

Services

BLOOD PRESSURE CHECKS

1st Tuesdays 10:00–11:30 am

FOOT CARE

1st and 2nd Tuesdays, 12:30 – 4:30 pm

Pay nurse \$30.00 Call 664-3700 for appt.

MEDICARE ASSISTANCE

Free State Health Insurance Assistance Program counseling, on a walk-in basis (no appointment needed).

1st and 3rd Fridays 9:30 – 11:00 am

MASSAGE THERAPY & YOGA THERAPY

Wednesdays 8-11:30am 1 hour appts, \$65; 1/2 hour, \$40

Massage Therapist & Registered Yoga Trainer:

Sigrid Londo

Schedule appointments at 612 598-1445

or sigridbreathe@yahoo.com.

AARP to offer tax counseling at the Northfield Senior Center beginning the second week of February through the second week of April. Appointments will be taken at the Reception Desk or by phone: 664-3700.

To complete your federal and state tax forms, please bring:

Copy of last year's income tax returns

All W-2's, 1099's, 1099R's, all documents showing income received

If you choose direct deposit for refunds, bring checkbook showing bank routing numbers

Homeowners: bring Property Tax bill paid in 2009 and after March 15th also bring the 2010 bill

Documentation showing original purchase price of sold assets

All forms showing any federal income tax paid

All receipts or cancelled checks if itemizing deductions

April 16 Homeowners' and renters' rebate day.



Driver Safety Classes

AARP classes \$15 members; \$18 nonmembers

Classroom instruction for all area motorists over age 50 that lowers automobile insurance rates for three years.

8-hour Classes (for first timers)

Class for the deaf in sign language only will be held:

Friday May 7 9am-5pm Code 869

Mon/Tue May 17/18 5:30-9:30pm Code 843

4-hour Refresher Classes (every three years)

Mon, Apr 12 9:00am to 1:00pm Code 789

Mon, May 3 1:00-5:00pm Code 827

American Red Cross Courses

Instructor: Bettina Hirsch, AMRC Trainer, EMT, Professional Rescuer

CPR & Defibrillator Training—short course

(Pick one date) (Bring a lunch)

Friday Apr 9 9:30 am - 1:30 pm Code: 791

Friday May 14 9:30 am - 1:30 pm Code: 870

Cost: \$30m, \$45nm