

# Golden Valley Seniors Newsletter

Senior Office 763-512-2339

## August Happenings

### LIVING WISE and WELL—August 5

1:00 PM

Calvary Center Cooperative  
7600 Golden Valley Road

#### Laughter IS the Best Medicine



Join us and plan to laugh! Come and hear how to put humor and laughter back into your life. Share your joys and hopes with others and learn tips on how to put some play time into your day because laughter IS the best medicine.

Presented by Deanna Soukup, RN,  
Fairview Homecare and Hospice.

### COFFEE TALK—Wednesday, August 25



Join us for juice, sweet rolls, and coffee.

Fee: \$2.00, payable at the door.

9:45 AM Refreshments  
10:00 AM Speaker

#### Wednesday, August 25 – My Purse/ Wallet was Stolen! What Do I Do Now?



Having your purse and/or wallet stolen can be a frustrating and sometimes frightening experience. The Council on Crime and Justice can help. This non-profit organization provides guidance and more for victims of crime. Learn what to do if your purse/wallet is stolen and other services this agency provides. Register by August 23.

Presented by Ellen Longfellow, Council on  
Crime and Justice.

### PEDAL PUSHERS

9:00 AM



Join Nancy and the rest of the Pedal Pushers on:

**Tuesday, August 3-Lake Calhoun/Harriet/Lake of the Isles**

Register by August 2.

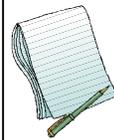
**Tuesday, August 17-Midtown Greenway and U of M.** Register by Aug. 16.

Call for flyer with directions.

### Capturing Life-Changing Experiences

Saturday, August 7, 1:00 PM

Golden Valley Library, 830 Winnetka



Share your story through creative non-fiction writing. Explore tips, techniques and tools that will help you capture the moments, decisions and events that have significantly altered your life. Registration required. Call 952-847-5475.

### Money Matters

Thursday, August 19

10:00–11:00 a.m.



#### Common Cents When Buying A Car



Buying a new or used vehicle, or selling your current vehicle can be a long, expensive, and complicated process. New vehicles probably cost more than the price of your first house. Is there a better time of year to purchase or sell? How about leasing a vehicle? What is "blue book"? What fees can be negotiated? What's the best way to finance? Is an extended warranty worth it? These questions and more will be discussed.

Presented by Sam Bell, BellMobile, Hopkins.

# September Happenings

**The Senior Center will be closed on Monday, September 6**

## **LIVING WISE and WELL—Sept. 2**

1:00 PM

Calvary Center Cooperative  
7600 Golden Valley Road

### **Let's Make A Deal: How to Divide Non-Titled (personal) Property Without Dividing the Family**



Do you anticipate family tension over personal items once a loved one passes away? Learn how to have the discussion with family members and begin the process of division while avoiding emotional conflicts. We will also discuss ways to ensure that loving memories are passed down to generations and how to make this a memory-filled experience, not one of dread. *Presented by Carla Sutter, Generational Resources.*

## **COFFEE TALK—Wednesday, Sept. 22**

Join us for juice, sweet rolls, donuts, and, coffee.  
Fee: \$2.00, payable at the door.  
9:45 AM Refreshments  
10:00 AM Speaker



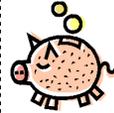
## **Can Do Canines**



Can Do Canines works with individuals who are deaf, hard-of-hearing, physically disabled, autistic, diabetic or have seizures, pairing them with dogs specially trained to alert them to important sounds or assist them in the activities of daily living. The dogs are donated from young puppies to adult animals with many of the dogs adopted from local animal shelters. Meet and hear the stories behind these amazing animals, how they are selected, trained and make a daily impact on the people they love.

Register by September 20.

## **Money Matters**



**Thursday, September 16  
10:00—11:00 a.m.**

### **Exchange Traded Funds**

Learn about Exchange Traded Funds (ETF). These funds pay a monthly income at a low cost to the investor and could be a great supplement to your income.

Presented by Dallas Janes and Loren Brown, *Van Clemens & Co, Inc.*  
Donation accepted for refreshments.

## **GOLDEN TONES KICK-OFF**



**Thursday, September 23  
9:45 AM**

Calvary Church  
7520 Golden Valley Road

Meet the members of the Golden Tones and then stay for rehearsal. We practice on Thursdays from 10:30-11:30 AM in the Calvary Church Music Room. Proven fact! Singing and laughing can add years to your life!

NEW VOICES ALWAYS  
WELCOME. Check us out!

## **PEDAL PUSHERS SEPTEMBER RIDES:**



**Thursday, Sept 2—Mendota  
Big Rivers Trail**

Register by September 1

**Thursday, Sept 9—Lake Rebecca**

Register by September 8.

**Thursday, October 7—Midtown Greenway and Potluck at Nancy & Keith's.**

Register by October 6.

Call for a flyer with directions.

## Summer Concerts & Classes

### **BROOKVIEW CONCERTS IN THE PARK**

AUGUST 2  
Lehto & Wright

AUGUST 9  
Blue Drifters

AUGUST 16  
Big Walter Smith

**Concerts start at 7:00 PM**  
**Bring your lawn chair!**

**Concerts are held at the large picnic shelter at Brookview Park.**

### *Oils and Acrylics with Judy*

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



Judy's back from Arizona! Bring your supplies and start working on that painting. Our class is small so Judy can work with you, giving guidance and encouragement on your project. View their beautiful work in the senior room.

Class does not meet Monday, Sept 6.

*Fee: \$39 for 6 class punch card.*

### **Yoga with Annette**



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

Tuesdays, October 5-December 7  
11:00 AM-12:00 PM

Call for fee and code number—763-512-2345

### **INTERMEDIATE BRIDGE**



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

*Friday, September 24-November 12*  
*Time 9-10:30 a.m.*

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

*CODE 10477*

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



Thursday, August 12  
Thursday, September 9  
Thursday, October 14  
Thursday, November 4  
9 AM-1 PM  
\$17/person

Register at least ten days in advance with the Minnesota Safety Council to receive certificate at class. Flyer available at Brookview. Call the Senior Office for the flyer or 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.** Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Indicate the Golden Valley Brookview location.

# Center Happenings

## Blood Pressure Screening

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



*Wednesday, August 25  
Wednesday, September 22*

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

## Happy Feet Foot Care Clinic

**763-560-5136**



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, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you.*

Tuesday, August 17  
Tuesday, September 14 & 21  
Tuesday, October 12 & 19

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." No meeting September 6.

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 our insurance counselor. He is here to aid you in your selection process.

*Tuesday, August 10  
Tuesday, September 14  
Tuesday, October 12*

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 Apartments  
2400 Rhode Island Ave. N  
FREE

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

*Thursday, August 26—Remembering Favorite Expressions: Where Did They Come from?*

*Thursday, September 23 —Remembering Favorite Movies*

## 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 and Longer Trips

### TRIP REMINDERS:

#### Tall Ships Festival – Friday, July 30

7:55 AM Bus pick-ups  
6:00 PM @ return

#### Mora Gardens—Saturday, July 31

9:25 AM Bus pick-ups  
5:30 PM @ return

#### Mackinac Island—August 31-Sept 3

Travel documents will be mailed @ 2 weeks prior to the trip with departure and return times.



### 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. Back in Golden Valley

#### Friday, August 6—Code 10036

"All aboard" for our latest adventure. A quick coffee stop before arriving at our destination where we'll be "engineered to take time and smell the roses". Dress for the weather and wear walking shoes. The "end-of-the-line" will be lunch at a local restaurant. Register by July 30.

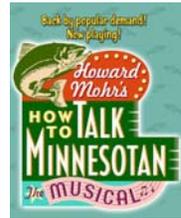
#### Thursday, October 7—Code 10045

Today we'll see if the saying "An apple a day keeps the doctor away". Register by September 30.

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

### How To Talk Minnesotan

#### Thursday, August 12



Minnesota's favorite "homegrown musical" is back by popular demand! Let the Humde family and friends at the Lost Walleye Lodge teach

you the fine art of talkin' Minnesotan. Learn the positive power of the negative, accepting food on the third offer and the basic lessons – "you bet," "whatever," and "that's different." A fun way to spend the afternoon "don't cha know". A chicken buffet lunch will take place prior to the show at the Plymouth Playhouse.

Cost: \$50

11:00 AM Bus leaves City Hall/Calvary  
3:30 PM @ return

Last day to register or cancel: July 26

Code: 10041

### Sweet Wisconsin Discoveries – Wednesday, August 18



We're heading east. First stop is the outlet store of Best Maid Cookies, made with all natural ingredients. Yum! Next we'll enjoy a delicious buffet lunch at the

Westwind Restaurant with two hot entrees, salad bar, potato, vegetables, bread and beverage. Save room for dessert at the UW-River Falls Agriculture store for the fresh ice cream made on campus. Last stop before home is the award-winning River Chocolate Company which specializes in truffles, using local, organic creams and butters.

Cost: \$46

9:10 AM Bus leaves City Hall/Calvary  
3:15 PM @ return

Last day to register or cancel is August 2

Code: 10051

## The Mary Wanderers One Day Trips

### New Prague—Tuesday, September 14



We'll start the day at the 3-R Schoolhouse in Lonsdale. The historic building, erected in 1908, houses a museum on the first floor. The 2nd floor is preserved as the original school room. A lunch of "sandwich of the day", one side and beverage will be served at the Schumacher Grill. After lunch, stroll main street—make sure to stop in at the Czech Bakery! We'll then meet a local guide who will give us a bus tour of New Prague explaining how they are linked to Prague, Czechoslovakia, which concludes at St. Wenceslaus Church, built in 1906 and the town's biggest landmark.

Cost: \$52

9:00 AM Bus leaves City Hall/Calvary  
4:00 PM @ return

Last day to register or cancel: August 23  
Code: 10050

### FALL COLORS IN SPOONER

Friday, October 8



Our first stop is the Crystal Lake Cheese Factory where a viewing window allows a look inside the factory. Then off to Spooner to board the Wisconsin Great Northern Railroad, using rebuilt cars from 1912-1918. Enjoy Chicken Cordon Bleu, Rice Pilaf, California Mixed Vegetables, Roll, Cookie and Coffee in the dining car. After lunch, sit-back and enjoy the scenery from the train, before arriving at the depot. On our ride home, we will be stopping at the Burnett Dairy Cooperative which features quality dairy products including ice cream and cheese, all available for purchase.

Cost: \$69. Code: 10034

7:40 AM Bus leaves City Hall/Calvary  
5:15 PM @ return

Last day to register or cancel: Sept. 13

### All Shook Up at Chanhassen

Wednesday, September 29



ALL SHOOK UP is an irresistible musical comedy-love story about a small town girl who dreams of hitting the open road, & the mysterious guitar-playing stranger who brings romance and rock'n'roll into her life. The show is tailored to the classic hits of Elvis Presley including: "Heartbreak Hotel," "Love Me Tender," "Blue Suede Shoes," "Hound Dog," "Don't Be Cruel," "Jailhouse Rock," the title song "All Shook Up," and many more. The songs are immortal, the dancing is incredible! And the result is a rockin' hot staging that audiences will love!

Cost: \$69. Code: 10049

10:45 AM Bus leaves City Hall/Calvary  
5:30 PM @ return

Last day to register or cancel: Aug. 25

### Chocolate, Wine and Cheese

Friday, November 12



The day begins at the Scandia Café, an old-fashioned, family-owned restaurant, where we will enjoy homemade soup and sandwich with beverage. Yum! Off to Chateau St. Croix for a special wine, cheese and chocolate presentation. The Chateau is built to create an experience crafted in the image of a European Estate Winery. Tour the cellar, production room, art gallery and great hall plus tasting locally produced delectable chocolates, award-winning cheeses and flavorful wines makes this the perfect way to spend the day.

Cost: \$59. Code: 10035

11:50 AM Bus leaves City Hall/Calvary  
5:30 PM @ return

Last day to register or cancel: Oct. 18

## The Mary Wanderers One Day & Extended Trips

### FANNY HILL THEATER

**Thursday, December 9**



We arrive at Fanny Hill Dinner Theater for the Christmas At The Hill Celebration, a glistening wonderland with animated scenes and thousands of twinkling lights. We'll enjoy a delicious turkey breast dinner with all the trimmings before seeing the play "You Better Watch Out". A snow-storm strands an interesting mix of guests. Our hero Rudy and his very pregnant wife Marsha, Innkeepers Tom and Jenny, her dad Art, handyman Andy and Mr. Smith try to keep the holidays bright. However, the Spirit of Christmas may be closer than they think!

Cost: \$64

9:40 AM Bus leaves City Hall/Calvary

6:00 PM @ return

Last day to register or cancel: Nov 12

Code 10476

### OLD LOG THEATER

**Thursday, January 13**



Our afternoon begins with lunch—your choice of Wall-eye, Chicken Breast, Pork Chop or Vegetarian Lasagna. (Please indicate food choice when registering).

Then off to the theater, where new seats and carpeting have been installed, to see *Jeeves in Bloom*, which follows the uproarious mishaps and misadventures of the lovable and loopy Bertie Wooster who manages time and again to put himself in precarious situations, only to be rescued by his brainy butler, Jeeves. This area-premier stars Old Log favorites, Tom Stoltz and Steve Shaffer.

Cost: \$52

11:00 AM Bus leaves City Hall/Calvary

4:45 PM @ return

Last day to register or cancel: Dec. 30

Code: 10498

### Dutch Christmas in Pella Iowa – December 3-4

Day 1: Leave Golden Valley. Stop for rolls and coffee at Trumble's Restaurant in Albert Lea. Lunch will be at The Machine Shed in Des Moines, Iowa. Arrive in Pella for the Christmas Tour of Homes/Festival of Trees. The Pella Garden Club members present and serve as hostesses for the event—private homes decorated to elegance. Lodging tonight is at the Royal Amsterdam Hotel. Dinner is on your own with several places close to the hotel, along the Molengracht, the Dutch word for canal. After dinner, we'll board the bus for a Christmas Theater Show performed by the Union Street Players. After the show we'll enjoy the Country Christmas Lights Display. [C, L]



Day 2: Enjoy breakfast at the hotel, pack up and load the bus to enjoy the Dutch traditions of this area including the Historical Village Christmas Walk, Vermeer Windmill, Scholte House, the Festival of Trees at the Opera House with time to browse the Pella shops, where you may run into Sinter Klaus. We'll enjoy a Dutch theme luncheon and visit the Christmas Boutique in the Scholte Church. As we head home, we'll stop at the Trails Travel Center for supper (on own) before returning to Golden Valley.

Cost: \$325.00 per person (2 per room), \$415.00 per person (1 per room).

Deposit: \$75/person by October 18. Final payment due November 1.

Cancellation: After October 18, payments are not refundable. Travel insurance is available for purchase.

Call for insurance or trip brochure.

Code: 10132



## 5 Cities Transportation Groups 763-531-1259

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

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, August 24- Antiquity Rose, Excelsior  
Reservations begin July 30

Tuesday, September 28- Dock Café, Stillwater  
Reservations begin September 1

### WITH SENIORS IN MIND—Nov. 9

Special Destination fare applies

#### The Pleasures of Bread & Chocolate



For thousands of years, humans have been fascinated with chocolate. Enjoy history and hints, recipes and recommendations from the worlds of bread-making and chocolate with food writer/author Ann Burckhardt and baker Dan McGleno. Following the program, sample sweets and visit the exhibit "Chocolate-The Exhibition"\*. Lunch (on own) at Minnesota Café.

Cost: In addition to bus cost, \*If you wish to view exhibits at the History Center the cost is \$8. Register with 5 Cities Transportation.

9:35 AM Bus leaves GV City Hall

2:00 PM Bus leaves History Center

### LOCAL MOTION OUTINGS

Special Destination fare applies

**November 4**—Museum of Russian Art

**December 3**—Swedish Institute

Information in the next Senior newsletter. Flyers available at Brookview.

### NATURE OF THINGS—Friday, October 1 MN. Landscape Arboretum



Special Destination fare applies

Enjoy a trip around the three mile loop with beautiful flowers, shrubbery, and exhibits. Lunch (on your own) at the Visitor Center Restaurant, with time to stroll through the floral exhibits and peruse the gift shop. On our way home we will stop by the Apple House for apples and sampling.

**Cost:** \$9 for admission plus two punches from the pass card or \$7 cash for the bus payable to the driver on the day of the trip.

**Register:** With New Hope Park and Recreation, 4401 Xylon Ave N or by phone with VISA or MasterCard to 763-531-5151.

**Deadline:** Sept 17, or sooner if spaces fill.

9:30 AM Bus leaves GV City Hall

2:30 PM Approximate Return

### Vivace Concert Series

Special Destination Fare applies



**Thursday, October 21**

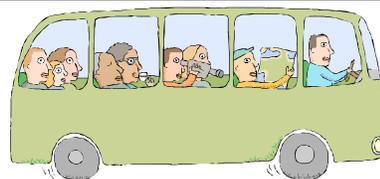
**Landmark Center**

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

11:00 AM Bus leaves GV City Hall

2:00 PM Approximate Return

Register with 5 Cities Transportation.



## For Your Information

### WELLNESS CENTER at JONES-HARRISON



Is offering the Golden Valley Seniors an opportunity to join at a discounted rate of \$60/month with a \$25 one-time assessment fee. Membership includes initial assessment with a fitness specialist, use of the facility including the fitness equipment, therapeutic pool and all fitness classes. There is also an assisted membership for \$80/month with a \$25 one-time assessment fee. This membership includes one-on-one with a fitness specialist each session, use of the facility including the fitness equipment, therapeutic pool and all fitness classes. If you have insurance through BC/BS of Minnesota, UCare, United Healthcare and America's TPA and go to the Wellness Center 8-12 times per month (depending on your provider) you are eligible for a \$20/month reimbursement. There is reserved parking for users of the Wellness Center. Check it out!

Jones Harrison is located at 3700 Cedar Lake Avenue  
Take Minnetonka Blvd to France Ave, North on France to Cedar Lake Avenue.  
Call Tony Mrnak at 612-225-1125 for a tour or for information.

### HOME North 952-746-4046—NEW NUMBER



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.

**DINNER AT YOUR DOOR** volunteers bring delicious, hot meals to your door, Monday-Friday. Call 763-531-1183 from 10-11:30 AM and talk to Joanne. She'd love to give you information on the program.



### 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.

### Senior Dining - 612-269-8462



provides a delicious noon meal at Calvary Lutheran Church, 7520 Golden Valley Road. A donation of \$3.50 is requested, but no one will be denied a meal. Take out meals are also available. Call Tom from 9 AM-1 PM for reservations and questions.

### COMMUNITY PHONE NUMBERS

5 Cities Transportation—763-531-1259  
Dinner At Your Door—763-531-1183  
Golden Valley Seniors—763-512-2339  
HOME North—952-746-4046  
LinkVet Hotline—1-888-546-5838  
PRISM Express—763-529-1252  
Senior Dining—612-269-8462  
Senior Linkage Line—1-800-333-2433  
Senior Outreach—952-746-4028



**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/Activity	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: \_\_\_\_\_