

City of Golden Valley Seniors Newsletter

Senior Office • 763-512-2339

GOLDEN TONES CHORUS



Thursdays, Call for times
Calvary Church Music Room
7520 Golden Valley Road

Want a great way to start your Thursday? We meet in the music room at Calvary Church and perform at local care centers and senior complexes then finish the year with an out-of-town performance. Proven fact - Singing can add years to your life! See us perform:

- Feb 9, 1:00 PM, Ambassador Care Ctr.
- Feb 16, 2:30 PM, Texas-Terrace
- Mar 8, 2:00PM, North Ridge
- Mar 15, 1:00 PM, Dover Hills Apts.
- Apr 19, 2:00 PM Golden Valley Rehab
- May 3, St. Croix Falls WI

Cards & Groups

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

All groups meet at Brookview. We are friendly and eager to have you join us.

Remember When?...with Jan

1:00 p.m. Dover Hills Apartments
2400 Rhode Island Ave. N

Thursday, February 23 –
Remembering Gifts/Acts of Kindness.

Thursday, March 22—Remembering Pets
You do not need to live at Dover to come.



Navigating Medicare

Monday, February 13, 2012



Thinking of or getting ready to retire? Are you a family member or a caregiver to someone that has Medicare coverage?

Already have Medicare and just want to know what is going on? This is a chance for you to learn about the Medicare Adventure. We will discuss Medicare Parts A, B and D coverage. The class is an educational opportunity and not a sales pitch; it is offered in cooperation with Senior Community Services, a non-profit agency. Min: 6/Max: 30

6:30-8:30 PM

\$10 includes instructor fee, class materials and refreshments. NOTE: couples may share materials and pay only one fee. Last day to register or cancel: February 6
Code: 11129

2012 MEMBERSHIP DONATIONS



Help support your program. Donation is good through December 2012.

Fee: \$5 for Golden Valley residents and \$8 for non-residents, payable to "City of Golden Valley." **Code: 11112**

Send to Golden Valley Seniors, 200 Brookview Parkway S, Golden Valley, MN 55426. NOTE: This will be your last mailed newsletter if fee is not received by March 9. **Thanks for your support!**

Brookview will be closed:

Tuesday, February 7 after 6PM for Party Caucuses (state law)

Monday, February 20-Presidents Day

Services for You



IT'S TAX TIME!

AARP will be offering free tax help to seniors and disabled with low and middle income. This service is provided on a first come-first served basis.

Dates are:

Golden Valley Library

Thursday, February 2, 9, 16, 23, March 1, 8, 15

10:30AM-1:30 PM

Registration taken at the door the day of the service starting at 10:00 AM

Brookview Community Center

Thursday, March 22, 29, April 5, 12

9:00 AM-12:00 PM

Registration taken at the door the day of the service starting at 8:15 a.m.

To make your tax preparation go smoothly please bring:

1. Last years tax return
2. Social Security cards or comparable documentation for all taxpayers and dependents
3. Photo ID
4. All income statements
 - a. W-2's
 - b. 1099's (Pension and Distributions from IRA's
 - c. SSA-1099 (Social Security received in 2011)
 - d. 1099-INT (Interest received in 2011)
 - e. 1099-DIV (Dividends received in 2011)
 - f. Statement of Unemployment compensation received in 2011
 - g. Any other INCOME information
5. Mortgage interest paid in 2011
6. Real Estate taxes paid in 2011 or Hennepin County 2011 Property Tax Statement
7. Certificate of Rent Paid in 2011
8. Hennepin County 2012 Property Tax Statement (not available until March 2012)

Bring a blank check for Direct Deposit of your refund (used only to verify routing and account information)

Remember, the volunteers attend training but are not professional tax accountants.



FREE BLOOD PRESSURE SCREENING

Wednesday, February 22

Wednesday, March 28

11:00-11:30 AM

Brookview Community Center

No appointment needed! Provided by
Ambassador Care Center staff.



BOWLING AT TEXA-TONKA LANES



8200 Minnetonka Boulevard

12:15 PM every Tuesday

Men and Women are welcome
to join us when you can. Start
practicing for the annual bowling tourna-
ment. Save the date -Tuesday, May 8.
Details in the next senior newsletter.

Speakers

LIVING WISE and WELL

1:00 PM

Calvary Center Cooperative
7600 Golden Valley Road

Th, Feb 2—Healing through Music



Music is all around us – in stores, elevators and in the car. Music can be a source of therapy. It can evoke emotions, build or decrease energy, help alleviate pain, trigger memories, reduce depression or anxiety and even help crying babies fall asleep. Learn how music can enhance your life. *Presented by Amanda Mueller, Certified Music Therapist, Ambassador Good Samaritan.*

Th, March 1 –Grey Hair, Blue Mood



Getting gray hair doesn't have to come with a blue mood! This discussion will focus on what it means to be emotionally/mentally healthy as we age and that our emotional health is just as important to take care of as our physical health. We will review the clues to emotional distress and identify the resources for getting support if you or a loved one is struggling with challenges from life. *Presented by Katie Perzel MSW, LICSW from Volunteers of America, MN.*

MONEY MATTERS—TH, February 16 10:00-11:00 AM

Consumer Credit of Minnesota

Consumer Credit of Minnesota is a non-profit credit counseling service dedicated to helping people regain control of their finances. With free, confidential credit counseling session and low-debt consolidation programs, the goal is to help the client become debt free. Learn how this agency may help you, or someone you know. *Presented by Rayeann, staff member.*



COFFEE TALK



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

Wed, Feb, 22 – How to Stay Young for the First 100 Years!



I know what some of you are thinking. You're thinking, now wait just a minute, the title sounds catchy but do I really need to know how to stay young for a hundred years? This sounds pretty far-fetched and ambitious! Well, it's really not – you need to start thinking about what it means for you and your family to live a long time. If you don't merely want to exist on this planet—you want to live, work and play on this planet and have a QUALITY life, this talk is for you!

Presented by GoHealth Chiropractic staff, Robbinsdale. Register by Feb 20

Wed, March 28– Policing through the Decades



Sgt. Dennis Arons has been a police officer since 1983. Today he'll share how police tactics, philosophy, weapons and training have changed over the last 30 years and the challenges faced by officers every day. *Presented by Sgt. Dennis Arons, Golden Valley Police. Register by Mar 26.*

MONEY MATTERS –TH, March 15 10:00-11:00 AM

U of M Anatomy Bequest Program



The U of M is known for their medical school and programs. An important part of their program is "hands-on" teaching. Learn about this program and how you can be a part of furthering medical advancements and ensure the education of future health professionals. *Presented by U of M staff.*

Classes

PAINTING with JUDY *Is taking the winter off. Class will resume in May.*

INTERMEDIATE BRIDGE



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

April 13-June 1

9-10:30 a.m.

\$31 residents/\$36 non-residents.

Code: 11185

ENHANCE FITNESS



Enhance Fitness is a lively, interactive, one-hour exercise class that combines the three key components of fitness: strength training, flexibility and balance, and cardiovascular conditioning. While going at your own pace, a certified instructor offers personal attention. The class promotes mental sharpness, endurance and coordination—see the results!

Monday & Wednesday, March 19—April 25

11:15 AM-12:15 PM

\$30 residents/\$35 non-residents

FREE to U Care members. NOTE: U Care ID Number required when registering.

CODE: 11192

TAI CHI for HEALTH & ARTHRITIS-BASIC



This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

Cost: \$42/Resident, \$47/Non-resident

Tuesday, February 28-April 10 (7 classes)

8:30-9:40 AM

Code 11118

TAI CHI for HEALTH & ARTHRITIS 2-MOVING ON



For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey. Taught by Certified Instructor Marie Mathay and endorsed by the Arthritis Foundation. Wear comfy clothes.

9:45-10:45 AM

Tuesday, February 28-April 10 (7 classes)

Code: 11124

Current session information:

Tuesday, January 10-February 21

Defensive Driving Course - 4-HOUR COURSE



Thursday, February 9

Thursday, March 8

Thursday, April 12

9 AM-1 PM

\$17/person

8 Hour course for first timers

Tuesday, April 17 & 24

6:00-10:00 PM

\$18/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.

Services, Happenings and Trips

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 on 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 you will be charged.*

Tuesday, February 14 & 21

Tuesday, March 13 & 20

Tuesday, April 10 & 17

Fee: \$32. Payable to *Happy Feet Footcare, Inc.* and due at time of service

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.

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

Thursday, February 9

Thursday, March 8

Thursday, April 12

Appointments: 9:00, 10:00 or 11:00 AM

Call 763-512-2339 to make an appointment.

Mondays with Mary



Join Mary on Mondays at 9:30 a.m. to work on projects for Ambassador Care Center, GV Rehab & Care Center, Dinner At Your Door, Senior Dining and Golden Valley Seniors. We'll supply the materials and coffee. "The more the Mary-ier."
No meeting February 20.



Chicago's Treasures by Train and Bus— June 20-23

\$855 per person (2 per room)/\$990 per person (single)

Includes: Amtrak to Chicago, deluxe motorcoach transportation, lodging for 3 nights, Meals:3-Breakfasts, 2-Lunches, 3-Dinners, attractions, local guides, gratuities on included meals, guides.

Highlights: Amtrak Train #8 to Chicago, Local guide along Fox River, Cantigny, Little Traveler Shop, Paddlewheel River Boat cruise, play at Lincolnshire Theater, local guided tour of Chicago, Willis Tower Skydeck, Glessner House, South Shore Country Club, Magnificent Mile, Navy Pier, Riva Restaurant, Chicago Botanic Gardens with tram tour and lunch.

Deadline: \$200 deposit per person by April 20. After April 20, payments are NOT refundable. Final Payment Due: May 20...**CODE: 11187**

Escorted by Mary Odell. Call for detailed brochure. Travel Insurance available.

Fall Colors on the Mississippi River—October 15-17 (motorcoach & river cruise)

\$545 per person (2 per room)/\$635 (single room) Highlights: John Deere Pavilion, Celebration Belle 100-mile cruise from Quad Cities to Dubuque, Vesterheim Museum. Brochures available in senior office. **CODE: 11188**



The Mary Wanderers Trips

"Forever Plaid" - Chanhassen Dinner Theater - Wednesday, February 22



Enjoy lunch before seeing one of Chanhassen's most popular musicals, *Forever Plaid*. The Plaids perform

precision harmonies from the 1950's, squabble boyishly, and execute their delightfully outlandish choreography with over-zealous precision.

Cost: \$59

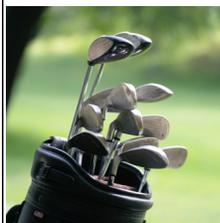
11:30 AM Bus leaves City Hall/Calvary

4:15 PM @ return

Last day to register/cancel is **January 25**

Code: 11077

"The Fox on the Fairway" & Backstage tour of Old Log—Wed, March 14



Enjoy lunch before following the shenanigans of rival country clubs Quail Valley and Crouching Squirrel as they head into their 43rd annual golf grudge match.

Bogeys, backswings, and birdies, oh my! Written by the author of *Lend Me a Tenor* and *Crazy for You*, this new comedy is filled with mistaken identities and double-entendres. After the show, enjoy a backstage tour with Don Stoltz. Menu choice: Pork Chop, Walleye, Vegetarian Lasagna, Chicken or Beef Stroganoff.

Cost: \$49.50

11:30 AM Bus leaves City Hall/Calvary

5 PM @ Return

Last day to register/cancel: March 1

Code: 11102

Chocolate March-Tuesday, March 20



Begin the day at Emily's Bakery in Hastings. Enjoy a chocolate covered donut and coffee (included) as you wander through the shop.

Next it is historic downtown Hastings with time to shop and hear a presentation at the small Creative Confectionaire. The chocolates, truffles, fudge and other confections are made fresh by Cindy Blomquist and her chocolatiers. The Lunch Special of the Day will be served at the Hastings Country Club with Beverage and Chocolate Cake. Our last stop will be at the Classic Rosewood Inn, a historic Bed and Breakfast inn for a presentation of chocolate and a tour of the restored Queen Anne home built in 1881, listed on the national register of historic places.

Cost: \$49

9:00 AM Bus leaves City Hall/Calvary

4:00 PM @ return

Last day to register or cancel is March 5

Code: 11076

Meandering with Mary

For Golden Valley Senior

members (dues must be current)

our small bus takes us to wonderful local places, all favorites of Mary and Jeanne.

NOTE: Bus is not lift-equipped.

Schedule :

10:00 AM Bus at Calvary Coop & Apts

10:05 AM Golden Valley City Hall

10 AM-3 PM Mary stops and return to GV

Thursday, March 29—Code 11074

Brunch, a house filled with ideas, and shopping—what more could you want? A stop may be added—depending on the weather.

Cost: \$13 includes tour, bus, escort

Last day to register or cancel: March 15



The Mary Wanderers Trip Program

Golden Strings at the LaFayette Club



Tuesday, April 24

Take a few minutes to look around the elaborate creation of James J. Hill before being seated for lunch in the Ballroom. Menu: Lafayette Salad, Assorted Rolls and Butter, Breast of Chicken Florentine, Fresh Vegetable, Whipped Potatoes, Heavy Coffee/Iced Tea, and Gold Brick Sundae. The Golden Strings, founded and lead by virtuoso violinist Clifford Brunzell, this unique group play music ranging from the classic to pops, from romance to jazz. An afternoon you won't want to miss.

Cost: \$60

10:00 AM Bus leaves City Hall/Calvary 3:15 PM @ Return

Last day to register or cancel is March 19

Code: 11078

Scenic Wisconsin



Thursday, May 3, 2012

Arrive at the Bass Lake Cheese Factory where the Erickson's make award-winning cheeses the old fashioned way. Enjoy the drive before arriving for lunch at Paradise Landing, Balsam Lake. The new facility captures the love of the water and the beauty of the north woods. It is a "piece of paradise." Menu: Cup of Cream of Chicken Wild Rice Soup, Roast Beef with Gravy, Mashed Potatoes, Mixed Vegetable, Warm Brownie with Ice Cream, Coffee or Iced Tea. After lunch we're traveling to St. Croix Falls where the **Golden Tones** will present a concert for the residents of Comforts of Home Senior Living. After the performance we will visit the Luhrs/Bjornson Artworks for a pottery demonstration and the Saint Croix National Scenic Riverway Visitors Center for a short movie, view the exhibits and if it's a nice day an optional walk along the river.

Cost: \$45 includes lunch, concert, motorcoach, and escort.

8:25 AM Bus pick-ups/Return @ 4 PM

Last day to register or cancel is April 16

Code: 11075

Cannon Falls – Friday, June 8



Start the day with coffee and pastry at Frog Creek Pottery where we meet Lisa Dolezal, a nationally recognized artist. Lisa will share the art of

using a potter's wheel and explain the clay process. She puts the "fun" in functional clay vessels. After the demonstration walk through the amazing gardens and visit the studio filled with pottery and gifts. The Mill Street Tavern, housed in a restored 1903 building, is our lunch stop. Menu: Sandwich Special with Chips, Salad, Beverage and Small Dessert. After lunch stroll the streets of historic downtown Cannon Falls with its Bakery, the Drug & Gift Store, Fabric Shop and the Cannon River Winery with a selection of wine-related gifts. Reconnect with local foods at Ferndale Market's on-farm store. Experience a cooking demonstration and sample delicious and unique local foods, then browse the premier selection of items direct from the farm. You may want to bring a cooler/bag for perishable items.

\$49 includes coffee/pastry, lunch, demonstrations, motorcoach and escort

8:35 AM Bus pick-ups/Return @ 4:45

Last day to register or cancel: May 21

Code: 11086

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 "Prism"

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 9:30-10:30 a.m. Exact times given by 5 Cities staff.

February 28—*Outback Steakhouse, Bloomington*

Reservations begin February 1

March 27—*Carol's, Blaine*. Reservations begin Mar. 1

UPCOMING SPECIAL DESTINATIONS:

Thursday, April 19—Westminster Forum

Parker Palmer: Healing the Heart of Democracy

Thursday, May 3—Westminster Forum

Patrick McGrann: Daily Life in Palestine

Thursday, May 17—"Diana: A Celebration"

Mall of America

Details in next newsletter.

SPECIAL DESTINATION OUTINGS. Special Destination fare of \$7 or two punches from the bus pass applies to these outings. Bus Fee *only* is paid to driver day of trip. *Bus is not lift-equipped.*

Westminster Forums at Westminster Presbyterian Church. Register with 5 Cities., 763-531-1259

11:00 AM Bus leaves Golden Valley City Hall/2:30 p.m. approximate return.

Thursday, February 23—RICK STEVES, host of Rick Steves Europe, PBS. Lunch at Milda's after forum.

Thursday, March 8—RACHEL SIMMONS, *The Hidden Culture of Aggression in Girls*. Light lunch at church.

Museum of Russian Art – Friday, February 3, 2012



Guided tour of the new exhibit "Antiquities from Ukraine: Golden Treasures and Lost Civilizations" an exhibition of artifacts dating from the Neolithic age to the Byzantine era. Following the museum, lunch at Patrick's Café at Bachman's and shopping (on your own).

Cost: \$8 includes museum admission, tour and escort plus Special Destination fare. Lunch cost and purchases are on your own. Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Payment is due at time of registration.

10:30 AM bus leaves Golden Valley City Hall/2:45 PM @ return. Last day to register/cancel: January 26.

Macy's Flower Show—Friday, March 30, 2012

Experience the flower show on a self guided tour. Enjoy dining on the 12th floor at either the Oak Grill Restaurant or the Skyroom food court.

Cost: No cost for flower show. Special Destination fare for bus. Lunch cost/purchases on your own.

9:30 AM bus leaves Golden Valley City Hall (by water tower)/1:30 PM @ return

Last day to register or cancel: March 23, 2012 or sooner if spaces fill. Register with 5 Cities at 763-531-1259



Real Pirates at the Science Museum—Tuesday, April 17

Join us as we discover the perils and privileges of 18th century Pirate life. See the film "Under the Sea" at the Omnitheater before viewing the Real Pirates exhibit. Lunch (on your own) at the Café.

*Cost: \$26 includes Omni, museum & exhibit admission, and escort. Special Destination fare applies. Lunch cost/purchases are on your own. Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Payment is due at time of registration. Refunds allowed **up to** the deadline date and are subject to a \$5 service fee.*

9:30 AM bus leaves Golden Valley City Hall/3:45 PM @ return. Last day to register/cancel: April 2.

For Your Information

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.

Dinner At Your Door-763-531-1183



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

HOME North 952-746-4046



This program matches skilled workers (paid and volunteer) with those who need help with snow shoveling, cleaning windows, house cleaning and minor home repairs.

Senior Community Services Outreach Program – 952-746-4028



Senior Outreach provides in-home counseling and case management to individuals and their families to help older people remain independent.

SENIOR LINKAGE LINE –1-800-333-2433



Call us first with your questions. Our 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.



Gift Certificate

Good for One Complimentary Lunch and Tour
At Covenant Village of Golden Valley
5800 St. Croix Ave N Golden Valley, MN 55422
Please call (763) 732 - 1521 to set a date!

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 apartment or home, if you live in Golden Valley, to go to:

Cub Foods—Wednesdays

Wal-Mart – 2nd Tuesday

Target – 4th Friday

See calendar for other destinations.

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 "Prism."

Over 21 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. within the service area. A \$6/ round trip donation is suggested. Call for info or to schedule a ride at least 3 working days in advance. Office is open M-F from 9-4.

Fare For All – 763-450-3880



Stretch your monthly food budget with Fare For All, a non-profit food-buying program that allows people to increase their food purchasing power. Each month, individuals pay \$10-17 per package and receive up to \$40 worth of fresh, quality food items, including fruits, vegetables and frozen meat item. Fare For All is open to everyone, regardless of income. Call for ordering and pick-up locations.

Thank you to **Pinnacle Services** for sponsoring Coffee Talk and to **Golden Valley Rehab & Care Center** for their donation to keep Money Matters and the Living Wise and Well programs affordable for you.





**PRSRT STD
US Postage
PAID
Permit 1659
Twin Cities MN**

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

Golden Valley Registration Form—2012

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: _____