



Valley Senior Services

helping seniors maintain independence

Metro Senior Ride Service **293-1440**

Ride service is provided by Valley Senior Services for people 60 years and older in Fargo, West Fargo, Moorhead, and Dilworth. **Ride appointments are made by calling our office at 293-1440 at least two days in advance to schedule your ride. There is a \$2.50 fee per one-way ride.**

Van Service

Van rides are available for most any need in the Metro area between the hours of 7:40 AM and 4:30 PM Monday - Friday.

Bus Service

Fargo and West Fargo

Grocery Shopping - Fargo

Mondays

1:00 - South of I-94

Tuesdays

1:00 Trollwood (3111 & 3115)
Trollwood (3125 & 3135)

Wednesdays

8:30 – Main Ave to 15th Ave No.
10:15 - Heritage House
12:00 – 15th Ave No. and beyond
1:00 - Pioneer Manor

Thursdays

9:00 – Fargo High Rise
9:15 – University Manor
11:00 – S of Main&West of Univ
1:00 – S of Main & East of Univ

Grocery Shopping - West Fargo

Tuesdays 8:30 - West Fargo High Rise
9:15 - West Fargo Community

Moorhead/Dilworth

Transit Alternatives provides grocery and Wal-Mart shopping trips in the Moorhead/Dilworth area. Please call toll free 866-998-3002 for more information.

Metro Senior Ride Service

To help us provide a better ride service, we ask that you would follow these guidelines when riding with us . . .

- **Please make all appointments by calling 293-1440**, between the hours of 8:00 AM and 4:30 PM Monday – Friday.
- **Please call at least one or two days in advance to schedule your ride.**
- **Please be ready and waiting 15 minutes prior to your pick up time.**
- **If you need to cancel your ride**, please call as soon as possible.
- **For your return ride home**, call our office at 293-1440.
- **If you do not need a return ride home**, please call and let us know.
- **Escorts**, who are assisting you as you ride, may ride at no charge.
- **Fees to ride the senior ride service are \$2.50 per one- way ride.**
- **Punch cards are available** for purchase from our drivers or at the office.

Even though we have a fee to ride, your extra gifts to our service are still very much needed and necessary to the success of this service.

Your continued support of the Metro Senior Ride Service is appreciated.