

Golden Valley Seniors Newsletter

Senior Office • 763-512-2339

HOLIDAY TEA – Monday, Dec 12 1:00-2:30 PM



You are cordially invited to High Tea. The afternoon begins with tea and a performance 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. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun. 5 Cities Transportation available for this event.

Register by Wednesday, December 7
Cost: \$7 Code: 10952

MONEY MATTERS—TH, December 15 10:00-11:00 AM



Group Discussion

We will discuss a hot investment/economic topic of the day and plan the 2012 meeting topics and schedule. Special treats will be served.

Remember When?...with Jan



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

New Years Eve Party—Dec. 29
We'll be talking about New Years Eve and enjoying party foods.

CENTER CLOSED December 23, 26, January 2, 16

Happy Holidays from the Senior Program staff!



LET'S TALK TRASH: Golden Valley's New Recycling Program- Wednesday, December 7 10 AM



Recycling will be easier than ever when Golden Valley starts its new curbside program January 1, 2012. Come and learn all about it from Recycling Coordinator Mark Ray as he demonstrates the new recycling cart and additional items that can be recycled, explains schedule changes, and answers your questions.

Donation for refreshments

Register by calling the Seniors Office at 763-512-2339 by December 5

Mary Wanderer's Travel Show



Monday, January 30
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* 2012 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 11130

Register by January 26

Groups and Events

LIVING WISE and WELL

1:00 PM

Calvary Center Cooperative
7600 Golden Valley Road

TH, December 1—Breathing in Cold



Weather: Tips for Survival

Winter takes a toll on the body. Breathing in the cold Minnesota winter air can strain the nose, throat and lungs. Learn some simple ways to help your body get through winter. *Presented by Jo, Respiratory Therapist from GV Rehab & Care Ctr.*

TH, January 5—Start 2012 On A



Healthy Note

You know that exercise is beneficial to your overall health, but do you know why? Today we will focus on exercise - the benefits of exercise as people age, the importance of maintaining proper balance through exercise, tips to incorporate into your existing exercise program, and much more. *Presented by Wellness Center Staff, Jones-Harrison Home.*

MONEY MATTERS



10:00-11:00 AM

January 19—2012 Tax Changes
Learn what's new for preparing your 2012 Federal and State tax returns. *Presented by Brenda Lutter, H & R Block Golden Valley*

GOLDEN TONES CHORUS



Thursdays, 10:30-11:30 AM
Calvary Church Music Room
7520 Golden Valley Road

Come and see what we are all about. Meet in the music room at Calvary. We perform monthly on Thursdays at local care centers and senior centers and finish the year with an out-of-town performance. Proven fact - Singing can add years to your life! January 19 performance at Golden Valley Rehab at 2 PM.

COFFEE TALK—Wednesday, Jan. 25



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

Autism and ADHD

You've heard the terms, what does it mean? Have your grandchildren or great grandchildren been diagnosed with this disorder? What does that mean for you? Today we'll have a basic overview of Autism and ADHD and learn several strategies for dealing with children diagnosed with autism or ADHD. *Presented by Lee-Ann Mateffy-Horn, MS, OTR/L, CBIS, Manager Medical Rehabilitation Services at Courage Center.* Register by Jan 23.

No meeting in December

FREE BLOOD PRESSURE SCREENING

Wednesday, January 25

11:00-11:30 AM

Brookview Community Center

No appointment needed! Provided by Ambassador Care Center staff.

No screening in December



Remember When?...with Jan

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



Thursday, January 26 –
Remembering Favorite Books and Authors.

Bring examples if you have them.

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: 1112

Send to Golden Valley Seniors, 200
Brookview Parkway S, Golden Valley 55426

Thanks for your support!

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.

Friday, January 20-March 9

9-10:30 a.m.

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

Code: 11116

Daytime Yoga with Annette



Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Please bring an exercise or yoga mat.

Tuesdays, Feb. 7-March 27

11:00 am – 12:00 pm

\$56/Resident, \$61/Non-Resident

#11172

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, Jan 10-February 21 (7 classes)

8:45-9:45 AM

Code 11117

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, Jan 10-February 21 (7 classes)

Code: 11125

Current session information:

Tuesday, October 25-December 20

Defensive Driving Course - 4-HOUR COURSE



Thursday, December 8

Thursday, January 12

Thursday, February 9

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.

Classes, Happenings & more

Navigating Medicare



Monday, February 13

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 with Medicare? We will discuss Medicare Parts A, B and D coverages. The class is an educational opportunity and not a sales pitch; it is offered in cooperation with Senior Community Services, a non-profit agency.

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*

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 a fee will be charged to you.*

Tuesday, December 13 & 20

Tuesday, January 10 & 17

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

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.



Cards & Groups at Brookview

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.



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 our insurance counselor. They are here to aid you in your selection process.

Thursday, December 8

Thursday, January 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."

BOWLING AT TEXA-TONKA LANES



8200 Minnetonka Boulevard
12:15 PM every Tuesday

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

The Mary Wanderers Trips

TRIP REMINDERS:

"Plaid Tidings" - November 30

11:30 AM Bus leaves City Hall/Calvary
4:15 PM @ return

"It's A Wonderful Life" at the St. Paul Hotel— Tuesday, December 13

12:40 PM Bus leaves City Hall/Calvary
4:30 PM @ 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. Bus is not lift-equipped.

Schedule :

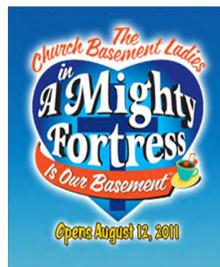
9:30 a.m. Bus leaves Calvary Coop & Apts
9:35 a.m. Bus leaves City Hall (water tower)
10 am-3 pm Mary stops and return to GV

Friday, December 16—Code 11167

The day will start with brunch (on your own) before a guided tour of a mansion filled with holiday traditions and items. God jul! A stop (or two) may be added—depending on the weather.

Cost: \$19 includes tour, bus, escort
Last day to register or cancel: Dec. 8
Limit of 27 passengers.

"A Mighty Fortress is Our Basement" Thursday, Jan. 12, 2012



The Church Basement Ladies are at it again! It's 1960 and Beverly gets her first pair of high heels for confirmation; Pastor announces his impending nuptials; Mrs. Snustad and

Mrs. Gilmerson plan a food booth at the County Fair to raise money; and Mrs. Engelson embarks on a spontaneous driving lesson. In the rural church basement kitchen in the spring, a reformation is underway and your favorite ladies are facing it head-on. Through it all these "bulwarks never failing" stand strong in their faith and friendships. A church basement chicken dinner will be served before the play.

Cost: \$53 Code: 10966
11:30 AM Bus leaves City Hall/Calvary
5:00 PM @ return
Last day to register or cancel: Dec. 9

HAPPY NEW YEAR

HIGH TEA at the ST. PAUL HOTEL—Wednesday, Feb. 1, 2012



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. 2nd Course: Petite Chicken Pot Pie. 3rd Course: Pumpkin Biscuit with Spiced Orange Honey. 4th Course: Chocolate Dipped Shortbread, Brownie, Mini Cream Puff. 5th Course: Blackberry Tart and Chocolate Dipped Strawberry.] After tea walk around Rice Park to see the Ice Sculptures. Dress for walking outdoors in mid-winter weather conditions.

Cost: \$58 Code: 10967
12:30 PM Bus leaves City Hall/Calvary
4:00 PM @ return
Last day to register or cancel: **Dec. 19**



The Mary Wanderers Trips

"Forever Plaid" - Chanhassen Dinner Theater - Wednesday, February 22, 2012



Enjoy lunch before seeing one of Chanhassen's most popular musicals, *Forever Plaid*. An affectionate

musical homage to the close-harmony 'guy groups' that reached the height of popularity during the 1950's. Funny and timelessly tuneful, this clean-cut musical revue features '50's-style crooning and hilarious antics that will have you laughing yourself to tears. The Plaids perform precision harmonies, squabble boyishly, and execute their delightfully outlandish choreography with over-zealous precision. Filled with dozens of '50's pop hits including: "Catch A Falling Star," "Chain Gang," "Day-O," "Love is A Many Splendored Thing," and many, many more! Join the legions of *Forever Plaid* fans—you'll be glad you did.

Cost: \$59

11:30 AM Bus leaves City Hall/Calvary

4:15 PM @ return

Last day to register/cancel is January 25

Code: 11077

Chocolate March-Tuesday, March 20



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

through the shop. Our next stop 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. Using only the highest quality ingredients and premium European chocolate, they produce chocolates and other confections for the discriminating taste. 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 meticulously restored Queen Anne home built in 1881 and listed on the national register of historic places.

Cost: \$49 Code: 11076

9:00 AM Bus leaves City Hall/Calvary

4:00 PM @ return

Last day to register or cancel is March 5

SUMMER THREE-DAY TRIP PREVIEW

Chicago's Treasures by Train and Bus- June 20-23, 2012

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

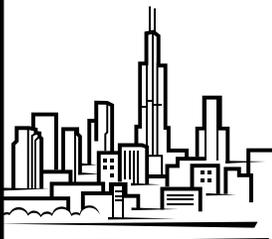
Includes: Amtrak to Chicago, deluxe motorcoach transportation, lodging for 3 nights, Meals:3-Breakfasts, 2-Lunches, 3-Dinners, attractions, local guides, gratuities on included meals, guides.

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 Sky-

deck, 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

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



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.

No Brunch Bunch in December

January 24—Red Lobster, Maple Grove

Reservations begin December 30

February 28—Outback Steakhouse, Bloomington

Reservations begin February 1

Vivace Concert Series

Special Destination Fare applies



Thursday, January 26

"Artaria String Quartet" at Landmark Center

Concert at the Landmark Center followed by lunch at Anita's Café (on your own)

11:00 AM Bus leaves GV City Hall

2:00 PM Approximate Return

Register by Jan 19 with 5 Cities, 763-531-1259

SPECIAL DESTINATION OUTINGS. Special Destination fare of \$7 or two punches from the bus pass applies to these outings. Fee is paid to driver day of trip except for Museum of Russian Art. *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, December 8 - Chris Matthews: Jack Kennedy, Elusive Hero



Museum of Russian Art – Friday, February 3, 2012



Enjoy a 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, unearthed in present-day Ukraine. Following the tour, we'll head to Patrick's Café at Bachman's for lunch and shopping (on your own).

Cost: \$8 includes museum admission, tour and escort plus Special Destination fare. Lunch cost and any 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 or cancel: January 26, 2012 or sooner if spaces fill.

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 admission to show. Special Destination fare for bus. Lunch cost and 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.



GOLDEN VALLEY, Crystal, New Hope, Robbinsdale and Brooklyn Center residents— do your shopping with us! We'll stop at your home or apartment complex and take you to Cub, Target, Wal-Mart and more. Call **763-531-1259** to receive a schedule.

For Your Information

Christmas Boutique—Sat, Dec 3

10AM-2PM

Covenant Village, 5800 St. Croix Ave.

20 vendors with items for sale

Cookies and coffee

Lunch available for \$7

Coventry Carolers singing from 10-12

Please bring a new toy to donate to Toys to Tots.

Questions? Call Janet at 763-732-1525.



COMPUTER HELP at GV LIBRARY



830 Winnetka Ave N.

612-543-6375

Volunteers are usually* available to give one-on-one help with basic computer skills.

*NOTE: Please call the library to be sure a volunteer will be available.

At Home Library Service

612-543-8850



Service is available free-of-charge to any resident of Hennepin County who is unable to visit the library due to illness, disability or visual impairment. A person only needs to sign up by phone M-F from 10AM-5PM. Delivered to your home via mail or by a volunteer—Large print or regular print books, magazines, book or music on CD and DVD's. Check it out—the easy way.

Golden Valley Historical Society



Invites you to join the historical society and help reach their goal of having a museum in the basement of the "Little White Church", 6731 Golden Valley Road. Very interesting programs are held on the 2nd Thursday of the month, Sept-May at 7:00 PM. Refreshments and social time follows each program. Dues are \$20/year for a single membership and \$25 for a family. For more information call Betty Crews at 763-544-6382.

Tax Assistance 2012



Help with filling out income tax forms is offered free on a first-come, first-served basis to people with uncomplicated income taxes. Please bring all information needed including your labeled tax forms, property tax information and direct deposit information (if applicable). Tax forms are filed electronically. Service provided by volunteers from AARP programs. The volunteers attend training but are not professional tax accountants.

Golden Valley Library

Thursday, February 2, 9, 16, 23,

Thursday, 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.

VOLUNTEERS ARE NEEDED! Persons joining this program will receive free tax training leading to certification as counselors. Individuals must commit to training January 11-14 or January 17-20 from 9:00 AM-3:00 PM at Brookview Community Center and then work 6 hours/week during tax season. New volunteers will have a mentor for help during work at convenient local sites. *If interested, call Ralph, AARP coordinator, at 763-544-1942 before January 6.*

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



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.

Ballroom Dancing



Join the crowd that loves to ballroom dance to Dick Macko's Band. It's a great way to fight the winter blahs. Everyone is welcome. No partner necessary.

Thursdays (continuous), 1 – 3:30 p.m. Gym Lenox Community Center
6715 Minnetonka Blvd, St. Louis Park
Fee: \$5 at the door, includes refreshments

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 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 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. 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.

LinkVet—NEW HOTLINE FOR VETS 1-888-546-5838

This toll-free hotline provides referrals and crisis intervention for veterans and their families and provides counseling 24 hours a day, seven days a week.



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

**200 Brookview Parkway S.
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: _____