

City
of

Golden Valley Seniors Newsletter

Senior Office 763-512-2339

December Happenings

Brookview Community Center and the Senior Office will be closed on Thursday, December 24 and Friday, December 25.

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

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

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
Fee: Free

ARMCHAIR TRAVEL



COUNTRY VILLA

7475 Country Club Drive
2:00 p.m.

Travel without leaving home.

December 17—Sailing South America
With Bill Handsaker. Register with the senior office at least one day before the adventure.

Happy Holidays
from the Golden Valley Senior Staff



January Happenings

Brookview Community Center and the Senior Office will be closed on Friday, January 1 for New Year's and Monday, January 18 for Martin Luther King Day.

Mary Wanderer's Travel Show

Monday, January 25
1:00-2:30 p.m.

Be the first to find out about the fabulous trips planned by the Golden Valley Senior Program and escorted by Mary Odell. The adventures begin as we kick off the *Mary Wanderers* 2010 travel program with a "meet and greet". Meet Mary, the escort, and greet your fellow travelers as you enjoy pie and ice cream. Our adventures include one day trips, overnights and longer excursions.

Fee: \$4/person Code 10031
Register by January 20

Join me for these fun trips!



Money Matters Thursday, January 21 10:00—11:00 a.m.



Nursing Home Rights and Reasons for Discharge

Gary Van Winkle, a staff attorney with the Senior Law Project of the Legal Aid Society of Minneapolis, will talk on the rights of Nursing Home and Veterans Home residents. The talk will include a discussion of residents' rights when a facility is pursuing an involuntary discharge of the resident.

Fee: Donation accepted for refreshments

LIVING WISE and WELL—Jan 7



1:00 PM

Calvary Center Cooperative
7600 Golden Valley Road

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

Hidden Gem of Golden Valley

The Courage Center is a nationally recognized leader in the field of rehabilitation, therapy and wellness located in our backyard! Learn about programs Courage Center offers that can benefit you, especially classes in their therapeutic pool, and how you can take advantage of Golden Valley's gem.

Presented by Karla Hilgert, Courage Ctr.

COFFEE TALK—Wednesday, Jan 27



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

A Bataan Death March Survivor's Story



Hear the inspiring tale of Army Air Corpsman Alf R. Larson who endured the infamous Bataan Death March in World War II and then faced

more than four years as a Japanese prisoner of war. Mr. Larson will speak about the battles against the Japanese, exhaustion, starvation, jungle diseases and his own mind to survive one of the most brutal and horrific environments American servicemen have ever endured. Register by January 25

TIME TO PAY YOUR 2010 DUES



Still a deal! Be the first to have Senior information on trips and activities. CODE 10052
\$5 for residents/\$8 for non-residents

Classes

Open Painting



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

Bring your supplies and give each other guidance and encouragement on your project. Students need to bring all painting supplies.

Dates: Mondays. No meeting January 18

Fee: *FREE.*

INTERMEDIATE BRIDGE



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

Friday, January 22-March 12

Time 9-10:30 a.m.

*Fee: \$30 for residents/\$34 for non-residents
CODE 10053*

GOLDEN VALLEY LIBRARY

830 Winnetka Ave N

Senior Surf Day—January 28

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 or call 952.847.5475.

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, February 2-March 23
11:00 AM-12:00 PM
Fee: \$56/Res, \$60/Non-Res
Code: 10107

Defensive Driving Course - 4-HOUR REFRESHER COURSE



Thursday, December 10, January 14, February 11
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.

Defensive Driving 8-hour First Timers Course

Time: 6:00-10:00 p.m.

Wednesday, April 14 & 21

Cost: \$18/person

Register through the MN Safety Council. See above for mailing address.

Center Happenings

Blood Pressure Screening

11:00-11:30 a.m.



*No nurse in December
Wednesday, January 27*

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, December 15, 9 a.m.-4:00 p.m.
Tuesday, January 19, 9 a.m.-4:00 p.m.
Tuesday, February 16, 9 a.m.-4:00 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, December 8
Tuesday, January 12
Tuesday, February 9*

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, December 17—Remembering A Prized Possession
Thursday, January 28 —Remembering Valentines and Valentine Parties*

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

TRIP REMINDER:

December 3-4-Wisconsin Overnight
Check your itinerary for pick-up times .

December 12—Holiday Homes Tour
8:00 AM Golden Valley City Hall
8:05 AM Calvary Center Coop/Apts
5:30 PM Approximate Return

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, January 8—Code 10027

We're stopping for coffee before viewing an amazing exhibit of donated art. This facility was chosen by the collectors because of its location, its focus on American art, and its commitment to education and accessibility. Then off to lunch before heading home. Register by December 30.

Thursday, February 4—Code 10028

Our factory tour is part of a chain, started in 1896, which produces well over 20,000 pieces each year nation-wide. After the tour we'll "tuck in" for lunch. You'll definitely want to be awake for this one. Register by January 27.

Cost is \$6.50 for the bus and escort. Lunch and treats are on your own.

DUE TO THE POPULARITY OF THESE TRIPS, YOU MUST BE A MEMBER OF THE GOLDEN VALLEY SENIORS TO MEANDER WITH MARY

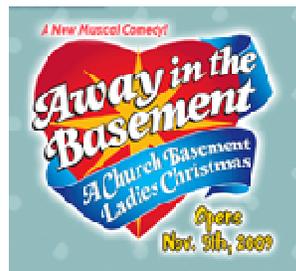
TIME TO PAY YOUR 2010 DUES



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\$5 for residents/\$8 for non-residents

"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
Return @ 3:30 PM

Last day to register or cancel is Nov. 25
Code: 9893

St. Paul Church Tour



Tuesday, February 9

Our first stop is the Cathedral of St. Paul, designed by E.L. Masquerary to resemble the medieval cathedrals of Europe. Enjoy sautéed sirloin sandwich on ciabatta bread, fresh fruit and coffee at WA Frost before touring Central Presbyterian Church, founded by Alexander Ramsey, Henry Rice and Rev. John Riheldoffer, and located across Cedar Street from the first State House and Capitol. Our last stop is the Virginia Street Swedenborgian Church, designed by Cass Gilbert to reflect the beliefs of Swedenborgian faith, constructed in 1886.

Cost: \$53

9:40 AM Bus pick-ups
Return @ 3:30 p.m.

Last day to register or cancel: January 25
Code: 10030

The Mary Wanderers One Day Trips

Chanhassen Dinner Theater



Wednesday, Feb. 24

Broadway's smash-hit musical is filled with heart-stopping acrobatics and choreography.

FOOTLOOSE bursts onto the stage with youthful spirit, dazzling dance scenes and electrifying music. Ren, a teen from Chicago, is forced to move with his mother to a puritanical, small town after his father abandons the family. To his shock, dancing and rock 'n' roll are forbidden! He and his classmates want a senior prom. It doesn't take Ren long to shake up the status quo, and soon the whole class is on their feet sending the town into a frenzy. Footloose has the heart and music to get everyone on their feet! Lunch with coffee or tea is served before the show.

Cost: \$65

10:45 a.m. Bus pick-ups
Return @ 2:45 p.m.

Last day to register or cancel: Jan. 20
CODE: 10026

The Perfect Couple



Thursday, March 11

A very special day has been planned just for you.

We'll start with an Italian lunch of mixed green salad, Chicken Parmigiana, spaghetti with marinara sauce, cheesecake and beverage in the cozy wine room of a local restaurant. Following lunch, we'll be entertained by Dominic Castino (Chanhassen Dinner Theater) and Cheryl Morrissey. Join this versatile duo on a musical journey as they travel the bumpy and funny road to romance. Enjoy a mix of standards, Steve and Eydie style duets, and selections from the heartwarming show "I Do, I Do". Their onstage chemistry clicks and makes for a snappy cabaret-style show.

Cost: \$47

11:00 AM Bus pick-ups
Return @ 2:45 p.m.

Last day to register or cancel: Feb. 22
CODE: 10040

Mamma Mia!—Saturday, March 13



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!

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. Seats

are on main floor, section 1, Rows U-Y at the Orpheum Theater.

Cost: \$96

12:50 PM. Bus pick-ups
Return @ 5:30 PM

Last day to register or cancel: January 20
Code: 10029



The Mary Wanderers One Day and Longer Trips

The Dixie Swim Club at the Old Log Wednesday, March 24



We'll start the afternoon with lunch at the Old Log before seeing the area premier of this new comedy. Free from husbands, kids, and jobs, five southern women, whose friendship began on their college swim team, meet every August at the same beach cottage for a long weekend to laugh, catch up, and meddle in each other's lives. The play focuses on four of those weekends over a span of thirty-three years and demonstrates the power of teamwork and the strength of love. Please state menu choice when registering: Smoked Pork Chop, Walleye Pike, Roasted Chicken Breast, or Vegetarian Lasagna.

Cost: \$48

10:45 AM Bus pick-ups

Return @ 4:45 p.m.

Last day to register or cancel: March 10

Code: 10025

Golden Strings at the LaFayette Club Wednesday, April 21



"The Grand Old Lady of the Lake" is set on a hilltop overlooking Lafayette Bay. The original building was an elaborate creation of James J. Hill. Take a few minutes to look around before being seated for lunch in the Ballroom. Menu: House Salad, Rolls and Butter, Breast of Chicken Florentine, Fresh Vegetable, Whipped Potatoes, Heavy Coffee, Iced Tea, Gold Brick Sundae. The Golden Strings is a name known literally to a million people in the upper Midwest. Founded and lead by virtuoso violinist Clifford Brunzell, this unique group of musicians play music ranging from the classic to pops, from romance to jazz. An afternoon you won't want to miss.

Cost: \$59

10:00 a.m. Bus pick-ups

Return @ 3:15 p.m.

Last day to register or cancel: March 22

Code: 10039

GRAND MARAIS, GUNFLINT TRAIL, SPLITROCK LIGHTHOUSE —June 15-17, 2010

DAY 1 - TUESDAY, JUNE 15, 2010. Leave early from Golden Valley. Stop for **coffee and rolls** at **Tobies Restaurant** in Hinckley.



Have lunch at the **Rustic Inn Restaurant** in Two Harbors. Continue along the North Shore to Grand Portage. Tour **The National Monument Heritage Center**. The building houses exhibit galleries about Ojibwe culture and the fur trade. Late this afternoon check into the Best Western Superior Inn, Grand Marais, located on Lake Superior a few blocks from shops, restaurants and a beach. Its natural setting requires all guests to manage a flight of stairs. Bags will be delivered to your room. Tonight in Grand Marais the evening is free with several restaurants to choose from for dinner (on own). [C,L]

2 - WEDNESDAY, JUNE 16, 2010. After breakfast at the hotel we'll spend the day celebrating the Gunflint Trail. Travel along the trail and see how recent fires and storms impacted the area. The **Kerfoot Family** at the Gunflint Lodge will host a **Shore Lunch**. A lecturer from the **Gunflint Trail Historical Society** will give a presentation. After learning about the project, you will get an advanced look at the historic **Chik-Wauk Lodge**. The site will include a nature center on 50-acre grounds. The Grand Opening celebration is July 4, 2010. Tonight have **dinner** (included) at the **Birch Terrace Restaurant** a former fur trading post converted into a restaurant in a restored 1898 home. [B,L,D]



DAY 3 - THURSDAY, JUNE 17, 2010. After breakfast at the hotel, enjoy the idyllic small town flavor of Grand Marais. Late morning leave Grand Marais and travel back along the North Shore to the **Split Rock Lighthouse, celebrating their 100-year anniversary**. Have a box lunch before a guided tour. Shipwrecks from a mighty 1905 November gale prompted this rugged landmark's construction. Completed by the U.S. Lighthouse Service in 1910, Split Rock Light Station was soon one of Minnesota's best-known landmarks. Restored to its 1920s appearance, the lighthouse offers a glimpse of lighthouse life in this remote and spectacular setting. Have **dinner** at the **New Scenic Café** in Duluth. Return to the Golden Valley by 8:00 p.m. [B,L,D]



\$480 per person (2 per room)/**\$525** per person (1 per room) **Deposit: \$130.00** per person due by April 30, 2010.

Final Payment: Due May 10, 2010. Cancellation: After 4/30/10 payments are not refundable.

Travel insurance is available for purchase. BROCHURE AVAILABLE IN THE SENIOR OFFICE.

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.

No Brunch Bunch in December.

Tuesday, January 26—Red Lobster

Reservations begin December 31

Tuesday, February 23—50's Grill

Vivace! Concert Series

Special destination fare applies

Thursday, January 21—Landmark Center

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

11:00 AM Bus leaves GV City Hall

2:00 PM Approximate Return

Register with 5 Cities Transportation

LOCAL MOTION— IKEA-Fri, Dec 4

Take the time to shop at your own pace and enjoy a late breakfast or lunch at the café.

Cost: Lunch cost and purchases are on your own. Plus two punches from the passcard or \$7 cash fare for round-trip transportation.

Deadline: Register by November 30th with 5 Cities Transportation at 763-531-1259

WITH SENIORS IN MIND—March 9

Special destination fare applies

Minnesota State Parks

Take an armchair tour of Minnesota's treasured system of state parks (sixty six to be exact) captured through the lens of photographer Doug Ohman and pen of writer Chris Niskenen. **To register:** Call 5 Cities.
9:35 AM Bus leaves GV City Hall

NATURE OF THINGS

Special destination fare applies

Friday, April 30: Dead Sea Scrolls.



Experience this once-in-a-lifetime opportunity to witness one of the greatest archaeological finds of the 20th century—*The Dead Sea Scrolls*, which include the earliest known Biblical writings. These 2,000 year-old, authentic text fragments are steeped in scientific, religious, and cultural significance. The Science Museum's one-of-a-kind exhibition invites visitors to learn about the science behind *The Dead Sea Scrolls*, and to reflect upon their significance.

Cost: \$26 includes admission to Dead Sea Scrolls, all regular exhibits and the *Arabia* omnifilm. In addition a fare of two punches from the pass card or \$7 cash for the 5 Cities Transportation bus payable to the driver on the day of the trip. Lunch is on your own.

Last day to register or cancel is April 15, or sooner if spaces fill.

Register with New Hope Recreation by phone with a credit card at 763-531-5151, or by mail with a check to 4401 Xylon Ave N, New Hope MN 55428.

Last day to register or cancel is April 15

9:30 AM Bus leaves GV City Hall and Calvary

2:45 PM Bus leaves Museum



For Your Information

2010 MEMBERSHIP DONATIONS

Still a deal! Be the first to see what's happening with Golden Valley Seniors. Receive a newsletter in the mail and help support your senior program.

Fee: \$5 for Golden valley residents and \$8 for non-residents payable to "City of Golden Valley." **Code: 10052**

Send to Golden Valley Seniors
200 Brookview Parkway
Golden Valley 55426



Thanks for your support!

NORTH MEMORIAL—763-520-4834

offers grief seminars and support groups. "Understanding Grief" a 90-minute presentation is offered on the 1st Wed of the month at 2:00 PM. Call for location and to register.

Loss Support Groups meet on Mondays starting January 18. Call by Jan 4 to register.

The presentation "Getting through the Holidays after a Loved One Has Died" will be offered on Tuesday, December 8th at 7 PM at the Continuing Education building, 3500 France Ave N, Suite 102. No need to pre-register.

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.

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.

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 - 2nd Tuesday
Target - 4th 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.

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 LINKAGE LINE -1-800-333-2433

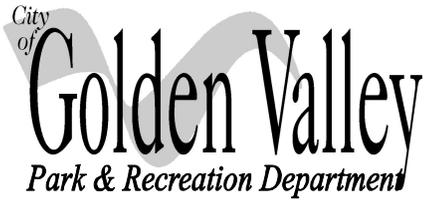


Call us first with your questions. Our trained staff and volunteers have access to local, state and national information. If we can't answer your question, we'll give you the number of someone who can.

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.





**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: _____