

City  
of

# Golden Valley Seniors Newsletter

Senior Office 763-512-2339

## October Happenings

### Pedal Pushers October Schedule



Join Nancy, our fearless leader, as we conclude our Pedal Pusher season.

Time: 9:00 a.m.

*Tuesday, October 6—Midtown Greenway*

It's the last ride of the season. We'll ride west on the Midtown Greenway starting and finishing at Nancy & Keith's home for the annual last ride pot luck. Call to be placed on the Pedal Pusher list. Register by calling the senior office by 3:00 PM the day before the ride.

### LIVING WISE & WELL—October 1

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.

### How Senses Change with Aging and How We Compensate



Have you noticed that the volume of the television or radio needs to be turned up to be heard? Or the newspaper print has gotten smaller? Flowers no longer smell like they used to? *Karla Settler from Generational Resource Connections* will explain how the senses change as we age and how we naturally compensate for the changes.

### COFFEE TALK—Wednesday, October 28

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

9:45 AM Refreshments

10:00 AM Speaker

Fee: \$2.00, payable at the door.



### Changes in Medicare and Medicare Part D



Every year brings changes to your Medicare Insurance and Medicare Part D. Find out what's changing for the year 2010 from the Senior

Community Services Insurance Counselors.

Register by October 26

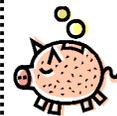
### GOLDEN TONES SENIOR CHORUS

Thursdays 10:30 AM

Calvary Church—Join us!



### Money Matters



Thursday, October 15

10:00—11:00 a.m.

*Aging and the Law: Protecting Finances and Medical Preferences-Part 2.* We continue our April discussion. Learn the most effective estate planning tools to make financial and health care decisions that will endure through the ages including: planning for and managing disability, what happens to your property when someone dies, the difference between a will and trust and specific ways to plan ahead to avoid probate.

*Presented by Elizabeth Michaelis, Attorney, Guardian Counsel Law Office*

Fee: Donation accepted for refreshments

## November Happenings

**No senior or recreation activities will be held at Brookview on Tuesday, November 3rd, Wednesday, November 11, Thursday, November 26 & Friday, November 27 for Thanksgiving.**

### "Financial and Legal Issues for Seniors and Caregivers" Wednesday, November 4



Golden Valley Library  
830 Winnetka Avenue North

6:00 PM Refreshments

6:30 PM Presentation

This presentation will cover services you may need while managing financial and legal issues for an aging family member. Ashley Brooks-Danso from the Alzheimers Association will discuss power of attorney, specialized insurance, health care directives and other sometimes thorny issues. Co-sponsored by the Golden Valley Library and the Golden Valley Seniors.

Register by Nov. 1 with the senior office.

### LIVING WISE and WELL—Nov 5



1:00 PM

Calvary Center Cooperative  
7600 Golden Valley Road

Join us for this free program that offers information for a happy, healthier you.

### Healthy Easy Meals for One or Two



It's difficult to downsize mealtime when grocery stores package items for families of four. Today we'll learn easy meals to

prepare for one or two that are delicious and healthy from a dietary staff member from Jones-Harrison.

### Money Matters

Thursday, November 19

10:00—11:00 a.m.

### Protecting a Lifetime of Retirement Savings



Learn how to protect your savings from: going to the wrong beneficiary, being squandered by a beneficiary,

income taxes, creditors, non-traditional families or probate. *Presented by Craig Empey, Attorney, Empey Law Office, PLLC*

Fee: Donation accepted for refreshments

### Taste of Golden Valley Wednesday, November 11



5:30-8:00 PM

The Metropolitan Ballroom  
5418 Wayzata Boulevard

Your \$20 donation will include food served by local restaurants and live music. Silent auction. Cash bar. Proceeds benefit the GV Human Services Foundation and area social service agencies.

### GOLDEN TONES



Thursdays 10:30 AM

Calvary Church

7520 Golden Valley Road

Practices are Thursday from 10:30-11:30 AM. First performance is October 22nd at Dover Hills. Proven fact! Singing and laughing can add years to your life! NEW VOICES ALWAYS WELCOME. Check us out!

### Holiday Tea

WEDNESDAY, DECEMBER 9

1:00-2:30 PM

See page 3 for details.

## Save the Date

### ARMCHAIR TRAVEL



#### COUNTRY VILLA

7475 Country Club Drive  
2:00 p.m.

Travel without leaving home.

*Mt. Everest and Nepal on October 15  
November 19—to be determined  
December 17—to be determined*

Register with the senior office at least one day before the adventure.

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

### GOLDEN VALLEY LIBRARY

830 Winnetka Ave N

#### Senior Surf Day—October 8

9:00 – 11:00 AM



Get hands-on computer experience from representatives of the Senior LinkAge Line®.

Learn computer basics, how to navigate and search the Internet and how to access web-sites of interest to seniors.

Register online at [www.hclib.org](http://www.hclib.org) or call 952.847.5475.

### Robbinsdale City Band Concert

*Thursday, December 3*

*Crystal Community Center  
4800 Douglas Drive North*

*5 Cities Transportation available for this event. Call 763-531-1259.*

*Time: 7:00 p.m. Refreshments*

*7:30 p.m. Concert*

*Cost: Donation for refreshments*

### Oils and Acrylics with Judy



Last day of class is Mon, Nov. 30.

Open painting meets December 7-April 26. Bring your project and paint together for free! Class resumes May 3.

### HOLIDAY TEA



*Wednesday, December 9*

*You are cordially invited to High Tea with the Golden Valley senior staff. The afternoon begins with tea and a musical performance by Dick Lowey, former pianist with Hotel Sofitel. Petite sandwiches, desserts and tea will be served.*

*Ladies wear a festive hat and gentlemen a festive tie to be eligible for prizes. Bring your own tea cup and saucer to add to the fun. 5 Cities Transportation available for this event.*

*Time: 1:00-2:30 p.m.*

*Cost: \$6 includes refreshments, prizes and entertainment*

*Register by December 2, space permitting*

**CODE 10013**

Living Wise and Well presents



### Fall Prevention and Staying Safe at Home

*Thursday, December 3  
1:00 p.m.*

*Calvary Center Cooperative  
7600 Golden Valley Road*

Did you know that falls are one of the leading causes of joint replacement surgeries? Most of those falls can be contributed to accidents in the home. Are you at risk for falls? Come and learn about safe and effective ways to adapt your home and limit the chances of falling. Presented by Stephanie Frager, OTD, OTR/L (Doctor of Occupational Therapy, Registered Occupational Therapist), Facility Rehab Coordinator at Golden Valley Rehab and Care Center.

No registration necessary-just come.

## Classes

### *Oil & Acrylics with Judy*

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



Judy is ready to guide you to paint with oils or acrylics. Students need to bring all painting supplies.

Dates: Mondays, through November 30.  
No class September 7

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, September 18-November 6  
Time 9-10:30 a.m.

Fee: \$29 for residents/\$32 for non-residents  
CODE 10010

### **Weaving on a Cardboard Loom**



Make a unique, personal coin purse, glasses or sunglass case using only a piece of cardboard, scissors, ruler, tapestry needle and yarn. This four hour class, with two-two hour sessions, is taught by Sandy Baron, a weaver of over 12 years and juried art exhibitor. Session One: Description and demonstration of the project, create cardboard loom and warp it. Session Two: Design and weave the selected project. Please bring cardboard-flexible but sturdy, a scissors, pencil and ruler.

Wednesday, October 21 & 28  
7:00-9:00 PM

Fee: \$16 residents/\$19 non-residents + \$5 materials fee payable to instructor first night of class.

Register by October 14. Code: 9991

### **Yoga with Annette**



A gentle, non-religious approach to Yoga taught by Annette Fragale. The class includes stretching, strengthening and balance for the body. Wear comfortable clothes and bring a mat.

Class meets at Brookview  
Tuesdays, October 6-Dec 15 (No Nov 3)  
11:00 AM-12:00 PM

Fee: \$56/Res, \$59/Non-Res  
Code: 10000



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



Thursday, October 8, November 12, December 10  
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.**

# Center Happenings

## Blood Pressure Screening

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



*Wednesday, October 28  
Wednesday, November 25*

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

## 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, October 20, 9 a.m.-2:30 p.m.  
Tuesday, November 17, 9 a.m.-2:30 p.m.  
Tuesday, December 15, 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."

Thanks to our friends at Golden Valley Rehab and Care Center for their donation to keep Coffee Talk, Money Matters and the Living Wise and Well programs affordable for you.

## 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, October 13  
Tuesday, November 10  
Tuesday, December 8*

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

Call 763-512-2339 to make an appointment.

## 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, October 22—Remembering Home Health Remedies  
Thursday, November 19 – Remembering Favorite Foods and Recipes*

## Cards & Groups at Brookview

### Bridge:

1st & 3rd Tuesdays-12 pm-Women's 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.

## 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.

#### 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, November 13—Code 9483

It's a winter wonderland with beautifully decorated trees, plants and more! Lunch following the tour. Last day to register or cancel is November 6.

Cost is \$6.00 for the bus and escort. Lunch and treats are on your own.

Next Meandering with Mary—January 8

### Holiday Homes Tour



**Saturday, December 12**  
We arrive at the Kanabee History Center for re-

freshments with time to shop the crafts boutique and bake sale that supports the Center. Then off to explore the Mora community and tour the decorated private homes selected for this annual event. A Broasted Chicken lunch, hosted by the Lilyard's at the beautifully decorated Eagle Ridge Lodge on the Knife River, will be served before resuming the home tour and returning to Golden Valley. Note: Some homes may have steps and will not be handicapped accessible.

Cost: \$59

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

Last day to register/cancel is Nov. 16  
Code: 9896

### A Rural Masterpiece



#### Thursday, November 5

Enjoy the peaceful farmlands of central Minnesota before arriving in Glencoe for refreshments and a tour of the Bonnie Mohr

Fine Art Studio. The beautiful farm setting is the inspiration for Bonnie's art – cows, sheep, horses and other animals – and available for purchase. Then off to Olivia for an old fashioned Pot Roast dinner at Max's Grill and a tour of St. Aloysius Catholic Church. This masterpiece is an Italian Basilica dropped into the middle of the Minnesota prairie. Originally built in 1925, it has recently undergone a magnificent \$1 million renovation. Our journey is not complete until we stop at the City Meat Market in Brownston – yum!

Cost: \$49

8:40 AM Bus leaves GV City Hall/Calvary  
4:15 PM @ return

Last day to register or cancel is Oct. 19  
Code: 9478

### Trip Reminder:

#### Fall Colors and the Eagle Center



#### Tuesday, October 13

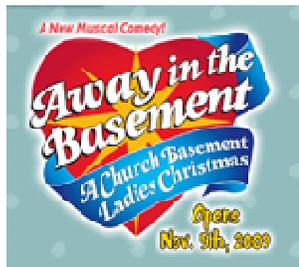
Enjoy Freedom Park in Prescott for coffee and donuts before a presentation at the Great River Road Visitor Center. Enjoy a broasted chicken dinner at the Coffee Mill Golf Course before going to the National Eagle Center. Before returning home, we'll stop at Pepin Heights Apple Orchard to stretch our legs and purchase goodies to take home.

8:00 AM Bus leaves GV City Hall/Calvary  
5:45 PM @ return

Last day to register/cancel was Sept. 21.

## The Mary Wanderers

### "Away in the Basement"



**Tues, December 15  
Plymouth Playhouse**

It's 1959 and the day of the Sunday School Christmas Program. As the children rehearse upstairs, the Church Basement Ladies are

finishing up the goodie bags and putting final touches on the nativity pieces. Little do they know what surprises are in store for them as they are called upon to, once again, step in and save the day. A chicken dinner buffet before the play.

Cost: \$50

11:15 AM Bus leaves GV City Hall/Calvary  
3:30 PM @ return

Last day to register or cancel is Nov. 25

Code: 9893

### "MAMMA MIA"



**Saturday, March 13  
Orpheum Theater**

Over 40 million people all around the world have fallen in love with the characters, the story and

the music that make *Mamma Mia!* the ultimate feel-good show! This sunny, funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings 3 men from her mother's past back to the island they last visited 20 years ago. The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, and every night everyone's having the time of their lives!

Main floor 1 seats , rows U-Y

Cost: \$96

12:45 PM Bus leaves GV City Hall/Calvary  
5:30 PM @ return

Last day to register/cancel: Jan 21, 2010

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



**Day 1:** Travel into Wisconsin for **Brunch at Olde Towne** in Menomonie, adorned in holiday style. In Mauston, tour the historic **Boorman House** presenting "**Olde World Christmas.**" 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 before the performance of 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 Milwaukee. We'll tour **The Captain Frederick Pabst Mansion**, known for its nationally recognized holiday displays. In 2009 it is proud to present "**A Grand Avenue Christmas.**" Each year's magnificent décor attracts thousands of visitors. Over a dozen of the Mansion's rooms will be elegantly transformed by local designers, businesses and residents with a flair for talent and a love for decorating with stunning decorations. Have lunch at the world famous **Mader's German Restaurant** with a quick stop in their fabulous gift shop featuring fine art, German beer steins, and the world's largest Hummel collection before leaving Milwaukee. Return to the Twin Cities at approximately 7:00 p.m. [C,L]

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 flyer with complete details.

## 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, October 27—Cecil's Deli*

Reservations begin October 1

*Tuesday, November 24—Rudy's Red Eye Grill*

Reservations begin October 30

No Brunch Bunch in December

### Vivace! Concert Series

Special destination fare applies

Thursday, October 22—Landmark Center

After the concert, lunch at Anita's (on own)

11:00 AM Bus leaves GV City Hall

2:00 PM Approximate Return

### WITH SENIORS IN MIND—November 10 Amazing Dr. Franklin (with Shawn Hoffman)



Franklin

**Special destination fare applies**

In conjunction with the History Center's new exhibit, actor Shawn Hoffman portrays one of the most influential Americans of any generation. Mr. Franklin will demonstrate the principles of static electricity and expound on his inventions, theories and his commitment to public service.

**Cost:** If you wish to tour the exhibits, Seniors in Mind participants receive the group admission rate of \$8. Lunch is on your own at the Minnesota Café.

**To register:** Call 5 Cities Transportation  
9:35 AM Bus leaves GV City Hall  
2:00 PM Bus leaves History Center

### LOCAL MOTION

**Special destination fare applies**



**Fri, December 4—IKEA**

December seems to be the month to shop...so off we go.

Whether you have been to the IKEA store before, or if this is your first time you'll have a great experience.

**Cost:** Lunch and purchases are on your own plus two punches from the pass card or \$7 cash for the bus.

Call 5 Cities Transportation by November 30th. Home and apartment riders will be called with a pick-up time on December 3.

9-9:45 AM Home & apartment pick-ups

9:35 AM Bus leaves GV City Hall/Calvary

12:45 PM Bus leaves IKEA for home

### FORUM & THE FORK—Thursday, Nov 19



**Special Destination fare applies**

Westminster Church hosts the forums. Lunch (on your own) after the forum.

**Sarah Chaves** reported for National Public Radio in the Balkans, North Africa, Europe, and the Middle East. In 2002, she left journalism to live in Kandahar, Afghanistan, where she established the Arghand Cooperative, producing skin-care products from botanicals raised by local farmers. She is the author of the book *The Punishment of Virtue: Inside Afghanistan after the Taliban*. She holds a master's degree from Harvard University in history and Middle Eastern studies

**To register:** Call 5 Cities Transportation  
11:00 AM Bus leaves GV City Hall  
2:00 PM Bus leaves Westminster

## For Your Information

### **BOWLING AT TEXA-TONKA LANES**



8200 Minnetonka Boulevard  
12:15 PM every Tuesday

Men and Women are welcome to join us when you can.

\$4.00 for 3 games.

### **Neighbors Helping Neighbors 763-529-1350**

This NEW program helps homeowners in Golden Valley who can't do needed home repairs because of financial or physical challenges.

Neighbors Helping Neighbors is a collaboration between PRISM, Calvary Lutheran Church, Valley Community Presbyterian Church and the City of Golden Valley. HOME Northwest is also helping with the program.

### **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.

### **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.

### **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.

### **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  
Walmart - 2<sup>nd</sup> Tuesday  
Target - 4<sup>th</sup> Friday

Call the 5 Cities Office to be placed on the mailing list for the Golden Valley schedule.

**FARE:** The suggested fares are \$4 cash or \$3.50 for the punch pass round trip. 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." Over 20 years of experience and service!

### **PRISM Express—763-529-1252**

is the curb-to-curb bus provided to residents of Golden Valley for medical appointments, personal shopping, banking, nursing home visits, etc. A \$5 per round trip donation is suggested. Call for information or to schedule a ride at least 3 working days in advance. Office is open M-F from 9-4.

### **Dinner At Your Door-763-531-1183**



Friendly volunteers deliver delicious meals to your door. If you are interested in this program, call Joanne at 763-531-1183 from 8:30-11:30 am for information/menu.

### **Widowed Support Group** meets every

 Saturday at the New Hope Country Kitchen, 42nd & Winnetka, at 2:00 p.m. and the first Thursday of the month at Evans Nordby Funeral Home on 60th and Brooklyn Boulevard at 1:30 p.m. Join us!

### **Senior Dining - 763-545-5659**



provides a delicious noon meal at Calvary Lutheran Church, 7520 Golden Valley Road. A donation of \$3.25 is requested, but no one will be denied a meal. Take out meals are also available. Call from 8:30-11:30 am for reservations and questions.

# Thanksgiving



**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 # \_\_\_\_\_  
 (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: \_\_\_\_\_