activities—GV Rec Connect

Bowling Tournament – Tuesday, May 12



12:30 PM at Texa-Tonka Lanes
8200 Minnetonka Boulevard

It's our annual bowling tournament hosted by Texa-Tonka Lanes. Fee includes three games, shoes, ball, coffee, cookies and prizes. No pre-registration necessary. \$5 payable at Texa-Tonka Lanes

Minnesota State Band Concert - Wed, May 13



7:30 PM at the Crystal Community Center
4800 Douglas Drive N

The Minnesota State Band, in existence since 1898, is the Official Band of the State of Minnesota. The 50+ member band is the only remaining State Band in the US. The band operates as a non-profit organization with an all-volunteer membership. Free. Donations welcome!

Lawn Bowling Clinic – Tuesday, June 9



Brookview Lawn Bowling Courts
10-11AM

It's your chance to learn the game of lawn bowling. It's an easy game to learn and even easier to play! Lawn bowling, or "bowling on the green," is an outdoor game that has fascinated both young and old for centuries. You will find that bowls increases your eye-hand coordination, strengthens your legs, back, and arms, and helps with your focus and concentration. It is an excellent sport for people of all ages, teaching coordination and mental focus. The sportsmanship and camaraderie is a plus as well.

At the clinic, taught by a lawn bowling official, you will learn the rules of the game, vocabulary that is unique to bowls, the proper way to hold and deliver your bowls, and the etiquette that governs behavior on the greens. This is a hands-on clinic, so wear comfortable clothing, flat soled shoes, sunscreen (an absolute must when bowling in the sun), and a sun visor or hat. At the time of the clinic, you can sign up for a league to be played at Brookview.

\$3 includes equipment, clinic and refreshments

Last day to register/cancel: May 28. **Code: S2101A**

COFFEE TALK



9:45-11:00 AM

Brookview Community Center

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 Check immediately following the program.

Conserving Migratory Songbirds - Wed, April 22

What is the state of our migratory songbirds in the Midwest? Learn how we can enhance our own back yards through the use of plantings, feeders and nest boxes to provide food and cover for songbirds.

Presented by Jan Welsh, Minnesota Department of Natural Resources. Register by April 20.

The Most Popular Chinese Historical Figures and their Stories - Wednesday, May 27

Phenix is back! Join us as she takes us on a historical journey of her beloved China and tells us the stories of: the Famous Four Ancient Beauties and their Historical Effects; Qin ShiHuang-the First Chinese Emperor's Great Deeds and Misdeeds, the Great Wall and Lady Meng Jiangnu; Hua Mulan-Heroine in Northern Wei Dynasty; The Great Navigator, Zheng He-creator of the Sea Silk Road in Ming Dynasty.

Presented by Phenix Yu. Register by May 26

Remember When?...with Jan

1:00 PM

Dover Hills Apartments

2400 Rhode Island Ave. N

Join us for this informal gathering. We use the monthly topic as a guideline for discussion. No registration needed-just come!



Thursday, April 23 –Remembering Restaurant Prices

Thursday, May 28 – Remembering Trains and Train Trips

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. It's "fun art" not "fine art". We'll supply the materials and coffee. No meeting on May 25.



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

LIVING WISE and WELL



1:00-2:15 PM

Calvary Center Cooperative

7600 Golden Valley Rd

FREE. No need to pre-register. Just come!

How to Remain Safe at Home and Age in Place

Thursday, April 2

Common injuries can be prevented. Learn some simple tips on keeping you safe and reducing injuries so you can stay in your home until you decide to move. *Presented by Kelly Thompson, OTR, On Call Clinicians.*

No meeting - Thursday, May 7

MONEY MATTERS at Brookview



10-11:15 AM

Treats provided by Golden Valley Rehab & Care Center. No need to pre-register. Donations accepted.

Medical Assistance 101 – Thursday, April 16

During this presentation, you'll learn about Medical Assistance. What is Medical Assistance? What are the eligibility requirements? And more. *Presented by Kyle R. Bailey, Attorney.*

Adjusting your portfolio to profit in today's Markets—Thursday, May 21

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.*

FREE BLOOD PRESSURE CHECK



11:00-11:30 AM at Brookview

Wednesday, April 22

Wednesday, May 27

No appointment needed! Provided by Ambassador Care Center staff.

NOTICE! PHONE REGISTRATIONS NO

LONGER ACCEPTED!

Starting January 1st, phone registrations were no longer accepted. We are required to have a signed and dated liability waiver for each person/program/trip. Registration can be done in person, fax, mail and on-line at www.goldenvalleymn.gov/recreation



TAI CHI



****New Reduced Rate Pricing! Register for a 2nd class and pay only \$30.** Second class must meet during the same session and be purchased together.

Taught by Certified Instructor Marie Mathay.

Tai Chi for Health & Arthritis—Basic

Tuesday, April 14-May 26

8:30-9:30 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! Wear comfy clothes.

\$45/Resident, \$48/Non-resident *Code: S2207A*

Tai Chi for Health & Arthritis—Moving On

Tuesday, April 14-May 26

9:40-10:40 AM

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey, endorsed by the Arthritis Foundation. Wear comfy clothes.

\$45/Resident, \$48/Non-resident *Code: S2208A*

Beginning Yang Style Tai Chi

Thursday, April 16-May 28

9:00-10:00 AM

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. ****Qualifies for reduced rate if purchased with another Tai Chi class in this session.**

\$45/Resident, \$48/Non-resident *Code: S2209A*

Introduction to Shibashi Qigong

Thursday, April 16-May 28

10:00-11:00 AM

Cultivate more energy and balance through this series of ancient, gentle breathing and moving exercises called Shibashi Qigong. An easy "follow the leader" style of 18 movements meant for healing and restoring health. Suitable for all ages and abilities.

****Qualifies for reduced rate if purchased with another Tai Chi class in this session.**

\$45/Resident, \$48/Non-resident *Code: S2210A*

MONDAY OPEN STUDIO



Mondays, 9:00-11:00 AM

Bring your favorite medium and project to class. Painters assist each other through their projects in watercolors, acrylics and oil led by Michelle Basman. **\$1 per week. Pay at the front desk. No meeting on May 25**

Daytime Yoga with Annette



Tuesdays, April 7-May 26 (8 Sessions)

11:00AM-12:00PM

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestions. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Bring an exercise mat.

Fee: \$64, Non-Res. \$68. *Code: S2201A*

Intermediate Pickleball Clinic—Sunday, April 12



Davis Community Center

5430 Glenwood Ave

3:30-4:30 PM

Here's your chance to advance your skills in the game of Pickleball. Some equipment available but feel free to bring your own paddle if you have one. You **MUST PRE-REGISTER** by April 3.

Fee: \$5 for residents/\$7 for non-residents

Code: 13110

DEFENSIVE DRIVING 4-HOUR COURSE



Thursday, April 9

Thursday, May 14

Thursday, June 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.

Register in advance with the Minnesota Safety Council by calling 651-291-9150 with a Visa or MasterCard or by mail. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103.



Hand and Foot - Tuesdays at 1 PM

Join us!

Interest Groups

Lawn Bowling League – Tuesday, June 16-July 21



Brookview Lawn Bowling Courts 10-11AM

Take part in the first summer season of lawn bowling and join a league. The league begins on Tuesday, June 16 from 10-11AM with six weeks of league play. 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 4-8 players. We hope to have inter league play with Edina this summer. Minimum of 4 teams/Max of 16. *\$5 league fee + \$3/week includes 6 weeks of league play, game equipment, prizes and official.* Last day to register/cancel: June 11 *Code: S3302A*

Senior Par 3 Golf 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 7-September 10. \$5 league fee is collected at the kick-off meeting in April.

Senior Patron 18-Hole Regulation League

This senior golf league will play the 18-hole course at Brookview. \$15 league registration is due before your first week of play. Note: You must be a valid Brookview Senior Patron card holder to register and play. League plays on Tuesdays, April 28-August 25. See information in the golf section for green and cart fees. Call 763-512-2305 for information.

PICKLEBALL PLAY



Mondays & Thursdays 9:00 AM –1:00 PM
Crystal Community Ctr, 4800 Douglas Drive

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. This is not a league, come when you can. Equipment available on a limited basis. Gym shoes required. *Fee: \$2/visit or one punch from the punch card (10 punches/\$15.00) payable at Crystal*

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

Hand and Foot— Tuesdays, 1 PM

Pickleball—Mondays & Thursdays, 9AM-1PM at Crystal Community Center, *Additional fee charged.

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

Golden Valley Library Programs

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

One-on-One Computer Help

Volunteers are usually* available at the following times to give you one-on-one help with basic computer skills:
Mondays & Thursdays: 9 a.m. – 12 p.m.
Tuesdays & Wednesdays: 11 a.m. – 2 p.m.
No appointment necessary. *Please call ahead to be sure a volunteer is available.

Poetry Lovers Converge

First Wednesdays, April 1, May 6, June 3, July 1
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. Led by poet and Golden Valley Librarian, Guthema Roba. No registration required

Focus on Poetry:

3rd Mondays: April 20, May 18, June 15, July 20
6:30—8:00 p.m.

This venue is where poetry lovers meet once a month to discuss a particular poet or share poems inspired by that poet. All ages welcome. Led by poet and Golden Valley Librarian, Guthema Roba. No registration required.

Ballroom Dancing—Thursdays



1 – 3:30 p.m. at Lenox Community Center
6715 Minnetonka Blvd, St. Louis Park
Dance and sing-a-long from Waltzes, Mixers, Polkas, and more! Large hardwood dance floor. No partner necessary. Questions??? Call 952-928-6444. \$7 at the door includes refreshments

Mary Wanderer's One Day Trips

Gangsters and Grand—Tuesday, April 21



Our costumed guide will take us through the streets of St. Paul. Go back to the 1920's and 1930's when crime and corruption ruled. See sites where the infamous lived, socialized, and committed crimes. Drive past the Landmark

Center where some of the FBI's most notorious criminals were tried and brought to justice, including John Dillinger. Lunch will be at the M ST. Café in the St. Paul Hotel. Menu: French Onion Dip-Shaved Roast Beef, Gruyere and Provolone on Soft Baguette with Onion Soup for dipping, Mixed Greens with Balsamic Vinaigrette, Coffee/Soft Drink or Iced Tea. Board the bus for Grand Avenue and then walk the Avenue, weather permitting, stopping at The Grand Old Creamery for a treat (on your own).

\$60 includes tour guide, lunch, motorcoach transportation and escort.

8:25 AM Bus leaves City Hall/ Calvary Co-op

2:45 PM Approximate Return

Last day to register or cancel: Friday, April 10

Code: 13016

All Aboard (for Bunch)—Thursday, May 21



All aboard the Osceola & St. Croix Railway, a colorful trip back in time. Enjoy a Champagne Brunch with smoked ham slices, cheesy scrambled eggs, Herbed American Fries, Toast with Jam, Champagne and Coffee. The 2-hour ride takes you on the bluffs and the woodlands in the backwaters. On our return, we'll stop at Eichten's Cheese Shop and Deli where you can purchase treats (on your own). Don't forget to bring a cooler to keep your purchases fresh for the trip home.

\$67 includes Champagne Brunch, train ride, stops, motorcoach transportation and escort.

9:25 AM Bus leaves City Hall/ Calvary Co-op

3:00 PM Approximate Return

Last day to register or cancel: Friday, April 24

Code: 13017

Mother's Day

Till the Cows Come Home—Friday, June 19



We arrive at the family-owned Tutti Fruitti Market Farm that features fruit, vegetables, eggs, jams, dressings, honey and maple syrup. A home-cooked luncheon buffet on the farm will delight your taste buds. Then off to the Red-head Creamery Farmstead. Our tour of the 180-milking cow farm includes viewing the dairy calves and heifers, the milking cows, milking parlor and milk holding room before ending in the cheese plant. Here we will learn about their unique cheese making process. Added bonus—you can purchase fresh out of the vat cheese curds, or, if you prefer, aged Cheddar at the on-farm store.

\$58 includes lunch, tour, motorcoach transportation and escort.

8:55 AM Bus leaves City Hall/ Calvary Co-op

4:30 PM Approximate Return

Last day to register or cancel: June 5

Code: 13040

"The Best Little Whorehouse in Texas" at the Old Log



Wednesday, July 8

This happy go lucky view of small town vice and statewide political side-stepping recounts the good times and the demise of the Chicken Ranch, known since the 1850s as one of the better pleasure palaces in all of Texas. Governors, senators, mayors, and even victorious college football teams frequent Miss Mona's cozy bordello until that puritan nemesis, Watchdog, focuses his television cameras and his righteous indignation on the institution. Made popular by the Dolly Parton and Burt Reynolds movie, the play is a nostalgic look at a delicate subject, but there's "nothing' dirty going on!" Lunch will be enjoyed before the show in the Old Log Dining Room. **State your menu choice when registering:**

- 1) Braised Short Rib, potatoes and seasonal vegetable
 - 2) Tilapia with potatoes and seasonal vegetable
 - 3) Vegetarian Pasta - white wine/butter with seasonal vegetables and herbs
 - 4) French Cut Chicken, potatoes and seasonal vegetable
- All meals include: Rolls, dessert, coffee/tea/soft drink.

\$64 includes lunch, theater ticket, transportation, escort.

11:00 AM Bus leaves City Hall/ Calvary Co-op

4:30 PM Approximate Return

Last day to register or cancel: June 12 Code: S3205A

Mary Wanderer's One Day Trips

Magical Gardens – Wednesday, July 15



Our magical day begins in Wisconsin at the Mosaic Sculpture Garden where folk artist, Riana De Raad, will reveal images of her unique talent. Immerse yourself in the seasonal perennials, shade trees, interesting figures, quiet sitting areas, planters, bird houses and mystical

life-size concrete mosaic statues in the tradition of American outdoor folk art. Lunch will be at the Westwind Restaurant. Enjoy their buffet luncheon of salad bar, two hot entrees, potato, vegetables, bread, dessert and beverage. Before leaving the area, we will stop at Earthworks Nursery, established in 1976 and in its second generation of family ownership. They have a selection of plants that will brighten your patio or garden and there is plenty of room in the luggage bay of the motorcoach if something catches your eye.

\$56 includes lunch, theater ticket, transportation and escort.

8:55 AM Bus leaves City Hall/ Calvary Co-op

3:15 PM Approximate Return

Last day to register or cancel: July 1.

Code: S3204A

Mary Poppins at the Chanhassen Dinner Theater



Wednesday, August 5

Arrive at the Chanhassen to enjoy lunch from the matinee menu prior to the show. Sit back and enjoy "Mary Poppins the Broadway Musical". Based on the iconic Disney film,

Mary Poppins is a family musical featuring breathtaking dance numbers and unforgettable songs including: "Chim Chim Cher-ee", "A Spoonful of Sugar" and "Let's Go Fly A Kite". What could be more jolly? Winner of 44 major theater awards, this enchanting musical is *practically perfect in every way!*

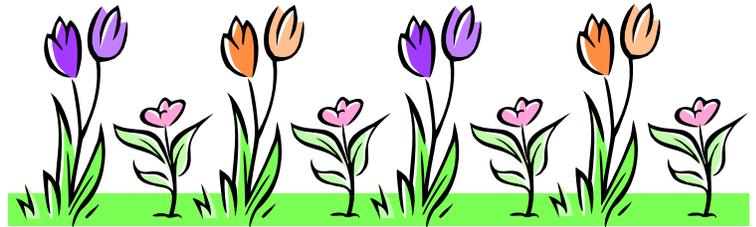
\$75 includes lunch, theater ticket, transportation and escort.

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

4:45 PM Approximate Return

Last day to register or cancel: July 1

Code:S3201A



Shoji Tabuchi Show – Tuesday, August 11



The Branson star is coming to Minnesota and we have tickets! We'll enjoy a freshly prepared half-sandwich, cup of soup, cookie and beverage at Granite City Food & Brewery in St. Cloud before arriving at the Paramount Theatre. Get ready for a musical entertainment experience. The Shoji Tabuchi Show has been at the heart of Branson's success. With his sense of musical perfection, Shoji searched long and hard for the right professional musicians to form his band. Their repertoire includes everything from country to classic, played with all the subtlety or verve, as the music demands, of a gifted musical group. NOTE: Menu subject to change.

\$89 includes lunch, Shoji Tabuchi Show, motorcoach transportation, and escort.

10:25 am Bus leaves Golden Valley City Hall/Calvary Coop

4:45 pm Bus returns

Last day to register/cancel: Wednesday, June 3

Code: S3211

Mary Wanderer's Extended Trip

A Summer Adventure in Lake Geneva, Wisconsin – June 24-26

This trip is full. Final Payment Due: Friday, May 15, 2015. Payments are non-refundable after April 27, 2015

North Shore Fall Colors Tour - September 29 - October 1

DAY 1: Coffee and rolls at Tobies. Stop at **Thompson Hill Visitors Center** for a stunning fall color view of Lake Superior. Arrive at **Lutsen Mountain** and board the Midwest's only **gondola** for a gentle ride at treetop level over the Poplar River Valley. Have **lunch** at the **mountaintop Summit Chalet**, the best vantage point to view the Sawtooth Mountains. Next, visit **Michael Monroe's Log Cabin** in the woods and enjoy a **personal concert**. His music and home has been featured on "On the Road with Jason Davis". Continue to Grand Marais and check into the **Best Western Superior Inn**, a three-diamond property located on the shores of Lake Superior, within walking distance of the shops and restaurants in the charming village of Grand



Marais. Have **dinner** at the **Birch Terrace Restaurant**, a former fur trading post converted into a restaurant in a restored 1898 home. **DAY 2:** Have **breakfast** at the hotel before a tour of the **North House Folk School Campus**. Learn about the student projects and discover the story, magic and history that make up the inspirational School. Travel up the North Shore to have **lunch at Naniboujou Lodge**, listed on the National Register of Historic Places. This afternoon take time to enjoy the small town flavor of **Grand Marais**. Shop or stroll along the waterfront. Enjoy dinner on your own. **DAY 3:** Have **breakfast** at the hotel. Take a **guided tour of the Split Rock Lighthouse**. Stop at the **Gooseberry Falls Visitors Center** to view the falls. Have **lunch at the New Scenic Café** in Duluth overlooking Lake Superior before heading home.

Fee: \$580 per person (2 per room)/\$745 per person (1 per room) includes: Lodging for two nights, meals (as listed), tours and attractions, deluxe motorcoach transportation, and tour escort Mary Odell.

Deposit: \$150.00 per person to make a reservation. Space is limited and registrations are taken on a first come basis. **Deposit Due:** Monday, June 29. **CODE: 13014.** **Final Payment:** Friday, July 20. **Cancellation:** Payments are non-refundable after June 29, 2015. Brochures and travel insurance information available at Brookview.



HOLLY & IVY

Holly & Ivy Christmas Tour—December 4 & 5

Day 1: Coffee and rolls at Trumbles. Arrive at Des Moines Botanical Gardens for a light **lunch**. Tour **Terrance Hill**, Historical Landmark and the Governor's Residence, decorated for Christmas. Des Moines, Iowa presents distinctive and historic homes adorned by the finest local decorators on the Holly & Ivy Tour of Homes. Take a self-guided tour of the **Salisbury House**, the family home of cosmetic magnate Carl Weeks, modeled after the King's House in Salisbury England. Check into the Country Inn & Suites. **Dinner** is at The Machine Shed. Enjoy the drive through the magical **Jolly Holiday Lights Display** at Water Works Park, a 3.5 mile riding tour of magical lights, to benefit Make-A-Wish, Iowa. [C, L, D]



Day 2: Enjoy breakfast before the **Holly and Ivy tour**. Each year the spectacular tour has



carefully selected homes decorated for Christmastime. They often feature a beautiful private residence, a stunning mansion, an elegant estate, and a house of worship. Conclude at the **Central Presbyterian Holiday Market**. Enjoy a bowl of **homemade soup** and visit the craft sale. Say good-bye to des Moines as we travel to Trumble's for **dinner** before returning

home. **NOTE:** The tour will require guests to walk and stand for over 30 minutes at each stop. Very limited or no seating options are available. Some homes are decorated on more than one level. [B, L, D]

Fee: \$335 per person (2 per room)/\$390 per person (1 per room) includes: Lodging for one night, meals (as listed), tours and attractions, deluxe motorcoach transportation, and tour escort Mary Odell.

Deposit: \$75.00 per person to make a reservation. **CODE: S3206.** Space is limited and registrations are taken on a first come basis. **Deposit Due:** Monday, October 12. **Final Payment:** November 2. **Cancellation:** Payments are non-refundable after October 12, 2015. Brochures and travel insurance information available at Brookview.

Community Information

Tax Assistance 2015



Thursdays, through April 9
9:30AM-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. Trained volunteer tax counselors help seniors and individuals with low to moderate-income with routine forms. Please bring all information needed to complete your taxes. Registration taken at the door the day of the service starting at 9:00 AM

Confused about Medicare?



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 9, May 14, June 11

SENIOR LINKAGE LINE

1-800-333-2433



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

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.storeto-door.org

COMMUNITY PHONE NUMBERS

Crystal Community Center—763-531-0052
Dinner At Your Door—763-531-1183
Golden Valley Seniors 763-512-2339
HOME—952-746-4046
LinkVet Hotline—1-888-546-5838
Senior Dining—763-531-1183
Senior Linkage Line—1-800-333-2433
Senior Outreach—952-746-4028
Store to Door—651-642-1892

FREE SAFETY CHECK FOR SENIORS – ACT NOW!



The HOME Program is offering a no-cost Home Assessment which will evaluate the safety of the homes of senior citizens as part of a grant through the state of Minnesota. We will check out your need for handrails, grab-bars, smoke detectors, lighting, and other safety components. People aged 60+ residing in suburban Hennepin County and Minneapolis are eligible for this limited time offer. No sales. For more information contact 952-746-4046 or email home@seniorcommunity.org.

Senior Community Services is a nonprofit organization which serves seniors and caregivers in Hennepin County.

HOME—952-746-4046



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

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, April 3, 10, 17, 24

Friday, May 1, 8, 15, 22

Friday, June 5, 12, 19, 26

Fee: \$34. Payable to Happy Feet Footcare, Inc.

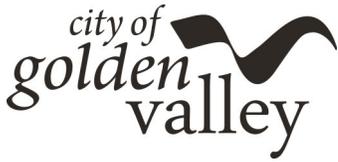
Senior Dining – 763-531-1183



Senior Dining provides a delicious noon meal at Crystal Community Center. A donation of \$3.75 is requested, but no one will be denied a meal. Take out meals are also available. Call from 9:00AM-11:30 AM for reservations and questions.

Dinner At Your Door-763-531-1183

Friendly volunteer drivers deliver hot, delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne at 763-531-1183 from 9:30-11:30 AM for information and menu.



Parks & Recreation Department
 200 Brookview Parkway
 Golden Valley, MN 55426

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

GOLDEN VALLEY ACTIVITY & TRIP REGISTRATION FORM



First & Last Name: _____

Address: _____ **Phone:** _____

City: _____ **State:** _____ **Zip:** _____ **Date of Birth** _____

E-mail: _____

Emergency Contact Name & Phone (if different from above): _____

Participant's First & Last Name	Trip/Activity	Trip/Activity Code	Pick-up Site	Special Requests	Fee
<input type="checkbox"/> Cash <input type="checkbox"/> Visa or MasterCard # _____ <input type="checkbox"/> Check # _____ Sign for credit card: _____					TOTAL

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 and its partner cities or other governmental agencies (hereinafter collectively "City") 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 release and not hold the City liable for any claim, damages or loss resulting from participation in any such activity, including claims for injuries, death and resulting medical costs and attorney fees. The completion of your registration signifies your acceptance of this consent.

SIGN: _____ **DATE:** _____