

City
of

Golden Valley Seniors Newsletter

Senior Office 763-512-2339

October Happenings

LIVING WISE and WELL—October 7

1:00 PM

Calvary Center Cooperative
7600 Golden Valley Road

Colors and Aging



As we age our color vision and contrast sensitivity may affect some of the choices we make in our home. Updating our home is always a challenge, especially on a budget. Learn some quick and easy solutions plus see the latest color trends and fabrics. *Presented by Maggie, from Maggie May Interiors.*

Money Matters

Thursday, October 21
10:00—11:00 a.m.



Tracking the Economy with Economic Indicators



What are Economic Indicators? What do they mean and how can we use them in investment decisions? *Presented by Larry Klick, Money Matters member.*

GOLDEN TONES—Thursdays

Calvary Church, 7520 Golden Valley Road



Practice is Thursdays from 10:30 -11:30 AM in the Calvary Church Music Room with monthly performances in the area. Proven fact! Singing can add years to your life! NEW VOICES ALWAYS WELCOME!

PEDAL PUSHERS—October 7



Join Nancy and the rest of the Pedal Pushers for the final ride of the season.

Midtown Greenway & Pot luck

Start and finish at Nancy & Keith's home.

Call for flyer with directions.

COFFEE TALK—Wednesday, October 27



Join us for juice, sweet rolls, and coffee.

Fee: \$2.00, payable at the door.
9:45 AM Refreshments
10:00 AM Speaker

Medicare Advantage Made Easy

Not sure what a "Medicare Advantage Plan" is? Join us today so that you know for sure and can be a smart consumer. If you are enrolled in a Medicare Advantage Plan (or thinking about it), this unbiased educational presentation (not a sales pitch) will be helpful to you. Open enrollment for Medicare Advantage plans is November 15-March 31. Even if you are totally satisfied with your current Medicare Advantage plan, be sure to check your prescription coverage annually to be sure that your medicines will be covered the same way for the upcoming year.

Presentation will include: what is a Medicare Advantage plan, how it works, how many kinds there are and the differences for each, advantage and disadvantages of Medicare Advantage coverage. *Presented by SCS (Senior Community Services), a non-profit agency.*

Register by October 25. Call 763-512-2339.

November Happenings

The Senior Center will be closed on November 2, 11, 25, and 26.

LIVING WISE and WELL—Nov. 4

1:00 PM

Calvary Center Cooperative
7600 Golden Valley Road

Healthy Aging and Loving it--*Young at Heart Tips for Older Adults*



Forming a partnership with Healthy Aging is an entrance to better life care management.

Explore the options for active adults in proactive preventive care. Integration of health and wellness programs, services, and products will be explored and discussed.

Presented by Shayne Karasov, B.S., M.S., Home Health Care, Inc. Golden Valley

Money Matters



**Thursday, November 18
10:00—11:00 a.m.**

Roth IRA'S

A Roth IRA is a retirement savings vehicle that differs from tax-deferred retirement accounts such as traditional IRAs and most employer-sponsored retirement plans. In 2010, all taxpayers, regardless of income, are eligible to convert tax-deferred retirement assets to a Roth IRA. Come and learn how a Roth IRA, along with other tax ideas, may benefit you.

Presented by Dave Kuntz and Jonathan Bengel from PRG Financial.

COFFEE TALK—Wednesday, Nov. 17



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

Medicare Part D

It is a good idea to do a Medicare Part D plan checkup on your prescription coverage at this time of year. Once 2011 rolls around, it is too late to change prescription coverage and you will have to stay with your choice thru 2011. Open Enrollment is November 15 through the end of December. Please note that in 2012 these dates will be changing. Even if you already have a Part D plan, it is good to review the coverage every year. Hear unbiased educational information about Part D. Topics include: the Part D benefit, a comparison of prescription coverage currently available from your Medicare supplement or employer retiree plan versus Part D coverage, and obtaining information about the plans available to you. *Presented by SCS (Senior Community Services).*

Register by November 15—763-512-2339

Remember When?...

with Jan



1:00 p.m.

Dover Hills Apartments
2400 Rhode Island Ave. N

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

Thursday, October 28—Remembering Favorite Hats

Thursday, November 18—Remembering Foods: Cooking and Prices

BOWLING AT TEXA-TONKA LANES



8200 Minnetonka Boulevard
12:15 PM every Tuesday

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

Many thanks to *Sunrise Assisted Living* for their donation for Coffee Talk and keeping the program affordable for you.

December Happenings

HOLIDAY CONCERT—Thurs, Dec. 2



Crystal Community Center
4800 Douglas Drive North
7:00 PM Refreshments
7:30 PM Concert

Enjoy a holiday band concert and sing-a-long with the Robbinsdale City Band. 5 Cities Transportation available for this event. If you would like to use 5 Cities to attend this concert, call 763-531-1259 by November 25th. Bus fee is \$4 or one punch from the punch card.
Concert Cost: Donation for refreshments

HOLIDAY TEA



**Tuesday, December 14
1:00 PM**

You are cordially invited to High Tea. The afternoon begins with tea and a toe-tapping performance by Rhythmic Feet followed by pianist Dan Wascoe. Dan has lived in Golden Valley for more than 50 years and has played piano for 60 years. Petite sandwiches and desserts will be served. Ladies, wear a festive hat/gloves and gentlemen a festive tie and be eligible for prizes. Bring your own tea cup and saucer to add to the fun. 5 Cities Transportation available for Golden Valley residents. Call 763-531-1259.

Register with Golden Valley Seniors by Tuesday, December 7
Cost: \$6. Code: 10606

LIVING WISE and WELL—Dec. 2

1:00 PM
Calvary Center Cooperative
7600 Golden Valley Road

Aging in Place: "New Trends"



As the population ages, and with the challenging economy, more and more adults 55 plus are embracing a stationary approach to retirement. Our home communities are now providing new services and facilities to meet the needs of 55 plus. The "new trend" is aging in place. Having amenities where you live, and remaining in your communities. This session will explore trends and needs complimentary to the 55 plus. Amenities such as preventive health, companionship, home care, activities, etc and what local communities and services are doing to meet the 55 plus population. Presented by Shayne Karasov, B.S., M.S., Home Health Care, Inc. Golden Valley



STAR OF BETHLEHEM



**Wed, December 15
9:45 AM Refreshments
10:00 AM Speaker**

The story of the Star of Bethlehem has inspired writers, artists and astronomers for many years. This presentation explores the night sky as it appeared at that time and suggests that the Wise Men may actually have seen something extraordinary in their nightly observations. We will tie the Bible, recorded history and modern astronomy together to try to solve this age-old mystery. Presented by Bill Arden, Assistant Professor, Augsburg College.

Cost: \$3, payable at the door
Register by December 10.



MONEY MATTERS –December 16

Group discussion on a current hot topic.
10:00 AM—Brookview

REMEMBER WHEN...with Jan—Dec. 30

Remembering New Years Eve
1:00 PM at Dover Hills
2400 Rhode Island Ave N.

Classes

Yoga with Annette



A gentle, non-religious approach to Yoga. Wear comfortable clothes and bring a mat.

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

\$56/resident, \$60/Non-resident

Code: 10580

NOTE: No class on Oct. 26, Nov. 2

INTERMEDIATE BRIDGE



Made for the player who has basic knowledge of the game, sharpen your skills with instructor Dick Welander.

Friday, September 24-November 12

Time 9-10:30 a.m.

Fee: \$30 for residents/\$34 for non-residents. CODE 10477

Senior Surf Day



Thursday, October 7, 9-11 AM
Golden Valley Library

Learn computer basics and how to navigate and search the internet.

Get hands-on experience with help from Senior Linkage Line volunteers. Registration required. Call 952-847-5475 or www.hclib.org.

Oils and Acrylics with Judy

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

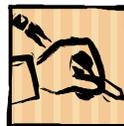


Bring your supplies and start working on that painting. Our class is small so Judy can work with you, giving guidance and encouragement on your project. View their beautiful work in the senior room.

Last class for 2010 is November 29.

Fee: \$39 for 6 class punch card.

SKETCH 'N' JOURNAL



Tuesday, October 12 & 19

1:00-2:30 PM

Use words, line drawings, brush strokes, and colors to capture your environment and experiences. Explore visual and verbal note taking methods, apply color to express ambiance or mood, and draw/paint/collage bits 'n' pieces to illustrate a vignette. Create a portfolio of journal entries. All art materials provided.

Fee: \$36/resident, \$40/Non-residents

Code: 10589

Defensive Driving Course - 4-HOUR REFRESHER COURSE



Thursday, October 14
Thursday, November 4
Thursday, December 9
Thursday, January 13
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, October 27
Wednesday, November 17

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 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 and your medical history with medications if this is your first visit..

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, October 12 & 19
Tuesday, November 9 & 16

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 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, October 12
Tuesday, November 9
Tuesday, December 14

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, October 28—Remembering Hats

Thursday, November 18 —Remembering Foods: Cooking and Prices

Thursday, December 30—Remembering New Year's Eve

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. Back in Golden Valley

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.

Friday, November 19—Code 10608

Built in the 1920's and decorated for the holidays is our destination today. You may pick up some "ideas" for your home. Register by November 4. Cost is \$11.50 for the tour, bus and escort. Lunch/treats on your own.

OLD LOG THEATER—Thur, January 13



Our afternoon begins with lunch—your choice of Walleye, 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. Code: 10498

11:00 AM Bus leaves City Hall/Calvary
4:45 PM @ return

Last day to register or cancel: Dec. 30

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

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 Code 10476

9:40 AM Bus leaves City Hall/Calvary
6:00 PM @ return

Last day to register or cancel: Nov 12

The Mary Wanderers One Day & Extended Trips

HIGH TEA at the ST. PAUL HOTEL



Thursday, January 27, 2011

Experience High Tea at The Saint Paul Hotel. After a brief introduction to the hotel, enjoy a five course, two-hour event fashioned after England's Afternoon Tea. Tea is served in an assortment of antique cups and saucers, collected over the years just for the tea service. The Chef creates a seasonal tea menu for every occasion. [Sample menu: 1st Course: Onion Tart in Puff Pastry, Salmon/Asparagus Tea Sandwich, Shrimp, Pancetta and Rosemary Skewer. 2nd Course: Petite Chicken Pot Pie. 3rd Course: Pumpkin Biscuit with Spiced Orange Honey. 4th Course: Chocolate Dipped Cashew Shortbread, Fudge Brownie, Mini Cream Puff. Fifth Course: Blackberry Tart and Chocolate Dipped Strawberry.] After tea walk around Rice Park to see the Winter Carnival Ice Sculptures on display. Dress appropriate for walking outdoors in mid-winter weather conditions.

Cost: \$58 Code: 10499

12:30 PM Bus leaves City Hall/Calvary

4:00 PM @ return

Last day to register or cancel: **Dec. 13**

TONY SANDLER LIVE



Saturday, February 12, 2011

We travel today to the restored State Theater to hear Tony Sandler, formerly of the famous singing duo Sandler & Young, perform a live show with the powerful delivery of the most romantic songs ever written. Tony's colorful career includes performances in the world's top theaters from Berlin to NYC to Las Vegas and now, Minneapolis! He will transport you to your favorite memories through his grace and experience of decades on stage with his delicate blend of humor, melancholy, and passion. His 90-minute performance is accompanied by his musical ensemble.

Cost: \$60 Code: 10493

1:00 PM Bus leaves City Hall/Calvary

4:15 PM @ return

Last day to register or cancel: **Dec. 13**

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.

BRUNCH BUNCH



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 26- Cracker Barrel, Lakeville
Reservations begin October 1

Tuesday, November 23- Olive Garden, St. Louis Park.
Reservations begin October 29.

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



TRIP IS FULL

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

WITH SENIORS IN MIND—Nov. 9

Special Destination fare applies

The Pleasures of Bread & Chocolate



Enjoy history and hints, recipes and recommendations 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 the exhibits the cost is \$8.

9:35 AM Bus leaves GV City Hall

2:00 PM Bus leaves History Center

FORUM and the FORK



Special Destination fare applies

October 14—Walter Mondale

November 18—David Eisenhower

11:00 AM Bus leaves GV City Hall

2:15 PM Approximate Return

LOCAL MOTION Special Destination fare applies to these outings.

Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail, or walk-in, 4141 Xylon Ave N, New Hope MN, 55428.



Museum of Russian Art – Thursday, November 4

Enjoy a guided tour featuring A Homespun Life: Textiles of Old Russia followed by lunch at Patrick's Café and Bakery. Cost: \$8 includes museum admission. Special destination fare payable day of trip to driver. Lunch cost and any purchases are on your own. Deadline: October 26 or sooner if spaces fill. 10:30 AM Bus leaves Golden Valley City Hall/2:45 PM @ return

American Swedish Institute – Friday, December 3

Ingebretson's will be our first stop. If you plan to purchase perishable items, please bring a small cooler. Next is The American Swedish Institute where we'll enjoy a guided tour of their Holiday Exhibits with time to wander and shop. Final stop is Milda's for lunch. All purchases are on your own. Cost: \$9 includes museum admission, tour, escort. Special destination fare payable day of trip to driver. Lunch cost and any purchases are on your own. Deadline: November 19 or sooner if spaces fill. 9:45 AM Bus leaves Golden Valley City Hall/2:45 PM @ return.

For Your Information



Taste of Golden Valley Wednesday, November 10

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. Call Golden Valley Seniors for info or tickets 763-512-2339

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.

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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 three Wednesdays/month
Rainbow Foods-3rd Wednesday of the month
Walmart - 2nd Tuesday
Ridgedale—2nd Friday
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 \$6 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: _____