

# Golden Valley Seniors Newsletter

Senior Office 763-512-2339

## June Happenings

### Pedal Pushers June Schedule



Join Nancy, our fearless leader, as we start our 2009 Pedal Pusher season. Happy biking!

Time: 9:00 a.m.

Tuesday, June 9—Mississippi Mile

Tuesday, June 23—Baker Park

Maps with meeting locations will be sent. Call to be placed on the Pedal Pusher list.

Register for each ride by calling the senior office by 3:00 PM the day before the ride.

### COFFEE TALK—Wednesday, June 24

Join us for juice, sweet rolls, donuts, informative programs and, of course, coffee.

Fee: \$2.00, payable at the door.

9:45 AM Refreshments

10:00 AM Speaker

#### The Courage to Be



Do you think of yourself as a role model? You should! "The Courage to Be" affirms the attributes of older people as role models while emphasizing the

need to celebrate Being rather than Doing. Hear author and national speaker Chuck Tindell explain why it's not the wrinkles on the outside we have to worry about, but rather, the ones on the inside. Books will be available for purchase. Register by June 22

### RESOURCE FAIR—Wednesday, June 3

Calvary Coop, 7600 Golden Valley Road  
1:00-4:00 PM

### HEALTH FAIR—Friday, June 12

Covenant Village, 5800 St. Croix Avenue  
12-3 PM

Stop by and say "hi"

### LIVING WISE and WELL—June 4

1:00 PM

Calvary Center Cooperative

7600 Golden Valley Road

Join us for this free program that offers information for a happy, healthier you. No pre-registration necessary.

#### What you need to know when looking for short-term care or rehab



Join an informative discussion regarding how to find a quality TCU (transitional care unit)

when leaving the hospital. Find out what to look for when touring different rehab facilities and what questions to ask. Learn about Medicare's new 5 star rating system launched in December 2008 about skilled nursing facilities. Going in for a planned surgery...be proactive and tour rehab centers prior to your hospitalization. This will be an open question and answer event. Don't hesitate to come with your list of questions. Presented by Darci Buttkie, Referral Manager of Golden Valley Rehab and Care Center.

### Money Matters—Thur, June 18

10:00—11:00 a.m.



#### Take Control of Your Retirement Income

How long will my retirement savings last and more! Presented by Jeannine Strand, CFP, Financial Advisor, Ameriprise

Fee: Donation accepted for refreshments  
No need to register—just come!

# July Happenings

The Park and Recreation Department is currently looking for volunteers to work at the Annual Golden Valley Penny Carnival on Friday, July 24<sup>th</sup> from 10 AM-1 PM at Brookview Park. Volunteers will run carnival games for youth, in a shaded location and a position that does not require standing. Please call Brian Erickson if you're interested in helping and/or need more information at 763-512-2366.

Brookview Community Center and the Senior Office will be closed on Friday, July 3.



## LIVING WISE and WELL—July 2



1:00 PM  
Calvary Center Cooperative  
7600 Golden Valley Road

Join us for this free program that offers information for a happy, healthier you. No pre-registration necessary.

## Money Matters—Thur, July 16 10:00—11:00 a.m.

### Financing Your Retirement may be Right Under Your Roof



Hear the newest mortgage options and what may work for you. Presented by Kevin Sayre, BNC Bank, Golden Valley.

Fee: Donation accepted for refreshments

## COFFEE TALK—Wednesday, July 22

Join us for juice, sweet rolls, donuts, informative programs and, of course, coffee.

Fee: \$2.00, payable at the door.

9:45 AM Refreshments

10:00 AM Speaker

## Buttons, Buttons, and More Buttons



Buttons have played an important role since the 14<sup>th</sup> Century. Our speaker Carol Kwiecien, a member of the Minnesota State and National Button Society, will bring her extensive button collection and share the history of buttons from the 14<sup>th</sup> Century to today. You're encouraged to bring an older special button to share. Register by July 20.

## Arthritis, Weather & Medications 101



Is it true that people with arthritis can predict rain through their aches and pains? Today we'll learn why our joints react to the weather and current medications used to treat arthritis Lavina Potios, Jones-Harrison Health Center.

## Pedal Pushers July Schedule



Join Nancy, our fearless leader, as we start our 2009 Pedal Pusher season. Happy biking!  
Time: 9:00 a.m.

Thursday, July 16—North Hennepin Trail  
Tuesday, July 28—LRT North Corridor  
Maps with meeting locations will be sent. Call to be placed on the Pedal Pusher list.  
Register for each ride by calling the senior office by 3:00 PM the day before the ride.

## || JUNE and JULY TRIPS

|| June 19—Meandering with Mary

|| June 25—Granite and Gardens (St. Cloud)

|| July 14—Boone and Erickson 50th Anniversary Celebration at the Old Log

|| July 17—Meandering with Mary

|| July 21—Lunch Cruise and the University of Minnesota Centennial Showboat



# Center Happenings

## Blood Pressure Screening

**11:00-11:30 a.m.**



*Wednesday, June 24*

*Wednesday, July 22*

This FREE service is provided by the staff from Ambassador Good Samaritan Home Health. No need to pre-register-just come!

## Happy Feet Foot Care Clinic



The foot-care 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.

Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. *If you need to cancel your appointment, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you.*

Tuesday, June 16, 9 a.m.-2:30 p.m.

Tuesday, July 21, 9 a.m.-2:30 p.m.

Tuesday, August 18, 9 a.m.-2:30 p.m.

Fee: \$30, payable to *Happy Feet Footcare, Inc.* and due at time of service

## Mondays with Mary



Join Mary on Mondays at 9:30 a.m. to work on projects for Ambassador Care Center, Dinner At Your Door, and Golden Valley Seniors. We'll supply the materials and coffee. "The more the Mary-ier."

## 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.

Last year many seniors found that one company's enhanced plan provided better coverage for less money than its basic plan. Those who reviewed their coverage saved money.

Now is the time to look at your health insurance plan and meet with George, our insurance counselor. He is here to aid you in your selection process.

**Tuesday, June 9**

**Tuesday, July 14**

Appointments at 9:00, 10:00 or 11:00 a.m.

Call 763-512-2339 to make an appointment. Sponsored by SCS.

## Remember When?...

*with Jan*



1:00 p.m.

Dover Hills Mid Rise

2400 Rhode Island Ave. N

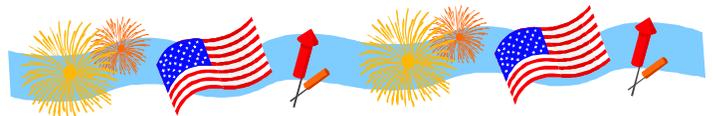
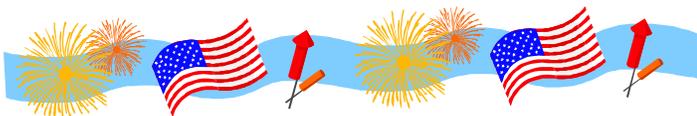
FREE

Let's go back and enjoy our special memories with our friends.

*Thursday, June 25—Remembering Picnics*

*Thursday, July 23 - Remembering Pets*

**WOMEN'S SOCIAL BRIDGE GROUP is looking for new members. We play the 1st & 3rd Tuesdays at Brookview from 12-3 p.m. Call Barb Ego at 763-544-0897 for information.**



## Center Happenings

### *Cards & Groups at Brookview*

#### **Bridge:**

1st & 3rd Tuesdays-Women's Social Bridge  
Thursdays, 6:30 pm-Open Bridge  
Fridays, 9 am- Open Bridge

**Cribbage**- Tuesdays, 1 pm

**Dominoes**- Mondays, 1 pm

**Euchre**- Thursdays, 1 pm

**500**- Wednesdays, 1 pm

**Jigsaw Puzzle** during Center hours.

#### **ARMCHAIR TRAVEL**

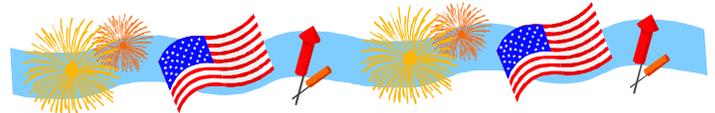


#### **COUNTRY VILLA**

7475 Country Club Drive  
2:00 p.m.

Thursday, June 18-Madagascar

Join world-traveler, Dick Kain, as he shares his adventures.



### **For Your Information**

#### **READ AROUND TOWN**



This Robbinsdale School District initiative is dedicated to encourage reading by all members of the community regardless of age. The Committee consists of people from the School District and from the public. Meetings are on the third Wednesday at 8:00 AM every other month at the District Office.

Activities include collecting gently used books and distributing them to members of the community at various school and public events including the Whiz Bang Days Ice Cream Social. They work with the public library to promote events that promote reading.

The group is looking for people to serve on the Committee. Contact Mary Anderson at 763-588-8578 for information.

#### **SHARING AND CARING OLYMPICS**



Five local care centers and assisted living facilities will host an "Olympic" competition June 22-25.  
*June 22*-GV Rehab will host the opening ceremonies with an ice cream social, entertainment and competition from 2-4 PM  
*June 23*-SunRise Assisted Living is host from 2-4 PM with refreshments.  
*June 24*-The Heathers is host from 2-4 with refreshments.  
*June 25*-Crystal Care Center will host the competition and closing ceremonies with a picnic from 10:30 AM-2:30 PM.

You're invited to attend. Facility tours will also be available.

#### **NEWSLETTER NOTE:**



If you did not receive this newsletter in the mail, it means you have not sent your 2009 \$5 donation. It's never too late!

Send it to:

Golden Valley Seniors,  
200 Brookview Parkway  
Golden Valley, MN 55426

Code 9359

#### **SENIOR TECH CAMP**



Thursday, July 23

10 AM-1 PM

Golden Valley Library

Hand-on opportunities to explore new technologies that are increasingly becoming part of our daily lives—e-mail; audiobooks; virtual games. Bring in your digital cameras, cell phones, MP3s and a gadget expert from Best Buy will show you how to use them! Registration begins June 25. Register online ([www.hclib.org](http://www.hclib.org)) or call 952.847.5475.

## CLASSES

### **Defensive Driving Course - 4-HOUR REFRESHER COURSE**



Thursday, June 11, July 9, August 13  
9:00 a.m.-1:00 p.m.  
\$17/person

Register at least ten days in advance with the Minnesota Safety Council to receive certificate at class. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Indicate the Golden Valley Brookview location. Call the Minnesota Safety Council at 651-291-9150 for more information.

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. See above for mailing address.**

### *Oil & Acrylics with Judy*



**Mondays, 9:30-11:30 a.m.**

Judy is back! And ready to guide you to paint with oils or acrylics.

Students need to bring all painting supplies.

Dates: Mondays, starting May 4. Class is continuous through December 14. No class 5/25

Fee: \$38 for a punch pass good for 6 classes.

### **INTERMEDIATE BRIDGE**



Made for the player who has basic knowledge of the game, sharpen your skills through these classes instructed by Dick Welander.

Friday, June 5-July 31

Time 9-10:30 a.m.

Fee: \$29 for residents/\$32 for non-residents  
CODE 9719

## **For Your Information**

### **Senior Community Services Outreach Program - 763-450-4310**

Senior Outreach provides in-home counseling and case management to individuals and their families to help older people remain independent. Seniors and caregivers support groups are also available.

### **HOME Northwest 763-450-4311**



This program matches skilled workers (paid and volunteer) with those who need help with yard clean-up, cleaning windows, house cleaning and minor home repairs.

### **COMMUNITY PHONE NUMBERS**

Senior Dining—763-545-5659  
Dinner At Your Door—763-531-1183  
PRISM Express—763-529-1252  
LinkVet Hotline—1-888-546-5838  
Senior Outreach—763-450-4310  
Senior Linkage Line—1-800-333-2433



### **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 door if you live in

Golden Valley. We go to:

Cub Foods every Wednesday

Brookdale, Rosedale, or Ridgedale - 2<sup>nd</sup> Fri

Walmart - 2<sup>nd</sup> Tuesday

Byerly's & Walgreen's - 4<sup>th</sup> Thursday

Target - 4<sup>th</sup> Friday

Call the 5 Cities Office to be placed on the mailing list for the Golden Valley schedule. Over 20 years of experience and service!

### **SENIOR LINKAGE LINE -1-800-333-2433**

Call us first with your questions. Our trained 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.

## The Mary Wanderers-One Day trips

### Meandering with Mary



For Golden Valley Senior members, our 28 passenger bus takes us to wonderful local places, all favorites of Mary and Jeanne. You'll eat, learn, eat, laugh and eat again. Cost for

each trip is \$6.00 for the bus and escort.

Lunch and treats are on your own.

#### Schedule :

9:25 a.m. Bus leaves Calvary Coop & Apts

9:30 a.m. Bus leaves City Hall (water tower)

10 am-2 pm Mary stops and lunch

2:45 p.m. Return to Golden Valley

#### Friday, June 19—Code 9481

Everything's coming up roses today on our tour. To completely participate in this outing you should be able to walk 2-3 blocks without assistance. Lunch following the tour. Last day to register or cancel is June 12.

#### Friday, July 17—Code 9482

It's off to the market we go on today's outing with a coffee stop, lunch and "Mary stop" before returning home. Last day to register or cancel is July 10.

### Granite and Gardens

#### Thursday, June 25



St. Cloud is called "Granite City" and recognized worldwide. We'll tour the "Stone Crafters" facility

with a chance to visit and purchase items in the showroom. A buffet lunch will be at the Coyote Moon Grill overlooking the Territory Golf Club. After lunch we will stop at the Munsinger and Clemens Gardens (wear comfortable walking shoes) and tour the Stearns County History Museum before heading home.

Cost: \$53

8:30 AM Bus leaves GV City Hall/Calvary

5:30 PM @ return

Last day to register or cancel is June 8

Code: 9465

### BOONE AND ERICKSON

#### 50th ANNIVERSARY CELEBRATION

Tuesday, July 14



This area's most popular broadcast duo, Charlie Boone and

Roger Erickson, will celebrate 50 years together with a show that includes memories, music, and worst jokes—guaranteed to make you laugh (or groan). Enjoy this once-in-a-lifetime trip down memory lane at the Old Log.

Cost: \$37 includes theater ticket, bus and escort.

2:15 PM Bus leaves GV City Hall/Calvary

6:00 PM Approximate Return

Last day to register or cancel is June 30

Code 9890

### Lunch Cruise & U of M Centennial

#### Showboat

Tuesday, July 21



A narrated lunch cruise on the Harriet Bishop with en-

closed climate controlled decks and rest-

rooms on all three decks. Buffet menu:

Grilled Chicken Breast with dried cherry

sauce, salad, potato puree, vegetable

sauté, rolls/butter, raspberry swirl

cheesecake, coffee/iced tea. After lunch

we'll walk one block to the Centennial

Showboat for a performance of the com-

edy "Is There A Doctor in the House?"

The play is a comedy of misdirection,

mistaken identities, and misdiagnosis

with music and olios for a healthy dose of

ol' fashioned fun.

Cost: \$77

11:15 AM Bus leaves GV City Hall/Calvary

5:45 PM @ return

Last day to register or cancel is June 22

Code: 9473

## *The Mary Wanderers-One day trips*

### **Resorting Past-Wednesday, August 5**



A quick coffee stop and treat at McDonalds before visiting the "Preserve the Tradition"

Museum in Dalton, filled with fishing, hunting and natural history items from the personal collection of Steve Flack. Mr. Flack has traveled the world and has obtained numerous hunting awards. Off to lunch at the Ten Mile Lake Resort family owned and operated since 1906. Menu: Broasted Chicken, potato salad, vegetable, roll/butter, dessert bar and beverage. We're not done yet! Our last stop before heading home is the new Minnesota Lakes Maritime Museum in Alexandria, where Minnesota's maritime and resorting past is preserved. This museum, filled with handcrafted wood boats, antique rods and reels, classic canoes and more was featured "On the Road with Jason Davis", and celebrates Minnesota's obsession with nature and fishing.

Cost: \$59

8:00 AM Bus leaves GV City Hall/Calvary  
5:30 PM @ return

Last day to register or cancel is July 20  
Code: 9474

### **FUNNY MONEY**



**Old Log Theater  
Thursday, August 13**

When mild mannered accountant, Henry Perkins, accidentally picks up the wrong briefcase on the train and discovers it's crammed full of cash, it's a dream come true – that is until the police find Henry's own briefcase attached to a corpse in the river! Enjoy this rollicking, outrageously funny comedy starring Steve Shaffer and Tom Stolz.

Lunch will be served before the show. Entrée choice of: Chicken Breast with basil pesto cream sauce, Smoked Pork Chop, Walleye Pike Almandine or Vegetarian Lasagna with tossed salad, potato, vegetable, rolls/butter, dessert and coffee, tea or milk. Please indicate choice when registering.

Cost: \$47 includes luncheon, theater ticket, transportation and escort.

11:00 AM Bus leaves GV City Hall/Calvary  
3:45 p.m. Depart Old Log for home  
(approximate time)

Last day to register or cancel is July 30  
Code 9891

### **Lanesboro & the Commonweal Theater—Friday, September 18**



Our afternoon begins in the tiny village of Lanesboro with lunch at the Pedal Pusher's Café. Menu: Roast Pork Loin, mashed potatoes/gravy, vegetable, roll/butter, dessert, coffee/tea/milk. After lunch there will be time to shop the stores along main street before seeing the performance at the Commonweal Theater of "The Rainmaker", a play about faith, reality, trust and transformation. On the way home, we'll make a short stop to stretch our legs and get a treat (on your own).

Cost: \$65

8:00 AM Bus leaves GV City Hall/Calvary  
6:30 PM @ return

Last day to register or cancel is August 10  
Code: 9476



## The Mary Wanderers

### "Joseph" - Chanhassen Theater Wednesday, September 23



Back by popular demand, the Chanhassen presents "Joseph and the Amazing Technicolor Dreamcoat". Joseph, sold as a slave by his brothers, has the ability to explain people's dreams. When the pharaoh calls on him to breakdown his dream, Joseph predicts a famine and is made the pharaoh's secondhand man. Joseph's brothers come to him for relief during the famine and Joseph puts them to the test to see if they have changed. Lively music, colorful costumes and more! Lunch in the theater prior to the play.

Cost: \$65

10:40 AM Bus leaves GV City Hall/Calvary  
5:30 PM Approximate Return  
Last day to register or cancel August 5  
Code 9892

### Bayfield and the Apostle Islands - August 19 & 20



**Very limited openings. Day 1:** Stop for coffee and rolls. Have

lunch at the Old Rittenhouse Inn. Lodging at the Hotel Chequamegon in Ashland. Tonight enjoy a special performance under the big-top canvas tent at Lake Superior Big Top Chautauqua. [C,L]

**Day 2:** Take the Ferry to LaPointe on Madeline Island for a historical tour of the island. Have early lunch and visit the Historical Museum. Supper stop and return to Golden Valley @ 8:00 p.m. [L,D]

**Cost:** \$385 per person (2 per room)/  
\$465 per person (single room)

**Deposit:** \$100.00 per person is due on July 1. **Final Payment:** July 15, 2009  
CODE 9475

### HOLIDAY SHOWTIME IN WISCONSIN DECEMBER 3 & 4, 2009



**Day 1:** A stop for coffee and rolls and lunch before arriving in Madison, WI. to tour The Governor's Mansion\* decorated for the Christmas season. Continue to Ft. Atkinson for lodging at the Holiday Inn

Express. Spend the evening at The Fireside Dinner Theater. Enjoy the Thursday Evening Signature Buffet with a fabulous array of entrées, salads and desserts. The performance is the **Miracle on 34<sup>th</sup> Street musical - Here's Love**, by Meredith Wilson, a heart-warming musical version of *Miracle on 34<sup>th</sup> Street*. [C,L,D]

**Day 2:** Have a light breakfast at the hotel and travel to Prairie Du Chien. Discover life on the Victorian Country Estate - Villa Louis with the annual Holiday celebration full of the pomp and splendor associated with America's Gilded Age. Holiday tours showcase seasonal decorations, traditions and treasures from the Villa Louis collections. Have lunch after the tour and return to the Twin Cities @ 7:00 PM [C,L]

\*The Governor's office will decide in the fall if and when the mansion will be open for tours. An alternate tour will be substituted if the mansion is not available.

Cost: \$375 per person (2 per room)/  
\$450 per person (1 per room)

**Deposit: \$100.00** per person is due on Monday, October 19, 2009. CODE 9479

**Final Payment:** Due Monday, November 2

**Cancellation:** If you cancel after October 19, payments are non-refundable because of prepaid reservations and admissions.

**Insurance:** Cancellation insurance is available for \$30.00 per person .

Call for complete flyer with details.

**FALL COLORS/EAGLE CENTER-Oct. 13**  
**OLIVIA, MN—November 5**  
**HOLIDAY HOMES TOUR—December 12**  
**AWAY IN THE BASEMENT—December 15**

## 5 Cities Transportation Groups 763-531-1259

**Call Five Cities Transportation at 763-531-1259 to register at least one week in advance.** 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.

Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28. Pay the driver with cash or check made payable to First Transit Co.+

**Fare for Special Destination trips:** \$7 cash for round-trip transportation or two punches from the bus 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.

**FIVE CITIES TRANSPORTATION ALSO GOES TO CUB, TARGET, WALMART & MORE! CALL FOR YOUR SCHEDULE TODAY!**

### BRUNCH BUNCH



Join us for lunch. Order off the menu and pay with credit card or cash. Individual checks with tax and tip will be given.

Bus picks up between 9:30-10:00 a.m. Exact times given by 5 Cities staff. Return @ 1p.m.

*Tuesday, June 23—Maynard's*

Reservations begin May 29

*Tuesday, July 28—Hell's Kitchen*

Reservations begin July 1

*Tuesday, August 25—Cracker Barrel*

Reservations begin July 31

### NATURE OF THINGS

**Special destination fare applies**

Limited home & apartment pick-ups

9:35 AM Bus leaves GV City Hall

1:00 PM Bus leaves destination

**Friday, June 5—Arboretum**



The summer gardens are magnificent! Lunch on your own at the Oswald Visitor Center Restaurant.

Before heading home we'll take a trip around the 3 mile driving loop. **Note:**

**additional \$5/ person for admission payable to the escort upon loading the bus.**

Register by May 29

**Friday, August 7—Como Zoo**



Explore the Como Conservatory and Zoo to see a variety of exhibits. Lunch is on your own; establishments do not accept checks. Additional donation of

\$2/person applies payable to the escort upon loading the bus. Register by August 1

### Vivace! Concert Series

Special destination fare applies



Thursday, July 23—Minneapolis Pops Concert

Free coffee, punch & cookies before the 10:30 AM concert. After the concert, lunch at B'wiched (on your own)

9:30 AM Bus leaves GV City Hall

### LOCAL MOTION



**Special destination fare applies**

Limited home/apartment pick-ups. All costs including lunch on your own

**June 4—Mall of America**

9:35 AM Bus leaves GV City Hall

12:45 PM Bus leaves MOA

Register by June 1

**June 30—Lake Harriet Gardens**

Guided tour and lunch at Patrick's.

9:35 AM Bus leaves GV City Hall

1:45 PM Bus leaves Patrick's

Register by June 23

### WITH SENIORS IN MIND—July 14



**Tales of the Road**

**Special destination fare**

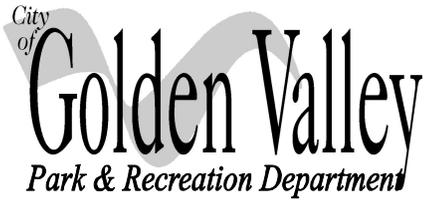
Highway 61 traces @ 440

miles through Minnesota, from Pigeon Falls to La Crescent

with many well-documented stopping-off points along the way. But what about those ignored sites? Broadcast journalist Cathy Wurzer unearths fascinating stories about the places she visited along Highway 61 . as part of a project for a public television documentary and a companion book. Here's a road trip you won't want to miss! A book signing follows the program.

9:35 AM Bus leaves GV City Hall

2:00 PM Bus leaves History Center



**PRSRT STD  
US Postage PAID  
Permit 1659  
Minneapolis MN**

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

**Golden Valley Registration Form**

**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 Name	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 # \_\_\_\_\_  
 VISA     MasterCard

**Card #:** \_\_\_\_\_

**Expiration Date:** \_\_\_\_\_

**Signature for credit card payment:**  
 \_\_\_\_\_

**TOTAL DUE:** \_\_\_\_\_

**OFFICE USE ONLY**

FA \$ \_\_\_\_\_

GC \$ \_\_\_\_\_

Fee Paid: \_\_\_\_\_

Date: \_\_\_\_\_

Rec'd By: \_\_\_\_\_